

IRONMAN[®] 70.3[®] JAPAN HIGASHIMIKAWA ATSUMI PENINSULA

2023 Athletes Information Guide



<https://www.ironman.com/im703-japan>
contact@higashimikawa.or.jp

0532-25-5963

V 1 June 5th, 2023



Contents Page



| Section | Page |
|-------------------------------|-------------|
| Race Referee message | 3 |
| Event schedule | 4 |
| Athlete checklist | 6 |
| Race kit | 7 |
| Vanue MAP | 8 |
| Pre-Race Information | 9-11 |
| 9 th June Parking | 12 |
| Transition BAG | 13-15 |
| Shuttle Bus Information | 16-18 |
| 10 th June Parking | 19 |
| Support | 20,21 |
| Cut off | 22 |
| Race Day Service | 23 |
| Medical Station | 24 |

| Section | Page |
|--|-------------|
| Swim course | 25-29 |
| Swim Course T1 Bike Rack | |
| Bike course | 30-33 |
| Bike Course T2 | |
| Run course | 34-36 |
| Run course Finish Line and Post Race Finish Area | |
| Race rules and categorie | 38-40 |
| Race Rule Race Category | |
| Award party | 41-43 |
| World Championship Roll Down | 44 |
| Additional Information | 45 |
| Event Partners | 46 |

Race Referee Message



To avoid rule violations on race day, please observe the followings:

- Drive on the left side of the bicycle lane
- Secure a distance of at least 12 meters from the front wheel tip of the front rider to the front wheel tip of yourself
- Pass the front bike from the right. Never pass from the left.
- When you pass a forward player, please complete it within 25 seconds.
- The overtaken player should slow down from the moment you are passed and immediately maintain a distance of 12 meters or more. Before you overtake again, make sure you have fully secured 12 meters.

Triathlon is an individual sport and it is your responsibility to fully understand the rules and avoid violations. In cases of drafting, blocking or illegal overtaking violations (judgement), the referee's ruling is final and is not subject to protest or appeal.

The following are the most common rule violations:

The five-minute blue card penalty includes:

- Drafting: If you follow the leading cyclist to within 12 m and do not overtake him / her within 25 seconds or, after being overtaken, do not retract 12 m before overtaking again
- Illegal overtaking: If you overtake from the wrong direction (left side)
- Littering: If you discard in the wrong place. For example, if you discard tires, bottles, gel wrappers, etc., on a course other than the designated litter area near the aid station.

The referee will tell you your race number, indicate your violation, and present a blue card. You will then be responsible for receiving a five-minute time penalty in the next penalty box.

Note: You will be disqualified if there are three blue card violations throughout the course during the competition.

Yellow card penalties, or stop-and-go penalties, include:

- Blocking: Continuing to run on a player's right side without overtaking, or continuing to run on the right side when separated from other players
- Helmet: Not holding the chin strap securely while cycling

Other violations that can result in disqualification include:

- Aggressive and unsportsmanlike conduct
- Improper use of public toilets
- External assistance (from outside the race related)
- Use of electronic equipment, including telephones

(including the use of earphones and other communications equipment)

Other athletes, volunteers and officials are important in keeping the event safe and fair. Remember to always treat them with courtesy and consideration.

I sincerely hope you have a great race, enjoy the experience and achieve your IRONMAN 70.3 goals.

Masato Suzuki

Race Referee

EVENT Schedule



Schedule and Venue are subject to Change.

Please check latest information on the website <https://www.ironman.com/im703-japan>

| Thursday June 8th, 2023 | | |
|--------------------------|---|--|
| Time | Event | Venue |
| 13 : 00-17 : 00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Machinaka Hiroba (Around Toyohashi Station) |
| Friday June 9th, 2023 | | |
| Time | Event | Venue |
| 10:00-16:00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Shiroya Beach Park |
| 10:00-16:00 | Athlete Check-In | Shiroya Beach Park |
| 11:00-17:00 | Bike Check-In | Shiroya Beach Park |
| 11:00-17:00 | Welcome Event: Marche and Food Truck | Shiroya Beach Park |
| 13:00-15:00 | Practice Swim Session | Shiroya Beach Park |
| Saturday June 10th, 2023 | | |
| Time | Event | Venue |
| 4:00-5:45 | Transition Area Open | Shiroya Beach Park |
| 5 : 00-5 : 30 | SWIM WARM UP | Shiroya Beach Park |
| 6:00- | Start (Rolling Start) | Shiroya Beach Park |
| 10:00-16:00 | Gourmet Event: IRONMAN Sweets and Food Fes | Parking lot in front of Toyohashi City General Gymnasium |
| 11:00-21:00 | Gourmet Event: Higashimikawa Food Fes | Machinaka Hiroba (Around Toyohashi Station) |
| 11:00-24:00 | Gourmet Event: TOYOHASHIGO Night | Toyohashi Station South Exit Plaza |
| -around 15:00 | Course Close (8 Hours After Each Athletes Starts) | Toyohashi Sports Park |
| 10:30-17:15 | Bike Check-Out | Temporary parking lot near Toyohashi Sports Park |
| 13:00-19:00 | IRONMAN 70.3 Expo IRONMAN 70.3 Merchandise Store | Machinaka Hiroba (Around Toyohashi Station) |
| 16:30-17:30 | 2023 IRONMAN 70.3 World Championship Roll Down | Around Toyohashi Station (Terrace Meeting Room at Sala Tower 4F) |
| 17:30-19:30 | Award Party | Around Toyohashi Station (HOTEL ARC RICHE TOYOHASHI, Machinaka Hiroba, Toyohashi Station South Exit Plaza) |
| Sunday June 11th, 2023 | | |
| Time | Event | Venue |
| 13:00-13:30 | IRONKIDS: Athlete Check-In | Shiroya Beach Park |
| 13:30- | IRONKIDS: Race Briefing | Shiroya Beach Park |
| 14:00- | IRONKIDS: Place race gear in the transition area | Shiroya Beach Park |
| 14:15- | IRONKIDS: Race Start | Shiroya Beach Park |
| 15 : 45-16 : 15 | IRONKIDS: Award Party | Shiroya Beach Park |



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Pre-Event

- Reservation / confirmation for accommodation & flights. (if applicable)
- Make sure event registration is confirmed (check confirmation email).
- Fully understand your event schedule (know all check-in / drop-off transition bag and times).
- Please include your photo ID in your luggage.
- Get used to the course - it is your responsibility to know this on race day.
- Check the player list online. **Note: The web list will not be updated after 9^h June. If any details are incorrect, please email us.**

ONCE I ARRIVE (pre-race)

- Familiarize yourself with the venue and main area (Check In, Transition, Swim Start, Finish Line, Award Party, WC Rolldown).
- Familiarize yourself with road closures.
- Check in and collect race kits.
- Rack the bike and drop the transition bag (See page 13 for recommended items for transition bags).
- Participate in official practice swimming at designated times.
- Pack for race day.

Race day

- Make sure you have all your racing gear, including helmets, timing chips and wetsuits / tri-suits.
- Enter Transition area for the last minute check for Bike and Transition Bag (Red String & Blue String) and drop off Transition Bag and bicycle pump (if applicable).
- Drop off the street gear bag (Black String) at swim start.
- Start the race - stand at the start line at least 15 minutes in advance.
- Finish the race.
- Receive a medal.
- Gather a finisher T shirt.
- Recover.
- Collect items such as transition bags, street gear bags, bike pumps and bikes.

POST RACE

- Attend World Championship Roll Down, presentations and award parties.
- Upload photos of #medalmonday to social media.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring a credit card (not Apple Pay, etc.). See page 44
- Bring friends and family to celebrate.

Race kit



1. Race bib number

Of the two, one is for a motorcycle and one is for a run. Wear it on the back for a motorcycle and on the front for a run with a race belt (prepared by the athlete yourself) or a safety pin (supplied by the tournament). Do not bend or cut the race bib number.

2. Wristband for Athletes

Prepared one for each person.

Each player's race number is included to identify the players participating in the tournament. You must wear it as soon as you receive it at the athlete check-in and always wear it until the end of the award party. Do not remove the wristband at the transition area or at the bike check-out, as it is necessary to identify the athlete if you need help at the venue after the race. Remove all wristbands from events unrelated to this competition.

3. Safety pin

Use Safety Pin to place Bibs . You also can use own Race Number Belt.

4. SWIM CAP (Swim Cap)

The swim cap must be worn during the swim leg. If another cap is worn, the official cap must be worn on top. Swim caps are Latex.

Zone 1 - Less than 33 minutes - Green

Zone 2 - 33 - 37 minutes - Pink

Zone 3 - 38 - 41 minutes - Light Blue

Zone 4 - 41 minutes or more - Purple

5-1. Transition bag (Red String, Blue String)

Use the supplied bag and affix the appropriate seal. Include equipment necessary for racing. Submit it during the bike rack on Saturday.

5-2. Street gear bag (Black String)

Place items needed for post racing (collect in collection area). Drop-off on race morning. Always use the supplied bag.

6-1. Bike Sticker

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

6-2. Helmet Sticker

Stick a sticker on the front of your helmet. Place it before bike check-in for checked by technical officer.

7. Bike pump sticker

Stick a sticker on the bike pump at bike check-in. Write your Race number on the sticker at Bike Check in Tent and place it on Bike Pump.

8-1. Street gear Bag (Black String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-2. Bike Transition Bag (Blue String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-3. RUN Transition Bag (Red String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

Note: Timing chips are distributed at Bike Check In. Make sure to maintain not to lose for Race Day.

Venue Map



PRE RACE INFORMATION 1/3



Athlete Check-In

June 9 10:00-16:00

Shiroya Seaside Park (see page8 for venue map)

You will receive a race number, a sticker and a transition bag.

If you do not check in during the athlete check-in time, you will not be allowed to participate in the race. **Pick up at 10:00-16:00 on June 9.**

Where: Shiraya Seaside Park

What must be presented:

- Photo identification (driver's license or passport).

Emergency contacts

Athletes must check in at the venue on the above dates and times. Athlete cannot check in outside the designated hours.

If you need to inform the Secretariat of an emergency during the race, please call the phone number below.

Phone: 0532-25-5963

Email: contact@higashimikawa.or.jp

Warning: Only the registered person can receive a race kit at the athlete check-in. Please note that no one else can compete in your name or in someone else's name.

If you cheat, you will be suspended and both will not be able to compete in future IRONMAN Asia Triathlon Races.

Race number

When you receive your transition bag and bike check out, your wristband and race number confirm your identity.

Timing chip

During the race: Your chip must be worn on your left ankle during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff 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.

If you lose your timing chip during the race, inform Event Staff within Transition or at the finish line, so that timing providers can do their best to replace the chip.

Drop Off: Timing chips will be collected at the finish arch in exchange for a finisher T-shirt.

Drop Out: If you do not start the race, or if you are retiring the race, return timing chips to the judges. If you do not find the judges, return them to your staff or timing team members. Whenever possible, return them to staff, not volunteers.

Missing Timing chips: If a timing chip is not returned or is lost, **there will be a \$100 replacement fee.** If you notice that you have a chip after the race, mail it within 5 days to:

〒441-8560

39-5 Daizen, Uedacho, Toyohashi, Aichi
Musashi-Seimitsu East Mikawa Sports Regional
Development Foundation

Failure to wear a timing chip on the race day, failure to return the chip after the event, or failure to pay for the replacement of a lost timing chip may prevent you from participating in future IRONMAN events.

Pre-race

Bike check-in

June 9th 11:00-17:00

T1

Shiroya Seaside Park

Bike and helmet check:

- Conducted by referees.
- You, the athlete are responsible for your bike being in safe working order.
- In advance, attach the bike number sticker to the seat post by yourself.
- 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 and JTU regulations

• **If you pass the check, attach a certificate of acceptance**

Put Helmet in your transition bag.

How to install at a bicycle rack:

A bike rack with a race number is prepared for T1. Hang the saddle with the front wheels facing out.

Cover:

Complete bike cover is not available for rack storage at night.

Transition Area Open

June 10 4:00-5:45

On the morning of the race, you can access T1 bike. However, you can not take the bike out of the transition area until the bike part of the race begins.

Bike mechanics

June 9 11:00-17:00

Bike mechanics are available. We provide minor mechanic service. This is a paid service.

A limited "emergency service" for all athletes will be offered at 4:00 of the race morning.

For on course support, see the bike course information on page 23.

Race Briefing

Read thru this guideline very well. We'll check it when athletes check in.

It's an important opportunity for both experienced triathletes and first-time racers. Important information about course peculiarities, rules and course closure is provided.

On June 9 at 11:00, 14:00 and 16:00, the race director will set aside time for questions at the athlete check-in site. Information on last-minute changes or procedures for events that have or may occur due to weather-related forecasts will be provided sequentially.

Swim Practice, Pre-Race Training

You can Swim Practice at Shiroya Seaside Park from 13:00 to 15:00 on June 9.

A portion of the course will be marked and lifeguards and surveillance vessels will be in place.

Please note that you must have checked in your bike and received a timing chip to participate in the swim practice.

You must wear a timing chip during the swim practice.

If you have not checked in your bike and not received a timing chip, you will not be able to swim.

Wear a wetsuit and swim cap to swim.

The target cruiser of 200 m offshore is anchored. A Tahara muskmelon is passed from a small boat near the cruiser.

When you train your bike or run, please follow the traffic laws. Wear a helmet.

Note that Japan is "left handed traffic."

Shuttle buses

Buses for athlete check-in and bike check-in on June 9 operate between the Kodomo Miraikan Coconico at the east exit of Toyohashi Station and Shiroya Seaside Park.

Bike can be loaded on trucks operated with shuttle buses.

Buses returning on the same route will also be operated.

Parking

Athletes' parking for athlete check in and bike check-in on June 9 will be located at the Himejima Fishing Port near Shiroya Seaside Park.

The landmark is Shiraya Crossing in Tahara City. Head north from Shiraya Crossing to Himejima Fishing Port.

Shiroya Seaside Park is about a 10 minute walk from Himejima Fishing Port.

Pre-Race Day parking is allowed 9:00-18:00

WELCOME Event

Shiroya Seaside Park will entertain you with Atsumi Peninsula specialties and more. It also hosts talk shows and other events.

Tahara city is one of the largest flower producing areas in Japan. Enjoy the beautifully decorated venue.

FRI. 9th June Parking Location



Transition bag 1/3



Street Gear Bag (Black String)

The black string transition bag is used as a street gear bag.

Put in the clothes you wore before the race and the clothes you need after the race and leave them in the start area. No other bags can be checked.

Stick a number sticker to the left bottom corner of the bag on your own.

- Time to drop: 5:00~6:00

Return the bag at the finish area.

© Things to put in the bag (example)

- Clothing and footwear worn before the start
- Clothing and footwear worn after finishing
- Keep valuables out of your bag as much as possible.
- In the finish area, there is a sweets festival, as well as refreshments prepared by the organizers. If you are interested, please prepare small change.

View page 14 of time and place.

The bag will be collected at start area, transported and returned at Finish Area.

Bike (blue string) and Run (red string) Transition Bag

The Bike Transition Bag (blue string) holds the gear used on the bike.

It will be installed on the T1 "bag rack" on June 9 or June 10. The race number will be displayed in the tent, so each person will install it at the location of his or her own number.

- Bike wear
- Helmet
- Bike Shoes
- Nutrition and Fluids

Items needed for racing that can't be attached to the bike should be kept in the bag

In the run transition bag (red string), keep the gear used for the run.

On June 9 or June 10, install the tents in the T2 "bag rack." In the tent, the race number is displayed, so each person installs it in the place of his or her own number.

- Runwear
- Runshoes
- Supplemental diet

The transition bag is placed inside the change tent at the transition and can be accessed during the transition process.

The transition process is described on page 15.

Useful tip: Remember that blue (BLUE) is a B, so bike and red (RED) is a Run, so Red.

Examples of items athletes should consider:

| Bike Transition Bag | Run Transition Bag |
|--------------------------------|------------------------|
| Bike shoes (or on bike pedals) | Running shoes (must) |
| Helmet | Race Bib number (must) |
| Sunglasses | Sunglasses |
| Race Bib number (must) | Hat / Visor |
| Change of clothes and Socks | Socks |
| Nutrition and fluids | changing clothes |
| Towel | Nutrition and fluids |
| Sunscreen | |
| Vaseline | |

Transition bag 2/3



| BAG | DROP OFF LOCATION | Use during a race | Post Race Collection |
|--|---|--|--|
| Bike Transition bag <i>Swim to Bike</i> | June 9 12:00-17:00 June 10 4:00-5:45 T1 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T1 bagrack tent. Take out the bike gear and place all the swim gears in the blue string bag. When you leave the wearing changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport it |
| Run Transition bag <i>Bike to Run</i> | June 9 12:00-17:00 June 10 4:00-5:45 T2 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T2 bagrack tent. Take out the run gear and place all the bike gear in the red string bag. When you leave the changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport |
| STREET GEAR BAG | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Use | June 10 Near the finish area *The organizer will transport |
| BIKE PUMPS put into STREET GEAR BAG *place sticker on the bike pump with the race number in advance | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Access During Race | June 10 Near the finish area *The organizer will transport |

Note: When you collect the bike, you must collect the bike, the run transition bag and the bike pump at the same time.

Before the race

Transition area open

Open June 10 4:00-5:45, at race morning. All athletes must be out of the area by 5:45. Make sure you have enough time to move on the morning of the race.

You have the opportunity to make final adjustments to your bike. Make sure all items are attached to your bike.

You are not allowed to place items on the ground beside your bike. This includes items such as footwashing equipment and bags.

Bike pump

After using the bike pump on a T1, put it in a street gear bag (black string transition bag) and drop.

Label the pump with the race number in case it falls out of the transition bag.

Prepare labels and writing materials for the June 9 bike check tent. Label the bike pump with the race number.

Any bike pump placed in T1 without deposit, any bike pump that has fallen out of the transition bag and is not labeled will be treated as donated.

During the race

Transition from swim to bike

After the swim, you are guided to T1 through the swim finish arch.

You are not allowed to change clothes in a public place with your trunk exposed. You need to be well prepared for the race before you start

When changing clothes, use a changing tent. You can also wear bikewear under a wet suit.

Personal supplementary food and beverages are allowed to be stored in the wear or attached to the bike.

Bike shoes are allowed to be worn before passing the mount line.

Transition from bike to run

After the bike part, get off the bike and store it in a T2 rack. The T2, unlike the T1, is a free rack, so follow the staff's instructions and put the bike on the rack.

Keep the bike's gear, such as shoes and helmet, separate from the bike and in the transition bag. This is to prevent the shoes from coming off when volunteers and staff carry the bike. After picking up the red string transition bag in the bag rack at the behind of the bike rack and taking out the run gear, you need to store the bike gear in the red string transition bag and leave it with a volunteer.

After the race

To pick up your bike or transition bag, you'll need to show your wristband or race number.

Black string, blue string and red string transition bags should be collected near the finish area.

Bike checkout is at 10:30-17:15 on June 10. You cannot pick up after this time.

If the bag is not collected by the time, the organizer is not responsible for the loss.

Shuttle Bus Information-1



Race Day Moving

For athletes who do not use their own cars or rental cars, there is a shuttle bus from the Kodomo Miraikan Coconico at the east exit of Toyohashi Station to the start site, Shiratani Seaside Park.

After the competition, there is a bus from Toyohashi General Sports Park back to the Children's Miraikan Coconico.

For athletes using their own cars or rental cars, temporary parking will be provided around the finishing area, Toyohashi

General Sports Park.

Shuttle buses will be operated from Toyohashi General Sports Park to the starting site, Shiratani Seaside Park.

FRI. 9 June 2023 For Athlete

For Athlete Check-IN/ EXPO Venue

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time | Note |
|-------------|--------------|
| 9:00-15:30 | Every 30 min |

Approximate 60 min drive

BIKE Transport Truck operate together

Bike will be transported by SEINO Truck which operated together with Shuttle.

It carries bike as assembled, please bring your bike taken out from Bike Case.

Please DO NOT Bring Bike Case

For Return to Toyohashi City

“A” Shiroya Seaside Park → “D” Toyohashi Station East Gate

| Depart Time | Note |
|-------------|--------------|
| 12:15-17:15 | Every 30 min |

Approximate 60 min drive

SAT. 10 June 2023 For Athlete Before the Start

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time |
|-------------|
| 3:30 |
| 3:45 |
| 4:00 |
| 4:30 |

Approximate 60 min drive

“C” Toyohashi Sports Park → “A” Shiroya Seaside Park
(near Athlete Parking)

| Depart Time |
|-------------|
| 3:30 |
| 3:40 |
| 3:50 |
| 4:00 |
| 4:10 |
| 4:20 |
| 4:30 |

Approximate 45 min drive

SAT. 10 June 2023 For Athlete

After the Finish

For Award Party

“C” Toyohashi Sports Park → “B” Kodomo-Mirai Kan “KOKONIKO”

BIKE Transport Truck operate together

| Depart Time | Depart Time |
|-------------|-------------|
| 12:00 | 14:30 |
| 12:30 | 15:00 |
| 13:00 | 15:30 |
| 13:30 | 16:00 |
| 14:00 | --- |

Approximate 20 min drive

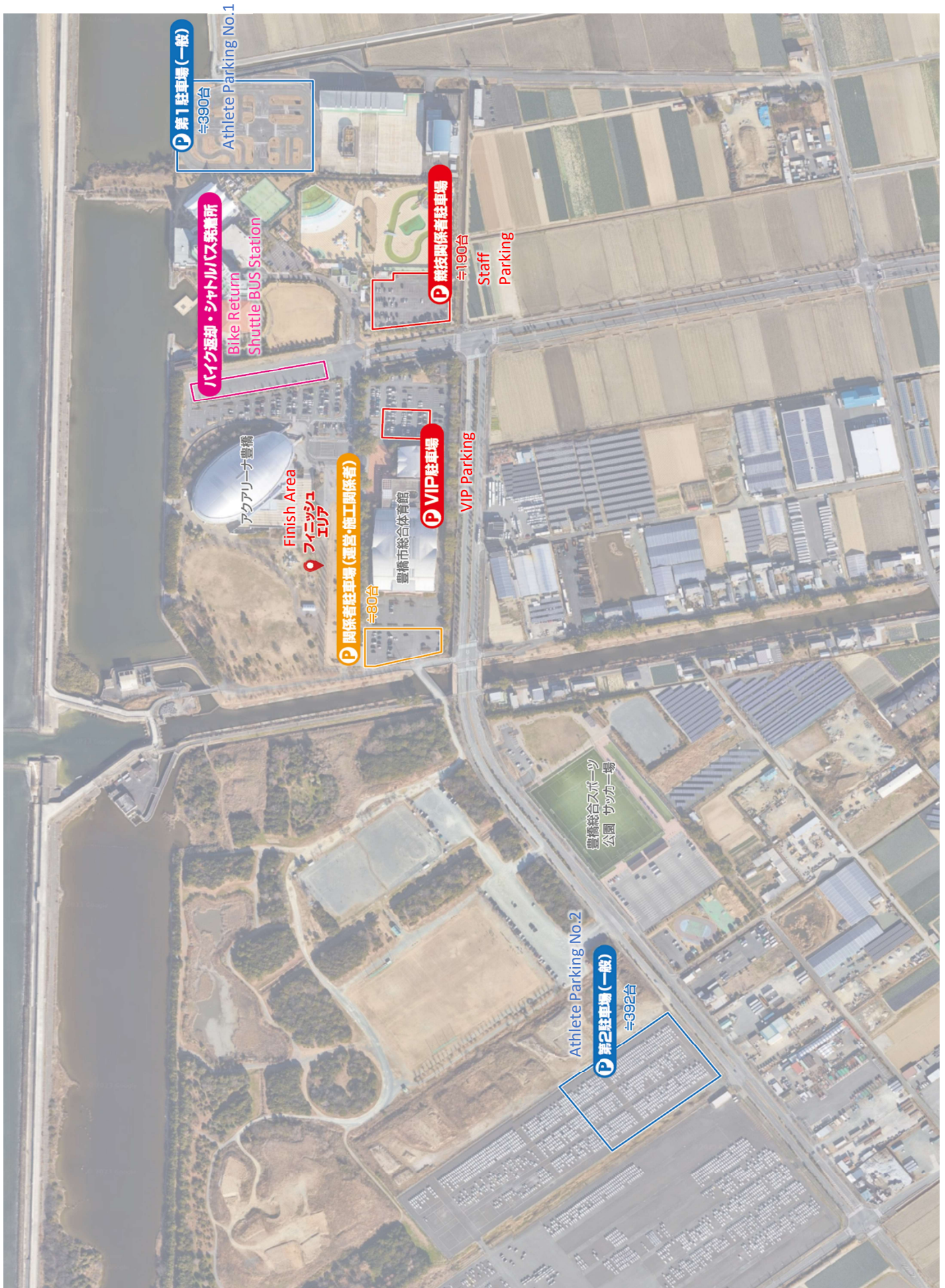
After the Award Ceremony

“B” Kodomo-Mirai Kan “KOKONIKO” → “C” Toyohashi Sports park

| Depart Time |
|-------------|
| 19:45 |
| 20:15 |
| 21:00 |

Approximate 20 min drive

SAT. 10th June Athlete Parking



Before Swim

· Your glasses will be placed at the swim-finish point, so be sure to put your glasses on by 6:00.

When placing your glasses, write the race number on the sticker placed on the glass-keeping stand and affix it to your glasses.

Available:

- Water
- Permanent toilets, temporary toilets

Swim temporary landing site

Available:

- Water

Swim-up - > T1

Available:

- Water
- Toilet

Bike Aid Station

Place on the left side of the course.

Just before the aid station, a bottle catcher will be set up, so throw in any bottles you no longer need (bottles can not be returned).

Aid station location:

- BAS1 23.4 km Rokuren JA collection and shipment site
- BAS2 36.0 km Akabane Elementary School
- BAS3 54.2 km Crystal Beach
- BAS4 73.7 km Fukue Junior High School

Available:

- Water (Bike bottle included)
- Sports drink (Ajinomoto BCAA charged water / Bike bottle included)
- Toilet

Process:

Slow down when entering the Bike Aid Station (No need to stop!)

If you do not need to resupply at the Bike Aid Station, take the right side of the roadway.

There are signs at the Aid Station to indicate what is being offered. We also call out what volunteers are offering.

Tell volunteers your needs out loud and politely.

Trash disposal

When no longer needed, throw the bottle into the bottle catcher.

Do not throw away anywhere else on the course. A strict

time penalty applies.

Medical

Fire crews will be stationed at seven locations on the course apart from the aid station. Medical personnel will be stationed at five of those locations.

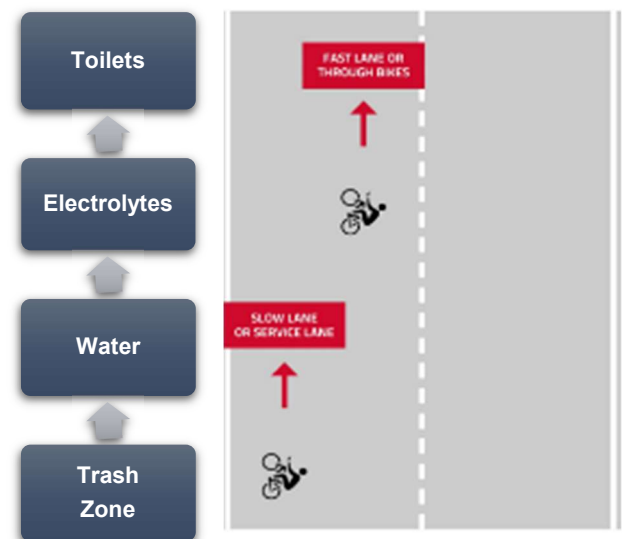
A cross flag will be displayed at the medical point, and aid workers will wear bibs with a cross print.

It supports athletes who are sick or injured. If necessary, it is dispatched by vehicle to provide relief.

Sirens and loudspeakers are used to signal the approach of emergency vehicles as they travel the course. Try to stop and wait for emergency vehicles to pass.

If you witness another player's trouble on the course, tell the nearest medical point.

Aid station layout



Run-Aid Swimming

- T2 0.0km
- RAS1 2.0 km (Himeshima Fishing Port)
- RAS2 4.0 km (Tahara Wharf Entrance)
- RAS3 5.4 km (Doura Elementary School)
- RAS4 6.8 km (Midorigahama Park)
- RAS5 9.3 km (Mikawa Port Ohashi Higashizume)
- RAS6 12.2 km (Meikai Central)
- RAS7 14.1 km (Funato Green Space)
- RAS8 15.8 km (Toyohashi Warehouse)
- RAS9 18.8 km (Kannofuto 3 Torimon)
- RAS10 20.0 km (Rokugata Ohashi South Side)

Offer:

- Water
- Ajinomoto Amino Vital Water
- Kabaya salt-charged tablet
- Imuraya Sports Yokan
- Ezaki Glico Balance On Mini Cake
- Energy Jelly (Muscat flavor, energy drink flavor)
- Coca-Cola (soda)
- Banana or melon
- Musashi Shot Jelly (RAS5)
- Toilet

Process:

The run aid station is located on the left side. When you get close, move to the left side (no need to stop)

When not replenishing at the run-aid station, try to pass on the right side.

Signs at the aid station indicate what is on offer. Volunteers also call out what they are offering.

Tell the volunteers your needs out loud and politely.

Disposal:

Dispose of unwanted items in the trash cans (disposal

zones) located in front and behind the aid station.

Disposing outside the designated area will result in a severe time penalty.

Splash zone

Since it is difficult to secure water sources for this course, we will prepare scoop ladles at each aid Station.

Medical

Paramedics will be on standby at all run-aid stations. **At medical points, a cross flag will be displayed and aid workers will wear bibs with a cross mark printed on them.**

We will support athletes who are ill or injured.

If you witness another player's trouble on the course, tell the nearest medical point.



Cut-off time

The cumulative cut-off time for swims, bikes and runs on the course are all based on an individual's swim start time.

The cut-off times below provide absolute cut-off locations and times based on the last starter projected at the time of publication of this document.

They are individually adjusted and implemented by the race director on race day.

Swim:

The swim course **ends 1 hour and 10 minutes** after the last swimmer begins swimming. Regardless of when each swimmer starts the swim, 1 hour and 10 minutes is picked up after the last starter starts the swim.

If a swimmer takes more than 1 hour and 10 minutes to complete the swim, they will not be allowed to continue and will receive a DNF. To make a rolling start, they will be recorded as a DNF even if they continue to compete.

Bike:

Bike courses close **5 hours and 30 minutes after** the last swimmer starts swimming.

Each swimmer, regardless of when he or she starts swimming, must finish the swim, T1 or bike within 5 hours and 30 minutes of the last starter starting the swim. If it takes more than 5 hours and 30 minutes to finish the swim, T1 or bike, he or she will not be allowed to continue and will receive a DNF.

The on-course cutoff will be cut off by the transit time every 5 km. The cutoff time every 5 km since the last starter started the swim will be determined by the race director.

To make a rolling start, it will be recorded as DNF even if the race is continued.

Run Finish:

The run course closes 8 hours and 0 minutes after the last swimmer begins to swim. Each swimmer completes the entire course within 8 hours and 0 minutes.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and fail to cross the finish line before the run is closed become DNF.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and cross the finish line receive NC (Not Classified) for their race results, meaning they do not qualify for age-specific awards or World Championships.

The on-course cutoff is cut off by the passing time per kilometre. The cut-off time for each kilometre after the last starter starts the swim is determined by the race director.

The course is closed to all athletes based on the time the last starter starts the swim.

Note: IRONMAN officials reserve the right to pull any athlete who exceeds the course time cutoff from the course

• Swim

1 hour and 10 minutes from the start of the last athlete

(Current estimate: 8:00)

• Bike

5 hours and 30 minutes from the start of the last player

(Current estimate: 12:20)

• Run

8 hours 0 minutes from the start of the last player

(Current estimate: 14:50)

Change or cancellation of the tournament

If the course is changed or cancelled due to weather, the race director will notify you.

This will be communicated via email.

Race Day Service

Medical

First aid providers are engaged to provide first aid at all events operated by the IRONMAN Group.

First aid is deployed in a variety of locations. The exact location of the first aid station can be found with on the map next page.

Athletes are responsible for all costs incurred as a result of medical accidents. This includes, but is not limited to, hospitalization, professional treatment, etc.

Therefore, it is highly recommended that all players have sufficient travel or personal insurance to attend IRONMAN Group events. Players are responsible for understanding the terms of the insurance they hold.

Mechanic service

On the bike course, mechanics will be stationed at three locations.

- BAS1 23.4 km Rokuren JA Collection and Shipping Depot
- BAS2 36.0 km Akabane Elementary School
- BAS4 73.6 km? Fukue Junior High School

Three mobile mechanics on motorized bicycles enter the bike course from Shiroya Seaside Park. Every about 100, 300, and 500 motorcyclists will start, the 1 traveling mechanic car starts at a time.

If you use parts, spare tube tires, etc., you will be charged after the race.

Athlete pickup vehicle

Athlete pickup vehicles pick up athlete who are unable to complete the competition or finish within the cut-off time of the course. In the bike part, bikes are also picked up. When players picked up, bike are transported to the finish area.

If a pickup is needed, request it at a first-aid station along the course or staff along the route.

Note:It may take some time for a athlete pickup vehicle to arrive. For faster arrival, do not move from the requested location after requesting a pickup vehicle.

This may affect the ability of the player pickup vehicle to find and transport you.

Collection of timing chips

When an athlete decides to retire, he or she is responsible for reporting the decision to the nearest official and returning the race number and timing chips.

It is essential that race officials keep track of where the athlete is on the course. Failure to comply with the rule after retiring from the race may result in the athlete not being able to participate in IRONMAN events in the future.

Medical Station



COURSE MAP

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN

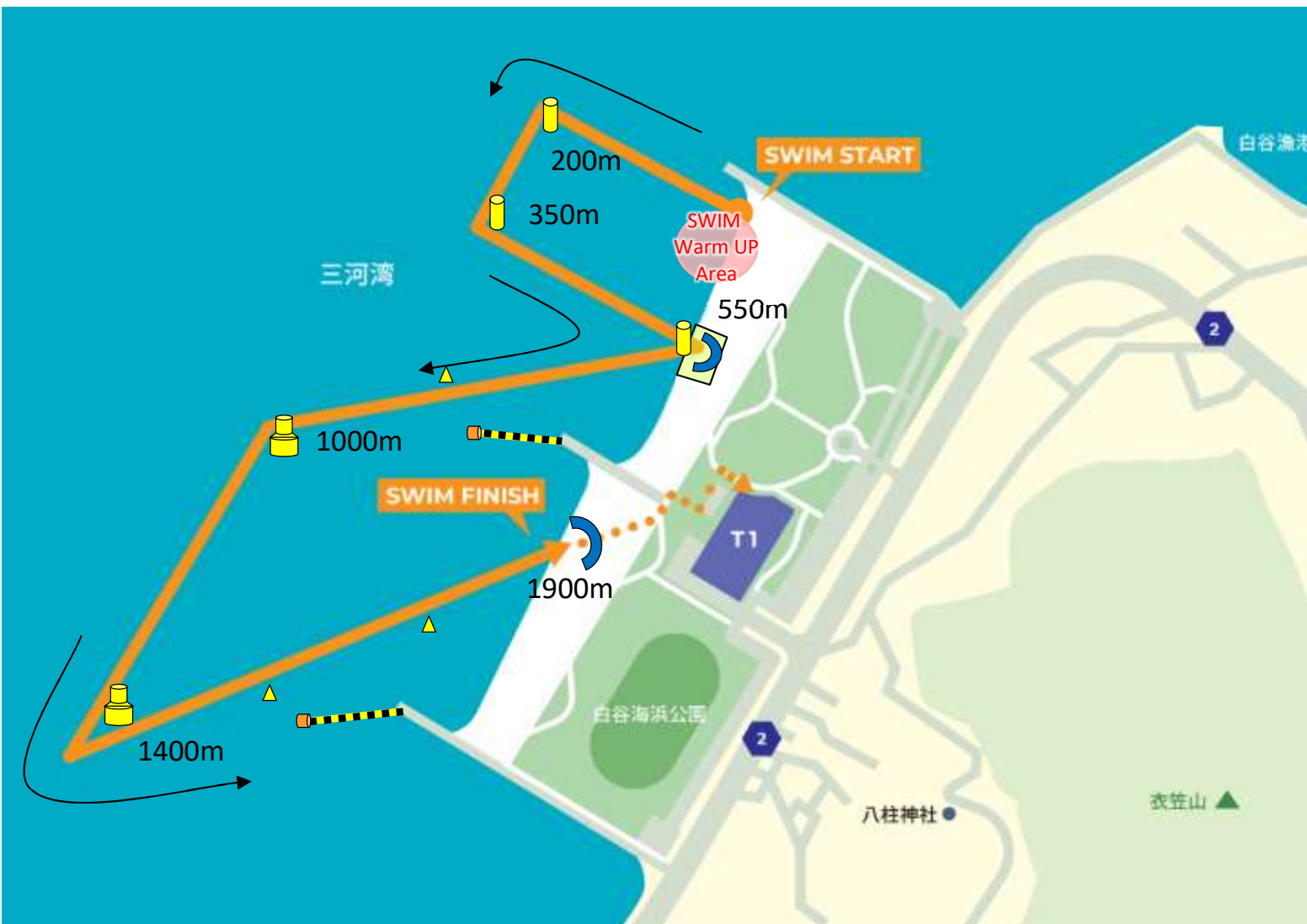


| | |
|------|--------|
| SWIM | 1.9km |
| BIKE | 90.1km |
| RUN | 21.1km |



伊良湖岬灯台

SWIM COURSE 1



Course

The swim course is held off the coast of SHIROYA Seaside Park.

After swimming offshore, you can return to the beach and keep yourself hydrated.

The swim finish is in the center of the beach, marked by an arch.

How to start

10 athletes make a "rolling start" every 30 seconds. The starting order is based on the estimated swim time.

At the beachside, the volunteers will tell you the estimated time so please make a line considering the other athletes.

Swim safety

The swim course is guarded by lifesavers (more than 25 rescue boards), water bikes and 15 surveillance boats.

When lifesaver feel the need, they call out to the athletes to check their physical condition. Please respond with two gesture.

***Tap your head with the palm of your hand.**

***Answer "Fine", "OK!" in a loud voice**

If the athletes can't do these two things quickly, we'll rescue them right away.

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 in time you decide to abandon the swim, you will be taken to one of the swim extraction points.

At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

Above all, the safety of each athlete is our prime concern. A full sweep of the course will be made directly behind the last swimmer.

Visual aids will be provided by the buoys, guard vessels and lifesaver that line the course.

SWIM COURSE 2

WARM UP SWIM

Aged Group Athletes:
June 10, 5:30-5:50

You can enter the water around 50 m offshore near the start area in the swim course.

A timing chip is required.

ROLLING START

6:00~

The race start will be a Rolling Swim Start. Athletes are to self-seed themselves into their allocated Start Zones prior to race start.

Four different Start Zones are available, depending on an athlete's expected swim time:

- Zone 1 – Under 33 minutes (Swim cap: Green)
- Zone 2 – 33 – 37 minutes (Swim cap: Purple - Pink)
- Zone 3 – 38 – 41 minutes (Swim cap: Light Blue)
- Zone 4 – Over 41 minutes (Swim cap: Blue)
- Physically challenged (Swim cap: White)

Expected time to start

Zone 1 6:00

Zone 2 6:05

Zone 3 6:14

Zone 4 6:25

Physically Challenged 6:38

Assemble at Swim Start Area 15minute prior to your expected start time.

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of the Event Staff.

At the official start time of 6:00, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual 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.

SWIM CAPS

Please wear the provided swim caps.

SWIM CUT OFF

1 hour 10 mins. from each athlete's individuals start time. The cutoff time is based on the last athlete's start time (currently 6:50).

It's a rolling start, so if you go over 1 hour and 10 minutes, it's recorded as DNF, even if you proceeded on a course or bike course.

SWIM SKIPPING

Swim skipping is not allowed

ABANDON THE SWIM

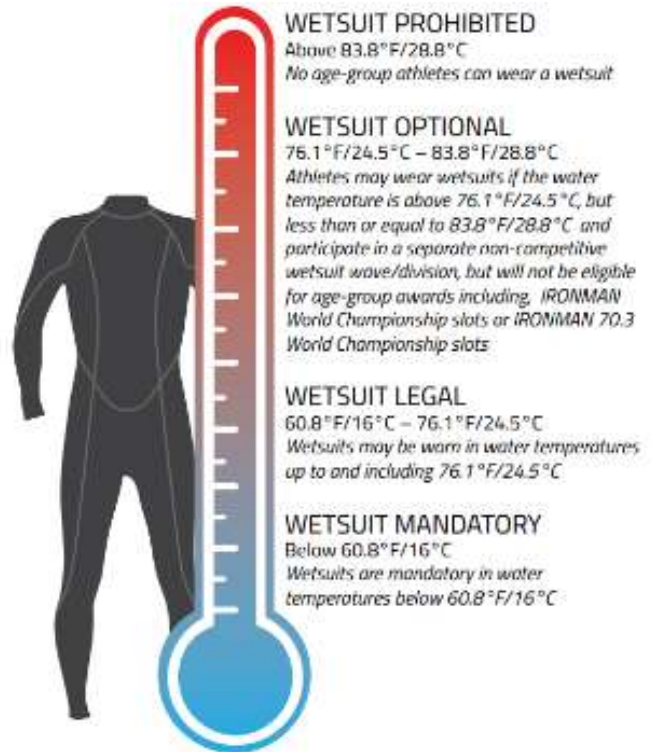
There is a landing spot at 550 m for safety. A measuring mat is set up here to check the passage. It is recommended to abandon the swim if you feel sick and at this landing point

ANTI-SHARK MEASURES

Sharks have been spotted on swimming trails in the past, and recreational fishing boats equipped with devices that transmit the feeble electric currents sharks dislike searched for sharks and ejected them a week before the event.

SEAWEED

On the day of the competition, the tide and water levels are almost low. In consideration of the ecosystem, seaweed is not removed. We recommend wearing a full wet suit if you are concerned.



WETSUIT RULING

● 28.8 °C and above - Not allowed

● 24.5 °C to 28.8 °C – Allowed but will be excluded from awards and excluded to enter the slot for the World Championships.

● 16 °C to 24.5 °C - Recommended to wear

● 16.0 °C and below - Mandatory to be worn under

A provisional wetsuit ruling will be posted at the Athlete Check-In place at 10:00 on June 9.

The official wetsuit ruling will be announced by the Race Director at 4:30 on June 10.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim exit. Labels and writing materials are prepared on the table. Please ensure your glasses are labeled with your race number prior to dropping them off.

SWIM TO BIKE TRANSITION

Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. When changing clothes, use a tent. You can also wear bikewear under a wet suit. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line



① Swimming Up

An arch is installed in the swim-up. Please aim to land on that mark. There is also a first-aid station.

② Glasses Custody

People who use glasses should pick up glasses in advance.

③ Bag tent

Pick up the blue string transition bag that you installed beforehand (the rack row is determined by the last digit of the race number).

④ A changing tent

When changing clothes, use a tent.

⑤ Transition bag dropoff

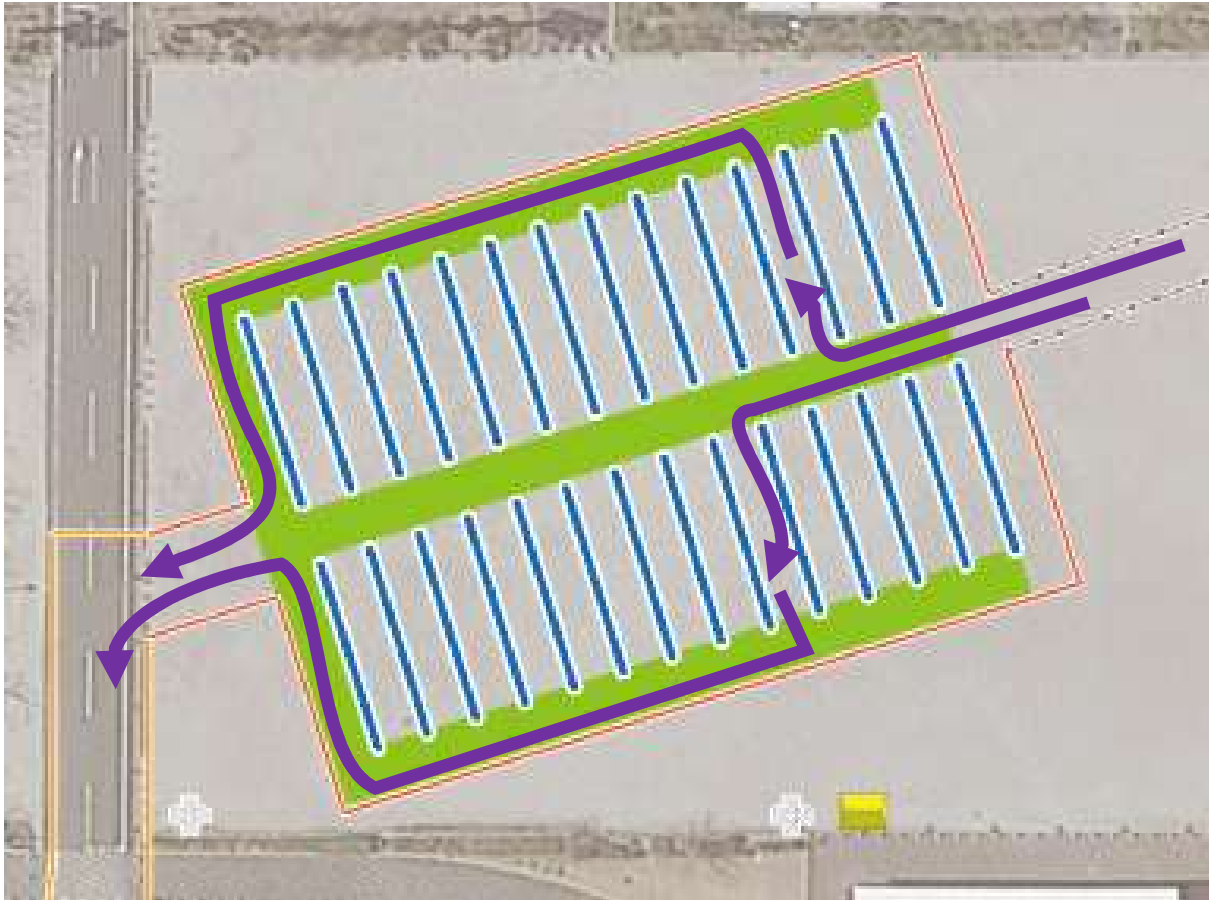
Put the used swim gear in the blue strap bag and throw it into the cart.

⑥ Bike rack

The travel route in the bike rack is listed on the next page.

⑦ Mount line

Please push the bike up to the mount line.



How to move in a bike rack

In the bike rack, as shown in the above figure, first use the middle passage to go to the bike rack.

After picking up the bike, push the bike and go to the bike mount line from the outside passage.

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.

BIKE COURSE 90.1 km

Course Map



Course

Majority of the main roads take prefectural and national roads.

It is highly recommended to use thick tires with good puncture-proof performance.

The course has intersections for detours. There are about 600 security guards and about 1000 volunteers to manage the safety of the course but please drive safely.

Aside from cones, and signages, volunteer staff will guide you through the course.

There is a section of the course where a vehicle goes around the opposite lane.

① Athletes run the same course for about 5km after the start and the last 5km. Both the outbound journey and the return journey take the sea lane (the outbound journey takes the opposite lane)..

② After turning right, the road is narrow, so be careful.

③ The steep slope continues. After that, it gets faster because it continues downhill. Watch your speed.

④ It is a course along the sandy beach, and it is a section where sand easily flows out. Please drive safely.

⑤ It's a U-turn. The road is not wide, so be careful. There are also two right-angle curves ahead.

⑥ The shape goes diagonally down to the right, please be careful.

⑦ It's a national road, turn left and go on the old road. The pavement on both sides of the course is not smooth, so follow the cones and drive in the middle of the road.

Aid station

There are 4 aid stations.

Bike Cut Off

The time limit is 5 hours and 30 minutes from each athlete's start time. The course will be closed based on the start time of the last athlete to swim. It is currently scheduled for about 12:20.

BIKE COURSE 90.1 km



DRAFTING PENALTIES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Must pass on the Right-hand side
- Must complete your pass within 25 seconds
- Must be always making forward progress
- A started pass must be completed – NO Slip Streaming
- After being passed drop 12 meters back
- Cannot pass until 12 meters back
- A competitor passing on the inside (Left-hand side) of another competitor will receive an Illegal Pass penalty. Must pass on the RIGHT.
- A competitor who has completed a pass and is not passing another competitor, motorbike, or vehicle and who fails to move safely and immediately to the right of the cycle lane will receive a Blocking penalty.
- You must report to the PENALTY TENT (Yellow Tent) located at T2/Transition Area.

Failure to do will result in DISQUALIFICATION.

If you receive 3 blue card penalties you will be DISQUALIFIED.

Follow this link to [IRONMAN Competition Rules](#).

For safety reasons, the following cycling positions are prohibited:

BIKE MECHANICS

Roving Bike Mechanics will be available on the course to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

SAG VEHICLE

The “SAG vehicles” is on standby at the end of the lines to pick up athletes who can no longer move on the course. In the bike course, motorbikes are also carried along and transported to the finish area.

Should you require a SAG vehicle at any time, please advise the first aid personnel or staff at the nearest aid station.

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



DRAFTING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



LITTERING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



BLOCKING VIOLATION
YELLOW CARD
30 second stop and go time penalty served at the next Penalty Tent



DISQUALIFICATION (DSQ)
RED CARD
3 BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION

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.



① Dismount line

Please get off the motorbike in front of the line. Do not leave your shoes on the motorbike. Be sure to remove your shoes from the pedals and place them in a red strap transition bag. The bike is loaded onto a transport truck, so leaving the shoes on can scratch them. No complaints will be accepted if the shoes are on.

② Bike Free Rack

We will prepare two sets of bike racks. Please follow the instruction of the staff and ride a motorbike.

③ Bag tent

Pick up the red string transition bag you installed beforehand (the rack row is determined by the last digit of the race number).

④ A Changing tent

Please use the tent when changing clothes.

⑤ Transition bag dropoff

Put your bike gear (Shoes, helmets, etc.) in the red strap bag and throw it into the cart.

If you leave your helmet on the motorbike, you will not respond to claims of damage or loss.

RUNNING COURSE 21.1 km

Course Map



RUN COURSE 21.1km

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN



COURSE

If there is no sidewalk, run on the side of the road, but if there is a sidewalk, run on the sidewalk.

- ① Run on the sidewalk of the seawall immediately after the start. There may be a slight incline and an open seam in the path, so run carefully.
- ② There is a grade crossing of around 4km and a complicated change of direction, so please follow the guidance..
- ③ The course runs on the sidewalk of the Mikawa Port Bridge. There are few standing patrols, and it may take some time to cross the bridge railing in case of an emergency. If you are not feeling well, it is recommended that you discontinue the race using RAS4. There is no standing patrol other than a guide point in the section ahead. If you feel sick, ask for help at the water station (RAS5 to RAS10) set up about every 2 km.
- ④ ⑤ Runs on the pedestrian bridge. Please be careful while running.

From ⑥ to ⑧, there are 4 stairways such as an underground passage. Please be careful.

⑧ It is a section that boasts a wonderful view, but since both sides are on the water surface and there are no handrails, please focus while running.

AID STATION

There are 10 places on the course. Paramedics are assigned to RAS5 through RAS10. If you feel sick, ask for help as soon as possible.

RUN CUT OFF

8 hours 00 mins from the athlete's individual start time. Based on the last athlete, there will be an intermediate cut-off at every 1km. If you could not make it within the cut off, please get on the pickup vehicle.

FINISH LINE AND POST RACE



FINISH LINE POLICY

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 athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

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.

How to Get your Best Photos:

- Ensure your helmet sticker visible on the FRONT of your bike helmet.
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- 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.

Search for your race at www.sportograf.com and register your email address to be notified as soon as all photos from your event are online

FINISHER SHIRTS

Finisher shirts will be available to all official finishers post-race and can be collected from the designated area within Recovery.

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Finisher t-shirt collection
- Recovery food/drink
- Street gear bag & bike transition bag collection
- Icing
- Medical support (if required)
- Male & female change tents
- Official finisher photo by Sportograf

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

Bicycles can be picked up outside the area.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Electrolyte hydration
- Recovery Jelly
- Banana
- Salt Tablet
- Udon noodles
- Protein Chikuwa
- Cake

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Tracker App
- Event Website - <https://www.ironman.com/im703-japan-results>

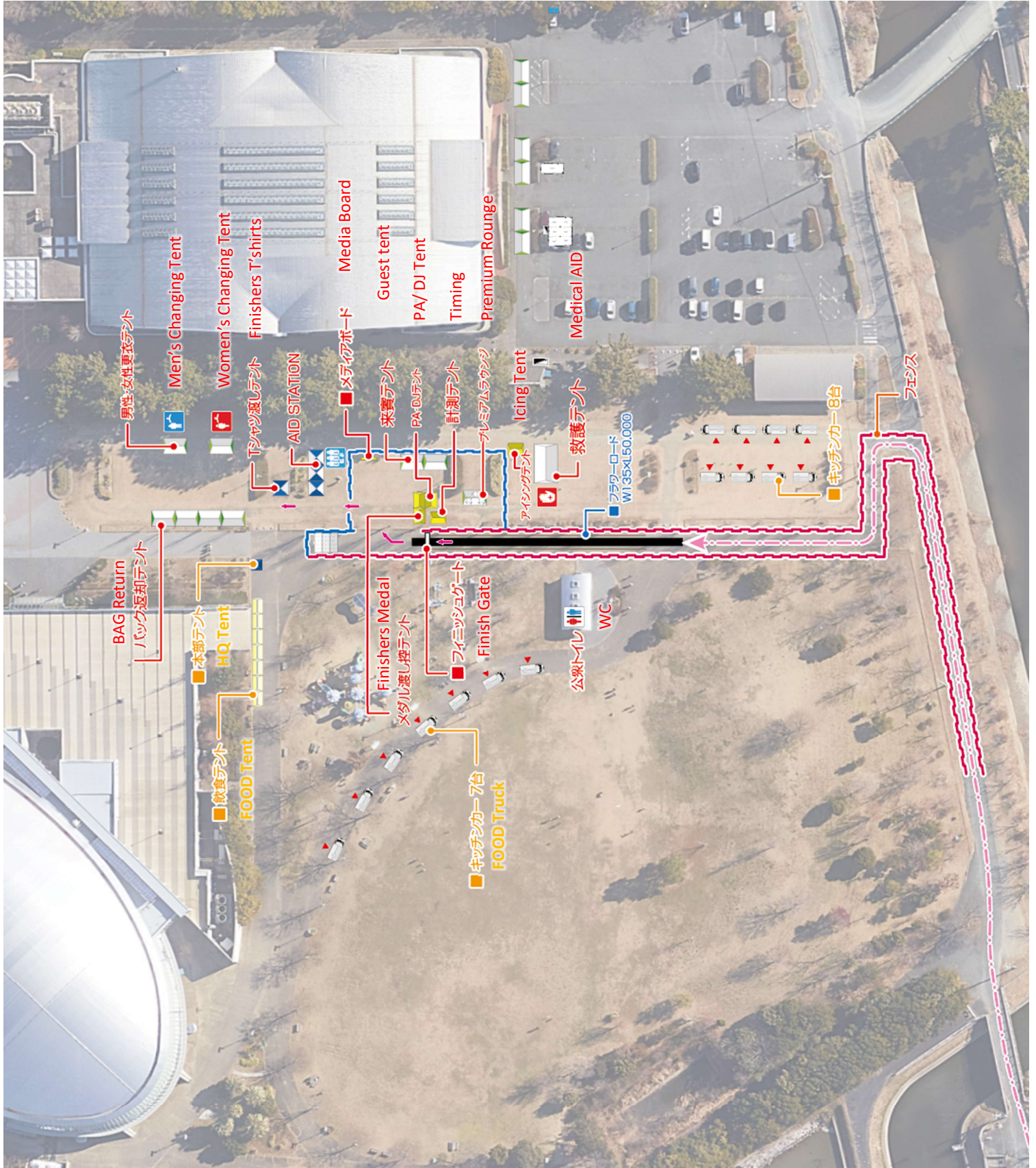
LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

Please note: No responsibility or liability is taken by the Race Organizers for lost property.

All lost property will be held for 30days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN email.

Finish Area





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

We are using the 2023 [IRONMAN Competition Rules](#) in alignment with the special IRONMAN rules and this is a NON-drafting Event.

All Athletes should read and understand the complete [IRONMAN Competition Rules](#) prior to race day. Below highlights some of the IRONMAN Competition Rules.

Conduct of Athletes

Section 2.01 General Behaviour

- (a) Practice good sportsmanship at all times;
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02). Receiving assistance (other than in accordance with Section 2.02) will result in disqualification;
 - (i) Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

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 4.02 Wetsuit Rules

(a) For age-group athletes, relay team athletes and Open Division athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ)

(d) A wetsuit may cover any part of the body except the face, hands, or feet;

(f) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ)

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 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 or 60 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 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

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

Continued over page..

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. (DSQ) (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).

RACE FINISH, TIMING, AND RESULTS

(e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

(i) Did not start (“DNS”) – Enters an Event but fails to start;

(ii) Disqualified (“DSQ”) – Starts an Event and was disqualified;

(iii) Did not finish (“DNF”) – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and

(iv) Not classified (“NC”) – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

(f) Results will include athletes who do not finish the Race (“DNF”), athletes designated as not classified (“NC”) and those who are disqualified (“DSQ”). All available splits will be listed for DNF and NC athletes.

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.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete’s age as of December 31 of the year of the Event.

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.

TRANSFERRING REGISTRATION

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

PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN (PC/ID OPEN) DIVISION

- Participation in the PC/ID Open Division is available to athletes with a medically verified Visual Impairment, Special Teams, athletes with an intellectual disability, or athletes with a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment (except for approved ID Open athletes) are not eligible to participate in the PC/ID Open Division
- PC/ID Open athletes are not eligible for awards or World Championship slots

OPEN DIVISION

The Open Division is a non-competitive, participatory division which is open to any able-bodied athlete who cannot or do not wish to race in a competitive age or gender group

There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event

Any athlete who wants to change to the Open Division during race week can do so during the onsite athlete check-in process. Please visit the solutions desk inside the Athlete Check-in area to change divisions

Athletes in the Open Division are not eligible for awards or World Championship slots

Athletes in the Open Division are subject to the IRONMAN Competition Rules as set forth in Article I – VII, and Article XI. Please refer to the [IRONMAN Policies](#) for additional information.

AWARD Party -1



Award Party on Saturday 10th June

Doors open at 17:30 Party at 18:00-19:30

Venue

- Hotel Arc Riche Toyohashi (reception on the 1st floor)
- Toyohashi Station South Gate Square
- Toyohashi City Machinaka Square

The main venue for the award ceremony is Hotel Arc Riche Toyohashi. Seats are limited, so only the recipients and their companions listed on the right will be invited to Hotel. After the race, please check IRONMAN Tracker App to see if you are eligible for the award and come to the reception desk on the first floor.

A big screen is set up in the plaza in front of the south gate square and in the Machinaka Square you can enjoy the live-cast the awards ceremony

You also can enjoy Migashimikawa Food FES, Expo, Ironman Store

Award

Each Age Group 1st~3rd Place

Local Residents Category 1st~3rd Place

Premium Category 1st ~10th Place

The Athlete who fail to receive award at ceremony will receive it by cash on delivery after the race.

Contact race organizer via Email to confirm receipt.

Award Party -2



Meals included in the party

The ticket for the party is included in the kit you receive at the athlete check-in. It is a free voucher for meals and other items. For athletes who purchased a party ticket at the time of entry, please check the ticket enclosed within the player kit for a few minutes of purchase.

Meals voucher

Pick up a beef steak on the first floor of the Hotel Arlish Toyohashi!



Souvenir voucher

Date and time of exchange

Saturday, June 10 15:00-20:00

Pick up sweets, beer and other souvenirs at the Aichi Prefecture booth in the Toyohashi City Machinaka Square!

Cut out a set of two souvenir vouchers and give them to the staff.



TOYOHashigo Night 2023

Date and Time: 6/10 (Sat) 11:00-24:00

With one ticket, you can enjoy one of the store's specialties and one drink. You can enjoy five restaurants by yourself or share it with someone!

More than 30 popular local stores participated.

With 5 tickets, let's all walk around Toyohashi Station!

- 1 ticket = 1 drink + 1 specialty dish
- Each ticket stub is worth 800 yen. For menus of each participating store, please refer to the "Participating Store Guide Map."

Guide maps will also be distributed at Hashigo Night Headquarters (Toyohashi Station South Gate Square) on the day of the event.

■ Tickets can be shared by more than one person. However, each ticket stub can only be used by one person.

■ Leftover tickets can only be used as a 800 yen voucher at participating restaurants until Sunday 6/18. No change will be given.

Be sure to show it when you visit. You can't use it with other tickets. You can use as many tickets as you want for one meal.

■ Never drink and drive. Use public transportation after drinking.



TOYO はしごナイト 2023

豊橋駅前をみんなで
はしごしよう！



IRONMAN
70.3[®] JAPAN
HIGASHIMIKAWA
ATSUMI PENINSULA

6/10 SAT 11:00~24:00

※参加店舗によって営業時間が異なります。

チケットは
5枚綴り
4000円

複数人で
シェアしても
OK!

4,000円で5軒はしご酒！

チケット一枚で参加店舗自慢の1品1杯が楽しめる 絶対お得で楽しいイベントです！

今年のはしごナイトは アイアンマンレースとのコラボ開催！

同日に地元豊橋・田原にて開催されるアイアンマンレースの世界大会『アイアンマン70.3 東三河ジャパン in 渥美半島』との共催にて実施！参加アスリートたちと一緒に豊橋の夜を楽しんじゃおう！

アイアンマン70.3 東三河ジャパン in 渥美半島公式サイト「アイアンマン 東三河」で検索！

アイアンマン 東三河



同時開催

エキスポ・
アイアンマンストア
&
東三河 FOOD FES

会場：豊橋まちなか広場
11:00~21:00

地元人気店 30 店舗以上が参加！

創作美味わっぱい / 藤月豊橋駅前大通り店 / 味の天心燗鍋 豊橋広小路店 / KOJORI 天狗のカレーうどん / 串揚げはやかわ / ひっぱり鼠 / TOYS BREWERY / TINY DINER 花鮎豊橋駅前店 / FreeStyleBAR? 輪 -RIN- / 八八豊橋駅前店 / ビストロ酒場 lac!! cafe&gateaux knohd(ノード) / NO JUNK DONUTS by Moonlight Coffee / パード 94 豊橋鉄板焼 山ちゃん with 大将 / THE GARDEN / タヤけ横丁三丁目豊橋駅前店 emCAMPUS FOOD / 謝謝 駅前店 / 久遠チョコレート 豊橋本店 / 大衆酒場 家利伊頭 葉隠亭 / 隠れ家 湊 / 焼肉ひさ萬 / ASA-CHANG / 広小路ホルモン酒場 炎や / 古来や

◎ 豊橋駅前南口広場会場 (11:00~24:00)

キッチンカー・テントブースなど10店舗以上が出店予定

参加店舗・最新情報はこちらから！

「TOYO はしごナイト」で検索！

TOYO はしごナイト



チケット
販売開始
5月下旬予定

チケットの販売状況は
公式サイトでご確認ください。

前売り券

当日販売

販売価格

セブンイレブン店頭にて販売！

※完売次第、チケットの販売を終了します。

豊橋・豊川・新城市内のみ

豊橋駅前南口広場 TOYO はしごナイト本部にて
11:00~販売します。

※前売りチケットが予定販売数に達した場合、当日販売を実施しない場合もございます。
前売り販売期間にてお早めにお買い求めください。

1枚 4000円 (はしごチケット5枚綴り)

※余ったチケットは6/18(日)まで参加店舗にて金券としてご利用いただけます！

※土曜日開催につき、参加店舗の混雑状況によっては席が空くまでお待ちいただく場合もございます。何卒ご了承くださいませ。

※イメージ



WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



View the Event Schedule (Page 4) for time and location.

Qualifying Slots: (30) Age Group qualifying slots for the 2023 IRONMAN 70.3 World Championship, in Lahti, Finland held on August 26-27, 2023.

Qualified athletes are required to claim their IRONMAN World Championship slot in-person at the advertised time and location. Photo ID is required to be presented and payment must be at this point in time.

Cost: €650 entry fee + Taxes and 10% ACTIVE administration fee

Payment:

- Credit card only (no Amex, Diners or cash payment).
- Physical card including full card number, expiry date and CVV must be available (no Apple Pay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

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 Slot.
 - 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.

ADDITIONAL INFORMATION



VOLUNTEERS

More than 1000 volunteers support us.

We encourage you to say THANK YOU to the Volunteers whenever possible!

OFFICIAL EVENT APP

The IRONMAN Tracker app has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out results post-race.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the IRONMAN Tracker App now!



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<https://www.instagram.com/ironman70.3japanhigashimikawa/#>



<https://twitter.com/ironman703jp>



WOMENFORTRI

WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

IRONKIDS HIGASGIMIKAWA JAPAN

SUN 11th June 13 : 00~16 : 15

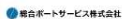
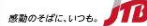
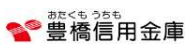
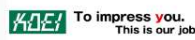
Shiroya Seaside Park, Tahara City

If you have any further questions, please don't hesitate to contact us at contact@higashimikawa.or.jp. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

IRONMAN 70.3 Higashimikawa Japan in Atsumi Peninsula Team

EVENT PARTNERS



イチビキ 中部ガス不動産株式会社 株式会社竹中工務店 株式会社早野組 中部電力パワーグリッド株式会社豊橋営業所 三井住友信託銀行株式会社 永井海苔株式会社
 スジャータ めいらくグループ 株式会社 静岡銀行 株式会社アスリート 株式会社みずほ銀行 株式会社 名古屋銀行 大垣共立銀行 株式会社愛知銀行 豊橋商工信用組合
 豊橋ステーションビル株式会社 公益財団法人十六地域振興財団 東海交通株式会社 豊橋創造大学 中央製乳株式会社 (新規追加)



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!

IRONMAN[®] 70.3[®] JAPAN HIGASHIMIKAWA ATSUMI PENINSULA

2023 Athletes Information Guide



<https://www.ironman.com/im703-japan>
contact@higashimikawa.or.jp

0532-25-5963

V 1 June 5th, 2023



Contents Page



| Section | Page |
|-------------------------------|-------------|
| Race Referee message | 3 |
| Event schedule | 4 |
| Athlete checklist | 6 |
| Race kit | 7 |
| Vanue MAP | 8 |
| Pre-Race Information | 9-11 |
| 9 th June Parking | 12 |
| Transition BAG | 13-15 |
| Shuttle Bus Information | 16-18 |
| 10 th June Parking | 19 |
| Support | 20,21 |
| Cut off | 22 |
| Race Day Service | 23 |
| Medical Station | 24 |

| Section | Page |
|--|-------------|
| Swim course | 25-29 |
| Swim Course T1 Bike Rack | |
| Bike course | 30-33 |
| Bike Course T2 | |
| Run course | 34-36 |
| Run course Finish Line and Post Race Finish Area | |
| Race rules and categorie | 38-40 |
| Race Rule Race Category | |
| Award party | 41-43 |
| World Championship Roll Down | 44 |
| Additional Information | 45 |
| Event Partners | 46 |

Race Referee Message



To avoid rule violations on race day, please observe the followings:

- Drive on the left side of the bicycle lane
- Secure a distance of at least 12 meters from the front wheel tip of the front rider to the front wheel tip of yourself
- Pass the front bike from the right. Never pass from the left.
- When you pass a forward player, please complete it within 25 seconds.
- The overtaken player should slow down from the moment you are passed and immediately maintain a distance of 12 meters or more. Before you overtake again, make sure you have fully secured 12 meters.

Triathlon is an individual sport and it is your responsibility to fully understand the rules and avoid violations. In cases of drafting, blocking or illegal overtaking violations (judgement), the referee's ruling is final and is not subject to protest or appeal.

The following are the most common rule violations:

The five-minute blue card penalty includes:

- Drafting: If you follow the leading cyclist to within 12 m and do not overtake him / her within 25 seconds or, after being overtaken, do not retract 12 m before overtaking again
- Illegal overtaking: If you overtake from the wrong direction (left side)
- Littering: If you discard in the wrong place. For example, if you discard tires, bottles, gel wrappers, etc., on a course other than the designated litter area near the aid station.

The referee will tell you your race number, indicate your violation, and present a blue card. You will then be responsible for receiving a five-minute time penalty in the next penalty box.

Note: You will be disqualified if there are three blue card violations throughout the course during the competition.

Yellow card penalties, or stop-and-go penalties, include:

- Blocking: Continuing to run on a player's right side without overtaking, or continuing to run on the right side when separated from other players
- Helmet: Not holding the chin strap securely while cycling

Other violations that can result in disqualification include:

- Aggressive and unsportsmanlike conduct
- Improper use of public toilets
- External assistance (from outside the race related)
- Use of electronic equipment, including telephones

(including the use of earphones and other communications equipment)

Other athletes, volunteers and officials are important in keeping the event safe and fair. Remember to always treat them with courtesy and consideration.

I sincerely hope you have a great race, enjoy the experience and achieve your IRONMAN 70.3 goals.

Masato Suzuki

Race Referee

EVENT Schedule



Schedule and Venue are subject to Change.

Please check latest information on the website <https://www.ironman.com/im703-japan>

| Thursday June 8th, 2023 | | |
|--------------------------|---|--|
| Time | Event | Venue |
| 13 : 00-17 : 00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Machinaka Hiroba (Around Toyohashi Station) |
| Friday June 9th, 2023 | | |
| Time | Event | Venue |
| 10:00-16:00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Shiroya Beach Park |
| 10:00-16:00 | Athlete Check-In | Shiroya Beach Park |
| 11:00-17:00 | Bike Check-In | Shiroya Beach Park |
| 11:00-17:00 | Welcome Event: Marche and Food Truck | Shiroya Beach Park |
| 13:00-15:00 | Practice Swim Session | Shiroya Beach Park |
| Saturday June 10th, 2023 | | |
| Time | Event | Venue |
| 4:00-5:45 | Transition Area Open | Shiroya Beach Park |
| 5 : 00-5 : 30 | SWIM WARM UP | Shiroya Beach Park |
| 6:00- | Start (Rolling Start) | Shiroya Beach Park |
| 10:00-16:00 | Gourmet Event: IRONMAN Sweets and Food Fes | Parking lot in front of Toyohashi City General Gymnasium |
| 11:00-21:00 | Gourmet Event: Higashimikawa Food Fes | Machinaka Hiroba (Around Toyohashi Station) |
| 11:00-24:00 | Gourmet Event: TOYOHASHIGO Night | Toyohashi Station South Exit Plaza |
| -around 15:00 | Course Close (8 Hours After Each Athletes Starts) | Toyohashi Sports Park |
| 10:30-17:15 | Bike Check-Out | Temporary parking lot near Toyohashi Sports Park |
| 13:00-19:00 | IRONMAN 70.3 Expo IRONMAN 70.3 Merchandise Store | Machinaka Hiroba (Around Toyohashi Station) |
| 16:30-17:30 | 2023 IRONMAN 70.3 World Championship Roll Down | Around Toyohashi Station (Terrace Meeting Room at Sala Tower 4F) |
| 17:30-19:30 | Award Party | Around Toyohashi Station (HOTEL ARC RICHE TOYOHASHI, Machinaka Hiroba, Toyohashi Station South Exit Plaza) |
| Sunday June 11th, 2023 | | |
| Time | Event | Venue |
| 13:00-13:30 | IRONKIDS: Athlete Check-In | Shiroya Beach Park |
| 13:30- | IRONKIDS: Race Briefing | Shiroya Beach Park |
| 14:00- | IRONKIDS: Place race gear in the transition area | Shiroya Beach Park |
| 14:15- | IRONKIDS: Race Start | Shiroya Beach Park |
| 15 : 45-16 : 15 | IRONKIDS: Award Party | Shiroya Beach Park |



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Pre-Event

- Reservation / confirmation for accommodation & flights. (if applicable)
- Make sure event registration is confirmed (check confirmation email).
- Fully understand your event schedule (know all check-in / drop-off transition bag and times).
- Please include your photo ID in your luggage.
- Get used to the course - it is your responsibility to know this on race day.
- Check the player list online. **Note: The web list will not be updated after 9^h June. If any details are incorrect, please email us.**

ONCE I ARRIVE (pre-race)

- Familiarize yourself with the venue and main area (Check In, Transition, Swim Start, Finish Line, Award Party, WC Rolldown).
- Familiarize yourself with road closures.
- Check in and collect race kits.
- Rack the bike and drop the transition bag (See page 13 for recommended items for transition bags).
- Participate in official practice swimming at designated times.
- Pack for race day.

Race day

- Make sure you have all your racing gear, including helmets, timing chips and wetsuits / tri-suits.
- Enter Transition area for the last minute check for Bike and Transition Bag (Red String & Blue String) and drop off Transition Bag and bicycle pump (if applicable).
- Drop off the street gear bag (Black String) at swim start.
- Start the race - stand at the start line at least 15 minutes in advance.
- Finish the race.
- Receive a medal.
- Gather a finisher T shirt.
- Recover.
- Collect items such as transition bags, street gear bags, bike pumps and bikes.

POST RACE

- Attend World Championship Roll Down, presentations and award parties.
- Upload photos of #medalmonday to social media.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring a credit card (not Apple Pay, etc.). See page 44
- Bring friends and family to celebrate.

Race kit



Sticker Location



1. Race bib number

Of the two, one is for a motorcycle and one is for a run. Wear it on the back for a motorcycle and on the front for a run with a race belt (prepared by the athlete yourself) or a safety pin (supplied by the tournament). Do not bend or cut the race bib number.

2. Wristband for Athletes

Prepared one for each person.

Each player's race number is included to identify the players participating in the tournament. You must wear it as soon as you receive it at the athlete check-in and always wear it until the end of the award party. Do not remove the wristband at the transition area or at the bike check-out, as it is necessary to identify the athlete if you need help at the venue after the race. Remove all wristbands from events unrelated to this competition.

3. Safety pin

Use Safety Pin to place Bibs . You also can use own Race Number Belt.

4. SWIM CAP (Swim Cap)

The swim cap must be worn during the swim leg. If another cap is worn, the official cap must be worn on top. Swim caps are Latex.

Zone 1 - Less than 33 minutes - Green

Zone 2 - 33 - 37 minutes - Pink

Zone 3 - 38 - 41 minutes – Light Blue

Zone 4 - 41 minutes or more - Purple

5-1. Transition bag (Red String, Blue String)

Use the supplied bag and affix the appropriate seal. Include equipment necessary for racing. Submit it during the bike rack on Saturday.

5-2. Street gear bag (Black String)

Place items needed for post racing (collect in collection area). Drop-off on race morning. Always use the supplied bag.

6-1. Bike Sticker

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

6-2. Helmet Sticker

Stick a sticker on the front of your helmet. Place it before bike check-in for checked by technical officer.

7. Bike pump sticker

Stick a sticker on the bike pump at bike check-in. Write your Race number on the sticker at Bike Check in Tent and place it on Bike Pump.

8-1. Street gear Bag (Black String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-2. Bike Transition Bag (Blue String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-3. RUN Transition Bag (Red String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

Note: Timing chips are distributed at Bike Check In. Make sure to maintain not to lose for Race Day.

Venue Map



PRE RACE INFORMATION 1/3



Athlete Check-In

June 9 10:00-16:00

Shiroya Seaside Park (see page8 for venue map)

You will receive a race number, a sticker and a transition bag.

If you do not check in during the athlete check-in time, you will not be allowed to participate in the race. **Pick up at 10:00-16:00 on June 9.**

Where: Shiraya Seaside Park

What must be presented:

- Photo identification (driver's license or passport).

Emergency contacts

Athletes must check in at the venue on the above dates and times. Athlete cannot check in outside the designated hours.

If you need to inform the Secretariat of an emergency during the race, please call the phone number below.

Phone: 0532-25-5963

Email: contact@higashimikawa.or.jp

Warning: Only the registered person can receive a race kit at the athlete check-in. Please note that no one else can compete in your name or in someone else's name.

If you cheat, you will be suspended and both will not be able to compete in future IRONMAN Asia Triathlon Races.

Race number

When you receive your transition bag and bike check out, your wristband and race number confirm your identity.

Timing chip

During the race: Your chip must be worn on your left ankle during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff 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.

If you lose your timing chip during the race, inform Event Staff within Transition or at the finish line, so that timing providers can do their best to replace the chip.

Drop Off: Timing chips will be collected at the finish arch in exchange for a finisher T-shirt.

Drop Out: If you do not start the race, or if you are retiring the race, return timing chips to the judges. If you do not find the judges, return them to your staff or timing team members. Whenever possible, return them to staff, not volunteers.

Missing Timing chips: If a timing chip is not returned or is lost, **there will be a \$100 replacement fee.** If you notice that you have a chip after the race, mail it within 5 days to:

〒441-8560

39-5 Daizen, Uedacho, Toyohashi, Aichi
Musashi-Seimitsu East Mikawa Sports Regional
Development Foundation

Failure to wear a timing chip on the race day, failure to return the chip after the event, or failure to pay for the replacement of a lost timing chip may prevent you from participating in future IRONMAN events.

Pre-race

Bike check-in

June 9th 11:00-17:00

T1

Shiroya Seaside Park

Bike and helmet check:

- Conducted by referees.
- You, the athlete are responsible for your bike being in safe working order.
- In advance, attach the bike number sticker to the seat post by yourself.
- 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 and JTU regulations

• **If you pass the check, attach a certificate of acceptance**

Put Helmet in your transition bag.

How to install at a bicycle rack:

A bike rack with a race number is prepared for T1. Hang the saddle with the front wheels facing out.

Cover:

Complete bike cover is not available for rack storage at night.

Transition Area Open

June 10 4:00-5:45

On the morning of the race, you can access T1 bike. However, you can not take the bike out of the transition area until the bike part of the race begins.

Bike mechanics

June 9 11:00-17:00

Bike mechanics are available. We provide minor mechanic service. This is a paid service.

A limited "emergency service" for all athletes will be offered at 4:00 of the race morning.

For on course support, see the bike course information on page 23.

Race Briefing

Read thru this guideline very well. We'll check it when athletes check in.

It's an important opportunity for both experienced triathletes and first-time racers. Important information about course peculiarities, rules and course closure is provided.

On June 9 at 11:00, 14:00 and 16:00, the race director will set aside time for questions at the athlete check-in site. Information on last-minute changes or procedures for events that have or may occur due to weather-related forecasts will be provided sequentially.

Swim Practice, Pre-Race Training

You can Swim Practice at Shiroya Seaside Park from 13:00 to 15:00 on June 9.

A portion of the course will be marked and lifeguards and surveillance vessels will be in place.

Please note that you must have checked in your bike and received a timing chip to participate in the swim practice.

You must wear a timing chip during the swim practice.

If you have not checked in your bike and not received a timing chip, you will not be able to swim.

Wear a wetsuit and swim cap to swim.

The target cruiser of 200 m offshore is anchored. A Tahara muskmelon is passed from a small boat near the cruiser.

When you train your bike or run, please follow the traffic laws. Wear a helmet.

Note that Japan is "left handed traffic."

Shuttle buses

Buses for athlete check-in and bike check-in on June 9 operate between the Kodomo Miraikan Coconico at the east exit of Toyohashi Station and Shiroya Seaside Park.

Bike can be loaded on trucks operated with shuttle buses.

Buses returning on the same route will also be operated.

Parking

Athletes' parking for athlete check in and bike check-in on June 9 will be located at the Himejima Fishing Port near Shiroya Seaside Park.

The landmark is Shiraya Crossing in Tahara City. Head north from Shiraya Crossing to Himejima Fishing Port.

Shiroya Seaside Park is about a 10 minute walk from Himejima Fishing Port.

Pre-Race Day parking is allowed 9:00-18:00

WELCOME Event

Shiroya Seaside Park will entertain you with Atsumi Peninsula specialties and more. It also hosts talk shows and other events.

Tahara city is one of the largest flower producing areas in Japan. Enjoy the beautifully decorated venue.

FRI. 9th June Parking Location



Transition bag 1/3



Street Gear Bag (Black String)

The black string transition bag is used as a street gear bag.

Put in the clothes you wore before the race and the clothes you need after the race and leave them in the start area. No other bags can be checked.

Stick a number sticker to the left bottom corner of the bag on your own.

- Time to drop: 5:00~6:00

Return the bag at the finish area.

© Things to put in the bag (example)

- Clothing and footwear worn before the start
- Clothing and footwear worn after finishing
- Keep valuables out of your bag as much as possible.
- In the finish area, there is a sweets festival, as well as refreshments prepared by the organizers. If you are interested, please prepare small change.

View page 14 of time and place.

The bag will be collected at start area, transported and returned at Finish Area.

Bike (blue string) and Run (red string) Transition Bag

The Bike Transition Bag (blue string) holds the gear used on the bike.

It will be installed on the T1 "bag rack" on June 9 or June 10. The race number will be displayed in the tent, so each person will install it at the location of his or her own number.

- Bike wear
- Helmet
- Bike Shoes
- Nutrition and Fluids

Items needed for racing that can't be attached to the bike should be kept in the bag

In the run transition bag (red string), keep the gear used for the run.

On June 9 or June 10, install the tents in the T2 "bag rack." In the tent, the race number is displayed, so each person installs it in the place of his or her own number.

- Runwear
- Runshoes
- Supplemental diet

The transition bag is placed inside the change tent at the transition and can be accessed during the transition process.

The transition process is described on page 15.

Useful tip: Remember that blue (BLUE) is a B, so bike and red (RED) is a Run, so Red.

Examples of items athletes should consider:

| Bike Transition Bag | Run Transition Bag |
|--------------------------------|------------------------|
| Bike shoes (or on bike pedals) | Running shoes (must) |
| Helmet | Race Bib number (must) |
| Sunglasses | Sunglasses |
| Race Bib number (must) | Hat / Visor |
| Change of clothes and Socks | Socks |
| Nutrition and fluids | changing clothes |
| Towel | Nutrition and fluids |
| Sunscreen | |
| Vaseline | |

Transition bag 2/3



| BAG | DROP OFF LOCATION | Use during a race | Post Race Collection |
|--|---|--|--|
| Bike Transition bag <i>Swim to Bike</i> | June 9 12:00-17:00 June 10 4:00-5:45 T1 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T1 bagrack tent. Take out the bike gear and place all the swim gears in the blue string bag. When you leave the wearing changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport it |
| Run Transition bag <i>Bike to Run</i> | June 9 12:00-17:00 June 10 4:00-5:45 T2 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T2 bagrack tent. Take out the run gear and place all the bike gear in the red string bag. When you leave the changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport |
| STREET GEAR BAG | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Use | June 10 Near the finish area *The organizer will transport |
| BIKE PUMPS put into STREET GEAR BAG *place sticker on the bike pump with the race number in advance | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Access During Race | June 10 Near the finish area *The organizer will transport |

Note: When you collect the bike, you must collect the bike, the run transition bag and the bike pump at the same time.

Before the race

Transition area open

Open June 10 4:00-5:45, at race morning. All athletes must be out of the area by 5:45. Make sure you have enough time to move on the morning of the race.

You have the opportunity to make final adjustments to your bike. Make sure all items are attached to your bike.

You are not allowed to place items on the ground beside your bike. This includes items such as footwashing equipment and bags.

Bike pump

After using the bike pump on a T1, put it in a street gear bag (black string transition bag) and drop.

Label the pump with the race number in case it falls out of the transition bag.

