



IRONMAN[®] PHILIPPINES

2023 ATHLETE INFORMATION GUIDE



<https://www.ironman.com/im-philippines>

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WELCOME MESSAGE

After patiently sitting out a year or two during the height of the COVID-19 Pandemic and later racing under very restrictive health guidelines, the moment has finally arrived when we are slowly returning to normalcy.

And although we are all still cautious in going about our daily routines, training has at least come back in full force with most of our regular haunts for swimming, cycling and running have once again become available.

I see the return of triathlon training and racing to normalcy and the active participation of the community from both the Philippines and abroad as a united middle finger salute to COVID-19 saying “we are still here, undefeated, inspired and inspiring”.

Nelson Mandela once said: “Sports has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does.”

This to me is why it is important to do yet another staging of the Century Tuna Ironman Philippines. To help **reshape the world** that was hit by a severe health crisis to become stronger and healthier. To **inspire** Filipinos and the rest of the world to live healthier lifestyles by showing the human ability to endure the rigors or training and racing the full Ironman distance. And thereby **unite** the country and the world in the common conviction that we can rise above even the deadliest of challenges and continue achieving the “impossible” as what a full Ironman is often referred to.

Century Pacific Food, Inc through our flagship brand, Century Tuna, has been at the forefront of growing the sport of triathlon in the Philippines since the early days of organized racing. From very humble small community races, to the National Age Group Triathlon series and the Ironman branded 5i50, 70.3's and even the first Full Ironman of Sunrise Events, Inc - Century Tuna has helped stage

and sponsor these races to grow the sport while promoting a healthy and fit lifestyle.

We are happy to see that our efforts to grow the sport of triathlon over the many years, through Century Tuna seems to have borne fruit given the very many organized races in many parts of the country we see today.

However, what is even more important is that the 3rd staging of IMPH signals the return of big event triathlon racing in the Philippines. Nothing is bigger than a full distance Ironman event.

For the Philippine triathlon community, this means that “we’re back!”

We hope that this signals a resurgence of the rapid growth of the sport we were seeing prior to the pandemic. We hope to see this big event as a start of triathlon as a sport regaining momentum and accelerate to astronomical growth.

Race tall and proud that you are part of a the biggest triathlon event in the country. Race safe and see you all at the finish line.



Greg Banzon
*Chief Operating Officer and
Executive Vice President at Century
Pacific Food, Incorporated*

RACE DIRECTOR MESSAGE

Greetings Triathletes

Welcome once again to the 2023 Century Tuna IRONMAN Philippines. We are delighted to see you all again after the successful race last year. We have an exciting race for all of you, we have retained much of the race course from last year but we also made some improvements in managing the race to provide you an even better race experience.

We expect hot weather out there, so don't forget to hydrate and plan your race well. We made sure that we have enough resources out there to provide you with enough support so you can reach the finish line. We encourage everyone to go through this athlete information guide, to help prepare you for the race and see how we will support you throughout your journey.

We are truly excited to see you all again. On behalf of all the marshals, medical team, race officials, hydration heads, pacers, timing team, traffic team and all those people who made this race happen, we would like to welcome you all to this year's race.

Congratulations to all of you and see you all in the starting line!



NEVILLE MANAOIS
Race Director

RACE REFEREE MESSAGE

To minimise the possibility of infringing the rules on race day and avoiding a visit to the penalty box, please observe the following:

- Ride on the right side of the bike lane
- Keep 12 metres between yourself and the cyclist in front of you – front wheel to front wheel
- Pass on the left of the cyclist in front (never on the right)
- Complete your pass within 25-seconds
- If passed, drop back immediately 12 metres and ensure you have dropped back the full 12 metres before re-passing

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. A technical official's ruling is final in the case of drafting, blocking, and illegal pass infringements (judgment calls) and these are not subject to either protest or appeal.

Following are the most common rule infringements:

Blue card 5-minute penalties include:

- **Drafting** – following a leading cyclist closer than 12 metres and failing to pass in 25 seconds OR after being passed, failing to drop back 12 metres before re-passing
- **Illegal pass** – passing on the right
- **Littering** - discarding items, e.g. Tyres, bidons, gel wrappers etc., On any part of the course except within designated litter zones near aid stations.

A technical official will advise you of any time penalty by calling your number, advising you of the nature of the infringement and showing you a blue card. It will be then your responsibility to serve the 5-minute time penalty(s) at the next penalty box.

Yellow card stop start penalties to be served at the next penalty box include:

- **Blocking** – riding on the right side of an athlete without passing or riding on the left-hand side of the bike lane when clear of other athletes.

Yellow card stop start and correct penalties include:

- **Helmet** – failing to have your chin strap securely fastened when moving with your bike.

Note: that any 3 infringements across the course during the event may result in a disqualification.

Other infringements which may result in disqualification include:

- Offensive and unsportsmanlike behaviour,
- Public personal toilet,
- Outside assistance (from anyone other than a race official),
- The use of electronic equipment including telephones, including the use of earphones or other communication devices.

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 goals.



JULIAN VALENCIA
Race Referee

EVENT SCHEDULE

Event Schedule is up to date as at May 15, 2023 and is subject to change.

View the Event Schedule online for the most up to date version.

<https://www.ironman.com/im-philippines-athletes>

MONDAY 5 JUNE 2023

Time	Event	Location
8:00am	Athlete Race Briefing	Posted on official facebook page https://www.facebook.com/IRONMANPhilippines

THURSDAY 8 JUNE 2023

Time	Event	Location
1:00pm to 6:00pm	Shuttle Service for participants booked through Sunrise Events official hotels	
2:00pm to 6:00pm	Century Tuna IRONMAN Philippines Athlete Check-In	Subic Bay Exhibition and Convention Center (SBECC)
	Century Tuna IRONMAN Philippines Store Open	
	Century Tuna IRONMAN Philippines Village Expo Open	
	Century Tuna IRONMAN Philippines Information Booth Open	

FRIDAY 9 JUNE 2023

Time	Event	Location
8:00am to 6:00pm	Shuttle Service for participants booked through Sunrise Events official hotels	
9:00am to 6:00pm	Century Tuna IRONMAN Philippines Athlete Check-In	Subic Bay Exhibition and Convention Center (SBECC)
	Century Tuna IRONMAN Philippines Store Open	
	Century Tuna IRONMAN Philippines Village Expo Open	
	Century Tuna IRONMAN Philippines Information Booth Open	
3:00pm	IRONMAN Philippines Press Conference (Facebook Live)	

SATURDAY 10 JUNE 2023

Time	Event	Location
8:00am to 6:00pm	Shuttle Service for participants booked through Sunrise Events official hotels	
9:00am to 3:00pm	Century Tuna IRONMAN Philippines Athlete Check-In	Subic Bay Exhibition and Convention Center (SBECC)
	Century Tuna IRONMAN Philippines Store Open	
	Century Tuna IRONMAN Philippines Village Expo Open	
	Century Tuna IRONMAN Philippines Information Booth Open	

EVENT SCHEDULE

SATURDAY 10 JUNE 2023		
Time	Event	Location
10:30 am to 12:00 pm	Century Tuna IRONMAN Bike Check-in Athlete no. ending 1 and 2	Transition 1 (Subic Bay Boardwalk)
12:00 pm to 1:30 pm	Century Tuna IRONMAN Bike Check-in Athlete no. ending 3 and 4	
1:30 pm to 3:00 pm	Century Tuna IRONMAN Bike Check-in Athlete no. ending 5 and 6	
3:00 pm to 4:30 pm	Century Tuna IRONMAN Bike Check-in Athlete no. ending 7 and 8	
4:30 pm to 6:00 pm	Century Tuna IRONMAN Bike Check-in Athlete no. ending 9 and 0	
10:30 am to 6:00 pm	Run Gear Bag Drop-Off	Transition 2, SBECC
11:00 am to 5:30 pm	Transition Tours (every 30 minutes)	Transition 1 (Subic Bay Boardwalk) & Transition 2 (SBECC)
9:00 am to 3:00 pm	Weather report (available on FB account)	Posted on official Facebook page https://www.facebook.com/IRONMANPhilippines
4:00 pm	Catholic Mass (Facebook Live)	

