



RACE WITH A SMILE



FREQUENTLY ASKED QUESTIONS

What can we experience in Kalmar, while in town?

Please visit <https://kalmar.com/en/kalmar> for more information and activities in the city.

Can we try out the swim course prior to the event?

There will be no official practice swim. PLEASE NOTE It is prohibited by law to swim in the harbour area at all times except during the race. There are areas where you are allowed to swim, keep your swimming to these areas. Please respect this as this directly impacts whether or not we are continuously allowed to race at this location. Please note that it is also prohibited to bike on the Öland Bridge.

What about World Championship Slots?

The 2023 IRONMAN Kalmar offers Men's and Women's Age Group Qualifying slots to the VinFast IRONMAN World Championship in Kailua-Kona, Hawai'i on October 26, 2024 (men), and Kailua-Kona, Hawai'i on October 14, 2023 (women).

Is there any Bike Tech support?

At each of the aid stations, you will find pumps, tubes & some basic tools. Bike Service will be offered in Expo by our official bike service partner. Be aware that it is your own responsibility to carry extra tubes, tires, tools, etc. on your bike as you race. The bike techs & the tools at the aid stations are only there as an extra service & is based on a first come, first serve practice.

What should I do if I need to withdraw during the race?

For safety reasons it is vital that if an athlete drops out of the race at any time the athlete MUST inform a race official

Are wetsuits compulsory for the swimming?

Under 16° C water temperature wetsuits are compulsory, between 16 and 24,5° C it is optional and over 24,5° C forbidden to wear wetsuits or other clothing made out of neoprene.

Where can I return my timing chip?

The chip will be handed out at the bike check-in, you have to return it when you check out your bike. If you lose your chip, a fee will be charged.

What is going on in the Athlete Garden?

Here you will be served food and snacks after the race. We provide showers and get your long desired finisher t-shirt. There is a relaxing area where you can get a massage and you will also get your white street gear bag back. You will also find Medal engraving in the Athlete Garden.

IRONMAN KALMAR WEEK SCHEDULE

Tuesday 15/08/2023.....

16.00 -19.00 Registration 4:18:4 Kalmar

Wednesday 16/08/2023.....

12.00 – 17.00 Registration 4:18:4 Kalmar (Kvarnholmen)
12.00 – 18.00 Bike Check In 4:18:4 Kalmar (Kvarnholmen)
12.00 – 18.00 IRONMAN Kalmar Expo & Merchandise (Kvarnholmen)
12.00 – 18.00 IRONMAN Kalmar Info point (Kvarnholmen)
18.00 First start 4:18:4 Kalmar (Kattrumpan)
18.50 Expected 1st Finisher 4:18:4 Kalmar (Stortorget)

Thursday 17/08/2023.....

10.00 – 18.00 IRONMAN Kalmar Expo & Merchandise (Kvarnholmen)
10.00 – 18.00 IRONMAN Kalmar Info point (Kvarnholmen)
10.00 – 18.00 Registration IRONMAN Kalmar (Kvarnholmen)
16:00 – 17:00 Race Briefing (Swedish) | Finish Line (Kvarnholmen)
18:00 – 19:00 Race Briefing (English) | Finish Line (Kvarnholmen)

HOW TO TRACK YOUR ATHLETE & FOLLOW THE RACE?

Athlete Tracker, Results, Athlete Guide, Race Magazine



App name: IRONMAN Tracker

Photos & race week coverage



@ironmantrisweden

Highlight coverage & results



www.ironman.com/im-kalmar

Live streams & race week coverage



www.facebook.com/IronmanSverige

Friday 18/08/2023

10.00 – 18.00 IRONMAN Kalmar Expo & Merchandise (Kvarnholmen)
10.00 – 15.00 Registration IRONMAN Kalmar (Kvarnholmen)
10.00 – 15.00 Registration IRONKIDS Kalmar (Kvarnholmen)
10.00 – 18.00 IRONMAN Kalmar Info point (Kvarnholmen)
10.00 – 18.00 Bike Check In IRONMAN Kalmar (Kvarnholmen)
14.00 Race briefing PRO (Calmar Stadshotell)
15.00 Open Press Conference PRO at Finish Line (Stortorget)
16.00 Start IRONKIDS (Kvarnholmen)

RACE DAY

Saturday 19/08/2023.....

05.00 Transition area opens (Kvarnholmen)
06.45 Start IRONMAN Kalmar, PRO Women (Tullhamnen)
07.00 - 07.20 Start IRONMAN Kalmar, Age group (Tullhamnen)
10.00 – 20.00 IRONMAN Kalmar Info point (Stortorget)
10.00 – 18.00 IRONMAN Kalmar Expo & Merchandise (Kvarnholmen)
13.00 Awards 4:18:4 Kalmar Team (Stortorget)
15.00 IRONMAN Kalmar Champion expected at finish line (Stortorget)
17.30 - 24.00 Bike Check out (Kvarnholmen)
22.20 - 23.20 Finish line party (Heroes Hour)
23.20 Finish line cut of and celebration

Sunday 20/08/2023

11.00 – 15.00 IRONMAN Kalmar Merchandise POP-UP store (Kalmarsalen)
12.00 – 15.00 Price ceremony/Kona Awards/Banquet (Kalmarsalen)
18.00 Volunteer Party (Kvarnholmen)

“Don´t forget to Race With A Smile!”

Magnus Nyberg
RACE DIRECTOR IRONMAN Sweden



REGISTRATION & INFO POINT

The registration for all athletes of the IRONMAN Kalmar is located in the IRONMAN Expo at Kvarnholmen. If you need any help finding the registration, please do not hesitate to ask at the info point.

WC / TOILETS

For spectators the toilets are located at designated areas in the IRONMAN Expo, for athletes in the transition area and at all aid stations.

MASSAGE

After the race we offer free massages to all athletes in the Athlete Garden.

CITY RACE ZONE



TRANSITION AREA



SPECTATOR SPOTS

All spots along the harbour are great for overlooking the swim course. