Message from Race Director Wayne Reardon

Kia ora tatou,

On behalf of the IRONMAN New Zealand team we welcome you to the 2020 Nutri-Grain IRONMAN 70.3 New Zealand.

The Taupō community and volunteers are ready and waiting to support you during your IRONMAN 70.3 journey. The town is well known for its hospitality and are eagerly awaiting your arrival and race day.

Please read this document as there will be no race briefing this year, apart from a Q&A with myself, where I will cover off some of the finer points of your race. Check the event schedule for details.

IRONMAN 70.3 New Zealand has secured 80 qualifying slots to the IRONMAN 70.3 World Championship being held here in Taupō on 28 – 29 November 2020.

If your sights are set on stepping up to an IRONMAN event, we have a First Timer’s Workshop on the Friday morning.

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

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

Regards,
Wayne Reardon
Race Director

Taupō District Mayor’s Message

Nau mai, haere mai

Kia ora tatou, it is a pleasure to welcome you to the Taupō District for this year’s edition of IRONMAN 70.3 New Zealand.

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

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

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

Enjoy the beautiful fresh water of Lake Taupō, views of the mountains, hopefully your fair share of sunshine, and the support of our residents.

On behalf of people right across the Taupō District, good luck and all the best for achieving your IRONMAN 70.3 goals.

Nga mihi nui,
David J Trewavas JP - MAYOR OF TAUPŌ
Nutri-Grain IRONMAN 70.3 New Zealand operates following the IRONMAN 2019 Rules and complemented by the Triathlon New Zealand 2019 Rules. These events hold the premise of athlete achievement through personal effort, sportsmanship and care for the environment.

For a complete set of the IRONMAN Rules, visit the link below

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

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

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

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

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

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

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

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

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

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

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

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

**Other key rules to note:**

- You must have your helmet fastened before you remove your bike from the bike rack and it must remain fastened until you have you racked your bike

- You may not ride your bike in transition – to enter the Bike course; push your bike out past the mount line before mounting your bike. Exiting the Bike course to return to transition; dismount before reaching the dismount line and walk your bike back to your designated position

- When you rack your bike after completing the bike course, if you rack your bike by its seat, the front wheel must be facing outwards

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

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

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

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

- Public urination is not allowed. Use the on-course toilet facilities provided
Triathlon is an individual race and it is your responsibility to know and follow the course, the event requirements and to fully understand the rules and avoid infringements.

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

On behalf of the Technical team, I trust that you enjoy the experience and achieve your goals at 2020 Nutri-Grain IRONMAN 70.3 New Zealand.

Melanie Schroeder
Head Referee

ATHLETE SAFETY MESSAGE

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

Swim Course

• **River Section**: Swimming down the river section of the Swim course is illegal, other than on race day.

• **Keep Inside the Bouys**: Please keep inside the 200m red and white marker buoys, as it is an authorised boating and jet-ski lane on the outside of the buoys.

• **Avoid Golf Balls**: It can be dangerous to swim unwittingly into the Hole-In-One golf activity, and you should wear a brightly coloured swim cap at all times.

• **Taupō Boat Harbor**: No swimming in the Taupō Boat harbor channel until race morning, this is a working harbor and swimming is prohibited.

Cycle Course

• **ETA Bypass**: We do not recommend that you ride on the ETA Bypass, which carries heavy traffic and also a high number of trucks and heavy transport. We have erected a number of safety signs along Broadlands Rd as a reminder.

• **Single File**: Cyclists should ride in single file on the course at all times.

Run Course

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

• At all times during your training, please respect the area and private property by retaining any rubbish and waste.

• **Be Visible**: Please ensure you are easily visible to motorists by wearing High Vis jackets or certainly brightly coloured cycle clothing. Avoid dark colours that blend with the vegetation and are not easily visible.
AUDAX. FOR THE PURSUIT OF SPEED
Whether you are returning or it is your first time at Nutri-Grain IRONMAN 70.3 New Zealand, we have provided the below checklist for convenience to make sure everybody is prepared to have a great event.

