

GOA  
**IRONMAN**<sup>®</sup>  
70.3<sup>®</sup>  india

BY HERBALIFE

**24**

NUTRITION FOR THE  
24-HOUR ATHLETE

*2022 ATHLETE INFORMATION GUIDE*

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# GOA

***Wishing all  
IRONMAN 70.3 Goa  
athletes a pleasant  
stay in Goa  
and an amazing race!  
Dept. of Tourism Goa***



**DR. PRAMOD SAWANT**  
CHIEF MINISTER, GOA

17th October, 2022

## MESSAGE

It is my absolute pleasure to welcome all of you to our beautiful state of Goa.

The FIT INDIA Movement was launched on the 29th of August, 2019 by the Honourable Prime Minister, Shri Narendra Modi. This was followed by the inaugural edition of the IRONMAN 70.3 Goa which was held on the 20th of October 2019 with over 1050 triathletes from around the world and has now become an annual event for us in Goa. We are happy to have the IRONMAN 70.3 race back to the shores of Goa on the 13th of November, 2022.

Goa which is known for its beautiful beaches, and as a place to unwind and holiday will now set the scene for one of the most gruelling tests of performance in the world.

Yoska with the support from IRONMAN organises fitness events that encourage sports and a healthy level of competition across varying ages, genders, and nationalities. These events promote sustainability and longevity while exercising and these values greatly benefit the endurance community and the FIT INDIA Movement.

Goa is traditionally known as a tourist paradise for its natural scenery, unique beaches, and cultural diversity. It has a well-developed social, physical, and industrial infrastructure with virtual connectivity and is a globally-recognised leisure destination. However, Goa has the potential for so much more. With Goa about to host the IRONMAN 70.3 race in November, I welcome them to return year after year as we scale the event to new heights. Yoska organising events such as IRONMAN 70.3 places Goa in a unique position as it etches its name as a Global Sports Tourism Destination.

I would like to wish all the Participants and Team Yoska the very best! May each and every one of you have an exceptional and safe race.

Dev Borem Korum! Jai Hind.

**(Dr. Pramod Sawant)**  
Chief Minister, Goa



**Rohan A. Khaunte**

Minister for Tourism, Information Technology, Electronics & Communication  
and Printing & Stationery  
Government of Goa

202 Minister's Block, Secretariat (Annexe), Alto Porvorim, Bardez, Goa-India 403521  
Ph.: 0832 2419882 E-mail: min-it.goa@gov.in / min-tour.goa@gov.in

Dear Friends,

17/10/2022

Goa is a small State situated on the western coast of India that is known for its relaxing atmosphere. Tourists are attracted to its golden beaches, architecture, and places of worship. It is a biodiversity hotspot and is rich in flora and fauna. It is with immense pleasure that I welcome Yoska, IRONMAN and the participants of IRONMAN 70.3 Goa to our shores once again as they pave the way to Goa being known for so much more than just a holiday attraction.

Team Yoska will be kicking off the IRONMAN 70.3 Goa Race on our very own Miramar Beach on the 13<sup>th</sup> of November 2022.

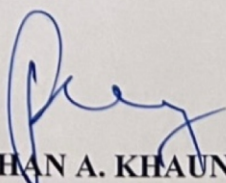
Over two years of the COVID -19 Pandemic, the Tourism Industry of Goa took a major hit. With people unable to move out of their houses, holidays and tourism activities seemed like a distant dream. Now, with our borders open, it is truly amazing to have a globally recognised event hosted on our shores. It is my hope that this is just the first of many events to come and such, events will engrave Goa on the World Map as a Sports Tourism Destination.

I encourage all the participants along with their friends and families to spend more time after the race exploring Goa and soak in the beautiful scenes and locations. It is impressive to see this level of global competition come to our State and encourage people of all ages, genders, and nationalities to make the time to focus on their individual fitness goals.

The Team at Yoska have contributed greatly to the FIT INDIA Movement launched by our Honourable Prime Minister on the 29th of August, 2019. Sustainability and longevity in sports are common beliefs shared between the FIT INDIA Movement and the team at Yoska. It is this shared belief that enables them to drive and inspire individuals to take up sports, join the endurance community and lead a healthier life. They have taken unique steps to encourage the #womeninsports initiative, assisting and motivating women to prepare and participate in their upcoming race.

I would like to warmly welcome all the Athletes and Team Yoska to our beloved State and wish each and every one of them an amazing race!

Dev Borem Korum!

  
**ROHAN A. KHAUNTE**

## MESSAGE - RACE DIRECTOR



Dear Fellow Triathletes,

It is my absolute privilege to welcome you all back to the shores of Goa for the second edition of the IRONMAN 70.3 Goa Race.

Goa is world-renowned for its beaches and beautiful landscapes, with each one of you entering this race, you are individually contributing towards Goa becoming a Global Sports Tourism Destination.

We strongly believe each participant of IRONMAN 70.3 Goa is an influencer who will inspire millions of people to prioritise their fitness in whatever way they can. Organising these events is our humble contribution to the "Fit India" Movement, launched by our Hon. Prime Minister Narendra Modi ji. In the years to come, it is our hope that we continue to grow the endurance community in India.

On to the race course now, the start line will be the same as our first edition - at Miramar Beach.

Athletes will tread the serene waters of Miramar Beach in a 1.9km swim and then head to the transition area before they take off for the cycle leg.

Athletes will make a swift transition onto their bikes. They will then traverse the new 2-lap, 90km bike course.

Our new bike course runs alongside stunning landscapes, lush greenery, and beautiful views giving our athletes an experience they will never forget.

Beginning at Miramar Circle they will proceed to the Divja Circle Turn, then turn left on the Ribandar Causeway.

On completion of a loop of the Ribandar Causeway, athletes will find themselves back at the Dwija Circle Turn following which they will turn left to merge into the new 3-lane Highway. They will enjoy a gradual climb passing the Bambolim Stadium on their left taking them towards the New Zuari bridge at the Agaçiam village. After reaching the first u-turn point,

athletes will retrace the route back to Miramar Circle. From Miramar Circle they will proceed to the Aivão Village at the bottom of the Dona Paula Hill. This is their second u-turn point.

Participants will then come back to Miramar Circle and repeat the entire lap again.

The final leg of the race is a 3-lap, 21km run. This will see the Triathletes pace against time. Participants will begin at Miramar Circle and proceed to Dona Paula Circle. They will take a right at Dona Paula Circle heading towards Raj Bhavan. Participants will encounter a u-turn point along the Raj Bhavan Road and then retrace their path back to the start point. Participants are to repeat this lap twice to complete the race.

IRONMAN 70.3 Goa is going to be back and with a bang! Rest assured that we have made all the necessary arrangements to make sure that the race courses are safe and secure. Your IRONMAN 70.3 Goa Race will be an enjoyable and memorable one. The bike and the run courses are closed road races to ensure that you are not impacted by civilian traffic. For safety purposes, the swim course is a rolling start and a 2 lap course, each spanning 950m with a provision for you to walk some steps before you start your second lap.

The city authorities and community have been extremely supportive and cooperative in organising this race by making a closed-road race option available to us. Let us all together as a triathlete community show our appreciation for this gesture, by following all race rules and adhering to the enforcement of Intermediate cut-off times on all the courses to make sure that we cause minimum interference to the city's day-to-day functioning. Let us endeavour to leave the city, better than we received it.

A big dream like this needs a lot of well-wishers. While there is no end to thank you notes, we want to take a moment to thank all those who have helped us get this far.

I would like to personally thank the Chief Minister of Goa, Dr. Pramod Sawant who has shown us his unending support as we pushed towards a new bike route this year.

