

**IRONMAN**

**70.3**  **VENICE-JESOLO**

**RELAY**

**TEAM**

**GUIDE**

**Some helpful information for relay teams competing at  
2023 IRONMAN 70.3 Venice-Jesolo**

# REGISTRATION

## RELAY INFORMATION

The majority of information in the Athlete Guide applies to relay teams, with regards to timings and requirements to register and rack. Where there are variations due to team logistics, we have provided the information below.

## REGISTRATION

Registration for all athletes will take place on Friday and Saturday. It is compulsory for all relay members to attend site together to collect the race pack (please note we kindly ask for you to attend at the same time as your team captain).

You will need to bring your ID and race licence. All members will need to have signed the relay waiver on Active prior to registration.

Teams will confirm the details of their athletes at registration. If there are any changes to be made this will be done at the Help Desk. Please note, you will not be able to change team members at registration, you will only be able to change their details. Please make changes at the help desk before collecting your race pack.

## REGISTRATION OPENING TIMES

**Friday 5<sup>th</sup> May: 10:00-18:00**

**Saturday 6<sup>th</sup> May: 10:00-17:00**

## REGISTRATION LOCATION

[Lido di Jesolo \(Lighthouse Beach\)](#)

## RACE PACK

As a relay team you will receive three athlete backpacks as well as:

- 2xRace BIBs – one for the bike, one for the run
- 3xID Wristbands – one for each team member
- 1xSwim Hat
- 1xSticker Sheet – for the bike and transition bags

Transition bags



# TRANSITION AND THE FINISH LINE

## TRANSITION

Like individual athletes, relay teams must also rack their bike the day before and go through the same checks. We do advise that all team members attend Transition so you can familiarise yourselves with the meeting point and the route.

Information regarding openings times and location of Transition are below:

## TRANSITION OPENING TIMES

**Saturday 6<sup>th</sup> May: 12:00 - 18:00**

## TRANSITION LOCATION

[Via Gorizia – Via Udine](#)

## TIMING CHIP

The athlete checking the bike in will be the one who receives the timing chip as they exit bike check-out. This athlete is responsible for ensuring that the relay member doing the swim, receives this before the race starts. If the swimmer is not wearing the timing chip, the swimmer will not be able to start the race. Please note that each relay team will only receive one timing chip, it is not one timing chip per person.

## TRANSITION MEETPOINT

In Transition, there will be a **large purple flag marked 'RELAYS'** as shown to the right. This is the area where you may exchange your timing chip with the other relay team member during the race. Please make sure all team members are aware of this area when racking on Saturday.



For example:

The swimmer will run to Transition where the Relay Meeting Point will be at the Transition tent - they will then exchange the timing chip with the cyclist who will then run to their bike and start their bike leg.

Once the cyclist has completed the bike leg, they will re-rack their bike and run back towards the same Relay Meeting Point. The cyclist will give the timing chip to the runner who will run out on to the run course.

## THE FINISH LINE

You have all earned the achievement of finish an IRONMAN 70.3 distance so we think you should all get the opportunity to run down the Finish Line together, as a team.

There will be a purple flag on the approach to the Finish Line which you will be able to meet the rest of your team members at. Don't forget that it is still a race so make sure you're in time to meet your runner!