- Read the Athlete Information Guide in its entirety
- Familiarise yourself with the event schedule, know where the race briefing is, what time it starts and allow enough time to get there comfortably.
- Ensure you arrive in time for Athlete Check-In on Thursday 5 March or Friday 6 March 10.00am – 4.00pm. You only need to attend Check-In once.
- Pre book massage
- Check the athlete list online or via the IRONMAN Oceania App (available from Saturday 15 February) and ensure your name, country and details are correct (if incorrect please contact newzealand@ironman.com).
- Check all personal details are correct on your email confirmation, print and bring this along with you to Athlete Check-in.
- Ensure you have photo identification (driver’s licence, passport etc) and bring to Athlete Check In. You will not be able to check-in without photo ID.
- Confirm that your Emergency Contact person will be contactable on race day and ensure that the full number including area / country code is provided.
- Confirm your medical details are current.
- Check the weather forecast to ensure you bring all relevant clothing and equipment.
- Familiarise yourself with the course – it is your responsibility to know this on race day.
- If you qualify for a 2020 IRONMAN 70.3 World Championship in Taupō, New Zealand Rolldown spot:
  - Bring photo identification
  - Bring a valid credit card (Visa & MasterCard). Diners Club & AMEX is not accepted for payment
# EVENT SCHEDULE

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

<table>
<thead>
<tr>
<th>Monday 2 March</th>
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<tbody>
<tr>
<td><strong>Time</strong></td>
<td><strong>Event</strong></td>
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<tr>
<td>1pm - 6:30pm</td>
<td>Pre-Race Massage Service</td>
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<tr>
<th>Tuesday 3 March</th>
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<tbody>
<tr>
<td><strong>Time</strong></td>
<td><strong>Event</strong></td>
</tr>
<tr>
<td>9am - 5pm</td>
<td>Event Information Centre</td>
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<tr>
<td>9am - 5pm</td>
<td>Kids Fun Run – Check-In</td>
</tr>
<tr>
<td>9am - 6.30pm</td>
<td>Pre-Race Massage Service</td>
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<tr>
<th>Wednesday 4 March</th>
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<tbody>
<tr>
<td><strong>Time</strong></td>
<td><strong>Event</strong></td>
</tr>
<tr>
<td>7am - 9am</td>
<td>Wetsuit Checking</td>
</tr>
<tr>
<td>9am - 5pm</td>
<td>Event Information Centre</td>
</tr>
<tr>
<td>9am - 5pm</td>
<td>Kids Fun Run – Check-In</td>
</tr>
<tr>
<td>9am - 5pm</td>
<td>Performance Bicycle Tuning Service Centre</td>
</tr>
<tr>
<td>9am - 6.30pm</td>
<td>Pre-Race Massage Service</td>
</tr>
<tr>
<td>9am - 4pm</td>
<td>IRONMAN Merchandise Store</td>
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<tr>
<td>10am - 4pm</td>
<td>Wetsuit Checking</td>
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<table>
<thead>
<tr>
<th>Thursday 5 March</th>
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<tbody>
<tr>
<td><strong>Time</strong></td>
<td><strong>Event</strong></td>
</tr>
<tr>
<td>6am - 8am</td>
<td>Wetsuit Checking</td>
</tr>
<tr>
<td>8am</td>
<td>The Undie Run</td>
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<tr>
<td>9am - 10am</td>
<td>AWA Priority Athlete Check-In - IRONMAN and IRONMAN 70.3 New Zealand</td>
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<tr>
<td>AWA ATHLETES ONLY</td>
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<tr>
<td>9am - 11am</td>
<td>Women For Tri Morning Tea</td>
</tr>
<tr>
<td>9am - 4pm</td>
<td>Wetsuit Checking</td>
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<tr>
<td>9am - 5pm</td>
<td>IRONMAN Merchandise Store</td>
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<tr>
<td>9am - 5pm</td>
<td>Event Information Centre</td>
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<tr>
<td>9am - 5pm</td>
<td>Kids Fun Run – Check-In</td>
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<tr>
<td>9am - 5pm</td>
<td>Sports and Lifestyle Expo</td>
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<tr>
<td>9am - 5pm</td>
<td>Performance Bicycle Tuning Service Centre</td>
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<tr>
<td>9am - 6.30pm</td>
<td>Pre-Race Massage Service</td>
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<tr>
<td>10am - 4pm</td>
<td>Athlete Check-In - IRONMAN and IRONMAN 70.3</td>
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<tr>
<td>12pm</td>
<td>HOKA Hints Session</td>
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<tr>
<th>Friday 6 March</th>
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<tbody>
<tr>
<td><strong>Time</strong></td>
<td><strong>Event</strong></td>
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<tr>
<td>6am - 8am</td>
<td>Wetsuit Checking</td>
</tr>
<tr>
<td>7am - 7.45am</td>
<td>Kids Fun Run – Check-In</td>
</tr>
<tr>
<td>8am</td>
<td>Kids Fun Run – Event Start</td>
</tr>
</tbody>
</table>
## EVENT SCHEDULE