# MESSAGE - RACE DIRECTOR



Honourable Tourism Minister, Rohan Khaunte who continues to work tirelessly to promote tourism in the State and rebrand Goa as a Sports Tourism Destination world over.

I would also like to thank the Secretary to the Chief Minister and Sports Secretary - Shri Ajit Roy and Collector of North Goa, IAS Mamu Hage as they not only assisted and promoted the event but took up the challenge and will be participating in this year's race.

A big thank you to my team at Yoska for their unending, tireless efforts and their dedication and commitment to make all of this come together and create what I believe will be a memorable experience for you.

My gratitude would be incomplete without acknowledging the contribution of our endurance and fitness community who have helped us along the journey of bringing this prestigious event back to Goa. I would also like to thank our hardworking volunteers who provide their services selflessly and encourage our athletes on race day.

I wish all the participants a safe and exhilarating race and I encourage all the participants and their friends and families to spend more time after the race exploring Goa and to soak in a little sun. Let us make the streets of Goa bask in the glory of being an IRONMAN course once again. Look forward to seeing you all at the start line on Race Day!



**Race Director**  
*Deepak Raj*  
(CEO Yoska)

# YOSKA

Hi! We are Yoska.

Our name is derived from the words 'Yos' meaning 'healthy or happy' and 'Ka meaning 'body or soul'.

Our vision at Yoska is to help every individual have a "Healthy Body and a Happy Soul"

Here's what we do :



## TRAINING

Our aim is to help individuals reach their dreams and goals in endurance sports. We are all about sustainability and longevity. We provide training for all fitness levels.

## NUTRITION

An optimal endurance nutrition plan can be the maker or breaker of a race. We help you make sustainable, healthy nutrition choices.



## HOLISTIC APPROACH

We focus on helping individuals achieve overall long-term good health. Which includes improving their sleep cycle, their mindset and mental health, so that they can achieve a more balanced relationship work and personal life.



## JOIN TODAY

Join the Yoska Triathlon Training Programme today and become a part of the endurance community.



## CONTACT NOW



be Fit,  
be Yoska!!

Tel : 8147545987  
@beyoska  
support@yoska.in

## MESSAGE - RACE REFEREE



### MESSAGE FROM RACE REFEREE

Welcome to the 2022 IRONMAN 70.3 GOA. To ensure a safe and fair race we would appreciate your cooperation following the rules of the event. Below are several key rules of the sport we would like to bring to your attention before you commence your event. Hope you enjoy the IRONMAN experience, and for those travelling, a great time in the Goa region

The most common infringement incurring a time penalty is for drafting behind other riders on the bike course. To minimise the possibility of infringing the rules on race day and avoiding a visit to the penalty box, please observe the following:

- Ride on the left side of the bike lane;
- Keep 12 metres between yourself and the cyclist in front of you – front wheel to front wheel;
- Pass on the right of the cyclist in front (never on the left);
- Complete your pass within 25-seconds;
- If passed, drop back immediately 12 metres and ensure you have dropped back the full 12 metres before re-passing.

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. A technical official's ruling is final in the case of drafting, blocking, and illegal pass infringements (judgment calls) and these are not subject to either protest or appeal.

### The most common rule infringements and associated penalties are:

#### Blue card 5-minute penalties include:

- Drafting** – following a leading cyclist closer than 12 metres and failing to pass in 25 seconds OR after being passed, failing to drop back 12 metres before re-passing;
- Illegal pass** – passing on the left;
- Littering** - discarding items, eg. tyres, bidons, gel wrappers etc, on any part of the course except within designated litter zones near aid stations.

A technical official will advise you of any time penalty by calling your number, advising you of the nature of the infringement and showing you a

blue card. It will be then your responsibility to serve the 5-minute time penalty(s) at the next penalty box. If you do not stop at the next penalty box you will be disqualified.

#### Yellow card stop start penalties to be served at the next penalty box include:

**Blocking** – riding on the right side of an athlete without passing or riding on the right hand side of the bike lane when clear of other athletes.

#### Yellow card stop start and correct penalties include:

**Helmet** – failing to have your chin strap securely fastened when moving with your bike.

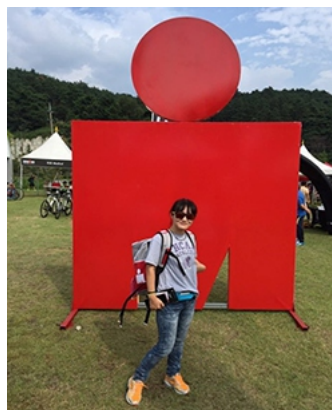
**Note: that any 3 infringements across the course during the event may result in a disqualification.**

#### Other infringements which may result in disqualification include (but not limited to):

- Offensive and unsportsmanlike behaviour;
- Public personal toilet;
- Outside assistance (from anyone other than a race official);
- The use of electronic equipment including telephones, earphones or other communication devices.

Always remember to treat other athletes, volunteers and officials with courtesy and consideration as they are important in keeping the event safe and fair.

I sincerely hope you have a great race, enjoy the experience, and achieve your IRONMAN goals.



Kyungsook Kim (Kitty)  
IRONMAN 70.3 GOA- Race Referee



## RACE RULES

The event is sanctioned by Triathlon India and race under IRONMAN Race Rules. All Athletes must read and understand the race rules prior to race day. Below highlights some of the race rules

### Swim

#### Section 4.01 General

**(c) The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited; (DSQ)**

(g) Individual paddlers or escorts are prohibited; (DSQ)

#### Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 second time penalty (as applicable), DSQ if not remedied promptly).

### BIKE

#### Section 5.01 General

(a) The bicycle shall be propelled solely, through a chainset, by the legs moving in a circular movement, without electric or other assistance. Other than pushing or carrying a bicycle, any propulsive action brought on by use of the hands is prohibited (except with respect to PC Open Athletes and HC Athletes in accordance with Article VIII and Article IX); (DSQ and indefinite suspension)

(c) It is the sole responsibility of each Athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;

(h) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the cycling segment of the race; (30 second time penalty (as applicable), DSQ if not remedied promptly)

#### Section 5.02 Equipment Illegal Equipment

(iv) Headsets or headphones are prohibited during the bike segment of the race; (1:00 minute penalty, DSQ if not remedied promptly);

### RUN

#### Section 6.01 General

(a) Athletes may run, walk, or crawl;

(b) It is the sole responsibility of each Athlete to

know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the Athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the Athlete's final race time);

(d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race; (30 second time penalty (as applicable), DSQ if not remedied promptly)

#### Section 6.02 Illegal Equipment

(b) Headsets or headphones are prohibited during the run segment of the race. (1:00 minute penalty, DSQ if not remedied promptly)

### PROTESTS

#### Section 3.06 Right of Protest or Appeal

(a) The athlete's right to protest or appeal, if any, will be governed and handled by the event's sanctioning body, and/or the competition rules of the relevant National Federation, provided, however, that if no formal process exists for the applicable National Federation then IRONMAN may elect to handle protests and appeals for such event in a manner that is substantially similar to the process set forth by the then-current International Triathlon Union Competition Rules.

### ANTI-DOPING

Each athlete acknowledges notice of the Anti-Doping Rules (as such term is defined below), and acknowledges that he/she is bound by, confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Rules.

(i) "Anti-Doping Rules" means all anti-doping rules adopted by IRONMAN including, without limitation, the World Anti-Doping Code (the "WADA Code"), all associated International Standards, including, without limitation the List of Prohibited Substances and Prohibited Methods (the "Prohibited List") as issued by the World Anti-Doping Agency ("WADA"), and all other rules, policies, and/or procedures adopted by IRONMAN.



