

# 2022 EVENT SCHEDULE

Schedule is tentative and subject to change. Last updated 5/13/2022.



## THURSDAY, JUNE 9, 2022

START	END	EVENT	LOCATION
10 AM	5 PM	Athlete Check-In (By Appointment Only) <i>*NO ATHLETE CHECK-IN ON SATURDAY!</i>	Cowles Commons
10 AM	5 PM	IRONMAN Village <ul style="list-style-type: none"> <li>▪ PLAYTRI Triathlon Store &amp; Tech Service Center</li> <li>▪ Information Tent</li> <li>▪ VIP Spectator Credential Pick-Up</li> <li>▪ IRONKIDS Fun Run Registration</li> </ul>	Cowles Commons
10 AM	5 PM	Official IRONMAN Store	Cowles Commons
1 PM	5 PM	Tri Bike Transport Bike Pick-Up	Water Works Park
11 AM		Athlete Briefing	Cowles Commons
2 PM		Athlete Briefing	Cowles Commons

## FRIDAY, JUNE 10, 2022

START	END	EVENT	LOCATION
9 AM	5 PM	Tri Bike Transport Bike Pick-Up	Water Works Park
10 AM	5 PM	Athlete Check-In (By Appointment Only) <i>*NO ATHLETE CHECK-IN ON SATURDAY!</i>	Cowles Commons
10 AM	5 PM	IRONMAN Village <ul style="list-style-type: none"> <li>▪ PLAYTRI Triathlon Store &amp; Tech Service Center</li> <li>▪ Information Tent</li> <li>▪ VIP Spectator Credential Pick-Up</li> <li>▪ IRONKIDS Fun Run Registration</li> </ul>	Cowles Commons
10 AM	5 PM	Official IRONMAN Store	Cowles Commons
11 AM		Athlete Briefing	Cowles Commons
2 PM		Athlete Briefing	Cowles Commons
6 PM		Welcome Ceremony	Cowles Commons

## SATURDAY, JUNE 11, 2022

START	END	EVENT	LOCATION
7:30 AM	9 AM	Practice Swim	Grays Lake
8:30 AM	9:30 AM	IRONKIDS Fun Run Registration	Principal Park
9 AM	12 PM	Tri Bike Transport Bike Pick-Up	Water Works Park
9 AM	3 PM	IRONMAN Village <ul style="list-style-type: none"> <li>▪ PLAYTRI Triathlon Store &amp; Tech Service Center</li> <li>▪ Information Tent</li> <li>▪ VIP Spectator Credential Pick-Up</li> </ul>	Cowles Commons
9 AM	3 PM	Official IRONMAN Store	Cowles Commons
10 AM	5 PM	Mandatory Bike & Gear Check-In	Water Works Park
10 AM		IRONKIDS Des Moines Fun Run	Principal Park
2 PM		Athlete Briefing	Cowles Commons

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## SUNDAY, JUNE 12, 2022 - RACE DAY

