



IRON*i*KIDS®

IRELAND, CORK



Event Instructions 2023

Friday 18th August 2023

INTRODUCTION

IRONKIDS arrives into Youghal, County Cork on Friday 18th August, as part of the IRONMAN Ireland, Cork weekend. The event will kickstart the weekend, seeing many parents participating in the 70.3 and full distance races in the following days. We will see 2,000 young athletes run through the streets of Youghal, before finishing in Market Square under the iconic IRONMAN finish gantry.

The event is participation focused and purely recreational, there are no prizes for the winning athletes- every child who completes the race will receive an IRONKIDS t-shirt and finisher's medal.

These Event Instructions include all the information you need for Registration and for Race Day. Please take the time to read through to help you understand the event requirements and plan for the event.

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BEFORE EVENT

IRONKIDS REGISTRATION ADDRESS AND OPENING TIMES

Location- Dolphin Square (///goodly.shuts.name)

- Thursday 17th August 15:00 – 18:00
- Friday 18th August 09:00 – 14:00

Race Packs must be collected from registration BEFORE 2pm on Friday 18th August 2023. No race pack collections will be granted at the help desk.

Please note, Friday is an extremely busy time for IRONKIDS registration and long queues are expected. To make the registration process as quick and convenient as possible, it is highly advisable that you register on Thursday.

In addition, IRONMAN Registration and bike racking will also be open for IRONMAN 70.3 Athletes whilst IRONKIDS registration is taking place. If you do plan to register on Friday, please factor in plenty of time for queueing.

Children must start in the specific time they been allocated to, there will be no exceptions.

YOU WILL NEED

To register for the race and to collect the Race Pack, you will need:

1. To know the surname of all the children that you are registering.
2. To show your confirmation email and QR code (on your phone or a print-out). You will receive your child's unique BIB number and start time when you come to register onsite.

If you have not received the confirmation email by the Tuesday of race week, please contact ireland@ironman.com

Please note:

- The child does not need to attend registration.
- You can collect Race Packs for more than one child at a time, providing you have the relevant confirmation emails

EVENT WAIVERS

- You will need to sign a waiver for each race pack you collect.
- The waiver will be signed online when you register for the event.

Under NO circumstance do we hand out the Registration Pack without a signed waiver.

ENTRIES

IRONKIDS Ireland race entries are non-transferable and non-refundable. There are no expectations to this rule.



BEFORE EVENT

RACE PACK CONTENTS

- 1 IRONKIDS T-shirt – **MUST** be worn on Race Day for identification purposes.
- 1 IRONKIDS Race BIB Number – please write the child's emergency contact details on the back before Race Day. This **MUST** be worn on Race Day, safety pinned to the **front** of the child's t-shirt.
- 2 x IRONKIDS wristbands with corresponding race number and colour. These are extremely important for safety and security reasons. The wristbands allow us to reunite the correct child with the correct guardian.

-1 x wristband is for the child. The child will need to have this attached securely to their wrist to get entry to the start pens. Only children wearing wristbands and bibs for that start time will be allowed to start the race.

- 1 x wristband is for the parent/ guardian who will be collecting the child from the exit pens at the end of their race. The parent will need to have this attached securely to their wrist to collect their child from the exit pens.

- Note: **parents AND children** running in the 500m distance must also **BOTH** be wearing wristbands. This is so that we can reunite the correct child with the correct parent should you get split up during your event.

IRONKIDS T-SHIRT POLICY

You will receive the t-shirt size which was selected when you signed up to the race. This is the t-shirt size you will receive when you register. This policy is to ensure that every child gets the t-shirt they requested.

If after you have collected the t-shirt from registration you realise that the size is wrong for your child, you will need to return to the help desk from 15:00 for an exchange. You need to bring the original t-shirt with you so it can be swapped. T-shirt sizes will be reallocated on a first-come, first-serve basis and are not guaranteed.

RACE DAY HELP DESK

IRONKIDS HELP DESK ADDRESS: Town Hall ([///views.picket.lender](http://www.views.picket.lender))

- Friday 18th August 15:00 – 18:00

Registration will close at 14:00 on Friday 18th August. If you have any questions or problems after this time, please visit the Race Day Help Desk. Lost Race Pack items including wristbands and safety pins can also be sorted here.

Please note that there will be no replacement items available at the Start Line.



EVENT DAY

EVENT ADDRESS

Start Line- Town Hall ([///views.picket.lender](#))

Finish Line- Market Square ([///finds.pitched.inflame](#))

START TIMES

You will receive the child's individual start time when registering onsite and it is noted on their race BIB. Please remember that this is the time the child will start their race– please arrive in plenty of time and be ready at the start pens 10 minutes early.

Please ensure to give yourself plenty of time to arrive and park, ahead of your child's race.

It is not possible for your child to change wave/distance, they must run in their age group.

Age Group	Distance	Start Times Will Be Between:
4 - 6 Years Old	500m	15:00-15:45
7 - 11 Years Old	1km	16:15-17:15
12 - 15 Years Old	1.5km	17:30-18:00

See Course Map on page 6 for more details.



EVENT DAY

PARENT ASSISTANCE

Children aged 4-6 years old (the 500m distance) children MUST be accompanied by a parent or guardian to run in the event. One parent or guardian per child (you cannot accompany multiple children in a single race under any circumstances). The parent/ guardian MUST be age 18+.

Please note, children aged 4-6 years old (500m distance) are the ONLY age groups permitted to run with a parent/ guardian. For older year groups, parents will not be allowed to run with their child including running outside of the course along the barrier line.

