

 **GWM**
IRONMAN
70.3 MELBOURNE

2023 ATHLETE INFORMATION GUIDE



<https://www.ironman.com/im703-melbourne>

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WELCOME MESSAGE



On behalf of the Victorian Government, I'd like to welcome you to the 2023 GWM IRONMAN 70.3 Melbourne in the heart of our city.

This has quickly become a celebrated event on our sporting calendar, and we're proud to support the 2023 GWM IRONMAN 70.3 Melbourne through our *Significant Sporting Events Program*, which helps organisations to deliver national, international, or regionally significant sporting events.

I'm so proud the program has secured more than 610 events for Victoria, with more than half hosted in regional Victoria, boosting local jobs and economies, and showcasing our iconic regions.

What an exciting day of ironman action we have ahead of us with the beautiful backdrop of Catani Gardens for our race village, St Kilda beach and Port Phillip Bay – such a picturesque course for all competitors from debutants to veteran triathletes.

It's fantastic we can welcome the very best triathletes to Melbourne, providing an opportunity for all racers to qualify for the 2024 VinFast IRONMAN 70.3 World Championships in Taupo, New Zealand, across various age groups.

With the event just a short tram ride from our CBD, there are many sights to see while you're here. You could explore our world-famous city laneways, experience the latest exhibitions at the National Gallery of Victoria or take a tour of the world-renowned Melbourne Cricket Ground.

For visitors to our wonderful state, I encourage you to also explore the many attractions and wonderful restaurant options Melbourne has to offer, both in and around the city.

I wish you all the best for your time in Melbourne.



Steve Dimopoulos MP

Minister for Tourism, Sport and Major Events

RACE DIRECTOR MESSAGE



Welcome to the 2023 GWM IRONMAN 70.3 Melbourne! We are eagerly anticipating your return for this year's edition. Melbourne's Bayside region will once again be the ideal host as IRONMAN makes its triumphant comeback to this vibrant city.

It is essential to recognise the cultural significance of the land on which we hold the GWM IRONMAN 70.3 Melbourne event, particularly to the Kulin Nations. We acknowledge and honour the cultural heritage of Aboriginal and Torres Strait Islander peoples, aiming to preserve and respect their rich traditions.

This world-class event, set against the picturesque backdrop of the St Kilda Waterfront, promises an unforgettable racing experience amidst the region's stunning sights and sounds. Melbourne serves as an excellent base for exploring the diverse destinations of Victoria, and we extend our sincere gratitude to all our partners whose unwavering support contributes significantly to the success of this event.

The race will kick off with a rolling swim start format, with athletes seeded based on their estimated swim times. The ROKA Swim Course in Port Phillip Bay offers an ideal starting point, featuring an L-shaped course along St Kilda's beachfront. The two-lap Bike Course takes participants along the iconic Beach Road, offering breathtaking Bayside vistas from Port Melbourne to Mordialloc. The HOKA Run Course is a two-lap journey along the scenic beachfront pathway, from St Kilda to Elwood and back. Athletes will have the pleasure of celebrating their accomplishments as they cross the finish line adorned with palm trees in Catani Gardens.

The IRONMAN Oceania team has invested significant effort to make this event possible, and we are fortunate to have the support of over 300 dedicated volunteers. These volunteers not only assist in executing the event but also provide invaluable encouragement to every athlete on the course. We encourage you to express your gratitude to as many volunteers as possible throughout the event.

Furthermore, we are thrilled to welcome a highly competitive field of professional athletes.

I extend my best wishes to each of you as you embark on your final preparations and training. During race weekend, please don't hesitate to introduce yourself, as we welcome any feedback from athletes to enhance the race experience. Enjoy your race day, and I eagerly anticipate witnessing your triumphant crossing of the finish line in Melbourne!

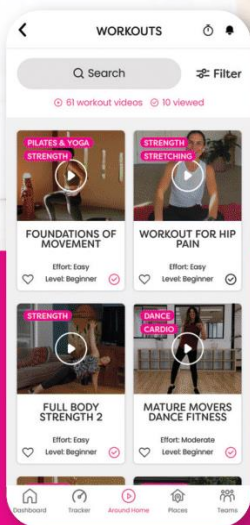
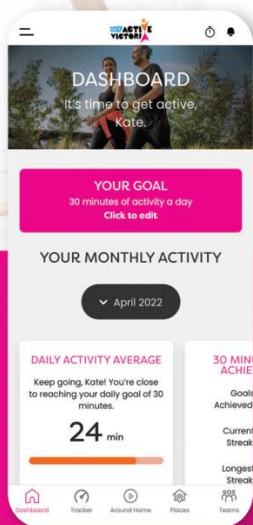


Patrick Haythorne
Race Director







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RACE REFEREE MESSAGE



On behalf of Aus Triathlon a, welcome to all athletes to 2023 GWM IRONMAN 70.3 Melbourne. The event will be conducted under the [IRONMAN Competition Rules](#) and this is a "NON Drafting Event".

Please note that IRONMAN rules vary slightly to Triathlon Australia's Race Competition Rules, so be sure to familiarise yourself with the differences by studying these IRONMAN rules.

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. If you have committed an infringement a Technical Official will advise you of the infringement by calling your number, advising you of the nature of the infringement and showing you a coloured card. It will be then your responsibility to follow the instructions of the Technical Official.

Of particular note for this event are the rules relating to penalties for Yellow cards. If you are presented with a Yellow card you are required to serve a 30 second time penalty, typically at the next Penalty Box. The most common Yellow card infringements are:

- **BLOCKING** – Impeding the forward progress of a competitor behind you, and
- **OVERTAKING INFRINGEMENT** – Immediately re-passing a competitor without initially dropping back out of their draft zone.

The most common Blue card rule infringements are:

- **DRAFTING** – Following a leading cyclist closer than 12 metres and failing to pass within 25 seconds. Please watch this [Drafting Video](#) for a further explanation
- **ILLEGAL PASS** – Passing on the left
- **LITTERING** – Intentionally discarding items, such as tyres, bidons, gel wrappers etc., on any part of the course except at a designated Aid Station

A Technical Official's ruling is final in the case of Drafting, Illegal Pass, Blocking and Overtaking infringements (Judgment Calls) and these are not subject to either protest or appeal.

The most common Red card infringements (which may result in Disqualification) include:

- failure to follow the instructions from a Technical Official
- offensive or unsportsmanlike behaviour,
- outside assistance (from anyone other than a race official), and
- using a distractive device such as a telephone or a headset.

To help avoid a visit to the Penalty Box or a possible Disqualification please observe the following:

- Ride on the left side of the bike lane, except when passing another competitor
- Maintain at least 12 metres between your front wheel and the front wheel of the cyclist in front of you, except when you are passing them
- Pass on the right side of the cyclist in front (never on the left)
- Complete your pass within 25-seconds
- If passed, immediately commence to drop back at least 12 metres before you attempt to re-pass

Always remember to treat other athletes, volunteers and officials with courtesy and consideration as they are important in keeping the event safe and fair.

I sincerely hope you have a great race, enjoy the experience, and achieve your IRONMAN 70.3 goals.

Christina Thorne
Race Referee

A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

RED BULL GIVES YOU WIIINGS. 



The event is sanctioned by Aus Triathlon and race under [IRONMAN Race Rules](#).

All Athletes should read and understand the Race Rules prior to race day. Below highlights some of the Race Rules.

