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WESTERN AUSTRALIA

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IRONMAN WWA

SWIM **3.8KM** BIKE **180KM** RUN **42.2KM**

SUNDAY
4TH DECEMBER
2011



ATHLETE INFORMATION GUIDE

www.ironmanwesternaustralia.com

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MESSAGE FROM THE RACE REFEREE

We are using the Triathlon Australia (TA) Race Competition Rules and Ironman Race Rules (page 17 & 18) and operate under the "three strikes and you are out" principle. Any and all infringements across the event count toward your 3-strikes. In other words, any combination of 3 rule infringements will result in disqualification (DQ).

Three particular special rules you need to be aware of are ...

1. The draft distance is 12-metres (7 bike lengths) between bikes (back wheel to front wheel)
 2. A pass MUST be completed once the 12-metre distance is entered i.e. athletes may not drop back out of the draft distance
 3. There is no draft zone around each bike so side-by-side riding, unless passing, is blocking
- During the cycle leg Drafting, Blocking, Illegal Pass, Helmet and Littering infringements incur a 4-minute time penalty to be served at the next Penalty Box (there are 2 on each lap) on the lap the infringement is advised by a Technical Official. Failure to stop at the next Penalty Box or not stop on the lap the infringement is issued will result in a DQ.

To minimise any misunderstanding on race day, please read the following summary of rules.

- Ride on the left side of the bike lane
- Keep 12-metres between yourself and the cyclist in front of you – back wheel to front wheel
- Pass on the right of the cyclist in front (never on the left)
- Complete your pass within 25-seconds
- If passed, drop back 12-metres before re-passing
- Triathlon is an individual event and it is your responsibility to fully understand the rules and avoid infringements.

A Technical Official's ruling is final in the case of Drafting, Blocking and Illegal Pass infringements (Judgment Calls) and these are not subject to either protest or appeal. Following are the most common rule infringements:

- Blocking: Riding on the right side of an athlete without passing or riding on the right hand side of the cycle lane when clear of other athletes
- Drafting: Following a leading cyclist closer than 12-metres and failing to pass in 25-seconds OR after being passed, failing to drop back 12-metres before re-passing
- Illegal Pass: Passing on the left
- Littering: Discarding items, e.g. tyres, bidons, gel wrappers etc., on any part of the course except when visible from an Aid Station
- Helmet: Always have your chin strap securely fastened when moving with your bike
- Other infringements include failure to wear your race number, riding or running with any musical or listening device and outside assistance. There is no Penalty Box on the Run course so if you receive an infringement on the run leg you will serve an on-course Stop/Start Penalty with the Technical Official.

Relieving yourself at places other than the on-course toilet facilities provided may result in a DQ.

Remember to treat other athletes, volunteers and officials with courtesy and consideration as failure to do so is Unsportsmanlike Conduct and may result in a DQ.

I sincerely hope you have a great race, lots of fun, and achieve your Ironman goals.

Michael Haarsma
Race Referee

EVENT SCHEDULE

Tuesday, November 29, 2011			
Start	End	Event	Location
10:00 a.m.	4:00 p.m.	Athlete Services	Signal Park
Wednesday, November 30, 2011			
Start	End	Event	Location
7:00 a.m.	9:00 a.m.	Blue Seventy Swim Practice	Busselton Jetty
9:00 a.m.	5:00 p.m.	Ironman Store	Signal Park
9:00 a.m.	5:00 p.m.	Athlete Services/Check In	Signal Park
Thursday, December 1, 2011			
Start	End	Event	Location
7:00 a.m.	9:00 a.m.	Blue Seventy Swim Practice	Busselton Jetty
9:00 a.m.	5:00 p.m.	Ironman Store/Tri Trade Show	Signal Park
9:00 a.m.	5:00 p.m.	Athlete Services/Check In	Signal Park
2:30 p.m.	3:30 p.m.	Ironkids Registration	Signal Park
3:45 p.m.	4:00 p.m.	Ironkids Pre Race Briefing	Signal Park
4:00 p.m.		Ironkids Race Start	Signal Park
6:00 p.m.	6:30 p.m.	Race Finish / Presentation	Signal Park
Friday, December 2, 2011			
Start	End	Event	Location
7:00 a.m.	9:00 a.m.	Blue Seventy Swim Practice	Busselton Jetty
9:00 a.m.	5:00 p.m.	Ironman Store/Tri Trade Show	Signal Park
9:00 a.m.	3:00 p.m.	Athlete Services/Check in	Signal park
5:30 p.m.	7:15 p.m.	Welcome Dinner	Bamard Park Banquet Marquee (Doors open 5:00 p.m.)
7:30 p.m.	8:00 p.m.	Pre-Race Briefing	Bamard Park Banquet Marquee
Saturday, December 3, 2011			
Start	End	Event	Location
7:00 a.m.	9:00 a.m.	Blue Seventy Swim Practice	Busselton Jetty
9:00 a.m.	5:00 p.m.	Ironman Store/Tri Trade Show	Signal Park
9:00 a.m.	4:00 p.m.	Athlete Services Only	Signal Park
11:00 a.m.	4:00 p.m.	Bike and Gear Bag Check-in	Signal Park
Sunday, December 4, 2011			
Start	End	Event	Location
3:30 a.m.	5:15 a.m.	Transition Opens/Closes	Signal Park Transition Area
5:00 a.m.	4:00 p.m.	Race Information/Lost & Found	Signal Park (Swim & Bike)
5:30 a.m.		Pro Race Start	Busselton Jetty
5:45 a.m.		Age-Group Race Start	Busselton Jetty
8:05 a.m.		Swim Course Closes	Busselton Jetty
9:00 a.m.	3:00 p.m.	Ironman Store	Signal Park
12:00 p.m.	11:30 p.m.	Race Information/Lost & Found	Mitchell Park (Run & Finish)
4:15 p.m.		BikeSure Bike Course Closes	Signal Park Transition Area
4:45 p.m.	10:45 p.m.	Bike & Gear Check-Out	Signal Park Transition Area
10:45 p.m.		Race Officially Ends	Queen Street Finish Line
Monday, December 5, 2011			
Start	End	Event	Location
7:30 a.m.	5:00 p.m.	Ironman Store (Finishers Apparel) & Tri Trade Show	Signal Park
9:00 a.m.	11:00 a.m.	Bike & Gear Bag Check-Out	Signal Park Transition Area
9:00 a.m.	2:00 p.m.	Athlete Services/Lost & Found	Signal Park
10:00 a.m.		Results & Qualification posted at Race Office	Signal Park
11:00 a.m.	12:00 p.m.	2012 Ironman World Championship Registration and Roll down ceremony	Transition Marquee Signal Park
6:00 p.m.	8:30 p.m.	Awards Banquet	Bamard Park Banquet Marquee (Doors open at 5.30 p.m.)
8:30 p.m.	12:00 a.m.	After Party	Bamard Park Banquet Marquee

