

## Weather

Semi-Arid (You don't sweat in the shade!) Average High 90.8 degrees; Average Low 64.3 degrees; Average Humidity 20-35%; Average Wind South 10-13 m.p.h. Note: Due to the extreme temperatures experienced in the 1994 race, (a history making 113 degrees F.), IRONMAN 70.3 Lubbock race management has established a policy that we may alter the race based on extreme weather conditions. You will be advised the day before if changes are required.

## Qualifying

There will be a total of 2 Ironman World Championship slots & 2 Ironman 70.3 World Championship slots for Handcycle Athletes awarded and 40 Age Group slots awarded to the 2019 Ironman 70.3 World Championship. The Slots will be awarded at the Awards Ceremony Dinner and you must be present to accept your slot.

## Registration General

### What are the Age Requirements?

All athletes must be a minimum of 18 years of age as of race day for the event year to compete in IRONMAN 70.3 Lubbock.

### What is the Age Group, Relays, Clydesdale/Athena, Aquabike breakdown?

18-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65-69

70-74

75-59

80+

HANDCYCLE

Relays: Male, Female, Mixed

Clydesdale and Athena 40+

Clydesdale and Athena Under 40

Aquabike 40+

Aquabike Under 40

### Is this event compatible for Hand Cycle Athletes?

Definitely and we are proud to be The National Handcycle Championship

### Where can I find more information about racing as Physically Challenged or Hand Cycle Athlete?

For information regarding racing as a Physically Challenged Athlete, please [Click Here](#).

For information regarding racing as a Hand Cycle Athlete, please [Click Here](#).

## Registration/Refunds

## **What is the Refund/Withdrawal Policy?**

### **WITHDRAWAL OPTIONS:**

Contact Tiffany by email in writing to request a roll over of your entry to the following year. You will pay a fee of only \$75.00 to activate your rolled over registration. You may complete a paper application with "roll over" written across the top along with your \$75 fee and mail to PO Box 93726 Lubbock TX 79493 or wait for a registration link to be emailed to you when the next years registration opens.

## **Registration - Athlete Check-In**

### **When and where is Athlete Check-In?**

Athlete Check-In location and hours can be found in the Event Schedule.

### **Can a family member/friend check-in for me and pick-up my race packet?**

No - only registered athletes are allowed into Athlete Check-In. You will be required to verify your medical information and sign your event waivers. Please bring your photo ID and USAT card (if applicable) during the designated check-in hours.

### **What if I cannot make it to Athlete Check-In within the designated hours?**

You must check in and pick up your race packet during designated check-in hours.

This rule is in effect for a number of important reasons and exists to make your experience the best, safest and most stress-free it can be. The scheduling of Athlete Check-In is designed to allow each athlete the opportunity to become oriented with the venue, acclimated to the area and receive all the necessary information needed to have a successful race. We want to ensure the very best experience for you, not only on race day, but throughout the weekend's activities. By posting the Athlete Check-In hours months in advance, we try to make sure that everyone has ample time to prepare for the activities of race week. Please make your travel plans accordingly. In an emergency please email Tiffany.

### **Will bikes be checked in the day before the event?**

IRONMAN 70.3 Lubbock Bikes will be checked in the Saturday before the event between 12:00pm and 7:00pm at Dunbar Lake. You will rack your bike by race number on your designated rack. This is mandatory, no bike check in will happen race morning.

### **What are the gear bags for?**

You will have a SWIM GEAR BAG AND A RUN GEAR BAG provided in your Race packet.

- The Swim gear bag will be used for you to place your swim gear in after you have finished your swim. Our volunteers will bring your swim gear bags with all of your swim gear in it to the Transition area at Texas Tech. You will pick them up as you go through bike check out.
- The Run Gear Bag will be for you to put all of your run needs in prior to race morning. You will check the Run Gear Bags in at packet pickup prior to 6pm on Saturday. Remember to pack your running shoes, socks, cap or visor, run bib # with race belt, and all run nutrition for your specific needs.

## **Registration - Qualifying Spots**

### **How many slots will be available for the IRONMAN 70.3 World Championships?**

There will be a total of 2 Ironman World Championship slots & 2 Ironman 70.3 World Championship slots for Handcycle Athletes awarded and 40 Age Group slots awarded to the 2019 Ironman 70.3 World Championship. The Slots will be awarded at the Awards Ceremony Dinner and you must be present to accept your slot.

### **How does the Age Group slot allocation for the IRONMAN 70.3 World Championships work?**

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 in each Age Group.

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.

Athletes **MUST** claim their slot in-person during the IRONMAN 70.3 World Championship Slot Allocation and Roll-down Ceremony. Please check the schedule of events for time and location.

