



SCHEDULE



LOCATIONS



ATHLETE GUIDE

BEFORE TRAVELLING

- Check the schedule and make your plan accordingly.
- Read the Athlete Guide.



TRAVEL TO VENICE

BEFORE GOING TO REGISTRATION

- Take your ID.
- Prepare your QR code. (you can find it in the race week or confirmation email).
- Annual License or Credit Card (if you don't have annual license and you didn't purchase the One Day License online, 30€ will be charged).
- Make sure to have your license and (if necessary) your medical certificate uploaded on Dokeop

AT REGISTRATION

You will pass the license control at the entrance. Then you have to go to one of our desks to collect your Racepack.

YOU WILL RECEIVE:

- Bib number.
- Wristband.
- Stickers (instructions in the sticker sheet backside).
- Swimcap.
- Backpack. (at the Merchandise Store).
- Blue, red and white bags.
- **Event Tshirt.**

PREPARE EVERYTHING FOR THE BIKE CHECK-IN

- Put the stickers in your bike, helmet and bags. (read the instructions in the back).
- Prepare the BLUE BAG with the BIKE gear inside.
- Prepare the RED BAG with the RUN gear inside..
- Check your bike.

ATTEND THE BRIEFING

IT'S TIME TO CHECK-IN YOU BIKE & BAGS

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 bag (with clothes in).

THEN:

- Leave your bike in your rack number.
- Leave your blue bag in your hanger (with the helmet inside).
- Leave your red bag in your hanger.

Please don't leave your GPS device or other valuables on the bike. Place everything in the bags.

Nutrition: you can put your drinks and nutrition on Race Day morning.

- At the Transition Area exit you will receive your timing chip.



REST WELL

IT'S RACE DAY!

Don't forget your:

- Timing chip (put it in your left ankle).
- Yellow bag.
- Wetsuit.

BEFORE GOING TO THE SWIM START:

- Go to transition to check your bike, fill your bottles... (optional)
- Put your wetsuit on.
- Put your street clothes in your yellow bag and leave it in the designated area.
- Go to the swim start and select your starting box. (You don't need to inform us beforehand).

ENJOY THE RACE!

CONGRATULATIONS FOR YOUR RACE!

- Collect your medal.
- Collect your white bag.
- Check your results (if you need to appeal you must ask for the head referee in the FinishLine).
- Checkout your bike, bags and give back the timing chip in transition.

AWARDS & SLOT ALLOCATION

PRE-RACE

What's my BIB number?

This race does not pre allocate BIB numbers before registration opens. BIB numbers will be allocated on a first come first serve basis during registration onsite.

I will be late for the registration and bike check-in; can I check in late?

Unfortunately, it is not possible to pick up your bib and/or check in your bike outside the scheduled times.

Can someone else collect my bib number or check my bike in?

Only the athlete in person will be able to collect their bib and drop off their bike. This cannot be done by a friend or family member. For security reasons, we must give you a wristband to wear on your wrist during the whole race weekend. No exceptions can be made.

When do I receive my timing chip?

You will receive your timing chip when you exit the Transition Area.

What goes in the transition bags?

- **BLUE BAG:** gear the cyclist needs for the bike course, including the helmet with stickers on the front, shoes if they are not clipped on the bike, jacket, nutrition, sunglasses, etc.
- **RED BAG:** gear the runner needs for the run course: running shoes, socks, nutrition, etc.
- **WHITE BAG:** Clean Clothes Change for after the race. (Optional)

Is the athlete briefing mandatory?

YES - the athlete briefing is mandatory. You can watch the online video or attend in-person.

The briefing will give you important information about the specificities of the course, the rules and the cut-off times for each discipline and above all the last-minute changes that could take place due to the weather conditions.

RACE MORNING

Can I rack my bike on race morning?

NO - you must check-in your bike on Saturday. No exceptions can be made.

What should I wear on race morning?

We advise that you come in your trisuit, and wetsuit rolled down to your waist with a jumper on to keep warm. You will be put all your warm-up clothes inside the yellow bag and hand it at the Swim Start Area.

Can I access transition on race morning?

YES - you can access transition from 06:00 - 07:20 so you can add your GPS and any different food or drink to your bike on race morning, if needed.

How can my friends and family follow me during the race?

They can download the IRONMAN tracker application [here](#). The data will be updated the day before the race. It's not a real time Tracker, it only detects participants when crossing Timing Mats.

What if I lose my timing chip?

If you lose your timing chip, you will need to ask for a replacement in Transition to the Organization during the Warm-Up.

SWIM

Do I need to wear a wetsuit?

A wetsuit is mandatory for water temperature below 16 degrees. We encourage you to wear a wetsuit between 16 and 24.5 degrees. You are not allowed to wear a wetsuit above 24.5 degrees (*unless informed otherwise on race week due to specific racing conditions*).

What should I wear if a wetsuit is not allowed?

If the wetsuit is not allowed, your swimwear must be 100% textile material. This would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neo-prene. Swimwear must not cover the neck, extend past the elbow, nor extend past the knees. Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

SWIM (CONTINUED)

Can I use other items?

No fins, gloves, paddles, snorkels, socks or flotation devices (*including pull buoys and floats*) of any kind are allowed. Swim goggles and facemasks may be worn.

Do I have to wear the official swim cap?

