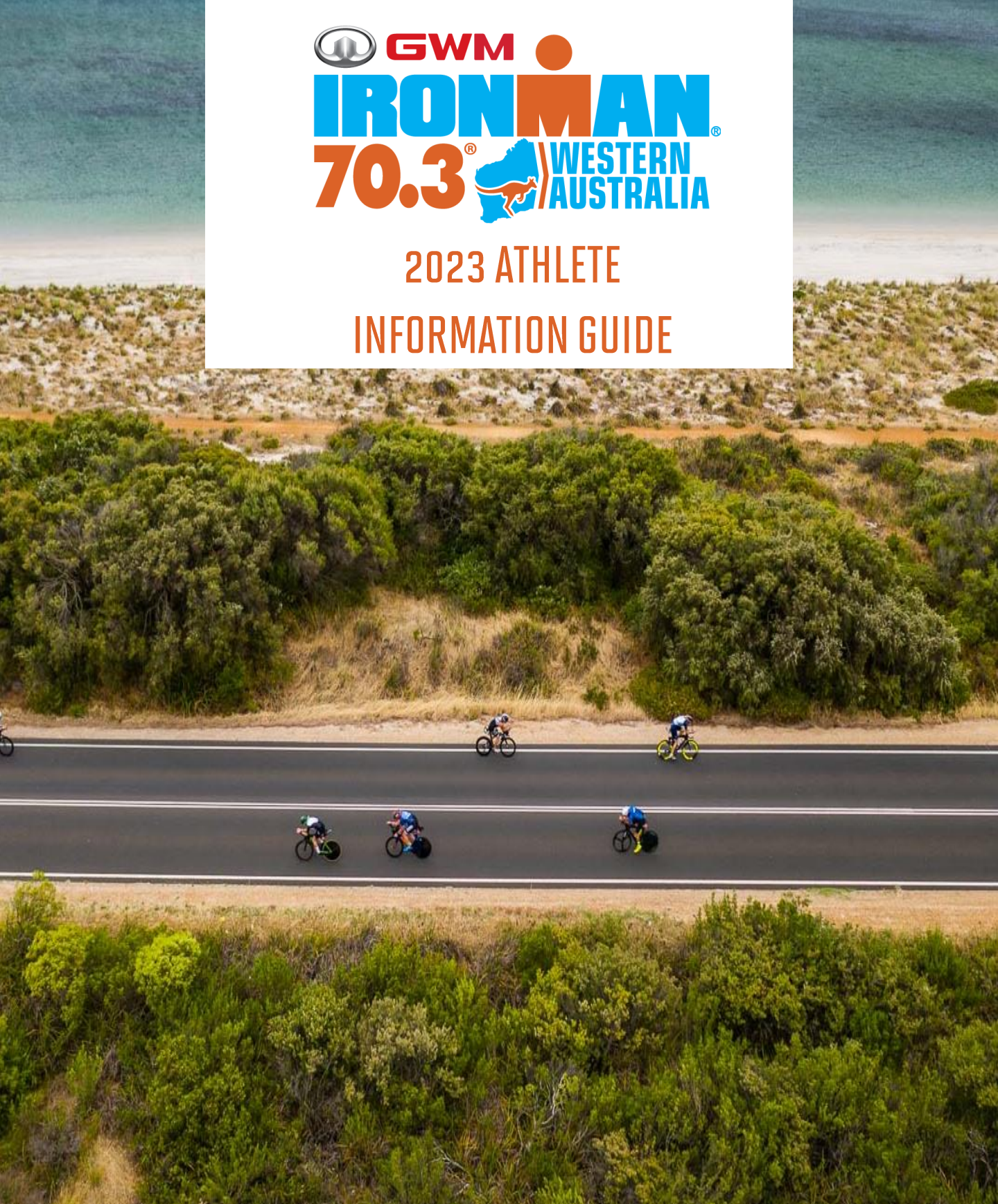




2023 ATHLETE INFORMATION GUIDE



V1 uploaded November 2023

www.ironman.com/im703-western-australia

westernaustralia@ironman.com

Ph: 1300 761 384



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WHERE DREAM EVENTS HAPPEN

MARGARET RIVER REGION

Australia's most premium wine region nestled among pristine beaches, ancient caves and tall-timber forests.

Choose your dream adventure

- Wander further along the Busselton Jetty, the longest tourist jetty in the Southern Hemisphere.
- Recharge your spirit and try coasteering, stand up paddle boarding or horse riding.
- Immerse yourself in Wardandi Noongar culture on an Aboriginal tour and learn the stories of this region.
- Catch world class waves with over 130 km of coastline and 75 breaks to choose from – there's a wave here for everyone.
- Go on an underground tour to explore the magical awe of the region's four ancient limestone caves – Jewel, Lake, Mammoth and Ngilgi.
- Hit the road less travelled and head out on one of the region's many mountain biking and cycling trails in Nannup and Pemberton, including the world-famous Munda Biddi.

Follow us at @WesternAustralia | #WAtheDreamState



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AUSTRALIA**
WALKING ON A DREAM

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WELCOME MESSAGE



On behalf of the City of Busselton, I extend a warm welcome to you, your family and friends. The City of Busselton is excited to again sponsor and host the 2023 GWM IRONMAN Western Australia in Busselton.

In its 19th year, this world-class event provides a wonderful opportunity to showcase the region's natural beauty, taking place on the iconic Busselton foreshore and Tuart forest.

The race will bring together athletes of all ages and abilities. 2023 IRONMAN Western Australia has qualifying slots for the 2024 VinFast IRONMAN World Championships. Coupled with Busselton being renowned for the place for a personal best, the competition is set to be fierce.

Don't forget to take advantage of direct flights between Melbourne and Busselton. Busselton Margaret River Airport is located 6.5km from the Busselton town centre.

Our wider region offers many other attractions. Known for its world-class craft breweries, wineries, beaches and surf breaks. Busselton, Dunsborough and Yallingup are friendly and bustling towns offering great relaxed dining and fantastic entertainment. Discover locally owned retailers with a diverse mix of clothes, gifts, books, gourmet produce and homewares.

Thank you to the hundreds of local volunteers, key partners, sponsors and event organisers who make this exceptional event the success that it is.

I wish you all a safe and memorable race.

Tony Nottle

Chief Executive Officer - City of Busselton



WELCOME MESSAGE FROM
HON RITA SAFFIOTI MLA, DEPUTY PREMIER;
MINISTER FOR TOURISM AND
HON DON PUNCH MLA, MINISTER FOR
REGIONAL DEVELOPMENT

The Western Australian Government is a proud sponsor of the IRONMAN WA through Tourism WA's Regional Events Program.