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### Friday 6 March

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>9am - 10am</td>
<td>AWA Priority Athlete Check-In - IRONMAN and IRONMAN 70.3 New Zealand</td>
<td>Main Marquee, North Domain</td>
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<tr>
<td></td>
<td><strong>AWA ATHLETES ONLY</strong></td>
<td></td>
</tr>
<tr>
<td>9am - 4pm</td>
<td>Event Information Centre</td>
<td>Great Lake Centre</td>
</tr>
<tr>
<td>9am - 4pm</td>
<td>Sports and Lifestyle Expo</td>
<td>North Domain</td>
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<tr>
<td>9am - 4pm</td>
<td>Performance Bicycle Tuning Service Centre</td>
<td>North Domain</td>
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<tr>
<td>9am - 4pm</td>
<td>IRONMAN Merchandise Store</td>
<td>Merchandise Marquee, North Domain</td>
</tr>
<tr>
<td>9am - 6:30pm</td>
<td>Pre-Race Massage Service</td>
<td>Massage Marquee, North Domain</td>
</tr>
<tr>
<td>10am - 4pm</td>
<td>Athlete Check-In - IRONMAN and IRONMAN 70.3</td>
<td>Main Marquee, North Domain</td>
</tr>
<tr>
<td>10am - 4pm</td>
<td>Wetsuit Checking</td>
<td>North Domain</td>
</tr>
<tr>
<td>10am - 5pm</td>
<td>Bike Check-In - IRONMAN 70.3 New Zealand</td>
<td>Transition Area, North Domain</td>
</tr>
<tr>
<td>11am</td>
<td>Race Director Q &amp; A followed by a transition tour with Event Commentator &amp; Transition Manager - IRONMAN 70.3 New Zealand</td>
<td>Great Lake Centre, Main Auditorium</td>
</tr>
<tr>
<td>11:30am- 12pm</td>
<td>Meet the Professionals</td>
<td>Finish Area, North Domain</td>
</tr>
</tbody>
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### Saturday 7 March

