

22nd April 2012

INTRODUCTION

What makes the Spec-Savers Ironman South Africa unique is the 5 day experience it offers:

- ❏ Exclusive five-day Expo showcasing the very latest in the triathlon world
- ❏ Iron Girl Fun Run
- ❏ Vodacom Corporate Triathlon Challenge powered by Algoa FM
- ❏ Pritt Ironkids powered by Henkel
- ❏ Spec-Savers Ironman South Africa Awards Ceremony

We recommend that you try and plan your stay for the duration of the 5 day programme and feel the Spirit, which is IRONMAN.

We hope that you enjoy your stay and that this event is a memorable one.

The IRONMAN SOUTH AFRICA Race Office:

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Email: officeafrica@triangle.cc

Web: www.ironmansouthafrica.com

Race Week: Radisson Blu Hotel | Summerstrand
Port Elizabeth



Race Director - Paul Wolf

On behalf of IRONMAN South Africa event staff and all residents of the region, I would like to welcome all athletes and guests to the 8th Spec-Savers IRONMAN South Africa to be held in Nelson Mandela Bay, Port Elizabeth.

Our aim is to be amongst the best Ironman races in the world and we thank you for selecting one of our races.

We'd like to wish you a great Race Day!

Good Luck, be safe and enjoy the race!



THURSDAY - 19 April: 09h00 – 18h00

FRIDAY - 20 April: 09h00 – 17h00

SATURDAY - 21 April: 08h00 – 13h00

Registration will take place in the Radisson Blu Hotel Conference rooms. You may pick up your registration packs during the above-mentioned times. Please bring your ID photo. At Registration, please provide us with the name, room number and phone number of your accommodation while staying in Port Elizabeth. These details **MUST** also be written on the back of your race number – these details could save your life. International Athletes need to provide the race organisers with credit card details at Registration as these are needed for hospital administration. You claim back from your medical insurance. **All non-members of TSA will have to pay a day licence fee of R75, which is payable at Registration. (This Includes International Athletes)**

RACE BRIEFING

There will be **TWO SEPERATE** Race Briefings due to the number of athletes registered for 2012.

FRIDAY - 20 April 2012: 18h00 - 19h00 at PE Cold Storage Coega.

- ❗ Please do not bring friends and family to PE Cold Storage if they are not accompanying you to the Pasta Party. They will not be allowed into the venue, purely for the race briefing.

SATURDAY - 21 April 2012: 13h00 - 14h00 at VODACOM Amphitheatre in the Boardwalk Conference Centre

- ❗ Participants only due to space constraint

BIKE/HELMET CHECK-IN

SATURDAY - 21 April 2012: 14h00 - 18h00

Location: Hobie Beach | Port Elizabeth

Security: Overnight security is provided in the Bike Transition Area.

Transition Bags must be checked in with Bikes - these can be accessed again on race morning. Please ensure you stick to the Age Group Time Schedule for your check in times to avoid queuing. You will not be allowed into Transition except during your check-in time slot. No one will be permitted to check-in or rack any bikes after 18h00. You have the option of covering your bike computer or removing it. Full bike covers are not permitted and will be removed. You will have access to your bike at 05h00 on race morning. You will receive your **RUN / BIKE / SWIM TRANSITION BAGS** inside your **REGISTRATION PACK**. Please pack your equipment in the appropriate bag and bring it to a designated check-in area with **BIKE CHECK-IN**. You will be escorted to the bag racks where you will rack your own bags. If you require a "Special Needs Bag" you can request one from the Schenker Booth at Registration.

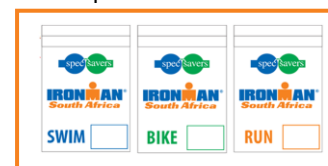
RACE NUMBERS	CHECK IN TIME
PRO Athletes	14h00 - 18h00
60 - 800	14h00 - 15h30
801 - 1400	15h30 - 17h00
1401 - 2000	17h00 - 18h00

TRANSITION BAG CHECK-IN closes at 18h00 – no one will be permitted to check-in or rack any bags after 18h00. You will be given access to your bags on Race Morning at 05h00.

There will be 2 Schenker trucks parked at the entrance to the transition. They will be marked as follows:

1. "SPECIAL NEEDS CYCLE"
2. "SPECIAL NEEDS RUN"

Please ensure you place the correct bag into the right truck.



RACE DAY TIMING CHECK-IN

Transition will be open from 05h00. In your **REGISTRATION PACK**, you will receive an **OFFICIAL SWIM CAP** and a **TIMING CHIP** with **CHIP BELT**. You must bring your swim cap with you and have your timing chip secured to your **LEFT** leg in order to enter the transition area. You will be required to walk across a timing mat upon completing the check-in process as you enter the swim start area. You may not leave this area once you have entered.

