

IRONMAN[®] 70.3[®] GRAZ AUSTRIA

WIN AUSTRIA'S GREEN HEART

15 AUGUST 2021



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LET'S GO! GRAZ

GRAZ

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AMEDIA

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WELCOME

To IRONMAN® 70.3 Graz 2021

Dear athletes,

On August 15, 2021 the IRONMAN 70.3 Graz will take place for the first time. After the cancellation in 2020 and the long uncertainty caused by the corona pandemic, we are even more pleased to finally be able to welcome you to Graz and start the IRONMAN 70.3 adventure with you in Styria.

After months of preparation, we are now happy that the race season can start in Austria. The middle distance race starts early in the morning at Schwarzl See with a 1.9 km swim. Then you go on the 90 km long bike course, which will lead you through the towns of Weitendorf, St. Oswald, Gratwein and Peggau to the city center of Graz. The run course of 21.1 km consists of 2 laps around the Schloßberg, along the banks of the Mur, up the Sporgasse to the finish on the Karmeliterplatz.

For this race to take place, several safety and hygiene measures have been taken - I ask you to follow these rules precisely in order to ensure a safe race for you and everyone involved in the event.

The IRONMAN team is looking forward to a great triathlon weekend and I would like to take this opportunity to thank you – the athletes; the approx. 1,000 volunteers; the region and our partners who have always accompanied us on this challenging journey - for your patience and support.

I wish you all good luck and a lot of fun racing through beautiful Styria. Enjoy your time here.



Your Race Director
Johanna Keilwitz

TOP 3 THINGS TO SEE

GRAZ



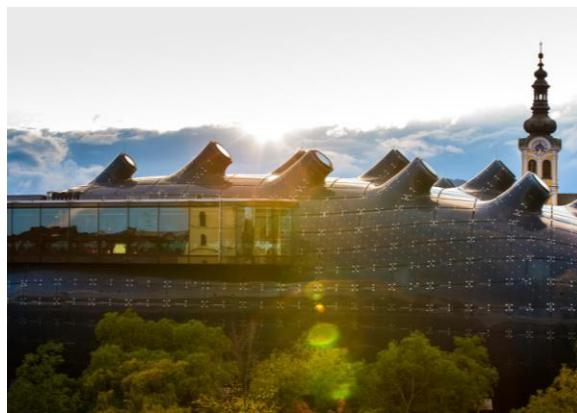
©Graz Tourismus Harry Schiffer

KUNSTHAUS

Amazement, enthusiasm, disbelief. The spectacular architecture of the Kunsthaus Graz rarely leaves people indifferent. The architects of this museum of Contemporary Arts managed to create a perfect symbiosis between the traditional culture of the city and the young architecture of the building, a task that is rather unusual and hard to implement. The mysterious building is positioned between the houses of the old town, floating between its roofs like a blue bubble and attracting visitors from both near and far.

GRAZER UHRTURM

The 28 meters high and well-preserved clock tower of Graz is probably the most well-known landmark of the Styrian capital. It was once part of the medieval fortress of the Schlossberg hill, which was officially documented for the first time in the 13th century. What makes this tower even more special, however, is the fact that the clock's golden hands are interchanged: In the past, clock towers usually just had an hour hand, and since the one of the Grazer clock tower is already around four meters long, the minute hand had to be the shorter one.



©Graz Tourismus Harry Schiffer

MURINSEL

Is it an island or rather a ship? The extravagant steel structure of the US American artist Vito Acconci resembles both equally well. The art installation, the so-called Murinsel Graz, was commissioned in celebration of the Year of the European Capital of Culture in 2003. Now, it functions as a connection between the city and the river and serves its guests excellent coffee and cocktails. Located in the middle of the river Mur itself, this location serves its visitors a completely new and different point of view of the city.



©Graz Tourismus Harry Schiffer

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LEAVE YOUR TRAVEL
AND ACCOMMODATION
ARRANGEMENTS
TO THE EXPERTS**

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Nirvana have been helping athletes and spectators on their journey to the start line for over 15 years. By taking the stress out of all the travel and logistics, you can concentrate on being your best and enjoying your IRONMAN race experience.

Benefit from booking your travel and accommodation with IRONMAN'S Official Event Travel Partner. Our extensive range of event services supports you throughout your journey, leaving you to fully focus and enjoy your finish line moment.

Timetable

IRONMAN 70.3 Graz 2021

Monday, 09.08.2021

Race Briefing

ONLINE

Friday, 13.08.2021

IRONMAN Expo (Karmeliterplatz)

09.00 – 18.00

Registration IRONMAN 70.3 Graz (Freiheitsplatz)

09.00 – 18.00

Official IRONMAN Store (Karmeliterplatz)

09.00 – 18.00

Saturday, 14.08.2021

IRONMAN Expo (Karmeliterplatz)

09.00 – 18.00

Registration IRONMAN 70.3 Graz (Freiheitsplatz)

09.00 – 15.00

Official IRONMAN Store (Karmeliterplatz)

09.00 – 18.00

Transition 1

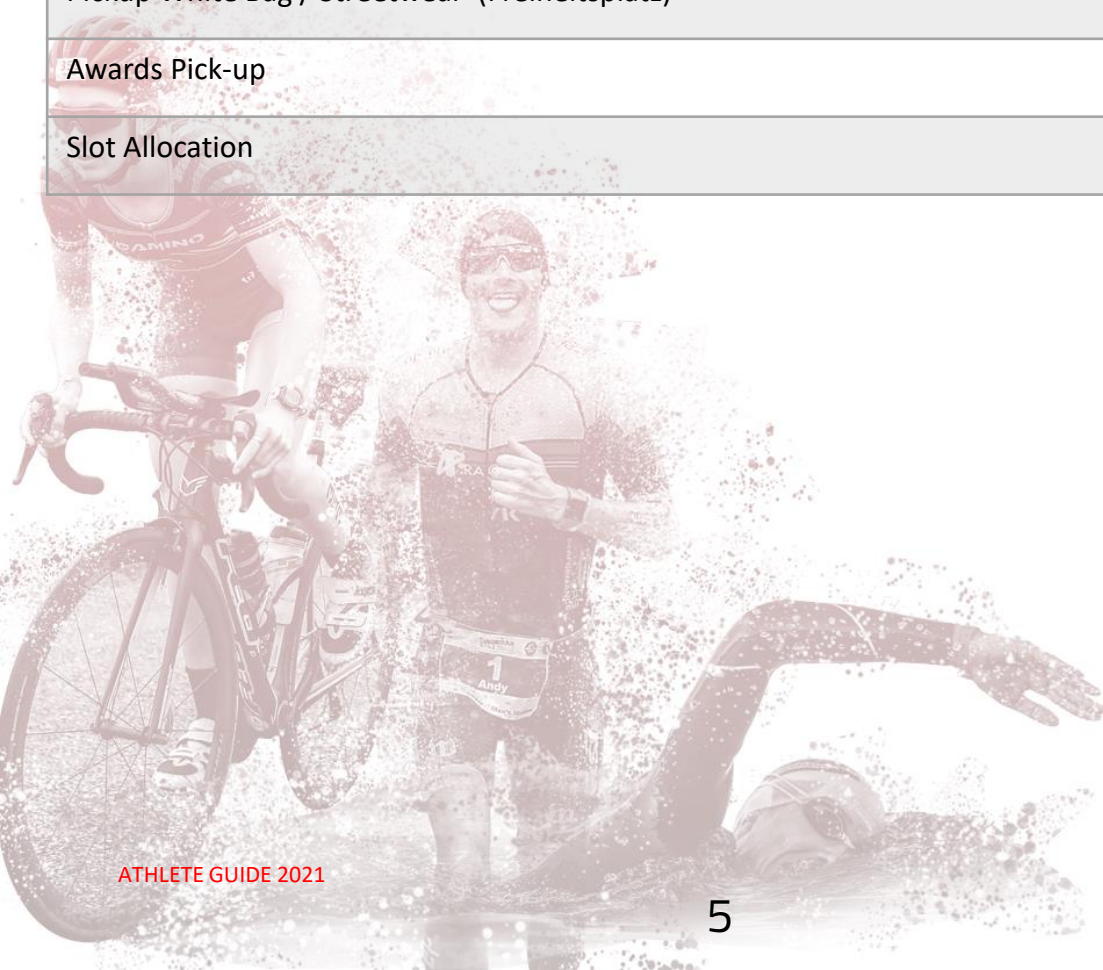
Bike Check-In & Drop Off Blue & Red Bag (Schwarzl See)

