

FIRST TIME CHECKLIST



SCHEDULE



ATHLETE GUIDE

ISUZU
IRONMAN
70.3
DURBAN
SOUTH AFRICA

Before travelling:

- Check the schedule and make your plans accordingly.
- Read the Athlete Guide.
- Check the start list (Make sure you are in, in the correct age group, and information is correct - if not send an email to durban70.3@ironman.com).



Travel to Durban

Before going to registration

(Thursday from 14h00 to 18h00 , Friday 09h00 to 18h30 or Saturday from 08h00 to 13h00)

- Take your ID.
- Annual license or credit card (if you don't have an annual TSA license you will be charged R120 at registration).

In registration you will pass the license control at the entrance. Then you have to do your biometrics and collect your race pack.

Our staff will give you:

- Bib number.
- Wristband.
- Stickers (more instructions on the sticker sheet back).
- Swimcap.
- Backpack.
- Blue, red and white bags.

Next step will be going to the hotel to prepare everything for bike check-in:

You need to leave everything listed below in Transition 1 from 14H00 to 16H00 and Transition 2 from 15H00 to 17H00.

- Put the stickers on your bike, helmet and bags (read the instructions on the back).
- Prepare the blue bag with your bike clothes.
- Prepare the red bag with your run clothes.
- Check your bike.



Watch the briefing! (Race briefing will be live streamed on Wednesday 31 May at 17H30 on Social Media. Q & A on Friday 2nd of June 18H30)

It's time to go to transition!

(Transition 1 from 14H00 to 16H00 and Transition 2 from 15H00 to 17H00.)

At the entrance, the referees will check:

- Your helmet with the sticker (put your helmet on).
- The bike has also the sticker (under the seat).
- You have your blue and red bags (with clothes in).

And then:

- Rack your bike according to your bib number.
- Rack your blue bag on the rack according to your bib number. (with the helmet inside).
- Rack your red bag according to your bib number.

Please don't leave your GPS device on the bike or other valuable objects. Nutrition: you can leave it on your bike now or on race day in the timeframe that the transition is open. No access to T2 bags on race morning



Sleep well

It's your Race Day! Before leaving, don't forget your:

- Timing chip (put it on your left ankle).
- White bag.
- Wetsuit.

Before your swim start:

(Transition will be open from 05H00 to 06h45)

- Go to transition to check your bike, fill your bottles... (optional)
- Put your wetsuit on.
- Put your street clothes in your white bag and leave it in the white bag area.

- Go to the swim start area and select your starting pen (pens are based on estimated swim time).
- Enjoy your race!

Congratulations for your amazing race!

- Collect your medal.
- Collect your finisher t-shirt and white bag.
- Check your results (if you need to protest/appeal you should ask for the head referee at the finish line before 16h00).
- Go to transition to checkout your bike and bags

- Awards and Slot Allocation (Slots, Sunday 4th June 17h00 and Awards at 18h30)