

2020 EVENT SCHEDULE

Schedule of events is tentative and subject to change. Last updated 1/27/20.



THURSDAY, JULY 23, 2020

START	END	EVENT	LOCATION
9 AM	5 PM	Athlete Check-In <i>*No Athlete Check-In on Saturday</i>	Conference Center
9 AM	5 PM	IRONMAN Village <ul style="list-style-type: none">Information TentPLAYTRI Triathlon Store & Tech Service CenterVIP Spectator Credential Pick-UpIRONKIDS Lake Placid Fun Run and Dip 'n' Dash Registration	Oval/Transition
9 AM	5 PM	Official IRONMAN Store	Oval/Transition
11 AM		Athlete Briefing	Oval/Transition
2 PM		Athlete Briefing	Oval/Transition

FRIDAY, JULY 24, 2020

START	END	EVENT	LOCATION
7 AM		AWA Breakfast	TBD
9 AM	5 PM	Athlete Check-In <i>*No Athlete Check-In on Saturday</i>	Conference Center
9 AM	5 PM	IRONMAN Village <ul style="list-style-type: none">Information TentPLAYTRI Triathlon Store & Tech Service CenterVIP Spectator Credential Pick-Up	Oval/Transition
9 AM	5 PM	Official IRONMAN Store	Oval/Transition
10 AM		First Timer (Become One) Seminar with IMU Coaches	Oval/Transition
11 AM		Athlete Briefing	Oval/Transition
12 PM		Pro Athlete Panel	Oval/Transition
12 PM	1:30 PM	IRONKIDS Lake Placid Fun Run and Dip 'n' Dash Registration	Mirror Lake Drive
2 PM		IRONKIDS Lake Placid Fun Run and Dip 'n' Dash	Mirror Lake Drive
3 PM		Athlete Briefing	Oval/Transition
6 PM	8 PM	Welcome Ceremony - (DJ and Photobooth from 6 PM to 7 PM)	Mid's Park on Main St.

SATURDAY, JULY 25, 2020

START	END	EVENT	LOCATION
7:30 AM	9:30 AM	Free Pancake Breakfast	Oval/Transition
9 AM	3 PM	IRONMAN Village <ul style="list-style-type: none">Information TentPLAYTRI Triathlon Store & Tech Service CenterVIP Spectator Credential Pick-Up	Oval/Transition
9 AM	5 PM	Official IRONMAN Store	Oval/Transition
10 AM	3 PM	Mandatory Bike & Gear Bag Check-In	Oval/Transition
11 AM		Athlete Briefing	Oval/Transition

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SUNDAY, JULY 26, 2020 - RACE DAY!

START	END	EVENT	LOCATION
4:30 AM	6 AM	Transition Area Open; Body Marking	Oval/Transition
4:30 AM	6 AM	Drop Special Needs Bike & Run Bags	Cummings Rd. adjacent to the Olympic Center (Bike) Stone Wall Mirror Lake Dr. (Run)
6 AM	6:30 AM	Warm-up Swim	Mirror Lake
6:10 AM		Pro Female Start	Mirror Lake
6:40 AM		Age Group Start	Mirror Lake
7 AM	8 PM	IRONMAN Official Store	Oval/Transition
7 AM	10 PM	Information Tent	Volunteer Tent Above Finish Line
12 PM	8 PM	IRONMAN Village	Oval/Transition
1:30 PM		Bike Course Cut-off (2nd Lap)	Behind Lake Placid High School
4 PM	12 AM (Mon.)	Recovery Tent	Oval
5 PM		Bike Course Cut-Off (Aid Station 5)	Wilmington
5:30 PM		Bike Course Closes	Oval/Transition
6 PM	12 AM (Mon.)	Mandatory Bike & Gear Check-Out	Oval/Transition
9 PM		Run Course Cut-Off (2nd Lap)	Town Hall
10 PM	12 AM (Mon.)	Come Out & Cheer on the Final Finishers	Finish Line

MONDAY, JULY 27, 2020 - CELEBRATION DAY

START	END	EVENT	LOCATION
7 AM	2 PM	IRONMAN Village	Oval/Transition
7 AM	2 PM	Official IRONMAN Store	Oval/Transition
9 AM	12 PM	PLAYTRI Triathlon Store & Tech Service Center	Oval
8:30 AM	9:30 AM	Celebration Day Breakfast	Conference Center
9:30 AM		Award Ceremony	Conference Center
10:30 AM		2020 IRONMAN World Championship Slot Allocation/Rolldown Ceremony <i>Athletes must have their Active.com username and password to process payment for their slot</i>	Conference Center
5 PM	8 PM	Volunteer Appreciation Party	Conference Center