Personal Safety

Always train with at least one other person (especially in the open water). While swimming, please wear a brightly coloured swim cap and ensure that your family members and/or friends know where you are. When training, please stay on the left hand side of the road when riding and run on the shoulder without moving into the traffic lane. It is a requirement under WA Traffic Laws that a bike helmet must be worn at all times.

Blue Seventy Pre-race Swim

The official Blue Seventy swim course training sessions will be held between 7.00am – 9.00am on Wednesday, November 30, Thursday December 1, Friday December 2 and Saturday December 3. A designated swim area has been set-up in front of the Goose Cafe and all athletes should do their training in this area. For safety reasons, it is recommended that you always swim in pairs or groups. Keep in mind that this is a natural body of water and is subject to hidden hazards including, but not limited to: currents, underwater obstructions, tides, currents and indigenous marine life. **We do not recommend** you swim the entire course around the Busselton Jetty and for safety reasons it is recommend you swim in pairs or groups.

IronKids

An IronKids event will be held in association with the SunSmart Ironman Western Australia event. For more information, please visit IronmanWesternAustralia.com/IronKids.

'Welcome To Ironman' and Pre-Race Briefing

Held on Friday evening, the 'Welcome to Ironman' is your opportunity to, have a meal and take in pre-race entertainment. This year we are introducing a stand-up welcome dinner before making our way next door to the Ironman Theatre where our host will take you through the evenings proceedings.

Following the show, the pre-race briefing will take place, conducted by race director Dave Budge.

All competitors receive complimentary entry to the Welcome to Ironman, with additional tickets for family and friends available for purchase online at IronmanWesternAustralia.com.

Menu

Hot Selection

Beef Lasagne, cheese crust; Penne pasta tossed with chicken, mushroom, basil & parmesan; Vegetarian pasta bake; Chats potatoes & parsley butter.

Salads

Rice salad; Coleslaw; Garden Salad; Fresh baked bread rolls.

Desserts

Fresh fruit selection; Chocolate mud cake; Carrot cake; Yoghurt selection.

Massage

WHEN: Thursday 1st December - 9-5
Friday 2nd December - 9-5
Saturday 3rd December - 8.30, 10.30, 11.30, 12.30
Monday 5th December - 9-3

WHERE: Busselton Tennis Club - Marine Terrace, Busselton (behind race office)

COST: \$60/hr. (cash only)

TO BOOK: via email

ironmanwamassage@gmail.com via mobile Katie Greenfield 0429990872

Appointments limited. Bookings open November 1. If you require appointments outside of the clinic hours please contact Physiosouthwest on 0897515655.

Expo & Merchandise

Official event and Ironman merchandise will be on sale at the Ironman Store in Signal Park, open from Wednesday of race week, on race day and Monday.

Adjacent to the Ironman Store will be the official Ironman expo featuring exhibitors from around Australia. Please check the race schedule listed earlier in the Athlete Information Guide for more details.

Awards Ceremony

The official end to the event takes place on Monday evening with the Awards Ceremony. Buffet-style dining will be available, with a full-service bar and on-stage entertainment. Awards for age-group (top five) and professional athletes (top six) will be presented.

This year's ceremony will be a round-table event (10 per table), with an enhanced production of video and guest speeches.

All competitors receive complimentary entry to the welcome dinner, with additional tickets for family and friends available for purchase online at IronmanWesternAustralia.com.

Menu

Hot Buffet

Roast beef; Marinated & roasted chicken pieces; Red wine & mushroom sauce; Vegetable pasta bake

Salads

Roast potatoes; Roast butternut pumpkin; Steamed vegetable selection; Fresh baked bread rolls.

Desserts

Fresh fruit selection; Sticky date pudding & caramel sauce; Yoghurt selection.

Athlete Check in

Please refer to schedule listed in this athlete information guide for athlete check-in times and locations.

Please bring the following items with you to athlete check-in:

- Photo Identification (passport, drivers licence, Triathlon Australia license, etc.)

During athlete check-in, athletes will receive three bags, along with their athlete wristband and official race numbers:

Black street gear bag

Prior to the swim start on race morning, place any items you may need after you finish in your **black street gear bag** received at Athlete Check-In/Registration. This bag must be left at the special area outside the Transition marquee so that it can be transported to the Finish compound area for your collection. Please do not place anything of value in your street gear bag. A bike pump will not be permitted in your street gear bag and this should be handed to your supporters.

Blue bike gear bag

Compulsory items for this bag: numbered race Bib correctly displayed on back of upper clothing or on a Race belt. Non-compulsory items can include sunglasses, towel, gloves, extra clothing, shoes, socks, tool Kit, spare parts, Vaseline. Bike helmets are to be placed on bikes on race morning.

Red run gear bag

Compulsory items for this bag: K Swiss branded numbered race bib correctly displayed on front of upper clothing or on a race belt, running shoes. Non-compulsory items can include sunglasses, cap, sun visor and sunscreen.

Athlete Wristband

A wristband printed with your race number will be presented at check-in. This band will identify you as an official participant and must be worn during race week. The wristband is required for medical identification purposes and allows you access to banquets, transition area and post-race athlete recovery area. You will not be allowed to remove your bicycle and/or gear from the transition area following the race without your wristband affixed to your wrist. Please

ensure this wristband is kept securely fastened until after the Rolldown process / Awards Banquet on Monday, December 6.

Bike Check-in and timing chip collection at transition area

On Saturday morning, between 11am and 4pm, competitors **must** drop their bikes off into transition ahead of race morning on Sunday.

