Welcome to IRONMAN® 70.3® Hawai‘i

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Qualifying for the 2019 IRONMAN® 70.3® World Championship

Qualifying for the 2019 IRONMAN® World Championship
Aloha Athletes!

Your time is here. Your time is NOW! Welcome to the 16th year of racing the IRONMAN 70.3 Hawai‘i (Honu)! The race venue allows us to deliver a first-class event experience with an expert crew of volunteers and staff – their dedication and commitment to this event is what makes Honu a great success! I would also like to extend a sincere thank you to the state, county and local businesses; our partnership with them is what has made this event possible over the last fifteen years.

There is much to do during race week and I hope you take the time to explore the Island of Hawai‘i; take in the beauty and energy this island has to offer you! On race day, you’ll feel the spirit of Hawai‘i as volunteers and countless spectators cheer you on along the course – from the swim start to the finish line. During your journey on the swim course you will enjoy the clear, warm blue Pacific Ocean waters. The bike course will take you on part of the world-renowned IRONMAN World Championship course. The run will take you on a beautiful, yet challenging run throughout the resort grounds of Fairmont Orchid, Hawai‘i and Mauna Lani Golf Course. You will finish the race on the gorgeous grounds of Fairmont Orchid, Hawai‘i.

During race week, you must attend one of the five mandatory athlete meetings to ensure you are ready for race day. If you have any questions or need additional support and information, please visit us at the race office, located at the host resort, Fairmont Orchid, Hawai‘i resort.

We know you have overcome obstacles and accomplished milestones to get to the starting line and we will do everything possible to help you achieve your goals on race day. The best of luck to each of you in your quest to be an IRONMAN 70.3 Hawai‘i finisher!

With Aloha,

Danielle Swenson
Race Director
IRONMAN 70.3 Hawai‘i
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 (30 second 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 you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 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 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.

If passed, drop back six bike lengths before attempting to re-pass to avoid an OVERTAKEN or 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:

1. **HELMET CHINSTRAP**
   - Your chinstrap must be securely fastened whenever you are on your bike on race day.

2. **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 and must be visible from both sides.

3. **LITTERING**
   - Do not throw ANYTHING outside of official aid stations. Blatant littering will result in a five minute penalty.

4. **UNAUTHORIZED EQUIPMENT**
   - Sorry, absolutely NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones)

5. **NO DISC WHEELS**

6. **OUTSIDE ASSISTANCE**
   - Non-racers may NOT ride or run alongside you.

7. **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.

### ANY THREE BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION. FOR EXAMPLE:

<table>
<thead>
<tr>
<th>Type</th>
<th>Violation</th>
<th>Penalty</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>DRAFTING VIOLATION</td>
<td>BLUE CARD</td>
<td>five minute time</td>
<td>served in a penalty tent on the bike course</td>
</tr>
<tr>
<td>LITTERING VIOLATION</td>
<td>BLUE CARD</td>
<td>five minute time</td>
<td>served in a penalty tent on the bike course</td>
</tr>
<tr>
<td>DRAFTING VIOLATION</td>
<td>BLUE CARD</td>
<td>five minute time</td>
<td>served in a penalty tent on the bike course</td>
</tr>
</tbody>
</table>
**2019 RACE COMMITTEE**

**IRONMAN® 70.3® Hawai‘i Race Directors**

<table>
<thead>
<tr>
<th>Danielle Swenson</th>
<th>Race Director</th>
</tr>
</thead>
<tbody>
<tr>
<td>Claudia Kane</td>
<td>Access Management</td>
</tr>
<tr>
<td>Rocky Campbell</td>
<td>Action Management</td>
</tr>
<tr>
<td>Joe Loschiavo</td>
<td>Aid Stations Run</td>
</tr>
<tr>
<td>Sheryl Cobb</td>
<td>Aid Stations Bike</td>
</tr>
<tr>
<td>Janet Higa-Miller</td>
<td>Bike</td>
</tr>
<tr>
<td>Kimi Hammonds</td>
<td>Finish Line/Post Race</td>
</tr>
<tr>
<td>Paul Berlin</td>
<td>Medical</td>
</tr>
<tr>
<td>John Bertsch</td>
<td>Public Safety</td>
</tr>
<tr>
<td>Cindy Armer</td>
<td>Registration</td>
</tr>
<tr>
<td>Melissa Braswell</td>
<td>Run</td>
</tr>
<tr>
<td>Steven Foth</td>
<td>Security</td>
</tr>
<tr>
<td>Kerstin Busse</td>
<td>Special Events/VIP</td>
</tr>
<tr>
<td>Dan Hooley</td>
<td>Swim</td>
</tr>
<tr>
<td>Andy Anderson</td>
<td>Timing</td>
</tr>
<tr>
<td>Gwen Campbell</td>
<td>Transition 1</td>
</tr>
<tr>
<td>David Huerta</td>
<td>Transition 2</td>
</tr>
<tr>
<td>Franz Weber</td>
<td>Volunteers/Information</td>
</tr>
<tr>
<td>Steve Butterfield</td>
<td>Warehouse</td>
</tr>
</tbody>
</table>

**IRONMAN® 70.3® Hawai‘i Race Office* **

IRONMAN®
74-5599 Alapa Street #1
Kailua-Kona, HI 96740
Phone: (808) 329-0063
Fax: (808) 326-2131
www.ironmanhonu.com
E-mail: hawaii70.3@ironman.com

* The IRONMAN® 70.3® Hawai‘i Race Office will be located at Fairmont Orchid, Paniolo Lounge, from:
  Tuesday, May 28 through Friday, May 31, 2019 - 9:00 am – 4:00 pm
  Sunday, June 2, 2019 - 10:00 am - 12:30 pm

Race Office re-opens in Kona on Wednesday, June 5, 2019
## 2019 Schedule of Events

### Tuesday, May 28, 2019

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00am</td>
<td>4.00pm</td>
<td>Honu Race Office Opens</td>
<td>Fairmont Orchid, Hawai`i – Paniolo Lounge</td>
</tr>
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</table>

### Wednesday, May 29, 2019

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00am</td>
<td>6.00pm</td>
<td>Bike Tech Service Opens</td>
<td>Fairmont Orchid, Hawai`i – Plaza III</td>
</tr>
</tbody>
</table>

### Thursday, May 30, 2019

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00am</td>
<td>4.00pm</td>
<td>Honu Race Office</td>
<td>Fairmont Orchid, Hawai`i – Paniolo Lounge</td>
</tr>
<tr>
<td>9.00am</td>
<td>4.00pm</td>
<td>Accreditation Office Opens</td>
<td>Fairmont Orchid, Hawai`i – Paniolo Lounge</td>
</tr>
<tr>
<td>9.00am</td>
<td>6.00pm</td>
<td>VIP Guest Services Opens</td>
<td>Fairmont Orchid, Hawai`i – Paniolo Lounge</td>
</tr>
<tr>
<td>9.00am</td>
<td>6.00pm</td>
<td>Honu Souvenir Retail Opens</td>
<td>Fairmont Orchid, Hawai`i – Plaza I</td>
</tr>
<tr>
<td>9.00am</td>
<td>6.00pm</td>
<td>Bike Works Triathlon Retail Opens</td>
<td>Fairmont Orchid, Hawai`i – Plaza II</td>
</tr>
<tr>
<td>9.00am</td>
<td>6.00pm</td>
<td>Bike Tech Service</td>
<td>Fairmont Orchid, Hawai`i – Plaza III</td>
</tr>
<tr>
<td>9.00am</td>
<td>6.00pm</td>
<td>IRONMAN® 70.3® Hawai`i Expo Opens</td>
<td>Fairmont Orchid, Hawai`i – Plaza/Salon Courtyard</td>
</tr>
<tr>
<td>9.00am</td>
<td>6.00pm</td>
<td>Athlete Check-in</td>
<td>Fairmont Orchid, Hawai`i – Salon III</td>
</tr>
<tr>
<td>11.00am</td>
<td>12.00pm</td>
<td>Athlete Pre-Race Meeting</td>
<td>Fairmont Orchid, Hawai`i – Salon I &amp; II</td>
</tr>
<tr>
<td>2.00pm</td>
<td>3.00pm</td>
<td>Athlete Pre-Race Meeting</td>
<td>Fairmont Orchid, Hawai`i – Salon I &amp; II</td>
</tr>
<tr>
<td>3.00pm</td>
<td>5.00pm</td>
<td>Athlete Pre-Race Meeting</td>
<td>Fairmont Orchid, Hawai`i – Salon I &amp; II</td>
</tr>
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</table>