Our staff and volunteers are not able to supervise any children whilst their guardians participate in the 500m race. You will need to make alternative arrangements.

EXIT PENS AND CHILD COLLECTION

When they have crossed the finish line, the child will receive their medal. Children will be separated by gender and directed into the appropriate Exit Pen. The child will then wait within the secure exit pens, behind the finish area, until a parent/guardian comes to collect the athlete.

There are 2,000 children participating in IRONKIDS Ireland. This means that the process of reuniting the correct child with the correct parent/ guardian may take some time. To allow this process to be as smooth as possible, please ensure:

- The parent/ guardian is present with a matching wristband
- This is extremely important for safety and security reasons. The wristbands enable us to safely and securely reunite the correct child with the correct parent/ guardian.
- The parent/ guardian must be aged 18 or over.
- Queue at the correct boy/ girl Exit Pen Gate for the child you are collecting.
- Please be patient and don't push or shout as you are waiting to be reunited with your child, this makes it more difficult for our Exit Pen staff to hear and locate the correct race numbers
- Please be respectful of IRONKIDS staff, volunteers and the other parents/ guardians around you.

MEDICAL NOTES

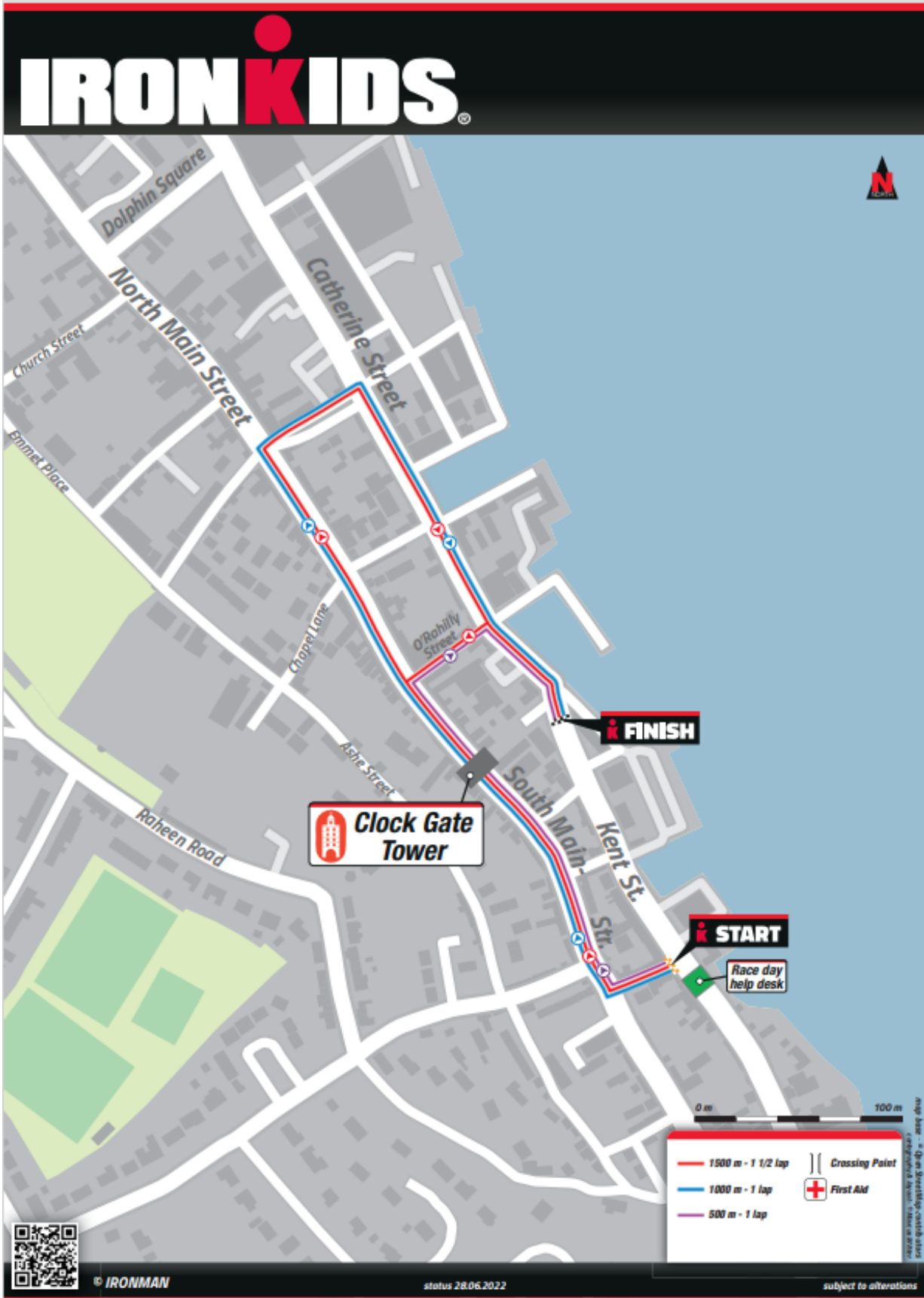
Please ensure to write the medical details and emergency contact info for the child on the back of their race number. This is the first place the medical team will check should they require medical attention. The First Aid Point is located at the Finish Line.

MORE INFORMATION

For further information please visit www.ironman.com/im-ireland alternatively, email ireland@ironman.com



COURSE MAP



THANK YOU FOR TAKING THE TIME TO READ THIS INFORMATION.
WE LOOK FORWARD TO SEEING YOU ON EVENT DAY!