The program enables the Government to support medium to large events in regional Western Australia to boost tourism and local jobs, increase community vibrancy and participation (including outside of the typical tourist season), and further develop regional areas.

It also plays an important role in positioning Western Australia as an exciting destination to visit and a great place to live by showcasing and promoting a region's unique points of difference and diverse attractions, particularly through media coverage of events.

Tourism is a key part of the State Government's plan to diversify the economy, create jobs and develop business opportunities, through helping regional economies and communities to grow and thrive.

Events are a vital part of this plan, with the Government sponsoring a range of sporting, cultural, arts and culinary events across the State, through Tourism Western Australia, to attract visitors and encourage them to stay longer, disperse further and do more while they are here.

We hope everyone enjoys this event and takes the time to explore the dreamlike South West region.



RACE DIRECTOR MESSAGE



Welcome to GWM IRONMAN 70.3 Western Australia and to the spectacular Busselton region, an outstanding event destination and a favorite of the IRONMAN Oceania team. We thank Tourism Western Australia, the City of Busselton and GWM for their continued support of this great event that allows us to return to this spectacular location again this year.

The 2023 edition of IRONMAN 70.3 Western Australia is the 7th edition of the event, which debuted in 2016. The event will continue to include IRONMAN Western Australia on the same day.

GWM IRONMAN 70.3 Western Australia offers a great opportunity for those Athletes looking to qualify for the 2023 IRONMAN 70.3 World Championships in Taupo, New Zealand where there are 50 Age Group slots and 2 Handcycle slots are up for grabs.

After four successful years The ROKA Swim Course will remain unchanged swimming parallel to the Busselton Foreshore.

The bike course this year will depart town via Marine Terrace to allow for a new finish line layout. The HOKA run course changes direction this year heading east to begin with two laps of the scenic Busselton foreshore and thanks to our title partner GWM there will be increased course entertainment for you to enjoy as you pass the famous Busselton Jetty.

This year sees the finish line relocating to the lawn in front of Shelter Brewing, with a beer garden, live entertainment, big screen, and lots of athletes achieving their dreams, we invite the entire community to join in the fun.

We here at IRONMAN Oceania are continuing to take steps forward to be more sustainable. Working closely with the City of Busselton we hope to ensure the City and the Busselton Foreshore is kept in pristine

condition post event. We ask all Athletes to assist us on this journey and ensure that you are discarding of rubbish in the appropriate manner and using the discard areas out on course at the Aid Stations.

Please ensure that you read the entire Athlete Information Guide before the race to ensure you have all the information you need for racing.

We wish all participants the best of luck and hope that you enjoy your time in Busselton and the South West region.

We look forward to seeing you all cross the Iconic Finish Line.



Kieran Burgess
Race Director

FULGAZ

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Available now



GWM

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 left 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 right of the cyclist in front (never on the left);
- 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 left;
- **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 30-second 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 right-hand side of the bike lane when clear of other athletes.

- **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.

Michael Wise

Race Referee



GOOD LUCK TRICLUBBERS

Al Corniche Tri Club
Armadale Triathlon Club
Inc
ASTRI MONT DORE
Auckland City Triathlon
Club
Australian Defence
Triathlon Club
Balance Tri Club
Ballina Triathlon Club
Balmoral Triathlon Club
Bathurst Wallabies
Triathlon Club
Bayside Multisport
BCB Triathlon and
Multisport
Bendigo Triathlon Club
Bondi Running and
Triathlon
Break Your Limits
Triathlon Club
Broome County Triathlon
Club
Bunbury Triathlon Club
Busselton Triathlon Club
Cairns Crocs Triathlon Club
Canberra Bilbys Triathlon
Club
Central Coast Triathlon
Club
Cercle des Triathlètes de
Nouvelle-Calédonie
(C.T.N.C)
City Tri Club (Inc)
Clapham Chasers
Concept Endurance Coach
Coogee Triathlon Club
Core4 Endurance
COS Coaching
Cronulla Triathlon Club
Darwin Triathlon Club
DGC Tweed Coast
Multisport
Eastern Suburbs Triathlon

Club
EFS Triathlon Club
Elevate Performance
Coaching
Elevate Tri Club
Energy Lab Triathlon
Esperance Tri Club
Exceed Triathlon Club Inc
Fast Lane Coaching
Fawz Concept
Fitzroy Frogs Triathlon
Club
Flow Endurance
Fremantle Triathlon Club
Geraldton Tri Club
Glasgow Triathlon Club
Goondiwindi Triathlon Club
Inc.
Greensborough Triathlon
Club
Hat Head Triathlon Club
Hereford Triathlon Club
Hervey Bay Triathlon Club
Inc.
Hill Top Coaching
Hills Triathlon Club
Hong Kong Dragons
Triathlon Club
i4 Coaching
id|selap
Imaniacz
IMark Sports Club
Ironpreneurs
ISA RATS Running &
Triathlon Club
Jervis Bay Triathlon Club
Inc
Jonnyo Coaching Triathlon
Club
Kalgoorlie Triathlon Club
Koa Sports
KonaCoach
Lakers Triathlon Club

Macarthur Triathlon Club
Mandurah Triathlon Club
Melbourne Triathlon Club
Inc
MERAKI
MetaSport
Momentum Endurance
Coaching
Moore Performance
Mornington Peninsula
Triathlon Club
MX Endurance
MyProCoach
Newcastle Triathlon Club
North Coast Triathlon Club
NQ Triathlon Academy
Nunawading Triathlon
Club
Oceanic Triathlon Club
On Course Triathlon
Panthers Triathlon Club
Perth Hills Triathlon Club
Perth Triathlon Club (Aus)
Phoenix Triathlon Club WA
Powins Racing Team
Pursue Multisport
Pursue Multisports
Pursuit Triathlon
Ratpack Multisport Inc
Red Dog Triathlon Training
Redcliffe Tri Club
Rise Performance Club
Rockingham Triathlon Club
Roding Valley Tri
Rotorua Association of
Triathletes & Multisport
(RATS)
Saint-Tri
Shepparton Tri Club
South Bank Triathlon Club
Sportfit Lab
Stadium Triathlon Club

Standing Start Triathlon
Starfish Tri-Athletic
Sterk Span Coaching
Academy
Sunshine Coast Tri Club
Sunshine Coast Triathlon
Academy SCTA
T:Zero Multisport
Tadonamo Triathlete
Team Carling
Team MPI
Team Perene
Team T Rex
Team XTR
Team Zoot
Tempo Systems
TeraMelayuSG
The Cupcake Cartel
Toowoomba Triathlon Club
Inc
Townsville Tri Club
Tri Alliance
TRIATHLON BUDDIES
Triathlon in Tokyo
Triathlon South
Triplings Triathlon Club
TriMob
TriMotivate Performance
Coaching
TriSpecific
Trojan Triathlon
Twin Towns Triathlon Club
University of Western
Australia Tri Club (UWA)
Warringah Triathlon Club
We Tri - Training and
Coaching
Westside Triathlon Club
Wyn Republic



The event is sanctioned by Aus Triathlon and race under [IRONMAN Race Rules](#).