### Friday, May 31, 2019

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.30am</td>
<td>6.00pm</td>
<td>Shuttle Service - see Shuttle Map for details</td>
<td>Event Parking and Fairmont Orchid, Hawai`i – Salon I &amp; II</td>
</tr>
<tr>
<td>9.00am</td>
<td>2.30pm</td>
<td>Athlete Check-In</td>
<td>Fairmont Orchid, Hawai`i – Salon III</td>
</tr>
<tr>
<td>9.00am</td>
<td>2.30pm</td>
<td>IRONMAN® 70.3® Hawai`i Expo</td>
<td>Fairmont Orchid, Hawai`i – Plaza/Salon Courtyard</td>
</tr>
<tr>
<td>9.00am</td>
<td>4.00pm</td>
<td>Honu Race Office</td>
<td>Fairmont Orchid, Hawai`i – Paniolo Lounge</td>
</tr>
<tr>
<td>9.00am</td>
<td>4.00pm</td>
<td>Accreditation Office</td>
<td>Fairmont Orchid, Hawai`i – Paniolo Lounge</td>
</tr>
<tr>
<td>9.00am</td>
<td>4.00pm</td>
<td>VIP Guest Services</td>
<td>Fairmont Orchid, Hawai`i – Paniolo Lounge</td>
</tr>
<tr>
<td>9.00am</td>
<td>6.00pm</td>
<td>Honu Souvenir Retail</td>
<td>Fairmont Orchid, Hawai`i – Plaza I</td>
</tr>
<tr>
<td>9.00am</td>
<td>6.00pm</td>
<td>Bike Works Triathlon Retail</td>
<td>Fairmont Orchid, Hawai`i – Plaza II</td>
</tr>
<tr>
<td>9.00am</td>
<td>6.00pm</td>
<td>Bike Tech Service</td>
<td>Fairmont Orchid, Hawai`i – Plaza III</td>
</tr>
<tr>
<td>11.00am</td>
<td>12.00pm</td>
<td>Athlete Pre-Race Meeting</td>
<td>Fairmont Orchid, Hawai`i – Salon I &amp; II</td>
</tr>
<tr>
<td>12.00pm</td>
<td>1.00pm</td>
<td>Mandatory Run Gear Check-In at Transition 2</td>
<td>Hapuna Beach Event Parking/Fairmont Orchid, Hawai`i – Honu Pointe</td>
</tr>
<tr>
<td>12.00pm</td>
<td>1.45pm</td>
<td>Shuttle Service - see Shuttle Map for details</td>
<td>Hapuna Beach State Park</td>
</tr>
<tr>
<td>1.00pm</td>
<td>5.30pm</td>
<td>Athlete Pre-Race Meeting</td>
<td>Fairmont Orchid, Hawai`i – Salon I &amp; II</td>
</tr>
<tr>
<td>1.00pm</td>
<td>5.30pm</td>
<td>Mandatory Bike Check-In at Transition 1</td>
<td>Fairmont Orchid, Hawai`i – Salon I &amp; II</td>
</tr>
<tr>
<td>1.45pm</td>
<td></td>
<td>Athlete Pre-Race Meeting: Spanish speaking</td>
<td>Fairmont Orchid, Hawai`i – Salon I &amp; II</td>
</tr>
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</table>
### 2019 Schedule of Events

**Saturday, June 1, 2019**

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.30am</td>
<td>10.00am</td>
<td>Shuttle Service - see Shuttle Map for details ***</td>
<td>Hapuna Beach/Event Parking/Fairmont Orchid, Hawai`i</td>
</tr>
<tr>
<td>5.00am</td>
<td>6.15am</td>
<td>Transition 1 Opens</td>
<td>Hapuna Beach State Park</td>
</tr>
<tr>
<td>6.30am</td>
<td></td>
<td>Race Starts ****</td>
<td>Hapuna Beach State Park</td>
</tr>
<tr>
<td>7.00am</td>
<td>8.30pm</td>
<td>Shuttle Service - see Shuttle Map for details</td>
<td>Event Parking and Fairmont Orchid, Hawai`i</td>
</tr>
<tr>
<td>9.00am</td>
<td>6.00pm</td>
<td>Honu Souvenir Retail</td>
<td>Fairmont Orchid, Hawai`i – Honu Pointe</td>
</tr>
<tr>
<td>11.30am</td>
<td>5.00pm</td>
<td>Bike and Gear pick up at Transition 2</td>
<td>Fairmont Orchid, Hawai`i – Honu Pointe</td>
</tr>
<tr>
<td>4.00pm</td>
<td>6.00pm</td>
<td>** RACE DAY **</td>
<td>** RACE DAY **</td>
</tr>
<tr>
<td>**</td>
<td></td>
<td>** RACE DAY **</td>
<td>** RACE DAY **</td>
</tr>
</tbody>
</table>

**6.30am**

- Race Starts
- Transition 1 Opens
- Shuttle Service
- Honu Souvenir Retail
- Bike and Gear pick up at Transition 2
- Awards Ceremony
- 2019 IRONMAN® 70.3® World Championship and 2019 IRONMAN® World Championship Slot Allocations immediately following Awards Ceremony

**Sunday, June 2, 2019**

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00am</td>
<td>3.00pm</td>
<td>Honu Souvenir Retail</td>
<td>Fairmont Orchid, Hawai`i – Plaza I</td>
</tr>
<tr>
<td>9.00am</td>
<td>3.00pm</td>
<td>Bike Works Triathlon Retail</td>
<td>Fairmont Orchid, Hawai`i – Plaza II</td>
</tr>
<tr>
<td>9.00am</td>
<td>3.00pm</td>
<td>Bike Tech Service</td>
<td>Fairmont Orchid, Hawai`i – Plaza III</td>
</tr>
<tr>
<td>10.00am</td>
<td>12.30pm</td>
<td>Honu Race Office and Lost and Found</td>
<td>Fairmont Orchid, Hawai`i – Paniolo Lounge</td>
</tr>
</tbody>
</table>

* Each Athlete MUST attend one of the five Athlete Race Meetings offered
** At Bike Check-in, transition racking will be done by bib number
*** On Saturday, June 1, 2019, shuttles do not return to Hapuna Beach State Park after 9.30am
**** Athletes will enter the water in an Age Group Rolling Wave Start

**Bike & Gear Pick-Up**

When you complete the race, pick up your gear and bike at the transition area beginning at 11.30am and no later than 5.00pm! Your athlete band or Bike Check-Out Ticket is required for bike pick up.

The Schedule of Events is tentative & subject to change. Please continue to check back regularly for updates.
**Personal Communication Plan**

Prior to departing for Hawai'i 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 Hawai'i with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

**Race Day Emergency Contact:**
IRONMAN® 70.3® Hawai'i Race Office  
Phone: 808-329-0063

**Race Office Hours:**  
Tuesday, May 28 – Friday, May 31, 2019 from 9:00 am – 4:00 pm

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**Athlete Check-In**

Athlete Check-In hours are Thursday, May 30 from 9:00 am – 6:00 pm and Friday, May 31, from 9 am to 2:30 pm at Fairmont Orchid, Hawai'i – Salon III. Please note that Athlete Check-In will not be open on race day. If you do not check in during the designated Athlete Check-In hours you will not be permitted to race.

