Welcome to the 36th Nutri-Grain IRONMAN New Zealand.

Whether this is your first IRONMAN experience or your 36th we look forward to celebrating your 2020 IRONMAN journey in Great Lake Taupō.

Taupō is the home of IRONMAN in New Zealand, which wouldn’t be possible without the support of the community of Taupō. Throughout your visit you will be supported by the locals that make this event like no other. Please read this document carefully as there will be no race briefing this year, apart from a Q&A with myself, where I will cover off some of the finer points of your race. Check the event schedule for details.

As we return for the 22nd year to this stunning region we’re proud to call home, we recognise our principle partners Taupō District Council and Kellogg’s Nutri-Grain along with our family of sponsors, who will all be at the event looking after you. We thank them all for their support of the event. I would also like to knowledge Tuwharetoa Trust Board for allowing access to Great Lake Taupō.

Behind the scenes we have a team of local directors all from Taupō, who lead an army of 2200+ Mercury Volunteers, supporting you every step of your IRONMAN. Their commitment ensures the event is a success each year.

Remember to say a special thanks to the Mercury Volunteers and to your team of supporters, family and friends that have helped you throughout your journey to get you to Taupō.

We look forward to seeing you all on the start line on Saturday 7 March.

Regards

Wayne Reardon
Race Director

Taupō District Mayor’s Message

Mayor David Trewavas welcomes you to the Taupō District

Nau mai, haere mai
Kia ora tatou, it is a pleasure to welcome you to this year’s edition of Nutri-Grain IRONMAN New Zealand.

With a calendar well stocked with events, IRONMAN sticks out as one of our premier events annually. We love seeing you, the athletes, your supporters and our local residents out gearing up for the race in the weeks leading up to this monumental weekend. A huge chunk of our population - around 15,000 people - volunteer their time to support events each year and take great pride in making Nutri-Grain IRONMAN New Zealand an event to remember.

The vibe across the district is always fantastic and this is one of the reasons we love living here and our visitors keep coming back. This overwhelming support is one of the many reasons we were awarded the hosting rights to the 2020 IRONMAN 70.3 World Championships in November. We’d love to see you here then too whether it’s on the course competing or supporting your favourite athletes.

I would like to thank the many organisers, sponsors, volunteers and participants for making this event happen and supporting our local economy. Our cafes, bars and restaurants are great places to spend time before or after the race and we have an accommodation option to suit every budget.

As much as you have a monumental task ahead, enjoy your day in the beautiful fresh water of Lake Taupō, the views of the mountains, hopefully your fair share of sunshine, and the support of our residents.

On behalf of our people across the Taupō District, good luck and all the best for achieving your IRONMAN goals.

Nga mihi nui,

David J Trewavas JP - MAYOR OF TAUPŌ
Nutri-Grain IRONMAN New Zealand operates following the IRONMAN 2019 Rules and complemented by the Triathlon New Zealand 2019 Rules.

These events hold the premise of athlete achievement through personal effort, sportsmanship and care for the environment.

For a complete set of these Rules, please visit the link below:

**IRONMAN Rules:** [https://www.ironman.com/rules-divisions](https://www.ironman.com/rules-divisions)

Here are a few key points to clarify the rules on the Bike Course and minimise the possibility of receiving a penalty on race day:

- **This is a NON-DRAFTING** race. You must maintain a 12 metre distance between yourself and the athlete in front of you (measured from their front wheel to your front wheel) unless you are passing them.

- If you wish to pass an athlete, who has an athlete in front of them and is maintaining the non-drafting 12 metre distance, then, you must pass both athletes in a single movement; you cannot pull in front of the first athlete, as you would then be drafting off the second athlete and you become subject to a drafting penalty. I.e. if that gap is greater than 12 metres, you can pull in, if it is less than 12 metres you have to ride on/pass to where there is a greater than 12 metre gap.

- You can only pass on the right of the athlete in front (never on the left, which is a disqualification (DSQ) penalty).

- When passing an athlete, you have 25 seconds to complete each pass – the pass is considered complete once your front wheel is ahead of theirs. You must then move to the left-hand side of the road. Failing to keep left will leave you open to a Blocking penalty = 5-minute penalty.

- If passed, you must make sure that you maintain a 12 metre gap/distance from the athlete in front of you.

- Do not cross the centre line on the road, this will result in a DSQ.

- If you are penalised on the bike, a Referee will advise you by blowing a whistle, calling your number and showing you a coloured card:
  - **BLUE**: If the penalty is for drafting, blocking, littering or passing on the left. (5-minute penalty, to be served at the next penalty box).
  - **YELLOW**: If the penalty is for something other than a BLUE card penalty.
  - **RED**: If you have committed an infringement for which the penalty is disqualification (DSQ).

Note: For a **RED** card penalty, you have the right to continue in the race, and may protest the disqualification after you finish. If you wish to protest, you must see the Head Referee within 30 minutes of finishing to lodge a Protest.

- **Serving a Penalty**: You must stop at the NEXT penalty box you come to where you will serve your penalty. If you receive more than three penalties during the bike section, you will be disqualified. If you fail to serve a penalty, or you fail to stop at the NEXT penalty box, you will be disqualified.

- **Penalty Box Protocol**: You will be notified of the penalty you received and the time required to serve it. You may eat or drink while serving a penalty. You may NOT remove your helmet, do mechanical repairs to your bike or use the toilet whilst serving penalty. Urination in the penalty box will result in your disqualification.

**Other key rules to note:**

- You must have your helmet fastened before you remove your bike from the bike rack and it must remain fastened until you have given your bike to the volunteers in T2.

- You may not ride your bike in transition – to enter the Bike course; push your bike out past the mount line before mounting your bike. Exiting the Bike course to return to transition; dismount before reaching the dismount line and give your bike to a volunteer and proceed to the gear bag pick up and change tent.

- On the Run course you must have your torso covered (no bare chests or open tops). Sports bras are acceptable.

- You must not litter or discard any items on the course other than in the drop zones on either side of the Aid and Special Needs stations = 5-minute penalty.

- You must not accept outside assistance of any form – bike mechanics will be on the bike course but you have to make the repairs yourself.

- The use of electronic equipment including (but not limited to) iPods/MP3 players and cell phones during the race is forbidden.

- Public urination is not allowed. Use the on-course toilet facilities provided.

- Treat other athletes, volunteers and officials with courtesy and consideration, failure to do so, is unsportsmanlike conduct and could result in disqualification or suspension.
Triathlon is an individual race and it is your responsibility to know and follow the course, the event requirements and to fully understand the rules and avoid infringements.

The Head Referee will be present at the finish line for any enquiries or protests. Note, that under the Triathlon New Zealand rules any Penalty Protests must be lodged within 30 minutes of finishing the race. There is a fee of NZD$50 for lodging a protest (refundable if your protest is upheld).

On behalf of the Technical team, I trust that you enjoy the experience and achieve your goals at the 2020 Nutri-Grain IRONMAN New Zealand.

Melanie Schroeder
Head Referee

ATHLETE SAFETY MESSAGE

Athlete health and safety is our number one priority, so for athletes who plan to train on the course in Taupō in the lead up to the Nutri-Grain IRONMAN New Zealand, please ensure you adhere to the following safety recommendations and rules.