Upon entering transition, all competitors will receive a timing chip which will be scanned on a timing mat as you enter the compound.

Please have your timing chip on as you enter transition.

Athletes will then enter the compound and place their bike at the designated numbered rack and hand in their **blue bike gear bag** and their **red run gear bag**, packed with their required items.

You will next have access to your bike from 3.30am on race morning, but you will not be allowed to remove your bike from the transition area until the bike portion of the race.

As there will be no inspection of your bike and helmet it is your responsibility to ensure that both meet the event rules and safety standards. Bikes which do not conform to Triathlon Australia rules are prohibited and disc wheels may be used on the rear only. At the discretion of the Ironman organisers disc wheels may need to be banned should the wind speed exceed 40 km/h.

You should ensure the following:

- Front and rear brakes are operable;
- End plugs are on handle bars;
- You have at least one water bidon cage
- Wheels are true and tyres in reasonable condition;
- No loose headset;
- No stripped cables;
- Singles are glued securely.

There will only be facilities for minor repairs and trained mechanics will only effect on-the-spot minor adjustments, if required. A mechanics fee may be charged for repairs.

RACE MORNING PREPARATION

Parking

Parking will be available at the car park opposite Barnard Park (Milne Street) which will allow free parking all day for competitors and their supporters.

Please do not park on the race course. Cars will be towed if required.

Transition Area

As you enter the transition area from 3.30am, you will cross a timing mat which will record your entrance to the compound.

Please ensure you are wearing your timing chip on your LEFT ANKLE when entering the transition compound along with your helmet, firmly fastened to your head. It is suggested to tuck the chip under your wetsuit, to avoid loss.

Body marking will not take place at this event due to the high quality race bibs being provided to you and because a high number of our field choose to wear compression socks that cover the calves.

The numbered bibs must be visible at all times during the Race. Numbers must not be altered in any way and must be displayed and clearly visible on UPPER clothing with the sponsor branded bike number on the back, and the sponsor branded run number on the front. If competing in a trisuit your bike and run numbers must be secured front and back of the suit. The medical and personal information on the reverse side of your Bike and Run Race bibs should be completed as an extra safety/identification measure.

If using a race belt then both numbers must be used and attached to the belt. If using a trisuit (swim) and if using the belt from the bike leg onwards then the belt must be packed in your bike gear bag. It is a requirement that race numbers be displayed at the back (bike) and front (run), i.e. the race belt must not be moved so as to cause the race number to be displayed on the hip. It is common for race numbers to become

detached from race belt toggles so you should ensure the numbers are firmly secured. Pinned numbers may also be a problem in this regard especially if worn during the swim. It is recommended that numbers be sewn to clothing where possible.

It is your responsibility to report the loss or damage of a race number to an event official.

Special Foods Bags

Special Foods Bags for both the bike and run legs will be issued at the Special Foods table outside the Transition marquee on race morning. If you wish to have specific food/drink items during the race, place the provided number on to the bag with your food.

The Bike Special Food Station is located just before the Capel/Tuart Drive Aid Station and the bag can be accessed on laps 2 and 3 only. If you wish to access your bag on both Lap 2 and Lap 3 you MUST stop on Lap 2 and take whatever product you require before handing your bag back to the official.

The Run Special Food Station is located between the Goose Restaurant and Equinox Restaurant heading towards Signal Park and the bag can be accessed on all 4 laps.

Bike Race morning

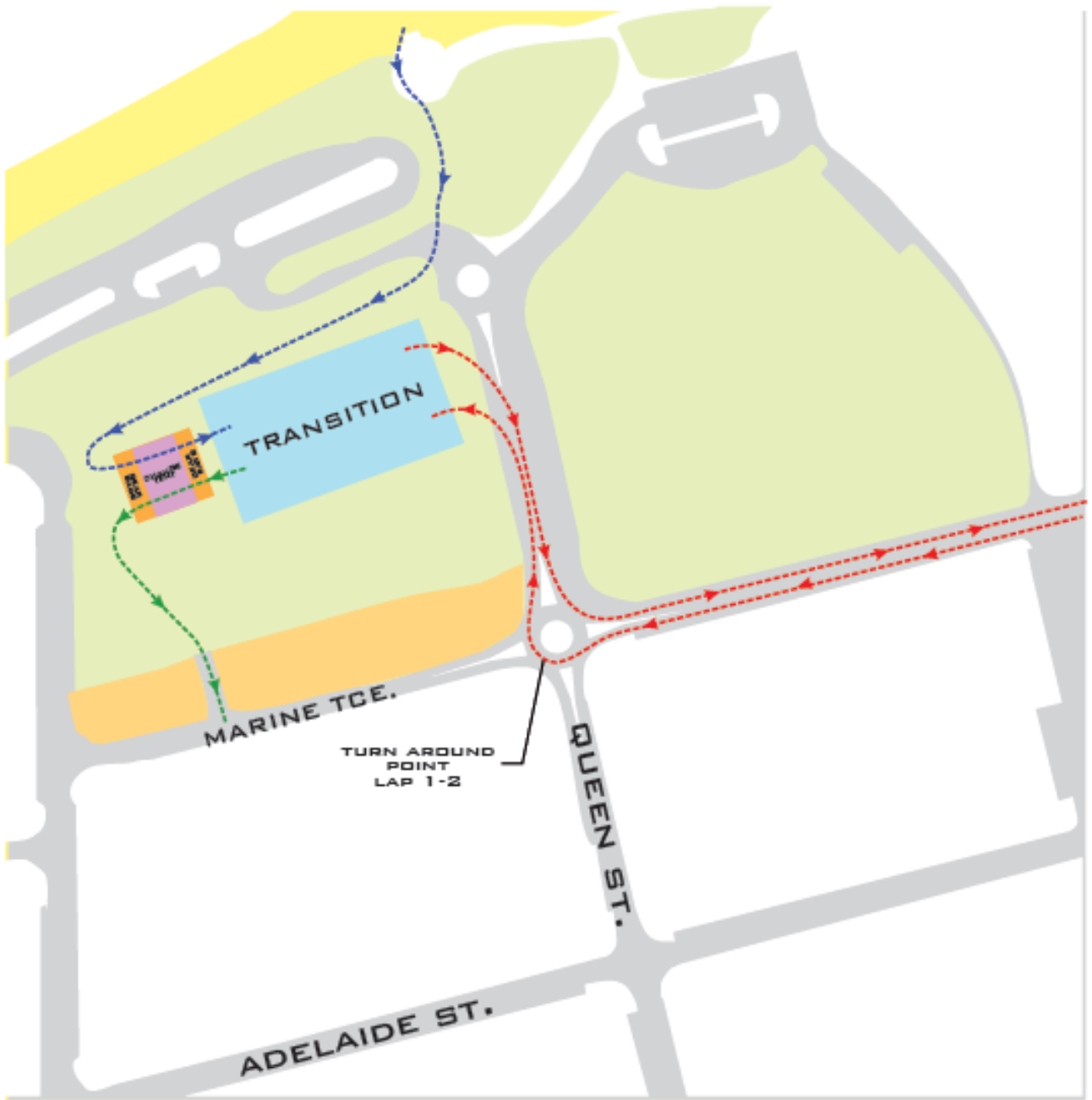
Athletes have access to their bike from 3.30am, at which time they will place at a minimum their bike helmet, sunglasses, bike shoes and food stuffs.