RACE FINISH, TIMING, AND RESULTS

Section 2.05

(e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

- (i) Did not start (“DNS”) – Enters an Event but fails to start;
- (ii) Disqualified (“DSQ”) – Starts an Event and was disqualified;
- (iii) Did not finish (“DNF”) – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and
- (iv) Not classified (“NC”) – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

SWIM

Section 4.01 General

(c) The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited; (DSQ)

(g) Individual paddlers or escorts are prohibited; (DSQ)

Section 4.02 Wetsuit Rules

(c) A wetsuit may cover any part of the body except the face, hands, or feet;

(e) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ) and

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly).

BIKE

Section 5.01 General

(a) The bicycle shall be propelled solely, through a chainset, by the legs moving in a circular movement, without electric or other assistance. Other than pushing or carrying a bicycle, any propulsive action brought on by use of the hands is prohibited (except with respect to PC/ID Open Athletes and HC Athletes in accordance with Article VIII and Article IX); (DSQ and indefinite suspension)

(c) It is the sole responsibility of each Athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;

(h) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the cycling segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 5.02 Equipment

Illegal Equipment

(iv) Headsets or headphones are prohibited during the bike segment of the race; (1:00 minute penalty, DSQ if not remedied promptly); and

RUN

Section 6.01 General

(a) Athletes may run, walk, or crawl;

(b) It is the sole responsibility of each Athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the Athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the Athlete’s final race time);

(d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

(a) Headsets or headphones are prohibited during the run segment of the race. (1:00 minute penalty, DSQ if not remedied promptly)

RACE RULES



FINISH LINE

Section 6.03 Finish Line Conduct

Friends, family members, and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating Athletes. (Please note: IRONMAN desires for each Athlete to be able to celebrate his/her accomplishment without risking the safety of other event participants, volunteers, and/or spectators). Athletes who choose not to respect the foregoing finish line policy will be disqualified.

PROTESTS

Section 3.06 Right of Protest or Appeal

(a) The Athlete's right to protest or appeal, if any, will be governed and handled by the event's sanctioning body and/or the Competition Rules of the relevant National Federation, provided, however, that if no formal process exists for the applicable National Federation then IRONMAN may elect to handle protests and appeals for such event in a manner that is substantially similar to the to the process set forth by the then-current International Triathlon Union Competition Rules.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the Athlete's age as of December 31 of the year of the Event.

ANTI-DOPING

Each Athlete acknowledges notice of the Anti-Doping Rules (as such term is defined below), and acknowledges that he/she is bound by, confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Rules. (i) "Anti-Doping Rules" means all anti-doping rules adopted by IRONMAN including, without limitation, the World Anti-Doping Code (the "WADA Code"), all associated International Standards, including, without limitation the List of Prohibited Substances and Prohibited Methods (the "Prohibited List") as issued by the World Anti-Doping Agency ("WADA"), and all other rules, policies, and/or procedures adopted by IRONMAN.



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EVENT SCHEDULE



Event Schedule is up to date as at 9/10/2023 and is subject to change.
View the Event Schedule [online](#) and on the [IRONMAN Oceania App](#) for the most up to date.

FRIDAY 10 November 2023

Time	Event	Location
2:30pm – 6:30pm	Athlete Check-In Open	Catani Gardens
2:30pm – 6:30pm	Official IRONMAN 70.3 Merchandise Store Open	Catani Gardens
2:30pm – 6:30pm	Sport & Lifestyle Expo Open	Catani Gardens
2:30pm – 6:30pm	Event Information Open	Catani Gardens
2:30pm – 6:30pm	IRONKIDS Check-In Open	Event Information, Catani Gardens

SATURDAY 11 November 2023

Time	Event	Location
7:30am – 8:15am	IRONKIDS Check-In Open	Event Information, Catani Gardens
8:30am	IRONKIDS Race Start	Pier Road, Catani Gardens
9:00am* <i>Approx</i>	IRONKIDS Random Prize Draw	Catani Gardens
9:00am – 4:00pm	Official IRONMAN 70.3 Merchandise Store Open	Catani Gardens
9:00am – 4:00pm	Sport & Lifestyle Expo Open	Catani Gardens
9:00am – 4:00pm	Event Information Open	Catani Gardens
9:00am – 4:00pm	Athlete Check-In Open	Catani Gardens
9:30am – 4:15pm	Compulsory Overnight Bike Racking Open	Catani Gardens
11:30am, 1:30pm & 3:30pm	IRONMAN 70.3 Melbourne Transition Tour	Catani Gardens
12:30pm	Final Race Director Update/Q&A	Catani Gardens
1:00pm	Pro Panel	Catani Gardens

EVENT SCHEDULE



SUNDAY 12 November 2023

Time	Event	Location
4:45am - 3:30pm	Event Information Open	Catani Gardens
4:45am – 5:45am	Transition and Compulsory Helmet Check Open	Catani Gardens
4:45am – 3:30pm	Street Gear Bag Area Open	Catani Gardens
6:00am	Welcome to Country	St Kilda Beach
6:05am	IRONMAN 70.3 Melbourne Pro Male Race Start	St Kilda Beach
6:07am	IRONMAN 70.3 Melbourne Pro Female Race Start	St Kilda Beach
6:08am	IRONMAN 70.3 Melbourne Physically Challenged/Intellectual Disability Open Athlete Race Start	St Kilda Beach
6:15am	IRONMAN 70.3 Melbourne Age Group Rolling Race Start	St Kilda Beach
8:00am – 3:00pm	Official IRONMAN 70.3 Merchandise Store Open	Catani Gardens
8:00am – 3:00pm	Sport and Lifestyle Expo Open	Catani Gardens
09:41am <i>Approx</i>	First IRONMAN 70.3 Male Finisher Expected	Catani Gardens
10:09am	First IRONMAN 70.3 Female Finisher Expected	Catani Gardens
12:30pm – 3:45pm	Compulsory Bike Collection Open	Catani Gardens
3:30pm	Expected Last Finisher / Race Closes	Catani Gardens
3:45pm	IRONMAN 70.3 Melbourne Athlete Presentations	Catani Gardens
4:15pm	2024 VinFast IRONMAN 70.3 World Championship Rolldown Ceremony	Catani Gardens



