ATHLETE GUIDE
5 APRIL 2020
#MakeHistory
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**EVENT SCHEDULE**

**FRIDAY 03.04.2020**

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<tr>
<td>10:00 - 20:00</td>
<td>EXPO Area</td>
<td>Cosmos Hall</td>
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<td>10:00 - 18:30</td>
<td>Registration IRONMAN® 70.3° Greece, Costa Navarino</td>
<td>Character Hall</td>
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<tr>
<td>10:00 - 18:30</td>
<td>Registration Elpedison IRONKIDS® Greece - Nestor</td>
<td>Character Hall</td>
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<tr>
<td>10:00 - 18:30</td>
<td>Merchandising Store</td>
<td>Symbol Room</td>
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<tr>
<td>16:00 - 17:00</td>
<td>English Race Briefing</td>
<td>Orion Hall</td>
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<tr>
<td>17:30 - 18:30</td>
<td>Sunset Yoga for All</td>
<td>Costa Navarino Beach</td>
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<tr>
<td>19:00 - 21:30</td>
<td>Opening Ceremony</td>
<td>Orion Hall</td>
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**SATURDAY 04.04.2020**

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<td>10:00 - 18:00</td>
<td>EXPO Area</td>
<td>Cosmos Hall</td>
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<td>10:00 - 14:30</td>
<td>Registration IRONMAN® 70.3° Greece, Costa Navarino</td>
<td>Character Hall</td>
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<tr>
<td>10:00 - 18:30</td>
<td>Merchandising Store</td>
<td>Symbol Room</td>
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<tr>
<td>10:00 - 11:00</td>
<td>Women in Triathlon</td>
<td>Orion Hall</td>
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<tr>
<td>11:00 - 12:00</td>
<td>Nutrition Tips by GU Energy</td>
<td>Orion Hall</td>
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<tr>
<td>12:00 - 13:00</td>
<td>English Race Briefing</td>
<td>Orion Hall</td>
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<tr>
<td>13:00 - 14:00</td>
<td>Greek Race Briefing</td>
<td>Orion Hall</td>
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<tr>
<td>13:00 - 13:30</td>
<td>Priority Bike Check-In AWA</td>
<td>Transition Zone</td>
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<tr>
<td>13:30 - 17:00</td>
<td>Bike Check-In (incl. AWA)</td>
<td>Transition Zone</td>
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<tr>
<td>13:30 - 14:30</td>
<td>Registration Elpedison IRONKIDS® Greece - Nestor</td>
<td>Gialova Seafront</td>
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<tr>
<td>14:30 - 15:00</td>
<td>Warm Up Elpedison IRONKIDS® Greece - Nestor</td>
<td>Gialova Seafront</td>
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<td>15:00 - 17:00</td>
<td>Elpedison IRONKIDS® Greece - Nestor</td>
<td>Gialova Seafront</td>
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**SUNDAY 05.04.2020**

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<tr>
<td>06:00 - 07:30</td>
<td>Transition Zone Open</td>
<td>Costa Navarino Parking</td>
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<tr>
<td>07:40 - 07:51</td>
<td>11 Minute Project - Warm up Yoga session</td>
<td>Beach</td>
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<tr>
<td>08:00 - 17:00</td>
<td>IRONMAN® 70.3° Greece, Costa Navarino</td>
<td>Cosmos Hall</td>
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<tr>
<td>08:00 - 15:00</td>
<td>EXPO Area</td>
<td>Cosmos Hall</td>
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<tr>
<td>08:00 - 17:00</td>
<td>Merchandising Store</td>
<td>Symbol Room</td>
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<tr>
<td>10:00 - 10:45</td>
<td>Family Yoga</td>
<td>Romanos Garden</td>
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<tr>
<td>14:00 - 18:00</td>
<td>Bike Check-Out</td>
<td>Transition Zone</td>
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<tr>
<td>18:00 - 19:00</td>
<td>Awards Ceremony</td>
<td>Orion Hall</td>
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<tr>
<td>19:00 - 20:00</td>
<td>IRONMAN® 70.3°World Championship Slot Allocation</td>
<td>Orion Hall</td>
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<tr>
<td>21:00 - 23:30</td>
<td>After Party</td>
<td>Great Hall</td>
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*Attendance at one Race Briefing is mandatory*

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**WELCOME MESSAGE**

Thanassis Papadimitriou  
Managing Director, IQSports, IRONMAN® Greece

With great joy I welcome you at the second IRONMAN® 70.3® Greece, Costa Navarino. My wish is to enjoy it as much as you have been expecting to, the least! Our first race, almost a year ago, created incredible images for everyone, breaking many records and ensuring very high rates of absolute satisfaction both from our athletes and the audiences. The whole organizing team has made a huge effort to improve any details needed and to enrich this weekend with fun and interesting events, making it an even more memorable experience. The Elpedison IRONKIDS® Greece - Nestor and the activations within our initiative #athleTRIes are some of the highlights that we want you to experience along with those following and inspiring you. Furthermore, Messinia, the villages and towns around us are ready to offer options for entertainment, gastronomy, culture and ideas that will turn your visit into a complete and unforgettable experience.

