



## 2023 IRONMAN WALES RACE

### SCHEDULE

*Subject to change*

Race Briefing will be announced one week prior to Race Day

#### THURSDAY 31ST AUGUST

14:00 / 18:00	IRONKIDS Registration	De Valance Pavilion
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#### FRIDAY 1ST SEPTEMBER

08:00 / 17:00	Athlete Registration	Five Arches
08:00 / 17:00	EXPO & Official Merchandise Store	Five Arches
09:00 / 17:00	IRONKIDS Registration	De Valance Pavilion

#### SATURDAY 2ND SEPTEMBER

08:00 / 13:00	Athlete Registration	Five Arches
08:00 / 10:00	IRONKIDS Registration	De Vallance Pavilion
08:00 / 17:00	EXPO & Official Merchandise Store	Five Arches
08:30 / 15:00	Transition Opens - Bike/Bag Check-in	Seafront Car Park
11:30 / 17:30	IRONKIDS Help Desk	Fives Arches, South Parade
<b>12:00 / 18:00</b>	<b>IRONKIDS</b>	Five Arches
18:00 / 19:00	IRONPRAYER	Deer Park Baptist Church

#### SUNDAY 3RD SEPTEMBER

05:00 / 06:20	Transition Opens	Seafront Car Park
06:00	Rolling Swim Start Assembly	North Beach
<b>06:55</b>	<b>IRONMAN Wales Self-seeded Rolling Start</b>	North Beach
09:00 / 20:00	Official Merchandise Store	Five Arches
18:15 / 00:15	Transition Open - Bag/Bike Collection	Seafront Car Park
22:00 / 00:15	Finish Line Party	The Esplanade

#### MONDAY 4TH SEPTEMBER

09:00 / 13:00	Official Merchandise Store	Five Arches
11:00 / 13:00	Awards Presentation and Slot Allocation	De Valance Pavilion