All Athletes should read and understand the Race Rules prior to race day. Below highlights some of the Race Rules.

RACE FINISH, TIMING, AND RESULTS

Section 2.05

(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.

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

(c) A wetsuit may cover any part of the body except the face, hands, or feet;

(e) 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) and

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/ID 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); and

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)

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. (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). Athletes who choose not to respect the foregoing finish line policy will be disqualified.

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.

A collage of food items including a salad, fries, and pizza.

FOOD

A collage of people swimming in the ocean.

WATER

www.shelterbrewing.com.au

A modern building with large glass windows and a sign that reads "Shelter Brewing Co.".

Shelter
Brewing Co.

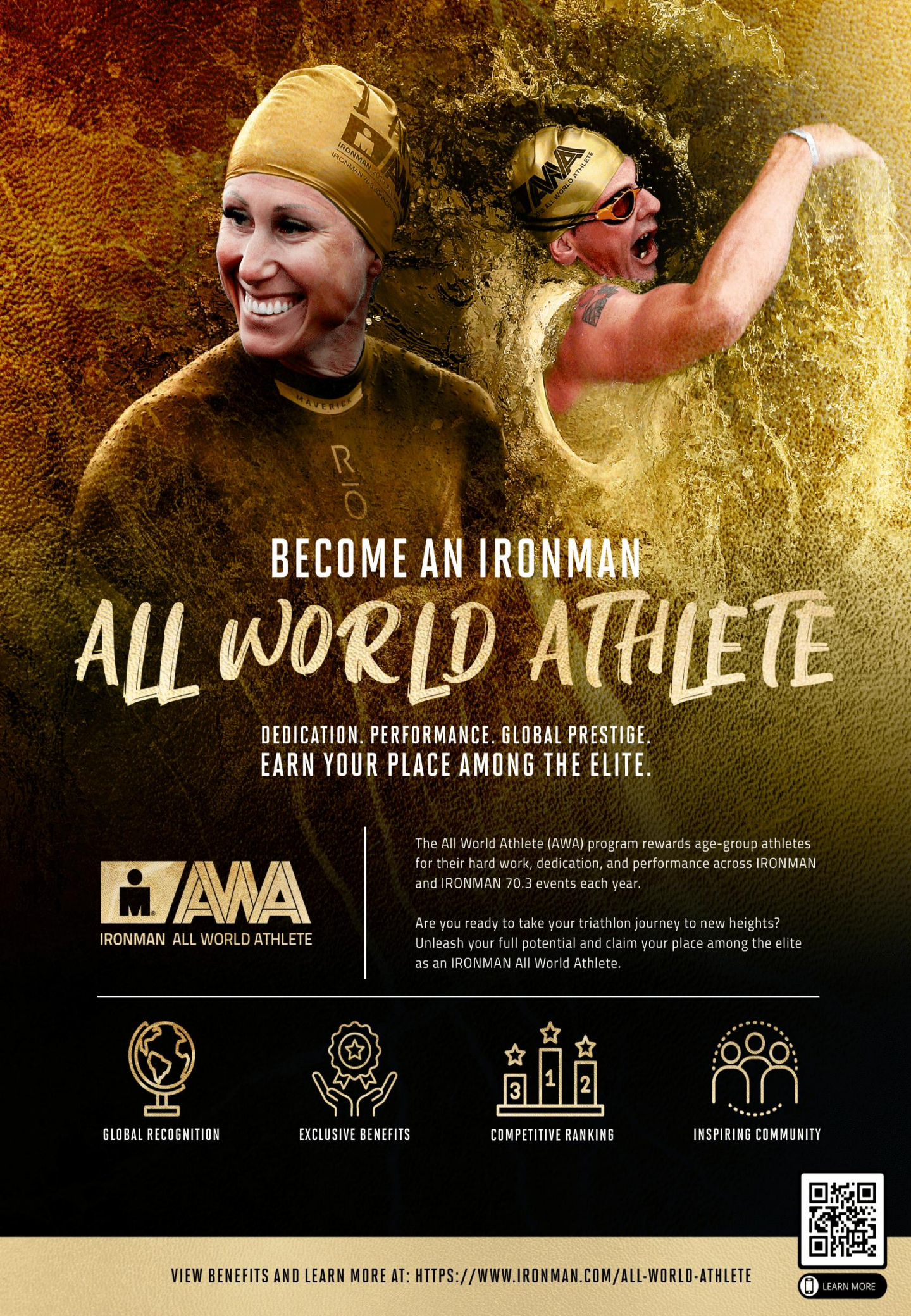
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The All World Athlete (AWA) program rewards age-group athletes for their hard work, dedication, and performance across IRONMAN and IRONMAN 70.3 events each year.

Are you ready to take your triathlon journey to new heights? Unleash your full potential and claim your place among the elite as an IRONMAN All World Athlete.



GLOBAL RECOGNITION



EXCLUSIVE BENEFITS



COMPETITIVE RANKING



INSPIRING COMMUNITY

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LEARN MORE

EVENT SCHEDULE



Event Schedule is up to date as at 20/10/2023 and is subject to change.

View the Event Schedule [online](#) and on the [IRONMAN Oceania App](#) for the most up to date.