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5am - 6.15am</td>
<td>Transition open - IRONMAN 70.3 New Zealand</td>
<td>Transition Area, North Domain</td>
</tr>
<tr>
<td>5am - 1am</td>
<td>Event Information Centre</td>
<td>North Domain</td>
</tr>
<tr>
<td>6.30am</td>
<td>Traditional Maori Welcome - IRONMAN 70.3 New Zealand</td>
<td>Lake Taupō, Opposite Taupō Yacht Club</td>
</tr>
<tr>
<td><strong>6.45am</strong></td>
<td><strong>Age Group Rolling Race Start (Self-Seeded) - IRONMAN 70.3 New Zealand</strong></td>
<td>Lake Taupō, Opposite Taupō Yacht Club</td>
</tr>
<tr>
<td>8am - 8pm</td>
<td>IRONMAN Merchandise Store</td>
<td>Merchandise Marquee, North Domain</td>
</tr>
<tr>
<td>8am - 8pm</td>
<td>Medal Engraving - IRONMAN 70.3 New Zealand Athletes</td>
<td>Merchandise Marquee, North Domain</td>
</tr>
<tr>
<td>8am – 8pm</td>
<td>Sports and Lifestyle Expo</td>
<td>North Domain</td>
</tr>
<tr>
<td>8.20am</td>
<td>Swim Course Cut-Off - IRONMAN 70.3 New Zealand</td>
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<tr>
<td>12.40pm</td>
<td>Bike Course Cut-Off - IRONMAN 70.3 New Zealand</td>
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<tr>
<td>3.40pm</td>
<td>Run Course Cut-Off - IRONMAN 70.3 New Zealand</td>
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<tr>
<td>5pm</td>
<td>IRONMAN 70.3 New Zealand Awards Ceremony</td>
<td>Great Lake Centre, Front Lawn *new location</td>
</tr>
<tr>
<td>5.45pm</td>
<td>IRONMAN 70.3 World Championship Roll-Down Ceremony</td>
<td>Great Lake Centre, Front Lawn *new location</td>
</tr>
<tr>
<td>7pm - 1am</td>
<td>Bike &amp; Gear Bag Collection</td>
<td>Transition Area, North Domain</td>
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### Sunday 8 March

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>8am - 2pm</td>
<td>IRONMAN Merchandise Store (Including Finishers Range)</td>
<td>Merchandise Marquee, North Domain</td>
</tr>
<tr>
<td>9am - 10am</td>
<td>Bike &amp; Gear Bag Collection</td>
<td>Transition Area, North Domain</td>
</tr>
<tr>
<td>9am - 4pm</td>
<td>Post-Race Massage Service (Bookings Recommended)</td>
<td>Massage Marquee, North Domain</td>
</tr>
<tr>
<td>10am - 2pm</td>
<td>Event Information Centre</td>
<td>Great Lake Centre</td>
</tr>
</tbody>
</table>
MORE THAN 20% PROTEIN

NUTRI-GRAIN
IRON MAN FOOD

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

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

Athlete Check-In for athletes in Nutri-Grain IRONMAN 70.3 New Zealand will take place on Thursday 5 and Friday 6 March 10:00am to 4:00pm at the main marquee adjacent to the Great Lake Centre on the North Domain.

It is compulsory for all IRONMAN 70.3 New Zealand athletes to check-in during these times. No athlete will be accepted after 4pm Friday 6 March. We cannot be responsible for late arrivals so please take this into consideration when making travel arrangements.

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

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

During Athlete Check-in you will receive the following:
• ID wristband (to be worn from Check-In through to the end of the race)
• Body Tattoos (number to be placed on right upper arm and letter category to be placed on left calf)
• Black Street Gear Bag
• Swim Cap – this must be worn over all other caps
• Helmet Sticker (placed on the front of your helmet)
• Bike seat post sticker (to wrap around the seat post of your bike and stick to itself)
• Bike Pump Sticker
• Race bib (compulsory on the run leg only)
• Bike Collection Card

ID WRISTBAND

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

No Wristband = No Access.

YOU MUST CHECK YOUR WETSUIT BEFORE YOU CHECK IN

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

- Wednesday 4 March 7am – 9am Taupō Yacht Club
- Wednesday 4 March 10am – 4pm North Domain
- Thursday 5 March 6am – 8am Taupō Yacht Club
- Thursday 5 March 9:00am – 4pm North Domain
- Friday 6 March 6am – 8am Taupō Yacht Club
- Friday 6 March 10am – 4pm North Domain

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

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

INDIVIDUAL CHANGES

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

When
Friday 6 March 10.00am – 5.00pm

Where
Transition, North Domain

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

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

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

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

TRANSITION

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

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

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

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

It is important to note that during the race, athletes will be required to have all race items neatly organised at your bike for transitioning from Swim-Bike and Bike-Run.

No change tents are provided for 70.3 Athletes.