PROFESSIONAL / AGE GROUP RACE START: 07h00

Ensure you line up in the correct areas - age groups at the back, elite/professionals to the right front in the cornered-off area. Athletes may not enter the water from the swim area, not even to wet their goggles. Stay behind the start line. If you disobey this rule, you will be given a time penalty. Use the warm-up area to get ready to race. The age groupers must line up with those able to swim sub-1 hour in the front, the next group 1hr 30mins behind them and those taking longer than 1hr 30min at the back. Please ensure to drop off your "Swim Bag" at the Swim Bag Tent past the Finish Line.

PLEASE NOTE: THE ORGANISERS DO NOT ACCEPT RESPONSIBILITY FOR ANY VALUABLE ITEMS PUT INTO YOUR TRANSITION BAGS.

SWIM – 3.8KM / 2.4 Mile Sea Swim



The swim will start at Hobie Beach and will be 2 loops of 1.9km each. The water temperature should be between 17 and 24.5°C, therefore wetsuits should be allowed. If it is below 14°C, then wetsuits are compulsory. You will be informed on race day if these rules apply. You will round 3 bouys on the right hand side at different intervals. 300m > Bouy 1 ; 700m > Bouy 2 ; 102m > Bouy 3. The 4th bouy you will round on the left. The last 172m will bring you back to Hobie Beach, where you will either start your 2nd loop or head to Transition to start the bike leg. The cut-off for the swim is 2 hours 20 minutes. Pre-race final check-in will begin at 05h00 (approx. 2 hours before race start). Athletes will be required to cross over the mats at the swim start to ensure that we have an accurate count going into the water. Failure to cross these mats could result in disqualification. For those who wear glasses or hearing aids, please label them with your name and race number. Tables will be provided at the timing mats at the Swim Start area, where these can be handed in. These tables will be placed at the entrance to Transition where you can pick up your glasses / hearing aid after completing the swim. There will be showers at the end of the beach run. Wetsuits may be fully removed in the changing tents only. Public nudity is prohibited. Please take your bag to the bag drop-off zone outside the changing tent. (NB: It is your responsibility to ensure ALL equipment is placed in the bag and securely closed.)

RULES:

1. You must wear the official swim cap provided by the race organisers. Wearing swim goggles or a face mask is recommended but optional. Wetsuits are permitted as long as they are not thicker than 5mm at any point.
2. No fins, paddles, snorkels or flotation devices of any kind are allowed.
3. Please be sure your timing chip is properly fixed on your left ankle.
4. No individual paddlers or escorts allowed. Course will be adequately patrolled by surfboards, kayaks and patrol boats.
5. Time penalties will be imposed on athletes not behind the official start line 5 minutes prior to the race start. Warm up area is to the right of the start area. It has its own flight of stairs to the beach. Once you cross the timing mats to the start area, you cannot exit this area for any reason.
6. Swimmers are required to stay on course, swim anti-clockwise and keep course markers to the left, except for the last buoy, which will be on your right. Failure to do so will result in disqualification.
7. A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, pump it up and down, and call or seek assistance. A swimmer who has received assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receives medical assistance.
8. The swim course will be CLOSED 2 hours and 20 minutes after the start of the race. Contestants still in the water after this time will be disqualified and will not be permitted to continue the event.
9. After the swim, contestants must collect their Cycle Transition Bag. This is a security measure designed to maintain accurate count of swimmers in and out of the water.
10. Wetsuits may only be stripped in the changing tent. Athletes who do not follow this rule will be given a 4 minute penalty in the penalty box.
11. After the swim, contestants must dress for the bike portion of the race in designated changing tents only. No dressing will be allowed in the bike holding area as it impedes traffic through the bike lanes. Public nudity prohibited.
12. After changing, drop off your Cycle Transition Bag in designated "drop-off zone" as you exit the changing tent.

BIKE – 180km / 112 Miles



From Transition at Hobie Beach, you cycle along the coast for 3km towards the city. Turn left up Walmer Boulevard. You will climb for 10km to reach the highest point of 183 metres above sea level, this is a gentle continuous climb. From here it is downhill to the 20km mark. Gentle rolling hills occur to the turn-around point at the 34km mark. It is then rolling hills all the way to the 40km mark where it is downhill to the coast. The route is then relatively flat along the coast back to Transition at 60km. You need to complete three loops on race day.