12:00 – 19.00

Timetable

IRONMAN 70.3 Graz 2021

Sunday, 15.08.2021	
Transition Area 1 open (Schwarzl See)	06.00 – 07.30
Drop-off White Bag Streetwear (Schwarzl See)	until 07.30
Rolling Start IRONMAN 70.3 Graz Age-Group Athletes, Relays afterwards	08.00 – 09.00
First Finisher IRONMAN 70.3 Graz (Karmeliterplatz)	ca. 11.45
Official IRONMAN Store (Karmeliterplatz)	09.00 -18.00
IRONMAN Expo (Karmeliterplatz)	09.00 -18.00
Finish Cut off	17.30
Bike Check-out & Pick-up Blue / Red Bag (Transition Area 2 - Landessportzentrum)	15.00 – 19.00
Pickup White Bag / Streetwear (Freiheitsplatz)	12.00 – 19.00
Awards Pick-up	from 17.45
Slot Allocation	ONLINE



KCO
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IRONMAN
GLOBAL SERIES

2021 OFFICIAL TECHNICAL EYEWEAR SUPPLIER



// kooworld.cc

COVID-19 Rules

Our event fulfills the current safety regulations of the federal government, which are subject to change and refer to the present covid situation in Austria.

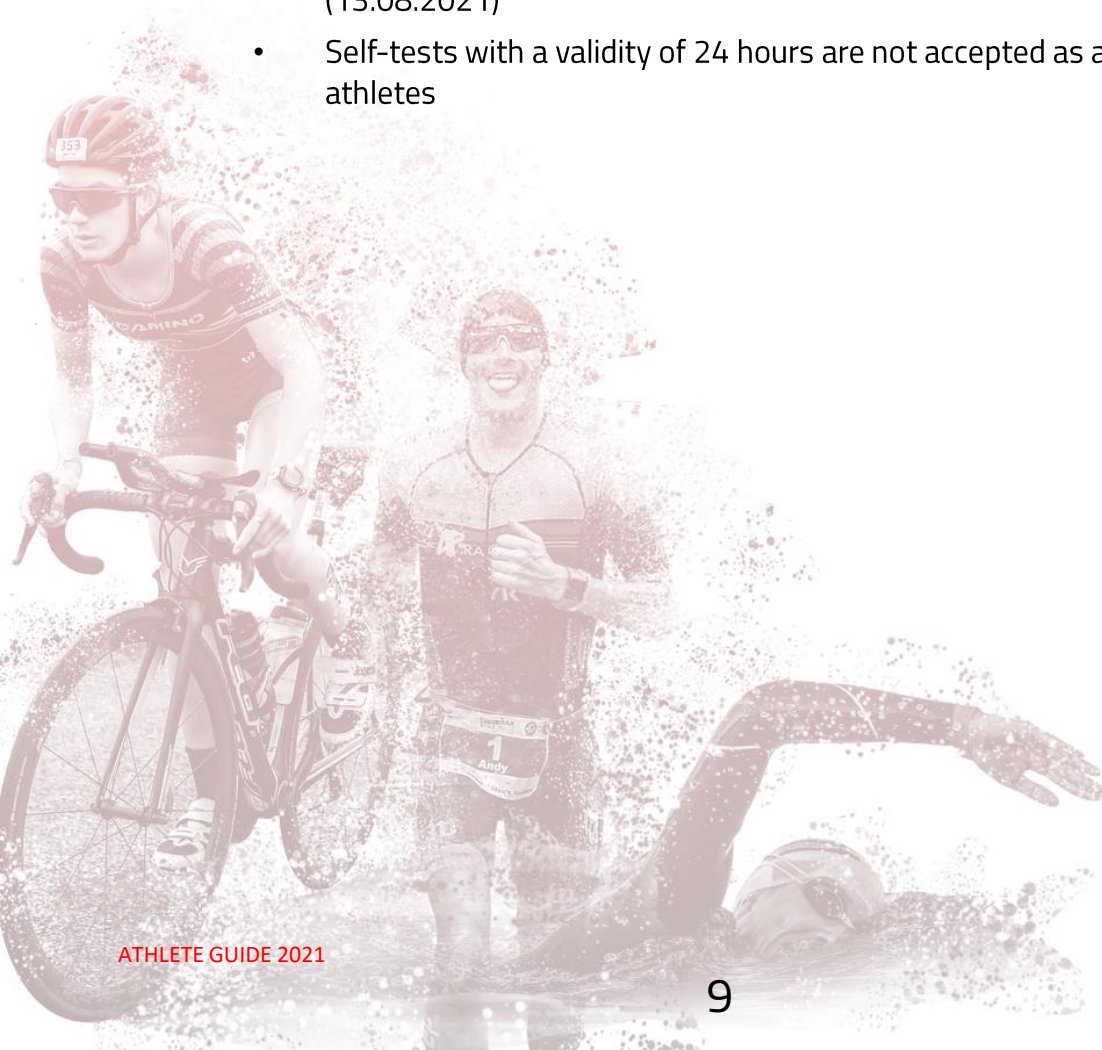
- You should be tested, recovered, or vaccinated
- Keep a distance of at least 1 meter
- Refrain from physical contact
- Sneeze or cough into the crook of your arm or a handkerchief
- Wash hands several times a day
- Use disinfectants