Bike shoes are allowed either on the bike or in the bike gear bag. It is your choice.

Mechanics in transition

Mechanics will be available on race morning in transition. There will only be facilities for minor repairs and trained mechanics will only effect on-the-spot minor adjustments, if required. A mechanics fee may be charged for repairs.

Transition Map



THE RACE AID STATIONS

Aid Stations will be located in transition for pre-start to fill bidons; Swim-to-Bike; Bike-to-Run and the following locations on course:

The Bike Aid Stations are located at:

- Forrest Beach Road
- Capel/Tuart Drive
- Rushleigh Road/Tuart Drive
- Barnard Park (laps 2 and 3 only)

The Run Aid Stations are located at:

- King Street/Geographe Bay Road (run turn)
- Equinox Restaurant
- Ford Road/Geographe Bay Road
- Morgan Street/Geographe Bay Road (run turn)

Finish – post race recovery area in Mitchell Park (where athletes can mingle with their supporters & watch the race on the big screen).

Aid Stations will provide items of refreshments listed below:

The Transition Aid Station will offer:

- Water
- Gatorade (Orange Ice)
- Fruit
- Sunscreen
- Vaseline

The Bike Aid Stations will offer:

- Gatorade (Orange Ice)
- Water
- De-gassed Cola
- PowerBar portions
- Fruit

The Run Aid Stations will offer:

- Gatorade (Lemon/Lime)
- Water
- De-gassed Cola
- PowerBar portions
- PowerBar Gels
- PowerBar Blasts
- Fruit
- Cookies
- Soup (for twilight/dusk finishers)

The Finish Aid Station will offer:

- Hot food
- Fruit salad
- Ice cream
- Drinks

PowerBar Gels provided at Aid Stations will be restricted to one per athlete per station. This could however still result in the aid stations running out of Gel supplies. Athletes therefore may need to personally provide this type of nutrition sufficient to ensure they meet their own estimated time needs. Access to your own Gels from your Special Foods Bag is an alternative.

Bike Aid Station - Reminders and Safety:

Signs will be posted well before each Aid Station and it is your responsibility to secure items you require. Call for what you want as you approach and pass through a station and be aware of volunteers and fellow competitors at all times. If you need to stop at a Station, slow down and dismount on the approach, not within the Station, and keeping clear of passing cyclists. Discard bidons in designated areas located at the approach to each Aid Station.

If you use a Jetstream be aware that volunteers will not open bidon tops for you.

On Course Set Up

Bike tables will be in the following sequence at all stations:

- Water
- Gatorade/Cola
- Bananas
- PowerBars/PowerBar Gels/Biscuits
- Backup Water

Run tables will be in the following sequence at all Stations. Stations at Equinox and Ford Road are two-way:

- Water
- Gatorade/Cola
- PowerBars/PowerBar Gels/Bananas/Vegemite
- Gatorade/Cola/Water

When approaching a station be ready to call your need. For the Energy drink simply call "Gatorade".

COURSE: Athletes must walk across the time mat under the swim start arch located in front of The Goose café, on the eastern side of the jetty. Professional athletes will be penned into one area on the beach before being introduced into the water. The swim is a deep water start and will begin approximately 50m off shore and 50 meters away from the Jetty. Athletes will follow a straight-line to the end of the Jetty and swim 50m past the Jetty before turning left, swim another 50m and then turn left again. Athletes will then swim straight back to shore following the marker buoys. Once out of the water athletes will run through the showers, cross over the road into Signal Park before getting changed for the bike leg.

Swim course entry:



It is compulsory to cross the timing mat at the entry of the swim arch.

Approximately 15 minutes prior to start times, athletes will be called to move to the Race Start Area on the beach on the eastern side of the Busselton Jetty and directed into a secured compound.

Starting times

Professional athletes will start the race at 5:30am and individual Age Group athletes will start at 5:45am.

Swim Race Rules

The World Triathlon Corporation has established a policy regarding the use of speed suits and wetsuits at its events effective after 1 September 2010. This information can be viewed at www.ironman.com/faq/rulesfaq.

This event is normally a wetsuit swim so the following summarises the wetsuit rules ...

- Wetsuits cannot measure more than 5 millimetres thick; a standard variance will be allowed to account for seams and jersey material (non-buoyant).
- Full wetsuits covering arms and legs are allowed.

- Wetsuits can be worn in water temperature up to and including 24.5°C.
- Athletes who choose to wear a wetsuit in water temperatures between 24.5°C and 28.8°C will not be eligible for awards, including Hawaii slots.
- Wetsuits are prohibited in water temperature greater than 28.8°C.
- A list of prohibited wetsuits will be available on www.ironman.com prior to 1 September 2010. Competitors who wear a prohibited wetsuit will be disqualified.

If an athlete is reported for an infringement during the Swim they may be required to serve a three-minute time penalty in a designated area prior to entering the Swim/Bike transition tent.

Athletes must complete the entire swim course. Any athlete found not to have completed the entire course may be disqualified.