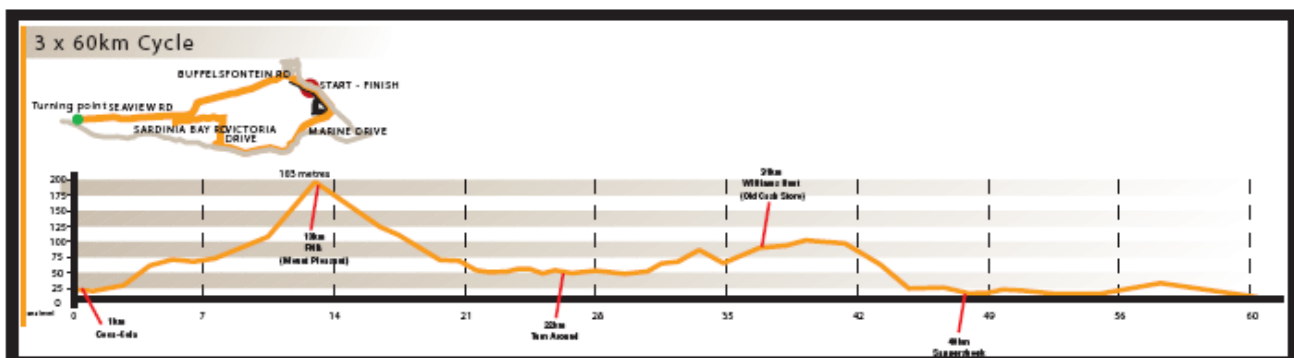
The cut-off time for the bike is 17h30 – 10 hours and 30 minutes (630 mins.) from the race start.

You are able to collect your bike and other gear at the Transition Area between 18h30 – 00h15.

Your bike will be checked out using your official race chip and chip belt. If you are unable to fetch your own bike for any reason, a family member or friend may collect it for you as long as they have the Bike Check-Out card, race chip, and chip belt. This card will be included in your Registration packs.

PLEASE NOTE: NO bikes will be allowed to leave the transition without returning your timing chip and chip belt.

BIKE PROFILE



BIKE RULES & REGULATIONS



1. All bikes must have the supplied identification sticker affixed to their seat post or on the left rear portion of the bike frame that leads from the seat post to the wheel.
2. All contestants are required to ride road/Time trial bikes. Mountain bikes, beach cruisers and bikes with coaster-type brakes are prohibited.
3. No tandems, recumbents and fairings or any add-on devices designed exclusively to reduce resistance are allowed. Solid disc wheels are allowed. Any new, "unusual" or prototype equipment will be subject to a determination of legality by the Bike Director and/or the Chief Race Referee.
4. All bikes and helmets will be checked in on the Saturday prior to race day. Race officials reserve the right to reject any bike / helmet not meeting safety standards. If the bike does not meet safety standards, the contestant will be required to correct the problem before participating in the race. There will be an Official Bike Shop (Triangle Sports) gazebo at the entrance to the transition where bikes can be adjusted or repaired. Once your bike is checked into the holding area, only small covers on the bike computer will be allowed. Large plastic bags that cover the entire bike will not be permitted.
5. Absolutely NO DRAFTING of another bike or any other vehicle is allowed. The drafting zone is 10m x 1.5m (10 metres from your front wheel to the back wheel of the contestant in front of you). Contestants must ride single file on the far right side of the road except when passing another rider. All passing is to the left.
6. You have to ride directly behind the athlete in front of you. You can only move out when you want to pass. If you stay out it is called "BLOCKING" and you will be penalised. You have 15 seconds to get your front wheel in front of the front wheel of the athlete that you are overtaking. He/she then has 15 seconds to get back 10 metres.
7. When overtaking a cyclist ahead of you, you MUST move to the left (1.5 meters) BEFORE entering the 10m draft zone. In other words, no slipstreaming of the contestants ahead is allowed when passing. Failure to move 1.5m to the left before passing will be regarded as a drafting violation.
8. The draft zone, with respect to a motor vehicle, is a rectangular area extending 3 meters to each side of the vehicle, and 30 meters behind the vehicle. It is the contestant's responsibility to continually communicate to the vehicle to move away.
9. There are 2 penalty tents at the following locations on route: Marine Drive and Mount Pleasant (these will be physical tents not Gazebos). Athletes will have to cross a timing mat to enter the tent and to exit the tent. A photograph will also be taken of the athlete and his/her race number to prove the penalty was served.
10. The Hybrid tent and Transition tent will now serve as Info Clerk areas and Drop out areas where athletes can report if they have dropped out.
11. Shoes must be in the Bike Transition Bags or secured to bike pedals. Shoes may NOT be beside the bike. Shoes and shirt must be worn at all times.
12. Each contestant must wear an IRONMAN issued race number at all times while on the course. Bike number must be worn on the BACK whilst cycling. Folding or cutting race number or alteration of any kind is STRICTLY PROHIBITED. Only one number will be supplied. You can use a race belt.