**Mary Kom**  
Herbalife Nutrition Sponsored Athlete

## KEEP YOURSELF HYDRATED AND READY TO PERFORM!

- H24 Hydrate is developed by experts in sports nutrition.
- This refreshing orange flavored drink mix contains bioavailable electrolytes.
- It provides five essential vitamins (B1, B2, B5, B12 and C) and five essential electrolytes (Calcium, Magnesium, Phosphorus, Potassium and Sodium).
- When mixed with water, it's a perfect any-time hydration option for everyone with osmolality of less than 270 mOsmol/kg.
- Enjoy H24 Hydrate as part of a balanced and varied diet in line with a healthy active lifestyle.

### Key Notes :

- No Added sugar
- No artificial colour
- Banned substance tested\*
- Easy to use, on the go format



**Disclaimer:**

**[THIS CONTAINS SUCRALOSE, CONTAIN NON-CALORIC SWEETENER]**

Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease.

\*Banned substance tested. This product is certified with Informed-Sport. The Informed-Sport programme provides assurance that products have been tested for a wide range of substances prohibited in sport. Every batch of this product is tested for banned substances under the Informed-Sport programme. For more information please visit [www.informed-sport.com](http://www.informed-sport.com). Before embarking on any physical activity, please consult your physician.

\*images are for representation purposes only.

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# EVENT SCHEDULE - PRE RACE DAY AND IRONKIDS



## IRONMAN 70.3 GOA, INDIA 2022 - Event Schedule

DATE	TIME	EVENT	VENUE
Friday	10:30 AM - 6:30 PM	Event Information Booth Open	Panjim Conventon Centre
Friday	10:30 AM - 6:30 PM	IRONMAN 70.3 Goa, India Merchandise Store	Panjim Conventon Centre
Friday	10:30 AM - 6:30 PM	HERBALIFE H24 IRONMAN 70.3 GOA EXPO	Panjim Conventon Centre
Friday	10:30 AM - 6:30 PM	IRONMAN 70.3 Goa, India Athlete Check-In	Panjim Conventon Centre
Friday	10:30 AM - 6:30 PM	IRONKIDS Goa, Bib Collection & Athlete Check-in	Panjim Conventon Centre
Friday	10:30 AM - 6:30 PM	Crankmeister Bike service shop	Panjim Gymkhana
Friday	10:30 AM - 6:30 PM	IRONMAN 70.3 GOA EXPO VENUE 2	Panjim Gymkhana
Friday	03:30 PM - 4:30 PM	Compulsory Athlete Briefing 1 (English Only)	Panjim Gymkhana
DATE	TIME	EVENT	VENUE
Saturday	6:15 AM - 7:00 AM	IRONKIDS Check In	Miramar Beach
Saturday	7:00 AM - 7:30 AM	IRONKIDS Briefing	Miramar Beach
Saturday	7.45 AM	IRONKIDS Category C Start 13-16 years	Miramar Beach
Saturday	8:15 AM	IRONKIDS Category A Start - 6 - 8 years	Miramar Beach
Saturday	8:21 AM	IRONKIDS Category B Start - 9-12 years	Miramar Beach
Saturday	08:00 PM - 9:30 AM	Refreshment for IRONKIDS Goa Participants	Miramar Beach
Saturday	9:00 AM - 7:00 PM	Event Information Booth Open	Panjim Conventon Centre
Saturday	9:00 AM - 6:30 PM	IRONMAN 70.3 GOA EXPO VENUE 2	Panjim Gymkhana
Saturday	9:00 AM - 5:30 PM	Crankmeister Bike service shop	Panjim Gymkhana
Saturday	9:00 AM - 4:30 PM	IRONMAN 70.3 Goa, India Athlete Check-In	Panjim Conventon Centre
Saturday	9:00 AM - 4:30 PM	IRONMAN 70.3 Goa, India Merchandise Store	Panjim Conventon Centre
Saturday	9:00 AM - 4:30 PM	HERBALIFE H24 IRONMAN 70.3 GOA EXPO	Panjim Conventon Centre
Saturday	10:30 AM - 11:30 AM	Compulsory Athlete Briefing 1 (English Only)	Panjim Gymkhana
Saturday	11:30 AM - 5:30 PM	IRONMAN 70.3 Goa Compulsory overnight bike racking (Transition 1)	Transition - Miramar Beach
Saturday	12:00 PM	Transition Tour #1	Transition - Miramar Beach
Saturday	1:00 PM	Transition Tour #2	Transition - Miramar Beach
Saturday	2:00 PM	Transition Tour #3	Transition - Miramar Beach
Saturday	3:00 PM - 3:30 PM	Compulsory Athlete Briefing 2 (English Only)	Panjim Gymkhana

## EVENT SCHEDULE - RACE DAY



### IRONMAN 70.3 GOA, INDIA 2022 - Event Schedule

DATE	TIME	EVENT	VENUE
Sunday	5:00 AM – 3:00 PM	Event Information Booth Open	Miramar Beach - Race Precinct
Sunday	5:15 AM - 6:30 AM	Transition Open	Transition - Miramar Beach
Sunday	7:00 AM	IRONMAN 70.3 Goa, India Race Start (ROLLING START)	Miramar Beach
Sunday	11:10 AM (Approx)	First Male Finisher Expected	Miramar Beach
Sunday	11:45 AM (Approx)	First Female Finisher Expected	Miramar Beach
Sunday	1:30PM - 5:00PM	Transition Open for Bike Check-Out	Miramar Beach
Sunday	4:00 PM	2023 IRONMAN 70.3 WORLD CHAMPIONSHIP ROLL DOWN CEREMONY	GOA MARIOTT RESORT & SPA MIRAMAR
Sunday	5:00 PM	IRONMAN 70.3 Goa, India Awards Presentation	GOA MARIOTT RESORT & SPA MIRAMAR

**NOTE :** *Please pickup your cycles by 5:00 pm, cycles left post 5:00 pm in the transition area are not our responsibility.*

BICYCLES  
BEVERAGES  
BATTERIES?