**ALL RACE PACKETS MUST BE PICKED UP BY 2:30 PM ON FRIDAY, May 31, 2019.**

Please bring the following items with you to Athlete Check-In:
- Photo Identification
- USAT card to show proof of current USAT membership or $15.00 USD (cash only) to purchase a one-day license. If you are a USAT member and forget your card, you will be required to sign the USAT waiver and purchase a $15.00 USAT one day license.
- If you are a professional athlete, you are required to submit proof of professional status at check-in.

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**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 participant and must be worn during race week. The wristband is required for medical identification purposes and allows you access to Transition 1, Transition 2 and post-race areas.

You will not be allowed to remove your bicycle and/or gear from the Transition area following the race without your wristband affixed to your wrist. Please do not remove your wristband until after the event, as it will identify you as an athlete.

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**Body Marking Tattoo**

A body marking tattoo with your race number for each arm will be in your registration packet. Please apply it the night before following the instructions in your registration packet. Intentional alteration to the body marking tattoo of any kind is STRICTLY PROHIBITED.

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**Personal Safety**

Always train with at least one other person (especially in the open water). While swimming, please wear a brightly colored swim cap and ensure that your family members and/or friends know where you are.

When training, please bike and run on the shoulder without moving into the traffic lane. Please be courteous and aware that the people sharing the roads with you are people you will count on during race day to fulfill your physical and emotional needs. Please ride single file, as biking side by side is illegal.

As an invited guest to Hawai'i, please respect and obey the traffic laws during your training practices. Violators will be cited. You are required to carry proper identification at all times. If you are stopped, you must present your identification to the inquiring officer. Failure to do so may result in race disqualification. Your cooperation is appreciated.

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**Run Gear Bag**

Run Gear Check-In: You will receive your Run Gear Bag inside your registration packet. Athletes are required to drop off their Run Gear (RED) Bags at Transition 2 located at Fairmont Orchid, Hawai'i – Honu Pointe on FRIDAY between 12:00 pm and 5:00 pm. You will not be able to check-in run gear on race day!

**Mandatory Bike Check-In**

Mandatory Bike Check-In is on Friday, May 31 from 1:00 pm to 5:30 pm at the Hapuna Beach State Park. All bicycles must be checked in on Friday and left overnight; bike gear bags can be checked in on Saturday morning. Transition racking will be done by bib number. Bicycles will not be permitted to exit or enter the transition area on race morning. While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather. 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 5:00 am on race morning, but you will not be allowed to remove your bike from the transition area. Pack your bike gear in the appropriate gear bag and place them in the proper place. BIKE GEAR BAG MUST GO ON YOUR BIKE OR ON THE RAMP EXITING THE SWIM ON THE WAY TO TRANSITION 1.

Shoes must be in the Bike Gear Bag (BLUE) or secured to bike pedals. Shoes may NOT be beside the bike. Additionally, no other items, including backpacks may be on the ground in the transition area. Shoes and shirts must be worn at all times. Prior to Bike Check-In, please be sure you have no loose spkes, loose brakes, loose headsets, stripped cables, etc. and that handlebar end plugs are in place. You will be responsible for the safety condition of your bike. Each year, a number of athletes have discovered flats on their bikes just before the race or after the swim. Know the inflation limit of your tires. If you over inflate the tires, the morning sun can cause an increase in air pressure and ultimately, a blowout. A limited number of pumps are available on race morning. If you bring your own, give it to a family member or friend before race start. Make sure your race number is on it.

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**Timing**

- When you pick up your MyLaps Pro Chip at mandatory Bike Check-In, stop by the chip verification table to ensure that your correct name shows up on the computer screen.
- You must wear your MyLaps Pro Chip at all times while you are racing. Prior to the swim, fasten the MyLaps Pro 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 MyLaps Pro Chip. Volunteers will help you remove the MyLaps Pro Chip at the finish line.
- If you do not start the race, you are responsible for returning the Timing Chip to timing.
- If you drop out or are pulled from the race at any time, turn in your MyLaps Pro 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 MyLaps Pro Chip.
- Your race MyLaps Pro Chip is a loaner. By picking up your race number and MyLaps Pro Chip, you are guaranteeing that you will return the chip to timing, or you will be billed $75.00 (USD) for its replacement.
- If you lose your MyLaps Pro Chip during the event, you are responsible to look for a replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra MyLaps Pro Chips at the timing locations above. If you lose your MyLaps Pro Chip while on the run course, please notify a timing official immediately after crossing the finish line.
Want Up-To-Date Information on IRONMAN® 70.3® Hawai‘i?
Athletes and their `Ohana (friends and family) may now sign up to have up-to-date race related information texted directly to their phones.

Subscribe now to receive important race related information throughout the race week via text.

Text: IMATHLETE  to: 888777
This is for: ATHLETES

Subscribe now to receive important race related information throughout the race week via text.

Text: IMOHANA  to: 888777
This is for: FAMILY & FRIENDS
RACE DAY INFORMATION

Physical Addresses

Swim Start:
Hapuna Beach State Park

Transition 1:
Hapuna Beach State Park

Transition 2:
Fairmont Orchid, Hawai`i (Turtle Pointe)

Finish Line:
Fairmont Orchid, Hawai`i (Turtle Pointe)

Note: Split transition, T1 & T2 are approximately 7.2 miles apart.

Free Shuttle Bus Information

Shuttle buses are available on Friday and Saturday. Please refer to Shuttle Service Schedule for details. On race morning, athletes take priority on shuttle seats to ensure timely arrival. Shuttles returning to Hapuna Beach State Park after 7:00 am on race day will experience delays due to course closure. Shuttle service between Hapuna Beach State Park and Fairmont Orchid, Hawai`i ends at 9:30 am on race day. No bikes, luggage or equipment allowed on shuttles.

Race Day Parking

Event Parking Lot is located on Ho`ohana Drive on Mauna Lani Property. Free shuttle service will be offered between Event Parking Lot, Hapuna Beach State Park and Fairmont Orchid, Hawai`i. Please refer to the Shuttle Service Schedule. Traffic to and from the Event Parking Lot/Fairmont Orchid, Hawai`i will experience delays due to course closure. Shuttle service back to Hapuna Beach State Park ends by 9:30 am on race day. Please follow the instructions of the event security and volunteers that will direct you.

HAPUNA BEACH STATE PARK - $5.00 USD PARKING FEE.

Race Morning Procedure

Transition opens at 5:00 am on race morning. Remember to bring your Chip Strap, MyLaps Pro Chip, swim cap and goggles. Bike technicians and pumps will be available in the transition area race morning. Please do not wear your bib number in the swim. Leave it with your gear as the number will not hold up for the duration of the race if it is worn during the swim.

Race Morning Check-In

During Athlete Check-In, Race participants will receive a colored swim cap. Your MyLaps Pro Chip will be distributed at the mandatory Bike Check-In. Race Day Check-In will be at Hapuna Beach State Park. You must have your timing chip secured to your ankle in order to enter the Swim Check-In compound on Saturday, June 1. You must also bring your bike gear bag with you to check-in. Check-in must be completed by 6:15 am in order to get to the water in time for the 6:30 am swim start. You will be required to walk across a timing checkpoint once you have completed the check-in process.

Drop Hotline

If you decide not to start after you have registered and checked-in your bike, you are required to drop by calling the IRONMAN® 70.3® Hawai`i Pre-Race Drop Hotline (808-334-3401). You must leave a message including a call back number. If you do not start after registering and checking-in your bike and do not officially drop by calling the Pre-Race Drop Hotline, you will not be allowed to compete at future IRONMAN® 70.3® Hawai`i races. You will also risk not being allowed to participate in all other IRONMAN® and IRONMAN® 70.3® events.