BIKE RULES & REGULATIONS

13. CPSC approved helmets are required during the entire bike race including in an out of the transition area. Any contestant riding without an approved helmet or chin strap not fastened will be disqualified. Alterations to hard-shell helmets that affect the integrity of the helmet are not allowed. The helmet must be fastened before the participant first mounts the bicycle, at all times when the participant is on the bicycle; and must not be unfastened until the participant has dismounted.
14. No MP3 players or cell phones are permitted during the cycle leg. **Athletes will be disqualified if caught using one.**
15. There will be no Personal seconding area. Athletes must use the “Special Needs Bags” system for nutritional needs.
16. Bike Special Needs will be on the sea side of the road in front of the Summerstrand Shopping Centre. Bags will be provided for the Special Needs Station located near the 60km and 120km points of the bike route. You can only access your cycling Special Needs Bag once. These bags can be collected at the Schenker Booth at Registration. Special Needs Station is for nutritional purposes ONLY. All unclaimed bags will be DISCARDED after the race.
17. Each contestant is individually responsible for the repair and maintenance of their own bike. Assistance by anyone, other than IRONMAN technical support officials will be grounds for disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction. Technical support DOES NOT include the normal changing of flat tyres.
18. Contestants are expected to heed directions and instructions of all race officials and public authorities.
19. “No Pass Zone”. Athletes are required to ride at a reduced rate of speed and maintain a static position at the marked “Go Slow” zones at the beach front (Entrance to the finish line and entrance to transition). Failure to comply will result in a 6 minute time penalty to be served at one of the penalty tents. Disregard for this rule that places other participants and/or race officials in immediate peril will result in disqualification and a one-year suspension from all licensed and qualifying IRONMAN events.
20. You may walk with your bike, if necessary, but you may not make progress on the bike course unaccompanied by your bicycle.
21. Bikers are individually responsible for following traffic laws and are solely responsible for the consequences of any infractions.
22. After the bike portion, you must pick up your Run Transition Bag. This is a security measure designed to maintain an accurate count of cyclists still on the course.
23. You must mount and dismount in the marked zones at the transition area. Under no circumstances should you ride your bike inside the transition area.

Bike Course will close at 17h30 (10hrs 30mins after the start).

REFEREES WILL:

1. Blow whistle
2. Call your number
3. Show you a card
4. Ask your name

YOU WILL:

1. Report to next penalty tent
2. Report what card you received
 - 2.1 **Yellow** – Sign in, have a “P” written on your number and remount your bike.
 - 2.2 **Black** – Sign in, spend 6 minutes in penalty tent, and have your number crossed. You may not stretch or go to the toilet. You stand statically next to your bike.

RULE CARDS:

1. **Yellow** – Not clipping helmet, mounting before mount/dismount line, blocking and white line crossing.
2. **Black** – Drafting
3. **Red** – Swearing, MP3 players/cell phones, outside assistance, littering, 2 black cards or a combination of 3 cards, not reporting to correct penalty tent or reporting the incorrect card and outside help.

RED CARD = DQ

DQ for not reporting to penalty tent or reporting wrong card can be applied after the run or if this offence is reported before the start of the run your running gear will be placed in the penalty tent in transition.

You cannot challenge /Appeal a Red Card

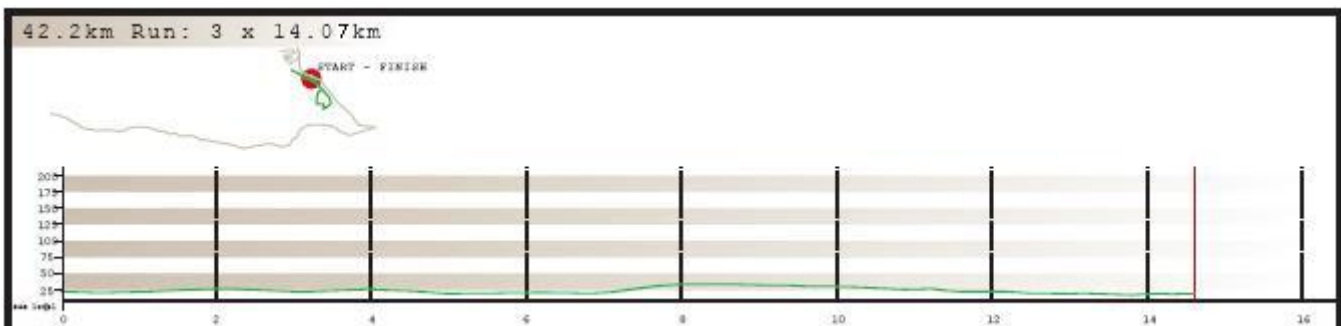


The run will be a three loop course of 14.07km along Marine Drive. The run route is a very fast, flat route, with no hills, through the top gate of Nelson Mandela Metropolitan University and out through the bottom gate of the University, heading towards Transition. The route will be closed to civilian vehicles. Aid stations will be available, approximately 2km apart.

The total cut-off time is 24h00 (midnight) – 17 hours after race start.

Many contestants will still be on the course after dark. We urge all of you to make yourselves as visible as possible. In addition to the required hot spots on your shoes (heels and toes) and reflective tape on your shorts (front and back), we suggest you use additional reflective tape or other materials freely and judiciously to make yourself visible from both the front and the rear to the cars and other runners. Your safety and the safety of others is paramount!