SUNDAY 11 JUNE 2023		
Time	Event	Location
4:00 am to 1:00 am (next day, June 12)	Shuttle Service for participants booked through Sunrise Events official hotels	
4:30 am to 6:00 am	Transition Open and Helmet Check	Transition 1, Subic Bay Boardwalk
	Street Gear, Bike and Run Personal Needs Bag Drop-Off	
6:40 am	Century Tuna IRONMAN Philippines Age Group Rolling Start	Subic Bay Boardwalk
9:10 am	Century Tuna IRONMAN SWIM CUT OFF: Each participant is given 2hours 20minutes to finish the 3.8K swim based on a rolling start *approx. time	
5:20 pm	Century Tuna IRONMAN BIKE CUT OFF: 10 hours and 30 minutes from the last rolling start release *approx. time	
11:50 pm	Century Tuna IRONMAN RUN CUT OFF: Each participant is given 17 hours to finish the entire course from the last rolling start release *approx. time	
9:00 am to 6:00 pm	Century Tuna IRONMAN Store Open	Subic Bay Exhibition and Convention Center (SBECC)
	Century Tuna IRONMAN Village Expo Open	
	Century Tuna IRONMAN Information Booth Open	
3:43 pm (*approx.)	Century Tuna IRONMAN Philippines First Finisher	Subic Bay Exhibition and Convention Center (SBECC)
6:00 pm to 12:00 am (June 12)	Century Tuna IRONMAN Philippines Bike & Gear Bag Check-Out	Transition 2, SBECC
11:50 pm	Century Tuna IRONMAN Last Finisher & Finish Line Closes	Subic Bay Exhibition and Convention Center (SBECC)

Event Schedule continued over page

EVENT SCHEDULE

MONDAY 12 JUNE 2023		
Time	Event	Location
7:00 am to 1:00 pm	Shuttle Service for participants booked through Sunrise Events official hotels	
9:00 am to 11:00 am	Century Tuna IRONMAN Philippines Bike & Gear Bag Check-Out	Transition 2, SBECC
9:00 am to 12:00 pm	Century Tuna IRONMAN Store Open	Hall B, SBECC
	Century Tuna IRONMAN Village Expo Open	
	Century Tuna Information Booth Open	
9:30 am	Century Tuna IRONMAN Philippines Awards Presentation	
10:30 am to 12:00 pm	Century Tuna IRONMAN World Championship Roll Down Ceremony	



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ATHLETE CHECK LIST

PRE-EVENT

- ☐ Book/confirm accommodation & flights (if applicable).
- ☐ Ensure event registration is confirmed (check for confirmation email).
- ☐ Familiarize yourself with Event Schedule (know all check-in/drop off times).
- ☐ Pack photo ID in your luggage.
- ☐ Familiarize yourself with the course - it is your responsibility to know this on race day.
- ☐ Check athlete list online & on event app.
Note: The web list won't be updated after June 8. Event app will be updated at close of Check-In prior to race day. If any details are wrong contact us via email. - Philippines@ironman.com

ONCE I ARRIVE (PRE-RACE)

- ☐ Familiarize yourself with the event venue and key areas (Check-In, transition, swim start, finish line, presentations & WC Roll Down).
- ☐ Familiarize yourself with road closures.
- ☐ Check-In and collect race kit.
- ☐ Bike check in and drop off transition bags (see page 22 for suggested items in your transition bags).
- ☐ Pack items for race day.

RACE DAY

- ☐ Ensure you have all items for your race including, helmet, timing chip & wetsuit/trisuit.

- ☐ Enter Transition for last minute checks & drop off bike pump (if relevant).
- ☐ Drop off street gear bag (if relevant).
- ☐ Drop off personal needs bags (if relevant).
- ☐ Start the race - be at the start line at least 15 minutes prior.
- ☐ Finish the race.
- ☐ Receive your medal.
- ☐ Grab your finisher towel.
- ☐ Collect your finisher shirt.
- ☐ Recover.
- ☐ Collect your items – transition bags, personal needs bags, street gear bag, bike pump, bike.

POST RACE

- ☐ Attend World Championship Roll Down, presentations & after party.
- ☐ 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 50.
- ☐ Bring friends and family to celebrate.



PRO RACING SOCKS V4.0



VENTILATION



PROTECTION



SUPPORT



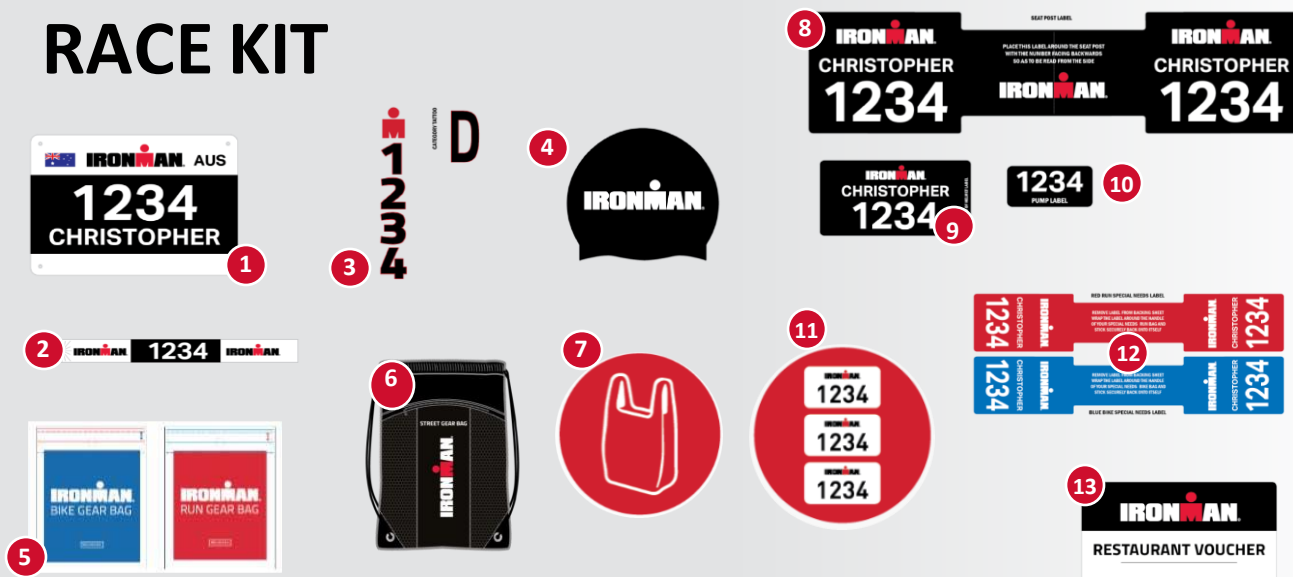
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RACE KIT



RACE KIT COLOURS

Gold – AWA

Blue – Age Group Athletes

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.

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.

Zone 1 – Under 65 minutes – Neon Blue

Zone 2 – 65 – 74 minutes – Pink

Zone 3 – 75 – 90 minutes - Purple

Zone 4 – 91 – 105 minutes – Yellow

Zone 5 – Over 105 minutes – Neon Green

Needs special attention– White

5. TRANSITION BAGS

Use bag supplied and attach relevant sticker. Includes equipment and items required for the race. Must be handed in on Saturday during bike check in.

6. STREET GEAR BAG

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

7. BIKE AND RUN PERSONAL NEEDS BAGS

Place Personal Needs required on the bike and run course to be collected on course at dedicated aid stations. Must use bag supplied and brought to transition on race morning.

8. 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 check in.

9. HELMET STICKER

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

10. BIKE PUMP STICKER

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

11. GEAR BAG STICKERS

Remove sticker from backing sheet and place on front of bike, run or street gear bag, where indicated.

12. PERSONAL NEEDS STICKERS

Remove sticker from backing sheet wrap the label around the handle of your personal needs bag and stick securely back onto itself. Place corresponding colored sticker to personal needs bag.

Note: Timing Chips are to be collected during bike check-in. For more information see page 17



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VENUE MAP

Venue map is up to date as of May 16, 2023 and is subject to change.
View the venue map online for the most up to date version.
<https://www.ironman.com/im-philippines-athletes>



WORLD'S NO. 1 SPORTS DRINK



PRE RACE INFORMATION

ATHLETE CHECK-IN

See page 5 to 7 for time and location.

All packs will need to be collected during Athlete Check-In opening hours. If you do not check-in during the designated Athlete check-in hours you will not be permitted to race. **Please note, no packs will be posted out prior to the event.**

ALL RACE PACKS MUST BE PICKED UP BY 3:00pm on Saturday June 10, 2023.

