



Refer to the slot allocation table below to determine the number of slots awarded in each race category.

PROJECTED IRONMAN 70.3 SLOT ALLOCATION*

Category	IRONMAN 70.3	
	Male	Female
Pro	3	2
18-24	2	1
25-29	4	2
30-34	5	2
35-39	6	2
40-44	4	2
45-49	4	1
50-54	2	1
55-59	1	1
60-64	1	1
65-69	1	0
70-74	1	1
75+	0	0

SLOT ALLOCATION POLICY

At least one slot shall be allocated to each five-year age group category in which any age group athlete sends in an application, both male and female, per the age group categories listed above. 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 grouper 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.

Athletes must be present at the awards ceremony to claim their spot!

*Final slot allocation will be posted on the event website and at the race site the day before the race.