Our whole team, and I personally, are at your disposal, at any time.

Good luck, enjoy and always keep safety in mind!

Ioannis Kouris  
Race Director, IRONMAN® 70.3® Greece, Costa Navarino

Welcome to the second edition of IRONMAN® 70.3® Greece, Costa Navarino 2020, a race which will definitely mark everyone’s memory. It is now time to harvest the fruits of all the hard work and sacrifices you’ve made during the vigorous preparation period. Crossing the finish line inside the picturesque Costa Navarino shall be your biggest reward. It is time for you to become a member of the IRONMAN® community and #MakeHistory.

Taking this opportunity, I would like to give you a warm welcome to our race and invite you to a unique experience in the blessed land of Messenia. Swim in the magical Ionian Sea waters, ride through the historical places and the antique olive groves, run in the breathtaking landscapes, and prove that #AnythingIsPossible. I would also like to thank each and everyone of you for honoring us with your valuable presence, as well as our distinguished and valuable sponsors and partners who helped us create an unforgettable experience for all of our athletes. Lastly, but definitely not least, I would like to address a big thank you to our volunteers, without the support of whom, our dream would not have been materialized.

Enjoy this race and become part of our history!
Welcome to IRONMAN® 70.3® Greece, Costa Navarino. This is the moment you have been waiting for: race day has arrived. We know you have worked hard to get yourself to the start line. So have we. On behalf of our team, our partners, our host city and hundreds of our incredible volunteers I wish you all the best and the most memorable day possible. Embrace the experience. We’ll see you at the finish line where the celebration of your accomplishment begins. ANYTHING IS POSSIBLE.

Stefan Petschnig
Managing Director IRONMAN® EMEA

Welcome to the IRONMAN® 70.3® Greece, Costa Navarino. After your many long and intensive training sessions the day you have been waiting for has finally arrived - Race day. Just like you, I feel also excited that the 2nd edition of IRONMAN® 70.3® Greece is just around the corner. I would like to take this opportunity to say a massive thank you to our partners, Costa Navarino, the Prefecture of Messenia, all the communities, the sponsors and especially to all the volunteers - without the support and dedication of all of you such an event would not be possible.

Nico Aeschimann
Regional Director Switzerland, Austria, Southeastern Europe and Middle East

Όσοι έχουν
Elpedison
φαίνονται.

Πατέ έχουν δίπλα τους τον μεγάλο παραγωγό και προμηθευτή ενέργειας, και στο πληρώμα τρόμα και στο φυσικό αέριο.

Κάλεσε
tο 18128
Rules Applying to All Segments of the Race

Each athlete competing in IRONMAN® 70.3® Greece, Costa Navarino 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);
- 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 disqualification;
- Not gain or attempt to gain 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 disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing;
- Avoid indecent exposure and public nudity at all times during an event. Indecent exposure/public nudity may result in disqualification.

Dear Friends,

A warm welcome to Messinia and Costa Navarino, the Host Destination of the second IRONMAN® 70.3®. This extraordinary event that took place in Greece for the first time last year, is a great celebration of sports and showcases the Olympic spirit right where it was born, in the Peloponnese region. Last year’s successful launch event has shown that Greece has enormous capabilities as a world-class sports destination, leaving a lasting impression to all those who visited.

This year’s event promises to create even more memorable experiences and exciting moments, following the valuable knowledge and experience that everyone involved in the race organization as well as the people of this region, have accumulated from last year’s race. The IRONMAN® 70.3® 2020 will be even more compelling, in this outstanding region of lush nature and welcoming people.

Best of luck!

Panagiotis Nikas
Governor of the Region of Peloponnese

Stephanos Theodorides
Managing Director,
TEMES S.A. – Developers of Costa Navarino

Greece and Peloponnese, welcome again this year the IRONMAN® 70.3® Greece 2020 triathlon race. Greece is well known as the birthplace of the Olympics, in which the fair play was paid with an olive wreath. Bear in mind though, that the Peloponnese is the place of another legend of antiquity. This is the place where Hercules, the strongest of all men, accomplished most of his famous labors.

You will compete this year in a beautiful landscape, largely unchanged since the time this hero created his legend. Also, before and after the race, you will have the opportunity to experience Greek hospitality and enjoy the world-renowned Mediterranean Diet.

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Best of luck!
**PERSONAL COMMUNICATION PLAN**

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

**ATHLETE REGISTRATION**

Athlete Registration hours are:
- Friday, April 3rd from 10:00-18:30 at Character Hall in Costa Navarino - next to Expo
- Saturday, April 4th from 10:00-14:30 at same place.

Please, make sure to bring ID or passport to Registration.

Athlete Registration will **not** be open on Sunday (race day). If you do not check-in during the designated Athlete Registration hours you will not be able to race. All race packets must be picked up by 14:30 on Saturday, April 4th. Only a registered athlete is allowed to pick up the race pack.

One member of your team can pick up your race pack at registration, as long as the event waiver is signed by each relay member. Please, remember to bring the personal QR code of all relay members. The relay member picking up the starter kit needs to show his ID or passport.

