

CUT OFF TIMES

01:10:00



05:30:00



+ T1 +



08:30:00



+ T1 +



+ T2 +



Swim Cut Off (Transition One): 1 hour 10 minutes

The swim course will close 1 hour 10 minutes after the final athlete starts the swim. Each athlete or team member will have 1 hour 10 minutes to complete the swim course once they individually cross the timing mat (all cut off times are based on each persons individual start time). Any athlete or relay team member who takes longer than 1 hour and 10 minutes to complete the swim will not be allowed to continue and will receive a DNF.

Bike Cut Off (Transition Two): 5 hours 30 minutes

The bike course will close 5 hours and 30 minutes after the final athlete starts the swim. Each athlete or relay team will have 5 hours 30 minutes to complete the swim, T1 and the bike course regardless of when they start the swim. Any athlete or relay team that takes longer than 5 hours and 30 minutes to complete the swim, T1 and bike course will not be allowed to continue and will receive a DNF.

Run Cut Off (Finish): 8 hours 30 minutes

The run course will close 8 hours and 30 minutes after the final athlete starts the swim. Each athlete or relay team will have 8 hours and 30 minutes to complete the entire course. Any athlete or relay team that takes longer than 8 hours 30 minutes to complete the entire course and does not finish before the run course is closed will receive a DNF. Any athlete or relay team that takes longer than 8 hours 30 minutes to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or for World Championship slots.

Intermediate cut off times

Additional intermediate cut-offs are determined by race management and are as follows:

- Bike Course Mile 10.4: **10:00am**
- Bike Course Mile 29.6 (aid station 2): **11:25am**
- Run Course Last Lap (6.8 miles) **15:00pm**

Any athlete or relay team member that does not make the intermediate time cut-offs will not be allowed to continue and will receive a DNF. Intermediate cut off times are calculated in accordance with the approved traffic plan that coincides with the opening of public roads to traffic and they are based on the last swimmer to enter the water progressing at the slowest permissible pace to make the cut-off.

**Please note that IRONMAN officials reserve the right to remove athletes from the course who exceed any established course time cut offs. Athletes who do not meet the above cut-offs will not be eligible for age-group awards or for the VinFast IRONMAN 70.3 World Championship.*

**Relay Teams - if a relay member does not complete their discipline within the cut off time, they will be removed from the course. Their team members will be permitted to continue the race. For example, if a relay team member does not complete the bike course within the cut off time, as long as the runner is another member of the team, they will be permitted to continue the race.*