RUN PROFILE



1. No form of locomotion other than running, walking or crawling is allowed.
2. You must wear your race number at all times on the course. Race numbers issued by IRONMAN identify the official contestants in the race. Folding or cutting race numbers or intentional alteration of any kind is **STRICTLY PROHIBITED**. Run number must be placed on the **FRONT** of the runner and be securely attached. Shoes and shirts are required on the run segment.
3. This is an **INDIVIDUAL** event. No individual support vehicles or non-contestant escort runners are allowed. Teamwork as a result of outside assistance that provides an advantage over single competitors is not allowed. Ample aid and food stations will be provided. Individual support vehicles or non-contestant escort runners will result in disqualification. A non-contestant escort runner includes contestants who have withdrawn from the race, have been disqualified or have finished the race. Friends, family members, coaches or supporters of any type may not cycle, drive or run alongside the contestant, may not pass food or other items to the contestant and should be warned to stay completely clear of all contestants to avoid disqualification. It is incumbent upon each contestant to reject immediately any attempt to assist, follow or escort. Personal seconding is not allowed. Athletes must use the "Special Needs Bags" system for personal nutritional needs. You can only access your run special needs bag once.
4. Bags will be provided for the Special Needs Station located in front of the Humewood Hotel. This bag can be picked up once during the marathon. Special Needs Station is for nutritional purposes **ONLY**. All unclaimed bags will be discarded after the Special Needs Station is closed.
5. Follow the directions and instructions of all race officials and public authorities.
6. Since the majority of contestants will still be on the course after dark, runners will be **REQUIRED** to wear reflective materials on the front and back of their shoes and clothing.
7. The IRONMAN course will close 17 hours after the start of the race. Support services are not available after the course closes.
8. No MP3 Players or cell phones are allowed on the course - **YOU WILL BE DISQUALIFIED IF CAUGHT USING ONE**.
9. No littering is allowed on the course, except at demarcated litter zones. Offenders will be disqualified (**RED CARD**)

GENERAL RULES & REGULATIONS

1. IRONMAN Triathlon World Championship rules state that once an athlete competes as a professional / elite in the IRONMAN triathlon qualifying race series season, the athlete cannot compete as an age grouper in that respective year's IRONMAN Triathlon World Championship as an age grouper.
2. Contestants are expected to heed directions and instructions of all race officials and public authorities.
3. Course referees shall have authority to disqualify any contestant.
4. Medical personnel shall have ULTIMATE and FINAL authority to remove a contestant from the race if the contestant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any contestant will result in disqualification.
5. No contestant may use alcohol or any illegal, detrimental or dangerous drugs, stimulants, depressants or other substances or procedures with the intent to improve performance, eliminate the sense of fatigue or for any other purpose. Violation of this rule is grounds for immediate disqualification and will result in suspension as determined by the Race Director and the World Triathlon Corporation. Offenders will be banned from all future IRONMAN licensed events.
5. The Medical Control Rules set forth by Drug Free Sport, in harmony with the World Triathlon Corporation (WTC) regulations and policies on banned substances, will be binding on all contestants. In addition, other rules and regulations, even if not yet recognized by the WTC may be instituted, which if such occurs, you agree to abide by. Contestants may be requested to undergo drug testing procedures before and after the events. If you are requested to do so, you hereby agree to abide by such testing procedures.
6. Should any contestant test positive for any substance banned by the WTC regulations and policies and is not vindicated by the administrative appeal process, or test positive for any other item as mentioned above, the contestant, at the judgment of IRONMAN officials, will be banned from participation for a period as determined by the Race Director and the World Triathlon Corporation.
7. Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in the contestant being suspended from competing in any IRONMAN event in the future.
9. If contestant decides to withdraw from the race at any time, it is the responsibility of the contestant to report to the Info Centre at the race village. It is essential that race officials know where contestants are on the course at all times. Failure to comply after withdrawing from the race may result in contestant 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 **mandatory pre-race** briefings.
11. Professional triathletes may not win age group awards, and age group athletes are not eligible for prize money. To be eligible for prize money as a professional, you need to finish within 8% of the winners time. Prize Money will be paid exactly as advertised - no redistribution of Prize Money will occur.
12. Communication devices of any type are strictly prohibited during competition. Use of such devices will result in disqualification.
13. Ironman South Africa 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.
14. Drug Testing - It's up to each individual athlete to familiarise himself / herself with the WTC Anti-Doping Rules, as well as the WADA Banned Substance List. This rule is applicable to all athletes, including PRO's and Age Groupers.
15. International athletes' need to provide the race organisers with credit card details at Registration as these are needed for hospital administration. You claim back from your medical insurance.

- <http://www.ironmanusa.com/wtc-antidoping-rules.pdf> - WTC Rules

- http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/WADA_Prohibited_List_2010_EN.pdf - WADA List

Protest Procedure – any athlete who wishes to lodge a protest regarding a decision of the race administrator the conduct of another competitor(s) must file a written protest with the Rules Enforcement Committee within 15 minutes of completing or withdrawing from the race. The Athlete must also pay R500.00. If the appeal is successful the Athlete will be reimbursed.

RULES:

Supplemental rules and regulations pertaining to the Physically Challenged Division for the 2010 Ford IRONMAN Triathlon World Championship are consistent with USA Triathlon Rules.