Water Temperature

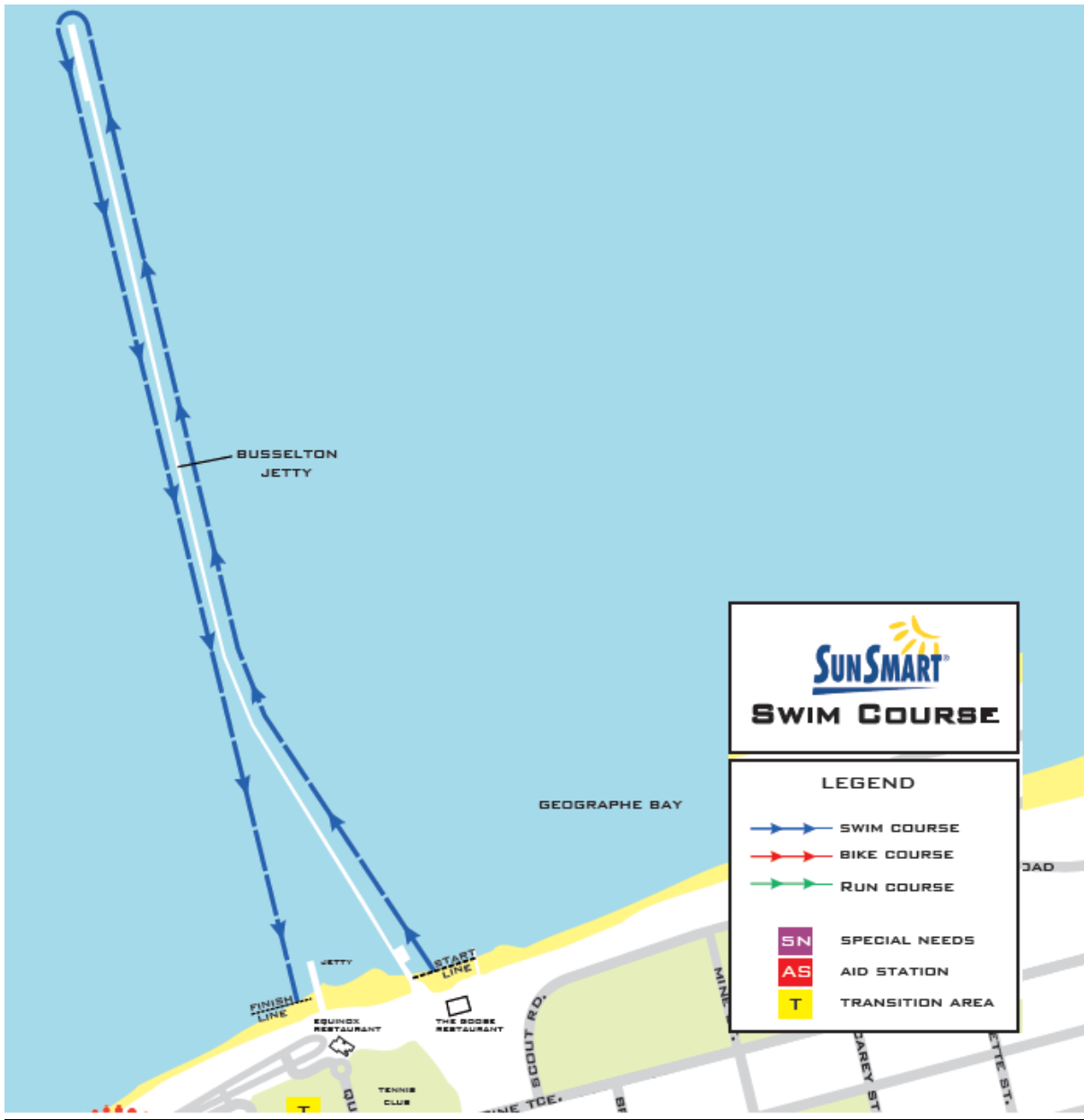
The Triathlon Australia appointed Technical Delegate will take the water temperature 24-hours before race start and the reading plus the interim ruling on wetsuit use will be announced at Saturday's Bike and Gear Bag Check-In. The water temperature will again be taken on Race Morning and the final ruling on wetsuit use will be continuously announced up to the time Transition closes.

Swim-to-Bike Transition

At the swim finish, competitors will pass through a timing chute to the showers, cross over into Signal Park to collect your Bike Gear Bag, taking care to collect your numbered bag, and proceed into the Transition Marquee area. Do not completely remove your wetsuit until you are at the Marquee after you pick up your Bike Gear Bag. Bags will be in number sequence on clearly marked bag racks. Separate male and female change areas are inside the marquee and volunteers will assist you with your transition.

All discarded swim gear must be placed in the emptied Bike bag and the bag handed to volunteers before leaving the marquee. When you reach your bike your helmet must be securely fastened on your head prior to removing your bike from the bike rack.

Blueseventy Swim Course Map



COURSE: Starting from transition area on Signal Park athletes exit east along Marine Tce, turn right into Carey St, left into Layman Rd, then left into Forrest Beach Rd, before making the turnaround approx. 6k along the road. Athletes return along Forrest Beach Rd, left into Layman Rd, left into Tuart Dve riding to the next turnaround point prior to Bussell Hwy intersection. Athletes then return along Tuart Dve ride through the roundabout to the turnaround point prior to Rushleigh Rd intersection before returning along Tuart Drive, left into Layman Rd. Athletes then follow Layman Road back to town and then turn right into Carey St, left into Marine Tce, right into Queen St. and repeat the circuit three times before dismounting back onto Signal Park.

Race Rules/Drafting

Absolutely NO DRAFTING of another bicycle or any other vehicle is allowed.

Athletes must keep **12-metres** (~7 bike lengths) **between** bicycles except when passing. Failure to do so will result in a **drafting infringement**. The 12-metre draft distance is measured from the rear most part of the rear wheel of the leading bicycle to the leading edge of the front wheel of the following bicycle.

A pass occurs when the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being passed.

Athletes overtaking another athlete must pass on the right and have 25-seconds to make the pass. Once the pass has been made the athlete must move back to the left hand side of the road. Failure to complete a pass within 25-seconds will result in a **drafting infringement**. Athletes may not drop back out of the 12-metre draft distance once it is entered (**drafting infringement**).