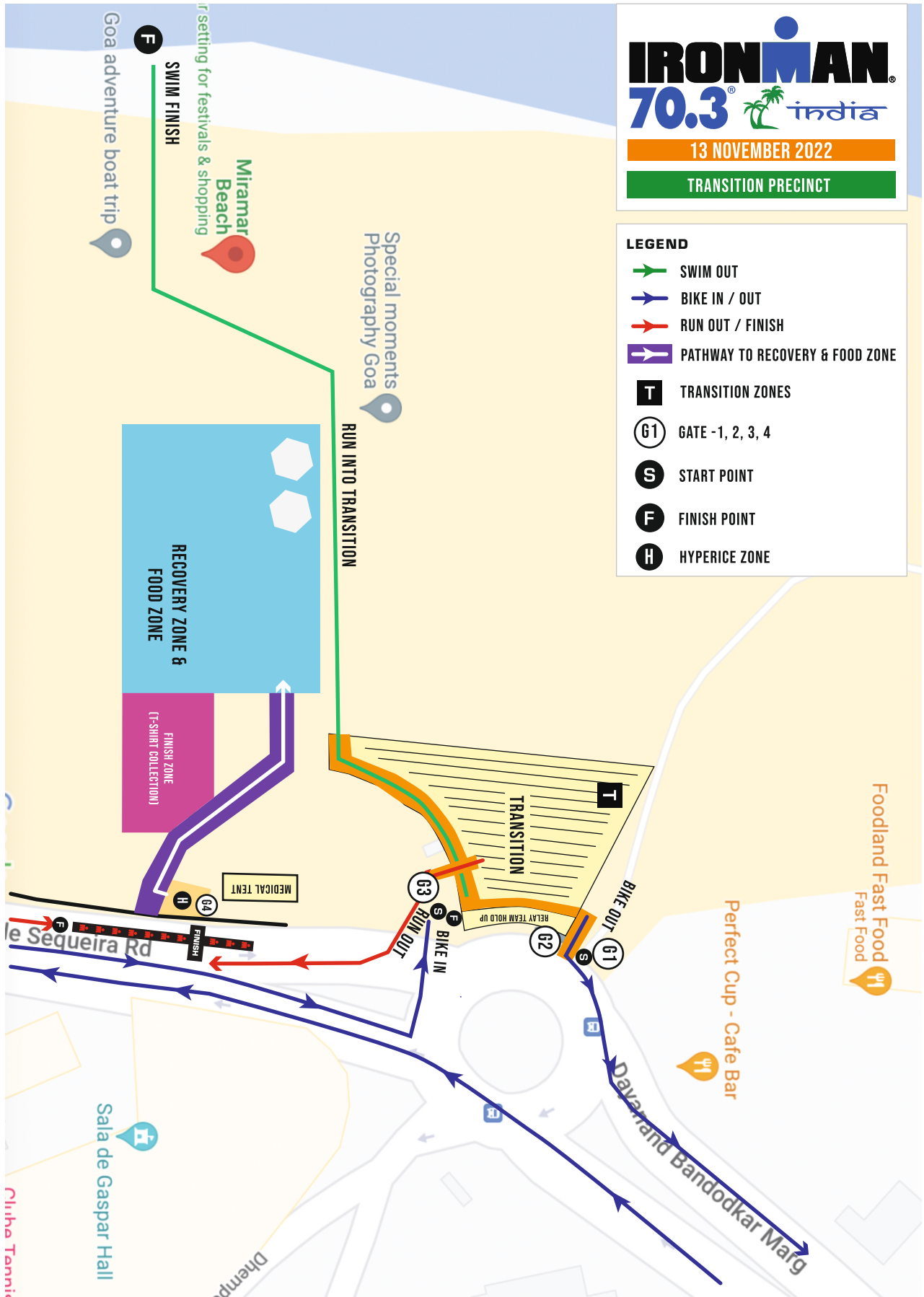


THE ANSWER IS

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# VENUE MAP - RACE PRECINCT



# ONE CAN AND YOU CAN.



**RED BULL GIVES YOU WIINGS.** 



## Pre-Event

- Book/confirm accommodation & flights (if applicable).
- Ensure event registration is confirmed (check for confirmation email).
- Familiarise yourself with event schedule (know all Check-In/drop off times).
- Review/update of medical & emergency contact details. You'll receive an email three weeks from race day with instructions.
- Pack photo ID in your luggage.
- Familiarise yourself with the course -it's your responsibility to know this on race day.
- Check athlete list online & on event app

## Once I arrive

- Familiarise yourself with the event venue and key areas.
  - Athlete Check-In
  - Transition
  - Merch and Expo
  - Swim Start
  - Finish Line and Recovery
- Familiarise yourself with road closures.
- Check-In and collect race kit.
- Rack bike
- Pack items for race day.
- Relay Teams –Familiarise yourself with team transition entry point.

## Race Day

- Ensure you have all items for your race including, helmet, timing chip & trisuit.
- Enter Transition for last minute checks, set up gear & drop off bike pump (if relevant).
- Drop off street gear bag (if relevant).
- Start the race - be at the start line at least 15 minutes prior to your start time at the right swim wave.
- Finish the race.
- Collect your medal and finisher towel
- Recover.
- Collect your items – street gear bag, bike pump (if used and dropped), bike.

## Post Race

- Attend World Championship Roll Down, presentations.

## World Championship Qualification Roll Down



# ATHLETE CHECK-IN



## WHEN

**11th November 2022, 10:30am – 6:30 pm**

**12th November 2022, 09:00am – 4:30 pm**

Athlete Check-In will not be open on Race Day. If you do not check-in during the designated Athlete Check-In hours you will not be permitted to race.

***ALL ATHLETE KITS MUST BE PICKED UP BY 04:30 PM ON 12TH NOVEMBER 2022***

## WHERE

### **Panjim Convention Centre**

Vistar Estates, Mala,

Panjim, Goa,

India – 403001

Phone: +91 - 7719035111/ 9890182560

Email: [vistargroup1905@gmail.com](mailto:vistargroup1905@gmail.com)

Website: [www.panjimconventioncentre.com](http://www.panjimconventioncentre.com)

## WHAT TO BRING

Photo ID OR Passport

### RELAY TEAM CHECK-IN

Relay teams must be present together at the Athlete Check-In, at the same time. No relay team will be permitted to check-in if all members are not present. All relay teams must check-in during the posted Athlete Check-In dates and times – NO EXCEPTIONS.

Each athlete that participates in a Relay will receive a Medal, a Finisher Towel and a Finisher T-Shirt. These will be distributed at the finish line upon completion of their leg of the race.



## 01. TIMING CHIP

You will pick up your timing chip from Transition when you Check-In your bike on Saturday the 12th of November between 11:30am and 5:30pm.



## 02. ID WRISTBAND

Your unique ID wristband will be fixed to your wrist when you check-in onsite at the event. This is your access to Athlete only areas, and **MUST** be worn at all times.



## 03. RACE NUMBER (BIB)

Your Race Number (BIB) is compulsory on the **run leg only**. We recommend bringing a race belt to attach to your race number.



## 04. BIKE SEAT POST STICKER

Your Bike Seat Post Sticker is to be fixed under the seat of your bike. You will need to ensure you do this before Bike Check-In on 12th November 2022 between 11:30 am and 5:30 pm.



## 05. HELMET STICKER

Your helmet sticker is to be fixed to the front and right-hand side of your helmet.



## 06. SWIM CAP

You must wear the swim cap provided to you at the Athlete Check-In, during the race. If you are an All World Athlete (AWA) and receive two separate swim caps, you may choose which one you would like to wear on race morning.



## 07. TATTOOS

You will receive two (2) tattoos in your Athlete Kit. Your **number** tattoo is to be applied to your **RIGHT upper arm**. Your **letter** tattoo represents the Age Group category you are in and is to be applied to your **RIGHT calf**.



## 08. STREET GEAR BAG

Your Street Gear Bag (Black Bag) is used to hold any items you would like access to directly after the race or anything you would like to wear before the race. You will drop your Street Gear Bag in the specified area on race morning prior to the race. You will then be able to access this once you have completed the race.



## 09. STREET GEAR BAG STICKER

You will receive a unique sticker with your individual race number to affix to your Street Gear Bag. This is to identify your Street Gear Bag amongst other Triathletes when you drop off and collect



## 10. BIKE PUMP STICKER

You will receive a small unique numbered sticker to affix to your bike pump. You will have access to your bike on race morning between 5:15am and 6:30am. Your bike pump can be dropped at the specified Street Gear Bag drop before the race. Bike pumps are not to be left in Transition during the race.

### ATHLETE WRIST BAND:



A wristband printed with your race number will be affixed to your wrist at the Athlete Check-In. This band will identify you as an official athlete and must be worn during race week. The wristband is required for medical identification purposes and allows you access to both transition area and post-race athlete recovery areas. Any wristbands from previous events must be removed. You must be wearing your wristband if you plan to claim a slot for IRONMAN 70.3 World Championships.

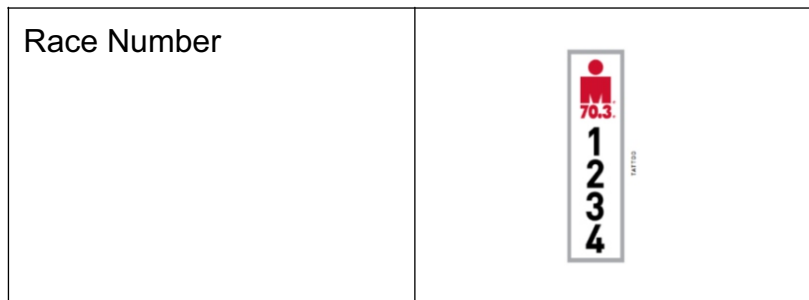
### RACE NUMBER TATTOO

Wearing your race number tattoo is compulsory. You must have your race number displayed on your bicep. If you are wearing a long sleeve top or short sleeve Tri-Suit, place the tattoo on your forearm.