COVID 19 measures I

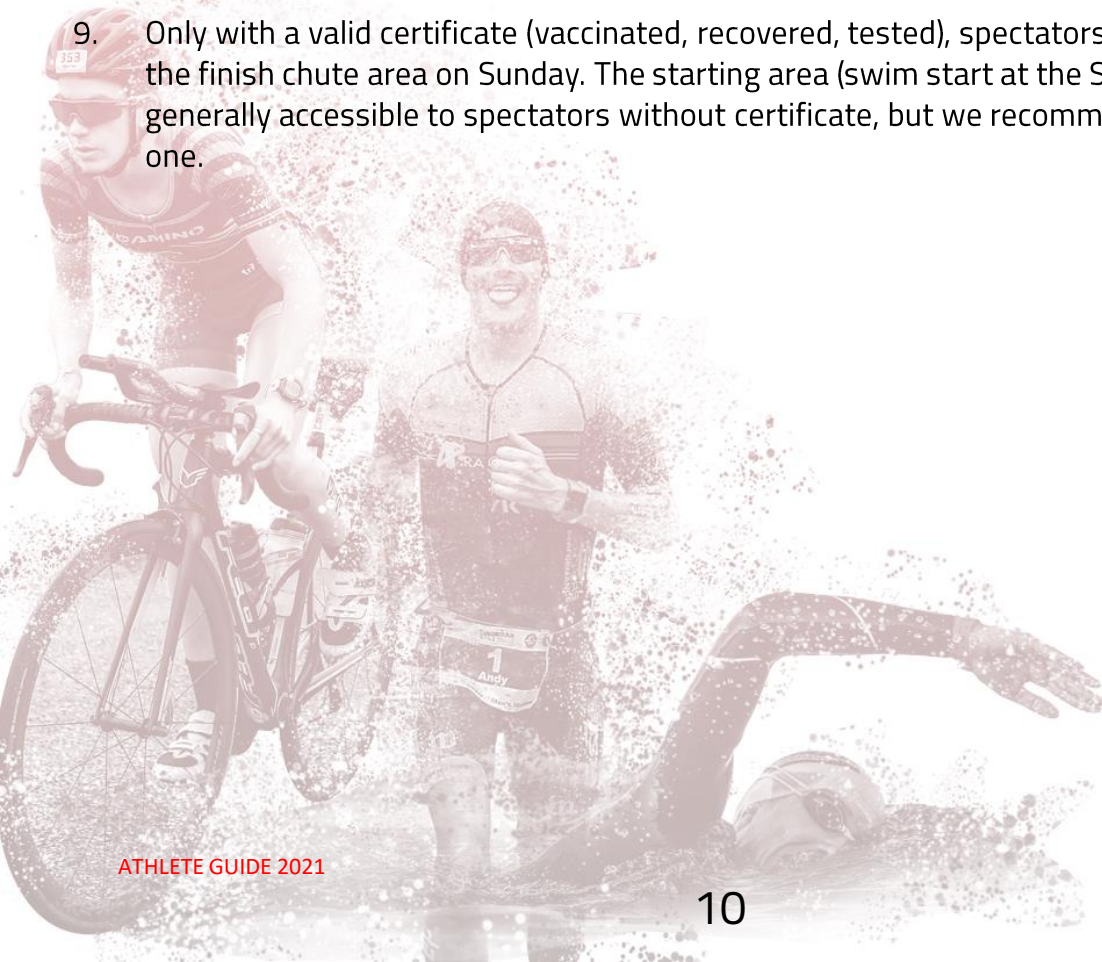
The current situation around COVID 19 was and is a great challenge for major sporting events. In order to meet the requirements and to be able to guarantee a safe event for everyone involved, a comprehensive COVID 19 prevention concept was created:

1. Event participants need a valid (vaccinated, tested, recovered) certificate in order to be eligible to start. The following rules apply in detail:
 - a. Vaccination with an EMA approved vaccine
 - From the 22nd day after the first vaccination to 270 days after the second vaccination
 - b. Recovered persons up to 180 days after the end of the infection. One of the following documents is required as proof:
 - a quarantine certification
 - A doctor's confirmation of a molecular-biological confirmed infection
 - c. Tested
 - PCR test carried out after 8 a.m. on Thursday (12.08.2021)
 - Antigen test carried out by an authorized body after 8 a.m. on Friday (13.08.2021)
 - Self-tests with a validity of 24 hours are not accepted as a 3G proof for athletes



COVID 19 measures II

2. The control of the certificate takes place as part of the registration on the Freiheitsplatz.
 - a. Athletes need an official photo ID and valid certificate (see point 1).
 - b. After a successful certificate control, the athletes receive a COVID check wristband which entitles them to enter official event areas and to participate.
3. The race briefing will take place online this year and will be available during the race week. Open questions can be asked at the Info Point at the Expo or in the comments online.
4. To register, it is necessary to **book time slots online over Active** in advance for registration and bike check-in. The relevant booking link will be sent via the Athlete Newsletter.
5. The duration of the bike check-in at Transition Area 1 at Schwarzl Freizeitzentrum has been extended to a time window between 12.00 and 19.00.
6. There are no large changing tents in the transition areas. Instead, the change of clothes takes place outdoors. A separate changing area will be available.
7. There is self-service at the aid stations on the run course - volunteers prepare the products on the tables. On the bike course, the products are served as usual.
8. Showers and Massages will not be offered this year
9. Only with a valid certificate (vaccinated, recovered, tested), spectators have access to the finish chute area on Sunday. The starting area (swim start at the Schwarzl See) is generally accessible to spectators without certificate, but we recommend to have one.