Athletes overtaken must immediately fall back 12-metres (~7 bike lengths) before attempting to regain the lead from a front running athlete. Immediately repassing prior to falling back 12-metres will result in a **drafting infringement**.

Athletes overtaken who remain within 12-metres (~7 bike lengths) for more than 25-seconds will receive a **drafting infringement**.

Athletes who impede the forward progress of other competitors will receive a **blocking infringement**.

An athlete's draft distance may overlap the draft distance of another athlete in the following circumstances:

- In passing the forward athlete and AT ALL TIMES progressing through but for a period of no longer than 25-seconds;
- For safety reasons;
- For an Aid Station;
- For leaving or entering the transition area; and
- Making an acute turn.

Bike-to-run Transition

As you dismount in the Bike Finish Chute volunteer "bike catchers" will take your bike for racking. **DO NOT THROW YOUR BIKE AT THE CATCHER** as this will be deemed as unsportsmanlike conduct if reported and result in disqualification.

Proceed into Signal Park to pick up your Run Gear bag, taking care to collect your numbered bag, and proceed into the Transition Marquee area. Bags will be in number sequence on clearly marked bag racks. Separate male and female change areas are inside the marquee and volunteers will assist you with your transition. You must enter the change area even if you only need to put on running shoes. You will not be allowed to change into any run gear outside the change marquee. All discarded bike gear must be placed in the emptied Bike bag and the bag handed to volunteers before leaving the marquee.

Mechanics

Mechanics will be on-course to help with minor repairs. Three mobile mechanics will look after zones of the bike course, along with two highly visible – strategically located – static positions along the course.

You are required to make your own repairs, however in certain circumstances, the mechanics will offer assistance – which will not be classed as outside assistance.

If you breakdown, move to a safe position off the road which will allow for you and the spares bike unit to operate and not impede other competitors.

Sag Wagon

Two vehicles will operate on the bike course for collecting "beyond repair" bikes and / or exhausted but uninjured athletes who wish to withdraw from the race. Our team will make every effort to get you back to the transition zone as soon as possible.

BikeSure Bike Course Map





COURSE: After transition athletes exit west along Marine Tce, turn right into Queen Street heading to the finish line area where they turn left onto Duchess Street then left into West Street. Following West Street athletes will veer left into Geographe Bay Rd and run to the turnaround point prior to Thomas/King St intersection. Athletes will then return along Geographe Bay Rd, through the car park north of Signal Park, continue east along the coastal pedestrian path in front of The Goose Café to the turnaround point prior to Morgan St. On the road athletes return back along Geographe Bay Rd, left into Scout Rd and then turn right across the park prior to Marine Tce, turn right then left through the car park crossing over Queen St, left into West St, left into Marine Tce, right into Queen St, right into Duchess St, right into West St, left into Geographe Bay Rd and then repeat circuit four times before making your way to the finish in Queen St at Duchess St intersection.

Race Rules

If an athlete receives an infringement during the Run they may be required to serve a three (3) minute time penalty on the course with the Technical Official where the infringement occurred.

1. No form of locomotion other than running, walking or crawling is allowed.
2. Athletes must wear their Ironman issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is strictly prohibited and may result in disqualification.
3. No individual support vehicles or non-participant escort runners are allowed. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single athletes, is not allowed. Individual support vehicles or non-participant escort runners will result in disqualification. A non-participant escort runner includes athletes who have withdrawn from the race, have been disqualified, or have finished the race.
4. 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 an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing.
5. Athletes are expected to follow the directions and instructions of all race officials and public authorities.
6. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
7. A shirt or racing top must be worn at all times.

The run course will officially close at 10:45pm.

Glow Sticks

Athletes running at dusk will be issued light glow sticks at Aid Stations. They should be pinned on your left side on clothing with the safety pin provided. Athletes must take particular care at this time in the race.

Gatorade Lap Bands

Athletes will be handed a plastic wristband just prior to the completion of each lap of the run. The first 3 wristbands will be the same colour and the fourth a different colour. It is the athlete's responsibility to ensure he/she receives the 4 wristbands in order to be classified as a finisher on entering the finish chute.

Finish line to medical, gear collection and finisher shirts

As you cross the line, specially trained catchers will be there to "escort" you to the secured finish compound. These catchers will endeavour to briefly assess you as you proceed and may need to take you directly to the Medical marquee for treatment. If you do not require immediate transfer to the Medical marquee, the catchers will take you to the Triage area where a small team of nurses/trained First Aiders will attend to and treat any minor injuries (blisters etc.) and provide fluids (water, ice, Gatorade). If you do not require any treatment you will be able to proceed to the other finish compound facilities, such as massage. Hot and cold food, fruit salad, ice cream and drinks will be served in the designated marquee within the Recovery area in Mitchell Park, where you can be joined by family and friends.

Street Gear bags will be available for collection from the designated marquee within the Recovery area beside Mitchell Park. You may collect your street gear bag and then leave the compound to meet family and friends, and return later for refreshments. Please remember to retain your ID wristband for this purpose and re-enter through the specially designated gate. Gear bags not collected will be taken to the Race Office for collection with other lost property on Monday December 5.

Finishers Shirts will be available for collection from the designated marquee within the Recovery area beside Mitchell Park by all official Finishers at the completion of their race. Production of your Finisher Medal is required.



Finish Line Policy

Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each athlete adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DQ).

Medical and Massage

Trained volunteer massage therapists will be on hand to provide a brief massage service for you. Delays may occur and you are free to exit the Finish secured compound to return later. You will not be able to congregate in the massage marquee. Use the common recovery area outside to discuss the race with your fellow athletes. Do not congregate in areas where you block finishing athletes being assisted to Recovery.

K-Swiss Run Course Map



Race Results

Race results will be available on the official event website – IronmanWesternAustralia.com – the morning after the event. Finisher's certificates will be available to download and view on the official website.

Bike Collection and chip return



You must be wearing or carrying your timing chip and wearing your id wristband to be able to collect your bike and only you can collect it unless special arrangements have been made with the race director or designated officials.

Timing chips will be collected upon exiting the transition zone with your bike.