SWIM:

1. Ironman South Africa reserves the right to seed a contestant at the swim start, i.e. early start, late start, designated wave, etc.
2. A Contestant may use a wetsuit during competition. Each athlete must notify Ironman South Africa in advance for approval of all swimwear and accessories to be used during the swim. Any change thereafter will be grounds for disqualification. The use of any floatation devices is prohibited unless otherwise approved by Ironman South Africa.

BIKE:

BIKING Conduct and specifications are consistent with WTC Rules.

1. Hand cycles are allowed. Race officials reserve the right to reject any bike not meeting safety standards.
2. Equipment must otherwise conform to all other general rules for bicycles as it pertains to the IRONMAN Triathlon competition, including no add-on device(s) that reduce wind resistance or to enhance aerodynamics of the bicycle/hand cycle, regardless of any secondary benefit.
3. The contestant is required to maintain control of his/her bicycle/hand cycle and to operate at a reasonable speed so as not to endanger the safety and well-being of aid station volunteers. Dangerous or reckless manner will be grounds for disqualification.
4. CPSC approved helmet is required during the entire bike race including in and out of transition areas. Any contestant riding without an approved helmet or chin strap not fastened will be disqualified.
5. DRAFTING IS PROHIBITED. Event drafting rules will apply to this division.
6. BLOCKING IS PROHIBITED.

RUN:

Running conduct and specifications are consistent with WTC Rules. Contestant is 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. CPSC approved helmet is required during the entire marathon race including in and out of transition areas. Any contestant riding without an approved helmet or chin strap not fastened will be disqualified. Handlers Conduct and specifications are consistent with WTC Rules.

1. Unauthorised outside aid/support or escorts are grounds for disqualification. Handlers will be approved prior to the race and will work directly with the Physically Challenged Co-ordinator. Handlers conduct is consistent with WTC Rules.
2. It is up to the physically disabled athlete to supply suitable assistants for their specific needs during transition (Into the water; from the water to the hand cycle; and hand cycle to racing chair). These assistants particulars must be supplied during the venue registration process. These helpers must wear the bib/shirt supplied by the event organiser on race day.
3. All athletes must attend a pre-race meeting. Failure to attend a scheduled meeting may result in forfeiture of a start spot. Check Schedule of Events for meeting time and location.
4. The race organisers and WTC reserves the right to modify the above rules as necessary, as long as such changes are communicated to the contestants in writing or at pre-race meetings.
5. Any decisions concerning any rule interpretation or enforcement by the race committee or WTC shall be final.

MONDAY, 23 APRIL 2012 - BEACH HOTEL: 14H00

Spec-Savers Ironman South Africa is offering 30 Age Group Slots for the 2012 Ironman World Championship in Kailua-Kona, Hawaii.

Slot Allocation Policy

Prior to race day, at least one slot shall be tentatively allocated to each Age Group category (both male and female). Final slot allocation will be determined on race day based on the number of official starters. If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group within the gender. Final slot allocation shall be representative of the actual number of Age Group starters in each category in the race. For example, if 8% of the Age Group starters are Female 40-44, then 8% of the slots are allocated to the Female 40-44 category. Athletes MUST claim their slot in-person during the designated registration period for the world championship. Please check the Schedule of Events for more information.

Rolldown Policy

At the conclusion of on-site registration for the automatic qualifiers, any unclaimed slots within an Age Group will be rolled down to the next eligible finisher within that Age Group. If an athlete chooses not to take the slot, does not attend the rolldown ceremony or has already qualified, the next eligible finisher in that Age Group may claim the qualifying slot. Following rolldown, any unclaimed slots within an Age Group will be reallocated to another Age Group within the gender based on the athletes-to-slots ratio. The Age Group within the gender with the largest athletes-to-slots ratio will receive the first reallocated slot, followed by the next largest ratio receiving the second re-allocated slot (if applicable), and so on.

The administrative allocation of slots will be executed by the organizers.

2012 Ironman World Championship Registration

All athletes who have qualified for the 2012 Ironman World Championship MUST be present at slot allocation at the Beach Hotel.

Please be sure to bring along the following items to claim your slot:

- 👤 Identification Document (ID book, Passport or Driver's License)
- 👤 750 USD*-2012 Ford Ironman World Championship Entry Fee

***You may also pay in Rands or Euros as long as it is equivalent to the registration fee. Credit cards or cheques will not be accepted.**

Rest, stops, transitions etc. will be included in your time. Splits will be recorded for each segment of the race, i.e. swim time, bike time and run time. In addition to the 17 hours overall cut-off time, there are cut-off times for each segment of the race, as listed in the above document. The cut-off time for the swim segment is 2 hours 20 minutes after the start. The cut-off time for the bike segment is 10 hours 30 minutes after the start of the race and the cut-off for the marathon is on 17 hours. It is of utmost importance that you be aware of, and adhere to, these timing conditions, as they improve the quality of the race. The removal of disqualified Athletes is critical in that, among other things, a disqualified Athlete's continued participation in the race makes it extremely difficult to maintain accurate times and places the results for the qualified Athletes in jeopardy.

