WEDNESDAY, OCTOBER 23, 2019

TIME / EVENT /

12:45PM – 6:15PM Shuttle service commence - *refer to shuttle bus schedule for details

1pm – 6pm – IRONMAN Official Merchandise Open

1pm – 6pm – IRONMAN Sport & Lifestyle Expo Open

1pm – 6pm – Information Booth Open

2pm – 6pm – IRONMAN Malaysia & IRONMAN 70.3 Langkawi & IRONKIDS Langkawi Athlete check-in open

4pm (T2) Transition Tour – IRONMAN Malaysia & IRONMAN 70.3 Langkawi

1:30PM – 3:30PM – 5:30PM - IRONMAN Malaysia Athlete Video Briefing (Approx. 30 min) Must attend only one Athlete Briefing across either Wednesday, Thursday, or Friday. IRONMAN Malaysia

THURSDAY, OCTOBER 24, 2019

7am – 9am – Shuttle Bus Services Commence – ALL EVENTS - *refer to bus shuttle schedule

7:30am – 9:30am – Practice Swim – IRONMAN Malaysia & IRONMAN 70.3 langkawi – The Danna Langkawi

12PM – 6PM – IRONMAN Official Merchandise Open

12PM – 6PM – IRONMAN Sport & Lifestyle Expo Open – ALL EVENTS

12PM – 6PM – Information Booth Open

12PM – (T2) – Transition Tour #1

2PM – IRONMAN Malaysia Pro Press Conference – IRONMAN Malaysia & IRONMAN 70.3 Langkawi

3PM - (T2) Transition Tour #2 – Chinese language

5:30PM – 6PM – Race Director Update – IRONMAN Malaysia & IRONAM 70.3 Langkawi - Meritus Pelangi Beach Resort & Spa

5:30PM – 7:30PM – welcome function - IRONMAN Malaysia & IRONAM 70.3 Langkawi - Meritus Pelangi Beach Resort & Spa
1:30PM – 3:30PM – 5:30PM - IRONMAN Malaysia Athlete Video Briefing (Approx. 30 min) Must attend only one Athlete Briefing across either Wednesday, Thursday or Friday. – IRONMAN Malaysia

12:30PM – 2:30PM - IRONMAN 70.3 Langkawi Athlete Video Briefing (Approx. 30 min) Must attend only one Athlete Briefing across either Thursday or Friday. – IRONMAN 70.3 Langkawi

FRIDAY, OCTOBER 25, 2019
6:30PM – 5:30PM Shuttle Bus services commence – ALL EVENTS

7:30AM – 9:30AM – Practice Swim – IRONMAN Malaysia & IRONMAN 709.3 Langkawi – Century Langkawi Resort

9AM – 4PM – (T1) transition Tour # - The Danna Langkawi

10AM – 5PM – Compulsory Bike Racking and Bike Gear Bag check in –

10AM – 5PM – IRONMAN Official Merchandise Open – ALL EVENTS

10AM – 5PM - IRONMAN Sport & Lifestyle Expo Open – ALL EVENTS

10AM – 5PM – (T2) Information Booth open

10AM – 5PM – (T2) Compulsory Run Gear Bag Check-In – IRONMAN Malaysia & IRONMAN 70.3 Langkawi


11AM (T2) Transition Tour #1 Japanese Language - IRONMAN Malaysia & IRONMAN 70.3 – The Danna Langkawi

12PM – (T1) Transition Tour #2 – Chinese language - IRONMAN Malaysia & IRONMAN 70.3 – The Danna Langkawi

12PM – Professional Athlete Race Tips Q & A session - IRONMAN Malaysia & IRONMAN 70.3 – MIEC

1PM – (T1) Transition Tour #3 – The Danna Langkawi

2:30pm (T1) Transition Tour #4 – Japanese Language – The Danna Langkawi

2.30pm - Craig Alexander's Race Tips Q & A Session - IRONMAN Malaysia & IRONMAN 70.3 – MIEC

3:30PM (T2) Transition Tour #3 - IRONMAN Malaysia & IRONMAN 70.3 – MIEC

11.30am, 1.30pm, 3.30pm - IRONMAN Malaysia Athlete Video Briefing (Approx. 30min) Must attend only one Athlete Briefing across either Wednesday, Thursday or Friday. - IRONMAN Malaysia -MIEC
2.30pm, 4.30pm - IRONMAN 70.3 Langkawi Athlete Video Briefing (Approx. 30min) Must attend only one Athlete Briefing across either Thursday or Friday. - IRONMAN 70.3 Langkawi