THURSDAY 30 NOVEMBER 2023

Time	Event	Location
10:00am – 4:00pm	Event Information Open	Foreshore Events Lawn
10:00am – 4:00pm	IRONKIDS Check-In Open	Foreshore Events Lawn
10:00am – 4:00pm	Official IRONMAN Merchandise Store Open	Foreshore Events Lawn
10:00am – 4:00pm	Sport & Lifestyle Expo Open	Foreshore Events Lawn
10:00am – 4:00pm	Athlete Check-In Open (Must be pre-booked)	Foreshore Events Lawn
10:00am – 4:00pm	Become One Activation Open	Foreshore Events Lawn

FRIDAY 1 DECEMBER 2023

Time	Event	Location
6:00am – 8:00am	Practice Swim	Busselton Jetty Foreshore
6:30am – 7:30am	Women For Tri Practice Swim	Busselton Jetty Foreshore
7:30am – 8:30am	Legends Breakfast *Invite Only*	The Goose
8:00am – 10:00am	Women For Tri Morning Tea	Shelter Brewing Co.
10:00am – 6:00pm	Event Information Open	Foreshore Events Lawn
10:00am – 6:00pm	IRONKIDS Check-In Open	Foreshore Events Lawn
10:00am – 6:00pm	Official IRONMAN Merchandise Store Open	Foreshore Events Lawn
10:00am – 6:00pm	Sport & Lifestyle Expo Open	Foreshore Events Lawn
10:00am – 6:00pm	Athlete Check-In Open (Must be pre-booked)	Foreshore Events Lawn
10:00am – 6:00pm	Become One Activation Open	Foreshore Events Lawn
11:30am – 12:30pm	Final Race Director Update/Q&A	Busselton Foreshore Amphitheatre
2:00pm	GWM IRONMAN Western Australia Pro Panel	Busselton Foreshore Amphitheatre

EVENT SCHEDULE



SATURDAY 2 DECEMBER 2023		
Time	Event	Location
6:00am – 8:00am	Practice Swim	Busselton Jetty Foreshore
7:00am – 8:15am	IRONKIDS Check-In Open	Information, Foreshore Events Lawn
7:00am – 8:15am	IRONKIDS Bike Racking Open	Transition, Signal Park
8:30am	IRONKIDS Race Start	Busselton Foreshore
9:30am* approx.	IRONKIDS Random Prize Draw	Shelter Brewing Co. Lawn
9:00am – 4:00pm	Event Information Open	Foreshore Events Lawn
9:00am – 4:00pm	Official Merchandise Store Open	Foreshore Events Lawn
9:00am – 4:00pm	Sport & Lifestyle Expo Open	Foreshore Events Lawn
10:00am – 3:00pm	Athlete Check-In Open (Must be pre-booked) Note: Last Chance to Check-In – you must Check-In by 3:00pm TODAY	Foreshore Events Lawn
10:00am – 3:00pm	Become One Activation Open	Foreshore Events Lawn
11:00am – 4:00pm	Compulsory Bike Racking GWM IRONMAN 70.3 Western Australia Athletes (Must be pre-booked)	Transition, Signal Park
12:00pm	GWM IRONMAN 70.3 Western Australia Transition Tour	Transition, Signal Park
2:00pm	GWM IRONMAN 70.3 Western Australia Transition Tour	Transition, Signal Park
3:30pm	GWM IRONMAN 70.3 Western Australia Transition Tour	Transition, Signal Park

EVENT SCHEDULE



SUNDAY 3 DECEMBER 2023

Time	Event	Location
4:15am – 5:15am	Transition Open & Compulsory Helmet Check – GWM IRONMAN 70.3 Western Australia Athletes	Transition, Signal Park
4:15am – 5:15am	Street Gear Bag Drop Off – GWM IRONMAN 70.3 Western Australia Athletes	Transition, Signal Park
4:15am – 11:00pm	Event Information Open	Shelter Brewing Co. Lawn
5:28am	GWM IRONMAN 70.3 Western Australia Physically Challenged/ Intellectual Disability Open Race Start	Busselton Foreshore
5:30am	GWM IRONMAN 70.3 Western Australia Age Group Rolling Race Start	Busselton Foreshore
9:00am – 5:00pm	Official IRONMAN Merchandise Store Open	Foreshore Events Lawn
9:00am – 4:00pm	Sport & Lifestyle Expo Open	Foreshore Events Lawn
9:00am – 12:30am	Street Gear Bag Area Open	Recovery, IRONMAN Finish Line
9:30am* Approx	First GWM IRONMAN 70.3 Western Australia Finisher Expected	IRONMAN Finish Line, Shelter Brewing Co. Lawn
11:30am – 5:30pm	Compulsory Bike Collection GWM IRONMAN 70.3 Western Australia Athletes	Transition, Signal Park
4:00pm	GWM IRONMAN 70.3 Western Australia Athlete Presentations	The Esplanade Hotel
4:30pm	2024 VINFAST IRONMAN 70.3 World Championship Roll Down Ceremony	The Esplanade Hotel
12:30am* approx.	Expected last finisher/Race closes	IRONMAN Finish Line, Shelter Brewing Co. Lawn



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

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PRE EVENT

- ☐ Book/confirm accommodation & flights (if applicable).
- ☐ Ensure event registration is confirmed (check for confirmation email).
- ☐ Familiarise yourself with Event Schedule (know all check-in/drop off times).
- ☐ Pre-book massage (see pages 24-25).
- ☐ Pack photo ID in your luggage.
- ☐ Familiarise yourself with the course - it is your responsibility to know this on race day.
- ☐ Check Athlete List on the event app. Event app will be updated at close of Check-In prior to race day. If any details are wrong contact us via 1300 761 384 or westernaustralia@ironman.com

ONCE I ARRIVE (PRE RACE)

- ☐ Familiarise yourself with the event venue and key areas (Check-In, bike racking, swim start, finish line, presentations & WC Roll Down).
- ☐ Familiarise yourself with any [road closures](#).
- ☐ Check-In and collect race kit.
- ☐ Rack bike
- ☐ Attend official practice swim during designated times.
- ☐ Pack items for race day.
- ☐ Teams – Familiarise yourself with team transition entry point.
- ☐ Teams – Familiarise yourself with the teams meeting point so you can cross the finish line together as a team.

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).
- ☐ Start the race - be at the start line at least 15 minutes prior.
- ☐ Finish the race.
- ☐ Collect your medal & finisher towel.
- ☐ Recover.
- ☐ Collect your items – street gear bag, bike pump, bike.

POST RACE

- ☐ Have your medal engraved at the Official IRONMAN Merchandise Tent.
- ☐ Attend IRONMAN 70.3 World Championship Roll Down, presentations.
- ☐ Upload your #medalmonday photo on your social media.

IRONMAN 70.3 WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- ☐ Bring photo ID.
- ☐ Bring your physical credit card (no Apple Pay etc accepted). See page 49
- ☐ Bring friends and family to celebrate.

RACE KIT



RACE KIT COLOURS

Red – Age Group & Aquabike Athletes

Light Red – Relay Teams

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.

Category Tattoo: Place on left calf.

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.

5. STREET GEAR BAG

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

6. 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 racking.