### BEST WAY TO APPLY YOUR TATTOOS

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. In the case your tattoo becomes faulty please see our friendly staff at the Information Booth who will be able to assist by writing your number/letter on with a permanent marker.

### Event Tattoo examples



### TIMING CHIP

You will pick up your timing chip from Transition when you Check-In your bike on Saturday 12th November between 11:30am and 5:30pm. At the timing table, you will verify that your name matches your number. Your chip must be worn on your left ankle at all times during the race. If you do not start the race, you are responsible for returning the chip to a Race Operation Team Member or timing team member. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for the chip. If you lose your timing chip during the event, you are responsible for obtaining a replacement at one of the following locations: swim start, swim exit, bike exit or run exit.

If you lose your chip while on the run course, please notify a Race Operation Team Member immediately after crossing the finish line. Failure to wear your timing chip on race day, return your chip after the event, or pay the replacement cost of your lost timing chip may disqualify you from future IRONMAN events. Replacement chips will be charged back to the athlete at USD 50. After the race, if you realize you still have your chip, please mail it within 5 business days to:

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### BIKE CHECK- IN

Mandatory bicycle check-in is **12th November 2022** from **11:30 AM to 5:30 PM** at **Miramar Beach** you may bring your gear into transition race morning. All bicycles must be checked in by **Saturday 12th November 2022** and left overnight. While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather. Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. Full bike covers will be removed from any bikes left in transition once bike check-in is over. You will have access to your bicycle from 5:15 AM on race morning, but you will not be allowed to pick up your bikes until 1:30PM

### ATHLETE BRIEFING

Mandatory Athlete Briefings will be held during IRONMAN Village hours in the two days prior to the event (check the event schedule for times) and are hosted for the benefit of all athletes. The briefings will cover important information pertaining to any peculiarities of the course, rules, cut-off times and course closures 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.

### TRANSITION TOURS

**WHEN:** Saturday 12th November 2022

**WHERE:** Transition - Miramar Beach

**TIME:** Transition Tour #1 - 12:00 PM

Transition Tour #2 - 01:00 PM

Transition Tour #3 - 02:00 PM

Tours will take approximately 30 minutes and will cover the flow of transition including the start and finish points of the swim/bike and run functionalities. These tours are also a great opportunity to clarify any transition specific questions.

### BIKE MECHANICS

The Official Bike Mechanics for this event, CRANKMEISTER, will be available during the IRONMAN 70.3 Herballife Nutrition Health and Wellness Expo venue 2 located at Panjim Gymkhana on 11th and 12th November 2022 and will be a PAID service.

Athletes are advised to get their bikes serviced (especially if major repairs are necessary) at the IRONMAN 70.3 Goa before they check-in their bikes.

On Race Day, the Bike Mechanics will be located at the Transition Area at, Miramar Beach, from 05:15 to 06:30 am, and will be a PAID service.

## PRE-RACE INFORMATION



### BIKE MECHANICS

Date	Time	Location	Major repairs	Minor repairs
11th November 2022	10:30am to 6:30pm	IRONMAN 70.3 Goa Venue 2 EXPO	Yes	Yes
12th November 2022	10:30am to 5:30pm	IRONMAN 70.3 Goa Venue 2 EXPO	Yes	Yes
13th November 2022	05:15am to 06:30am	Transition Area Miramar Beach	No	Yes



**Manika Batra**  
Herbalife Nutrition Sponsored Athlete

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**\*Banned substance tested.** This product is certified with Informed-Sport. The Informed-Sport programme provides assurance that products have been tested for a wide range of substances prohibited in sport. Every batch of this product is tested for banned substances under the Informed-Sport programme. For more information please visit [www.informed-sport.com](http://www.informed-sport.com). Before embarking on any physical activity, please consult your physician.

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**24**

NUTRITION FOR THE  
24-HOUR ATHLETE

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## TRANSITION OPENING TIMES

Transition will open from 05:15am – 06:30am on race morning. Please ensure you leave yourself enough time on race morning as all athletes will be required to be out of transition by 06:30am. Please keep in mind that a majority of the Transition Opening Time period will be before daybreak and you may need to work through dark and hence come prepared suitably.

## STREET GEAR BAG DROP

LOCATION: Race Precinct, Miramar Beach TIME: 06:15 to 06:45 am

Street Gear Bag Drop is located at Race Precinct, Miramar Beach. Your Street Gear Bag will then be transported to the Street Gear Tent, located within the Recovery Area. Please ensure that you have the gear bag sticker (located in your race kit) clearly stuck on the FRONT of your bag. Your Street Gear will consist of any clothes you require post-race. You must only use the Street Gear Bag provided. Any other bags used will not be accepted on race morning and NO exceptions would be made. Bike pumps will also be accepted at Race Precinct, Miramar Beach on Race Morning. Please ensure it is clearly labelled with your Bike Pump Sticker.

## CUT-OFFS

The race will officially end 8 hours and 30 minutes after the final athlete enters the water via the rolling start. 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. Each of the segments will have additional intermediate cut-off times. Failure to meet these intermediate cut-off times will also result in a DNF.

### **SWIM CUT-OFF: Total Distance - 1.9 km (2 X 950 m)**

The swim course will close 1 hour and 10 minutes after the final athlete enters the water. Each athlete will have 1 hour and 10 minutes to complete the 1.9km swim. Athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

Time-Of-Day Intermediate Cut-off\*

Athletes must have started second lap of swim by 07:50am

### **BIKE CUT-OFF: Total Distance - 90 km (2 X 45 km)**

The bike course will close 5 hours and 30 minutes after the final athlete enters the water. Each athlete or relay team will have 5 hours and 30 minutes to complete the swim, T1 (Transition from swim to bike) and bike course regardless of when they start the swim. The time of day cut-offs for the bike course is based off the last athlete starting the swim. The bike course will close at 12:40 pm. Any athlete or relay team that takes longer than 5 hours and 30 minutes to complete the swim, T1 and bike course will receive a DNF

### Time-Of-Day Intermediate Cut-off\*

Athlete must have started the second lap of the bike leg and heading towards the Kala Academy at 46kms by 10:45am.

### **RUN CUT-OFF: Total Distance – 3 X 7 KM**

The run course will close 8 hours and 30 minutes after the final athlete enters the water. Each athlete or relay team will have 8 hours and 30 minutes to complete the entire course. Any athlete or relay team that takes longer than 8 hours and 30 minutes to complete the entire course will receive a DNF.

### Time-Of-Day Intermediate Cut-off\*

Athletes must have completed the second lap of running at 14 KM by 2:50pm

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

***Based on permits for the roads on the course and the safety of athletes involved, cut-off times must be respected for all IRONMAN 70.3 events.***

### **AID STATIONS:**

*Aid stations are at approximately at every 15km on the bike and approximately 2km apart on the run. The general offerings are as follows:*

#### **BIKE:**

- *Electrolyte Herbalife H24 - Lemon Flavour*
- *Water*
- *Fast n Up Energy Gels*
- *Bananas*

#### **RUN:**

- *Electrolyte Herbalife H24 - Lemon Flavour.*
- *Water*
- *Cola*
- *Fast n Up Energy Gels*
- *Energy Bars*
- *Fruit*
- *Redbull*

### **TRANSITION**

#### **TRANSITION TIMES**

Transition will be open from 05:15 to 06:30 am on Race Morning. Please ensure you leave yourself enough time on race morning as all athletes will need to be out of Transition by 06:30am

#### **RELAY TEAM PROCEDURE**

All Relay team members must exit Transition by 06:30 am. At the discretion of the Transition Manager, the team cyclist will be able to re-enter into transition at approximately 07:15 am via the Transition Entry.

