

Pre-Race Information



- Your race kit will include:**
- Race number for bike & run
 - Race belt
 - Swim cap
 - Race bag
 - Bike and run gear bag

Race Briefing – 3 December 2011
 Latitude Marquee Laguna Phuket, opposite Canal Village. A mandatory race briefing in English, Thai and Japanese will be held on Saturday 3 December. **See Race Week Schedule for details.**

There will be 3 sessions conducted as follows:

12:00 – 13:00	for individual athletes and relay teams in English
13:00 – 14:00	for individual triathletes and relay teams in Thai
13:00 – 14:00	for individual triathletes and relay teams in Japanese

Mandatory Bike Check, Bike Bag and Run Bag check-in – 3 December 10:00am – 5:00pm

Laguna Beach Resort Y-Junction
 The bike and bag check-in is mandatory for all athletes. Failure to check-in during the advertised hours may lead to disqualification from the race.

Transition Area
 All athletes must check-in their bike, bike bag and run bag the day before the race. No gear is to be placed on the ground next to the bicycle. Bike shoes must be clipped in or put in the bike gear bag. Helmets must be placed in the bike gear bag. All run gear must be put in run gear bag. Access to bike and run gear bags is permitted on race morning. However athletes are encouraged to put all gear in the gear bags at check-in.

Age Group Awards
 First, second and third finishers in each age group category will receive a trophy at the Awards Banquet.

Label Gear
 Label every piece of clothing and gear, including both shoes, before coming to Laguna Phuket.

Athlete Wristband
 All individual and relay athletes will be given an athlete wristband at registration. Athletes are required to put on the wristband at registration in front of our registration staff. The athlete wristband will give athletes the right to access the pasta party, the bike transition area and the athlete only area after they have finished their race.

Weather Conditions
 Average air temperature for December in Phuket is 27°C/81°F with 85% humidity. Contestants MUST hydrate properly during race week, race morning and throughout the race. Bikes should be equipped with at least two water bottle cages.

Personal Safety
 Always train with another person, especially in the water. While in the water, please wear a brightly coloured swim cap. When biking and running, please take precautions as Phuket drivers and motorcyclists are unpredictable. Take extreme caution when biking on ALL public roads. On Thursday of race week, an organised ride on the bike course will depart from the Laguna Beach Resort Y-Junction at 8:00am, led by a police escort vehicle. It is strongly recommended that athletes train on the bike course only during this organised ride.

Pasta Party – 3 December 6:00pm
 Similan Room, Similan Terrace, Grange Grill, Cafe Loma, Laguna Beach Resort. Triathletes and relay teams are invited to attend the Pasta Party free of charge, upon presentation of wristband. Additional tickets for family and friends will be on sale during Registration on 3 December (Saturday). A limited number of tickets may be available for sale at the door. Tickets cost Baht 800 for adults and Baht 400 for children.

Bike Storage
 Bikes will be permitted to be stored in athletes' hotel rooms. However, all maintenance must be done in hotel car parks in order to prevent damage to room furnishings.

Bike Shop / Bike Mechanic Laguna Beach Resort Y-Junction Transition Area 1 – 6 December
 It is difficult to rent racing or mountain bikes in Phuket. We recommend athletes bring their own bikes with them. Athletes are encouraged to bring spare bike parts with them. A bike mechanic will be stationed at the Y-junction from Wednesday, 1 December to Monday, 6 December. Opening hours vary. Refer to the event schedule for operating hours.

RACE DAY – 4 DECEMBER
Parking
 Athletes and spectators driving to Laguna Phuket on race morning should follow all signs and volunteer directions for available parking areas. Please arrive no later than 5:30am.

Transition Area 5:00am – 6:00am
 Transition Area opens at Laguna Beach Resort Y-junction for body marking and final bike preparations. From the Transition Area at the Y-junction, athletes will be transferred to the Swim Start. Free shuttle buses will circulate between the hotels. Fill bike bottles from your hotel room or home before arriving at Transition. Pre-race aid stations will be available at the Transition Area and the Swim Start. In addition, there will be 4 aid stations on the bike course, 3 aid stations on the run course and a post-race aid station and medical facilities at the finish area.

Race Start	
Pro Wave	6:30am
Wave # 1	6:31am
Wave # 2	6:36am
Wave # 3	6:41am

Please see maps for course details.

Finisher Medals
 Will be presented to every athlete who completes the race at the finish line.

Finisher T-Shirts
 Finisher T-Shirts will be given to every athlete who completes the race and will be distributed at the Information tent near the finish line immediately after the race. Please report to our staff to claim your finisher t-shirt. Athletes who don't collect their finisher shirt after the race will have the chance to claim it at the Awards Banquet.

Athlete Hospitality & Massage Service 10:30am – 3:00pm
 Post race hospitality shall include a lunch box and a complimentary 15-minute massage behind the finish line. Note: Massage services are only available for triathletes.

Medical Tent 5:00am – 3:30pm
 A Medical Tent will be located in the Finish Area at the Y-junction for athletes who require medical attention before and after the race. This area will be closed at 3:30pm. Any athletes in need of medical attention after 3:30pm should go to the Bangkok Hospital Phuket clinic at Canal Village.

Post Race Equipment Pick-Up
 The bike transition opens for bike, swim and bike gear check out after the bike cut-off at 12:30pm. All bags, equipment and bikes must be claimed and removed from the Transition Area by 3:30pm on race day. To claim left items show race number which must correspond to the number on the bag(s). You will be responsible for transporting your own gear back to your hotel after the race.

Lost and Found
 This will be located at the Information Tent in the Transition Area at the Y-junction and will be open until 3:30pm on race day. After this time, any remaining lost property items will be transferred to the race office. Please remember to label all of your equipment before the race.

Finisher Certificates
 Finisher certificates will be made available for download on the results list.

Slot Allocation and Roll Down for the 2012 Ironman 70.3 World Championship, Las Vegas, Nevada and the 2012 Ironman World Championship, Kailua-Kona, Hawaii 3:30 pm – 4:30 pm
 The slot allocation will be held at Dusit Hall, Dusit Thani Laguna Phuket. The 2012 slot allocation and roll-down policy is as follows:

All triathletes have FREE access to RPM Health Club during Tri-Fest, plus FREE daily classes. See schedule on page 12.

Prior to race day, at least one slot shall be tentatively allocated to each Age Group category (both male and female). Please see the official Age Group category breakdown listed below. 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 and pay for their slot in-person during the designated registration period for the World Championship. Please check the Schedule of Events for more information.

Age Group breakdown
 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

Roll Down Policy
 At the conclusion of onsite 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 roll down ceremony or has already qualified, the next eligible finisher in that Age Group may claim the qualifying slot. Following roll down, 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.



Pre-Awards Cocktail Party 4 December 5:30pm – 6:30pm
 Latitude Marquee, Laguna Phuket

AWARDS PARTY 4 December 6:30pm – late
 Latitude Marquee, Laguna Phuket opposite Canal Village. The Awards Party theme is Black Tie & Board Shorts and bow ties will be provided at the party. All athletes are invited to attend by purchasing tickets in advance online. Tickets and wristbands must be presented to gain entry to the dinner. If not sold out, tickets will be sold at Registration on 1 and 2 December and possibly at the door. Tickets cost Baht 1600 for adults and Baht 800 for children.