



# FINAL INFO

## PRE-RACE

### PHYSICAL ADDRESSES

#### IRONMAN VILLAGE/TRANSITION

Riverfront City Park  
200 Water St NE  
Salem, OR 97301

### RACE WEEK PARKING

There is ample public parking in the downtown Salem area, east of Front St NE.

### ATHLETE CHECK-IN

All athletes must check in during the designated Athlete Check-In hours below. Check-In will be in the IRONMAN Village and will not be available on race day. Athletes must bring their Photo ID & Active.com Registration QR Code to check in.

#### WHEN

- Friday, July 21 from 2 PM to 7 PM
- Saturday, July 22 from 9 AM to 5 PM

#### RELAY TEAMS

Relay team members must be together at Athlete Check-In, at the same time. No relay team will be permitted to check in if all members are not present.

To inform IRONMAN of emergencies during race week, athletes must call the emergency phone number at 813-442-2479 during the hours listed below.

Friday, July 21	2 PM to 8 PM
Saturday, July 22	9 AM to 8 PM
Sunday, July 23	5 AM to 5:30 PM

### MANDATORY BIKE CHECK-IN

Athletes must check in their bike on Saturday, July 22 from 9:30 AM to 5:30 PM in transition. There will not be race morning check-in for bikes. **Athletes will also pick up their timing chip in the Bike Check-In area.**

## RACE DAY

### RACE MORNING

Transition opens at 5 AM. Athletes will be required to walk to swim start from transition (approximately 1.2 miles). There will be toilets near swim start and a morning clothes drop at swim start as well.

### RACE TIMING AND CUT-OFFS

All athletes will have 8 hours and 30 minutes to complete the race once they cross the timing mat at swim start, subject to intermediate cut-offs as listed in the Athlete Guide. Any athlete who does not complete the event in 8 hours and 30 minutes, or who does not reach the intermediate cut-off locations by the specified times, will be designated as DID NOT FINISH (DNF) in the official results. Aid station stops, transitions, etc., will be included in the total elapsed time.

### COURSE MAPS

[CLICK HERE](#) to view the course maps for the event.

### WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 76.1°F (24.5°C). Wetsuits will be prohibited in water temperatures greater than 83.8°F (28.8°C). Athletes who choose to wear a wetsuit in water temperatures above 76.1°F/24.5°C but less than or equal to 83.8°F/28.8°C will not be eligible for awards or qualifying slots.

## POST-RACE

### BIKE & GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out is from 12:30 PM to 4:30 PM on race day. Athletes must have their athlete wristband on in order to enter transition.

### AWARDS CEREMONY

The Awards Ceremony is scheduled for 3:45 PM on race day in the IRONMAN Village. If an athlete cannot attend and would like to claim their award, they should contact [OREGON70.3@IRONMAN.COM](mailto:OREGON70.3@IRONMAN.COM).

### SLOT ALLOCATION/ROLLODOWN CEREMONY

Athletes may claim their slot for the 2024 VinFast IRONMAN 70.3 World Championship at the Slot Allocation/Rolldown Ceremony, immediately following the Awards Ceremony. Athletes must be present to accept a slot and should be prepared to pay the entry fee with CREDIT CARD ONLY. For the most up to date qualifying slot numbers, please click [HERE](#).

For more information regarding race week, please refer to the Event Schedule and Athlete Guide [HERE](#).