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- B Mee Multisport
- Balance Tri Club
- Ballarat Triathlon Club
- Ballina Triathlon Club
- Balmoral Triathlon Club
- Bargara Triathlon Club
- Bayside Multisport
- Bayside Triathlon Club
- Be Energetic
- Beckworth Racing
- Bendigo Triathlon Club
- Big Sexy Racing LLC
- Bondi Running & Triathlon Club Inc (B.R.A.T)
- Bondi Running and Triathlon
- Boost Coaching
- BOSS Multisport
- Brisbane Triathlon Club
- Burleigh Triathlon & Multisport Squad
- Cairns Crocs Triathlon Club
- Caloundra Triathlon Club Inc
- Canberra Bilbys Triathlon Club
- Carina Leagues Triathlon Club
- Central Coast Triathlon Club
- CF Racing
- City Tri Club (Inc)
- Clapham Chasers
- Club Croc Inc
- Coffs Harbour Triathlon Club
- Concord Triathlon Club
- Coogee Triathlon Club
- Core 4 Endurance
- Core4 Endurance
- Cradle Coast Triathlon & Multisport
- Cronulla Triathlon Club
- Dan McTainsh Triathlon Squad
- Darwin Triathlon Club
- Davey Black Tri Club
- DGC Tweed Coast Multisport
- DONGGUAN TRIATHLON SPORTS ASSOCIATION
- East Coast Cycos
- Eastern Suburbs Triathlon Club
- Echuca Moama Triathlon Club
- EFS Triathlon Club
- Elevate Tri Club
- Elite Triathlon Performance Australia
- Eltham Tri And Open Water Club
- Energy Lab Triathlon
- Engadine Triathlon Club Inc
- Fast Lane Coaching
- Fit2Tri Triathlon Club
- FitSets.com
- Fitter Radio Coffee Club
- Fitzroy Frogs Triathlon Club
- Flickaa TT
- Forster Triathlon Club Inc.
- Fortitude Performance Coaching
- Free Radicals Tribe Triathlon Club
- Fremantle Triathlon Club
- ful-on tri
- Genesis Triathlon Club
- Goondiwindi Triathlon Club Inc.
- GPC Squad
- Greensborough Triathlon Club
- Hamilton Triathlon Club
- Hat Head Triathlon Club
- Hawkesbury Triathlon Club
- Hawthorn Triathlon Club
- Helix Triathlon
- Hervey Bay Triathlon Club Inc.
- Highlands Triathlon Club
- Hills Triathlon Club
- Holistic Endurance
- Hong Kong Dragons Triathlon Club
- Hurt Locker Tri
- i4 Coaching
- Illawarra Triathlon Club
- Intraining Running And Triathlon Club
- Ipswich triathlon club
- Ipswich Triathlon Club - AU
- ISA RATS Running & Triathlon Club
- JET Coaching
- JQ Triathlon Team
- JT Multisport
- Kempsey Runners And Triathlon Club Inc
- Kiama Triathlon club
- Knox Triathlon Club Inc.
- Koa Sports
- Lakers Triathlon Club
- Latrobe Valley Tri Club
- Launceston Triathlon Club
- Leichhardt & Parramatta Drum-moyne Triathlon Club Inc (Lapd)
- Live2Tri
- Lockyer Lightning Multisport Club Inc.
- Logan Triathlon Club
- M5 Acadamies
- Macarthur Triathlon Club
- Maccabi Triathlon And Cycle Club, Inc.
- Mackay Triathlon Club
- Maitland Triathlon Club Inc
- Mandurah Triathlon Club
- Manningham Triathlon Multisport Inc
- Mavericks Coaching Alliance
- Melbourne Triathlon Club Inc
- Momentum Endurance Coaching
- Momentum Endurance Coaching
- Moore Performance
- Moree Services Cycle and Triathlon Club
- Mornington Peninsula Triathlon Club
- MRA Multisport
- Multisport Gold
- MX Endurance
- My Training Day
- MyProCoach
- Newcastle Triathlon Club
- Ngungun Tri Club
- Noosa Tri Club
- North Harbour Triathlon Club
- Northern Suburbs Triathlon Club
- NQ Triathlon Academy
- Nunawading Triathlon Club
- Olympian Triathlon Club
- Orange Cycle And Triathlon Club
- PACTRAC
- Panthers Triathlon Club
- Peddlar
- Pine Rivers Tri Sports Club Inc
- Port Macquarie Triathlon Club
- Pulse Triathlon Club - Australia
- Purple Patch Fitness
- Pursue Multisport
- Pursue Multisports
- Race Pace Coaching
- Racepace
- Ratpack Multisport Inc
- Red Dog Triathlon Training
- Redcliffe Tri Club
- Redlands Cycling and Multisport Club
- Redline Tri Club
- Reed Performance Group
- Ringwood Triathlon Club
- Riverland Triathlon Club
- Riviera Triathlon Club Inc
- Sandgate Tri Club
- Sansego Triathlon Club
- Sharks Triathlon Club
- Sheldon Triathlon Club
- Shepparton Tri Club
- Simon Knowles
- Somerset Spartans Triathlon Club
- South Bank Triathlon Club
- Southport Triathlon Club Inc
- Sovereign Slingers
- Spaero Triathlon
- SSG MultiSports
- Stadium Triathlon Club
- Standing Start Triathlon
- Starfish Tri-Athletic
- Stingers Triathlon Club
- Sunshine Coast Tri Club
- Sunshine Coast Triathlon Academy
- SCTA
- Surfers Paradise Triathlon Club
- Sutherland Shire Triathlon Club
- Swiftmultisport
- Sydney Triathlon Group
- T.Zero Multisport
- TCR Sport Lab Ltd
- Team Betty
- Team NRGY LLC
- Team SFQ
- Team Sirius Tri Club
- Team T Rex
- TEAM TISSINK TRIATHLON
- TEAM Tri Coaching
- Team Tri Force (UK)
- Temora Running and Multisports Club
- Tempo Systems
- The Cupcake Cartel
- The Olympic Club
- Tomaree Triathlon Club
- Toowoomba Triathlon Club Inc
- TRG Triathlon and Multisport
- Tri Alliance
- Tri Connect Coaching
- Tri Fitness
- Tri Nation
- Tri St George
- Tri-ActiV8 Triathlon Squad
- Triathlon Adventures Geelong
- Triathlon Association of Singapore
- Triathlon South
- TriBabes
- TriChicks
- Tridents Triathlon Club
- TriEdge Coaching
- TriFury
- TriKings Triathlon Club
- TriMob
- TriMotivate Performance Coaching
- TriSpecify
- TRITONES RIOJA
- TriVelo Coaching
- Tuggeranong Vikings Triathlon Club
- Tulsa Area Triathletes
- Twin Towns Triathlon Club
- T-Zero
- UQ TRIADS
- Vietnam Triathlon Club
- Vipers Triathlon Club
- Vision Tri Club
- Wagga Triathlon Club
- Warringah Triathlon Club
- We Tri - Training and Coaching
- Wellington Triathlon Club (NZ)
- Western Suburbs Triathlon Club (WSTC)
- Westside Triathlon Club
- Whitsunday Triathlon Club
- Wicklow triathlon club
- Wilston Grange Triathlon Club
- Wyn Republic
- Yarra Tri Club
- Yoska Tri A New Life

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2023 OFFICIAL SPORTS DRINK

ATHLETE CHECK LIST



PRE EVENT

- Book/confirm accommodation & flights (if applicable).
- Ensure event registration is confirmed (check for confirmation email).
- Familiarise yourself with [Event Schedule](#) (know all check- in/drop off times).
- Pack photo ID in your luggage.
- Familiarise yourself with the course - it is your responsibility to know this on race day.
- Check Athlete List on event app. **Note:** Event app will be updated at close of Check-In prior to race day. If any details are wrong, contact us via Melbourne@ironman.com or 1300 761 384.

ONCE I ARRIVE (PRE RACE)

- Familiarise yourself with the event venue and key areas (Check-In, bike racking, swim start, finish line, presentations & WC Roll Down).
- Familiarise yourself with any [road closures](#).
- Check-In and collect race kit.
- Rack bike
- Pack items for race day.
- Teams – Familiarise yourself with team transition entry point.
- Teams – Familiarise yourself with the teams meeting point so you can cross the finish line together as a team.

RACE DAY

- Ensure you have all items for your race including, helmet, timing chip & wetsuit/trisuit.
- Enter Transition for last minute checks & drop off items you will need for the bike and run leg & drop off bike pump (if relevant).
- Drop off street gear bag (if relevant).
- Start the race - be at the start line at least 15 minutes prior.
- Finish the race.
- Collect your medal & finisher towel.
- Recover.
- Collect your items – street gear bag, bike pump, bike.

POST RACE

- Have your medal engraved at the Official IRONMAN Merchandise Tent.
- Attend World Championship Roll Down, presentations.
- Upload your #medalmonday photo on your social media.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring your physical credit card (no Apple Pay etc accepted). See page 46
- Bring friends and family to celebrate.



BECOME AN IRONMAN ALL WORLD ATHLETE

DEDICATION. PERFORMANCE. GLOBAL PRESTIGE.
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The All World Athlete (AWA) program rewards age-group athletes for their hard work, dedication, and performance across IRONMAN and IRONMAN 70.3 events each year.