Aid Stations

Aid stations are every 8-12 miles on the bike and approximately a mile apart on the run. The general offerings are as follows:

**Bike:**
- Gatorade Endurance Formula
- Red Bull (Bike turnaround in Hawai`i only)
- Water
- Bananas and Oranges
- GU Roctane Energy Gels
- GU Energy Gels
- BASE Real Bars
- Pretzels

**Run:**
- Gatorade Endurance Formula
- Red Bull (all Aid Stations)
- Water
- Cola
- Pretzels
- Bananas and Oranges
- GU Roctane Energy Gels
- GU Energy Gels
- BASE Real Bars
- Ice
- Sponges

Aid stations will also be located at the swim start, swim-to-bike and bike-to-run transition areas and the finish line.

Athletes should bring their own drink and nutrition on race morning.

Race Timing And Cut-Offs

The race will officially end 8 hours and 30 minutes after the final wave or when the athlete starts the swim. 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**
The swim course will close 1 hour and 10 minutes after the final athlete starts the swim. Each athlete or relay team member will get 1 hour and 10 minutes to complete the swim course regardless of when they start the swim. Individual athletes and relay team members who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF.

**Bike Cut-Off**
The bike course will close 5 hours and 30 minutes after the final athlete starts the swim. Each athlete or relay team will have 5 hours and 30 minutes to complete the swim and bike course regardless of when they start the swim. Any athlete or relay team that takes longer than 5 hours and 30 minutes to complete the swim and bike course will receive a DNF.

**Run Cut-Off**
The run course will close 8 hours and 30 minutes after the final wave or athlete starts.* Each individual athlete or relay team will get 8 hours and 30 minutes to complete the entire course. Age group athletes or relay teams that take longer than 8 hours and 30 minutes to complete the entire course will receive a DNF and will not be eligible for age group awards or for IRONMAN and IRONMAN 70.3 World Championship slots.

**BIKE INTERMEDIATE CUT-OFF**
* Athletes that have not reached the 29.2 Mile Mark at the Hawai`i / Upolo Airport sign turnaround by 11:10 am will not be permitted to continue the race. This cut off is 3 hours and 47 minutes after the last swimmer enters the water.

**Run INTERMEDIATE CUT-OFFS**
* Athletes that have not reached the halfway point of the 13.1 mile run by 2:23 pm will not be permitted to continue the race.
** Athletes that have not reached the 10 mile mark by 3:13 pm will not be permitted to continue the race.

MyLaps Pro Chips will capture your splits (Swim, T1, Bike, T2, Run) and overall finish time.

IRONMAN® officials reserve the right to pull athletes off course who exceed any established course time cut-offs.
What is a Relay Team?
A relay team is when two (2) or three (3) athletes compete as a “group” to finish the triathlon. Typically, one athlete completes the swim, another the bike, and the final person does the run. Each athlete passes his/her timing strap and chip from one to the other as they complete their respective leg of the race. A two-person team can complete the race in any combination of legs. Relay team members can be comprised of a mix of gender and age. Each Athlete must be 18 years of age on race day.

Registration
Upon registration, the captain will be asked as the team captain to pay the full registration fee. The captain will create the team name and password and the other members can register later.

Due to the flexibility of teams being able to switch members at no cost and handling payment between several people, we do not allow the Full Refund Plan as an option to teams.

At least one original member from the team must compete on race day. Any changes to the team (only teammate changes, discipline changes, or team member additions) need to be made at Athlete Check-In. Make sure all members of the participating team are present.

Medical Waivers
All athletes are required to sign individual medical waivers – no waiver, no race. In order to ensure the safety of relay athletes, medical printouts of individual relay team members will be accessible in the race day communication office.

Check-In Process
All relay members must be present and together during Athlete Check-In to pick up their assigned race packets. Relay members cannot pick up race packets for their teammates and will not be able to check-in if a relay team member is missing. (This is for the safety and legal accountability of all athletes during the event).

All relay members must have a photo I.D. and be covered by USA Triathlon. If you are an annual member, please bring your valid (not expired) USAT card. If you are not a USAT member and did not pay for the $15.00 USD one-day license online, please bring $15.00 cash (credit cards and checks will NOT be accepted). If you purchased the $15.00 one-day license, you do not need to bring anything other than your photo I.D. If your team is adding or changing a teammate the new member must purchase a one-day license or provide proof of USAT membership. USAT one-day licenses are not transferable.

At Athlete Check-In, athletes will be required to sign their own individual waivers. A relay team will be assigned one bib number.

EACH TEAM WILL RECEIVE:
• 1 swim cap
• 1 bike sticker
• 1 helmet sticker
• 1 race bib to be worn on the run
• 1 athlete wristband per relay team member
• 1 bike check-out ticket

Timing chips will be picked up near the exit at Athlete Check-In. There will only be one timing chip per team. Finisher hats, finisher relay medals, and finisher shirts are given to the runner upon finishing.

Race bibs will be a different color than the individual participant field. Relay teams should look for the Relay Check-In table at Athlete Check-In.
**Timing and Chip Transfer Rules**

In order to ensure a proper chip timing reading, relay athletes must keep ankle strap and chip on their ankle at all times. Athletes must make the chip transfer from ankle to ankle at the specified relay area (relay pen) near Transition 1 and Transition 2. Athletes must not run with the chip in their hands at any time to ensure accurate chip reading.

The timing chip acts as the “baton” and athletes must hand-off the timing strap/chip to move forward to the next discipline. Failure to do so will result as a DNF.

**Swim to Bike**

The swim athlete must stay within the confines of the relay pen. Only after the chip and ankle strap has been transferred, can the bike leg athlete go to the bike rack to begin the bike portion of the event. The bike shall not be removed from the bike rack until chip is properly transferred and attached to the next teammate. The swim leg athlete will exit the swim and head to the transition area where they will locate their bike leg athlete in the relay pen and make the chip/ankle strap transfer.

**Bike to Run**

The timing chip may not be removed until the bike is properly racked in the designated spot.

Only the cyclist is allowed in transition. The cyclist must rack the bike before passing the chip to the runner.

**Run to Finish**

Only the run leg relay participant is able to cross the finish line. As a team crossing the finish line, the result will be a DQ. All other relay team participants will be able to access post-race finish line athlete areas (not including the finish line chute).

If a relay team member drops out of any leg or fails to meet the given time allotment, the relay team will not be able to continue the race and will receive a DNF.

**Relay Time Cut-offs**

Relay teams will be assigned to their own wave. It is crucial that the swimmer starts with their correct wave and start time.

The relay wave positioning is at the discretion of the race organizers. The swimmer has 1 hour and 10 minutes (1:10) from the start of the final wave to complete the swim portion of the race. Failure to do so will result as a DNF of the entire team. Similarly, the cyclist must make the respective time cut-offs on the bike course for the runner to participate. Please refer to the Athlete Guide for the intermediate time cut-offs on the run course.

**Body Marking**

The team’s bib number will be marked on both arms. You should apply them to each arm the night before. Please refer to the picture included in your athlete packet.

Each relay team will receive a “S”, “B” and “R” tattoo. The swimmer is required to put the “S” on their calf, the cyclist is required to put the “B” on their calf, and the runner is required to put the “R” on their calf.

**Race Day Access**

For safety and security measures, relay athletes are ONLY given access to their respected leg of the event and the relay pen. (i.e. Swimmers, bikers and runners are not allowed in transition when there is a relay pen). All relay teams will be allowed access to event finish line festivities and post-race photo opportunities. The running leg athlete will be the only participant allowed to cross the finish line. Crossing the finish line as a team will result in disqualification (DQ).