TIMING CHIP COLLECTION

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

BIKE CHECKS

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

You should ensure your bike, is in safe working order before presenting it at Transition to avoid rejection. Inspectors will be checking for such thing as:

- End plugs on handle bars
- Tyres in reasonable condition
- Stripped cabling
- At least one water bottle cage
- Brakes in working order
- Compliance with IRONMAN Rules

HELMET CHECKS

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

Helmets must meet the following specifications:

- Your helmet must be approved by a recognised testing authority (eg. New Zealand Standards Certified).
- Alterations to any part of the helmet are not allowed. This includes, but is not limited to, any alteration to the manufacturer’s chinstrap, and the addition or removal of an outer cover.
- Helmets must be undamaged.
CLOTHING DROP
The clothing drop zone is at B2 Aid Station on the return leg to Taupō at approximately the 48km mark. All clothing must be marked clearly with your race number.

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

GEAR BAGS

STREET GEAR BAG DROP
The Street Gear Bag Drop will be located at Transition and at Swim Start between 5.00am to 8.00am on race morning. Please ensure that you have the gear bag sticker (located in your Race Kit) clearly stuck to the bottom of the handle. Your Street Gear Bag will consist of any clothes you require post-race.

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

Your Gear Bag will be available for collection from the Main Marquee/Recovery Area adjacent to the finish line on the North Domain. It is the responsibility of the athlete to hand in and pick up their bag from the appropriate location at the appropriate time, as well as ensure they are marked correctly.

Bike pumps should be handed in with supplied sticker from your athlete kit into the bike pump drop inside transition. Pumps should not be left next to your bike or inside your street gear bag. They will be available for collection post-event during Bike collection times.

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

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

ATHLETE RACE BIB
Wearing your race number bib is compulsory for the Run Leg only. Your number must be clearly visible. You must not fold, cut or manipulate your race number in any way.

AID STATIONS
The following product will be available at these aid stations:

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

TRANSITION 1 (SWIM – BIKE)
• Water
• PURE Electrolyte – Superfruits flavour
• Bananas

BIKE AID STATIONS
Overseas athletes should note that in New Zealand we ride on the left hand side of the road and take-ups will normally be with the left hand, so the right hand is remaining on the handle bars:

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

Bike Aid Station Locations:
• B1 River Rd and Broadlands – 25.1km
• B2 Broadlands Rd (2km past Reporoa Rd turn) – 48.5km
• B3 Tirti Rd – 62.2km
• B4 Wairakei Estate HQ Broadlands Rd – 73.4km
**Bike Aid Station Layout**

Slow down when entering Aid Stations, don’t stop! If you do not require any product from a Bike Aid Station please stay to the right of the roadway. There will be signs along the Aid Station listing what is on offer. Mercury Volunteers will also be advising what they are holding.

Please discard any unwanted items post the Discard Zone Start sign and pre Discard Zone Finish sign. Anything discarded outside this area will be penalised.

**Run Aid Stations Locations:**

- R1 Tongariro St (2nd Lap Only)
- R2 Lake Terrace
- R3 Rainbow Dr (Two Way)
- R4 Teki St, Wharewaka Point. (IRONMAN only)
- R5 Sea Scout Den Lake front Path (Below R2)

**Run Aid Station Layout**

Same conditions as per the Bike Aid Stations apply when entering the Run Aid Stations.

**DISCARD/DROP ZONES**

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

**TOILETS**

Toilets will be located in transition for race morning as well as at every Aid Station and penalty box.

**TECHNICAL SUPPORT**

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

We recommend that you pump your tyres to race pressure, when you rack your bike in transition.

Feel free to come and see the mechanics, allowing them to see what tyres and tubes you are using and what most likely be a good pressure for you to ride on for the race.
A recovery vehicle service and basic mechanical aid will also be available on course. Performance Bicycle Tuning will provide tools and spares and are able to provide athletes with assistance to any repairs as necessary. Spare wheels will not be available from mechanics.

Due to the complexities of operating such a service under racing conditions, we recommend athletes carry their own bike repair kit as delays are expected. The support crew also carry tyres and tubes, which can be exchanged for faulty products.

