



**IRONMAN®**  
**70.3®** *Bahrain*  
MIDDLE EAST CHAMPIONSHIP

THE  
**WORLD**  
RECORD  
**RACE**

**03:29:01**

**ATHLETE**

[www.ironman.com/bahrain70.3](http://www.ironman.com/bahrain70.3) | **GUIDE 2019**





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# MESSAGE FROM THE RACE DIRECTOR IRONMAN 70.3 MEC BAHRAIN



**RACE HARD AND NEVER GIVE UP ON GETTING TO THE FINISH LINE!**  
**ABBAS MOOSA BUHASSAN**

Dear Athletes,

When the moment gets tough, the tough TRI harder! Moments are the best part of sports. Those instances of pure thrill and elevated excitement are the best takeaways for the athletes. When searching for the next big race, look no further than IRONMAN 70.3 Middle East Championship Bahrain.

We are immensely proud to kick off this season as we continue to uphold the vision of His Highness Shaikh Nasser bin Hamad Al Khalifa for his great appreciation of the sport. His driving force behind this event has been known not only to contribute to the kingdom's economic and tourism development process but it also sets Bahrain as the destination for sports in GCC and in the world.

The headline event begins off the waters of The Avenues Park Bahrain Bay. This spectacularly designed swim, bike, and run course with a single transition, will bring both locals and guests ever closer to Middle Eastern history and heritage, while also allowing supporters to get up close to the race action.

The flat and fast single-loop bike course itself will take participants past iconic buildings and attractions such as Bahrain Bay, Bahrain World Trade Centre, Bahrain Financial Harbour and National Charter Monument. The bike route then heads south of the island for one extra lap on the Bahrain International Circuit, home of the annual Bahrain Grand Prix Formula One race.

The excitement doesn't end there. Athletes will bike past the Al Areen Wildlife Park, a reservation habitat for interesting Middle Eastern birds and animals, before heading back to The Avenues Park, Bahrain Bay after an enjoyable journey. Finally, the run will take place in The Heart of Manama next to Bahrain Trade Centre.

I would like to wish you all the best of luck to in your quest to be an IRONMAN! Here are some tips for a successful race weekend:

- Try to stay off your feet as much as possible leading up to race day. There will be a lot of pre-race activities for you and your family, so be mindful of how much you are up and around on your feet.
- Make sure you drink plenty of fluids during race week! You don't want to be dehydrated going into the race.
- On race morning, don't rush! Take your time in transition setting up your race gear and the swim start area. You want to be certain that everything is ready to rock!
- Ease into the first couple hundred meters of the swim. We know it's a race, but it's a long day out there on course. Taking it easy during the first few minutes will allow you to settle into a good swim rhythm and set you up for a successful start to your day.

**I WISH YOU ALL THE BEST AND SUCCESS**

**RACE HARD AND NEVER GIVE UP ON GETTING TO THE FINISH LINE!**





**ABBAS MOOSA BUHASSAN**



# MESSAGE HEAD REFEREE

## Mahdi Mnif

IRONMAN 70.3 MEC Bahrain  
Head Referee

	DRAFTING VIOLATION
	BLUE CARD
	five minute time penalty served in a penalty tent on the bike course
	LITTERING VIOLATION
	BLUE CARD
	five minute time penalty served in a penalty tent on the bike course
	BLOCKING VIOLATION
	YELLOW CARD
	stop and go time penalty served at the next penalty tent
	DISQUALIFICATION (DSQ)
	RED CARD

ANY COMBINATION OF THREE VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

IRONMAN will operate under the “three strikes and you’re out” principle with respect to BLUE CARD violations. DRAFTING AND LITTERING are the only two violations that will result in a BLUE CARD violation and an athlete will incur a time penalty (to be served in the closest penalty tent, located along the bike course). YELLOW CARD violations (stop and go penalty) also require an athlete to stop at the closest penalty tent location along the bike course. Any penalties incurred on the run course are to be served at the point of infraction. While YELLOW CARD violations will not count against your three strikes, IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive yellow card violations.

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2019 IRONMAN Competition Rules.







The POSITION violations are summarized:

Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.

Keep six bike lengths of clear space between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call. Always pass on the left of the cyclist in front of you; Never on the right to avoid an ILLEGAL PASS call. Complete your pass within 25 seconds to avoid a DRAFTING call.

Passed athletes must be seen making immediate and constant rear progress out of the drafting zone to avoid a DRAFTING Call.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referee’s ruling is final in the case of POSITION violations, and there are no protests or appeals. Other common violations include:

-  **HELMET CHINSTRAP**  
Your chinstrap must be securely fastened whenever you are on your bike on race day.
-  **RACE NUMBER**  
You must wear your bib number during the run portion of the race. In addition, your bike frame sticker must be properly attached to your bike frame and must be visible from both sides.
-  **LITTERING**  
Do not throw ANYTHING outside of official aid stations. Littering will result in a BLUE CARD violation, which is a five minute time penalty.
-  **UNAUTHORIZED EQUIPMENT**  
Sorry, absolutely NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones).
-  **OUTSIDE ASSISTANCE**  
Non-racers may NOT ride or run alongside you.
-  **TIME PENALTIES**  
Remember that even though DRAFTING and LITTERING are the only violations that incur a five minute time penalty, you must go to a penalty tent for any violation to have your number marked. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. I sincerely hope you have a great race and achieve all your goals.



# EVENT SCHEDULE

## Thursday, 5th December 2019

START	END	EVENT	LOCATION
10:00am	11:00am	Press conference	Acacia Hall, Ramee Grand Hotel
11:00am	12:00pm	Pro Athlete Briefing	Acacia Hall, Ramee Grand Hotel
10:00am	05:00pm	Expo	The Avenues Park
10:00am	05:00pm	Registration IRONMAN 70.3 MEC Bahrain	The Avenues Park
07:00pm		Opening Ceremony / Welcome Banquet	The Avenues Park
08:00pm		Race Briefing (Age Group Athletes)	The Avenues Park

## Friday, 6th December 2019

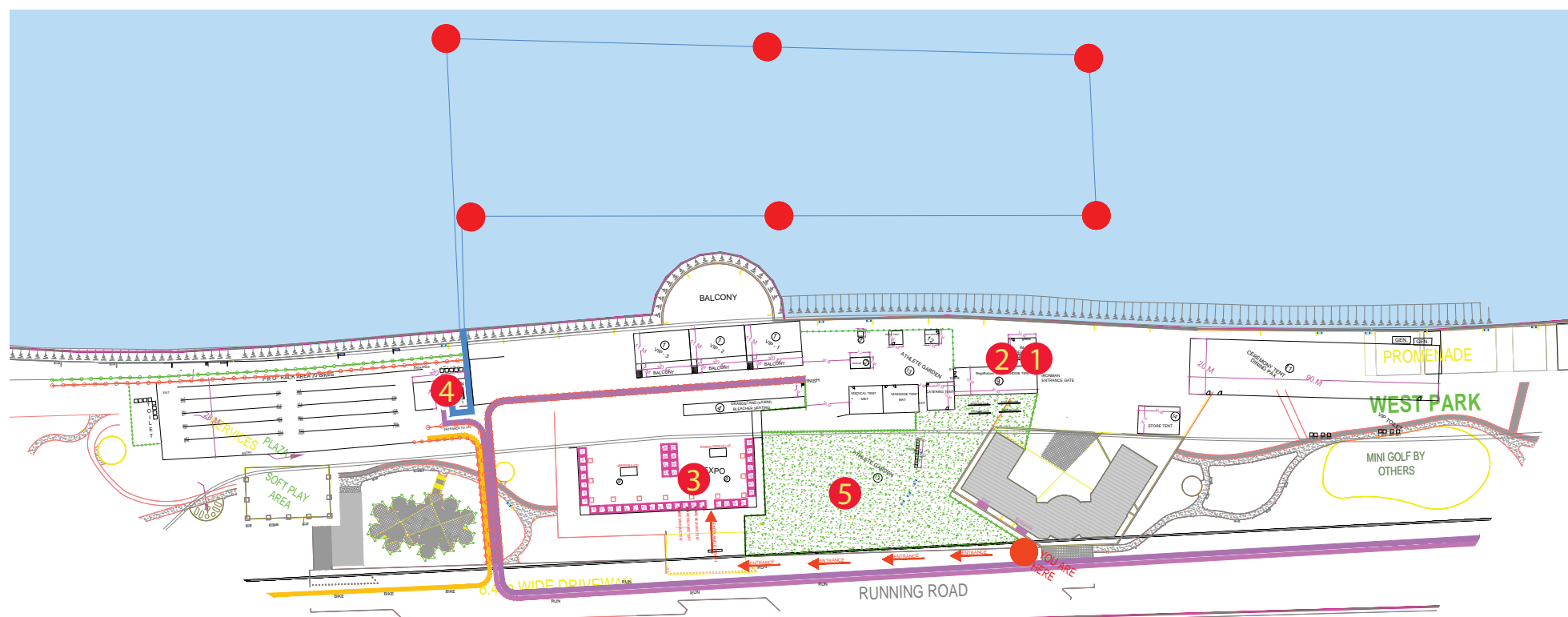
START	END	EVENT	LOCATION
09:00am	09:45am	Swim Practice	The Avenues Park
09:00am	05:00pm	Expo	The Avenues Park
09:00am	04:30pm	Registration IRONMAN 70.3 MEC Bahrain	The Avenues Park
10:00am	05:00pm	Bike Check In	The Avenues Park
10:00am	11:00am	IRONKIDS AQUATHLON	The Avenues Park
04:00pm		IRONGIRL	The Avenues Park
05:00pm		IRONKIDS	The Avenues Park