Relay Team Members (cyclist and runner) will be required to stand at the Holding Area within the Transition and await their team member. Your timing chip is your relay baton which you will be required to take off and pass onto your team member prior to starting their designated relay leg.

#### **BIKE CHECK-OUT**

Bike Check-Out is from 1:30 pm to 5:00 pm. You are required to reclaim your bike and gear after the race. You must have your athlete wristband on in order to claim your bike and gear. If your street gear bags are not reclaimed by 5:00 pm\*, IRONMAN 70.3 GOA, will not be responsible for any items left overnight.



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## SWIM

Swim: 1.9km

Age group swim start will be a rolling start. The race begins on the serene Miramar Beach with 2 x 950 m loop swim course in the shores of the Arabian Sea

## SWIM PROCEDURE: ROLLING START

A rolling start involves a slow release of athletes into the swim course, from the beach. 6 to 8 athletes will be released every 5 seconds



## SWIM SUPPORT

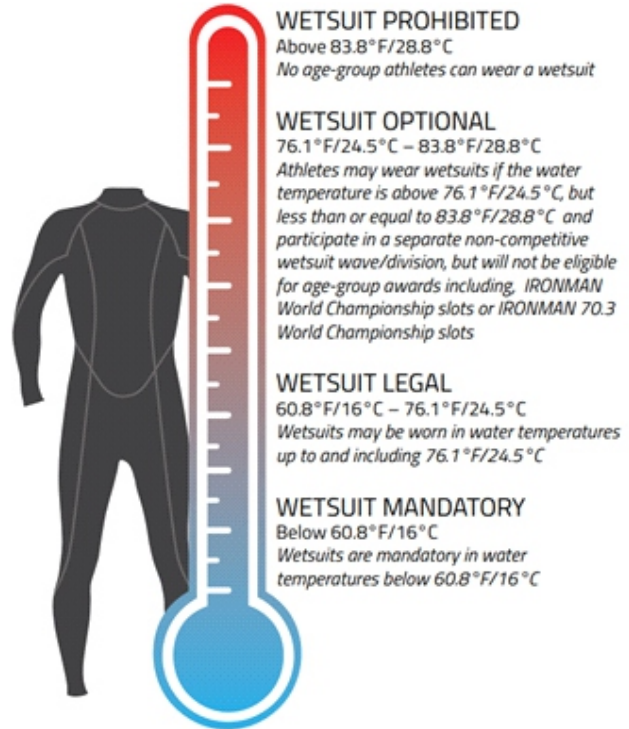
There will be a large number of water safety personnel and craft on the water pre and during the swim. The water safety team is there to support you should you require. They will be resourced with an array of boats, Jet Skis and Inflatable Rescue Boats (IRBs). At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid.

Should at any point an athlete decide to abandon the swim, they will be taken to one of 02 swim extraction points. From here they will be required to confirm their athlete number and be checked over by medical. It is then the athlete's responsibility to walk back to Transition and hand in their timing chip to the Drop out Clerk located at the Information Tent (Race Precinct).

## EXPECTED WATER TEMPERATURE

27 degrees Celcius

**(WETSUIT PROHIBITED\*)**



## SWIM CUT-OFF

The swim course will close 1 hour and 10 minutes after the final athlete enters the water. There will be an intermediate cut off at 950 meters before athletes enter for their second lap. Athletes will need to have started their second lap by approximately 07:45am.

## IRONMAN SWIMSMART TOP 10 CHECKLIST

An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. Here's a top-10 checklist to help get you ready.

### 1 PREPARE FOR RACE CONDITIONS

- Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers and wearing a wetsuit if needed.

### 2 RACE IN SHORTER EVENTS

- Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics to prepare yourself for open water conditions.
- For extra guidance, talk to a coach or your local triathlon club.

### 3 LEARN ABOUT COURSE DETAILS

- It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website and pre-race communication to familiarize yourself with the course.
- Keep in mind, every body of water is different, so you'll need to educate yourself on water current and surf conditions.
- Study the event timetable to plan for proper arrival and preparation.

### 4 ENSURE HEART HEALTH

- As an athlete in training, you should take the proper steps to assess your health with your physician.
- The American Heart Association suggests a 12-step screening process for competitive athletes. This includes a physical exam as well as an assessment of your family history and personal heart health.

### 5 PAY ATTENTION TO WARNING SIGNS

- If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

### 6 DON'T USE NEW GEAR ON RACE DAY

- Focus on controlling as much as you can on race day.
- You should never race in equipment you haven't trained in this is not the time to test new gear.
- Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
- Prepare for the unexpected with backups of all your gear.

### 7 WARM UP ON RACE DAY

- Arrive early enough on race day for a proper warm up prior to the start, preferably in the water.
- If you aren't able to warm up in the water, spend between 5 and 10 minutes getting loose.
- Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

### 8 CHECK OUT THE COURSE

- Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with turn buoy locations.
- Identify basic navigation points so that you know what you are swimming towards.

### 9 START EASY – RELAX AND BREATHE

- Don't race at maximum effort from the start.
- Relax and focus on proper breathing technique as you settle into a sustainable pace.

### 10 BE ALERT AND ASK FOR HELP

- In a race setting always stop at the first sign of a medical problem.
- If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
- Race rules allow for competitors to stop or rest at any time during the swim.
- Feel free to hold on to a static object like a raft, buoy, or dock.
- You may also rest by holding on to a kayak, boat or even a paddle board. As long as you don't use it to move forward, you won't face disqualification.

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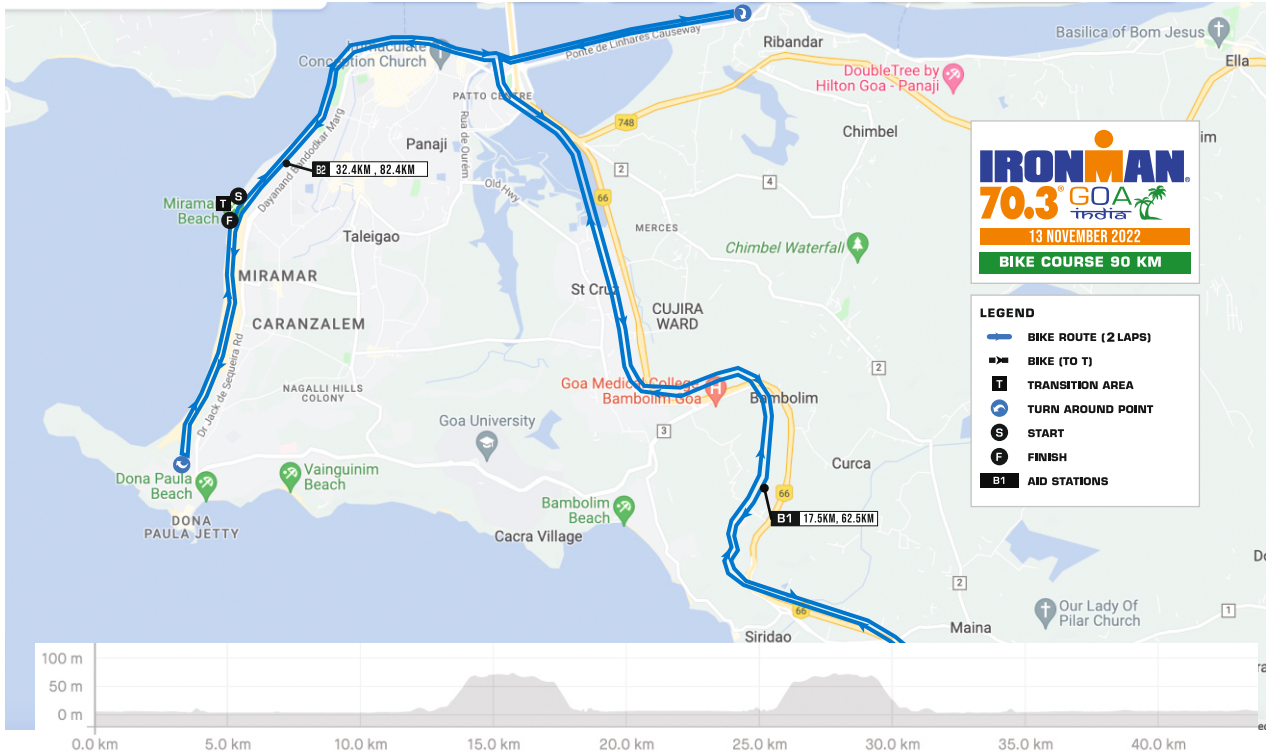