SATURDAY, OCTOBER 26 2019
5.00am - 1.00am (next day) Shuttle bus Services Commence – ALL EVENTS

5.30am - 10.00am – (T1) Information Booth a& Drop Out Clerk Open – IRONMAN Malaysia & IRONMAN 70.3 Langkawi

5:45am – 6:45AM – (T1) IRONMAN 70.3 Langkawi Transition Open – IRONMAN 70.3 Langkawi

5.45am - 7.15am (T1) IRONMAN Malaysia Transition Open - IRONMAN Malaysia & IRONMAN 70.3 Langkawi

7am - IRONMAN 70.3 Langkawi Age Group Rolling Start - IRONMAN Malaysia & IRONMAN 70.3 Langkawi

7:45AM - IRONMAN Malaysia Pro Male Race Start - - IRONMAN Malaysia

7.46am - IRONMAN Malaysia Pro Female Race Start

7.52am - IRONMAN Malaysia Age Group Rolling Start

9.30am - 5.00pm - IRONMAN Official Merchandise Open

9.30am - 7.00pm - IRONMAN Sport & Lifestyle Expo Open – ALL EVENTS _ MIEC

9.30am - 7.00pm - Information Booth Open – ALL EVENTS – MIEC

11.00am - 1.00am - Finish Line Information Booth & Drop Out Clerk Open - Meritus Pelangi Beach Resort & Spa

11.22am (*Approx.) - IRONMAN 70.3 Langkawi First Finisher- Meritus Pelangi Beach Resort & Spa

12.30pm - 5.30pm - (T2) IRONMAN 70.3 Langkawi Bike & Gear Bag Check-Out (Note: 70.3 Athletes must collect bike and gear at this time) - IRONMAN 70.3 Langkawi – MIEC

3.47pm (*Approx.) - IRONMAN 70.3 Langkawi Cut-Off - IRONMAN Malaysia - Meritus Pelangi Beach Resort & Spa

4.17pm (*Approx.) - IRONMAN Malaysia First Pro Male Finisher - IRONMAN Malaysia - Meritus Pelangi Beach Resort & Spa

5.06pm (*Approx.) - IRONMAN Malaysia First Pro Female Finisher - IRONMAN Malaysia - Meritus Pelangi Beach Resort & Spa

5.30pm - IRONMAN 70.3 Langkawi Award Presentation - IRONMAN 70.3 Langkawi - Meritus Pelangi Beach Resort & Spa
6.15pm - 2019 IRONMAN 70.3 World Championship Roll Down Ceremony - IRONMAN 70.3 Langkawi - Meritus Pelangi Beach Resort & Spa

6.30pm - 11.30pm - (T2) IRONMAN Malaysia Bike & Gear Bag Collection Check-Out (Note: Special Needs Bag will only be available for collection on Sunday) - IRONMAN Malaysia – MIEC

SUNDAY, OCTOBER 27, 2019

1.05am (*Approx.) - IRONMAN Malaysia Last Finisher - - IRONMAN Malaysia - Meritus Pelangi Beach Resort & Spa

7.30am - 10.00pm - Shuttle Bus Services Commence – ALL EVENTS –
[Text Wrapping Break]8.00am - 11.00am - (T2) IRONMAN Malaysia Bike, Gear Bag & Special Needs Bag Check-Out - IRONMAN Malaysia – MIEC

8.00am - 2.00pm - IRONMAN Official Merchandise Open – ALL EVENTS – MIEC

8.00am - 3.00pm - IRONMAN Sport & Lifestyle Expo Open – ALL EVENTS – MIEC

8.00am - 3.00pm – (T2) Information Booth Open – ALL EVENTS – MIEC

9.00am - IRONMAN Malaysia Results Posted – MIEC

10AM – 2019 IRONMAN World Championship Roll Down Ceremony – MIEC

6.00pm - 8.00pm - IRONMAN Malaysia Awards Ceremony

Presented by Tourism Malaysia / Malaysia Convention & Exhibition Bureau (MyCeb) – IRONMAN Malaysia - Meritus Pelangi Beach Resort & Spa

8.00pm Onwards – Official IRONMAN Malaysia After Party - – IRONMAN Malaysia - Meritus Pelangi Beach Resort & Spa

*Timings are subject to change. Please continually check the website for updated information.
Correct as of 28 January 2019