## Saturday, 7th December 2019

START	END	EVENT	LOCATION
05:00am		Transition Opens	The Avenues Park
06:00am		Transition Closes	The Avenues Park
06:20am		Swim Start (Pro Men)	The Avenues Park
06:23am		Swim Start (Pro Women)	The Avenues Park
06:30am		Swim Start (Age Group)	The Avenues Park
08:00am	05:00pm	Expo	The Avenues Park
10:00am		First Athlete In	The Avenues Park
10:30am		Flower Ceremony	The Avenues Park
12:00pm	04:00pm	Bike Checkout	The Avenues Park
07:15pm		Awards Ceremony / Banquet	The Avenues Park
08:15pm		Slot Allocation	The Avenues Park



# WHERE TO GO FIRST?



## 1. Registration tent

Pick-up your BIB number at the registration tent in the Athlete's Village. On Race Day this tent will be used for distributing finisher jackets / T-shirt and white bags.

## 2. Official IRONMAN Merchandise

- If you're looking for a unique souvenir, IRONMAN® products & event exclusive gear will be available.

## 3. Expo & Info Point

- Have a look around the expo booths, get equipped and free of any last minute bike issues at the Official Bike Mechanics point. And reach the Info Point for any questions you may have.

## 4. Transition & Bags Area

A walk through is more than recommended during the check in on Friday. Get familiar with the routes you will follow in an out during race day and leave your bags ready. Note that marking positions in the transition area is forbidden. Marks, towels and objects used for marking purposes will be removed without any previous notification.

## 5. Athlete Garden

- Big tent to attend the Briefings, Pasta Party, After Race Party and the Awards Ceremony. Get your Finisher Jackets/T-shirt and refuel yourself after the race.

# HOW TO WATCH **THE 2019 IRONMAN** **70.3 MIDDLE EAST CHAMPIONSHIP**

## FACEBOOK WATCH

Watch every stroke, spin and stride LIVE during the IRONMAN 70.3 Middle East Championship on our Facebook Channel below:

Visit : [www.facebook.com/imbahrain703/](https://www.facebook.com/imbahrain703/)

## LOCAL TV COVERAGE

Follow the race action on local television on Bahrain sports channel 1 & 2.

**Saturday, December 7, 5:30 am BAHRAIN TIME**

## IRONMAN.COM

The online source for essential event details, race recaps, and editorial content, as well as live race-day blog coverage from start to finish. [www.ironman.com](http://www.ironman.com).

## GET SOCIAL

Share your IRONMAN 70.3 Middle East Championship Bahrain experience across your profiles with **#IM703BAHRAIN**.

Stay connected with IRONMAN 70.3 Middle East Championship Bahrain across our social channels to be on top of all the latest news and exciting events:

**@IRONMANLive:** your home for detailed race day coverage (pacing, time splits, etc) of the professional race while you're on the go.

[facebook.com/imbahrain703/](https://facebook.com/imbahrain703/)

[instagram.com/im703middleeast/](https://instagram.com/im703middleeast/)

**IRONMAN Athlete Tracker App**

[twitter.com/im703middleeast](https://twitter.com/im703middleeast)



## TRACK YOUR **ATHLETE**

The 2019 IRONMAN 70.3 Middle East Championship Bahrain features the latest in real-time race tracking by providing Live Results via the IRONMAN Tracker App.

### FEATURES INCLUDE

**Live Web Tracker:** See times and current pace within seconds of a participant crossing each split point. Estimated times will be provided based on current pace.

**Live Leaderboard:** See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.

**Real-time Facebook / Twitter Notifications:** Get automatic posting as progress is made on the course. As a spectator, the times of the participant you are tracking can be posted to your Facebook or Twitter feed automatically allowing friends and family to share in the excitement! If you are a participant, claim your profile and enable Facebook or Twitter notifications. Your stats will post live as you pass each checkpoint.

**Live Map Tracking:** Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read. NOTE: Participants do not need to carry their phones for this feature to work.

**Mobile App:** Features include Live Participant Tracking, Push Notifications, Leaderboards, Map Tracking, Event Messages, Event Info and more!





# PRE RACE DAY INFORMATION



## PERSONAL COMMUNICATION PLAN

Prior to departing for Bahrain, be sure to establish a communications plan with family and friends back home. Share the race day emergency contact listed below with those who may need to reach you in an emergency. Even if you are in Bahrain with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

## ATHLETE CHECK-IN

Athlete Check-In hours are

- Thursday, December 5 from 10 to 5 PM and
- Friday, December 6 from 9 AM to 4:30 PM at The Avenues Park, Bahrain Bay.

Athlete Check-In will NOT be open on Saturday (race day). If you do not check-in during the designated Athlete Check-In hours you will not be able to race. ALL RACE PACKETS MUST BE PICKED UP BY 4:30 PM ON FRIDAY, DECEMBER 6.

Please bring the following items with you to Athlete Check-In:

- Photo Identification Card

Athletes competing in IRONMAN 70.3 MEC Bahrain events are required to check-in at the venue during the dates and times listed in the Athlete Guide and Event Schedule. Athlete Check-In will not be available outside the posted times. Should an athlete have a legitimate emergency, IRONMAN 70.3 MEC Bahrain will try to accommodate the athlete to the best of our ability as long as the athlete informs IRONMAN 70.3 MEC Bahrain.

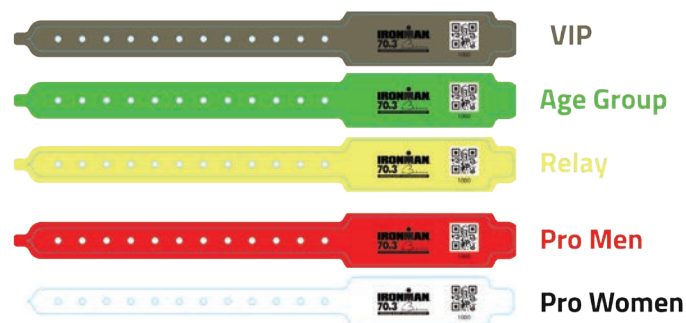
*Athletes who show up after the posted check-in dates and times will not be allowed to race unless prior arrangements were made.*

## YOUR RACE PACKET WILL INCLUDE:

- Race bib- to be worn on the run
- Bike/Helmet stickers
- Swim cap
- Gear Bag stickers
- Gear Bags
- Tattoos

- Athlete wristband- which must be attached at time of check-in and check-out
- \*You will pick up your timing chip before leaving the Transition Area during Bike Check-In area Athletes will not be permitted to have any other stickers on their bikes other than the bike frame sticker issued at Athlete Check-In. The bike frame sticker cannot be altered in any fashion and the race logo MUST be visible. Any previous event stickers on the bike must be removed.

Athletes must wear all official race participant items issued at Athlete Check-In. Items include; the official swim cap, wristband, bike stickers, race bib number, and timing chip. Failure to do so or wear outside items will result in a DSQ.



## ATHLETE WRISTBAND

A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official athlete and must be worn during race week. The wristband is required for medical identification purposes and allows you access to banquets, transition and post-race athlete recovery areas.

You will not be allowed to remove your bicycle and/or gear from transition following the race without your wristband affixed to your wrist.

Athletes must wear all official race participant items issued at Athlete Check-In. Items include; the official swim cap, wristband, bike stickers, race bib number, and timing chip. Failure to do so or wear outside items will result in a DSQ.



# RACE PACK



## RACE NUMBER

You will be issued a sheet of stickers; these are for you to number your kit with. Your bike, helmet and bags must have your race number stickers on them. You will also have a race number to wear on your back for the bike and front for the run. You can use safety pins if you wish. However because you need to change the position in transition it is strongly recommended that you get a race belt which saves you time, allows you to easily switch clothing and avoids putting holes.

## TATTOOS

You will also have two temporary race number tattoos in your race pack. The number tattoos are for your arms, between your shoulder and elbow. We recommend you apply both tattoos at home the night before or morning of the race. These tattoos are optional and do not need to be worn.

Please follow the instructions on the back of the tattoos carefully.

## ID WRISTBAND

Your wristband with your race number printed on will be placed on your wrist during registration, you must wear this wristband at all times from this point until the Awards Ceremony on Friday as this is essential to gain you access into the "Athlete Only" areas. Relay Teams will be issued with three wristbands.





# RACE **PACK** *CONT...*

## **BAGS**

You will be issued with three bags at registration. Ensure that you stick the numbered stickers on the bags firmly before you put your gear in them. You will not have access to your blue or red bag prior to the race start on Saturday, so you must ensure that all the items you need are in the bags on Friday when you rack.

Please note that you cannot mark these bags, other than with your race number sticker. Any marking will be removed by the referees and may result in a penalty.