**YOUR RACE PACKET WILL INCLUDE:**
- Race bib (to be worn during the bike and run)
- Bike/Helmet stickers
- Swim cap
- Gear Bag stickers
- Gear Bags
- Tatoes (optional)
- Athlete wristband which must be attached at time of check-in and check-out

**ATHLETE WRISTBAND**

A wristband printed with your race number and name will be affixed to your wrist at Athlete Registration. 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.

**TIMING CHIP**

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 competing.
**Mandatory Bike and Gear Check-In**

**Bike Check-In:** Costa Navarino Parking Area

On Saturday April 4th we will allow AWA athletes a priority check-in from 13:00-13:30. From 13:30-17:00 check-in is open to all athletes. Must rack your bike according to your race number and rack your Blue & Red Bags in the Transition Zones. 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 and transition bags beginning at 6:00 on race morning, but you will not be allowed to remove your bike from Transition until the start of the bike section of the race.

In order to Check-In your bike you will need your bike, helmet, Blue & Red Bags with all your gear in them. Be ready before you get to the entrance of the Transition Zone. You must have your helmet on with the strap fastened and you must be wearing your bib number, your race number stickers on the bike, helmet, Blue & Red Bags and your 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® Costa Navarino 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.

There will be security overnight on Saturday till race morning.

**NOTE**

During the bike check-in DO NOT leave any detachable electronic devices on your bicycle. IRONMAN® 70.3® Greece, Costa Navarino will not be responsible for any devices lost.

**BIKE/RUN GEAR BAGS**

During Athlete Registration, athletes will receive three bags
- White [Morning Clothes]
- Blue [Bike Gear]
- Red [Run Gear]

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.

**Note**

Do not put valuables or overfill the bags. IRONMAN® 70.3® Greece, Costa Navarino will not be responsible for the contents of the bags.

**Relay Note**

Only the person doing the bike course is allowed inside the Transition Zone.

**Mandatory Athlete Briefing**

Athletes are required to attend the mandatory Athlete Briefing on Friday April 3rd or Saturday April 4th. Please, check the Event Schedule for timings. 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.

**Blue Bike Bag**

Should contain the kit you need for the bike leg, 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 bike gear in. Rack your bag in the blue bag racks in the Transition Zone.

**Red Run Bag**

Should contain the kit you need for the run leg. 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. Rack your bag in the red bag racks in the Transition Zone.

**White Gear Bag**

This is your after-race bag, it is for you to pack any additional clothing you wear before the race and anything you may require after the race. Leave this bag near Finish Line (on Sunday morning) or at the designated drop area. You will collect it after the race near the Finish Line.
**RACE DAY INFORMATION**

**WHITE BAG (MORNING CLOTHES BAG)**
You will receive a white morning clothes bag at Athlete Registration. Prior to the swim start on race morning, place any item (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. Your morning clothes Bag may be retrieved after the race near the Athletes garden. Any items that do not fit inside the morning clothes bag, such as bike pumps and backpacks, will not be accepted.

If you are planning to stay for the Awards & Closing Ceremony we would like to inform that a party is being organized for you!

**RACE DAY PARKING**
Race day parking is located close to the Costa Navarino Main Gate. Follow the signage to park your car. We suggest that you carpool with another athlete when possible to ease traffic congestion on race morning.

Please, give yourself enough time on race morning to get to the Transition Zone with ample time to prepare for race day. Roads will be congested as athletes and spectators converge on the area in a short period of time.

**RACE MORNING PROCEDURE**
Transition opens at 06:00 on race morning. Remember to bring your timing chip, swim cap, and wetsuit (if allowed). Bike technicians and pumps will be available in transition on race morning for minor adjustment. Please, do not wear your bib number in the swim. Leave it with your bike gear and put it on before you head out on the bike course. Transition closes at 07:30. All athletes must be out of transition and headed to the swim start 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 MINUTES)**
Each athlete will get the full 1 hour and 10 minutes to complete the 1.9 km swim regardless of what time they enter the water. Athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF. IRONMAN® 70.3° Greece, Costa Navarino 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 an intermediate cut-off at Ladas intersection, at 11:50, before athletes continue for the second loop. IRONMAN® 70.3° Greece, Costa Navarino officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

**RUN CUT-OFF (8 HOURS AND 30 MINUTES)**
Athletes must finish the race within 8 hours and 30 minutes. IRONMAN® 70.3° Greece, Costa Navarino reserves the right to remove an athlete from the course and DNF them, if our course staff determines there is no possibility of said athlete finishing the given discipline (swim, bike, run) before the posted cut-off times based on the 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. Over-crowding 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.