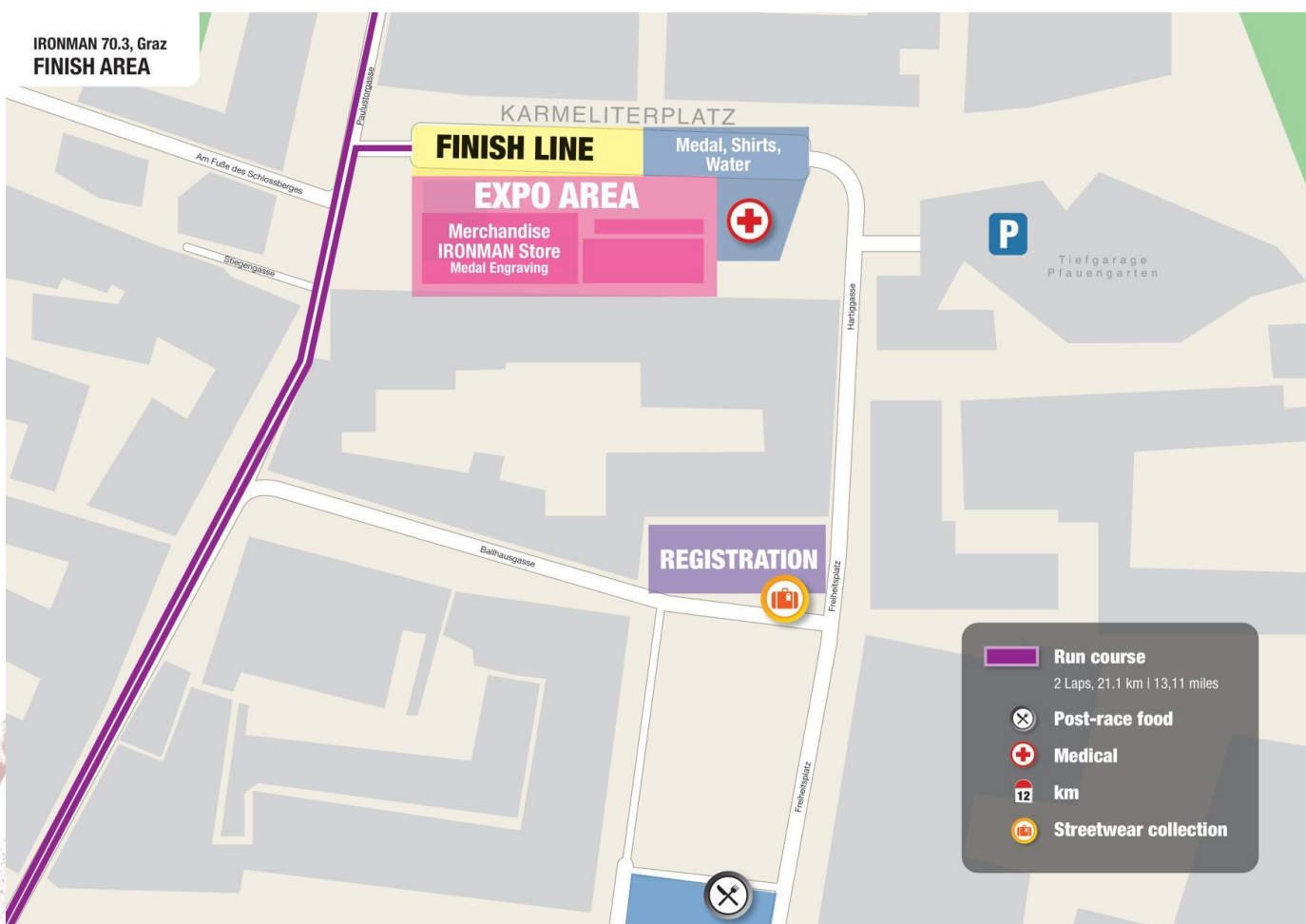
Event venue

The IRONMAN 70.3 Graz event area is divided into two different event areas - on the beautiful "Schwarzl See" and in the historic old town of Graz.

Transition Area 1 and the swim start are located in Premstätten, south of the Schwarzl lake. This is where the bike check-in and the swim start will take place.

Transition Area 2 is located in the city center of Graz, at the Landessportzentrum in 'Jahngasse' street.

In the city center at the Karmeliterplatz and Freiheitsplatz, you will find the finish line, registration, the IRONMAN Village with Expo and IRONMAN merchandise as well as the streetwear collection. Awards can also be picked-up in this area.



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Parking and Shuttle

The parking space in the city center of Graz is very limited, so we recommend to park your car on race day on the parking lot at the Schwarzl See (shown below) and take a shuttle bus from the city back to the lake after the race.

There are parking spaces for spectators in the city center at numerous parking garages. The closest parking garages are:

- Pfauengarten underground car park
- Parking garage Kastner & Öhler
- Contipark underground car park / parking lot at Andreas Hofer Platz
- Parking garage Griesgasse
- Weitzer garage

Parking at the Schwarzl See:



Bus Shuttle

The shuttle service of the IRONMAN 70.3 Graz 2021 is free for all athletes and supporters. Please note that this applies only for busses, which are marked with "IRONMAN".

Please be aware that it is mandatory to wear a face mask when using the shuttle busses.

Saturday, 14.08.2021 – Schwarzl See → Graz City Center

Schwarzl IPC Departure	Styria Center/SEV 4 Stadthalle	Jakominiplatz Radetzkystraße	Andreas Hofer Platz	Hauptbahnhof / Central Station
12:30	12:52	12:55	12:58	13:06
12:50	13:12	13:15	13:18	13:26
13:10	13:32	13:35	13:38	13:46
13:30	13:52	13:55	13:58	14:06
20 min – Takt 20 min – Interval				
19:30	19:52	19:55	19:58	20:06

Sunday, 15.08.2021 - Graz City Center → Schwarzl See

Hauptbahnhof / Central Station	Andreas Hofer Platz	Jakominiplatz Radetzkystraße	Styria Center/SEV 4 Stadthalle	Schwarzl IPC
05:30	05:38	05:41	05:44	06:10
05:35	05:43	05:46	05:49	06:15
05:40	05:48	05:51	05:54	06:20
5 min – Takt 5 min – Interval				
06:30	06:38	06:41	06:44	07:10

Sunday, 15.08.2021 for supporters - Schwarzl See → Graz City Center

Schwarzl IPC Abfahrt	Jakominiplatz Radetzkystraße	Künstlerhaus
09:00	09:29	09:35
Blockabfertigung Bus leaves when full		
10:30	10:59	11:05

Bus Shuttle

The shuttle service of the IRONMAN 70.3 Graz 2021 is free for all athletes and supporters. Please note that this applies only for busses, which are marked with "IRONMAN".

Please be aware that it is mandatory to wear a face mask when using the shuttle busses.

Sonntag, 15.08.2021 After the race – Transition 2 → Schwarzl Lake

Graz Jahngasse Landessportzentrum	Schwarzl IPC
15:30	16:00
Blockabfertigung Bus leaves when full	
19:15	19:45



Registration

Date:

- Friday, 13.08.2021 – 09.00 – 18.00 - Freiheitsplatz
- Saturday, 14.08.2021 – 09.00 – 15.00 - Freiheitsplatz

Please bring the following documents to your registration:

- Current COVID certificate (tested, recovered, vaccinated)
- ID card with photo
- Your triathlon license. If you don't have one, you can purchase a day license for € 16 from the Austrian Triathlon Association on site. ATTENTION: only annual licenses from the Austrian Triathlon Association are accepted!
- Your confirmation email with the start number (you will receive it during the race week)

Registration process

Make sure you know your BIB number before coming to the registration. You will have to check and confirm your data. Proceed to the appropriate counter (organized according to BIB numbers) where you will be given your starter package including BIB number, Stickers and your athlete's wristband.