WHERE:

R7HX+P9G, Subic Bay Freeport Zone, Olongapo, Zambales

What you will need to bring:

- Photo ID (driver's licence or passport).
- Active.com Confirmation email with QR Code

Emergency Contact

Athletes are required to check-in at the venue during the dates and times listed above and on the Event Schedule. Athlete Check-In will not be available outside the posted times.

To inform IRONMAN of any emergency during race week, athletes must call the EMERGENCY PHONE NUMBER listed below.

+63 962 05 51 559

Philippines@ironman.com

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 IRONMAN and banning both parties from future IRONMAN Asia Triathlon Races.

TIMING CHIP

Pick Up: Upon exit during bike check in. When collecting your timing chip, you will verify that your name matches your number.

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

During Race: Your chip must be worn on your left ankle during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff member or timing team member. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety.

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

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

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 or timing team 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 \$100USD for a replacement. After the race, if you realize you still have your chip, please mail it within 5 business days to: Sunrise Events Inc., 2F Alegria Alta Building, 2294 Pasong Tamo Extension Brgy. Magallanes, Makati City.

Failure to wear your timing chip on race day, return your chip after the event, or pay the replacement cost of your lost timing chip may disqualify you from future IRONMAN events.

PRE RACE INFORMATION

PRE-RACE

TRANSITION TOURS

Tours will take approximately 30 minutes. The tour will include:

- Flow of Transition
- Change Tent Functionality
- Entry/Exit points
- Suggested Setup
- Opportunity for Q&A

View the Event Schedule page 5 to 7 for times and location.

BIKE CHECK IN

View the Event Schedule page 5 to 7 for times and location.

Prior to entry:

- Attend Athlete Check-In
- Secure Bike Seat Post Sticker

Bike checks:

- Conducted by Race Technical Officials upon entry.
- You, the athlete are responsible for your bike being in safe working order.
- Inspectors will be checking for such things 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 and Regulations.

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 Information (lost & found).

HELMET CHECK

Helmet checks will be done on race morning June 11, 2023. You must wear your helmets upon entry to transition. Inspectors will check the integrity and fit of the helmets. Helmets can be placed and set up on the bike.

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

You will have access to your bicycle from 4:30am to 6:00am on race morning, but you will not be allowed to remove your bike from transition until the start of the bike portion of the race. You will not have access to your transition bags on race morning.

BIKE MECHANICS

From June 8 to 10 bike mechanics will be available to offer minor mechanic services. This is a paid service.

June 8: 2:00pm to 6:00pm – SBECC

June 9: 9:00am to 6:00pm – SBECC

June 10: 9:00am to 6:00pm – SBECC

A limited 'emergency service' will be available on race morning at Transition 1 area for all athletes.

See Bike Course information on page 36 for on course support.

RACE BRIEFING

The Race Briefing video will be uploaded in the official Facebook account at the start of race week. The briefing will cover important information pertaining to any peculiarities of the course, rules, cut-off times and course closures for the disciplines and most importantly any last-minute changes or procedures to the event that have occurred or may potentially occur due to weather related forecasts.

PRE RACE INFORMATION

SHUTTLE BUSES

Shuttle buses are available for all athletes who booked their hotel accommodation through IRONMAN Philippines website. If you haven't booked your hotel yet, here's the link where you can access our partner hotels. <https://www.ironman.com/im-philippines-travel>

There will be an information booth at the lobby area of all hotel partners, don't forget to present your wristband before your ride. Please take note that bikes are not allowed on these shuttles.

Shuttle schedule is available below.

JUNE 8, 2023 (Thursday)		
HOTEL TO SBECC	SBECC TO HOTEL	
1:00PM	2:00PM	
3:00PM	4:00PM	
5:00PM	6:00PM	
JUNE 9, 2023 (Friday)		
HOTEL TO SBECC	SBECC TO HOTEL	
8:00AM	9:00AM	
10:00AM	11:00AM	
12:00NN	1:00PM	
2:00PM	3:00PM	
4:00PM	5:00PM	
	6:00PM	
JUNE 10, 2023 (Saturday)		
HOTEL TO SBECC	SBECC TO HOTEL	
5:00AM (Ironkids Boardwalk)	9:00AM	
8:00AM	11:00AM	
10:00AM	1:00PM	
12:00NN	3:00PM	
2:00PM	5:00PM	
4:00PM	6:00PM	
JUNE 11, 2023 (Sunday) - Race day		
HOTEL TO BOARDWALK	BOARDWALK TO SBECC	SBECC TO HOTEL
4:00AM	9:00AM	4:00PM
5:00AM	10:00AM	5:00PM
		6:00PM
		7:00PM
		8:00PM
		9:00PM
		10:00PM
		11:00PM
		12:00AM
JUNE 12, 2023 (Monday)		
HOTEL TO SBECC	SBECC TO HOTEL	
7:00AM	10:00AM	
8:00AM	11:00AM	
9:00AM	12:00NN	
	1:00PM	

PRE RACE INFORMATION

PARKING

PARKING AREA & DROP OFF POINTS

PARKING AREA

DROP-OFF POINT

TRANSITION 1

DROP-OFF POINT ★ **WATERFRONT ROAD CORNER ROJAS STREET : JUNE 11 4:00 AM TO 7:00AM**

PARKING : June 10 - 4:00 am to 6 pm, June 11 – 4:00 am to 10 am

PARKING AREA & DROP OFF POINTS

PARKING AREA

DROP-OFF POINT

TRANSITION 2

DROP-OFF POINT ★ **EFFICIENCY STREET, IN FRONT OF SBECC : JUNE 11 7:00 AM TO 11:59PM**

PARKING : Athlete Village, T2 and Finish Line at Efficiency Ave. (near Rotonda), June 8 to June 10, 8 am to 6 pm, June 11, 7 am to 11:59 pm

PUBLIC TRANSPORT

There will be local taxi and grab car available in the vicinity of Subic Bay Freeport Zone.

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:

- Change of clothes
- Different footwear
- *Please refrain from placing any valuables in your bag where possible.*

View page 5-7 for times and locations.

Bags will be transported from T1 to SBECC to be collected from the Gear Tent in Recovery.

PERSONAL NEEDS BAGS

Bag Contents: Personal needs bags are used for special items required during the race, either nutritional or clothing items (eg extra pair of socks or light weight jacket). Please note the items will need to be able to fit within the bag provided at athlete check-in. No valuable items should be placed within the personal needs bags.

Drop Off/Collection: View page 6-7 for times and location. Any uncollected bags will be discarded.

On Course Locations:

Bike: TA 2/4/6, near the Tipo Gate. Accessed three times.

Run: TA 3/6/9 near SBECC. Accessed three times.

BIKE AND RUN TRANSITION BAGS

Bike and run transition bags contain items an athlete requires during the race. Any items required for the race that cannot be attached to your bike must be placed within the relevant

bag.

Your bike transition bag will be located within the change tent (Transition 1) as you exit the swim and is able to be accessed during the transition process. See page 24 for transition process.

Your run transition bag will be located at your bike rack at Transition 2 and available after you rack your bike.

No personal bags should be left in transition for safety of other athletes.

Note: No access to transition bags on race morning.