**COMPETITOR RESPONSIBILITIES**
- You have to pick up your race packet at Athlete Registration before leaving the bike Check-in.
- Don’t forget to pick up your chip before leaving the bike Check-in and verify that your name shows up in 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.
- If you do not start the race, you are responsible for returning the timing chip to the timing team. Failing to do so, you will be billed for its replacement.
- If you are transported to any medical station, the medical staff will take responsibility of 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.
- By the end of your race and during 14:00-18:00 you can pick up your bike and your red and blue bags. To exit the Transition Zone you will have to give back your timing chip.
The athletes will embark on a 1.9 km swim in the Ionian Sea, in front of the Costa Navarino unspoilt sandy beach. The swim will consist of one lap. Water temperature in April is around 17°C and the sea depth does not exceed 8 meters.

**RULES AND INSTRUCTIONS**

- Each swimmer must wear an official swim cap provided by the Race Officials. Failing to wear a swim cap at all times during the swim segment of the race may result in a Time Penalty enforced by Race Referees after the swim segment.
- Wearing swim goggles or a face mask is neither prohibited nor required;
- The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited (DSQ).
- The use of a cast or splint must be pre-approved by the event-specific Head Referee; (30" Time Penalty as applicable, or DSQ).
- Neoprene or any other booties are prohibited unless the water temperature is 18.3°C/65.0°F, or colder; (30" Time Penalty, as applicable).
- When the use of wetsuits is prohibited, clothing covering any part of the arms below the elbows, and clothing covering any part of the leg below the knee is deemed illegal and is not permitted during the swim segment of the race; but it may be worn after completion of the swim segment (DSQ).
- Individual paddlers or escorts are prohibited (DSQ).
- Any assistance 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 no forward progress is made. Race Officials and medical personnel reserve the right to remove athletes from the course if such removal is determined medically necessary.
- It is the sole responsibility of each athlete to know and follow the prescribed swimming course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course.
The entrance to the water will be with a rolling start. This means that you should line up according to your expected swim time. The athletes will start in waves of 4 every 6”.

There is no reason to stress yourself. Everyone will swim the exact same distance and the time of each athlete will start as soon as he/she crosses the Start Line.

Avoid using any new equipment. Be sure to have used your gear on your training sessions.

During the swim:
- Be confident and swim with positive thoughts.
- If you are not an experienced triathlete and strong swimmer, do not stress yourself from the start. The swim course is just 1 of the 3 that you will have to complete.
- The waters in Costa Navarino are clear and shallow so you can see the bottom of the sea with the white sand.
- Raise your head frequently so that you follow the buoys and avoid swimming extra distance.
- The experienced lifeguards of LIFEGUARD HELLAS will be along the course, either on steady positions or paddling on canoes, SUPs and boats at a safe distance from the athletes.
- If, for whatever reason, you feel discomfort or weakness, turn to an upward-facing position, lay on the water and raise your hand.
- Be confident and swim with positive thoughts.
- If you choose to stop your race and exit the sea from a different spot, make sure to inform the organizers and hand in your chip, so as not to be charged with the cost of your water recovery from the SAR team.

Swim exit:
- You made it! Congratulations!
- Smile as you exit the water, the photographers are waiting to capture this moment of yours.
- Follow the red carpet (approximately 600m) to the Transition Zone to start the bike course.

Good luck to the rest of your race!

Mgr. Marek Nemcik Ph.D
Swim Director
ROLLING START PROCESS

Find the sign based on your TRULY expected result and seed yourself in the Rolling Start Pen.

Note: Swimming with athletes handling a similar pace will enhance your comfort and performance along the course.
Pick up your Blue Bag and change into your bike apparel. Put all your swim apparel into the Blue bag. Re-rack your Blue Bag and head towards your bike. Don’t forget to fasten your helmet. From the transition zone, you will pass through the Costa Navarino main gate and cycle uphill towards Soulínari village and back towards Gargalianoi. You will ride through ancient olive groves and pine-covered hills while never losing sight of the deep blue of the sea. It will be a two-lap challenging course on excellent tar-paved roads of 1080-meter total elevation. Don’t forget to mount and dismount your bike at the Mount Line.

**AID STATIONS**

The bike course will have 2 Aid Stations from which you will pass through twice. The Aid Stations will offer water, bananas, gels, stroopwafels and electrolytes. These are located at the following points:

- 13 km
- 34.5 km
- 56 km
- 75 km

**RULES AND INSTRUCTIONS**

The latest edition of IRONMAN® Rules will be applicable.

- Always ride on the right side of your lane to avoid an Illegal Position or Blocking call.
- 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 or another athlete. 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.
- After the bike course, helmets, bike shoes, and other cycling gear must be placed in a transition bag. Shoes and shirt must be worn at all times.
- Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.
- Athletes must wear a bike helmet number on the front of their helmet. Each athlete must place the helmet sticker that contains their race number on the front of their helmet and must display the bike frame number in a manner that allows it to be clearly seen by race officials from both sides of the bike.
- Helmets are required during the entire bike race including in and out of the Transition Zone. Athletes riding without an approved helmet or chin strap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.
- The helmet must be fastened before the athlete unracks the bicycle. The athlete must dismount the bicycle prior to unfastening the chin strap.
- 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 athlete, may not pass food or other items to athlete 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 red card (DSQ).
- Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.
- Athletes may walk 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 a bike.
- No headphones are allowed during any portion of the event.
- Athletes may not use communication devices of any type, including but not limited to cell phones, smartphone devices, Bluetooth-enabled or “smart” helmets, and two-way radios, in any “distractive manner” during the race.
- A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using it as a bike computer.
- Using a communication device in a distractive manner during the race will result in disqualification.
- If the Race Director appoints a No Pass Zone, then all athletes are required to ride at a reduced speed and maintain a static position. Overpassing the front bike is not allowed. Please attend the Race Briefing to learn if such a zone will be imposed.
- Failure to comply with that requirement, will result in a penalty to be served at the Transition Zone.
Disregard for this rule, that places other athletes and / or race officials in immediate danger, will result in disqualification.