The official swim cap must be worn during the swim course. You can wear your own swim cap under the official swim cap. If you have allergies, please notify the person in charge of registration.

Can I warm up in the water before the start?

It is strictly forbidden to warm up in the water. We recommend that you warm up in the staging area.

How is the start organized?

The race will implement a rolling start for age group athletes.

Athletes will be directed to self-seed on race morning based on their anticipated swim time. Volunteers will be in the staging area with signs and will assist with this process. Being as accurate as possible with your self-seeding will make for the best swim.

Age group athletes will enter the water in a continuous stream through a controlled access point.

The timing chip will register each athlete's start time when they cross the timing mat at the swim entry.

What should I do if I don't feel well?

You are allowed to stop or rest at any time during the swim. Feel free to hold on to a static object like a raft, buoy, or dock. As long as you don't use it to move forward, you won't face disqualification.

If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat. They will then move towards you to give you assistance.

BIKE

Do I have to use a triathlon specific or TT bike?

No, it's your choice as long as you respect the IRONMAN rules. You can check the bike specifications in section 5.03 of the [IRONMAN competition rules](#).

Do I need to wear my bib on the bike course?

YES – It is mandatory to wear the BIB number in the back during the bike section.

How is the course marked?

Kilometre markers and road markings to indicate distances, directions, aid stations and road hazards.

What are the rules for the bike course?

You can find all the rules concerning the bike in the [IRONMAN competition rules](#). We advise you to read them carefully.

In which penalty tent should I stop if I get a penalty card?

After a rule violation is issued to the athlete, it is the athlete's responsibility to report to the next penalty tent on the course. Failure to stop at the next penalty tent on the bike course will result in disqualification. The location of the penalty tent will be stated in the event-specific athlete guide.

Can my family and friends hand me things?

NO – Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete.

Assistance provided by Race Referees or Race Officials (including official Event volunteers) is allowed but such assistance is limited to providing drinks, nutrition, mechanical and medical assistance, and other necessary assistance (as may be approved by the Event Director or Head Referee).

Athletes competing in the same Race may assist each other with incidental items such as, but not restricted to nutrition and drinks after an aid station, pumps, tires, inner tubes, and puncture repair kits.

Athletes may not provide essential race equipment to other athletes in the same competition, while the competition is in progress. Specifically, items that may not be provided to other athletes includes but is not restricted to complete bicycles, bicycle frames, wheels, helmets, and shoes.

BIKE (CONTINUED)

Will the road be open to traffic?

The routes are safe along the entire route. Some roads are completely closed, others are partially closed, and some are open, but the whole course is safe.

Can I get help if I have a mechanical problem with my bike?

There are bike mechanics at certain aid stations. Athletes are also allowed to help each other by giving them an inner tube or the tools they need to continue (except essential race equipment).

Can I have headphones / phones / music?

Athletes may not use communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distracting manner during the race. Headsets, headphones, or audio-capable eyewear or cycling helmets are prohibited during the bike segment.

What should I do if I want to drop out of the race on the bike course?

A van will follow the last athlete on the bike course. If you want to drop out, you can get on this van. We will then take you back to the event venue.

What should I do if I don't feel well?

You are allowed to stop or rest at any time during the bike. If you or another athlete need help, ask a volunteer or an official. They have the emergency telephone number and will contact the medical staff to let them know where you are.

Are there toilets on the bike course?

Toilets will be in transition and at each aid station.

RUN

Do I need to wear my bib on the run course?

YES - Athletes must wear their IRONMAN issued bib number in front and the bib must be always clearly visible on the run course.

How is the course marked?

You will find on the run course: kilometre markers, U-turn and aid station signs.

Which shoes are prohibited?

You can find the list of prohibited shoes [here](#).

Can my family and friends hand me things?

NO - Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete.

Can I have headphones/ phones / music?

Athletes may not use communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distracting manner during the race. Headsets, headphones, or audio-capable eyewear are prohibited during the run segment.

Are there toilets on the run course?

Toilets will be in transition and at each aid station.

What should I do if I don't feel well?

You are allowed to stop or rest at any time during the run. If you or another athlete need help, ask a volunteer or an official. They have the emergency telephone number and will contact the medical staff to let them know where you are. If you are under the care of medical staff, they will inform us whether you should stop the race.

What should I do if I want to drop out of the race on the run course?

If you want to drop out on the run course, let an official know (except for medical reasons). For safety reasons, we need to know that you are safe and that you are no longer on the run course. Keep your timing chip for the bike check-out. If you're not feeling well, there's a medical tent at the finish line, so don't hesitate to consult a doctor.

POST-RACE

Can my family run down the Finish Line with me?

NO - you will be disqualified if you bring anyone on to the course that is not participating in the race.

What should I do if I don't feel well after the race?

If you are feeling unwell, there is a medical tent at the finish line, so don't hesitate to consult a doctor. If you have already returned to your hotel/home, you can contact 112, which is the emergency number available throughout Europe.

Where will my white bag be after the race?

Your white bag will be waiting for you in the Recovery Area in the Athlete Garden.

Where do I return my timing chip?

You will hand out your timing chip at the exit of the bike check out in Transition. Your race timing chip is a loaner. You must return the chip to the timing company, or you will be billed for its replacement.

When can I collect my bike and transition bags after the race?

You can collect your bag and transition bags at the bike check out in Transition.

ENJOY YOUR FIRST RACE!