### **What is "RollDown" and how does it work?**

Slot Allocation and Roll-down will be completed together in the same ceremony for all IRONMAN events. Please check the schedule of events for time and location.

Anyone who wishes to claim a Roll-Down slot must attend the IRONMAN 70.3 World Championship Slot Allocation and Roll-down Ceremony and claim their slot in person.

If an automatic qualifier in an Age Group chooses not to take the slot, does not attend the IRONMAN 70.3 World Championship Slot Allocation and Roll-down Ceremony, or has already qualified, the next eligible finisher in that Age Group may claim the slot that has rolled down.

If there are no more eligible finishers in a particular Age Group or no other finishers in attendance at the IRONMAN 70.3 World Championship Slot Allocation and Roll-down Ceremony in that Age Group, that unclaimed slot 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.

### **What is the Anti-Doping Policy for athletes accepting IRONMAN 70.3 World Championship slots?**

Each age-group athlete who accepts a qualifying slot for the IRONMAN World Championship or the IRONMAN 70.3 World Championship is subject to IRONMAN's Anti-Doping Rules and will be required to sign a waiver - The World Championship Events Anti-Doping and Qualifying Slot Waiver for Age-Group Athletes.

The waiver serves to provide additional notification of and consent to IRONMAN's Anti-Doping Program, which includes IRONMAN's efforts to combat, deter, and test for doping in accordance with IRONMAN's Anti-Doping Rules.

Please refer to IRONMAN's Competition Rules for additional guidance and information.

### **What if I cannot stay for the Awards Ceremony and Slot Allocation?**

If you cannot stay for Slot Allocation, you automatically forfeit your slot should you qualify. All athletes who automatically qualify and wish to claim their slot must be present to do so.

### **I can't stay for the Awards Ceremony, can I pick up my Award early?**

Yes, athletes may pick up their awards 30 minutes before the Award Ceremony begins.

## **Course - General**

### **Where can I find the race course maps?**

Swim, Bike and Run course maps and elevation profiles are available on the course page of the event website.

### **What are the course cut-off times?**

Swim: Each person will have 1:10 to complete the swim. Athletes who take longer than 1:10 to complete the swim will receive a DNF.

Bike: 5 hours and 30 minutes

Run: 8 hours and 30 minutes

Total Time Cut-off: The race will officially end 8 hours and 30 minutes. Each athlete will have 8 hours and 30 minutes to complete the race. Any athlete that takes longer than 8 hours and 30 minutes to complete the race will receive a DNF and will not be eligible for age group awards and will not be eligible for IRONMAN 70.3 World Championship slots.

Relays: The race will officially end 8 hours and 30 minutes after the final wave. Each athlete and relay team will have 8 hours and 30 minutes to complete the race. Any athlete or relay team that takes longer than 8 hours and 30 minutes to complete the race will receive a DNF and will not be eligible for awards.

\*Cut-off times are subject to change, please check the Athlete Guide closer to the event.

### **What nutrition will be available on course?**

Bike course aid stations will be approximately every 10 miles and will offering:

Gatorade Endurance  
Water  
Clif Bar Minis  
Clif Shot Energy Gels

Run aid stations will be approximately every mile and will be offering:

Gatorade Endurance  
Water  
Clif Bar Minis  
Clif Shot Energy Gels  
Pretzels  
Cola

### **Can I bring communication or music devices on the course?**

Absolutely NO communication devices, MP3 players, speakers, Cell Phones or any other devices

## **Course - Swim**

### **What kind of start does this race have?**

IRONMAN 70.3 Lubbock will feature a rolling start. Athletes will self-seed into swim start corrals based upon their estimated swim finish time. Each athlete will be allotted 1 hour 10 minutes to complete the swim course. Self-seeding will be based on your individual abilities according to your expected finish time. You can avoid being overtaken by stronger swimmers by seeding yourself with athletes of a similar skill and ability levels. Athletes' official race time will start when they cross the timing mat. All athletes will have the traditional 8 hours and 30 minutes to complete the entire event (subject to intermediate cutoff times throughout the event)

### **What is the expected water temperature?**

The average temperature on race day is 70-75 degrees Fahrenheit.

### **What are the wetsuit restrictions?**

Wetsuits cannot measure more than 5 mm thick.

Wetsuits are permitted if the water temperature is up to (and including) 76.1 degrees Fahrenheit (24.5 degrees Celsius) or colder.

Wetsuits will be prohibited in water temperatures greater than 83.8 degrees Fahrenheit (28.8 degrees Celsius). Athletes who choose to wear a wetsuit in water temperatures 76.2 degrees Fahrenheit (24.55 degrees Celsius) and up to 83.8 degrees Fahrenheit (28.77 degrees Celsius) will not be eligible for Age Group awards, including World Championship or Rolldown slots.