Prepare labels and writing materials for the June 9 bike check tent. Label the bike pump with the race number.

Any bike pump placed in T1 without deposit, any bike pump that has fallen out of the transition bag and is not labeled will be treated as donated.

During the race

Transition from swim to bike

After the swim, you are guided to T1 through the swim finish arch.

You are not allowed to change clothes in a public place with your trunk exposed. You need to be well prepared for the race before you start

When changing clothes, use a changing tent. You can also wear bikewear under a wet suit.

Personal supplementary food and beverages are allowed to be stored in the wear or attached to the bike.

Bike shoes are allowed to be worn before passing the mount line.

Transition from bike to run

After the bike part, get off the bike and store it in a T2 rack. The T2, unlike the T1, is a free rack, so follow the staff's instructions and put the bike on the rack.

Keep the bike's gear, such as shoes and helmet, separate from the bike and in the transition bag. This is to prevent the shoes from coming off when volunteers and staff carry the bike. After picking up the red string transition bag in the bag rack at the behind of the bike rack and taking out the run gear, you need to store the bike gear in the red string transition bag and leave it with a volunteer.

After the race

To pick up your bike or transition bag, you'll need to show your wristband or race number.

Black string, blue string and red string transition bags should be collected near the finish area.

Bike checkout is at 10:30-17:15 on June 10. You cannot pick up after this time.

If the bag is not collected by the time, the organizer is not responsible for the loss.

Race Day Moving

For athletes who do not use their own cars or rental cars, there is a shuttle bus from the Kodomo Miraikan Coconico at the east exit of Toyohashi Station to the start site, Shiratani Seaside Park.

After the competition, there is a bus from Toyohashi General Sports Park back to the Children's Miraikan Coconico.

For athletes using their own cars or rental cars, temporary parking will be provided around the finishing area, Toyohashi

General Sports Park.

Shuttle buses will be operated from Toyohashi General Sports Park to the starting site, Shiratani Seaside Park.

FRI. 9 June 2023 For Athlete

For Athlete Check-IN/ EXPO Venue

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time | Note |
|-------------|--------------|
| 9:00-15:30 | Every 30 min |

Approximate 60 min drive

BIKE Transport Truck operate together

Bike will be transported by SEINO Truck which operated together with Shuttle.

It carries bike as assembled, please bring your bike taken out from Bike Case.

Please DO NOT Bring Bike Case

For Return to Toyohashi City

“A” Shiroya Seaside Park → “D” Toyohashi Station East Gate

| Depart Time | Note |
|-------------|--------------|
| 12:15-17:15 | Every 30 min |

Approximate 60 min drive

SAT. 10 June 2023 For Athlete Before the Start

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time |
|-------------|
| 3:30 |
| 3:45 |
| 4:00 |
| 4:30 |

Approximate 60 min drive

“C” Toyohashi Sports Park → “A” Shiroya Seaside Park
(near Athlete Parking)

| Depart Time |
|-------------|
| 3:30 |
| 3:40 |
| 3:50 |
| 4:00 |
| 4:10 |
| 4:20 |
| 4:30 |

Approximate 45 min drive

SAT. 10 June 2023 For Athlete

After the Finish

For Award Party

“C” Toyohashi Sports Park → “B” Kodomo-Mirai Kan “KOKONIKO”

BIKE Transport Truck operate together

| Depart Time | Depart Time |
|-------------|-------------|
| 12:00 | 14:30 |
| 12:30 | 15:00 |
| 13:00 | 15:30 |
| 13:30 | 16:00 |
| 14:00 | --- |

Approximate 20 min drive

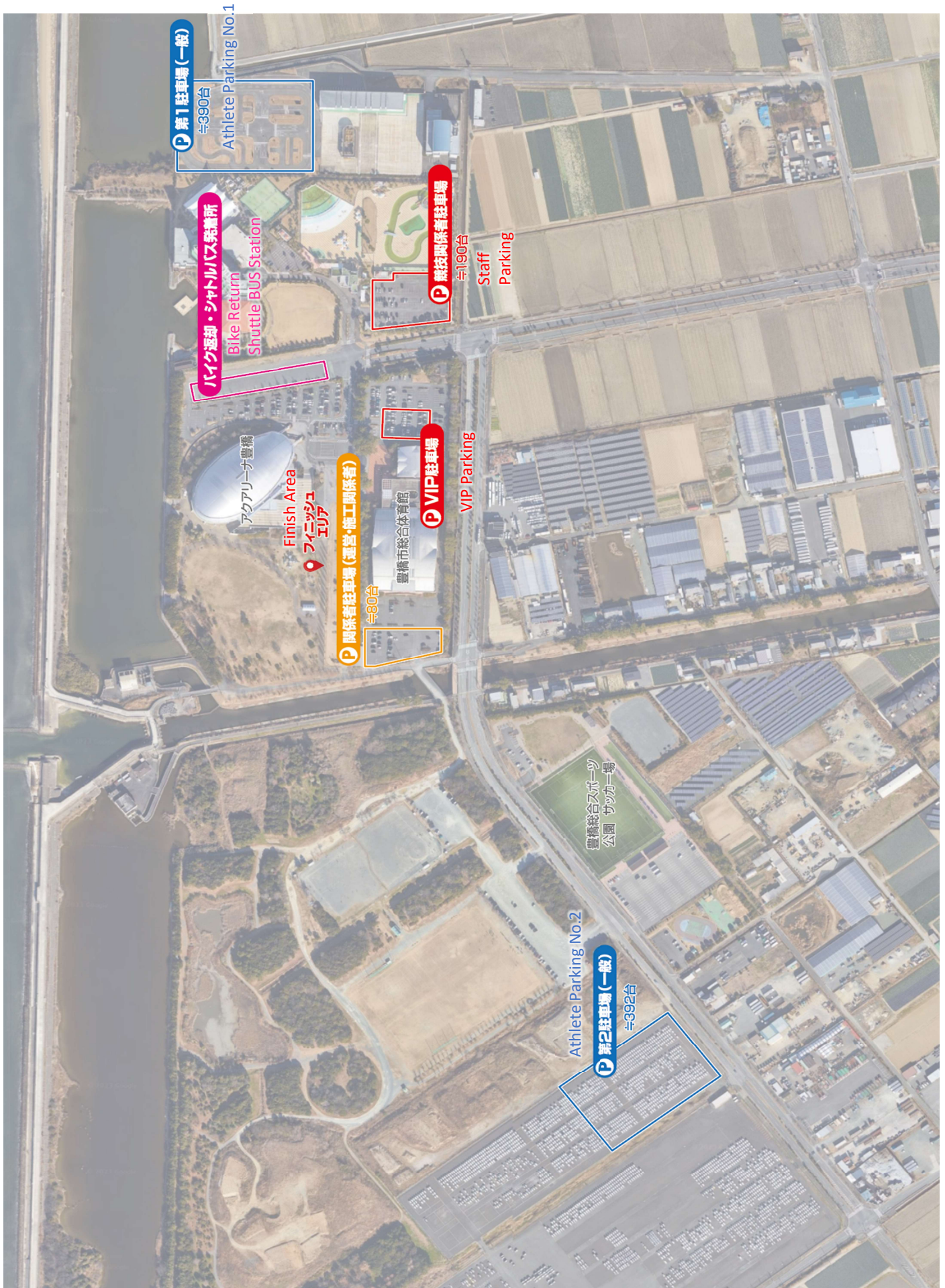
After the Award Ceremony

“B” Kodomo-Mirai Kan “KOKONIKO” → “C” Toyohashi Sports park

| Depart Time |
|-------------|
| 19:45 |
| 20:15 |
| 21:00 |

Approximate 20 min drive

SAT. 10th June Athlete Parking



Before Swim

· Your glasses will be placed at the swim-finish point, so be sure to put your glasses on by 6:00.

When placing your glasses, write the race number on the sticker placed on the glass-keeping stand and affix it to your glasses.

Available:

- Water
- Permanent toilets, temporary toilets

Swim temporary landing site

Available:

- Water

Swim-up - > T1

Available:

- Water
- Toilet

Bike Aid Station

Place on the left side of the course.

Just before the aid station, a bottle catcher will be set up, so throw in any bottles you no longer need (bottles can not be returned).

Aid station location:

- BAS1 23.4 km Rokuren JA collection and shipment site
- BAS2 36.0 km Akabane Elementary School
- BAS3 54.2 km Crystal Beach
- BAS4 73.7 km Fukue Junior High School

Available:

- Water (Bike bottle included)
- Sports drink (Ajinomoto BCAA charged water / Bike bottle included)
- Toilet

Process:

Slow down when entering the Bike Aid Station (No need to stop!)

If you do not need to resupply at the Bike Aid Station, take the right side of the roadway.

There are signs at the Aid Station to indicate what is being offered. We also call out what volunteers are offering.

Tell volunteers your needs out loud and politely.

Trash disposal

When no longer needed, throw the bottle into the bottle catcher.

Do not throw away anywhere else on the course. A strict

time penalty applies.

Medical

Fire crews will be stationed at seven locations on the course apart from the aid station. Medical personnel will be stationed at five of those locations.

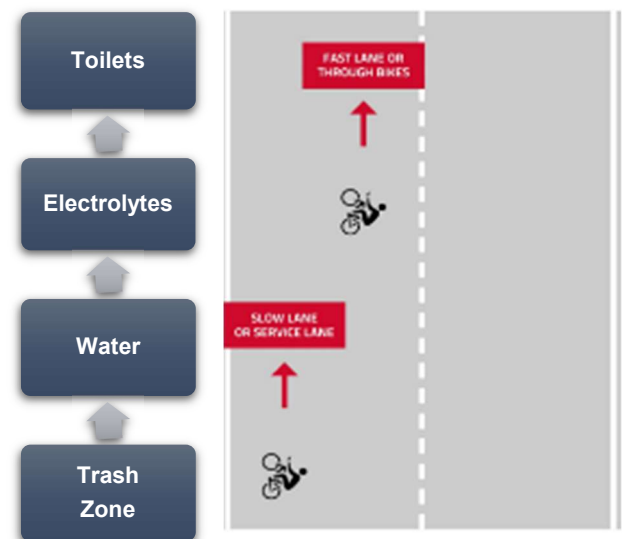
A cross flag will be displayed at the medical point, and aid workers will wear bibs with a cross print.

It supports athletes who are sick or injured. If necessary, it is dispatched by vehicle to provide relief.

Sirens and loudspeakers are used to signal the approach of emergency vehicles as they travel the course. Try to stop and wait for emergency vehicles to pass.

If you witness another player's trouble on the course, tell the nearest medical point.

Aid station layout



Run-Aid Swimming

- T2 0.0km
- RAS1 2.0 km (Himeshima Fishing Port)
- RAS2 4.0 km (Tahara Wharf Entrance)
- RAS3 5.4 km (Doura Elementary School)
- RAS4 6.8 km (Midorigahama Park)
- RAS5 9.3 km (Mikawa Port Ohashi Higashizume)
- RAS6 12.2 km (Meikai Central)
- RAS7 14.1 km (Funato Green Space)
- RAS8 15.8 km (Toyohashi Warehouse)
- RAS9 18.8 km (Kannofuto 3 Torimon)
- RAS10 20.0 km (Rokugata Ohashi South Side)

Offer:

- Water
- Ajinomoto Amino Vital Water
- Kabaya salt-charged tablet
- Imuraya Sports Yokan
- Ezaki Glico Balance On Mini Cake
- Energy Jelly (Muscat flavor, energy drink flavor)
- Coca-Cola (soda)
- Banana or melon
- Musashi Shot Jelly (RAS5)
- Toilet

Process:

The run aid station is located on the left side. When you get close, move to the left side (no need to stop)

When not replenishing at the run-aid station, try to pass on the right side.

Signs at the aid station indicate what is on offer. Volunteers also call out what they are offering.

Tell the volunteers your needs out loud and politely.

Disposal:

Dispose of unwanted items in the trash cans (disposal

zones) located in front and behind the aid station.

Disposing outside the designated area will result in a severe time penalty.

Splash zone

Since it is difficult to secure water sources for this course, we will prepare scoop ladles at each aid Station.

Medical

Paramedics will be on standby at all run-aid stations. **At medical points, a cross flag will be displayed and aid workers will wear bibs with a cross mark printed on them.**

We will support athletes who are ill or injured.

If you witness another player's trouble on the course, tell the nearest medical point.



Cut-off time

The cumulative cut-off time for swims, bikes and runs on the course are all based on an individual's swim start time.

The cut-off times below provide absolute cut-off locations and times based on the last starter projected at the time of publication of this document.

They are individually adjusted and implemented by the race director on race day.

Swim:

The swim course **ends 1 hour and 10 minutes** after the last swimmer begins swimming. Regardless of when each swimmer starts the swim, 1 hour and 10 minutes is picked up after the last starter starts the swim.

If a swimmer takes more than 1 hour and 10 minutes to complete the swim, they will not be allowed to continue and will receive a DNF. To make a rolling start, they will be recorded as a DNF even if they continue to compete.

Bike:

Bike courses close **5 hours and 30 minutes after** the last swimmer starts swimming.

Each swimmer, regardless of when he or she starts swimming, must finish the swim, T1 or bike within 5 hours and 30 minutes of the last starter starting the swim. If it takes more than 5 hours and 30 minutes to finish the swim, T1 or bike, he or she will not be allowed to continue and will receive a DNF.

The on-course cutoff will be cut off by the transit time every 5 km. The cutoff time every 5 km since the last starter started the swim will be determined by the race director.

To make a rolling start, it will be recorded as DNF even if the race is continued.

Run Finish:

The run course closes 8 hours and 0 minutes after the last swimmer begins to swim. Each swimmer completes the entire course within 8 hours and 0 minutes.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and fail to cross the finish line before the run is closed become DNF.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and cross the finish line receive NC (Not Classified) for their race results, meaning they do not qualify for age-specific awards or World Championships.

The on-course cutoff is cut off by the passing time per kilometre. The cut-off time for each kilometre after the last starter starts the swim is determined by the race director.

The course is closed to all athletes based on the time the last starter starts the swim.

Note: IRONMAN officials reserve the right to pull any athlete who exceeds the course time cutoff from the course

• Swim

1 hour and 10 minutes from the start of the last athlete

(Current estimate: 8:00)

• Bike

5 hours and 30 minutes from the start of the last player

(Current estimate: 12:20)

• Run

8 hours 0 minutes from the start of the last player

(Current estimate: 14:50)

Change or cancellation of the tournament

If the course is changed or cancelled due to weather, the race director will notify you.

This will be communicated via email.

Race Day Service

Medical

First aid providers are engaged to provide first aid at all events operated by the IRONMAN Group.

First aid is deployed in a variety of locations. The exact location of the first aid station can be found with on the map next page.

Athletes are responsible for all costs incurred as a result of medical accidents. This includes, but is not limited to, hospitalization, professional treatment, etc.

Therefore, it is highly recommended that all players have sufficient travel or personal insurance to attend IRONMAN Group events. Players are responsible for understanding the terms of the insurance they hold.

Mechanic service

On the bike course, mechanics will be stationed at three locations.

- BAS1 23.4 km Rokuren JA Collection and Shipping Depot
- BAS2 36.0 km Akabane Elementary School
- BAS4 73.6 km? Fukue Junior High School

Three mobile mechanics on motorized bicycles enter the bike course from Shiroya Seaside Park. Every about 100, 300, and 500 motorcyclists will start, the 1 traveling mechanic car starts at a time.

If you use parts, spare tube tires, etc., you will be charged after the race.

Athlete pickup vehicle

Athlete pickup vehicles pick up athlete who are unable to complete the competition or finish within the cut-off time of the course. In the bike part, bikes are also picked up. When players picked up, bike are transported to the finish area.

If a pickup is needed, request it at a first-aid station along the course or staff along the route.

Note:It may take some time for a athlete pickup vehicle to arrive. For faster arrival, do not move from the requested location after requesting a pickup vehicle.

This may affect the ability of the player pickup vehicle to find and transport you.

Collection of timing chips

When an athlete decides to retire, he or she is responsible for reporting the decision to the nearest official and returning the race number and timing chips.

It is essential that race officials keep track of where the athlete is on the course. Failure to comply with the rule after retiring from the race may result in the athlete not being able to participate in IRONMAN events in the future.

Medical Station



COURSE MAP

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN



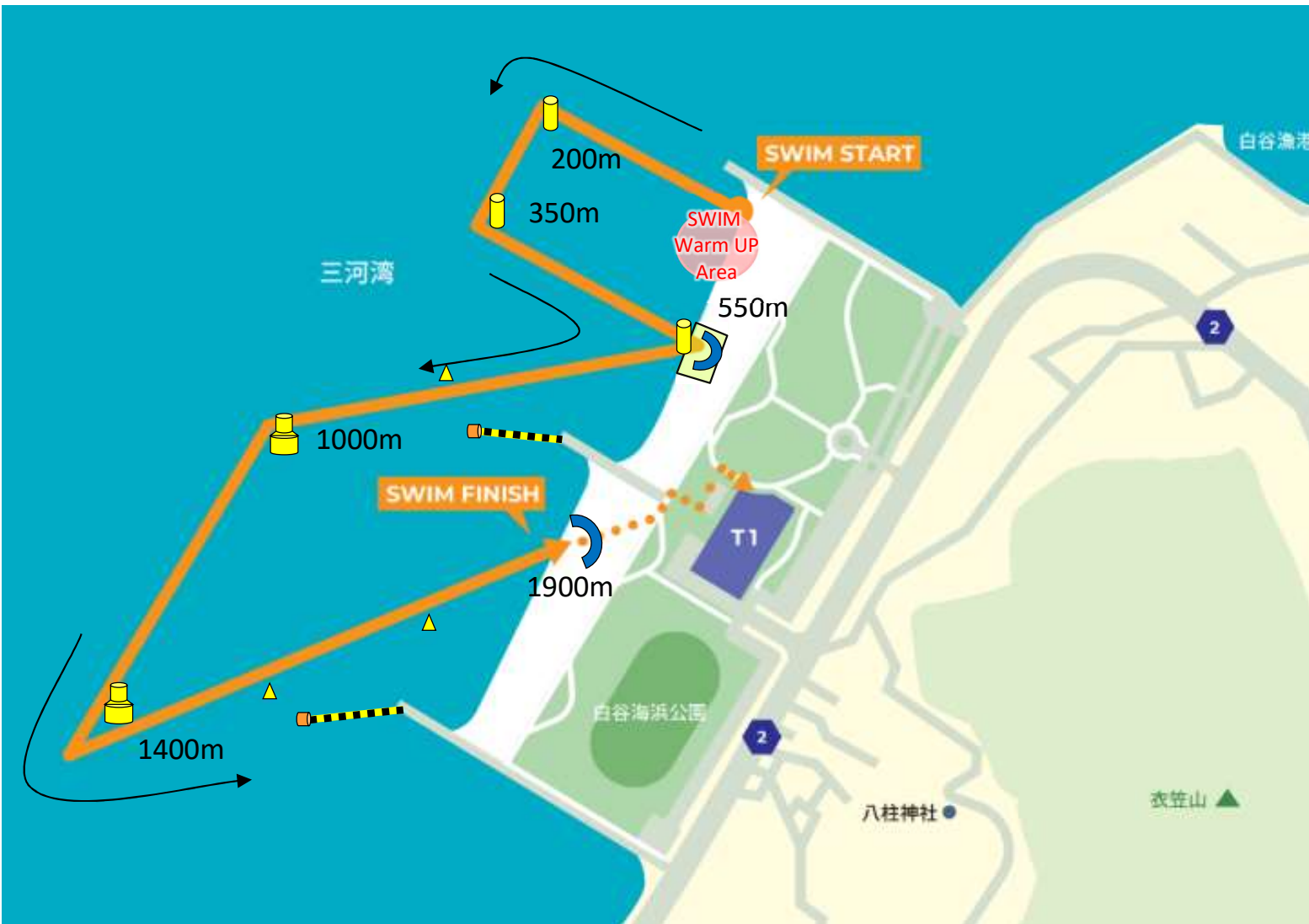
| | |
|------|--------|
| SWIM | 1.9km |
| BIKE | 90.1km |
| RUN | 21.1km |



伊良湖岬灯台



SWIM COURSE 1



Course

The swim course is held off the coast of SHIROYA Seaside Park.

After swimming offshore, you can return to the beach and keep yourself hydrated.

The swim finish is in the center of the beach, marked by an arch.

How to start

10 athletes make a "rolling start" every 30 seconds. The starting order is based on the estimated swim time.

At the beachside, the volunteers will tell you the estimated time so please make a line considering the other athletes.

Swim safety

The swim course is guarded by lifesavers (more than 25 rescue boards), water bikes and 15 surveillance boats.

When lifesaver feel the need, they call out to the athletes to check their physical condition. Please respond with two gesture.

***Tap your head with the palm of your hand.**

***Answer "Fine", "OK!" in a loud voice**

If the athletes can't do these two things quickly, we'll rescue them right away.

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 in time you decide to abandon the swim, you will be taken to one of the swim extraction points.

At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

Above all, the safety of each athlete is our prime concern. A full sweep of the course will be made directly behind the last swimmer.

Visual aids will be provided by the buoys, guard vessels and lifesaver that line the course.

SWIM COURSE 2

WARM UP SWIM

Aged Group Athletes:
June 10, 5:30-5:50

You can enter the water around 50 m offshore near the start area in the swim course.

A timing chip is required.

ROLLING START

6:00~

The race start will be a Rolling Swim Start. Athletes are to self-seed themselves into their allocated Start Zones prior to race start.

Four different Start Zones are available, depending on an athlete's expected swim time:

- Zone 1 – Under 33 minutes (Swim cap: Green)
- Zone 2 – 33 – 37 minutes (Swim cap: Purple - Pink)
- Zone 3 – 38 – 41 minutes (Swim cap: Light Blue)
- Zone 4 – Over 41 minutes (Swim cap: Blue)
- Physically challenged (Swim cap: White)

Expected time to start

Zone 1 6:00

Zone 2 6:05

Zone 3 6:14

Zone 4 6:25

Physically Challenged 6:38

Assemble at Swim Start Area 15minute prior to your expected start time.

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of the Event Staff.

At the official start time of 6:00, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual 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.

SWIM CAPS

Please wear the provided swim caps.

SWIM CUT OFF

1 hour 10 mins. from each athlete's individuals start time. The cutoff time is based on the last athlete's start time (currently 6:50).

It's a rolling start, so if you go over 1 hour and 10 minutes, it's recorded as DNF, even if you proceeded on a course or bike course.

SWIM SKIPPING

Swim skipping is not allowed

ABANDON THE SWIM

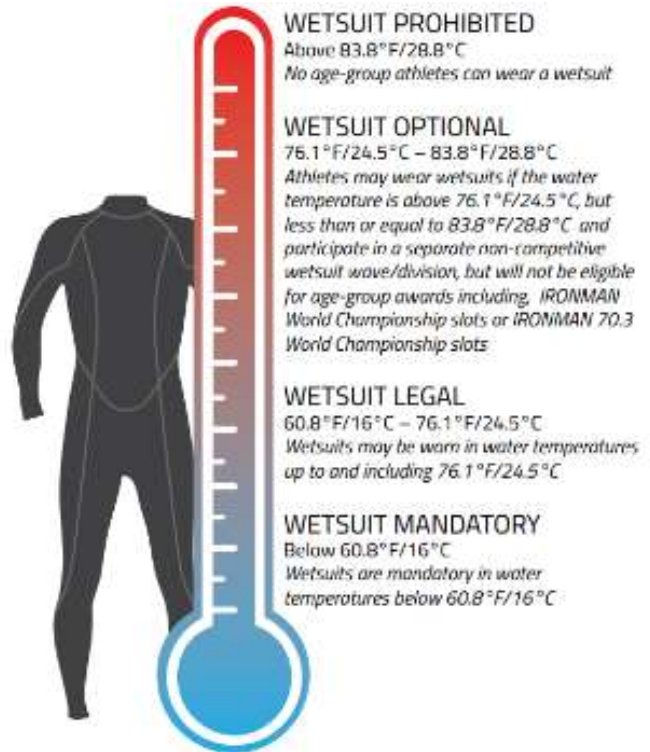
There is a landing spot at 550 m for safety. A measuring mat is set up here to check the passage. It is recommended to abandon the swim if you feel sick and at this landing point

ANTI-SHARK MEASURES

Sharks have been spotted on swimming trails in the past, and recreational fishing boats equipped with devices that transmit the feeble electric currents sharks dislike searched for sharks and ejected them a week before the event.

SEAWEED

On the day of the competition, the tide and water levels are almost low. In consideration of the ecosystem, seaweed is not removed. We recommend wearing a full wet suit if you are concerned.



WETSUIT RULING

● 28.8 °C and above - Not allowed

● 24.5 °C to 28.8 °C – Allowed but will be excluded from awards and excluded to enter the slot for the World Championships.

● 16 °C to 24.5 °C - Recommended to wear

● 16.0 °C and below - Mandatory to be worn under

A provisional wetsuit ruling will be posted at the Athlete Check-In place at 10:00 on June 9.

The official wetsuit ruling will be announced by the Race Director at 4:30 on June 10.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim exit. Labels and writing materials are prepared on the table. Please ensure your glasses are labeled with your race number prior to dropping them off.

SWIM TO BIKE TRANSITION

Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. When changing clothes, use a tent. You can also wear bikewear under a wet suit. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line



① Swimming Up

An arch is installed in the swim-up. Please aim to land on that mark. There is also a first-aid station.

② Glasses Custody

People who use glasses should pick up glasses in advance.

③ Bag tent

Pick up the blue string transition bag that you installed beforehand (the rack row is determined by the last digit of the race number).

④ A changing tent

When changing clothes, use a tent.

⑤ Transition bag dropoff

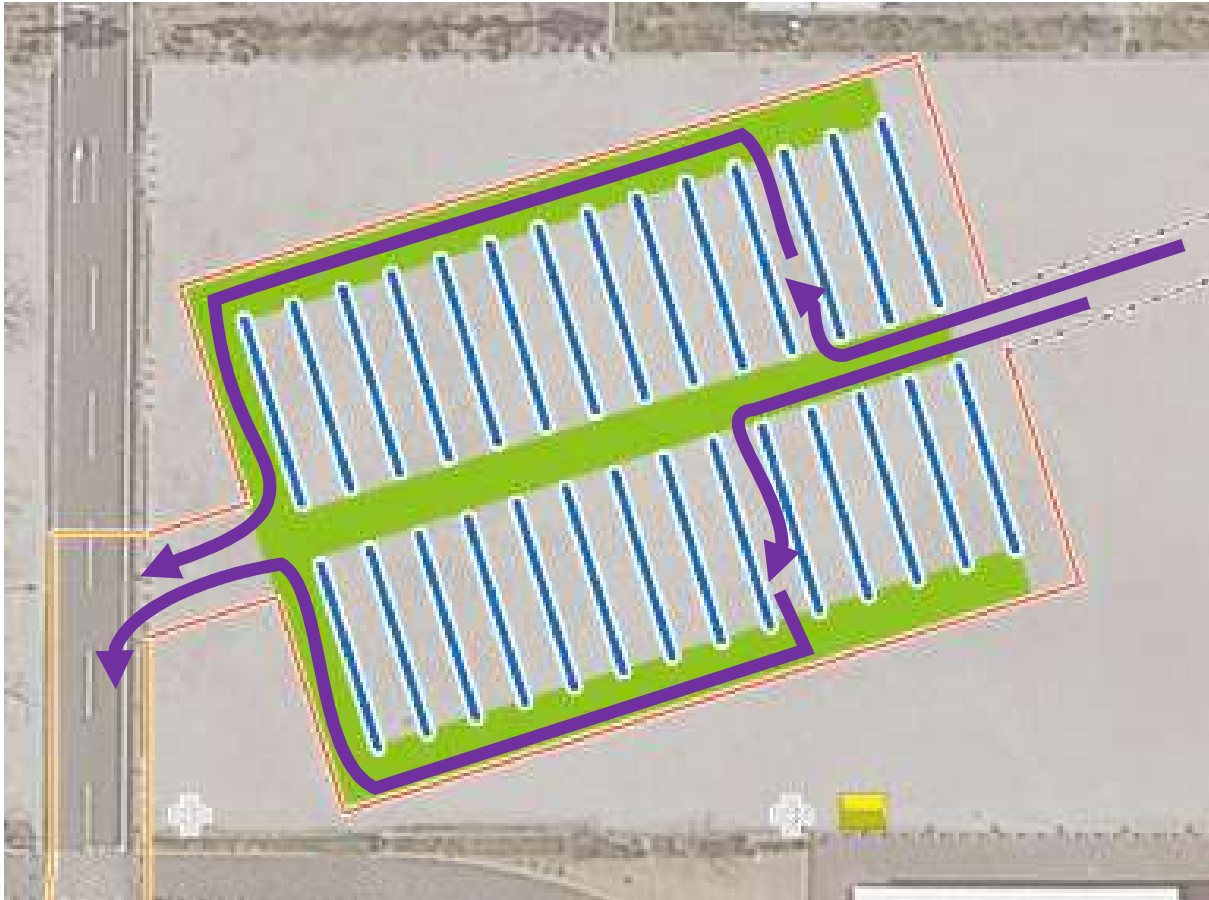
Put the used swim gear in the blue strap bag and throw it into the cart.

⑥ Bike rack

The travel route in the bike rack is listed on the next page.

⑦ Mount line

Please push the bike up to the mount line.



How to move in a bike rack

In the bike rack, as shown in the above figure, first use the middle passage to go to the bike rack.

After picking up the bike, push the bike and go to the bike mount line from the outside passage.

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.

BIKE COURSE 90.1 km

Course Map



Course

Majority of the main roads take prefectural and national roads.

It is highly recommended to use thick tires with good puncture-proof performance.

The course has intersections for detours. There are about 600 security guards and about 1000 volunteers to manage the safety of the course but please drive safely.

Aside from cones, and signages, volunteer staff will guide you through the course.

There is a section of the course where a vehicle goes around the opposite lane.

① Athletes run the same course for about 5km after the start and the last 5km. Both the outbound journey and the return journey take the sea lane (the outbound journey takes the opposite lane)..

② After turning right, the road is narrow, so be careful.

③ The steep slope continues. After that, it gets faster because it continues downhill. Watch your speed.

④ It is a course along the sandy beach, and it is a section where sand easily flows out. Please drive safely.

⑤ It's a U-turn. The road is not wide, so be careful. There are also two right-angle curves ahead.

⑥ The shape goes diagonally down to the right, please be careful.

⑦ It's a national road, turn left and go on the old road. The pavement on both sides of the course is not smooth, so follow the cones and drive in the middle of the road.

Aid station

There are 4 aid stations.

Bike Cut Off

The time limit is 5 hours and 30 minutes from each athlete's start time. The course will be closed based on the start time of the last athlete to swim. It is currently scheduled for about 12:20.

BIKE COURSE 90.1 km



DRAFTING PENALTIES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Must pass on the Right-hand side
- Must complete your pass within 25 seconds
- Must be always making forward progress
- A started pass must be completed – NO Slip Streaming
- After being passed drop 12 meters back
- Cannot pass until 12 meters back
- A competitor passing on the inside (Left-hand side) of another competitor will receive an Illegal Pass penalty. Must pass on the RIGHT.
- A competitor who has completed a pass and is not passing another competitor, motorbike, or vehicle and who fails to move safely and immediately to the right of the cycle lane will receive a Blocking penalty.
- You must report to the PENALTY TENT (Yellow Tent) located at T2/Transition Area.

Failure to do will result in DISQUALIFICATION.

If you receive 3 blue card penalties you will be DISQUALIFIED.

Follow this link to [IRONMAN Competition Rules](#).

For safety reasons, the following cycling positions are prohibited:

BIKE MECHANICS

Roving Bike Mechanics will be available on the course to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

SAG VEHICLE

The “SAG vehicles” is on standby at the end of the lines to pick up athletes who can no longer move on the course. In the bike course, motorbikes are also carried along and transported to the finish area.

Should you require a SAG vehicle at any time, please advise the first aid personnel or staff at the nearest aid station.

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



DRAFTING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



LITTERING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



BLOCKING VIOLATION
YELLOW CARD
30 second stop and go time penalty served at the next Penalty Tent



DISQUALIFICATION (DSQ)
RED CARD
3 BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION

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

DURING THE 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.

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.



① Dismount line

Please get off the motorbike in front of the line. Do not leave your shoes on the motorbike. Be sure to remove your shoes from the pedals and place them in a red strap transition bag. The bike is loaded onto a transport truck, so leaving the shoes on can scratch them. No complaints will be accepted if the shoes are on.

② Bike Free Rack

We will prepare two sets of bike racks. Please follow the instruction of the staff and ride a motorbike.

③ Bag tent

Pick up the red string transition bag you installed beforehand (the rack row is determined by the last digit of the race number).

④ A Changing tent

Please use the tent when changing clothes.

⑤ Transition bag dropoff

Put your bike gear (Shoes, helmets, etc.) in the red strap bag and throw it into the cart.

If you leave your helmet on the motorbike, you will not respond to claims of damage or loss.

RUNNING COURSE 21.1 km

Course Map



RUN COURSE 21.1km

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN



COURSE

If there is no sidewalk, run on the side of the road, but if there is a sidewalk, run on the sidewalk.

- ① Run on the sidewalk of the seawall immediately after the start. There may be a slight incline and an open seam in the path, so run carefully.
- ② There is a grade crossing of around 4km and a complicated change of direction, so please follow the guidance..
- ③ The course runs on the sidewalk of the Mikawa Port Bridge. There are few standing patrols, and it may take some time to cross the bridge railing in case of an emergency. If you are not feeling well, it is recommended that you discontinue the race using RAS4. There is no standing patrol other than a guide point in the section ahead. If you feel sick, ask for help at the water station (RAS5 to RAS10) set up about every 2 km.
- ④ ⑤ Runs on the pedestrian bridge. Please be careful while running.

From ⑥ to ⑧, there are 4 stairways such as an underground passage. Please be careful.

⑧ It is a section that boasts a wonderful view, but since both sides are on the water surface and there are no handrails, please focus while running.

AID STATION

There are 10 places on the course. Paramedics are assigned to RAS5 through RAS10. If you feel sick, ask for help as soon as possible.

RUN CUT OFF

8 hours 00 mins from the athlete's individual start time. Based on the last athlete, there will be an intermediate cut-off at every 1km. If you could not make it within the cut off, please get on the pickup vehicle.

FINISH LINE AND POST RACE



FINISH LINE POLICY

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 athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

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.

How to Get your Best Photos:

- Ensure your helmet sticker visible on the FRONT of your bike helmet.
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- 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.

Search for your race at www.sportograf.com and register your email address to be notified as soon as all photos from your event are online

FINISHER SHIRTS

Finisher shirts will be available to all official finishers post-race and can be collected from the designated area within Recovery.

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Finisher t-shirt collection
- Recovery food/drink
- Street gear bag & bike transition bag collection
- Icing
- Medical support (if required)
- Male & female change tents
- Official finisher photo by Sportograf

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

Bicycles can be picked up outside the area.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Electrolyte hydration
- Recovery Jelly
- Banana
- Salt Tablet
- Udon noodles
- Protein Chikuwa
- Cake

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Tracker App
- Event Website - <https://www.ironman.com/im703-japan-results>

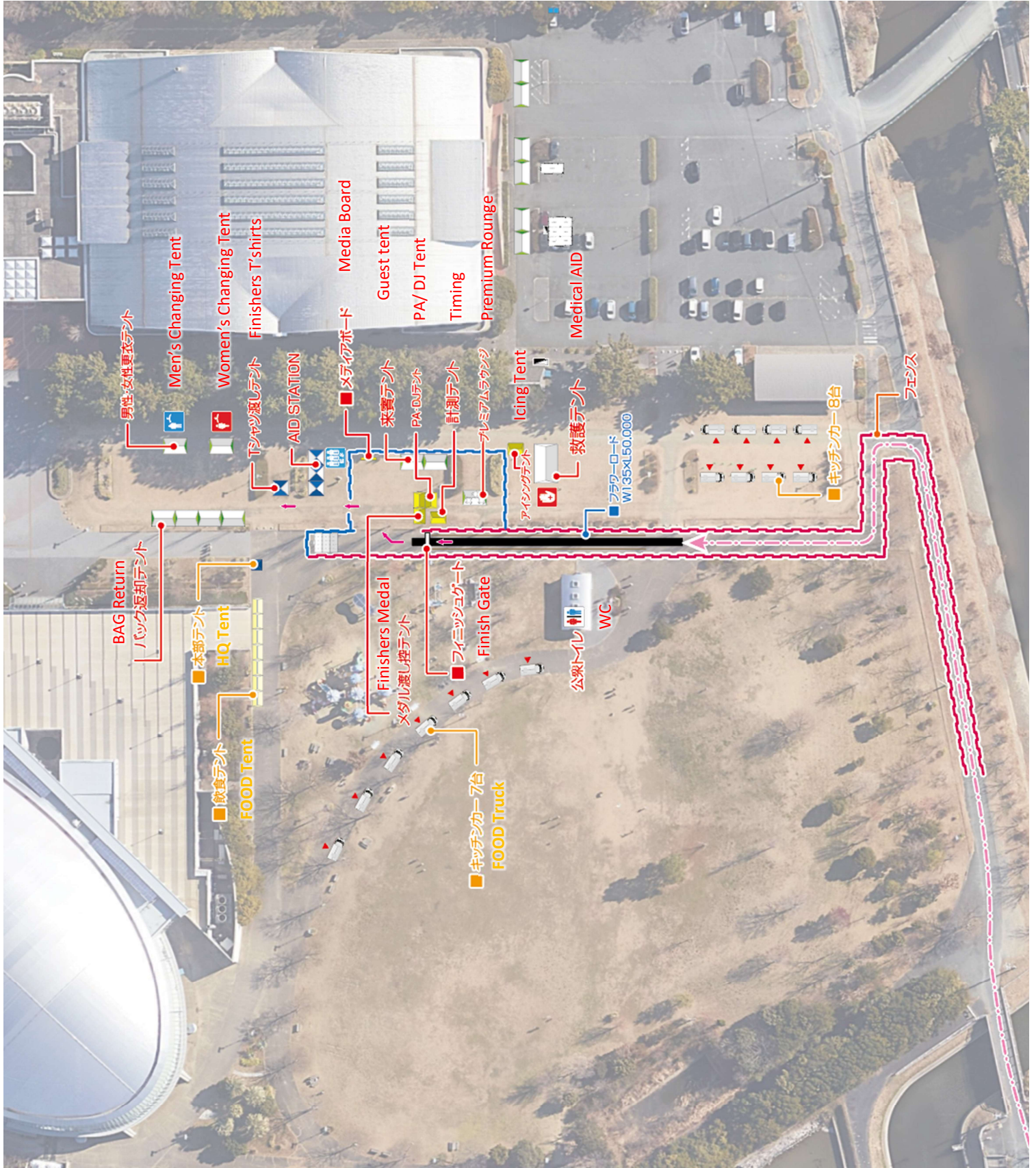
LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

Please note: No responsibility or liability is taken by the Race Organizers for lost property.

All lost property will be held for 30days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN email.

Finish Area





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

We are using the 2023 [IRONMAN Competition Rules](#) in alignment with the special IRONMAN rules and this is a NON-drafting Event.

All Athletes should read and understand the complete [IRONMAN Competition Rules](#) prior to race day. Below highlights some of the IRONMAN Competition Rules.

Conduct of Athletes

Section 2.01 General Behaviour

- (a) Practice good sportsmanship at all times;
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02). Receiving assistance (other than in accordance with Section 2.02) will result in disqualification;
 - (i) Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

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 4.02 Wetsuit Rules

(a) For age-group athletes, relay team athletes and Open Division athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ)

(d) A wetsuit may cover any part of the body except the face, hands, or feet;

(f) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ)

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 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 or 60 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 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

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

Continued over page..

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. (DSQ) (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).

RACE FINISH, TIMING, AND RESULTS

(e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

(i) Did not start (“DNS”) – Enters an Event but fails to start;

(ii) Disqualified (“DSQ”) – Starts an Event and was disqualified;

(iii) Did not finish (“DNF”) – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and

(iv) Not classified (“NC”) – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

(f) Results will include athletes who do not finish the Race (“DNF”), athletes designated as not classified (“NC”) and those who are disqualified (“DSQ”). All available splits will be listed for DNF and NC athletes.

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.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete’s age as of December 31 of the year of the Event.

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.

TRANSFERRING REGISTRATION

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

PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN (PC/ID OPEN) DIVISION

- Participation in the PC/ID Open Division is available to athletes with a medically verified Visual Impairment, Special Teams, athletes with an intellectual disability, or athletes with a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment (except for approved ID Open athletes) are not eligible to participate in the PC/ID Open Division
- PC/ID Open athletes are not eligible for awards or World Championship slots

OPEN DIVISION

The Open Division is a non-competitive, participatory division which is open to any able-bodied athlete who cannot or do not wish to race in a competitive age or gender group

There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event

Any athlete who wants to change to the Open Division during race week can do so during the onsite athlete check-in process. Please visit the solutions desk inside the Athlete Check-in area to change divisions

Athletes in the Open Division are not eligible for awards or World Championship slots

Athletes in the Open Division are subject to the IRONMAN Competition Rules as set forth in Article I – VII, and Article XI. Please refer to the [IRONMAN Policies](#) for additional information.

AWARD Party -1



Award Party on Saturday 10th June

Doors open at 17:30 Party at 18:00-19:30

Venue

- Hotel Arc Riche Toyohashi (reception on the 1st floor)
- Toyohashi Station South Gate Square
- Toyohashi City Machinaka Square

The main venue for the award ceremony is Hotel Arc Riche Toyohashi. Seats are limited, so only the recipients and their companions listed on the right will be invited to Hotel. After the race, please check IRONMAN Tracker App to see if you are eligible for the award and come to the reception desk on the first floor.

A big screen is set up in the plaza in front of the south gate square and in the Machinaka Square you can enjoy the live-cast the awards ceremony

You also can enjoy Migashimikawa Food FES, Expo, Ironman Store

Award

Each Age Group 1st~3rd Place

Local Residents Category 1st~3rd Place

Premium Category 1st ~10th Place

The Athlete who fail to receive award at ceremony will receive it by cash on delivery after the race.

Contact race organizer via Email to confirm receipt.

Award Party -2



Meals included in the party

The ticket for the party is included in the kit you receive at the athlete check-in. It is a free voucher for meals and other items. For athletes who purchased a party ticket at the time of entry, please check the ticket enclosed within the player kit for a few minutes of purchase.

Meals voucher

Pick up a beef steak on the first floor of the Hotel Arlish Toyohashi!



Souvenir voucher

Date and time of exchange

Saturday, June 10 15:00-20:00

Pick up sweets, beer and other souvenirs at the Aichi Prefecture booth in the Toyohashi City Machinaka Square!

Cut out a set of two souvenir vouchers and give them to the staff.



TOYOHashigo Night 2023

Date and Time: 6/10 (Sat) 11:00-24:00

With one ticket, you can enjoy one of the store's specialties and one drink. You can enjoy five restaurants by yourself or share it with someone!

More than 30 popular local stores participated.

With 5 tickets, let's all walk around Toyohashi Station!

- 1 ticket = 1 drink + 1 specialty dish
- Each ticket stub is worth 800 yen. For menus of each participating store, please refer to the "Participating Store Guide Map."

Guide maps will also be distributed at Hashigo Night Headquarters (Toyohashi Station South Gate Square) on the day of the event.

■ Tickets can be shared by more than one person. However, each ticket stub can only be used by one person.

■ Leftover tickets can only be used as a 800 yen voucher at participating restaurants until Sunday 6/18. No change will be given.

Be sure to show it when you visit. You can't use it with other tickets. You can use as many tickets as you want for one meal.

■ Never drink and drive. Use public transportation after drinking.



TOYO はしごナイト 2023

豊橋駅前をみんなで
はしごしよう！



IRONMAN
70.3[®] JAPAN
HIGASHIMIKAWA
ATSUMI PENINSULA

6/10 SAT 11:00~24:00

※参加店舗によって営業時間が異なります。

チケットは
5枚綴り
4000円

複数人で
シェアしても
OK!

4,000円で5軒はしご酒！

チケット一枚で参加店舗自慢の1品1杯が楽しめる 絶対お得で楽しいイベントです！

今年のはしごナイトは アイアンマンレースとのコラボ開催！

同日に地元豊橋・田原にて開催されるアイアンマンレースの世界大会『アイアンマン70.3 東三河ジャパン in 渥美半島』との共催にて実施！参加アスリートたちと一緒に豊橋の夜を楽しんじゃおう！

アイアンマン70.3 東三河ジャパン in 渥美半島公式サイト「アイアンマン 東三河」で検索！

アイアンマン 東三河 検索



同時開催

エキス・
アイアンマンストア
&
東三河 FOOD FES

会場：豊橋まちなか広場
11:00~21:00

地元人気店 30 店舗以上が参加！

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◎ 豊橋駅前南口広場会場 (11:00~24:00)

キッチンカー・テントブースなど10店舗以上が出店予定

参加店舗・最新情報はこちらから！

「TOYO はしごナイト」で検索！

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※イメージ

WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



View the Event Schedule (Page 4) for time and location.

Qualifying Slots: (30) Age Group qualifying slots for the 2023 IRONMAN 70.3 World Championship, in Lahti, Finland held on August 26-27, 2023.

Qualified athletes are required to claim their IRONMAN World Championship slot in-person at the advertised time and location. Photo ID is required to be presented and payment must be at this point in time.

Cost: €650 entry fee + Taxes and 10% ACTIVE administration fee

Payment:

- Credit card only (no Amex, Diners or cash payment).
- Physical card including full card number, expiry date and CVV must be available (no Apple Pay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

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 Slot.
 - 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.

ADDITIONAL INFORMATION



VOLUNTEERS

More than 1000 volunteers support us.

We encourage you to say THANK YOU to the Volunteers whenever possible!

OFFICIAL EVENT APP

The IRONMAN Tracker app has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out results post-race.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

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WOMENFORTRI

WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

IRONKIDS HIGASGIMIKAWA JAPAN

SUN 11th June 13 : 00~16 : 15

Shiroya Seaside Park, Tahara City

If you have any further questions, please don't hesitate to contact us at contact@higashimikawa.or.jp. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

IRONMAN 70.3 Higashimikawa Japan in Atsumi Peninsula Team

EVENT PARTNERS



sala



三井住友海上

MS&AD INSURANCE GROUP

会計でみんなを幸せに
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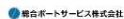
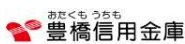
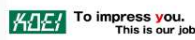
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NOMURA



三協フロンテア



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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!

IRONMAN[®] 70.3[®] JAPAN HIGASHIMIKAWA ATSUMI PENINSULA

2023 Athletes Information Guide



<https://www.ironman.com/im703-japan>
contact@higashimikawa.or.jp

0532-25-5963

V 1 June 5th, 2023



Contents Page



| Section | Page |
|-------------------------------|-------------|
| Race Referee message | 3 |
| Event schedule | 4 |
| Athlete checklist | 6 |
| Race kit | 7 |
| Vanue MAP | 8 |
| Pre-Race Information | 9-11 |
| 9 th June Parking | 12 |
| Transition BAG | 13-15 |
| Shuttle Bus Information | 16-18 |
| 10 th June Parking | 19 |
| Support | 20,21 |
| Cut off | 22 |
| Race Day Service | 23 |
| Medical Station | 24 |

| Section | Page |
|--|-------------|
| Swim course | 25-29 |
| Swim Course T1 Bike Rack | |
| Bike course | 30-33 |
| Bike Course T2 | |
| Run course | 34-36 |
| Run course Finish Line and Post Race Finish Area | |
| Race rules and categorie | 38-40 |
| Race Rule Race Category | |
| Award party | 41-43 |
| World Championship Roll Down | 44 |
| Additional Information | 45 |
| Event Partners | 46 |

Race Referee Message



To avoid rule violations on race day, please observe the followings:

- Drive on the left side of the bicycle lane
- Secure a distance of at least 12 meters from the front wheel tip of the front rider to the front wheel tip of yourself
- Pass the front bike from the right. Never pass from the left.
- When you pass a forward player, please complete it within 25 seconds.
- The overtaken player should slow down from the moment you are passed and immediately maintain a distance of 12 meters or more. Before you overtake again, make sure you have fully secured 12 meters.

Triathlon is an individual sport and it is your responsibility to fully understand the rules and avoid violations. In cases of drafting, blocking or illegal overtaking violations (judgement), the referee's ruling is final and is not subject to protest or appeal.

The following are the most common rule violations:

The five-minute blue card penalty includes:

- Drafting: If you follow the leading cyclist to within 12 m and do not overtake him / her within 25 seconds or, after being overtaken, do not retract 12 m before overtaking again
- Illegal overtaking: If you overtake from the wrong direction (left side)
- Littering: If you discard in the wrong place. For example, if you discard tires, bottles, gel wrappers, etc., on a course other than the designated litter area near the aid station.

The referee will tell you your race number, indicate your violation, and present a blue card. You will then be responsible for receiving a five-minute time penalty in the next penalty box.

Note: You will be disqualified if there are three blue card violations throughout the course during the competition.

Yellow card penalties, or stop-and-go penalties, include:

- Blocking: Continuing to run on a player's right side without overtaking, or continuing to run on the right side when separated from other players
- Helmet: Not holding the chin strap securely while cycling

Other violations that can result in disqualification include:

- Aggressive and unsportsmanlike conduct
- Improper use of public toilets
- External assistance (from outside the race related)
- Use of electronic equipment, including telephones

(including the use of earphones and other communications equipment)

Other athletes, volunteers and officials are important in keeping the event safe and fair. Remember to always treat them with courtesy and consideration.

I sincerely hope you have a great race, enjoy the experience and achieve your IRONMAN 70.3 goals.

Masato Suzuki

Race Referee

EVENT Schedule



Schedule and Venue are subject to Change.

Please check latest information on the website <https://www.ironman.com/im703-japan>

| Thursday June 8th, 2023 | | |
|--------------------------|---|--|
| Time | Event | Venue |
| 13 : 00-17 : 00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Machinaka Hiroba (Around Toyohashi Station) |
| Friday June 9th, 2023 | | |
| Time | Event | Venue |
| 10:00-16:00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Shiroya Beach Park |
| 10:00-16:00 | Athlete Check-In | Shiroya Beach Park |
| 11:00-17:00 | Bike Check-In | Shiroya Beach Park |
| 11:00-17:00 | Welcome Event: Marche and Food Truck | Shiroya Beach Park |
| 13:00-15:00 | Practice Swim Session | Shiroya Beach Park |
| Saturday June 10th, 2023 | | |
| Time | Event | Venue |
| 4:00-5:45 | Transition Area Open | Shiroya Beach Park |
| 5 : 00-5 : 30 | SWIM WARM UP | Shiroya Beach Park |
| 6:00- | Start (Rolling Start) | Shiroya Beach Park |
| 10:00-16:00 | Gourmet Event: IRONMAN Sweets and Food Fes | Parking lot in front of Toyohashi City General Gymnasium |
| 11:00-21:00 | Gourmet Event: Higashimikawa Food Fes | Machinaka Hiroba (Around Toyohashi Station) |
| 11:00-24:00 | Gourmet Event: TOYOHASHIGO Night | Toyohashi Station South Exit Plaza |
| -around 15:00 | Course Close (8 Hours After Each Athletes Starts) | Toyohashi Sports Park |
| 10:30-17:15 | Bike Check-Out | Temporary parking lot near Toyohashi Sports Park |
| 13:00-19:00 | IRONMAN 70.3 Expo IRONMAN 70.3 Merchandise Store | Machinaka Hiroba (Around Toyohashi Station) |
| 16:30-17:30 | 2023 IRONMAN 70.3 World Championship Roll Down | Around Toyohashi Station (Terrace Meeting Room at Sala Tower 4F) |
| 17:30-19:30 | Award Party | Around Toyohashi Station (HOTEL ARC RICHE TOYOHASHI, Machinaka Hiroba, Toyohashi Station South Exit Plaza) |
| Sunday June 11th, 2023 | | |
| Time | Event | Venue |
| 13:00-13:30 | IRONKIDS: Athlete Check-In | Shiroya Beach Park |
| 13:30- | IRONKIDS: Race Briefing | Shiroya Beach Park |
| 14:00- | IRONKIDS: Place race gear in the transition area | Shiroya Beach Park |
| 14:15- | IRONKIDS: Race Start | Shiroya Beach Park |
| 15 : 45-16 : 15 | IRONKIDS: Award Party | Shiroya Beach Park |



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Pre-Event

- Reservation / confirmation for accommodation & flights. (if applicable)
- Make sure event registration is confirmed (check confirmation email).
- Fully understand your event schedule (know all check-in / drop-off transition bag and times).
- Please include your photo ID in your luggage.
- Get used to the course - it is your responsibility to know this on race day.
- Check the player list online. **Note: The web list will not be updated after 9^h June. If any details are incorrect, please email us.**

ONCE I ARRIVE (pre-race)

- Familiarize yourself with the venue and main area (Check In, Transition, Swim Start, Finish Line, Award Party, WC Rolldown).
- Familiarize yourself with road closures.
- Check in and collect race kits.
- Rack the bike and drop the transition bag (See page 13 for recommended items for transition bags).
- Participate in official practice swimming at designated times.
- Pack for race day.

Race day

- Make sure you have all your racing gear, including helmets, timing chips and wetsuits / tri-suits.
- Enter Transition area for the last minute check for Bike and Transition Bag (Red String & Blue String) and drop off Transition Bag and bicycle pump (if applicable).
- Drop off the street gear bag (Black String) at swim start.
- Start the race - stand at the start line at least 15 minutes in advance.
- Finish the race.
- Receive a medal.
- Gather a finisher T shirt.
- Recover.
- Collect items such as transition bags, street gear bags, bike pumps and bikes.

POST RACE

- Attend World Championship Roll Down, presentations and award parties.
- Upload photos of #medalmonday to social media.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring a credit card (not Apple Pay, etc.). See page 44
- Bring friends and family to celebrate.

Race kit



Sticker Location

1. Race bib number

Of the two, one is for a motorcycle and one is for a run. Wear it on the back for a motorcycle and on the front for a run with a race belt (prepared by the athlete yourself) or a safety pin (supplied by the tournament). Do not bend or cut the race bib number.

2. Wristband for Athletes

Prepared one for each person.

Each player's race number is included to identify the players participating in the tournament. You must wear it as soon as you receive it at the athlete check-in and always wear it until the end of the award party. Do not remove the wristband at the transition area or at the bike check-out, as it is necessary to identify the athlete if you need help at the venue after the race. Remove all wristbands from events unrelated to this competition.

3. Safety pin

Use Safety Pin to place Bibs . You also can use own Race Number Belt.

4. SWIM CAP (Swim Cap)

The swim cap must be worn during the swim leg. If another cap is worn, the official cap must be worn on top. Swim caps are Latex.

Zone 1 - Less than 33 minutes - Green

Zone 2 - 33 - 37 minutes - Pink

Zone 3 - 38 - 41 minutes – Light Blue

Zone 4 - 41 minutes or more - Purple

5-1. Transition bag (Red String, Blue String)

Use the supplied bag and affix the appropriate seal. Include equipment necessary for racing. Submit it during the bike rack on Saturday.

5-2. Street gear bag (Black String)

Place items needed for post racing (collect in collection area). Drop-off on race morning. Always use the supplied bag.

6-1. Bike Sticker

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

6-2. Helmet Sticker

Stick a sticker on the front of your helmet. Place it before bike check-in for checked by technical officer.

7. Bike pump sticker

Stick a sticker on the bike pump at bike check-in. Write your Race number on the sticker at Bike Check in Tent and place it on Bike Pump.

8-1. Street gear Bag (Black String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-2. Bike Transition Bag (Blue String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-3. RUN Transition Bag (Red String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

Note: Timing chips are distributed at Bike Check In. Make sure to maintain not to lose for Race Day.

Venue Map



PRE RACE INFORMATION 1/3



Athlete Check-In

June 9 10:00-16:00

Shiroya Seaside Park (see page8 for venue map)

You will receive a race number, a sticker and a transition bag.

If you do not check in during the athlete check-in time, you will not be allowed to participate in the race. **Pick up at 10:00-16:00 on June 9.**

Where: Shiraya Seaside Park

What must be presented:

- Photo identification (driver's license or passport).

Emergency contacts

Athletes must check in at the venue on the above dates and times. Athlete cannot check in outside the designated hours.

If you need to inform the Secretariat of an emergency during the race, please call the phone number below.

Phone: 0532-25-5963

Email: contact@higashimikawa.or.jp

Warning: Only the registered person can receive a race kit at the athlete check-in. Please note that no one else can compete in your name or in someone else's name.

If you cheat, you will be suspended and both will not be able to compete in future IRONMAN Asia Triathlon Races.

Race number

When you receive your transition bag and bike check out, your wristband and race number confirm your identity.

Timing chip

During the race: Your chip must be worn on your left ankle during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff 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.

If you lose your timing chip during the race, inform Event Staff within Transition or at the finish line, so that timing providers can do their best to replace the chip.

Drop Off: Timing chips will be collected at the finish arch in exchange for a finisher T-shirt.

Drop Out: If you do not start the race, or if you are retiring the race, return timing chips to the judges. If you do not find the judges, return them to your staff or timing team members. Whenever possible, return them to staff, not volunteers.

Missing Timing chips: If a timing chip is not returned or is lost, **there will be a \$100 replacement fee.** If you notice that you have a chip after the race, mail it within 5 days to:

〒441-8560

39-5 Daizen, Uedacho, Toyohashi, Aichi
Musashi-Seimitsu East Mikawa Sports Regional
Development Foundation

Failure to wear a timing chip on the race day, failure to return the chip after the event, or failure to pay for the replacement of a lost timing chip may prevent you from participating in future IRONMAN events.

Pre-race

Bike check-in

June 9th 11:00-17:00

T1

Shiroya Seaside Park

Bike and helmet check:

- Conducted by referees.
- You, the athlete are responsible for your bike being in safe working order.
- In advance, attach the bike number sticker to the seat post by yourself.
- 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 and JTU regulations

• **If you pass the check, attach a certificate of acceptance**

Put Helmet in your transition bag.

How to install at a bicycle rack:

A bike rack with a race number is prepared for T1. Hang the saddle with the front wheels facing out.

Cover:

Complete bike cover is not available for rack storage at night.

Transition Area Open

June 10 4:00-5:45

On the morning of the race, you can access T1 bike. However, you can not take the bike out of the transition area until the bike part of the race begins.

Bike mechanics

June 9 11:00-17:00

Bike mechanics are available. We provide minor mechanic service. This is a paid service.

A limited "emergency service" for all athletes will be offered at 4:00 of the race morning.

For on course support, see the bike course information on page 23.

Race Briefing

Read thru this guideline very well. We'll check it when athletes check in.

It's an important opportunity for both experienced triathletes and first-time racers. Important information about course peculiarities, rules and course closure is provided.

On June 9 at 11:00, 14:00 and 16:00, the race director will set aside time for questions at the athlete check-in site. Information on last-minute changes or procedures for events that have or may occur due to weather-related forecasts will be provided sequentially.

Swim Practice, Pre-Race Training

You can Swim Practice at Shiroya Seaside Park from 13:00 to 15:00 on June 9.

A portion of the course will be marked and lifeguards and surveillance vessels will be in place.

Please note that you must have checked in your bike and received a timing chip to participate in the swim practice.

You must wear a timing chip during the swim practice.

If you have not checked in your bike and not received a timing chip, you will not be able to swim.

Wear a wetsuit and swim cap to swim.

The target cruiser of 200 m offshore is anchored. A Tahara muskmelon is passed from a small boat near the cruiser.

When you train your bike or run, please follow the traffic laws. Wear a helmet.

Note that Japan is "left handed traffic."

Shuttle buses

Buses for athlete check-in and bike check-in on June 9 operate between the Kodomo Miraikan Coconico at the east exit of Toyohashi Station and Shiroya Seaside Park.

Bike can be loaded on trucks operated with shuttle buses.

Buses returning on the same route will also be operated.

Parking

Athletes' parking for athlete check in and bike check-in on June 9 will be located at the Himejima Fishing Port near Shiroya Seaside Park.

The landmark is Shiraya Crossing in Tahara City. Head north from Shiraya Crossing to Himejima Fishing Port.

Shiroya Seaside Park is about a 10 minute walk from Himejima Fishing Port.

Pre-Race Day parking is allowed 9:00-18:00

WELCOME Event

Shiroya Seaside Park will entertain you with Atsumi Peninsula specialties and more. It also hosts talk shows and other events.

Tahara city is one of the largest flower producing areas in Japan. Enjoy the beautifully decorated venue.

FRI. 9th June Parking Location



Transition bag 1/3



Street Gear Bag (Black String)

The black string transition bag is used as a street gear bag.

Put in the clothes you wore before the race and the clothes you need after the race and leave them in the start area. No other bags can be checked.

Stick a number sticker to the left bottom corner of the bag on your own.

- Time to drop: 5:00~6:00

Return the bag at the finish area.

© Things to put in the bag (example)

- Clothing and footwear worn before the start
- Clothing and footwear worn after finishing
- Keep valuables out of your bag as much as possible.
- In the finish area, there is a sweets festival, as well as refreshments prepared by the organizers. If you are interested, please prepare small change.

View page 14 of time and place.

The bag will be collected at start area, transported and returned at Finish Area.

Bike (blue string) and Run (red string) Transition Bag

The Bike Transition Bag (blue string) holds the gear used on the bike.

It will be installed on the T1 "bag rack" on June 9 or June 10. The race number will be displayed in the tent, so each person will install it at the location of his or her own number.

- Bike wear
- Helmet
- Bike Shoes
- Nutrition and Fluids

Items needed for racing that can't be attached to the bike should be kept in the bag

In the run transition bag (red string), keep the gear used for the run.

On June 9 or June 10, install the tents in the T2 "bag rack." In the tent, the race number is displayed, so each person installs it in the place of his or her own number.

- Runwear
- Runshoes
- Supplemental diet

The transition bag is placed inside the change tent at the transition and can be accessed during the transition process.

The transition process is described on page 15.

Useful tip: Remember that blue (BLUE) is a B, so bike and red (RED) is a Run, so Red.

Examples of items athletes should consider:

| Bike Transition Bag | Run Transition Bag |
|--------------------------------|------------------------|
| Bike shoes (or on bike pedals) | Running shoes (must) |
| Helmet | Race Bib number (must) |
| Sunglasses | Sunglasses |
| Race Bib number (must) | Hat / Visor |
| Change of clothes and Socks | Socks |
| Nutrition and fluids | changing clothes |
| Towel | Nutrition and fluids |
| Sunscreen | |
| Vaseline | |

Transition bag 2/3



| BAG | DROP OFF LOCATION | Use during a race | Post Race Collection |
|--|---|--|--|
| Bike Transition bag <i>Swim to Bike</i> | June 9 12:00-17:00 June 10 4:00-5:45 T1 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T1 bagrack tent. Take out the bike gear and place all the swim gears in the blue string bag. When you leave the wearing changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport it |
| Run Transition bag <i>Bike to Run</i> | June 9 12:00-17:00 June 10 4:00-5:45 T2 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T2 bagrack tent. Take out the run gear and place all the bike gear in the red string bag. When you leave the changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport |
| STREET GEAR BAG | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Use | June 10 Near the finish area *The organizer will transport |
| BIKE PUMPS put into STREET GEAR BAG *place sticker on the bike pump with the race number in advance | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Access During Race | June 10 Near the finish area *The organizer will transport |

Note: When you collect the bike, you must collect the bike, the run transition bag and the bike pump at the same time.

Before the race

Transition area open

Open June 10 4:00-5:45, at race morning. All athletes must be out of the area by 5:45. Make sure you have enough time to move on the morning of the race.

You have the opportunity to make final adjustments to your bike. Make sure all items are attached to your bike.

You are not allowed to place items on the ground beside your bike. This includes items such as footwashing equipment and bags.

Bike pump

After using the bike pump on a T1, put it in a street gear bag (black string transition bag) and drop.

Label the pump with the race number in case it falls out of the transition bag.

Prepare labels and writing materials for the June 9 bike check tent. Label the bike pump with the race number.

Any bike pump placed in T1 without deposit, any bike pump that has fallen out of the transition bag and is not labeled will be treated as donated.

During the race

Transition from swim to bike

After the swim, you are guided to T1 through the swim finish arch.

You are not allowed to change clothes in a public place with your trunk exposed. You need to be well prepared for the race before you start

When changing clothes, use a changing tent. You can also wear bikewear under a wet suit.

Personal supplementary food and beverages are allowed to be stored in the wear or attached to the bike.

Bike shoes are allowed to be worn before passing the mount line.

Transition from bike to run

After the bike part, get off the bike and store it in a T2 rack. The T2, unlike the T1, is a free rack, so follow the staff's instructions and put the bike on the rack.

Keep the bike's gear, such as shoes and helmet, separate from the bike and in the transition bag. This is to prevent the shoes from coming off when volunteers and staff carry the bike. After picking up the red string transition bag in the bag rack at the behind of the bike rack and taking out the run gear, you need to store the bike gear in the red string transition bag and leave it with a volunteer.

After the race

To pick up your bike or transition bag, you'll need to show your wristband or race number.

Black string, blue string and red string transition bags should be collected near the finish area.

Bike checkout is at 10:30-17:15 on June 10. You cannot pick up after this time.

If the bag is not collected by the time, the organizer is not responsible for the loss.

Race Day Moving

For athletes who do not use their own cars or rental cars, there is a shuttle bus from the Kodomo Miraikan Coconico at the east exit of Toyohashi Station to the start site, Shiratani Seaside Park.

After the competition, there is a bus from Toyohashi General Sports Park back to the Children's Miraikan Coconico.

For athletes using their own cars or rental cars, temporary parking will be provided around the finishing area, Toyohashi

General Sports Park.

Shuttle buses will be operated from Toyohashi General Sports Park to the starting site, Shiratani Seaside Park.

FRI. 9 June 2023 For Athlete

For Athlete Check-IN/ EXPO Venue

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time | Note |
|-------------|--------------|
| 9:00-15:30 | Every 30 min |

Approximate 60 min drive

BIKE Transport Truck operate together

Bike will be transported by SEINO Truck which operated together with Shuttle.

It carries bike as assembled, please bring your bike taken out from Bike Case.

Please DO NOT Bring Bike Case

For Return to Toyohashi City

“A” Shiroya Seaside Park → “D” Toyohashi Station East Gate

| Depart Time | Note |
|-------------|--------------|
| 12:15-17:15 | Every 30 min |

Approximate 60 min drive

SAT. 10 June 2023 For Athlete Before the Start

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time |
|-------------|
| 3:30 |
| 3:45 |
| 4:00 |
| 4:30 |

Approximate 60 min drive

“C” Toyohashi Sports Park → “A” Shiroya Seaside Park
(near Athlete Parking)

| Depart Time |
|-------------|
| 3:30 |
| 3:40 |
| 3:50 |
| 4:00 |
| 4:10 |
| 4:20 |
| 4:30 |

Approximate 45 min drive

SAT. 10 June 2023 For Athlete

After the Finish

For Award Party

“C” Toyohashi Sports Park → “B” Kodomo-Mirai Kan “KOKONIKO”

BIKE Transport Truck operate together

| Depart Time | Depart Time |
|-------------|-------------|
| 12:00 | 14:30 |
| 12:30 | 15:00 |
| 13:00 | 15:30 |
| 13:30 | 16:00 |
| 14:00 | --- |

Approximate 20 min drive

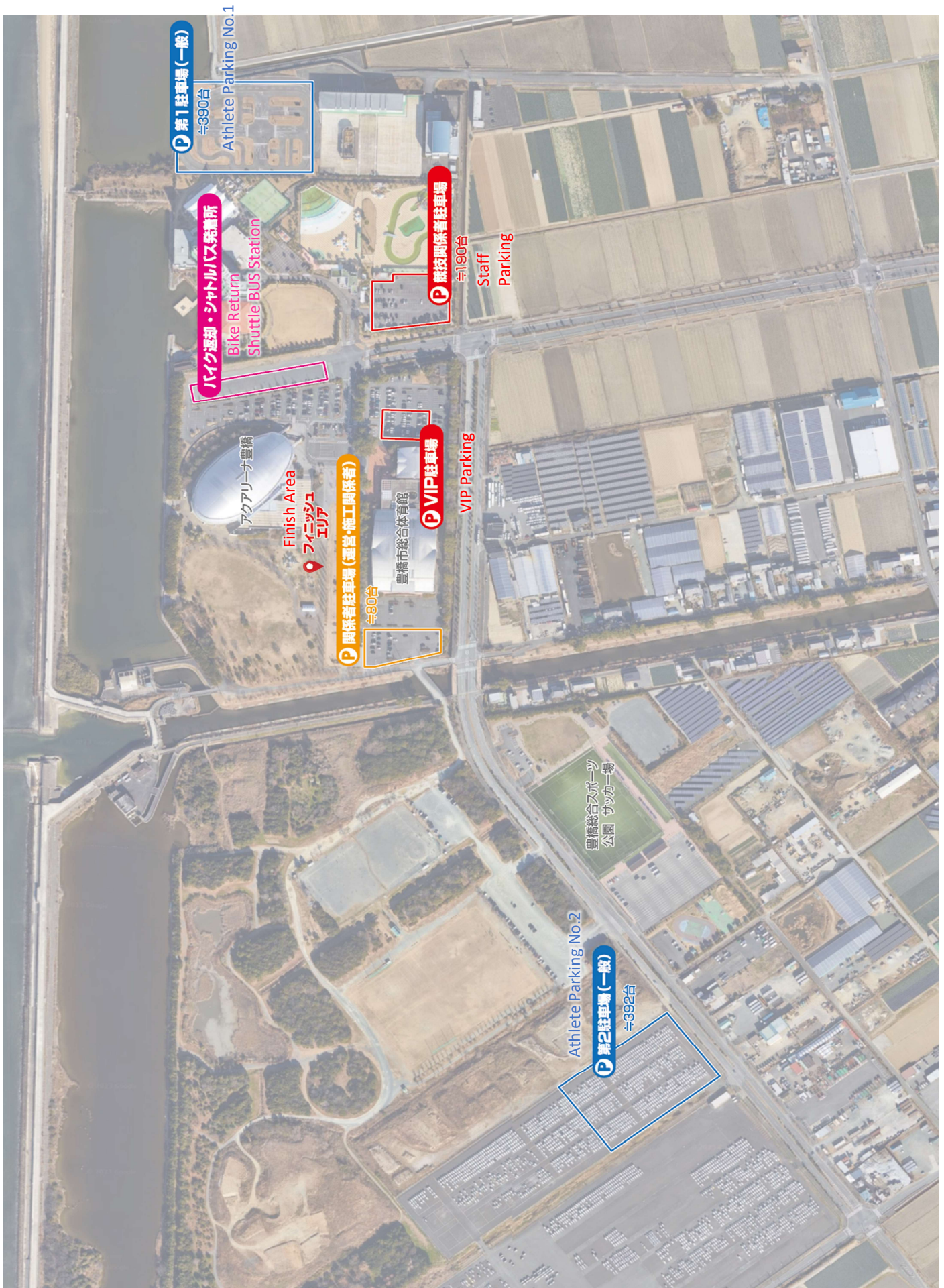
After the Award Ceremony

“B” Kodomo-Mirai Kan “KOKONIKO” → “C” Toyohashi Sports park

| Depart Time |
|-------------|
| 19:45 |
| 20:15 |
| 21:00 |

Approximate 20 min drive

SAT. 10th June Athlete Parking



Before Swim

· Your glasses will be placed at the swim-finish point, so be sure to put your glasses on by 6:00.

When placing your glasses, write the race number on the sticker placed on the glass-keeping stand and affix it to your glasses.

Available:

- Water
- Permanent toilets, temporary toilets

Swim temporary landing site

Available:

- Water

Swim-up - > T1

Available:

- Water
- Toilet

Bike Aid Station

Place on the left side of the course.

Just before the aid station, a bottle catcher will be set up, so throw in any bottles you no longer need (bottles can not be returned).

Aid station location:

- BAS1 23.4 km Rokuren JA collection and shipment site
- BAS2 36.0 km Akabane Elementary School
- BAS3 54.2 km Crystal Beach
- BAS4 73.7 km Fukue Junior High School

Available:

- Water (Bike bottle included)
- Sports drink (Ajinomoto BCAA charged water / Bike bottle included)
- Toilet

Process:

Slow down when entering the Bike Aid Station (No need to stop!)

If you do not need to resupply at the Bike Aid Station, take the right side of the roadway.

There are signs at the Aid Station to indicate what is being offered. We also call out what volunteers are offering.

Tell volunteers your needs out loud and politely.

Trash disposal

When no longer needed, throw the bottle into the bottle catcher.

Do not throw away anywhere else on the course. A strict

time penalty applies.

Medical

Fire crews will be stationed at seven locations on the course apart from the aid station. Medical personnel will be stationed at five of those locations.

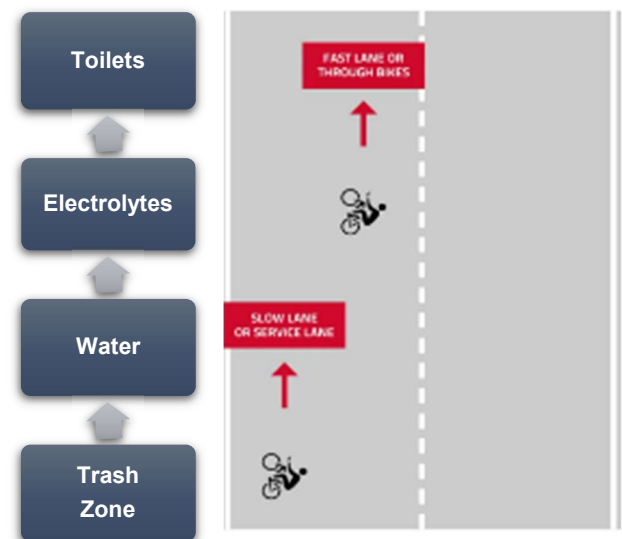
A cross flag will be displayed at the medical point, and aid workers will wear bibs with a cross print.

It supports athletes who are sick or injured. If necessary, it is dispatched by vehicle to provide relief.

Sirens and loudspeakers are used to signal the approach of emergency vehicles as they travel the course. Try to stop and wait for emergency vehicles to pass.

If you witness another player's trouble on the course, tell the nearest medical point.

Aid station layout



Run-Aid Swimming

- T2 0.0km
- RAS1 2.0 km (Himeshima Fishing Port)
- RAS2 4.0 km (Tahara Wharf Entrance)
- RAS3 5.4 km (Doura Elementary School)
- RAS4 6.8 km (Midorigahama Park)
- RAS5 9.3 km (Mikawa Port Ohashi Higashizume)
- RAS6 12.2 km (Meikai Central)
- RAS7 14.1 km (Funato Green Space)
- RAS8 15.8 km (Toyohashi Warehouse)
- RAS9 18.8 km (Kannofuto 3 Torimon)
- RAS10 20.0 km (Rokugata Ohashi South Side)

Offer:

- Water
- Ajinomoto Amino Vital Water
- Kabaya salt-charged tablet
- Imuraya Sports Yokan
- Ezaki Glico Balance On Mini Cake
- Energy Jelly (Muscat flavor, energy drink flavor)
- Coca-Cola (soda)
- Banana or melon
- Musashi Shot Jelly (RAS5)
- Toilet

Process:

The run aid station is located on the left side. When you get close, move to the left side (no need to stop)

When not replenishing at the run-aid station, try to pass on the right side.

Signs at the aid station indicate what is on offer. Volunteers also call out what they are offering.

Tell the volunteers your needs out loud and politely.

Disposal:

Dispose of unwanted items in the trash cans (disposal

zones) located in front and behind the aid station.

Disposing outside the designated area will result in a severe time penalty.

Splash zone

Since it is difficult to secure water sources for this course, we will prepare scoop ladles at each aid Station.

Medical

Paramedics will be on standby at all run-aid stations. **At medical points, a cross flag will be displayed and aid workers will wear bibs with a cross mark printed on them.**

We will support athletes who are ill or injured.

If you witness another player's trouble on the course, tell the nearest medical point.



Cut-off time

The cumulative cut-off time for swims, bikes and runs on the course are all based on an individual's swim start time.

The cut-off times below provide absolute cut-off locations and times based on the last starter projected at the time of publication of this document.

They are individually adjusted and implemented by the race director on race day.

Swim:

The swim course **ends 1 hour and 10 minutes** after the last swimmer begins swimming. Regardless of when each swimmer starts the swim, 1 hour and 10 minutes is picked up after the last starter starts the swim.

If a swimmer takes more than 1 hour and 10 minutes to complete the swim, they will not be allowed to continue and will receive a DNF. To make a rolling start, they will be recorded as a DNF even if they continue to compete.

Bike:

Bike courses close **5 hours and 30 minutes after** the last swimmer starts swimming.

Each swimmer, regardless of when he or she starts swimming, must finish the swim, T1 or bike within 5 hours and 30 minutes of the last starter starting the swim. If it takes more than 5 hours and 30 minutes to finish the swim, T1 or bike, he or she will not be allowed to continue and will receive a DNF.

The on-course cutoff will be cut off by the transit time every 5 km. The cutoff time every 5 km since the last starter started the swim will be determined by the race director.

To make a rolling start, it will be recorded as DNF even if the race is continued.

Run Finish:

The run course closes 8 hours and 0 minutes after the last swimmer begins to swim. Each swimmer completes the entire course within 8 hours and 0 minutes.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and fail to cross the finish line before the run is closed become DNF.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and cross the finish line receive NC (Not Classified) for their race results, meaning they do not qualify for age-specific awards or World Championships.

The on-course cutoff is cut off by the passing time per kilometre. The cut-off time for each kilometre after the last starter starts the swim is determined by the race director.

The course is closed to all athletes based on the time the last starter starts the swim.

Note: IRONMAN officials reserve the right to pull any athlete who exceeds the course time cutoff from the course

• Swim

1 hour and 10 minutes from the start of the last athlete

(Current estimate: 8:00)

• Bike

5 hours and 30 minutes from the start of the last player

(Current estimate: 12:20)

• Run

8 hours 0 minutes from the start of the last player

(Current estimate: 14:50)

Change or cancellation of the tournament

If the course is changed or cancelled due to weather, the race director will notify you.

This will be communicated via email.

Race Day Service

Medical

First aid providers are engaged to provide first aid at all events operated by the IRONMAN Group.

First aid is deployed in a variety of locations. The exact location of the first aid station can be found with on the map next page.

Athletes are responsible for all costs incurred as a result of medical accidents. This includes, but is not limited to, hospitalization, professional treatment, etc.

Therefore, it is highly recommended that all players have sufficient travel or personal insurance to attend IRONMAN Group events. Players are responsible for understanding the terms of the insurance they hold.

Mechanic service

On the bike course, mechanics will be stationed at three locations.

- BAS1 23.4 km Rokuren JA Collection and Shipping Depot
- BAS2 36.0 km Akabane Elementary School
- BAS4 73.6 km? Fukue Junior High School

Three mobile mechanics on motorized bicycles enter the bike course from Shiroya Seaside Park. Every about 100, 300, and 500 motorcyclists will start, the 1 traveling mechanic car starts at a time.

If you use parts, spare tube tires, etc., you will be charged after the race.

Athlete pickup vehicle

Athlete pickup vehicles pick up athlete who are unable to complete the competition or finish within the cut-off time of the course. In the bike part, bikes are also picked up. When players picked up, bike are transported to the finish area.

If a pickup is needed, request it at a first-aid station along the course or staff along the route.

Note:It may take some time for a athlete pickup vehicle to arrive. For faster arrival, do not move from the requested location after requesting a pickup vehicle.

This may affect the ability of the player pickup vehicle to find and transport you.

Collection of timing chips

When an athlete decides to retire, he or she is responsible for reporting the decision to the nearest official and returning the race number and timing chips.

It is essential that race officials keep track of where the athlete is on the course. Failure to comply with the rule after retiring from the race may result in the athlete not being able to participate in IRONMAN events in the future.

Medical Station



COURSE MAP

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN



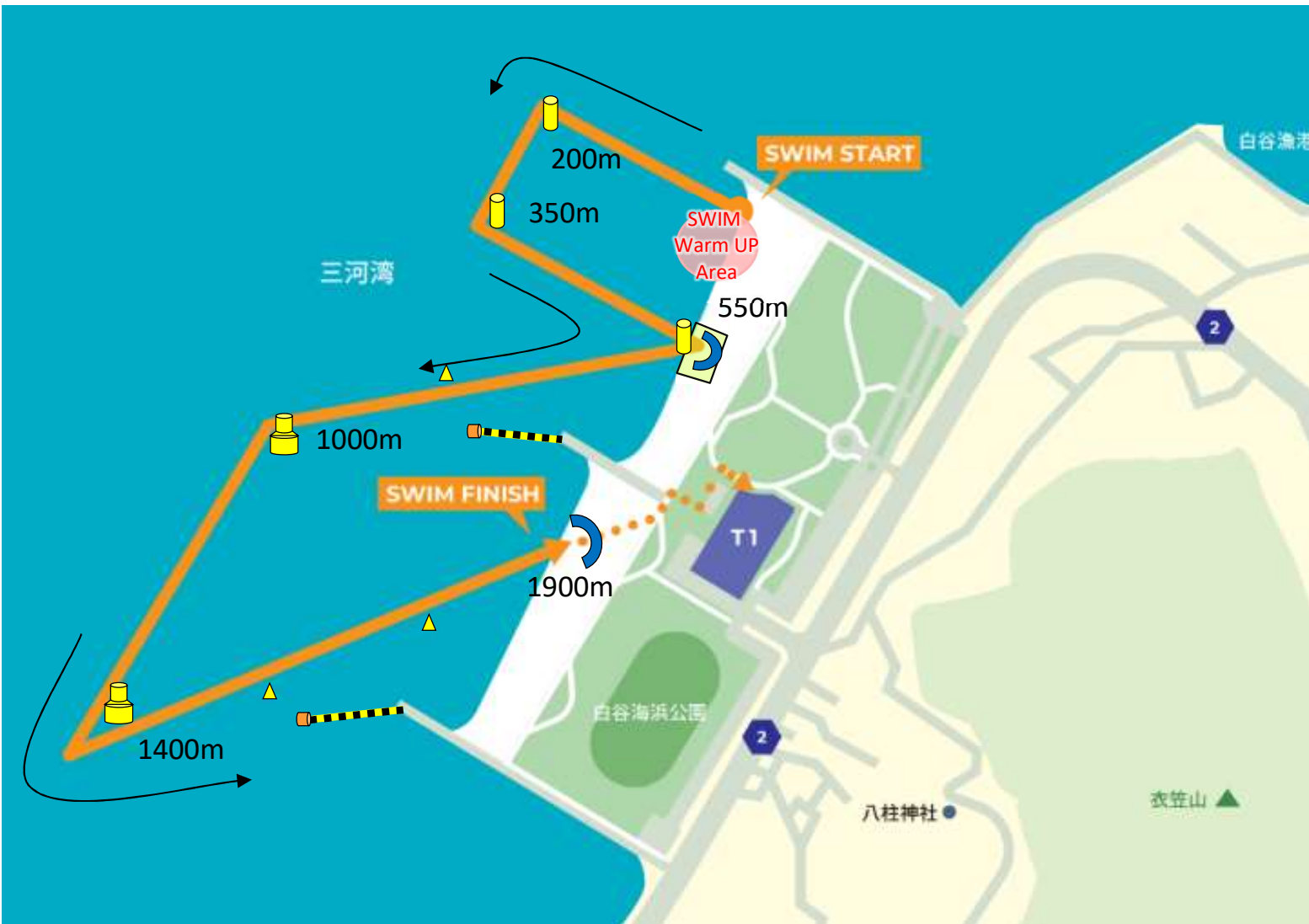
| | |
|------|--------|
| SWIM | 1.9km |
| BIKE | 90.1km |
| RUN | 21.1km |



伊良湖岬灯台



SWIM COURSE 1



Course

The swim course is held off the coast of SHIROYA Seaside Park.