Your starter package includes

- 1 BIB number, 1 sticker sheet, 1 swim cap, 3 transition bags (blue bag - bike, red bag - run, white bag - streetwear).
- Timing chip will be handed over at Bike Check-In (Saturday 12.00 – 19.00)

The wristband is your ticket to

- Transition Area
- Swim Start
- Finish Line
- Award Pick-up

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OF FUELLING WITH REAL-TIME
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Bags, bags, bags,...

Blue Bag – Bike Bag – Place @ Transition Area 1 during Bike-Check-In, Schwarzl See; Saturday 14.08.2021

Red Bag – Run Bag – Drop off @ Transition Area 1 during Bike-Check-In, Schwarzl See; Saturday 14.08.2021

Your Red Bag will be transported into Transition Area 2.

Collect your **Blue** und **Red** Bag in Transition Area 2 after the race at Landessportzentrum.

White Bag - Streetwear Bag – Drop off at Transition Area 1 on Race morning before 07.30 on Sunday

Collect your Streetwear Bag at Freiheitsplatz after the race.



Swim Start

The Swim Start is located at the Schwarzl See in close proximity to the transition zone.

A warm-up will not possible this year.

Timetable Swim Start:

- 08:00 – 09:00 Start Age Group-Athletes (Rolling Start)
- Relays start at the end of the Rolling Start
- Cut off Swim: 1 Stunde 10min

Rolling Schwimmstart

What is a rolling start?

Athletes will line up according to their realistically (!) predicted swim time (self-assessment). Every 5 seconds, we will send out 3 athletes. It will take approximately 60 minutes to get the entire field across the Swim Start line.

Spare swim caps are available at the pre-start area – ask our Volunteers

Spare timing chips are available at the pre-start area – ask our Volunteers

IRONMAN 70.3, Graz
SWIM COURSE





RÖKA

MAVERICK X

THE WORLD'S MOST LOVED 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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INTERNATIONAL PATENTS WITH
ADDITIONAL PATENTS PENDING.

LUCY CHARLES-BARCLAY
FASTEST IRONMAN
SWIMMER ON THE PLANET

Transition Area

The IRONMAN 70.3 Graz transition areas are located at Schwarzl See and at the Landessportzentrum (Jahngasse).

Bike check-in

The bike check-in takes place on Saturday between 12:00 – 19:00 at Schwarzl See.

You will receive your timing chip at the bike check-in.

The official bike service will also be on site at this time.

Absolutely necessary at the bike check-in are a helmet (with sticker), bike (with sticker), blue and red bag (with sticker) and your BIB number. You still have access to the transition area in the morning of race day (until 07:30) – however, it is not allowed to check in during this time.

Race morning

On the day of the race, Transition Area 1 opens at 6:00 a.m.

The official bike service will also be on site at this time.

The helmet must be placed in the blue bag (not on the bike).

Relay & Bike and Run option start

Relay handover happens in the designated area.

The starting area for athletes of the Bike and Run competition is also located in this area as well. These athletes will start their race at 09.00 in 5 second intervals.

Bike Check-Out

Sunday 15.00 – 19.00 Transition Area 2 at Landessportzentrum Graz

YOUR FASTEST
BIKE PERFORMANCE.



Santini

WWW.SANTINICYCLING.COM

Bike

The 90 km bike course leads our athletes through the picturesque setting of Graz and its surroundings. It offers approx. 750 meters of climbing.

Aid Stations are located at Zwarnig, St. Oswald and Peggau.

The penalty tent is located right before Transition Area 2 in Jahngasse.

The official bike service will be at the following locations: EXPO & Transition Area 1 (Bike Check-in & race morning)

A fixed bike service is located on the section with opposing bike traffic on the way to Peggau.

In addition, there are 2 mobile bike service motorbikes on the route.

Please be careful at the whole course, there might be some road damages or other critical parts! Use the time prior to the race and get to know the bike course in detail!

Even if the road is closed during the race be aware of traffic on the course!



IRONMAN 70.3, Graz BIKE COURSE





ENTER TO WIN
A FRAMESET OF YOUR CHOICE



IRONMAN
GLOBAL SERIES
2021 OFFICIAL BIKE PARTNER

Bike Rules

1. NO DRAFTING (12m distance, 25sec for overtaking)
-> Violation: BLUE CARD
2. NO BLOCKING
-> Violation: YELLOW CARD
3. NO LITTERING, foul play, electronic devices, coaching, outside assistance
-> Violation: RED CARD
4. NO CROSSING THE MIDDLE LINE
-> Violation: RED CARD
5. STAY RIGHT
6. ALWAYS leave your HELMET on

Penalties

Race Referees will notify athletes of a rule violation by showing the athlete a colored card