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

**WITHDRAWAL & TIMING CHIP RETURNS**

If you withdraw from the race prior to race day, race day morning or during the race you must inform the Event Information Centre. It is extremely important for all timing chips to be returned to ensure all athletes are accounted for. If you fail to return your timing chip, a $150 replacement charge applies.

**MEDICAL**

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

**IRONMAN OCEANIA APP**

Download the IRONMAN Oceania App for both Apple and Android stores for the best up to date information throughout the race. Nutri-Grain IRONMAN 70.3 New Zealand 2020 will be on the Oceania App a week before the event and has everything you need to know about the event as an athlete or a spectator:

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

**EXPO**

The expo will feature a selection of all your swim, bike and run needs for both athletes and the general public to enjoy. The Expo will be located at the North Domain and provides the ideal opportunity for athletes to stock up on last minute equipment needs and talk to the experts behind the brand.

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

**MERCHANDISE**

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

- **Wednesday 4 March**
  10am – 4pm North Domain
- **Thursday 5 March**
  9am – 5pm North Domain
- **Friday 6 March**
  9am – 4pm North Domain
- **Saturday 7 March**
  8am – 8pm North Domain
- **Sunday 8 March**
  8am – 2pm North Domain

(Includes finisher range)

**RACE DIRECTOR Q&A**

Come along to the Race Director question and answer session to receive a great overview of the event. This briefing will be held in the Great Lake Centre Main Auditorium.

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

**RACE DAY PARKING**

If you need to drive to the race start, please consider where you are parking as there is metered parking in the town centre. There is free parking available behind McDonalds and the BP Service Station on HeuHeu Street. Please note there is no parking available on the North Domain or in the Great Lake Centre carpark on race day.
MX3 Diagnostics has developed a new system that can perform rapid, lab-quality hydration testing using only saliva.

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

The MX3 Pro Edition available NOW.

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

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

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

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

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

Age is calculated as of 31 December 2020

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### SWIM CAP COLOURS

All Roka swim caps provided are a latex based swim cap. If you are allergic, please contact us via email newzealand@ironman.com or via phone +64 9 601 9590.
SWIM COURSE – 1.9KM

START PROCEDURE
Please note this is an estimated start time, and can be brought forward or delayed on race day:

AGE GROUP START (Rolling Start) – 6:45am - 7:10am

The swim start will be a rolling swim start format, allowing age group athletes to self-seed themselves into start zones.

There will be (4) different start zones to choose from, depending on an athlete’s expected swim time. These zones are:

- Under 34 minutes
- 33 to 38 minutes
- 38 to 43 minutes
- Over 43 minutes

Each start zone indicates an athlete’s expected swim time, with all athletes starting on the beach.

Athletes will be released in pairs across the start line and timing mat. Once an athlete crosses this timing mat, their individual race time will start. The rolling start will continue from zone 1 to zone 4 until all athletes have crossed the timing mat and begun the race.

CUT-OFF TIME
1 hour 10 minutes after athlete’s individual start time.

SUMMARY
1.9km swim in the clean, clear, fresh waters of Lake Taupō. Water temperature is normally around 19 degrees Celsius.

The race has a rolling start in front of the Taupō Yacht Club, with the first leg of 650m parallel to the shore followed by a second leg of 50m then returning 650m to a buoy adjacent to the Yacht Club.

The final section of 450m takes the swimmers down the outlet to the Waikato River alongside the Harbour Master building and exiting up the boat ramp. From the boat ramp, athletes cross the road and up the path to Story Place.

TRANSITION PROCEDURE
At the Swim exit, you will pass through a timing chute, run up to transition via the path on Story Place and enter transition, where you will find your bike racked in numerical order. Ensure you fasten your helmet securely before un-racking your bike.

SWIM COURSE RULES
Please refer to event website for full list of rules.
THE WORLD’S MOST LOVED WETSUIT

“I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it.”

- Paul, Seattle, WA

PATENTED
PROTECTED BY DOMESTIC AND INTERNATIONAL PATENTS WITH ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY
FASTEST IRONMAN SWIMMER ON THE PLANET
BIKE COURSE – 90KM

CUT-OFF TIME

5 hours 30 minutes after athlete’s individual start time.