Are you ready to take your triathlon journey to new heights? Unleash your full potential and claim your place among the elite as an IRONMAN All World Athlete.



GLOBAL RECOGNITION



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COMPETITIVE RANKING



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LEARN MORE

RACE KIT



RACE KIT COLOURS

Black – Professional Male

Silver – Professional Female

Red – Age Group Athletes

Light Red – Relay Teams

1. RACE BIB NUMBER

Worn on the front and attach with race belt (supplied by Athlete) or safety pins (available at Event Information). Do not fold or alter race bib number

2. ATHLETE WRISTBAND

Secured at Athlete Check-In and must be worn at all times until after Presentations. The IRONMAN Group will not allow access into Athlete restricted areas without Athletes wearing their wristband.

NO WRISTBAND = NO ACCESS.

3. TATTOOS

Number Tattoo: Place on right bicep.

Category Tattoo: Place on left calf.

Application: Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper..

Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to assist by writing your number/letter on with a permanent marker.

4. SWIM CAP

Provided Roka swim cap, must be worn during swim leg. If wearing another cap, the official cap must be worn on top. Swim caps are Latex.

5. STREET GEAR BAG

Place items required for post race (collected in the recovery area). Drop off race morning. Must use bag supplied.

6. BIKE SEAT POST STICKER

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

7. HELMET STICKER

Place sticker on front of helmet. Attach prior to helmet check on race day.

8. BIKE PUMP STICKER

Place sticker on bike pump prior to drop off on race day.

9. STREET GEAR BAG STICKER

Remove sticker from backing sheet wrap the label around the string on the bottom right hand corner of your street gear bag and stick securely onto the back of itself.



Take your racing experience to the next level with Enhanced Athlete Event Experiences powered by NIRVANA

Curated to meet the needs of IRONMAN athletes, enjoy a range of enhanced services such as priority check-in, dedicated bike maintenance, bike and bag return to your hotel post-race and much more.

- Dedicated line for bib package collection
- Low bib number
- Priority bike racking
- Early Access to IRONMAN store before public opening
- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

CONTACT US

To hear more about how Nirvana can enhance your IRONMAN experience and best prepare you for your race, email the team:

contactus@nirvanasportstravel.com

nirvanasportstravel.com



RELAY TEAM INFORMATION



Please note the below information relates to the Relay Teams and outlines specific team details and difference to the individual race.

Relay Teams you must still read the complete AIG for all relevant information but please note the team information below.

RACE KIT

Please refer to page 17 to see all inclusions in your race kit.

Please note the team differences:

- Race Bib Number – This is worn by the runner
- Athlete Wristband – each team member will receive their own wristband during Check-In
- Street Gear Bag - each team member will receive their own Bag

Tattoos:

- Number Tattoo – worn by runner
- Category Tattoo – worn by runner

CHECK IN

Each team member will be required to attend Check-In during specified times. The first team member to attend Check-In will receive the Race Kit and collect all items for the team. It is then the responsibility of the team member to distribute the race kit to the other team member/s.

It is recommended where possible, all Relay Teams check-in together.

TRANSITION

The change over between team members will occur at the bike position. Team members will meet at the bike racking position and exchange the timing chip. Your timing chip is your relay baton.

It is recommended all team members attend Transition either during racking or pre-race to ensure you are aware of your position and transition flow.

During the race, team members will enter through the Teams Entry and find their bike position to meet their racing team member.

Team change overs are self-managed and it is up to Relay Teams to ensure they know when they must be at the meeting point.

SWIM START

Rolling Start: Team swimmers will sort themselves into the correct start group based on their swim start time. *There is no different start for team swimmers vs individual swimmers.*

FINISH LINE

Relay Teams are permitted to cross the finish line together, if they wish. The entry point will be identified by a sign 'Relay Teams Meeting Point' at the top of the finish line chute.

If the runner only proceeds down the finish line, they will be required to collect the Team Members towel & medal.

V 4 . 0



PRO RACING SOCKS V4.0

✘

SOCKS

✘

RACING

✘

PRO



VENTILATION



PROTECTION



SUPPORT



UNLOCK YOUR FULL POTENTIAL

*LIBÈRE TOUT TON POTENTIEL

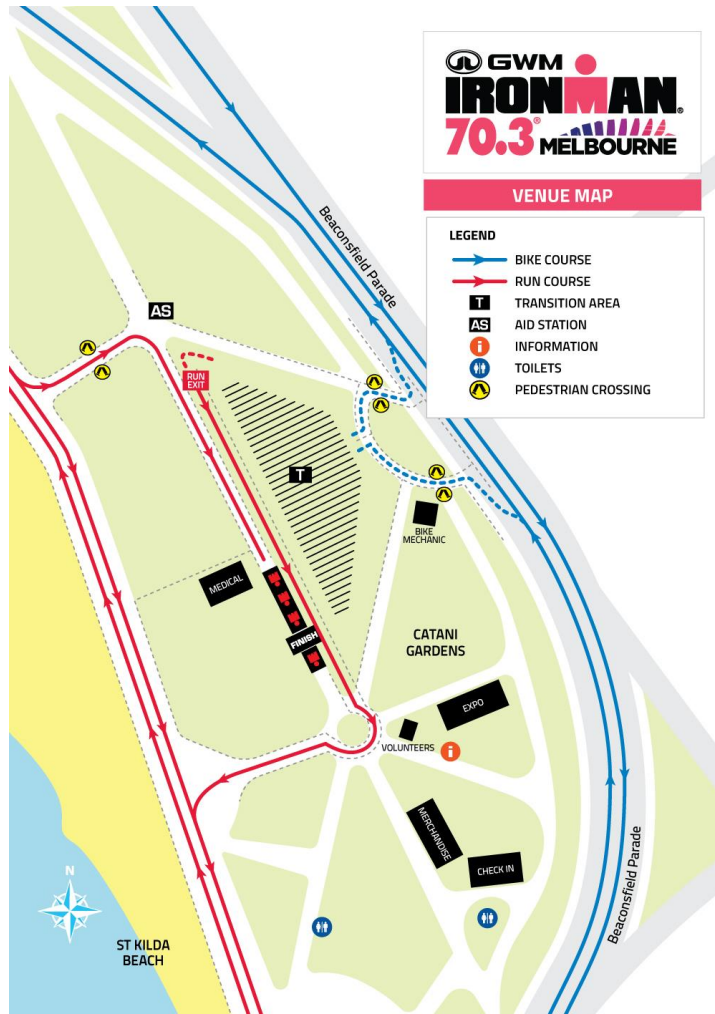


www.compressport.com

PRE RACE INFORMATION



VENUE



ATHLETE CHECK-IN

See pages 10-11 for time and location

All packs will need to be collected during Athlete Check-In opening hours. **Please note, no packs will be posted out prior to the event.**

What you will need to bring:

- Photo ID (driver's licence or passport)

Who can collect?:

Only the person registered can pick up their race kit at Check-In. Please note that it is not permitted for someone else to compete under your name or for you to compete under someone else's name. This will result in suspension from your State Triathlon Association and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.

TIMING CHIP

Pick Up: Upon exit during bike racking

Hot Tip: Place the timing chip somewhere safe after collection. Eg with your helmet

Drop Off: Timing chips will be collected after the finish arch and prior to entering Recovery

Lost During Race: If you lose your timing chip during the race, inform Event Staff within Transition, so that timing providers can do their best to replace the chip.

Drop Out: If you do not start the race or pull out of the race, please return the timing chip to a drop out clerk located at Event Information or if unable to reach this location to an Event Staff member. Where possible only hand to an official Event Staff member not a volunteer.

Lost Timing Chips: If your timing chip is not returned or is lost, you will be charged \$150AUD for a replacement.