Bike pickup on Race Day is from 4.45pm to 10.45pm from the Bike Compound in Signal Park. Bikes not collected will be retained in the secured compound area overnight for collection from 8:30am to 11:30am on Monday December 5.


Please endeavour to collect your bike on Race Day. No responsibility will be taken for bikes not collected by 11:30am on Monday December 5, and any such bikes will be taken to the Race Information Office.

As you have acknowledged on your entry contract, the timing chip and band is on loan and you are committed to returning the chip and band intact to the World Triathlon Corporation or pay the AUD \$150.00 fee.

Do not lose or forget your timing chip and band on race day. Limited replacement chips and bands will

be available at swim registration but there is no guarantee that one will be supplied to you. You will remain responsible for the return of the original chip and band and any replacement chip and band or the cost of them. Notwithstanding the payment of any replacement, failure to return the chip/s and band/s may lead to prevention of future participation in Ironman Triathlon events.

It is imperative that you visit the Race Day Information Centre (RDIC) to report your withdrawal from the event. Failure to report your drop out to the RDIC on race day may lead to prevention of participation in future Ironman Triathlon events. The RDIC will monitor and collect timing chips and bands from competitors who may be transported from the course direct to the Medical Recovery Area at the Finish Compound.



Please do not hand in your timing chips as they are now required to collect your bike from transition.

Should you lose your timing chip and band during any leg of the race, you should alert an Official at the finish of that particular leg. The Official will endeavour to arrange a replacement chip and band.

Lost and Found

Please place some form of identification on all your personal gear/property for ease of identifying lost items post-race. Any property handed in to staff will be available for collection on Monday December 5 at the Race Information Office. Race organisers do not take any responsibility for lost property and please appreciate the problems if your property cannot be identified or you have no proof of ownership.

Penalty Boxes

There will be two penalty boxes which athletes will pass on each lap of the bike course. These will be located behind the Capel/Tuart Drive turnaround and at the Milne Street/Marine Terrace intersection on the return into town.

An athlete who receives either a drafting infringement, blocking infringement, illegal pass infringement or littering infringement (all Yellow Card) on the bike course MUST report to the next PB they come to and on the same lap that the infringement was received. Failure to comply with both these requirements will result in disqualification.

An athlete reporting to a PB will be required to serve a 4-minute time penalty for each infringement received. This could mean multiple time penalties.

An athlete reporting to a PB will be required to advise the Official his/her name which will be recorded in the PB register. The athlete will then be required to sign the PB Register. Both these actions are required as evidence of reporting to the PB. An athlete may also have their race bib and/or bike number plate photographed and the bike number plate marked as further evidence.

Event Sanctioning and Rules

The Triathlon Australia Race Competition Rules (TARCR) and World Triathlon Corporation Australia Special Rules (WTCASR) will apply at this event. In all instances the WTCASR will take precedence over the equivalent TARCR. The TARCR can be accessed at www.triathlon.org.au/Events/Race and the WTCASR are detailed in this Athlete Information Guide.

All athletes are expected to be familiar with the TARCR and WTCASR. If you have any queries regarding any aspect of competing or any of the rules you should discuss with Technical Officials at Bike and Gear Bag Check-In on Saturday afternoon.

Disqualification

An athlete will be disqualified if they receive 3 or more infringements across the entire course. All time penalty and stop/start penalty infringements received count towards this total.

Tech Officials

Triathlon Western Australia has appointed a Senior Technical Team along with accredited Technical Officials to administer ALL race rules across the entire race from 5:30am to 10:45pm and all athletes are expected to be familiar with Triathlon Australia rules and the special IRONMAN rules.

Technical Officials will be proactive in ensuring that athletes compete within the event rules and may issue warnings before issuing an infringement; however this is not a requirement. If issuing a warning the Technical Official will gain the attention of the athlete and inform them what to do to avoid receiving an infringement, and will NOT show a card. If issuing an infringement the Technical Official will gain the attention of the athlete, show either a Yellow or Red Card and explain the action required by the athlete and it is the athlete's responsibility to ensure they understand what they are required to do as it most likely will require the athlete to report to the Penalty Box.

Trash on Course

Please be considerate of the local community and refrain from discarding any waste, including energy bar/gel wrappers, equipment and bidons on the Course other than at an Aid Station. If you are observed by a Technical Official deliberately discarding items other than on the approach or exit (within 50 metres) from an Aid Station you will receive a littering infringement (Yellow Card) and be required to report to the next Penalty Box on that lap and serve a 4-minute time penalty.

Athlete Signage/Vandalism

Messages of encouragement to athletes by supporters are only tolerated if they use chalk or printed cardboard signs. **Paint or crayon is banned** and can lead to disqualification. Appreciate the laws governing graffiti which is a criminal offence.

Dead Heats

Please note there are no dead heats at the event. Timing Officials will determine splits for any groups of athletes crossing the finish line together so please note the importance if trying to qualify for a slot to the Ironman World Championship in Kailua-Kona, Hawaii.

RULES RACE SPECIFIC

1. It is the athlete's responsibility to know all aspects of the swim, bike and run.
2. Once an athlete competes as a Professional/Elite in the Ironman qualifying race series season, the athlete cannot compete as a age group athlete in that year's Ironman World Championship or Ironman World Championship 70.3 as an age grouper.
3. Participants are expected to follow the directions and instructions of all race officials and public authorities.
4. Medical personnel shall have ULTIMATE and FINAL authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any athlete will result in the athlete being classified as Did Not Finish (DNF).
5. No athlete can use a Performance Enhancing drug or procedure. Athletes may be requested to undergo drug testing before and after the event. If you are requested to do so, you hereby agree to abide by such testing procedures. Athletes should refer to the Ironman Anti-Doping Policy section contained in this Athlete Information Guide.
6. The Medical Control Rules set forth by Triathlon Australia, in harmony with WTC Anti-Doping regulations and policies on banned substances, will be binding on all athletes. In addition, other rules and regulations, even if not yet recognised by the WTC Anti-Doping, may be instituted, which if such occurs, you agree to abide by.
7. Should any athlete have an Adverse Analytical Finding according to the WTC Anti-Doping code, all procedures with regards to handling of the sample, notification, testing of the B Sample, adjudication and suspensions will be in accordance with WTC rules.
8. Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in an athlete being suspended from competing in any IRONMAN event in the future.
9. If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the RDIC tent located in Kent Street in the finish line precinct and turn in their timing band chip immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in an athlete being prevented from competing in any IRONMAN event in the future.
10. IRONMAN reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race briefing meetings.
11. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the Race Information Office located in Signal Park.
12. Communication devices of any type are strictly forbidden during competition. Use of such devices may result in disqualification.
13. IRONMAN does not allow the transfer of an athlete's registration – no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification and suspension from future participation in any IRONMAN event.