SUMMARY

The 90km Bike course starts to the cheers of spectators before heading into rural landscape and farmland surrounding Taupō. The course is described as undulating with enough challenging sections to create a fair race.

*Please note this is a revised bike course.

BIKE COURSE RULES

Please refer to event website for full list of rules.

TRANSITION PROCEDURE

As you dismount your bike in the bike finish chute, you are responsible for taking your bike to your numbered rack within Transition and racking the bike up correctly. Your helmet must remain on and secured until your bike is racked. Failure to do so may result in disqualification.

Equip yourself for the run leg at your allocated bike rack location. Upon exiting Transition, athletes will pass the Transition Aid Station before heading north onto the run course.

For more information on Transition Rules, please see the event website.
Ventum is the Official Global Bike Partner of IRONMAN®
RUN COURSE – 21.1KM

CUT-OFF TIME
8 hours 30 minutes after athlete’s individual start time.

SUMMARY
The 21.1km run course is a two-lap course which heads along the lake front to Rainbow Drive and return. The run course is not closed to public transport. In the interests of athlete safety, athletes who have not reached the specified cut off times will be withdrawn from the course.

LAP BANDS
A wristband will be issued during the run to identify to officials which section of the run athletes are on. You will receive this band at the turn around point on Rainbow Drive. These bands must be worn to the finish line.

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

RUN COURSE RULES
Please refer to event website for full list of rules.
RINCON
THE ULTRA-LIGHT UBER-CUSHIONED SPEEDSTER
#TIMETOFLY
HOKAONEONE.CO.NZ
COURSE CLOSURE TIMES

Swim
8.20am
Cut-Off is 1 Hour 10 minutes after athlete’s individual start time.

Bike
12.40pm
Cut-Off is 5 Hours 30 minutes after athlete’s individual start time.
Athletes unable to reach this cut-off will be collected by event recovery vehicles; to ensure all athletes make this cut off time, there are intermediate cut off times in place:
• 10.39am – 46km, turnaround at Reporoa
• 11.23pm – 60km, Tiriti Road
• 11.54pm – 74km, Wairakei Estate

Run
3.40pm
Cut-off is 8 Hours 30 minutes after athlete’s individual start time.
To ensure all athletes make this cut off time, there are intermediate cut off times in place:
• 1.31pm – 5.4km, Rainbow Drive Turnaround Lap 1
• 2.13pm – 10.6km, Tongariro Street Turnaround
• 2.55pm – 15.9km, Rainbow Drive Turnaround Lap 2

Should an athlete be unable to reach one of these cut off times, they will no longer be able to continue racing. Race results will be classified as a Did Not Finish (DNF).

In addition to the above cut off times, athletes may be cut-off at any time based on the Race Directors discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenarios the Race Director also reserves the right to announce new cut off times.

TRANSITION – RACE DAY
Transition will be open from 5.00am – 6.15am. Please ensure you leave yourself enough time on race morning as all 70.3 athletes will need to be out of Transition by 6.15am.

IRONMAN IS A NON-DRAFTING EVENT
The majority of the bike course is closed to public transport, however athletes are to ride as close to the left hand side of the road as possible. Failure to do so obstructs passing athletes and can incur a four (4) minute penalty.

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

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

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

SAG WAGON
The sag wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to the North Domain/Transition.

Should you require a sag wagon at any time, please wave down a motorbike official and they will contact IRONMAN for sag wagon deployment. Alternatively advise volunteers at the nearest aid station.

Please note delays in sag wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a sag wagon has been requested as this could affect their ability to locate and transport you.

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

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

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

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

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

CONTINGENCY PLAN
If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the event app or by the commentator.

NUTRITION

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

Both flavours are available on the bike and run course.

CLIF Energy Bars
- Chocolate Chip
- White Chocolate Macadamia Nut
- Blueberry Crisp

All flavours are available on the bike and run course.

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

Friends and family members, including children, are not permitted in the finish chute or finish area. We ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athlete’s finish line experience.