## **BLUE BIKE BAG**

Should contain the kit you need for the bike discipline, including your helmet and race number on a number belt. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in. This bag is racked at T1 in The Avenues Park, Bahrain Bay. Leave this bag in transition 1 for you to collect in the same area.

## **RED RUN BAG**

Should contain the kit you need for the run discipline. After you have used your red run bag for your bike-to-run transition, use this bag to pack your bike gear in, including your helmet. Drop this bag in T1 on Friday. Leave this bag in transition 1 for you to collect in the same area.

## **WHITE GEAR BAG**

This is your after race bag, it is for you to put any additional clothing you wear before the race and anything you may require after the race. Leave this bag in Registration area for you to collect it from the same area.

NB Note do not put valuables or over fill the bags. IRONMAN 70.3 Middle East Championship Bahrain are not responsible for the contents of the bags.

## **BIKE/RUN GEAR BAGS**

During Athlete Check-In, athletes will receive three bags

- ☐ White [Morning Clothes]
- ☒ Red [Run Gear]
- ☒ Blue [Bike Gear]



# *PRE RACE*

**BEFORE**



**DURING**



**AFTER**

**DROP AT  
RECOVERY AREA**

- SWIM CAP
- GOGGLES
- WETSUITE

- HELMET
- BIKE SHOES

**COLLECT AT  
RECOVERY AREA**



- HELMET
- BIKE SHOES
- RACE NUMBER

- RUNNING SHOES

- FRESH CLOTHES
- TOWEL
- SHOES





# STREET WEAR

Before the race you can leave it at the Street Wear Bags area and collect it after you finish.



**NOTE: DO NOT INTRODUCE YOUR BIKE PUMP INSIDE!**

A race number sticker will be given to mark your bike pump.



## BAGS

Hang your bags according to your bib number.

- Run gear RED BAG from the top rack.
- Bike gear BLUE BAG from the bottom rack.

**MAKE SURE ALL YOUR BAGS ARE MARKED WITH YOUR BIB NUMBER**

Each athlete is responsible for packing & re-hanging his bags during transition.



# PRE RACE INFORMATION

## MANDATORY ATHLETE BRIEFING

Athletes are required to attend the Mandatory Athlete Briefing on Thursday 5th December 2019. Please check the Event Schedule for times. The briefings will cover important information pertaining to any peculiarities of the course, rules and cut-off times for the disciplines and most importantly, any last minute changes or procedures to the event that have occurred, or may potentially occur due to weather related forecasts.

## MANDATORY BIKE AND GEAR CHECK-IN

**Bike Check-In:** The Avenues Park, Bahrain Bay

On Friday, you must rack your bike at The Avenues Park, Bahrain Bay between the times stated in the race week schedule according to your race number. You must hand in your red bag in the transition at The Avenues Park, Bahrain Bay 10 to 5 pm on Friday.

Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. Full bike covers will be removed from any bikes left in transition once Bike Check-In is over. You will have access to your bicycle beginning at 5 AM on race morning, but you will not be allowed to remove your bike from transition until the start of the bike portion of the race.

At Transition you will need your bike, helmet and blue bag with all you bike gear in it.

Be ready before you get to the entrance to transition. You must have your helmet on with the strap fastened and wearing your race number, your race number stickers on the bike, helmet and red bag, blue bag and your corresponding wristband will be checked as you enter transition. Without all these items, you will not be able to rack your bike and bag.

Athletes are responsible for ensuring that their bike and helmet are in safe, working order, IRONMAN 70.3 Middle East Championship will not be responsible for any bike failures.

When racking your bike take your time to familiarise yourself with transition. Know where the entries and exits are. There will be volunteers in transition to answer any questions, ask them now, don't wait until race day.

Security will be onsite overnight on Friday and on Saturday morning.

You collect your chip in registration. You need to wear your chip on your left ankle during the entire race.

The chip will register your individual start time as you cross the mat at the swim start and provide your swim time, bike time, run time, finish time, transition splits, overall and age group ranking.

If you lose your timing chip during the race you must notify a timing official in transition who can issue you with a replacement so you can continue the race.

## IMPORTANT

Only athletes with verifiable electronic timing data will be eligible to accept a World Championship slot or receive an award in their Age Group.

## TEAMS

The timing chip must be worn by each member on their section of the race.

You will pass the chip over to your teammate in transition, like the baton in a relay.





# PRE RACE INFORMATION *CONT...*

## COMPETITOR RESPONSIBILITIES

When you pick up your race packet and timing chip at Athlete Check-In, stop by the chip verification table to ensure that your correct name shows up on the computer screen.

- You must wear your timing chip at all times while you are racing. Prior to the swim, fasten the timing chip to your left ankle with the strap provided and do not remove it until you have finished the run.
- You may apply Vaseline around your ankle; it will not affect the timing chip. Volunteers will help you remove the timing chip at the finish line.
- If you do not start the race, you are responsible for returning the timing chip to the timing team.
- If you drop out or are pulled from the race at any time, turn in your timing chip to a race official. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your timing chip.
- Your race timing chip is a loaner. By picking up your race number and timing chip, you are guaranteeing that you will return the chip to timing, or you will be billed for its replacement.
- If you lose your timing chip during the event, you are responsible for a replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra timing chips at the timing locations above. If you lose your chip while on the run course, please notify a timing official immediately after crossing the finish line.

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

## AID STATIONS

There will be 3 Aid Station on Bike Course and 14 on Run Course. Medical Service to close to each Aid Station, Swim exit and Finish line. The general offerings are as follows:

### BIKE:

Water  
Bananas  
Gels  
Bars  
ISO Drink

### RUN:

Water  
Cola  
Pretzels  
Fruits  
BASE salt  
ISO Drink  
Bars  
Gels

WHEN YOU  
FEEL LIKE **QUITTING**

THINK ABOUT  
WHY YOU **STARTED**

# RACE BRIEFING

There will be two race briefings, one for Professionals and another for Age groups. The times and venue are included in the race week schedule. These will be held in the Acacia Hall, 2nd floor, Ramee Grand Hotel for the pros and The Avenues Park, Bahrain Bay for age group Athletes. It is mandatory to attend these briefings.

We strongly recommend novice athletes attend the Thursday briefing to benefit from the additional information included in these briefings about preparation, bike and bag racking. It also gives more time to orientate and make sure you have all your equipment ready for Saturday.

These briefings contain last minute updates on course, conditions and other instructions.





# SWIM PRACTICE

## SWIM PRACTICE

**FRIDAY, 6 DECEMBER 2019**

**9:00 AM-09:45 AM**

The swim practice will take place at the official swim start of IRONMAN 70.3 Middle East Championship Bahrain. All athletes must have registered and collected their athlete wristband from registration before they are able to join the swim. Athletes without a wristband cannot enter the water. Athletes must wear their Official Swim Cap provided in registration.

All athletes need to exit the water after their practice promptly; entry to the swim will be closed 15 minutes before athletes are due to exit the water. Swimming in The Avenues Park, Bahrain Bay at any other time is forbidden: therefore swim practice can take place only at the designated practice times and within the designated area.



“ EVERY DAY IS A  
NEW BEGINNING  
TAKE A DEEP BREATH &  
START AGAIN. ”

# RACE DAY INFORMATION

## ATHLETE CHECK LIST

### PRE-RACE:

- ☐ Directions to Hotel
- ☐ Directions to Athlete Check-In
- ☐ Directions to Race Start
- ☐ Directions to Race Finish
- ☐ Photo I.D.
- ☐ Bike Services/Tune up
- ☐ Attend Athlete Check-In
- ☐ Attend Athlete Briefing
- ☐ Study the race courses and plan your nutrition

### RACE DAY – SWIM:

- ☐ Timing Chip and Strap
- ☐ Swimsuit/Wetsuit (if applicable)
- ☐ Goggles (consider a spare pair as well)
- ☐ Race Day Swim Cap (provided at Check-In)
- ☐ Ear Plugs/Nose Plug (optional)
- ☐ Throw away long sleeved shirt and shoes to wear and discard before the race or place in your provided White (Morning Clothes Bag).

### RACE DAY – BIKE:

- ☐ Bike Pump
- ☐ Extra Nutrition
- ☐ Extra Water Bottles
- ☐ Aero Water Bottle Straw
- ☐ Bike Repair Kit
  - Bar-end plugs
  - CO2 Cartridge(s)
  - Spare Tire
  - Spare Tube
  - Tire levers
  - Valve Stem Extenders
  - Patch Kit
  - Wrench Set/Tools
- ☐ Vaseline
- ☐ Sunscreen
- ☐ Helmet
- ☐ Sunglasses
- ☐ Bike Shoes
- ☐ Socks
- ☐ GPS Watch or Bike Computer

### RACE DAY – RUN:

- ☐ Fuel Belt
- ☐ Race Belt or Safety Pins
- ☐ Bib Number
- ☐ Hat/Visor
- ☐ Reflective tape (if applicable)
- ☐ Running Shoes
- ☐ Socks
- ☐ Sunglasses
- ☐ Water Bottle

### MISCELLANEOUS:

- ☐ Body Glide
- ☐ Antibacterial
- ☐ Contacts or Rx Glasses
- ☐ Heart Rate Monitor & Chest Strap
- ☐ Towel
- ☐ Hair Ties
- ☐ Chapstick
- ☐ Post-Race Clothing
- ☐ Extra Swimsuit and Cap for practice swim (if applicable)
- ☐ Extra Tri Kit for practice
- ☐ Have a Great Race!