Full wetsuits are permitted (arms and legs covered).

The De Soto Water Rover and the Speedo Elite Triathlon Wetsuit with forearm flaps wetsuits are PROHIBITED.

Athletes should contact the wetsuit manufacturer directly to confirm whether their suit is legal.

Race Officials will be monitoring athletes on race morning to enforce wetsuit restrictions.

### **If wetsuits are prohibited, what are the swimwear restrictions?**

Swimwear (Skinsuits/Speedsuits) must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene. Swimwear must not cover the neck, extend past the shoulder, nor extend past the knees. Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

### **In the event of a non-wetsuit swim, am I allowed to wear my compression gear?**

Yes, provided that it is made of 100% textile material (no rubberized material such as polyurethane or neoprene) and that material does not extend past the elbows or knees. Any compression wear that extends past the elbows or knees will not be permitted in non-wetsuit swims (this includes compression sleeves, compression socks, or compression tights).

### **Are snorkels permitted?**

Snorkels will not be allowed under any circumstance for any IRONMAN or IRONMAN 70.3 event.

### **What should I do if I am having a problem in the water?**

If you are struggling and decide that you require assistance do your best to remain calm, raise your hand high into the air/shout to get the attention of the support boats and move to the outside of the course if you are able. You can hold on to a boat without being disqualified as long as the boat does not provide propulsion. There will also be resting rafts available throughout the course.

### **If I wear a wetsuit in a non-wetsuit legal race, how will the All World Athlete Age Group Rankings be affected?**

If the race is deemed a non-wetsuit legal race, all athletes who choose to race in the wetsuit wave will receive base participation points in accordance with the All World Athlete age group ranking system. For additional questions, please email [agr@ironman.com](mailto:agr@ironman.com).

### **Will there be a practice swim?**

Event-sanctioned practice swims are not hosted at every event. You can open water swim after the Saturday events are completed. The time of the open water swim opportunity will be no earlier than 9:00am and the exact time will be posted 4-6 weeks prior to the event. Please keep in mind that the Saturday events will be going on from 7am until 11am, so we ask you to be courteous and not impede these athletes during their race.

### **Course - Bike**

#### **Are disc wheels permitted?**

Yes. However, race organizers reserve the right to restrict use depending on conditions.

#### **How frequent are the distance markers on the Bike Course?**

The Bike Course will have a distance marker every 10 miles. They will be in miles ONLY so if you are used to kilometers please accustom yourself to the conversion.

#### **How many aid stations will there be and how are they spaced?**

The Bike Course will have 5 aid stations approximately 10 miles apart.

#### **What happens if I get a flat tire or a mechanical problem during the bike?**

You are expected to be able to change your own flat tire as well as fix other minor mechanical issues. There will be neutral race support to help minor issues if you are unable.

### **Course - Run**

#### **How many aid stations will there be, and how are they spaced?**

The Run Course will have 13 aid stations including 1 in Transition and will be approximately every mile.

#### **How frequent are the distance markers?**

The Run Course will have a distance marker every 1 mile. They will be in miles ONLY so if you are used to kilometers please accustom yourself to the conversion.

### **Spectators/Coaches**

#### **Where is the best place to watch IRONMAN 70.3 Lubbock?**

Please look under the Spectators Information to find best locations.

#### **HOW DO I TRACK MY ATHLETE:**

The tracking is ONLY available on race day. Please visit [ironman.com](http://ironman.com) and click on 'Live Coverage' at the top of the page and select the correct race. Select 'Athlete Tracker' and you can search by bib number or last name.

#### **Will I be allowed to cross the finish line with my athlete?**

Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy allows each competitor 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).

#### **Will I be allowed into the finish area to greet my athlete?**

Unfortunately, due to high congestion in the finish line area, no spectators will be allowed. Please do not try to gain access to this area, as it must remain clear for the safety of the athletes. Before the event, you and your athlete should decide on a meeting place for after they have finished.

### **Will I be allowed into the medical tent if my athlete has been admitted?**

The Medical Tent is highly congested and spectators will not be allowed in. There will be a Medical Information Tent next to the Medical Tent where medical updates will be available on athletes who enter the Medical Tent.

### **Will I be permitted to take my vehicle on the course to follow my athlete?**

No, for safety reasons we ask that you do not attempt to follow your athlete by car. The best place to watch your athlete is in the transition area and the finish line. Any vehicular traffic on the race course should expect long delays. Please do not attempt to gain access to the race course with your vehicle. We want to keep the course as safe as possible for the athletes.