7. HELMET STICKER

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

8. BIKE PUMP STICKER

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

9. STREET GEAR BAG STICKER

Remove sticker from backing sheet wrap the label around the string on the bottom right hand corner of your street gear bag and stick securely onto the back of itself.

RELAY TEAM INFORMATION



Please note the below information relates to the Relay Teams and outlines specific team details and difference to the individual race.

Relay Teams you must still read the complete AIG for all relevant information but please note the team information below.

RACE KIT

Please refer to page 19 to see all inclusions in your race kit.

Please note the team differences:

- Race Bib Number – This is worn by the runner
- Athlete Wristband – each team member will receive their own wristband during Check-In
- Street Gear Bag - each team member will receive their own Bag

Tattoos:

- Number Tattoo – worn by runner
- Category Tattoo – worn by runner

CHECK IN

Each team member will be required to attend Check-In during specified times. The first team member to attend Check-In will receive the Race Kit. It is then the responsibility of the team member to distribute the race kit to the other team member/s.

It is recommended where possible, all Relay Teams check-in together.

TRANSITION

The change over between team members will occur at the bike position. Team members will meet at the bike racking position and exchange the timing chip. Your timing chip is your relay baton.

It is recommended all team members attend Transition either during racking or pre-race to ensure you are aware of your position and transition flow.

During the race, team members will enter through the Teams Entry and find their bike position to meet their racing team member.

Team change overs are self-managed and it is up to Relay Teams to ensure they know when they must be at the meeting point.

SWIM START

Rolling Start: Team swimmers will sort themselves into the correct start group based on their swim start time. *There is no different start for team swimmers vs individual swimmers.*

FINISH LINE

Relay Teams are permitted to cross the finish line together, if they wish. The entry point will be identified by a sign 'Relay Teams Meeting Point' at the top of the finish line chute.

If the runner only proceeds down the finish line, they will be required to collect the Team Members towel & medal.

AQUABIKE INFORMATION



Please note the below information relates to Aquabike athletes and outlines specific details and difference to the Individual race.

Aquabike athletes must still read the complete AIG for all relevant information but please note the specific Aquabike information below.

RACE KIT

Please refer to page 19 to see all inclusions in your race kit.

Please note the Aquabike Race Kit differences:

- Race Bib Number – You will not receive this item in your Race Kit as you are not completing the Run leg.

SWIM START

- **Rolling Start:** Aquabike swimmers will sort themselves into the correct start group based on their swim start time. *There is no different start for Aquabike swimmers vs 70.3 swimmers.*

FINISH LINE

Aquabike athletes finish their race as they cross the bike finish timing mat, at the bike dismount line. Upon dismounting the bike Aquabike athletes are required to rack their bike at their allocated position. You will then be directed to walk/run 250m to go down the IRONMAN Finish chute to collect your towel and medal and be called across the line by our commentary team. At this point in time, please return your timing chip to our finish line volunteers.

Your street gear bag will be available from recovery at the finish line.

WORLD QUALIFYING EVENT (WQE)

The Aquabike category is also a World Qualifying Event (WQE) for the 2024 World Triathlon Age Group Multisport World Championships. If athletes are racing for selection points for the 2024 World Triathlon Age Group Multisport World Championships, their race results will be provided to Triathlon Australia based on their age group. For more information on the 2024 World Triathlon Age Group Multisport World Championships [click here](#).



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PRE RACE INFORMATION



VENUE



ATHLETE CHECK-IN

See pages 13-15 for time and location

All packs will need to be collected during Athlete Check-In opening hours. **Please note, no packs will be posted out prior to the event.**

What you will need to bring:

- Photo ID (driver's licence or passport)

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 your State Triathlon Association and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.

TIMING CHIP

Pick Up: Upon exit during bike racking

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

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

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

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. 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 \$150AUD for a replacement.

SHUTTLE BUS INFORMATION

This year a shuttle bus service will be provided by Gannaways Charters & Tours for race weekend only, operating between Busselton and Dunsborough.

Please follow this link:

<https://events.humanitix.com/ironman-event-shuttle-service> to find out more about what shuttle services are available.

These shuttle buses will be available for athletes and spectators.

Please note that bikes will not be accepted onto this service.

PRE RACE INFORMATION



MASSAGE

For any pre-race massage or post-race day massage, please refer to our Massage Services Directory to find and book in with a local massage therapist, on our website [here](#).

BIKE MECHANICS

Friday and Saturday bike mechanics from Bike Dr will be available to offer minor mechanic services. This is a paid service.

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

See Bike Course information on pages 24-25 for on course support.

FINAL RACE DIRECTOR UPDATE AND Q & A

The Final Race Director Update and Q & A is your opportunity to ask any last-minute questions and it's a great opportunity for both seasoned triathletes or first timers.

View the Event Schedule (page 13-15) for times and location.

PRE RACE TRAINING

Ensure you are always aware of and obey the town/state road rules. We highly recommend always training with at least one other person. Roads will remain open until race day. Therefore, we ask you to be cautious at all times and courteous to the local community.

Swim: The swim is an open water ocean swim. Please take time to familiarise yourself with the swim course prior to your race start.

Bike: Remember to obey the road rules and do not ride two abreast on narrow road sections. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Australia and Police can issue on-the-spot fines for breach of this law. Lock your bike whenever you leave it (unless it's during bike racking).

Run: Run on footpaths where possible and do not run more than two abreast.

PARKING

Parking will be on surrounding local streets (please ensure that you are aware of the any parking restrictions and changed traffic conditions).



CHANGED TRAFFIC CONDITIONS

Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day.



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AND AVAILABLE AT ALL AID STATIONS ON COURSE.

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:

- Warm clothing (jumper, tracksuit pants)
- Different footwear

Please refrain from placing any valuables in your bag where possible.

View pages 13-15 for times and locations.

BAG	DROP OFF LOCATION	USE DURING RACE	POST RACE COLLECTION
STREET GEAR BAG	When: Sun 3 Dec, 4:15am - 5:15am Location: Swim chute exit of transition enroute to swim start	No Use	When: Post Race Sunday, 9am – 12:30am Location: Recovery marquee
BIKE PUMPS	When: Sun 3 Dec, 4:15am - 5:15am Location: Swim chute exit of transition enroute to swim start	No Access during race.	When: Post Race Sunday, 9am – 12:30am Location: Recovery marquee



PRE RACE

TRANSITION TOURS

Tours will be held by Rob Goyen and take approximately 30 minutes. The tour will include:

- Flow of transition
- Entry/exit points
- Suggested setup
- Opportunity for Q&A

View the Event Schedule (pages 13-15) for times and location.