# RACE DAY INFORMATION - RACE DAY SERVICES



## BIKE

A scenic 2 lap x 45 km bike route passing the city overseeing the Jetty, floating casinos and riding along the Mandovi river causeway.



## TRAFFIC NOTES

-The route will be a closed course one, but will have managed live traffic crossing points with priority given to participants in some sections to support the essential community movements -  
- There will be an inbound/outbound no passing section around Dona Paula Circle

## AID STATIONS

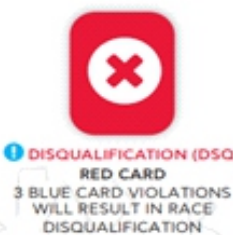
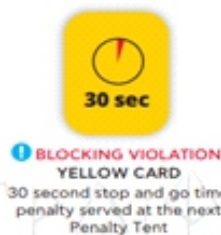
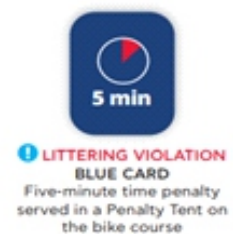
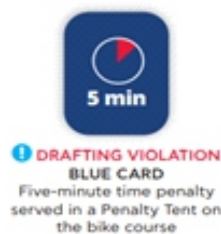
There will be 2 Aid Stations, with 4 hits on the bike course. Aid stations will be located at the following KM marks;

B1 – 7 KM, 37, 67 KM

B2 – 22 KM, 52 KM, 82 KM

## BIKE CUT-OFFS

Cut off time – 5 hours 30 minutes after individual start time.



## IRONMAN CYCLESMART TOP 10 CHECKLIST

Completing in a triathlon event requires training on a bike. To be fully prepared, it's important that you arrive on event day healthy, fit, and equipped with the proper gear. Fitness can be built indoors, but competing with a group requires the ability to ride safely and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

### BEFORE YOU RIDE

#### 1 IT STARTS WITH YOUR BIKE

- Your seat and handlebars should be adjusted to the appropriate height and reach for you. Work with a fitter to find your optimal bike fit.
- Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly.
- Keep your bike clean and your chain lubed.
- Use front and rear lights when riding in low light conditions – this may be required by law in your area.
- Tires should be inflated to the recommended pressure.

#### 2 LEARN THE BASICS

- Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking.
- If you're unfamiliar with shifting gears, practice doing this in a low-traffic area.
- Practice riding a straight line, and cornering (right, left, U-turns).

#### 3 SUIT UP

- Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride.
- Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race.
- Choose clothing that is visible in low-light conditions.

#### 4 BE PREPARED TO RIDE

- Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed.
- Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

#### 5 PLAN AHEAD

- Select a route that limits the number interactions with vehicles – if possible factor in time of day and day of the week.
- Always obey all traffic signals and signs.
- Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you.
- Select a ride distance appropriate to your fitness.

#### 6 INFORM OTHERS

- In the event of an incident, someone should know where you are riding.
- Always carry personal identification with you and emergency contact information.
- Carry a cell phone for emergencies.

### DURING THE RIDE

#### 7 STAY ALERT

- Leave the playlists and podcasts for indoor workouts.
- Don't use your phone while riding – pull off the road if you need to make a call or send a text.
- Don't take photos and selfies while riding.
- Keep your head up, particularly when riding in a group. Look at the road and the riders around you, not your bike computer.
- Be able to see and hear what is going on around you. When riding in the aerobars, do not look down at the road, look ahead.
- When riding in a group, do not get fixated on the rider directly in front of you. Look through so you can anticipate any issues before they happen, and have an exit strategy.
- Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
- Pay particular attention when approaching aid stations during a race. Do not ride through aid stations in the aerobars.

#### 8 OBEY THE LAW

- Always stop at stop signs and lights—remember, cyclists have the same responsibilities as vehicles.
- Know the traffic laws for your area, especially those regarding riding two abreast or single file.
- Know where the vehicles are around you and anticipate that drivers may not see cyclists.
- When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

#### 9 COMMUNICATE

- Use verbal and hand signals so others know if you are stopping or turning.
- Make eye contact with drivers and other cyclists.
- While riding, let other athletes know you are passing through verbal communication. Watch for hazards in the road including potholes, debris, or water bottles. Point out and verbally communicate these hazards to those riding and racing with you.
- Visually and verbally communicate with the specific volunteer in the aid station you will be taking aid from, letting them know you are taking aid directly from them.

#### 10 SAFETY FIRST

- Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass.
- If riding with other people, make sure you are riding single file or allowing traffic to pass from behind you.
- When riding in a group, avoid riding in the aerobars unless you are riding in front. Your hands should always be able to get to the brakes quickly.
- Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.

## RUN

### Run: 21.1km

Three loop run course - well shaded for most of the route and athletes run towards another key touristic spot of Goa, Dona Paula beach. They will cross the finish line at Miramar on the Miramar beach.



### AID STATIONS

There will be 04 aid stations with 12 hits on the Run course. Aid stations will be located at the following KM marks;

- R1 – 1.9 KM, 8.9 KM, 15.9 KM
- R2 – 3.3 KM, 10.3 KM, 17.3 KM
- R3 – 5.1 KM, 12.1 KM, 19.1 KM
- R4 – 6.8 KM, 13.8 KM, 20.8 KM

### RUN CUT-OFFS

Cut off time – 8 hours 30 minutes after start time after individual start time.

**LINK TO RULES - <https://www.ironman.com/competition-rules>**



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## FINISH LINE

### Section 6.03 Finish Line Conduct

Friends, family members, and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating Athletes. (Please note: IRONMAN desires for each Athlete to be able to celebrate his/her accomplishment without risking the safety of other event participants, volunteers, and/or spectators). Athletes who choose not to respect the foregoing finish line policy will be disqualified.

## SPORTOGRAF

Sportograf is our partner for high-quality athlete photography at this race. They will proudly provide you with their "Foto-Flat" to relive the experience of your IRONMAN event. You will get all your personal pictures from several top locations around the course and finish line as well as the beautiful impression shots of the scenery and the race day in general.

So what do you need to do?

1. Search for your race at <https://www.sportograf.com/en/event/8301> and register your email address to be notified as soon as all photos from your event are online

OR

1. Login to My Events: <https://myevents.active.com/WTC> and purchase your package for a reduced prize and to get first access to your images (if applicable).
2. Please make sure to have your number visible on the FRONT of your bike helmet so your cycling photos can be identified.
3. Smile and celebrate your achievement when crossing the finish line! Don't worry about touching your watch, the timing company will take care of the accurate recordings.

Visit [www.sportograf.com](http://www.sportograf.com) to jump back into the action and get your photos from the event!