Swim Course

- **River Section**: Swimming down the river section of the Swim course is illegal, other than on race day.
- **Keep Inside the Buoys**: Please keep inside the 200m red and white marker buoys, as it is an authorised boating and jet-ski lane on the outside of the buoys.
- **Avoid golf balls**: It can be dangerous to swim unwittingly into the Hole-In-One golf activity, and you should wear a brightly coloured swim cap at all times.
- **Taupō Boat Harbour**: No swimming in the Taupō Boat Harbour channel until race morning; this is a working harbour and swimming is prohibited.

Cycle Course

- **ETA Bypass**: We do not recommend that you ride on the ETA Bypass, which carries heavy traffic and also a high number of trucks and heavy transport. We have erected a number of safety signs along Broadlands Rd as a reminder.
- **Single file**: Cyclists should ride in single file on the course at all times.

Run Course

- **Stay on the paths**: Please run on the paths where possible and be courteous to other users.

At all times during your training, please respect the area and private property by retaining any rubbish and waste.
Whether you are returning or it is your first time at Nutri-Grain IRONMAN New Zealand, we have provided the below checklist for convenience to make sure everybody is prepared to have a great event.

Read the Athlete Information Guide in its entirety

- Familiarise yourself with the event schedule, know where the race briefing is, what time it starts and allow enough time to get there comfortably.
- Ensure you arrive in time for Athlete Check-in on Thursday 5 or Friday 6 March 10.00am – 4.00pm. You only need to check-in once.
- Pre-book massage
- Pre-book any extra function tickets you may require for family and friends.
- Check the athlete list online or via the IRONMAN Oceania App (available from Saturday 15 February) and ensure your name, country and details are correct (if incorrect please contact newzealand@ironman.com)
- Check all personal details are correct on your email confirmation. You must have the email on your phone or have a printed copy to show the staff at Athlete Check-in.
- Ensure you have photo identification (drivers licence, passport etc) and bring to Athlete Check-in. You will not be able to check-in without photo ID.
- Confirm that your emergency contact person will be contactable on race day and ensure that the full number including area / country code is provided.
- Familiarise yourself with the course - it is your responsibility to know this on race day.
- If you qualify for a 2020 IRONMAN World Championship in Kaliua-Kona, Hawaii Rolldown spot:
  - Bring photo identification.
  - Bring a valid credit card (Visa & MasterCard). Diners Club & AMEX is not accepted for payment.

DOWNLOAD THE APP

[App Store] [Google Play]
## EVENT SCHEDULE

*Event schedule is up to date as at 11 February 2020. Please check the event schedule on the website as times are subject to change.

### Monday 2 March

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>1pm - 6:30pm</td>
<td>Pre-Race Massage Service</td>
<td>Massage Marquee, North Domain</td>
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### Tuesday 3 March

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>9am - 5pm</td>
<td>Event Information Centre</td>
<td>Great Lake Centre</td>
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<tr>
<td>9am - 5pm</td>
<td>Kids Fun Run – Check-In</td>
<td>Great Lake Centre</td>
</tr>
<tr>
<td>9am - 6.30pm</td>
<td>Pre-Race Massage Service</td>
<td>Massage Marquee, North Domain</td>
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### Wednesday 4 March

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>7am - 9am</td>
<td>Wetsuit Checking</td>
<td>Taupō Yacht Club</td>
</tr>
<tr>
<td>9am - 5pm</td>
<td>Event Information Centre</td>
<td>Great Lake Centre</td>
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<tr>
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<td>Kids Fun Run – Check-In</td>
<td>Great Lake Centre</td>
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<tr>
<td>9am - 5pm</td>
<td>Performance Bicycle Tuning Service Centre</td>
<td>North Domain</td>
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<tr>
<td>9am - 6.30pm</td>
<td>Pre-Race Massage Service</td>
<td>Massage Marquee, North Domain</td>
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<tr>
<td>9am - 4pm</td>
<td>IRONMAN Merchandise Store</td>
<td>Merchandise Marquee, North Domain</td>
</tr>
<tr>
<td>10am - 4pm</td>
<td>Wetsuit Checking</td>
<td>North Domain</td>
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### Thursday 5 March

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>6am - 8am</td>
<td>Wetsuit Checking</td>
<td>Taupō Yacht Club</td>
</tr>
<tr>
<td>8am</td>
<td>The Undie Run</td>
<td>Stage, North Domain</td>
</tr>
<tr>
<td>9am - 10am</td>
<td>AWA Priority Athlete Check-In - IRONMAN and IRONMAN 70.3 New Zealand</td>
<td>Main Marquee, North Domain</td>
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<tr>
<td><strong>AWA ATHLETES ONLY</strong></td>
<td></td>
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</tr>
<tr>
<td>9am - 11am</td>
<td>Women For Tri Morning Tea</td>
<td>Taupō Yacht Club</td>
</tr>
<tr>
<td>9am - 4pm</td>
<td>Wetsuit Checking</td>
<td>North Domain</td>
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<tr>
<td>9am - 5pm</td>
<td>IRONMAN Merchandise Store</td>
<td>Merchandise Marquee, North Domain</td>
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<tr>
<td>9am - 5pm</td>
<td>Event Information Centre</td>
<td>Great Lake Centre</td>
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<td>Kids Fun Run – Check-In</td>
<td>Great Lake Centre</td>
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<tr>
<td>9am - 5pm</td>
<td>Sports and Lifestyle Expo</td>
<td>North Domain</td>
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<td>Performance Bicycle Tuning Service Centre</td>
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<td>10am - 4pm</td>
<td>Athlete Check-In - IRONMAN and IRONMAN 70.3</td>
<td>Main Marquee, North Domain.</td>
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<tr>
<td>11am</td>
<td>Race Director Q &amp; A followed by a transition tour with Event Commentator &amp; Transition Manager - IRONMAN New Zealand</td>
<td>Great Lake Centre, Main Auditorium</td>
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<tr>
<td>12pm</td>
<td>HOKA Hints Session</td>
<td>HOKA tent, North Domain</td>
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<tr>
<td>2pm</td>
<td>Race Director Q &amp; A followed by a transition tour with Event Commentator &amp; Transition Manager - IRONMAN New Zealand</td>
<td>Great Lake Centre, Main Auditorium</td>
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<tr>
<td>3pm - 3:30pm</td>
<td>Pro Briefing</td>
<td>Great Lake Centre, Rimu Room</td>
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<tr>
<td>5.30pm-8pm</td>
<td>IRONMAN Welcome Function</td>
<td>Taupō Events Centre</td>
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<td>Time</td>
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<tr>
<td>6am - 8am</td>
<td>Wetsuit Checking</td>
<td>Taupō Yacht Club</td>
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<tr>
<td>7am - 7.45am</td>
<td>Kids Fun Run – Check-In</td>
<td>North Domain</td>
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<tr>
<td>8am</td>
<td>Kids Fun Run – Event Start</td>
<td>North Domain</td>
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<tr>
<td>9am - 10am</td>
<td>First Timer’s Seminar with Verna Cook-Jackson - IRONMAN New Zealand</td>
<td>Great Lake Centre, Theatre</td>
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<tr>
<td>9am - 10am</td>
<td>AWA Priority Athlete Check-In - IRONMAN and IRONMAN 70.3 New Zealand</td>
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<td>10am - 4pm</td>
<td>Wetsuit Checking</td>
<td>North Domain</td>
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<tr>
<td>10am - 5pm</td>
<td>Bike &amp; Gear Bag Check-In - IRONMAN New Zealand</td>
<td>Transition Area, North Domain</td>
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<tr>
<td>11.30am- 12pm</td>
<td>Meet the Professionals</td>
<td>Finish Area, North Domain</td>
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**Saturday 7 March**