# RACE DAY INFORMATION *CONT...*

## WHITE BAG (MORNING CLOTHES BAG)

You will receive a white Morning Clothes Bag at Athlete Check-In. Prior to the swim start on race morning, place any items (e.g., dry clothes, car or hotel room key, meds) you may need at the finish line in your Morning Clothes Bag. Leave the bag in the designated drop area at transition. Your Morning Clothes Bag may be retrieved after the race inside Athletes garden. Any items that do not fit inside the Morning Clothes Bag, such as bike pumps and backpacks, will not be accepted.

## RACE DAY PARKING

Race day parking is located close to the transition area in The Avenues Park, Bahrain Bay.

While there are plenty of parking spaces, we ask that you carpool with another athlete when possible to ease traffic congestion on race morning. Please give yourself enough time race morning to get to transition with ample time to prepare for race day. Roads can be congested as athletes and spectators converge on the area in a short period of time.

## RACE MORNING PROCEDURE

Transition opens at 5am on race morning. Remember to bring your timing chip, swim cap, and wetsuit (Optional). Bike technicians and pumps will be available in transition race morning. Please do not wear your bib number in the swim. Leave it with your gear and put it on before you head out on the run course. You do not need your

bib number on the bike. The number will not hold up for the duration of the race if it gets wet.

Transition closes at 6am. All athletes must be out of transition and headed to the swim before this time.

## RACE TIMING AND CUT-OFFS

Athletes have 8 hours and 30 minutes to complete the race based on their individual start time. Times are calculated based on the individual start time not on the gun shot time. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

### SWIM CUT-OFF (1 HOUR 10 MINUTE)

Each athlete will get the full 1 hours and 10 minutes to complete the 1.9Km swim regardless of what time they enter the water. Athletes who take longer than 1 hours and 10 minutes to complete the swim will receive a DNF. IRONMAN 70.3 MEC Bahrain officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

### SWIM + BIKE CUT-OFF (5 HOURS AND 30 MINUTES)

There will be 2 intermediate cut-offs for the bike course. The 1st cut-off is at 10:40 am at the 56.5Km Close to Aid Station number 2. The 2nd cut-off is after 5 hours and 30 minutes after Swim plus Bike starts.

## RUN CUT-OFF

Athletes must finish the race within 8 hours and 30 minutes.

IRONMAN 70.3 MEC Bahrain, reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time, and average speed up to that point.

Athletes who do not meet the above cut-offs will be considered a DNF and will not be eligible for age-group awards or for 2020 IRONMAN 70.3 World Championship in Taupō, New Zealand.

## MEDICAL AREA

The medical area is for athletes only; family members are not allowed. Overcrowding in the medical area prevents the medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the medical tent for updates on your athlete's condition.



# CUT-OFF TIMES

01:10:00



05:30:00



+

T1

+



08:30:00



+

T1

+



+

T2

+



BIKE INTERMEDIATE  
CUT OFF AT

10:40 AM  
BAHRAIN TIME



+

T1

+



56.5 KM  
CLOSE TO AID STATION 2

Times are calculated based on individual start time, not on the Gun start time.

## SERVICES

Bike mechanical service available at Transition and KM 50.  
There will be four mobile mechanical service around the bike course.  
White Bags Collection, at the Registration Area/ tent  
Massage Service, at the Recovery Area.





# POST RACE DAY INFORMATION

## BIKE AND GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out is from 12 Noon to 4 PM in the transition area on race day. You are required to reclaim your bicycle and gear after the race. You must have your athlete wristband on in order to claim your bike and gear. If your bags are not reclaimed from 12 Noon to 4 PM IRONMAN 70.3 MEC Bahrain, will not be responsible for any items left over night.

## POST-RACE MASSAGE THERAPY

The IRONMAN 70.3 MEC Bahrain massage therapy team will provide complimentary post-race massage therapy to athletes ONLY on a first-come, first-served basis.

## RACE PHOTOGRAPHY

FinisherPix will have several photographers working at the swim exit, on the bike course, on the run course, and of course, at the finish line!

## HOW TO ORDER YOUR PIX:

- To be notified as soon as photos are online, register your email address at [www.finisherpix.com](http://www.finisherpix.com)
- Have your number visible on the FRONT of your bike helmet so you can be identified in your cycling photos.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- 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 [www.finisherpix.com](http://www.finisherpix.com) to view, order, and share your photos from the event.

## LOST AND FOUND

During race week, Lost & Found will be available at the IRONMAN Store. After the conclusion of the event, please contact [bahrain70.3@ironman.com](mailto:bahrain70.3@ironman.com) to locate any missing items and schedule returns. Shipping fees will apply.

\*All unclaimed items will be donated within 30 days.

# SWIM COURSE

One Lap Course, The Avenues Park, Bahrain Bay hosts the start and the swim of IRONMAN 70.3 Middle East Championship Bahrain. A one lap of 1.9km will begin and finish at The Avenues Park, Bahrain bay.

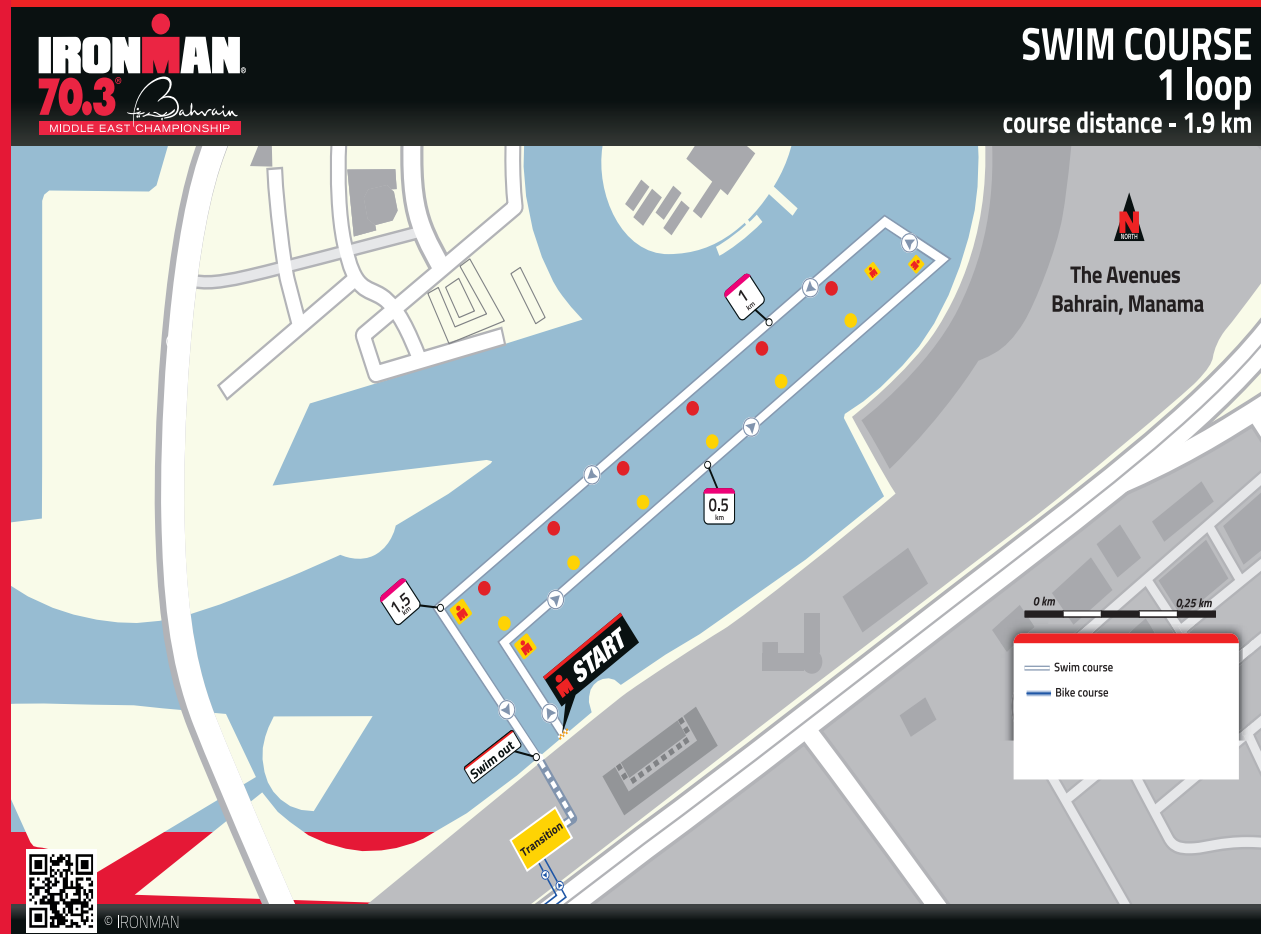
This event will incorporate a rolling swim start for age group athletes and Pro athletes. The Pro athletes will have an in water start at (Male 6:20 am) and (Female 6:23 am). There will be a one minute warning before the start horn goes off, there will not be a countdown.