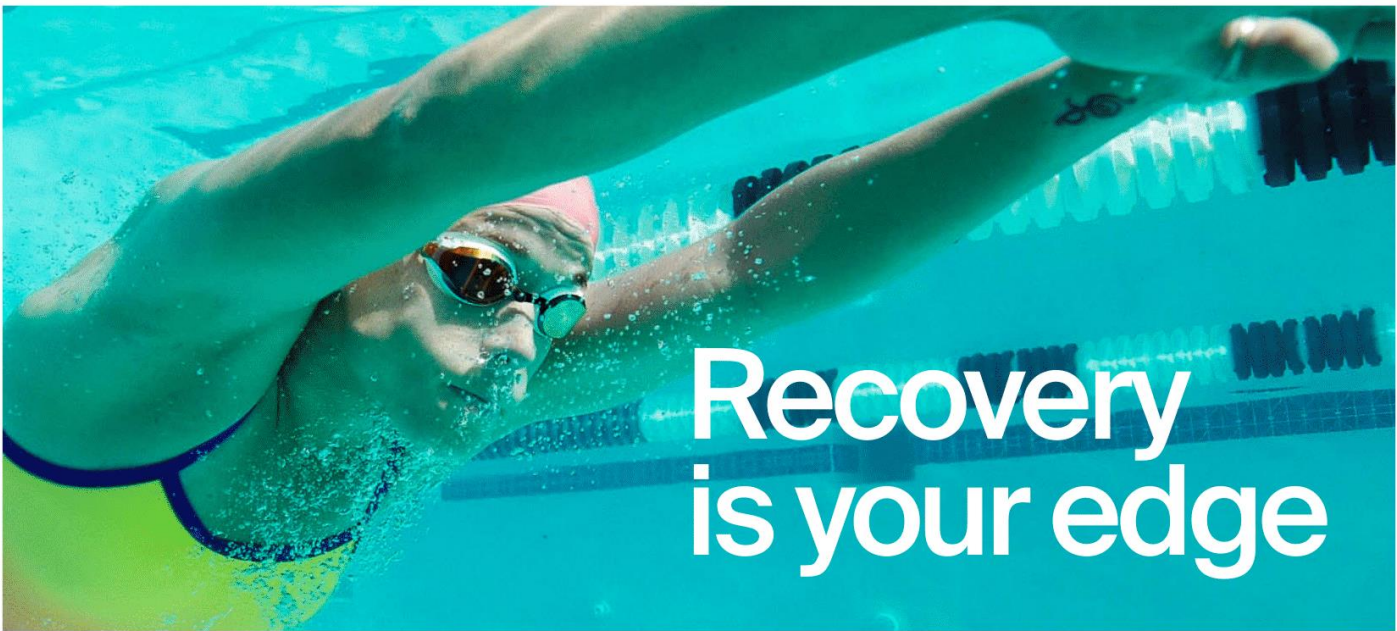
Handy Tip: Remember **blue bike** (blue bike transition Bag) and **red run** (red run transition bag).

Example of Items athletes should consider:

Bike Transition Bag	Run Transition Bag
Bike shoes (or attached to bike pedals)	Running shoes (compulsory)
Sunglasses	Race bib number (compulsory)
Socks	Sunglasses
Change of clothes	Hat/visor
Nutrition and fluids (or on bike)	Socks
Towel	Change of clothes
Sunscreen	Nutrition and fluids

BAG DROP / COLLECTION

BAG	DROP OFF LOCATION	USE DURING RACE	POST RACE COLLECTION
BIKE TRANSITION BAG <i>Swim to Bike</i>	When: Saturday, June 10 - 10:30am – 6:00pm Location: Transition 1, Subic Bay Boardwalk	Collect your bag from your numbered hook in T1. Remove your bike gear and place all your swim gear into BLUE bag. Hand to volunteers as you exit the change tent.	When: Post Race Day, 6:00pm – 11:59pm (June 11) to 9:00am – 11:00am (June 12) Location: Transition 2 at your bike spot, SBECC
RUN TRANSITION BAG <i>Bike to Run</i>	When: Saturday, June 10 - 10:30am – 6:00pm Location: Transition 2, SBECC	Bags can be found under the assigned bike parking spot. Athletes are allowed to change in their spot. Remove all your run gear and place all your bike gear into the RED bag. Leave the bag on the floor.	When: Post Race Day, 6:00pm – 11:59pm (June 11) to 9:00am – 11:00am (June 12) Location: Transition 2 at your bike spot, SBECC
STREET GEAR BAG	When: Sunday, June 11 - 4:30am – 6:00am Location: Transition 1, Subic Bay Boardwalk	No Use	When: Post Race Day, 6:00pm – 11:59pm (June 11) to 9:00am – 11:00am (June 12) Location: Finish Line, Recovery Area
PERSONAL NEEDS BAGS (if required)	When: Sunday, June 11 - 4:30am – 6:00am Location: Transition 1, Subic Bay Boardwalk	Blue: Bike Personal Needs KM 52 KM 90 KM 130 Red: Run Personal Needs KM: 10.5 Turn Around 3 KM 20 Turn Around 6 KM 30.5 Turn Around 9	When: Post Race Day, 9:00am – 11:00am (June 12) Location: Transition 2, SBECC Note: All uncollected bags will be disposed
BIKE PUMPS	When: Sunday, June 11 - 4:30am – 6:00am Location: Transition 1, Subic Bay Boardwalk	No access during race. You will need to leave your bike pumps at the designated bike pump area in transition (please ensure you have attached your race number sticker to your pump).	When: Post Race Day, 6:00pm – 11:59pm (June 11) to 9:00am – 11:00am (June 12) Location: Transition 2, SBECC



Hyperice

IRONMAN
GLOBAL SERIES

OFFICIAL RECOVERY TECHNOLOGY

TRANSITION

RACE DAY

Transition will be open from 4:30am to 6:00am on race morning, June 11, 2023.

Please ensure you leave yourself enough time on race morning as all athletes will need to be out of Transition by 6:00am.

BIKE PUMPS

Bike pump drop off will be available on race morning within Transition 1 and can be collected post event during bike collection at Transition 2 (SBECC). 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 on race day morning. Ensure all items are either attached to your bike, or transition rack. No items will be allowed on the ground next to your bike. This includes any tubs, bags etc.

DURING RACE

SWIM TO BIKE TRANSITION

After the swim you will be directed through the swim finish chute through the changing tents to the bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line.

BIKE TO RUN TRANSITION

After the bike, you will dismount and rack your bike in your assigned rack. Run bags can be found at your assigned bike spot. You can change in your spot or use the changing tents. Public nudity is not permitted.

POST RACE

BIKE CHECK-OUT

Bike check-out is from June 11, Sunday – 6pm to 11:59pm and June 12, Monday – 9am to 11am at transition 2, SBECC. Ensure you are aware of the closing time as, after this time Transition will become unsecure. You must have your athlete wristband on to claim your gear.

When collecting your bike, please ensure all transition bags and bike pumps are collected at the same time.

If your bags are not reclaimed by June 12, Monday – 11:00am, IRONMAN Philippines, will not be responsible for any items left unsecure.

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 Electrolyte – Green
- Toilets

BIKE AID STATIONS

Aid stations will normally be positioned on the right hand side of the course.

Aid Station Locations:

The Bike Course has 13 aid stations located approximately 10-20km apart.

- B1 – KM 23/61/101/139
- B2 – KM 32/71/110/149
- B3 – KM 41/80/120/158
- B4 – KM 173

Will offer:

- Water (Sports Bottle)
- Gatorade electrolyte – Green
- GU Energy Gels – Tri Berry, Caramel Macchiato, Tastefully Nude available at B1 KM 23/61/101/139 only.
- Toilets

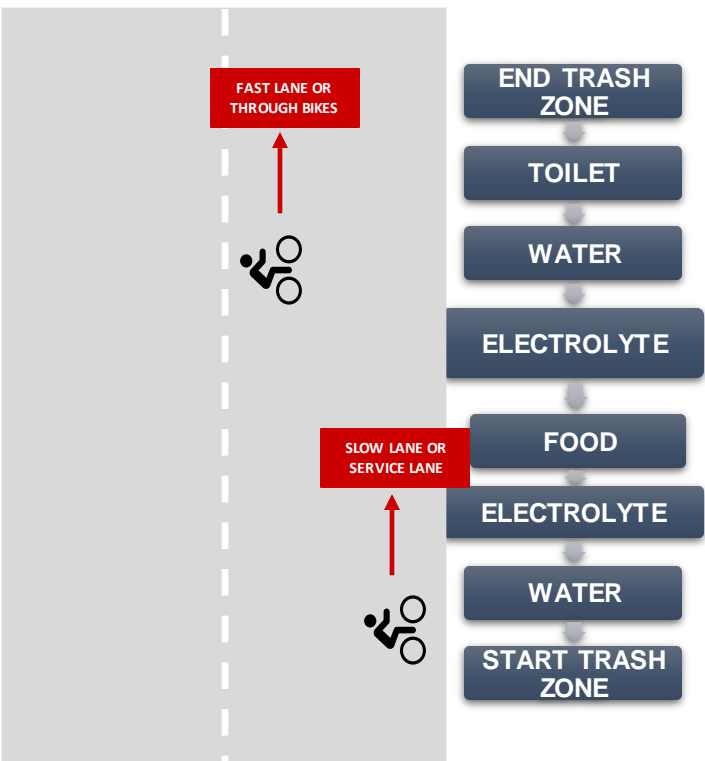
Process:

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 the volunteer by calling out your needs.