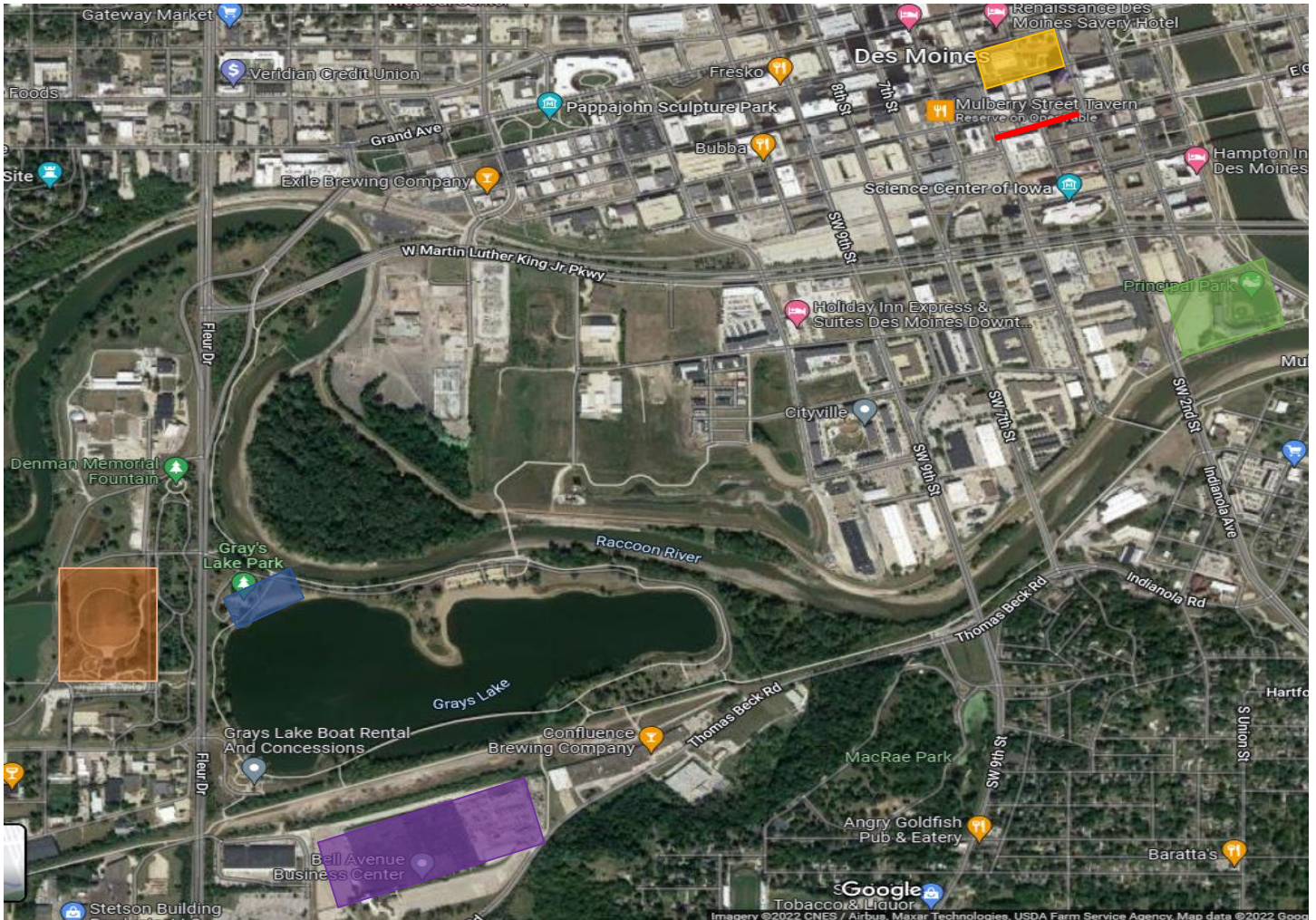
START	END	EVENT	LOCATION
3:30 AM		Parking Opens	Bell Ave
3:45 AM	5:30 AM	Shuttle to T1 <i>*Athletes will receive priority boarding onto the shuttles</i>	Bell Ave
3:45 AM	5:30 AM	Shuttle to T1 <i>*Athletes will receive priority boarding onto the shuttles</i>	Cowles Commons
4 AM	5:15 AM	Bike Personal Needs Bag Drop-Off	Water Works Park
4 AM	5:30 AM	Transition Open	Water Works Park
4 AM	5:45 AM	Run Personal Needs Bag Drop-Off	Swim Start (Grays Lake)
5 AM	10 AM	Information Tent/Lost & Found	Water Works Park
5:30 AM		Pro Male Swim Start	Grays Lake
5:37 AM		Pro Female Swim Start	Grays Lake
5:45 AM		Age Group Swim Start	Grays Lake
9 AM	12 PM	Shuttle back to Bell Ave and Cowles Commons	Water Works Park
9 AM	3 PM	IRONMAN Village	Cowles Commons
9 AM	3 PM	Official IRONMAN Store	Cowles Commons
12 PM	12 AM (Monday)	Information Tent/Lost & Found	Cowles Commons
1 PM	12:30 AM (Monday)	Morning Clothes Bag Pick-Up	Cowles Commons
5 PM	12:30 AM (Monday)	Shuttle back to Transition	Cowles Commons
5 PM	12:30 AM (Monday)	Mandatory Bike & Gear Check Out	Water Works Park
6 PM	12 AM (Monday)	Tri Bike Transport Bike Return	Water Works Park

## MONDAY, JUNE 13, 2022 - CELEBRATION DAY

START	END	EVENT	LOCATION
7 AM	2 PM	IRONMAN Village	Cowles Commons
7 AM	2 PM	Official IRONMAN Store	Cowles Commons
8 AM	12 PM	Celebration Day	Cowles Commons
8 AM		Celebration Day Breakfast	Cowles Commons
8 AM	12 PM	Lost & Found	Cowles Commons
9 AM	11 AM	Tri Bike Transport Bike Return	Water Works Park
9:30 AM		Awards Ceremony & 2022 IRONMAN World Championship Slot Allocation/Rolldown Ceremony  <i>*Slot Allocation/Rolldown Ceremony will begin immediately following Awards - Be Early! Must be present to claim your slot.</i>	Cowles Commons

# 2022 VENUE LOCATIONS

Last updated 5/13/2022.



## Orange:

Water Works Park (Transition 1 & 2)  
2201 George Flagg Pkwy  
Des Moines, IA 50321

## Blue:

Grays Lake (Swim Start/Swim Finish)  
2101 Fleur Dr  
Des Moines, IA 50321

## Purple:

Bell Ave (Parking)  
1901 Bell Ave  
Des Moines, IA 50315

## Green:

Principal Park (IRONKIDS)  
1 Line Dr  
Des Moines, IA 50309

## Yellow:

Cowles Commons (Expo)  
221 Walnut St  
Des Moines, IA 50309

## Red:

Finish Line  
Court Ave and 4th St