Age group athletes will enter the water in a continuous stream through a controlled access point at 6:30 am. The timing chip will register each athlete's start time when they cross the timing mat at the swim entry ramp. There will be no warm up in the water prior to the start, so make sure you prepare properly in the assembly area.

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

Each athlete will be given a race start time when the timing chip register at the swim start, just before entering the water.

Athletes have 1 hour 10 minutes to complete the swim course from their start time registered by the timing chip. The bike out will close 1 hour 20 minutes after the last starter, any athletes still in transition will not be allowed on the bike course.



# SWIM EXIT

Swim Exit must be reached following the Official Course. All athletes must cross over the timing mat at the Swim Exit. If you Do Not Start the race or you Drop Out before reaching the Swim Exit:

- ⚠ Communicate immediately to Medical Staff, Official Staff or a Race Referee.
- ⚠ Failing to communicate will initiate an Emergency Rescue Search to be paid by the athlete.



EVERYONE'S DREAM CAN COME TRUE  
IF YOU JUST STICK TO IT  
AND WORK HARD

-SERENA WILLIAMS

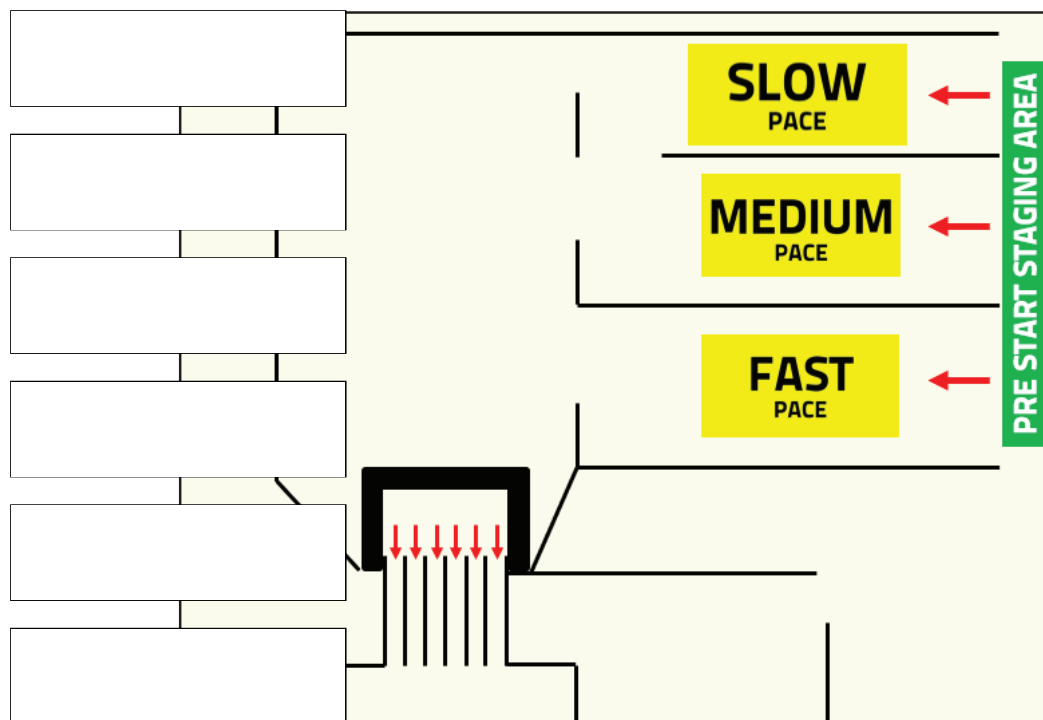




# *SWIM START PROCESS*

## **AT THE SWIM START:**

**LOOK FOR YOUR GROUP SIGN AND SEED YOURSELF AT THE PRE START AREA**



# SWIM COURSE RULES

- Athletes must wear cap provided by race.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- When the use of wetsuits is forbidden, clothing covering the neck, clothing covering any part of the arms below the elbows, and clothing covering any part of the leg below the knee, is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim.
- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.

## SWIM TO BIKE TRANSITION

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

Please inform family and friends to stay off the bike and run course. NOTE: Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, kayaks, buoys, and aquatic crafts that line the course



# BIKE COURSE



One Lap Course, Exiting transition 1 from The Avenues Park, Bahrain Bay, participants will cycle through an extremely interesting bike course. Riding from The Avenues Park landmark in Bahrain Bay through the city, participants will pass vital landmarks such as Bahrain World Trade Center, Bahrain Financial Harbor, Dilmun Burial Mounds, National Charter Monument and Bahrain International Circuit and then back to The Avenues Park, Bahrain Bay.

## DRAFTING AND POSITION RULES

- "Drafting" means to remain within the draft zone (as described below) of another athlete for a period longer than 25 seconds. Drafting during the Race is prohibited; (5:00 Minute Time Penalty)
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes 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; (5:00 Minute Time Penalty)
- Prior to entering the draft zone of another athlete, professional athletes must move to the side of the athlete being overtaken (i.e., no slipstreaming). Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty)
- Athletes must remain outside of the draft zone (6 bike lengths between bikes) except when passing. Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty)
- A "pass" occurs when the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being overtaken;
- The overtaking athlete may not back out of a draft zone after entering into it. Once an overtaking athlete enters the draft zone of another athlete, a pass must be completed; (5:00 Minute Time Penalty)
- An overtaken athlete must immediately drop out of the draft zone of the passing athlete, and must continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by the overtaken athlete prior to dropping out of the draft zone will result in an



# BIKE COURSE DETAILS

- Overtaken athletes who remain within the draft zone of the passing athlete for more than 25 seconds will be given a drafting violation; (5:00 Minute Time Penalty)
- Athletes must ride single file on the far-right side (or left side depending on local law) of the bike course road except when passing another athlete (or for reasons of safety). Side- by-side riding is not permitted and may result in a drafting or blocking violation; (5:00 Minute Time Penalty or 0:30 Minute penalty)
- Exceptions: An athlete may enter the drafting zone without penalty only under the following conditions:
  - If an athlete enters the drafting zone and completes a pass within 25 seconds;
  - For safety reasons;
  - Entering and exiting an aid station or transition area;
  - An acute turn; and
- If a Race Official exempts a section of the course because of narrow lanes, constructions, detours, or for other safety reasons.
- Athletes who impede the forward progress of other athletes will be given a blocking violation; (0:30 Minute Time Penalty) and
- Athletes violating rules under this Section 5.04 will be notified “on the spot” by a Race Referee. Please note: if a safety hazard prevents a referee from notifying an athlete “on the spot” (e.g., heavy traffic, narrow roads, congested area, etc.) the referee will notify the penalized athlete when the safety hazard no longer exists.

## PENALTY TENT

- All bike-course time penalties will be served in a designated Penalty Tent (“PT”). The location of the PTs will be the transition area or besides transition area. After a rule violation is issued to the athlete, it is the athlete’s responsibility to report to the next PT on the course. Failure to stop at the next PT on the bike course will result in disqualification;
- While in the PT, athletes can consume only the food and/or water that is on the athlete’s bike or person; (DSQ)
- Athletes are prohibited from using the restroom while serving a penalty in the PT.

Using the restroom while serving a time penalty will result in disqualification; and

- Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the PT is prohibited. (DSQ)

## Race Distance: IRONMAN 70.3 MEC Bahrain

1st BLUE CARD Offense 5:00

2nd BLUE CARD Offense 5:00

3rd BLUE CARD Offense DSQ

## BIKE SPECIFICATIONS

- All bicycles and bicycle equipment must conform to the specifications set forth in this Section. Any athlete (other than an athletes competing in the HC Division or the PC Open Division) using a nonconforming bicycle or otherwise violating this Section will be disqualified:
- Length cannot exceed two meters, and width cannot exceed 75 centimeters;
- The distance from the ground to the center of the chain wheel axle must measure at least 24 centimeters;
- A vertical line touching the front most point of the saddle may be no more than 5 centimeters in front of and no more than 15 centimeters behind a vertical line passing through the center of the chain wheel axle. The cyclist must not have the capability of adjusting the saddle beyond these limits during the Race;
- The “front-to-center” distance, which is defined as the distance between a vertical line passing through the center of the chain wheel axle and a vertical line passing through the center of the front axle, must measure not less than 54 centimeters, except where the distance between the center of the chain wheel axle and the top of the saddle is less than 71 centimeters (in this case the front-to-center distance cannot be less than 50 centimeters). The “front-to- center” distance must not measure more than the 65 centimeters, or seven eighths of the distance between the center of the chain wheel axle and the top of the saddle, whichever is greater. Applicability of the two foregoing exceptions is determined by measuring from a point on top of the saddle which is 14 centimeters behind the front most point of the saddle.



