

2023 EVENT SCHEDULE

Schedule is tentative and subject to change. Last updated June 20, 2023.



FRIDAY, JULY 21, 2023

START	END	EVENT	LOCATION
2 PM	7 PM	Athlete Check-In	Riverfront City Park
2 PM	7 PM	IRONMAN Village <ul style="list-style-type: none">Information TentPLAYTRI Triathlon Store & Tech Service CenterVIP Spectator Credential Pick-Up	Riverfront City Park
2 PM	7 PM	Official IRONMAN Store	Riverfront City Park
3 PM		Athlete Briefing	Riverfront City Park
6 PM		Athlete Briefing	Riverfront City Park

SATURDAY, JULY 22, 2023

START	END	EVENT	LOCATION
9 AM	5 PM	Athlete Check-In	Riverfront City Park
9 AM	5 PM	IRONMAN Village <ul style="list-style-type: none">Information TentPLAYTRI Triathlon Store & Tech Service CenterVIP Spectator Credential Pick-Up	Riverfront City Park
9 AM	5 PM	Official IRONMAN Store	Riverfront City Park
9:30 AM	5:30 PM	Mandatory Bike Check-In & Timing Chip Pick-Up	Riverfront City Park
11 AM	12 PM	Athlete Briefing	Riverfront City Park
12 PM	1 PM	LifeSport Clinic - Race Nutrition and Pacing Strategies	Riverfront City Park
1 PM	2 PM	Athlete Briefing	Riverfront City Park
2 PM	3 PM	LifeSport Clinic - Mastering Open Water for Beginners and Experts	Riverfront City Park
3 PM	4 PM	Athlete Briefing	Riverfront City Park

SUNDAY, JULY 23, 2023 - RACE DAY!

START	END	EVENT	LOCATION
5 AM	6:30 AM	Transition Open	Riverfront City Park
6:15 AM		Race Start	Minto-Brown Island Park
7 AM	3 PM	IRONMAN Village/Information Tent	Riverfront City Park
7 AM	3 PM	Official IRONMAN Store & Medal Engraving	Riverfront City Park
10 AM	4:15 PM	Athlete Post-Race Food	Riverfront City Park
12:30 PM	4:30 PM	Bike & Gear Check-Out	Riverfront City Park
3:45 PM		Awards Ceremony & 2024 VinFast IRONMAN 70.3 World Championship Slot Allocation/Rolldown Ceremony	Riverfront City Park

Slot Allocation/Rolldown Ceremony will begin immediately following Awards - Be Early! Must be present to claim your slot.