BIDON/RUBBISH DISCARD

Please ensure bidons and any trash are only discarded in Aid Station Rubbish Zones. Don't discard anywhere else on course. Strict time penalties will apply.

AID STATION LAYOUT



AID STATIONS

RUN AID STATIONS

The Run Course has 6 aid stations located approximately 1KM-2KM apart.

- R1 – KM 1/11/21/31
- R2 – KM 3.5/13.5/24.5/34.5
- R3 – KM 4.5/14.5/24.5/34.5
- R4 – KM 6/16/26/36
- R5 – KM 8/18/28/38
- R6 – KM 10/20/30/40.7

Will offer:

- Splash zone
- Water
- Gatorade Electrolyte – Green
- Cola – available at all aid stations
- GU Energy Gels – Tri Berry, Caramel Macchiato, Tastefully Nude available at R1 and R2 only.
- Red bull will be supplied on course at aid station 1 and 2 only and served in a diluted formula of 50% Red Bull and 50% water
- Chips – available at all aid stations
- Bananas – available at all aid stations
- Ice
- Toilets – available at all aid stations

Process:

Keep right when approaching a run aid station, don't stop! If you do not require any product from a run aid station, please stay to the left 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 the by calling out as per your needs.

TRASH DISCARD ZONES

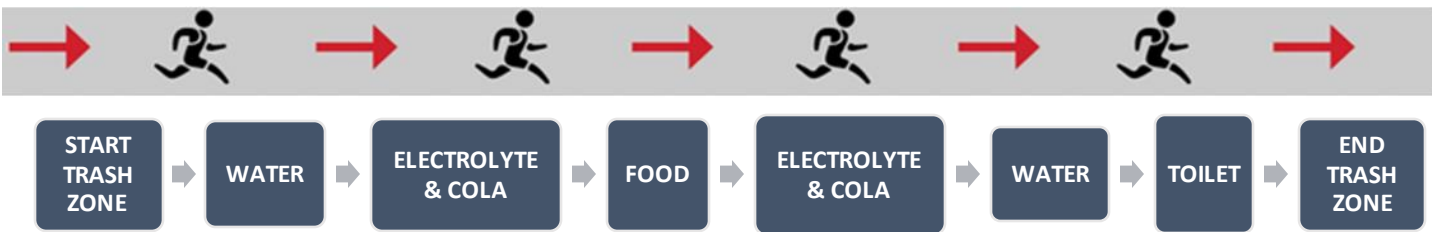
Please discard any unwanted items after the discard zone start sign and before the discard zone finish sign. Anything discarded outside this area will be penalized.

SPLASH ZONES

There will be a splash zone location at all run aid stations where you will be able to cool yourself down with iced water to splash on yourself.

MEDICAL

First Aid will be available at all aid stations on course.





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Avios in Economy Class and
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Business or First Class



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date change



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RACE DAY INFORMATION

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 absolute cut off locations and time of day based on the predicted last starter at time of publishing this document. These times will be adjusted and enforced per individual by the Race Director on race day.

Swim: The swim course will close 2 hours and 20 minutes after the last age group athlete starts the swim. Each athlete will get the full 2 hours and 20 minutes to complete the swim course regardless of what time they enter the water. Athletes who take longer than 2 hours and 20 minutes to complete the swim and do not finish before the swim course is closed will be removed from the course and receive a DNF. Athletes who take longer than 2 hours and 20 minutes to complete the swim but are ahead of the final swim course closure and continue to the finish line will receive an NC (Not Classified) in the race results.

Bike: The bike course will close 10 hours and 30 minutes after the final athlete starts the swim at approximately 5:20 PM. Each athlete will have 10 hours and 30 minutes to complete the swim, T1 and bike course regardless of when they start the swim. Any athlete that takes longer than 10 hours and 30 minutes to complete the swim and bike course and does not make the final bike course closure will be removed from the race and receive a DNF. Any athlete that takes longer than 10 hours and 30 minutes to complete the swim, T1 and bike course but is ahead of the final bike course closure and continues to the finish line will receive a NC (Not Classified) in the results. Additional intermediate bike course cut-offs are determined by race management and are as follows:

- KM 130 = 3:10 PM (TA 6)
- KM 170 = 4:55 PM (TIPO GATE)

Any athlete that does not make the intermediate time cut-offs will not be allowed to continue and will receive a DNF.

Run/Finish: The run course will close 17 hours after the last athlete starts the swim. Each individual athlete will have 17 hours to complete the entire course. Any athlete that takes longer than 17 hours to complete the entire course and does not finish before the run course is closed will receive a DNF. Any individual athlete that takes longer than 17 hours to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) and will not be eligible for age group awards or for World Championship slots. Intermediate cut-offs are determined by race management and are as follows:

- Turn Around 6 KM 20.5 – 8:45pm
- Turn Around 9 KM 30.5 – 10:15pm

Any athlete that does not make the intermediate time cut-offs will not be allowed to continue and will receive a DNF.

The course will officially close at 11:50pm to all athletes, based on the predicted last athlete to start the swim.

Note: IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

RACE DAY INFORMATION

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 commentator.

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 first aid stations can be viewed at <https://www.ironman.com/im-philippines-course>

. 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, specialist treatment. It is therefore strongly advised that all athletes hold 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 Vehicle

The SAG vehicle 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 vehicle at any time, please wave down a motorbike official and they will contact IRONMAN for SAG vehicle deployment. Alternatively advise volunteers at the nearest aid station.

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

WITHDRAWAL AND TIMING CHIP RETURN

If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the timing tent located at the finish line or at the race information booth located at the expo area and turn in their bib number and timing chip immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any IRONMAN event in the future.

A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

RED BULL GIVES YOU WIIINGS.



ROKA

SWIM COURSE 3.8km

COURSE MAP

<https://www.ironman.com/im-philippines-course>



COURSE

The swim starts at the Subic Bay Boardwalk beach fronting the Waterfront Road. Participants will do a two loop anti-clockwise format which begins with a straight 750 meters, followed by a left turn for 400 meters, then a final 750 meters left turn bringing them to the beach area. Upon exiting the swim course, participants will proceed to the start line and complete the same second loop. After completion of the second loop participants will exit and head to the transition area, to start the bike course.

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.

Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the canoes, kayaks, buoys, and aquatic crafts that line the course.

ROKA

SWIM COURSE 3.8km

ROLLING START

There will be no swim warm up.

View the Event Schedule page 6 to 10 for start times.

The race start will be a Rolling Swim Start. Athletes are to self-seed themselves into their allocated Start Zones prior to race start.

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

- Zone 1 – Under 65 minutes – Neon Blue
- Zone 2 – 65 – 74 minutes – Pink
- Zone 3 – 75 – 90 minutes - Purple
- Zone 4 – 91 – 105 minutes – Yellow
- Zone 5 – Over 105 minutes – Neon Green
- Needs special attention– White

Zone signage will be 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 5 until all athletes have crossed the timing mat and begun the race.

SWIM CAPS

All Roka swim caps provided will be latex based. In the case you are allergic, please contact us at Philippines@ironman.com.

SWIM CUT OFF

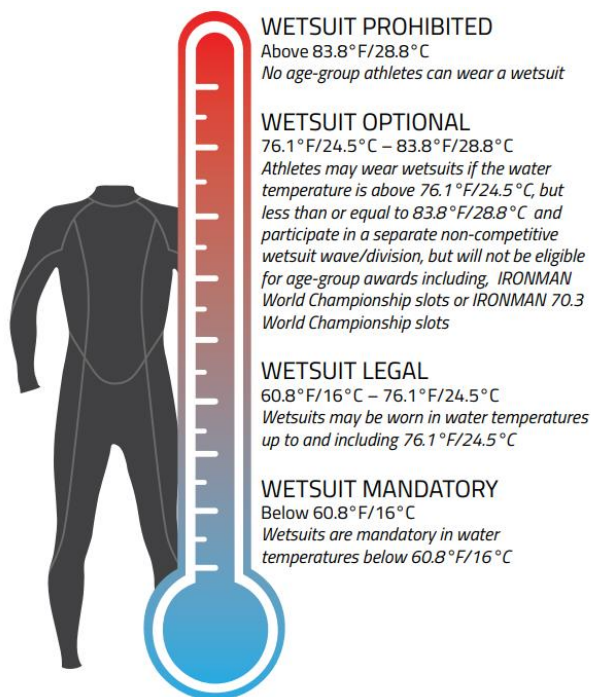
2 hours 20mins from athlete's individuals start time (times below based on last athlete in water).