# BIKE COURSE DETAILS

- Fairings are prohibited. Any device added or blended into the structure that may decrease, or that has the effect of decreasing, resistance to air penetration, or that may artificially accelerate propulsion, such as a protective screen, fuselage form fairing or the like, is prohibited; (DSQ)
- Except as otherwise determined by the Event Director in the interest of safety, the front wheel may be of a different diameter than the rear wheel;
- Handlebars and stem must be fashioned to prevent any danger. All handlebar ends must be solidly plugged to lessen the possibility of injury; (0:30 Minute Time Penalty, DSQ if not remedied promptly)
- There must be one working brake on each of the two wheels; (DSQ)
- There must be a free-wheeling mechanism between the crank and the rear wheel that allows the bicycle to roll forward while the pedals remain stationary; (DSQ)
- All aspects of the bicycle must be safe to the rider and to other athletes in the Race. Minimum safety standards include, but are not limited to, properly glued and sealed tires, tight headset and handlebars, and true wheels; and
- Non-traditional or unusual bikes or equipment are illegal unless, prior to the start of the Race, approval has been granted from the Event-specific Head Referee. (DSQ)

## MEDICAL SUPPORT

If you need minor medical assistance, vehicle will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the vehicle will take you to the next aid station.

Cyclists still on the course after the bike cut-off will be disqualified and will not be permitted to continue in the event.

There will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance. There will be bike aid stations along the bike course. It is your responsibility to slow for safe nutrient pick-up. Call out your requirements clearly and in advance.

Crews are instructed not to step across the white line for handoffs. It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course. A

five minute time penalty will be assessed for discarding litter outside the designated drop zone.

Technical support vans will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient.

## Local Traffic Laws

Realize that you are an ambassador for the sport and the event and the impact of your actions is far reaching. When you're out riding the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to the residents of the local community.

Every time a cyclist has an altercation with a driver, that driver sees every cyclist on the road as the enemy.

Every time a cyclist is courteous to a driver, that driver will give every cyclist on the road that much more respect and courtesy in return.

Please think before you act. When training, please follow these suggestions:

Please wear a helmet during all official activities when you are riding your bike. This includes competition, course familiarization and training session activities when you are riding your bike. This includes competition, course familiarization and training sessions.

Please ride single file. This is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.

Please obey traffic laws (stop at stop signs, signal when turning, etc.).

Please do not use private property as a toilet.

Please do not litter. Keep your energy bar and gel wrappers with you until you find a trash can.

Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense.





Khalifa • El Amine Fichtail Mendi • El-Gammal Tariq •  
 Forero Yezith • Gibson Brandon • Gnocchi Graziano •  
 Gupta Vikas • H.Hafiz Mohammed • Haider Yousif •  
 Hrbek Jaroslav • Jacobs Nicolas • James Craig •  
 Hardy • Kalafatoglu Mehmet • Denis •  
 • Koehler Dirk • K •  
 Eddie • Magboul •  
 a Radu Bogdan •  
 oni Ugo • Mo •  
 un Eirik • Mira •  
 Christian

Khalifa

Mohammed • Novikov Yuriy • Obbohat •  
 Magpulong • Pola Roberto • Pratt Doug • Przelaskow •  
 Schuler Fabio • Schwaller Pascal • Singletary Brian •  
 Glen • Tikhomirov Sergey • Toichubaev Nurbek • To •  
 Vogelgesang Peter Jan • Wanandi Albertus • Zein Moh •  
 Alves Carlos • Amann Wolfgang • Ayala Ciriaco • Beatti •  
 Daniel • Caporale Andrea • Cento Alessandro • Cornee Pa •  
 Mercq Jean-Fabien • Demers Gilles Paul • Dermutz Georg •  
 astien • Flandez Danny • Gallucci Michael • Gauta •  
 ch Michael • Hess Andrew • Hopkins Hugo • Hugo G •  
 Abhinav • Korompis Don • Konsta •  
 anoto • Martin Justin • Mo • guinner •  
 rosen Gernot • Reed Sha • R •  
 arzenbach Rene • S • avikar •  
 erghe Jeroen • V • White M •  
 Eric • Belli • Mark • Bran •  
 • D • Henry • El Gazz •  
 • rager Heinz-Peter • Ja •  
 • mane • Plas Eugen • Pras •  
 • Thomson Mark • Wharton •  
 • Hinde Stephen • Holecek Petr •  
 • Nettleton Andy • O'Regan Andrew •  
 •unting David • Clark Stephen • Duclos T •  
 Rizalito • Alsaati Roaya • Renner Anja •  
 Nattero Alice • Alsaroo Ali • Al Ans •  
 Jourdain Flavien • Janahi Salah • T •  
 Ameen Aiysha • Rahimaldeen S •  
 Muath • Al Qashar Nooh •  
 Mazhara Andrii • Molina

# WITHDRAWAL

## PRE-RACE

If you wish to withdraw from the race prior to the race start (after you have registered) please inform the help desk at registration and return your timing chip. It is important that you let us know if you are not racing so all athletes are accounted for and we know you are safe.

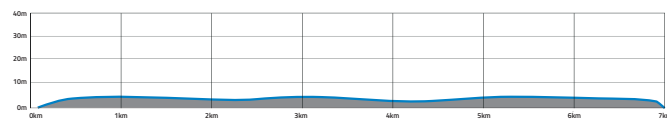
## DURING THE RACE

To comply with the health and safety plan any athlete withdrawing from the race at any time must report it to a staff member, please ask for the team leader of the area you are in. They will take your details and report them to the race office. Any athlete who fails to report their withdrawal may result in suspension from future IRONMAN 70.3 Middle East Championship events. Athletes who receive medical assistance from our medical team are exempt from this rule.



# RUN COURSE

3 loop  
course distance - 21.1 km



© IRONMAN

subject to alterations

## *RUN COURSE*

Moving out of transition 1 from The Avenues Park, Bahrain Bay, the three loop run course will loop around the heart of the Manama area next to Bahrain Bay, giving spectators more chances to cheer on their athletes. Families and friends will enjoy watching and waiting for their loved ones to finish right opposite to the Bahrain Trade Centre in The Avenues Park, Bahrain Bay itself, where the finish line will be situated.

# ***RUN COURSE RULES AND INSTRUCTIONS***

- Athletes may run, walk, or crawl.
- Athletes must wear their IRONMAN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race.

Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.

- NO INDIVIDUAL SUPPORT VEHICLES OR NON-ATHLETE ESCORT RUNNERS ARE ALLOWED. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are still competing.
- Athletes are expected to follow the directions and instructions of all race officials and public authorities.
- The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

- Athletes racing without a shirt or racing top will be disqualified.
- The race will officially end 8:30 hours after the last athlete enters the water.

## **FINISH LINE POLICY**

Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each athlete adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all athletes, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DSQ).

ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.





# DRAFTING

Drafting is when you enter someone's slip stream. The minimum distance between two athletes is 12 metres measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone.

A maximum of 25 seconds will be allowed to pass through the zone of another athlete; if you remain in this zone without overtaking, you will receive a blue card.

A "pass" occurs when the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being overtaken.

It is then up to the overtaken athlete to drop back 12m within 25 seconds so they are not drafting.

Re passing by the overtaken athlete prior to dropping out of the draft zone will incur in a drafting penalty.

Athletes cannot block another athlete from passing.