After swimming offshore, you can return to the beach and keep yourself hydrated.

The swim finish is in the center of the beach, marked by an arch.

How to start

10 athletes make a "rolling start" every 30 seconds. The starting order is based on the estimated swim time.

At the beachside, the volunteers will tell you the estimated time so please make a line considering the other athletes.

Swim safety

The swim course is guarded by lifesavers (more than 25 rescue boards), water bikes and 15 surveillance boats.

When lifesaver feel the need, they call out to the athletes to check their physical condition. Please respond with two gesture.

***Tap your head with the palm of your hand.**

***Answer "Fine", "OK!" in a loud voice**

If the athletes can't do these two things quickly, we'll rescue them right away.

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 in time you decide to abandon the swim, you will be taken to one of the swim extraction points.

At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

Above all, the safety of each athlete is our prime concern. A full sweep of the course will be made directly behind the last swimmer.

Visual aids will be provided by the buoys, guard vessels and lifesaver that line the course.

SWIM COURSE 2

WARM UP SWIM

Aged Group Athletes:
June 10, 5:30-5:50

You can enter the water around 50 m offshore near the start area in the swim course.

A timing chip is required.

ROLLING START

6:00~

The race start will be a Rolling Swim Start. Athletes are to self-seed themselves into their allocated Start Zones prior to race start.

Four different Start Zones are available, depending on an athlete's expected swim time:

- Zone 1 – Under 33 minutes (Swim cap: Green)
- Zone 2 – 33 – 37 minutes (Swim cap: Purple - Pink)
- Zone 3 – 38 – 41 minutes (Swim cap: Light Blue)
- Zone 4 – Over 41 minutes (Swim cap: Blue)
- Physically challenged (Swim cap: White)

Expected time to start

Zone 1 6:00

Zone 2 6:05

Zone 3 6:14

Zone 4 6:25

Physically Challenged 6:38

Assemble at Swim Start Area 15minute prior to your expected start time.

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of the Event Staff.

At the official start time of 6:00, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual 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.

SWIM CAPS

Please wear the provided swim caps.

SWIM CUT OFF

1 hour 10 mins. from each athlete's individuals start time. The cutoff time is based on the last athlete's start time (currently 6:50).

It's a rolling start, so if you go over 1 hour and 10 minutes, it's recorded as DNF, even if you proceeded on a course or bike course.

SWIM SKIPPING

Swim skipping is not allowed

ABANDON THE SWIM

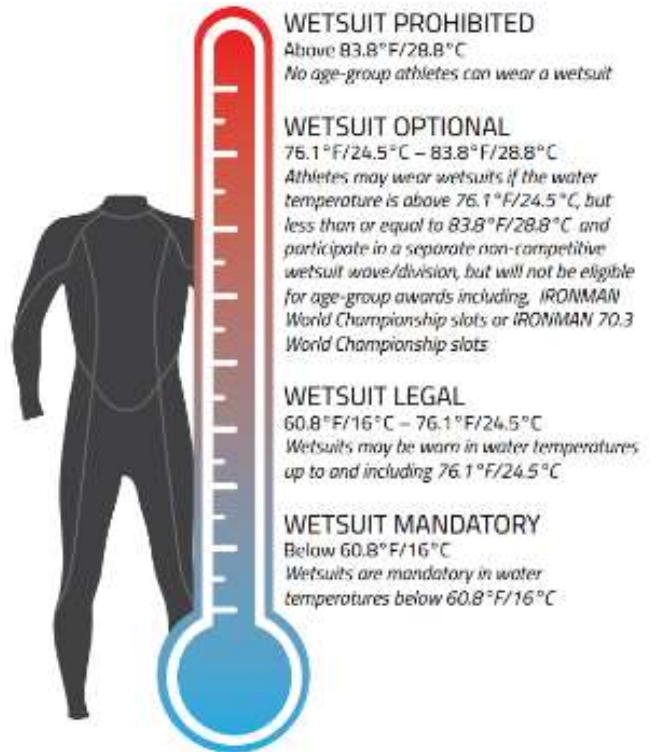
There is a landing spot at 550 m for safety. A measuring mat is set up here to check the passage. It is recommended to abandon the swim if you feel sick and at this landing point

ANTI-SHARK MEASURES

Sharks have been spotted on swimming trails in the past, and recreational fishing boats equipped with devices that transmit the feeble electric currents sharks dislike searched for sharks and ejected them a week before the event.

SEAWEED

On the day of the competition, the tide and water levels are almost low. In consideration of the ecosystem, seaweed is not removed. We recommend wearing a full wet suit if you are concerned.



WETSUIT RULING

● 28.8 °C and above - Not allowed

● 24.5 °C to 28.8 °C – Allowed but will be excluded from awards and excluded to enter the slot for the World Championships.

● 16 °C to 24.5 °C - Recommended to wear

● 16.0 °C and below - Mandatory to be worn under

A provisional wetsuit ruling will be posted at the Athlete Check-In place at 10:00 on June 9.

The official wetsuit ruling will be announced by the Race Director at 4:30 on June 10.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim exit. Labels and writing materials are prepared on the table. Please ensure your glasses are labeled with your race number prior to dropping them off.

SWIM TO BIKE TRANSITION

Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. When changing clothes, use a tent. You can also wear bikewear under a wet suit. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line



① Swimming Up

An arch is installed in the swim-up. Please aim to land on that mark. There is also a first-aid station.

② Glasses Custody

People who use glasses should pick up glasses in advance.

③ Bag tent

Pick up the blue string transition bag that you installed beforehand (the rack row is determined by the last digit of the race number).

④ A changing tent

When changing clothes, use a tent.

⑤ Transition bag dropoff

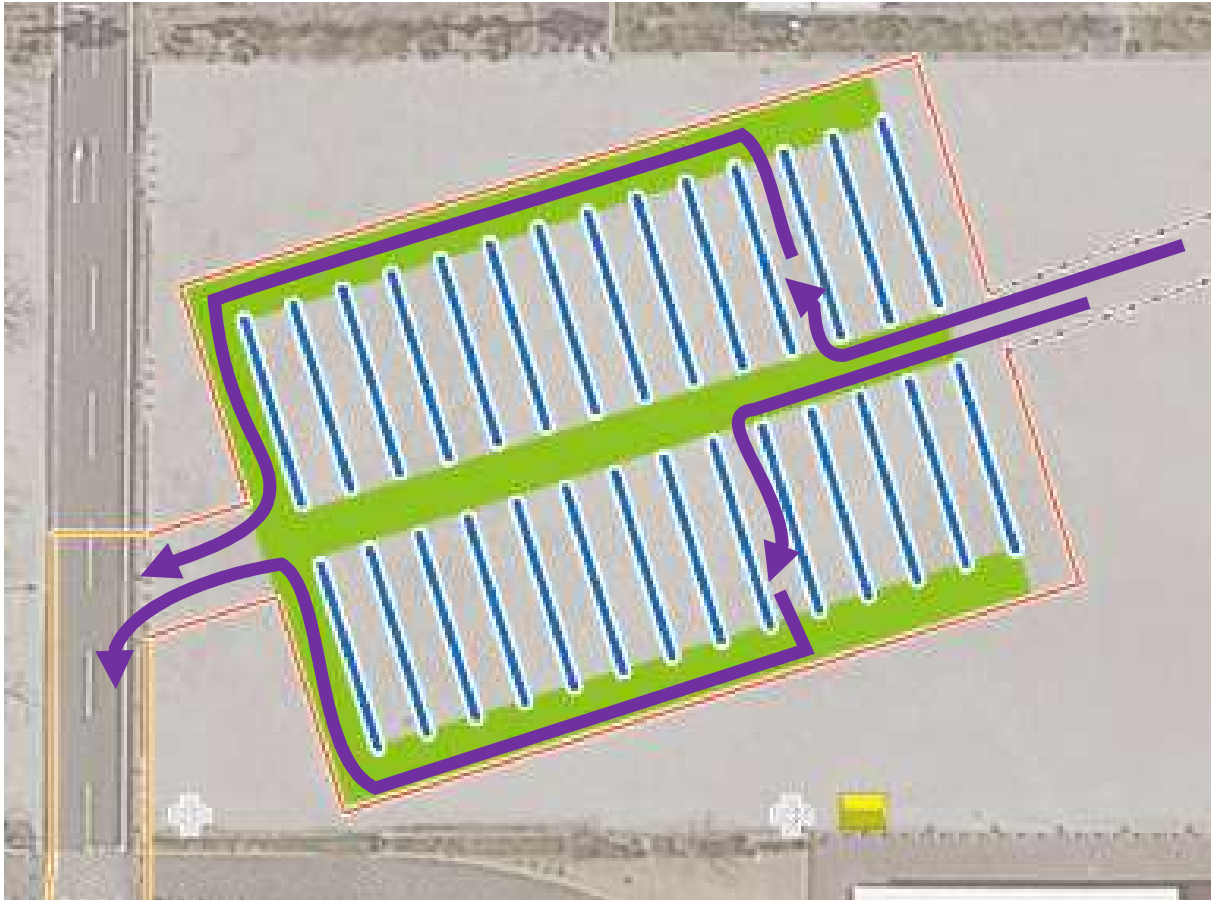
Put the used swim gear in the blue strap bag and throw it into the cart.

⑥ Bike rack

The travel route in the bike rack is listed on the next page.

⑦ Mount line

Please push the bike up to the mount line.



How to move in a bike rack

In the bike rack, as shown in the above figure, first use the middle passage to go to the bike rack.

After picking up the bike, push the bike and go to the bike mount line from the outside passage.

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.

BIKE COURSE 90.1 km

Course Map



Course

Majority of the main roads take prefectural and national roads.

It is highly recommended to use thick tires with good puncture-proof performance.

The course has intersections for detours. There are about 600 security guards and about 1000 volunteers to manage the safety of the course but please drive safely.

Aside from cones, and signages, volunteer staff will guide you through the course.

There is a section of the course where a vehicle goes around the opposite lane.

① Athletes run the same course for about 5km after the start and the last 5km. Both the outbound journey and the return journey take the sea lane (the outbound journey takes the opposite lane)..

② After turning right, the road is narrow, so be careful.

③ The steep slope continues. After that, it gets faster because it continues downhill. Watch your speed.

④ It is a course along the sandy beach, and it is a section where sand easily flows out. Please drive safely.

⑤ It's a U-turn. The road is not wide, so be careful. There are also two right-angle curves ahead.

⑥ The shape goes diagonally down to the right, please be careful.

⑦ It's a national road, turn left and go on the old road. The pavement on both sides of the course is not smooth, so follow the cones and drive in the middle of the road.

Aid station

There are 4 aid stations.

Bike Cut Off

The time limit is 5 hours and 30 minutes from each athlete's start time. The course will be closed based on the start time of the last athlete to swim. It is currently scheduled for about 12:20.

BIKE COURSE 90.1 km



DRAFTING PENALTIES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Must pass on the Right-hand side
- Must complete your pass within 25 seconds
- Must be always making forward progress
- A started pass must be completed – NO Slip Streaming
- After being passed drop 12 meters back
- Cannot pass until 12 meters back
- A competitor passing on the inside (Left-hand side) of another competitor will receive an Illegal Pass penalty. Must pass on the RIGHT.
- A competitor who has completed a pass and is not passing another competitor, motorbike, or vehicle and who fails to move safely and immediately to the right of the cycle lane will receive a Blocking penalty.
- You must report to the PENALTY TENT (Yellow Tent) located at T2/Transition Area.

Failure to do will result in DISQUALIFICATION.

If you receive 3 blue card penalties you will be DISQUALIFIED.

Follow this link to [IRONMAN Competition Rules](#).

For safety reasons, the following cycling positions are prohibited:

BIKE MECHANICS

Roving Bike Mechanics will be available on the course to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

SAG VEHICLE

The “SAG vehicles” is on standby at the end of the lines to pick up athletes who can no longer move on the course. In the bike course, motorbikes are also carried along and transported to the finish area.

Should you require a SAG vehicle at any time, please advise the first aid personnel or staff at the nearest aid station.

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



DRAFTING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



LITTERING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



BLOCKING VIOLATION
YELLOW CARD
30 second stop and go time penalty served at the next Penalty Tent



DISQUALIFICATION (DSQ)
RED CARD
3 BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION

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.



① Dismount line

Please get off the motorbike in front of the line. Do not leave your shoes on the motorbike. Be sure to remove your shoes from the pedals and place them in a red strap transition bag. The bike is loaded onto a transport truck, so leaving the shoes on can scratch them. No complaints will be accepted if the shoes are on.

② Bike Free Rack

We will prepare two sets of bike racks. Please follow the instruction of the staff and ride a motorbike.

③ Bag tent

Pick up the red string transition bag you installed beforehand (the rack row is determined by the last digit of the race number).

④ A Changing tent

Please use the tent when changing clothes.

⑤ Transition bag dropoff

Put your bike gear (Shoes, helmets, etc.) in the red strap bag and throw it into the cart.

If you leave your helmet on the motorbike, you will not respond to claims of damage or loss.

RUNNING COURSE 21.1 km

Course Map



RUN COURSE 21.1km

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN



COURSE

If there is no sidewalk, run on the side of the road, but if there is a sidewalk, run on the sidewalk.

- ① Run on the sidewalk of the seawall immediately after the start. There may be a slight incline and an open seam in the path, so run carefully.
- ② There is a grade crossing of around 4km and a complicated change of direction, so please follow the guidance..
- ③ The course runs on the sidewalk of the Mikawa Port Bridge. There are few standing patrols, and it may take some time to cross the bridge railing in case of an emergency. If you are not feeling well, it is recommended that you discontinue the race using RAS4. There is no standing patrol other than a guide point in the section ahead. If you feel sick, ask for help at the water station (RAS5 to RAS10) set up about every 2 km.
- ④ ⑤ Runs on the pedestrian bridge. Please be careful while running.

From ⑥ to ⑧, there are 4 stairways such as an underground passage. Please be careful.

⑧ It is a section that boasts a wonderful view, but since both sides are on the water surface and there are no handrails, please focus while running.

AID STATION

There are 10 places on the course. Paramedics are assigned to RAS5 through RAS10. If you feel sick, ask for help as soon as possible.

RUN CUT OFF

8 hours 00 mins from the athlete's individual start time. Based on the last athlete, there will be an intermediate cut-off at every 1km. If you could not make it within the cut off, please get on the pickup vehicle.

FINISH LINE AND POST RACE



FINISH LINE POLICY

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 athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

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.

How to Get your Best Photos:

- Ensure your helmet sticker visible on the FRONT of your bike helmet.
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- 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.

Search for your race at www.sportograf.com and register your email address to be notified as soon as all photos from your event are online

FINISHER SHIRTS

Finisher shirts will be available to all official finishers post-race and can be collected from the designated area within Recovery.

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Finisher t-shirt collection
- Recovery food/drink
- Street gear bag & bike transition bag collection
- Icing
- Medical support (if required)
- Male & female change tents
- Official finisher photo by Sportograf

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

Bicycles can be picked up outside the area.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Electrolyte hydration
- Recovery Jelly
- Banana
- Salt Tablet
- Udon noodles
- Protein Chikuwa
- Cake

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Tracker App
- Event Website - <https://www.ironman.com/im703-japan-results>

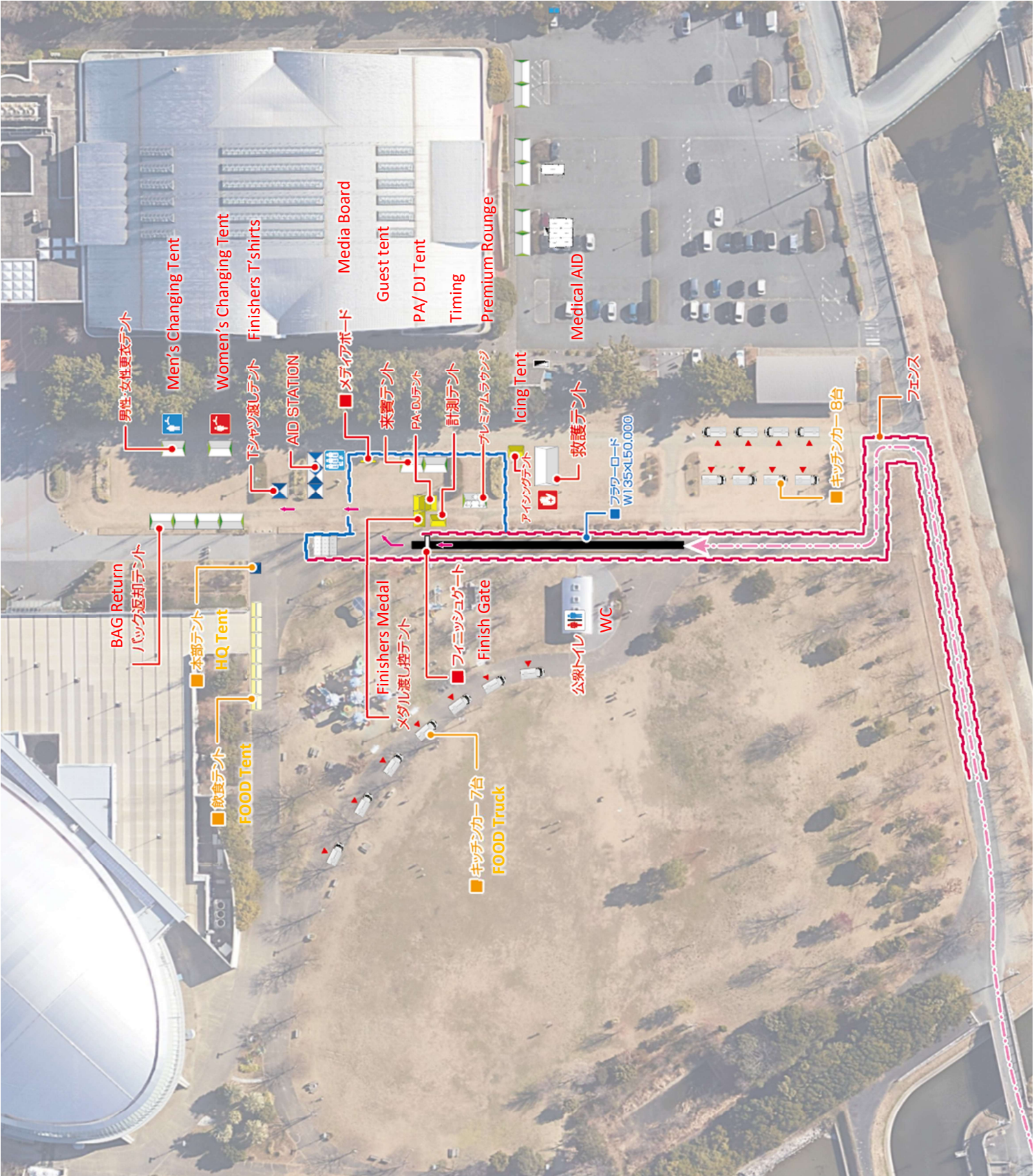
LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

Please note: No responsibility or liability is taken by the Race Organizers for lost property.

All lost property will be held for 30days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN email.

Finish Area





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

We are using the 2023 [IRONMAN Competition Rules](#) in alignment with the special IRONMAN rules and this is a NON-drafting Event.

All Athletes should read and understand the complete [IRONMAN Competition Rules](#) prior to race day. Below highlights some of the IRONMAN Competition Rules.

Conduct of Athletes

Section 2.01 General Behaviour

- (a) Practice good sportsmanship at all times;
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02). Receiving assistance (other than in accordance with Section 2.02) will result in disqualification;
 - (i) Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

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 4.02 Wetsuit Rules

(a) For age-group athletes, relay team athletes and Open Division athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ)

(d) A wetsuit may cover any part of the body except the face, hands, or feet;

(f) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ)

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 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 or 60 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 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

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

Continued over page..

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. (DSQ) (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).

RACE FINISH, TIMING, AND RESULTS

(e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

(i) Did not start (“DNS”) – Enters an Event but fails to start;

(ii) Disqualified (“DSQ”) – Starts an Event and was disqualified;

(iii) Did not finish (“DNF”) – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and

(iv) Not classified (“NC”) – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

(f) Results will include athletes who do not finish the Race (“DNF”), athletes designated as not classified (“NC”) and those who are disqualified (“DSQ”). All available splits will be listed for DNF and NC athletes.

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.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete’s age as of December 31 of the year of the Event.

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.

TRANSFERRING REGISTRATION

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

PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN (PC/ID OPEN) DIVISION

- Participation in the PC/ID Open Division is available to athletes with a medically verified Visual Impairment, Special Teams, athletes with an intellectual disability, or athletes with a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment (except for approved ID Open athletes) are not eligible to participate in the PC/ID Open Division
- PC/ID Open athletes are not eligible for awards or World Championship slots

OPEN DIVISION

The Open Division is a non-competitive, participatory division which is open to any able-bodied athlete who cannot or do not wish to race in a competitive age or gender group

There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event

Any athlete who wants to change to the Open Division during race week can do so during the onsite athlete check-in process. Please visit the solutions desk inside the Athlete Check-in area to change divisions

Athletes in the Open Division are not eligible for awards or World Championship slots

Athletes in the Open Division are subject to the IRONMAN Competition Rules as set forth in Article I – VII, and Article XI. Please refer to the [IRONMAN Policies](#) for additional information.

AWARD Party -1



Award Party on Saturday 10th June

Doors open at 17:30 Party at 18:00-19:30

Venue

- Hotel Arc Riche Toyohashi (reception on the 1st floor)
- Toyohashi Station South Gate Square
- Toyohashi City Machinaka Square

The main venue for the award ceremony is Hotel Arc Riche Toyohashi. Seats are limited, so only the recipients and their companions listed on the right will be invited to Hotel. After the race, please check IRONMAN Tracker App to see if you are eligible for the award and come to the reception desk on the first floor.

A big screen is set up in the plaza in front of the south gate square and in the Machinaka Square you can enjoy the live-cast the awards ceremony

You also can enjoy Migashimikawa Food FES, Expo, Ironman Store

Award

Each Age Group 1st~3rd Place

Local Residents Category 1st~3rd Place

Premium Category 1st ~10th Place

The Athlete who fail to receive award at ceremony will receive it by cash on delivery after the race.

Contact race organizer via Email to confirm receipt.

Award Party -2



Meals included in the party

The ticket for the party is included in the kit you receive at the athlete check-in. It is a free voucher for meals and other items. For athletes who purchased a party ticket at the time of entry, please check the ticket enclosed within the player kit for a few minutes of purchase.

Meals voucher

Pick up a beef steak on the first floor of the Hotel Arlish Toyohashi!



Souvenir voucher

Date and time of exchange

Saturday, June 10 15:00-20:00

Pick up sweets, beer and other souvenirs at the Aichi Prefecture booth in the Toyohashi City Machinaka Square!

Cut out a set of two souvenir vouchers and give them to the staff.



TOYOHashigo Night 2023

Date and Time: 6/10 (Sat) 11:00-24:00

With one ticket, you can enjoy one of the store's specialties and one drink. You can enjoy five restaurants by yourself or share it with someone!

More than 30 popular local stores participated.

With 5 tickets, let's all walk around Toyohashi Station!

- 1 ticket = 1 drink + 1 specialty dish
- Each ticket stub is worth 800 yen. For menus of each participating store, please refer to the "Participating Store Guide Map."

Guide maps will also be distributed at Hashigo Night Headquarters (Toyohashi Station South Gate Square) on the day of the event.

■ Tickets can be shared by more than one person. However, each ticket stub can only be used by one person.

■ Leftover tickets can only be used as a 800 yen voucher at participating restaurants until Sunday 6/18. No change will be given.

Be sure to show it when you visit. You can't use it with other tickets. You can use as many tickets as you want for one meal.

■ Never drink and drive. Use public transportation after drinking.



TOYOはしごナイト2023

豊橋駅前をみんなで
はしごしよう！



IRONMAN
70.3[®] JAPAN
HIGASHIMIKAWA
ATSUMI PENINSULA

6/10 SAT 11:00~24:00

※参加店舗によって営業時間が異なります。

チケットは
5枚綴り
4000円

複数人で
シェアしても
OK!

4,000円で5軒はしご酒！

チケット一枚で参加店舗自慢の1品1杯が楽しめる 絶対お得で楽しいイベントです！

今年のはしごナイトは アイアンマンレースとのコラボ開催！

同日に地元豊橋・田原にて開催されるアイアンマンレースの世界大会『アイアンマン70.3 東三河ジャパン in 渥美半島』との共催にて実施！参加アスリートたちと一緒に豊橋の夜を楽しんじゃおう！

アイアンマン70.3 東三河ジャパン in 渥美半島公式サイト「アイアンマン 東三河」で検索！

アイアンマン 東三河 検索



同時開催

エキスポ・
アイアンマンストア
&
東三河 FOOD FES

会場：豊橋まちなか広場
11:00~21:00

地元人気店 30 店舗以上が参加！

創作美味わっぱい / 藤月豊橋駅前大通り店 / 味の天心燗鍋 豊橋広小路店 / KOJORI 天狗のカレーうどん / 串揚げはやかわ / ひっぱり嵐 / TOYS BREWERY / TINY DINER 花鮎豊橋駅前店 / FreeStyleBAR? 輪 -RIN- / 八八豊橋駅前店 / ビストロ酒場 lac!! cafe&gateaux knohd(ノード) / NO JUNK DONUTS by Moonlight Coffee / バード 94 豊橋鉄板焼 山ちゃん with 大将 / THE GARDEN / タヤけ横丁三丁目豊橋駅前店 emCAMPUS FOOD / 謝謝 駅前店 / 久遠チョコレート 豊橋本店 / 大衆酒場 家利伊頭 葉隠亭 / 隠れ家 湊 / 焼肉ひさ萬 / ASA-CHANG / 広小路ホルモン酒場 炎や / 古来や

◎ 豊橋駅前南口広場会場 (11:00~24:00)

キッチンカー・テントブースなど10店舗以上が出店予定

参加店舗・最新情報はこちらから！

「TOYOはしごナイト」で検索！

TOYOはしごナイト 検索



チケット
販売開始
5月下旬予定

チケットの販売状況は
公式サイトでご確認ください。

前売り券

当日販売

販売価格

セブンイレブン店頭にて販売！

※完売次第、チケットの販売を終了します。

豊橋・豊川・新城市内のみ

豊橋駅前南口広場 TOYO はしごナイト本部にて
11:00~販売します。

※前売りチケットが予定販売数に達した場合、当日販売を実施しない場合もございます。
前売り販売期間にてお早めにお買い求めください。

1枚 4000円 (はしごチケット5枚綴り)

※余ったチケットは6/18(日)まで参加店舗にて金券としてご利用いただけます！

※土曜日開催につき、参加店舗の混雑状況によっては席が空くまでお待ちいただく場合もございます。何卒ご了承くださいませ。

※イメージ

WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



View the Event Schedule (Page 4) for time and location.

Qualifying Slots: (30) Age Group qualifying slots for the 2023 IRONMAN 70.3 World Championship, in Lahti, Finland held on August 26-27, 2023.

Qualified athletes are required to claim their IRONMAN World Championship slot in-person at the advertised time and location. Photo ID is required to be presented and payment must be at this point in time.

Cost: €650 entry fee + Taxes and 10% ACTIVE administration fee

Payment:

- Credit card only (no Amex, Diners or cash payment).
- Physical card including full card number, expiry date and CVV must be available (no Apple Pay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

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 Slot.
 - 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.

ADDITIONAL INFORMATION



VOLUNTEERS

More than 1000 volunteers support us.

We encourage you to say THANK YOU to the Volunteers whenever possible!

OFFICIAL EVENT APP

The IRONMAN Tracker app has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out results post-race.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the IRONMAN Tracker App now!



GET SOCIAL



<https://www.facebook.com/ironman70.3higashimikawa>



<https://www.instagram.com/ironman70.3japanhigashimikawa/#>



<https://twitter.com/ironman703jp>



WOMENFORTRI

WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

IRONKIDS HIGASGIMIKAWA JAPAN

SUN 11th June 13 : 00~16 : 15

Shiroya Seaside Park, Tahara City

If you have any further questions, please don't hesitate to contact us at contact@higashimikawa.or.jp. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

IRONMAN 70.3 Higashimikawa Japan in Atsumi Peninsula Team

EVENT PARTNERS



sala



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IRONMAN[®] 70.3[®] JAPAN HIGASHIMIKAWA ATSUMI PENINSULA

2023 Athletes Information Guide



<https://www.ironman.com/im703-japan>
contact@higashimikawa.or.jp

0532-25-5963

V 1 June 5th, 2023



Contents Page



| Section | Page |
|-------------------------------|-------------|
| Race Referee message | 3 |
| Event schedule | 4 |
| Athlete checklist | 6 |
| Race kit | 7 |
| Vanue MAP | 8 |
| Pre-Race Information | 9-11 |
| 9 th June Parking | 12 |
| Transition BAG | 13-15 |
| Shuttle Bus Information | 16-18 |
| 10 th June Parking | 19 |
| Support | 20,21 |
| Cut off | 22 |
| Race Day Service | 23 |
| Medical Station | 24 |

| Section | Page |
|--|-------------|
| Swim course | 25-29 |
| Swim Course T1 Bike Rack | |
| Bike course | 30-33 |
| Bike Course T2 | |
| Run course | 34-36 |
| Run course Finish Line and Post Race Finish Area | |
| Race rules and categorie | 38-40 |
| Race Rule Race Category | |
| Award party | 41-43 |
| World Championship Roll Down | 44 |
| Additional Information | 45 |
| Event Partners | 46 |

Race Referee Message



To avoid rule violations on race day, please observe the followings:

- Drive on the left side of the bicycle lane
- Secure a distance of at least 12 meters from the front wheel tip of the front rider to the front wheel tip of yourself
- Pass the front bike from the right. Never pass from the left.
- When you pass a forward player, please complete it within 25 seconds.
- The overtaken player should slow down from the moment you are passed and immediately maintain a distance of 12 meters or more. Before you overtake again, make sure you have fully secured 12 meters.

Triathlon is an individual sport and it is your responsibility to fully understand the rules and avoid violations. In cases of drafting, blocking or illegal overtaking violations (judgement), the referee's ruling is final and is not subject to protest or appeal.

The following are the most common rule violations:

The five-minute blue card penalty includes:

- Drafting: If you follow the leading cyclist to within 12 m and do not overtake him / her within 25 seconds or, after being overtaken, do not retract 12 m before overtaking again
- Illegal overtaking: If you overtake from the wrong direction (left side)
- Littering: If you discard in the wrong place. For example, if you discard tires, bottles, gel wrappers, etc., on a course other than the designated litter area near the aid station.

The referee will tell you your race number, indicate your violation, and present a blue card. You will then be responsible for receiving a five-minute time penalty in the next penalty box.

Note: You will be disqualified if there are three blue card violations throughout the course during the competition.

Yellow card penalties, or stop-and-go penalties, include:

- Blocking: Continuing to run on a player's right side without overtaking, or continuing to run on the right side when separated from other players
- Helmet: Not holding the chin strap securely while cycling

Other violations that can result in disqualification include:

- Aggressive and unsportsmanlike conduct
- Improper use of public toilets
- External assistance (from outside the race related)
- Use of electronic equipment, including telephones

(including the use of earphones and other communications equipment)

Other athletes, volunteers and officials are important in keeping the event safe and fair. Remember to always treat them with courtesy and consideration.

I sincerely hope you have a great race, enjoy the experience and achieve your IRONMAN 70.3 goals.

Masato Suzuki

Race Referee

EVENT Schedule



Schedule and Venue are subject to Change.

Please check latest information on the website <https://www.ironman.com/im703-japan>

| Thursday June 8th, 2023 | | |
|--------------------------|---|--|
| Time | Event | Venue |
| 13 : 00-17 : 00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Machinaka Hiroba (Around Toyohashi Station) |
| Friday June 9th, 2023 | | |
| Time | Event | Venue |
| 10:00-16:00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Shiroya Beach Park |
| 10:00-16:00 | Athlete Check-In | Shiroya Beach Park |
| 11:00-17:00 | Bike Check-In | Shiroya Beach Park |
| 11:00-17:00 | Welcome Event: Marche and Food Truck | Shiroya Beach Park |
| 13:00-15:00 | Practice Swim Session | Shiroya Beach Park |
| Saturday June 10th, 2023 | | |
| Time | Event | Venue |
| 4:00-5:45 | Transition Area Open | Shiroya Beach Park |
| 5 : 00-5 : 30 | SWIM WARM UP | Shiroya Beach Park |
| 6:00- | Start (Rolling Start) | Shiroya Beach Park |
| 10:00-16:00 | Gourmet Event: IRONMAN Sweets and Food Fes | Parking lot in front of Toyohashi City General Gymnasium |
| 11:00-21:00 | Gourmet Event: Higashimikawa Food Fes | Machinaka Hiroba (Around Toyohashi Station) |
| 11:00-24:00 | Gourmet Event: TOYOHASHIGO Night | Toyohashi Station South Exit Plaza |
| -around 15:00 | Course Close (8 Hours After Each Athletes Starts) | Toyohashi Sports Park |
| 10:30-17:15 | Bike Check-Out | Temporary parking lot near Toyohashi Sports Park |
| 13:00-19:00 | IRONMAN 70.3 Expo IRONMAN 70.3 Merchandise Store | Machinaka Hiroba (Around Toyohashi Station) |
| 16:30-17:30 | 2023 IRONMAN 70.3 World Championship Roll Down | Around Toyohashi Station (Terrace Meeting Room at Sala Tower 4F) |
| 17:30-19:30 | Award Party | Around Toyohashi Station (HOTEL ARC RICHE TOYOHASHI, Machinaka Hiroba, Toyohashi Station South Exit Plaza) |
| Sunday June 11th, 2023 | | |
| Time | Event | Venue |
| 13:00-13:30 | IRONKIDS: Athlete Check-In | Shiroya Beach Park |
| 13:30- | IRONKIDS: Race Briefing | Shiroya Beach Park |
| 14:00- | IRONKIDS: Place race gear in the transition area | Shiroya Beach Park |
| 14:15- | IRONKIDS: Race Start | Shiroya Beach Park |
| 15 : 45-16 : 15 | IRONKIDS: Award Party | Shiroya Beach Park |



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Pre-Event

- Reservation / confirmation for accommodation & flights. (if applicable)
- Make sure event registration is confirmed (check confirmation email).
- Fully understand your event schedule (know all check-in / drop-off transition bag and times).
- Please include your photo ID in your luggage.
- Get used to the course - it is your responsibility to know this on race day.
- Check the player list online. **Note: The web list will not be updated after 9^h June. If any details are incorrect, please email us.**

ONCE I ARRIVE (pre-race)

- Familiarize yourself with the venue and main area (Check In, Transition, Swim Start, Finish Line, Award Party, WC Rolldown).
- Familiarize yourself with road closures.
- Check in and collect race kits.
- Rack the bike and drop the transition bag (See page 13 for recommended items for transition bags).
- Participate in official practice swimming at designated times.
- Pack for race day.

Race day

- Make sure you have all your racing gear, including helmets, timing chips and wetsuits / tri-suits.
- Enter Transition area for the last minute check for Bike and Transition Bag (Red String & Blue String) and drop off Transition Bag and bicycle pump (if applicable).
- Drop off the street gear bag (Black String) at swim start.
- Start the race - stand at the start line at least 15 minutes in advance.
- Finish the race.
- Receive a medal.
- Gather a finisher T shirt.
- Recover.
- Collect items such as transition bags, street gear bags, bike pumps and bikes.

POST RACE

- Attend World Championship Roll Down, presentations and award parties.
- Upload photos of #medalmonday to social media.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring a credit card (not Apple Pay, etc.). See page 44
- Bring friends and family to celebrate.

Race kit



Sticker Location

1. Race bib number

Of the two, one is for a motorcycle and one is for a run. Wear it on the back for a motorcycle and on the front for a run with a race belt (prepared by the athlete yourself) or a safety pin (supplied by the tournament). Do not bend or cut the race bib number.

2. Wristband for Athletes

Prepared one for each person.

Each player's race number is included to identify the players participating in the tournament. You must wear it as soon as you receive it at the athlete check-in and always wear it until the end of the award party. Do not remove the wristband at the transition area or at the bike check-out, as it is necessary to identify the athlete if you need help at the venue after the race. Remove all wristbands from events unrelated to this competition.

3. Safety pin

Use Safety Pin to place Bibs . You also can use own Race Number Belt.

4. SWIM CAP (Swim Cap)

The swim cap must be worn during the swim leg. If another cap is worn, the official cap must be worn on top. Swim caps are Latex.

Zone 1 - Less than 33 minutes - Green

Zone 2 - 33 - 37 minutes - Pink

Zone 3 - 38 - 41 minutes – Light Blue

Zone 4 - 41 minutes or more - Purple

5-1. Transition bag (Red String, Blue String)

Use the supplied bag and affix the appropriate seal. Include equipment necessary for racing. Submit it during the bike rack on Saturday.

5-2. Street gear bag (Black String)

Place items needed for post racing (collect in collection area). Drop-off on race morning. Always use the supplied bag.

6-1. Bike Sticker

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

6-2. Helmet Sticker

Stick a sticker on the front of your helmet. Place it before bike check-in for checked by technical officer.

7. Bike pump sticker

Stick a sticker on the bike pump at bike check-in. Write your Race number on the sticker at Bike Check in Tent and place it on Bike Pump.

8-1. Street gear Bag (Black String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-2. Bike Transition Bag (Blue String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-3. RUN Transition Bag (Red String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

Note: Timing chips are distributed at Bike Check In. Make sure to maintain not to lose for Race Day.

Venue Map



PRE RACE INFORMATION 1/3



Athlete Check-In

June 9 10:00-16:00

Shiroya Seaside Park (see page8 for venue map)

You will receive a race number, a sticker and a transition bag.

If you do not check in during the athlete check-in time, you will not be allowed to participate in the race. **Pick up at 10:00-16:00 on June 9.**

Where: Shiraya Seaside Park

What must be presented:

- Photo identification (driver's license or passport).

Emergency contacts

Athletes must check in at the venue on the above dates and times. Athlete cannot check in outside the designated hours.

If you need to inform the Secretariat of an emergency during the race, please call the phone number below.

Phone: 0532-25-5963

Email: contact@higashimikawa.or.jp

Warning: Only the registered person can receive a race kit at the athlete check-in. Please note that no one else can compete in your name or in someone else's name.

If you cheat, you will be suspended and both will not be able to compete in future IRONMAN Asia Triathlon Races.

Race number

When you receive your transition bag and bike check out, your wristband and race number confirm your identity.

Timing chip

During the race: Your chip must be worn on your left ankle during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff 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.

If you lose your timing chip during the race, inform Event Staff within Transition or at the finish line, so that timing providers can do their best to replace the chip.

Drop Off: Timing chips will be collected at the finish arch in exchange for a finisher T-shirt.

Drop Out: If you do not start the race, or if you are retiring the race, return timing chips to the judges. If you do not find the judges, return them to your staff or timing team members. Whenever possible, return them to staff, not volunteers.

Missing Timing chips: If a timing chip is not returned or is lost, **there will be a \$100 replacement fee.** If you notice that you have a chip after the race, mail it within 5 days to:

〒441-8560

39-5 Daizen, Uedacho, Toyohashi, Aichi
Musashi-Seimitsu East Mikawa Sports Regional
Development Foundation

Failure to wear a timing chip on the race day, failure to return the chip after the event, or failure to pay for the replacement of a lost timing chip may prevent you from participating in future IRONMAN events.

Pre-race

Bike check-in

June 9th 11:00-17:00

T1

Shiroya Seaside Park

Bike and helmet check:

- Conducted by referees.
- You, the athlete are responsible for your bike being in safe working order.
- In advance, attach the bike number sticker to the seat post by yourself.
- 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 and JTU regulations

• **If you pass the check, attach a certificate of acceptance**

Put Helmet in your transition bag.

How to install at a bicycle rack:

A bike rack with a race number is prepared for T1. Hang the saddle with the front wheels facing out.

Cover:

Complete bike cover is not available for rack storage at night.

Transition Area Open

June 10 4:00-5:45

On the morning of the race, you can access T1 bike. However, you can not take the bike out of the transition area until the bike part of the race begins.

Bike mechanics

June 9 11:00-17:00

Bike mechanics are available. We provide minor mechanic service. This is a paid service.

A limited "emergency service" for all athletes will be offered at 4:00 of the race morning.

For on course support, see the bike course information on page 23.

Race Briefing

Read thru this guideline very well. We'll check it when athletes check in.

It's an important opportunity for both experienced triathletes and first-time racers. Important information about course peculiarities, rules and course closure is provided.

On June 9 at 11:00, 14:00 and 16:00, the race director will set aside time for questions at the athlete check-in site. Information on last-minute changes or procedures for events that have or may occur due to weather-related forecasts will be provided sequentially.

Swim Practice, Pre-Race Training

You can Swim Practice at Shiroya Seaside Park from 13:00 to 15:00 on June 9.

A portion of the course will be marked and lifeguards and surveillance vessels will be in place.

Please note that you must have checked in your bike and received a timing chip to participate in the swim practice.

You must wear a timing chip during the swim practice.

If you have not checked in your bike and not received a timing chip, you will not be able to swim.

Wear a wetsuit and swim cap to swim.

The target cruiser of 200 m offshore is anchored. A Tahara muskmelon is passed from a small boat near the cruiser.

When you train your bike or run, please follow the traffic laws. Wear a helmet.

Note that Japan is "left handed traffic."

Shuttle buses

Buses for athlete check-in and bike check-in on June 9 operate between the Kodomo Miraikan Coconico at the east exit of Toyohashi Station and Shiroya Seaside Park.

Bike can be loaded on trucks operated with shuttle buses.

Buses returning on the same route will also be operated.

Parking

Athletes' parking for athlete check in and bike check-in on June 9 will be located at the Himejima Fishing Port near Shiroya Seaside Park.

The landmark is Shiraya Crossing in Tahara City. Head north from Shiraya Crossing to Himejima Fishing Port.

Shiroya Seaside Park is about a 10 minute walk from Himejima Fishing Port.

Pre-Race Day parking is allowed 9:00-18:00

WELCOME Event

Shiroya Seaside Park will entertain you with Atsumi Peninsula specialties and more. It also hosts talk shows and other events.

Tahara city is one of the largest flower producing areas in Japan. Enjoy the beautifully decorated venue.

FRI. 9th June Parking Location



Transition bag 1/3



Street Gear Bag (Black String)

The black string transition bag is used as a street gear bag.

Put in the clothes you wore before the race and the clothes you need after the race and leave them in the start area. No other bags can be checked.

Stick a number sticker to the left bottom corner of the bag on your own.

- Time to drop: 5:00~6:00

Return the bag at the finish area.

© Things to put in the bag (example)

- Clothing and footwear worn before the start
- Clothing and footwear worn after finishing
- Keep valuables out of your bag as much as possible.
- In the finish area, there is a sweets festival, as well as refreshments prepared by the organizers. If you are interested, please prepare small change.

View page 14 of time and place.

The bag will be collected at start area, transported and returned at Finish Area.

Bike (blue string) and Run (red string) Transition Bag

The Bike Transition Bag (blue string) holds the gear used on the bike.

It will be installed on the T1 "bag rack" on June 9 or June 10. The race number will be displayed in the tent, so each person will install it at the location of his or her own number.

- Bike wear
- Helmet
- Bike Shoes
- Nutrition and Fluids

Items needed for racing that can't be attached to the bike should be kept in the bag

In the run transition bag (red string), keep the gear used for the run.

On June 9 or June 10, install the tents in the T2 "bag rack." In the tent, the race number is displayed, so each person installs it in the place of his or her own number.

- Runwear
- Runshoes
- Supplemental diet

The transition bag is placed inside the change tent at the transition and can be accessed during the transition process.

The transition process is described on page 15.

Useful tip: Remember that blue (BLUE) is a B, so bike and red (RED) is a Run, so Red.

Examples of items athletes should consider:

| Bike Transition Bag | Run Transition Bag |
|--------------------------------|------------------------|
| Bike shoes (or on bike pedals) | Running shoes (must) |
| Helmet | Race Bib number (must) |
| Sunglasses | Sunglasses |
| Race Bib number (must) | Hat / Visor |
| Change of clothes and Socks | Socks |
| Nutrition and fluids | changing clothes |
| Towel | Nutrition and fluids |
| Sunscreen | |
| Vaseline | |

Transition bag 2/3



| BAG | DROP OFF LOCATION | Use during a race | Post Race Collection |
|--|---|--|--|
| Bike Transition bag <i>Swim to Bike</i> | June 9 12:00-17:00 June 10 4:00-5:45 T1 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T1 bagrack tent. Take out the bike gear and place all the swim gears in the blue string bag. When you leave the wearing changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport it |
| Run Transition bag <i>Bike to Run</i> | June 9 12:00-17:00 June 10 4:00-5:45 T2 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T2 bagrack tent. Take out the run gear and place all the bike gear in the red string bag. When you leave the changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport |
| STREET GEAR BAG | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Use | June 10 Near the finish area *The organizer will transport |
| BIKE PUMPS put into STREET GEAR BAG *place sticker on the bike pump with the race number in advance | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Access During Race | June 10 Near the finish area *The organizer will transport |

Note: When you collect the bike, you must collect the bike, the run transition bag and the bike pump at the same time.

Before the race

Transition area open

Open June 10 4:00-5:45, at race morning. All athletes must be out of the area by 5:45. Make sure you have enough time to move on the morning of the race.

You have the opportunity to make final adjustments to your bike. Make sure all items are attached to your bike.

You are not allowed to place items on the ground beside your bike. This includes items such as footwashing equipment and bags.

Bike pump

After using the bike pump on a T1, put it in a street gear bag (black string transition bag) and drop.

Label the pump with the race number in case it falls out of the transition bag.

Prepare labels and writing materials for the June 9 bike check tent. Label the bike pump with the race number.

Any bike pump placed in T1 without deposit, any bike pump that has fallen out of the transition bag and is not labeled will be treated as donated.

During the race

Transition from swim to bike

After the swim, you are guided to T1 through the swim finish arch.

You are not allowed to change clothes in a public place with your trunk exposed. You need to be well prepared for the race before you start

When changing clothes, use a changing tent. You can also wear bikewear under a wet suit.

Personal supplementary food and beverages are allowed to be stored in the wear or attached to the bike.

Bike shoes are allowed to be worn before passing the mount line.

Transition from bike to run

After the bike part, get off the bike and store it in a T2 rack. The T2, unlike the T1, is a free rack, so follow the staff's instructions and put the bike on the rack.

Keep the bike's gear, such as shoes and helmet, separate from the bike and in the transition bag. This is to prevent the shoes from coming off when volunteers and staff carry the bike. After picking up the red string transition bag in the bag rack at the behind of the bike rack and taking out the run gear, you need to store the bike gear in the red string transition bag and leave it with a volunteer.

After the race

To pick up your bike or transition bag, you'll need to show your wristband or race number.

Black string, blue string and red string transition bags should be collected near the finish area.

Bike checkout is at 10:30-17:15 on June 10. You cannot pick up after this time.

If the bag is not collected by the time, the organizer is not responsible for the loss.

Shuttle Bus Information-1



Race Day Moving

For athletes who do not use their own cars or rental cars, there is a shuttle bus from the Kodomo Miraikan Coconico at the east exit of Toyohashi Station to the start site, Shiratani Seaside Park.

After the competition, there is a bus from Toyohashi General Sports Park back to the Children's Miraikan Coconico.

For athletes using their own cars or rental cars, temporary parking will be provided around the finishing area, Toyohashi

General Sports Park.

Shuttle buses will be operated from Toyohashi General Sports Park to the starting site, Shiratani Seaside Park.

FRI. 9 June 2023 For Athlete

For Athlete Check-IN/ EXPO Venue

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time | Note |
|-------------|--------------|
| 9:00-15:30 | Every 30 min |

Approximate 60 min drive

BIKE Transport Truck operate together

Bike will be transported by SEINO Truck which operated together with Shuttle.

It carries bike as assembled, please bring your bike taken out from Bike Case.

Please DO NOT Bring Bike Case

For Return to Toyohashi City

“A” Shiroya Seaside Park → “D” Toyohashi Station East Gate

| Depart Time | Note |
|-------------|--------------|
| 12:15-17:15 | Every 30 min |

Approximate 60 min drive

SAT. 10 June 2023 For Athlete Before the Start

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time |
|-------------|
| 3:30 |
| 3:45 |
| 4:00 |
| 4:30 |

Approximate 60 min drive

“C” Toyohashi Sports Park → “A” Shiroya Seaside Park
(near Athlete Parking)

| Depart Time |
|-------------|
| 3:30 |
| 3:40 |
| 3:50 |
| 4:00 |
| 4:10 |
| 4:20 |
| 4:30 |

Approximate 45 min drive

SAT. 10 June 2023 For Athlete

After the Finish

For Award Party

“C” Toyohashi Sports Park → “B” Kodomo-Mirai Kan “KOKONIKO”

BIKE Transport Truck operate together

| Depart Time | Depart Time |
|-------------|-------------|
| 12:00 | 14:30 |
| 12:30 | 15:00 |
| 13:00 | 15:30 |
| 13:30 | 16:00 |
| 14:00 | --- |

Approximate 20 min drive

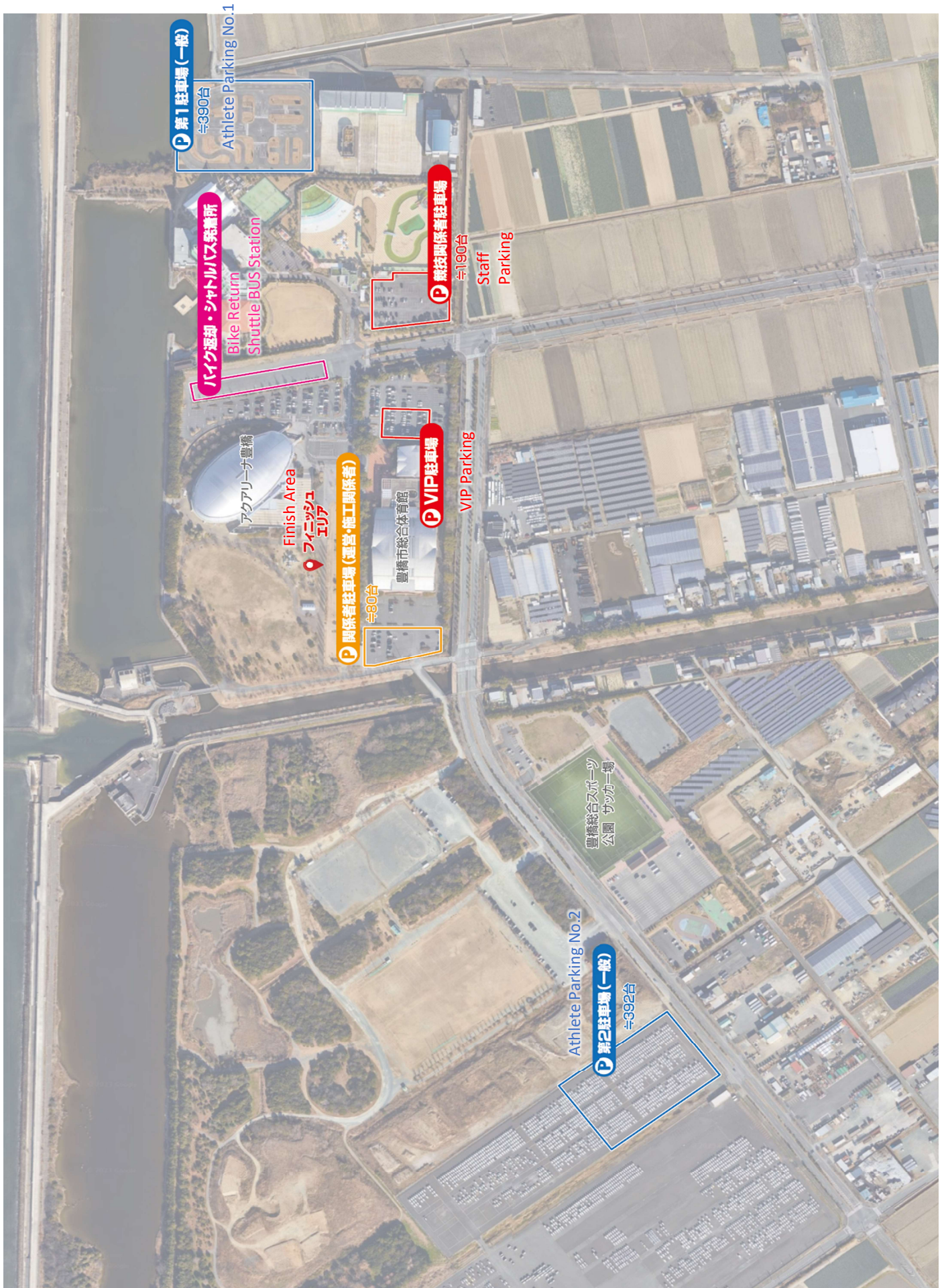
After the Award Ceremony

“B” Kodomo-Mirai Kan “KOKONIKO” → “C” Toyohashi Sports park

| Depart Time |
|-------------|
| 19:45 |
| 20:15 |
| 21:00 |

Approximate 20 min drive

SAT. 10th June Athlete Parking



Before Swim

· Your glasses will be placed at the swim-finish point, so be sure to put your glasses on by 6:00.

When placing your glasses, write the race number on the sticker placed on the glass-keeping stand and affix it to your glasses.

Available:

- Water
- Permanent toilets, temporary toilets

Swim temporary landing site

Available:

- Water

Swim-up - > T1

Available:

- Water
- Toilet

Bike Aid Station

Place on the left side of the course.

Just before the aid station, a bottle catcher will be set up, so throw in any bottles you no longer need (bottles can not be returned).

Aid station location:

- BAS1 23.4 km Rokuren JA collection and shipment site
- BAS2 36.0 km Akabane Elementary School
- BAS3 54.2 km Crystal Beach
- BAS4 73.7 km Fukue Junior High School

Available:

- Water (Bike bottle included)
- Sports drink (Ajinomoto BCAA charged water / Bike bottle included)
- Toilet

Process:

Slow down when entering the Bike Aid Station (No need to stop!)

If you do not need to resupply at the Bike Aid Station, take the right side of the roadway.

There are signs at the Aid Station to indicate what is being offered. We also call out what volunteers are offering.

Tell volunteers your needs out loud and politely.

Trash disposal

When no longer needed, throw the bottle into the bottle catcher.

Do not throw away anywhere else on the course. A strict

time penalty applies.

Medical

Fire crews will be stationed at seven locations on the course apart from the aid station. Medical personnel will be stationed at five of those locations.

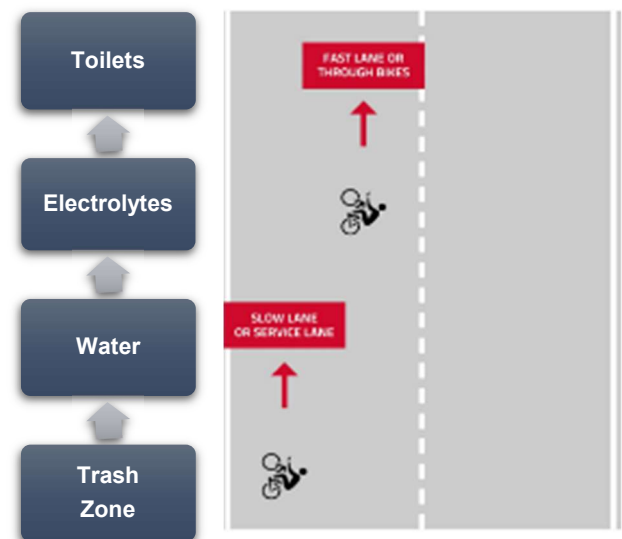
A cross flag will be displayed at the medical point, and aid workers will wear bibs with a cross print.

It supports athletes who are sick or injured. If necessary, it is dispatched by vehicle to provide relief.

Sirens and loudspeakers are used to signal the approach of emergency vehicles as they travel the course. Try to stop and wait for emergency vehicles to pass.

If you witness another player's trouble on the course, tell the nearest medical point.

Aid station layout



Run-Aid Swimming

- T2 0.0km
- RAS1 2.0 km (Himeshima Fishing Port)
- RAS2 4.0 km (Tahara Wharf Entrance)
- RAS3 5.4 km (Doura Elementary School)
- RAS4 6.8 km (Midorigahama Park)
- RAS5 9.3 km (Mikawa Port Ohashi Higashizume)
- RAS6 12.2 km (Meikai Central)
- RAS7 14.1 km (Funato Green Space)
- RAS8 15.8 km (Toyohashi Warehouse)
- RAS9 18.8 km (Kannofuto 3 Torimon)
- RAS10 20.0 km (Rokugata Ohashi South Side)

Offer:

- Water
- Ajinomoto Amino Vital Water
- Kabaya salt-charged tablet
- Imuraya Sports Yokan
- Ezaki Glico Balance On Mini Cake
- Energy Jelly (Muscat flavor, energy drink flavor)
- Coca-Cola (soda)
- Banana or melon
- Musashi Shot Jelly (RAS5)
- Toilet

Process:

The run aid station is located on the left side. When you get close, move to the left side (no need to stop)

When not replenishing at the run-aid station, try to pass on the right side.

Signs at the aid station indicate what is on offer. Volunteers also call out what they are offering.

Tell the volunteers your needs out loud and politely.

Disposal:

Dispose of unwanted items in the trash cans (disposal

zones) located in front and behind the aid station.

Disposing outside the designated area will result in a severe time penalty.

Splash zone

Since it is difficult to secure water sources for this course, we will prepare scoop ladles at each aid Station.

Medical

Paramedics will be on standby at all run-aid stations. **At medical points, a cross flag will be displayed and aid workers will wear bibs with a cross mark printed on them.**

We will support athletes who are ill or injured.

If you witness another player's trouble on the course, tell the nearest medical point.



Cut-off time

The cumulative cut-off time for swims, bikes and runs on the course are all based on an individual's swim start time.

The cut-off times below provide absolute cut-off locations and times based on the last starter projected at the time of publication of this document.

They are individually adjusted and implemented by the race director on race day.

Swim:

The swim course **ends 1 hour and 10 minutes** after the last swimmer begins swimming. Regardless of when each swimmer starts the swim, 1 hour and 10 minutes is picked up after the last starter starts the swim.

If a swimmer takes more than 1 hour and 10 minutes to complete the swim, they will not be allowed to continue and will receive a DNF. To make a rolling start, they will be recorded as a DNF even if they continue to compete.

Bike:

Bike courses close **5 hours and 30 minutes after** the last swimmer starts swimming.

Each swimmer, regardless of when he or she starts swimming, must finish the swim, T1 or bike within 5 hours and 30 minutes of the last starter starting the swim. If it takes more than 5 hours and 30 minutes to finish the swim, T1 or bike, he or she will not be allowed to continue and will receive a DNF.

The on-course cutoff will be cut off by the transit time every 5 km. The cutoff time every 5 km since the last starter started the swim will be determined by the race director.

To make a rolling start, it will be recorded as DNF even if the race is continued.

Run Finish:

The run course closes 8 hours and 0 minutes after the last swimmer begins to swim. Each swimmer completes the entire course within 8 hours and 0 minutes.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and fail to cross the finish line before the run is closed become DNF.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and cross the finish line receive NC (Not Classified) for their race results, meaning they do not qualify for age-specific awards or World Championships.

The on-course cutoff is cut off by the passing time per kilometre. The cut-off time for each kilometre after the last starter starts the swim is determined by the race director.

The course is closed to all athletes based on the time the last starter starts the swim.

Note: IRONMAN officials reserve the right to pull any athlete who exceeds the course time cutoff from the course

• Swim

1 hour and 10 minutes from the start of the last athlete

(Current estimate: 8:00)

• Bike

5 hours and 30 minutes from the start of the last player

(Current estimate: 12:20)

• Run

8 hours 0 minutes from the start of the last player

(Current estimate: 14:50)

Change or cancellation of the tournament

If the course is changed or cancelled due to weather, the race director will notify you.

This will be communicated via email.

Race Day Service

Medical

First aid providers are engaged to provide first aid at all events operated by the IRONMAN Group.

First aid is deployed in a variety of locations. The exact location of the first aid station can be found with on the map next page.

Athletes are responsible for all costs incurred as a result of medical accidents. This includes, but is not limited to, hospitalization, professional treatment, etc.

Therefore, it is highly recommended that all players have sufficient travel or personal insurance to attend IRONMAN Group events. Players are responsible for understanding the terms of the insurance they hold.

Mechanic service

On the bike course, mechanics will be stationed at three locations.

- BAS1 23.4 km Rokuren JA Collection and Shipping Depot
- BAS2 36.0 km Akabane Elementary School
- BAS4 73.6 km? Fukue Junior High School

Three mobile mechanics on motorized bicycles enter the bike course from Shiroya Seaside Park. Every about 100, 300, and 500 motorcyclists will start, the 1 traveling mechanic car starts at a time.

If you use parts, spare tube tires, etc., you will be charged after the race.

Athlete pickup vehicle

Athlete pickup vehicles pick up athlete who are unable to complete the competition or finish within the cut-off time of the course. In the bike part, bikes are also picked up. When players picked up, bike are transported to the finish area.

If a pickup is needed, request it at a first-aid station along the course or staff along the route.

Note:It may take some time for a athlete pickup vehicle to arrive. For faster arrival, do not move from the requested location after requesting a pickup vehicle.

This may affect the ability of the player pickup vehicle to find and transport you.

Collection of timing chips

When an athlete decides to retire, he or she is responsible for reporting the decision to the nearest official and returning the race number and timing chips.

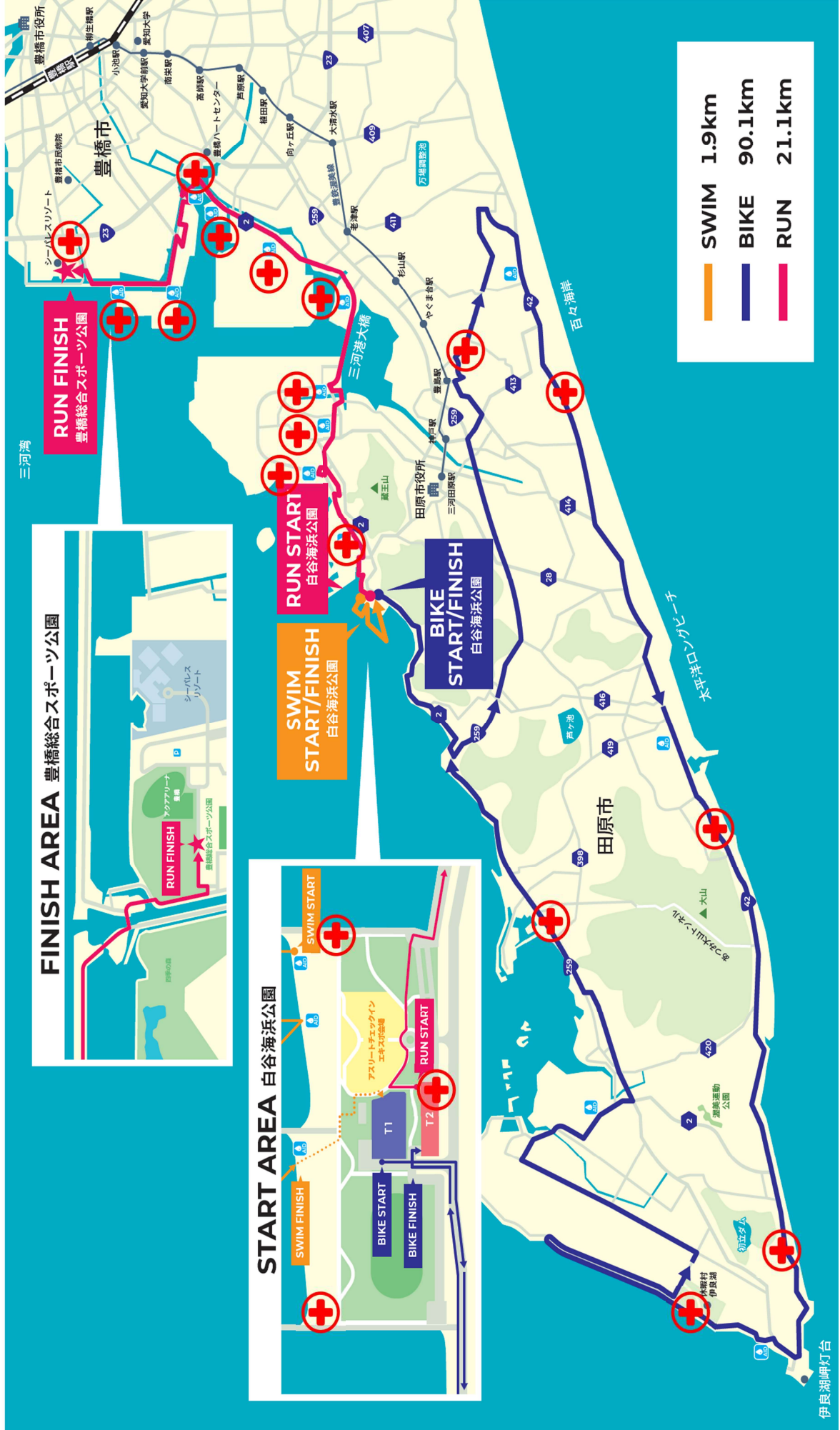
It is essential that race officials keep track of where the athlete is on the course. Failure to comply with the rule after retiring from the race may result in the athlete not being able to participate in IRONMAN events in the future.

Medical Station



COURSE MAP

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN

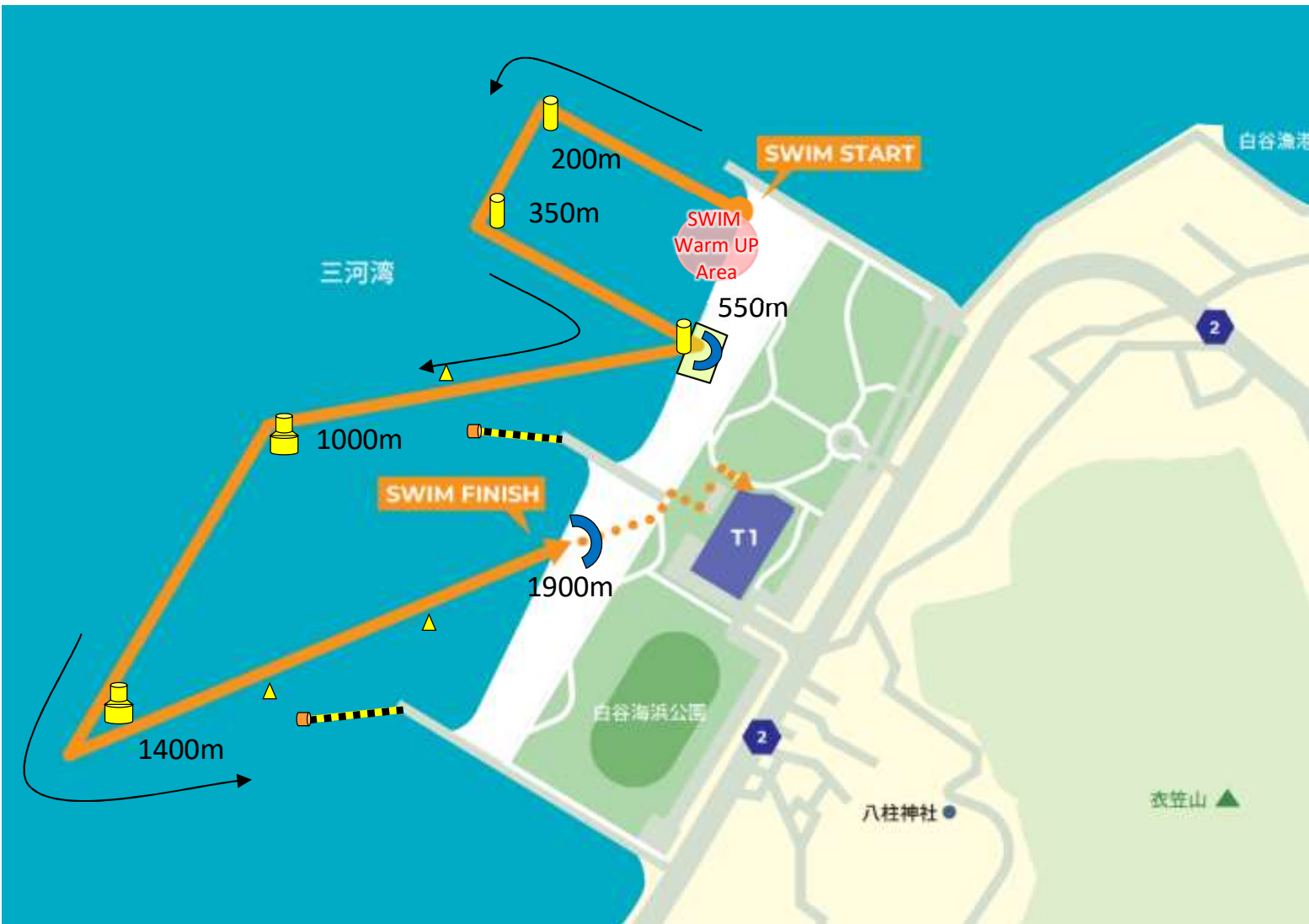


| | |
|------|--------|
| SWIM | 1.9km |
| BIKE | 90.1km |
| RUN | 21.1km |



伊良湖岬灯台

SWIM COURSE 1



Course

The swim course is held off the coast of SHIROYA Seaside Park.

After swimming offshore, you can return to the beach and keep yourself hydrated.

The swim finish is in the center of the beach, marked by an arch.

How to start

10 athletes make a "rolling start" every 30 seconds. The starting order is based on the estimated swim time.

At the beachside, the volunteers will tell you the estimated time so please make a line considering the other athletes.

Swim safety

The swim course is guarded by lifesavers (more than 25 rescue boards), water bikes and 15 surveillance boats.

When lifesaver feel the need, they call out to the athletes to check their physical condition. Please respond with two gesture.

***Tap your head with the palm of your hand.**

***Answer "Fine", "OK!" in a loud voice**

If the athletes can't do these two things quickly, we'll rescue them right away.

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 in time you decide to abandon the swim, you will be taken to one of the swim extraction points.

At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

Above all, the safety of each athlete is our prime concern. A full sweep of the course will be made directly behind the last swimmer.

Visual aids will be provided by the buoys, guard vessels and lifesaver that line the course.

SWIM COURSE 2

WARM UP SWIM

Aged Group Athletes:
June 10, 5:30-5:50

You can enter the water around 50 m offshore near the start area in the swim course.

A timing chip is required.

ROLLING START

6:00~

The race start will be a Rolling Swim Start. Athletes are to self-seed themselves into their allocated Start Zones prior to race start.

Four different Start Zones are available, depending on an athlete's expected swim time:

- Zone 1 – Under 33 minutes (Swim cap: Green)
- Zone 2 – 33 – 37 minutes (Swim cap: Purple - Pink)
- Zone 3 – 38 – 41 minutes (Swim cap: Light Blue)
- Zone 4 – Over 41 minutes (Swim cap: Blue)
- Physically challenged (Swim cap: White)

Expected time to start

Zone 1 6:00

Zone 2 6:05

Zone 3 6:14

Zone 4 6:25

Physically Challenged 6:38

Assemble at Swim Start Area 15minute prior to your expected start time.

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of the Event Staff.

At the official start time of 6:00, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual 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.

SWIM CAPS

Please wear the provided swim caps.

SWIM CUT OFF

1 hour 10 mins. from each athlete's individuals start time. The cutoff time is based on the last athlete's start time (currently 6:50).

It's a rolling start, so if you go over 1 hour and 10 minutes, it's recorded as DNF, even if you proceeded on a course or bike course.

SWIM SKIPPING

Swim skipping is not allowed

ABANDON THE SWIM

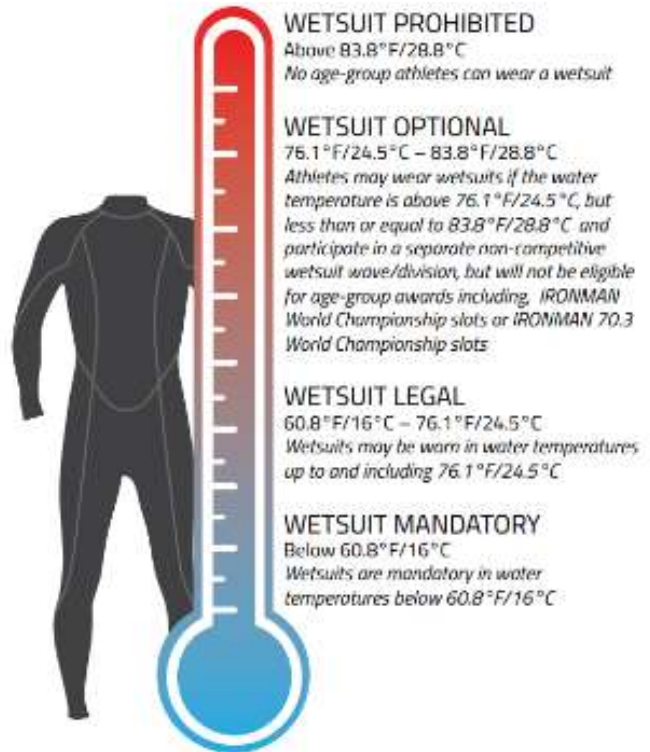
There is a landing spot at 550 m for safety. A measuring mat is set up here to check the passage. It is recommended to abandon the swim if you feel sick and at this landing point

ANTI-SHARK MEASURES

Sharks have been spotted on swimming trails in the past, and recreational fishing boats equipped with devices that transmit the feeble electric currents sharks dislike searched for sharks and ejected them a week before the event.

SEAWEED

On the day of the competition, the tide and water levels are almost low. In consideration of the ecosystem, seaweed is not removed. We recommend wearing a full wet suit if you are concerned.



WETSUIT RULING

● 28.8 °C and above - Not allowed

● 24.5 °C to 28.8 °C – Allowed but will be excluded from awards and excluded to enter the slot for the World Championships.

● 16 °C to 24.5 °C - Recommended to wear

● 16.0 °C and below - Mandatory to be worn under

A provisional wetsuit ruling will be posted at the Athlete Check-In place at 10:00 on June 9.

The official wetsuit ruling will be announced by the Race Director at 4:30 on June 10.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim exit. Labels and writing materials are prepared on the table. Please ensure your glasses are labeled with your race number prior to dropping them off.

SWIM TO BIKE TRANSITION

Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. When changing clothes, use a tent. You can also wear bikewear under a wet suit. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line



① Swimming Up

An arch is installed in the swim-up. Please aim to land on that mark. There is also a first-aid station.

② Glasses Custody

People who use glasses should pick up glasses in advance.

③ Bag tent

Pick up the blue string transition bag that you installed beforehand (the rack row is determined by the last digit of the race number).

④ A changing tent

When changing clothes, use a tent.

⑤ Transition bag dropoff

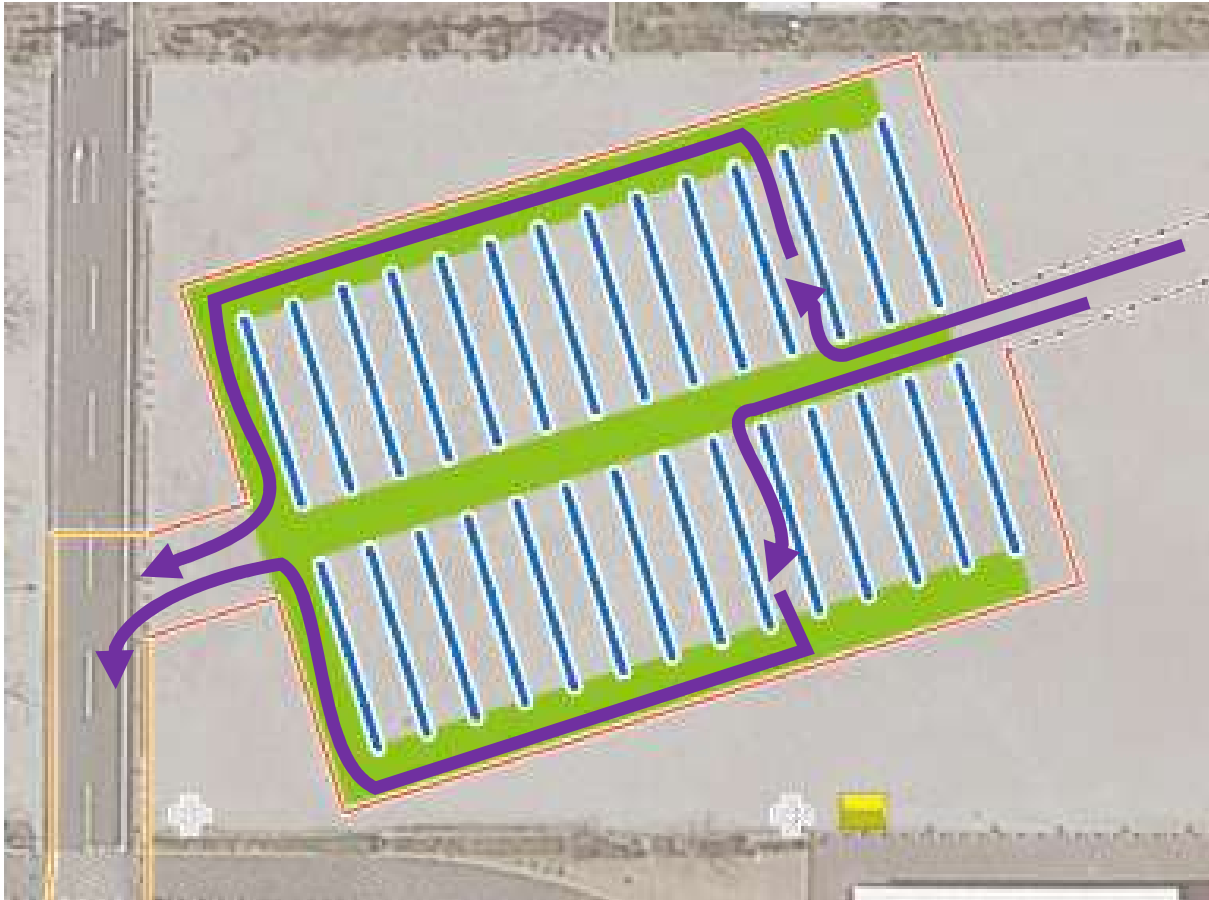
Put the used swim gear in the blue strap bag and throw it into the cart.

⑥ Bike rack

The travel route in the bike rack is listed on the next page.

⑦ Mount line

Please push the bike up to the mount line.



How to move in a bike rack

In the bike rack, as shown in the above figure, first use the middle passage to go to the bike rack.

After picking up the bike, push the bike and go to the bike mount line from the outside passage.

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.

BIKE COURSE 90.1 km

Course Map



Course

Majority of the main roads take prefectural and national roads.

It is highly recommended to use thick tires with good puncture-proof performance.

The course has intersections for detours. There are about 600 security guards and about 1000 volunteers to manage the safety of the course but please drive safely.

Aside from cones, and signages, volunteer staff will guide you through the course.

There is a section of the course where a vehicle goes around the opposite lane.

① Athletes run the same course for about 5km after the start and the last 5km. Both the outbound journey and the return journey take the sea lane (the outbound journey takes the opposite lane)..

② After turning right, the road is narrow, so be careful.

③ The steep slope continues. After that, it gets faster because it continues downhill. Watch your speed.

④ It is a course along the sandy beach, and it is a section where sand easily flows out. Please drive safely.

⑤ It's a U-turn. The road is not wide, so be careful. There are also two right-angle curves ahead.

⑥ The shape goes diagonally down to the right, please be careful.

⑦ It's a national road, turn left and go on the old road. The pavement on both sides of the course is not smooth, so follow the cones and drive in the middle of the road.

Aid station

There are 4 aid stations.

Bike Cut Off

The time limit is 5 hours and 30 minutes from each athlete's start time. The course will be closed based on the start time of the last athlete to swim. It is currently scheduled for about 12:20.

BIKE COURSE 90.1 km



DRAFTING PENALTIES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Must pass on the Right-hand side
- Must complete your pass within 25 seconds
- Must be always making forward progress
- A started pass must be completed – NO Slip Streaming
- After being passed drop 12 meters back
- Cannot pass until 12 meters back
- A competitor passing on the inside (Left-hand side) of another competitor will receive an Illegal Pass penalty. Must pass on the RIGHT.
- A competitor who has completed a pass and is not passing another competitor, motorbike, or vehicle and who fails to move safely and immediately to the right of the cycle lane will receive a Blocking penalty.
- You must report to the PENALTY TENT (Yellow Tent) located at T2/Transition Area.

Failure to do will result in DISQUALIFICATION.

If you receive 3 blue card penalties you will be DISQUALIFIED.

Follow this link to [IRONMAN Competition Rules](#).

For safety reasons, the following cycling positions are prohibited:

BIKE MECHANICS

Roving Bike Mechanics will be available on the course to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

SAG VEHICLE

The “SAG vehicles” is on standby at the end of the lines to pick up athletes who can no longer move on the course. In the bike course, motorbikes are also carried along and transported to the finish area.

Should you require a SAG vehicle at any time, please advise the first aid personnel or staff at the nearest aid station.

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



DRAFTING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



LITTERING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



BLOCKING VIOLATION
YELLOW CARD
30 second stop and go time penalty served at the next Penalty Tent



DISQUALIFICATION (DSQ)
RED CARD
3 BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION

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.



① Dismount line

Please get off the motorbike in front of the line. Do not leave your shoes on the motorbike. Be sure to remove your shoes from the pedals and place them in a red strap transition bag. The bike is loaded onto a transport truck, so leaving the shoes on can scratch them. No complaints will be accepted if the shoes are on.

② Bike Free Rack

We will prepare two sets of bike racks. Please follow the instruction of the staff and ride a motorbike.

③ Bag tent

Pick up the red string transition bag you installed beforehand (the rack row is determined by the last digit of the race number).

④ A Changing tent

Please use the tent when changing clothes.

⑤ Transition bag dropoff

Put your bike gear (Shoes, helmets, etc.) in the red strap bag and throw it into the cart.

If you leave your helmet on the motorbike, you will not respond to claims of damage or loss.

RUNNING COURSE 21.1 km

Course Map



RUN COURSE 21.1km

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN



COURSE

If there is no sidewalk, run on the side of the road, but if there is a sidewalk, run on the sidewalk.

- ① Run on the sidewalk of the seawall immediately after the start. There may be a slight incline and an open seam in the path, so run carefully.
- ② There is a grade crossing of around 4km and a complicated change of direction, so please follow the guidance..
- ③ The course runs on the sidewalk of the Mikawa Port Bridge. There are few standing patrols, and it may take some time to cross the bridge railing in case of an emergency. If you are not feeling well, it is recommended that you discontinue the race using RAS4. There is no standing patrol other than a guide point in the section ahead. If you feel sick, ask for help at the water station (RAS5 to RAS10) set up about every 2 km.
- ④ ⑤ Runs on the pedestrian bridge. Please be careful while running.

From ⑥ to ⑧, there are 4 stairways such as an underground passage. Please be careful.

⑧ It is a section that boasts a wonderful view, but since both sides are on the water surface and there are no handrails, please focus while running.

AID STATION

There are 10 places on the course. Paramedics are assigned to RAS5 through RAS10. If you feel sick, ask for help as soon as possible.

RUN CUT OFF

8 hours 00 mins from the athlete's individual start time. Based on the last athlete, there will be an intermediate cut-off at every 1km. If you could not make it within the cut off, please get on the pickup vehicle.

FINISH LINE AND POST RACE



FINISH LINE POLICY

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 athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

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.