Swim cut-off time at 9:10am based on expected last athlete in the water.

WETSUIT RULING

Expected Water Temperature: 29°C (*subject to change based on conditions)

See Race Rules on page 43 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.

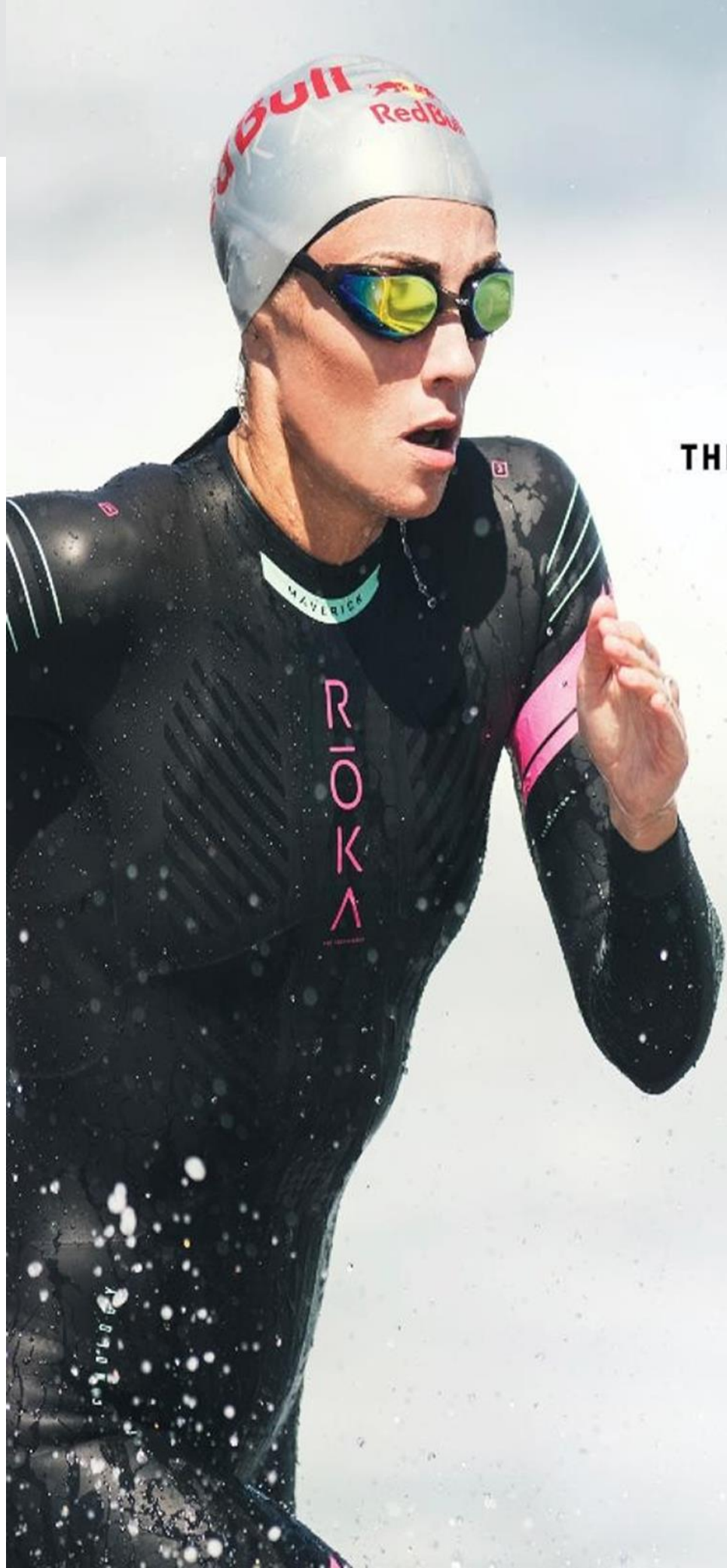
Professional athlete wetsuit ruling may vary – see [IRONMAN Competition Rules](#).

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim start/swim exit. Please ensure your glasses are labeled 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.

SWIM TO BIKE TRANSITION

After the swim you will be directed through the timing chutes to the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line.



ROKA

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

An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. Here's a top-10 checklist to help get you ready.

1 PREPARE FOR RACE CONDITIONS

- Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers and wearing a wetsuit if needed.

2 RACE IN SHORTER EVENTS

- Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics to prepare yourself for open water conditions.
- For extra guidance, talk to a coach or your local triathlon club.

3 LEARN ABOUT COURSE DETAILS

- It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website and pre-race communication to familiarize yourself with the course.
- Keep in mind, every body of water is different, so you'll need to educate yourself on water current and surf conditions.
- Study the event timetable to plan for proper arrival and preparation.

4 ENSURE HEART HEALTH

- As an athlete in training, you should take the proper steps to assess your health with your physician.
- The American Heart Association suggests a 12-step screening process for competitive athletes. This includes a physical exam as well as an assessment of your family history and personal heart health.

5 PAY ATTENTION TO WARNING SIGNS

- If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

6 DON'T USE NEW GEAR ON RACE DAY

- Focus on controlling as much as you can on race day.
- You should never race in equipment you haven't trained in this is not the time to test new gear.
- Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
- Prepare for the unexpected with backups of all your gear.

7 WARM UP ON RACE DAY

- Arrive early enough on race day for a proper warm up prior to the start, preferably in the water.
- If you aren't able to warm up in the water, spend between 5 and 10 minutes getting loose.
- Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

8 CHECK OUT THE COURSE

- Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with turn buoy locations.
- Identify basic navigation points so that you know what you are swimming towards.

9 START EASY – RELAX AND BREATHE

- Don't race at maximum effort from the start.
- Relax and focus on proper breathing technique as you settle into a sustainable pace.