- Athletes racing without a shirt or racing top will be disqualified. Uniforms with a front zip must not be undone below the point of the end of the breastbone (sternum).
- There will be an intermediate bike cut off at 11:50 at the Ladas Intersection before athletes proceed to the 2nd loop.

**DRAFTING AND POSITION RULES**

- Absolutely no drafting of another bike or any other vehicle is allowed.
- Athletes must keep 12 meters of clear space between bikes, except when overtaking. 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”, 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 drafting zone once it is entered (drafting violation).
- Overtaken athletes must immediately fall back 12 meters before attempting to regain the lead from a front-running bike. Immediately re-passing without falling back 12 meters will result in an Overtaken violation.
- Overtaken athletes who remain in the drafting zone for more than 25 seconds, or who do not make constant rear progress out of the drafting zone, will be given a Drafting violation.
- Athletes must ride single file on the far-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 violation.

**VIOLATION REPORT**

- 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 littering or a Yellow Card for any other penalty. The official will show you the corresponding coloured card.
- Report any violation cards that you receive to the Penalty Tent (PT) on the course. The Penalty Tent is positioned at the entrance of Transition Zone.
- When in the PT, athletes can consume only food and/or water carried on the bike.
- The athlete will report to the PT official whether they were shown a Blue Card or a Yellow Card. If you fail to report to the PT, you will be disqualified.
- Race numbers of athletes receiving a violation card will be marked by the PT official with a «/» and registered via sign-in sheet.
- Remains for 30” in the PT upon having your race number marked and registered as above, for all non-drafting violations (Yellow Card). Then you can resume the race.
- Remains in the PT for the time indicated in the table below, for each Drafting and Littering violation.

The IRONMAN® 70.3® Greece, Costa Navarino 2020 Penalty Times for Drafting and Littering are as follows:

(a) 1st BLUE CARD Offense 5:00’
(b) 2nd BLUE CARD Offense 5:00’
(c) 3rd BLUE CARD Offense DSQ

Be disqualified if you receive any combination of three Blue Card penalties. An athlete may finish the bike course, even if issued a Red Card disqualification, but may not start the run race.

- Be disqualified for not reporting to the PT.
- Penalty Tent will be located at the entrance of Transition Zone.

**SMART TIPS**

- Hang your bicycle from the saddle with the steering wheel facing towards you.
- The day before the race, you have to go through the mandatory Bike and gear Check-in according to the timetable included in this technical guide.
- To pass that check-in you will need to be wearing your bib number, your bike with the race stickers on, helmet on with strap fastened and Blue & Red Bag with all you bike and run gear in. Be ready before you get to the Transition entrance and don’t forget to have your wristband on.

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**DRAFTING VIOLATION**

**BLUE CARD**

Five-minute time penalty served in a Penalty Tent on the bike course

**LITTERING VIOLATION**

**RED CARD**

Disqualification (DSQ)

**BLOCKING VIOLATION**

**YELLOW CARD**

30 second stop and go time penalty served at the next Penalty Tent

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**DISQUALIFICATION (DSQ)**

3 Cards of any color will result in DSQ
Without all these items, you will not be able to rack your bike and bag.

So that you understand the rules on race day, please, take the time to read and understand them in the IRONMAN® 70.3® Greece, Costa Navarino 2020 Guide and the latest version of IRONMAN® Competition Rules.

You must wear your bib number during the bike segment of the race with your bib number on your back. In addition, your bike frame sticker must be properly attached to your bike and must be visible from both sides.

Athletes may not provide any item of equipment to another athlete competing in the race, if this renders the giving athlete unable to continue with his/her own race. Such equipment includes but is not restricted to: shoes, complete bicycle, frame, wheels, and helmet. The penalty for this will be disqualification of both athletes.

Remember that, even though Drafting is the only violation that incur a 5’ penalty, you must go to a Penalty Tent (PT) for any violation to have your number marked.

Please, treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is unsportsmanlike conduct and may result in disqualification.

You must wear your helmet while on the bike. Your chinstrap must be securely fastened whenever you are on your bike on race day. Safety first.

I sincerely hope you have a great race and a lot of fun.