BIKE RACKING

View the Event Schedule (pages 13-15) for times and location.

Prior to Entry:

- Attend Athlete Check-In
- Secure bike seat post sticker

Bike Checks:

- Conducted by AusTriathlon upon entry
- You, the athlete are responsible for your bike being in safe working order
- Inspectors will be checking for such thing 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.

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 Event Information (lost & found).

Note: No Helmets are to be left overnight as a compulsory helmet check is conducted on race morning.

TIMING CHIPS

Pick Up: upon exit during bike racking/on exit of athlete check-in

Hot Tip: place the timing chip somewhere safe after collection. E.g. with your helmet

Drop Off: timing chips will be collected after the finish arch and prior to entering recovery

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

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. 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 \$150AUD for a replacement.

TRANSITION



RACE DAY

HELMET CHECK

AusTriathlon officials will be conducting compulsory helmet checks as you enter the Transition area. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

You will need to place your helmet on your bike or on the ground beside bike.

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

BIKE PUMPS

Bike pump drop off will be available on race morning within Transition and can be collected post event during bike collection. 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.

GEAR SET UP

All items required for your bike and run legs will be set up on race morning at your bike. There are no transition bags provided or to be used for this event. Please note no bags/tubs are to be used or left in transition and all bags will be removed if left.

POST RACE

BIKE COLLECTION

View the Event Schedule on pages 13-15 for collection times. Ensure you are aware of the closing time as, after this time Transition will become unsecure.

When collecting your bike, please ensure bike pumps are collected at the same time.



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The City offers a place that is relaxed, safe and friendly, supporting healthy lifestyles and wellbeing. Sheltered along the shores of Geographe Bay, Busselton is a perfect location to host this world class event.

With much to do, we hope you have time to enjoy all that the South West region has to offer. You will be spoilt for choice with wineries, micro-breweries, gourmet produce and boutique retail offerings. Our beautiful landscapes, beaches and natural forests are well worth a visit.



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F O T O
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F L A T

PRE SWIM

- Glasses drop table (collection at swim exit)
- Water

• TRANSITION AID STATION

(SWIM TO BIKE & BIKE TO RUN)

Will Offer:

- Water
- Gatorade – Lemon Lime
- Vaseline
- Sunblock
- Toilets

BIKE AID STATIONS

In Australia we ride on the left-hand side of the road and aid station and take-ups will normally be with the left hand.

Aid Station Locations:

The Bike Course has 3 aid stations located approximately 20km apart.

- B1 – Tuart Drive- 23km
- B2 - Stirling Rd - 44km
- B3 - Ludlow-Hithergreen Road - 66km

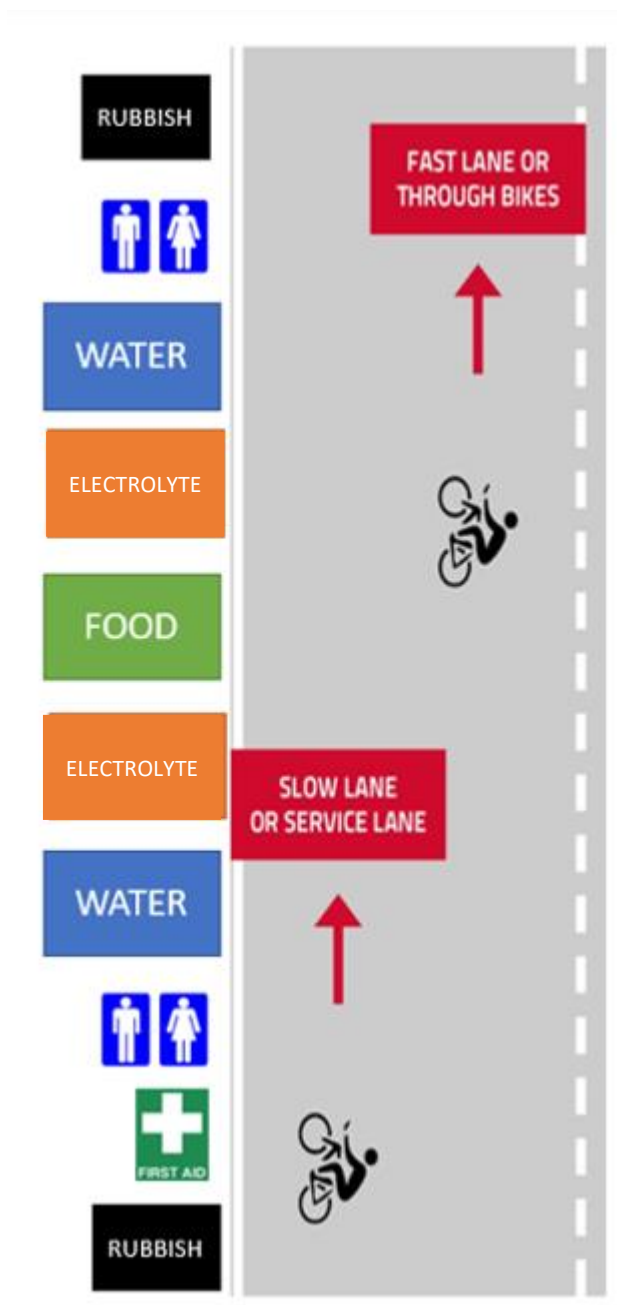
Will offer:

- Water
- Gatorade (Lemon-Lime flavour)
- Maurten Energy Gels – caffeinated and non-caffeinated
- HIGH5 Energy Bars – Berry flavour
- Vaseline (situated in toilets)
- Sunscreen
- Insect repellent
- 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 them by calling out as per your needs.

AID STATION LAYOUT





RUN AID STATIONS

The Run Course has 3 aid stations located approximately 2km apart.

- R1- Volunteer Marine Rescue, Double Sided - 1.5km, 6.7km, 12km, 17.1km
- R2 – Russel St, Double Sided - 3.3km, 5km, 13.7km, 15.4km
- R3 – Gale St, Double Sided - 8.2km, 10.1km, 18.6km, 20.5km

Will offer:

- Water
- Gatorade (Lemon-Lime flavour)
- Maurten Energy Gels – caffeinated and non-caffeinated
- HIGH5 Energy Bars – Berry flavour
- Red Bull will be supplied on course at Run Aid Station 1 only and served in a diluted formula of 50% Red Bull and 50% water
- Cola
- Bananas
- Anzac Biscuits
- Lollies
- Vegemite
- Pretzels
- Vaseline (situated in toilets)
- Ice
- Sunscreen
- Insect Repellent
- Toilets

PROCESS:

Keep left when approaching a run aid station. If you do not require any product from a run aid station, please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Athletes will collect their own items from the aid station. Once items have been collected, please proceed to continue the race or move aside to ensure no blocking of fellow athletes.