How to Get your Best Photos:

- Ensure your helmet sticker visible on the FRONT of your bike helmet.
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- 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.

Search for your race at www.sportograf.com and register your email address to be notified as soon as all photos from your event are online

FINISHER SHIRTS

Finisher shirts will be available to all official finishers post-race and can be collected from the designated area within Recovery.

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Finisher t-shirt collection
- Recovery food/drink
- Street gear bag & bike transition bag collection
- Icing
- Medical support (if required)
- Male & female change tents
- Official finisher photo by Sportograf

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

Bicycles can be picked up outside the area.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Electrolyte hydration
- Recovery Jelly
- Banana
- Salt Tablet
- Udon noodles
- Protein Chikuwa
- Cake

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Tracker App
- Event Website - <https://www.ironman.com/im703-japan-results>

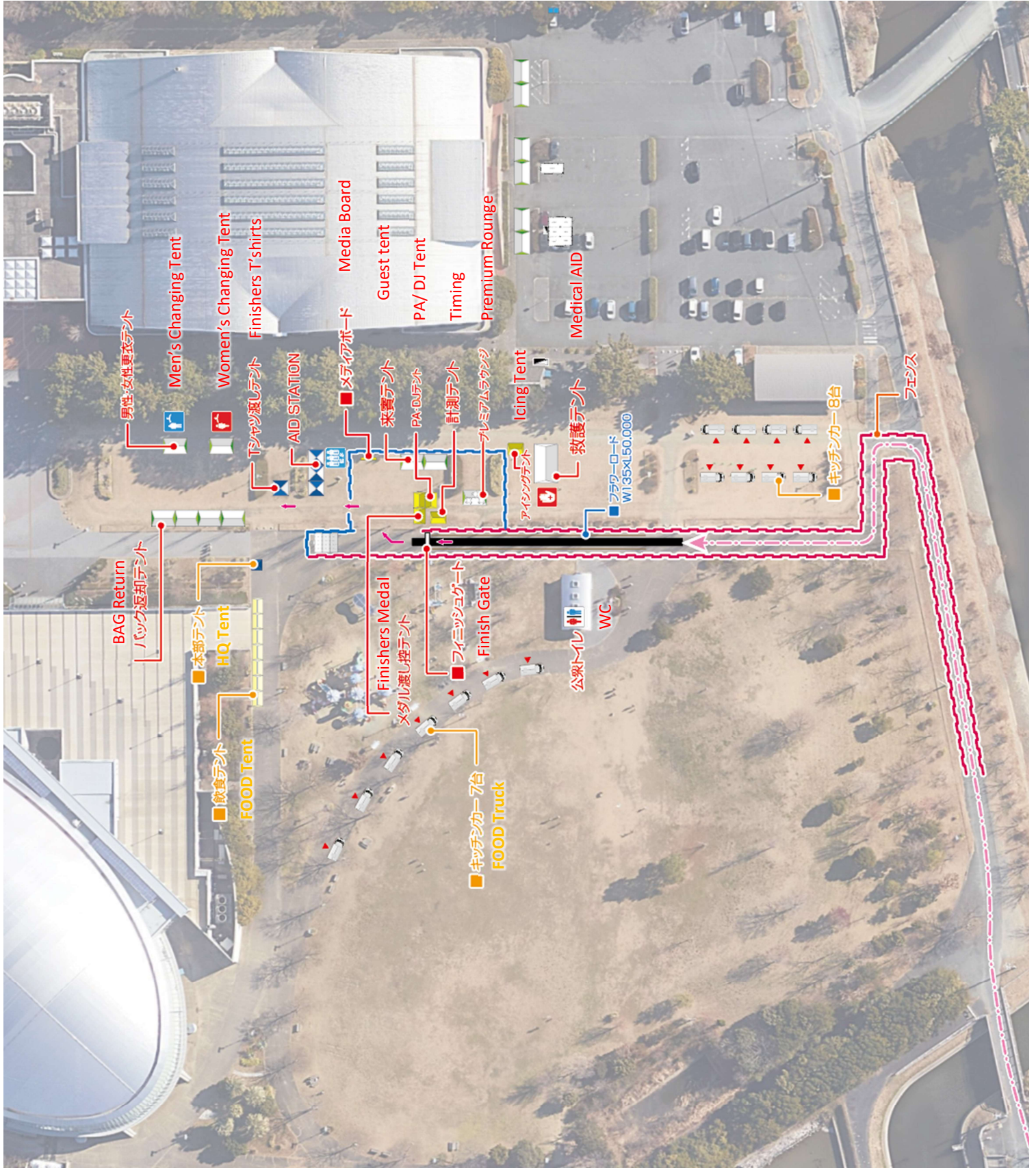
LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

Please note: No responsibility or liability is taken by the Race Organizers for lost property.

All lost property will be held for 30days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN email.

Finish Area





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

We are using the 2023 [IRONMAN Competition Rules](#) in alignment with the special IRONMAN rules and this is a NON-drafting Event.

All Athletes should read and understand the complete [IRONMAN Competition Rules](#) prior to race day. Below highlights some of the IRONMAN Competition Rules.

Conduct of Athletes

Section 2.01 General Behaviour

- (a) Practice good sportsmanship at all times;
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02). Receiving assistance (other than in accordance with Section 2.02) will result in disqualification;
 - (i) Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

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 4.02 Wetsuit Rules

(a) For age-group athletes, relay team athletes and Open Division athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ)

(d) A wetsuit may cover any part of the body except the face, hands, or feet;

(f) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ)

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 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 or 60 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 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

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

Continued over page..

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. (DSQ) (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).

RACE FINISH, TIMING, AND RESULTS

(e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

(i) Did not start (“DNS”) – Enters an Event but fails to start;

(ii) Disqualified (“DSQ”) – Starts an Event and was disqualified;

(iii) Did not finish (“DNF”) – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and

(iv) Not classified (“NC”) – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

(f) Results will include athletes who do not finish the Race (“DNF”), athletes designated as not classified (“NC”) and those who are disqualified (“DSQ”). All available splits will be listed for DNF and NC athletes.

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.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete’s age as of December 31 of the year of the Event.

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.

TRANSFERRING REGISTRATION

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

PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN (PC/ID OPEN) DIVISION

- Participation in the PC/ID Open Division is available to athletes with a medically verified Visual Impairment, Special Teams, athletes with an intellectual disability, or athletes with a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment (except for approved ID Open athletes) are not eligible to participate in the PC/ID Open Division
- PC/ID Open athletes are not eligible for awards or World Championship slots

OPEN DIVISION

The Open Division is a non-competitive, participatory division which is open to any able-bodied athlete who cannot or do not wish to race in a competitive age or gender group

There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event

Any athlete who wants to change to the Open Division during race week can do so during the onsite athlete check-in process. Please visit the solutions desk inside the Athlete Check-in area to change divisions

Athletes in the Open Division are not eligible for awards or World Championship slots

Athletes in the Open Division are subject to the IRONMAN Competition Rules as set forth in Article I – VII, and Article XI. Please refer to the [IRONMAN Policies](#) for additional information.

AWARD Party -1



Award Party on Saturday 10th June

Doors open at 17:30 Party at 18:00-19:30

Venue

- Hotel Arc Riche Toyohashi (reception on the 1st floor)
- Toyohashi Station South Gate Square
- Toyohashi City Machinaka Square

The main venue for the award ceremony is Hotel Arc Riche Toyohashi. Seats are limited, so only the recipients and their companions listed on the right will be invited to Hotel. After the race, please check IRONMAN Tracker App to see if you are eligible for the award and come to the reception desk on the first floor.

A big screen is set up in the plaza in front of the south gate square and in the Machinaka Square you can enjoy the live-cast the awards ceremony

You also can enjoy Migashimikawa Food FES, Expo, Ironman Store

Award

Each Age Group 1st~3rd Place

Local Residents Category 1st~3rd Place

Premium Category 1st ~10th Place

The Athlete who fail to receive award at ceremony will receive it by cash on delivery after the race.

Contact race organizer via Email to confirm receipt.

Award Party -2



Meals included in the party

The ticket for the party is included in the kit you receive at the athlete check-in. It is a free voucher for meals and other items. For athletes who purchased a party ticket at the time of entry, please check the ticket enclosed within the player kit for a few minutes of purchase.

Meals voucher

Pick up a beef steak on the first floor of the Hotel Arlish Toyohashi!



Souvenir voucher

Date and time of exchange

Saturday, June 10 15:00-20:00

Pick up sweets, beer and other souvenirs at the Aichi Prefecture booth in the Toyohashi City Machinaka Square!

Cut out a set of two souvenir vouchers and give them to the staff.



TOYOHashigo Night 2023

Date and Time: 6/10 (Sat) 11:00-24:00

With one ticket, you can enjoy one of the store's specialties and one drink. You can enjoy five restaurants by yourself or share it with someone!

More than 30 popular local stores participated.

With 5 tickets, let's all walk around Toyohashi Station!

- 1 ticket = 1 drink + 1 specialty dish
- Each ticket stub is worth 800 yen. For menus of each participating store, please refer to the "Participating Store Guide Map."

Guide maps will also be distributed at Hashigo Night Headquarters (Toyohashi Station South Gate Square) on the day of the event.

■ Tickets can be shared by more than one person. However, each ticket stub can only be used by one person.

■ Leftover tickets can only be used as a 800 yen voucher at participating restaurants until Sunday 6/18. No change will be given.

Be sure to show it when you visit. You can't use it with other tickets. You can use as many tickets as you want for one meal.

■ Never drink and drive. Use public transportation after drinking.



TOYO はしごナイト 2023

豊橋駅前をみんなで
はしごしよう！



IRONMAN
70.3[®] JAPAN
HIGASHIMIKAWA
ATSUMI PENINSULA

6/10 SAT 11:00~24:00

※参加店舗によって営業時間が異なります。

チケットは
5枚綴り
4000円

複数人で
シェアしても
OK!

4,000円で5軒はしご酒！

チケット一枚で参加店舗自慢の1品1杯が楽しめる 絶対お得で楽しいイベントです！

今年のはしごナイトは アイアンマンレースとのコラボ開催！

同日に地元豊橋・田原にて開催されるアイアンマンレースの世界大会『アイアンマン70.3 東三河ジャパン in 渥美半島』との共催にて実施！参加アスリートたちと一緒に豊橋の夜を楽しんじゃおう！

アイアンマン70.3 東三河ジャパン in 渥美半島公式サイト「アイアンマン 東三河」で検索！

アイアンマン 東三河 検索



同時開催

エキスポ・
アイアンマンストア
&
東三河 FOOD FES

会場：豊橋まちなか広場
11:00~21:00

地元人気店 30 店舗以上が参加！

創作美味わっぱい / 藤月豊橋駅前大通り店 / 味の天心燗鍋 豊橋広小路店 / KOJORI 天狗のカレーうどん / 串揚げはやかわ / ひっぱり嵐 / TOYS BREWERY / TINY DINER 花鮎豊橋駅前店 / FreeStyleBAR? 輪 -RIN- / 八八豊橋駅前店 / ビストロ酒場 lac!! cafe&gateaux knohd(ノード) / NO JUNK DONUTS by Moonlight Coffee / パード 94 豊橋鉄板焼 山ちゃん with 大将 / THE GARDEN / タヤけ横丁三丁目豊橋駅前店 emCAMPUS FOOD / 謝謝 駅前店 / 久遠チョコレート 豊橋本店 / 大衆酒場 家利伊頭 葉隠亭 / 隠れ家 湊 / 焼肉ひさ萬 / ASA-CHANG / 広小路ホルモン酒場 炎や / 古来や

◎ 豊橋駅前南口広場会場 (11:00~24:00)

キッチンカー・テントブースなど10店舗以上が出店予定

参加店舗・最新情報はこちらから！

「TOYO はしごナイト」で検索！

TOYO はしごナイト 検索



チケット
販売開始
5月下旬予定

チケットの販売状況は
公式サイトでご確認ください。

前売り券

当日販売

販売価格

セブンイレブン店頭にて販売！

※完売次第、チケットの販売を終了します。

豊橋・豊川・新城市内のみ

豊橋駅前南口広場 TOYO はしごナイト本部にて
11:00~販売します。

※前売りチケットが予定販売数に達した場合、当日販売を実施しない場合もございます。
前売り販売期間にてお早めにお買い求めください。

1枚 4000円 (はしごチケット5枚綴り)

※余ったチケットは6/18(日)まで参加店舗にて金券としてご利用いただけます！

※土曜日開催につき、参加店舗の混雑状況によっては席が空くまでお待ちいただく場合もございます。何卒ご了承くださいませ。

※イメージ



WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



View the Event Schedule (Page 4) for time and location.

Qualifying Slots: (30) Age Group qualifying slots for the 2023 IRONMAN 70.3 World Championship, in Lahti, Finland held on August 26-27, 2023.

Qualified athletes are required to claim their IRONMAN World Championship slot in-person at the advertised time and location. Photo ID is required to be presented and payment must be at this point in time.

Cost: €650 entry fee + Taxes and 10% ACTIVE administration fee

Payment:

- Credit card only (no Amex, Diners or cash payment).
- Physical card including full card number, expiry date and CVV must be available (no Apple Pay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

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 Slot.
 - 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.

ADDITIONAL INFORMATION



VOLUNTEERS

More than 1000 volunteers support us.

We encourage you to say THANK YOU to the Volunteers whenever possible!

OFFICIAL EVENT APP

The IRONMAN Tracker app has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out results post-race.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the IRONMAN Tracker App now!



GET SOCIAL



<https://www.facebook.com/ironman70.3higashimikawa>



<https://www.instagram.com/ironman70.3japanhigashimikawa/#>



<https://twitter.com/ironman703jp>



WOMENFORTRI

WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

IRONKIDS HIGASGIMIKAWA JAPAN

SUN 11th June 13 : 00~16 : 15

Shiroya Seaside Park, Tahara City

If you have any further questions, please don't hesitate to contact us at contact@higashimikawa.or.jp. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

IRONMAN 70.3 Higashimikawa Japan in Atsumi Peninsula Team

EVENT PARTNERS



sala



三井住友海上
MS&AD INSURANCE GROUP

会計でみんなを幸せに
88 ソリマチ
GROUP



鈴与グループ
Suzuyo Group



inochio
GROUP

ICHIKAWA

NOMURA



三協フロンテア

NEOS 株式会社 ネオス

ダスキン
レントオール
DUSKIN RENT-ALL

ALways Security OK
ALSOX

CALORIE TRADE



MITSUBISHI
CHEMICAL
GROUP
Science.
Value.
Life.
三菱ケミカル株式会社

KOHSAI
株式会社 光・彩

KAEI To impress you.
This is our job.

PRONEXUS

響いてこそ音楽
SINFONIA

おたくも うちも
豊橋信用金庫

人・ゆとり・技術
TOYOKEN

誰もが才能を持っている。
その才能を開花させる場所がある。
DAISAN

豊橋名産
あくわ

SMBC
三井住友銀行
SUMITOMO MITSUI BANKING CORPORATION

TOYOHASHI
WAREHOUSE
CO.,LTD

感動のそばにいつも。JTB

人と、地域と、未来をむすぶ
16FG 十六銀行

人も地球も健康に
Yakult

● 総合ボートサービス株式会社

● 総合環境株式会社

Nitto
Innovation for Customers

イチビキ 中部ガス不動産株式会社 株式会社竹中工務店 株式会社 早野組 中部電力パワーグリッド株式会社 豊橋営業所 三井住友信託銀行株式会社 永井海苔株式会社
スジャータ めいらくグループ 株式会社 静岡銀行 株式会社アスリート 株式会社みずほ銀行 株式会社 名古屋銀行 大垣共立銀行 株式会社愛知銀行 豊橋商工信用組合
豊橋ステーションビル株式会社 公益財団法人十六地域振興財団 東海交通株式会社 豊橋創造大学 中央製乳株式会社 (新規追加)



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!



IRONMAN
70.3  **JAPAN**
HIGASHIMIKAWA
ATSUMI PENINSULA

2023 Athletes Information Guide



<https://www.ironman.com/im703-japan>
contact@higashimikawa.or.jp

0532-25-5963

V 1 June 5th, 2023



Contents Page



| Section | Page |
|-------------------------------|-------------|
| Race Referee message | 3 |
| Event schedule | 4 |
| Athlete checklist | 6 |
| Race kit | 7 |
| Vanue MAP | 8 |
| Pre-Race Information | 9-11 |
| 9 th June Parking | 12 |
| Transition BAG | 13-15 |
| Shuttle Bus Information | 16-18 |
| 10 th June Parking | 19 |
| Support | 20,21 |
| Cut off | 22 |
| Race Day Service | 23 |
| Medical Station | 24 |

| Section | Page |
|--|-------------|
| Swim course | 25-29 |
| Swim Course T1 Bike Rack | |
| Bike course | 30-33 |
| Bike Course T2 | |
| Run course | 34-36 |
| Run course Finish Line and Post Race Finish Area | |
| Race rules and categorie | 38-40 |
| Race Rule Race Category | |
| Award party | 41-43 |
| World Championship Roll Down | 44 |
| Additional Information | 45 |
| Event Partners | 46 |

Race Referee Message



To avoid rule violations on race day, please observe the followings:

- Drive on the left side of the bicycle lane
- Secure a distance of at least 12 meters from the front wheel tip of the front rider to the front wheel tip of yourself
- Pass the front bike from the right. Never pass from the left.
- When you pass a forward player, please complete it within 25 seconds.
- The overtaken player should slow down from the moment you are passed and immediately maintain a distance of 12 meters or more. Before you overtake again, make sure you have fully secured 12 meters.

Triathlon is an individual sport and it is your responsibility to fully understand the rules and avoid violations. In cases of drafting, blocking or illegal overtaking violations (judgement), the referee's ruling is final and is not subject to protest or appeal.

The following are the most common rule violations:

The five-minute blue card penalty includes:

- Drafting: If you follow the leading cyclist to within 12 m and do not overtake him / her within 25 seconds or, after being overtaken, do not retract 12 m before overtaking again
- Illegal overtaking: If you overtake from the wrong direction (left side)
- Littering: If you discard in the wrong place. For example, if you discard tires, bottles, gel wrappers, etc., on a course other than the designated litter area near the aid station.

The referee will tell you your race number, indicate your violation, and present a blue card. You will then be responsible for receiving a five-minute time penalty in the next penalty box.

Note: You will be disqualified if there are three blue card violations throughout the course during the competition.

Yellow card penalties, or stop-and-go penalties, include:

- Blocking: Continuing to run on a player's right side without overtaking, or continuing to run on the right side when separated from other players
- Helmet: Not holding the chin strap securely while cycling

Other violations that can result in disqualification include:

- Aggressive and unsportsmanlike conduct
- Improper use of public toilets
- External assistance (from outside the race related)
- Use of electronic equipment, including telephones

(including the use of earphones and other communications equipment)

Other athletes, volunteers and officials are important in keeping the event safe and fair. Remember to always treat them with courtesy and consideration.

I sincerely hope you have a great race, enjoy the experience and achieve your IRONMAN 70.3 goals.

Masato Suzuki

Race Referee

EVENT Schedule



Schedule and Venue are subject to Change.

Please check latest information on the website <https://www.ironman.com/im703-japan>

| Thursday June 8th, 2023 | | |
|--------------------------|---|--|
| Time | Event | Venue |
| 13 : 00-17 : 00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Machinaka Hiroba (Around Toyohashi Station) |
| Friday June 9th, 2023 | | |
| Time | Event | Venue |
| 10:00-16:00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Shiroya Beach Park |
| 10:00-16:00 | Athlete Check-In | Shiroya Beach Park |
| 11:00-17:00 | Bike Check-In | Shiroya Beach Park |
| 11:00-17:00 | Welcome Event: Marche and Food Truck | Shiroya Beach Park |
| 13:00-15:00 | Practice Swim Session | Shiroya Beach Park |
| Saturday June 10th, 2023 | | |
| Time | Event | Venue |
| 4:00-5:45 | Transition Area Open | Shiroya Beach Park |
| 5 : 00-5 : 30 | SWIM WARM UP | Shiroya Beach Park |
| 6:00- | Start (Rolling Start) | Shiroya Beach Park |
| 10:00-16:00 | Gourmet Event: IRONMAN Sweets and Food Fes | Parking lot in front of Toyohashi City General Gymnasium |
| 11:00-21:00 | Gourmet Event: Higashimikawa Food Fes | Machinaka Hiroba (Around Toyohashi Station) |
| 11:00-24:00 | Gourmet Event: TOYOHASHIGO Night | Toyohashi Station South Exit Plaza |
| -around 15:00 | Course Close (8 Hours After Each Athletes Starts) | Toyohashi Sports Park |
| 10:30-17:15 | Bike Check-Out | Temporary parking lot near Toyohashi Sports Park |
| 13:00-19:00 | IRONMAN 70.3 Expo IRONMAN 70.3 Merchandise Store | Machinaka Hiroba (Around Toyohashi Station) |
| 16:30-17:30 | 2023 IRONMAN 70.3 World Championship Roll Down | Around Toyohashi Station(Terrace Meeting Room at Sala Tower 4F) |
| 17:30-19:30 | Award Party | Around Toyohashi Station (HOTEL ARC RICHE TOYOHASHI, Machinaka Hiroba, Toyohashi Station South Exit Plaza) |
| Sunday June 11th, 2023 | | |
| Time | Event | Venue |
| 13:00-13:30 | IRONKIDS: Athlete Check-In | Shiroya Beach Park |
| 13:30- | IRONKIDS: Race Briefing | Shiroya Beach Park |
| 14:00- | IRONKIDS: Place race gear in the transition area | Shiroya Beach Park |
| 14:15- | IRONKIDS: Race Start | Shiroya Beach Park |
| 15 : 45-16 : 15 | IRONKIDS: Award Party | Shiroya Beach Park |



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Pre-Event

- Reservation / confirmation for accommodation & flights. (if applicable)
- Make sure event registration is confirmed (check confirmation email).
- Fully understand your event schedule (know all check-in / drop-off transition bag and times).
- Please include your photo ID in your luggage.
- Get used to the course - it is your responsibility to know this on race day.
- Check the player list online. **Note: The web list will not be updated after 9^h June. If any details are incorrect, please email us.**

ONCE I ARRIVE (pre-race)

- Familiarize yourself with the venue and main area (Check In, Transition, Swim Start, Finish Line, Award Party, WC Rolldown).
- Familiarize yourself with road closures.
- Check in and collect race kits.
- Rack the bike and drop the transition bag (See page 13 for recommended items for transition bags).
- Participate in official practice swimming at designated times.
- Pack for race day.

Race day

- Make sure you have all your racing gear, including helmets, timing chips and wetsuits / tri-suits.
- Enter Transition area for the last minute check for Bike and Transition Bag (Red String & Blue String) and drop off Transition Bag and bicycle pump (if applicable).
- Drop off the street gear bag (Black String) at swim start.
- Start the race - stand at the start line at least 15 minutes in advance.
- Finish the race.
- Receive a medal.
- Gather a finisher T shirt.
- Recover.
- Collect items such as transition bags, street gear bags, bike pumps and bikes.

POST RACE

- Attend World Championship Roll Down, presentations and award parties.
- Upload photos of #medalmonday to social media.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring a credit card (not Apple Pay, etc.). See page 44
- Bring friends and family to celebrate.

Race kit



Sticker Location

1. Race bib number

Of the two, one is for a motorcycle and one is for a run. Wear it on the back for a motorcycle and on the front for a run with a race belt (prepared by the athlete yourself) or a safety pin (supplied by the tournament). Do not bend or cut the race bib number.

2. Wristband for Athletes

Prepared one for each person.

Each player's race number is included to identify the players participating in the tournament. You must wear it as soon as you receive it at the athlete check-in and always wear it until the end of the award party. Do not remove the wristband at the transition area or at the bike check-out, as it is necessary to identify the athlete if you need help at the venue after the race. Remove all wristbands from events unrelated to this competition.

3. Safety pin

Use Safety Pin to place Bibs . You also can use own Race Number Belt.

4. SWIM CAP (Swim Cap)

The swim cap must be worn during the swim leg. If another cap is worn, the official cap must be worn on top. Swim caps are Latex.

Zone 1 - Less than 33 minutes - Green

Zone 2 - 33 - 37 minutes - Pink

Zone 3 - 38 - 41 minutes – Light Blue

Zone 4 - 41 minutes or more - Purple

5-1. Transition bag (Red String, Blue String)

Use the supplied bag and affix the appropriate seal. Include equipment necessary for racing. Submit it during the bike rack on Saturday.

5-2. Street gear bag (Black String)

Place items needed for post racing (collect in collection area). Drop-off on race morning. Always use the supplied bag.

6-1. Bike Sticker

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

6-2. Helmet Sticker

Stick a sticker on the front of your helmet. Place it before bike check-in for checked by technical officer.

7. Bike pump sticker

Stick a sticker on the bike pump at bike check-in. Write your Race number on the sticker at Bike Check in Tent and place it on Bike Pump.

8-1. Street gear Bag (Black String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-2. Bike Transition Bag (Blue String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-3. RUN Transition Bag (Red String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

Note: Timing chips are distributed at Bike Check In. Make sure to maintain not to lose for Race Day.

Venue Map



PRE RACE INFORMATION 1/3



Athlete Check-In

June 9 10:00-16:00

Shiroya Seaside Park (see page8 for venue map)

You will receive a race number, a sticker and a transition bag.

If you do not check in during the athlete check-in time, you will not be allowed to participate in the race. **Pick up at 10:00-16:00 on June 9.**

Where: Shiraya Seaside Park

What must be presented:

- Photo identification (driver's license or passport).

Emergency contacts

Athletes must check in at the venue on the above dates and times. Athlete cannot check in outside the designated hours.

If you need to inform the Secretariat of an emergency during the race, please call the phone number below.

Phone: 0532-25-5963

Email: contact@higashimikawa.or.jp

Warning: Only the registered person can receive a race kit at the athlete check-in. Please note that no one else can compete in your name or in someone else's name.

If you cheat, you will be suspended and both will not be able to compete in future IRONMAN Asia Triathlon Races.

Race number

When you receive your transition bag and bike check out, your wristband and race number confirm your identity.

Timing chip

During the race: Your chip must be worn on your left ankle during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff 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.

If you lose your timing chip during the race, inform Event Staff within Transition or at the finish line, so that timing providers can do their best to replace the chip.

Drop Off: Timing chips will be collected at the finish arch in exchange for a finisher T-shirt.

Drop Out: If you do not start the race, or if you are retiring the race, return timing chips to the judges. If you do not find the judges, return them to your staff or timing team members. Whenever possible, return them to staff, not volunteers.

Missing Timing chips: If a timing chip is not returned or is lost, **there will be a \$100 replacement fee.** If you notice that you have a chip after the race, mail it within 5 days to:

〒441-8560

39-5 Daizen, Uedacho, Toyohashi, Aichi
Musashi-Seimitsu East Mikawa Sports Regional
Development Foundation

Failure to wear a timing chip on the race day, failure to return the chip after the event, or failure to pay for the replacement of a lost timing chip may prevent you from participating in future IRONMAN events.

Pre-race

Bike check-in

June 9th 11:00-17:00

T1

Shiroya Seaside Park

Bike and helmet check:

- Conducted by referees.
- You, the athlete are responsible for your bike being in safe working order.
- In advance, attach the bike number sticker to the seat post by yourself.
- 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 and JTU regulations

• **If you pass the check, attach a certificate of acceptance**

Put Helmet in your transition bag.

How to install at a bicycle rack:

A bike rack with a race number is prepared for T1. Hang the saddle with the front wheels facing out.

Cover:

Complete bike cover is not available for rack storage at night.

Transition Area Open

June 10 4:00-5:45

On the morning of the race, you can access T1 bike. However, you can not take the bike out of the transition area until the bike part of the race begins.

Bike mechanics

June 9 11:00-17:00

Bike mechanics are available. We provide minor mechanic service. This is a paid service.

A limited "emergency service" for all athletes will be offered at 4:00 of the race morning.

For on course support, see the bike course information on page 23.

Race Briefing

Read thru this guideline very well. We'll check it when athletes check in.

It's an important opportunity for both experienced triathletes and first-time racers. Important information about course peculiarities, rules and course closure is provided.

On June 9 at 11:00, 14:00 and 16:00, the race director will set aside time for questions at the athlete check-in site. Information on last-minute changes or procedures for events that have or may occur due to weather-related forecasts will be provided sequentially.

Swim Practice, Pre-Race Training

You can Swim Practice at Shiroya Seaside Park from 13:00 to 15:00 on June 9.

A portion of the course will be marked and lifeguards and surveillance vessels will be in place.

Please note that you must have checked in your bike and received a timing chip to participate in the swim practice.

You must wear a timing chip during the swim practice.

If you have not checked in your bike and not received a timing chip, you will not be able to swim.

Wear a wetsuit and swim cap to swim.

The target cruiser of 200 m offshore is anchored. A Tahara muskmelon is passed from a small boat near the cruiser.

When you train your bike or run, please follow the traffic laws. Wear a helmet.

Note that Japan is "left handed traffic."

Shuttle buses

Buses for athlete check-in and bike check-in on June 9 operate between the Kodomo Miraikan Coconico at the east exit of Toyohashi Station and Shiroya Seaside Park.

Bike can be loaded on trucks operated with shuttle buses.

Buses returning on the same route will also be operated.

Parking

Athletes' parking for athlete check in and bike check-in on June 9 will be located at the Himejima Fishing Port near Shiroya Seaside Park.

The landmark is Shiraya Crossing in Tahara City. Head north from Shiraya Crossing to Himejima Fishing Port.

Shiroya Seaside Park is about a 10 minute walk from Himejima Fishing Port.

Pre-Race Day parking is allowed 9:00-18:00

WELCOME Event

Shiroya Seaside Park will entertain you with Atsumi Peninsula specialties and more. It also hosts talk shows and other events.

Tahara city is one of the largest flower producing areas in Japan. Enjoy the beautifully decorated venue.

FRI. 9th June Parking Location



Transition bag 1/3



Street Gear Bag (Black String)

The black string transition bag is used as a street gear bag.

Put in the clothes you wore before the race and the clothes you need after the race and leave them in the start area. No other bags can be checked.

Stick a number sticker to the left bottom corner of the bag on your own.

- Time to drop: 5:00~6:00

Return the bag at the finish area.

© Things to put in the bag (example)

- Clothing and footwear worn before the start
- Clothing and footwear worn after finishing
- Keep valuables out of your bag as much as possible.
- In the finish area, there is a sweets festival, as well as refreshments prepared by the organizers. If you are interested, please prepare small change.

View page 14 of time and place.

The bag will be collected at start area, transported and returned at Finish Area.

Bike (blue string) and Run (red string) Transition Bag

The Bike Transition Bag (blue string) holds the gear used on the bike.

It will be installed on the T1 "bag rack" on June 9 or June 10. The race number will be displayed in the tent, so each person will install it at the location of his or her own number.

- Bike wear
- Helmet
- Bike Shoes
- Nutrition and Fluids

Items needed for racing that can't be attached to the bike should be kept in the bag

In the run transition bag (red string), keep the gear used for the run.

On June 9 or June 10, install the tents in the T2 "bag rack." In the tent, the race number is displayed, so each person installs it in the place of his or her own number.

- Runwear
- Runshoes
- Supplemental diet

The transition bag is placed inside the change tent at the transition and can be accessed during the transition process.

The transition process is described on page 15.

Useful tip: Remember that blue (BLUE) is a B, so bike and red (RED) is a Run, so Red.

Examples of items athletes should consider:

| Bike Transition Bag | Run Transition Bag |
|--------------------------------|------------------------|
| Bike shoes (or on bike pedals) | Running shoes (must) |
| Helmet | Race Bib number (must) |
| Sunglasses | Sunglasses |
| Race Bib number (must) | Hat / Visor |
| Change of clothes and Socks | Socks |
| Nutrition and fluids | changing clothes |
| Towel | Nutrition and fluids |
| Sunscreen | |
| Vaseline | |

Transition bag 2/3



| BAG | DROP OFF LOCATION | Use during a race | Post Race Collection |
|--|---|--|--|
| Bike Transition bag <i>Swim to Bike</i> | June 9 12:00-17:00 June 10 4:00-5:45 T1 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T1 bagrack tent. Take out the bike gear and place all the swim gears in the blue string bag. When you leave the wearing changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport it |
| Run Transition bag <i>Bike to Run</i> | June 9 12:00-17:00 June 10 4:00-5:45 T2 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T2 bagrack tent. Take out the run gear and place all the bike gear in the red string bag. When you leave the changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport |
| STREET GEAR BAG | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Use | June 10 Near the finish area *The organizer will transport |
| BIKE PUMPS put into STREET GEAR BAG *place sticker on the bike pump with the race number in advance | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Access During Race | June 10 Near the finish area *The organizer will transport |

Note: When you collect the bike, you must collect the bike, the run transition bag and the bike pump at the same time.

Before the race

Transition area open

Open June 10 4:00-5:45, at race morning. All athletes must be out of the area by 5:45. Make sure you have enough time to move on the morning of the race.

You have the opportunity to make final adjustments to your bike. Make sure all items are attached to your bike.

You are not allowed to place items on the ground beside your bike. This includes items such as footwashing equipment and bags.

Bike pump

After using the bike pump on a T1, put it in a street gear bag (black string transition bag) and drop.

Label the pump with the race number in case it falls out of the transition bag.

Prepare labels and writing materials for the June 9 bike check tent. Label the bike pump with the race number.

Any bike pump placed in T1 without deposit, any bike pump that has fallen out of the transition bag and is not labeled will be treated as donated.

During the race

Transition from swim to bike

After the swim, you are guided to T1 through the swim finish arch.

You are not allowed to change clothes in a public place with your trunk exposed. You need to be well prepared for the race before you start

When changing clothes, use a changing tent. You can also wear bikewear under a wet suit.

Personal supplementary food and beverages are allowed to be stored in the wear or attached to the bike.

Bike shoes are allowed to be worn before passing the mount line.

Transition from bike to run

After the bike part, get off the bike and store it in a T2 rack. The T2, unlike the T1, is a free rack, so follow the staff's instructions and put the bike on the rack.

Keep the bike's gear, such as shoes and helmet, separate from the bike and in the transition bag. This is to prevent the shoes from coming off when volunteers and staff carry the bike. After picking up the red string transition bag in the bag rack at the behind of the bike rack and taking out the run gear, you need to store the bike gear in the red string transition bag and leave it with a volunteer.

After the race

To pick up your bike or transition bag, you'll need to show your wristband or race number.

Black string, blue string and red string transition bags should be collected near the finish area.

Bike checkout is at 10:30-17:15 on June 10. You cannot pick up after this time.

If the bag is not collected by the time, the organizer is not responsible for the loss.

Shuttle Bus Information-1



Race Day Moving

For athletes who do not use their own cars or rental cars, there is a shuttle bus from the Kodomo Miraikan Coconico at the east exit of Toyohashi Station to the start site, Shiratani Seaside Park.

After the competition, there is a bus from Toyohashi General Sports Park back to the Children's Miraikan Coconico.

For athletes using their own cars or rental cars, temporary parking will be provided around the finishing area, Toyohashi

General Sports Park.

Shuttle buses will be operated from Toyohashi General Sports Park to the starting site, Shiratani Seaside Park.

FRI. 9 June 2023 For Athlete

For Athlete Check-IN/ EXPO Venue

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time | Note |
|-------------|--------------|
| 9:00-15:30 | Every 30 min |

Approximate 60 min drive

BIKE Transport Truck operate together

Bike will be transported by SEINO Truck which operated together with Shuttle.

It carries bike as assembled, please bring your bike taken out from Bike Case.

Please DO NOT Bring Bike Case

For Return to Toyohashi City

“A” Shiroya Seaside Park → “D” Toyohashi Station East Gate

| Depart Time | Note |
|-------------|--------------|
| 12:15-17:15 | Every 30 min |

Approximate 60 min drive

SAT. 10 June 2023 For Athlete Before the Start

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time |
|-------------|
| 3:30 |
| 3:45 |
| 4:00 |
| 4:30 |

Approximate 60 min drive

“C” Toyohashi Sports Park → “A” Shiroya Seaside Park
(near Athlete Parking)

| Depart Time |
|-------------|
| 3:30 |
| 3:40 |
| 3:50 |
| 4:00 |
| 4:10 |
| 4:20 |
| 4:30 |

Approximate 45 min drive

SAT. 10 June 2023 For Athlete

After the Finish

For Award Party

“C” Toyohashi Sports Park → “B” Kodomo-Mirai Kan “KOKONIKO”

BIKE Transport Truck operate together

| Depart Time | Depart Time |
|-------------|-------------|
| 12:00 | 14:30 |
| 12:30 | 15:00 |
| 13:00 | 15:30 |
| 13:30 | 16:00 |
| 14:00 | --- |

Approximate 20 min drive

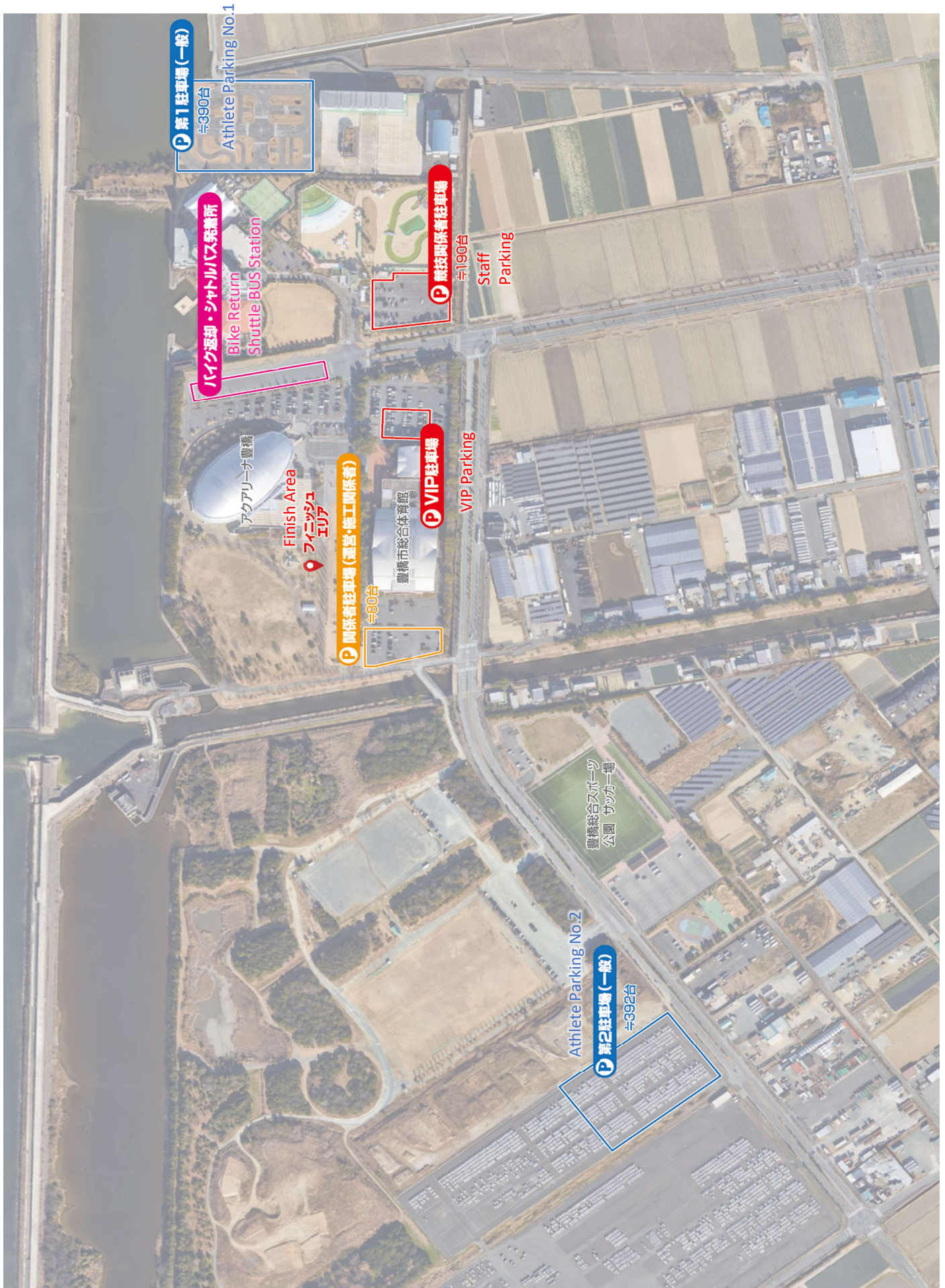
After the Award Ceremony

“B” Kodomo-Mirai Kan “KOKONIKO” → “C” Toyohashi Sports park

| Depart Time |
|-------------|
| 19:45 |
| 20:15 |
| 21:00 |

Approximate 20 min drive

SAT. 10th June Athlete Parking



Before Swim

· Your glasses will be placed at the swim-finish point, so be sure to put your glasses on by 6:00.

When placing your glasses, write the race number on the sticker placed on the glass-keeping stand and affix it to your glasses.

Available:

- Water
- Permanent toilets, temporary toilets

Swim temporary landing site

Available:

- Water

Swim-up - > T1

Available:

- Water
- Toilet

Bike Aid Station

Place on the left side of the course.

Just before the aid station, a bottle catcher will be set up, so throw in any bottles you no longer need (bottles can not be returned).

Aid station location:

- BAS1 23.4 km Rokuren JA collection and shipment site
- BAS2 36.0 km Akabane Elementary School
- BAS3 54.2 km Crystal Beach
- BAS4 73.7 km Fukue Junior High School

Available:

- Water (Bike bottle included)
- Sports drink (Ajinomoto BCAA charged water / Bike bottle included)
- Toilet

Process:

Slow down when entering the Bike Aid Station (No need to stop!)

If you do not need to resupply at the Bike Aid Station, take the right side of the roadway.

There are signs at the Aid Station to indicate what is being offered. We also call out what volunteers are offering.

Tell volunteers your needs out loud and politely.

Trash disposal

When no longer needed, throw the bottle into the bottle catcher.

Do not throw away anywhere else on the course. A strict

time penalty applies.

Medical

Fire crews will be stationed at seven locations on the course apart from the aid station. Medical personnel will be stationed at five of those locations.

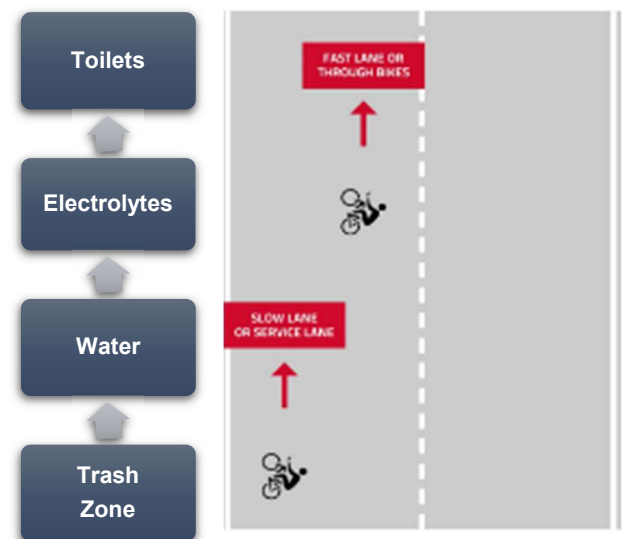
A cross flag will be displayed at the medical point, and aid workers will wear bibs with a cross print.

It supports athletes who are sick or injured. If necessary, it is dispatched by vehicle to provide relief.

Sirens and loudspeakers are used to signal the approach of emergency vehicles as they travel the course. Try to stop and wait for emergency vehicles to pass.

If you witness another player's trouble on the course, tell the nearest medical point.

Aid station layout



Run-Aid Swimming

- T2 0.0km
- RAS1 2.0 km (Himeshima Fishing Port)
- RAS2 4.0 km (Tahara Wharf Entrance)
- RAS3 5.4 km (Doura Elementary School)
- RAS4 6.8 km (Midorigahama Park)
- RAS5 9.3 km (Mikawa Port Ohashi Higashizume)
- RAS6 12.2 km (Meikai Central)
- RAS7 14.1 km (Funato Green Space)
- RAS8 15.8 km (Toyohashi Warehouse)
- RAS9 18.8 km (Kannofuto 3 Torimon)
- RAS10 20.0 km (Rokugata Ohashi South Side)

Offer:

- Water
- Ajinomoto Amino Vital Water
- Kabaya salt-charged tablet
- Imuraya Sports Yokan
- Ezaki Glico Balance On Mini Cake
- Energy Jelly (Muscat flavor, energy drink flavor)
- Coca-Cola (soda)
- Banana or melon
- Musashi Shot Jelly (RAS5)
- Toilet

Process:

The run aid station is located on the left side. When you get close, move to the left side (no need to stop)

When not replenishing at the run-aid station, try to pass on the right side.

Signs at the aid station indicate what is on offer. Volunteers also call out what they are offering.

Tell the volunteers your needs out loud and politely.

Disposal:

Dispose of unwanted items in the trash cans (disposal

zones) located in front and behind the aid station.

Disposing outside the designated area will result in a severe time penalty.

Splash zone

Since it is difficult to secure water sources for this course, we will prepare scoop ladles at each aid Station.

Medical

Paramedics will be on standby at all run-aid stations. **At medical points, a cross flag will be displayed and aid workers will wear bibs with a cross mark printed on them.**

We will support athletes who are ill or injured.

If you witness another player's trouble on the course, tell the nearest medical point.



Cut-off time

The cumulative cut-off time for swims, bikes and runs on the course are all based on an individual's swim start time.

The cut-off times below provide absolute cut-off locations and times based on the last starter projected at the time of publication of this document.

They are individually adjusted and implemented by the race director on race day.

Swim:

The swim course **ends 1 hour and 10 minutes** after the last swimmer begins swimming. Regardless of when each swimmer starts the swim, 1 hour and 10 minutes is picked up after the last starter starts the swim.

If a swimmer takes more than 1 hour and 10 minutes to complete the swim, they will not be allowed to continue and will receive a DNF. To make a rolling start, they will be recorded as a DNF even if they continue to compete.

Bike:

Bike courses close **5 hours and 30 minutes after** the last swimmer starts swimming.

Each swimmer, regardless of when he or she starts swimming, must finish the swim, T1 or bike within 5 hours and 30 minutes of the last starter starting the swim. If it takes more than 5 hours and 30 minutes to finish the swim, T1 or bike, he or she will not be allowed to continue and will receive a DNF.

The on-course cutoff will be cut off by the transit time every 5 km. The cutoff time every 5 km since the last starter started the swim will be determined by the race director.

To make a rolling start, it will be recorded as DNF even if the race is continued.

Run Finish:

The run course closes 8 hours and 0 minutes after the last swimmer begins to swim. Each swimmer completes the entire course within 8 hours and 0 minutes.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and fail to cross the finish line before the run is closed become DNF.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and cross the finish line receive NC (Not Classified) for their race results, meaning they do not qualify for age-specific awards or World Championships.

The on-course cutoff is cut off by the passing time per kilometre. The cut-off time for each kilometre after the last starter starts the swim is determined by the race director.

The course is closed to all athletes based on the time the last starter starts the swim.

Note: IRONMAN officials reserve the right to pull any athlete who exceeds the course time cutoff from the course

• Swim

1 hour and 10 minutes from the start of the last athlete

(Current estimate: 8:00)

• Bike

5 hours and 30 minutes from the start of the last player

(Current estimate: 12:20)

• Run

8 hours 0 minutes from the start of the last player

(Current estimate: 14:50)

Change or cancellation of the tournament

If the course is changed or cancelled due to weather, the race director will notify you.

This will be communicated via email.

Race Day Service

Medical

First aid providers are engaged to provide first aid at all events operated by the IRONMAN Group.

First aid is deployed in a variety of locations. The exact location of the first aid station can be found with on the map next page.

Athletes are responsible for all costs incurred as a result of medical accidents. This includes, but is not limited to, hospitalization, professional treatment, etc.

Therefore, it is highly recommended that all players have sufficient travel or personal insurance to attend IRONMAN Group events. Players are responsible for understanding the terms of the insurance they hold.

Mechanic service

On the bike course, mechanics will be stationed at three locations.

- BAS1 23.4 km Rokuren JA Collection and Shipping Depot
- BAS2 36.0 km Akabane Elementary School
- BAS4 73.6 km? Fukue Junior High School

Three mobile mechanics on motorized bicycles enter the bike course from Shiroya Seaside Park. Every about 100, 300, and 500 motorcyclists will start, the 1 traveling mechanic car starts at a time.

If you use parts, spare tube tires, etc., you will be charged after the race.

Athlete pickup vehicle

Athlete pickup vehicles pick up athlete who are unable to complete the competition or finish within the cut-off time of the course. In the bike part, bikes are also picked up. When players picked up, bike are transported to the finish area.

If a pickup is needed, request it at a first-aid station along the course or staff along the route.

Note:It may take some time for a athlete pickup vehicle to arrive. For faster arrival, do not move from the requested location after requesting a pickup vehicle.

This may affect the ability of the player pickup vehicle to find and transport you.

Collection of timing chips

When an athlete decides to retire, he or she is responsible for reporting the decision to the nearest official and returning the race number and timing chips.

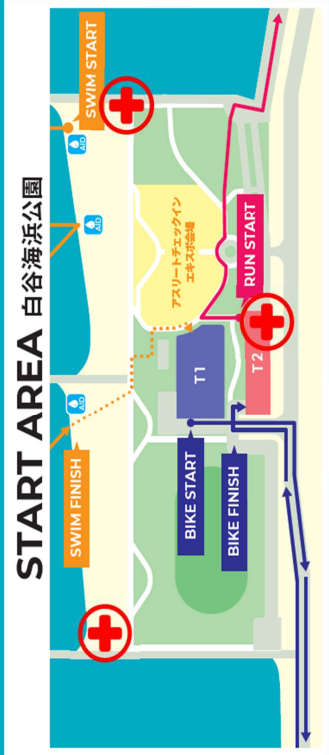
It is essential that race officials keep track of where the athlete is on the course. Failure to comply with the rule after retiring from the race may result in the athlete not being able to participate in IRONMAN events in the future.

Medical Station



COURSE MAP

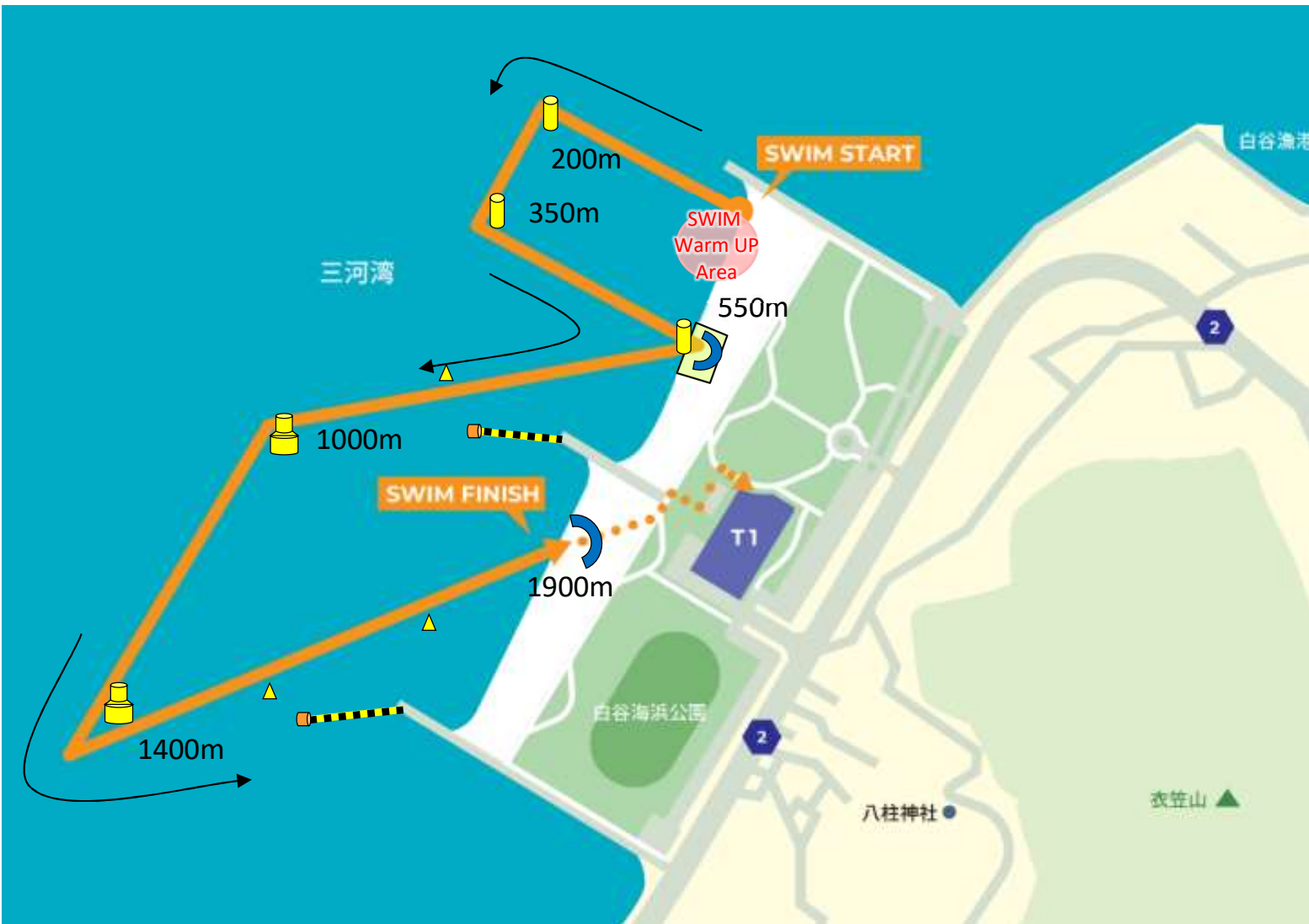
ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN



伊良湖岬灯台



SWIM COURSE 1



Course

The swim course is held off the coast of SHIROYA Seaside Park.

After swimming offshore, you can return to the beach and keep yourself hydrated.

The swim finish is in the center of the beach, marked by an arch.

How to start

10 athletes make a "rolling start" every 30 seconds. The starting order is based on the estimated swim time.

At the beachside, the volunteers will tell you the estimated time so please make a line considering the other athletes.

Swim safety

The swim course is guarded by lifesavers (more than 25 rescue boards), water bikes and 15 surveillance boats.

When lifesaver feel the need, they call out to the athletes to check their physical condition. Please respond with two gesture.

***Tap your head with the palm of your hand.**

***Answer "Fine", "OK!" in a loud voice**

If the athletes can't do these two things quickly, we'll rescue them right away.

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 in time you decide to abandon the swim, you will be taken to one of the swim extraction points.

At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

Above all, the safety of each athlete is our prime concern. A full sweep of the course will be made directly behind the last swimmer.

Visual aids will be provided by the buoys, guard vessels and lifesaver that line the course.

SWIM COURSE 2

WARM UP SWIM

Aged Group Athletes:
June 10, 5:30-5:50

You can enter the water around 50 m offshore near the start area in the swim course.

A timing chip is required.

ROLLING START

6:00~

The race start will be a Rolling Swim Start. Athletes are to self-seed themselves into their allocated Start Zones prior to race start.

Four different Start Zones are available, depending on an athlete's expected swim time:

- Zone 1 – Under 33 minutes (Swim cap: Green)
- Zone 2 – 33 – 37 minutes (Swim cap: Purple - Pink)
- Zone 3 – 38 – 41 minutes (Swim cap: Light Blue)
- Zone 4 – Over 41 minutes (Swim cap: Blue)
- Physically challenged (Swim cap: White)

Expected time to start

Zone 1 6:00

Zone 2 6:05

Zone 3 6:14

Zone 4 6:25

Physically Challenged 6:38

Assemble at Swim Start Area 15minute prior to your expected start time.

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of the Event Staff.

At the official start time of 6:00, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual 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.

SWIM CAPS

Please wear the provided swim caps.

SWIM CUT OFF

1 hour 10 mins. from each athlete's individuals start time. The cutoff time is based on the last athlete's start time (currently 6:50).

It's a rolling start, so if you go over 1 hour and 10 minutes, it's recorded as DNF, even if you proceeded on a course or bike course.

SWIM SKIPPING

Swim skipping is not allowed

ABANDON THE SWIM

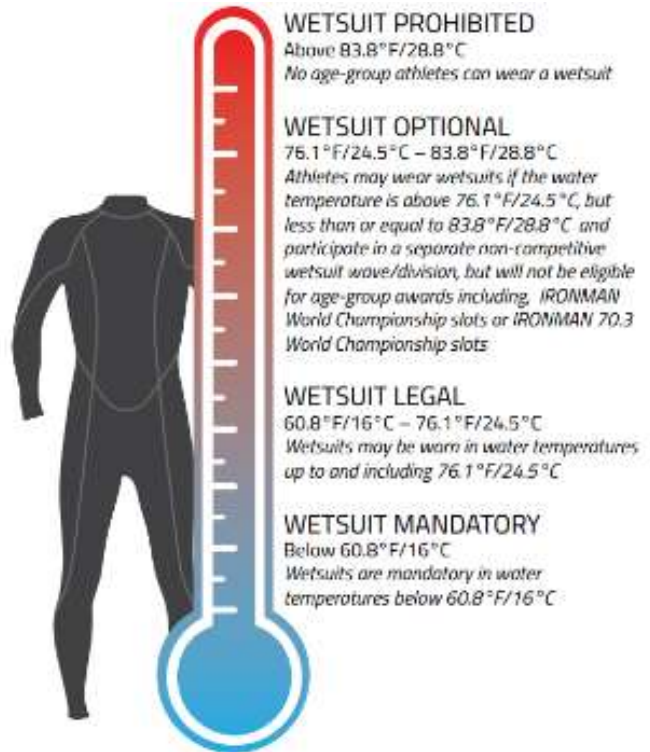
There is a landing spot at 550 m for safety. A measuring mat is set up here to check the passage. It is recommended to abandon the swim if you feel sick and at this landing point

ANTI-SHARK MEASURES

Sharks have been spotted on swimming trails in the past, and recreational fishing boats equipped with devices that transmit the feeble electric currents sharks dislike searched for sharks and ejected them a week before the event.

SEAWEED

On the day of the competition, the tide and water levels are almost low. In consideration of the ecosystem, seaweed is not removed. We recommend wearing a full wet suit if you are concerned.



WETSUIT RULING

● 28.8 °C and above - Not allowed

● 24.5 °C to 28.8 °C – Allowed but will be excluded from awards and excluded to enter the slot for the World Championships.

● 16 °C to 24.5 °C - Recommended to wear

● 16.0 °C and below - Mandatory to be worn under

A provisional wetsuit ruling will be posted at the Athlete Check-In place at 10:00 on June 9.

The official wetsuit ruling will be announced by the Race Director at 4:30 on June 10.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim exit. Labels and writing materials are prepared on the table. Please ensure your glasses are labeled with your race number prior to dropping them off.

SWIM TO BIKE TRANSITION

Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. When changing clothes, use a tent. You can also wear bikewear under a wet suit. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line



① Swimming Up

An arch is installed in the swim-up. Please aim to land on that mark. There is also a first-aid station.

② Glasses Custody

People who use glasses should pick up glasses in advance.

③ Bag tent

Pick up the blue string transition bag that you installed beforehand (the rack row is determined by the last digit of the race number).

④ A changing tent

When changing clothes, use a tent.

⑤ Transition bag dropoff

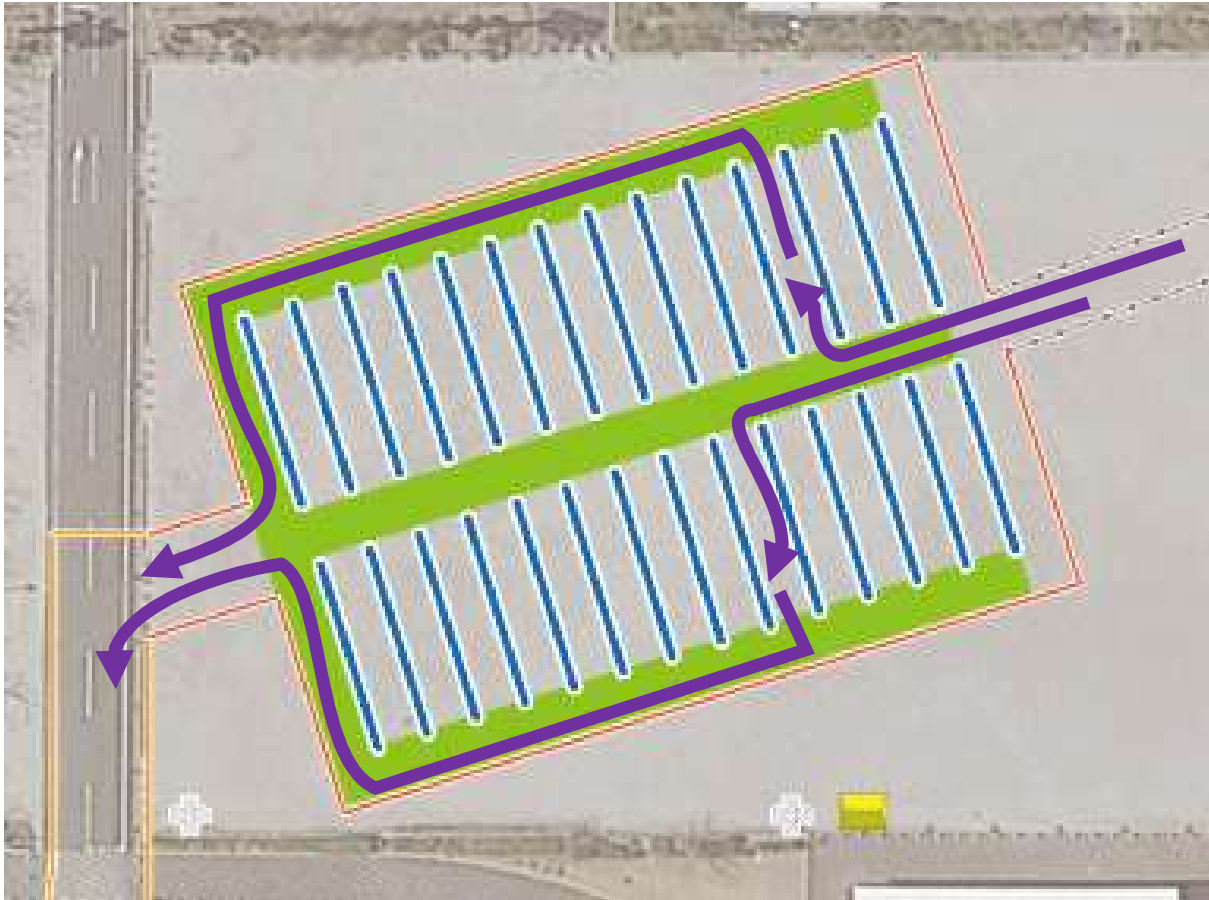
Put the used swim gear in the blue strap bag and throw it into the cart.

⑥ Bike rack

The travel route in the bike rack is listed on the next page.

⑦ Mount line

Please push the bike up to the mount line.



How to move in a bike rack

In the bike rack, as shown in the above figure, first use the middle passage to go to the bike rack.

After picking up the bike, push the bike and go to the bike mount line from the outside passage.

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.

BIKE COURSE 90.1 km

Course Map



Course

Majority of the main roads take prefectural and national roads.

It is highly recommended to use thick tires with good puncture-proof performance.

The course has intersections for detours. There are about 600 security guards and about 1000 volunteers to manage the safety of the course but please drive safely.

Aside from cones, and signages, volunteer staff will guide you through the course.

There is a section of the course where a vehicle goes around the opposite lane.

① Athletes run the same course for about 5km after the start and the last 5km. Both the outbound journey and the return journey take the sea lane (the outbound journey takes the opposite lane)..

② After turning right, the road is narrow, so be careful.

③ The steep slope continues. After that, it gets faster because it continues downhill. Watch your speed.

④ It is a course along the sandy beach, and it is a section where sand easily flows out. Please drive safely.

⑤ It's a U-turn. The road is not wide, so be careful. There are also two right-angle curves ahead.

⑥ The shape goes diagonally down to the right, please be careful.

⑦ It's a national road, turn left and go on the old road. The pavement on both sides of the course is not smooth, so follow the cones and drive in the middle of the road.

Aid station

There are 4 aid stations.

Bike Cut Off

The time limit is 5 hours and 30 minutes from each athlete's start time. The course will be closed based on the start time of the last athlete to swim. It is currently scheduled for about 12:20.

BIKE COURSE 90.1 km



DRAFTING PENALTIES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Must pass on the Right-hand side
- Must complete your pass within 25 seconds
- Must be always making forward progress
- A started pass must be completed – NO Slip Streaming
- After being passed drop 12 meters back
- Cannot pass until 12 meters back
- A competitor passing on the inside (Left-hand side) of another competitor will receive an Illegal Pass penalty. Must pass on the RIGHT.
- A competitor who has completed a pass and is not passing another competitor, motorbike, or vehicle and who fails to move safely and immediately to the right of the cycle lane will receive a Blocking penalty.
- You must report to the PENALTY TENT (Yellow Tent) located at T2/Transition Area.

Failure to do will result in DISQUALIFICATION.

If you receive 3 blue card penalties you will be DISQUALIFIED.

Follow this link to [IRONMAN Competition Rules](#).

For safety reasons, the following cycling positions are prohibited:

BIKE MECHANICS

Roving Bike Mechanics will be available on the course to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

SAG VEHICLE

The “SAG vehicles” is on standby at the end of the lines to pick up athletes who can no longer move on the course. In the bike course, motorbikes are also carried along and transported to the finish area.

Should you require a SAG vehicle at any time, please advise the first aid personnel or staff at the nearest aid station.

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



DRAFTING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



LITTERING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



BLOCKING VIOLATION
YELLOW CARD
30 second stop and go time penalty served at the next Penalty Tent



DISQUALIFICATION (DSQ)
RED CARD
3 BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION

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.



① Dismount line

Please get off the motorbike in front of the line. Do not leave your shoes on the motorbike. Be sure to remove your shoes from the pedals and place them in a red strap transition bag. The bike is loaded onto a transport truck, so leaving the shoes on can scratch them. No complaints will be accepted if the shoes are on.

② Bike Free Rack

We will prepare two sets of bike racks. Please follow the instruction of the staff and ride a motorbike.

③ Bag tent

Pick up the red string transition bag you installed beforehand (the rack row is determined by the last digit of the race number).

④ A Changing tent

Please use the tent when changing clothes.

⑤ Transition bag dropoff

Put your bike gear (Shoes, helmets, etc.) in the red strap bag and throw it into the cart.

If you leave your helmet on the motorbike, you will not respond to claims of damage or loss.

RUNNING COURSE 21.1 km

Course Map



RUN COURSE 21.1km

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN



COURSE

If there is no sidewalk, run on the side of the road, but if there is a sidewalk, run on the sidewalk.

- ① Run on the sidewalk of the seawall immediately after the start. There may be a slight incline and an open seam in the path, so run carefully.
- ② There is a grade crossing of around 4km and a complicated change of direction, so please follow the guidance..
- ③ The course runs on the sidewalk of the Mikawa Port Bridge. There are few standing patrols, and it may take some time to cross the bridge railing in case of an emergency. If you are not feeling well, it is recommended that you discontinue the race using RAS4. There is no standing patrol other than a guide point in the section ahead. If you feel sick, ask for help at the water station (RAS5 to RAS10) set up about every 2 km.
- ④ ⑤ Runs on the pedestrian bridge. Please be careful while running.

From ⑥ to ⑧, there are 4 stairways such as an underground passage. Please be careful.

⑧ It is a section that boasts a wonderful view, but since both sides are on the water surface and there are no handrails, please focus while running.

AID STATION

There are 10 places on the course. Paramedics are assigned to RAS5 through RAS10. If you feel sick, ask for help as soon as possible.

RUN CUT OFF

8 hours 00 mins from the athlete's individual start time. Based on the last athlete, there will be an intermediate cut-off at every 1km. If you could not make it within the cut off, please get on the pickup vehicle.

FINISH LINE AND POST RACE



FINISH LINE POLICY

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 athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

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.

How to Get your Best Photos:

- Ensure your helmet sticker visible on the FRONT of your bike helmet.
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- 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.

Search for your race at www.sportograf.com and register your email address to be notified as soon as all photos from your event are online

FINISHER SHIRTS

Finisher shirts will be available to all official finishers post-race and can be collected from the designated area within Recovery.

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Finisher t-shirt collection
- Recovery food/drink
- Street gear bag & bike transition bag collection
- Icing
- Medical support (if required)
- Male & female change tents
- Official finisher photo by Sportograf

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

Bicycles can be picked up outside the area.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Electrolyte hydration
- Recovery Jelly
- Banana
- Salt Tablet
- Udon noodles
- Protein Chikuwa
- Cake

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Tracker App
- Event Website - <https://www.ironman.com/im703-japan-results>

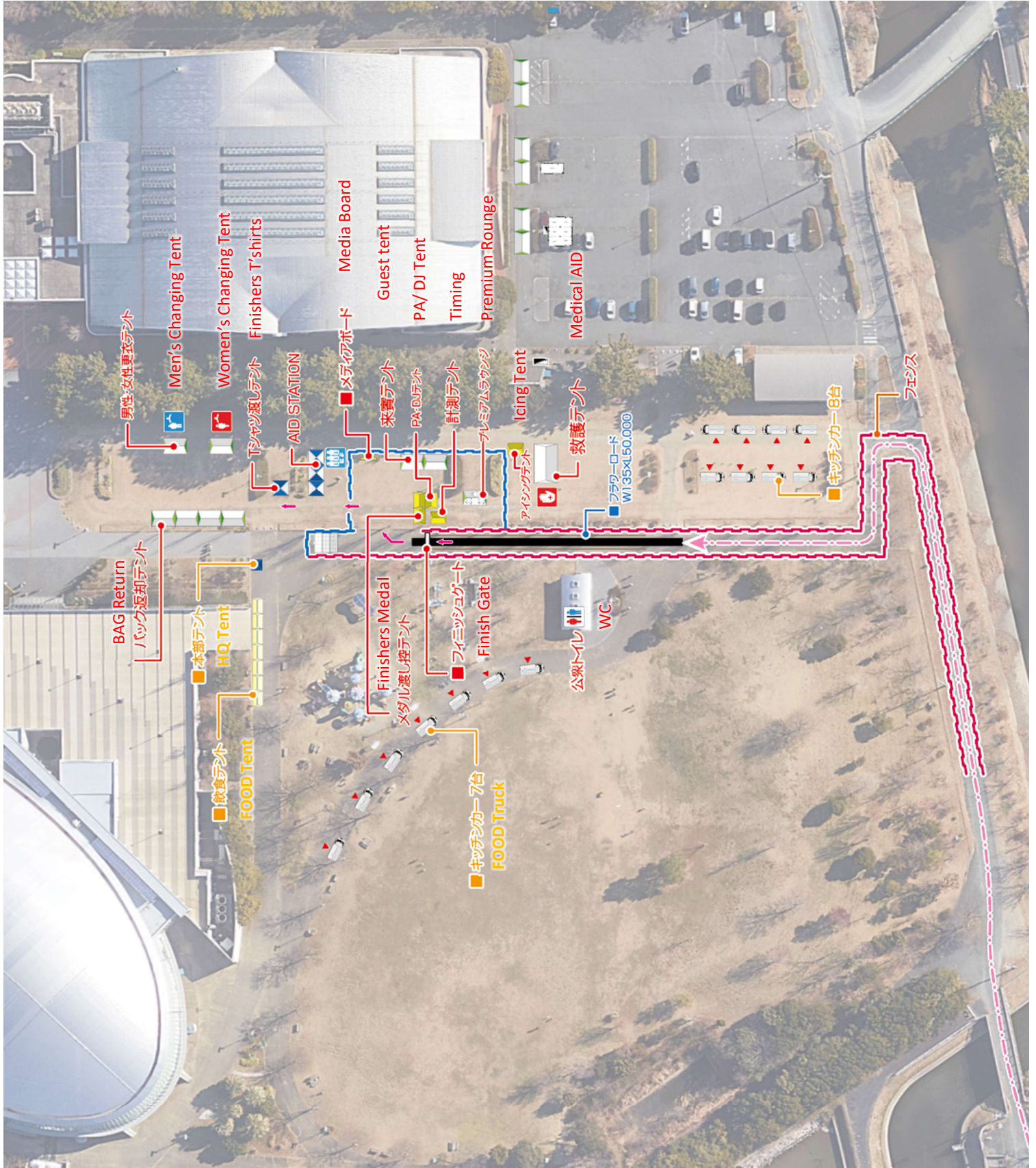
LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

Please note: No responsibility or liability is taken by the Race Organizers for lost property.

All lost property will be held for 30days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN email.

Finish Area





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

We are using the 2023 [IRONMAN Competition Rules](#) in alignment with the special IRONMAN rules and this is a NON-drafting Event.

All Athletes should read and understand the complete [IRONMAN Competition Rules](#) prior to race day. Below highlights some of the IRONMAN Competition Rules.

Conduct of Athletes

Section 2.01 General Behaviour

- (a) Practice good sportsmanship at all times;
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02). Receiving assistance (other than in accordance with Section 2.02) will result in disqualification;
 - (i) Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

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 4.02 Wetsuit Rules

(a) For age-group athletes, relay team athletes and Open Division athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ)

(d) A wetsuit may cover any part of the body except the face, hands, or feet;

(f) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ)

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 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 or 60 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 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

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

Continued over page..

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. (DSQ) (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).

RACE FINISH, TIMING, AND RESULTS

(e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

(i) Did not start (“DNS”) – Enters an Event but fails to start;

(ii) Disqualified (“DSQ”) – Starts an Event and was disqualified;

(iii) Did not finish (“DNF”) – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and

(iv) Not classified (“NC”) – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

(f) Results will include athletes who do not finish the Race (“DNF”), athletes designated as not classified (“NC”) and those who are disqualified (“DSQ”). All available splits will be listed for DNF and NC athletes.

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.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete’s age as of December 31 of the year of the Event.

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.

TRANSFERRING REGISTRATION

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

PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN (PC/ID OPEN) DIVISION

- Participation in the PC/ID Open Division is available to athletes with a medically verified Visual Impairment, Special Teams, athletes with an intellectual disability, or athletes with a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment (except for approved ID Open athletes) are not eligible to participate in the PC/ID Open Division
- PC/ID Open athletes are not eligible for awards or World Championship slots

OPEN DIVISION

The Open Division is a non-competitive, participatory division which is open to any able-bodied athlete who cannot or do not wish to race in a competitive age or gender group

There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event

Any athlete who wants to change to the Open Division during race week can do so during the onsite athlete check-in process. Please visit the solutions desk inside the Athlete Check-in area to change divisions

Athletes in the Open Division are not eligible for awards or World Championship slots

Athletes in the Open Division are subject to the IRONMAN Competition Rules as set forth in Article I – VII, and Article XI. Please refer to the [IRONMAN Policies](#) for additional information.

AWARD Party -1



Award Party on Saturday 10th June

Doors open at 17:30 Party at 18:00-19:30

Venue

- Hotel Arc Riche Toyohashi (reception on the 1st floor)
- Toyohashi Station South Gate Square
- Toyohashi City Machinaka Square

The main venue for the award ceremony is Hotel Arc Riche Toyohashi. Seats are limited, so only the recipients and their companions listed on the right will be invited to Hotel. After the race, please check IRONMAN Tracker App to see if you are eligible for the award and come to the reception desk on the first floor.

A big screen is set up in the plaza in front of the south gate square and in the Machinaka Square you can enjoy the live-cast the awards ceremony

You also can enjoy Migashimikawa Food FES, Expo, Ironman Store

Award

Each Age Group 1st~3rd Place

Local Residents Category 1st~3rd Place

Premium Category 1st ~10th Place

The Athlete who fail to receive award at ceremony will receive it by cash on delivery after the race.

Contact race organizer via Email to confirm receipt.

Award Party -2



Meals included in the party

The ticket for the party is included in the kit you receive at the athlete check-in. It is a free voucher for meals and other items. For athletes who purchased a party ticket at the time of entry, please check the ticket enclosed within the player kit for a few minutes of purchase.

Meals voucher

Pick up a beef steak on the first floor of the Hotel Arlish Toyohashi!



Souvenir voucher

Date and time of exchange

Saturday, June 10 15:00-20:00

Pick up sweets, beer and other souvenirs at the Aichi Prefecture booth in the Toyohashi City Machinaka Square!

Cut out a set of two souvenir vouchers and give them to the staff.



TOYOHashigo Night 2023

Date and Time: 6/10 (Sat) 11:00-24:00

With one ticket, you can enjoy one of the store's specialties and one drink. You can enjoy five restaurants by yourself or share it with someone!

More than 30 popular local stores participated.

With 5 tickets, let's all walk around Toyohashi Station!

- 1 ticket = 1 drink + 1 specialty dish
- Each ticket stub is worth 800 yen. For menus of each participating store, please refer to the "Participating Store Guide Map."

Guide maps will also be distributed at Hashigo Night Headquarters (Toyohashi Station South Gate Square) on the day of the event.

■ Tickets can be shared by more than one person. However, each ticket stub can only be used by one person.

■ Leftover tickets can only be used as a 800 yen voucher at participating restaurants until Sunday 6/18. No change will be given.

Be sure to show it when you visit. You can't use it with other tickets. You can use as many tickets as you want for one meal.

■ Never drink and drive. Use public transportation after drinking.



TOYOはしごナイト2023

豊橋駅前をみんなで
はしごしよう！



IRONMAN 70.3 JAPAN

HIGASHIMIKAWA
ATSUMI PENINSULA

6/10 SAT 11:00~24:00

※参加店舗によって営業時間が異なります。

チケットは
5枚綴り
4000円

複数人で
シェアしても
OK!

4,000円で5軒はしご酒！

チケット一枚で参加店舗自慢の1品1杯が楽しめる 絶対お得で楽しいイベントです！

今年のはしごナイトは アイアンマンレースとのコラボ開催！

同日に地元豊橋・田原にて開催されるアイアンマンレースの世界大会『アイアンマン70.3 東三河ジャパン in 渥美半島』との共催にて実施！参加アスリートたちと一緒に豊橋の夜を楽しんじゃおう！

アイアンマン70.3 東三河ジャパン in 渥美半島公式サイト「アイアンマン 東三河」で検索！

アイアンマン 東三河



地元人気店 **30** 店舗以上が参加！

創作美味わっぱい / 藤月豊橋駅前大通り店 / 味の天心燗鍋 豊橋広小路店 / KOJORI 天狗のカレーうどん / 串揚げはやかわ / ひっぱり嵐 / TOYS BREWERY / TINY DINER 花鮎豊橋駅前店 / FreeStyleBAR? 輪 -RIN- / 八八豊橋駅前店 / ビストロ酒場 lac!! cafe&gateaux knohd(ノード) / NO JUNK DONUTS by Moonlight Coffee / パード 94 豊橋鉄板焼 山ちゃん with 大将 / THE GARDEN / タヤけ横丁三丁目豊橋駅前店 emCAMPUS FOOD / 謝謝 駅前店 / 久遠チョコレート 豊橋本店 / 大衆酒場 家利伊頭 葉隠亭 / 隠れ家 湊 / 焼肉ひさ萬 / ASA-CHANG / 広小路ホルモン酒場 炎や / 古来や

◎ 豊橋駅前南口広場会場 (11:00~24:00)

キッチンカー・テントブースなど10店舗以上が出店予定

参加店舗・最新情報はこちらから！

「TOYOはしごナイト」で検索！

TOYOはしごナイト



チケット
販売開始
5月下旬予定

チケットの販売状況は
公式サイトでご確認ください。

前売り券

当日販売

販売価格

セブンイレブン店頭にて販売！

※完売次第、チケットの販売を終了します。

豊橋・豊川・新城市内のみ

豊橋駅前南口広場 TOYO はしごナイト本部にて
11:00~販売します。

※前売りチケットが予定販売数に達した場合、当日販売を実施しない場合もございます。
前売り販売期間にてお早めにお買い求めください。

1枚 4000円 (はしごチケット5枚綴り)

※余ったチケットは6/18(日)まで参加店舗にて金券としてご利用いただけます！

※土曜日開催につき、参加店舗の混雑状況によっては席が空くまでお待ちいただく場合もございます。何卒ご了承くださいませ。

※イメージ

WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



View the Event Schedule (Page 4) for time and location.

Qualifying Slots: (30) Age Group qualifying slots for the 2023 IRONMAN 70.3 World Championship, in Lahti, Finland held on August 26-27, 2023.

Qualified athletes are required to claim their IRONMAN World Championship slot in-person at the advertised time and location. Photo ID is required to be presented and payment must be at this point in time.

Cost: €650 entry fee + Taxes and 10% ACTIVE administration fee

Payment:

- Credit card only (no Amex, Diners or cash payment).
- Physical card including full card number, expiry date and CVV must be available (no Apple Pay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

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 Slot.
 - 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.

ADDITIONAL INFORMATION



VOLUNTEERS

More than 1000 volunteers support us.

We encourage you to say THANK YOU to the Volunteers whenever possible!

OFFICIAL EVENT APP

The IRONMAN Tracker app has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out results post-race.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the IRONMAN Tracker App now!



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<https://www.instagram.com/ironman70.3japanhigashimikawa/#>



<https://twitter.com/ironman703jp>



WOMENFORTRI

WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

IRONKIDS HIGASGIMIKAWA JAPAN

SUN 11th June 13 : 00~16 : 15

Shiroya Seaside Park, Tahara City

If you have any further questions, please don't hesitate to contact us at contact@higashimikawa.or.jp. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

IRONMAN 70.3 Higashimikawa Japan in Atsumi Peninsula Team

EVENT PARTNERS



sala



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Science.
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KOHSAI
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KAEI To impress you.
This is our job.

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響いてこそ音楽
SINFONIA

おたくも うちも
豊橋信用金庫

人・ゆとり・技術
TOYOKEN

誰もが才能を持っている。
その才能を開花させる場所がある。
DAISAN

豊橋名産
あくわ

SMBC
三井住友銀行
SUMITOMO MITSUI BANKING CORPORATION

TOYOHASHI
WAREHOUSE
CO.,LTD

感動のそばにいつも。JTB

人と、地域と、未来をむすぶ
16FG 十六銀行

人も地球も健康に
Yakult

● 総合ボートサービス株式会社

● 総合環境株式会社

Nitto
Innovation for Customers

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スジャータ めいらくグループ 株式会社 静岡銀行 株式会社アスリート 株式会社みずほ銀行 株式会社 名古屋銀行 大垣共立銀行 株式会社愛知銀行 豊橋商工信用組合
豊橋ステーションビル株式会社 公益財団法人十六地域振興財団 東海交通株式会社 豊橋創造大学 中央製乳株式会社 (新規追加)



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!

IRONMAN[®] 70.3[®] JAPAN HIGASHIMIKAWA ATSUMI PENINSULA

2023 Athletes Information Guide



<https://www.ironman.com/im703-japan>
contact@higashimikawa.or.jp

0532-25-5963

V 1 June 5th, 2023



Contents Page



| Section | Page |
|-------------------------------|-------------|
| Race Referee message | 3 |
| Event schedule | 4 |
| Athlete checklist | 6 |
| Race kit | 7 |
| Vanue MAP | 8 |
| Pre-Race Information | 9-11 |
| 9 th June Parking | 12 |
| Transition BAG | 13-15 |
| Shuttle Bus Information | 16-18 |
| 10 th June Parking | 19 |
| Support | 20,21 |
| Cut off | 22 |
| Race Day Service | 23 |
| Medical Station | 24 |

| Section | Page |
|--|-------------|
| Swim course | 25-29 |
| Swim Course T1 Bike Rack | |
| Bike course | 30-33 |
| Bike Course T2 | |
| Run course | 34-36 |
| Run course Finish Line and Post Race Finish Area | |
| Race rules and categorie | 38-40 |
| Race Rule Race Category | |
| Award party | 41-43 |
| World Championship Roll Down | 44 |
| Additional Information | 45 |
| Event Partners | 46 |

Race Referee Message



To avoid rule violations on race day, please observe the followings:

- Drive on the left side of the bicycle lane
- Secure a distance of at least 12 meters from the front wheel tip of the front rider to the front wheel tip of yourself
- Pass the front bike from the right. Never pass from the left.
- When you pass a forward player, please complete it within 25 seconds.
- The overtaken player should slow down from the moment you are passed and immediately maintain a distance of 12 meters or more. Before you overtake again, make sure you have fully secured 12 meters.