Vladimiro PETSAS
Bike Director

NOTE
After completing the bike course and hanging your bicycle DO NOT leave any detachable electronic devices on your bike. Take them off and store them in your run bag (red). IRONMAN® 70.3® Greece, Costa Navarino will not be responsible for any devices lost.
Heading into Transition 2, officials and volunteers will be standing by - ready to help you. Please, take your time with your bike, so no accidents happen. After you have racked your bike, pick up your Red Bag and head into the Transition Zone where you change into your running apparel. You need to put all your bike gear into the bag, including your bike helmet. Bike shoes must either stay on the bike pedals or be placed in the Red Bag. After completing your change, you will need to pack your gear in the Red Bag and re-rack your bag at the same place on the bag racks as you took it.

The IRONMAN® 70.3® Greece, Costa Navarino run course is consisting of two 10.5km laps. You will leave the Transition Zone and exit Costa Navarino from the South gate. You will pass through the villages of Romanos and Petrohori heading towards Voidokilia where at the last intersection before you reach Voidokilia, you will head back towards Petrohori, Romanos and then return to Costa Navarino through the North Gate. You will resume the route before heading to the finish line in the Costa Navarino.

AID STATIONS
During the run course there will be 1 Water Station and 3 Aid Stations offering water, cola, bananas, gels, GU stroopwafels and electrolytes. The locations are the following:

- **First Loop**
  - 0.5 km Water Station - Costa Navarino
  - 2.6 km Aid Station - Romanos
  - 5.3 km Aid Station - Voidokilia
  - 7.8 km Aid Station - Romanos

- **Second Loop**
  - 10.5 km Water Station - Costa Navarino
  - 13.1 km Aid Station - Romanos
  - 15.8 km Aid Station - Voidokilia
  - 18.3 km Aid Station - Romanos

Toilets will be placed next to all Aid Stations. Please, use them for relief! Failure to do so will result in disqualification. You are only allowed to dispose garbage in garbage containers. All Aid Stations will have such containers. Please, keep the environment in mind before tossing garbage. Failure to follow these directions will cause a disqualification.
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, or 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 athletes, may not pass food or other items to athletes and should stay completely clear of all athletes to avoid the disqualification of athletes.
- 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 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 outfit should be zipped properly all the time.
- Race Officials will be on the course to give directions. Please, follow their directions always. If you choose to abandon the race, make sure to inform a Race Official. Failing to do so you will be charged with the cost of your recovery by the Search and Rescue Team.

VIOLATION NOTIFICATION

There is no Penalty Tent on the run course. You will be stopped and marked on the spot in case of:
- Taking a short cut
- Urinating in public
- Littering outside the official drop-off zones next to Aid Stations
- Using iPod, mobile phone, camera, etc.

FINISH LINE POLICY

Friends and/or family members are not permitted to cross the Finish Line or enter the Athletes Garden with participating athletes. This policy will allow each athlete 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 this policy will receive an automatic disqualification (DSQ). Verbal abuse of marshals, Race Officials, IRONMAN® staff, or volunteers is ground for immediate disqualification.

SMART TIPS

Before the race check:
- Fuel Belt
- Race Belt or Safety Pins
- Bib Number
- Hat/Visor
- Running Shoes
- Socks
- Sunglasses
- Water Bottle

Hope you have a great race!

Nikos KOSTOPOULOS
Run Director
POST-RACE INFORMATION

BIKE AND GEAR CHECK-OUT
Mandatory Bike and Gear Check-out is from 14:00 to 18:00 in the Transition Zone 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. To exit the Transition Zone, you will have to give back your timing chip. If your bags are not reclaimed from 15:00 to 18:00, IRONMAN® 70.3® Greece, Costa Navarino, will not be responsible for any items left overnight.

POST-RACE MASSAGE THERAPY
The team from “Physioathens” will provide complimentary post-race massage therapy to athletes in the Athletes Garden area. The specialised therapists will help you with your recovery.

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! In case you have not ordered it online, you can do it at the Finish Line.

HOW TO ORDER YOUR PHOTOGRAPHS:
- To be notified as soon as photos are online, register your email address at www.finisherpix.com
- Have your number visible on the front of your bike helmet so you can be identified in your bike 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 to view, order, and share your photos from the event.

LOST AND FOUND
During race week, Lost & Found will be available at Registration Zone in Ethos Room at Costa Navarino. After the conclusion of the event, please, contact greece70.3@ironman.com to locate any missing items and schedule returns. Shipping fees will apply.

“All unclaimed items will be donated within 30 days.”

“Δεν υπάρχουν όρια στο να κάνουμε αυτό που μας αρέσει.”
Αλέξανδρος Χριστοδούλου
Διαθέσιμη για χρήση
WITHDRAWAL

PRE-RACE
If you wish to withdraw 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 that 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 specifics and report them to the race office. Any athlete who fails to report their withdrawal may result in suspension from future IRONMAN® events. Athletes who receive medical assistance from our medical team are exempt from this rule.

QUALIFYING FOR THE 2020 IRONMAN® 70.3® WORLD CHAMPIONSHIP
IRONMAN® 70.3® Greece, Costa Navarino is offering 40 qualifying slots for the 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 Sunday April 5th. Immediately after, the Awards Ceremony will follow in the Orion Hall in Costa Navarino.