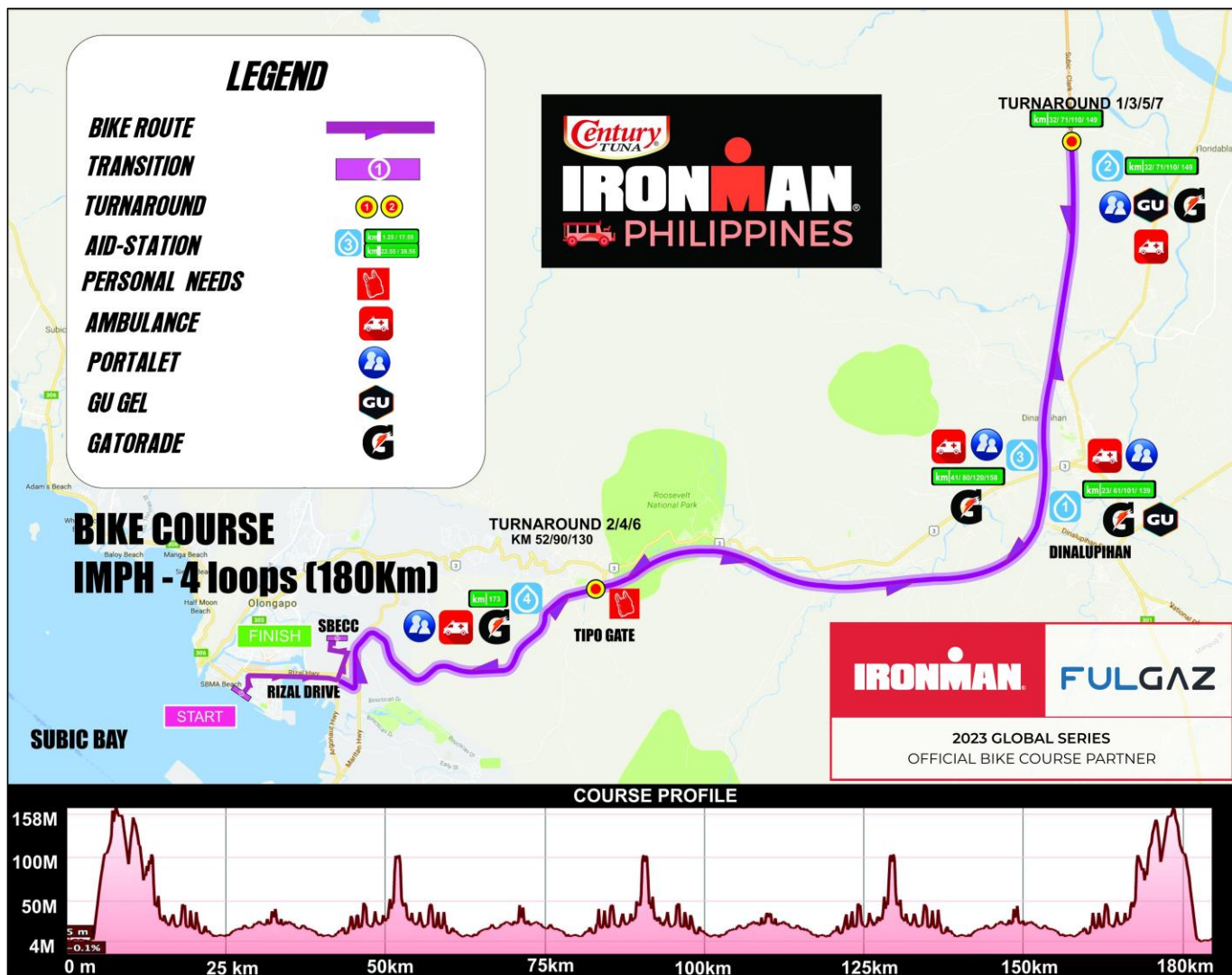
10 BE ALERT AND ASK FOR HELP

- In a race setting always stop at the first sign of a medical problem.
- If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
- Race rules allow for competitors 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.
- You may also rest by holding on to a kayak, boat or even a paddle board. As long as you don't use it to move forward, you won't face disqualification.

FULGAZ BIKE COURSE 180km

COURSE MAP

<https://www.ironman.com/im-philippines-course>



COURSE

The 180km bike course is comprised of a 4 loops. It starts From Boardwalk participants heading to Rizal Ave, and turn left to enter SFEX, heading to Tipo gate and enter the SCTEX. Participant head towards Dinalupihan and continue to the first turn around at KM 32, and head back towards the second turn around just before Tipo Gate at KM 52, which complete the first loop. Participant heads back out to the third turn around at KM 71, and head back to Tipo for the fourth turn around at KM 90. Participants will head out again, for the third loop making the fifth turn around at KM 110 and the sixth turn around at KM 130. Participants will make the final loop heading to the seventh turn around at KM 149 and head back to Tipo gate at KM 170 and exit SCTEX, heading to Subic via SFEX. Participants will exit SFEX then turn right to Rizal Ave and take a right towards SBECC to complete the bike course.

AID STATIONS

Aid stations are approximately 10-20KM apart on the run.

BIKE CUT OFF

10 hours 30mins from athlete's individual start time, the bike course will close at 5:20pm based on last athlete in the water.

There will be intermediate cut-offs at:

- KM 130 = 3:10 PM (TA 6)
- KM 170 = 4:55 PM (TIPO GATE)
- T2 = 5:20 PM

TRAFFIC

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

FULGAZ

BIKE COURSE 180km

DRAFTING PENALTIES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Must pass on the Left-hand side
- Must complete your pass within 25 seconds
- Must be making forward progress at all times
- A started pass must be completed – NO Slip Streaming
- After being passed drop 12 metres back
- Cannot pass until 12 metres back
- A competitor passing on the inside (right hand side) of another competitor will receive an Illegal Pass penalty. Must pass on the LEFT.
- A competitor who has completed a pass and is not passing another competitor or motorcycle or vehicle and who fails to move safely and immediately to the right of the cycle lane will receive a Blocking penalty.

You must report to the PENALTY tent LOCATION (Yellow Tent) 100m before you reach Transition 2 at SBECC.

Failure to do will result in DISQUALIFICATION.

If you receive 3 blue card penalties you will be DISQUALIFIED.

Follow this link to [IRONMAN Competition Rules](#).

For safety reasons, the following cycling positions are prohibited:



BIKE TO RUN TRANSITION

After the bike, you will dismount and rack your bike in your assigned rack. Run bags can be found at your assigned bike spot. You can change in your spot or use the changing tents. Public nudity is not permitted. You will then head out onto the run course.

BIKE MECHANICS

Roving Bike Mechanics will be available on course to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

SAG VEHICLE

There will be SAG vehicles stationed at turn around points on the bike course if you cannot continue on course.

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

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



**! DRAFTING VIOLATION
BLUE CARD**
Five-minute time penalty
served in a Penalty Tent on
the bike course



**! LITTERING VIOLATION
BLUE CARD**
Five-minute time penalty
served in a Penalty Tent on
the bike course



**! BLOCKING VIOLATION
YELLOW CARD**
30 second stop and go time
penalty served at the next
Penalty Tent



**! DISQUALIFICATION (DSQ)
RED CARD**
3 BLUE CARD VIOLATIONS
WILL RESULT IN RACE
DISQUALIFICATION

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AVAILABLE ON



Completing in a triathlon event requires training on a bike. To be fully prepared, it's important that you arrive on event day healthy, fit, and equipped with the proper gear. Fitness can be built indoors, but competing with a group requires the ability to ride safely and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

BEFORE YOU RIDE

1 IT STARTS WITH YOUR BIKE

- Your seat and handlebars should be adjusted to the appropriate height and reach for you. Work with a fitter to find your optimal bike fit.
- Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly.
- Keep your bike clean and your chain lubed.
- Use front and rear lights when riding in low light conditions – this may be required by law in your area.
- Tires should be inflated to the recommended pressure.

2 LEARN THE BASICS

- Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking.
- If you're unfamiliar with shifting gears, practice doing this in a low-traffic area.
- Practice riding a straight line, and cornering (right, left, U-turns).

3 SUIT UP

- Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride.
- Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race.
- Choose clothing that is visible in low-light conditions.

4 BE PREPARED TO RIDE

- Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed.
- Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

5 PLAN AHEAD

- Select a route that limits the number interactions with vehicles – if possible factor in time of day and day of the week.
- Always obey all traffic signals and signs.
- Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you.
- Select a ride distance appropriate to your fitness.

6 INFORM OTHERS

- In the event of an incident, someone should know where you are riding.
- Always carry personal identification with you and emergency contact information.
- Carry a cell phone for emergencies.

DURING THE RIDE

7 STAY ALERT

- Leave the playlists and podcasts for indoor workouts.
- Don't use your phone while riding – pull off the road if you need to make a call or send a text.
- Don't take photos and selfies while riding.
- Keep your head up, particularly when riding in a group. Look at the road and the riders around you, not your bike computer.
- Be able to see and hear what is going on around you. When riding in the aerobars, do not look down at the road, look ahead.
- When riding in a group, do not get fixated on the rider directly in front of you. Look through so you can anticipate any issues before they happen, and have an exit strategy.
- Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
- Pay particular attention when approaching aid stations during a race. Do not ride through aid stations in the aerobars.

8 OBEY THE LAW

- Always stop at stop signs and lights—remember, cyclists have the same responsibilities as vehicles.
- Know the traffic laws for your area, especially those regarding riding two abreast or single file.
- Know where the vehicles are around you and anticipate that drivers may not see cyclists.
- When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

9 COMMUNICATE

- Use verbal and hand signals so others know if you are stopping or turning.
- Make eye contact with drivers and other cyclists.
- While riding, let other athletes know you are passing through verbal communication. Watch for hazards in the road including potholes, debris, or water bottles. Point out and verbally communicate these hazards to those riding and racing with you.
- Visually and verbally communicate with the specific volunteer in the aid station you will be taking aid from, letting them know you are taking aid directly from them.

10 SAFETY FIRST

- Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass.
- If riding with other people, make sure you are riding single file or allowing traffic to pass from behind you.
- When riding in a group, avoid riding in the aerobars unless you are riding in front. Your hands should always be able to get to the brakes quickly.
- Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.

HOKA RUN COURSE 42.2km

COURSE MAP

<https://www.ironman.com/im-philippines-course>



COURSE

The 42km run course consists of four loops that will start at the SBECC. Participants head towards Efficiency Street and turn towards Hitachi Road exiting Binictican drive and turn right heading to Maritan Highway. From Maritan they make the first turn around at the corner of El Kabayo road, before heading back and turning right to Binictican drive. Participants will continue towards Subic Bay golf course before making the second turn around. They head back and turn right at Hitachi Road, heading towards Efficiency Road for the third turn around, to end the first loop. Participants will complete three more loops, and head back to SBECC for the finish line.