Triathlon is an individual sport and it is your responsibility to fully understand the rules and avoid violations. In cases of drafting, blocking or illegal overtaking violations (judgement), the referee's ruling is final and is not subject to protest or appeal.

The following are the most common rule violations:

The five-minute blue card penalty includes:

- Drafting: If you follow the leading cyclist to within 12 m and do not overtake him / her within 25 seconds or, after being overtaken, do not retract 12 m before overtaking again
- Illegal overtaking: If you overtake from the wrong direction (left side)
- Littering: If you discard in the wrong place. For example, if you discard tires, bottles, gel wrappers, etc., on a course other than the designated litter area near the aid station.

The referee will tell you your race number, indicate your violation, and present a blue card. You will then be responsible for receiving a five-minute time penalty in the next penalty box.

Note: You will be disqualified if there are three blue card violations throughout the course during the competition.

Yellow card penalties, or stop-and-go penalties, include:

- Blocking: Continuing to run on a player's right side without overtaking, or continuing to run on the right side when separated from other players
- Helmet: Not holding the chin strap securely while cycling

Other violations that can result in disqualification include:

- Aggressive and unsportsmanlike conduct
- Improper use of public toilets
- External assistance (from outside the race related)
- Use of electronic equipment, including telephones

(including the use of earphones and other communications equipment)

Other athletes, volunteers and officials are important in keeping the event safe and fair. Remember to always treat them with courtesy and consideration.

I sincerely hope you have a great race, enjoy the experience and achieve your IRONMAN 70.3 goals.

Masato Suzuki

Race Referee

EVENT Schedule



Schedule and Venue are subject to Change.

Please check latest information on the website <https://www.ironman.com/im703-japan>

| Thursday June 8th, 2023 | | |
|--------------------------|---|--|
| Time | Event | Venue |
| 13 : 00-17 : 00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Machinaka Hiroba (Around Toyohashi Station) |
| Friday June 9th, 2023 | | |
| Time | Event | Venue |
| 10:00-16:00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Shiroya Beach Park |
| 10:00-16:00 | Athlete Check-In | Shiroya Beach Park |
| 11:00-17:00 | Bike Check-In | Shiroya Beach Park |
| 11:00-17:00 | Welcome Event: Marche and Food Truck | Shiroya Beach Park |
| 13:00-15:00 | Practice Swim Session | Shiroya Beach Park |
| Saturday June 10th, 2023 | | |
| Time | Event | Venue |
| 4:00-5:45 | Transition Area Open | Shiroya Beach Park |
| 5 : 00-5 : 30 | SWIM WARM UP | Shiroya Beach Park |
| 6:00- | Start (Rolling Start) | Shiroya Beach Park |
| 10:00-16:00 | Gourmet Event: IRONMAN Sweets and Food Fes | Parking lot in front of Toyohashi City General Gymnasium |
| 11:00-21:00 | Gourmet Event: Higashimikawa Food Fes | Machinaka Hiroba (Around Toyohashi Station) |
| 11:00-24:00 | Gourmet Event: TOYOHASHIGO Night | Toyohashi Station South Exit Plaza |
| -around 15:00 | Course Close (8 Hours After Each Athletes Starts) | Toyohashi Sports Park |
| 10:30-17:15 | Bike Check-Out | Temporary parking lot near Toyohashi Sports Park |
| 13:00-19:00 | IRONMAN 70.3 Expo IRONMAN 70.3 Merchandise Store | Machinaka Hiroba (Around Toyohashi Station) |
| 16:30-17:30 | 2023 IRONMAN 70.3 World Championship Roll Down | Around Toyohashi Station (Terrace Meeting Room at Sala Tower 4F) |
| 17:30-19:30 | Award Party | Around Toyohashi Station (HOTEL ARC RICHE TOYOHASHI, Machinaka Hiroba, Toyohashi Station South Exit Plaza) |
| Sunday June 11th, 2023 | | |
| Time | Event | Venue |
| 13:00-13:30 | IRONKIDS: Athlete Check-In | Shiroya Beach Park |
| 13:30- | IRONKIDS: Race Briefing | Shiroya Beach Park |
| 14:00- | IRONKIDS: Place race gear in the transition area | Shiroya Beach Park |
| 14:15- | IRONKIDS: Race Start | Shiroya Beach Park |
| 15 : 45-16 : 15 | IRONKIDS: Award Party | Shiroya Beach Park |



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Pre-Event

- Reservation / confirmation for accommodation & flights. (if applicable)
- Make sure event registration is confirmed (check confirmation email).
- Fully understand your event schedule (know all check-in / drop-off transition bag and times).
- Please include your photo ID in your luggage.
- Get used to the course - it is your responsibility to know this on race day.
- Check the player list online. **Note: The web list will not be updated after 9^h June. If any details are incorrect, please email us.**

ONCE I ARRIVE (pre-race)

- Familiarize yourself with the venue and main area (Check In, Transition, Swim Start, Finish Line, Award Party, WC Rolldown).
- Familiarize yourself with road closures.
- Check in and collect race kits.
- Rack the bike and drop the transition bag (See page 13 for recommended items for transition bags).
- Participate in official practice swimming at designated times.
- Pack for race day.

Race day

- Make sure you have all your racing gear, including helmets, timing chips and wetsuits / tri-suits.
- Enter Transition area for the last minute check for Bike and Transition Bag (Red String & Blue String) and drop off Transition Bag and bicycle pump (if applicable).
- Drop off the street gear bag (Black String) at swim start.
- Start the race - stand at the start line at least 15 minutes in advance.
- Finish the race.
- Receive a medal.
- Gather a finisher T shirt.
- Recover.
- Collect items such as transition bags, street gear bags, bike pumps and bikes.

POST RACE

- Attend World Championship Roll Down, presentations and award parties.
- Upload photos of #medalmonday to social media.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring a credit card (not Apple Pay, etc.). See page 44
- Bring friends and family to celebrate.

Race kit



Sticker Location

1. Race bib number

Of the two, one is for a motorcycle and one is for a run. Wear it on the back for a motorcycle and on the front for a run with a race belt (prepared by the athlete yourself) or a safety pin (supplied by the tournament). Do not bend or cut the race bib number.

2. Wristband for Athletes

Prepared one for each person.

Each player's race number is included to identify the players participating in the tournament. You must wear it as soon as you receive it at the athlete check-in and always wear it until the end of the award party. Do not remove the wristband at the transition area or at the bike check-out, as it is necessary to identify the athlete if you need help at the venue after the race. Remove all wristbands from events unrelated to this competition.

3. Safety pin

Use Safety Pin to place Bibs . You also can use own Race Number Belt.

4. SWIM CAP (Swim Cap)

The swim cap must be worn during the swim leg. If another cap is worn, the official cap must be worn on top. Swim caps are Latex.

Zone 1 - Less than 33 minutes - Green

Zone 2 - 33 - 37 minutes - Pink

Zone 3 - 38 - 41 minutes – Light Blue

Zone 4 - 41 minutes or more - Purple

5-1. Transition bag (Red String, Blue String)

Use the supplied bag and affix the appropriate seal. Include equipment necessary for racing. Submit it during the bike rack on Saturday.

5-2. Street gear bag (Black String)

Place items needed for post racing (collect in collection area). Drop-off on race morning. Always use the supplied bag.

6-1. Bike Sticker

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

6-2. Helmet Sticker

Stick a sticker on the front of your helmet. Place it before bike check-in for checked by technical officer.

7. Bike pump sticker

Stick a sticker on the bike pump at bike check-in. Write your Race number on the sticker at Bike Check in Tent and place it on Bike Pump.

8-1. Street gear Bag (Black String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-2. Bike Transition Bag (Blue String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-3. RUN Transition Bag (Red String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

Note: Timing chips are distributed at Bike Check In. Make sure to maintain not to lose for Race Day.

Venue Map



PRE RACE INFORMATION 1/3



Athlete Check-In

June 9 10:00-16:00

Shiroya Seaside Park (see page8 for venue map)

You will receive a race number, a sticker and a transition bag.

If you do not check in during the athlete check-in time, you will not be allowed to participate in the race. **Pick up at 10:00-16:00 on June 9.**

Where: Shiraya Seaside Park

What must be presented:

- Photo identification (driver's license or passport).

Emergency contacts

Athletes must check in at the venue on the above dates and times. Athlete cannot check in outside the designated hours.

If you need to inform the Secretariat of an emergency during the race, please call the phone number below.

Phone: 0532-25-5963

Email: contact@higashimikawa.or.jp

Warning: Only the registered person can receive a race kit at the athlete check-in. Please note that no one else can compete in your name or in someone else's name.

If you cheat, you will be suspended and both will not be able to compete in future IRONMAN Asia Triathlon Races.

Race number

When you receive your transition bag and bike check out, your wristband and race number confirm your identity.

Timing chip

During the race: Your chip must be worn on your left ankle during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff 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.

If you lose your timing chip during the race, inform Event Staff within Transition or at the finish line, so that timing providers can do their best to replace the chip.

Drop Off: Timing chips will be collected at the finish arch in exchange for a finisher T-shirt.

Drop Out: If you do not start the race, or if you are retiring the race, return timing chips to the judges. If you do not find the judges, return them to your staff or timing team members. Whenever possible, return them to staff, not volunteers.

Missing Timing chips: If a timing chip is not returned or is lost, **there will be a \$100 replacement fee.** If you notice that you have a chip after the race, mail it within 5 days to:

〒441-8560

39-5 Daizen, Uedacho, Toyohashi, Aichi
Musashi-Seimitsu East Mikawa Sports Regional
Development Foundation

Failure to wear a timing chip on the race day, failure to return the chip after the event, or failure to pay for the replacement of a lost timing chip may prevent you from participating in future IRONMAN events.

Pre-race

Bike check-in

June 9th 11:00-17:00

T1

Shiroya Seaside Park

Bike and helmet check:

- Conducted by referees.
- You, the athlete are responsible for your bike being in safe working order.
- In advance, attach the bike number sticker to the seat post by yourself.
- 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 and JTU regulations

• **If you pass the check, attach a certificate of acceptance**

Put Helmet in your transition bag.

How to install at a bicycle rack:

A bike rack with a race number is prepared for T1. Hang the saddle with the front wheels facing out.

Cover:

Complete bike cover is not available for rack storage at night.

Transition Area Open

June 10 4:00-5:45

On the morning of the race, you can access T1 bike. However, you can not take the bike out of the transition area until the bike part of the race begins.

Bike mechanics

June 9 11:00-17:00

Bike mechanics are available. We provide minor mechanic service. This is a paid service.

A limited "emergency service" for all athletes will be offered at 4:00 of the race morning.

For on course support, see the bike course information on page 23.

Race Briefing

Read thru this guideline very well. We'll check it when athletes check in.

It's an important opportunity for both experienced triathletes and first-time racers. Important information about course peculiarities, rules and course closure is provided.

On June 9 at 11:00, 14:00 and 16:00, the race director will set aside time for questions at the athlete check-in site. Information on last-minute changes or procedures for events that have or may occur due to weather-related forecasts will be provided sequentially.

Swim Practice, Pre-Race Training

You can Swim Practice at Shiroya Seaside Park from 13:00 to 15:00 on June 9.

A portion of the course will be marked and lifeguards and surveillance vessels will be in place.

Please note that you must have checked in your bike and received a timing chip to participate in the swim practice.

You must wear a timing chip during the swim practice.

If you have not checked in your bike and not received a timing chip, you will not be able to swim.

Wear a wetsuit and swim cap to swim.

The target cruiser of 200 m offshore is anchored. A Tahara muskmelon is passed from a small boat near the cruiser.

When you train your bike or run, please follow the traffic laws. Wear a helmet.

Note that Japan is "left handed traffic."

Shuttle buses

Buses for athlete check-in and bike check-in on June 9 operate between the Kodomo Miraikan Coconico at the east exit of Toyohashi Station and Shiroya Seaside Park.

Bike can be loaded on trucks operated with shuttle buses.

Buses returning on the same route will also be operated.

Parking

Athletes' parking for athlete check in and bike check-in on June 9 will be located at the Himejima Fishing Port near Shiroya Seaside Park.

The landmark is Shiraya Crossing in Tahara City. Head north from Shiraya Crossing to Himejima Fishing Port.

Shiroya Seaside Park is about a 10 minute walk from Himejima Fishing Port.

Pre-Race Day parking is allowed 9:00-18:00

WELCOME Event

Shiroya Seaside Park will entertain you with Atsumi Peninsula specialties and more. It also hosts talk shows and other events.

Tahara city is one of the largest flower producing areas in Japan. Enjoy the beautifully decorated venue.

FRI. 9th June Parking Location



Transition bag 1/3



Street Gear Bag (Black String)

The black string transition bag is used as a street gear bag.

Put in the clothes you wore before the race and the clothes you need after the race and leave them in the start area. No other bags can be checked.

Stick a number sticker to the left bottom corner of the bag on your own.

- Time to drop: 5:00~6:00

Return the bag at the finish area.

© Things to put in the bag (example)

- Clothing and footwear worn before the start
- Clothing and footwear worn after finishing
- Keep valuables out of your bag as much as possible.
- In the finish area, there is a sweets festival, as well as refreshments prepared by the organizers. If you are interested, please prepare small change.

View page 14 of time and place.

The bag will be collected at start area, transported and returned at Finish Area.

Bike (blue string) and Run (red string) Transition Bag

The Bike Transition Bag (blue string) holds the gear used on the bike.

It will be installed on the T1 "bag rack" on June 9 or June 10. The race number will be displayed in the tent, so each person will install it at the location of his or her own number.

- Bike wear
- Helmet
- Bike Shoes
- Nutrition and Fluids

Items needed for racing that can't be attached to the bike should be kept in the bag

In the run transition bag (red string), keep the gear used for the run.

On June 9 or June 10, install the tents in the T2 "bag rack." In the tent, the race number is displayed, so each person installs it in the place of his or her own number.

- Runwear
- Runshoes
- Supplemental diet

The transition bag is placed inside the change tent at the transition and can be accessed during the transition process.

The transition process is described on page 15.

Useful tip: Remember that blue (BLUE) is a B, so bike and red (RED) is a Run, so Red.

Examples of items athletes should consider:

| Bike Transition Bag | Run Transition Bag |
|--------------------------------|------------------------|
| Bike shoes (or on bike pedals) | Running shoes (must) |
| Helmet | Race Bib number (must) |
| Sunglasses | Sunglasses |
| Race Bib number (must) | Hat / Visor |
| Change of clothes and Socks | Socks |
| Nutrition and fluids | changing clothes |
| Towel | Nutrition and fluids |
| Sunscreen | |
| Vaseline | |

Transition bag 2/3



| BAG | DROP OFF LOCATION | Use during a race | Post Race Collection |
|--|---|--|--|
| Bike Transition bag <i>Swim to Bike</i> | June 9 12:00-17:00 June 10 4:00-5:45 T1 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T1 bagrack tent. Take out the bike gear and place all the swim gears in the blue string bag. When you leave the wearing changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport it |
| Run Transition bag <i>Bike to Run</i> | June 9 12:00-17:00 June 10 4:00-5:45 T2 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T2 bagrack tent. Take out the run gear and place all the bike gear in the red string bag. When you leave the changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport |
| STREET GEAR BAG | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Use | June 10 Near the finish area *The organizer will transport |
| BIKE PUMPS put into STREET GEAR BAG *place sticker on the bike pump with the race number in advance | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Access During Race | June 10 Near the finish area *The organizer will transport |

Note: When you collect the bike, you must collect the bike, the run transition bag and the bike pump at the same time.

Before the race

Transition area open

Open June 10 4:00-5:45, at race morning. All athletes must be out of the area by 5:45. Make sure you have enough time to move on the morning of the race.

You have the opportunity to make final adjustments to your bike. Make sure all items are attached to your bike.

You are not allowed to place items on the ground beside your bike. This includes items such as footwashing equipment and bags.

Bike pump

After using the bike pump on a T1, put it in a street gear bag (black string transition bag) and drop.

Label the pump with the race number in case it falls out of the transition bag.

Prepare labels and writing materials for the June 9 bike check tent. Label the bike pump with the race number.

Any bike pump placed in T1 without deposit, any bike pump that has fallen out of the transition bag and is not labeled will be treated as donated.

During the race

Transition from swim to bike

After the swim, you are guided to T1 through the swim finish arch.

You are not allowed to change clothes in a public place with your trunk exposed. You need to be well prepared for the race before you start

When changing clothes, use a changing tent. You can also wear bikewear under a wet suit.

Personal supplementary food and beverages are allowed to be stored in the wear or attached to the bike.

Bike shoes are allowed to be worn before passing the mount line.

Transition from bike to run

After the bike part, get off the bike and store it in a T2 rack. The T2, unlike the T1, is a free rack, so follow the staff's instructions and put the bike on the rack.

Keep the bike's gear, such as shoes and helmet, separate from the bike and in the transition bag. This is to prevent the shoes from coming off when volunteers and staff carry the bike. After picking up the red string transition bag in the bag rack at the behind of the bike rack and taking out the run gear, you need to store the bike gear in the red string transition bag and leave it with a volunteer.

After the race

To pick up your bike or transition bag, you'll need to show your wristband or race number.

Black string, blue string and red string transition bags should be collected near the finish area.

Bike checkout is at 10:30-17:15 on June 10. You cannot pick up after this time.

If the bag is not collected by the time, the organizer is not responsible for the loss.

Race Day Moving

For athletes who do not use their own cars or rental cars, there is a shuttle bus from the Kodomo Miraikan Coconico at the east exit of Toyohashi Station to the start site, Shiratani Seaside Park.

After the competition, there is a bus from Toyohashi General Sports Park back to the Children's Miraikan Coconico.

For athletes using their own cars or rental cars, temporary parking will be provided around the finishing area, Toyohashi

General Sports Park.

Shuttle buses will be operated from Toyohashi General Sports Park to the starting site, Shiratani Seaside Park.

FRI. 9 June 2023 For Athlete

For Athlete Check-IN/ EXPO Venue

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time | Note |
|-------------|--------------|
| 9:00-15:30 | Every 30 min |

Approximate 60 min drive

BIKE Transport Truck operate together

Bike will be transported by SEINO Truck which operated together with Shuttle.

It carries bike as assembled, please bring your bike taken out from Bike Case.

Please DO NOT Bring Bike Case

For Return to Toyohashi City

“A” Shiroya Seaside Park → “D” Toyohashi Station East Gate

| Depart Time | Note |
|-------------|--------------|
| 12:15-17:15 | Every 30 min |

Approximate 60 min drive

SAT. 10 June 2023 For Athlete Before the Start

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time |
|-------------|
| 3:30 |
| 3:45 |
| 4:00 |
| 4:30 |

Approximate 60 min drive

“C” Toyohashi Sports Park → “A” Shiroya Seaside Park
(near Athlete Parking)

| Depart Time |
|-------------|
| 3:30 |
| 3:40 |
| 3:50 |
| 4:00 |
| 4:10 |
| 4:20 |
| 4:30 |

Approximate 45 min drive

SAT. 10 June 2023 For Athlete

After the Finish

For Award Party

“C” Toyohashi Sports Park → “B” Kodomo-Mirai Kan “KOKONIKO”

BIKE Transport Truck operate together

| Depart Time | Depart Time |
|-------------|-------------|
| 12:00 | 14:30 |
| 12:30 | 15:00 |
| 13:00 | 15:30 |
| 13:30 | 16:00 |
| 14:00 | --- |

Approximate 20 min drive

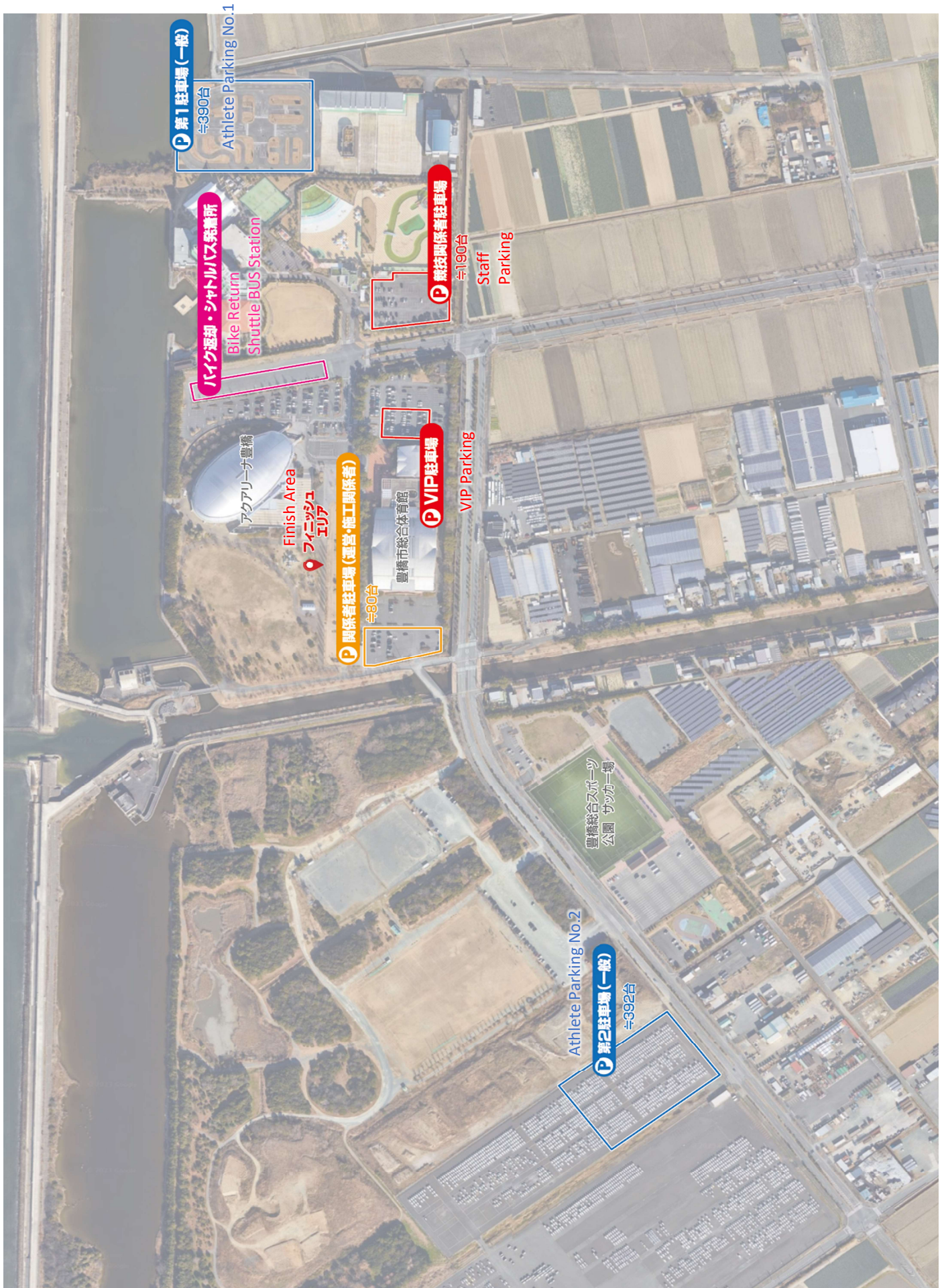
After the Award Ceremony

“B” Kodomo-Mirai Kan “KOKONIKO” → “C” Toyohashi Sports park

| Depart Time |
|-------------|
| 19:45 |
| 20:15 |
| 21:00 |

Approximate 20 min drive

SAT. 10th June Athlete Parking



Before Swim

· Your glasses will be placed at the swim-finish point, so be sure to put your glasses on by 6:00.

When placing your glasses, write the race number on the sticker placed on the glass-keeping stand and affix it to your glasses.

Available:

- Water
- Permanent toilets, temporary toilets

Swim temporary landing site

Available:

- Water

Swim-up - > T1

Available:

- Water
- Toilet

Bike Aid Station

Place on the left side of the course.

Just before the aid station, a bottle catcher will be set up, so throw in any bottles you no longer need (bottles can not be returned).

Aid station location:

- BAS1 23.4 km Rokuren JA collection and shipment site
- BAS2 36.0 km Akabane Elementary School
- BAS3 54.2 km Crystal Beach
- BAS4 73.7 km Fukue Junior High School

Available:

- Water (Bike bottle included)
- Sports drink (Ajinomoto BCAA charged water / Bike bottle included)
- Toilet

Process:

Slow down when entering the Bike Aid Station (No need to stop!)

If you do not need to resupply at the Bike Aid Station, take the right side of the roadway.

There are signs at the Aid Station to indicate what is being offered. We also call out what volunteers are offering.

Tell volunteers your needs out loud and politely.

Trash disposal

When no longer needed, throw the bottle into the bottle catcher.

Do not throw away anywhere else on the course. A strict

time penalty applies.

Medical

Fire crews will be stationed at seven locations on the course apart from the aid station. Medical personnel will be stationed at five of those locations.

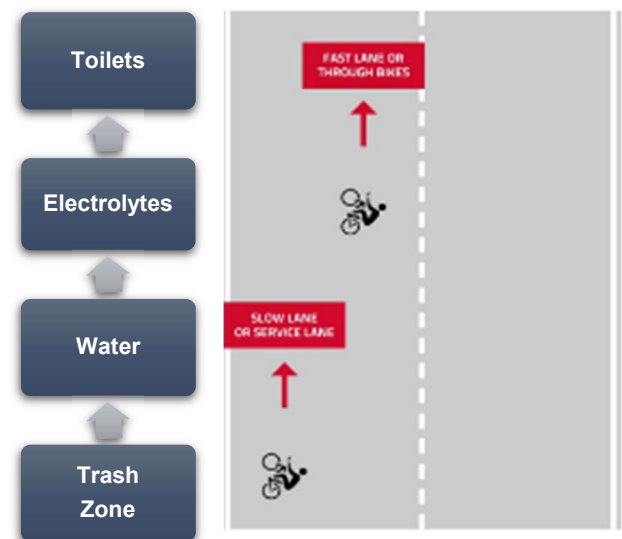
A cross flag will be displayed at the medical point, and aid workers will wear bibs with a cross print.

It supports athletes who are sick or injured. If necessary, it is dispatched by vehicle to provide relief.

Sirens and loudspeakers are used to signal the approach of emergency vehicles as they travel the course. Try to stop and wait for emergency vehicles to pass.

If you witness another player's trouble on the course, tell the nearest medical point.

Aid station layout



Run-Aid Swimming

- T2 0.0km
- RAS1 2.0 km (Himeshima Fishing Port)
- RAS2 4.0 km (Tahara Wharf Entrance)
- RAS3 5.4 km (Doura Elementary School)
- RAS4 6.8 km (Midorigahama Park)
- RAS5 9.3 km (Mikawa Port Ohashi Higashizume)
- RAS6 12.2 km (Meikai Central)
- RAS7 14.1 km (Funato Green Space)
- RAS8 15.8 km (Toyohashi Warehouse)
- RAS9 18.8 km (Kannofuto 3 Torimon)
- RAS10 20.0 km (Rokugata Ohashi South Side)

Offer:

- Water
- Ajinomoto Amino Vital Water
- Kabaya salt-charged tablet
- Imuraya Sports Yokan
- Ezaki Glico Balance On Mini Cake
- Energy Jelly (Muscat flavor, energy drink flavor)
- Coca-Cola (soda)
- Banana or melon
- Musashi Shot Jelly (RAS5)
- Toilet

Process:

The run aid station is located on the left side. When you get close, move to the left side (no need to stop)

When not replenishing at the run-aid station, try to pass on the right side.

Signs at the aid station indicate what is on offer. Volunteers also call out what they are offering.

Tell the volunteers your needs out loud and politely.

Disposal:

Dispose of unwanted items in the trash cans (disposal

zones) located in front and behind the aid station.

Disposing outside the designated area will result in a severe time penalty.

Splash zone

Since it is difficult to secure water sources for this course, we will prepare scoop ladles at each aid Station.

Medical

Paramedics will be on standby at all run-aid stations. **At medical points, a cross flag will be displayed and aid workers will wear bibs with a cross mark printed on them.**

We will support athletes who are ill or injured.

If you witness another player's trouble on the course, tell the nearest medical point.



Cut-off time

The cumulative cut-off time for swims, bikes and runs on the course are all based on an individual's swim start time.

The cut-off times below provide absolute cut-off locations and times based on the last starter projected at the time of publication of this document.

They are individually adjusted and implemented by the race director on race day.

Swim:

The swim course **ends 1 hour and 10 minutes** after the last swimmer begins swimming. Regardless of when each swimmer starts the swim, 1 hour and 10 minutes is picked up after the last starter starts the swim.

If a swimmer takes more than 1 hour and 10 minutes to complete the swim, they will not be allowed to continue and will receive a DNF. To make a rolling start, they will be recorded as a DNF even if they continue to compete.

Bike:

Bike courses close **5 hours and 30 minutes after** the last swimmer starts swimming.

Each swimmer, regardless of when he or she starts swimming, must finish the swim, T1 or bike within 5 hours and 30 minutes of the last starter starting the swim. If it takes more than 5 hours and 30 minutes to finish the swim, T1 or bike, he or she will not be allowed to continue and will receive a DNF.

The on-course cutoff will be cut off by the transit time every 5 km. The cutoff time every 5 km since the last starter started the swim will be determined by the race director.

To make a rolling start, it will be recorded as DNF even if the race is continued.

Run Finish:

The run course closes 8 hours and 0 minutes after the last swimmer begins to swim. Each swimmer completes the entire course within 8 hours and 0 minutes.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and fail to cross the finish line before the run is closed become DNF.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and cross the finish line receive NC (Not Classified) for their race results, meaning they do not qualify for age-specific awards or World Championships.

The on-course cutoff is cut off by the passing time per kilometre. The cut-off time for each kilometre after the last starter starts the swim is determined by the race director.

The course is closed to all athletes based on the time the last starter starts the swim.

Note: IRONMAN officials reserve the right to pull any athlete who exceeds the course time cutoff from the course

• Swim

1 hour and 10 minutes from the start of the last athlete

(Current estimate: 8:00)

• Bike

5 hours and 30 minutes from the start of the last player

(Current estimate: 12:20)

• Run

8 hours 0 minutes from the start of the last player

(Current estimate: 14:50)

Change or cancellation of the tournament

If the course is changed or cancelled due to weather, the race director will notify you.

This will be communicated via email.

Race Day Service

Medical

First aid providers are engaged to provide first aid at all events operated by the IRONMAN Group.

First aid is deployed in a variety of locations. The exact location of the first aid station can be found with on the map next page.

Athletes are responsible for all costs incurred as a result of medical accidents. This includes, but is not limited to, hospitalization, professional treatment, etc.

Therefore, it is highly recommended that all players have sufficient travel or personal insurance to attend IRONMAN Group events. Players are responsible for understanding the terms of the insurance they hold.

Mechanic service

On the bike course, mechanics will be stationed at three locations.

- BAS1 23.4 km Rokuren JA Collection and Shipping Depot
- BAS2 36.0 km Akabane Elementary School
- BAS4 73.6 km? Fukue Junior High School

Three mobile mechanics on motorized bicycles enter the bike course from Shiroya Seaside Park. Every about 100, 300, and 500 motorcyclists will start, the 1 traveling mechanic car starts at a time.

If you use parts, spare tube tires, etc., you will be charged after the race.

Athlete pickup vehicle

Athlete pickup vehicles pick up athlete who are unable to complete the competition or finish within the cut-off time of the course. In the bike part, bikes are also picked up. When players picked up, bike are transported to the finish area.

If a pickup is needed, request it at a first-aid station along the course or staff along the route.

Note:It may take some time for a athlete pickup vehicle to arrive. For faster arrival, do not move from the requested location after requesting a pickup vehicle.

This may affect the ability of the player pickup vehicle to find and transport you.

Collection of timing chips

When an athlete decides to retire, he or she is responsible for reporting the decision to the nearest official and returning the race number and timing chips.

It is essential that race officials keep track of where the athlete is on the course. Failure to comply with the rule after retiring from the race may result in the athlete not being able to participate in IRONMAN events in the future.

Medical Station



COURSE MAP

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN

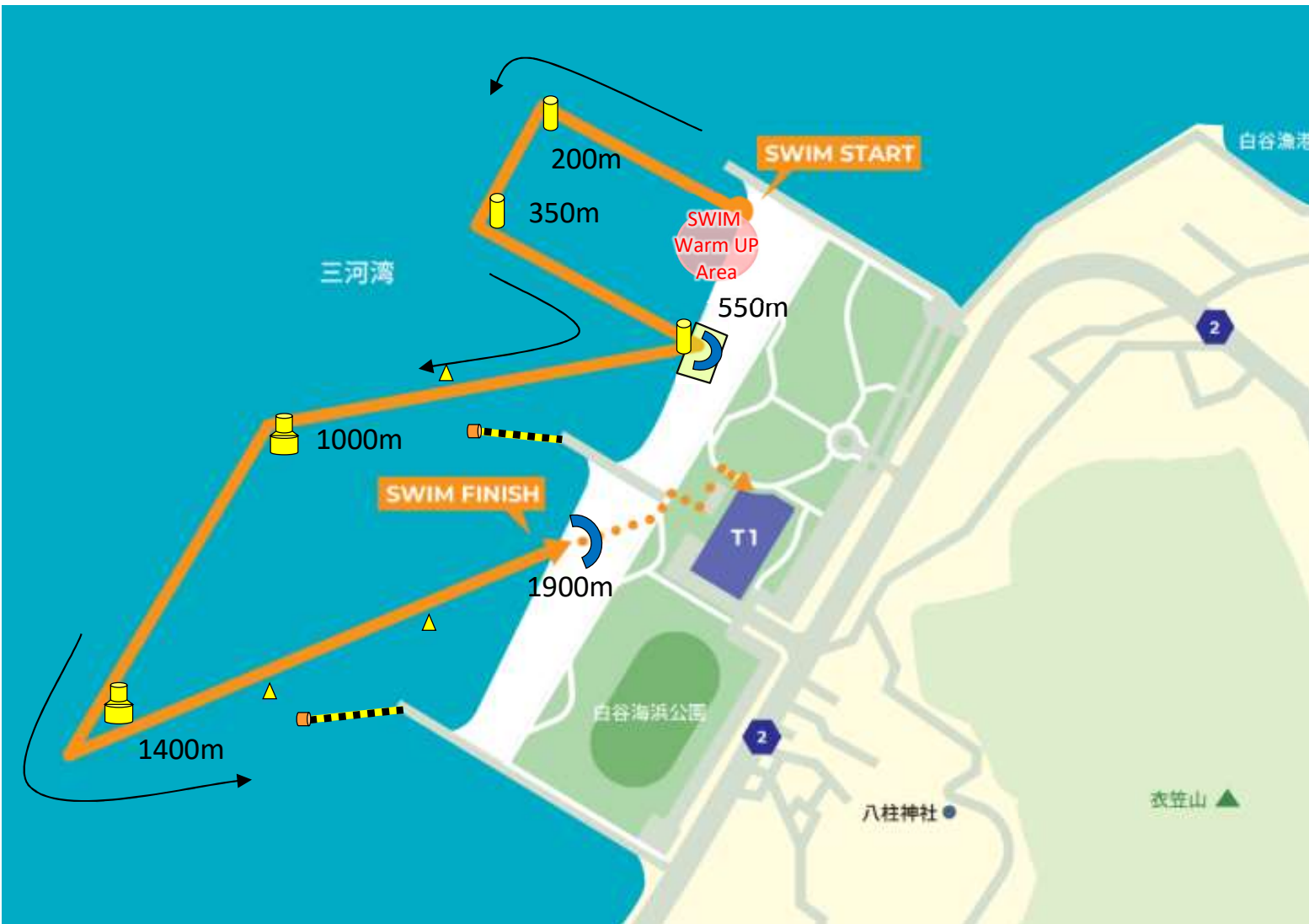


| | |
|------|--------|
| SWIM | 1.9km |
| BIKE | 90.1km |
| RUN | 21.1km |



伊良湖岬灯台

SWIM COURSE 1



Course

The swim course is held off the coast of SHIROYA Seaside Park.

After swimming offshore, you can return to the beach and keep yourself hydrated.

The swim finish is in the center of the beach, marked by an arch.

How to start

10 athletes make a "rolling start" every 30 seconds. The starting order is based on the estimated swim time.

At the beachside, the volunteers will tell you the estimated time so please make a line considering the other athletes.

Swim safety

The swim course is guarded by lifesavers (more than 25 rescue boards), water bikes and 15 surveillance boats.

When lifesaver feel the need, they call out to the athletes to check their physical condition. Please respond with two gesture.

***Tap your head with the palm of your hand.**

***Answer "Fine", "OK!" in a loud voice**

If the athletes can't do these two things quickly, we'll rescue them right away.

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 in time you decide to abandon the swim, you will be taken to one of the swim extraction points.

At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

Above all, the safety of each athlete is our prime concern. A full sweep of the course will be made directly behind the last swimmer.

Visual aids will be provided by the buoys, guard vessels and lifesaver that line the course.

SWIM COURSE 2

WARM UP SWIM

Aged Group Athletes:
June 10, 5:30-5:50

You can enter the water around 50 m offshore near the start area in the swim course.

A timing chip is required.

ROLLING START

6:00~

The race start will be a Rolling Swim Start. Athletes are to self-seed themselves into their allocated Start Zones prior to race start.

Four different Start Zones are available, depending on an athlete's expected swim time:

- Zone 1 – Under 33 minutes (Swim cap: Green)
- Zone 2 – 33 – 37 minutes (Swim cap: Purple - Pink)
- Zone 3 – 38 – 41 minutes (Swim cap: Light Blue)
- Zone 4 – Over 41 minutes (Swim cap: Blue)
- Physically challenged (Swim cap: White)

Expected time to start

Zone 1 6:00

Zone 2 6:05

Zone 3 6:14

Zone 4 6:25

Physically Challenged 6:38

Assemble at Swim Start Area 15minute prior to your expected start time.

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of the Event Staff.

At the official start time of 6:00, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual 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.

SWIM CAPS

Please wear the provided swim caps.

SWIM CUT OFF

1 hour 10 mins. from each athlete's individuals start time. The cutoff time is based on the last athlete's start time (currently 6:50).

It's a rolling start, so if you go over 1 hour and 10 minutes, it's recorded as DNF, even if you proceeded on a course or bike course.

SWIM SKIPPING

Swim skipping is not allowed

ABANDON THE SWIM

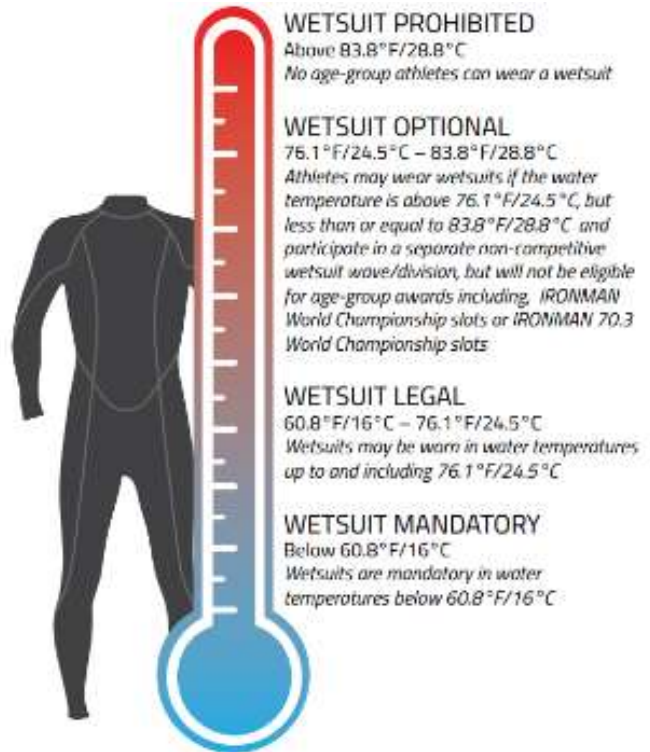
There is a landing spot at 550 m for safety. A measuring mat is set up here to check the passage. It is recommended to abandon the swim if you feel sick and at this landing point

ANTI-SHARK MEASURES

Sharks have been spotted on swimming trails in the past, and recreational fishing boats equipped with devices that transmit the feeble electric currents sharks dislike searched for sharks and ejected them a week before the event.

SEAWEED

On the day of the competition, the tide and water levels are almost low. In consideration of the ecosystem, seaweed is not removed. We recommend wearing a full wet suit if you are concerned.



WETSUIT RULING

● 28.8 °C and above - Not allowed

● 24.5 °C to 28.8 °C – Allowed but will be excluded from awards and excluded to enter the slot for the World Championships.

● 16 °C to 24.5 °C - Recommended to wear

● 16.0 °C and below - Mandatory to be worn under

A provisional wetsuit ruling will be posted at the Athlete Check-In place at 10:00 on June 9.

The official wetsuit ruling will be announced by the Race Director at 4:30 on June 10.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim exit. Labels and writing materials are prepared on the table. Please ensure your glasses are labeled with your race number prior to dropping them off.

SWIM TO BIKE TRANSITION

Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. When changing clothes, use a tent. You can also wear bikewear under a wet suit. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line



① Swimming Up

An arch is installed in the swim-up. Please aim to land on that mark. There is also a first-aid station.

② Glasses Custody

People who use glasses should pick up glasses in advance.

③ Bag tent

Pick up the blue string transition bag that you installed beforehand (the rack row is determined by the last digit of the race number).

④ A changing tent

When changing clothes, use a tent.

⑤ Transition bag dropoff

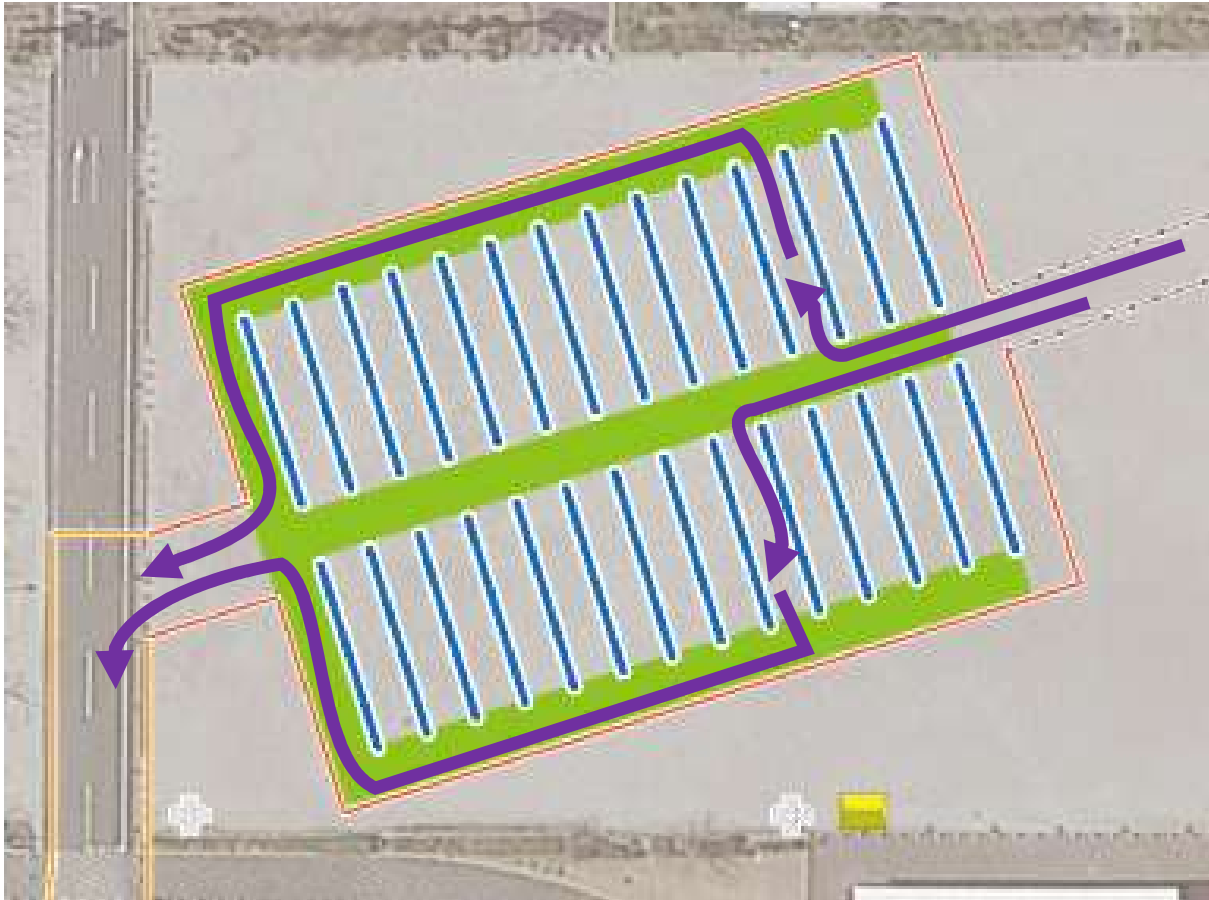
Put the used swim gear in the blue strap bag and throw it into the cart.

⑥ Bike rack

The travel route in the bike rack is listed on the next page.

⑦ Mount line

Please push the bike up to the mount line.



How to move in a bike rack

In the bike rack, as shown in the above figure, first use the middle passage to go to the bike rack.

After picking up the bike, push the bike and go to the bike mount line from the outside passage.

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.

BIKE COURSE 90.1 km

Course Map



Course

Majority of the main roads take prefectural and national roads.

It is highly recommended to use thick tires with good puncture-proof performance.

The course has intersections for detours. There are about 600 security guards and about 1000 volunteers to manage the safety of the course but please drive safely.

Aside from cones, and signages, volunteer staff will guide you through the course.

There is a section of the course where a vehicle goes around the opposite lane.

① Athletes run the same course for about 5km after the start and the last 5km. Both the outbound journey and the return journey take the sea lane (the outbound journey takes the opposite lane)..

② After turning right, the road is narrow, so be careful.

③ The steep slope continues. After that, it gets faster because it continues downhill. Watch your speed.

④ It is a course along the sandy beach, and it is a section where sand easily flows out. Please drive safely.

⑤ It's a U-turn. The road is not wide, so be careful. There are also two right-angle curves ahead.

⑥ The shape goes diagonally down to the right, please be careful.

⑦ It's a national road, turn left and go on the old road. The pavement on both sides of the course is not smooth, so follow the cones and drive in the middle of the road.

Aid station

There are 4 aid stations.

Bike Cut Off

The time limit is 5 hours and 30 minutes from each athlete's start time. The course will be closed based on the start time of the last athlete to swim. It is currently scheduled for about 12:20.

BIKE COURSE 90.1 km



DRAFTING PENALTIES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Must pass on the Right-hand side
- Must complete your pass within 25 seconds
- Must be always making forward progress
- A started pass must be completed – NO Slip Streaming
- After being passed drop 12 meters back
- Cannot pass until 12 meters back
- A competitor passing on the inside (Left-hand side) of another competitor will receive an Illegal Pass penalty. Must pass on the RIGHT.
- A competitor who has completed a pass and is not passing another competitor, motorbike, or vehicle and who fails to move safely and immediately to the right of the cycle lane will receive a Blocking penalty.
- You must report to the PENALTY TENT (Yellow Tent) located at T2/Transition Area.

Failure to do will result in DISQUALIFICATION.

If you receive 3 blue card penalties you will be DISQUALIFIED.

Follow this link to [IRONMAN Competition Rules](#).

For safety reasons, the following cycling positions are prohibited:

BIKE MECHANICS

Roving Bike Mechanics will be available on the course to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

SAG VEHICLE

The “SAG vehicles” is on standby at the end of the lines to pick up athletes who can no longer move on the course. In the bike course, motorbikes are also carried along and transported to the finish area.

Should you require a SAG vehicle at any time, please advise the first aid personnel or staff at the nearest aid station.

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



DRAFTING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



LITTERING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



BLOCKING VIOLATION
YELLOW CARD
30 second stop and go time penalty served at the next Penalty Tent



DISQUALIFICATION (DSQ)
RED CARD
3 BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION

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.



① Dismount line

Please get off the motorbike in front of the line. Do not leave your shoes on the motorbike. Be sure to remove your shoes from the pedals and place them in a red strap transition bag. The bike is loaded onto a transport truck, so leaving the shoes on can scratch them. No complaints will be accepted if the shoes are on.

② Bike Free Rack

We will prepare two sets of bike racks. Please follow the instruction of the staff and ride a motorbike.

③ Bag tent

Pick up the red string transition bag you installed beforehand (the rack row is determined by the last digit of the race number).

④ A Changing tent

Please use the tent when changing clothes.

⑤ Transition bag dropoff

Put your bike gear (Shoes, helmets, etc.) in the red strap bag and throw it into the cart.

If you leave your helmet on the motorbike, you will not respond to claims of damage or loss.

RUNNING COURSE 21.1 km

Course Map



RUN COURSE 21.1km

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN



COURSE

If there is no sidewalk, run on the side of the road, but if there is a sidewalk, run on the sidewalk.

- ① Run on the sidewalk of the seawall immediately after the start. There may be a slight incline and an open seam in the path, so run carefully.
- ② There is a grade crossing of around 4km and a complicated change of direction, so please follow the guidance..
- ③ The course runs on the sidewalk of the Mikawa Port Bridge. There are few standing patrols, and it may take some time to cross the bridge railing in case of an emergency. If you are not feeling well, it is recommended that you discontinue the race using RAS4. There is no standing patrol other than a guide point in the section ahead. If you feel sick, ask for help at the water station (RAS5 to RAS10) set up about every 2 km.
- ④ ⑤ Runs on the pedestrian bridge. Please be careful while running.

From ⑥ to ⑧, there are 4 stairways such as an underground passage. Please be careful.

⑧ It is a section that boasts a wonderful view, but since both sides are on the water surface and there are no handrails, please focus while running.

AID STATION

There are 10 places on the course. Paramedics are assigned to RAS5 through RAS10. If you feel sick, ask for help as soon as possible.

RUN CUT OFF

8 hours 00 mins from the athlete's individual start time. Based on the last athlete, there will be an intermediate cut-off at every 1km. If you could not make it within the cut off, please get on the pickup vehicle.

FINISH LINE AND POST RACE



FINISH LINE POLICY

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 athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

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.

How to Get your Best Photos:

- Ensure your helmet sticker visible on the FRONT of your bike helmet.
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- 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.

Search for your race at www.sportograf.com and register your email address to be notified as soon as all photos from your event are online

FINISHER SHIRTS

Finisher shirts will be available to all official finishers post-race and can be collected from the designated area within Recovery.

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Finisher t-shirt collection
- Recovery food/drink
- Street gear bag & bike transition bag collection
- Icing
- Medical support (if required)
- Male & female change tents
- Official finisher photo by Sportograf

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

Bicycles can be picked up outside the area.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Electrolyte hydration
- Recovery Jelly
- Banana
- Salt Tablet
- Udon noodles
- Protein Chikuwa
- Cake

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Tracker App
- Event Website - <https://www.ironman.com/im703-japan-results>

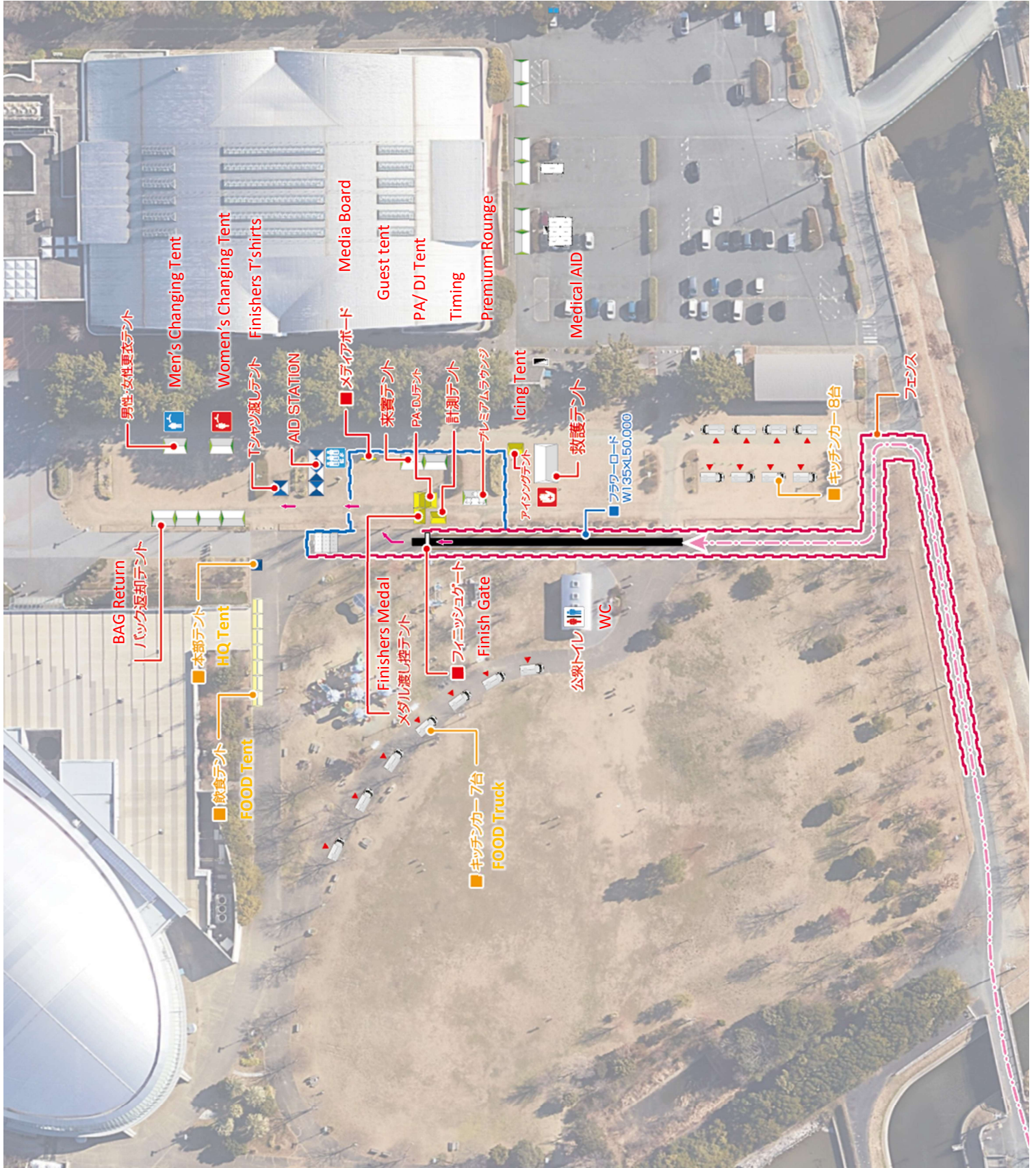
LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

Please note: No responsibility or liability is taken by the Race Organizers for lost property.

All lost property will be held for 30days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN email.

Finish Area





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

We are using the 2023 [IRONMAN Competition Rules](#) in alignment with the special IRONMAN rules and this is a NON-drafting Event.

All Athletes should read and understand the complete [IRONMAN Competition Rules](#) prior to race day. Below highlights some of the IRONMAN Competition Rules.

Conduct of Athletes

Section 2.01 General Behaviour

- (a) Practice good sportsmanship at all times;
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02). Receiving assistance (other than in accordance with Section 2.02) will result in disqualification;
 - (i) Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

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 4.02 Wetsuit Rules

(a) For age-group athletes, relay team athletes and Open Division athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ)

(d) A wetsuit may cover any part of the body except the face, hands, or feet;

(f) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ)

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 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 or 60 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 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

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

Continued over page..

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. (DSQ) (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).

RACE FINISH, TIMING, AND RESULTS

(e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

(i) Did not start (“DNS”) – Enters an Event but fails to start;

(ii) Disqualified (“DSQ”) – Starts an Event and was disqualified;

(iii) Did not finish (“DNF”) – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and

(iv) Not classified (“NC”) – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

(f) Results will include athletes who do not finish the Race (“DNF”), athletes designated as not classified (“NC”) and those who are disqualified (“DSQ”). All available splits will be listed for DNF and NC athletes.

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.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete’s age as of December 31 of the year of the Event.

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.

TRANSFERRING REGISTRATION

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

PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN (PC/ID OPEN) DIVISION

- Participation in the PC/ID Open Division is available to athletes with a medically verified Visual Impairment, Special Teams, athletes with an intellectual disability, or athletes with a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment (except for approved ID Open athletes) are not eligible to participate in the PC/ID Open Division
- PC/ID Open athletes are not eligible for awards or World Championship slots

OPEN DIVISION

The Open Division is a non-competitive, participatory division which is open to any able-bodied athlete who cannot or do not wish to race in a competitive age or gender group

There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event

Any athlete who wants to change to the Open Division during race week can do so during the onsite athlete check-in process. Please visit the solutions desk inside the Athlete Check-in area to change divisions

Athletes in the Open Division are not eligible for awards or World Championship slots

Athletes in the Open Division are subject to the IRONMAN Competition Rules as set forth in Article I – VII, and Article XI. Please refer to the [IRONMAN Policies](#) for additional information.

AWARD Party -1



Award Party on Saturday 10th June

Doors open at 17:30 Party at 18:00-19:30

Venue

- Hotel Arc Riche Toyohashi (reception on the 1st floor)
- Toyohashi Station South Gate Square
- Toyohashi City Machinaka Square

The main venue for the award ceremony is Hotel Arc Riche Toyohashi. Seats are limited, so only the recipients and their companions listed on the right will be invited to Hotel. After the race, please check IRONMAN Tracker App to see if you are eligible for the award and come to the reception desk on the first floor.

A big screen is set up in the plaza in front of the south gate square and in the Machinaka Square you can enjoy the live-cast the awards ceremony

You also can enjoy Migashimikawa Food FES, Expo, Ironman Store

Award

Each Age Group 1st~3rd Place

Local Residents Category 1st~3rd Place

Premium Category 1st ~10th Place

The Athlete who fail to receive award at ceremony will receive it by cash on delivery after the race.

Contact race organizer via Email to confirm receipt.

Award Party -2



Meals included in the party

The ticket for the party is included in the kit you receive at the athlete check-in. It is a free voucher for meals and other items. For athletes who purchased a party ticket at the time of entry, please check the ticket enclosed within the player kit for a few minutes of purchase.

Meals voucher

Pick up a beef steak on the first floor of the Hotel Arlish Toyohashi!



Souvenir voucher

Date and time of exchange

Saturday, June 10 15:00-20:00

Pick up sweets, beer and other souvenirs at the Aichi Prefecture booth in the Toyohashi City Machinaka Square!

Cut out a set of two souvenir vouchers and give them to the staff.



TOYOHashigo Night 2023

Date and Time: 6/10 (Sat) 11:00-24:00

With one ticket, you can enjoy one of the store's specialties and one drink. You can enjoy five restaurants by yourself or share it with someone!

More than 30 popular local stores participated.

With 5 tickets, let's all walk around Toyohashi Station!

- 1 ticket = 1 drink + 1 specialty dish
- Each ticket stub is worth 800 yen. For menus of each participating store, please refer to the "Participating Store Guide Map."

Guide maps will also be distributed at Hashigo Night Headquarters (Toyohashi Station South Gate Square) on the day of the event.

■ Tickets can be shared by more than one person. However, each ticket stub can only be used by one person.

■ Leftover tickets can only be used as a 800 yen voucher at participating restaurants until Sunday 6/18. No change will be given.

Be sure to show it when you visit. You can't use it with other tickets. You can use as many tickets as you want for one meal.

■ Never drink and drive. Use public transportation after drinking.



TOYO はしごナイト 2023

豊橋駅前をみんなで
はしごしよう！



IRONMAN 70.3 JAPAN

HIGASHIMIKAWA
ATSUMI PENINSULA

6/10 SAT 11:00~24:00

※参加店舗によって営業時間が異なります。

チケットは
5枚綴り
4000円

複数人で
シェアしても
OK!

4,000円で5軒はしご酒！

チケット一枚で参加店舗自慢の1品1杯が楽しめる 絶対お得で楽しいイベントです！

今年のはしごナイトは アイアンマンレースとのコラボ開催！

同日に地元豊橋・田原にて開催されるアイアンマンレースの世界大会『アイアンマン70.3 東三河ジャパン in 渥美半島』との共催にて実施！参加アスリートたちと一緒に豊橋の夜を楽しんじゃおう！

アイアンマン70.3 東三河ジャパン in 渥美半島公式サイト「アイアンマン 東三河」で検索！

アイアンマン 東三河 検索



地元人気店 30 店舗以上が参加！

創作美味わっぱい / 藤月豊橋駅前大通り店 / 味の天心燗鍋 豊橋広小路店 / KOJORI 天狗のカレーうどん / 串揚げはやかわ / ひっぱり嵐 / TOYS BREWERY / TINY DINER 花鮎豊橋駅前店 / FreeStyleBAR? 輪 -RIN- / 八八豊橋駅前店 / ビストロ酒場 lac!! cafe&gateaux knohd(ノード) / NO JUNK DONUTS by Moonlight Coffee / バード 94 豊橋鉄板焼 山ちゃん with 大将 / THE GARDEN / タヤけ横丁三丁目豊橋駅前店 emCAMPUS FOOD / 謝謝 駅前店 / 久遠チョコレート 豊橋本店 / 大衆酒場 家利伊頭 葉隠亭 / 隠れ家 湊 / 焼肉ひさ萬 / ASA-CHANG / 広小路ホルモン酒場 炎や / 古来や

◎ 豊橋駅前南口広場会場 (11:00~24:00)

キッチンカー・テントブースなど10店舗以上が出店予定

参加店舗・最新情報はこちらから！

「TOYO はしごナイト」で検索！

TOYO はしごナイト 検索



チケット
販売開始
5月下旬予定

チケットの販売状況は
公式サイトでご確認ください。

前売り券

当日販売

販売価格

セブンイレブン店頭にて販売！

※完売次第、チケットの販売を終了します。

豊橋・豊川・新城市内のみ

豊橋駅前南口広場 TOYO はしごナイト本部にて
11:00~販売します。

※前売りチケットが予定販売数に達した場合、当日販売を実施しない場合もございます。
前売り販売期間にてお早めにお買い求めください。

1枚 4000円 (はしごチケット5枚綴り)

※余ったチケットは6/18(日)まで参加店舗にて金券としてご利用いただけます！

※土曜日開催につき、参加店舗の混雑状況によっては席が空くまでお待ちいただく場合もございます。何卒ご了承くださいませ。

※イメージ

WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



View the Event Schedule (Page 4) for time and location.

Qualifying Slots: (30) Age Group qualifying slots for the 2023 IRONMAN 70.3 World Championship, in Lahti, Finland held on August 26-27, 2023.

Qualified athletes are required to claim their IRONMAN World Championship slot in-person at the advertised time and location. Photo ID is required to be presented and payment must be at this point in time.

Cost: €650 entry fee + Taxes and 10% ACTIVE administration fee

Payment:

- Credit card only (no Amex, Diners or cash payment).
- Physical card including full card number, expiry date and CVV must be available (no Apple Pay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

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 Slot.
 - 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.

ADDITIONAL INFORMATION



VOLUNTEERS

More than 1000 volunteers support us.

We encourage you to say THANK YOU to the Volunteers whenever possible!

OFFICIAL EVENT APP

The IRONMAN Tracker app has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
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- Check out results post-race.
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WOMENFORTRI

WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

IRONKIDS HIGASGIMIKAWA JAPAN

SUN 11th June 13 : 00~16 : 15

Shiroya Seaside Park, Tahara City

If you have any further questions, please don't hesitate to contact us at contact@higashimikawa.or.jp. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

IRONMAN 70.3 Higashimikawa Japan in Atsumi Peninsula Team

EVENT PARTNERS



sala



三井住友海上

MS&AD INSURANCE GROUP

会計でみんなを幸せに
88 ソリマチ GROUP



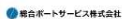
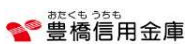
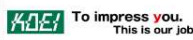
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NOMURA



三協フロンテア



イチビキ 中部ガス不動産株式会社 株式会社竹中工務店 株式会社 早野組 中部電力パワーグリッド株式会社豊橋営業所 三井住友信託銀行株式会社 永井海苔株式会社
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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!

IRONMAN[®] 70.3[®] JAPAN HIGASHIMIKAWA ATSUMI PENINSULA

2023 Athletes Information Guide



<https://www.ironman.com/im703-japan>
contact@higashimikawa.or.jp

0532-25-5963

V 1 June 5th, 2023



Contents Page



| Section | Page |
|-------------------------------|-------------|
| Race Referee message | 3 |
| Event schedule | 4 |
| Athlete checklist | 6 |
| Race kit | 7 |
| Vanue MAP | 8 |
| Pre-Race Information | 9-11 |
| 9 th June Parking | 12 |
| Transition BAG | 13-15 |
| Shuttle Bus Information | 16-18 |
| 10 th June Parking | 19 |
| Support | 20,21 |
| Cut off | 22 |
| Race Day Service | 23 |
| Medical Station | 24 |

| Section | Page |
|--|-------------|
| Swim course | 25-29 |
| Swim Course T1 Bike Rack | |
| Bike course | 30-33 |
| Bike Course T2 | |
| Run course | 34-36 |
| Run course Finish Line and Post Race Finish Area | |
| Race rules and categorie | 38-40 |
| Race Rule Race Category | |
| Award party | 41-43 |
| World Championship Roll Down | 44 |
| Additional Information | 45 |
| Event Partners | 46 |

Race Referee Message



To avoid rule violations on race day, please observe the followings:

- Drive on the left side of the bicycle lane
- Secure a distance of at least 12 meters from the front wheel tip of the front rider to the front wheel tip of yourself
- Pass the front bike from the right. Never pass from the left.
- When you pass a forward player, please complete it within 25 seconds.
- The overtaken player should slow down from the moment you are passed and immediately maintain a distance of 12 meters or more. Before you overtake again, make sure you have fully secured 12 meters.

Triathlon is an individual sport and it is your responsibility to fully understand the rules and avoid violations. In cases of drafting, blocking or illegal overtaking violations (judgement), the referee's ruling is final and is not subject to protest or appeal.

The following are the most common rule violations:

The five-minute blue card penalty includes:

- Drafting: If you follow the leading cyclist to within 12 m and do not overtake him / her within 25 seconds or, after being overtaken, do not retract 12 m before overtaking again
- Illegal overtaking: If you overtake from the wrong direction (left side)
- Littering: If you discard in the wrong place. For example, if you discard tires, bottles, gel wrappers, etc., on a course other than the designated litter area near the aid station.

The referee will tell you your race number, indicate your violation, and present a blue card. You will then be responsible for receiving a five-minute time penalty in the next penalty box.

Note: You will be disqualified if there are three blue card violations throughout the course during the competition.

Yellow card penalties, or stop-and-go penalties, include:

- Blocking: Continuing to run on a player's right side without overtaking, or continuing to run on the right side when separated from other players
- Helmet: Not holding the chin strap securely while cycling

Other violations that can result in disqualification include:

- Aggressive and unsportsmanlike conduct
- Improper use of public toilets
- External assistance (from outside the race related)
- Use of electronic equipment, including telephones

(including the use of earphones and other communications equipment)

Other athletes, volunteers and officials are important in keeping the event safe and fair. Remember to always treat them with courtesy and consideration.

I sincerely hope you have a great race, enjoy the experience and achieve your IRONMAN 70.3 goals.

Masato Suzuki

Race Referee

EVENT Schedule



Schedule and Venue are subject to Change.

Please check latest information on the website <https://www.ironman.com/im703-japan>

| Thursday June 8th, 2023 | | |
|--------------------------|---|--|
| Time | Event | Venue |
| 13 : 00-17 : 00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Machinaka Hiroba (Around Toyohashi Station) |
| Friday June 9th, 2023 | | |
| Time | Event | Venue |
| 10:00-16:00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Shiroya Beach Park |
| 10:00-16:00 | Athlete Check-In | Shiroya Beach Park |
| 11:00-17:00 | Bike Check-In | Shiroya Beach Park |
| 11:00-17:00 | Welcome Event: Marche and Food Truck | Shiroya Beach Park |
| 13:00-15:00 | Practice Swim Session | Shiroya Beach Park |
| Saturday June 10th, 2023 | | |
| Time | Event | Venue |
| 4:00-5:45 | Transition Area Open | Shiroya Beach Park |
| 5 : 00-5 : 30 | SWIM WARM UP | Shiroya Beach Park |
| 6:00- | Start (Rolling Start) | Shiroya Beach Park |
| 10:00-16:00 | Gourmet Event: IRONMAN Sweets and Food Fes | Parking lot in front of Toyohashi City General Gymnasium |
| 11:00-21:00 | Gourmet Event: Higashimikawa Food Fes | Machinaka Hiroba (Around Toyohashi Station) |
| 11:00-24:00 | Gourmet Event: TOYOHASHIGO Night | Toyohashi Station South Exit Plaza |
| -around 15:00 | Course Close (8 Hours After Each Athletes Starts) | Toyohashi Sports Park |
| 10:30-17:15 | Bike Check-Out | Temporary parking lot near Toyohashi Sports Park |
| 13:00-19:00 | IRONMAN 70.3 Expo IRONMAN 70.3 Merchandise Store | Machinaka Hiroba (Around Toyohashi Station) |
| 16:30-17:30 | 2023 IRONMAN 70.3 World Championship Roll Down | Around Toyohashi Station(Terrace Meeting Room at Sala Tower 4F) |
| 17:30-19:30 | Award Party | Around Toyohashi Station (HOTEL ARC RICHE TOYOHASHI, Machinaka Hiroba, Toyohashi Station South Exit Plaza) |
| Sunday June 11th, 2023 | | |
| Time | Event | Venue |
| 13:00-13:30 | IRONKIDS: Athlete Check-In | Shiroya Beach Park |
| 13:30- | IRONKIDS: Race Briefing | Shiroya Beach Park |
| 14:00- | IRONKIDS: Place race gear in the transition area | Shiroya Beach Park |
| 14:15- | IRONKIDS: Race Start | Shiroya Beach Park |
| 15 : 45-16 : 15 | IRONKIDS: Award Party | Shiroya Beach Park |



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Pre-Event

- Reservation / confirmation for accommodation & flights. (if applicable)
- Make sure event registration is confirmed (check confirmation email).
- Fully understand your event schedule (know all check-in / drop-off transition bag and times).
- Please include your photo ID in your luggage.
- Get used to the course - it is your responsibility to know this on race day.
- Check the player list online. **Note: The web list will not be updated after 9^h June. If any details are incorrect, please email us.**

ONCE I ARRIVE (pre-race)

- Familiarize yourself with the venue and main area (Check In, Transition, Swim Start, Finish Line, Award Party, WC Rolldown).
- Familiarize yourself with road closures.
- Check in and collect race kits.
- Rack the bike and drop the transition bag (See page 13 for recommended items for transition bags).
- Participate in official practice swimming at designated times.
- Pack for race day.

Race day

- Make sure you have all your racing gear, including helmets, timing chips and wetsuits / tri-suits.
- Enter Transition area for the last minute check for Bike and Transition Bag (Red String & Blue String) and drop off Transition Bag and bicycle pump (if applicable).
- Drop off the street gear bag (Black String) at swim start.
- Start the race - stand at the start line at least 15 minutes in advance.
- Finish the race.
- Receive a medal.
- Gather a finisher T shirt.
- Recover.
- Collect items such as transition bags, street gear bags, bike pumps and bikes.

POST RACE

- Attend World Championship Roll Down, presentations and award parties.
- Upload photos of #medalmonday to social media.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring a credit card (not Apple Pay, etc.). See page 44
- Bring friends and family to celebrate.

Race kit



Sticker Location

1. Race bib number

Of the two, one is for a motorcycle and one is for a run. Wear it on the back for a motorcycle and on the front for a run with a race belt (prepared by the athlete yourself) or a safety pin (supplied by the tournament). Do not bend or cut the race bib number.

2. Wristband for Athletes

Prepped one for each person.

Each player's race number is included to identify the players participating in the tournament. You must wear it as soon as you receive it at the athlete check-in and always wear it until the end of the award party. Do not remove the wristband at the transition area or at the bike check-out, as it is necessary to identify the athlete if you need help at the venue after the race. Remove all wristbands from events unrelated to this competition.

3. Safety pin

Use Safety Pin to place Bibs . You also can use own Race Number Belt.

4. SWIM CAP (Swim Cap)

The swim cap must be worn during the swim leg. If another cap is worn, the official cap must be worn on top. Swim caps are Latex.

Zone 1 - Less than 33 minutes - Green

Zone 2 - 33 - 37 minutes - Pink

Zone 3 - 38 - 41 minutes – Light Blue

Zone 4 - 41 minutes or more - Purple

5-1. Transition bag (Red String, Blue String)

Use the supplied bag and affix the appropriate seal. Include equipment necessary for racing. Submit it during the bike rack on Saturday.

5-2. Street gear bag (Black String)

Place items needed for post racing (collect in collection area). Drop-off on race morning. Always use the supplied bag.

6-1. Bike Sticker

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

6-2. Helmet Sticker

Stick a sticker on the front of your helmet. Place it before bike check-in for checked by technical officer.

7. Bike pump sticker

Stick a sticker on the bike pump at bike check-in. Write your Race number on the sticker at Bike Check in Tent and place it on Bike Pump.

8-1. Street gear Bag (Black String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-2. Bike Transition Bag (Blue String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-3. RUN Transition Bag (Red String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

Note: Timing chips are distributed at Bike Check In. Make sure to maintain not to lose for Race Day.

Venue Map



PRE RACE INFORMATION 1/3



Athlete Check-In

June 9 10:00-16:00

Shiroya Seaside Park (see page8 for venue map)

You will receive a race number, a sticker and a transition bag.

If you do not check in during the athlete check-in time, you will not be allowed to participate in the race. **Pick up at 10:00-16:00 on June 9.**

Where: Shiraya Seaside Park

What must be presented:

- Photo identification (driver's license or passport).

Emergency contacts

Athletes must check in at the venue on the above dates and times. Athlete cannot check in outside the designated hours.

If you need to inform the Secretariat of an emergency during the race, please call the phone number below.

Phone: 0532-25-5963

Email: contact@higashimikawa.or.jp

Warning: Only the registered person can receive a race kit at the athlete check-in. Please note that no one else can compete in your name or in someone else's name.

If you cheat, you will be suspended and both will not be able to compete in future IRONMAN Asia Triathlon Races.

Race number

When you receive your transition bag and bike check out, your wristband and race number confirm your identity.

Timing chip

During the race: Your chip must be worn on your left ankle during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff 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.

If you lose your timing chip during the race, inform Event Staff within Transition or at the finish line, so that timing providers can do their best to replace the chip.

Drop Off: Timing chips will be collected at the finish arch in exchange for a finisher T-shirt.

Drop Out: If you do not start the race, or if you are retiring the race, return timing chips to the judges. If you do not find the judges, return them to your staff or timing team members. Whenever possible, return them to staff, not volunteers.

Missing Timing chips: If a timing chip is not returned or is lost, **there will be a \$100 replacement fee.** If you notice that you have a chip after the race, mail it within 5 days to:

〒441-8560

39-5 Daizen, Uedacho, Toyohashi, Aichi
Musashi-Seimitsu East Mikawa Sports Regional
Development Foundation

Failure to wear a timing chip on the race day, failure to return the chip after the event, or failure to pay for the replacement of a lost timing chip may prevent you from participating in future IRONMAN events.

Pre-race

Bike check-in

June 9th 11:00-17:00

T1

Shiroya Seaside Park

Bike and helmet check:

- Conducted by referees.
- You, the athlete are responsible for your bike being in safe working order.
- In advance, attach the bike number sticker to the seat post by yourself.
- 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 and JTU regulations

• **If you pass the check, attach a certificate of acceptance**

Put Helmet in your transition bag.

How to install at a bicycle rack:

A bike rack with a race number is prepared for T1. Hang the saddle with the front wheels facing out.

Cover:

Complete bike cover is not available for rack storage at night.

Transition Area Open

June 10 4:00-5:45

On the morning of the race, you can access T1 bike. However, you can not take the bike out of the transition area until the bike part of the race begins.

Bike mechanics

June 9 11:00-17:00

Bike mechanics are available. We provide minor mechanic service. This is a paid service.

A limited "emergency service" for all athletes will be offered at 4:00 of the race morning.

For on course support, see the bike course information on page 23.

Race Briefing

Read thru this guideline very well. We'll check it when athletes check in.

It's an important opportunity for both experienced triathletes and first-time racers. Important information about course peculiarities, rules and course closure is provided.

On June 9 at 11:00, 14:00 and 16:00, the race director will set aside time for questions at the athlete check-in site. Information on last-minute changes or procedures for events that have or may occur due to weather-related forecasts will be provided sequentially.

Swim Practice, Pre-Race Training

You can Swim Practice at Shiroya Seaside Park from 13:00 to 15:00 on June 9.

A portion of the course will be marked and lifeguards and surveillance vessels will be in place.

Please note that you must have checked in your bike and received a timing chip to participate in the swim practice.

You must wear a timing chip during the swim practice.

If you have not checked in your bike and not received a timing chip, you will not be able to swim.

Wear a wetsuit and swim cap to swim.

The target cruiser of 200 m offshore is anchored. A Tahara muskmelon is passed from a small boat near the cruiser.

When you train your bike or run, please follow the traffic laws. Wear a helmet.

Note that Japan is "left handed traffic."

Shuttle buses

Buses for athlete check-in and bike check-in on June 9 operate between the Kodomo Miraikan Coconico at the east exit of Toyohashi Station and Shiroya Seaside Park.

Bike can be loaded on trucks operated with shuttle buses.

Buses returning on the same route will also be operated.

Parking

Athletes' parking for athlete check in and bike check-in on June 9 will be located at the Himejima Fishing Port near Shiroya Seaside Park.

The landmark is Shiraya Crossing in Tahara City. Head north from Shiraya Crossing to Himejima Fishing Port.

Shiroya Seaside Park is about a 10 minute walk from Himejima Fishing Port.

Pre-Race Day parking is allowed 9:00-18:00

WELCOME Event

Shiroya Seaside Park will entertain you with Atsumi Peninsula specialties and more. It also hosts talk shows and other events.

Tahara city is one of the largest flower producing areas in Japan. Enjoy the beautifully decorated venue.

FRI. 9th June Parking Location



Transition bag 1/3



Street Gear Bag (Black String)

The black string transition bag is used as a street gear bag.

Put in the clothes you wore before the race and the clothes you need after the race and leave them in the start area. No other bags can be checked.

Stick a number sticker to the left bottom corner of the bag on your own.

- Time to drop: 5:00~6:00

Return the bag at the finish area.

© Things to put in the bag (example)

- Clothing and footwear worn before the start
- Clothing and footwear worn after finishing
- Keep valuables out of your bag as much as possible.
- In the finish area, there is a sweets festival, as well as refreshments prepared by the organizers. If you are interested, please prepare small change.

View page 14 of time and place.

The bag will be collected at start area, transported and returned at Finish Area.

Bike (blue string) and Run (red string) Transition Bag

The Bike Transition Bag (blue string) holds the gear used on the bike.

It will be installed on the T1 "bag rack" on June 9 or June 10. The race number will be displayed in the tent, so each person will install it at the location of his or her own number.

- Bike wear
- Helmet
- Bike Shoes
- Nutrition and Fluids

Items needed for racing that can't be attached to the bike should be kept in the bag

In the run transition bag (red string), keep the gear used for the run.

On June 9 or June 10, install the tents in the T2 "bag rack." In the tent, the race number is displayed, so each person installs it in the place of his or her own number.

- Runwear
- Runshoes
- Supplemental diet

The transition bag is placed inside the change tent at the transition and can be accessed during the transition process.

The transition process is described on page 15.

Useful tip: Remember that blue (BLUE) is a B, so bike and red (RED) is a Run, so Red.

Examples of items athletes should consider:

| Bike Transition Bag | Run Transition Bag |
|--------------------------------|------------------------|
| Bike shoes (or on bike pedals) | Running shoes (must) |
| Helmet | Race Bib number (must) |
| Sunglasses | Sunglasses |
| Race Bib number (must) | Hat / Visor |
| Change of clothes and Socks | Socks |
| Nutrition and fluids | changing clothes |
| Towel | Nutrition and fluids |
| Sunscreen | |
| Vaseline | |

Transition bag 2/3



| BAG | DROP OFF LOCATION | Use during a race | Post Race Collection |
|--|---|--|--|
| Bike Transition bag <i>Swim to Bike</i> | June 9 12:00-17:00 June 10 4:00-5:45 T1 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T1 bagrack tent. Take out the bike gear and place all the swim gears in the blue string bag. When you leave the wearing changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport it |
| Run Transition bag <i>Bike to Run</i> | June 9 12:00-17:00 June 10 4:00-5:45 T2 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T2 bagrack tent. Take out the run gear and place all the bike gear in the red string bag. When you leave the changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport |
| STREET GEAR BAG | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Use | June 10 Near the finish area *The organizer will transport |
| BIKE PUMPS put into STREET GEAR BAG *place sticker on the bike pump with the race number in advance | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Access During Race | June 10 Near the finish area *The organizer will transport |

Note: When you collect the bike, you must collect the bike, the run transition bag and the bike pump at the same time.

Before the race

Transition area open

Open June 10 4:00-5:45, at race morning. All athletes must be out of the area by 5:45. Make sure you have enough time to move on the morning of the race.

You have the opportunity to make final adjustments to your bike. Make sure all items are attached to your bike.

You are not allowed to place items on the ground beside your bike. This includes items such as footwashing equipment and bags.

Bike pump

After using the bike pump on a T1, put it in a street gear bag (black string transition bag) and drop.

Label the pump with the race number in case it falls out of the transition bag.

Prepare labels and writing materials for the June 9 bike check tent. Label the bike pump with the race number.

Any bike pump placed in T1 without deposit, any bike pump that has fallen out of the transition bag and is not labeled will be treated as donated.

During the race

Transition from swim to bike

After the swim, you are guided to T1 through the swim finish arch.

You are not allowed to change clothes in a public place with your trunk exposed. You need to be well prepared for the race before you start

When changing clothes, use a changing tent. You can also wear bikewear under a wet suit.

Personal supplementary food and beverages are allowed to be stored in the wear or attached to the bike.

Bike shoes are allowed to be worn before passing the mount line.

Transition from bike to run

After the bike part, get off the bike and store it in a T2 rack. The T2, unlike the T1, is a free rack, so follow the staff's instructions and put the bike on the rack.

Keep the bike's gear, such as shoes and helmet, separate from the bike and in the transition bag. This is to prevent the shoes from coming off when volunteers and staff carry the bike. After picking up the red string transition bag in the bag rack at the behind of the bike rack and taking out the run gear, you need to store the bike gear in the red string transition bag and leave it with a volunteer.

After the race

To pick up your bike or transition bag, you'll need to show your wristband or race number.

Black string, blue string and red string transition bags should be collected near the finish area.

Bike checkout is at 10:30-17:15 on June 10. You cannot pick up after this time.

If the bag is not collected by the time, the organizer is not responsible for the loss.

Race Day Moving

For athletes who do not use their own cars or rental cars, there is a shuttle bus from the Kodomo Miraikan Coconico at the east exit of Toyohashi Station to the start site, Shiratani Seaside Park.