1. If you drop out of the race at any time, you must notify the team in the Information Tent at the Finish Line. Failure to do so may disqualify you from participating in future IRONMAN triathlons. It is essential that we know where you are on the course at all times, for your safety and our peace of mind.
2. The chips are special active chips, not the run-of-the-mill timing chip + chip belt. These cost R750 each and if lost/not returned, the athlete will be held liable for the replacement cost. Please ensure that when returning the chip, that it is recorded. Chips + chip belts will be used to check out your bikes and transition bags - NO BIKE will be allowed out of transition without the exchange of a timing chip / chip belt.
3. Please do not intentionally cross the finish line as part of a group. Our timing equipment does not record ties.
4. As soon as you pick up your race pack, it will have your timing chip + chip belt inside, please go to the timing company, which will verify that your chip number correlates to your name.
5. If you do not start the race on Sunday, you will still need your timing chip to collect your bike and Transition Bag from Transition.
6. If you are transported to the Medical Station and are unable to collect your own equipment, a family member or friend will need your BIKE CHECK-OUT card (you will receive this in your Registration Packs) as well as your timing chip to collect your equipment. Timing Chip + Chip Belt MUST ACCOMPANY Bike Check-Out Card when checking out bikes and Transition Bags.
7. If you lose your timing chip during the event, it is your responsibility to get a replacement chip. These can be found **next to the Penalty Tent in Transition**.
8. If you lose your timing chip on the run course, you must notify an official immediately after crossing the Finish Line.

PLEASE NOTE: Loss of a timing chip will result in a charge of R750 allocated to your specific number. Failure to wear your chip on race day, return your chip after the event, or pay replacement costs, will disqualify you from future IRONMAN South Africa events.

NO CHIP = NO TIME.

A massage tent will be available at the Radisson Blu Hotel on the Thursday, Friday and Saturday prior to the event for the athletes own cost. On race day, a massage area will be located in the athletes Finish Tent.

MEDICAL

There will be medical staff and facilities throughout the IRONMAN race course. The Medical Tent will handle injuries or medical problems that arise during the swim. Trained individuals will be stationed along the swim course (in boats and on surfboards) to assist you in case of a medical emergency. Problems among past athletes include nausea and vomiting from swallowing sea water and from motion sickness. Medications taken before the swim may help, but you are strongly advised to try the medication several times before the race to avoid any adverse reactions to it. **Before taking medication, be sure it is not on the Banned Substance List from the World Anti-Doping Agency (WADA).**

There will be medical Aid Stations in the Transition Area and at the Bike Turn-Around, as well as mobile medical vans roaming the course. Particular dangers in this section of the race include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint you may need it. You will not be penalized for receiving medical evaluation. You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your continued participation is not in your best health.

During events of extreme endurance, the body's pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish. Also, please be attentive when passing through Aid Stations to avoid the possibility of accident or injury to yourself or another.

The medical tent will officially close at 00h30. All athletes seeking medical attention after that time will be referred to local emergency room facilities. All medical expenses incurred are the sole responsibility of the athlete. Failure to meet financial responsibility to local medical facilities will result in suspension of future participation at IRONMAN events until accounts are settled.

If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day. You are required to notify the IRONMAN SA Race Office, in writing, if there is any change in your medical status / condition after your application has been processed. Failure to do so will result in suspension of participation in future IRONMAN SA events.

You are solely responsible for avoiding medications that appear on the list of banned substances as determined by the World Anti-Doping Agency (WADA).

The Medical Headquarters is located in the post-race area on the beach front. More than half of the visits occur after athletes have finished the race. Please do not leave the finish area until your friends are certain you are okay, until you can drink without vomiting and stand without dizziness.

Please Note: Full disclosure of medical conditions, general health and surgical procedures within the previous 12 months is required. Medical consultations/clearance may be necessary from an attending physician prior to acceptance in the IRONMAN South Africa. In all cases, the final decision of medical consideration is at the discretion of the IRONMAN Head Doctor.

On the **BIKE** the 1st & 3rd aid stations, cycle aid stations are situated approximately every 15km and will supply the following:

- 🍷 Water
- 🍷 Powerade
- 🍷 PowerBar Gels & Bars
- 🍷 Bananas/Baby Potatoes

The cycle aid stations will close as the last athlete passes them or at 17h30.

