

The following should be considered as guidelines for a smooth participation.

Should you come by car, we advise you to park on the Gedempte Zuiderdokken (Rechteroever/Right Bank, Transition Zone T2). From here you can access transition area T1 via the Antwerp foot tunnel (Sint-Annatunnel) and go to the swim start.

A. Race Office

Please report at the race office on Saturday August 1st between 10:00 and 19:00 or on Sunday August 2nd between 7:00 and 10:00.

The race office will be located at the RYCB hall (yacht club) on the Thonetlaan, Left Bank (Linkeroever).

Upon registration, show your confirmation letter or email mentioning your race number. You will receive this email a few weeks before the event.

We will check your registration and will subsequently provide you with your race pack. This contains:

1) An information letter

2) A ticket for a surprise bag and T-shirt

With this ticket you can collect your surprise bag and T-shirt at the race office on Saturday or Sunday.

3) Two plastic bags with your race number

You can put your running gear in the **black bag**. You then deliver this bag to the booth provided for that purpose (Running Equipment – Transition Area 2) at the race office on Saturday or Sunday. We will bring this bag to the transition area T2 at the Gedempte Zuiderdokken (Right Bank).

After the swimming part, it is compulsory to put your swimgear and (if applicable) your neoprene suit in the **blue bag**. After the swim we shall collect this bag and place it next to your bike at the transition area T2.

4) Bib and sticker with number

The bib number must be worn so that it is completely visible on your back when cycling, and on your breast when running. Only with your bib you can collect your bicycle and other gear in the transition area.

You must attach the sticker showing your number on your cycling helmet during the cycling part.

5) Two tags printed with your race number

Please tie the yellow BIKE tag round your saddle pin. You must use the red BAG tag to hand in your kit bag at the Guarded Locker Room at the race office on Saturday or Sunday (RYCB-hall). These items are collected afterwards from the transition area T2.

6) Swim cap

You must wear this swim cap while swimming. When you come out of the water, there will be baskets available in which you must put them.

7) List of all registered participants

8) J-Chip

Time registration of this race will happen via a J-Chip system. All participants will take part with chip from the organisation.

B. Race preparation

1. Your race number will be written on both upper arms at the race office in the RYCB hall or at the start of the swim.
2. Between 8:30 and 10:00 you must place your bicycle and other equipment in the transition area T1 at the place of your number. You put your BIKE tag around the saddle pin.
3. If you have not handed in your running gear on Saturday yet you can do this on Sunday between 7:00 and 10:00 at the special booth in the RYCB hall.
4. Be punctual (BEFORE 10.30) at the start of the swim (Galgenweel). You must be registered to enter the start area.

C. Race

1. Swim: 1.900 metres.

From this year on there will be wave start !

Registration at the start area is obligatory.

Go to the startbox of your age group, this box is indicated with the same color as your swim cap.

At a water temperature below 15°C you are obliged to wear a wetsuit. At a water temperature above 23°C wearing a wetsuit is strictly forbidden. At a water temperature between 15°C and 23°C every participant can freely decide whether or not to wear a wetsuit.

The water temperature is indicated on a large board at the race office.

10:45: warming up session (only for Pro athletes)

11:00: start Pro's, followed by a wave start by age groupers

Participants who do not follow the course and cut corners are immediately disqualified. The swim will be performed in one lap anti-clockwise.

When you come out of the water there will be baskets ready where you must put your swim cap.

Very important: the time-limit for swimming is 1h10.

2. Transition 1: Swim/Bike.

Open from 8:30. The transition area is situated at the Beatrijslaan at the Galgenweel (swim course). This area is only accessible for competitors upon presenting their bib number. Referees and officials also have access.

A bicycle repair service is present at the race office on Saturday and at the transition area T1 on Sunday for minor repairs.

After the swim, put your neoprene suit, swim goggles etc. in the blue plastic bag, which you can leave at your numbered place in the transition area.