After the competition, there is a bus from Toyohashi General Sports Park back to the Children's Miraikan Coconico.

For athletes using their own cars or rental cars, temporary parking will be provided around the finishing area, Toyohashi

General Sports Park.

Shuttle buses will be operated from Toyohashi General Sports Park to the starting site, Shiratani Seaside Park.

FRI. 9 June 2023 For Athlete

For Athlete Check-IN/ EXPO Venue

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time | Note |
|-------------|--------------|
| 9:00-15:30 | Every 30 min |

Approximate 60 min drive

BIKE Transport Truck operate together

Bike will be transported by SEINO Truck which operated together with Shuttle.

It carries bike as assembled, please bring your bike taken out from Bike Case.

Please DO NOT Bring Bike Case

For Return to Toyohashi City

“A” Shiroya Seaside Park → “D” Toyohashi Station East Gate

| Depart Time | Note |
|-------------|--------------|
| 12:15-17:15 | Every 30 min |

Approximate 60 min drive

SAT. 10 June 2023 For Athlete Before the Start

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time |
|-------------|
| 3:30 |
| 3:45 |
| 4:00 |
| 4:30 |

Approximate 60 min drive

“C” Toyohashi Sports Park → “A” Shiroya Seaside Park
(near Athlete Parking)

| Depart Time |
|-------------|
| 3:30 |
| 3:40 |
| 3:50 |
| 4:00 |
| 4:10 |
| 4:20 |
| 4:30 |

Approximate 45 min drive

SAT. 10 June 2023 For Athlete

After the Finish

For Award Party

“C” Toyohashi Sports Park → “B” Kodomo-Mirai Kan “KOKONIKO”

BIKE Transport Truck operate together

| Depart Time | Depart Time |
|-------------|-------------|
| 12:00 | 14:30 |
| 12:30 | 15:00 |
| 13:00 | 15:30 |
| 13:30 | 16:00 |
| 14:00 | --- |

Approximate 20 min drive

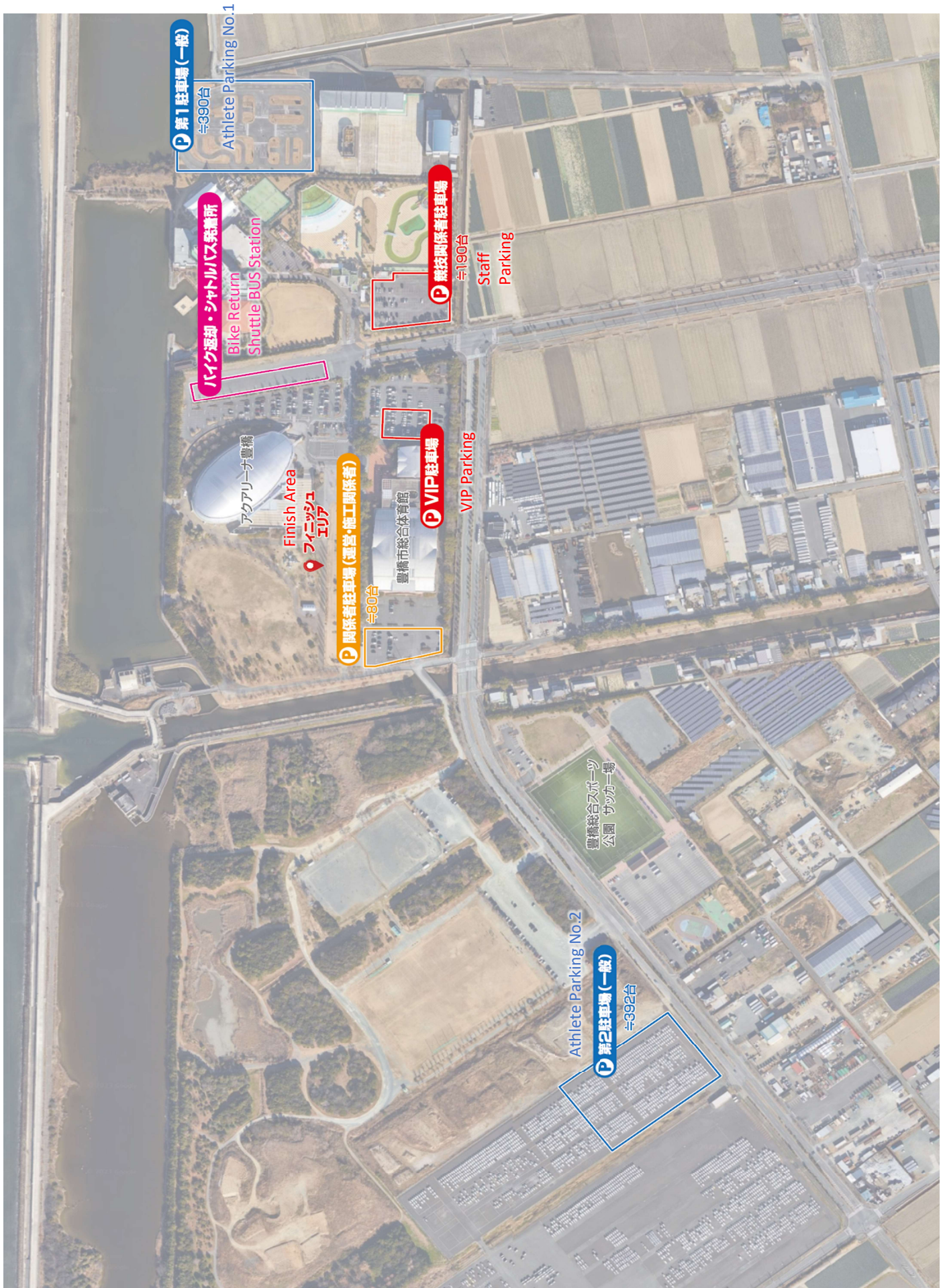
After the Award Ceremony

“B” Kodomo-Mirai Kan “KOKONIKO” → “C” Toyohashi Sports park

| Depart Time |
|-------------|
| 19:45 |
| 20:15 |
| 21:00 |

Approximate 20 min drive

SAT. 10th June Athlete Parking



Before Swim

· Your glasses will be placed at the swim-finish point, so be sure to put your glasses on by 6:00.

When placing your glasses, write the race number on the sticker placed on the glass-keeping stand and affix it to your glasses.

Available:

- Water
- Permanent toilets, temporary toilets

Swim temporary landing site

Available:

- Water

Swim-up - > T1

Available:

- Water
- Toilet

Bike Aid Station

Place on the left side of the course.

Just before the aid station, a bottle catcher will be set up, so throw in any bottles you no longer need (bottles can not be returned).

Aid station location:

- BAS1 23.4 km Rokuren JA collection and shipment site
- BAS2 36.0 km Akabane Elementary School
- BAS3 54.2 km Crystal Beach
- BAS4 73.7 km Fukue Junior High School

Available:

- Water (Bike bottle included)
- Sports drink (Ajinomoto BCAA charged water / Bike bottle included)
- Toilet

Process:

Slow down when entering the Bike Aid Station (No need to stop!)

If you do not need to resupply at the Bike Aid Station, take the right side of the roadway.

There are signs at the Aid Station to indicate what is being offered. We also call out what volunteers are offering.

Tell volunteers your needs out loud and politely.

Trash disposal

When no longer needed, throw the bottle into the bottle catcher.

Do not throw away anywhere else on the course. A strict

time penalty applies.

Medical

Fire crews will be stationed at seven locations on the course apart from the aid station. Medical personnel will be stationed at five of those locations.

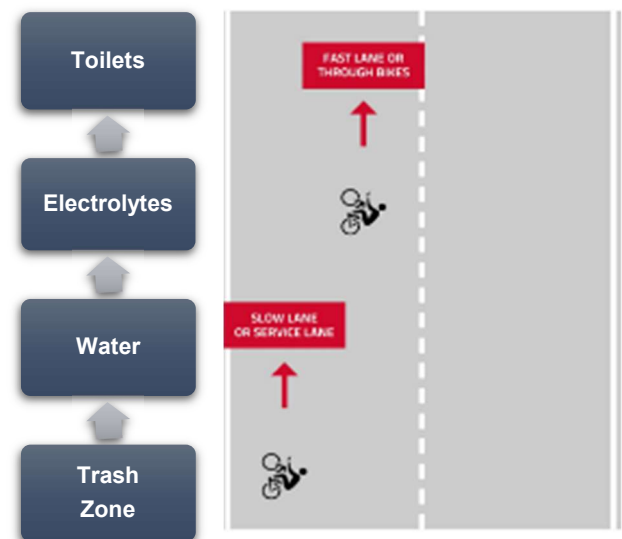
A cross flag will be displayed at the medical point, and aid workers will wear bibs with a cross print.

It supports athletes who are sick or injured. If necessary, it is dispatched by vehicle to provide relief.

Sirens and loudspeakers are used to signal the approach of emergency vehicles as they travel the course. Try to stop and wait for emergency vehicles to pass.

If you witness another player's trouble on the course, tell the nearest medical point.

Aid station layout



Run-Aid Swimming

- T2 0.0km
- RAS1 2.0 km (Himeshima Fishing Port)
- RAS2 4.0 km (Tahara Wharf Entrance)
- RAS3 5.4 km (Doura Elementary School)
- RAS4 6.8 km (Midorigahama Park)
- RAS5 9.3 km (Mikawa Port Ohashi Higashizume)
- RAS6 12.2 km (Meikai Central)
- RAS7 14.1 km (Funato Green Space)
- RAS8 15.8 km (Toyohashi Warehouse)
- RAS9 18.8 km (Kannofuto 3 Torimon)
- RAS10 20.0 km (Rokugata Ohashi South Side)

Offer:

- Water
- Ajinomoto Amino Vital Water
- Kabaya salt-charged tablet
- Imuraya Sports Yokan
- Ezaki Glico Balance On Mini Cake
- Energy Jelly (Muscat flavor, energy drink flavor)
- Coca-Cola (soda)
- Banana or melon
- Musashi Shot Jelly (RAS5)
- Toilet

Process:

The run aid station is located on the left side. When you get close, move to the left side (no need to stop)

When not replenishing at the run-aid station, try to pass on the right side.

Signs at the aid station indicate what is on offer. Volunteers also call out what they are offering.

Tell the volunteers your needs out loud and politely.

Disposal:

Dispose of unwanted items in the trash cans (disposal

zones) located in front and behind the aid station.

Disposing outside the designated area will result in a severe time penalty.

Splash zone

Since it is difficult to secure water sources for this course, we will prepare scoop ladles at each aid Station.

Medical

Paramedics will be on standby at all run-aid stations. **At medical points, a cross flag will be displayed and aid workers will wear bibs with a cross mark printed on them.**

We will support athletes who are ill or injured.

If you witness another player's trouble on the course, tell the nearest medical point.



Cut-off time

The cumulative cut-off time for swims, bikes and runs on the course are all based on an individual's swim start time.

The cut-off times below provide absolute cut-off locations and times based on the last starter projected at the time of publication of this document.

They are individually adjusted and implemented by the race director on race day.

Swim:

The swim course **ends 1 hour and 10 minutes** after the last swimmer begins swimming. Regardless of when each swimmer starts the swim, 1 hour and 10 minutes is picked up after the last starter starts the swim.

If a swimmer takes more than 1 hour and 10 minutes to complete the swim, they will not be allowed to continue and will receive a DNF. To make a rolling start, they will be recorded as a DNF even if they continue to compete.

Bike:

Bike courses close **5 hours and 30 minutes after** the last swimmer starts swimming.

Each swimmer, regardless of when he or she starts swimming, must finish the swim, T1 or bike within 5 hours and 30 minutes of the last starter starting the swim. If it takes more than 5 hours and 30 minutes to finish the swim, T1 or bike, he or she will not be allowed to continue and will receive a DNF.

The on-course cutoff will be cut off by the transit time every 5 km. The cutoff time every 5 km since the last starter started the swim will be determined by the race director.

To make a rolling start, it will be recorded as DNF even if the race is continued.

Run Finish:

The run course closes 8 hours and 0 minutes after the last swimmer begins to swim. Each swimmer completes the entire course within 8 hours and 0 minutes.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and fail to cross the finish line before the run is closed become DNF.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and cross the finish line receive NC (Not Classified) for their race results, meaning they do not qualify for age-specific awards or World Championships.

The on-course cutoff is cut off by the passing time per kilometre. The cut-off time for each kilometre after the last starter starts the swim is determined by the race director.

The course is closed to all athletes based on the time the last starter starts the swim.

Note: IRONMAN officials reserve the right to pull any athlete who exceeds the course time cutoff from the course

• Swim

1 hour and 10 minutes from the start of the last athlete

(Current estimate: 8:00)

• Bike

5 hours and 30 minutes from the start of the last player

(Current estimate: 12:20)

• Run

8 hours 0 minutes from the start of the last player

(Current estimate: 14:50)

Change or cancellation of the tournament

If the course is changed or cancelled due to weather, the race director will notify you.

This will be communicated via email.

Race Day Service

Medical

First aid providers are engaged to provide first aid at all events operated by the IRONMAN Group.

First aid is deployed in a variety of locations. The exact location of the first aid station can be found with on the map next page.

Athletes are responsible for all costs incurred as a result of medical accidents. This includes, but is not limited to, hospitalization, professional treatment, etc.

Therefore, it is highly recommended that all players have sufficient travel or personal insurance to attend IRONMAN Group events. Players are responsible for understanding the terms of the insurance they hold.

Mechanic service

On the bike course, mechanics will be stationed at three locations.

- BAS1 23.4 km Rokuren JA Collection and Shipping Depot
- BAS2 36.0 km Akabane Elementary School
- BAS4 73.6 km? Fukue Junior High School

Three mobile mechanics on motorized bicycles enter the bike course from Shiroya Seaside Park. Every about 100, 300, and 500 motorcyclists will start, the 1 traveling mechanic car starts at a time.

If you use parts, spare tube tires, etc., you will be charged after the race.

Athlete pickup vehicle

Athlete pickup vehicles pick up athlete who are unable to complete the competition or finish within the cut-off time of the course. In the bike part, bikes are also picked up. When players picked up, bike are transported to the finish area.

If a pickup is needed, request it at a first-aid station along the course or staff along the route.

Note:It may take some time for a athlete pickup vehicle to arrive. For faster arrival, do not move from the requested location after requesting a pickup vehicle.

This may affect the ability of the player pickup vehicle to find and transport you.

Collection of timing chips

When an athlete decides to retire, he or she is responsible for reporting the decision to the nearest official and returning the race number and timing chips.

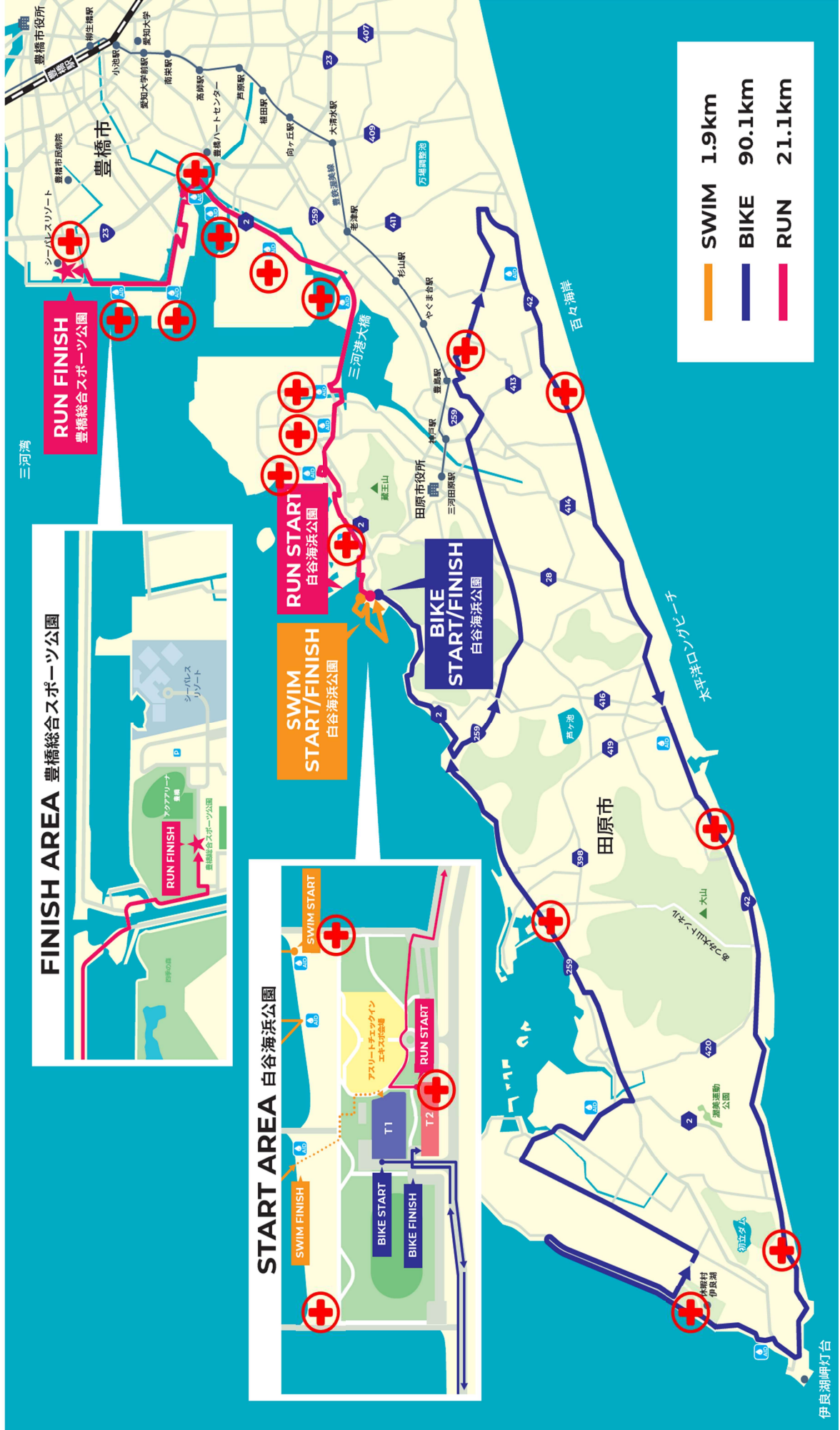
It is essential that race officials keep track of where the athlete is on the course. Failure to comply with the rule after retiring from the race may result in the athlete not being able to participate in IRONMAN events in the future.

Medical Station



COURSE MAP

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN



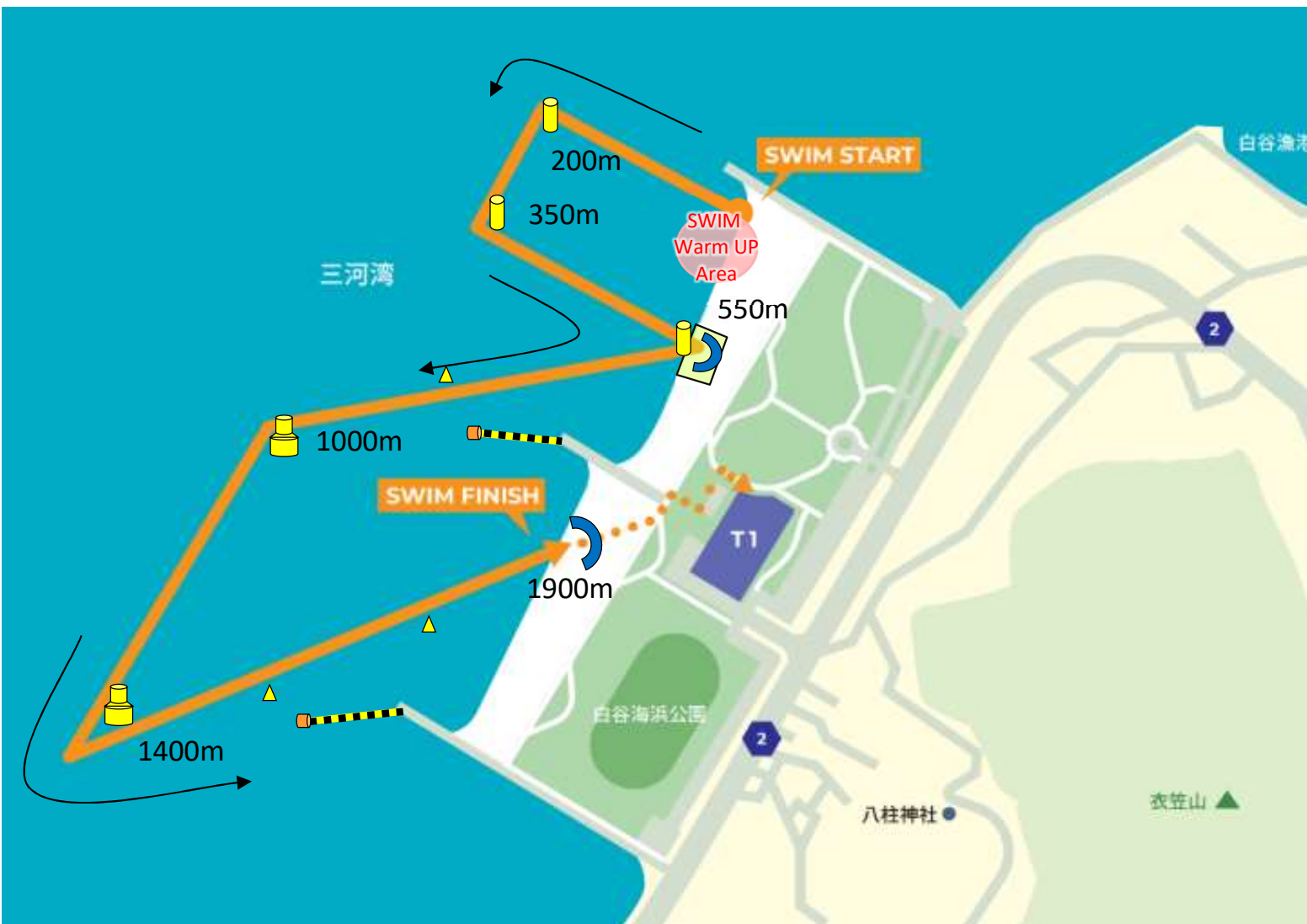
| | |
|------|--------|
| SWIM | 1.9km |
| BIKE | 90.1km |
| RUN | 21.1km |



伊良湖岬灯台



SWIM COURSE 1



Course

The swim course is held off the coast of SHIROYA Seaside Park.

After swimming offshore, you can return to the beach and keep yourself hydrated.

The swim finish is in the center of the beach, marked by an arch.

How to start

10 athletes make a "rolling start" every 30 seconds. The starting order is based on the estimated swim time.

At the beachside, the volunteers will tell you the estimated time so please make a line considering the other athletes.

Swim safety

The swim course is guarded by lifesavers (more than 25 rescue boards), water bikes and 15 surveillance boats.

When lifesaver feel the need, they call out to the athletes to check their physical condition. Please respond with two gesture.

***Tap your head with the palm of your hand.**

***Answer "Fine", "OK!" in a loud voice**

If the athletes can't do these two things quickly, we'll rescue them right away.

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 in time you decide to abandon the swim, you will be taken to one of the swim extraction points.

At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

Above all, the safety of each athlete is our prime concern. A full sweep of the course will be made directly behind the last swimmer.

Visual aids will be provided by the buoys, guard vessels and lifesaver that line the course.

SWIM COURSE 2

WARM UP SWIM

Aged Group Athletes:
June 10, 5:30-5:50

You can enter the water around 50 m offshore near the start area in the swim course.

A timing chip is required.

ROLLING START

6:00~

The race start will be a Rolling Swim Start. Athletes are to self-seed themselves into their allocated Start Zones prior to race start.

Four different Start Zones are available, depending on an athlete's expected swim time:

- Zone 1 – Under 33 minutes (Swim cap: Green)
- Zone 2 – 33 – 37 minutes (Swim cap: Purple - Pink)
- Zone 3 – 38 – 41 minutes (Swim cap: Light Blue)
- Zone 4 – Over 41 minutes (Swim cap: Blue)
- Physically challenged (Swim cap: White)

Expected time to start

Zone 1 6:00

Zone 2 6:05

Zone 3 6:14

Zone 4 6:25

Physically Challenged 6:38

Assemble at Swim Start Area 15minute prior to your expected start time.

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of the Event Staff.

At the official start time of 6:00, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual 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.

SWIM CAPS

Please wear the provided swim caps.

SWIM CUT OFF

1 hour 10 mins. from each athlete's individuals start time. The cutoff time is based on the last athlete's start time (currently 6:50).

It's a rolling start, so if you go over 1 hour and 10 minutes, it's recorded as DNF, even if you proceeded on a course or bike course.

SWIM SKIPPING

Swim skipping is not allowed

ABANDON THE SWIM

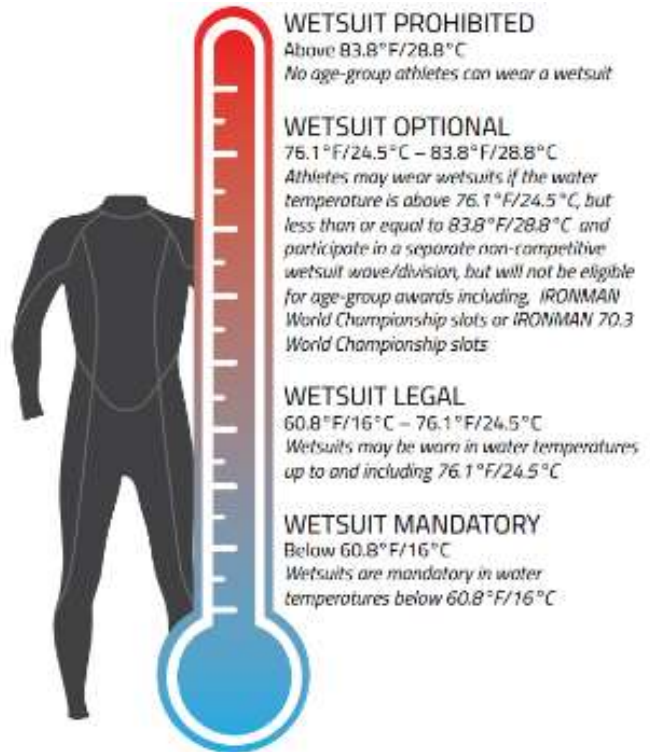
There is a landing spot at 550 m for safety. A measuring mat is set up here to check the passage. It is recommended to abandon the swim if you feel sick and at this landing point

ANTI-SHARK MEASURES

Sharks have been spotted on swimming trails in the past, and recreational fishing boats equipped with devices that transmit the feeble electric currents sharks dislike searched for sharks and ejected them a week before the event.

SEAWEED

On the day of the competition, the tide and water levels are almost low. In consideration of the ecosystem, seaweed is not removed. We recommend wearing a full wet suit if you are concerned.



WETSUIT RULING

● 28.8 °C and above - Not allowed

● 24.5 °C to 28.8 °C – Allowed but will be excluded from awards and excluded to enter the slot for the World Championships.

● 16 °C to 24.5 °C - Recommended to wear

● 16.0 °C and below - Mandatory to be worn under

A provisional wetsuit ruling will be posted at the Athlete Check-In place at 10:00 on June 9.

The official wetsuit ruling will be announced by the Race Director at 4:30 on June 10.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim exit. Labels and writing materials are prepared on the table. Please ensure your glasses are labeled with your race number prior to dropping them off.

SWIM TO BIKE TRANSITION

Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. When changing clothes, use a tent. You can also wear bikewear under a wet suit. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line



① Swimming Up

An arch is installed in the swim-up. Please aim to land on that mark. There is also a first-aid station.

② Glasses Custody

People who use glasses should pick up glasses in advance.

③ Bag tent

Pick up the blue string transition bag that you installed beforehand (the rack row is determined by the last digit of the race number).

④ A changing tent

When changing clothes, use a tent.

⑤ Transition bag dropoff

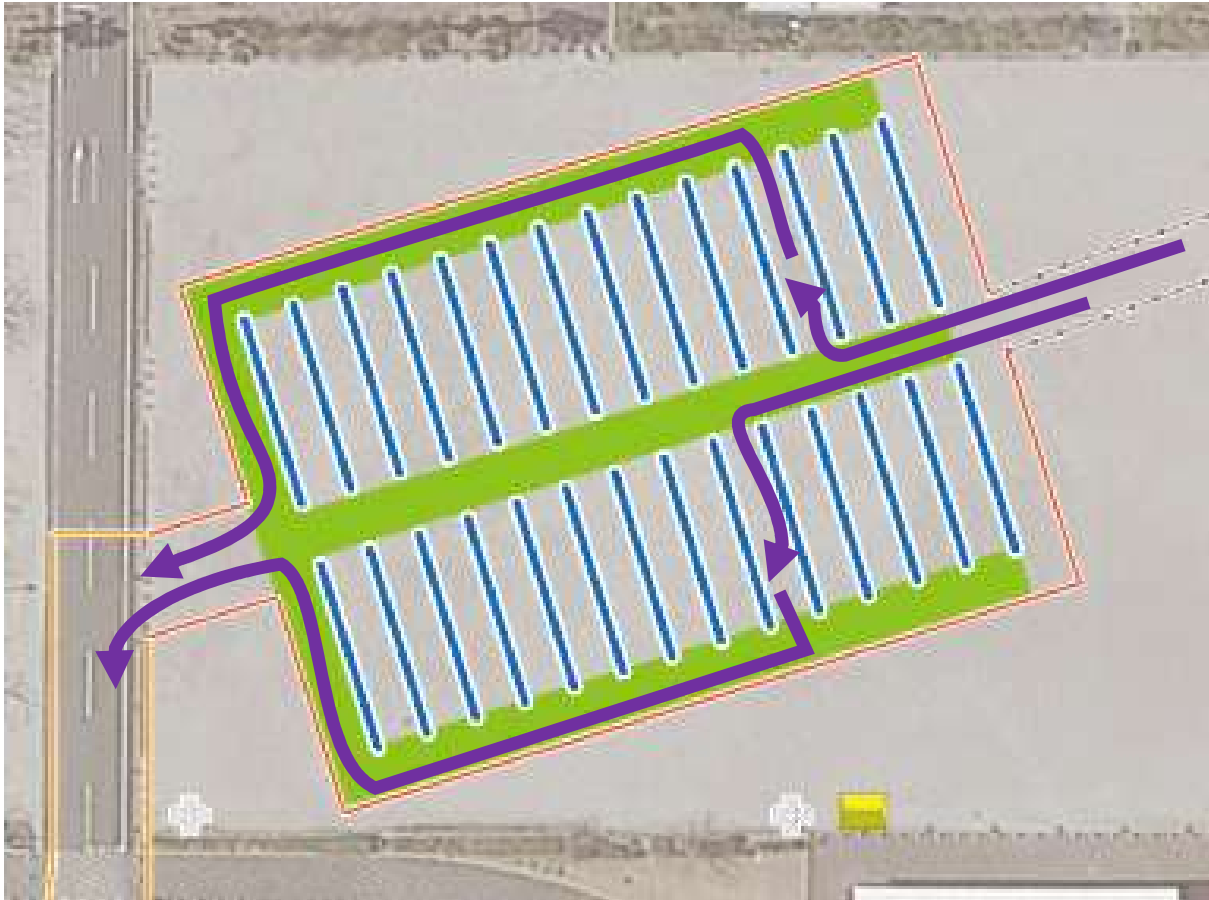
Put the used swim gear in the blue strap bag and throw it into the cart.

⑥ Bike rack

The travel route in the bike rack is listed on the next page.

⑦ Mount line

Please push the bike up to the mount line.



How to move in a bike rack

In the bike rack, as shown in the above figure, first use the middle passage to go to the bike rack.

After picking up the bike, push the bike and go to the bike mount line from the outside passage.

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.

BIKE COURSE 90.1 km

Course Map



Course

Majority of the main roads take prefectural and national roads.

It is highly recommended to use thick tires with good puncture-proof performance.

The course has intersections for detours. There are about 600 security guards and about 1000 volunteers to manage the safety of the course but please drive safely.

Aside from cones, and signages, volunteer staff will guide you through the course.

There is a section of the course where a vehicle goes around the opposite lane.

① Athletes run the same course for about 5km after the start and the last 5km. Both the outbound journey and the return journey take the sea lane (the outbound journey takes the opposite lane)..

② After turning right, the road is narrow, so be careful.

③ The steep slope continues. After that, it gets faster because it continues downhill. Watch your speed.

④ It is a course along the sandy beach, and it is a section where sand easily flows out. Please drive safely.

⑤ It's a U-turn. The road is not wide, so be careful. There are also two right-angle curves ahead.

⑥ The shape goes diagonally down to the right, please be careful.

⑦ It's a national road, turn left and go on the old road. The pavement on both sides of the course is not smooth, so follow the cones and drive in the middle of the road.

Aid station

There are 4 aid stations.

Bike Cut Off

The time limit is 5 hours and 30 minutes from each athlete's start time. The course will be closed based on the start time of the last athlete to swim. It is currently scheduled for about 12:20.

BIKE COURSE 90.1 km



DRAFTING PENALTIES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Must pass on the Right-hand side
- Must complete your pass within 25 seconds
- Must be always making forward progress
- A started pass must be completed – NO Slip Streaming
- After being passed drop 12 meters back
- Cannot pass until 12 meters back
- A competitor passing on the inside (Left-hand side) of another competitor will receive an Illegal Pass penalty. Must pass on the RIGHT.
- A competitor who has completed a pass and is not passing another competitor, motorbike, or vehicle and who fails to move safely and immediately to the right of the cycle lane will receive a Blocking penalty.
- You must report to the PENALTY TENT (Yellow Tent) located at T2/Transition Area.

Failure to do will result in DISQUALIFICATION.

If you receive 3 blue card penalties you will be DISQUALIFIED.

Follow this link to [IRONMAN Competition Rules](#).

For safety reasons, the following cycling positions are prohibited:

BIKE MECHANICS

Roving Bike Mechanics will be available on the course to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

SAG VEHICLE

The “SAG vehicles” is on standby at the end of the lines to pick up athletes who can no longer move on the course. In the bike course, motorbikes are also carried along and transported to the finish area.

Should you require a SAG vehicle at any time, please advise the first aid personnel or staff at the nearest aid station.

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



DRAFTING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



LITTERING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



BLOCKING VIOLATION
YELLOW CARD
30 second stop and go time penalty served at the next Penalty Tent



DISQUALIFICATION (DSQ)
RED CARD
3 BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION

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.



① Dismount line

Please get off the motorbike in front of the line. Do not leave your shoes on the motorbike. Be sure to remove your shoes from the pedals and place them in a red strap transition bag. The bike is loaded onto a transport truck, so leaving the shoes on can scratch them. No complaints will be accepted if the shoes are on.

② Bike Free Rack

We will prepare two sets of bike racks. Please follow the instruction of the staff and ride a motorbike.

③ Bag tent

Pick up the red string transition bag you installed beforehand (the rack row is determined by the last digit of the race number).

④ A Changing tent

Please use the tent when changing clothes.

⑤ Transition bag dropoff

Put your bike gear (Shoes, helmets, etc.) in the red strap bag and throw it into the cart.

If you leave your helmet on the motorbike, you will not respond to claims of damage or loss.

RUNNING COURSE 21.1 km

Course Map



RUN COURSE 21.1km

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN



COURSE

If there is no sidewalk, run on the side of the road, but if there is a sidewalk, run on the sidewalk.

- ① Run on the sidewalk of the seawall immediately after the start. There may be a slight incline and an open seam in the path, so run carefully.
- ② There is a grade crossing of around 4km and a complicated change of direction, so please follow the guidance..
- ③ The course runs on the sidewalk of the Mikawa Port Bridge. There are few standing patrols, and it may take some time to cross the bridge railing in case of an emergency. If you are not feeling well, it is recommended that you discontinue the race using RAS4. There is no standing patrol other than a guide point in the section ahead. If you feel sick, ask for help at the water station (RAS5 to RAS10) set up about every 2 km.
- ④ ⑤ Runs on the pedestrian bridge. Please be careful while running.

From ⑥ to ⑧, there are 4 stairways such as an underground passage. Please be careful.

⑧ It is a section that boasts a wonderful view, but since both sides are on the water surface and there are no handrails, please focus while running.

AID STATION

There are 10 places on the course. Paramedics are assigned to RAS5 through RAS10. If you feel sick, ask for help as soon as possible.

RUN CUT OFF

8 hours 00 mins from the athlete's individual start time. Based on the last athlete, there will be an intermediate cut-off at every 1km. If you could not make it within the cut off, please get on the pickup vehicle.

FINISH LINE AND POST RACE



FINISH LINE POLICY

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 athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

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.

How to Get your Best Photos:

- Ensure your helmet sticker visible on the FRONT of your bike helmet.
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- 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.

Search for your race at www.sportograf.com and register your email address to be notified as soon as all photos from your event are online

FINISHER SHIRTS

Finisher shirts will be available to all official finishers post-race and can be collected from the designated area within Recovery.

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Finisher t-shirt collection
- Recovery food/drink
- Street gear bag & bike transition bag collection
- Icing
- Medical support (if required)
- Male & female change tents
- Official finisher photo by Sportograf

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

Bicycles can be picked up outside the area.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Electrolyte hydration
- Recovery Jelly
- Banana
- Salt Tablet
- Udon noodles
- Protein Chikuwa
- Cake

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Tracker App
- Event Website - <https://www.ironman.com/im703-japan-results>

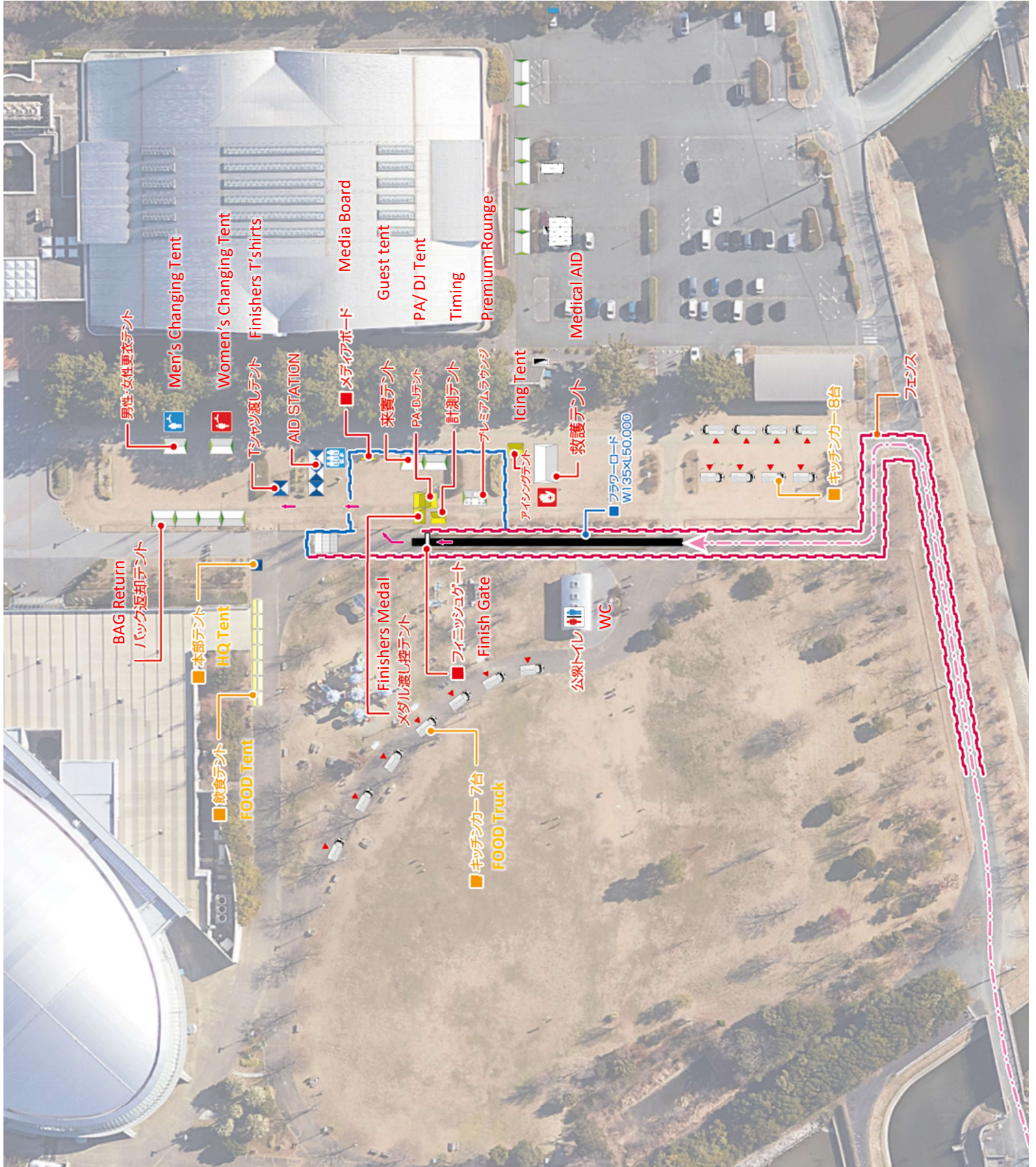
LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

Please note: No responsibility or liability is taken by the Race Organizers for lost property.

All lost property will be held for 30days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN email.

Finish Area





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

We are using the 2023 [IRONMAN Competition Rules](#) in alignment with the special IRONMAN rules and this is a NON-drafting Event.

All Athletes should read and understand the complete [IRONMAN Competition Rules](#) prior to race day. Below highlights some of the IRONMAN Competition Rules.

Conduct of Athletes

Section 2.01 General Behaviour

- (a) Practice good sportsmanship at all times;
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02). Receiving assistance (other than in accordance with Section 2.02) will result in disqualification;
 - (i) Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

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 4.02 Wetsuit Rules

(a) For age-group athletes, relay team athletes and Open Division athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ)

(d) A wetsuit may cover any part of the body except the face, hands, or feet;

(f) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ)

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 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 or 60 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 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

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

Continued over page..

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. (DSQ) (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).

RACE FINISH, TIMING, AND RESULTS

(e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

(i) Did not start (“DNS”) – Enters an Event but fails to start;

(ii) Disqualified (“DSQ”) – Starts an Event and was disqualified;

(iii) Did not finish (“DNF”) – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and

(iv) Not classified (“NC”) – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

(f) Results will include athletes who do not finish the Race (“DNF”), athletes designated as not classified (“NC”) and those who are disqualified (“DSQ”). All available splits will be listed for DNF and NC athletes.

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.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete’s age as of December 31 of the year of the Event.

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.

TRANSFERRING REGISTRATION

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

PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN (PC/ID OPEN) DIVISION

- Participation in the PC/ID Open Division is available to athletes with a medically verified Visual Impairment, Special Teams, athletes with an intellectual disability, or athletes with a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment (except for approved ID Open athletes) are not eligible to participate in the PC/ID Open Division
- PC/ID Open athletes are not eligible for awards or World Championship slots

OPEN DIVISION

The Open Division is a non-competitive, participatory division which is open to any able-bodied athlete who cannot or do not wish to race in a competitive age or gender group

There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event

Any athlete who wants to change to the Open Division during race week can do so during the onsite athlete check-in process. Please visit the solutions desk inside the Athlete Check-in area to change divisions

Athletes in the Open Division are not eligible for awards or World Championship slots

Athletes in the Open Division are subject to the IRONMAN Competition Rules as set forth in Article I – VII, and Article XI. Please refer to the [IRONMAN Policies](#) for additional information.

AWARD Party -1



Award Party on Saturday 10th June

Doors open at 17:30 Party at 18:00-19:30

Venue

- Hotel Arc Riche Toyohashi (reception on the 1st floor)
- Toyohashi Station South Gate Square
- Toyohashi City Machinaka Square

The main venue for the award ceremony is Hotel Arc Riche Toyohashi. Seats are limited, so only the recipients and their companions listed on the right will be invited to Hotel. After the race, please check IRONMAN Tracker App to see if you are eligible for the award and come to the reception desk on the first floor.

A big screen is set up in the plaza in front of the south gate square and in the Machinaka Square you can enjoy the live-cast the awards ceremony

You also can enjoy Migashimikawa Food FES, Expo, Ironman Store

Award

Each Age Group 1st~3rd Place

Local Residents Category 1st~3rd Place

Premium Category 1st ~10th Place

The Athlete who fail to receive award at ceremony will receive it by cash on delivery after the race.

Contact race organizer via Email to confirm receipt.

Award Party -2



Meals included in the party

The ticket for the party is included in the kit you receive at the athlete check-in. It is a free voucher for meals and other items. For athletes who purchased a party ticket at the time of entry, please check the ticket enclosed within the player kit for a few minutes of purchase.

Meals voucher

Pick up a beef steak on the first floor of the Hotel Arlish Toyohashi!



Souvenir voucher

Date and time of exchange

Saturday, June 10 15:00-20:00

Pick up sweets, beer and other souvenirs at the Aichi Prefecture booth in the Toyohashi City Machinaka Square!

Cut out a set of two souvenir vouchers and give them to the staff.



TOYOHashigo Night 2023

Date and Time: 6/10 (Sat) 11:00-24:00

With one ticket, you can enjoy one of the store's specialties and one drink. You can enjoy five restaurants by yourself or share it with someone!

More than 30 popular local stores participated.

With 5 tickets, let's all walk around Toyohashi Station!

- 1 ticket = 1 drink + 1 specialty dish
- Each ticket stub is worth 800 yen. For menus of each participating store, please refer to the "Participating Store Guide Map."

Guide maps will also be distributed at Hashigo Night Headquarters (Toyohashi Station South Gate Square) on the day of the event.

■ Tickets can be shared by more than one person. However, each ticket stub can only be used by one person.

■ Leftover tickets can only be used as a 800 yen voucher at participating restaurants until Sunday 6/18. No change will be given.

Be sure to show it when you visit. You can't use it with other tickets. You can use as many tickets as you want for one meal.

■ Never drink and drive. Use public transportation after drinking.



TOYO はしごナイト 2023

豊橋駅前をみんなで
はしごしよう！



IRONMAN
70.3[®] JAPAN
HIGASHIMIKAWA
ATSUMI PENINSULA

6/10 SAT 11:00~24:00

※参加店舗によって営業時間が異なります。

チケットは
5枚綴り
4000円

複数人で
シェアしても
OK!

4,000円で5軒はしご酒！

チケット一枚で参加店舗自慢の1品1杯が楽しめる 絶対お得で楽しいイベントです！

今年のはしごナイトは アイアンマンレースとのコラボ開催！

同日に地元豊橋・田原にて開催されるアイアンマンレースの世界大会『アイアンマン70.3 東三河ジャパン in 渥美半島』との共催にて実施！参加アスリートたちと一緒に豊橋の夜を楽しんじゃおう！

アイアンマン70.3 東三河ジャパン in 渥美半島公式サイト「アイアンマン 東三河」で検索！

アイアンマン 東三河 検索



同時開催

エキス・
アイアンマンストア
&
東三河 FOOD FES

会場：豊橋まちなか広場
11:00~21:00

地元人気店 30 店舗以上が参加！

創作美味わっぱい / 藤月豊橋駅前大通り店 / 味の天心燗鍋 豊橋広小路店 / KOJORI 天狗のカレーうどん / 串揚げはやかわ / ひっぱり嵐 / TOYS BREWERY / TINY DINER 花鮎豊橋駅前店 / FreeStyleBAR? 輪 -RIN- / 八八豊橋駅前店 / ビストロ酒場 lac!! cafe&gateaux knohd(ノード) / NO JUNK DONUTS by Moonlight Coffee / パード 94 豊橋鉄板焼 山ちゃん with 大将 / THE GARDEN / タヤけ横丁三丁目豊橋駅前店 emCAMPUS FOOD / 謝謝 駅前店 / 久遠チョコレート 豊橋本店 / 大衆酒場 家利伊頭 葉隠亭 / 隠れ家 湊 / 焼肉ひさ萬 / ASA-CHANG / 広小路ホルモン酒場 炎や / 古来や

◎ 豊橋駅前南口広場会場 (11:00~24:00)

キッチンカー・テントブースなど10店舗以上が出店予定

参加店舗・最新情報はこちらから！

「TOYO はしごナイト」で検索！

TOYO はしごナイト 検索



チケット
販売開始
5月下旬予定

チケットの販売状況は
公式サイトでご確認ください。

前売り券

当日販売

販売価格

セブンイレブン店頭にて販売！

※完売次第、チケットの販売を終了します。

豊橋・豊川・新城市内のみ

豊橋駅前南口広場 TOYO はしごナイト本部にて
11:00~販売します。

※前売りチケットが予定販売数に達した場合、当日販売を実施しない場合もございます。
前売り販売期間にてお早めにお買い求めください。

1枚 4000円 (はしごチケット5枚綴り)

※余ったチケットは6/18(日)まで参加店舗にて金券としてご利用いただけます！

※土曜日開催につき、参加店舗の混雑状況によっては席が空くまでお待ちいただく場合もございます。何卒ご了承くださいませ。

※イメージ

WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



View the Event Schedule (Page 4) for time and location.

Qualifying Slots: (30) Age Group qualifying slots for the 2023 IRONMAN 70.3 World Championship, in Lahti, Finland held on August 26-27, 2023.

Qualified athletes are required to claim their IRONMAN World Championship slot in-person at the advertised time and location. Photo ID is required to be presented and payment must be at this point in time.

Cost: €650 entry fee + Taxes and 10% ACTIVE administration fee

Payment:

- Credit card only (no Amex, Diners or cash payment).
- Physical card including full card number, expiry date and CVV must be available (no Apple Pay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

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 Slot.
 - 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.

ADDITIONAL INFORMATION



VOLUNTEERS

More than 1000 volunteers support us.

We encourage you to say THANK YOU to the Volunteers whenever possible!

OFFICIAL EVENT APP

The IRONMAN Tracker app has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out results post-race.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the IRONMAN Tracker App now!



GET SOCIAL



<https://www.facebook.com/ironman70.3higashimikawa>



<https://www.instagram.com/ironman70.3japanhigashimikawa/#>



<https://twitter.com/ironman703jp>



WOMENFORTRI

WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

IRONKIDS HIGASGIMIKAWA JAPAN

SUN 11th June 13 : 00~16 : 15

Shiroya Seaside Park, Tahara City

If you have any further questions, please don't hesitate to contact us at contact@higashimikawa.or.jp. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

IRONMAN 70.3 Higashimikawa Japan in Atsumi Peninsula Team

EVENT PARTNERS



sala



三井住友海上

MS&AD INSURANCE GROUP

会計でみんなを幸せに
88 ソリマチ GROUP



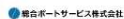
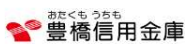
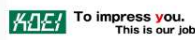
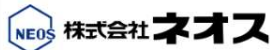
鈴与グループ



NOMURA



三協フロンテア



イチビキ 中部ガス不動産株式会社 株式会社竹中工務店 株式会社 早野組 中部電力パワーグリッド株式会社 豊橋営業所 三井住友信託銀行株式会社 永井海苔株式会社
スジャータ めいらくグループ 株式会社 静岡銀行 株式会社アスリート 株式会社みずほ銀行 株式会社 名古屋銀行 大垣共立銀行 株式会社愛知銀行 豊橋商工信用組合
豊橋ステーションビル株式会社 公益財団法人十六地域振興財団 東海交通株式会社 豊橋創造大学 中央製乳株式会社 (新規追加)



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!

IRONMAN[®] 70.3[®] JAPAN HIGASHIMIKAWA ATSUMI PENINSULA

2023 Athletes Information Guide



<https://www.ironman.com/im703-japan>
contact@higashimikawa.or.jp

0532-25-5963

V 1 June 5th, 2023



Contents Page



| Section | Page |
|-------------------------------|-------------|
| Race Referee message | 3 |
| Event schedule | 4 |
| Athlete checklist | 6 |
| Race kit | 7 |
| Vanue MAP | 8 |
| Pre-Race Information | 9-11 |
| 9 th June Parking | 12 |
| Transition BAG | 13-15 |
| Shuttle Bus Information | 16-18 |
| 10 th June Parking | 19 |
| Support | 20,21 |
| Cut off | 22 |
| Race Day Service | 23 |
| Medical Station | 24 |

| Section | Page |
|--|-------------|
| Swim course | 25-29 |
| Swim Course T1 Bike Rack | |
| Bike course | 30-33 |
| Bike Course T2 | |
| Run course | 34-36 |
| Run course Finish Line and Post Race Finish Area | |
| Race rules and categorie | 38-40 |
| Race Rule Race Category | |
| Award party | 41-43 |
| World Championship Roll Down | 44 |
| Additional Information | 45 |
| Event Partners | 46 |

Race Referee Message



To avoid rule violations on race day, please observe the followings:

- Drive on the left side of the bicycle lane
- Secure a distance of at least 12 meters from the front wheel tip of the front rider to the front wheel tip of yourself
- Pass the front bike from the right. Never pass from the left.
- When you pass a forward player, please complete it within 25 seconds.
- The overtaken player should slow down from the moment you are passed and immediately maintain a distance of 12 meters or more. Before you overtake again, make sure you have fully secured 12 meters.

Triathlon is an individual sport and it is your responsibility to fully understand the rules and avoid violations. In cases of drafting, blocking or illegal overtaking violations (judgement), the referee's ruling is final and is not subject to protest or appeal.

The following are the most common rule violations:

The five-minute blue card penalty includes:

- Drafting: If you follow the leading cyclist to within 12 m and do not overtake him / her within 25 seconds or, after being overtaken, do not retract 12 m before overtaking again
- Illegal overtaking: If you overtake from the wrong direction (left side)
- Littering: If you discard in the wrong place. For example, if you discard tires, bottles, gel wrappers, etc., on a course other than the designated litter area near the aid station.

The referee will tell you your race number, indicate your violation, and present a blue card. You will then be responsible for receiving a five-minute time penalty in the next penalty box.

Note: You will be disqualified if there are three blue card violations throughout the course during the competition.

Yellow card penalties, or stop-and-go penalties, include:

- Blocking: Continuing to run on a player's right side without overtaking, or continuing to run on the right side when separated from other players
- Helmet: Not holding the chin strap securely while cycling

Other violations that can result in disqualification include:

- Aggressive and unsportsmanlike conduct
- Improper use of public toilets
- External assistance (from outside the race related)
- Use of electronic equipment, including telephones

(including the use of earphones and other communications equipment)

Other athletes, volunteers and officials are important in keeping the event safe and fair. Remember to always treat them with courtesy and consideration.

I sincerely hope you have a great race, enjoy the experience and achieve your IRONMAN 70.3 goals.

Masato Suzuki

Race Referee

EVENT Schedule



Schedule and Venue are subject to Change.

Please check latest information on the website <https://www.ironman.com/im703-japan>

| Thursday June 8th, 2023 | | |
|--------------------------|---|--|
| Time | Event | Venue |
| 13 : 00-17 : 00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Machinaka Hiroba (Around Toyohashi Station) |
| Friday June 9th, 2023 | | |
| Time | Event | Venue |
| 10:00-16:00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Shiroya Beach Park |
| 10:00-16:00 | Athlete Check-In | Shiroya Beach Park |
| 11:00-17:00 | Bike Check-In | Shiroya Beach Park |
| 11:00-17:00 | Welcome Event: Marche and Food Truck | Shiroya Beach Park |
| 13:00-15:00 | Practice Swim Session | Shiroya Beach Park |
| Saturday June 10th, 2023 | | |
| Time | Event | Venue |
| 4:00-5:45 | Transition Area Open | Shiroya Beach Park |
| 5 : 00-5 : 30 | SWIM WARM UP | Shiroya Beach Park |
| 6:00- | Start (Rolling Start) | Shiroya Beach Park |
| 10:00-16:00 | Gourmet Event: IRONMAN Sweets and Food Fes | Parking lot in front of Toyohashi City General Gymnasium |
| 11:00-21:00 | Gourmet Event: Higashimikawa Food Fes | Machinaka Hiroba (Around Toyohashi Station) |
| 11:00-24:00 | Gourmet Event: TOYOHASHIGO Night | Toyohashi Station South Exit Plaza |
| -around 15:00 | Course Close (8 Hours After Each Athletes Starts) | Toyohashi Sports Park |
| 10:30-17:15 | Bike Check-Out | Temporary parking lot near Toyohashi Sports Park |
| 13:00-19:00 | IRONMAN 70.3 Expo IRONMAN 70.3 Merchandise Store | Machinaka Hiroba (Around Toyohashi Station) |
| 16:30-17:30 | 2023 IRONMAN 70.3 World Championship Roll Down | Around Toyohashi Station(Terrace Meeting Room at Sala Tower 4F) |
| 17:30-19:30 | Award Party | Around Toyohashi Station (HOTEL ARC RICHE TOYOHASHI, Machinaka Hiroba, Toyohashi Station South Exit Plaza) |
| Sunday June 11th, 2023 | | |
| Time | Event | Venue |
| 13:00-13:30 | IRONKIDS: Athlete Check-In | Shiroya Beach Park |
| 13:30- | IRONKIDS: Race Briefing | Shiroya Beach Park |
| 14:00- | IRONKIDS: Place race gear in the transition area | Shiroya Beach Park |
| 14:15- | IRONKIDS: Race Start | Shiroya Beach Park |
| 15 : 45-16 : 15 | IRONKIDS: Award Party | Shiroya Beach Park |



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Pre-Event

- Reservation / confirmation for accommodation & flights. (if applicable)
- Make sure event registration is confirmed (check confirmation email).
- Fully understand your event schedule (know all check-in / drop-off transition bag and times).
- Please include your photo ID in your luggage.
- Get used to the course - it is your responsibility to know this on race day.
- Check the player list online. **Note: The web list will not be updated after 9^h June. If any details are incorrect, please email us.**

ONCE I ARRIVE (pre-race)

- Familiarize yourself with the venue and main area (Check In, Transition, Swim Start, Finish Line, Award Party, WC Rolldown).
- Familiarize yourself with road closures.
- Check in and collect race kits.
- Rack the bike and drop the transition bag (See page 13 for recommended items for transition bags).
- Participate in official practice swimming at designated times.
- Pack for race day.

Race day

- Make sure you have all your racing gear, including helmets, timing chips and wetsuits / tri-suits.
- Enter Transition area for the last minute check for Bike and Transition Bag (Red String & Blue String) and drop off Transition Bag and bicycle pump (if applicable).
- Drop off the street gear bag (Black String) at swim start.
- Start the race - stand at the start line at least 15 minutes in advance.
- Finish the race.
- Receive a medal.
- Gather a finisher T shirt.
- Recover.
- Collect items such as transition bags, street gear bags, bike pumps and bikes.

POST RACE

- Attend World Championship Roll Down, presentations and award parties.
- Upload photos of #medalmonday to social media.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring a credit card (not Apple Pay, etc.). See page 44
- Bring friends and family to celebrate.

Race kit



1. Race bib number

Of the two, one is for a motorcycle and one is for a run. Wear it on the back for a motorcycle and on the front for a run with a race belt (prepared by the athlete yourself) or a safety pin (supplied by the tournament). Do not bend or cut the race bib number.

2. Wristband for Athletes

Prepped one for each person.

Each player's race number is included to identify the players participating in the tournament. You must wear it as soon as you receive it at the athlete check-in and always wear it until the end of the award party. Do not remove the wristband at the transition area or at the bike check-out, as it is necessary to identify the athlete if you need help at the venue after the race. Remove all wristbands from events unrelated to this competition.

3. Safety pin

Use Safety Pin to place Bibs . You also can use own Race Number Belt.

4. SWIM CAP (Swim Cap)

The swim cap must be worn during the swim leg. If another cap is worn, the official cap must be worn on top. Swim caps are Latex.

Zone 1 - Less than 33 minutes - Green

Zone 2 - 33 - 37 minutes - Pink

Zone 3 - 38 - 41 minutes – Light Blue

Zone 4 - 41 minutes or more - Purple

5-1. Transition bag (Red String, Blue String)

Use the supplied bag and affix the appropriate seal. Include equipment necessary for racing. Submit it during the bike rack on Saturday.

5-2. Street gear bag (Black String)

Place items needed for post racing (collect in collection area). Drop-off on race morning. Always use the supplied bag.

6-1. Bike Sticker

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

6-2. Helmet Sticker

Stick a sticker on the front of your helmet. Place it before bike check-in for checked by technical officer.

7. Bike pump sticker

Stick a sticker on the bike pump at bike check-in. Write your Race number on the sticker at Bike Check in Tent and place it on Bike Pump.

8-1. Street gear Bag (Black String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-2. Bike Transition Bag (Blue String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-3. RUN Transition Bag (Red String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

Note: Timing chips are distributed at Bike Check In. Make sure to maintain not to lose for Race Day.

Venue Map



PRE RACE INFORMATION 1/3



Athlete Check-In

June 9 10:00-16:00

Shiroya Seaside Park (see page8 for venue map)

You will receive a race number, a sticker and a transition bag.

If you do not check in during the athlete check-in time, you will not be allowed to participate in the race. **Pick up at 10:00-16:00 on June 9.**

Where: Shiraya Seaside Park

What must be presented:

- Photo identification (driver's license or passport).

Emergency contacts

Athletes must check in at the venue on the above dates and times. Athlete cannot check in outside the designated hours.

If you need to inform the Secretariat of an emergency during the race, please call the phone number below.

Phone: 0532-25-5963

Email: contact@higashimikawa.or.jp

Warning: Only the registered person can receive a race kit at the athlete check-in. Please note that no one else can compete in your name or in someone else's name.

If you cheat, you will be suspended and both will not be able to compete in future IRONMAN Asia Triathlon Races.

Race number

When you receive your transition bag and bike check out, your wristband and race number confirm your identity.

Timing chip

During the race: Your chip must be worn on your left ankle during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff 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.

If you lose your timing chip during the race, inform Event Staff within Transition or at the finish line, so that timing providers can do their best to replace the chip.

Drop Off: Timing chips will be collected at the finish arch in exchange for a finisher T-shirt.

Drop Out: If you do not start the race, or if you are retiring the race, return timing chips to the judges. If you do not find the judges, return them to your staff or timing team members. Whenever possible, return them to staff, not volunteers.

Missing Timing chips: If a timing chip is not returned or is lost, **there will be a \$100 replacement fee.** If you notice that you have a chip after the race, mail it within 5 days to:

〒441-8560

39-5 Daizen, Uedacho, Toyohashi, Aichi
Musashi-Seimitsu East Mikawa Sports Regional
Development Foundation

Failure to wear a timing chip on the race day, failure to return the chip after the event, or failure to pay for the replacement of a lost timing chip may prevent you from participating in future IRONMAN events.

Pre-race

Bike check-in

June 9th 11:00-17:00

T1

Shiroya Seaside Park

Bike and helmet check:

- Conducted by referees.
- You, the athlete are responsible for your bike being in safe working order.
- In advance, attach the bike number sticker to the seat post by yourself.
- 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 and JTU regulations

• **If you pass the check, attach a certificate of acceptance**

Put Helmet in your transition bag.

How to install at a bicycle rack:

A bike rack with a race number is prepared for T1. Hang the saddle with the front wheels facing out.

Cover:

Complete bike cover is not available for rack storage at night.

Transition Area Open

June 10 4:00-5:45

On the morning of the race, you can access T1 bike. However, you can not take the bike out of the transition area until the bike part of the race begins.

Bike mechanics

June 9 11:00-17:00

Bike mechanics are available. We provide minor mechanic service. This is a paid service.

A limited "emergency service" for all athletes will be offered at 4:00 of the race morning.

For on course support, see the bike course information on page 23.

Race Briefing

Read thru this guideline very well. We'll check it when athletes check in.

It's an important opportunity for both experienced triathletes and first-time racers. Important information about course peculiarities, rules and course closure is provided.

On June 9 at 11:00, 14:00 and 16:00, the race director will set aside time for questions at the athlete check-in site. Information on last-minute changes or procedures for events that have or may occur due to weather-related forecasts will be provided sequentially.

Swim Practice, Pre-Race Training

You can Swim Practice at Shiroya Seaside Park from 13:00 to 15:00 on June 9.

A portion of the course will be marked and lifeguards and surveillance vessels will be in place.

Please note that you must have checked in your bike and received a timing chip to participate in the swim practice.

You must wear a timing chip during the swim practice.

If you have not checked in your bike and not received a timing chip, you will not be able to swim.

Wear a wetsuit and swim cap to swim.

The target cruiser of 200 m offshore is anchored. A Tahara muskmelon is passed from a small boat near the cruiser.

When you train your bike or run, please follow the traffic laws. Wear a helmet.

Note that Japan is "left handed traffic."

Shuttle buses

Buses for athlete check-in and bike check-in on June 9 operate between the Kodomo Miraikan Coconico at the east exit of Toyohashi Station and Shiroya Seaside Park.

Bike can be loaded on trucks operated with shuttle buses.

Buses returning on the same route will also be operated.

Parking

Athletes' parking for athlete check in and bike check-in on June 9 will be located at the Himejima Fishing Port near Shiroya Seaside Park.

The landmark is Shiraya Crossing in Tahara City. Head north from Shiraya Crossing to Himejima Fishing Port.

Shiroya Seaside Park is about a 10 minute walk from Himejima Fishing Port.

Pre-Race Day parking is allowed 9:00-18:00

WELCOME Event

Shiroya Seaside Park will entertain you with Atsumi Peninsula specialties and more. It also hosts talk shows and other events.

Tahara city is one of the largest flower producing areas in Japan. Enjoy the beautifully decorated venue.

FRI. 9th June Parking Location



Transition bag 1/3



Street Gear Bag (Black String)

The black string transition bag is used as a street gear bag.

Put in the clothes you wore before the race and the clothes you need after the race and leave them in the start area. No other bags can be checked.

Stick a number sticker to the left bottom corner of the bag on your own.

- Time to drop: 5:00~6:00

Return the bag at the finish area.

© Things to put in the bag (example)

- Clothing and footwear worn before the start
- Clothing and footwear worn after finishing
- Keep valuables out of your bag as much as possible.
- In the finish area, there is a sweets festival, as well as refreshments prepared by the organizers. If you are interested, please prepare small change.

View page 14 of time and place.

The bag will be collected at start area, transported and returned at Finish Area.

Bike (blue string) and Run (red string) Transition Bag

The Bike Transition Bag (blue string) holds the gear used on the bike.

It will be installed on the T1 "bag rack" on June 9 or June 10. The race number will be displayed in the tent, so each person will install it at the location of his or her own number.

- Bike wear
- Helmet
- Bike Shoes
- Nutrition and Fluids

Items needed for racing that can't be attached to the bike should be kept in the bag

In the run transition bag (red string), keep the gear used for the run.

On June 9 or June 10, install the tents in the T2 "bag rack." In the tent, the race number is displayed, so each person installs it in the place of his or her own number.

- Runwear
- Runshoes
- Supplemental diet

The transition bag is placed inside the change tent at the transition and can be accessed during the transition process.

The transition process is described on page 15.

Useful tip: Remember that blue (BLUE) is a B, so bike and red (RED) is a Run, so Red.

Examples of items athletes should consider:

| Bike Transition Bag | Run Transition Bag |
|--------------------------------|------------------------|
| Bike shoes (or on bike pedals) | Running shoes (must) |
| Helmet | Race Bib number (must) |
| Sunglasses | Sunglasses |
| Race Bib number (must) | Hat / Visor |
| Change of clothes and Socks | Socks |
| Nutrition and fluids | changing clothes |
| Towel | Nutrition and fluids |
| Sunscreen | |
| Vaseline | |

Transition bag 2/3



| BAG | DROP OFF LOCATION | Use during a race | Post Race Collection |
|--|---|--|--|
| Bike Transition bag <i>Swim to Bike</i> | June 9 12:00-17:00 June 10 4:00-5:45 T1 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T1 bagrack tent. Take out the bike gear and place all the swim gears in the blue string bag. When you leave the wearing changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport it |
| Run Transition bag <i>Bike to Run</i> | June 9 12:00-17:00 June 10 4:00-5:45 T2 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T2 bagrack tent. Take out the run gear and place all the bike gear in the red string bag. When you leave the changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport |
| STREET GEAR BAG | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Use | June 10 Near the finish area *The organizer will transport |
| BIKE PUMPS put into STREET GEAR BAG *place sticker on the bike pump with the race number in advance | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Access During Race | June 10 Near the finish area *The organizer will transport |

Note: When you collect the bike, you must collect the bike, the run transition bag and the bike pump at the same time.

Before the race

Transition area open

Open June 10 4:00-5:45, at race morning. All athletes must be out of the area by 5:45. Make sure you have enough time to move on the morning of the race.

You have the opportunity to make final adjustments to your bike. Make sure all items are attached to your bike.

You are not allowed to place items on the ground beside your bike. This includes items such as footwashing equipment and bags.

Bike pump

After using the bike pump on a T1, put it in a street gear bag (black string transition bag) and drop.

Label the pump with the race number in case it falls out of the transition bag.

Prepare labels and writing materials for the June 9 bike check tent. Label the bike pump with the race number.

Any bike pump placed in T1 without deposit, any bike pump that has fallen out of the transition bag and is not labeled will be treated as donated.

During the race

Transition from swim to bike

After the swim, you are guided to T1 through the swim finish arch.

You are not allowed to change clothes in a public place with your trunk exposed. You need to be well prepared for the race before you start

When changing clothes, use a changing tent. You can also wear bikewear under a wet suit.

Personal supplementary food and beverages are allowed to be stored in the wear or attached to the bike.

Bike shoes are allowed to be worn before passing the mount line.

Transition from bike to run

After the bike part, get off the bike and store it in a T2 rack. The T2, unlike the T1, is a free rack, so follow the staff's instructions and put the bike on the rack.

Keep the bike's gear, such as shoes and helmet, separate from the bike and in the transition bag. This is to prevent the shoes from coming off when volunteers and staff carry the bike. After picking up the red string transition bag in the bag rack at the behind of the bike rack and taking out the run gear, you need to store the bike gear in the red string transition bag and leave it with a volunteer.

After the race

To pick up your bike or transition bag, you'll need to show your wristband or race number.

Black string, blue string and red string transition bags should be collected near the finish area.

Bike checkout is at 10:30-17:15 on June 10. You cannot pick up after this time.

If the bag is not collected by the time, the organizer is not responsible for the loss.

Shuttle Bus Information-1



Race Day Moving

For athletes who do not use their own cars or rental cars, there is a shuttle bus from the Kodomo Miraikan Coconico at the east exit of Toyohashi Station to the start site, Shiratani Seaside Park.

After the competition, there is a bus from Toyohashi General Sports Park back to the Children's Miraikan Coconico.

For athletes using their own cars or rental cars, temporary parking will be provided around the finishing area, Toyohashi

General Sports Park.

Shuttle buses will be operated from Toyohashi General Sports Park to the starting site, Shiratani Seaside Park.

FRI. 9 June 2023 For Athlete

For Athlete Check-IN/ EXPO Venue

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time | Note |
|-------------|--------------|
| 9:00-15:30 | Every 30 min |

Approximate 60 min drive

BIKE Transport Truck operate together

Bike will be transported by SEINO Truck which operated together with Shuttle.

It carries bike as assembled, please bring your bike taken out from Bike Case.

Please DO NOT Bring Bike Case

For Return to Toyohashi City

“A” Shiroya Seaside Park → “D” Toyohashi Station East Gate

| Depart Time | Note |
|-------------|--------------|
| 12:15-17:15 | Every 30 min |

Approximate 60 min drive

SAT. 10 June 2023 For Athlete Before the Start

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time |
|-------------|
| 3:30 |
| 3:45 |
| 4:00 |
| 4:30 |

Approximate 60 min drive

“C” Toyohashi Sports Park → “A” Shiroya Seaside Park
(near Athlete Parking)

| Depart Time |
|-------------|
| 3:30 |
| 3:40 |
| 3:50 |
| 4:00 |
| 4:10 |
| 4:20 |
| 4:30 |

Approximate 45 min drive

SAT. 10 June 2023 For Athlete

After the Finish

For Award Party

“C” Toyohashi Sports Park → “B” Kodomo-Mirai Kan “KOKONIKO”

BIKE Transport Truck operate together

| Depart Time | Depart Time |
|-------------|-------------|
| 12:00 | 14:30 |
| 12:30 | 15:00 |
| 13:00 | 15:30 |
| 13:30 | 16:00 |
| 14:00 | --- |

Approximate 20 min drive

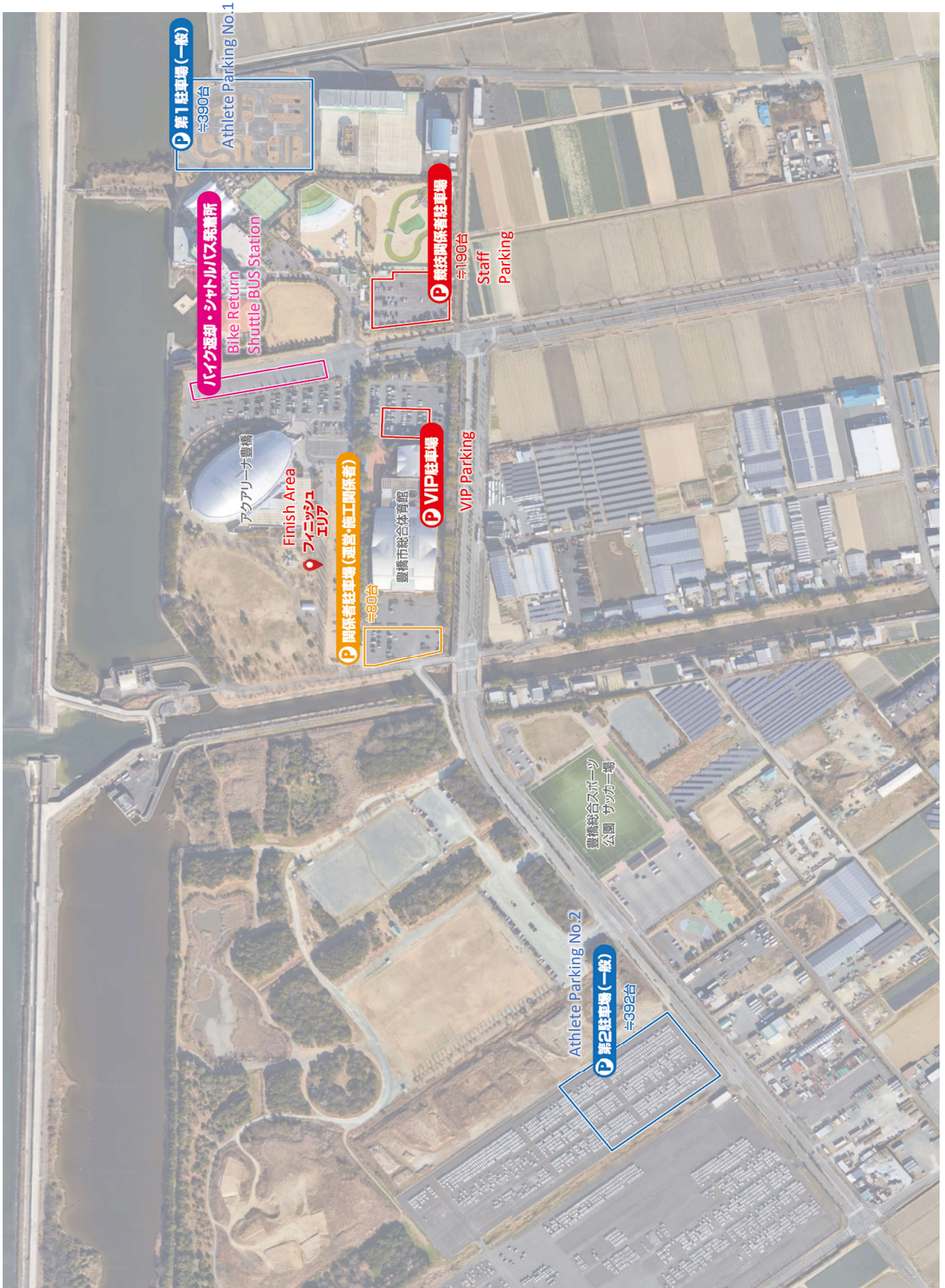
After the Award Ceremony

“B” Kodomo-Mirai Kan “KOKONIKO” → “C” Toyohashi Sports park

| Depart Time |
|-------------|
| 19:45 |
| 20:15 |
| 21:00 |

Approximate 20 min drive

SAT. 10th June Athlete Parking



Before Swim

· Your glasses will be placed at the swim-finish point, so be sure to put your glasses on by 6:00.

When placing your glasses, write the race number on the sticker placed on the glass-keeping stand and affix it to your glasses.

Available:

- Water
- Permanent toilets, temporary toilets

Swim temporary landing site

Available:

- Water

Swim-up - > T1

Available:

- Water
- Toilet

Bike Aid Station

Place on the left side of the course.

Just before the aid station, a bottle catcher will be set up, so throw in any bottles you no longer need (bottles can not be returned).

Aid station location:

- BAS1 23.4 km Rokuren JA collection and shipment site
- BAS2 36.0 km Akabane Elementary School
- BAS3 54.2 km Crystal Beach
- BAS4 73.7 km Fukue Junior High School

Available:

- Water (Bike bottle included)
- Sports drink (Ajinomoto BCAA charged water / Bike bottle included)
- Toilet

Process:

Slow down when entering the Bike Aid Station (No need to stop!)

If you do not need to resupply at the Bike Aid Station, take the right side of the roadway.

There are signs at the Aid Station to indicate what is being offered. We also call out what volunteers are offering.

Tell volunteers your needs out loud and politely.

Trash disposal

When no longer needed, throw the bottle into the bottle catcher.

Do not throw away anywhere else on the course. A strict

time penalty applies.

Medical

Fire crews will be stationed at seven locations on the course apart from the aid station. Medical personnel will be stationed at five of those locations.

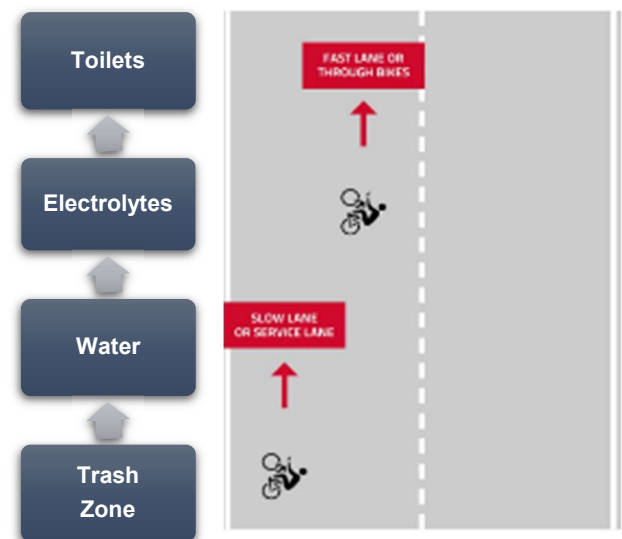
A cross flag will be displayed at the medical point, and aid workers will wear bibs with a cross print.

It supports athletes who are sick or injured. If necessary, it is dispatched by vehicle to provide relief.

Sirens and loudspeakers are used to signal the approach of emergency vehicles as they travel the course. Try to stop and wait for emergency vehicles to pass.

If you witness another player's trouble on the course, tell the nearest medical point.

Aid station layout



Run-Aid Swimming

- T2 0.0km
- RAS1 2.0 km (Himeshima Fishing Port)
- RAS2 4.0 km (Tahara Wharf Entrance)
- RAS3 5.4 km (Doura Elementary School)
- RAS4 6.8 km (Midorigahama Park)
- RAS5 9.3 km (Mikawa Port Ohashi Higashizume)
- RAS6 12.2 km (Meikai Central)
- RAS7 14.1 km (Funato Green Space)
- RAS8 15.8 km (Toyohashi Warehouse)
- RAS9 18.8 km (Kannofuto 3 Torimon)
- RAS10 20.0 km (Rokugata Ohashi South Side)

Offer:

- Water
- Ajinomoto Amino Vital Water
- Kabaya salt-charged tablet
- Imuraya Sports Yokan
- Ezaki Glico Balance On Mini Cake
- Energy Jelly (Muscat flavor, energy drink flavor)
- Coca-Cola (soda)
- Banana or melon
- Musashi Shot Jelly (RAS5)
- Toilet

Process:

The run aid station is located on the left side. When you get close, move to the left side (no need to stop)

When not replenishing at the run-aid station, try to pass on the right side.

Signs at the aid station indicate what is on offer. Volunteers also call out what they are offering.

Tell the volunteers your needs out loud and politely.

Disposal:

Dispose of unwanted items in the trash cans (disposal

zones) located in front and behind the aid station.

Disposing outside the designated area will result in a severe time penalty.

Splash zone

Since it is difficult to secure water sources for this course, we will prepare scoop ladles at each aid Station.

Medical

Paramedics will be on standby at all run-aid stations. **At medical points, a cross flag will be displayed and aid workers will wear bibs with a cross mark printed on them.**

We will support athletes who are ill or injured.

If you witness another player's trouble on the course, tell the nearest medical point.



Cut-off time

The cumulative cut-off time for swims, bikes and runs on the course are all based on an individual's swim start time.

The cut-off times below provide absolute cut-off locations and times based on the last starter projected at the time of publication of this document.

They are individually adjusted and implemented by the race director on race day.

Swim:

The swim course **ends 1 hour and 10 minutes** after the last swimmer begins swimming. Regardless of when each swimmer starts the swim, 1 hour and 10 minutes is picked up after the last starter starts the swim.

If a swimmer takes more than 1 hour and 10 minutes to complete the swim, they will not be allowed to continue and will receive a DNF. To make a rolling start, they will be recorded as a DNF even if they continue to compete.

Bike:

Bike courses close **5 hours and 30 minutes after** the last swimmer starts swimming.

Each swimmer, regardless of when he or she starts swimming, must finish the swim, T1 or bike within 5 hours and 30 minutes of the last starter starting the swim. If it takes more than 5 hours and 30 minutes to finish the swim, T1 or bike, he or she will not be allowed to continue and will receive a DNF.

The on-course cutoff will be cut off by the transit time every 5 km. The cutoff time every 5 km since the last starter started the swim will be determined by the race director.

To make a rolling start, it will be recorded as DNF even if the race is continued.

Run Finish:

The run course closes 8 hours and 0 minutes after the last swimmer begins to swim. Each swimmer completes the entire course within 8 hours and 0 minutes.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and fail to cross the finish line before the run is closed become DNF.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and cross the finish line receive NC (Not Classified) for their race results, meaning they do not qualify for age-specific awards or World Championships.

The on-course cutoff is cut off by the passing time per kilometre. The cut-off time for each kilometre after the last starter starts the swim is determined by the race director.

The course is closed to all athletes based on the time the last starter starts the swim.

Note: IRONMAN officials reserve the right to pull any athlete who exceeds the course time cutoff from the course

• Swim

1 hour and 10 minutes from the start of the last athlete

(Current estimate: 8:00)

• Bike

5 hours and 30 minutes from the start of the last player

(Current estimate: 12:20)

• Run

8 hours 0 minutes from the start of the last player

(Current estimate: 14:50)

Change or cancellation of the tournament

If the course is changed or cancelled due to weather, the race director will notify you.

This will be communicated via email.

Race Day Service

Medical

First aid providers are engaged to provide first aid at all events operated by the IRONMAN Group.

First aid is deployed in a variety of locations. The exact location of the first aid station can be found with on the map next page.

Athletes are responsible for all costs incurred as a result of medical accidents. This includes, but is not limited to, hospitalization, professional treatment, etc.

Therefore, it is highly recommended that all players have sufficient travel or personal insurance to attend IRONMAN Group events. Players are responsible for understanding the terms of the insurance they hold.

Mechanic service

On the bike course, mechanics will be stationed at three locations.

- BAS1 23.4 km Rokuren JA Collection and Shipping Depot
- BAS2 36.0 km Akabane Elementary School
- BAS4 73.6 km? Fukue Junior High School

Three mobile mechanics on motorized bicycles enter the bike course from Shiroya Seaside Park. Every about 100, 300, and 500 motorcyclists will start, the 1 traveling mechanic car starts at a time.