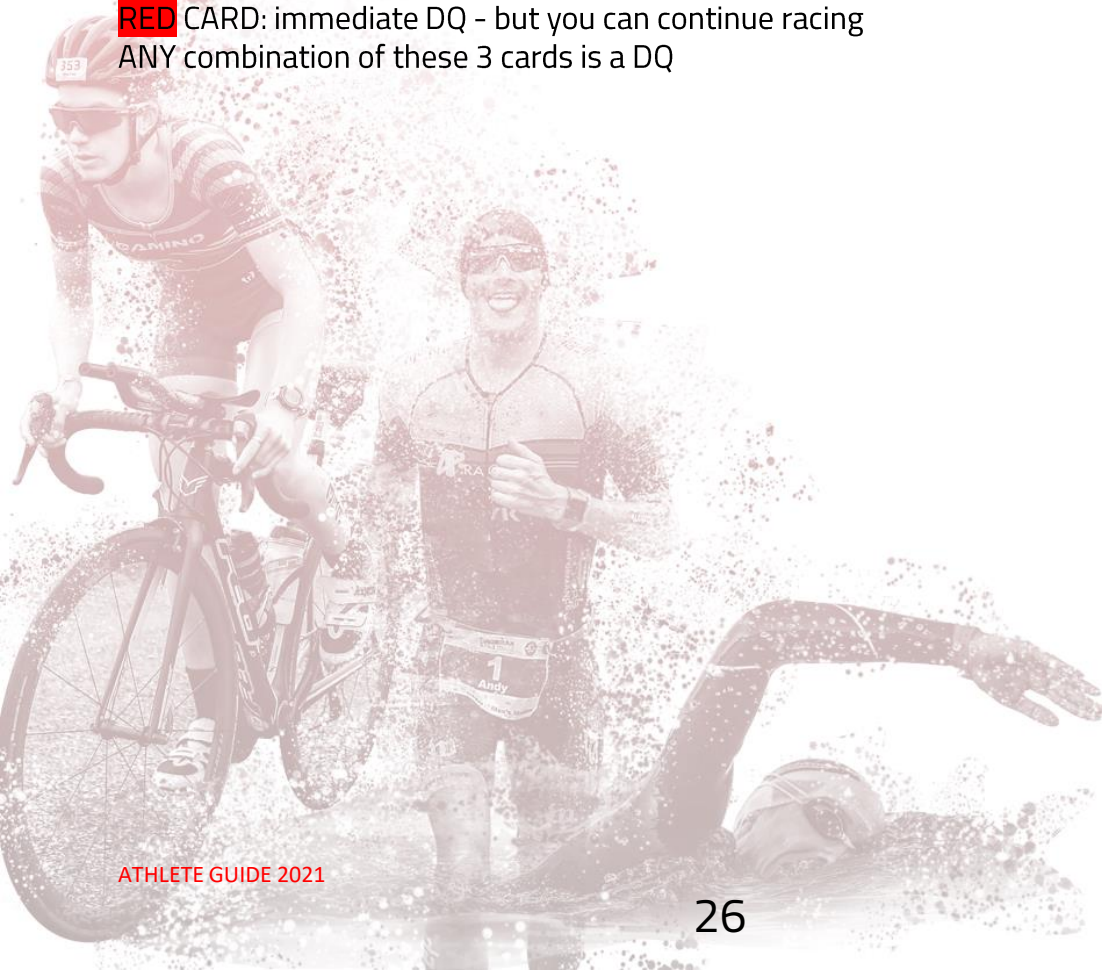
ALWAYS STOP at the NEXT Penalty Box

YELLOW Card: 30 seconds Stop and Go penalty

BLUE Card: 5 min penalty

RED CARD: immediate DQ - but you can continue racing

ANY combination of these 3 cards is a DQ



KASK

IRONMAN.
GLOBAL SERIES

2021 OFFICIAL HELMET SUPPLIER

UTOPIA



Cut – Off Times

- **Cut-off 1:** WZ 1 after swimming: Cut-off by the referee in WZ 1, max swimming time 1h 10min (according to timekeeping)
- **Cut-off 2:** cycle lap, Lieboch UNI Markt (KV B76 / B70) - km 31.1: cut-off at 11:40 a.m. by the bike race director
- **Cut-off 3:** cycle lap, turning point at Peggau Bahnhof (Marktgasse) - km 66.6: cut-off at 1:20 p.m. by the bike race director
- **Cut-off 4:** WZ 2 after cycling: Cut-off by the referee in WZ 2; max. racing time of the athlete of 5h 30 min (according to timekeeping)
- **Cut-off 5:** End of the first running lap, Karmeliterplatz (time mat run in 2nd round) - RUN km 11.8: Cut-off by the referee at the time mat at the beginning of the 2nd running lap after the athlete's maximum racing time of 7 hours 20 minutes (according to timing).



ON-COURSE NUTRITION PRODUCTS

Gatorade Powder

BIKE COURSE

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled bike bottles will be available for touchless collection.

Gatorade Ready To Drink

RUN COURSE

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for touchless collection.

RUN COURSE

ORGANICS by Red Bull Simply Cola

A lightly carbonated soft drink containing various natural flavours from plant extracts. One 250ml contains 32mg caffeine. It is NOT an energy drink. The cans are 100% recyclable. For more product information visit ORGANICS by Red Bull®.

www.organicsbyredbull.com
Pre-filled cups will be available for touchless collection.

RUN COURSE

Red Bull Energy Drink

Red Bull Energy Drink is a lightly carbonated functional beverage containing taurine, caffeine, B-vitamins and sugars. One 250ml can contains 80mg caffeine, about the same as a cup of coffee. The cans are 100% recyclable. The product will be served diluted with water in Red Bull paper cups.

BIKE & RUN COURSE

GEL 100 CAF 100

The GEL 100 CAF 100 contains 100 mg of caffeine – that's the equivalent of 1,5 espressos – or one cup of brewed coffee. That's a lot compared to many of the traditional gels out there. It delivers 25 grams of carbohydrates through a unique blend of fructose and glucose (ratio of 0.8:1). It packs a high weight to energy ratio and doesn't contain any added flavours, preservatives or colourants. Just like all of our products, it's vegan-friendly.

BIKE & RUN COURSE

GEL 100

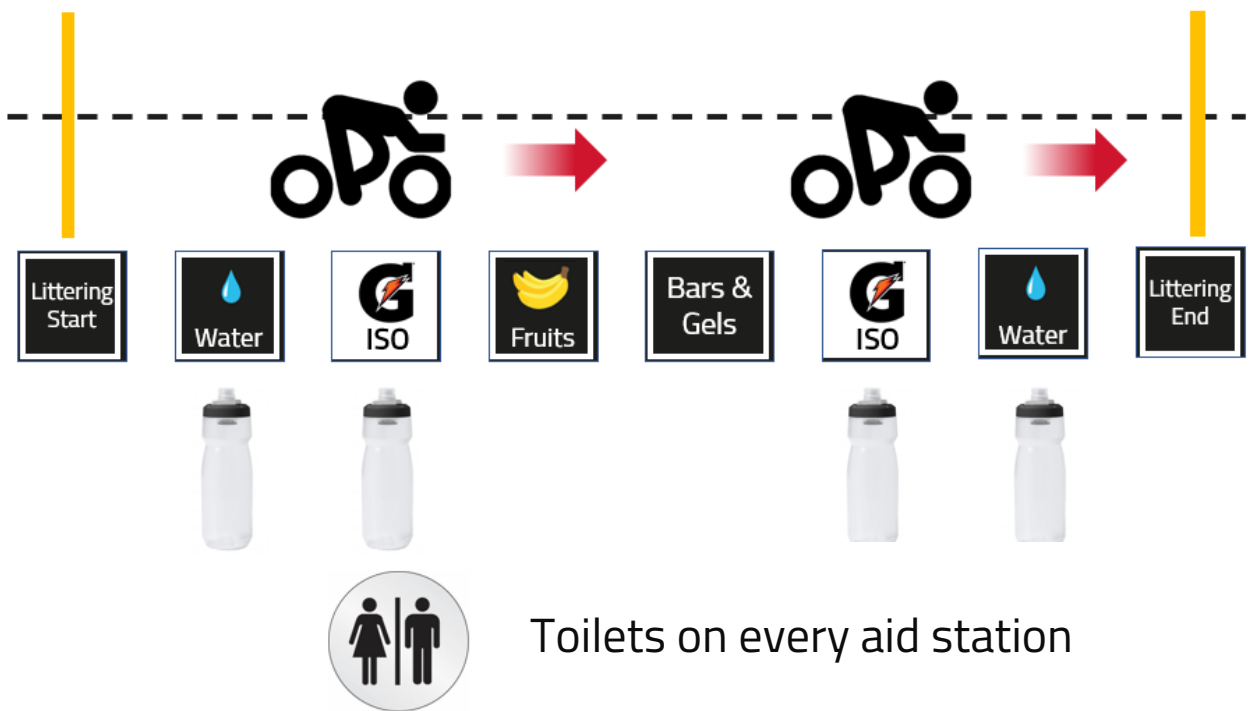
This is the GEL. It's a bold statement. But nonetheless true. From a technical perspective, traditional gels are water and carbohydrates simply mixed into syrups, often containing added flavors and preservatives. The GEL 100 is completely different. It's a biopolymer matrix, filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptakes of up to 100 grams of carbohydrates per hour.

