



EVENT SCHEDULE

WEDNESDAY 16.03.2022

- 15:00 - 16:00 Technical Meeting PRO – online via Slido platform
- 16:00 - 17:00 Technical Meeting in English, Age Groups, online via Slido
- 17:00 - 18:00 Technical Meeting in Spanish, Age Groups, online via Slido

THURSDAY 17.03.2022 - MARINA RUBICÓN HARBOUR

- 10:00 - 18:00 IRONMAN 70.3 EXPO, Tennis Court at the Marina
Rubicón Harbour (IRONMAN 70.3 merchandise 15:00 - 18:00)
- 10:00 - 19:00 Registration (race n° collection by time shifts), IRONMAN 70.3 Lanzarote, at the Marina Rubicón Harbour
- 11:00 - 12:00 Press Conference PRO Athletes (by invitation)
- 17:00 IRONKIDS, (race n° collection by time shifts), at the Marina Rubicón Harbour

FRIDAY 18.03.2022 - MARINA RUBICÓN HARBOUR

- 10:00 - 13:00 Registration (race n° collection by time shifts), IRONMAN 70.3 Lanzarote, at the Marina Rubicón Harbour
- 10:00 - 15:30 Bike Tech Support, Transition (Not Free Service).
- 10:00 - 18:00 IRONMAN 70.3 EXPO, Tennis Court at the Marina Rubicón Harbour
- 15:00 - 19:30 IRONMAN 70.3 Athlete Info Point, transition, at the Marina Rubicón Harbour
- 15:00 - 19:30 Bike and bag check in (this will be organized by time slots), Transition zone, at the Marina Rubicón Harbour

SATURDAY 19.03.2022 - MARINA RUBICÓN HARBOUR

05:00 - 05:45	Opening Transition zone for athletes – 1st turn
05:45 - 06:45	Opening Transition zone for athletes – 2nd turn
05:00 - 06:45	Bike Tech Support, Transition
05:00 – 16:30	IRONMAN 70.3 Athlete Info Point, transition
07:00	Swim Start PRO Men - Marina Rubicón harbour
07:05	Swim Start PRO Women - Marina Rubicón harbour
07:07	Swim Start PC-OPEN - Marina Rubicón harbour
07:10 - 07:20	Swim Rolling Start Age Groups, Marina Rubicón harbour
10:00- 18:00	IRONMAN 70.3 EXPO, at the Tennis Court at the Marina vRubicón harbour
10:00 - 16:30	IRONMAN 70.3 Finisher Info Point, Marina Rubicón harbour, Playa Blanca
13:00 - 16:30	Bike/bag check out
17:00	Closure Transition Area

SATURDAY 19.03.2022 - THB TROPICAL ISLAND HOTEL, PLAYA BLANCA

19:00	Age Groups Slot allocation in-person for the World Championship (only for the 45 slot winners, no roll down). No companions will be admitted
19:30	Awards Ceremony (only for the winners, no companions will be admitted): Age Groups, PC Open, Special Awards, Tri Clubs, Lanzarote Citizen
20:30	Slot allocation in- person for PRO athletes followed by the Awards Ceremony for PRO Athletes (only for the winners, no companions will be admitted)