If you use parts, spare tube tires, etc., you will be charged after the race.

Athlete pickup vehicle

Athlete pickup vehicles pick up athlete who are unable to complete the competition or finish within the cut-off time of the course. In the bike part, bikes are also picked up. When players picked up, bike are transported to the finish area.

If a pickup is needed, request it at a first-aid station along the course or staff along the route.

Note:It may take some time for a athlete pickup vehicle to arrive. For faster arrival, do not move from the requested location after requesting a pickup vehicle.

This may affect the ability of the player pickup vehicle to find and transport you.

Collection of timing chips

When an athlete decides to retire, he or she is responsible for reporting the decision to the nearest official and returning the race number and timing chips.

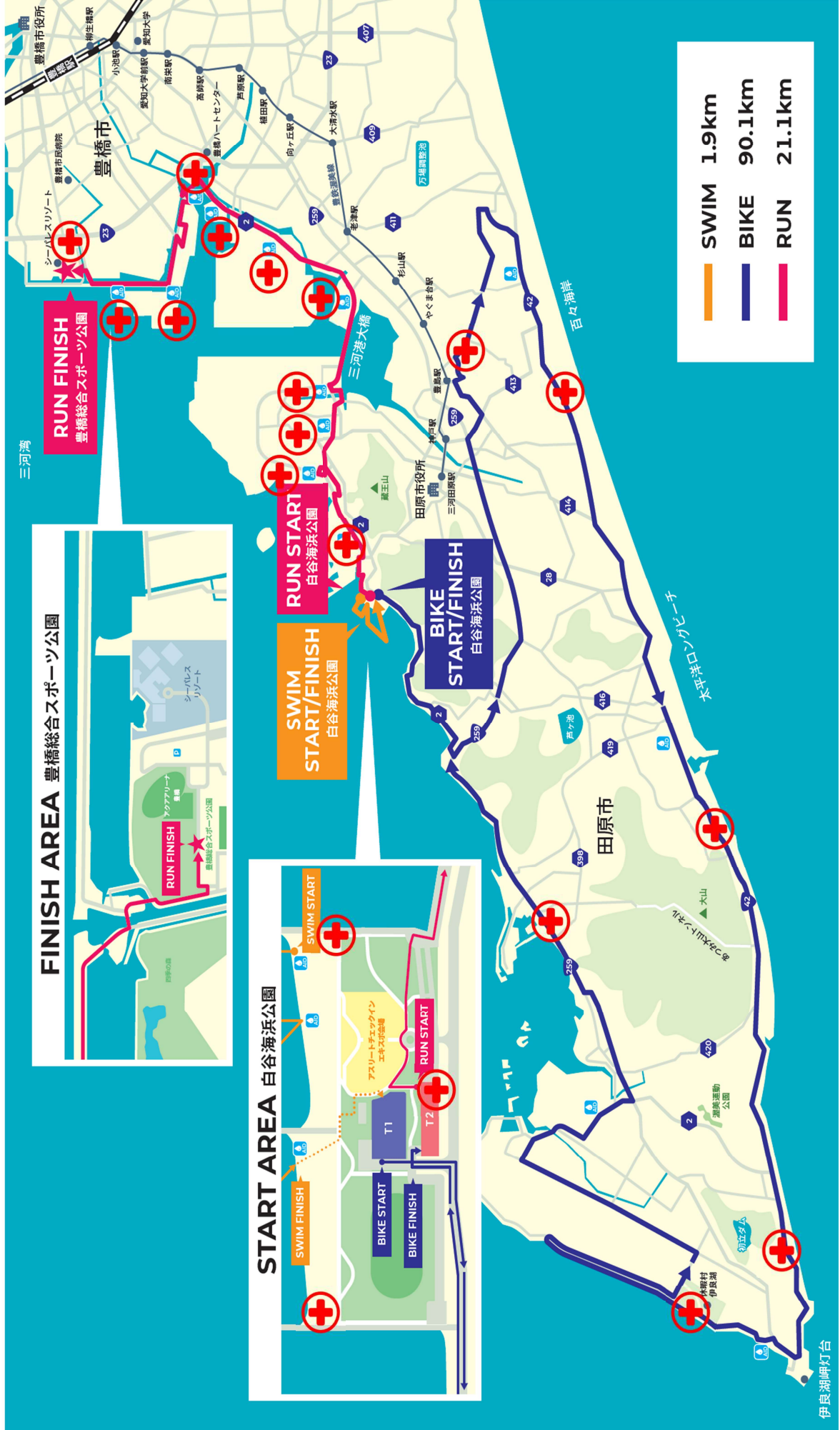
It is essential that race officials keep track of where the athlete is on the course. Failure to comply with the rule after retiring from the race may result in the athlete not being able to participate in IRONMAN events in the future.

Medical Station



COURSE MAP

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN

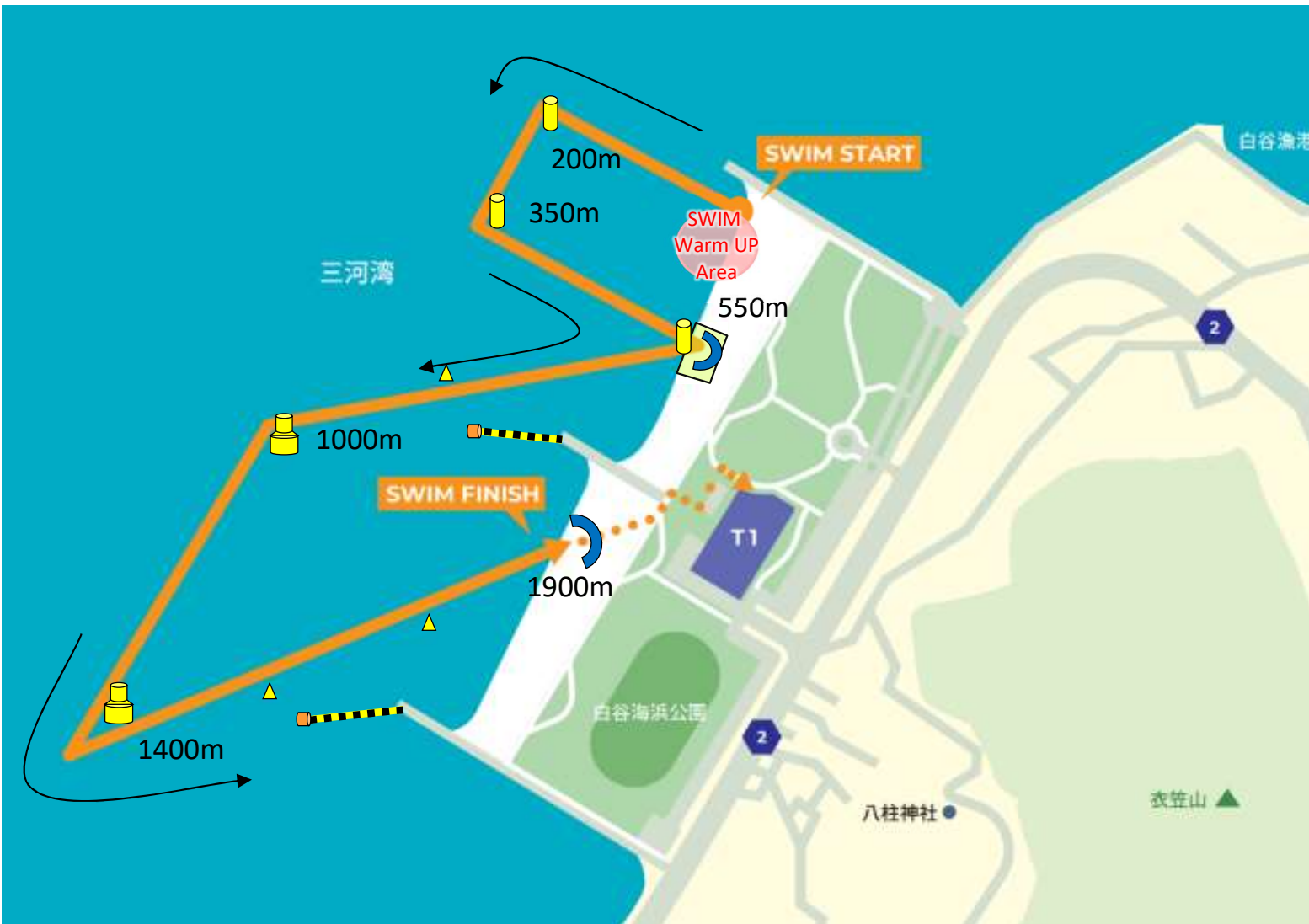


| | |
|------|--------|
| SWIM | 1.9km |
| BIKE | 90.1km |
| RUN | 21.1km |



伊良湖岬灯台

SWIM COURSE 1



Course

The swim course is held off the coast of SHIROYA Seaside Park.

After swimming offshore, you can return to the beach and keep yourself hydrated.

The swim finish is in the center of the beach, marked by an arch.

How to start

10 athletes make a "rolling start" every 30 seconds. The starting order is based on the estimated swim time.

At the beachside, the volunteers will tell you the estimated time so please make a line considering the other athletes.

Swim safety

The swim course is guarded by lifesavers (more than 25 rescue boards), water bikes and 15 surveillance boats.

When lifesaver feel the need, they call out to the athletes to check their physical condition. Please respond with two gesture.

***Tap your head with the palm of your hand.**

***Answer "Fine", "OK!" in a loud voice**

If the athletes can't do these two things quickly, we'll rescue them right away.

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 in time you decide to abandon the swim, you will be taken to one of the swim extraction points.

At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

Above all, the safety of each athlete is our prime concern. A full sweep of the course will be made directly behind the last swimmer.

Visual aids will be provided by the buoys, guard vessels and lifesaver that line the course.

SWIM COURSE 2

WARM UP SWIM

Aged Group Athletes:
June 10, 5:30-5:50

You can enter the water around 50 m offshore near the start area in the swim course.

A timing chip is required.

ROLLING START

6:00~

The race start will be a Rolling Swim Start. Athletes are to self-seed themselves into their allocated Start Zones prior to race start.

Four different Start Zones are available, depending on an athlete's expected swim time:

- Zone 1 – Under 33 minutes (Swim cap: Green)
- Zone 2 – 33 – 37 minutes (Swim cap: Purple - Pink)
- Zone 3 – 38 – 41 minutes (Swim cap: Light Blue)
- Zone 4 – Over 41 minutes (Swim cap: Blue)
- Physically challenged (Swim cap: White)

Expected time to start

Zone 1 6:00

Zone 2 6:05

Zone 3 6:14

Zone 4 6:25

Physically Challenged 6:38

Assemble at Swim Start Area 15minute prior to your expected start time.

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of the Event Staff.

At the official start time of 6:00, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual 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.

SWIM CAPS

Please wear the provided swim caps.

SWIM CUT OFF

1 hour 10 mins. from each athlete's individuals start time. The cutoff time is based on the last athlete's start time (currently 6:50).

It's a rolling start, so if you go over 1 hour and 10 minutes, it's recorded as DNF, even if you proceeded on a course or bike course.

SWIM SKIPPING

Swim skipping is not allowed

ABANDON THE SWIM

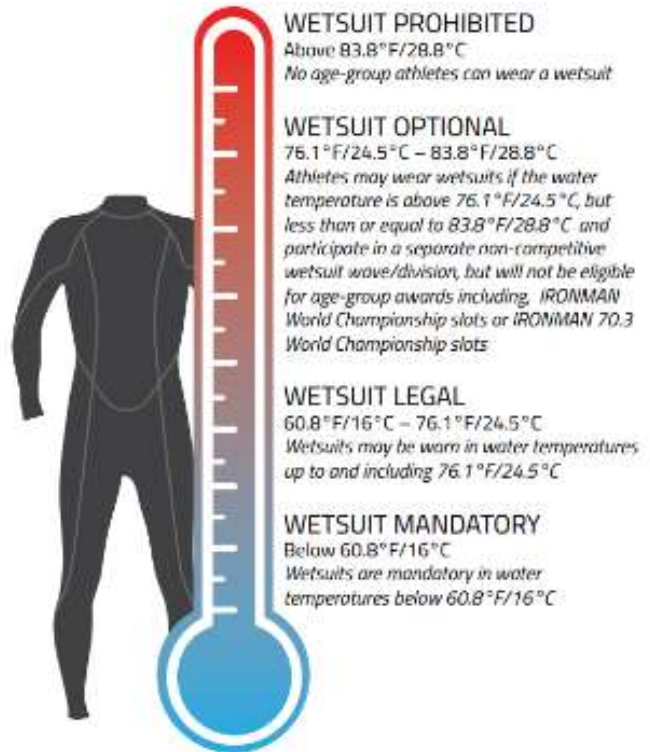
There is a landing spot at 550 m for safety. A measuring mat is set up here to check the passage. It is recommended to abandon the swim if you feel sick and at this landing point

ANTI-SHARK MEASURES

Sharks have been spotted on swimming trails in the past, and recreational fishing boats equipped with devices that transmit the feeble electric currents sharks dislike searched for sharks and ejected them a week before the event.

SEAWEED

On the day of the competition, the tide and water levels are almost low. In consideration of the ecosystem, seaweed is not removed. We recommend wearing a full wet suit if you are concerned.



WETSUIT RULING

● 28.8 °C and above - Not allowed

● 24.5 °C to 28.8 °C – Allowed but will be excluded from awards and excluded to enter the slot for the World Championships.

● 16 °C to 24.5 °C - Recommended to wear

● 16.0 °C and below - Mandatory to be worn under

A provisional wetsuit ruling will be posted at the Athlete Check-In place at 10:00 on June 9.

The official wetsuit ruling will be announced by the Race Director at 4:30 on June 10.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim exit. Labels and writing materials are prepared on the table. Please ensure your glasses are labeled with your race number prior to dropping them off.

SWIM TO BIKE TRANSITION

Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. When changing clothes, use a tent. You can also wear bikewear under a wet suit. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line



① Swimming Up

An arch is installed in the swim-up. Please aim to land on that mark. There is also a first-aid station.

② Glasses Custody

People who use glasses should pick up glasses in advance.

③ Bag tent

Pick up the blue string transition bag that you installed beforehand (the rack row is determined by the last digit of the race number).

④ A changing tent

When changing clothes, use a tent.

⑤ Transition bag dropoff

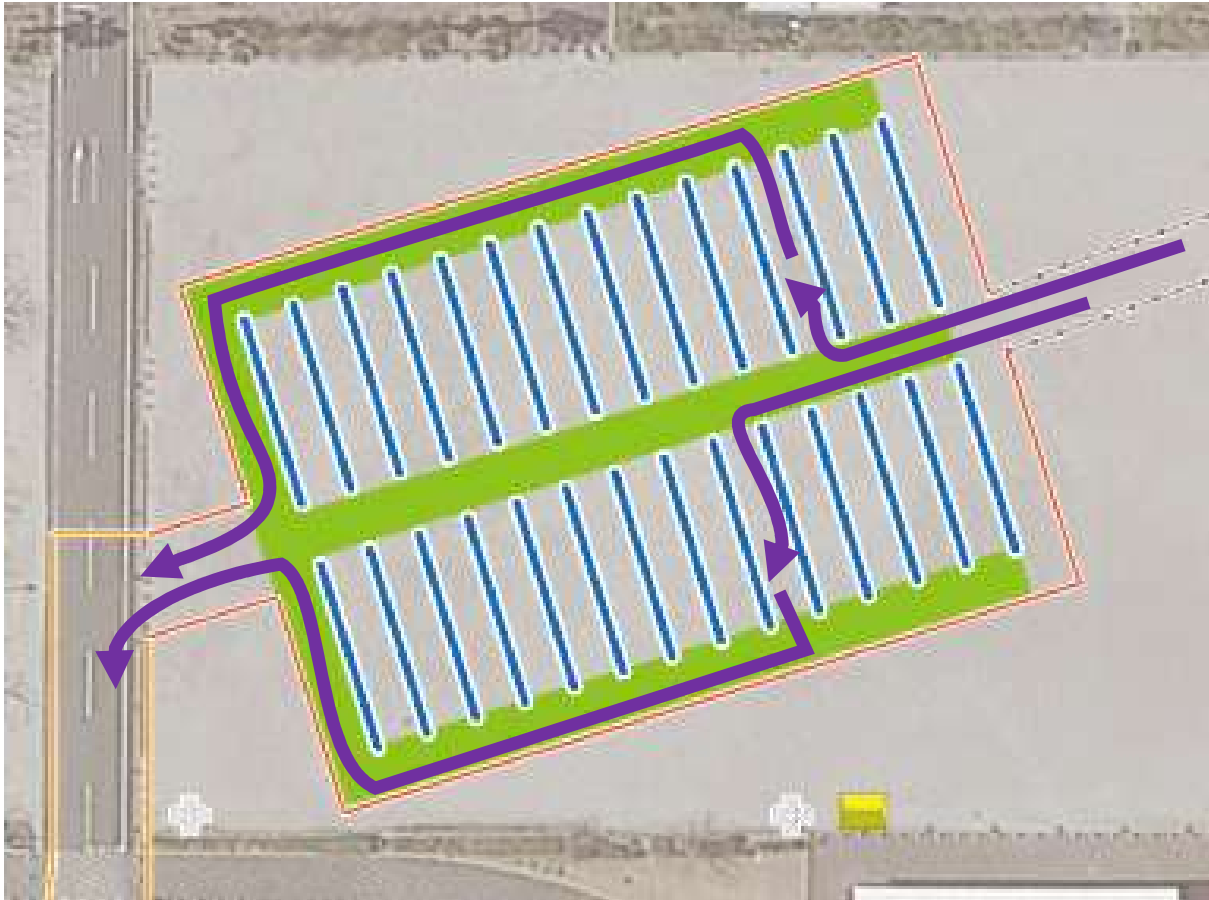
Put the used swim gear in the blue strap bag and throw it into the cart.

⑥ Bike rack

The travel route in the bike rack is listed on the next page.

⑦ Mount line

Please push the bike up to the mount line.



How to move in a bike rack

In the bike rack, as shown in the above figure, first use the middle passage to go to the bike rack.

After picking up the bike, push the bike and go to the bike mount line from the outside passage.

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.

BIKE COURSE 90.1 km

Course Map



Course

Majority of the main roads take prefectural and national roads.

It is highly recommended to use thick tires with good puncture-proof performance.

The course has intersections for detours. There are about 600 security guards and about 1000 volunteers to manage the safety of the course but please drive safely.

Aside from cones, and signages, volunteer staff will guide you through the course.

There is a section of the course where a vehicle goes around the opposite lane.

① Athletes run the same course for about 5km after the start and the last 5km. Both the outbound journey and the return journey take the sea lane (the outbound journey takes the opposite lane)..

② After turning right, the road is narrow, so be careful.

③ The steep slope continues. After that, it gets faster because it continues downhill. Watch your speed.

④ It is a course along the sandy beach, and it is a section where sand easily flows out. Please drive safely.

⑤ It's a U-turn. The road is not wide, so be careful. There are also two right-angle curves ahead.

⑥ The shape goes diagonally down to the right, please be careful.

⑦ It's a national road, turn left and go on the old road. The pavement on both sides of the course is not smooth, so follow the cones and drive in the middle of the road.

Aid station

There are 4 aid stations.

Bike Cut Off

The time limit is 5 hours and 30 minutes from each athlete's start time. The course will be closed based on the start time of the last athlete to swim. It is currently scheduled for about 12:20.

BIKE COURSE 90.1 km



DRAFTING PENALTIES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Must pass on the Right-hand side
- Must complete your pass within 25 seconds
- Must be always making forward progress
- A started pass must be completed – NO Slip Streaming
- After being passed drop 12 meters back
- Cannot pass until 12 meters back
- A competitor passing on the inside (Left-hand side) of another competitor will receive an Illegal Pass penalty. Must pass on the RIGHT.
- A competitor who has completed a pass and is not passing another competitor, motorbike, or vehicle and who fails to move safely and immediately to the right of the cycle lane will receive a Blocking penalty.
- You must report to the PENALTY TENT (Yellow Tent) located at T2/Transition Area.

Failure to do will result in DISQUALIFICATION.

If you receive 3 blue card penalties you will be DISQUALIFIED.

Follow this link to [IRONMAN Competition Rules](#).

For safety reasons, the following cycling positions are prohibited:

BIKE MECHANICS

Roving Bike Mechanics will be available on the course to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

SAG VEHICLE

The “SAG vehicles” is on standby at the end of the lines to pick up athletes who can no longer move on the course. In the bike course, motorbikes are also carried along and transported to the finish area.

Should you require a SAG vehicle at any time, please advise the first aid personnel or staff at the nearest aid station.

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



DRAFTING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



LITTERING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



BLOCKING VIOLATION
YELLOW CARD
30 second stop and go time penalty served at the next Penalty Tent



DISQUALIFICATION (DSQ)
RED CARD
3 BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION

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.



① Dismount line

Please get off the motorbike in front of the line. Do not leave your shoes on the motorbike. Be sure to remove your shoes from the pedals and place them in a red strap transition bag. The bike is loaded onto a transport truck, so leaving the shoes on can scratch them. No complaints will be accepted if the shoes are on.

② Bike Free Rack

We will prepare two sets of bike racks. Please follow the instruction of the staff and ride a motorbike.

③ Bag tent

Pick up the red string transition bag you installed beforehand (the rack row is determined by the last digit of the race number).

④ A Changing tent

Please use the tent when changing clothes.

⑤ Transition bag dropoff

Put your bike gear (Shoes, helmets, etc.) in the red strap bag and throw it into the cart.

If you leave your helmet on the motorbike, you will not respond to claims of damage or loss.

RUNNING COURSE 21.1 km

Course Map



RUN COURSE 21.1km

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN



COURSE

If there is no sidewalk, run on the side of the road, but if there is a sidewalk, run on the sidewalk.

- ① Run on the sidewalk of the seawall immediately after the start. There may be a slight incline and an open seam in the path, so run carefully.
- ② There is a grade crossing of around 4km and a complicated change of direction, so please follow the guidance..
- ③ The course runs on the sidewalk of the Mikawa Port Bridge. There are few standing patrols, and it may take some time to cross the bridge railing in case of an emergency. If you are not feeling well, it is recommended that you discontinue the race using RAS4. There is no standing patrol other than a guide point in the section ahead. If you feel sick, ask for help at the water station (RAS5 to RAS10) set up about every 2 km.
- ④ ⑤ Runs on the pedestrian bridge. Please be careful while running.

From ⑥ to ⑧, there are 4 stairways such as an underground passage. Please be careful.

⑧ It is a section that boasts a wonderful view, but since both sides are on the water surface and there are no handrails, please focus while running.

AID STATION

There are 10 places on the course. Paramedics are assigned to RAS5 through RAS10. If you feel sick, ask for help as soon as possible.

RUN CUT OFF

8 hours 00 mins from the athlete's individual start time. Based on the last athlete, there will be an intermediate cut-off at every 1km. If you could not make it within the cut off, please get on the pickup vehicle.

FINISH LINE AND POST RACE



FINISH LINE POLICY

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 athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

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.

How to Get your Best Photos:

- Ensure your helmet sticker visible on the FRONT of your bike helmet.
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- 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.

Search for your race at www.sportograf.com and register your email address to be notified as soon as all photos from your event are online

FINISHER SHIRTS

Finisher shirts will be available to all official finishers post-race and can be collected from the designated area within Recovery.

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Finisher t-shirt collection
- Recovery food/drink
- Street gear bag & bike transition bag collection
- Icing
- Medical support (if required)
- Male & female change tents
- Official finisher photo by Sportograf

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

Bicycles can be picked up outside the area.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Electrolyte hydration
- Recovery Jelly
- Banana
- Salt Tablet
- Udon noodles
- Protein Chikuwa
- Cake

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Tracker App
- Event Website - <https://www.ironman.com/im703-japan-results>

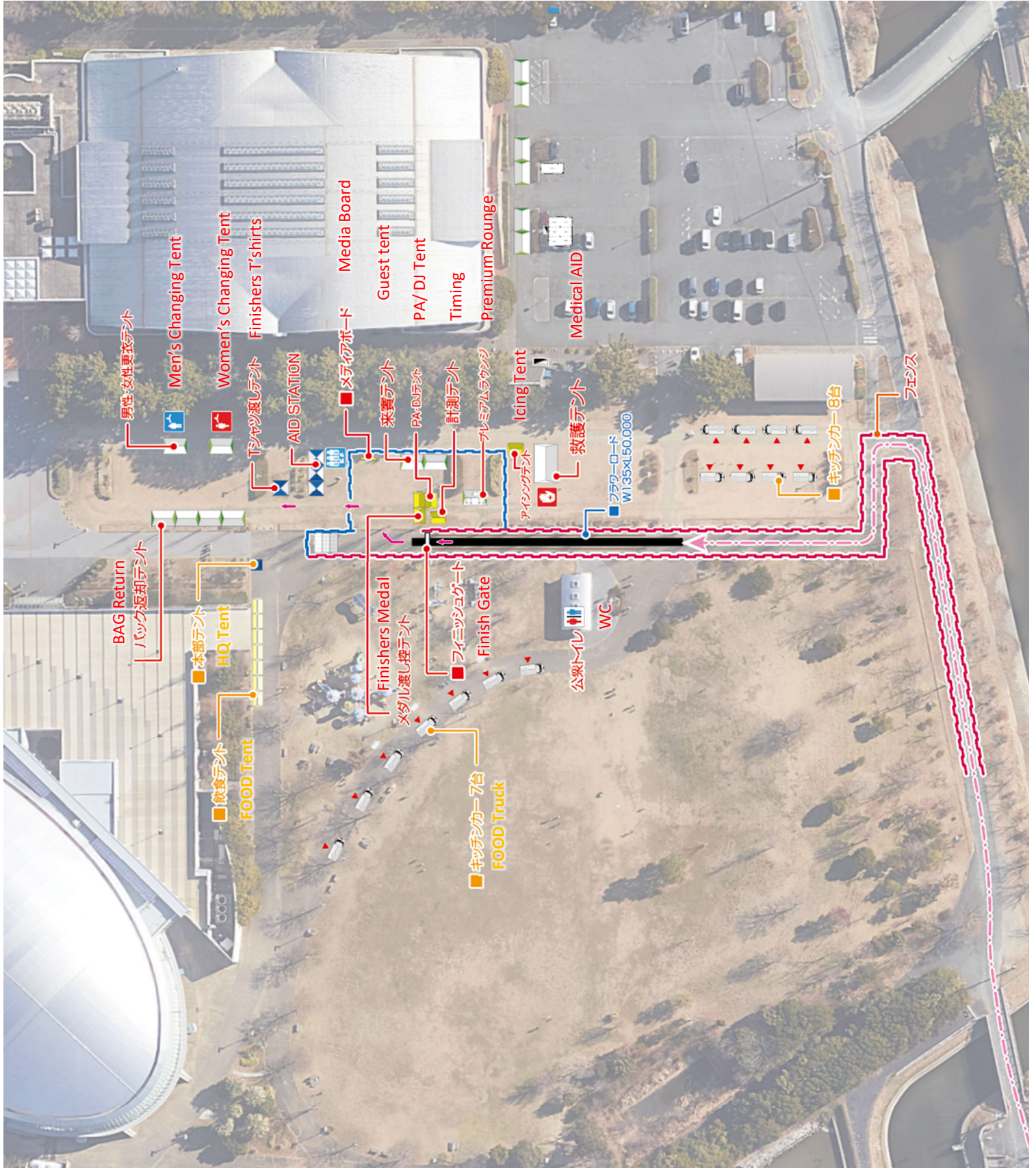
LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

Please note: No responsibility or liability is taken by the Race Organizers for lost property.

All lost property will be held for 30days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN email.

Finish Area





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

We are using the 2023 [IRONMAN Competition Rules](#) in alignment with the special IRONMAN rules and this is a NON-drafting Event.

All Athletes should read and understand the complete [IRONMAN Competition Rules](#) prior to race day. Below highlights some of the IRONMAN Competition Rules.

Conduct of Athletes

Section 2.01 General Behaviour

- (a) Practice good sportsmanship at all times;
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02). Receiving assistance (other than in accordance with Section 2.02) will result in disqualification;
 - (i) Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

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 4.02 Wetsuit Rules

(a) For age-group athletes, relay team athletes and Open Division athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ)

(d) A wetsuit may cover any part of the body except the face, hands, or feet;

(f) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ)

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 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 or 60 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 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

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

Continued over page..

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. (DSQ) (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).

RACE FINISH, TIMING, AND RESULTS

(e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

(i) Did not start (“DNS”) – Enters an Event but fails to start;

(ii) Disqualified (“DSQ”) – Starts an Event and was disqualified;

(iii) Did not finish (“DNF”) – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and

(iv) Not classified (“NC”) – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

(f) Results will include athletes who do not finish the Race (“DNF”), athletes designated as not classified (“NC”) and those who are disqualified (“DSQ”). All available splits will be listed for DNF and NC athletes.

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.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete’s age as of December 31 of the year of the Event.

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.

TRANSFERRING REGISTRATION

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

PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN (PC/ID OPEN) DIVISION

- Participation in the PC/ID Open Division is available to athletes with a medically verified Visual Impairment, Special Teams, athletes with an intellectual disability, or athletes with a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment (except for approved ID Open athletes) are not eligible to participate in the PC/ID Open Division
- PC/ID Open athletes are not eligible for awards or World Championship slots

OPEN DIVISION

The Open Division is a non-competitive, participatory division which is open to any able-bodied athlete who cannot or do not wish to race in a competitive age or gender group

There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event

Any athlete who wants to change to the Open Division during race week can do so during the onsite athlete check-in process. Please visit the solutions desk inside the Athlete Check-in area to change divisions

Athletes in the Open Division are not eligible for awards or World Championship slots

Athletes in the Open Division are subject to the IRONMAN Competition Rules as set forth in Article I – VII, and Article XI. Please refer to the [IRONMAN Policies](#) for additional information.

AWARD Party -1



Award Party on Saturday 10th June

Doors open at 17:30 Party at 18:00-19:30

Venue

- Hotel Arc Riche Toyohashi (reception on the 1st floor)
- Toyohashi Station South Gate Square
- Toyohashi City Machinaka Square

The main venue for the award ceremony is Hotel Arc Riche Toyohashi. Seats are limited, so only the recipients and their companions listed on the right will be invited to Hotel. After the race, please check IRONMAN Tracker App to see if you are eligible for the award and come to the reception desk on the first floor.

A big screen is set up in the plaza in front of the south gate square and in the Machinaka Square you can enjoy the live-cast the awards ceremony

You also can enjoy Migashimikawa Food FES, Expo, Ironman Store

Award

Each Age Group 1st~3rd Place

Local Residents Category 1st~3rd Place

Premium Category 1st ~10th Place

The Athlete who fail to receive award at ceremony will receive it by cash on delivery after the race.

Contact race organizer via Email to confirm receipt.

Award Party -2



Meals included in the party

The ticket for the party is included in the kit you receive at the athlete check-in. It is a free voucher for meals and other items. For athletes who purchased a party ticket at the time of entry, please check the ticket enclosed within the player kit for a few minutes of purchase.

Meals voucher

Pick up a beef steak on the first floor of the Hotel Arlish Toyohashi!



Souvenir voucher

Date and time of exchange

Saturday, June 10 15:00-20:00

Pick up sweets, beer and other souvenirs at the Aichi Prefecture booth in the Toyohashi City Machinaka Square!

Cut out a set of two souvenir vouchers and give them to the staff.



TOYOHashigo Night 2023

Date and Time: 6/10 (Sat) 11:00-24:00

With one ticket, you can enjoy one of the store's specialties and one drink. You can enjoy five restaurants by yourself or share it with someone!

More than 30 popular local stores participated.

With 5 tickets, let's all walk around Toyohashi Station!

- 1 ticket = 1 drink + 1 specialty dish
- Each ticket stub is worth 800 yen. For menus of each participating store, please refer to the "Participating Store Guide Map."

Guide maps will also be distributed at Hashigo Night Headquarters (Toyohashi Station South Gate Square) on the day of the event.

■ Tickets can be shared by more than one person. However, each ticket stub can only be used by one person.

■ Leftover tickets can only be used as a 800 yen voucher at participating restaurants until Sunday 6/18. No change will be given.

Be sure to show it when you visit. You can't use it with other tickets. You can use as many tickets as you want for one meal.

■ Never drink and drive. Use public transportation after drinking.



TOYO はしごナイト 2023

豊橋駅前をみんなで
はしごしよう！



IRONMAN
70.3[®] JAPAN
HIGASHIMIKAWA
ATSUMI PENINSULA

6/10 SAT 11:00~24:00

※参加店舗によって営業時間が異なります。

チケットは
5枚綴り
4000円

複数人で
シェアしても
OK!

4,000円で5軒はしご酒！

チケット一枚で参加店舗自慢の1品1杯が楽しめる 絶対お得で楽しいイベントです！

今年のはしごナイトは アイアンマンレースとのコラボ開催！

同日に地元豊橋・田原にて開催されるアイアンマンレースの世界大会『アイアンマン70.3 東三河ジャパン in 渥美半島』との共催にて実施！参加アスリートたちと一緒に豊橋の夜を楽しんじゃおう！

アイアンマン70.3 東三河ジャパン in 渥美半島公式サイト「アイアンマン 東三河」で検索！

アイアンマン 東三河 検索



同時開催

エキスポ・
アイアンマンストア
&
東三河 FOOD FES

会場：豊橋まちなか広場
11:00~21:00

地元人気店 30 店舗以上が参加！

創作美味わっぱい / 藤月豊橋駅前大通り店 / 味の天心燗鍋 豊橋広小路店 / KOJORI 天狗のカレーうどん / 串揚げはやかわ / ひっぱり嵐 / TOYS BREWERY / TINY DINER 花鮎豊橋駅前店 / FreeStyleBAR? 輪 -RIN- / 八八豊橋駅前店 / ビストロ酒場 lac!! cafe&gateaux knohd(ノード) / NO JUNK DONUTS by Moonlight Coffee / パード 94 豊橋鉄板焼 山ちゃん with 大将 / THE GARDEN / タヤけ横丁三丁目豊橋駅前店 emCAMPUS FOOD / 謝謝 駅前店 / 久遠チョコレート 豊橋本店 / 大衆酒場 家利伊頭 葉隠亭 / 隠れ家 湊 / 焼肉ひさ萬 / ASA-CHANG / 広小路ホルモン酒場 炎や / 古来や

◎ 豊橋駅前南口広場会場 (11:00~24:00)

キッチンカー・テントブースなど10店舗以上が出店予定

参加店舗・最新情報はこちらから！

「TOYO はしごナイト」で検索！

TOYO はしごナイト 検索



チケット
販売開始
5月下旬予定

チケットの販売状況は
公式サイトでご確認ください。

前売り券

当日販売

販売価格

セブンイレブン店頭にて販売！

※完売次第、チケットの販売を終了します。

豊橋・豊川・新城市内のみ

豊橋駅前南口広場 TOYO はしごナイト本部にて
11:00~販売します。

※前売りチケットが予定販売数に達した場合、当日販売を実施しない場合もございます。
前売り販売期間にてお早めにお買い求めください。

1枚 4000円 (はしごチケット5枚綴り)

※余ったチケットは6/18(日)まで参加店舗にて金券としてご利用いただけます！

※土曜日開催につき、参加店舗の混雑状況によっては席が空くまでお待ちいただく場合もございます。何卒ご了承くださいませ。

※イメージ

WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



View the Event Schedule (Page 4) for time and location.

Qualifying Slots: (30) Age Group qualifying slots for the 2023 IRONMAN 70.3 World Championship, in Lahti, Finland held on August 26-27, 2023.

Qualified athletes are required to claim their IRONMAN World Championship slot in-person at the advertised time and location. Photo ID is required to be presented and payment must be at this point in time.

Cost: €650 entry fee + Taxes and 10% ACTIVE administration fee

Payment:

- Credit card only (no Amex, Diners or cash payment).
- Physical card including full card number, expiry date and CVV must be available (no Apple Pay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

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 Slot.
 - 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.

ADDITIONAL INFORMATION



VOLUNTEERS

More than 1000 volunteers support us.

We encourage you to say THANK YOU to the Volunteers whenever possible!

OFFICIAL EVENT APP

The IRONMAN Tracker app has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out results post-race.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the IRONMAN Tracker App now!



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<https://www.instagram.com/ironman70.3japanhigashimikawa/#>



<https://twitter.com/ironman703jp>



WOMENFORTRI

WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

IRONKIDS HIGASGIMIKAWA JAPAN

SUN 11th June 13 : 00~16 : 15

Shiroya Seaside Park, Tahara City

If you have any further questions, please don't hesitate to contact us at contact@higashimikawa.or.jp. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

IRONMAN 70.3 Higashimikawa Japan in Atsumi Peninsula Team

EVENT PARTNERS



sala



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Science.
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KAEI To impress you.
This is our job.

PRONEXUS

響いてこそ音楽
SINFONIA

おたくも うちも
豊橋信用金庫

人・ゆとり・技術
TOYOKEN

誰もが才能を持っている。
その才能を開花させる場所がある。
DAISAN

豊橋名産
あくわ

SMBC
三井住友銀行
SUMITOMO MITSUI BANKING CORPORATION

TOYOHASHI
WAREHOUSE
CO.,LTD

感動のそばにいつも。JTB

人と、地域と、未来をむすぶ
16FG 十六銀行

人も地球も健康に
Yakult

● 総合ボートサービス株式会社

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スジャータ めいらくグループ 株式会社 静岡銀行 株式会社アスリート 株式会社みずほ銀行 株式会社 名古屋銀行 大垣共立銀行 株式会社愛知銀行 豊橋商工信用組合
豊橋ステーションビル株式会社 公益財団法人十六地域振興財団 東海交通株式会社 豊橋創造大学 中央製乳株式会社 (新規追加)



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!

IRONMAN[®] 70.3[®] JAPAN HIGASHIMIKAWA ATSUMI PENINSULA

2023 Athletes Information Guide



<https://www.ironman.com/im703-japan>
contact@higashimikawa.or.jp

0532-25-5963

V 1 June 5th, 2023



Contents Page



| Section | Page |
|-------------------------------|-------------|
| Race Referee message | 3 |
| Event schedule | 4 |
| Athlete checklist | 6 |
| Race kit | 7 |
| Vanue MAP | 8 |
| Pre-Race Information | 9-11 |
| 9 th June Parking | 12 |
| Transition BAG | 13-15 |
| Shuttle Bus Information | 16-18 |
| 10 th June Parking | 19 |
| Support | 20,21 |
| Cut off | 22 |
| Race Day Service | 23 |
| Medical Station | 24 |

| Section | Page |
|--|-------------|
| Swim course | 25-29 |
| Swim Course T1 Bike Rack | |
| Bike course | 30-33 |
| Bike Course T2 | |
| Run course | 34-36 |
| Run course Finish Line and Post Race Finish Area | |
| Race rules and categorie | 38-40 |
| Race Rule Race Category | |
| Award party | 41-43 |
| World Championship Roll Down | 44 |
| Additional Information | 45 |
| Event Partners | 46 |

Race Referee Message



To avoid rule violations on race day, please observe the followings:

- Drive on the left side of the bicycle lane
- Secure a distance of at least 12 meters from the front wheel tip of the front rider to the front wheel tip of yourself
- Pass the front bike from the right. Never pass from the left.
- When you pass a forward player, please complete it within 25 seconds.
- The overtaken player should slow down from the moment you are passed and immediately maintain a distance of 12 meters or more. Before you overtake again, make sure you have fully secured 12 meters.

Triathlon is an individual sport and it is your responsibility to fully understand the rules and avoid violations. In cases of drafting, blocking or illegal overtaking violations (judgement), the referee's ruling is final and is not subject to protest or appeal.

The following are the most common rule violations:

The five-minute blue card penalty includes:

- Drafting: If you follow the leading cyclist to within 12 m and do not overtake him / her within 25 seconds or, after being overtaken, do not retract 12 m before overtaking again
- Illegal overtaking: If you overtake from the wrong direction (left side)
- Littering: If you discard in the wrong place. For example, if you discard tires, bottles, gel wrappers, etc., on a course other than the designated litter area near the aid station.

The referee will tell you your race number, indicate your violation, and present a blue card. You will then be responsible for receiving a five-minute time penalty in the next penalty box.

Note: You will be disqualified if there are three blue card violations throughout the course during the competition.

Yellow card penalties, or stop-and-go penalties, include:

- Blocking: Continuing to run on a player's right side without overtaking, or continuing to run on the right side when separated from other players
- Helmet: Not holding the chin strap securely while cycling

Other violations that can result in disqualification include:

- Aggressive and unsportsmanlike conduct
- Improper use of public toilets
- External assistance (from outside the race related)
- Use of electronic equipment, including telephones

(including the use of earphones and other communications equipment)

Other athletes, volunteers and officials are important in keeping the event safe and fair. Remember to always treat them with courtesy and consideration.

I sincerely hope you have a great race, enjoy the experience and achieve your IRONMAN 70.3 goals.

Masato Suzuki

Race Referee

EVENT Schedule



Schedule and Venue are subject to Change.

Please check latest information on the website <https://www.ironman.com/im703-japan>

| Thursday June 8th, 2023 | | |
|--------------------------|---|--|
| Time | Event | Venue |
| 13 : 00-17 : 00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Machinaka Hiroba (Around Toyohashi Station) |
| Friday June 9th, 2023 | | |
| Time | Event | Venue |
| 10:00-16:00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Shiroya Beach Park |
| 10:00-16:00 | Athlete Check-In | Shiroya Beach Park |
| 11:00-17:00 | Bike Check-In | Shiroya Beach Park |
| 11:00-17:00 | Welcome Event: Marche and Food Truck | Shiroya Beach Park |
| 13:00-15:00 | Practice Swim Session | Shiroya Beach Park |
| Saturday June 10th, 2023 | | |
| Time | Event | Venue |
| 4:00-5:45 | Transition Area Open | Shiroya Beach Park |
| 5 : 00-5 : 30 | SWIM WARM UP | Shiroya Beach Park |
| 6:00- | Start (Rolling Start) | Shiroya Beach Park |
| 10:00-16:00 | Gourmet Event: IRONMAN Sweets and Food Fes | Parking lot in front of Toyohashi City General Gymnasium |
| 11:00-21:00 | Gourmet Event: Higashimikawa Food Fes | Machinaka Hiroba (Around Toyohashi Station) |
| 11:00-24:00 | Gourmet Event: TOYOHASHIGO Night | Toyohashi Station South Exit Plaza |
| -around 15:00 | Course Close (8 Hours After Each Athletes Starts) | Toyohashi Sports Park |
| 10:30-17:15 | Bike Check-Out | Temporary parking lot near Toyohashi Sports Park |
| 13:00-19:00 | IRONMAN 70.3 Expo IRONMAN 70.3 Merchandise Store | Machinaka Hiroba (Around Toyohashi Station) |
| 16:30-17:30 | 2023 IRONMAN 70.3 World Championship Roll Down | Around Toyohashi Station (Terrace Meeting Room at Sala Tower 4F) |
| 17:30-19:30 | Award Party | Around Toyohashi Station (HOTEL ARC RICHE TOYOHASHI, Machinaka Hiroba, Toyohashi Station South Exit Plaza) |
| Sunday June 11th, 2023 | | |
| Time | Event | Venue |
| 13:00-13:30 | IRONKIDS: Athlete Check-In | Shiroya Beach Park |
| 13:30- | IRONKIDS: Race Briefing | Shiroya Beach Park |
| 14:00- | IRONKIDS: Place race gear in the transition area | Shiroya Beach Park |
| 14:15- | IRONKIDS: Race Start | Shiroya Beach Park |
| 15 : 45-16 : 15 | IRONKIDS: Award Party | Shiroya Beach Park |



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Pre-Event

- Reservation / confirmation for accommodation & flights. (if applicable)
- Make sure event registration is confirmed (check confirmation email).
- Fully understand your event schedule (know all check-in / drop-off transition bag and times).
- Please include your photo ID in your luggage.
- Get used to the course - it is your responsibility to know this on race day.
- Check the player list online. **Note: The web list will not be updated after 9^h June. If any details are incorrect, please email us.**

ONCE I ARRIVE (pre-race)

- Familiarize yourself with the venue and main area (Check In, Transition, Swim Start, Finish Line, Award Party, WC Rolldown).
- Familiarize yourself with road closures.
- Check in and collect race kits.
- Rack the bike and drop the transition bag (See page 13 for recommended items for transition bags).
- Participate in official practice swimming at designated times.
- Pack for race day.

Race day

- Make sure you have all your racing gear, including helmets, timing chips and wetsuits / tri-suits.
- Enter Transition area for the last minute check for Bike and Transition Bag (Red String & Blue String) and drop off Transition Bag and bicycle pump (if applicable).
- Drop off the street gear bag (Black String) at swim start.
- Start the race - stand at the start line at least 15 minutes in advance.
- Finish the race.
- Receive a medal.
- Gather a finisher T shirt.
- Recover.
- Collect items such as transition bags, street gear bags, bike pumps and bikes.

POST RACE

- Attend World Championship Roll Down, presentations and award parties.
- Upload photos of #medalmonday to social media.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring a credit card (not Apple Pay, etc.). See page 44
- Bring friends and family to celebrate.

Race kit



Sticker Location

1. Race bib number

Of the two, one is for a motorcycle and one is for a run. Wear it on the back for a motorcycle and on the front for a run with a race belt (prepared by the athlete yourself) or a safety pin (supplied by the tournament). Do not bend or cut the race bib number.

2. Wristband for Athletes

Prepared one for each person.

Each player's race number is included to identify the players participating in the tournament. You must wear it as soon as you receive it at the athlete check-in and always wear it until the end of the award party. Do not remove the wristband at the transition area or at the bike check-out, as it is necessary to identify the athlete if you need help at the venue after the race. Remove all wristbands from events unrelated to this competition.

3. Safety pin

Use Safety Pin to place Bibs . You also can use own Race Number Belt.

4. SWIM CAP (Swim Cap)

The swim cap must be worn during the swim leg. If another cap is worn, the official cap must be worn on top. Swim caps are Latex.

Zone 1 - Less than 33 minutes - Green

Zone 2 - 33 - 37 minutes - Pink

Zone 3 - 38 - 41 minutes – Light Blue

Zone 4 - 41 minutes or more - Purple

5-1. Transition bag (Red String, Blue String)

Use the supplied bag and affix the appropriate seal. Include equipment necessary for racing. Submit it during the bike rack on Saturday.

5-2. Street gear bag (Black String)

Place items needed for post racing (collect in collection area). Drop-off on race morning. Always use the supplied bag.

6-1. Bike Sticker

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

6-2. Helmet Sticker

Stick a sticker on the front of your helmet. Place it before bike check-in for checked by technical officer.

7. Bike pump sticker

Stick a sticker on the bike pump at bike check-in. Write your Race number on the sticker at Bike Check in Tent and place it on Bike Pump.

8-1. Street gear Bag (Black String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-2. Bike Transition Bag (Blue String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-3. RUN Transition Bag (Red String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

Note: Timing chips are distributed at Bike Check In. Make sure to maintain not to lose for Race Day.

Venue Map



PRE RACE INFORMATION 1/3



Athlete Check-In

June 9 10:00-16:00

Shiroya Seaside Park (see page8 for venue map)

You will receive a race number, a sticker and a transition bag.

If you do not check in during the athlete check-in time, you will not be allowed to participate in the race. **Pick up at 10:00-16:00 on June 9.**

Where: Shiraya Seaside Park

What must be presented:

- Photo identification (driver's license or passport).

Emergency contacts

Athletes must check in at the venue on the above dates and times. Athlete cannot check in outside the designated hours.

If you need to inform the Secretariat of an emergency during the race, please call the phone number below.

Phone: 0532-25-5963

Email: contact@higashimikawa.or.jp

Warning: Only the registered person can receive a race kit at the athlete check-in. Please note that no one else can compete in your name or in someone else's name.

If you cheat, you will be suspended and both will not be able to compete in future IRONMAN Asia Triathlon Races.

Race number

When you receive your transition bag and bike check out, your wristband and race number confirm your identity.

Timing chip

During the race: Your chip must be worn on your left ankle during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff 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.

If you lose your timing chip during the race, inform Event Staff within Transition or at the finish line, so that timing providers can do their best to replace the chip.

Drop Off: Timing chips will be collected at the finish arch in exchange for a finisher T-shirt.

Drop Out: If you do not start the race, or if you are retiring the race, return timing chips to the judges. If you do not find the judges, return them to your staff or timing team members. Whenever possible, return them to staff, not volunteers.

Missing Timing chips: If a timing chip is not returned or is lost, **there will be a \$100 replacement fee.** If you notice that you have a chip after the race, mail it within 5 days to:

〒441-8560

39-5 Daizen, Uedacho, Toyohashi, Aichi
Musashi-Seimitsu East Mikawa Sports Regional
Development Foundation

Failure to wear a timing chip on the race day, failure to return the chip after the event, or failure to pay for the replacement of a lost timing chip may prevent you from participating in future IRONMAN events.

Pre-race

Bike check-in

June 9th 11:00-17:00

T1

Shiroya Seaside Park

Bike and helmet check:

- Conducted by referees.
- You, the athlete are responsible for your bike being in safe working order.
- In advance, attach the bike number sticker to the seat post by yourself.
- 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 and JTU regulations

• **If you pass the check, attach a certificate of acceptance**

Put Helmet in your transition bag.

How to install at a bicycle rack:

A bike rack with a race number is prepared for T1. Hang the saddle with the front wheels facing out.

Cover:

Complete bike cover is not available for rack storage at night.

Transition Area Open

June 10 4:00-5:45

On the morning of the race, you can access T1 bike. However, you can not take the bike out of the transition area until the bike part of the race begins.

Bike mechanics

June 9 11:00-17:00

Bike mechanics are available. We provide minor mechanic service. This is a paid service.

A limited "emergency service" for all athletes will be offered at 4:00 of the race morning.

For on course support, see the bike course information on page 23.

Race Briefing

Read thru this guideline very well. We'll check it when athletes check in.

It's an important opportunity for both experienced triathletes and first-time racers. Important information about course peculiarities, rules and course closure is provided.

On June 9 at 11:00, 14:00 and 16:00, the race director will set aside time for questions at the athlete check-in site. Information on last-minute changes or procedures for events that have or may occur due to weather-related forecasts will be provided sequentially.

Swim Practice, Pre-Race Training

You can Swim Practice at Shiroya Seaside Park from 13:00 to 15:00 on June 9.

A portion of the course will be marked and lifeguards and surveillance vessels will be in place.

Please note that you must have checked in your bike and received a timing chip to participate in the swim practice.

You must wear a timing chip during the swim practice.

If you have not checked in your bike and not received a timing chip, you will not be able to swim.

Wear a wetsuit and swim cap to swim.

The target cruiser of 200 m offshore is anchored. A Tahara muskmelon is passed from a small boat near the cruiser.

When you train your bike or run, please follow the traffic laws. Wear a helmet.

Note that Japan is "left handed traffic."

Shuttle buses

Buses for athlete check-in and bike check-in on June 9 operate between the Kodomo Miraikan Coconico at the east exit of Toyohashi Station and Shiroya Seaside Park.

Bike can be loaded on trucks operated with shuttle buses.

Buses returning on the same route will also be operated.

Parking

Athletes' parking for athlete check in and bike check-in on June 9 will be located at the Himejima Fishing Port near Shiroya Seaside Park.

The landmark is Shiraya Crossing in Tahara City. Head north from Shiraya Crossing to Himejima Fishing Port.

Shiroya Seaside Park is about a 10 minute walk from Himejima Fishing Port.

Pre-Race Day parking is allowed 9:00-18:00

WELCOME Event

Shiroya Seaside Park will entertain you with Atsumi Peninsula specialties and more. It also hosts talk shows and other events.

Tahara city is one of the largest flower producing areas in Japan. Enjoy the beautifully decorated venue.

FRI. 9th June Parking Location



Transition bag 1/3



Street Gear Bag (Black String)

The black string transition bag is used as a street gear bag.

Put in the clothes you wore before the race and the clothes you need after the race and leave them in the start area. No other bags can be checked.

Stick a number sticker to the left bottom corner of the bag on your own.

- Time to drop: 5:00~6:00

Return the bag at the finish area.

© Things to put in the bag (example)

- Clothing and footwear worn before the start
- Clothing and footwear worn after finishing
- Keep valuables out of your bag as much as possible.
- In the finish area, there is a sweets festival, as well as refreshments prepared by the organizers. If you are interested, please prepare small change.

View page 14 of time and place.

The bag will be collected at start area, transported and returned at Finish Area.

Bike (blue string) and Run (red string) Transition Bag

The Bike Transition Bag (blue string) holds the gear used on the bike.

It will be installed on the T1 "bag rack" on June 9 or June 10. The race number will be displayed in the tent, so each person will install it at the location of his or her own number.

- Bike wear
- Helmet
- Bike Shoes
- Nutrition and Fluids

Items needed for racing that can't be attached to the bike should be kept in the bag

In the run transition bag (red string), keep the gear used for the run.

On June 9 or June 10, install the tents in the T2 "bag rack." In the tent, the race number is displayed, so each person installs it in the place of his or her own number.

- Runwear
- Runshoes
- Supplemental diet

The transition bag is placed inside the change tent at the transition and can be accessed during the transition process.

The transition process is described on page 15.

Useful tip: Remember that blue (BLUE) is a B, so bike and red (RED) is a Run, so Red.

Examples of items athletes should consider:

| Bike Transition Bag | Run Transition Bag |
|--------------------------------|-------------------------|
| Bike shoes (or on bike pedals) | Running shoes (must) |
| Helmet | Race Bib number (must) |
| Sunglasses | Sunglasses |
| Race Bib number (must) | Hat / Visor |
| Change of clothes and Socks | Socks |
| Nutrition and fluids | changing clothes |
| Towel | Nutrition and fluids |
| Sunscreen | |
| Vaseline | |

Transition bag 2/3



| BAG | DROP OFF LOCATION | Use during a race | Post Race Collection |
|--|---|--|--|
| Bike Transition bag <i>Swim to Bike</i> | June 9 12:00-17:00 June 10 4:00-5:45 T1 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T1 bagrack tent. Take out the bike gear and place all the swim gears in the blue string bag. When you leave the wearing changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport it |
| Run Transition bag <i>Bike to Run</i> | June 9 12:00-17:00 June 10 4:00-5:45 T2 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T2 bagrack tent. Take out the run gear and place all the bike gear in the red string bag. When you leave the changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport |
| STREET GEAR BAG | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Use | June 10 Near the finish area *The organizer will transport |
| BIKE PUMPS put into STREET GEAR BAG *place sticker on the bike pump with the race number in advance | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Access During Race | June 10 Near the finish area *The organizer will transport |

Note: When you collect the bike, you must collect the bike, the run transition bag and the bike pump at the same time.

Before the race

Transition area open

Open June 10 4:00-5:45, at race morning. All athletes must be out of the area by 5:45. Make sure you have enough time to move on the morning of the race.

You have the opportunity to make final adjustments to your bike. Make sure all items are attached to your bike.

You are not allowed to place items on the ground beside your bike. This includes items such as footwashing equipment and bags.

Bike pump

After using the bike pump on a T1, put it in a street gear bag (black string transition bag) and drop.

Label the pump with the race number in case it falls out of the transition bag.

Prepare labels and writing materials for the June 9 bike check tent. Label the bike pump with the race number.

Any bike pump placed in T1 without deposit, any bike pump that has fallen out of the transition bag and is not labeled will be treated as donated.

During the race

Transition from swim to bike

After the swim, you are guided to T1 through the swim finish arch.

You are not allowed to change clothes in a public place with your trunk exposed. You need to be well prepared for the race before you start

When changing clothes, use a changing tent. You can also wear bikewear under a wet suit.

Personal supplementary food and beverages are allowed to be stored in the wear or attached to the bike.

Bike shoes are allowed to be worn before passing the mount line.

Transition from bike to run

After the bike part, get off the bike and store it in a T2 rack. The T2, unlike the T1, is a free rack, so follow the staff's instructions and put the bike on the rack.

Keep the bike's gear, such as shoes and helmet, separate from the bike and in the transition bag. This is to prevent the shoes from coming off when volunteers and staff carry the bike. After picking up the red string transition bag in the bag rack at the behind of the bike rack and taking out the run gear, you need to store the bike gear in the red string transition bag and leave it with a volunteer.

After the race

To pick up your bike or transition bag, you'll need to show your wristband or race number.

Black string, blue string and red string transition bags should be collected near the finish area.

Bike checkout is at 10:30-17:15 on June 10. You cannot pick up after this time.

If the bag is not collected by the time, the organizer is not responsible for the loss.

Race Day Moving

For athletes who do not use their own cars or rental cars, there is a shuttle bus from the Kodomo Miraikan Coconico at the east exit of Toyohashi Station to the start site, Shiratani Seaside Park.

After the competition, there is a bus from Toyohashi General Sports Park back to the Children's Miraikan Coconico.

For athletes using their own cars or rental cars, temporary parking will be provided around the finishing area, Toyohashi

General Sports Park.

Shuttle buses will be operated from Toyohashi General Sports Park to the starting site, Shiratani Seaside Park.

FRI. 9 June 2023 For Athlete

For Athlete Check-IN/ EXPO Venue

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time | Note |
|-------------|--------------|
| 9:00-15:30 | Every 30 min |

Approximate 60 min drive

BIKE Transport Truck operate together

Bike will be transported by SEINO Truck which operated together with Shuttle.

It carries bike as assembled, please bring your bike taken out from Bike Case.

Please DO NOT Bring Bike Case

For Return to Toyohashi City

“A” Shiroya Seaside Park → “D” Toyohashi Station East Gate

| Depart Time | Note |
|-------------|--------------|
| 12:15-17:15 | Every 30 min |

Approximate 60 min drive

SAT. 10 June 2023 For Athlete Before the Start

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time |
|-------------|
| 3:30 |
| 3:45 |
| 4:00 |
| 4:30 |

Approximate 60 min drive

“C” Toyohashi Sports Park → “A” Shiroya Seaside Park
(near Athlete Parking)

| Depart Time |
|-------------|
| 3:30 |
| 3:40 |
| 3:50 |
| 4:00 |
| 4:10 |
| 4:20 |
| 4:30 |

Approximate 45 min drive

SAT. 10 June 2023 For Athlete

After the Finish

For Award Party

“C” Toyohashi Sports Park → “B” Kodomo-Mirai Kan “KOKONIKO”

BIKE Transport Truck operate together

| Depart Time | Depart Time |
|-------------|-------------|
| 12:00 | 14:30 |
| 12:30 | 15:00 |
| 13:00 | 15:30 |
| 13:30 | 16:00 |
| 14:00 | --- |

Approximate 20 min drive

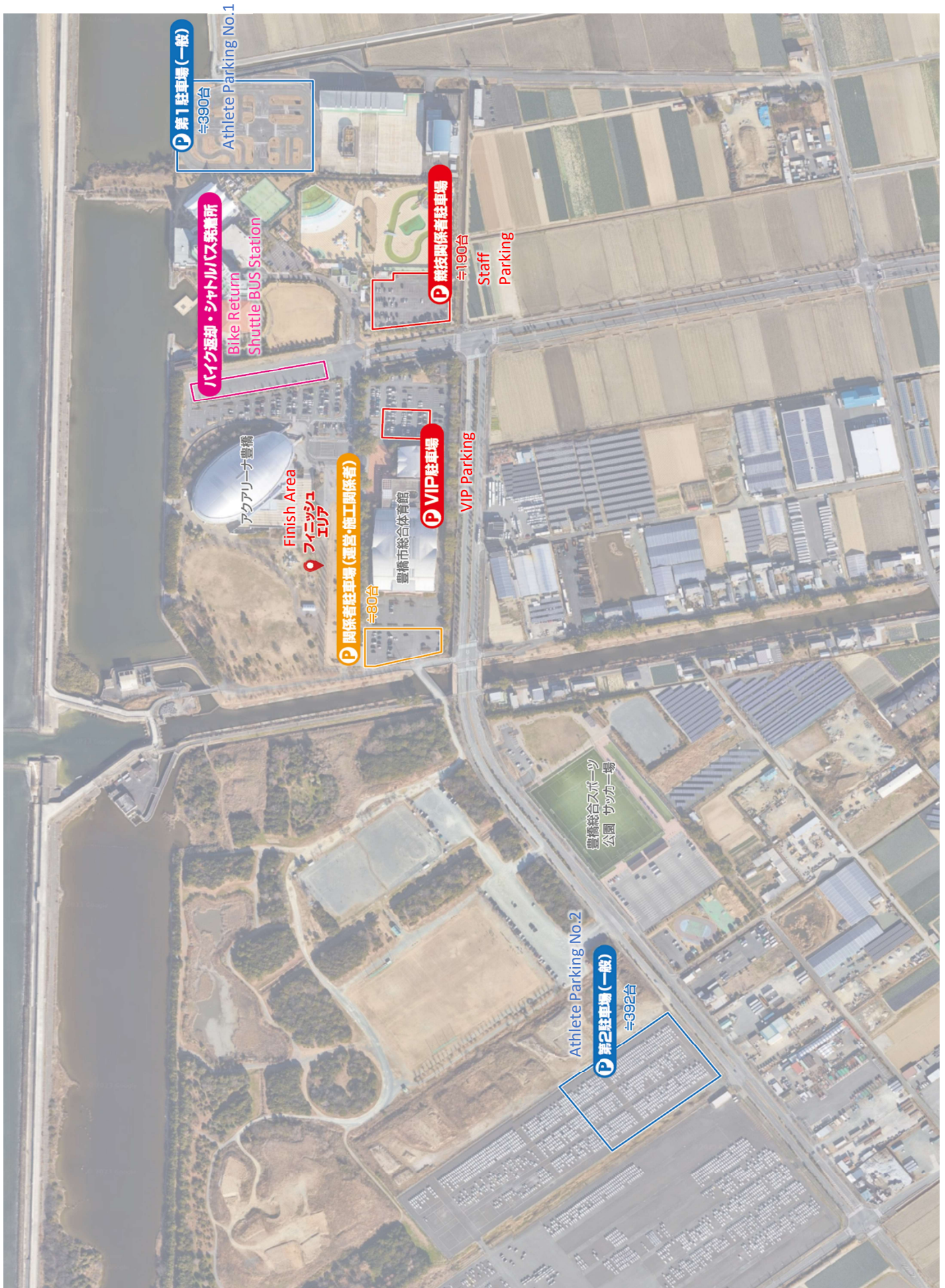
After the Award Ceremony

“B” Kodomo-Mirai Kan “KOKONIKO” → “C” Toyohashi Sports park

| Depart Time |
|-------------|
| 19:45 |
| 20:15 |
| 21:00 |

Approximate 20 min drive

SAT. 10th June Athlete Parking



Before Swim

· Your glasses will be placed at the swim-finish point, so be sure to put your glasses on by 6:00.

When placing your glasses, write the race number on the sticker placed on the glass-keeping stand and affix it to your glasses.

Available:

- Water
- Permanent toilets, temporary toilets

Swim temporary landing site

Available:

- Water

Swim-up - > T1

Available:

- Water
- Toilet

Bike Aid Station

Place on the left side of the course.

Just before the aid station, a bottle catcher will be set up, so throw in any bottles you no longer need (bottles can not be returned).

Aid station location:

- BAS1 23.4 km Rokuren JA collection and shipment site
- BAS2 36.0 km Akabane Elementary School
- BAS3 54.2 km Crystal Beach
- BAS4 73.7 km Fukue Junior High School

Available:

- Water (Bike bottle included)
- Sports drink (Ajinomoto BCAA charged water / Bike bottle included)
- Toilet

Process:

Slow down when entering the Bike Aid Station (No need to stop!)

If you do not need to resupply at the Bike Aid Station, take the right side of the roadway.

There are signs at the Aid Station to indicate what is being offered. We also call out what volunteers are offering.

Tell volunteers your needs out loud and politely.

Trash disposal

When no longer needed, throw the bottle into the bottle catcher.

Do not throw away anywhere else on the course. A strict

time penalty applies.

Medical

Fire crews will be stationed at seven locations on the course apart from the aid station. Medical personnel will be stationed at five of those locations.

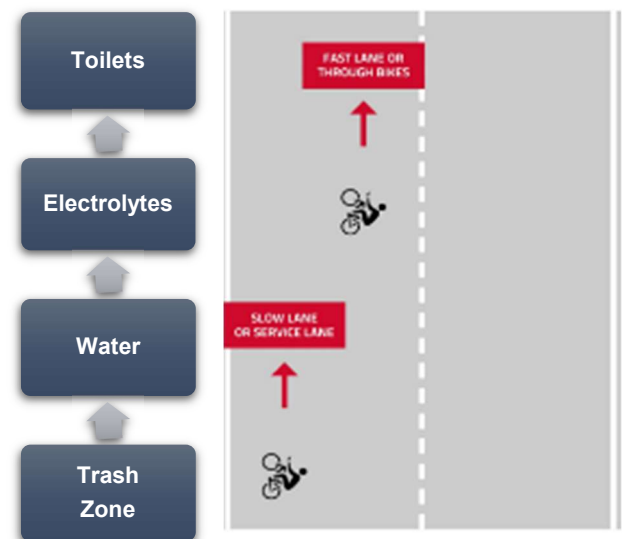
A cross flag will be displayed at the medical point, and aid workers will wear bibs with a cross print.

It supports athletes who are sick or injured. If necessary, it is dispatched by vehicle to provide relief.

Sirens and loudspeakers are used to signal the approach of emergency vehicles as they travel the course. Try to stop and wait for emergency vehicles to pass.

If you witness another player's trouble on the course, tell the nearest medical point.

Aid station layout



Run-Aid Swimming

- T2 0.0km
- RAS1 2.0 km (Himeshima Fishing Port)
- RAS2 4.0 km (Tahara Wharf Entrance)
- RAS3 5.4 km (Doura Elementary School)
- RAS4 6.8 km (Midorigahama Park)
- RAS5 9.3 km (Mikawa Port Ohashi Higashizume)
- RAS6 12.2 km (Meikai Central)
- RAS7 14.1 km (Funato Green Space)
- RAS8 15.8 km (Toyohashi Warehouse)
- RAS9 18.8 km (Kannofuto 3 Torimon)
- RAS10 20.0 km (Rokugata Ohashi South Side)

Offer:

- Water
- Ajinomoto Amino Vital Water
- Kabaya salt-charged tablet
- Imuraya Sports Yokan
- Ezaki Glico Balance On Mini Cake
- Energy Jelly (Muscat flavor, energy drink flavor)
- Coca-Cola (soda)
- Banana or melon
- Musashi Shot Jelly (RAS5)
- Toilet

Process:

The run aid station is located on the left side. When you get close, move to the left side (no need to stop)

When not replenishing at the run-aid station, try to pass on the right side.

Signs at the aid station indicate what is on offer. Volunteers also call out what they are offering.

Tell the volunteers your needs out loud and politely.

Disposal:

Dispose of unwanted items in the trash cans (disposal

zones) located in front and behind the aid station.

Disposing outside the designated area will result in a severe time penalty.

Splash zone

Since it is difficult to secure water sources for this course, we will prepare scoop ladles at each aid Station.

Medical

Paramedics will be on standby at all run-aid stations. **At medical points, a cross flag will be displayed and aid workers will wear bibs with a cross mark printed on them.**

We will support athletes who are ill or injured.

If you witness another player's trouble on the course, tell the nearest medical point.



Cut-off time

The cumulative cut-off time for swims, bikes and runs on the course are all based on an individual's swim start time.

The cut-off times below provide absolute cut-off locations and times based on the last starter projected at the time of publication of this document.

They are individually adjusted and implemented by the race director on race day.

Swim:

The swim course **ends 1 hour and 10 minutes** after the last swimmer begins swimming. Regardless of when each swimmer starts the swim, 1 hour and 10 minutes is picked up after the last starter starts the swim.

If a swimmer takes more than 1 hour and 10 minutes to complete the swim, they will not be allowed to continue and will receive a DNF. To make a rolling start, they will be recorded as a DNF even if they continue to compete.

Bike:

Bike courses close **5 hours and 30 minutes after** the last swimmer starts swimming.

Each swimmer, regardless of when he or she starts swimming, must finish the swim, T1 or bike within 5 hours and 30 minutes of the last starter starting the swim. If it takes more than 5 hours and 30 minutes to finish the swim, T1 or bike, he or she will not be allowed to continue and will receive a DNF.

The on-course cutoff will be cut off by the transit time every 5 km. The cutoff time every 5 km since the last starter started the swim will be determined by the race director.

To make a rolling start, it will be recorded as DNF even if the race is continued.

Run Finish:

The run course closes 8 hours and 0 minutes after the last swimmer begins to swim. Each swimmer completes the entire course within 8 hours and 0 minutes.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and fail to cross the finish line before the run is closed become DNF.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and cross the finish line receive NC (Not Classified) for their race results, meaning they do not qualify for age-specific awards or World Championships.

The on-course cutoff is cut off by the passing time per kilometre. The cut-off time for each kilometre after the last starter starts the swim is determined by the race director.

The course is closed to all athletes based on the time the last starter starts the swim.

Note: IRONMAN officials reserve the right to pull any athlete who exceeds the course time cutoff from the course

• Swim

1 hour and 10 minutes from the start of the last athlete

(Current estimate: 8:00)

• Bike

5 hours and 30 minutes from the start of the last player

(Current estimate: 12:20)

• Run

8 hours 0 minutes from the start of the last player

(Current estimate: 14:50)

Change or cancellation of the tournament

If the course is changed or cancelled due to weather, the race director will notify you.

This will be communicated via email.

Race Day Service

Medical

First aid providers are engaged to provide first aid at all events operated by the IRONMAN Group.

First aid is deployed in a variety of locations. The exact location of the first aid station can be found with on the map next page.

Athletes are responsible for all costs incurred as a result of medical accidents. This includes, but is not limited to, hospitalization, professional treatment, etc.

Therefore, it is highly recommended that all players have sufficient travel or personal insurance to attend IRONMAN Group events. Players are responsible for understanding the terms of the insurance they hold.

Mechanic service

On the bike course, mechanics will be stationed at three locations.

- BAS1 23.4 km Rokuren JA Collection and Shipping Depot
- BAS2 36.0 km Akabane Elementary School
- BAS4 73.6 km? Fukue Junior High School

Three mobile mechanics on motorized bicycles enter the bike course from Shiroya Seaside Park. Every about 100, 300, and 500 motorcyclists will start, the 1 traveling mechanic car starts at a time.

If you use parts, spare tube tires, etc., you will be charged after the race.

Athlete pickup vehicle

Athlete pickup vehicles pick up athlete who are unable to complete the competition or finish within the cut-off time of the course. In the bike part, bikes are also picked up. When players picked up, bike are transported to the finish area.

If a pickup is needed, request it at a first-aid station along the course or staff along the route.

Note:It may take some time for a athlete pickup vehicle to arrive. For faster arrival, do not move from the requested location after requesting a pickup vehicle.

This may affect the ability of the player pickup vehicle to find and transport you.

Collection of timing chips

When an athlete decides to retire, he or she is responsible for reporting the decision to the nearest official and returning the race number and timing chips.

It is essential that race officials keep track of where the athlete is on the course. Failure to comply with the rule after retiring from the race may result in the athlete not being able to participate in IRONMAN events in the future.

Medical Station



COURSE MAP

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN

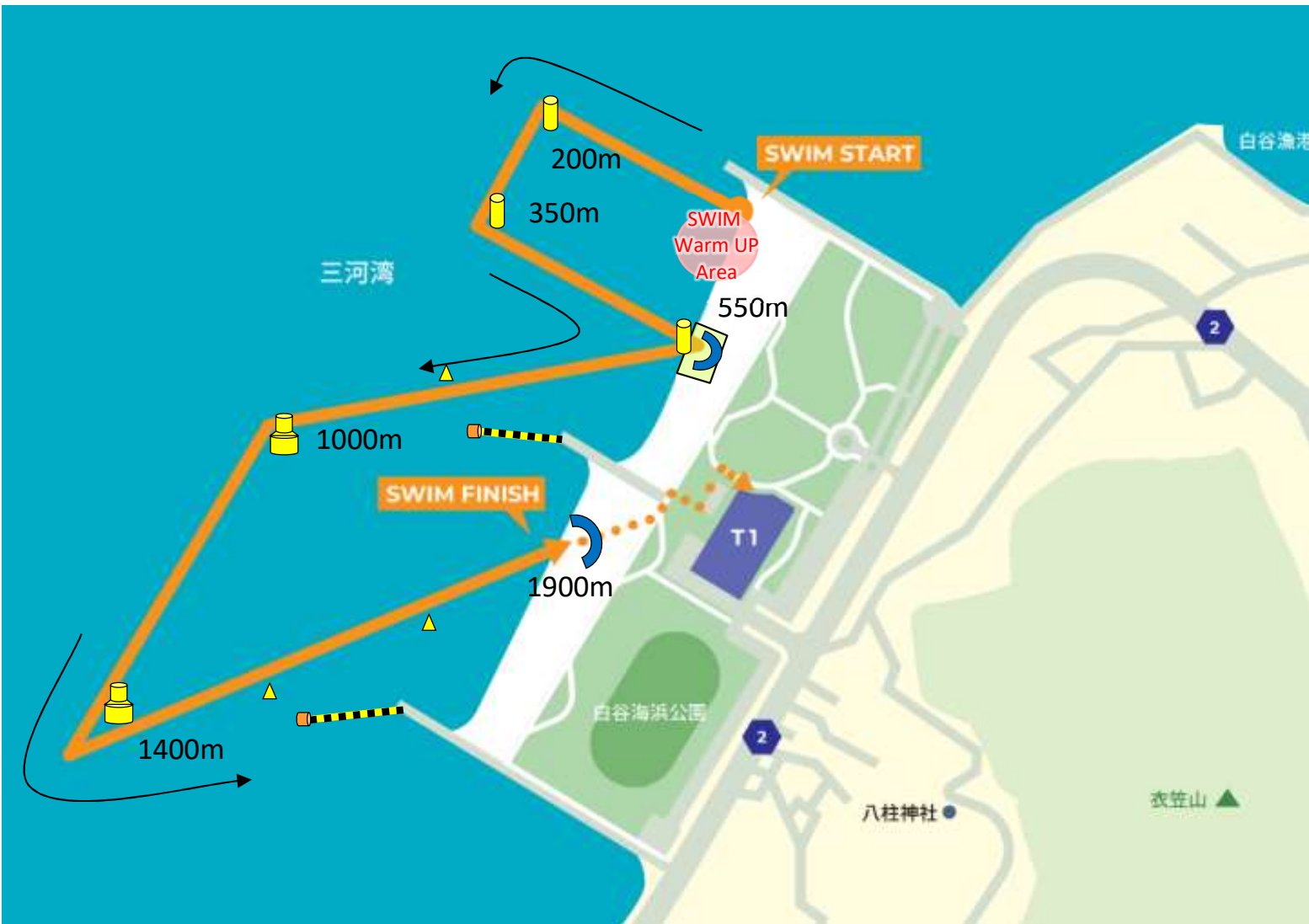


| | |
|------|--------|
| SWIM | 1.9km |
| BIKE | 90.1km |
| RUN | 21.1km |



伊良湖岬灯台

SWIM COURSE 1



Course

The swim course is held off the coast of SHIROYA Seaside Park.

After swimming offshore, you can return to the beach and keep yourself hydrated.

The swim finish is in the center of the beach, marked by an arch.

How to start

10 athletes make a "rolling start" every 30 seconds. The starting order is based on the estimated swim time.

At the beachside, the volunteers will tell you the estimated time so please make a line considering the other athletes.

Swim safety

The swim course is guarded by lifesavers (more than 25 rescue boards), water bikes and 15 surveillance boats.

When lifesaver feel the need, they call out to the athletes to check their physical condition. Please respond with two gesture.

***Tap your head with the palm of your hand.**

***Answer "Fine", "OK!" in a loud voice**

If the athletes can't do these two things quickly, we'll rescue them right away.

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 in time you decide to abandon the swim, you will be taken to one of the swim extraction points.

At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

Above all, the safety of each athlete is our prime concern. A full sweep of the course will be made directly behind the last swimmer.

Visual aids will be provided by the buoys, guard vessels and lifesaver that line the course.

SWIM COURSE 2

WARM UP SWIM

Aged Group Athletes:
June 10, 5:30-5:50

You can enter the water around 50 m offshore near the start area in the swim course.

A timing chip is required.

ROLLING START

6:00~

The race start will be a Rolling Swim Start. Athletes are to self-seed themselves into their allocated Start Zones prior to race start.

Four different Start Zones are available, depending on an athlete's expected swim time:

- Zone 1 – Under 33 minutes (Swim cap: Green)
- Zone 2 – 33 – 37 minutes (Swim cap: Purple - Pink)
- Zone 3 – 38 – 41 minutes (Swim cap: Light Blue)
- Zone 4 – Over 41 minutes (Swim cap: Blue)
- Physically challenged (Swim cap: White)

Expected time to start

Zone 1 6:00

Zone 2 6:05

Zone 3 6:14

Zone 4 6:25

Physically Challenged 6:38

Assemble at Swim Start Area 15minute prior to your expected start time.

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of the Event Staff.

At the official start time of 6:00, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual 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.

SWIM CAPS

Please wear the provided swim caps.

SWIM CUT OFF

1 hour 10 mins. from each athlete's individuals start time. The cutoff time is based on the last athlete's start time (currently 6:50).

It's a rolling start, so if you go over 1 hour and 10 minutes, it's recorded as DNF, even if you proceeded on a course or bike course.

SWIM SKIPPING

Swim skipping is not allowed

ABANDON THE SWIM

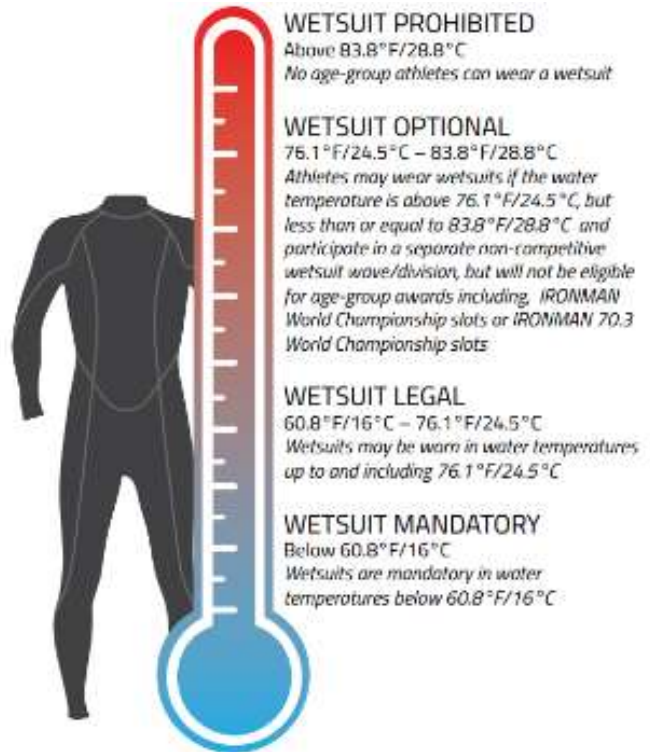
There is a landing spot at 550 m for safety. A measuring mat is set up here to check the passage. It is recommended to abandon the swim if you feel sick and at this landing point

ANTI-SHARK MEASURES

Sharks have been spotted on swimming trails in the past, and recreational fishing boats equipped with devices that transmit the feeble electric currents sharks dislike searched for sharks and ejected them a week before the event.

SEAWEED

On the day of the competition, the tide and water levels are almost low. In consideration of the ecosystem, seaweed is not removed. We recommend wearing a full wet suit if you are concerned.



WETSUIT RULING

● 28.8 °C and above - Not allowed

● 24.5 °C to 28.8 °C – Allowed but will be excluded from awards and excluded to enter the slot for the World Championships.

● 16 °C to 24.5 °C - Recommended to wear

● 16.0 °C and below - Mandatory to be worn under

A provisional wetsuit ruling will be posted at the Athlete Check-In place at 10:00 on June 9.

The official wetsuit ruling will be announced by the Race Director at 4:30 on June 10.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim exit. Labels and writing materials are prepared on the table. Please ensure your glasses are labeled with your race number prior to dropping them off.

SWIM TO BIKE TRANSITION

Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. When changing clothes, use a tent. You can also wear bikewear under a wet suit. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line



① Swimming Up

An arch is installed in the swim-up. Please aim to land on that mark. There is also a first-aid station.

② Glasses Custody

People who use glasses should pick up glasses in advance.

③ Bag tent

Pick up the blue string transition bag that you installed beforehand (the rack row is determined by the last digit of the race number).

④ A changing tent

When changing clothes, use a tent.

⑤ Transition bag dropoff

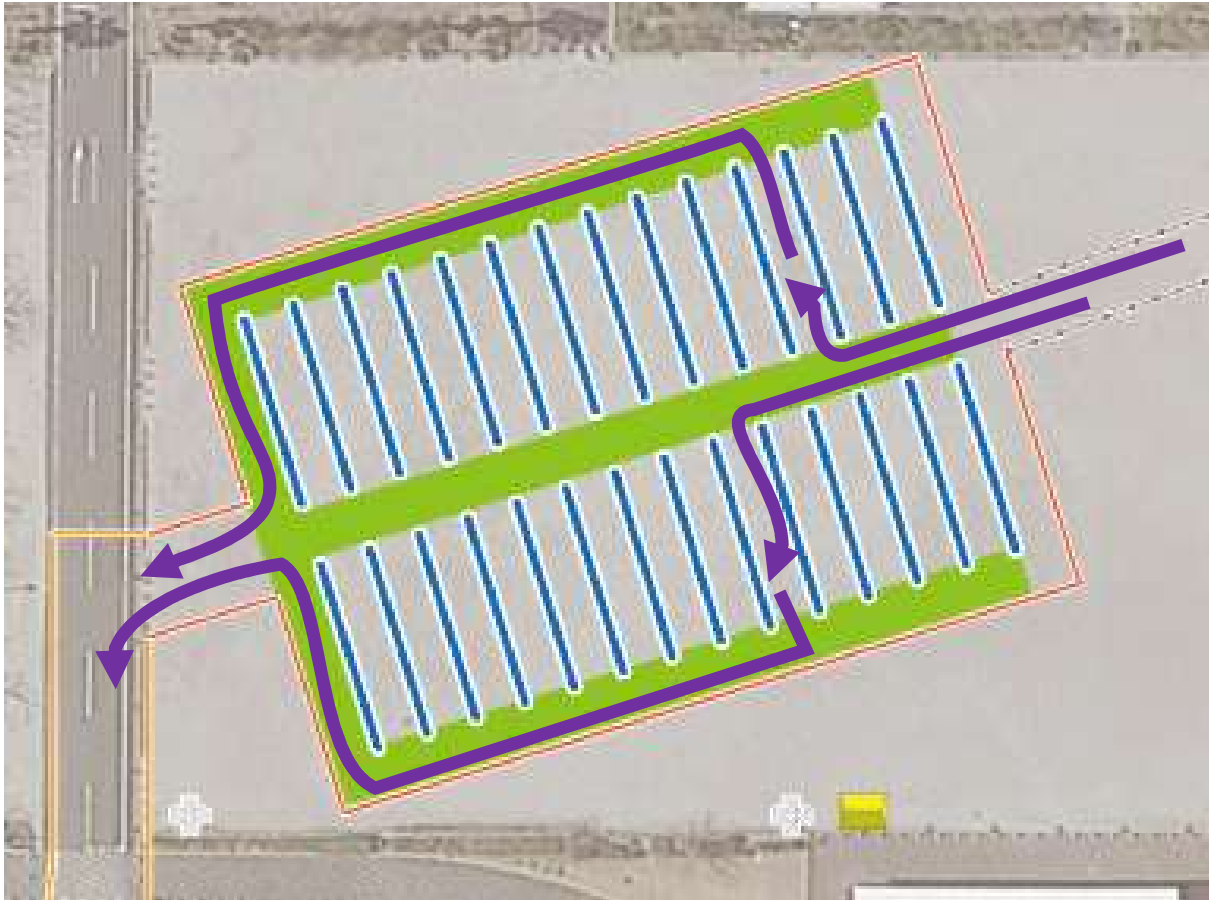
Put the used swim gear in the blue strap bag and throw it into the cart.

