



2024 IRONMAN WALES EVENT SCHEDULE

Subject to change

Race Briefing will be announced one week prior to
Race Day

THURSDAY 19TH SEPTEMBER

14:00 / 17:00	IRONKIDS Registration	De Valance Pavilion
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FRIDAY 20TH 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 21ST SEPTEMBER

08:00 / 13:00	Athlete Registration	Five Arches
08:00 / 10:00	IRONKIDS Registration	Five Arches
08:00 / 17:00	EXPO & Official Merchandise Store	Five Arches
08:30 / 15:00	Transition Opens - Bike/Bag Check-in	Seafront Car Park
10:00 / 17:30	IRONKIDS Help Desk	Fives Arches
12:00 / 17:30	IRONKIDS	Five Arches
18:00 / 18:45	IRONPRAYER	Deer Park Baptist Church

SUNDAY 22ND SEPTEMBER

05:30 / 07:00	Transition Opens	Seafront Car Park
07:00	Rolling Swim Start Assembly	North Beach
07:30	IRONMAN Wales Self-seeded Rolling Start	North Beach
09:00 / 19:00	Official Merchandise Store	Five Arches
18:45 / 01:00	Transition Open - Bag/Bike Collection	Seafront Car Park
22:00 / 00:45	Finish Line Party	The Esplanade

MONDAY 23RD SEPTEMBER

09:00 / 13:00	Official Merchandise Store	Five Arches
10:00	Welsh Long Distance Champs Awards	De Valance Pavilion
10:00 - 10:30	Timing / results objection	De Valance Pavilion
11:00 / 13:00	Awards Presentation and Slot Allocation	De Valance Pavilion