3. Bike: 90km

Wearing an approved and well-secured helmet is obligatory (CE EN 1078). You must also wear your bib number visible on your back and the BIKE tag fixed around the saddle pin of your bike.

The course is marked with plastic arrows. Race officials in cooperation

with the police force ensure safety at intersections located along the course. The participants are to respect traffic regulations at all times. Therefore please drive only on the right-hand side of the road. Refreshment posts with bananas, energy drinks, PowerBars and water are provided after 20, 40, 60 and 80 km.

DRAFTING IS PROHIBITED (international regulation for long distance triathlon).

If you have to drop out of the race, you can wait for the official car with the red flag (which follows the last participant) or inform a referee in the race.

Very important: The time limit for cycling is: 3h45 after the start at the 40 km mark.

4. Transition 2: Bike/Run (Gedempte Zuiderdokken)

Upon arrival, get off your bicycle while entering the transition area. Put your bicycle at your numbered place.

The caution area is attached to this transition area, so if you get a black card, you will have to run the additional 300m (2 black cards = 2 x 300m, 3 black cards = DSQ). Ignoring this penalty will result in disqualification.

A competitor who has received a black card has to present him/herself spontaneously at the caution area.

Only competitors are allowed in the transition area.

The transition area remains open until 20:00 in order to pick up your bicycle and race material after the race.

5. Run: 21km (3 laps).

The running course consists of 3 laps. At each lap you are registered by the J-Chip. After each lap you get a coloured ribbon, which you have to wear. Once you have three coloured ribbons, you can finish.

Wear your bib number visibly. Nobody can accompany (bike or run alongside) or coach you when running.

Approximately every 2 km there is a refreshment post with oranges, PowerBar gels, water and AA Drinks. Between those refreshment posts, there are another 3 points for water and wet sponges.

Outside these areas all refreshments are prohibited. A first aid post is provided at each refreshment post.

Very important: the time limit for running is 08:30 after the start.

D. After the race

At the finish area, you can find a first aid post. There is also an information board, which lists the participants who got two black cards from the referees during the race. Athletes who have to take a doping test at the anti-doping office are also listed on this board. You must check this board.

Only with your bib number you can pick up your bicycle and gear from the transition area T2. When leaving the transition area you must sign a list for reception of your material.

In the event of accident or injury, do not forget to ask for an insurance form at the race office.

If you want, you can use the shuttle service to head for the showers (Paleisstraat). This shuttle service leaves at the Groenplaats, close to the finish, and continuously links up between the showers, the Groenplaats and transition zone T2.

IF YOU HAVE PROBLEMS OR URGENT QUESTIONS ON THE DAY OF THE RACE ITSELF?

You can always go to the race office at the start (RYCB hall: open from 07:00 to 12:00) or to the trouble desk at the arrival (Grote Markt: open from 13:00 to 20:00).

E. Slot allocation

The Podium ceremony takes place immediately after the arrival of the first three men and women.

The official slot allocation starts at 20:00 at the Town Hall (Grote Markt, 2000 Antwerp), situated at the finish area. We kindly invite all participants.

Athletes who qualify for a slot must attend the ceremony to accept their qualifier certificate. The entry fee for participation in the Ironman 70.3 World Championship in Florida (300 US Dollars) or the Ironman World Championship in Hawaii (550 US Dollars) must be paid immediately in cash (in USD or EURO), if you decide to use your qualifying slot.

If these conditions are not complied with on race day, the competitor can no longer claim the qualifying place.

F. Pasta Party

On Saturday August 1st there will be a Pasta Party for all participants at the RYCB hall. The Pasta Party starts at 15:00 and ends at 19:00. All participants can also collect their registration pack here on Saturday.

Pasta is free for all participants. Every competitor will receive a pasta ticket on site. Supporters can buy a ticket at the venue at 10 euros.

PASTA PARTY :

**RACE OFFICE –
RYCB HALL (LEFT BANK, THONETLAAN, ANTWERP)**

**SATURDAY AUGUST 1st 2009 – from 15:00 – 19:00
BE THERE !**