⑥ Bike rack

The travel route in the bike rack is listed on the next page.

⑦ Mount line

Please push the bike up to the mount line.



How to move in a bike rack

In the bike rack, as shown in the above figure, first use the middle passage to go to the bike rack.

After picking up the bike, push the bike and go to the bike mount line from the outside passage.

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.

BIKE COURSE 90.1 km

Course Map



Course

Majority of the main roads take prefectural and national roads.

It is highly recommended to use thick tires with good puncture-proof performance.

The course has intersections for detours. There are about 600 security guards and about 1000 volunteers to manage the safety of the course but please drive safely.

Aside from cones, and signages, volunteer staff will guide you through the course.

There is a section of the course where a vehicle goes around the opposite lane.

① Athletes run the same course for about 5km after the start and the last 5km. Both the outbound journey and the return journey take the sea lane (the outbound journey takes the opposite lane)..

② After turning right, the road is narrow, so be careful.

③ The steep slope continues. After that, it gets faster because it continues downhill. Watch your speed.

④ It is a course along the sandy beach, and it is a section where sand easily flows out. Please drive safely.

⑤ It's a U-turn. The road is not wide, so be careful. There are also two right-angle curves ahead.

⑥ The shape goes diagonally down to the right, please be careful.

⑦ It's a national road, turn left and go on the old road. The pavement on both sides of the course is not smooth, so follow the cones and drive in the middle of the road.

Aid station

There are 4 aid stations.

Bike Cut Off

The time limit is 5 hours and 30 minutes from each athlete's start time. The course will be closed based on the start time of the last athlete to swim. It is currently scheduled for about 12:20.

BIKE COURSE 90.1 km



DRAFTING PENALTIES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Must pass on the Right-hand side
- Must complete your pass within 25 seconds
- Must be always making forward progress
- A started pass must be completed – NO Slip Streaming
- After being passed drop 12 meters back
- Cannot pass until 12 meters back
- A competitor passing on the inside (Left-hand side) of another competitor will receive an Illegal Pass penalty. Must pass on the RIGHT.
- A competitor who has completed a pass and is not passing another competitor, motorbike, or vehicle and who fails to move safely and immediately to the right of the cycle lane will receive a Blocking penalty.
- You must report to the PENALTY TENT (Yellow Tent) located at T2/Transition Area.

Failure to do will result in DISQUALIFICATION.

If you receive 3 blue card penalties you will be DISQUALIFIED.

Follow this link to [IRONMAN Competition Rules](#).

For safety reasons, the following cycling positions are prohibited:

BIKE MECHANICS

Roving Bike Mechanics will be available on the course to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

SAG VEHICLE

The “SAG vehicles” is on standby at the end of the lines to pick up athletes who can no longer move on the course. In the bike course, motorbikes are also carried along and transported to the finish area.

Should you require a SAG vehicle at any time, please advise the first aid personnel or staff at the nearest aid station.

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



DRAFTING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



LITTERING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



BLOCKING VIOLATION
YELLOW CARD
30 second stop and go time penalty served at the next Penalty Tent



DISQUALIFICATION (DSQ)
RED CARD
3 BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION

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.



① Dismount line

Please get off the motorbike in front of the line. Do not leave your shoes on the motorbike. Be sure to remove your shoes from the pedals and place them in a red strap transition bag. The bike is loaded onto a transport truck, so leaving the shoes on can scratch them. No complaints will be accepted if the shoes are on.

② Bike Free Rack

We will prepare two sets of bike racks. Please follow the instruction of the staff and ride a motorbike.

③ Bag tent

Pick up the red string transition bag you installed beforehand (the rack row is determined by the last digit of the race number).

④ A Changing tent

Please use the tent when changing clothes.

⑤ Transition bag dropoff

Put your bike gear (Shoes, helmets, etc.) in the red strap bag and throw it into the cart.

If you leave your helmet on the motorbike, you will not respond to claims of damage or loss.

RUNNING COURSE 21.1 km

Course Map



RUN COURSE 21.1km

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN



COURSE

If there is no sidewalk, run on the side of the road, but if there is a sidewalk, run on the sidewalk.

- ① Run on the sidewalk of the seawall immediately after the start. There may be a slight incline and an open seam in the path, so run carefully.
- ② There is a grade crossing of around 4km and a complicated change of direction, so please follow the guidance..
- ③ The course runs on the sidewalk of the Mikawa Port Bridge. There are few standing patrols, and it may take some time to cross the bridge railing in case of an emergency. If you are not feeling well, it is recommended that you discontinue the race using RAS4. There is no standing patrol other than a guide point in the section ahead. If you feel sick, ask for help at the water station (RAS5 to RAS10) set up about every 2 km.
- ④ ⑤ Runs on the pedestrian bridge. Please be careful while running.

From ⑥ to ⑧, there are 4 stairways such as an underground passage. Please be careful.

⑧ It is a section that boasts a wonderful view, but since both sides are on the water surface and there are no handrails, please focus while running.

AID STATION

There are 10 places on the course. Paramedics are assigned to RAS5 through RAS10. If you feel sick, ask for help as soon as possible.

RUN CUT OFF

8 hours 00 mins from the athlete's individual start time. Based on the last athlete, there will be an intermediate cut-off at every 1km. If you could not make it within the cut off, please get on the pickup vehicle.

FINISH LINE AND POST RACE



FINISH LINE POLICY

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 athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

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.

How to Get your Best Photos:

- Ensure your helmet sticker visible on the FRONT of your bike helmet.
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- 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.

Search for your race at www.sportograf.com and register your email address to be notified as soon as all photos from your event are online

FINISHER SHIRTS

Finisher shirts will be available to all official finishers post-race and can be collected from the designated area within Recovery.

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Finisher t-shirt collection
- Recovery food/drink
- Street gear bag & bike transition bag collection
- Icing
- Medical support (if required)
- Male & female change tents
- Official finisher photo by Sportograf

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

Bicycles can be picked up outside the area.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Electrolyte hydration
- Recovery Jelly
- Banana
- Salt Tablet
- Udon noodles
- Protein Chikuwa
- Cake

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Tracker App
- Event Website - <https://www.ironman.com/im703-japan-results>

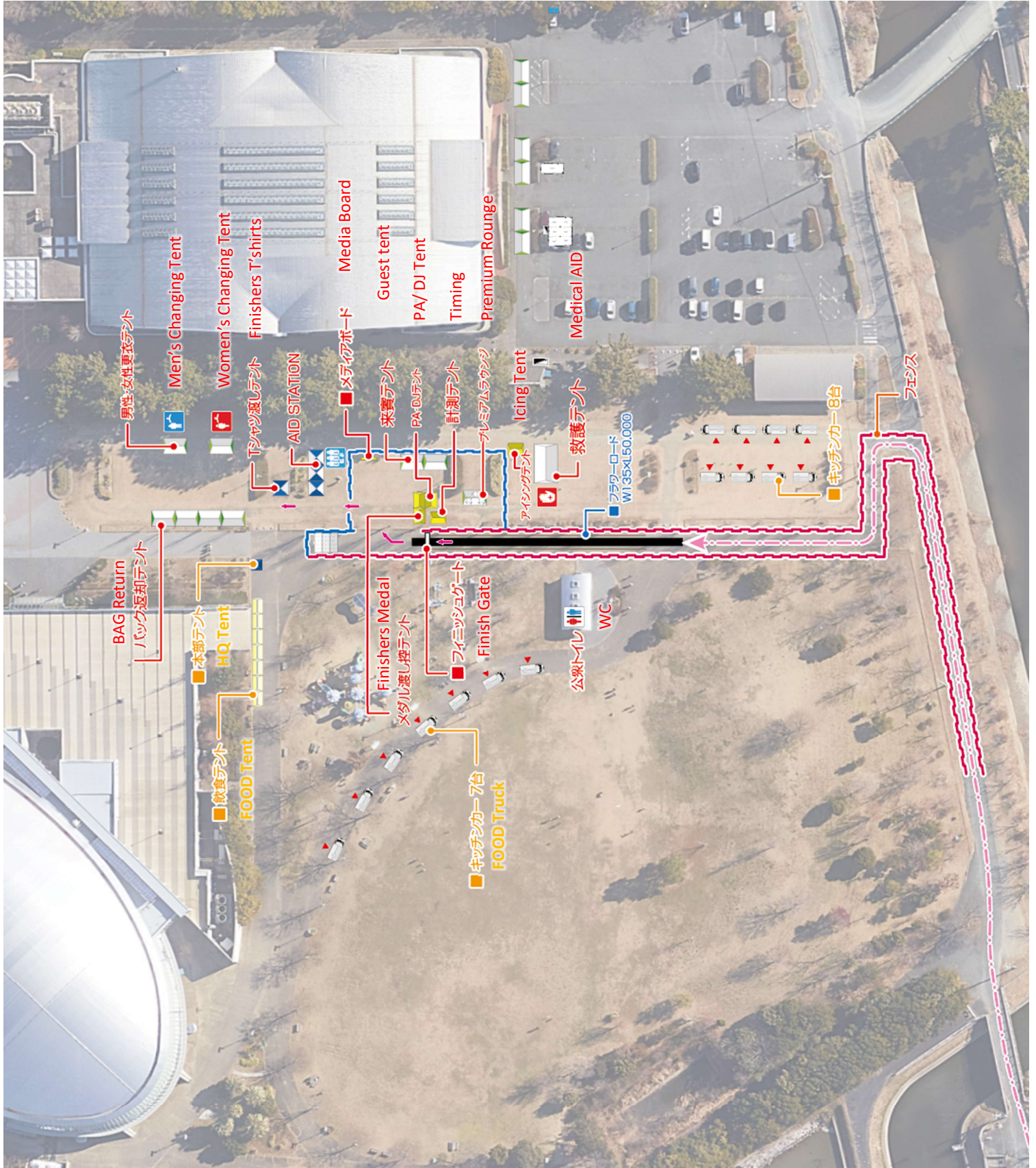
LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

Please note: No responsibility or liability is taken by the Race Organizers for lost property.

All lost property will be held for 30days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN email.

Finish Area





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

We are using the 2023 [IRONMAN Competition Rules](#) in alignment with the special IRONMAN rules and this is a NON-drafting Event.

All Athletes should read and understand the complete [IRONMAN Competition Rules](#) prior to race day. Below highlights some of the IRONMAN Competition Rules.

Conduct of Athletes

Section 2.01 General Behaviour

- (a) Practice good sportsmanship at all times;
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02). Receiving assistance (other than in accordance with Section 2.02) will result in disqualification;
 - (i) Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

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 4.02 Wetsuit Rules

(a) For age-group athletes, relay team athletes and Open Division athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ)

(d) A wetsuit may cover any part of the body except the face, hands, or feet;

(f) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ)

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 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 or 60 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 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

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

Continued over page..

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. (DSQ) (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).

RACE FINISH, TIMING, AND RESULTS

(e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

(i) Did not start (“DNS”) – Enters an Event but fails to start;

(ii) Disqualified (“DSQ”) – Starts an Event and was disqualified;

(iii) Did not finish (“DNF”) – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and

(iv) Not classified (“NC”) – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

(f) Results will include athletes who do not finish the Race (“DNF”), athletes designated as not classified (“NC”) and those who are disqualified (“DSQ”). All available splits will be listed for DNF and NC athletes.

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.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete’s age as of December 31 of the year of the Event.

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.

TRANSFERRING REGISTRATION

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

PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN (PC/ID OPEN) DIVISION

- Participation in the PC/ID Open Division is available to athletes with a medically verified Visual Impairment, Special Teams, athletes with an intellectual disability, or athletes with a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment (except for approved ID Open athletes) are not eligible to participate in the PC/ID Open Division
- PC/ID Open athletes are not eligible for awards or World Championship slots

OPEN DIVISION

The Open Division is a non-competitive, participatory division which is open to any able-bodied athlete who cannot or do not wish to race in a competitive age or gender group

There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event

Any athlete who wants to change to the Open Division during race week can do so during the onsite athlete check-in process. Please visit the solutions desk inside the Athlete Check-in area to change divisions

Athletes in the Open Division are not eligible for awards or World Championship slots

Athletes in the Open Division are subject to the IRONMAN Competition Rules as set forth in Article I – VII, and Article XI. Please refer to the [IRONMAN Policies](#) for additional information.

AWARD Party -1



Award Party on Saturday 10th June

Doors open at 17:30 Party at 18:00-19:30

Venue

- Hotel Arc Riche Toyohashi (reception on the 1st floor)
- Toyohashi Station South Gate Square
- Toyohashi City Machinaka Square

The main venue for the award ceremony is Hotel Arc Riche Toyohashi. Seats are limited, so only the recipients and their companions listed on the right will be invited to Hotel. After the race, please check IRONMAN Tracker App to see if you are eligible for the award and come to the reception desk on the first floor.

A big screen is set up in the plaza in front of the south gate square and in the Machinaka Square you can enjoy the live-cast the awards ceremony

You also can enjoy Migashimikawa Food FES, Expo, Ironman Store

Award

Each Age Group 1st~3rd Place

Local Residents Category 1st~3rd Place

Premium Category 1st ~10th Place

The Athlete who fail to receive award at ceremony will receive it by cash on delivery after the race.

Contact race organizer via Email to confirm receipt.

Award Party -2



Meals included in the party

The ticket for the party is included in the kit you receive at the athlete check-in. It is a free voucher for meals and other items. For athletes who purchased a party ticket at the time of entry, please check the ticket enclosed within the player kit for a few minutes of purchase.

Meals voucher

Pick up a beef steak on the first floor of the Hotel Arlish Toyohashi!



Souvenir voucher

Date and time of exchange

Saturday, June 10 15:00-20:00

Pick up sweets, beer and other souvenirs at the Aichi Prefecture booth in the Toyohashi City Machinaka Square!

Cut out a set of two souvenir vouchers and give them to the staff.



TOYOHashigo Night 2023

Date and Time: 6/10 (Sat) 11:00-24:00

With one ticket, you can enjoy one of the store's specialties and one drink. You can enjoy five restaurants by yourself or share it with someone!

More than 30 popular local stores participated.

With 5 tickets, let's all walk around Toyohashi Station!

- 1 ticket = 1 drink + 1 specialty dish
- Each ticket stub is worth 800 yen. For menus of each participating store, please refer to the "Participating Store Guide Map."

Guide maps will also be distributed at Hashigo Night Headquarters (Toyohashi Station South Gate Square) on the day of the event.

■ Tickets can be shared by more than one person. However, each ticket stub can only be used by one person.

■ Leftover tickets can only be used as a 800 yen voucher at participating restaurants until Sunday 6/18. No change will be given.

Be sure to show it when you visit. You can't use it with other tickets. You can use as many tickets as you want for one meal.

■ Never drink and drive. Use public transportation after drinking.



TOYO はしごナイト 2023

豊橋駅前をみんなで
はしごしよう！



IRONMAN 70.3 JAPAN

HIGASHIMIKAWA
ATSUMI PENINSULA

6/10 SAT 11:00~24:00

※参加店舗によって営業時間が異なります。

チケットは
5枚綴り
4000円

複数人で
シェアしても
OK!

4,000円 で 5軒 はしご酒!

チケット一枚で参加店舗自慢の1品1杯が楽しめる 絶対お得で楽しいイベントです!

今年のはしごナイトは アイアンマンレースとのコラボ開催!

同日に地元豊橋・田原にて開催されるアイアンマンレースの世界大会『アイアンマン70.3 東三河ジャパン in 渥美半島』との共催にて実施! 参加アスリートたちと一緒に豊橋の夜を楽しんじゃおう!

アイアンマン70.3 東三河ジャパン in 渥美半島公式サイト「アイアンマン 東三河」で検索!

アイアンマン 東三河 検索



同時開催

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会場: 豊橋まちなか広場
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◎ 豊橋駅前南口広場会場 (11:00~24:00)

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※イメージ

WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



View the Event Schedule (Page 4) for time and location.

Qualifying Slots: (30) Age Group qualifying slots for the 2023 IRONMAN 70.3 World Championship, in Lahti, Finland held on August 26-27, 2023.

Qualified athletes are required to claim their IRONMAN World Championship slot in-person at the advertised time and location. Photo ID is required to be presented and payment must be at this point in time.

Cost: €650 entry fee + Taxes and 10% ACTIVE administration fee

Payment:

- Credit card only (no Amex, Diners or cash payment).
- Physical card including full card number, expiry date and CVV must be available (no Apple Pay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

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 Slot.
 - 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.

ADDITIONAL INFORMATION



VOLUNTEERS

More than 1000 volunteers support us.

We encourage you to say THANK YOU to the Volunteers whenever possible!

OFFICIAL EVENT APP

The IRONMAN Tracker app has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out results post-race.
- Always know where you are and want to be with interactive maps.
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WOMENFORTRI

WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

IRONKIDS HIGASHIMIKAWA JAPAN

SUN 11th June 13 : 00~16 : 15

Shiroya Seaside Park, Tahara City

If you have any further questions, please don't hesitate to contact us at contact@higashimikawa.or.jp. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

IRONMAN 70.3 Higashimikawa Japan in Atsumi Peninsula Team

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豊橋ステーションビル株式会社 公益財団法人十六地域振興財団 東海交通株式会社 豊橋創造大学 中央製乳株式会社 (新規追加)



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!

IRONMAN[®] 70.3[®] JAPAN HIGASHIMIKAWA ATSUMI PENINSULA

2023 Athletes Information Guide



<https://www.ironman.com/im703-japan>
contact@higashimikawa.or.jp

0532-25-5963

V 1 June 5th, 2023



Contents Page



| Section | Page |
|-------------------------------|-------------|
| Race Referee message | 3 |
| Event schedule | 4 |
| Athlete checklist | 6 |
| Race kit | 7 |
| Vanue MAP | 8 |
| Pre-Race Information | 9-11 |
| 9 th June Parking | 12 |
| Transition BAG | 13-15 |
| Shuttle Bus Information | 16-18 |
| 10 th June Parking | 19 |
| Support | 20,21 |
| Cut off | 22 |
| Race Day Service | 23 |
| Medical Station | 24 |

| Section | Page |
|--|-------------|
| Swim course | 25-29 |
| Swim Course T1 Bike Rack | |
| Bike course | 30-33 |
| Bike Course T2 | |
| Run course | 34-36 |
| Run course Finish Line and Post Race Finish Area | |
| Race rules and categorie | 38-40 |
| Race Rule Race Category | |
| Award party | 41-43 |
| World Championship Roll Down | 44 |
| Additional Information | 45 |
| Event Partners | 46 |

Race Referee Message



To avoid rule violations on race day, please observe the followings:

- Drive on the left side of the bicycle lane
- Secure a distance of at least 12 meters from the front wheel tip of the front rider to the front wheel tip of yourself
- Pass the front bike from the right. Never pass from the left.
- When you pass a forward player, please complete it within 25 seconds.
- The overtaken player should slow down from the moment you are passed and immediately maintain a distance of 12 meters or more. Before you overtake again, make sure you have fully secured 12 meters.

Triathlon is an individual sport and it is your responsibility to fully understand the rules and avoid violations. In cases of drafting, blocking or illegal overtaking violations (judgement), the referee's ruling is final and is not subject to protest or appeal.

The following are the most common rule violations:

The five-minute blue card penalty includes:

- Drafting: If you follow the leading cyclist to within 12 m and do not overtake him / her within 25 seconds or, after being overtaken, do not retract 12 m before overtaking again
- Illegal overtaking: If you overtake from the wrong direction (left side)
- Littering: If you discard in the wrong place. For example, if you discard tires, bottles, gel wrappers, etc., on a course other than the designated litter area near the aid station.

The referee will tell you your race number, indicate your violation, and present a blue card. You will then be responsible for receiving a five-minute time penalty in the next penalty box.

Note: You will be disqualified if there are three blue card violations throughout the course during the competition.

Yellow card penalties, or stop-and-go penalties, include:

- Blocking: Continuing to run on a player's right side without overtaking, or continuing to run on the right side when separated from other players
- Helmet: Not holding the chin strap securely while cycling

Other violations that can result in disqualification include:

- Aggressive and unsportsmanlike conduct
- Improper use of public toilets
- External assistance (from outside the race related)
- Use of electronic equipment, including telephones

(including the use of earphones and other communications equipment)

Other athletes, volunteers and officials are important in keeping the event safe and fair. Remember to always treat them with courtesy and consideration.

I sincerely hope you have a great race, enjoy the experience and achieve your IRONMAN 70.3 goals.

Masato Suzuki

Race Referee

EVENT Schedule



Schedule and Venue are subject to Change.

Please check latest information on the website <https://www.ironman.com/im703-japan>

| Thursday June 8th, 2023 | | |
|--------------------------|---|--|
| Time | Event | Venue |
| 13 : 00-17 : 00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Machinaka Hiroba (Around Toyohashi Station) |
| Friday June 9th, 2023 | | |
| Time | Event | Venue |
| 10:00-16:00 | IRONMAN 70.3 Merchandise Store IRONMAN 70.3 Expo | Shiroya Beach Park |
| 10:00-16:00 | Athlete Check-In | Shiroya Beach Park |
| 11:00-17:00 | Bike Check-In | Shiroya Beach Park |
| 11:00-17:00 | Welcome Event: Marche and Food Truck | Shiroya Beach Park |
| 13:00-15:00 | Practice Swim Session | Shiroya Beach Park |
| Saturday June 10th, 2023 | | |
| Time | Event | Venue |
| 4:00-5:45 | Transition Area Open | Shiroya Beach Park |
| 5 : 00-5 : 30 | SWIM WARM UP | Shiroya Beach Park |
| 6:00- | Start (Rolling Start) | Shiroya Beach Park |
| 10:00-16:00 | Gourmet Event: IRONMAN Sweets and Food Fes | Parking lot in front of Toyohashi City General Gymnasium |
| 11:00-21:00 | Gourmet Event: Higashimikawa Food Fes | Machinaka Hiroba (Around Toyohashi Station) |
| 11:00-24:00 | Gourmet Event: TOYOHASHIGO Night | Toyohashi Station South Exit Plaza |
| -around 15:00 | Course Close (8 Hours After Each Athletes Starts) | Toyohashi Sports Park |
| 10:30-17:15 | Bike Check-Out | Temporary parking lot near Toyohashi Sports Park |
| 13:00-19:00 | IRONMAN 70.3 Expo IRONMAN 70.3 Merchandise Store | Machinaka Hiroba (Around Toyohashi Station) |
| 16:30-17:30 | 2023 IRONMAN 70.3 World Championship Roll Down | Around Toyohashi Station (Terrace Meeting Room at Sala Tower 4F) |
| 17:30-19:30 | Award Party | Around Toyohashi Station (HOTEL ARC RICHE TOYOHASHI, Machinaka Hiroba, Toyohashi Station South Exit Plaza) |
| Sunday June 11th, 2023 | | |
| Time | Event | Venue |
| 13:00-13:30 | IRONKIDS: Athlete Check-In | Shiroya Beach Park |
| 13:30- | IRONKIDS: Race Briefing | Shiroya Beach Park |
| 14:00- | IRONKIDS: Place race gear in the transition area | Shiroya Beach Park |
| 14:15- | IRONKIDS: Race Start | Shiroya Beach Park |
| 15 : 45-16 : 15 | IRONKIDS: Award Party | Shiroya Beach Park |



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Pre-Event

- Reservation / confirmation for accommodation & flights. (if applicable)
- Make sure event registration is confirmed (check confirmation email).
- Fully understand your event schedule (know all check-in / drop-off transition bag and times).
- Please include your photo ID in your luggage.
- Get used to the course - it is your responsibility to know this on race day.
- Check the player list online. **Note: The web list will not be updated after 9^h June. If any details are incorrect, please email us.**

ONCE I ARRIVE (pre-race)

- Familiarize yourself with the venue and main area (Check In, Transition, Swim Start, Finish Line, Award Party, WC Rolldown).
- Familiarize yourself with road closures.
- Check in and collect race kits.
- Rack the bike and drop the transition bag (See page 13 for recommended items for transition bags).
- Participate in official practice swimming at designated times.
- Pack for race day.

Race day

- Make sure you have all your racing gear, including helmets, timing chips and wetsuits / tri-suits.
- Enter Transition area for the last minute check for Bike and Transition Bag (Red String & Blue String) and drop off Transition Bag and bicycle pump (if applicable).
- Drop off the street gear bag (Black String) at swim start.
- Start the race - stand at the start line at least 15 minutes in advance.
- Finish the race.
- Receive a medal.
- Gather a finisher T shirt.
- Recover.
- Collect items such as transition bags, street gear bags, bike pumps and bikes.

POST RACE

- Attend World Championship Roll Down, presentations and award parties.
- Upload photos of #medalmonday to social media.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring a credit card (not Apple Pay, etc.). See page 44
- Bring friends and family to celebrate.

Race kit



Sticker Location

1. Race bib number

Of the two, one is for a motorcycle and one is for a run. Wear it on the back for a motorcycle and on the front for a run with a race belt (prepared by the athlete yourself) or a safety pin (supplied by the tournament). Do not bend or cut the race bib number.

2. Wristband for Athletes

Prepped one for each person.

Each player's race number is included to identify the players participating in the tournament. You must wear it as soon as you receive it at the athlete check-in and always wear it until the end of the award party. Do not remove the wristband at the transition area or at the bike check-out, as it is necessary to identify the athlete if you need help at the venue after the race. Remove all wristbands from events unrelated to this competition.

3. Safety pin

Use Safety Pin to place Bibs . You also can use own Race Number Belt.

4. SWIM CAP (Swim Cap)

The swim cap must be worn during the swim leg. If another cap is worn, the official cap must be worn on top. Swim caps are Latex.

Zone 1 - Less than 33 minutes - Green

Zone 2 - 33 - 37 minutes - Pink

Zone 3 - 38 - 41 minutes – Light Blue

Zone 4 - 41 minutes or more - Purple

5-1. Transition bag (Red String, Blue String)

Use the supplied bag and affix the appropriate seal. Include equipment necessary for racing. Submit it during the bike rack on Saturday.

5-2. Street gear bag (Black String)

Place items needed for post racing (collect in collection area). Drop-off on race morning. Always use the supplied bag.

6-1. Bike Sticker

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

6-2. Helmet Sticker

Stick a sticker on the front of your helmet. Place it before bike check-in for checked by technical officer.

7. Bike pump sticker

Stick a sticker on the bike pump at bike check-in. Write your Race number on the sticker at Bike Check in Tent and place it on Bike Pump.

8-1. Street gear Bag (Black String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-2. Bike Transition Bag (Blue String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

8-3. RUN Transition Bag (Red String) Sticker

Place sticker at left bottom of the bag. Place on both side of the Bag.

Note: Timing chips are distributed at Bike Check In. Make sure to maintain not to lose for Race Day.

Venue Map



PRE RACE INFORMATION 1/3



Athlete Check-In

June 9 10:00-16:00

Shiroya Seaside Park (see page8 for venue map)

You will receive a race number, a sticker and a transition bag.

If you do not check in during the athlete check-in time, you will not be allowed to participate in the race. **Pick up at 10:00-16:00 on June 9.**

Where: Shiraya Seaside Park

What must be presented:

- Photo identification (driver's license or passport).

Emergency contacts

Athletes must check in at the venue on the above dates and times. Athlete cannot check in outside the designated hours.

If you need to inform the Secretariat of an emergency during the race, please call the phone number below.

Phone: 0532-25-5963

Email: contact@higashimikawa.or.jp

Warning: Only the registered person can receive a race kit at the athlete check-in. Please note that no one else can compete in your name or in someone else's name.

If you cheat, you will be suspended and both will not be able to compete in future IRONMAN Asia Triathlon Races.

Race number

When you receive your transition bag and bike check out, your wristband and race number confirm your identity.

Timing chip

During the race: Your chip must be worn on your left ankle during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff 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.

If you lose your timing chip during the race, inform Event Staff within Transition or at the finish line, so that timing providers can do their best to replace the chip.

Drop Off: Timing chips will be collected at the finish arch in exchange for a finisher T-shirt.

Drop Out: If you do not start the race, or if you are retiring the race, return timing chips to the judges. If you do not find the judges, return them to your staff or timing team members. Whenever possible, return them to staff, not volunteers.

Missing Timing chips: If a timing chip is not returned or is lost, **there will be a \$100 replacement fee.** If you notice that you have a chip after the race, mail it within 5 days to:

〒441-8560

39-5 Daizen, Uedacho, Toyohashi, Aichi
Musashi-Seimitsu East Mikawa Sports Regional
Development Foundation

Failure to wear a timing chip on the race day, failure to return the chip after the event, or failure to pay for the replacement of a lost timing chip may prevent you from participating in future IRONMAN events.

Pre-race

Bike check-in

June 9th 11:00-17:00

T1

Shiroya Seaside Park

Bike and helmet check:

- Conducted by referees.
- You, the athlete are responsible for your bike being in safe working order.
- In advance, attach the bike number sticker to the seat post by yourself.
- 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 and JTU regulations

• **If you pass the check, attach a certificate of acceptance**

Put Helmet in your transition bag.

How to install at a bicycle rack:

A bike rack with a race number is prepared for T1. Hang the saddle with the front wheels facing out.

Cover:

Complete bike cover is not available for rack storage at night.

Transition Area Open

June 10 4:00-5:45

On the morning of the race, you can access T1 bike. However, you can not take the bike out of the transition area until the bike part of the race begins.

Bike mechanics

June 9 11:00-17:00

Bike mechanics are available. We provide minor mechanic service. This is a paid service.

A limited "emergency service" for all athletes will be offered at 4:00 of the race morning.

For on course support, see the bike course information on page 23.

Race Briefing

Read thru this guideline very well. We'll check it when athletes check in.

It's an important opportunity for both experienced triathletes and first-time racers. Important information about course peculiarities, rules and course closure is provided.

On June 9 at 11:00, 14:00 and 16:00, the race director will set aside time for questions at the athlete check-in site. Information on last-minute changes or procedures for events that have or may occur due to weather-related forecasts will be provided sequentially.

Swim Practice, Pre-Race Training

You can Swim Practice at Shiroya Seaside Park from 13:00 to 15:00 on June 9.

A portion of the course will be marked and lifeguards and surveillance vessels will be in place.

Please note that you must have checked in your bike and received a timing chip to participate in the swim practice.

You must wear a timing chip during the swim practice.

If you have not checked in your bike and not received a timing chip, you will not be able to swim.

Wear a wetsuit and swim cap to swim.

The target cruiser of 200 m offshore is anchored. A Tahara muskmelon is passed from a small boat near the cruiser.

When you train your bike or run, please follow the traffic laws. Wear a helmet.

Note that Japan is "left handed traffic."

Shuttle buses

Buses for athlete check-in and bike check-in on June 9 operate between the Kodomo Miraikan Coconico at the east exit of Toyohashi Station and Shiroya Seaside Park.

Bike can be loaded on trucks operated with shuttle buses.

Buses returning on the same route will also be operated.

Parking

Athletes' parking for athlete check in and bike check-in on June 9 will be located at the Himejima Fishing Port near Shiroya Seaside Park.

The landmark is Shiraya Crossing in Tahara City. Head north from Shiraya Crossing to Himejima Fishing Port.

Shiroya Seaside Park is about a 10 minute walk from Himejima Fishing Port.

Pre-Race Day parking is allowed 9:00-18:00

WELCOME Event

Shiroya Seaside Park will entertain you with Atsumi Peninsula specialties and more. It also hosts talk shows and other events.

Tahara city is one of the largest flower producing areas in Japan. Enjoy the beautifully decorated venue.

FRI. 9th June Parking Location



Transition bag 1/3



Street Gear Bag (Black String)

The black string transition bag is used as a street gear bag.

Put in the clothes you wore before the race and the clothes you need after the race and leave them in the start area. No other bags can be checked.

Stick a number sticker to the left bottom corner of the bag on your own.

- Time to drop: 5:00~6:00

Return the bag at the finish area.

© Things to put in the bag (example)

- Clothing and footwear worn before the start
- Clothing and footwear worn after finishing
- Keep valuables out of your bag as much as possible.
- In the finish area, there is a sweets festival, as well as refreshments prepared by the organizers. If you are interested, please prepare small change.

View page 14 of time and place.

The bag will be collected at start area, transported and returned at Finish Area.

Bike (blue string) and Run (red string) Transition Bag

The Bike Transition Bag (blue string) holds the gear used on the bike.

It will be installed on the T1 "bag rack" on June 9 or June 10. The race number will be displayed in the tent, so each person will install it at the location of his or her own number.

- Bike wear
- Helmet
- Bike Shoes
- Nutrition and Fluids

Items needed for racing that can't be attached to the bike should be kept in the bag

In the run transition bag (red string), keep the gear used for the run.

On June 9 or June 10, install the tents in the T2 "bag rack." In the tent, the race number is displayed, so each person installs it in the place of his or her own number.

- Runwear
- Runshoes
- Supplemental diet

The transition bag is placed inside the change tent at the transition and can be accessed during the transition process.

The transition process is described on page 15.

Useful tip: Remember that blue (BLUE) is a B, so bike and red (RED) is a Run, so Red.

Examples of items athletes should consider:

| Bike Transition Bag | Run Transition Bag |
|--------------------------------|------------------------|
| Bike shoes (or on bike pedals) | Running shoes (must) |
| Helmet | Race Bib number (must) |
| Sunglasses | Sunglasses |
| Race Bib number (must) | Hat / Visor |
| Change of clothes and Socks | Socks |
| Nutrition and fluids | changing clothes |
| Towel | Nutrition and fluids |
| Sunscreen | |
| Vaseline | |

Transition bag 2/3



| BAG | DROP OFF LOCATION | Use during a race | Post Race Collection |
|--|---|--|--|
| Bike Transition bag <i>Swim to Bike</i> | June 9 12:00-17:00 June 10 4:00-5:45 T1 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T1 bagrack tent. Take out the bike gear and place all the swim gears in the blue string bag. When you leave the wearing changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport it |
| Run Transition bag <i>Bike to Run</i> | June 9 12:00-17:00 June 10 4:00-5:45 T2 Shiroya Seaside Park | Pick up the bag from the numbered hook on the T2 bagrack tent. Take out the run gear and place all the bike gear in the red string bag. When you leave the changing tent, give it to the volunteer. | June 10 10:30-17:15 Near the finish area *The organizer will transport |
| STREET GEAR BAG | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Use | June 10 Near the finish area *The organizer will transport |
| BIKE PUMPS put into STREET GEAR BAG *place sticker on the bike pump with the race number in advance | June10 5:00-6:00 Swim Start area Shiroya Seaside Park | No Access During Race | June 10 Near the finish area *The organizer will transport |

Note: When you collect the bike, you must collect the bike, the run transition bag and the bike pump at the same time.

Before the race

Transition area open

Open June 10 4:00-5:45, at race morning. All athletes must be out of the area by 5:45. Make sure you have enough time to move on the morning of the race.

You have the opportunity to make final adjustments to your bike. Make sure all items are attached to your bike.

You are not allowed to place items on the ground beside your bike. This includes items such as footwashing equipment and bags.

Bike pump

After using the bike pump on a T1, put it in a street gear bag (black string transition bag) and drop.

Label the pump with the race number in case it falls out of the transition bag.

Prepare labels and writing materials for the June 9 bike check tent. Label the bike pump with the race number.

Any bike pump placed in T1 without deposit, any bike pump that has fallen out of the transition bag and is not labeled will be treated as donated.

During the race

Transition from swim to bike

After the swim, you are guided to T1 through the swim finish arch.

You are not allowed to change clothes in a public place with your trunk exposed. You need to be well prepared for the race before you start

When changing clothes, use a changing tent. You can also wear bikewear under a wet suit.

Personal supplementary food and beverages are allowed to be stored in the wear or attached to the bike.

Bike shoes are allowed to be worn before passing the mount line.

Transition from bike to run

After the bike part, get off the bike and store it in a T2 rack. The T2, unlike the T1, is a free rack, so follow the staff's instructions and put the bike on the rack.

Keep the bike's gear, such as shoes and helmet, separate from the bike and in the transition bag. This is to prevent the shoes from coming off when volunteers and staff carry the bike. After picking up the red string transition bag in the bag rack at the behind of the bike rack and taking out the run gear, you need to store the bike gear in the red string transition bag and leave it with a volunteer.

After the race

To pick up your bike or transition bag, you'll need to show your wristband or race number.

Black string, blue string and red string transition bags should be collected near the finish area.

Bike checkout is at 10:30-17:15 on June 10. You cannot pick up after this time.

If the bag is not collected by the time, the organizer is not responsible for the loss.

Race Day Moving

For athletes who do not use their own cars or rental cars, there is a shuttle bus from the Kodomo Miraikan Coconico at the east exit of Toyohashi Station to the start site, Shiratani Seaside Park.

After the competition, there is a bus from Toyohashi General Sports Park back to the Children's Miraikan Coconico.

For athletes using their own cars or rental cars, temporary parking will be provided around the finishing area, Toyohashi

General Sports Park.

Shuttle buses will be operated from Toyohashi General Sports Park to the starting site, Shiratani Seaside Park.

FRI. 9 June 2023 For Athlete

For Athlete Check-IN/ EXPO Venue

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time | Note |
|-------------|--------------|
| 9:00-15:30 | Every 30 min |

Approximate 60 min drive

BIKE Transport Truck operate together

Bike will be transported by SEINO Truck which operated together with Shuttle.

It carries bike as assembled, please bring your bike taken out from Bike Case.

Please DO NOT Bring Bike Case

For Return to Toyohashi City

“A” Shiroya Seaside Park → “D” Toyohashi Station East Gate

| Depart Time | Note |
|-------------|--------------|
| 12:15-17:15 | Every 30 min |

Approximate 60 min drive

SAT. 10 June 2023 For Athlete Before the Start

“B” Kodomo-Mirai Kan “KOKONIKO” → “A” Shiroya Seaside Park

| Depart Time |
|-------------|
| 3:30 |
| 3:45 |
| 4:00 |
| 4:30 |

Approximate 60 min drive

“C” Toyohashi Sports Park → “A” Shiroya Seaside Park
(near Athlete Parking)

| Depart Time |
|-------------|
| 3:30 |
| 3:40 |
| 3:50 |
| 4:00 |
| 4:10 |
| 4:20 |
| 4:30 |

Approximate 45 min drive

SAT. 10 June 2023 For Athlete

After the Finish

For Award Party

“C” Toyohashi Sports Park → “B” Kodomo-Mirai Kan “KOKONIKO”

BIKE Transport Truck operate together

| Depart Time | Depart Time |
|-------------|-------------|
| 12:00 | 14:30 |
| 12:30 | 15:00 |
| 13:00 | 15:30 |
| 13:30 | 16:00 |
| 14:00 | --- |

Approximate 20 min drive

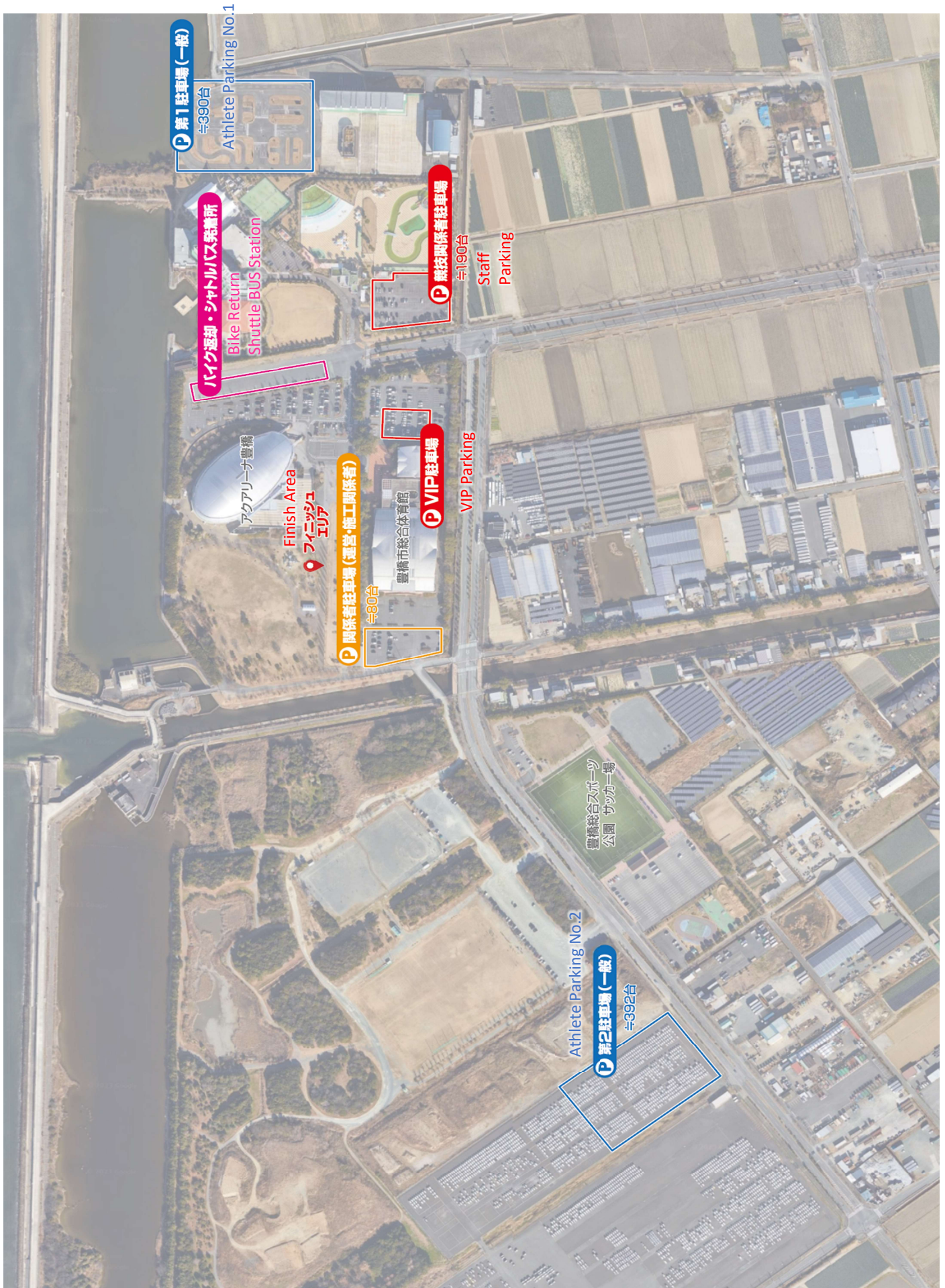
After the Award Ceremony

“B” Kodomo-Mirai Kan “KOKONIKO” → “C” Toyohashi Sports park

| Depart Time |
|-------------|
| 19:45 |
| 20:15 |
| 21:00 |

Approximate 20 min drive

SAT. 10th June Athlete Parking



Before Swim

· Your glasses will be placed at the swim-finish point, so be sure to put your glasses on by 6:00.

When placing your glasses, write the race number on the sticker placed on the glass-keeping stand and affix it to your glasses.

Available:

- Water
- Permanent toilets, temporary toilets

Swim temporary landing site

Available:

- Water

Swim-up - > T1

Available:

- Water
- Toilet

Bike Aid Station

Place on the left side of the course.

Just before the aid station, a bottle catcher will be set up, so throw in any bottles you no longer need (bottles can not be returned).

Aid station location:

- BAS1 23.4 km Rokuren JA collection and shipment site
- BAS2 36.0 km Akabane Elementary School
- BAS3 54.2 km Crystal Beach
- BAS4 73.7 km Fukue Junior High School

Available:

- Water (Bike bottle included)
- Sports drink (Ajinomoto BCAA charged water / Bike bottle included)
- Toilet

Process:

Slow down when entering the Bike Aid Station (No need to stop!)

If you do not need to resupply at the Bike Aid Station, take the right side of the roadway.

There are signs at the Aid Station to indicate what is being offered. We also call out what volunteers are offering.

Tell volunteers your needs out loud and politely.

Trash disposal

When no longer needed, throw the bottle into the bottle catcher.

Do not throw away anywhere else on the course. A strict

time penalty applies.

Medical

Fire crews will be stationed at seven locations on the course apart from the aid station. Medical personnel will be stationed at five of those locations.

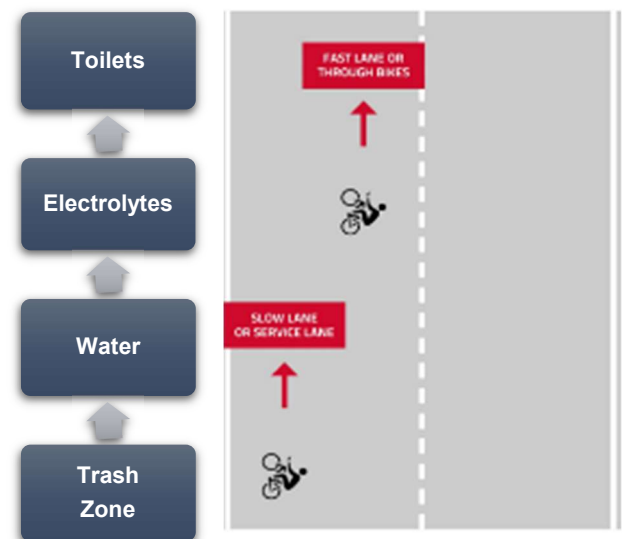
A cross flag will be displayed at the medical point, and aid workers will wear bibs with a cross print.

It supports athletes who are sick or injured. If necessary, it is dispatched by vehicle to provide relief.

Sirens and loudspeakers are used to signal the approach of emergency vehicles as they travel the course. Try to stop and wait for emergency vehicles to pass.

If you witness another player's trouble on the course, tell the nearest medical point.

Aid station layout



Run-Aid Swimming

- T2 0.0km
- RAS1 2.0 km (Himeshima Fishing Port)
- RAS2 4.0 km (Tahara Wharf Entrance)
- RAS3 5.4 km (Doura Elementary School)
- RAS4 6.8 km (Midorigahama Park)
- RAS5 9.3 km (Mikawa Port Ohashi Higashizume)
- RAS6 12.2 km (Meikai Central)
- RAS7 14.1 km (Funato Green Space)
- RAS8 15.8 km (Toyohashi Warehouse)
- RAS9 18.8 km (Kannofuto 3 Torimon)
- RAS10 20.0 km (Rokugata Ohashi South Side)

Offer:

- Water
- Ajinomoto Amino Vital Water
- Kabaya salt-charged tablet
- Imuraya Sports Yokan
- Ezaki Glico Balance On Mini Cake
- Energy Jelly (Muscat flavor, energy drink flavor)
- Coca-Cola (soda)
- Banana or melon
- Musashi Shot Jelly (RAS5)
- Toilet

Process:

The run aid station is located on the left side. When you get close, move to the left side (no need to stop)

When not replenishing at the run-aid station, try to pass on the right side.

Signs at the aid station indicate what is on offer. Volunteers also call out what they are offering.

Tell the volunteers your needs out loud and politely.

Disposal:

Dispose of unwanted items in the trash cans (disposal

zones) located in front and behind the aid station.

Disposing outside the designated area will result in a severe time penalty.

Splash zone

Since it is difficult to secure water sources for this course, we will prepare scoop ladles at each aid Station.

Medical

Paramedics will be on standby at all run-aid stations. **At medical points, a cross flag will be displayed and aid workers will wear bibs with a cross mark printed on them.**

We will support athletes who are ill or injured.

If you witness another player's trouble on the course, tell the nearest medical point.



Cut-off time

The cumulative cut-off time for swims, bikes and runs on the course are all based on an individual's swim start time.

The cut-off times below provide absolute cut-off locations and times based on the last starter projected at the time of publication of this document.

They are individually adjusted and implemented by the race director on race day.

Swim:

The swim course **ends 1 hour and 10 minutes** after the last swimmer begins swimming. Regardless of when each swimmer starts the swim, 1 hour and 10 minutes is picked up after the last starter starts the swim.

If a swimmer takes more than 1 hour and 10 minutes to complete the swim, they will not be allowed to continue and will receive a DNF. To make a rolling start, they will be recorded as a DNF even if they continue to compete.

Bike:

Bike courses close **5 hours and 30 minutes after** the last swimmer starts swimming.

Each swimmer, regardless of when he or she starts swimming, must finish the swim, T1 or bike within 5 hours and 30 minutes of the last starter starting the swim. If it takes more than 5 hours and 30 minutes to finish the swim, T1 or bike, he or she will not be allowed to continue and will receive a DNF.

The on-course cutoff will be cut off by the transit time every 5 km. The cutoff time every 5 km since the last starter started the swim will be determined by the race director.

To make a rolling start, it will be recorded as DNF even if the race is continued.

Run Finish:

The run course closes 8 hours and 0 minutes after the last swimmer begins to swim. Each swimmer completes the entire course within 8 hours and 0 minutes.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and fail to cross the finish line before the run is closed become DNF.

Athletes who take more than 8 hours and 0 minutes to complete the entire course and cross the finish line receive NC (Not Classified) for their race results, meaning they do not qualify for age-specific awards or World Championships.

The on-course cutoff is cut off by the passing time per kilometre. The cut-off time for each kilometre after the last starter starts the swim is determined by the race director.

The course is closed to all athletes based on the time the last starter starts the swim.

Note: IRONMAN officials reserve the right to pull any athlete who exceeds the course time cutoff from the course

• Swim

1 hour and 10 minutes from the start of the last athlete

(Current estimate: 8:00)

• Bike

5 hours and 30 minutes from the start of the last player

(Current estimate: 12:20)

• Run

8 hours 0 minutes from the start of the last player

(Current estimate: 14:50)

Change or cancellation of the tournament

If the course is changed or cancelled due to weather, the race director will notify you.

This will be communicated via email.

Race Day Service

Medical

First aid providers are engaged to provide first aid at all events operated by the IRONMAN Group.

First aid is deployed in a variety of locations. The exact location of the first aid station can be found with on the map next page.

Athletes are responsible for all costs incurred as a result of medical accidents. This includes, but is not limited to, hospitalization, professional treatment, etc.

Therefore, it is highly recommended that all players have sufficient travel or personal insurance to attend IRONMAN Group events. Players are responsible for understanding the terms of the insurance they hold.

Mechanic service

On the bike course, mechanics will be stationed at three locations.

- BAS1 23.4 km Rokuren JA Collection and Shipping Depot
- BAS2 36.0 km Akabane Elementary School
- BAS4 73.6 km? Fukue Junior High School

Three mobile mechanics on motorized bicycles enter the bike course from Shiroya Seaside Park. Every about 100, 300, and 500 motorcyclists will start, the 1 traveling mechanic car starts at a time.

If you use parts, spare tube tires, etc., you will be charged after the race.

Athlete pickup vehicle

Athlete pickup vehicles pick up athlete who are unable to complete the competition or finish within the cut-off time of the course. In the bike part, bikes are also picked up. When players picked up, bike are transported to the finish area.

If a pickup is needed, request it at a first-aid station along the course or staff along the route.

Note:It may take some time for a athlete pickup vehicle to arrive. For faster arrival, do not move from the requested location after requesting a pickup vehicle.

This may affect the ability of the player pickup vehicle to find and transport you.

Collection of timing chips

When an athlete decides to retire, he or she is responsible for reporting the decision to the nearest official and returning the race number and timing chips.

It is essential that race officials keep track of where the athlete is on the course. Failure to comply with the rule after retiring from the race may result in the athlete not being able to participate in IRONMAN events in the future.

Medical Station



COURSE MAP

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN

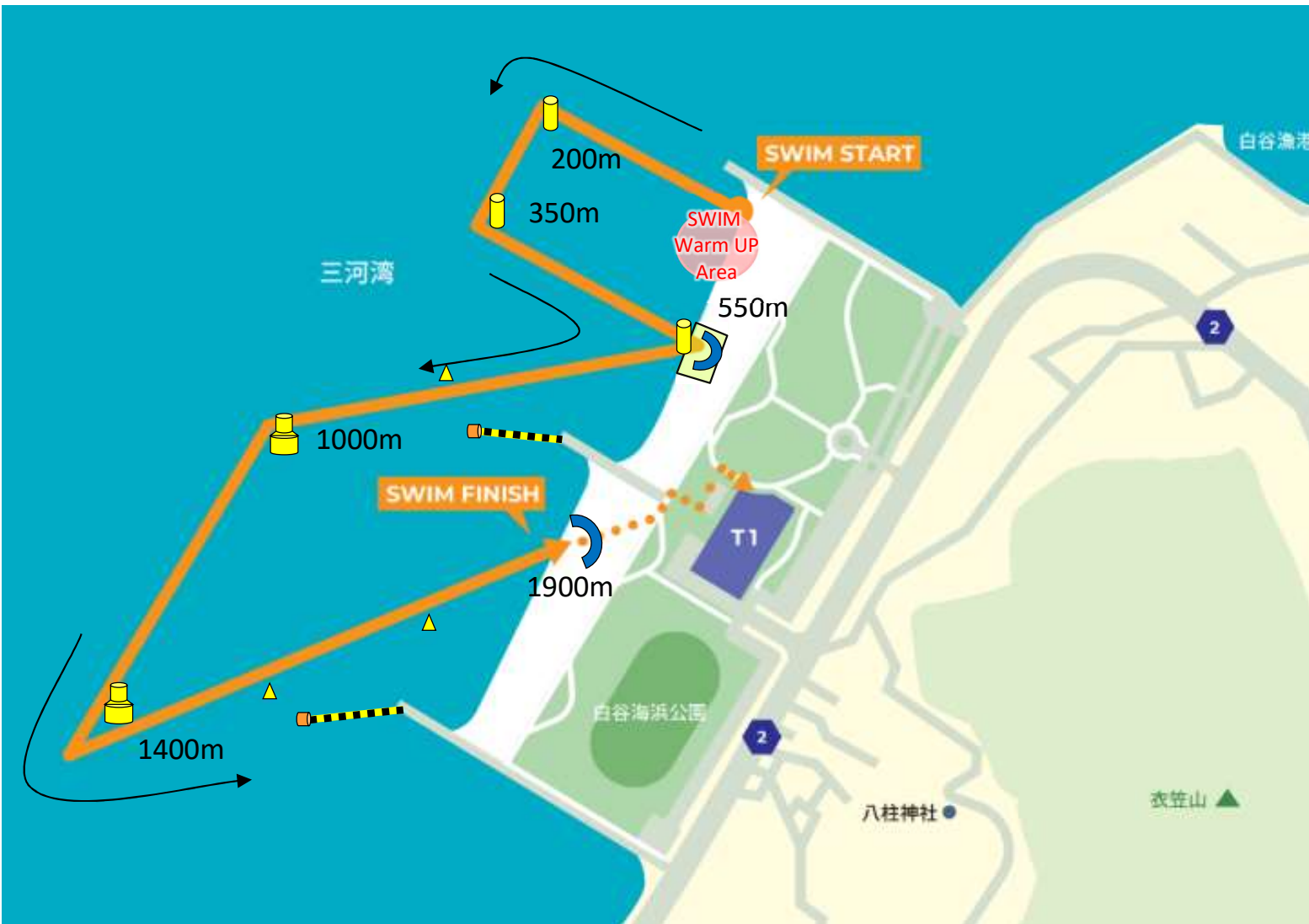


| | |
|------|--------|
| SWIM | 1.9km |
| BIKE | 90.1km |
| RUN | 21.1km |



伊良湖岬灯台

SWIM COURSE 1



Course

The swim course is held off the coast of SHIROYA Seaside Park.

After swimming offshore, you can return to the beach and keep yourself hydrated.

The swim finish is in the center of the beach, marked by an arch.

How to start

10 athletes make a "rolling start" every 30 seconds. The starting order is based on the estimated swim time.

At the beachside, the volunteers will tell you the estimated time so please make a line considering the other athletes.

Swim safety

The swim course is guarded by lifesavers (more than 25 rescue boards), water bikes and 15 surveillance boats.

When lifesaver feel the need, they call out to the athletes to check their physical condition. Please respond with two gesture.

***Tap your head with the palm of your hand.**

***Answer "Fine", "OK!" in a loud voice**

If the athletes can't do these two things quickly, we'll rescue them right away.

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 in time you decide to abandon the swim, you will be taken to one of the swim extraction points.

At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

Above all, the safety of each athlete is our prime concern. A full sweep of the course will be made directly behind the last swimmer.

Visual aids will be provided by the buoys, guard vessels and lifesaver that line the course.

SWIM COURSE 2

WARM UP SWIM

Aged Group Athletes:
June 10, 5:30-5:50

You can enter the water around 50 m offshore near the start area in the swim course.

A timing chip is required.

ROLLING START

6:00~

The race start will be a Rolling Swim Start. Athletes are to self-seed themselves into their allocated Start Zones prior to race start.

Four different Start Zones are available, depending on an athlete's expected swim time:

- Zone 1 – Under 33 minutes (Swim cap: Green)
- Zone 2 – 33 – 37 minutes (Swim cap: Purple - Pink)
- Zone 3 – 38 – 41 minutes (Swim cap: Light Blue)
- Zone 4 – Over 41 minutes (Swim cap: Blue)
- Physically challenged (Swim cap: White)

Expected time to start

Zone 1 6:00

Zone 2 6:05

Zone 3 6:14

Zone 4 6:25

Physically Challenged 6:38

Assemble at Swim Start Area 15minute prior to your expected start time.

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of the Event Staff.

At the official start time of 6:00, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual 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.

SWIM CAPS

Please wear the provided swim caps.

SWIM CUT OFF

1 hour 10 mins. from each athlete's individuals start time. The cutoff time is based on the last athlete's start time (currently 6:50).

It's a rolling start, so if you go over 1 hour and 10 minutes, it's recorded as DNF, even if you proceeded on a course or bike course.

SWIM SKIPPING

Swim skipping is not allowed

ABANDON THE SWIM

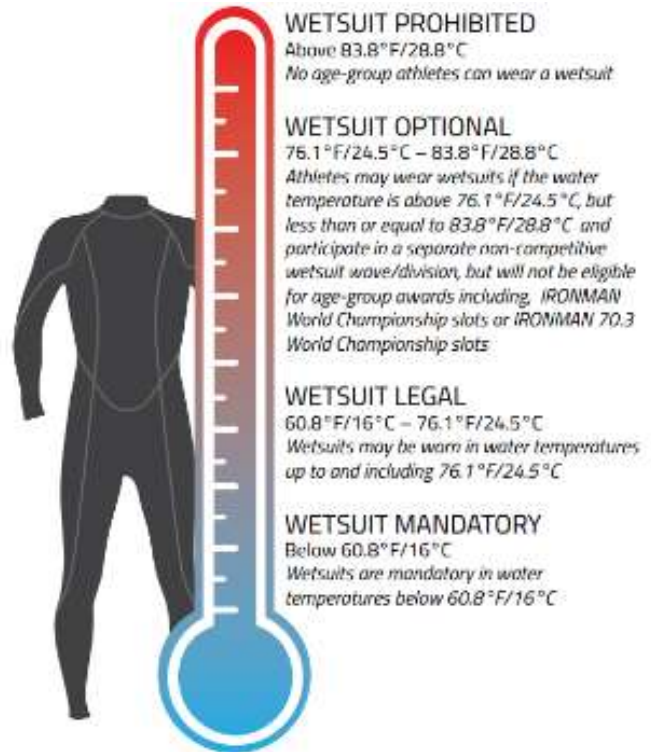
There is a landing spot at 550 m for safety. A measuring mat is set up here to check the passage. It is recommended to abandon the swim if you feel sick and at this landing point

ANTI-SHARK MEASURES

Sharks have been spotted on swimming trails in the past, and recreational fishing boats equipped with devices that transmit the feeble electric currents sharks dislike searched for sharks and ejected them a week before the event.

SEAWEED

On the day of the competition, the tide and water levels are almost low. In consideration of the ecosystem, seaweed is not removed. We recommend wearing a full wet suit if you are concerned.



WETSUIT RULING

● 28.8 °C and above - Not allowed

● 24.5 °C to 28.8 °C – Allowed but will be excluded from awards and excluded to enter the slot for the World Championships.

● 16 °C to 24.5 °C - Recommended to wear

● 16.0 °C and below - Mandatory to be worn under

A provisional wetsuit ruling will be posted at the Athlete Check-In place at 10:00 on June 9.

The official wetsuit ruling will be announced by the Race Director at 4:30 on June 10.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim exit. Labels and writing materials are prepared on the table. Please ensure your glasses are labeled with your race number prior to dropping them off.

SWIM TO BIKE TRANSITION

Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. When changing clothes, use a tent. You can also wear bikewear under a wet suit. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line



① Swimming Up

An arch is installed in the swim-up. Please aim to land on that mark. There is also a first-aid station.

② Glasses Custody

People who use glasses should pick up glasses in advance.

③ Bag tent

Pick up the blue string transition bag that you installed beforehand (the rack row is determined by the last digit of the race number).

④ A changing tent

When changing clothes, use a tent.

⑤ Transition bag dropoff

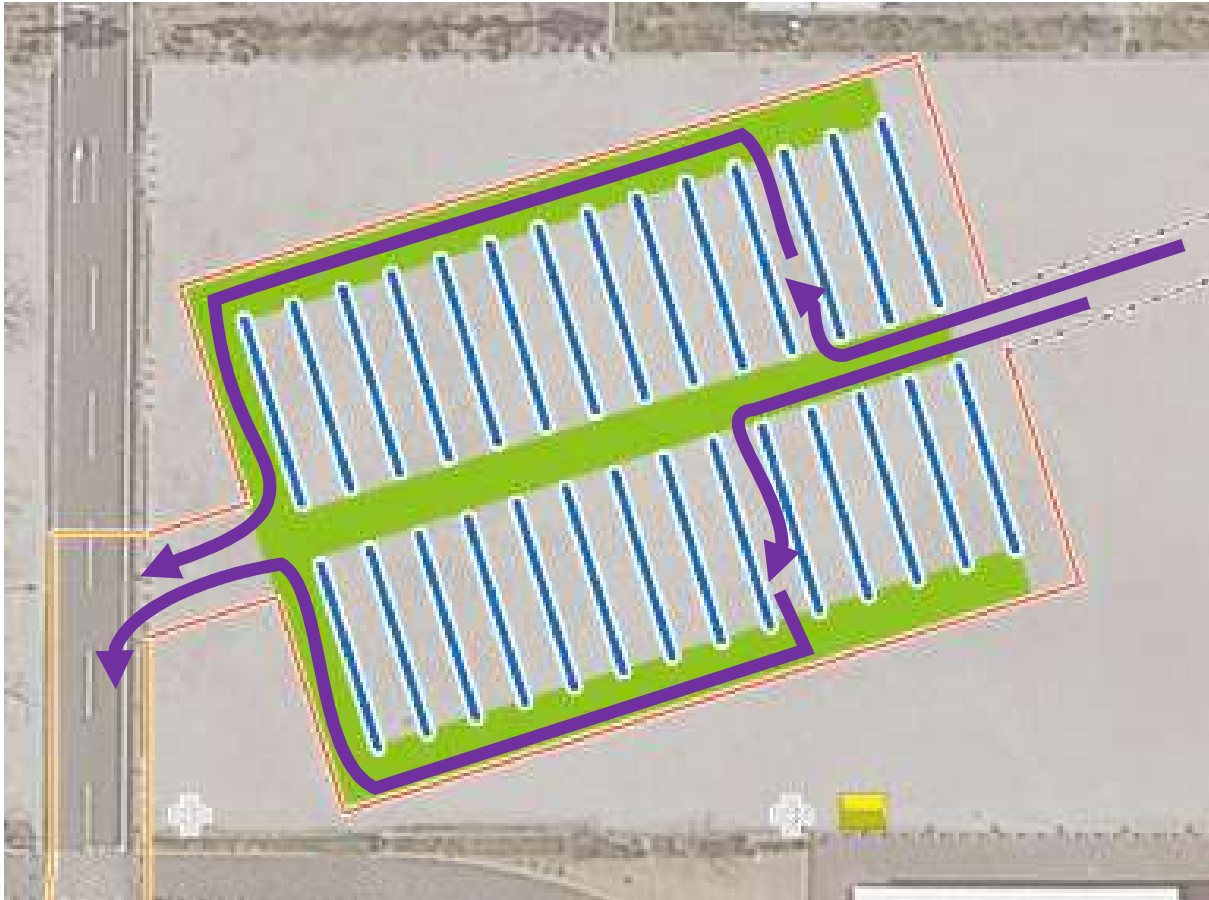
Put the used swim gear in the blue strap bag and throw it into the cart.

⑥ Bike rack

The travel route in the bike rack is listed on the next page.

⑦ Mount line

Please push the bike up to the mount line.



How to move in a bike rack

In the bike rack, as shown in the above figure, first use the middle passage to go to the bike rack.

After picking up the bike, push the bike and go to the bike mount line from the outside passage.

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.

BIKE COURSE 90.1 km

Course Map



Course

Majority of the main roads take prefectural and national roads.

It is highly recommended to use thick tires with good puncture-proof performance.

The course has intersections for detours. There are about 600 security guards and about 1000 volunteers to manage the safety of the course but please drive safely.

Aside from cones, and signages, volunteer staff will guide you through the course.

There is a section of the course where a vehicle goes around the opposite lane.

① Athletes run the same course for about 5km after the start and the last 5km. Both the outbound journey and the return journey take the sea lane (the outbound journey takes the opposite lane)..

② After turning right, the road is narrow, so be careful.

③ The steep slope continues. After that, it gets faster because it continues downhill. Watch your speed.

④ It is a course along the sandy beach, and it is a section where sand easily flows out. Please drive safely.

⑤ It's a U-turn. The road is not wide, so be careful. There are also two right-angle curves ahead.

⑥ The shape goes diagonally down to the right, please be careful.

⑦ It's a national road, turn left and go on the old road. The pavement on both sides of the course is not smooth, so follow the cones and drive in the middle of the road.

Aid station

There are 4 aid stations.

Bike Cut Off

The time limit is 5 hours and 30 minutes from each athlete's start time. The course will be closed based on the start time of the last athlete to swim. It is currently scheduled for about 12:20.

BIKE COURSE 90.1 km



DRAFTING PENALTIES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Must pass on the Right-hand side
- Must complete your pass within 25 seconds
- Must be always making forward progress
- A started pass must be completed – NO Slip Streaming
- After being passed drop 12 meters back
- Cannot pass until 12 meters back
- A competitor passing on the inside (Left-hand side) of another competitor will receive an Illegal Pass penalty. Must pass on the RIGHT.
- A competitor who has completed a pass and is not passing another competitor, motorbike, or vehicle and who fails to move safely and immediately to the right of the cycle lane will receive a Blocking penalty.
- You must report to the PENALTY TENT (Yellow Tent) located at T2/Transition Area.

Failure to do will result in DISQUALIFICATION.

If you receive 3 blue card penalties you will be DISQUALIFIED.

Follow this link to [IRONMAN Competition Rules](#).

For safety reasons, the following cycling positions are prohibited:

BIKE MECHANICS

Roving Bike Mechanics will be available on the course to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

SAG VEHICLE

The “SAG vehicles” is on standby at the end of the lines to pick up athletes who can no longer move on the course. In the bike course, motorbikes are also carried along and transported to the finish area.

Should you require a SAG vehicle at any time, please advise the first aid personnel or staff at the nearest aid station.

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



DRAFTING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



LITTERING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



BLOCKING VIOLATION
YELLOW CARD
30 second stop and go time penalty served at the next Penalty Tent



DISQUALIFICATION (DSQ)
RED CARD
3 BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION

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.



① Dismount line

Please get off the motorbike in front of the line. Do not leave your shoes on the motorbike. Be sure to remove your shoes from the pedals and place them in a red strap transition bag. The bike is loaded onto a transport truck, so leaving the shoes on can scratch them. No complaints will be accepted if the shoes are on.

② Bike Free Rack

We will prepare two sets of bike racks. Please follow the instruction of the staff and ride a motorbike.

③ Bag tent

Pick up the red string transition bag you installed beforehand (the rack row is determined by the last digit of the race number).

④ A Changing tent

Please use the tent when changing clothes.

⑤ Transition bag dropoff

Put your bike gear (Shoes, helmets, etc.) in the red strap bag and throw it into the cart.

If you leave your helmet on the motorbike, you will not respond to claims of damage or loss.

RUNNING COURSE 21.1 km

Course Map



RUN COURSE 21.1km

ATSUMI PENINSULA, HIGASHIMIKAWA, JAPAN



COURSE

If there is no sidewalk, run on the side of the road, but if there is a sidewalk, run on the sidewalk.

- ① Run on the sidewalk of the seawall immediately after the start. There may be a slight incline and an open seam in the path, so run carefully.
- ② There is a grade crossing of around 4km and a complicated change of direction, so please follow the guidance..
- ③ The course runs on the sidewalk of the Mikawa Port Bridge. There are few standing patrols, and it may take some time to cross the bridge railing in case of an emergency. If you are not feeling well, it is recommended that you discontinue the race using RAS4. There is no standing patrol other than a guide point in the section ahead. If you feel sick, ask for help at the water station (RAS5 to RAS10) set up about every 2 km.
- ④ ⑤ Runs on the pedestrian bridge. Please be careful while running.

From ⑥ to ⑧, there are 4 stairways such as an underground passage. Please be careful.

⑧ It is a section that boasts a wonderful view, but since both sides are on the water surface and there are no handrails, please focus while running.

AID STATION

There are 10 places on the course. Paramedics are assigned to RAS5 through RAS10. If you feel sick, ask for help as soon as possible.

RUN CUT OFF

8 hours 00 mins from the athlete's individual start time. Based on the last athlete, there will be an intermediate cut-off at every 1km. If you could not make it within the cut off, please get on the pickup vehicle.

FINISH LINE AND POST RACE



FINISH LINE POLICY

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 athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

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.

How to Get your Best Photos:

- Ensure your helmet sticker visible on the FRONT of your bike helmet.
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- 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.

Search for your race at www.sportograf.com and register your email address to be notified as soon as all photos from your event are online

FINISHER SHIRTS

Finisher shirts will be available to all official finishers post-race and can be collected from the designated area within Recovery.

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Finisher t-shirt collection
- Recovery food/drink
- Street gear bag & bike transition bag collection
- Icing
- Medical support (if required)
- Male & female change tents
- Official finisher photo by Sportograf

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

Bicycles can be picked up outside the area.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Electrolyte hydration
- Recovery Jelly
- Banana
- Salt Tablet
- Udon noodles
- Protein Chikuwa
- Cake

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Tracker App
- Event Website - <https://www.ironman.com/im703-japan-results>

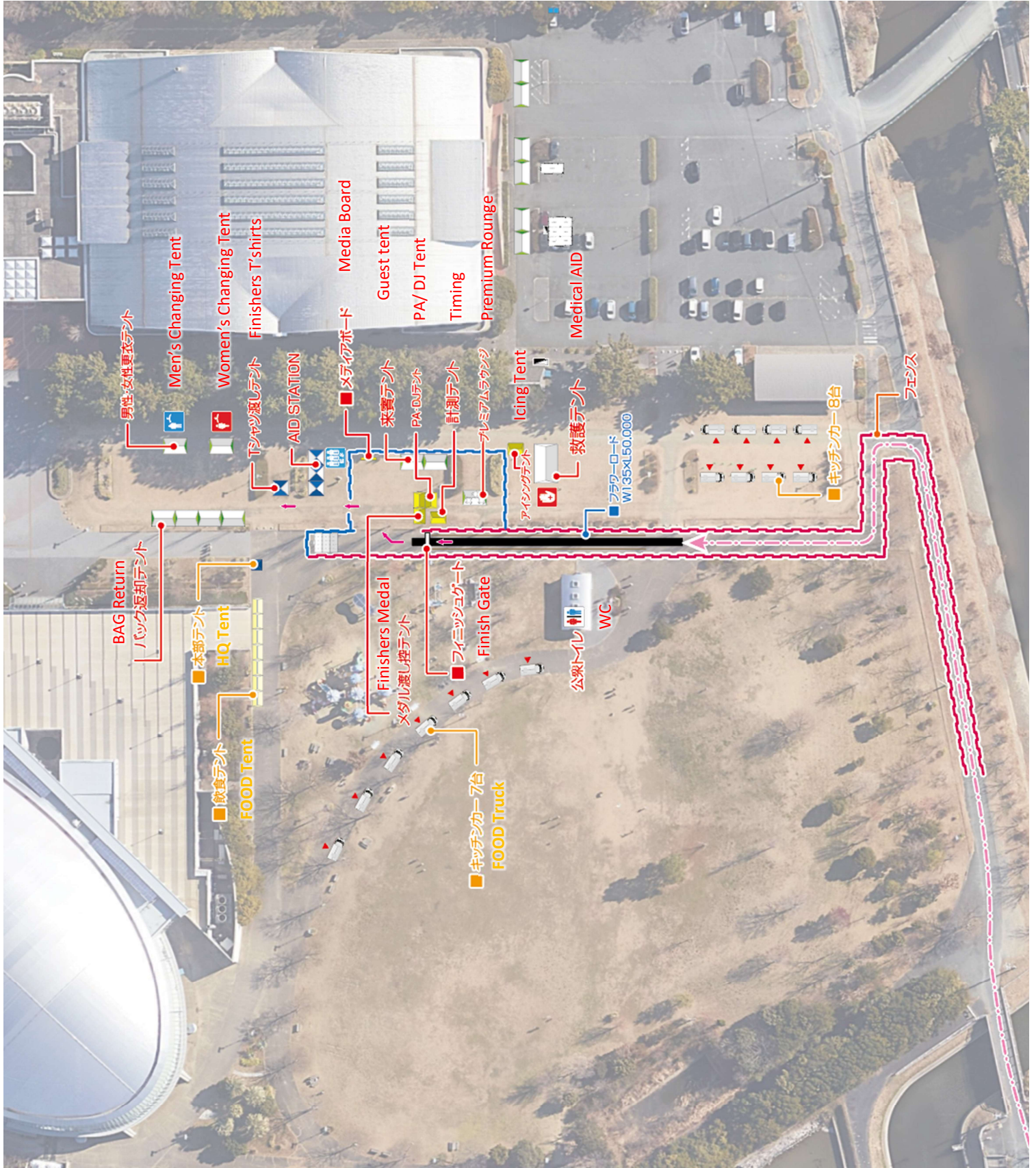
LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

Please note: No responsibility or liability is taken by the Race Organizers for lost property.

All lost property will be held for 30days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN email.

Finish Area





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

We are using the 2023 [IRONMAN Competition Rules](#) in alignment with the special IRONMAN rules and this is a NON-drafting Event.

All Athletes should read and understand the complete [IRONMAN Competition Rules](#) prior to race day. Below highlights some of the IRONMAN Competition Rules.

Conduct of Athletes

Section 2.01 General Behaviour

- (a) Practice good sportsmanship at all times;
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02). Receiving assistance (other than in accordance with Section 2.02) will result in disqualification;
 - (i) Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

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 4.02 Wetsuit Rules

(a) For age-group athletes, relay team athletes and Open Division athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ)

(d) A wetsuit may cover any part of the body except the face, hands, or feet;

(f) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ)

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 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 or 60 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 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

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

Continued over page..

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. (DSQ) (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).

RACE FINISH, TIMING, AND RESULTS

(e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

(i) Did not start (“DNS”) – Enters an Event but fails to start;

(ii) Disqualified (“DSQ”) – Starts an Event and was disqualified;

(iii) Did not finish (“DNF”) – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and

(iv) Not classified (“NC”) – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

(f) Results will include athletes who do not finish the Race (“DNF”), athletes designated as not classified (“NC”) and those who are disqualified (“DSQ”). All available splits will be listed for DNF and NC athletes.

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.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete’s age as of December 31 of the year of the Event.

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.

TRANSFERRING REGISTRATION

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

PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN (PC/ID OPEN) DIVISION

- Participation in the PC/ID Open Division is available to athletes with a medically verified Visual Impairment, Special Teams, athletes with an intellectual disability, or athletes with a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment (except for approved ID Open athletes) are not eligible to participate in the PC/ID Open Division
- PC/ID Open athletes are not eligible for awards or World Championship slots

OPEN DIVISION

The Open Division is a non-competitive, participatory division which is open to any able-bodied athlete who cannot or do not wish to race in a competitive age or gender group

There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event

Any athlete who wants to change to the Open Division during race week can do so during the onsite athlete check-in process. Please visit the solutions desk inside the Athlete Check-in area to change divisions

Athletes in the Open Division are not eligible for awards or World Championship slots

Athletes in the Open Division are subject to the IRONMAN Competition Rules as set forth in Article I – VII, and Article XI. Please refer to the [IRONMAN Policies](#) for additional information.

AWARD Party -1



Award Party on Saturday 10th June

Doors open at 17:30 Party at 18:00-19:30

Venue

- Hotel Arc Riche Toyohashi (reception on the 1st floor)
- Toyohashi Station South Gate Square
- Toyohashi City Machinaka Square

The main venue for the award ceremony is Hotel Arc Riche Toyohashi. Seats are limited, so only the recipients and their companions listed on the right will be invited to Hotel. After the race, please check IRONMAN Tracker App to see if you are eligible for the award and come to the reception desk on the first floor.

A big screen is set up in the plaza in front of the south gate square and in the Machinaka Square you can enjoy the live-cast the awards ceremony

You also can enjoy Migashimikawa Food FES, Expo, Ironman Store

Award

Each Age Group 1st~3rd Place

Local Residents Category 1st~3rd Place

Premium Category 1st ~10th Place

The Athlete who fail to receive award at ceremony will receive it by cash on delivery after the race.

Contact race organizer via Email to confirm receipt.

Award Party -2



Meals included in the party

The ticket for the party is included in the kit you receive at the athlete check-in. It is a free voucher for meals and other items. For athletes who purchased a party ticket at the time of entry, please check the ticket enclosed within the player kit for a few minutes of purchase.

Meals voucher

Pick up a beef steak on the first floor of the Hotel Arlish Toyohashi!



Souvenir voucher

Date and time of exchange

Saturday, June 10 15:00-20:00

Pick up sweets, beer and other souvenirs at the Aichi Prefecture booth in the Toyohashi City Machinaka Square!

Cut out a set of two souvenir vouchers and give them to the staff.



TOYOHashigo Night 2023

Date and Time: 6/10 (Sat) 11:00-24:00

With one ticket, you can enjoy one of the store's specialties and one drink. You can enjoy five restaurants by yourself or share it with someone!

More than 30 popular local stores participated.

With 5 tickets, let's all walk around Toyohashi Station!

- 1 ticket = 1 drink + 1 specialty dish
- Each ticket stub is worth 800 yen. For menus of each participating store, please refer to the "Participating Store Guide Map."

Guide maps will also be distributed at Hashigo Night Headquarters (Toyohashi Station South Gate Square) on the day of the event.

■ Tickets can be shared by more than one person. However, each ticket stub can only be used by one person.

■ Leftover tickets can only be used as a 800 yen voucher at participating restaurants until Sunday 6/18. No change will be given.

Be sure to show it when you visit. You can't use it with other tickets. You can use as many tickets as you want for one meal.

■ Never drink and drive. Use public transportation after drinking.



TOYO はしごナイト 2023

豊橋駅前をみんなで
はしごしよう！



× IRONMAN 70.3 JAPAN

HIGASHIMIKAWA
ATSUMI PENINSULA

6/10 SAT 11:00~24:00

※参加店舗によって営業時間が異なります。

チケットは
5枚綴り
4000円

複数人で
シェアしても
OK!

4,000円で5軒はしご酒！

チケット一枚で参加店舗自慢の1品1杯が楽しめる 絶対お得で楽しいイベントです！

今年のはしごナイトは アイアンマンレースとのコラボ開催！

同日に地元豊橋・田原にて開催されるアイアンマンレースの世界大会『アイアンマン70.3 東三河ジャパン in 渥美半島』との共催にて実施！参加アスリートたちと一緒に豊橋の夜を楽しんじゃおう！

アイアンマン70.3 東三河ジャパン in 渥美半島公式サイト「アイアンマン 東三河」で検索！

アイアンマン 東三河 検索



同時開催

エキス・
アイアンマンストア
&
東三河 FOOD FES

会場：豊橋まちなか広場
11:00~21:00

地元人気店 30 店舗以上が参加！

創作美味わっぱい / 藤月豊橋駅前大通り店 / 味の天心燗鍋 豊橋広小路店 / KOJORI 天狗のカレーうどん / 串揚げはやかわ / ひっぱり嵐 / TOYS BREWERY / TINY DINER 花鮎豊橋駅前店 / FreeStyleBAR? 輪 -RIN- / 八八豊橋駅前店 / ビストロ酒場 lac!! cafe&gateaux knohd(ノード) / NO JUNK DONUTS by Moonlight Coffee / パード 94 豊橋鉄板焼 山ちゃん with 大将 / THE GARDEN / タヤけ横丁三丁目豊橋駅前店 emCAMPUS FOOD / 謝謝 駅前店 / 久遠チョコレート 豊橋本店 / 大衆酒場 家利伊頭 葉隠亭 / 隠れ家 湊 / 焼肉ひさ萬 / ASA-CHANG / 広小路ホルモン酒場 炎や / 古来や

◎ 豊橋駅前南口広場会場 (11:00~24:00)

キッチンカー・テントブースなど10店舗以上が出店予定

参加店舗・最新情報はこちらから！

「TOYO はしごナイト」で検索！

TOYO はしごナイト 検索



チケット
販売開始
5月下旬予定

チケットの販売状況は
公式サイトでご確認ください。

前売り券

当日販売

販売価格

セブンイレブン店頭にて販売！

※完売次第、チケットの販売を終了します。

豊橋・豊川・新城市内のみ

豊橋駅前南口広場 TOYO はしごナイト本部にて
11:00~販売します。

※前売りチケットが予定販売数に達した場合、当日販売を実施しない場合もございます。
前売り販売期間にてお早めにお買い求めください。

1枚 4000円 (はしごチケット5枚綴り)

※余ったチケットは6/18(日)まで参加店舗にて金券としてご利用いただけます！

※土曜日開催につき、参加店舗の混雑状況によっては席が空くまでお待ちいただく場合もございます。何卒ご了承くださいませ。

※イメージ

WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



View the Event Schedule (Page 4) for time and location.

Qualifying Slots: (30) Age Group qualifying slots for the 2023 IRONMAN 70.3 World Championship, in Lahti, Finland held on August 26-27, 2023.

Qualified athletes are required to claim their IRONMAN World Championship slot in-person at the advertised time and location. Photo ID is required to be presented and payment must be at this point in time.

Cost: €650 entry fee + Taxes and 10% ACTIVE administration fee

Payment:

- Credit card only (no Amex, Diners or cash payment).
- Physical card including full card number, expiry date and CVV must be available (no Apple Pay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

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 Slot.
 - 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.

ADDITIONAL INFORMATION



VOLUNTEERS

More than 1000 volunteers support us.

We encourage you to say THANK YOU to the Volunteers whenever possible!

OFFICIAL EVENT APP

The IRONMAN Tracker app has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out results post-race.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the IRONMAN Tracker App now!



GET SOCIAL



<https://www.facebook.com/ironman70.3higashimikawa>



<https://www.instagram.com/ironman70.3japanhigashimikawa/#>



<https://twitter.com/ironman703jp>



WOMENFORTRI

WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

IRONKIDS HIGASGIMIKAWA JAPAN

SUN 11th June 13 : 00~16 : 15

Shiroya Seaside Park, Tahara City

If you have any further questions, please don't hesitate to contact us at contact@higashimikawa.or.jp. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

IRONMAN 70.3 Higashimikawa Japan in Atsumi Peninsula Team

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