Bike Aid Stations

On the bike course of the IRONMAN70.3 Graz you will find three aid stations at the following spots:

- Zwarnig
- St. Oswald
- Peggau

Attention: please keep the start and end of the littering zone in mind!



ENJOY YOUR RIDE
RIDE FAST

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and aerodynamic seat



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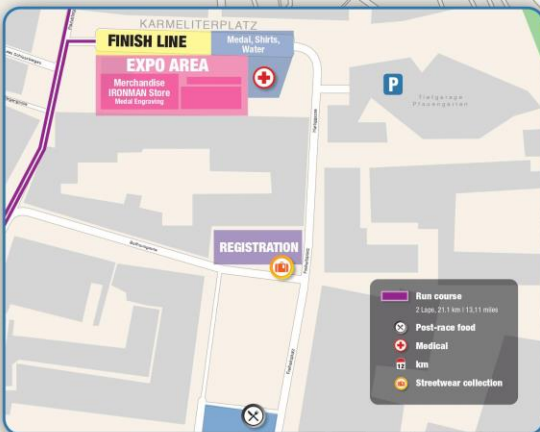
www.fbr.bike

Run

After 90km on the bike course you arrive at Transition Area 2, independently place your bike as per arrival time (no numbering) according to the instructions from the volunteers, take your red bag from the bag rack and leave the transition area at the run-exit.

The run course first takes you from Transition Area 2 on a loop through Graz city park, before you start your two laps around Schlossberg and further along Mur river. The variety of quiet sections by the water and the raging applause of the spectators in the city makes the running route unique.

IRONMAN 70.3, Graz RUN COURSE



BORN IN THE LAB, PROVEN ON THE COURSE.

With a legacy over 50 years in the making, it's the most scientifically researched and game-tested way to replace electrolytes lost in sweat.

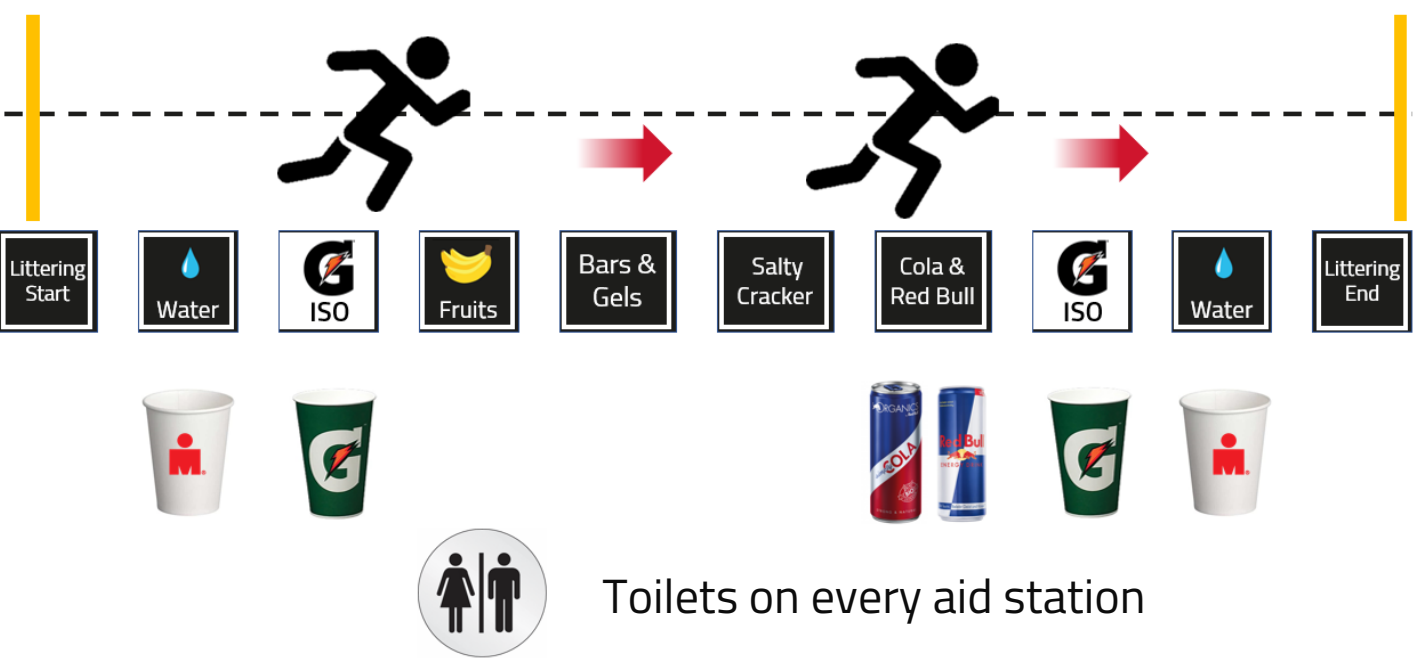


2021 OFFICIAL SPORTS DRINK

Run – Aid stations

The IRONMAN70.3 Graz offers 3 aid stations on the run course. You will find the Red Bull Energy Station at the aidstation Pongratz-Moore Steg.

Aid stations – Set-up



The HOKA logo is located in the top right corner of the image. It consists of the word "HOKA" in a bold, blue, sans-serif font, with a stylized blue swoosh above the letter "O".

HOKA

The background of the advertisement features three runners in motion against a light gray concrete wall. On the left, a woman with dark hair in a ponytail runs in a light blue tank top and black shorts. In the center, a man in an orange t-shirt and black shorts runs, wearing a black watch on his left wrist. On the right, another man in a black t-shirt and black shorts runs. All three are wearing HOKA Clifton 8 running shoes in various colorways (light blue, orange, and black). The runners are captured in a dynamic pose, suggesting speed and movement. The overall scene is brightly lit, with shadows cast on the ground.

SMOOTH ON DOWN THE ROAD

THE LEGENDARY CLIFTON RIDE,
NOW EVEN SMOOTHER.