On the **BIKE** the 2nd & 4th aid stations will supply the following:

- 🍷 Water
- 🍷 Powerade

On the **RUN**, aid stations, approximately every 2km, will offer:

- 🍷 Cold Water
- 🍷 Powerade
- 🍷 Coca – Cola
- 🍷 PowerBar Gels & Bars
- 🍷 Bananas
- 🍷 Cold baby potatoes and sandwiches – at certain stations
- 🍷 Water sponges

The aid stations will close as the last athlete passes them, or at the 17 hours cut off-time. For those who prefer to have their own special food items available on the course, we will provide a Special Needs Aid Station for the cycle at the 62km point and at the 3km point on the marathon course (14.07km loop course). These Special Needs Bags can be obtained from the Schenker booth inside the registration area. **ONLY FOOD ITEMS WILL BE ACCEPTED, AS THIS STATION IS FOR NUTRITIONAL PURPOSES ONLY - NO Valuables may be left in these bags. These bags will be discarded directly after the race.** Although we try to expedite assisting you in obtaining your Special Needs Bag at the Aid station, the volume of contestants may require that you stop and find your own bag.

LOST & FOUND

MONDAY: 23 April 2012 from 09h00

Lost and found will be located at the Radisson Blu Hotel from 09h00 until 11h00 on Monday. It is recommended that you mark your race gear with your race number, as neither IRONMAN , nor the event organisers will be responsible for your lost items.

TIMING QUERIES

Preliminary results will be up at the Information Container from 16:00 onwards on race day.

Timing queries must be done at the registration venue at the Radisson Blu Hotel from **09:00 until 11h00** on Monday 23 April 2012.

CERTIFICATES / FINISHERS TEES

Finisher T-shirts will be available at the finish line after completion of your race. Athletes have to take the size ordered on their registration form. Sizes can be swapped out on Monday 23 April 2012 from 09h00-11h00 at the Radisson Blu Hotel, subject to availability.

Certificates will be available online for you to print and download yourself 14 days after the event.

PLEASE NOTE: T-Shirts WILL NOT be posted to athletes.

PRO PRIZE MONEY & QUALIFICATION

PRO ATHLETES - The total prize money of USD 75,000 - will be distributed to PRO Athletes as follows:-

MALE	POSITION	FEMALE
\$12 000	1 ST	\$ 12 000
\$ 8 000	2 nd	\$ 8 000
\$ 5 500	3 rd	\$ 5 500
\$ 4000	4 th	\$ 4 000
\$ 3 500	5 th	\$ 3 500
\$ 2 000	6 th	\$ 2 000
\$ 1 500	7 th	\$ 1 500
\$ 1 000	8 th	\$ 1 000

The 8% rule is no longer applicable to qualify for Prize Money. Prize Money will be paid once Doping Results have been received by WTC.

SLOT ALLOCATION

The Slot Allocation Policy above does NOT apply to PRO Athletes. As of 1 September 2010, the single-performance slot-based system for pro athletes will be discontinued. All PRO ATHLETES will instead earn points for Kona Qualifying correlating to their finish position. The top 50 male and top 30 female athletes in the point system at the end of each qualifying year will qualify to race in Kona. **FOR MORE INFORMATION VISIT:** <http://www.ironmanusa.com/pros/index.php>

The points table for Ironman South Africa will be as follows - Qualifying Points ALLOCATION: P2000

POSITION	POINTS
1	2000
2	1760
3	1560
4	1400
5	1200
6	1120
7	1040
8	960

POSITION	POINTS
9	880
10	800
11	720
12	640
13	560
14	480
15	400
16+	100

AWARDS CEREMONY – PE COLD STORAGE COEGA

Monday, 23 April 2012 - 19h00

Awards Ceremony will take place at PE Cold Storage COEGA on the Monday night. Extra tickets can be purchased at Registration. Seating will also be done on a first come, first serve basis.

Awards Procedure: Ironman South Africa trophies will be awarded to the first three athletes in each age group category for both male and female athlete.

PLEASE NOTE:

Athlete's MUST be present at the Awards party to collect their trophy

UNDER NO CIRCUMSTANCES WILL AWARDS BE POSTED AFTER THE EVENT.

TRANSPORT TO PE COLD STORAGE COEGA

Buses will be available to transport the athletes to and from both functions. The buses will be parked at TRANSITION at HOBIE BEACH and will leave between the following times:

- 🚍 FRIDAY, 20 April 2012 - Race Briefing - 18h00
- 🚍 MONDAY, 23 April 2012 - Awards Ceremony - 19h00

The buses will return to TRANSITION after the Function is over. Please Note - transport to and from the venue will be done on a first come, first serve basis at: 22h30, 23:30 and 00:30

HOW TO GET TO COLD STORAGE - COEGA

- From Hobie Beach, Marine Drive (the distance is 25km from Hobie Beach - Marine Drive)
- Follow Marine Drive onto Humewood Road
- Take the N2 Highway to East London
- Just after the Motherwell Off Ramp, you will see the COEGA Off Ramp
- Take the Coega Off Ramp and head towards COEGA HEAD OFFICE
- At the Intersection, take the RIGHT turn that heads back to Port Elizabeth
- PE COLD STORAGE - COEGA will be up ahead

PASTA PARTY - Friday, 20 April 19h00

RACE BRIEFING - Friday, 20 April 18h00 **AWARDS CEREMONY – Monday, 23 April 19h00**

IRONMAN South Africa
Nelson Mandela Bay

PORT ELIZABETH Airport