

2023 EVENT SCHEDULE

Schedule is tentative and subject to change. Last updated July 17, 2023.



FRIDAY, SEPTEMBER 15, 2023

START	END	EVENT	LOCATION
2 PM	7 PM	Athlete Check-In	Open Space Park
2 PM	7 PM	IRONMAN Village <ul style="list-style-type: none">▪ Bike Store & Tech Service▪ Information Tent/Lost & Found	Open Space Park
2 PM	7 PM	Official IRONMAN Store	Open Space Park
3 PM		Athlete Briefing	Open Space Park
5 PM		Athlete Briefing	Open Space Park

SATURDAY, SEPTEMBER 16, 2023

START	END	EVENT	LOCATION
9 AM	4 PM	Athlete Check-In	Open Space Park
9 AM	4 PM	IRONMAN Village <ul style="list-style-type: none">▪ Bike Store & Tech Service▪ Information Tent/Lost & Found	Open Space Park
9 AM	4 PM	Official IRONMAN Store	Open Space Park
10 AM	5 PM	Mandatory Bike Check-In & Timing Chip Pick-Up	Open Space Park
10 AM		Athlete Briefing	Open Space Park
12 PM		Athlete Briefing	Open Space Park
2 PM		Athlete Briefing	Open Space Park

SUNDAY, SEPTEMBER 17, 2023 – RACE DAY!

START	END	EVENT	LOCATION
6 AM	7:45 AM	Transition Open	Open Space Park
7:50 AM		Pro Men Swim Start	Open Space Park
8 AM		Pro Women Swim Start	Open Space Park
8:10 AM		Age Group Rolling Swim Start	Open Space Park
8 AM	4 PM	IRONMAN Village	Open Space Park
8 AM	4 PM	Official IRONMAN Store	Open Space Park
9 AM	6 PM	Information Tent/Lost & Found	Open Space Park
11:30 AM	6 PM	Post-Race Athlete Food	Main St & 3rd St
2:30 PM	6 PM	Mandatory Bike & Gear Check-Out	Open Space Park
5:30 PM		Awards Ceremony & 2024 VinFast IRONMAN 70.3 World Championship Slot Allocation/Rolldown Ceremony	Open Space Park
		<i>Slot Allocation/Rolldown Ceremony begins immediately following Awards. Be early, as you must be present to claim your slot.</i>	
6:30 PM		Volunteer Banquet	Open Space Park

Open Space Park:
800 Main Street
Frankfort, MI 49635