PHYSICALLY CHALLENGED RULES

Swim

1. IRONMAN reserves the right to seed athletes at the swim start (i.e., early start, late start, designated wave, etc.).
2. Athletes may use a wetsuit during competition. Each athlete must obtain approval from the Race Director prior to the race for all swimwear and accessories to be used during the swim. Any change thereafter will be grounds for disqualification.
3. The use of any flotation devices is prohibited unless otherwise approved by the Race Director.

Bike

1. Cycling conduct and specifications are consistent with Triathlon Australia rules and Ironman Special Rules.
2. Hand cycles are allowed. Race officials reserve the right to reject any bike not meeting safety standards.
3. Equipment must otherwise conform to all other general rules for bicycles as it pertains to the Ironman competition, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle/hand cycle, regardless of any secondary benefit.
4. Athletes are required to maintain control of his/her bicycle/hand cycle and to operate at a reasonable speed so as not to threaten the safety and well-being of aid station volunteers, other athletes, race officials and spectators. Operation of a bicycle/hand cycle in a dangerous or reckless manner will be grounds for disqualification.
5. An approved helmet is required during the entire hand cycle (bike) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap fastened will be disqualified.
6. DRAFTING IS PROHIBITED.

Run

1. Running conduct and specifications are consistent with Triathlon Australia rules and Ironman Special Rules.
2. Athletes are required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle/hand cycle portion. Standard racing chairs shall be used.
3. An approved helmet is required during the entire wheelchair (run) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap fastened will be disqualified.
4. The racing chair must contain a forward headlight and a rear red taillight and both must be on during the entire run course.

General

1. Unauthorized outside aid/support or escorts are grounds for disqualification. Guides must be approved prior to the race and will work directly with the Race Director. The expected conduct of all guides is consistent with Triathlon Australia rules and Ironman Special Rules.
2. Race management will approve individuals to assist athletes in the transition area. These individuals will be allowed to assist athletes in transition from the water to their hand cycles and from their hand cycles to their racing chairs. Likewise, they will also be able to assist all physically challenged athletes with equipment needs, etc., as approved by the Race Director.
3. All athletes must attend a pre-race briefing with the Race Director. Failure to attend a scheduled briefing may result in forfeiture of a start spot. Check the Schedule of Events for briefing times and location.
4. The Race Director reserves the right to modify the above rules as necessary, as long as such changes are communicated to the athlete in writing or at a pre-race briefing.
5. Any rule interpretation or enforcement made by IRONMAN shall be final.

SPECTATOR INFORMATION

Race Day Information Centre

On race day, there will be two designated drop-out centres for competitors to report their withdrawal from the event and for spectators to check-in on an athlete they think may have withdrawn.

Location one is located at Signal Park. The hours of operation are 6.30am to 12.30pm.

Location two is located at Mitchell Park. The hours of operation are 12.00pm to 10.30pm.

Event map guides will be available at Athlete Services during race week.

IronmanLive

IronmanLive is the exclusive online home of live coverage for Ironman events around the world. Tell your family and friends to tune into Ironman.com on race day to track you live on course and to see your finish on the live finish live camera.

Crossing the course on race day

It is critical that spectators remain off the race course to ensure a safe course for competitors. If you need to cross the course, please look for designated crosswalks or use common sense at other locations.

QUALIFYING FOR THE IRONMAN WORLD CHAMPIONSHIP

Hawaii Qualification Ceremony

Forty (40) qualifying slots for the 2012 Ford Ironman World Championship (October 13, 2012, in Kailua-Kona, Hawaii) will be awarded to the top age group finishers. Final slot allocation will be determined on race day based on the number of official starters. Athletes **MUST** claim their slot in person on Monday, December 5 from 11 00 a.m. in Signal Park. Be prepared to pay the entry fee (which will be advertised during race week) with **credit card only**.

Slot Allocation Policy

At least one slot shall be allocated to each five-year age group category in which there is at least one entry, both male and female. If there are no athletes entered in the race in a particular age group, then that slot will be moved to the largest populated age group in that same gender. For additional age group slots, slot allocation shall be representative of the actual number of age group applicants in each category in the race. As an example, if 8% of the age group applicants are females 40-44, then 8% of these slots would be allocated in the female 40-44 category.

Anti-Doping Policy

1. In accordance with the World Triathlon Corporation Anti-Doping Policy, all athletes accepting qualifying slots for the 2011 Ford Ironman World Championship and 2011 Ironman World Championship 70.3 will be required to sign a condition of Entry, Release and Indemnification waiver, by which they agree to be placed into the WTC Registered Testing Pool for both in and out of competition testing, and voluntarily consent to be governed by the published rule: <http://www.ironmanusa.com/wtc-antidoping-rules.pdf>
2. We encourage all athletes to be familiar with the most current 2010 WADA Prohibited list which can be found at:
3. http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/WADA_Prohibited_List_2010_EN.pdf
4. According to the World Anti-Doping Agency and the 2010 International Standard for Therapeutic Use

Exemptions, there are some substances which require a Declaration of Use. The WTC recommends completing this in two ways:

- a) Filing a Declaration of Use directly to your NADO or through your secured ADAMS login. The WTC Declaration of Use form can be found at:
<http://www.ironmanusa.com/wtc-declarationofuse.pdf>
- b) On the Doping Control Official Record at the time of testing should you be selected for Doping Control

The substances which require a Declaration of Use are listed below:

- i) Albuterol and Salmeterol by inhalation for the treatment of asthma
- ii) Inhaled or locally injected glucocorticosteroids (intramuscular use requires a TUE)
- Iii) Platelet Rich Plasma injections (except intramuscular which requires a TUE).

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