### **Will there be live online tracking and results on race day?**

Yes, during the event there will be live race day coverage including athlete tracking and up-to-date race results. The tracking is ONLY available on race day. You can go to [ironman.com](http://ironman.com) and click on 'Live Coverage' at the top of the page and select the correct race. Select 'Athlete Tracker' and you can search by bib number or last name.

### **Where can I sign up to Volunteer?**

Please visit the "Volunteer" tab for information regarding volunteering.

## **General**

### **Where does IRONMAN 70.3 Lubbock take place?**

We swim in Canyon Lakes at Dunbar Lake  
We bike in the Horse Shoe Bend Yellow House Canyons & City of Lubbock  
We run on University drive and on Texas Tech Campus  
We Finish in Texas Tech Football Stadium

### **Where can I learn more about the area?**

Please visit the "Race Info" tab and [VisitLubbock.org](http://VisitLubbock.org)

### **I didn't turn in my timing chip - where do I return it so I am not charged the "lost chip" fee?**

Sporststats USA  
4005 W River Dr. NE Suite B4  
Comstock Park, MI 49321  
a) Please use package envelope  
b) Do not put any value on it for customs  
c) Return it within the next 5 business days.

### **Where will Lost and Found be located during the event?**

Lost and Found items will be available at the Athlete Services Tent during race week. It is recommended that you mark your gear with your race number as IRONMAN is not responsible for lost items. After the conclusion of the event, please contact us to locate any missing items and schedule returns. Shipping fees will apply. \*All unclaimed items will be donated within 30 days.

## **What is the IRONMAN Village?**

The IRONMAN Village features various booths - including a showcase of official IRONMAN Merchandise, IRONMAN exhibitors, bike shops, as well as many other services and products. It provides a perfect gathering and meeting place for athletes and spectators. Please view the "IRONMAN Village" location, hours, partners, vendors and more information.

## **Will I receive an Official Finisher's certificate?**

Yes, athletes who participate in IRONMAN 70.3 Lubbock will receive a finisher certificate via e-mail shortly after the event.

## **Who do I contact regarding official race photos?**

FinisherPix is proud to be selected as the Official Photo Service of IRONMAN 70.3 Lubbock. FinisherPix will have several photographers working at the swim exit, on the bike course, on the run course, and of course, at the Finish Line! In addition, FinisherPix will have photographers positioned after the finish where you can have a photo taken after you receive your medal.

So what do you need to do?

- Register your email address at [www.finisherpix.com](http://www.finisherpix.com) to be notified as soon as photos are online.
- Please be sure you have your number visible on the FRONT of your bike helmet so we can identify your cycling photos.
- Please be sure to keep your bib number visible on the FRONT of your body during the run & at the finish line so we can identify your photos.
- Smile & celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Visit [www.finisherpix.com](http://www.finisherpix.com) to view, order, and share your photos from the event!

## **Who do I contact for Official Merchandise?**

For inquiries about merchandise, please e-mail us.

## **How do I update my TriClub Affiliation?**

Please log into your IRONMAN Profile Account to make any changes or updates to a TriClub affiliation you may have. Affiliations must be finalized by race week for points to count towards that race. If you have any questions, please email [triclub@ironman.com](mailto:triclub@ironman.com).

## **I have questions about Age Group Rankings, who do I contact?**

If you have any questions or concerns about Age Group Rankings such as updating your profile or changing your email address, please email [agr@ironman.com](mailto:agr@ironman.com).

## **When will the Bib List be posted?**

Bib Lists are posted by May 1, 2019

## **If there is a problem with my race timing, who do I contact?**

If there is an issue with timing, please contact [timing@ironman.com](mailto:timing@ironman.com).

## **Where can I learn more about hotel/lodging/travel logistics?**

Please visit the "Accommodations" tab under "Race Info" for more information.

### **Where do I Park?**

Parking will be available on Texas Tech campus in the parking lot west of the Stadium. Citibus will shuttle athletes out to the swim start from 3:30am -5:00am. You may also have a loved one drive you out to the swim start. They will be able to park their car on the west side of Dunbar Lake on the side of the road.

### **What time should I arrive race morning?**

We recommend you arrive AT LEAST one hour prior to your race start time to ensure you get your equipment placed, and can take care of any last minute issues. If the water is below 76 degree we highly recommend you purchase or rent a wetsuit.

### **Where do I go once I arrive at the race site?**

Head to the transition area. The transition area is where you placed your bike previously. There will be volunteers at the transition area to help you locate your bike rack.

### **Where do you put your gear once in transition?**

On the end of the racks there will be a race number range. Place your bike by your race number. Your bike should be racked so that it is facing the opposite direction as the bikes directly next to it. This helps ensure the maximum amount of space for everyone's gear.