There is a medical team with trained doctors and nurses at the finish line. You may be required to have medical attention or monitoring at this point before being released to the recovery area.

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

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

TIMING CHIP RETURN

Timing chips will be removed at the completion of your race and returned to the volunteers at the finish line.

BIKE COLLECTION

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

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

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

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

STREET GEAR BAG COLLECTION

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

MASSAGE

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

PRE RACE

Monday 2 March 1:00pm – 6:30pm
Tuesday 3 March 9:00am – 6.30pm
Wednesday 4 March 9:00am – 6.30pm
Thursday 5 March 9:00am – 6.30pm
Friday 6 March 9:00am – 6:30pm

POST RACE (bookings recommended)

Sunday 8 March 9.00am – 4.00pm

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

DRUG TESTING

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

Get your personal race photos with FinisherPix!

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

How to get your best photos:

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

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

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

• Smile and celebrate when you cross the Finish Line! Don’t worry about touching your watch, the timing company will ensure an accurate record of your achievement.

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

PROTESTS AND APPEALS

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

RESULTS

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

LOST PROPERTY

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

ORDER YOUR RACE PHOTOS HERE:
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www.facebook.com/finisherpix
@finisherpix #finisherpix
AWARDS PRESENTATION

Date: Saturday 7 March
Awards: 5.00pm – 5.45pm
Location: Great Lake Centre, Front Lawn*

Awards will be presented to the top 3 finishers in each Age Group Category. TriClub Awards will be held in conjunction with the Nutri-Grain IRONMAN New Zealand awards on Sunday 8 March at the Taupō Events Centre.

ROLLODOWN CEREMONY

2020 IRONMAN 70.3 WORLD CHAMPIONSHIP

Date: Saturday 7 March
Rolldown: 5.45pm onwards
Location: Great Lake Centre, Front Lawn*
Cost: $550 USD inclusive of all fees

*Please note the different location to the IRONMAN World Championship Rolldown Ceremony

Eighty (80) Age Group qualifying slots for the 2020 IRONMAN 70.3 World Championship (Saturday 28 and Sunday 29 November, 2020, in Taupō, New Zealand) will be awarded to the top Age Group finishers.

Slot Allocation

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

Rolldown

Anyone who wishes to claim a Rolldown slot must attend the IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony and claim their slot in person. If an automatic qualifier in an Age Group chooses not to take the slot, does not attend the IRONMAN World Championship Slot Allocation and Rolldown Ceremony, or has already qualified, the next eligible finisher in that Age Group may claim the slot that has rolled down.

If there are no more eligible finishers in a particular Age Group or no other finishers in attendance at the IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony in that Age Group, that unclaimed slot will be reallocated to another Age Group within the gender based on the athletes-to-slots ratio.

The Age Group within the gender with the largest athletes-to-slots ratio will receive the first reallocated slot, followed by the next largest ratio receiving the second re-allocated slot (if applicable), and so on.

Only Age-Group Athletes are eligible to receive Age-Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any ITU Member National Triathlon Governing Body, WTC’s Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they have qualified for, hold professional or elite status.

Any change in an athlete’s status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of Athlete to make such disclosure will be cause for disqualification from such Event and may result in sanction from WTC Events.
INFORMATION
The main Information booth will be located in the Great Lake Centre and will be open during the following hours:

Tuesday 3 March  
9.00am – 5.00pm

Wednesday 4 March  
9.00am – 5.00pm

Thursday 5 March  
9.00am – 5.00pm

Friday 6 March  
9.00am – 4:00pm

Saturday 7 March  
5:00am – Midnight

Sunday 8 March  
10.00am – 2.00pm

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

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

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

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

Facebook: @IRONMANNewZealand

Instagram: @IRONMANOceania

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

EVENT CONTACT DETAILS
General Event Enquires
Website: www.ironmannewzealand.com
Phone: +64 9 601 9590
E-mail: newzealand@ironman.com

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

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

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

Taupō Blue Bubble Taxi
(07) 378 5100

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