Draft Zone

12m

25 seconds



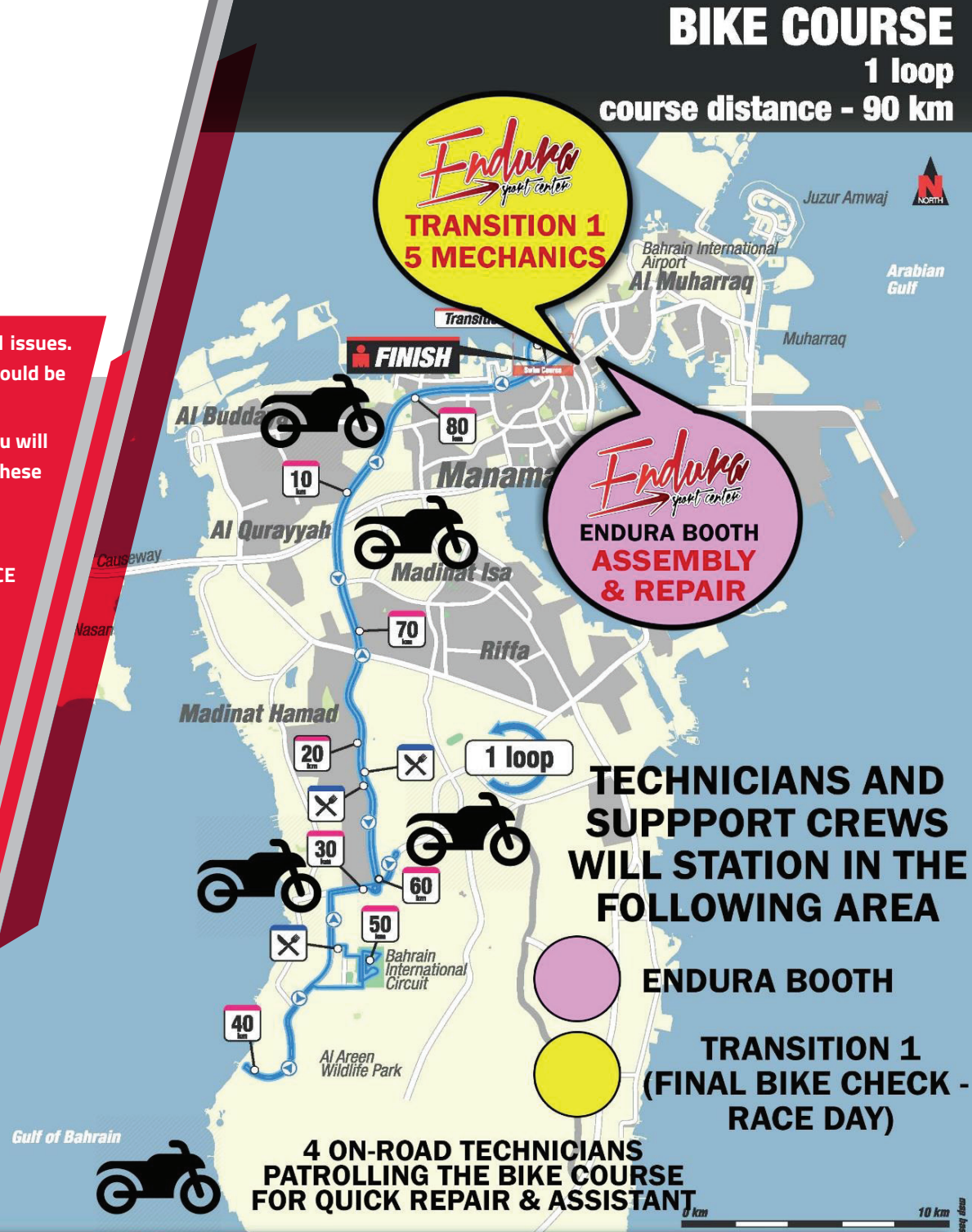
# BIKE SUPPORT

There will be Endura mechanics on course to assist with more serious mechanical issues. The mechanics and race officials will not assist with repairing punctures and you should be self-sufficient when it comes to minor mechanical issues.

While the Support Team may, at their discretion, provide spare parts to athletes, you will be required to visit the mechanics when you have completed the race to pay for these items.

The mechanics will be following the course and are not on call.

- 5 MECHANICS WILL BE AT THE TRANSITION 1 AN HOUR BEFORE THE RACE FOR FINAL BIKE CHECKING
- TRANSITION 1 BIKE RIDE AREA – 1 MECHANICS WILL BE PRESENT TO CHECK AND ASSIST THE ATHLETES
- MOTORCYCLE 1 – MALE PRO – 1 MECHANIC TO FOLLOW THE LAST PRO MEN ATHLETE
- MOTORCYCLE 2 – FEMALE PRO - 1 MECHANIC TO FOLLOW THE LAST PRO WOMEN ATHLETE
- MOTORCYCLE 3 – AGE GROUP – 1 MECHANIC WILL FOLLOW THE 1ST 600 AGE GROUP ATHLETES
- MOTORCYCLE 4 – AGE GROUP – 1 MECHANIC WILL FOLLOW THE LAST AGE GROUP ATHLETES
- MOTORCYCLE 1 & 2 MECHANICS WILL PATROL THE BIKE COURSE AFTER THE BIKE OF MALE AND FEMALE PRO (TOTAL OF 4 MOTORCYCLES IN AGE GROUP – PREFERABLY MID OF THE RACE)



# ***RULES APPLYING TO ALL SEGMENTS OF THE RACE***

## **GENERAL BEHAVIOR**

Each athlete must:

- Practice good sportsmanship at all times;
- Be responsible for his/her own safety and the safety of others;
- Know, understand, and follow all Competition Rules, as stated herein, in the Event-specific Athlete Information Guide, and at the Event-specific athlete briefings;
- Obey traffic regulations and instructions from Race Officials;
- Treat referees, officials, volunteers, spectators, the public, and other athletes with respect and courtesy;
- Obey laws and local ordinances and avoid any type of demonstration of political, religious, or racial propaganda. Failure to obey laws or local ordinances and/or failure to refrain from demonstration will result in disqualification;
- Avoid the use of abusive language;
- Inform a Race Official promptly after withdrawing from the Race. Failing to do so may result in temporary suspension or permanent expulsion from other Events;
- Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02);
- Not dispose of trash or equipment on the course (except at aid stations or other designated trash-disposal points). Intentional or careless littering will result in a time penalty or disqualification;
- Not gain or attempt to gain any unfair advantage from any external vehicle or object;
- Not use any device that will distract the athlete from paying full attention to their surroundings. Using a device in a distracting manner will result in disqualification.
- Follow the prescribed course. It is the athlete's responsibility to know the course. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing; and
- Avoid indecent exposure and public nudity at all times during an Event. Indecent exposure/public nudity may result in a disqualification.





# PHYSICALLY CHALLENGED OPEN DIVISION RULES

Participation in the PC Open Division is available to athletes with a medically verified Visual Impairment (as such term is defined below) or a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment are not eligible to participate in the PC Open Division;

- The term “Visual Impairment” means either:
- A visual acuity of 20/200 (6/60 meters) or less in the better-seeing eye with best conventional correction (meaning with regular glasses or contact lenses)
- A visual field (the total area an individual can see without moving the eyes from side to side) of 20 degrees or less (also called tunnel vision) in the better-seeing eye
- Visually impaired athletes must:
- Use only one (1) Guide (Guide can be of either gender).
- Be tethered during the swim segment of the race
- Ride a tandem bicycle during the bike segment of the race
- During the run segment of the race, use either an elbow lead or a tether lead

## Guide and Handler Information:

- A Guide competes in the race and is only permitted for Visually Impaired Athletes (please see definition of visual impaired above).
- A Handler acts as an aid for the swim start, swim finish, and transition but does not compete in any leg of the race. For more information, please see below the rules and guidelines on becoming a Handler or Guide.

Please contact the race specific email or [physicallychallenged@ironman.com](mailto:physicallychallenged@ironman.com).





# QUALIFYING *FOR THE 2020 TAUPO, NEW ZEALAND IRONMAN 70.3*

## *WORLD CHAMPIONSHIP*

The IRONMAN 70.3 Middle East Championship Bahrain will offer 75 qualifying slots for the 2020 IRONMAN 70.3 World Championship in Taupō, New Zealand.

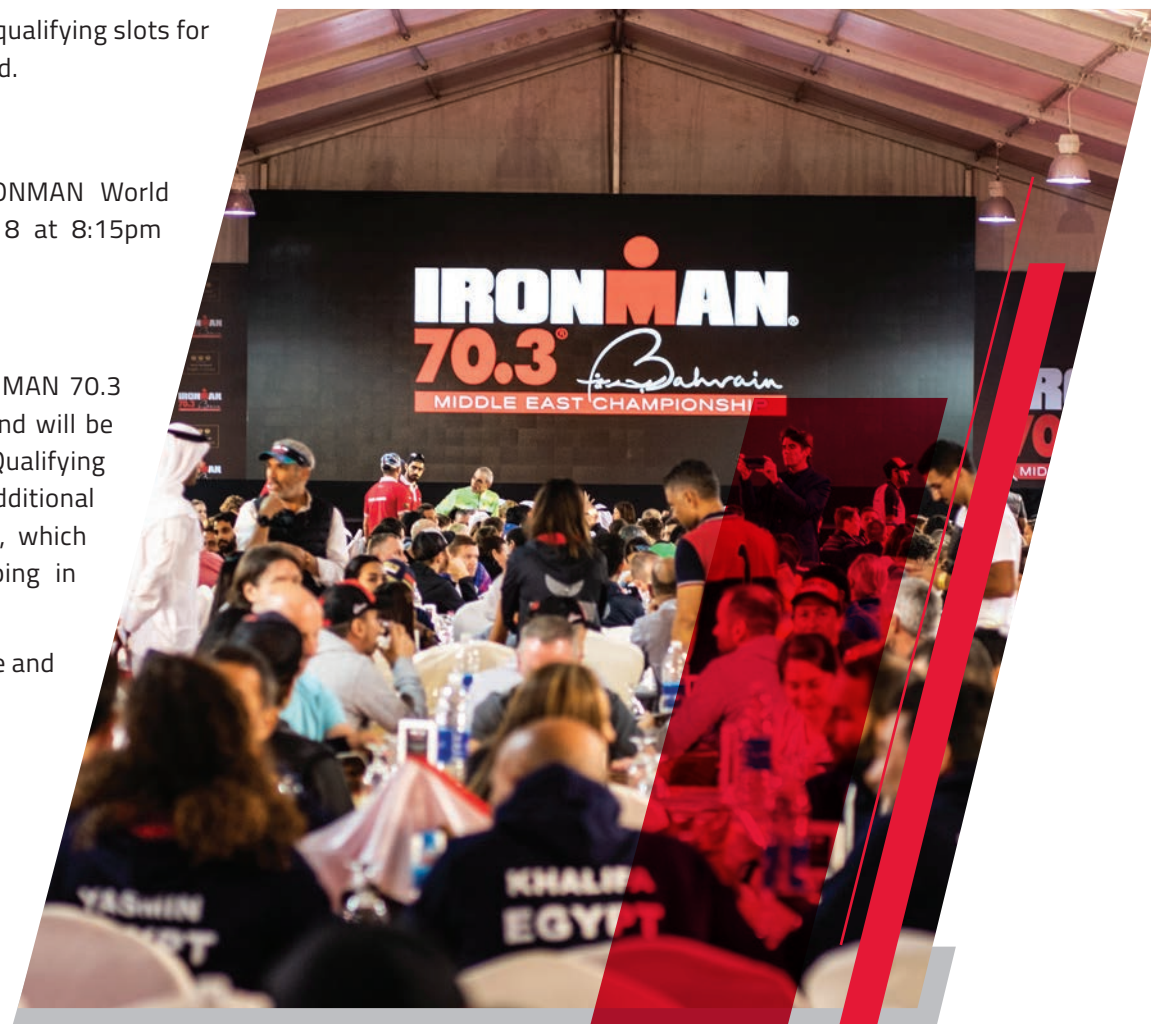
### SLOT ALLOCATION

Athletes MUST claim their slot in-person during the 2020 IRONMAN World Championship Slot Allocation Ceremony on Saturday, December 8 at 8:15pm immediately following the Awards Ceremony.

