LES SABLES D’OLONNE
MANDATORY FACE COVERINGS

You must wear face coverings as soon as you enter our race venues for registration (Race village, Athlete Check-in, Bike Check-in, Bike Park...) and after the race (Finish line, Post-finish line area, checkout...)

Not complying with this rule can result in disqualification (Sporting Regulations 2020 - 4.3) Referees can punish competitors before, during and after the event

Outside of our private venues in the red zone, you can receive a 135€ fine from local authorities. Be careful, especially when training as masks are mandatory on foot, while running and biking outside of race day.
REGISTRATION

Palais des Congrès Les Atlantes, 1 Promenade Maréchal Joffre

📅 Friday, September 4th, 2020, from 10:30am to 7pm
& Saturday, September 5th, 2020, from 9am to 3pm

Only athletes are allowed in the registration area, No managers, friends or family members.

FACE COVERS ARE MANDATORY
EXPO & MERCHANDISE STORE

Place du Palais de Justice

Friday, September 4th, 2020, from 10:30am to 7pm
Saturday, September 5th, 2020, from 9am to 7pm
Sunday, September 6th, September 2020, from 9am to 4pm

FACE COVERS ARE MANDATORY
BIKE & GEAR CHECK-IN

Parking Port Olona
Saturday, September 5th, 2020
11:00 am to 7:00 pm

Face covers are mandatory. Do not remove them even when getting ready in the bike park on race day morning.

You must place your Bike gear bag (Blue) on the left-hand side of your bike and your RUN gear bag (Red) on the right-hand side of your bike. Nothing should be on the ground except for your closed gear bags.

No managers, family members or friends can enter the Bike Park with you.
Race Day Morning

**BIKE PARK**
Bike Park access from 5:30am to 6:30am
Mandatory face coverings
You cannot change your wheels

**STREET WEAR**
You must drop off your Street Wear bag on Sunday morning before the race in front of Palais des Congrès Atlantes after the finish line

**SPONSOR VISIBILITY**
Race bib numbers and race stickers must not be altered in any way and must always be visible. (DSQ)
You must bring and wear your own face covering as they are MANDATORY from Bike Park all the way to Swim Start up to the timing mat. (DSQ)

You must dispose of your mask in the specific trash disposal point.

When accessing the start line, you MUST enter through the PRO start and cross the timing mat with your chip attached to your left ankle. If you do not follow this rule, your official times will not be accounted for and this may result in athlete disqualification.
PRO START:

7:10 am : PRO Men
7:12 am : PRO Women

7:08am : We will ask PRO Men to go down the staircase and wait for departure in between the 2 fences on the beach.

7:10am: PRO Men start

7:10am: We will ask PRO Women to go down the staircase and wait for departure in between the 2 fences on the beach.

7:12am: PRO Women Start
ACCESS TO SWIM START
SWIM SEGMENT

No warmup in water before the swim start

1 segment of 1.9 KM, no loops
SWIM COURSE
BIKE SEGMENT

1 loop of 90 KM

- When exiting T1, turn left
- T2: Rack your bike at your spot according to your BIB number

You must obey all traffic regulations: do not cut corners or white lines, always ride on the right-hand side of the right lane. Not complying with the traffic laws can result in a Red card = DSQ.

When you see a volunteer with a yellow flag = DANGER!
BIKE COURSE
DRAFTING

Minimum distance in between 2 competitors = **12M** from front wheel to front wheel

A maximum of 25 seconds will be allowed to pass through the zone of another athlete.

When overtaking several athletes, the athlete must pass all the athletes and will have 25 seconds to overtake each one of those athletes.

**BLUE CARD** = Used to punish athletes for drafting

1 blue card = 5:00 Minute Time Penalty
2 blue cards = 10:00 Minute Time Penalty
3 blue cards = Disqualification

**PENALTY AREA**

When issued a blue card, you must stop at the Blue Card Penalty Area, located 50 meters before the Bike Park in order to implement the time penalty.

**WARNING**: No matter the circumstances, if you do not serve the drafting time penalty before starting the run segment, you are automatically disqualified.
BIKE PARK

It is your responsibility to put your belongings back into your transition bag, to close them and put them back in their spot:

- **BIKE gear bag** on the left-hand side of your bike
- **RUN gear bag** on the right-hand side of your bike

Nothing else should be on the ground. Not complying with this rule will result in a **YELLOW CARD**

In T2 you can not ride your bike, push your bike to its numbered place according to your BIB number.
BIKE PARK
RUN SEGMENT

When exiting the Bike Park, run a 1.9KM segment, 300m on the beach, complete the 6.23KM loop a total of three times, then run the final 100m to the finish line!