AID STATIONS

Aid stations are approximately 1KM-2KM apart on the run.

RUN CUT OFF

17 hours from athlete's individual start time.

There will be intermediate cut-offs at:

- Turn Around 6 (KM 20.5) - 8:45 PM
- Turn Around 9 (KM 30.5) - 10:15 PM

LAPBANDS

On each lap of the run course, athletes will be required to go through a "lap band collection point".

At this point athletes will collect a different colored lap band based on what number lap they are currently on. The color of lap band you're required to grab will be displayed on a sign.

- First lap TA 2 – KM 7 = **Red**
- Second lap TA 5 – KM 17 = **White**
- Third lap TA 8 – KM 27 = **Blue**
- Fourth lap TA 11 – KM 37 = **Yellow**

When you pass the turnaround point for the final time, you will need to have the required number of lap bands on to run down the finish chute.



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F O T O
S P O R T O G R A F . C O M
F L A T

RACE RULES

We are using the 2023 [IRONMAN Competition Rules](#) in alignment with the special IRONMAN rules and this is a NON-drafting Event.

All Athletes should read and understand the complete [IRONMAN Competition Rules](#) prior to race day. Below highlights some of the IRONMAN Competition Rules.

Conduct of Athletes

Section 2.01 General Behaviour

- (a) Practice good sportsmanship at all times;
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02). Receiving assistance (other than in accordance with Section 2.02) will result in disqualification;
- (i) 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. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

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

- (a) For age-group athletes, relay team athletes and Open Division athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ)**
- (d) A wetsuit may cover any part of the body except the face, hands, or feet;**
- (f) 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)**

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 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).**

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)**

Continued over page..

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. (DSQ) (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).

RACE FINISH, TIMING, AND RESULTS

(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.

(f) Results will include athletes who do not finish the Race (“DNF”), athletes designated as not classified (“NC”) and those who are disqualified (“DSQ”). All available splits will be listed for DNF and NC athletes.

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.

TRANSFERRING REGISTRATION

IRONMAN does not allow the transfer of an athlete's registration to another person - no exceptions will be made to this rule. Any attempt to transfer a registration to another person will result in disqualification and suspension from future participation in any IRONMAN or IRONMAN 70.3 event.

RACE CATEGORIES

OPEN DIVISION

The Open Division is a non-competitive, participatory division which is open to any able-bodied athlete who cannot or do not wish to race in a competitive age or gender group

There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event

Any athlete who wants to change to the Open Division during race week can do so during the onsite athlete check-in process. Please visit the solutions desk inside the Athlete Check-in area to change divisions

Athletes in the Open Division are not eligible for awards or World Championship slots

Athletes in the Open Division are subject to the IRONMAN Competition Rules as set forth in Article I – VII, and Article XI. Please refer to the [IRONMAN Policies](#) for additional information.



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FINISH LINE AND POST RACE

FINISH LINE POLICY

Friends and family members, including children, are not permitted in the finish chute or finish area. We ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

Sportograf is our partner for high-quality athlete photography at this race. They will proudly provide you with their "Foto-Flat" to relive the experience of your IRONMAN event. You will get all your personal pictures from several top locations around the course and finish line as well as the beautiful impression shots of the scenery and the race day in general.

How to Get your Best Photos:

- Ensure your helmet sticker 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.

Search for your race at <https://www.sportograf.com/en/event/9980> and register your email address to be notified as soon as all photos from your event are online

FINISHER SHIRTS

Finisher shirts will be available to all official finishers post-race and can be collected from the designated area within Recovery.

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
- Finisher t-shirt collection

- Recovery food/drink
- Street gear bag & bike transition bag collection
- Medical support (if required)
- Male & female change tents
- Official finisher photo by Sportograf

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Food
- Gatorade
- Banana
- Red Bull

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Tracker App
- <https://www.ironman.com/im-philippines>

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

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

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

All lost property will be held for 30days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN

Philippines@ironman.com

AWARDS

PRESENTATIONS

View the Event Schedule page 6-7 for time and location.

- Age Group - each age group will be awarded 1st- 3rd place trophies.

If you are a place getter and unable to collect your trophy, please contact IRONMAN after the event on +63 962 05 51 559 or Philippines@ironman.com to arrange collection.



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WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)

The Roll Down will happen at 9:30am June 12 – Hall B, Subic Bay Exhibition and Convention Center

Qualifying Slots: This event offers 25 Female Age Group Qualifying Slots to the 2023 VinFast IRONMAN World Championship in Kailua-Kona, Hawai'i on October 14, 2023, and 50 Male Age Group Qualifying Slots to the 2023 VinFast IRONMAN World Championship Nice, France on September 10, 2023. Please note, slot allocations are subject to change and may be verified, [here](#).

To accept a slot to the 2023 VinFast IRONMAN World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony at the advertised time and location, as detailed in the event guide. Photo ID is required to be presented and payment must be made at this point in time.

Cost: \$1,400 USD entry fee + (\$65.94 Hawai'i GE Tax – female slots only) and 10% ACTIVE administration fee

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).

Final slot allocation will be determined on the race day based on the number of official starters per age group.

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.

ADDITIONAL INFORMATION

VOLUNTEERS

We encourage you to say THANK YOU to the Volunteers whenever possible!

OFFICIAL EVENT APP

The IRONMAN Tracker 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 fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out results post-race.
- 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.

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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 INFORMATION

SIDE EVENT

IRONKIDS TRIATHLON SUBIC BAY

THURSDAY 8 JUNE 2023		
Time	Event	Location
2:00pm to 6:00pm	IRONKIDS Athlete Check in	Subic Bay Exhibition and Convention Center (SBECC)
FRIDAY 9 JUNE 2023		
Time	Event	Location
9:00am to 6:00pm	IRONKIDS Athlete Check in	Subic Bay Exhibition and Convention Center (SBECC)
SATURDAY 10 JUNE 2023		
Time	Event	Location
5:00am to 5:45am	Transition Open	Subic Bay Boardwalk
5:50am	13-15 years old Assembly & Briefing	
6:00am	13-15 years old Wave Start	
6:10am	11-12 years and Relay Category 1 (11-15 yrs old) Assembly & Briefing	
6:30am	11-12 years and Relay Category 1 (11-15 yrs old) Wave Start	
6:35am	9-10 years old Assembly & Briefing	
7:00am	9-10 years old Wave Start	
7:00am	6-8 years and Relay Category 2 (6 - 10 yrs old) Assembly & Briefing	
7:25am	6-8 years and Relay Category 2 (6 - 10 yrs old) Wave Start	

ADDITIONAL INFORMATION

SIDE EVENT

IRONKIDS TRIATHLON SUBIC BAY



ADDITIONAL INFORMATION

SIDE EVENT

IRONKIDS TRIATHLON SUBIC BAY



ADDITIONAL INFORMATION

TRICLUB PROGRAM

The IRONMAN TriClub Championship Series is the pinnacle of the IRONMAN TriClub Program competition. Globally, all clubs registered with IRONMAN can compete for the ultimate prize – being crowned an IRONMAN Tri Club Champion. Championship events feature localized experiences customized for TriClub members, in addition to highlighting and supporting the local community of athletes.

The IRONMAN 70.3 Puerto Princesa will host the Asia TriClub & Relay Championship on November 12, 2023. Benefits from being an affiliated IRONMAN TriClub can go from access to exclusive events, discounts, welcome gifts and race weekend activations.

This year, the IRONMAN Group and Sunrise Events are drawing up free perks to IRONMAN and 5150 races leading up to the IRONMAN 70.3 Asia TriClub Championship in Puerto Princesa – from feebies, exclusive access to TriClub members facilities, bike out and breakfast, celebratory campaigns, cash prizes and much more.

To be an affiliated IRONMAN TriClub, the team's leader registers the club and its members for free at IRONMAN.com. The points of a TriClub are a sum of its member's individual race finish time behind the first finisher in his/her age group. As race time increases, points decrease until the point floor which is 700, depending on what event the athlete is racing. The faster an athlete is, the more points he/she gets. The more members a TriClub has, the more points team gets.

Register your tri club today at <https://www.ironman.com/triclubs>.

If you have any further questions, please don't hesitate to contact us at Philippines@ironman.com. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,
Century Tuna IRONMAN Philippines Team



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