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<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>5am - 7.15am</td>
<td>Transition open - IRONMAN New Zealand</td>
<td>Transition Area, North Domain</td>
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<tr>
<td>5am - 1am</td>
<td>Event Information Centre</td>
<td>North Domain</td>
</tr>
<tr>
<td>7.15am</td>
<td>Traditional Maori Welcome - IRONMAN New Zealand</td>
<td>Lake Taupō, Opposite Taupō Yacht Club</td>
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<tr>
<td>7.30am</td>
<td>Water Opens</td>
<td>Lake Taupō, Opposite Taupō Yacht Club</td>
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<tr>
<td>7.48am</td>
<td>Male Professional Athlete Start - IRONMAN New Zealand</td>
<td>Lake Taupō, Opposite Taupō Yacht Club</td>
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<tr>
<td>7.50am</td>
<td>Female Professional Athlete Start - IRONMAN New Zealand</td>
<td>Lake Taupō, Opposite Taupō Yacht Club</td>
</tr>
<tr>
<td>8am</td>
<td>Age Group Race Start - IRONMAN New Zealand</td>
<td>Lake Taupō, Opposite Taupō Yacht Club</td>
</tr>
<tr>
<td>8am - 8pm</td>
<td>IRONMAN Merchandise Store</td>
<td>Merchandise Marquee, North Domain</td>
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<tr>
<td>8am – 8pm</td>
<td>Sports and Lifestyle Expo</td>
<td>North Domain</td>
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<tr>
<td>10.20am</td>
<td>Swim Course Cut-Off - IRONMAN New Zealand</td>
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<tr>
<td>6.30pm</td>
<td>Bike Course Cut-Off - IRONMAN New Zealand</td>
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<tr>
<td>7pm - 1am</td>
<td>Bike &amp; Gear Bag Collection</td>
<td>Transition Area, North Domain</td>
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**Sunday 8 March**

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<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>1am</td>
<td>Run Course Cut-Off / Race Finish - IRONMAN New Zealand</td>
<td>Merchandise Marquee, North Domain</td>
</tr>
<tr>
<td>8am - 2pm</td>
<td>IRONMAN Merchandise Store (Including Finishers Range)</td>
<td>Merchandise Marquee, North Domain</td>
</tr>
<tr>
<td>9am - 10am</td>
<td>Bike &amp; Gear Bag Collection</td>
<td>Transition Area, North Domain</td>
</tr>
<tr>
<td>9am - 4pm</td>
<td>Post-Race Massage Service (Bookings Recommended)</td>
<td>Massage Marquee, North Domain</td>
</tr>
<tr>
<td>8am - 2pm</td>
<td>Medal Engraving - IRONMAN New Zealand Athletes</td>
<td>Merchandise Marquee, North Domain</td>
</tr>
<tr>
<td>10am - 2pm</td>
<td>Event Information Centre</td>
<td>Great Lake Centre</td>
</tr>
<tr>
<td>10.00am</td>
<td>IRONMAN World Championship Roll-Down Ceremony</td>
<td>Great Lake Centre, Main Auditorium</td>
</tr>
<tr>
<td>12.30pm</td>
<td>IRONMAN Awards Lunch</td>
<td>Taupō Events Centre</td>
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</tbody>
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MORE THAN 20% PROTEIN

NUTRI-GRAIN® IRON MAN FOOD

Courtney Hancock
Nutri-Grain® Ironwoman
Champion Australia

Follow our unstoppable stories on our Nutri-Grain Facebook & Instagram pages.

*On average, Nutri-Grain contains 21.1g protein per 100g.
ATHLETE CHECK – IN

Athlete Check-In for all athletes in Nutri-Grain IRONMAN New Zealand will take place on Thursday 5 and Friday 6 March 10:00am to 4:00pm at the main marquee adjacent to the Great Lake Centre on the North Domain. It is compulsory for all IRONMAN New Zealand athletes to Check-In during these times. No athlete will be accepted after 4pm Friday 6 March. We cannot be responsible for late arrivals so please take this into consideration when making travel arrangements.

You are required to show photo identification to check-in – i.e. Driver’s Licence or Passport

Please note, it is illegal for someone to race under your name or for you to race under someone else’s name: this will result in ineligibility to race in other IRONMAN events.

During Athlete Check-in you will receive the following:

- ID wristband (to be worn from Check-In through to the end of the race)
- Body Tattoos (number to be placed on right upper arm and letter category to be placed on left calf)
- Black Street Gear Bag
- Blue Bike Gear Bag
- Red Run Gear Bag
- Stickers to number Street Gear bag, Bike Gear Bag and Run Gear Bag
- Special Needs stickers (to be stuck onto each Special Needs bag)
- Swim Cap – colour based on age category (this must be worn over all other caps)
- Helmet Sticker (placed on the front of your helmet)
- Bike seat post sticker (to wrap around the seat post of your bike and stick to itself)
- Bike Pump Sticker
- Race bib (compulsory on the run leg only)
- Bike Collection Card

WEIGH-IN

All athletes are required to complete the compulsory weigh-in process at check-in. This record is critical for the Medical Response team to assist with the correct treatment if required.

YOU MUST CHECK YOUR WETSUIT BEFORE YOU CHECK IN

You are required to have your wetsuit checked by the Department of Conservation before entry into Lake Taupō. This prevents the spread of invasive species such as didymo & hornwort. The Department of Conservation cleaning station times are:

- Wednesday 4 March 7am – 9am Taupō Yacht Club
- Wednesday 4 March 10am – 4pm North Domain
- Thursday 5 March 6am – 8am Taupō Yacht Club
- Thursday 5 March 9am – 4pm North Domain
- Friday 6 March 6am – 8am Taupō Yacht Club
- Friday 6 March 10am – 4pm North Domain

The Department of Conservation will give you a yellow card once you have checked your wetsuit. Please bring this with you to check in. You will not be able to check in if you have not checked your wetsuit.

Please CCD your own gear if entering Lake Taupō prior to these times. For instructions see IRONMAN website or www.biosecurity.govt.nz/cleaning

ID WRISTBAND

Your ID wristband must be worn at all times as this will be your entry to ‘athlete only restricted areas.’ Your ID wristband will be secured to your wrist prior to leaving Check-In. This is your only means of entry to transition to rack your bike pre-race and to collect your gear and bike after the race, unless displaying your bike collection card. IRONMAN will not allow access into these area’s without athletes wearing their wristband.

No Wristband = No Access.

INDIVIDUAL CHANGES

All changes to individual registrations must be made prior to 5pm, 28 February 2020. Please ensure that you check the athlete list that will be available online one month prior and if any details are incorrect please contact the race office newzealand@ironman.com or +64 9 601 9590. After this time all changes can be made onsite at the Help Desk located within Athlete Check-In.
BIKE CHECK-IN

When
Friday 6 March 10.00am – 5.00pm

Where
Transition, North Domain

You must have already checked-in and picked up your Race Kit prior to racking your bike and checking-in your Gear Bags.