**Race Logistics**

**PLAN AHEAD**

It is imperative relay athletes properly communicate with their team. Each relay team is accountable for being in the designated place at the right time. Athletes are not expected to wait in the transition pen area for the entire length of the race, but athletes should be aware of anticipated finish times associated with each leg. We strongly encourage relay athletes to follow the event schedule and stay close to the relay exchange area.

*Please keep in mind access to race venues may be difficult or not possible due to race road restrictions/delays. It is up to each athlete to coordinate timing and chip transfer. Refer to the Athlete Guide for specific race start times and road restrictions/delays.*

**Finish Line**

Volunteers will be instructed to give relay athletes ‘relay medals’.

The relay medals are different than the individual medals and should be communicated pre-race to athletes, volunteers and staff.

Each relay athlete will be given two (2) or three (3) medals (depending on the number of team members) once finished. It is the responsibility of the run leg athlete to distribute additional medals to the team.

ONLY RUNNER IS ALLOWED TO CROSS THE FINISH LINE.

**Awards**

Relay awards are typically given to the top three overall relay teams. Each relay team will only receive one award. Scoring is not based on gender or age. Please check the Event Schedule for the time and place of the Award Ceremony.
IRONMAN® 70.3® Hawai`i - Shuttle Service Schedule

Friday, May 31
7:30 am – 6:00 pm  Continuous service from the Event Parking Lot to Fairmont Orchid, Hawai`i hotel entrance.

12:00 pm – 6:30 pm  Continuous service from the Event Parking Lot & Fairmont Orchid, Hawai`i hotel entrance to the Hapuna Beach State Park parking lot.

Saturday, June 1
4:30 am – 10:00 am  Continuous service from the Event Parking Lot & Fairmont Orchid, Hawai`i hotel entrance to the Hapuna Beach State Park parking lot. *see notes below

7:00 am – 6:30 pm  Continuous service from the Event Parking Lot (located off of Ho`ohana Dr.) to Fairmont Orchid, Hawai`i hotel entrance.

*Please note:

- Athletes will take priority on shuttle seats prior to race start to ensure timely arrival.
- Relay athletes will take priority from Hapuna Beach State Park to Transition 2 at Fairmont Orchid, Hawai`i.
- After 7:00 am expect delays on your return from Hapuna Beach State Park to Fairmont Orchid, Hawai`i.
- Shuttles returning to Hapuna Beach State Park will experience delays due to intermittent stops of traffic.
- IMPORTANT! Shuttle service between Hapuna Beach State Park and Fairmont Orchid, Hawai`i ends at 9:30 am.

No bikes, luggage or equipment may be transferred by the shuttles at any time. Your kōkua (support) is appreciated.
Bicycle and Gear Recovery
Mandatory bike and gear recovery is from 11:30 am to 5:00 pm in the Bike-to-Run Transition area. 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 you are unable to personally claim your bike and gear, a family member or friend may use your Bike Check-Out ticket will be provided in your race packet, photo ID required. As a precaution, give this ticket to a family member or friend prior to the race, even if you plan to reclaim your bike and gear yourself.

Athlete Food Tent & Awards Ceremony
Each athlete who completes the registration process will receive a color-coded wristband. Do not remove this band as it is necessary to redeem your meal ticket. The Awards Presentation and Slot Allocation Rolldown will begin at 4:00 pm on Honu (Turtle) Pointe at Fairmont Orchid, Hawai`i.

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?
- Register your email address at www.finisherpix.com to be notified as soon as photos are online.
- Have your bib 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/e2911 to view, order, and share your photos from the event.

Lost and Found
- Prior to the race, please stop by the IRONMAN® Race Office at Fairmont Orchid, Hawai`i – Paniolo Lounge.
- Saturday during the race, please go to the Volunteer Aid Station – Honu (Turtle) Pointe.
- Sunday after the race, please go to the IRONMAN Race Office Office at Fairmont Orchid, Hawai`i - Paniolo Lounge, 10:00 am to 12:30 pm.
- Wednesday after the race, please go to the IRONMAN® race office at 74-5599 Alapa Street, Suite 1, Kailua-Kona or call 808-329-0063.
- It is recommended you mark your gear with your race number as IRONMAN® 70.3® Hawai`i is not responsible for lost items.
- After the conclusion of the event, please contact HAWAII70.3@IRONMAN.COM to locate any missing items and schedule returns. Shipping fees will apply. All unclaimed items will be donated within 30 days.

Medical Area
The medical area is for athletes only and 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.
Swim with Honu (turtles) in the crystal blue waters of Hapuna Beach State Park on the Kohala Coast of Hawai‘i Island.

Hapuna means “Spring of Life” in Hawaiian and you will feel the energy in this beautiful bay.

Hapuna Beach State Park:
- The swim is an elongated rectangle that parallels the shore line in a clockwise direction.
- Buoys will be placed at each turn and at appropriate intervals along all legs of the course.
- All turn buoys will be right hand turns.
- At the final buoy turn LEFT towards the shore and swim finish.

Upon exiting the swim, athletes will travel through the south-end showers at Hapuna Beach State Park and up the access road to the first transition area in the parking lot.

The 1.2-mile swim is the first leg of the IRONMAN® 70.3® Hawai‘i. The water temperature is expected to be 78 degrees Farenheit. Wind chop does not usually occur early in the morning. Currents vary, moving across the course. It is an open water ocean swim, and each triathlete is expected to have the ability and conditioning to complete the swim.

Athlete Check-In packets will contain a swim cap for each athlete. This cap must be worn throughout the swim.

For those who wear prescription eyeglasses, we can collect your glasses prior to the swim start and return them to you without delay as you emerge from the water. Please label them with your name and race number.

As you exit the water onto the beach, there will be a timing check point followed by fresh cold-water showers. You are not required to go into the changing tents; however, you may not change in an open area or block another athlete’s progress. **Public nudity is prohibited.**
Athletes must wear swim cap provided by race.

No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.

Swim goggles or facemasks may be worn.

No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards.

A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, pump it up and down and call or seek assistance. Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use paddle boards and boats as aid, as long as forward progress is not made. Special provisions are made for Physically Challenged (PC) athletes. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.

The swim course will close 1 hour and 10 minutes after the final athlete starts the swim. Each athlete or relay team member will get 1 hour and 10 minutes to complete the swim course regardless of when they start the swim. Individual athletes and relay team members who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF.

Swimmers will be required to have marking tattoos on both arms.

Time penalties will be imposed on athletes not behind the official start line 5 minutes prior to the race start.

Swimwear Policy (non-wetsuit legal swimsuits only)

Swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene. Swimwear must not cover the neck, extend past the elbow, nor extend past the knees. Swimwear may contain a zipper. A race kit may be worn underneath swimwear provided, however, that the textile kit must not extend past the elbow and must not extend past the knees.

Clothing covering any part of the arms below the elbow or any part of the legs below the knee may NOT be worn, but MAY be worn upon completion of non-wetsuit swims.

Wetsuits are not allowed for professional competitors or age group competitors under the age of 70. Athletes aged 70 and older are allowed to use wetsuits, which must be 5mm thick or less. If an athlete aged 70 or older elects to use a wetsuit, the athlete will not be eligible for an Age group award or qualification to the IRONMAN® 70.3® World Championship or the IRONMAN® World Championship. They will however, be an ‘official’ finisher.

There will be medical staff available at the IRONMAN® 70.3® Hawai‘i. The medical station at Hapuna Beach State Park will handle any injuries or medical problems that arise during the swim. Individuals will be stationed along the swim course to assist you in case of a medical emergency. Problems among past contestants include nausea and vomiting from swallowing seawater, and motion sickness. Medications, such as Dramamine, taken before the swim may help, but you are strongly advised to try any medication several times before the race to avoid any adverse reactions to it. Before taking any medication, be sure it is not on the banned substance list of the IOC.

