

2026 IRONMAN® WORLD CHAMPIONSHIP

PROFESSIONAL ATHLETE QUALIFICATION, EXEMPTIONS & VALIDATION

Certain Terms Used Herein

"**2026 Qualifying Year**" means the period between August 24, 2025, and August 20, 2026.

"**2026 Championship Race**" means the 2026 IRONMAN® World Championship race held in Kailua-Kona, Hawai'i on October 10th, 2026.

"**Exemption**" means, as applicable, the 2025 IMWC Winner Exemption or the Five-Year Exemption (as such terms are defined below).

"**Pro Athletes**" means those certain professional triathletes that are active members of, and in good standing with, elite/ professional status with their World Triathlon Member National Triathlon Federation and the IRONMAN® Pro Membership Program.

"**Pro Qualifying Slots**" means those certain 2026 Championship Race qualifying entry slots awarded by IRONMAN to Pro Athletes in accordance with IRONMAN's rules and policies (as may be changed from time to time by IRONMAN in IRONMAN's sole discretion).

"**Qualifying Races**" means those certain IRONMAN® branded races identified by IRONMAN, in IRONMAN's sole discretion, where Pro Athletes may compete to earn a Pro Qualifying Slot. A current list of eligible Qualifying Races offering Pro Qualifying Slots can be found at www.ironman.com/pro-athletes.

"**Validation Race**" means racing competitively (as determined by IRONMAN in IRONMAN's sole discretion) and being an official finisher in at least one (1) 2026 Qualifying Race (excluding the 2025 IRONMAN World Championship) that offers Pro Qualifying Slots during the 2026 IRONMAN Qualifying Year.

1. Qualifying for the 2026 IRONMAN World Championship Race

- a. Only Pro Athletes are eligible to receive Pro Qualifying Slots.
- b. The Qualifying Races offering Pro Qualifying Slots will be published at www.ironman.com/pro-athletes (as may be changed from time to time by IRONMAN in IRONMAN's sole discretion).
- c. The published Pro Qualifying Slots are in addition to the Exemptions.
- d. Any Pro Athlete failing to (1) immediately accept a Pro Qualifying Slot following a Qualifying Race or (2) attend the Qualifying Race's slot allocation ceremony, may, at IRONMAN's sole discretion, forfeit such Pro Qualifying Slot and such slot may be rolled down to the next present eligible Pro Athlete.
- e. Pro Qualifying Slots are NOT transferrable and, subject to Section 4 below, deferrals are NOT permitted. There is no waiting list or rolldown for non-qualified Pro Athletes.
- f. There will be no 2026 Championship Race specific entry fee at the time of acceptance of a Pro Qualifying Slot, however, a valid 2026 IRONMAN Pro Membership (single event Pro membership or current annual Pro membership) is required as a condition of participating in the 2026 Championship Race.
- g. Pro Athletes accepting a Pro Qualifying Slot represent and warrant that their elite/professional athlete status with their World Triathlon Member National Triathlon Federation is current and will be so at the time of the 2026 Championship Race. Any change in a Pro Athlete's status prior to the 2026 Championship Race must be disclosed immediately.

2. 2025 IRONMAN World Champion Exemption:

Subject to certain requirements set forth by IRONMAN (and as may be changed from time to time by IRONMAN in IRONMAN's sole discretion), the winner of the 2025 IRONMAN World Championship Race will receive an invitation to the 2026 Championship Race (the "**2025 IMWC Winner Exemption**"). Use of the 2025 IMWC Winner Exemption for the 2026 Championship Race is not subject to or conditioned upon completion of a Validation Race, provided, however, that valid 2026 IRONMAN Pro Membership (single event Pro membership or current annual Pro membership) is required as a condition of participating in the 2026 Championship Race.

3. Previous 5-Year IRONMAN® World Champion Validation

- a. Subject to certain requirements set forth by IRONMAN (and as may be changed from time to time by IRONMAN in IRONMAN's sole discretion), Pro Athletes previously winning an IRONMAN® World Championship and receiving a five-year exemption to participate in future IRONMAN World Championship races will continue to receive invitations to future IRONMAN World Championship races as follows (collectively, the "**Five-Year Exemption**"):
 - The 2021 IRONMAN World Championship race winners (male and female) will be eligible to compete in the 2026 IRONMAN® World Championship races;
 - The 2022 IRONMAN World Championship race winners (male and female) will be eligible to compete in the 2026, and 2027 IRONMAN® World Championship races; and
 - The 2023 IRONMAN World Championship race winners (male and female) will be eligible to compete in the 2026, 2027 and 2028 IRONMAN World Championship races.
- b. Use of the Five-Year Exemption for IRONMAN World Championship races is subject to and conditioned upon successful completion of a Validation Race (*i.e.*, in order to participate in the 2026 Championship Race the Five-Year Exemption holder must competitively race and be an official finisher in at least one (1) 2026 Qualifying Race (excluding the 2025 IRONMAN 70.3 World Championship)).
- c. If a Five-Year Exemption holder (*i.e.*, a previous winner of the IRONMAN World Championship race in 2021, 2022, 2023) wins the 2025 IRONMAN World Championship race then the Five-Year Exemption holder will have two options:

Option 1- Use the 2025 IM WC Winner Exemption for entry into the 2026 IRONMAN World Championship and forfeit the remainder of the Five-Year Exemption. Use of the 2025 IM WC Winner Exemption for the 2026 Championship Race will not be subject to or conditioned upon completion of a Validation Race., however, selection of Option 1 will void any remaining invitations under the Five-Year Exemption (*i.e.*, the Five-Year Exemption will no longer be applicable for the Pro Athlete); or

Option 2- Use the Five-Year Exemption for entry into the 2026 IRONMAN World Championship. Use of the Five-Year Exemption requires successful completion of a Validation Race for each year in which a holder uses the Five-Year Exemption (see 3.b. above).

4. IRONMAN Pregnancy Policy Deferral

- a. In accordance with IRONMAN's GLOBAL Pregnancy Policy: www.ironman.com/policies, Pro Qualifying Slots awarded during the 2026 Qualifying Year may, upon approved verification, be deferred to the 2027 IRONMAN World Championship race.

5. Certain Limitations

- a. Pro Athletes who are eligible to compete in the 2026 Championship Race because of an exemption (*i.e.*, the Five-Year Exemption or the 2024 IMWC Winner Exemption) will not be eligible to receive any other Pro Qualifying Slot (*e.g.*, if a returning IRONMAN World Champion using the Five-Year Exemption finishes

2nd in a Qualifying Race with two (2) guaranteed Pro Qualifying Slots, such slot will automatically roll to the next eligible Pro Athlete finisher in such Qualifying Race).

- b.** Any 2026 deferred Pro Qualifying Slots approved under the Global Pregnancy Policy are valid ONLY for the 2027 IRONMAN World Championship race.

6. Wild Cards

- a.** Due to extraordinary circumstances, IRONMAN may, in its sole discretion, elect to offer special invitations to participate in the 2026 Championship Race.