Your bike must display your seat post sticker and correspond with your ID wristband. Officials will be checking both of these as you enter and exit transition.

On Friday you must rack your bike by the handle bars. On Saturday morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

No bike will be checked-in after 5.00pm on Friday 6 March.

TRANSITION

Transition is located on the North Domain. Bike racks for athletes will be set out in number order. Information on the transition procedures is provided under the ‘Bike Course’ and ‘Run Course’ sections of this guide. Security will be on patrol on Friday night and Saturday morning.

When you rack your bike on Friday 6 March between 10am and 5pm, please allow plenty of time to walk through the routes that you will take in the transition area.

There will be Mercury volunteers in transition to answer any questions.

Please note upon entering transition your bike will be photographed by FinisherPix.

It is important to note that during the race, athletes will be required to pack all their race belongings and drop their Bike and Run Bags as they exit the change tent during both transitions.

All athlete apparel changes or preparation whilst in Transition must be conducted within the privacy of the separate male and female change tent for both transitions.

TIMING CHIP COLLECTION

You will collect your Timing Chip and confirm your identity with the timing personnel at the exit of bike check-in on Friday 6 March. At this stage you will check that your chip corresponds with your race number and personal information.

BIKE CHECKS

Your bike will be visually inspected by a Triathlon New Zealand official and will be allowed into transition upon passing this inspection. This is not a guarantee of safety. Athletes are responsible for their bikes being in safe working order.

You should ensure your bike is in safe working order before presenting it at Transition to avoid rejection. 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

HELMET CHECKS

Bike helmets are compulsory. Triathlon New Zealand officials will be conducting helmet checks as you enter the Transition area on Race Morning. Please ensure you wear your helmet into the entrance of Transition. This is not a guarantee of safety. No helmets are to be left with your bike on Friday.

Helmets must meet the following specifications:

- Your helmet must be approved by a recognised testing authority (eg. New Zealand Standards Certified).

- Alterations to any part of the helmet are not allowed. This includes, but is not limited to, any alteration to the manufacturer’s chinstrap, and the addition or removal of an outer cover.

- Helmets must be undamaged.
**BIKE AND RUN GEAR BAG CHECK-IN**

Your Blue Bike Gear Bag and Red Run Gear Bag must be checked-in to the transition marquee between 10am and 5pm on Friday after you have racked your bike. The Blue Bike Gear Bag will be used in your transition from Swim to Bike. The Red Run Gear Bag will be used in your transition from Bike to Run. Please note you will not have access to these bags on race morning.

**SUGGESTED ITEMS FOR GEAR BAGS**

<table>
<thead>
<tr>
<th>Blue Bike Gear Bag</th>
<th>Red Run Gear Bag</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike Shoes (on bike)</td>
<td>Running Shoes (compulsory)</td>
</tr>
<tr>
<td>Sunglasses</td>
<td>Bib Race Number (compulsory)</td>
</tr>
<tr>
<td>Sunscreen</td>
<td>Sunglasses</td>
</tr>
<tr>
<td>Socks</td>
<td>Hat</td>
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<tr>
<td>Change of Clothes</td>
<td>Socks</td>
</tr>
<tr>
<td>Nutrition and fluids (on bike)</td>
<td>Change of Clothes</td>
</tr>
</tbody>
</table>

Your Black Street Gear Bag should contain all the items you require upon completion of your race. All Black Street Gear Bags should be dropped at the Street Gear Bag Truck at the Swim Start on race morning. Street Gear Bags will be available for collection in recovery on Saturday post-race and at Bike collection on Saturday between 7pm – 1am and Sunday between 9am – 10am.

You must use this supplied bag as your Street Gear Bag; it is the only bag that will be accepted at bag drop.

Bike pumps should be placed in the Bike Pump drop point inside Transition on race Morning and not left beside your bike or in your street gear bag.

**SPECIAL NEEDS BAGS**

Special Needs bags are used for personal nutrition items that you would like to have on the bike and run course; they are not compulsory. Athletes will no longer receive plastic Special Needs bags within their race packs. IRONMAN branded bags can be pre-purchased online through your Active Portal and you will pick up these bags at check-in. Alternatively, you can bring your own reusable bag (no larger than 20cm x 20cm). Special Needs bags will be colour coded Blue for Bike and Red for Run and must be handed in to Transition on race Morning. All Black Street Gear Bag is to place any valuable items in the bags.

The Special Needs Bag pick-up point on the bike course is on the 2nd lap after Rifle Range Road – 91.1km

The Special Needs Bag pick-up point on the run course is on Wharewaka Road on outward leg (Lap 2 only) -

Athletes are asked to slow down, call out loudly and clearly their athlete number to Mercury volunteers as they approach to assist the process of volunteers locating their bag. During the race, you may need to retrieve these bags yourself if the pickup area is congested.

Special Needs bags can be collected at transition between 9am – 10am on Sunday.

The Race Director is not responsible for the contents of any Special Needs bags and we advise you not to include valuable items in the bags.

**CLOTHING DROP**

The clothing drop zone is at B2 Aid Station on the return leg to Taupō at approximately the 48km mark. All clothing must be marked clearly with your race number.

Dropped clothing will be bagged and returned to the Event Information Centre Lost Property.

**GEAR BAGS**

<table>
<thead>
<tr>
<th>Bag</th>
<th>Drop Off Location</th>
<th>Use During Race</th>
<th>Post-Race Collection</th>
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</thead>
<tbody>
<tr>
<td>Blue Bike Gear Bag</td>
<td>Transition – Swim to Bike</td>
<td>Date: Friday 6 March Time: 10am – 5pm Location: Transition - Change Tent</td>
<td>Blue Bike Bag is handed to you by volunteers on entrance to transition. Remove your bike gear and place all swim gear into Blue Bike Gear Bag inside changing tent. Hand to waiting volunteers on exit.</td>
</tr>
<tr>
<td>Red Run Gear Bag</td>
<td>Transition – Bike to Run</td>
<td>Date: Friday 6 March Time: 10am – 5pm Location: Transition - Change Tent</td>
<td>Red Run Gear Bag is handed to you by Mercury volunteers. Remove your run gear and place all bike gear into Red Run Gear Bag inside the change tent. Hand to waiting volunteers on exit.</td>
</tr>
<tr>
<td>Black Street Gear Bag Used for post-race clothing</td>
<td>Saturday 7 March (Race Morning) Time: 5am – 7am Location: Street Gear Bag truck at swim start - race morning</td>
<td>Your Black Street Gear Bag is to place any clothes you require post event.</td>
<td></td>
</tr>
<tr>
<td>Special Needs Bags (if required) Blue Bike Bag Red Run Bag</td>
<td>Saturday 7 March (Race Morning) Time: 5am – 7am Location: Transition</td>
<td>Special Needs Bags will be available on the bike and run course. Please don’t place any valuable items in these bags. Place these bags in the Transition on race day and they will be transported on course.</td>
<td></td>
</tr>
<tr>
<td>Bike Pumps</td>
<td>Saturday 7 Mar (Race Morning) Time: 5am – 7am Location: Transition</td>
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</table>
BIKE AID STATIONS

Bike aid stations are located throughout the course. Overseas athletes should note that in New Zealand we ride on the left-hand side of the road and take-ups will normally be with the left hand, so the right hand is remaining on the handle bars.

- Water
- PURE Electrolyte – Superfruits flavour
- PURE Fluid Energy Gel (50g): Raspberry + 30mg caffeine (liquid consistency)
- PURE Energy Gel (35g): Orange, Lemon & Lime (traditional gel consistency)
- Clif Energy Bars – Chocolate Chip, White Chocolate Macadamia Nut and Blueberry Crisp
- Bananas
- Coca-Cola (last 2 aid stations)
- Vaseline
- Sunscreen
- Toilets

Bike Aid Station Locations:

- B1 River Rd and Broadlands – 25.1km & 115km
- B2 Broadlands Rd (2km past Reporoa Rd turn) – 48.5km & 138.4km
- B3 Tiri Rd – 62.2km & 152.1km
- B4 Wairakei Estate HQ - Broadlands Rd – 73.4km & 163.3km
- B5 Rifle Range Rd (2nd Lap Only) – 91.1km

The Bike Aid Station on Rifle Range Rd is not available on the first lap (500m into bike) — it will be available for the 2nd lap (approx. 91km).

Bike Aid Station Layout:

Slow down when entering Aid Stations, 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. Mercury Volunteers will also be advising what they are holding politely as per your needs. 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.

ATHLETE RACE BIB

Wearing your race number bib is compulsory for the run leg only. Your number must be clearly visible. You must not fold, cut or manipulate your race number in any way.

ATHLETE TATTOOS

Wearing your race number tattoo and category tattoo is compulsory. Your race number must be displayed on your right bicep with the MDot logo at the top. If you are wearing a long-sleeved wetsuit, you may place the tattoo on your right forearm. Your category letter tattoo must be displayed on your left calf.

The tattoos can be easily applied by peeling the clear film off, placing the number face-down on your body, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

Any athlete who registers online after 5.00pm, 6 February 2020 unfortunately may not receive a Category Letter in their race kit. Please see Information on race morning as we can write the Category Letter on with a permanent marker.

AID STATIONS

The following product will be available at these aid stations:

PRE SWIM
- Glasses table
- Water
- PURE Electrolyte – Superfruits flavour

TRANSITION 1 (SWIM – BIKE)
- Water
- PURE Electrolyte – Superfruits flavour
- PURE Fluid Energy Gel (50g): Raspberry + 30mg caffeine (liquid consistency)
- PURE Energy Gel (35g): Orange, Lemon & Lime (traditional gel consistency)
- Clif Energy Bars – Chocolate Chip, White Chocolate Macadamia Nut and Blueberry Crisp
- Bananas
- Vaseline
- Sunblock
- Toilets
TRANSITION 2 (BIKE – RUN)
A full aid station will be available once you exit the changing marquees:
• Water
• PURE Electrolyte – Lemon and Lime flavour
• PURE Fluid Energy Gel (50g): Raspberry + 30mg caffeine (liquid consistency)
• PURE Energy Gel (35g): Orange, Lemon & Lime (traditional gel consistency)
• Bananas
• Clif Energy Bars – Chocolate Chip, White Chocolate Macadamia Nut and Blueberry Crisp
• Vaseline
• Sunscreen
• Toilets

Abuse of any kind from athletes is not tolerated and will be reported to Race Officials which may result in disqualification.

Due to the limited availability and flavours of bars and gels on course— you are strongly advised to carry you own food to avoid disappointment if your selection is no longer available.

Please note that glow sticks will be made available prior to sunset. All athletes still on course will be required to wear these items for safety reasons.

RUN AID STATIONS
Run aid stations are located every 2.5km (approximately).
• Water
• PURE Electrolyte – Lemon and Lime flavour
• PURE Fluid Energy Gel (50g): Raspberry + 30mg caffeine (liquid consistency)
• PURE Energy Gel (35g): Orange, Lemon & Lime (traditional gel consistency)
• Coca-Cola
• Bananas
• Chips
• Pretzels
• Chocolate Chip Cookies
• Red Bull @ 50%
• Clif Energy Bars – Chocolate Chip, White Chocolate Macadamia Nut and Blueberry Crisp
• Vaseline
• Sunscreen
• Toilets

While we will do our best to have your first choice of nutrition available this is not always possible. Please respect our Mercury volunteers at all times – they are working hard to get you to the finish line.

Run Aid Stations Locations:
• R1 Tongariro St (2nd & 3rd laps only)
• R2 Lake Terrace
• R3 Rainbow Dr (two way)
• R4 Teki St, Wharewaka Point
• R5 Sea Scout Den Lake front Path (below R2)

Run Aid Station Layout:
Same conditions as per the bike aid stations apply when entering the run aid stations.

DISCARD/DROP ZONES
Each aid station will have drop zones clearly marked either side of the station (approx. 200m on bike and 100m on run). This is the area to discard bottles, gel wrappers, banana skins etc. Discarding items on any other part of the course except at designated drop zones may result in a littering infringement or disqualification.
TECHNICAL SUPPORT

Performance Bicycle Tuning mechanics will be setup outside on the North Domain Wednesday – Friday 9:00am – 5:00pm. They will be offering minor mechanic services. A limited ‘emergency service’ will be available on race morning for athletes.

Feel free to come and see the mechanics, allowing them to see what tyres and tubes you are using and what most likely be a good pressure for you to ride on for the race.

A recovery vehicle service and basic mechanical aid will also be available on course. Performance Bicycle Tuning will provide tools and spares and are able to provide athletes with assistance to any repairs as necessary. Spare wheels will not be available from mechanics. Due to the complexities of operating such a service under racing conditions, athletes should carry their own bike repair kit as delays are expected. The support crew also carry tyres and tubes, which can be exchanged for faulty products.

Any products that the Performance Bicycle Tuning provide to an athlete during the race will be required to be reimbursed. Athletes can pay for their parts at the Event Information centre at the North Domain on Sunday.

WITHDRAWAL & TIMING CHIP RETURNS

If you withdraw from the race prior to race day, race day morning or during the race you must inform the Event Information centre at the North Domain. It is extremely important for all timing chips to be returned to ensure all athletes are accounted for.

MEDICAL

Your safety is of utmost importance to us. If you are unsure about your ability to complete the race or are not feeling 100% physically fit in the lead up to the event, IRONMAN highly recommends you seek medical advice from your doctor.

IRONMAN OCEANIA APP

Download the IRONMAN Oceania App for both Apple and Android stores for the best up to date information throughout the race. Nutri-Grain IRONMAN New Zealand 2020 will be on the Oceania App one week before the event and has everything you need to know about the event as an athlete or a spectator:

- Track the athletes throughout the course, including their time splits.
- Leaderboards keep you up to date with who’s in the lead. You can also filter by age group.
- Easy, intuitive searching to find and create your own list of your favourite athletes to follow.
- Check out the post-race final results.
- Always know where you are and where you want to be with interactive maps.
- Event info and clear schedules ensure you know what’s going on, where and when.
PRE-RACE INFORMATION

FIRST TIMERS SEMINAR & TRANSITION TOUR
All Athletes are welcome to join the first timer’s seminar held in the Great Lake Centre Theatre with our annual host Verna Cook-Jackson. Valuable for anyone who is competing at Nutri-Grain IRONMAN New Zealand for the first time.

This will be followed by a Transition Tour hosted by the Event Commentator & Transition Manager to run you through the transition area and process for race day.

MERCHANDISE
Event merchandise will be available for purchase from the IRONMAN Merchandise Marquee on the North Domain during the following hours:

- Wednesday 4 March 9am – 4pm North Domain
- Thursday 5 March 9am – 5pm North Domain
- Friday 6 March 9am – 4pm North Domain
- Saturday 7 March 8am – 8pm North Domain
- Sunday 8 March 8am – 2pm North Domain
(Includes finisher range)

WELCOME FUNCTION
The Official Welcome Function is held Thursday 5 March at 5.30pm at the Taupō Events Centre, and includes a meal and formalities.

Admission for athletes is included in your race entry and you will be given a Welcome Function wristband at check-in.

Extra tickets for friends and family are $65 each and are available to purchase online via your Active portal.

All pre-paid friends and family tickets can be collected from the Event Information Centre in the Great Lake Centre.

EXPO
The expo will be located at the North Domain and provides the ideal opportunity for athletes to stock up on last minute equipment needs and talk to the experts behind the brand.

The expo will be open Thursday 9am-5pm, Friday 9am-4pm and Saturday 8am-8pm.

RACE DIRECTOR Q&A
Come along to the race director question and answer session to receive a great overview of the event. This briefing will be held in the Great Lake Centre Main Auditorium.

Session time:
- Thursday 5 March 11:00am and 2:00pm
MX3 Diagnostics has developed a new system that can perform rapid, lab-quality hydration testing using only saliva.

The MX3 Hydration Testing System can measure hydration status in seconds with only a small saliva sample from the tip of the tongue. Designed for elite athletes and sports teams, the handheld LAB, test strips and intelligent App work together, allowing users the ability to assess and track hydration status quickly, accurately, and easily.

The MX3 Pro Edition available NOW.

**Dispenser**
Lightweight and portable, the dispenser stores strips and provides a hygienic, hands-free way to load the LAB.

**Test Strips (Qy:120)**
These disposable test strips utilize a micro-sample of saliva from the tip of the tongue. Strips are discarded after each use.

**MX3 LAB**
This lightweight, handheld device can go anywhere. Simply insert a test strip into the device for an immediate, lab-quality reading of hydration status. Data automatically pushes to the

**MX3 Pro Dashboard & App**
The comprehensive hydration management portal and App provides hydration tracking over time, with data analytics to help personalize your hydration strategy and improve performance.

The customizable user profiles suits the needs of all users including sports organizations, coaches, trainers, and athletes.
### AGE GROUP CATEGORIES

Age is calculated as of 31 December 2020

<table>
<thead>
<tr>
<th>CODE</th>
<th>CATEGORY</th>
<th>GENDER</th>
<th>Min. Age</th>
<th>Max. Age</th>
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SWIM COURSE INFORMATION

All Roka swim caps provided are a latex-based swim cap. If you are allergic, please contact us via email newzealand@ironman.com or via phone 09 601 9590.
SWIM COURSE – 3.8KM

START PROCEDURE

Please allow approximately (five) 5 minutes to walk from Transition to Swim Start.

The below are estimated start times and can be brought forward or delayed on race day:

PROFESSIONAL MALE START – 7.48am
PROFESSIONAL FEMALE START – 7.50am
AGE GROUP START – 8.00am

Please self-seed yourself in the mass deep water start. If you are not a confident swimmer, you can start closer to the beach, in shallower water.

CUT-OFF TIME

10.20 AM - 2 hours 20 minutes after start time.

SUMMARY

A 3.8km swim in the clean, clear, fresh waters of Lake Taupō. Water temperature is normally around 19 degrees Celsius.

A deep water mass start in front of the Taupō Yacht Club with the first leg of 1650m parallel to the shore followed by a second leg of 50m then returning 1650m to a buoy adjacent to the Yacht Club. The final section of 450m takes the swimmers down the outlet to the Waikato River alongside the Harbour Master building and exiting up the boat ramp. From the boat ramp athletes across the road and up the path to Story Place.

TRANSITION PROCEDURE

At the swim exit, you will pass through a timing chute and run up to transition via the path on Story Place. You will collect your Blue Bike Gear Bag from a Mercury volunteer, taking care to check you collect your correct numbered bag, and proceed into the Male / Female change tent area.

Do not completely remove your wetsuit until you are in the change tent. Separate male and female change areas are inside the Change Tent. Mercury volunteers are allowed, and will assist you with your transition (removing wetsuit etc). You must place discarded swim gear (including wetsuits) in the emptied Blue Bike Bag and hand to awaiting Mercury volunteers before exiting the tent.

SWIM COURSE RULES

Please refer to event website for full list of rules.
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

PATENTED

PROTECTED BY DOMESTIC AND INTERNATIONAL PATENTS WITH ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY
FASTEST IRONMAN SWIMMER ON THE PLANET
BIKE COURSE – 180KM

CUT-OFF TIME
6.30pm – 10 hours 30 minutes after start time.

SUMMARY
The two-lap 180km course starts to the cheers of spectators before heading into rural landscape and farmland surrounding Taupō. The course is described as undulating with enough challenging sections to create a fair race. On the second lap, athletes are greeted by spectators lining the lakefront.

New Zealand Road Rules must be followed at all times. You must ride on the left hand side of the road and never cross the centre line.

*Please note this is a revised bike course.

BIKE COURSE RULES
Please refer to event website for full list of rules.

TRANSITION PROCEDURE
As you dismount your bike in the Bike Finish Chute, Mercury volunteer ‘bike catchers’ will take your bike for racking. Hand your bike off to the catcher, (do not throw as this will be deemed as unsportsmanlike conduct and may result in disqualification) and proceed into the Change Tent to collect your Red Run Gear Bag.

Red Run Bags will be handed to you as you enter transition. Separate male and female change areas are inside the marquee and Mercury volunteers will assist you with your transition. You must enter the change area even if you only need to put on running shoes. You will not be allowed to change into any run gear outside the change tent as per Triathlon New Zealand rules. You must place discarded bike gear in the emptied Red Run Gear Bag and hand to awaiting Mercury volunteers before exiting the tent.
RUN COURSE – 42.2KM

CUT-OFF TIME

1am (Sunday) – 17 hours after start time.

SUMMARY

The run course is a three lap course which heads along the lake front to Wharewaka Point and return. The run course is not closed to vehicles. In the interest of athlete safety, athletes who have not reached the specified cut off times will be withdrawn from the course.

All athletes still on the course after sunset will be given a light stick which must be carried for personal safety and ease of identification. We also recommend you keep a headlight in your Special Needs bag if you anticipate running after sunset.

LAP BANDS

Wristbands will be issued during the run to identify to officials which section of the run athletes are on. You will receive these bands at the turn around point at Wharewaka. These bands must be worn to the finish line.

DISTANCE MARKERS

Distance markers will be located every 2km along the run course.

RUN COURSE RULES

Please refer to event website for full list of rules.
RINCON
THE ULTRA-LIGHT UBER-CUSHIONED SPEEDSTER

#TIMETOFLY

HOKAONEONE.CO.NZ
CUT OFF TIMES

Swim
10:20am
2 hours 20 minutes after race start

Bike
6:30pm
10 hours 30 minutes after race start
Athletes unable to reach this cut-off will be collected by event recovery vehicles; to ensure all athletes make this cut off time, there are intermediate cut off times in place:

• 2.30pm – 89.9 km, 2nd lap turnaround, Tongariro Street (Athletes must have passed the turnaround point and started the 2nd lap)

• 4.40pm – Reached turnaround at Reporoa (2nd lap)

Run
1:00am (Sunday)
17 Hours after race start
To ensure all athletes make this cut off time, there are intermediate cut off times in place:

• 10.50pm – Start lap 3, Tongariro Street

• 11.55pm – Wharewaka Aid Station

IRONMAN IS A NON-DRAFTING EVENT

The majority of the bike course is closed to public transport, however athletes are to ride as close to the left hand side of the road as possible. Failure to do so obstructs passing athletes and can incur a five (5) minute penalty.

The bike draft zone is 12 meters long, measured from the leading edge of the front wheel extending towards the back of the bike (bike lengths of clear space between bikes). Athletes may enter the draft zone of another athlete when passing and must continuously progress through the draft zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete.

TIMING CHIPS

Timing chips must be worn on your left ankle. Lack of timing data may affect validity of category results & World Championship qualifications. On race morning, your timing chip must be on to enter transition. Officials will be checking this as you enter transition. If you do not start the race or pull out of the race for any reason you are to return the timing chip to the Event Information Centre on the North Domain.

Timing results will include swim split, bike split, run split and finish time overall and category results.

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 North Domain/Transition.

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.

TRAFFIC

Road closures are in place in most areas for the duration to minimise the traffic flow on course and to protect the athletes. Broadlands road is closed to all traffic except for official event vehicles and resident access. Normal road rules apply and treat all roads as open.

In the interest of competitor safety, no spectator or support vehicles are allowed on any part of the course including Broadlands Road.

TRANSITION – RACE DAY

Transition will be open from 5.00am – 7.15am. Please ensure you leave yourself enough time on race morning as all athletes will need to be out of Transition by 7.15am.
RACE INFORMATION

RACE DAY SERVICES

MEDICAL

Basic first aid is available throughout event week. If you require medical attention, we recommend that you visit our Event Information Centre or seek the assistance of event personnel.

Medical staff will be situated at various locations along the course:

- Swim Start & Exit
- Transition
- Bike Aid Stations
- Run Aid Stations
- Roaming the Run and Bike Courses
- Post Finish

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.

NUTRITION

PURE Energy Gels

- PURE Fluid Energy Gel (50g): Raspberry + 30mg caffeine (liquid consistency)
- PURE Energy Gel (35g): Orange, Lemon & Lime (traditional gel consistency)

Both flavours are available on the bike and run course.

CLIF Energy Bars

- Chocolate Chip
- White Chocolate Macadamia Nut
- Blueberry Crisp

All flavours are available on the bike and run course.

PURE Electrolytes

- Bike aid stations – Superfruits flavour
- Run aid stations – Lemon and lime flavour
FINISH LINE AND RECOVERY PROCEDURE

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 athlete’s finish line experience.

There is a medical team with trained doctors and nurses at the finish line. You will be weighed again at this point and your weight will be checked against your weight taken at Check In. You may be required to have medical attention or monitoring at this point before being released to the recovery area.

As you cross the line, volunteer catchers will be there to escort you to the secured recovery area. These catchers will endeavour to briefly assess you as you proceed and may need to take you directly to the Medical area of the finish tent for treatment. If you do not require any treatment you will be able to proceed to the recovery area.

Hot and cold food, fruit and drinks will be served within the designated area in recovery.

Finishers shirts will be available for collection from within the recovery area by all official Finishers at the completion of their race. Please show your finishers medal to receive your finishers shirt. On the reverse side of your finisher’s medal is a space to engrave your individual swim, bike, run and total times. An engraver will be available on Sunday in the merchandise marquee on North Domain 8am-2pm.

BIKE & GEAR BAG COLLECTION

Bikes and Bike and Run Gear Bags will be available for collection from transition Saturday between 7pm and 1am and Sunday between 9am and 10am.

Athletes found not complying with this procedure may be reported to officials for possible disqualification. You must be wearing your ID wristband to collect any bike or equipment from the Transition area.

Family or friends of the athlete are allowed to collect their bike and gear bags from the transition area with your bike collection card provided in your athlete pack at Check-in.

Please be aware that only athletes can enter transition, unless with a bike collection card, to ensure the security of all athletes' bikes. Please note that we cannot allow children, pets, friends or family in to the transition area for bike collection even if they are with a bike collecting athlete.

MASSAGE

Massage will be available the week leading up to the race and the Sunday following the race from the massage marquee on the North Domain. There will be charge for this service.

PRE RACE

Monday 2 March 1:00pm – 6:00pm
Tuesday 3 March 9:00am – 6.30pm
Wednesday 4 March 9:00am – 6.30pm
Thursday 5 March 9:00am – 6.30pm
Friday 6 March 9:00am – 4:00pm

POST RACE (bookings recommended)

Sunday 8 March 9.30am – 4.30pm

For further information and bookings for Sunday (post race) please contact our Massage Director, Roger Gooch: Email roger@bodysmart.co.nz Mobile +64 21 849 502

DRUG TESTING

Athletes will be selected at random to test for the presence of steroids or other performance enhancing drugs. A positive finding will result in the athlete being disqualified and may be prevented from competing in future IRONMAN events.

STREET GEAR BAG COLLECTION

All Black Street Gear Bags will be available for collection after the race in the recovery area. All bags that are not collected on Saturday will be available on Sunday between 9am and 10am during bike collection at transition.
FINISH LINE PHOTO

Get your personal race photos with FinisherPix!

FinisherPix is the official photographer at Nutri-Grain IRONMAN New Zealand. Your personal race photos will be available at www.finisherpix.com. Your personal race photos will be available within 24–48 hours after the race.

How to get your best photos:

• Register your email address at www.finisherpix.com to be notified as soon as photos are online.

• Please be sure you have your helmet sticker visible on the FRONT of your bike helmet, so we can identify your biking photos.

• Please be sure to keep your bib number visible on the FRONT of your body during the run and at the Finish Line so we can identify your photos.

• 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.

Visit http://www.finisherpix.com/ within 24–48 hours after the race to view, order, and share your photos from your Nutri-Grain IRONMAN New Zealand event!

PROTESTS AND APPEALS

Protests must be lodged with the head referee from Triathlon New Zealand. The head referee can be requested from a Race Official in the recovery area (post finish). As per Triathlon New Zealand Competition Rules protests must be lodged within 15 minutes of the athlete’s finishing time and a protest form must be lodged to the head referee within 30 minutes of finishing.

RESULTS

Official results will be online via the Nutri-Grain IRONMAN New Zealand website on Sunday 8 March 2020.

LOST PROPERTY

Any personal items that are lost or misplaced, and handed in to race officials will be available for collection at the Event Information Centre or by calling +64 9 601 9590 post event. Please note that the IRONMAN does not take responsibility for lost property.
NEVER FORGET YOUR RACE

ORDER YOUR RACE PHOTOS HERE:
www.finisherpix.com
www.facebook.com/finisherpix
@finisherpix #finisherpix
ALL EVENT FUNCTIONS

Please be aware IRONMAN New Zealand uses two (2) different venues for event functions.

The Great Lake Centre/North Domain is the IRONMAN New Zealand race hub.

Events held here are:

- Athlete Check In
- First Timer’s Seminar
- IRONMAN World Championship Roll Down
- Race Director Q & A Session

The Taupō Events Centre is located 2.5km from the race hub at 26 A C Baths Avenue, Tauhara, Taupo 3330.

Events held here are:

- IRONMAN New Zealand Welcome Function
- IRONMAN New Zealand Awards Lunch

Please allow time if you plan to bike or walk between venues.

Entry for all IRONMAN athletes are included in your race entry, pick up your Awards Function wristband at Athlete Check-in.

Extra tickets for friends and family will be available to purchase online www.ironmannewzealand.com. All pre-paid tickets can be collected from the Event Information Centre, Great Lake Centre.

Onsite Tickets will be for sale at the Event Information Centre following the closure of Athlete Check-in and subject to availability.

Please confirm your attendance during Athlete Check-In. No wristband = No Entry.

ATHLETE WELCOME

Date: Thursday 5 March
Time: 5.30pm – 8pm
Location: Taupō Events Centre
26 A C Baths Avenue, Tauhara, Taupo 3330

AWARDS LUNCH

Date: Sunday 8 March
Awards: 12.30pm – 4pm
Location: Taupō Events Centre
26 A C Baths Avenue, Tauhara, Taupo 3330

*please confirm your attendance during Athlete check-in. No wristband = No Entry.

Awards

- Each age group will be awarded 1st- 3rd place trophies.
- Professional athletes will be awarded 1st – 8th place.
- Taupō local 1st Male & Female

Tri Club Awards

1st, 2nd and 3rd in each division will be awarded a TriClub Podium flag at the awards ceremony.
Date: Sunday 8 March
Time: 10am onwards
Location: Great Lake Centre, Main Auditorium

*Please note a change in venue from 2019*

Forty (40) Age Group qualifying slots for the 2020 IRONMAN World Championship (Saturday 9 October, 2020, in Kailua-Kona, Hawaii) will be awarded to the top Age Group finishers.

Slot Allocation

Prior to race day, at least one slot shall be tentatively allocated to each Age Group category (both male and female). Final slot allocation will be determined on race day based on the number of official starters in each age group. If there are no starters in a particular Age Group, no slot will be allocated.

If there are no finishers in a particular Age Group that had at least one participant start then that slot will be moved to the next calculated Age Group within the gender.

Rolldown:

Anyone who wishes to claim a Rolldown slot must attend the IRONMAN World Championship Slot Allocation and Rolldown Ceremony and claim their slot in person.

If an automatic qualifier in an Age Group chooses not to take the slot, does not attend the IRONMAN World Championship Slot Allocation and Rolldown Ceremony, or has already qualified, the next eligible finisher in that Age Group may claim the slot that has rolled down.

If there are no more eligible finishers in a particular Age Group or no other finishers in attendance at the IRONMAN World Championship Slot Allocation and Rolldown Ceremony in that Age Group, that unclaimed slot will be reallocated to another Age Group within the gender based on the athletes-to-slots ratio. The Age Group within the gender with the largest athletes-to-slots ratio will receive the first reallocated slot, followed by the next largest ratio receiving the second reallocated slot (if applicable), and so on.

To ensure that you don’t miss out on your qualifying slot, please ensure you are seated prior to 10.00am on Sunday 8 March as Rolldown will start on time.

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 they have 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 Athlete to make such disclosure will be cause for disqualification from such Event and may result in sanction from WTC Events.

Please see the 2019 slot allocation as a guide below

### 2019 Nutri-Grain IRONMAN New Zealand World Championship Slots Per Division

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Starters</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>M18-24</td>
<td>20</td>
<td>1</td>
</tr>
<tr>
<td>M25-29</td>
<td>60</td>
<td>2</td>
</tr>
<tr>
<td>M30-34</td>
<td>87</td>
<td>2</td>
</tr>
<tr>
<td>M35-39</td>
<td>105</td>
<td>3</td>
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<tr>
<td>M40-44</td>
<td>156</td>
<td>4</td>
</tr>
<tr>
<td>M45-49</td>
<td>143</td>
<td>3</td>
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<tr>
<td>M50-54</td>
<td>119</td>
<td>3</td>
</tr>
<tr>
<td>M55-59</td>
<td>67</td>
<td>2</td>
</tr>
<tr>
<td>M60-64</td>
<td>33</td>
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</tr>
<tr>
<td>M65-69</td>
<td>19</td>
<td>1</td>
</tr>
<tr>
<td>M70-74</td>
<td>10</td>
<td>1</td>
</tr>
<tr>
<td>M75-79</td>
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<td>1</td>
</tr>
<tr>
<td>M80+</td>
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<td>0</td>
</tr>
<tr>
<td>F18-24</td>
<td>8</td>
<td>1</td>
</tr>
<tr>
<td>F25-29</td>
<td>24</td>
<td>1</td>
</tr>
<tr>
<td>F30-34</td>
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<td>F45-49</td>
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<td>F55-59</td>
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<tr>
<td>F80+</td>
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</tr>
<tr>
<td><strong>Sum</strong></td>
<td><strong>1109</strong></td>
<td><strong>40</strong></td>
</tr>
</tbody>
</table>
INFORMATION

The main Information booth will be located in the Great Lake Centre and will be open during the following hours:

Tuesday 3 March 9.00am – 5.00pm
Wednesday 4 March 9.00am – 5.00pm
Thursday 5 March 9.00am – 5.00pm
Friday 6 March 9.00am – 4:00pm
Saturday 7 March 5:00am – 1:00am
Sunday 8 March 10.00am – 2.00pm

Information will have maps, event schedule, app information, changed traffic condition information etc. It will also have all material regarding the medical tent on the day so if loved ones are concerned about a competitor, please have them check with Information – not the announcer or medical tent.

CHANGED TRAFFIC CONDITIONS

Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day. View the road closure map here.

PARKING

If you need to drive to the race start, please consider parking in the town centre. There is free parking available behind McDonalds and the BP Service Station on HeuHeu Street. There is NO parking available on the Domain or in the Great Lake Centre car park on event day.

GET SOCIAL

See, like and share all the excitement of Nutri-Grain IRONMAN New Zealand.

Facebook: @IRONMANNewZealand
Instagram: @IRONMANOceania

Don't forget to tag us in your photos! #IMNZ

EVENT CONTACT DETAILS

General event enquires
Additional information can be found via
Website: www.ironmannewzealand.com
Phone: +64 9 601 9590
E-mail: newzealand@ironman.com

Police
Taupō Police Station
21 Story Place, Taupō Central
Phone: (07) 378 6060

Medical
Taupō Medical Centre
Corner of Kaimanawa & Heu Heu Streets
Phone: (07) 378 4080

Local Services
Rescue & Road Services
AA Roadside & Breakdown Service (24 Hours)
0800 500 222

Taupō Blue Bubble Taxi
(07) 378 5100

GENERAL CONTACTS

Tourist Information
Taupō i-Site Visitor Information Centre
30 Tongariro Street, Taupō
On behalf of the team at IRONMAN we wish you the best of luck with your final training and look forward to seeing you in Taupō.