MASSAGE

A free 5-minute post-race massage service will be available for athletes in the Recovery area.

BIKE MECHANICS

From 9:30am – 4:15pm on Saturday 11 November bike mechanics will be available to offer minor mechanic services.

A limited 'emergency service' will be available on race morning within Transition for all athletes.

FINAL RACE DIRECTOR UPDATE AND Q & A

The Final Race Director Update and Q & A is your opportunity to ask any last-minute questions and it's a great opportunity for both seasoned triathletes or first timers.

View the [Event Schedule](#) (pages 10-11) for times and location.

PRE RACE TRAINING

Ensure you are always aware of and obey the town/state road rules. We highly recommend always training with at least one other person. Roads will remain open until race day. Therefore, we ask you to be cautious at all times and courteous to the local community.

Swim: There is no formal practice swim at the event. However, if you feel the need, please use the area at St Kilda beach or any of the private or public swimming pools in the area. Any athletes having a practice swim do so at their own risk.

Bike: Remember to obey the road rules and do not ride two abreast on narrow road sections. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Australia and Police can issue on-the-spot fines for breach of this law. Lock your bike whenever you leave it (unless it's during bike racking).

Run: Run on footpaths where possible and do not run more than two abreast. Be mindful of other footpath users and slow-moving pedestrian traffic. Keep your pace slow enough to avoid a collision.

PARKING

Parking will be on surrounding local streets (please ensure that you are aware of the any parking restrictions and changed traffic conditions). There is ample street parking, council parking areas, or paid commercial parking in the vicinity of the venues. Please review the [changed traffic conditions](#) and do not park on course, as tow vehicles will be in operation on Sunday 12 November.

CHANGED TRAFFIC CONDITIONS

Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day. [Changed traffic conditions flyer](#).

NON-ALCOHOLIC BEER

FIT FOR ALL TIMES



BAG DROP / COLLECTION



STREET GEAR BAG

Your street gear bag consists of any clothes you require post-race and is collected at Recovery. The bag provided to you during Athlete Check-In must be used as your street gear bag. No other bag will be accepted. Please ensure that you have the gear bag sticker (located in your race kit) clearly stuck to the bottom of the handle.

Examples Include:

- Warm clothing (jumper, tracksuit pants)
- Different footwear

Please refrain from placing any valuables in your bag where possible.

View pages 10-11 for times and locations.

BAG	DROP OFF LOCATION	POST RACE COLLECTION
STREET GEAR BAG and BIKE PUMP	When: Sunday 12 November 4:45am – 3:30pm Location: Catani Gardens	When: Sunday 12 November 4:45am – 3:30pm Location: Catani Gardens

Note: When you collect your street gear post race, bike pumps should be collected at the same time.

FULGAZ

GET READY FOR RACE DAY WITH FULGAZ!

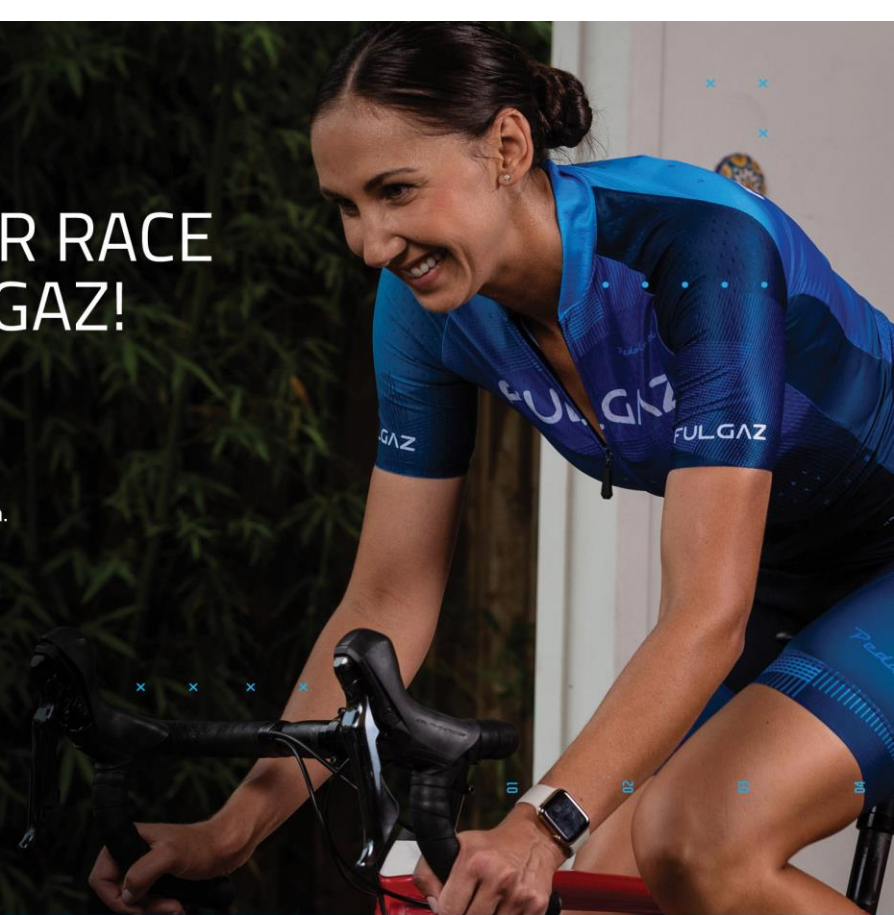
Featuring over 1,500 of the most iconic routes from around the globe including official IRONMAN routes, an epic library of training programs, and new world-class events and challenges each month.

FulGaz is your go-to indoor training partner year-round.

Use code

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to access your
**CREDIT CARD FREE
30 DAY TRIAL!**



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PRE RACE

TRANSITION TOURS

Tours will be held by Sean Foster from Fluid Movements and take approximately 30 minutes. The tour will include:

- Flow of transition
- Entry/exit points
- Suggested setup
- Opportunity for Q&A

View the Event Schedule (pages 10-11) for times and location.

BIKE RACKING

View the Event Schedule (pages 10-11) for times and location.

Prior to Entry:

- Attend Athlete Check-In
- Secure bike seat post sticker

Bike Checks:

- Conducted by Aus Triathlon upon entry
- You, the athlete are responsible for your bike being in safe working order
- Inspectors will be checking for such thing as:
 - End plugs on handle bars
 - Tyres in reasonable condition
 - Stripped cabling
 - At least one water bottle cage
 - Brakes in working order
 - Compliance with IRONMAN Rules.

How to Rack your Bike: Rack your bike by the handlebars. On race morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

Covers: No full bike covers will be allowed for overnight racking. These will be removed and can be collected at Event Information (lost & found).

Note: No Helmets are to be left overnight as a compulsory helmet check is conducted on race morning.

TIMING CHIPS

Pick Up: upon exit during bike racking

Hot Tip: place the timing chip somewhere safe after collection. E.g. with your helmet

Drop Off: timing chips will be collected after the finish arch and prior to entering recovery

Lost During Race: if you lose your timing chip during the race, inform Event Staff within Transition, so that timing providers can do their best to replace the chip.

Drop Out: if you do not start the race or pull out of the race, please return the timing chip to a drop out clerk located at Event Information or if unable to reach this location to an Event Staff member. Where possible only hand to an official Event Staff member not a volunteer.

Lost Timing Chips: if your timing chip is not returned or is lost, you will be charged \$150AUD for a replacement.



RACE DAY

HELMET CHECK

Aus Triathlon officials will be conducting compulsory helmet checks as you enter the Transition area. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

You will need to place your helmet on your bike or on the ground beside bike.

Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting at Transition. See [IRONMAN Rules.](#)

BIKE PUMPS

Bike pump drop off will be available on race morning within Transition and can be collected post event during bike collection. Please ensure your bike pump is labelled using the sticker within your race kit.

All bike pumps which aren't collected during bike collection times will be donated.

You will have the opportunity to make any last-minute tweaks/adjustments to your bike. Ensure all items are either attached to your bike, or transition rack.

GEAR SET UP

All items required for your bike and run legs will be set up on race morning at your bike. There are no transition bags provided or to be used for this event. Please note no bags/tubs are to be used or left in transition and all bags will be removed if left.

Gear may include:

Bike	Run
Bike shoes (or on bike)	Running Shoes (compulsory)
Helmet	Race bib number (compulsory)
Sunglasses	Sunglasses
Towel	Hat/Visor
Socks	Socks
Change of clothes	Change of clothes
Nutrition and fluids (or on bike)	Nutrition and fluids

POST RACE

BIKE COLLECTION

View the Event Schedule on pages 10-11 for collection times. Ensure you are aware of the closing time as, after this time Transition will become unsecure.

When collecting your bike, please ensure bike pumps are collected at the same time.

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AID STATIONS



PRE SWIM

- Glasses drop table (collection at swim exit)
- Water

- **TRANSITION AID STATION**

(SWIM TO BIKE & BIKE TO RUN)

Will Offer:

- Water
- Gatorade – Lemon Lime
- Vaseline
- Sunblock
- Toilets

BIKE AID STATIONS

In Australia we ride on the left-hand side of the road and aid station and take-ups will normally be with the left hand.

Aid Station Locations:

The Bike Course has 2 aid stations located approximately 15km-20km apart.

- B1 – Triangle Gardens, Hampton - Outbound 14km/59km
- B2 – New St, Brighton – Inbound 36km/81km

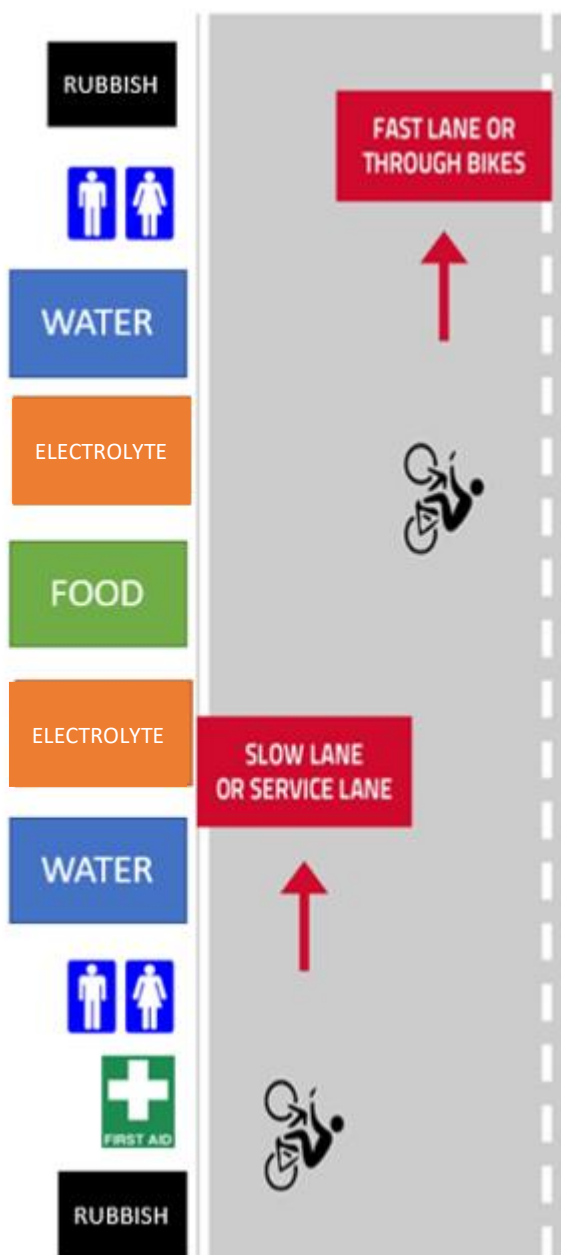
Will offer:

- Water
- Gatorade – Lemon Lime
- Maurten Energy Gels – Caffeinated & Non-Caffeinated
- High5 Energy Bars – Berry flavour
- Vaseline
- Sunscreen
- Insect repellent
- Toilets

Process:

Slow down when entering a bike aid station, don't stop! If you do not require any product from a bike aid station please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Volunteers will be also calling out what they are offering. Please politely advise them by calling out as per your needs.

AID STATION LAYOUT



Don't try this on race day*



* A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course. In this case the GEL 100 and GEL 100 CAF 100.

maurten.com/ironman

AID STATIONS



RUN AID STATIONS

The Run Course has 3 aid stations located approximately 1.5km - 2.5km apart.

- R1 – Marina Reserve, Double Sided - 1.6km/8.4km/12km/18.8km
- R2 – Head St, Elwood, Double Sided 4.2km/5.7km/14.6km/16km
- R3 – Pier Road, Single Sided - Inbound 9.8km/20.2km

Will offer:

- Water
- Gatorade (Lemon-Lime flavour)
- Maurten Energy Gels – caffeinated and non-caffeinated
- HIGH5 Energy Bars – Berry flavour
- Bananas
- Red Bull will be supplied on course at R2 only and served in a diluted formula of 50% Red Bull and 50% water
- Cola
- Vaseline
- Ice
- Sunscreen
- Insect Repellent
- Toilets

Process:

Keep left when approaching a run aid station. If you do not require any product from a run aid station please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Athletes will collect their own items from the aid station. Once items have been collected, please proceed to continue the race or move aside to ensure no blocking of fellow athletes.

DISCARD DROP ZONES

Please discard any unwanted items post the discard zone start sign and pre the discard zone finish sign. Anything discarded outside this area will be penalised.

AID STATION LAYOUT



wahoorfitness.com/rival



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ELEMNT RIVAL Multisport Watch keeps your focus locked on your performance, not your equipment. Unique multisport features like Touchless Transition, Multisport Handover, and Perfect View Zoom create a seamless performance advantage.

ELEMNTRIVAL

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CUT OFF TIMES

Both cumulative and intermediate cut-off times for the swim, bike and run will be based on an individual's swim start time. Below cut-off times provide cut-off locations and athlete's maximum cumulative race time allowed to pass that location. These times will be adjusted and enforced per individual by the Race Director on race day.

Swim – 1 hour 10 minutes from athlete's individual start time

- 1hr 10 min - Swim Exit

Bike – 5 hours 30 minutes from athlete's individual start time

- 3hr 30 min - Mills St Northern Turnaround - 2nd Lap - 46.7km
- 4hr 33 min - Warrigal Rd Southern Turnaround – 69.2km
- 5hr 05 min – Bike Aid Station 2 - 81km
- 5hr 30 min – Transition 2 Bike Dismount – 90km

Run – 8 hours 30 minutes from athlete's individual start time

- 7hr 02 min - Start Lap 2 at Pier Rd exit from Transition - 10.5km
- 7hr 42 min - North Rd Southern Turnaround - 15.3km
- 8hr 30 min - Last Finisher at Catani Gardens Finish Line – 21.1km

Should an athlete fail to meet their individual race leg cut-off time, they will be listed as not classified (NC) and not be ineligible for any awards or World Championship slots. Should an athlete fail to meet the course closure times (based on the final athlete in the water), they will be listed as a DNF.

In addition to the above cut-off times, athletes may be cut-off at any time based on the Race Director's discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and/or race rule violations.

In the situation of one or more legs (swim, bike, run) being modified under contingency scenarios, the Race Director also reserves the right to announce new cut-off times.

CONTINGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the event app or by the commentators.

RACE DAY SERVICES

Medical

A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

First aid will be positioned in a variety of locations. The exact positions of aid stations can be viewed [here](#). Athletes are responsible for any costs incurred as a result of a medical incident. This includes, but is not limited to, ambulance transfers, hospital stays and/or specialist treatment. It is therefore strongly advised that all athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Athletes are responsible for understanding the terms and conditions of insurances held.

SAG wagon

The SAG Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to the event venue.

Should you require a SAG Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for SAG Wagon deployment. Alternatively, advise volunteers at the Nearest aid station.

Please Note: delays in SAG Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG Wagon has been requested as this could affect their ability to locate and transport you.



FINISH LINE PHOTO

Sportograf is the official event photographer.

How to Get your Best Photos:

Ensure your helmet sticker is visible on the FRONT of your bike helmet.

- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Smile and have your photo taken with your finisher medal and towel at the photo wall available within recovery.

Your personal race photos will be available within 24-48hrs after the race at

www.sportograf.com/event/8741

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal and towel.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Street gear bag collection
- Recovery food/drink
- Massage
- Medical support (if required)

Important: Before exiting to see your family and friends, please ensure all relevant nutrition and personal items have been collected. There is a NO RE-ENTRY policy so make sure you are comfortable before you exit.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Gatorade (Lemon-Lime flavour)
- Red Bull
- Fruit
- Chocolate Milk

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Oceania App
<https://www.ironman.com/im703-melbourne-supporters>
- Event website
<https://www.ironman.com/im703-melbourne-results>
- Finishers Certificate –
<https://www.multisportaustralia.com.au/races/ironman-703-melbourne-2023>

No access to online services? Visit our Event Information who can assist.

MEDAL ENGRAVING

Medal engraving is available at the Official IRONMAN Merchandise store. View the Event Schedule (pages 10-11) for times and location. The process takes anywhere from 5 to 25 minutes. Please note all medals must be dropped off and collected at the Official IRONMAN Merchandise Store. No medals will be posted.

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to Event Information. You can lodge your own lost items here:



Alternatively, view the Event Schedule (pages 10-11) for times and location.

Please note: No responsibility or liability is taken by the Race Organisers for lost property.

All lost property will be held for 30 days post event. After this time, all left over items will be donated to charity. For any enquiries after the event, please contact IRONMAN on 1300 761 384 or Melbourne@ironman.com



ROKA

MAVERICK X2

THE WORLD'S FASTEST WETSUIT

"I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it."

- Paul, Seattle, WA

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LUCY CHARLES-BARCLAY
FASTEST IRONMAN
SWIMMER ON THE PLANET

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SWIM COURSE 1.9KM



Cut off – 1 hour 10 mins from athlete's individual start time.

WARM UP SWIM

Professional: Pro Athletes are able to do a short warm up swim directly in front of the start area but must exit the water for the Race Director Briefing and Welcome To Country at 6:00am.

Age Group Athletes: Athletes wishing to warm up swim prior to race start are advised to use the area directly adjacent to the Swim Start location at St Kilda beach. These athletes must keep clear of the course and swimmers entering the water for their race.

Be careful of Water Safety personnel setting up the course prior to race start and listen for announcements via PA system for all athletes to be out of the water before the race starts.

PROFESSIONAL SWIM START

Professional athletes will start their race in a wave start format from the beach.

View the Event Schedule (page 10-11) for start times

PHYSICALLY CHALLENGED & INTELLECTUALLY DISABLED OPEN SWIM START

Physically Challenged and Intellectually Disabled Open athletes will be communicated to by the Race Director of their start time and process.

If you are a Physically Challenged or Intellectually Disabled athlete and require support, please contact us at Melbourne@ironman.com or on 1300 761 384.

ROLLING START

View the Event Schedule (pages 10-11) for start times.

For Age Group Athletes, the race start will be a Rolling Swim Start. Athletes are to self-seed themselves into Start Zones prior to race start.

Four different Start Zones are available, depending on an athlete's expected swim time:

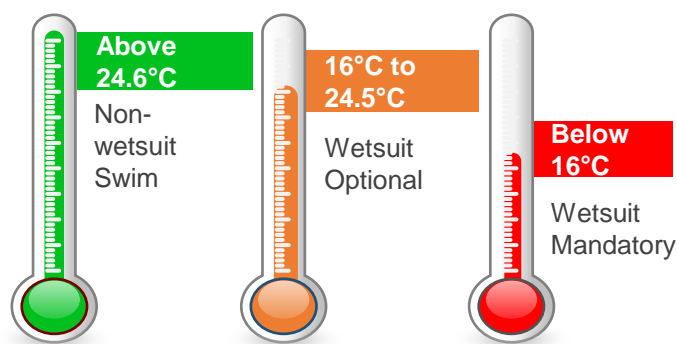
- Zone 1. Under 33 minutes
- Zone 2. Between 33 - 37 minutes
- Zone 3. Between 37 – 41 minutes
- Zone 4. Over 41 minutes

Zone signage displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of Event Staff.

At the official start time, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual time will start. The rolling start will continue from Zone 1 to Zone 4 until all athletes have crossed the timing mat and begun the race.

WETSUIT RULING



Wetsuits will be optional if the water temperature is up to and including 24.5 degrees Celsius and mandatory if the water temperature is below 16 degrees Celsius. See Race Rules on page 8-9 for more information.

A provisional wetsuit ruling will be posted at

Athlete Check-In and Event Information on Saturday from 11am. The official wetsuit ruling will be announced race morning by the commentary team.

Professional athlete wetsuit ruling will vary – see [IRONMAN Race Rules](#).

GLASSES DROP/COLLECTION

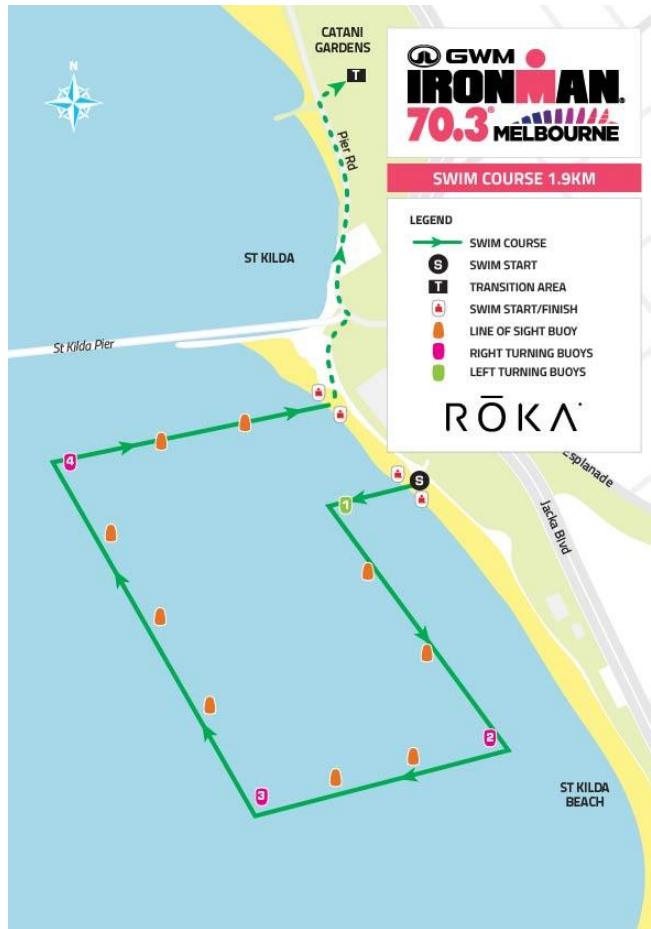
A glasses drop and collection point will be available at the swim start/swim exit. Please ensure your glasses are labelled with your race number prior to drop off. Where possible drop your glasses at the swim exit collection point. If unable to, a drop off point will be available at swim start.