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. Sunscreen is available in transition.

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.
The Swim Course will close 1 HOUR AND 10 MINUTES after the final athlete starts the swim. Each athlete or relay team will have 1 hour and 10 minutes to complete the swim course regardless of when they start the swim.

**AGE GROUP WAVE SWIM START TIMES**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Start Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male 40-44</td>
<td>6:30 AM</td>
</tr>
<tr>
<td>Male 60-75+</td>
<td>6:35 AM</td>
</tr>
<tr>
<td>Male 35-39</td>
<td>6:39 AM</td>
</tr>
<tr>
<td>Male 30-34</td>
<td>6:44 AM</td>
</tr>
<tr>
<td>Male 55-59</td>
<td>6:48 AM</td>
</tr>
<tr>
<td>Male 50-54</td>
<td>6:51 AM</td>
</tr>
<tr>
<td>Male 25-29</td>
<td>6:55 AM</td>
</tr>
<tr>
<td>Male 18-24</td>
<td>6:55 AM</td>
</tr>
<tr>
<td>Relays</td>
<td>6:55 AM</td>
</tr>
<tr>
<td>Male 45-49</td>
<td>6:58 AM</td>
</tr>
<tr>
<td>Female 40-44</td>
<td>7:04 AM</td>
</tr>
<tr>
<td>Female 45-49</td>
<td>7:07 AM</td>
</tr>
<tr>
<td>Female 55-59</td>
<td>7:10 AM</td>
</tr>
<tr>
<td>Female 60-75+</td>
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</tr>
<tr>
<td>Female 35-39</td>
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<td>7:15 AM</td>
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<tr>
<td>Female 50-54</td>
<td>7:19 AM</td>
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<tr>
<td>Female 18-24</td>
<td>7:22 AM</td>
</tr>
<tr>
<td>Female 25-29</td>
<td>7:22 AM</td>
</tr>
</tbody>
</table>

The Bike Course will close 5 HOURS AND 30 MINUTES after the final athlete starts the swim. Each athlete or relay team member will have 5 hours and 30 minutes to complete the bike course regardless of when they start the swim.

**INTERMEDIATE BIKE CUT-OFF**

Athletes who have not reached the 29.2 Mile mark at the Hawi / Upolu Airport sign turnaround by 11:10 a.m. will not be permitted to continue the race. This cut-off is 3 hours and 47 minutes after the last swimmer enters the water.

The Run Course will close 8 HOURS AND 30 MINUTES after the final athlete enters the water.

**INTERMEDIATE RUN CUT-OFF**

Athletes who have not reached the half way point of the 13.1 mile run by 2:23 p.m. will not be permitted to continue the race.

**SECONDARY INTERMEDIATE RUN CUT-OFF**

Athletes who have not reached the 10-mile mark by 3:13 p.m. will not be permitted to continue the race.

Each athlete or relay team will have 8 hours and 30 minutes to complete the entire course.
BIKE COURSE

**BIKE COURSE DESCRIPTION**

- **Starting Elevation:** 69 ft  
- **Finishing Elevation:** 371 ft  
- **Finishing Elevation Gain:** 3493 ft

- Exit parking lot by riding towards the mountains, turn left on the access road then immediately right towards Queen Ka‘ahumanu Highway (Hwy 19).
- Turn right (south) on Queen Ka‘ahumanu Highway (Hwy 19), for 4.3 miles to Mauna Lani Drive.
- Turn around where indicated by course officials, head north on Queen Ka‘ahumanu Highway (Hwy 19), about 6 miles to the Kawaihae Junction.
- Turn right (north) onto Akoni Pule Highway (Hwy 270).
- The bike turnaround is near Hawi, at the Upolu Airport Road sign.
- Return by the same route, heading south on Akoni Pule Highway (Hwy 270).
- Turn right on Mauna Lani Drive.
- At the first roundabout take the first right exit heading down to the T2 area which is located next to the Fairmont Orchid, Hawai‘i.

**BIKE PROFILE**

- Athletes will rack their bike by bib number order in Transition 2.
- There will be five aid stations on the bike course, ranging from 8 to 12 miles apart.
- There will be timing check points at the turnarounds.
- Follow directions by course officials. Do not ride past the DISMOUNT area.

**BIKE COURSE SUMMARY**

“Challenging” and “inspiring” are terms often used to describe the IRONMAN® 70.3® Hawai‘i bike course. The scenic route follows the northern half of the famous IRONMAN® World Championship bike course on the legendary Queen Ka‘ahumanu Highway up to Hawi and back.

**BIKE 56 MI**

From the bike start to the finish, the winds can blow from 5 – 35 mph and in extreme conditions can gust up to 60 mph. Air temperatures may register in the high 80s to the low 90s along this section of the course.

A well-maintained bike will withstand a 56-mile ride without any significant problems. Most problems involve crank bolts, broken spokes, chains, cables and derailleurs. Learn all there is to know about your bike and be prepared to handle any problem.

Prior to Bike Check-In, please be sure you have no loose spokes, loose brakes, loose headsets, stripped cables, etc. and that handlebar end plugs are in place. You will be responsible for the safety condition of your bike. Each year, a number of athletes have discovered flats on their bikes just before the race or after the swim. Know the inflation limit of your tires. If you over inflate the tires, the morning sun can cause an increase in air pressure and ultimately, a blowout. A limited number of pumps are available on race morning. If you bring your own, give it to a family member or friend before race start. Make sure your race number is on it.

For security reasons, no bike will be allowed out of the bike compound without identification once Bike Check-In begins. **No bikes are allowed out of T1.**
BIKE COURSE RULES AND INSTRUCTIONS  BIKE 56 MI

- The bike course will close 5 hours and 30 minutes after the final athlete starts the swim. Each athlete or relay team will have 5 hours and 30 minutes to complete the swim and bike course regardless of when they start the swim. Any athlete or relay team that takes longer than 5 hours and 30 minutes to complete the swim and bike course will receive a DNF.

- Athletes that have not completed the 29.2 Mile Mark at the Hawi / Upolu Airport sign turnaround by 11:10 am will not be permitted to continue the race. This cut off is 3 hours and 47 minutes after the last swimmer enters the water.

Position Rules

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.

- Athletes must keep 6 bike lengths distance between bikes except when passing. Failure to do so will result in a drafting violation.

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

- Overtaking athletes may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the 6 bike lengths once it is entered (drafting violation).

- Overtaken athletes must immediately fall back 6 bike lengths before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back 6 bike lengths will result in an overtaken violation.

- Overtaken athletes who remain within 6 bike lengths for more than 25 seconds will be given a drafting violation.

- Athletes must ride single file on the right side of the road except when passing another rider or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.

- Athletes who impede the forward progress of other athletes will be given a blocking call.

- Athletes committing rule violations will be notified "on the spot" by an official.

- Do not attempt to discuss the penalty with the official.

- The official will:
  - Call out your race number and/or notify you that you have received either a BLUE CARD for drafting and intentional littering or a YELLOW CARD for any other rule violation. The official will show you the corresponding colored card.
  - Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course.

- PTs will be located approx. 28 miles at the bike turnaround in Hawi and just before Bike-to-Run transition.

The athlete will:

- Report to the next PT and tell the PT Official whether you were shown a BLUE CARD or a YELLOW CARD. If you fail to report to the next PT, you may be disqualified.

- Have race numbers marked by the PT Official with a "/" for all penalties.

- Register via the sign-in sheet.

- Resume the race after serving a 30 second stop-and-go penalty and upon having your number marked with a "/" and registering for all non-drafting violations (YELLOW CARD)

- Remain in the PT for the time indicated in the table below for each drafting and intentional littering violation (BLUE CARD).