CLIFTON8

Run - Rules

NO LITTERING OUTSIDE THE LITTERING ZONE

NO PACING

NO COACHING

NO OUTSIDE ASSISTANCE

NO ELECTRONIC DEVICES (other than your watch)

NO CUTTING THE COURSE



Don't try this on race day*

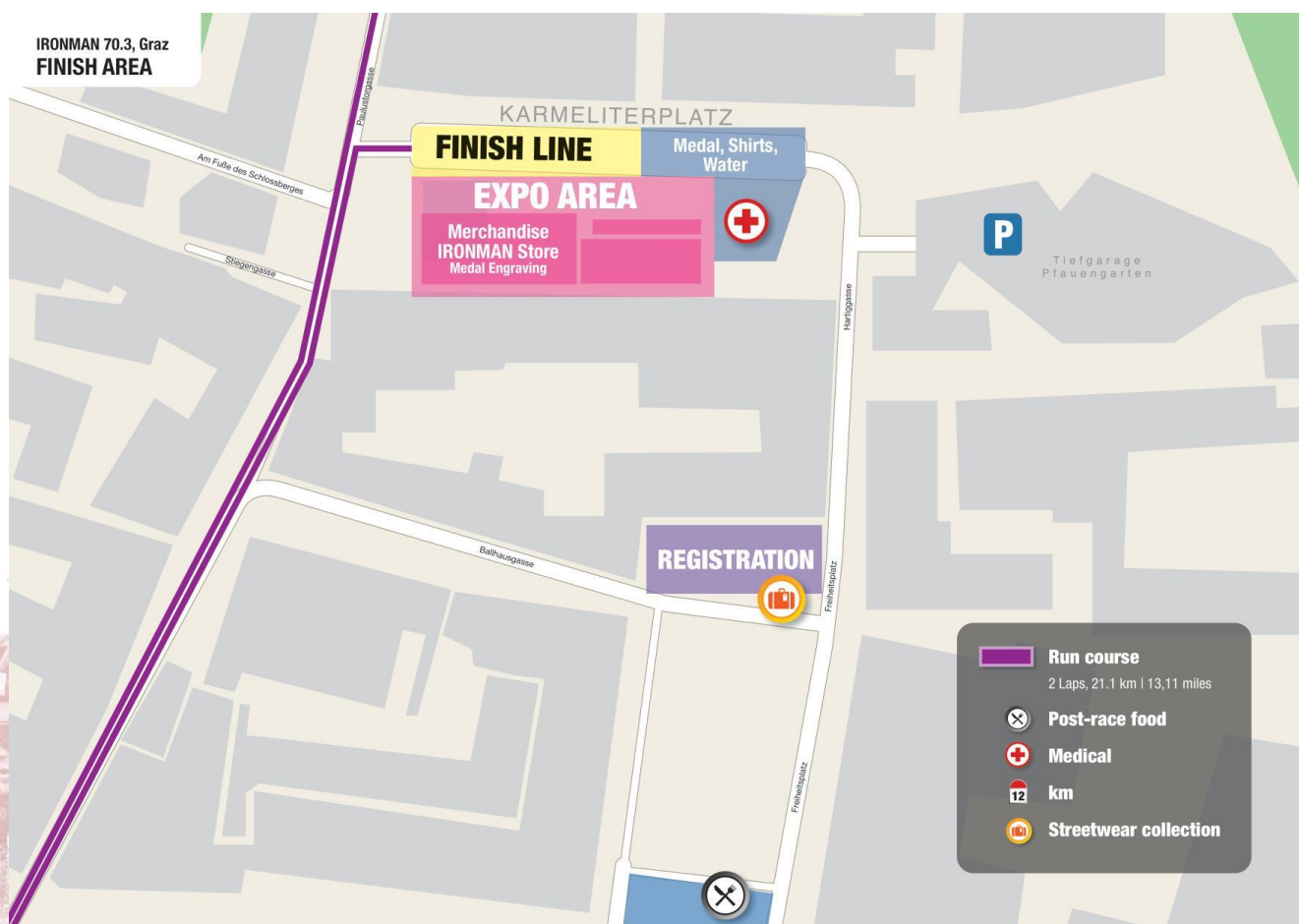


* A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course.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

Find exclusive offers for IRONMAN registered athletes on: maurten.com/ironman

Run – Finish Line

After 1.9 KM swim, 90 KM bike and 21.1 KM run you will enter the IRONMAN70.3 Graz Finish Line and celebrate with cheering fans!



ATTENTION!

- It is not allowed to cross the Finish Line with friends, relatives or children. This is a reason for disqualification!
- Immediately after the Finish Line, you will receive your medal, finisher shirt, water and a coupon for the lunch bag that you can pick up at Freiheitsplatz
- Relays are NOT allowed to cross the finish line together.



FinisherPix | Powered by Smiles

NEVER FORGET **YOUR RACE**



IRONMAN

OFFICIAL PHOTOGRAPHER

ORDER YOUR RACE PHOTOS HERE:

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After the race

- After finish Food and Streetwear Bags @ Freiheitsplatz
- Shuttle service from Transition Area 2 to Schwarzl See incl. Bike Transport
- Bike Check-Out @ Transition Area 2 15.00 - 19.00 (bike in exchange for timing chip!)
- Medal Engraving can be found in the Official IRONMAN Store (Karmeliterplatz) on Sunday
- Time to protest between 17.30 - 18.30 at Info Point (Expo Area)
- Awards Pick-up starting at 17.45 @ Karmeliterplatz
- Slot Allocation (ONLINE)

IRONMAN 70.3 Graz is awarding 30 slots for the IRONMAN 70.3 World Championships 2022 Taupo New Zealand. Due to COVID-19, we will not be issuing slots on site this year, it will be ONLINE:

When registering, our volunteers will ask each athlete if they want to qualify for the IRONMAN 70.3 World Championships 2022 and each athlete must answer YES or NO. If the athlete is not yet sure about the registration, the answer YES is preferable. Only athletes who answer YES will be considered for the allocation of slots. Once the race is over, the organizers will contact the automatically qualified athletes by email. These athletes have 48 hours to confirm their slot by following the registration process that we will send them to them.

Athletes who do not respond within 48 hours will lose their right to qualify and their slot will be allocated to the next qualified athlete in the same age group using the standard roll-down procedure. Once all slots have been allocated, the completion of the slot allocation process will be announced by email.

So please check your emails and spam carefully.

Price per slot: Price: 525USD + Active fees

Detailed information on the allocation of starting places can be found on our website.

Safety

Race Cancellation

If there is any reason why the race needs to be stopped this will be shown through a black flag. In this case follow the instructions of the staff on the course!



Swim Safety

In case you do not finish your swim, it is mandatory to inform an official (a member of the water rescue team or a technical official).

Traffic

Be aware of upcoming traffic, even though the road is closed during the race. Always stay right and overtake left.

Know the course

It is your responsibility to know the course.

More course details:

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

A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

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