**ALWAYS REMEMBER YOUR RACE**  
get your personal pictures on **SPORTOGRAF.COM**



**F O T O**  
**S P O R T O G R A F . C O M**  
**F L A T**

## POST RACE INFORMATION



As you cross the finish line, volunteers will be there to escort you to the secured recovery area. You will be presented with a finisher towel and medal and your timing chip will be removed. These volunteers will endeavour to briefly assess you as you proceed and may need to take you directly to the Medical Tent for treatment. If you do not require any treatment you will be able to proceed to the Recovery facilities. Unfortunately, you will not be able to re-enter Recovery once you have exited so make sure you are comfortable prior to this point. Please remember volunteers and the medical team are there to help you at any point should you require.

Recovery zone will offer:

- Water
- Sports Drink Herbalife
- Cola
- Fruits
- Pasta and other food

### **MASSAGE**

Massage Services and support from Hyperice products will be there to provide your post-race sports massage therapy located at the Recovery Area (Race Precinct). This will be a free service. Medical assistance will be available if you require further attention.

### **AWARDS**

IRONMAN 70.3 GOA Awards presentations will be held on 13th November, 2022 at 5:00 PM at the Goa Marriott Spa & Resort, Miramar. Entry for friends, family and athletes is free of charge but priority will be given to athletes who finish the Race and their friends and family

Awards will be presented to the top THREE PARTICIPANTS in each Age Group Category and top THREE Relay Teams in each Team Category (All Female, All Male, Mixed). If you are a place getter and unable to collect your trophy, please contact [ironman.india@yoska.in](mailto:ironman.india@yoska.in) to arrange collection.

### **ROLL DOWN CEREMONY**

We will offer 30 slots for the 2023 IRONMAN 70.3 World Championship, in Lahti, Finland held on August 26-27, 2023 and these will be awarded to the top Age Group finishers.

Qualified athletes are required to claim their IRONMAN 70.3 World Championship slot in-person on 13th November 2022 at 4:00 PM. This year's Roll Down will be held at Goa Marriott Spa & Resort, Miramar. Please bring a valid Photo ID with you and be prepared to pay €650 entry fee + Taxes and 10% ACTIVE administration fee. Only credit cards are accepted, no cash or cheque.

Final slot allocation will be determined on the race day based on the number of official starters per age group.

## How does the Age Group Slot Allocation Work?

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

### The Allocation Process:

#### Before Race Day:

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

#### On Race Day:

If there are no starters in an Age Group, then that Age Group’s Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slots

The proportionally allocated slots are then allocated among all Age Groups (i.e., those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories

#### After the Race:

Before Roll Down: If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

During Roll Down: If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

### Other Information

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 have they 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 the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.



## WHAT IS A RELAY TEAM?

A relay team is composed of 2 or 3 athletes who compete as a “group” to finish the triathlon. Typically, one athlete completes the swim, another the bike, and the final person does the run. Each athlete passes his/her timing strap and chip from one to the other as they complete their respective leg of the race. A two-person team can complete the race in any combination of legs. Relay team members can be of mixed gender and ages. However, all participants must be 18 years of age on race day.

## CHECK-IN PROCESS

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

Relay teams should look for the Relay Check-In table upon arriving at Athlete Check-In. All relay members must have a photo ID.

At Athlete Check-In, athletes will be required to sign their own individual waivers – no waiver, no race. A relay team will be assigned one bib number.

## EACH TEAM WILL RECEIVE:

- 1 swim cap
- Bike stickers
- Helmet sticker
- Race bib to be worn on the run
- 3 athlete wristbands
- Bike check-out tickets
- Each athlete will receive a participant bag

Timing chips will be picked up at the time of bike check in the Transition Area. There will only be one timing chip per team. Finisher medals are given to the runner upon finishing.

## TATTOO'S

Relay teams will get 3 number tattoo's and 1 category tattoo. Each team member is to wear the number tattoo of their right bicep. The runner is required to wear the category tattoo on their left calf.

## RELAY INFO TIMING AND CHIP TRANSFER RULES

In order to ensure a proper chip timing reading, relay athletes must keep an ankle strap and chip on their ankle at all times. Athletes must make the chip transfer from ankle to ankle at the specified relay holding area in/near transition. Athletes must not run with the chip in their hands at any time to ensure accurate chip reading. The timing chip acts as the “baton” and athletes must hand-off the timing strap/chip to move forward to the next discipline. Failure to do so will result in a DNF. Once the transfer has been made, the relay member that just finished must grab their gear and exit transition as they are no longer a valid participant.

If a relay team member drops out of any leg or fails to meet the given time allotment, the relay team will be able to continue the race, but the team will receive a Did Not Finish in the official results.

### SWIM TO BIKE

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

### BIKE TO RUN

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

### RUN TO FINISH

All other relay team participants will be able to access post-race finish line athlete areas and finish together in the chute

### PLAN AHEAD

It is imperative that relay athletes properly communicate with their team. Each relay team is accountable for being in the designated place at the right time. Athletes are not expected to wait in the transition holding areas for the entire length of the race, but athletes should be aware of anticipated finish times associated with each leg. We strongly encourage relay athletes to follow the event schedule and stay close to the relay exchange area. \*Please keep in mind that access to race venues may be difficult or not possible due to race road closures. It is up to each athlete to coordinate timing and chip transfer.

### AWARDS

Relay awards are given to the top three overall relay teams. Each relay team member will receive one trophy each. Scoring is not based on age but gender the categories are Male, Female and mixed relay. Please check the Event Schedule for the time and place of the Award Ceremony.

## EVENT CONTACT DETAILS



### RACE OFFICE

#### ADDRESS

Yoska Technology Solutions Private Limited  
No 10, 1st Floor, 1st Cross, NGEF Layout,  
RMV 2nd Stage, Sanjayanagar  
Bengaluru -560094  
Phone: +91 80 4114 9858  
Email: goa70.3@ironman.com

#### LOCAL SERVICES

Trinity Healthcare and Research, Esperanca Hospital, Miramar: +91 - 832 246 1888

Panjim Ambulance and Welfare Trust: +91- 832 222 3097

Goa Police Headquarters: +91 - 832 242 8360

Panjim Police Station: +91 - 832 242 8482

India Post, Panjim Head Post Office: +91 – 832 222 3704

Panjim Fire Station: +91 – 832 222 550

#### INFORMATION BOOTH

There will be an Information Booth located at Race Precinct (Miramar Beach). Opening hours from the Information Booth are listed within the Event Schedule and below:

11th November 2022	
12:00 pm – 7:00 pm	Race Precinct, Miramar Beach
12th November 2022	
09:00 am - 4:30 pm	Race Precinct, Miramar Beach
13th November 2022	
05:00 am – 3:00 pm	Race Precinct, Miramar Beach

Our friendly staff will do their best to help you with any questions you may have. The Information Desk will have maps of the event and surrounding areas.

## ATHLETE CHECKLIST

### HAVE YOU REMEMBERED TO:

Book flights and accommodation to arrive in time for Athlete Check-In?

### PRE-RACE:

- Directions to Hotel
- Directions to Athlete Check-In
- Directions to Race Start
- Directions to Race Finish
- Photo I.D.
- Valid USAT Card - if member (*if you paid for a one-day license online, no need to bring a card*)
- Bike Services/Tune up
- Attend Athlete Check-In
- Attend Athlete Briefing
- Study the race courses and plan your nutrition

### RACE DAY – SWIM:

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

### RACE DAY – BIKE:

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

### RACE DAY – RUN:

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

### MISCELLANEOUS:

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





Download the IRONMAN Tracker App and follow your athlete on race day! Receive updates and find the perfect spot to cheer as they pass by on course!