RŌKA[®]

SWIM COURSE 1.9KM



COURSE MAP



Cut off – 1 hour & 10 minutes from athlete's individual start time.

1.9km - The 1.9km ROKA Swim Course begins with a Rolling Wave Start in front of the well-known St. Kilda Sea baths in the heart St. Kilda beach. The water temperature in Port Phillip Bay this time of year will sit around 18 degrees Celsius so it's likely to be a wetsuit optional swim. Athletes will swim directly out for 100m before a left-hand turn to head South for 500m towards St Kilda Marina, prior to turning around and heading back North towards the St Kilda Pier. Prior to reaching the pier, swimmers will take a right-hand turn to begin the final 350m of swimming before the run into transition at Catani Gardens.

SWIM SAFETY

Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and are there to support you should you require.

At any time, should you require the assistance of water safety, please raise one arm into the air and they will come to your aid. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim extraction points. At this point in time, if required, you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

SWIM CAPS

All Roka swim caps provided will be latex based. In the case you are allergic, please contact us at melbourne@ironman.com or via 1300 761 384.

[Click here](#) to view Swim Cap Colours. Colours are based on estimated swim time.

JESSE THOMAS
2x IRONMAN CHAMPION

RŌKA

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ULTRA-PREMIUM OPTICS. ZERO SLIP.
INSANELY LIGHTWEIGHT.

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C3[™] Unmatched Optics
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2023 OFFICIAL BICYCLE HELMET

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BIKE COURSE 90KM



COURSE MAP



Cut off – 5 hours & 30 minutes from athlete’s individual start time.

90km - Athletes will exit T1 to begin the first of the two laps of the 90km Bike Course by immediately heading North for a short ride before turning South towards the mecca of cycling within Melbourne – Beach Road. The clockwise course will take cyclists South along Melbourne’s coast as they get to chance to take in views of the iconic Half Moon Bay and past the Southern point of Beaumaris before turning around at the St Bede’s College. Athletes will follow Beach Road back to St Kilda before turning around for lap 2 just North of Catani Gardens. The fast, flat and scenic course is some of the best cycling that Melbourne has to offer!

Please be aware of the physically challenged athletes that are on the course for the safety of all.

TRAFFIC

Event and personnel vehicles/motorbikes will be out on course during the event.

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A WORLD CHAMPION TRISUIT



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COURSE MAP



Cut off – 8 hours & 30 minutes from athlete’s individual start time.

21.1km - The HOKA run course takes athletes along the St Kilda & Elwood waterfront for a scenic and flat 2 lap clockwise course, with amazing views of the Melbourne CBD. Runners will head out South onto Pier road which will link them up with the waterfront Bay Trail path while they run the length of St Kilda Beach and down to the turnaround, just past Elwood Beach. Runners will then head North back to Catani Gardens where they will start their second lap. On the second lap inbound towards Catani Gardens, runners will take a left then a right hand turn as they head down the iconic palm tree lined finish line.

Please be aware of the physically challenged athletes that are on the course for the safety of all.



HOKA FLY
HUMAN
FLY



Recovery is your edge



H Hyperice

IRONMAN
GLOBAL SERIES

OFFICIAL RECOVERY TECHNOLOGY

PRESENTATIONS



PRESENTATIONS

View the Event Schedule (pages 10-11) for time and location.

- Professional athletes - 1st - 3rd. Please see Prize Money breakdown [here](#)
- Age Group - each age group will be awarded 1st- 3rd place trophies.
- Relay Teams - each category will be awarded 1st – 3rd place trophies.

TRI CLUB AWARDS

The TriClub Podium results are an onsite competition that awards the top three clubs online in the form of digital recognition at 2023 GWM IRONMAN 70.3 Melbourne.



— MORE THAN JUST MEDALS —
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GOING PLACES TOGETHER

WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



View the Event Schedule (pages 10-11) for time and location.

Qualifying Slots: 50 Age Group qualifying slots + 15 Women for Tri for the 2024 VinFast IRONMAN 70.3 World Championship, in Taupō, New Zealand held on 14-15 December, 2024.

Qualified athletes are required to claim their IRONMAN 70.3 World Championship slot in-person on advertised time and location. Photo ID is required to be presented and payment must be made at this point in time.

Cost: USD\$780 (including taxes and ACTIVE processing fees) + TRiNZ One Day Membership **USD\$10**

Payment:

- Credit card only (no Amex, Diners or cash payment).
- Physical card including full card number, expiry date and cvv must be available (no Apple Pay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

How does the Age Group Slot Allocation Work?

First, a quick note to clarify what we mean below by an “Age Group.” An Age Group is a particular age group *within a particular gender*. For example, “Male 25-29” is one Age Group, and “Female 25-29” is a *different* Age Group.

The Allocation Process:

- **Before Race Day:**
 - Each Age Group with registered athletes is tentatively allocated one slot (each, an “Initially Allocated Slot”).
 - All other slots available for the race (the “Proportionally Allocated Slots”) are not allocated until race day.
- **On Race Day:**
 - If there are no starters in an Age Group, then that Age Group’s Initially Allocated Slot is removed and pooled

with the Proportionally Allocated Slot.

- The Proportionally Allocated Slots are then allocated among all Age Groups (i.e., those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories.

- **After the Race:**

- **Before Roll Down:**

- If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

- **During Roll Down:**

- If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

Other Information

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any ITU Member National Triathlon Governing Body, WTC’s Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event have they qualified for, hold Professional or Elite status.

Any change in an athlete’s status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

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ADDITIONAL INFORMATION



VOLUNTEERS

The 2023 GWM IRONMAN 70.3 Melbourne requires the support of 300 volunteers in order to deliver the event.

Our dedicated team of Volunteers will contribute a combined total of 2,500 hours to assist, support and motivate you from the start to the finish of your IRONMAN journey.

We encourage you to say THANK YOU to the Volunteers whenever possible! Without the Volunteers, we simply would not be able to run any IRONMAN events.

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OFFICIAL EVENT APP

The IRONMAN Oceania App has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your favourite athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Watch live video coverage throughout the day.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket.

Download the IRONMAN Oceania App now!



IRONMAN LIVE

A static camera will be available at the finish line from the first finisher to the last.

You can find IRONMAN Live on the top left-hand corner of the webpage > www.ironman.com and the event name will appear. Alternatively, you can visit Event Information onsite if you need assistance.

WOMENFORTRI



WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers".

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life too.

ADDITIONAL EVENTS

- [IRONKIDS Melbourne](#)

If you have any further questions, please don't hesitate to contact us at

Melbourne@ironman.com or via 1300 761 384.

Our team are here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

IRONMAN 70.3 Melbourne Team



ALWAYS REMEMBER YOUR RACE
get your personal pictures on **SPORTOGRAF.COM**



F O T O
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F L A T

2023/24 VICTORIAN LONG COURSE STATE CHAMPIONSHIPS



VICTORIAN LONG COURSE STATE CHAMPIONSHIPS

AUS
TRIATHLON

The 2023/2024 Victorian Long Course State Championships will be hosted at GWM IRONMAN 70.3 Melbourne on November 12, 2023.

You must be a fully paid member of AusTriathlon / VIC to qualify for these titles and medal, so ensure this is done ASAP: [click here](#).

For more information on The 2023/2024 Victorian State Series: [click here](#).

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