### ANTI-DOPING POLICY

Each Age Group athlete who accepts a qualifying slot for the IRONMAN 70.3 World Championship is subject to IRONMAN's Anti-Doping Rules and will be required to sign the World Championship Events Anti-Doping & Qualifying Slot Waiver for Age-Group Athletes. The waiver serves to provide additional notification of and consent to IRONMAN's Anti- Doping Program, which includes IRONMAN's efforts to combat, deter, and test for doping in accordance with IRONMAN's Anti-Doping Rules.

Please refer to IRONMAN's Competition Rules for additional guidance and information.



# TEAM RELAYS

- **SWIM START** The Swimmer will start together with the Age Group Athletes seeding himself at the Rolling Start pens according to his swimming time.
- **CHIP HANDOVER** Both the Swimmer and the Cyclist will handover the timing chip to their team relay at the Meeting Point in Transition. Enter transition through the Relays Access gate during the race.
- **MEETING POINT** - Relay athletes will meet in front of their team bike rack in transition. Bike must be racked to pass the chip.
- **FINISH LINE** - Relay Teams can go through the Finish Line together.
- **TEAM BIKE COLLECTION** - Timing Chip will be needed to collect the bike.



## OTHER RULES

- It is not permitted to ride on the other side of the road = **DISQUALIFIED**
- Bib number must be worn on the bike/run course. Failing to wear the bib number = **DISQUALIFIED**
- Being accompanied by a non-competing person in the finish chute = **DISQUALIFIED**
- If you receive a penalty on the Bike course, you have to stop at the next penalty box.
- Vest front zips cannot be opened below the end of the chest bone.
- It is forbidden to use headphones or any similar device.
- Providing assistance to another athlete is not allowed if it means giving away essential equipment to continue on the race.



## WITHDRAWING

### **IMPORTANT NOTE:**

If you stop the race and quit, you have to inform a referee or stop by the information booth at Transition Area



# APPENDIX A:

## COMMON COMPETITION RULE VIOLATIONS AND PENALTIES

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties ("Summary"). In any instance where this Summary is inconsistent with or otherwise contradicts the Competition Rules set forth in Articles I-X, the Competition Rules set forth in Articles I-X shall govern. Each athlete is responsible for knowing and understanding all Competition Rules (including without limitation any additional rules set forth in the Event-specific Athlete Information Guide).

### SUMMARY OF BIKE RULES

Drafting violation

Blocking (side by side riding)

Once overtaken, re-passing prior to dropping out of the draft zone

Once overtaken, remaining in the draft zone for more than 25 seconds

Failure to wear a shirt or sport top during the bike portion

Wearing a uniform with front zipper undone below the point of the end of the breastbone (sternum) during the competition;

During the bike segment, wearing the helmet unfastened or insecurely fastened

Wearing headsets or headphones during competition

Not wearing a helmet during all Event activities when the athlete rides the bike: e.g., competition, familiarization, and training sessions

Make forward progress without bike during the bike segment

### PENALTIES

5:00 Minute Time Penalty

0:30 Minute Time Penalty

0:30 Minute Time Penalty

5:00 Minute Time Penalty

0:30 Minute if remedied, DSQ if not remedied promptly

DSQ if not remedied promptly

0:30 Minute if remedied, DSQ if not remedied promptly

0:30 Minute if remedied, DSQ if not remedied promptly

0:30 Minute if remedied, DSQ if not remedied promptly

0:30 Minute if remedied, DSQ if not remedied promptly



# APPENDIX A: CONT...

## SUMMARY OF RUN RULES

Wearing headsets or headphones during competition

Failure to wear a shirt or sport top during the run portion

Wearing a uniform with front zipper undone below the point of the end of the breastbone (sternum) during the competition;

Crossing the finish line with a non-participating individual

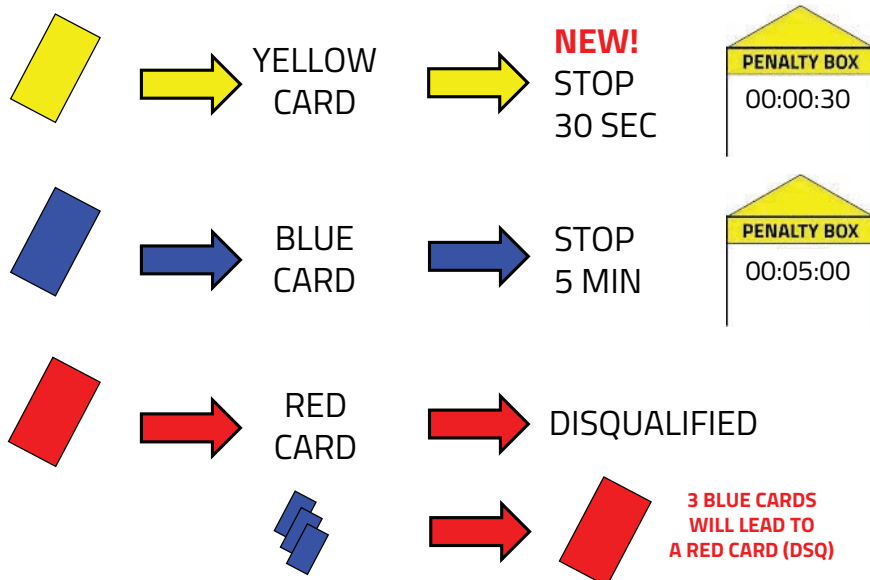
## PENALTIES

0:30 Minute if remedied, DSQ if not remedied promptly

DSQ if not remedied promptly

DSQ

## WHAT TO DO IF YOU RECEIVE A PENALTY?



# SPECIAL PROGRAM



## IronKids

IRONKIDS Middle East, Bahrain 2019

Let your kids participate and join in the fun too!! Inspire them to lead a healthy and active lifestyle.

IRONKIDS is open to all children who are 17 years or below.

IRONKIDS age and run Distance:

### Birth Year Distance

- |                 |        |
|-----------------|--------|
| 1. 2003 - 2002  | 3 km   |
| 2. 2004 - 2005  | 2.5 km |
| 3. 2006 - 2007  | 2 km   |
| 4. 2008 - 2009  | 1.2 km |
| 5. 2010 - 2011  | 1 km   |
| 6. 2012 - 2013  | 500 m  |
| 7. 2014 - 2015  | 250 m  |
| 8. 2016 - Below | 100 m  |

Schedule: Friday, 6th December 2019 at 5:00 PM.

Race Venue: The Avenues Park, Bahrain Bay.

Race Kit (Bib, T-Shirt, Bag) to be collected on or before the race day at the Race venue during registration hours.



**1st**  
PLACE

**2nd**  
PLACE

**3rd**  
PLACE





# AQUATHLON

## IronKids Aquathlon

IRONKIDS Middle East, Bahrain 2019

Let your kids participate and join in the fun too!! Inspire them to lead a healthy and active lifestyle.

IRONKIDS is open to all children who are 17 years or below.

IRONKIDS age and run Distance:

Birth Year	Swim	Run
1. 2003 - 2002	500m	3km
2. 2004 - 2005	300m	2.5km
3. 2006 - 2007	200m	2km
4. 2008 - 2009	150m	1.2km
5. 2010 - 2011	100m	1 km
6. 2012 - 2013	50m	500m
7. 2014 - 2015	25m	250m

Schedule: Friday, 6th December 2019 at 10:00am to 11:00am.

Race Venue: The Avenues Park, Bahrain Bay.

Race Kit (Bib, T-Shirt, Bag) to be collected on or before the race day at the Race venue during registration hours.



**1st**  
PLACE

**2nd**  
PLACE

**3rd**  
PLACE



# ***IRONGIRL***



## **IronGirl**

Distance: 5km Run

Schedule 2019: 6TH DECEMBER, 4 PM

Venue: The Avenues Park

2019 IRON GIRL Bahrain Entry Fee: \$45 + 8% Active fee.

T-Shirt (pre race), Sling Bag (pre race), to be collected on or before the race day at the Race venue during registration hours.



**1st**  
PLACE

**2nd**  
PLACE

**3rd**  
PLACE







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**70.3®**

*Bahrain*

MIDDLE EAST CHAMPIONSHIP

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**ATHLETE GUIDE 2019**

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