There will not be scrunchies this year to keep track of the number of loops you have completed. Your chip will do the job.

⚠️ You must keep a minimum of 4M in between yourself and other athletes.

Your uniform must be completely zipped up for the last 200 meters of the run segment.
RUN COURSE
The size of the race number (BIB) can’t be reduced or changed in any way and race numbers must be clear and visible throughout the entire race. Manipulating the race number will result in a red card, which means disqualification.

1. **You cannot wear you bib during the swim segment**

2. **You must wear a race belt, and the bib must be attached by minimum three points and worn at the lowest part of the waist.**

3. **You must wear the bib in your back during the bike segment and in front during the run segment**

**IF THE RACE BELT IS NOT CORRECTLY WORN, THE ATHLETE WILL BE ISSUED A 30-SECOND PENALTY (YELLOW CARD).**
ECO ZONES

You must not dispose of trash or equipment on the course (except at designated trash-disposal points called Eco-zones). Intentional or careless littering will result in a disqualification and unintentional littering will result in a yellow card.

ECO ZONES WILL BE LOCATED BEFORE AND AFTER EACH AID STATION
We will provide you with a face covering once you have crossed the finish line. FACE COVERINGS ARE MANDATORY

⚠️ Disqualification

No touch celebration : You cannot touch or hug other athletes when they cross the line

Winners: Once you have crossed the Finish line, you will be escorted to a relaxation area near the podium. There, you will wait for the 2nd and 3rd competitor to finish and will answer the first interview from official Medias. (Mandatory face coverings)

Friends, family members, managers and/or other spectators are not permitted to cross the finish line or enter the finish chute with competitors!

Once the 2nd and 3rd competitors finish, the Podium Ceremony will take place (Mandatory face coverings). After the Podium Ceremony, you will be escorted to a specific zone to meet all medias.

Only 1 Finish line tape for 1st place Women and 1 for 1st place Men

Post-race food and beverages will be provided to athletes in a lunch box

Post-race massage services will not be available
All PRO athletes need to provide their ID Card and Triathlon License to someone for after the race

If you are selected for the Anti-doping test:
- A chaperone will be assigned to you as soon as you cross the Finish line. This person will stay with you until you exit the finish area;
- Then the chaperone will escort you to the test site. Don’t forget your ID and License
- The chaperone will stay in the waiting room with you until you are called in by the controllers.
AWARDS

📍 Palais des Congrès Les Atlantes, 1 Promenade Maréchal Joffre
📅 Sunday, September 6th, 2020
⏰ 5:00 pm to 7:00 pm

FACE COVERS ARE MANDATORY
ACCESS STRICTLY LIMITED TO WINNING ATHLETES, NO GUESTS
PRIZE MONEY

A total of 30000 USD split up in the following way:

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2 slots will be allocated to the professional category
1 women’s slot & 1 men’s slot.

For the 2021 IRONMAN 70.3 World Championship in St George, UT
September 17/18, 2021

Due to COVID-19, the Slot allocation will be done virtually. Once results are finalized, qualified slot winners will be contacted by the PRO Athlete Services department via email to accept/decline WC slots. Any roll down will be conducted/offered accordingly.

** Please check email and spam carefully if you expect that you may have qualified for a WC slot.
Just as a reminder

PENALTIES

COVID: Wearing a face cover is MANDATORY

Athletes must wear face coverings as soon as they enter our race venues for registration (Race village, Athlete Check-in, Bike Check-in, Bike Park...) and after the race (Finish line, Post-finish line area, checkout...) Failure to comply will result in disqualification (Sporting Regulations 2020 - 4.3) Referees can punish competitors before, during and after the event, from registration until final results have been published.

YELLOW CARD

When issued a yellow card, no matter the segment, you must correct the fault (when possible) and serve the 30-second penalty on spot with the referee who issued the penalty.

BLUE CARD

1 blue card = 5:00 Minute Time Penalty
2 blue cards = 10:00 Minute Time Penalty
Penalty 3 blue cards = Disqualification

When you receive a blue card, you must serve your time penalty in the Penalty Area, located 50 meters before entering the Bike Park. (DSQ)

RED CARD

If the athlete is issued a red card, you are immediately disqualified. When issued a red card, you must stop you race once you finish the current discipline. But you can not cross the finish line.
THANK YOU!!!

This document is subject to change. Your attendance to our virtual PRO meeting is MANDATORY for latest information.