DISCARD DROP ZONES

Please discard any unwanted items post the discard zone start sign and pre the discard zone finish sign. Anything discarded outside this area will be penalised.

AID STATION LAYOUT



JESSE THOMAS
2x IRONMAN CHAMPION

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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 cut-off locations and athlete's maximum cumulative race time allowed to pass that location. These times will be adjusted and enforced per individual by the Race Director on race day.

Swim – 1 hours 10 minutes from athlete's individual start time

- 1hr 10min – Swim Finish timing mat – 1.9km

Bike – 5 hours 30 minutes from athlete's individual start time

- 5hr 30min – Bike Finish timing mat – 90km

Run – 8 hours 30 minutes from athlete's individual start time

- 8hr 30min – Finish Line – 21.1km

Should an athlete fail to meet their individual race leg cut off time, they will be listed as not classified (NC) and not be ineligible for any awards or world championship slots. Should an athlete fail to meet the course closure times (based on the final athlete in the water), they will be listed as a DNF.

In addition to the above cut off times, athletes may be cut-off at any time based on the Race Director's discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and/or race rule violations.

In the situation of one or more legs (swim, bike, run) being modified under contingency scenarios, the Race Director also reserves the right to announce new cut off times.

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 commentators.

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. 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 and/or specialist treatment. It is therefore strongly advised that all athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have 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 wagon

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

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

RACE DAY INFORMATION



FINISH LINE PHOTO

Sportograf is the official event photographer.

How to Get your Best Photos:

Ensure your helmet sticker is 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.
- Smile and have your photo taken with your finisher medal and towel at the photo wall available within recovery.

Your personal race photos will be available within 24-48hrs after the race at www.sportograf.com.

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
- Street gear bag collection
- Recovery food/drink
- Medical support (if required)
- Official finisher photo by Sportograf

Important: Before exiting to see your family and friends, please ensure all relevant nutrition and personal items have been collected. There is a NO RE-ENTRY policy so make sure you are comfortable before you exit.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Gatorade – Lemon Lime
- Cola
- Ice cream
- Fruit
- Red Bull
- Chocolate Milk

POST RACE

RESULTS

Results can be viewed at the following locations:

- [IRONMAN Oceania App](#)
- [Event website](#)
- [Finishers Certificate](#)

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

MEDAL ENGRAVING

Medal engraving is available at the Official IRONMAN Merchandise store. View the Event Schedule (pages 13-15) for times and location. The process takes anywhere from 5 to 25 minutes. Please note all medals must be dropped off and collected at the Official IRONMAN Merchandise Store. No medals will be posted.

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to Event Information. You can lodge your own lost items here:



Alternatively, view the Event Schedule (pages 13-15) for times and location.

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

All lost property will be held for 30 days post event. After this time, all left over items will be donated to charity. For any enquiries after the event, please contact IRONMAN on 1300 761 384 or westernaustralia@ironman.com.



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ROKA

SWIM COURSE 1.9KM



Cut off – 1 hours 10mins from athlete's individual start time (times below based on last athlete in water) .

WARM UP SWIM

Age Group Athletes: There will be a warm up swim available to the side of the swim starting area.

PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY SWIM START

Physically Challenged and Intellectual Disability athletes will be communicated to by the Race Director of their start time and process.

If you are a PC/ID athlete and require support, please contact us at westernaustralia@ironman.com or on 1300 761 348.

ROLLING START

View the Event Schedule (pages 13-15) for start times.

For Age Group Athletes, the race start will be a Rolling Swim Start. Athletes are to self-seed themselves into Start Zones prior to race start.

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

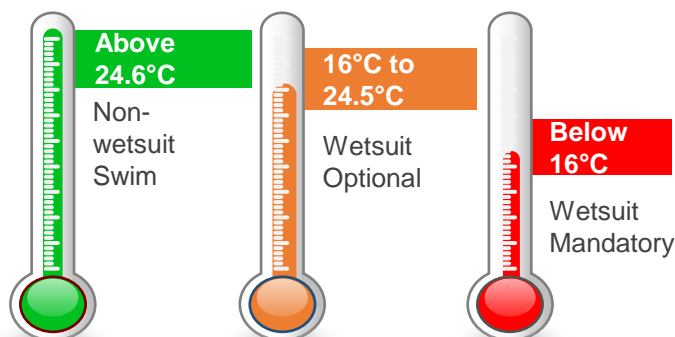
- Zone 1. Under 33 minutes
- Zone 2. Between 30 - 37 minutes
- Zone 3. Between 37 – 41 minutes
- Zone 4. Over 41 minutes

Zone signage 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 4 until all athletes have crossed the timing mat and begun the race.

WETSUIT RULING



Wetsuits will be optional if the water temperature is up to and including 24.5 degrees Celsius and mandatory

if the water temperature is below 16 degrees Celsius. See Race Rules on page 5-6 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 will vary – see [IRONMAN Race Rules](#).

GLASSES DROP/COLLECTION

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

ROKA SWIM COURSE 1.9KM



COURSE MAP



ROKA SWIM COURSE

Cut off – 1 hour & 10 minutes from athlete's individual start time.

1.9km – Incorporating the superb Busselton Foreshore start that we know that you love, the course sees swimmers stay closer to the shore, meaning less exposure to the weather and better swim conditions.

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.

SWIM CAPS

All Roka swim caps provided will be latex based. In the case you are allergic, please contact us at westernaustralia@ironman.com or via 1300 761 384.

[Click here](#) to view Age Group swim cap colours.



ROKA

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- Paul, Seattle, WA

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A STEP AHEAD OF YOUR TRAINING PLAN?



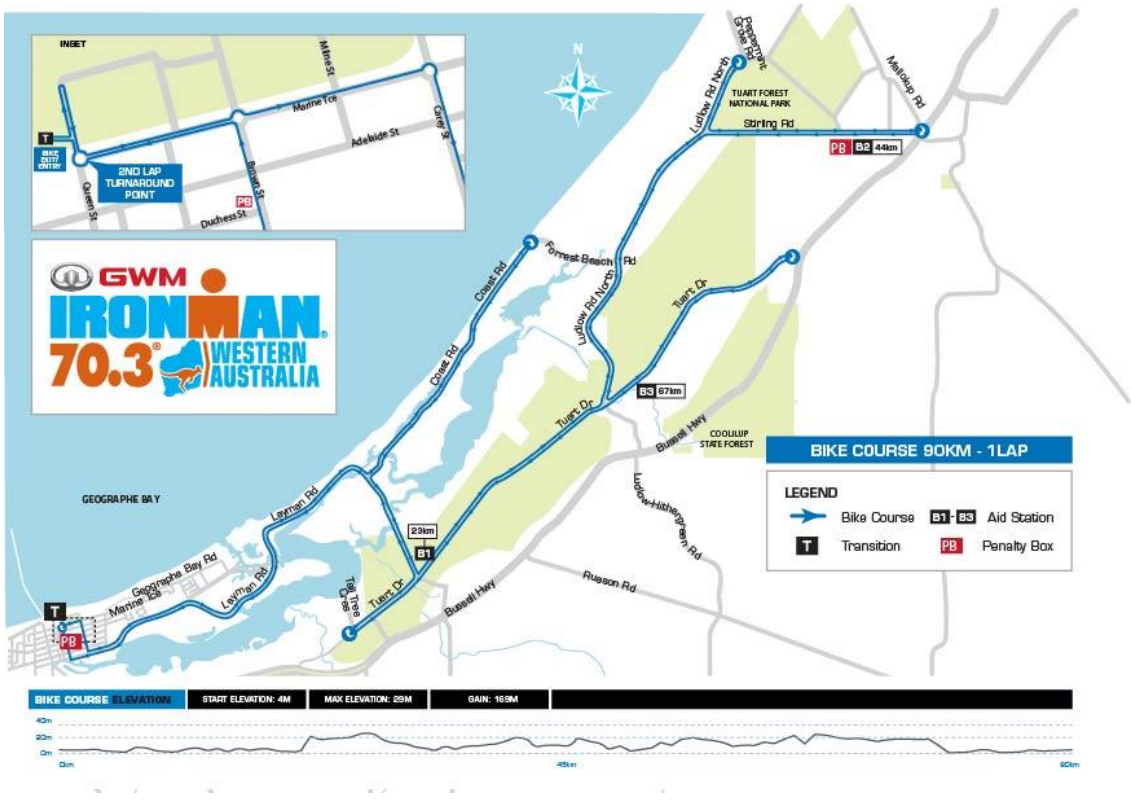
Explore more here.

RED BULL GIVES YOU WIIINGS. 



BIKE COURSE 90KM

COURSE MAP



Cut off – 5 hours 30mins from athlete's individual start time

90km – The fast and flat 1-lap course starts by heading along the coast initially, before entering the spectacular Tuart Forest. There's great views of both coast and bushland to keep your mind occupied, as well as some great wildlife to keep an eye out for.

Please be aware of the physically challenged athletes that are on the course for the safety of all.

TRAFFIC

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

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HOKA RUN COURSE 21.1KM



COURSE MAP



Cut off – 8 hours 30 minutes from athlete's individual start time

21.1km – The relatively flat 2-lap course heads east before heading back west to pass along the iconic Busselton Jetty. Enjoy views across the amazing Geographe Bay and soak up the atmosphere along the newly redeveloped Busselton Foreshore.

Please be aware of the physically challenged athletes that are on the course for the safety of all.

TRAFFIC

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

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JAN FRODENO
3 X IRONMAN® WORLD CHAMPION



SHOP NOW

CARBON X 3

THE REVOLUTIONARY CARBON RACER,
JUST GOT FASTER.

HOKA

PRESENTATIONS



PRESENTATIONS

View the Event Schedule (pages 13-15) for time and location.

- Age Group - each age group will be awarded 1st- 3rd place trophies.
- Relay Teams - each category will be awarded 1st – 3rd place trophies.
- Aquabike – will be awarded 1st – 3rd Overall Male and 1st – 3rd Overall Female.

TRI CLUB AWARDS

The TriClub Podium results are an onsite competition that awards the top three clubs online in the form of digital recognition at 2023 GWM IRONMAN 70.3 Western Australia.



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WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



Qualifying Slots: 50 Age Group qualifying slots for the 2024 VINFAST IRONMAN 70.3 World Championship, in Taupō, New Zealand held on 14-15 December 2024.

1 Female Handcycle qualifying slot will be awarded for the 2024 VINFAST IRONMAN World Championship, Nice, France held on 22 September 2024 and 1 [Male Handcycle qualifying slot](#) will be awarded for the 2024 VINFAST IRONMAN World Championship, Kailua-Kona, Hawai'i held on the 26 October 2024.

In addition, the top-5 female age group finishers in each category will be offered [an invitational slot](#) to the 2024 VINFAST IRONMAN World Championship in Nice, France. *Slots will be offered via email from the World Championship team the week after the 2023 IRONMAN 70.3 Western Australia event.

Qualified athletes are required to claim their IRONMAN 70.3 World Championship slot in-person on advertised time and location. Photo ID is required to be presented and payment must be made at this point in time.

Cost: USD\$780 (+ taxes and ACTIVE processing fees) + TRINZ One Day Membership **USD\$10 / AUD \$1223.66 + AUD \$15.68**

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).

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.



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ADDITIONAL INFORMATION



VOLUNTEERS & LOC

The 2023 GWM IRONMAN 70.3 Western Australia event requires the support of over 1,500 volunteers in order to deliver the event.

Our team of Volunteers at the event will be there to assist, support and motivate you from the start to the finish of your IRONMAN journey.

We encourage you to say THANK YOU to the Volunteers whenever possible! Without the Volunteers we wouldn't be able to run any IRONMAN events.

We would also like to thank the Local Organising Committee (LOC) for the hard work and dedication to the event.

OFFICIAL EVENT APP

The IRONMAN Oceania 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 favourite athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Watch live video coverage throughout the day.
- 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.

Get all the race info and updates in your pocket. Download the IRONMAN Oceania App now!



IRONMAN LIVE

A static camera will be available at the finish line from the first finisher to the last.

You can find IRONMAN Live on the top left-hand corner of the webpage > www.ironman.com and the event name will appear. Alternatively, you can visit Event Information onsite if you need assistance.

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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.

View the Event Schedule on pages 13-15 for Women For Tri events.

ADDITIONAL EVENTS

- [IRONKIDS Busselton](https://www.ironman.com.au/ironkids)

If you have any further questions, please don't hesitate to contact us at westernaustralia@ironman.com or via 1300 761 384. Our team are here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

IRONMAN 70.3 Western Australia Team

EVENT PARTNERS