- Be disqualified if you receive any combination of three blue card violations. If you are disqualified, you may finish the bike course but you may not start the run.

- Be disqualified for not reporting to the PT.

Race Distance: IRONMAN® 70.3®

1st Offense 5:00
2nd Offense 5:00
3rd Offense DQ

- No tandems, fixed-gear bikes, recumbents, fairings or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

- The sole responsibility of knowing and following the prescribed cycling 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 must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.

- No athlete shall endanger himself/herself or another participant. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.

- Cameras, phone cameras and video cameras are prohibited unless permission is given by IRONMAN®. If permission is given by IRONMAN®, it is the athlete’s responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera or video camera will be disqualified.

- It is required that athletes must wear a bike helmet number on the front of their helmet and a bike frame sticker. The bike frame sticker must be properly attached to your bike and must be visible from both sides.

- USA Triathlon (USAT) requires American athletes to use a CPSC-approved helmet during the entire bike portion including in and out of transition. Non-American athletes may use a helmet certified from a valid safety organization of their country, provided their country is in good standing with the International Triathlon Union. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.

- "No Pass Zone." Athletes are required to ride at a reduced rate of speed and maintain a static position on Mauna Lani Drive from the Resort Security Building (at the start of the road median) until the bike finish. This zone begins approximately .8 of a mile after turning off of Queen Ka’ahumanu Highway. The full distance of this zone is approximately 1.2 miles. Disregard for this rule places other athletes and/or race officials in immediate peril and will result in disqualification and a one-year suspension from IRONMAN® and IRONMAN® 70.3® events.
A shirt or racing top must be worn at all times.

No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches or supporters of any type may NOT bike, drive or run alongside athletes, may not pass food or other items to athletes and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow or escort.

Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts or clothing items may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a yellow card. Blatant littering will result in a blue card (5 minute penalty).

Athletes must be individually responsible for repair and maintenance of their own bike. Assistance by anyone other than IRONMAN® 70.3® Hawai‘i Bike Technical Support will be grounds for disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction. The IRONMAN® 70.3® Hawai‘i Bike Technical Support DOES NOT include the normal changing of flat tires. Assistance from official race personnel is permitted.

Athletes may walk their bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

Bike inspection is not mandatory and will not be provided at Bike Check-In. Although technicians will be available, athletes are ultimately responsible for their own bikes. However, race officials may at their own discretion make final judgment as to the soundness of the bike. Full bike covers are not permitted.

Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.

Headsets Or Headphones Are Not Allowed During Any Portion Of The Event.

**Medical Support.**
If you need minor medical assistance, a SAG 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 SAG vehicle will take you to the next aid station.

In the case of a medical emergency, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance. Cyclists still on the course at 5 hours and 30 minutes after the final wave start will be disqualified and will not be permitted to continue in the event.

**Note:** There will be bike aid stations approximately 8-12 miles apart 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 penalty will be assessed for discarding litter outside the designated drop zone.

**Note:** Technical support vans will be on the course to assist with emergency repairs whenever possible. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient.

**Local Traffic Laws**
Please remember that members of the local community use the bike course roads.

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.

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

- 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.

Hawai‘i Island’s West Hawai‘i Community is proud of its clean, graffiti-free highways. Anyone caught defacing roads or signs is subject to a fine and will not be invited to future IRONMAN® events. Please let your family and friends know only sidewalk chalk is allowed. The use of aerosol spray chalk is prohibited.

Athletes are expected to heed directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.
Beautiful doesn’t begin to describe the run course as it winds through breathtaking resort grounds. This is the only opportunity you will probably ever have to run on the gorgeous fairways of a world-class resort golf course without getting arrested!

From rolling hills of green grass, to feeling the ocean breeze along the stunning coastal bay, then heading all the way out to the petroglyph park, this run is truly a journey through paradise.

- The scenic but challenging 2 loop run course will travel throughout the resort grounds, around residential areas and golf courses, along the shoreline by Fairmont Orchid, Hawai‘i past petroglyph fields, and ancient fishponds.
- The run will be entirely within the resort grounds and will cover paved roads, cart paths and grass on several out-and-back segments.
- The run course will be hot, sunny, and over rolling hills which will be well marked and monitored by course guides.
- The run will finish at Honu (Turtle) Pointe of Fairmont Orchid, Hawai‘i.
- There will be 6 full aid stations plus several checkpoints.

Important Note: Athletes are prohibited from running on the golf course prior to Race Day. Doing so will result in race disqualification.

Run Course Rules and Instructions

- No form of locomotion other than running, walking or crawling is allowed.
- Athletes must wear their IRONMAN® 70.3® issued bib number in front of them clearly visible at all times on the run course. Bib numbers identify the official athletes in the race.
- Folding, cutting the bib number, intentional alteration of any kind or failure to wear your race number is STRICTLY PROHIBITED and may result in disqualification.
- NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT 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-participant escort runners will result in disqualification. A non-participant 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 athletes 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.
- A shirt or racing top must be worn at all times.
- The run course will officially close 8 hours and 30 minutes after the final swim wave. Athletes must make the half-way point on the 13.1 mile run by 2:20 pm to continue the race.
- Athletes that have not reached the 10 mile mark by 3:13 pm will not be permitted to continue the race.
RULES

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 competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DQ).

Event Sanction And Rules
USA Triathlon (USAT) has sanctioned the 2019 IRONMAN® 70.3® Hawai‘i. IRONMAN® 70.3® Hawai‘i has been granted certain rule dispensations so please read the Global Head Referee’s letter, the IRONMAN Competition Rules and all rule related information in this Athlete Guide. Rules may differ slightly from other USAT-sanctioned events. Refer to the IRONMAN Competition Rules (http://ironman.com/rules-and-regulations).

Athletes should be aware of the serious consequences of violating USAT Competitive Rule 3.5 - Unregistered Participants, which states:

- Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.

- Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.

Anyone who violates this rule may be banned for life from any IRONMAN® event. Violating this rule puts insurance coverage for the event at risk.

*NOTE:* ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN® 70.3® STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.

RULES APPLYING TO ALL SEGMENTS OF RACE

It is the athlete’s responsibility to know all aspects of the swim, bike and run.

- According to USAT rules, once an athlete competes as a Professional/Elite athlete anywhere in the world within the calendar year, the athlete cannot compete as an Amateur/Age group athlete in a USA-sanctioned event in that same calendar year. Failure to disclose correct status shall be cause for disqualifying the athlete from the event and may result in a one-year suspension from USAT-sanctioned events.

- Once an athlete competes as a Professional/Elite in the IRONMAN® qualifying race series season, the athlete cannot compete as an Age group athlete in that year’s IRONMAN® World Championship and/or IRONMAN® 70.3® World Championship as an Amateur.

- Participants are expected to follow directions and instructions of all course marshals and public authorities.

- Race officials shall have authority to disqualify any contestant.

- Medical personnel shall have ULTIMATE and FINAL authority to remove a contestant from the race if the contestant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any contestant will result in disqualification.

- Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in contestant being suspended from competing in any IRONMAN® or IRONMAN® 70.3® event in the future.

- As a condition of participation in each IRONMAN® and IRONMAN® 70.3® event, all registered athletes are required to acknowledge and abide by IRONMAN®’s Anti-Doping Rules. In accordance with the Anti-Doping Rules, all registered athletes are subject to ‘in and out-of-competition testing’ and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency’s anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

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

- If an athlete decides to withdraw from the race at any time, it is the responsibility of the contestant to report to the timing tent located at the finish line and turn in their bib number and MyLaps Pro Chip immediately. It is essential that race officials know where contestants are on the course at all times. Failure to comply after withdrawing from the race may result in contestant being prevented from competing in any IRONMAN® event in the future.

- IRONMAN® 70.3® reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings. Notification of any change will be in accordance with USAT procedures.