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.
ATHLETE CHECKLIST

PRE - RACE
- Photo I.D.
- Bike Services Tune Up
- Attend Athlete Registration
- Attend Athlete Briefing
- Study Race Courses
- Make Nutrition Plan

BIKE CHECK-IN
- Bike
- Helmet Fastened
- Bib Number (wearing)
- Red Bag with Sticker Number
- Blue Bag with Sticker Number
- Wristband (wearing)

RACE DAY - BIKE
- Bike Pump
- Extra Nutrition
- Extra Water Bottles
- Aero Water Bottle Straw
- Bike Repair Kit
- Vaseline
- Sunscreen
- Helmet
- Sunglasses
- Bike Shoes
- Socks
- GPS Watch or Bike Computer

RACE DAY - SWIM
- Timing Chip and Strap
- Swimsuit - Wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided at Registration)
- Ear Plugs - Nose Plugs (optional)
- Throw-away long-sleeved shirt and shoes to wear and discard before the race or place in your provided White Bag

RACE DAY - RUN
- Fuel Belt
- Race Belt or Safety Pins
- Bib Number
- Hat - Visor
- Running Shoes
- Socks
- Sunglasses
- Water Bottle

MISCELLANEOUS
- Body Glide
- Antibacterial
- Heart Rate Monitor & Chest Strap
- Towel
- Hair Ties
- Post-Race Clothing

HAVE A GREAT RACE!
H ενέργεια των IRONKIDS® είναι ασταμάτητη!

Είμαστε δίπλα στους αυριανούς αθλητές με όλη μας την ενέργεια, γι' αυτό απείρουμε τον πρώτο στόχο
ELPEDISON IRONKIDS® Greece-Nestor!
SIDE EVENTS SCHEDULE

FRIDAY 03.04.2020
17:30 - 18:30
Sunset Yoga for All (Costa Navarino Beach)
Relax yourself with a yoga session on the beach during sunset.

SATURDAY 04.04.2020
10:00 - 11:00
Women in Triathlon: share your Experience
Join us women and share the Female IRONMAN® experience
• Inspirational Speech: Metamorphosis
  Honour and Acknowledge the roles of the modern Woman.
• Yoga for AthletTRIes: Practical yoga for female athletes but not only. Focus on your emotional wellness and your physical body.
• Braid's Made! Surrender to the expertly hands of our hairdressers to have your hair prepared for the race!!!

11:00 - 12:00
Nutrition tips by GU Energy
Multi IRONMAN® Finisher & GU Energy Greece Representative Spyros Theodorou shares the ideal nutrition plan. The presentation will be followed by a Q&A session

SUNDAY 05.04.2020
07:40 - 07:51
11 Minute Project - Warm up Yoga session

10:00 - 10:45
Family Yoga (Romanos Garden)
  Because we love doing activities all together
EXPO CATALOGUE

Representatives in Greece of the biggest triathlon companies in the world.

SWIMMING SHOP

Trade-packaging-export extra virgin olive oil, infused olive oils and balsamics vinegars with flavors

Ariston

Recover faster, train more and become the best version of you! Aerify Recovery boots - 8 chamber air pressure boots is a “must” recovery gear for all triathletes!

Aerify Recovery Technology

Blackmile is the new Greek multisport brand. Live the Blackmile experience!

Blackmile

More Water / More Miles / More Sweat / More Effort / More Satisfied / Wet or Sweat, One Zipper!

One Zipper

IRONMAN Triathlon & Competitive Sports distance and in-person coaching for all levels by top professionals.

SPORTS.SYSTEMS

Ergometric Assessment - Nutrition - Body Composition - Metabolism - Seminars

nutrilab

ARE WE FORGETTING SOMETHING;

The best training tools & practices

IN OUR SHOP;

Only top professionals

Directly to your pc / smartphone / watch

SPORTS.SYSTEMS

WHY CHOOSE, WHEN YOU CAN HAVE THEM ALL - starting from 70 euro

NICK VALSAMAKIS
General and Special Physical preparedness Coach / Sports Performance Supervisor

DIMITRIS THEODORAKAKOS
Marathon & Trail Champion
Sports Performance, Motivation and Endurance Specialist

CHRISTINA IOANNIDI
Olympian
Olympic Weightlifting Coach

PANAGIOTIS VANGOS
L3 CrossFit Trainer / Nutrition Coach

THOMAS TRIMMIS
Swimming Champion
Physical Education Graduate specialized in swimming

DIMITRIS KATSAMOS
CrossFit Trainer / Strength Training Specialist

KATE KOKKINAKI
Yoga / Kinesiology

PANAGIOTIS ADAMOPOULOS
Olympiacos Water Polo / Physiotherapist MSc
YOUR SAFETY IS OUR MAIN CONCERN

Throughout the race there will be Medical and First Aid Stations in operation, staffed with experienced medical and paramedical personnel. The race per se will be served by sufficient ambulances and motorcycles ensuring that we reach you as soon as possible, if need be.

In case of the slightest suspicion you may be in need of medical assistance, do not hesitate to seek our help. A visit to a Medical Station does in no way entail disqualification of the athlete. We are here to help you complete the race in safety and achieve your personal goals.