- Professional triathletes may not win Age group awards and Age group athletes are not eligible for prize money.

- For additional information regarding training sites, safety procedures, general information or questions regarding the race, please go to the race office.

- Communication devices of any type are strictly prohibited during competition. Use of such devices may result in disqualification.

- Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN®. If permission is given by IRONMAN®, it is the athlete’s responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera will be disqualified.

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

- Not wearing a shirt or racing top will result in disqualification.
MEDICAL POLICY

Welcome to the 2019 IRONMAN® 70.3® Hawai‘i.

Your safety is our primary concern. Experienced IRONMAN® medical staff will be staffing the main medical facilities near Transition 2 and the race finish. Local EMS and Medical Vans are available at Transition 1. Mobile medical vans will be patrolling the entire land course. The main medical tent is located at Transition 2/Finish line and are open from 10:30 am until closing at 4:00 pm following the race conclusion.

The medical tent as well as the official medical vans are considered part of the IRONMAN® 70.3® Hawai‘i course and may be visited for evaluation by a participating athlete without risk of disqualification.

Please seek medical help if you have the slightest hint that you may need it. You will not be disqualified for receiving medical evaluation. You will be withdrawn from the race only if you require transportation, administration of intravenous fluids or certain other prescription medications or, if in the opinion of examining medical personnel, continued participation could result in significant injury/illness. IRONMAN® 70.3® Hawai‘i medical volunteers will do all they can to keep you in the race and to ensure you finish the race safely.

Hydration and adequate electrolyte intake, especially sodium intake, during training as well as competition is especially important in IRONMAN® races. Hyper hydration prior to the event is not recommended but you certainly should not begin the day in a dehydrated state.

If you are taking any prescribed medications or have any medical conditions that may impact your performance or your treatment should you require medical intervention, it is your responsibility to notify race administration well in advance of race day. After your application has been processed, you must notify the race office immediately, in writing, of any change in your medical status/condition. Failure to do so may result in suspension or loss of eligibility to participate in future IRONMAN® events. Please understand: Full disclosure of medically relevant conditions, general health, and surgical procedures within the twelve months prior to race day is required. Medical consultation/clearance may be necessary from your attending physician prior to acceptance into the IRONMAN® 70.3® Hawai‘i.

In all cases the final decision of medical clearance is at the discretion of the IRONMAN® 70.3® Hawai‘i Chief Physician and Medical Director in consultation with the Race Director.

Athletes are solely responsible for your compliance with the Anti-Doping Rules and the WADA Prohibited List.

Please be aware that extended travel may increase the risk of Deep Vein Thrombosis (DVT). Hydrate well before and during flying, try to move about on a regular basis during travel, consider the use of compression socks to improve blood return from the legs.

Symptoms of DVT may include leg swelling, calf pain or cramping. If leg swelling persists after your flight, if you have calf or leg pain unrelated to training or shortness of breath, please visit one of the area hospitals for evaluation.

The great majority of medical visits are to the main medical tent near the finish line after the athlete has completed the race. Please do not leave the post-race area until you are reasonably certain you are OK and are able to drink without vomiting and stand without dizziness. The process of adjusting to relative inactivity after several hours of racing may take a while and some degree of cramping and discomfort is normal and does not require medical intervention.

Intravenous fluids are only provided to athletes admitted to the medical tent who present with a clear medical need for immediate fluid replacement.

PLEASE NOTE: the IRONMAN® 70.3® Hawai‘i Medical tent will close at 4:00 p.m. and athletes that need continued care after that time will need to be referred to local hospitals.

While every effort is made to provide care on site, there are types of evaluation and care that can only be provided at one of the two community hospitals in West Hawai‘i. In the event a major medical condition or trauma presents, patients may need referral to a hospital in Honolulu, 200 air miles from the Island of Hawai‘i. On site medical services provided by event medical staff are provided free of charge; all medical expenses incurred outside the medical tent or official IRONMAN® medical vans are the sole responsibility of the athlete.

Failure of the athlete to meet financial responsibility for care provided at local medical facilities may result in suspension from participation in future IRONMAN® events until accounts are settled.

Please note that USAT provides secondary insurance coverage in qualified circumstances. The athlete excess medical coverage protects each participant for the day of the event at USAT-sanctioned races, camps and clinics. When athletes purchase a USAT annual license or one-day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in a USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage.
The following slots will be allocated to the top Age Group finishers at the 2019 IRONMAN 70.3 Hawai`i.

- 2019 IRONMAN 70.3 World Championship Nice, France (women’s race – September 7, 2019) (men’s race – September 8, 2019)
- Forty (40) Qualifying Age Group slots

Athletes MUST claim their slot in-person during the IRONMAN 70.3 World Championship Slot Allocation/Rolldown Ceremony on June 1, 2019. We recommend being at least 15 minutes early as you must be present to accept a slot. Please be prepared to pay the 450 EUR, plus applicable processing fees, entry fee with CREDIT CARD ONLY; no check or cash.

How does the Age Group slot allocation work?

First, a quick note to clarify what we mean below by an “Age Group.” An Age Group is a particular age group within a particular gender. For example, “Male 25–29” is one Age Group, and “Female 25–29” is a different Age Group.

The allocation process:

- Before Race Day:
  - Each Age Group with registered athletes is tentatively allocated one slot (each, an “Initially Allocated Slot”)
  - All other slots available for the race (the “Proportionally Allocated Slots”) are not allocated until race day

- On Race Day:
  - If there are no starters in an Age Group, then that Age Group’s Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slots
  - The Proportionally Allocated Slots are then allocated among all Age Groups (i.e., those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories

- After the Race:
  - Before Roll-Down:
    - If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots
  - During Roll-Down:
    - If any slot allocated to an Age Group is unclaimed (after Roll-Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

IRONMAN 70.3 World Championship Coin
Athletes who qualify for the 2019 IRONMAN® 70.3 World Championship will receive an official IRONMAN® 70.3 World Championship Coin. This memento will serve to mark and signify qualifying IRONMAN® athlete’s accomplishments. We applaud these individuals on their hard work and dedication as they celebrate their journey to the premier event of the IRONMAN® 70.3 series!

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 a waiver – 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.
2019 IRONMAN® WORLD CHAMPIONSHIP

The following slots will be allocated to the top Age Group finishers at the 2019 IRONMAN 70.3 Hawai`i.

- 2019 IRONMAN World Championship, Kailua-Kona, Hawai`i (October 12, 2019)
- Thirty (30) Qualifying Age Group slots
- Twenty-four (24) Hawaiian Resident Qualifying Age Group slots

Athletes MUST claim their slot in-person during the IRONMAN 70.3 World Championship Slot Allocation/Rolldown Ceremony on June 1, 2019. We recommend being at least 15 minutes early as you must be present to accept a slot. Please be prepared to pay the 975 USD, which will be taxed at the Hawai`i GE Tax of 4.4386%, plus applicable Active processing fees with CREDIT CARD ONLY; no check or cash.

How does the Age Group slot allocation work?

First, a quick note to clarify what we mean below by an “Age Group.” An Age Group is a particular age group within a particular gender. For example, “Male 25-29” is one Age Group, and “Female 25-29” is a different Age Group.

The allocation process:

- Before Race Day:
  - Each Age Group with registered athletes is tentatively allocated one slot (each, an "Initially Allocated Slot")
  - All other slots available for the race (the "Proportionally Allocated Slots") are not allocated until race day

- On Race Day:
  - If there are no starters in an Age Group, then that Age Group’s Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slots
  - The Proportionally Allocated Slots are then allocated among all Age Groups (i.e., those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories

- After the Race:
  - Before Roll-Down:
    If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots
  - During Roll-Down:
    If any slot allocated to an Age Group is unclaimed (after Roll-Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

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MAHALO NUI LOA TO OUR SPONSORS