The sole case where abandoning the race may prove imperative is if transfer or intravenous treatment is deemed necessary, or if, following your examination, the medical staff determines that continuation of your race may result in serious injury or even death.

The Main Medical Station will operate in The Romanos at Costa Navarino. On the race day, it will be open between 07:00 and 18:30.

Besides the Main Medical Station, there will be First Aid Stations in operation in all three segments of the race, ready to tackle minor and major incidents.

**Swim:** A Medical Station will be in operation at the Swim Start between the Entry and Exit points of the event. The medical staff will be in direct and constant cooperation and communication with the Lifeguards and the floating rescue means. Moreover, a First Aid Team will be located on the route connecting the beach to the Transition Zone.

**Bike:** The bike course will be served by Medical Stations, while paramedics motorcycles will be patrolling constantly, with ambulances waiting for immediate transfer to hospital, if need be.

**Run:** There will be a Medical Station located close to the Transition Zone and Finish Line. Furthermore, rescue motorcycles, bicycles and will be patrolling, while ambulances will be waiting for immediate transfer to the hospital, in case of emergency.

In case you or a fellow athlete are in need of medical assistance but cannot approach any of the Medical Stations, notify the first Volunteer you meet. Our volunteers know how to mobilize the medical process, so as to have a rescue vehicle approach you promptly.

It is important that all participating athletes carry out preventive health exams, particularly of their cardiovascular system. Check your overall health status before you participate.

If you are under medication, following a specific medical treatment, or if your overall health condition may affect your race performance, you should let us know. At Athlete Registration you must notify the medical team in writing for any changes in your health condition since your initial application. Failing to comply will result in your suspension from future IRONMAN® events.

The medical staff will be needing your full medical history, so as to provide their services in the most effective of ways.

The most frequent problems encountered during the race pertain to hydration levels in your body, as well as the replenishing of expended energy.

Make sure to hydrate yourself properly several days before the race. Water intake and adequate electrolyte amounts, especially sodium, are crucial. Preventing dehydration could, not only improve your race performance, but thwart serious repercussions on your health too. Follow a balanced diet before the race, depending on your personal needs and nutritional habits. It is of the utmost importance to start the race with sufficient energy, which you will be replenishing during your effort.

Be especially alert and careful during the bike event, so as to avoid injuries when taking water or sponges from Volunteers.

Due to overexertion in an effort to finish a triathlon, weakness, faintness, or even collapsing of athletes are not uncommon. A medical team will be at the Finish Line and the Athletes Garden. Seek medical assistance in case of faintness, dizziness, severe headache, or vomiting. Please, do not stray from the area, if unsure you can do it safely.

Bearing in mind that the Main Medical Station will be operating until 18:30, if you are in need of medical assistance following the completion of the event, please dial the National Emergency Centre (166), or the European Emergency Number (112). We are on your side, backing your effort to achieve your goal in full safety.

**The Athletes Garden**

IRONMAN® events are a particularly demanding race, requiring mental and psychological skills, a fair health state and adequate training preparation. Please, do not start the race, unless you feel properly prepared.
ANCIENT ROUTES
OLIVE TREES & ANCIENT MESSENE

A unique ancient city, significant for its size, form, and state of preservation. It possesses not only sanctuaries and public buildings but also imposing fortifications, houses and tombs. A city that has never been destroyed or covered by later settlements, this city is a spectacular archaeological site, a UNESCO monument that it is perceived as a must-visit place! Its natural setting combines the grandeur of the mountains of Delphi with the low-lying, riverine tranquility of Olympia.

EXPERIENCE SUNSET TRANQUILITY AT THE METHONI CASTLE

The majestic fortress of Methoni opens its gates for a unique yoga and breathing exercise experience, designed especially for the IRONMAN 70.3 Greece 2020.

Live this unforgettable experiences that will allow you to really connect to nature and your true self, feel the earth beneath your feet and the breeze on your skin, inside a unique historical settlement surrounded by thousands of stories and myths.

This class is suitable for all ages and skill levels, from the beginner to the experienced yogi.
**THE EYES OF VENICE**

**KORONI & METHONI CASTLES (ALL DAY TOUR)**

A visit to the unique Castle of Methoni which is perceived as one of the most important and the most beautiful castles in Greece. Constructed in 1209 by the Venetians, Methoni Castle occupies a sprawling site encompassing nearly 38 hectares. Enjoy a unique walking guided tour and learn everything about the myths and legends of the area.

**MYTHS, GASTRONOMY & WINE**

**THE GREEK POINT OF VIEW**

Myths: Travel in time to an ancient unspoiled land.
A unique ancient city, significant for its size, form, and state of preservation. It possesses not only sanctuaries and public buildings but also imposing fortifications, houses and tombs. A city that has never been destroyed or covered by later settlements, this city is a spectacular archaeological site, a UNESCO monument that it is perceived as a must-visit place! Its natural setting combines the grandeur of the mountains of Delphi with the low-lying, riverine tranquility of Olympia.
THANK YOU TO OUR PARTNERS!

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UNDER THE AUSPICES

travel & experience designers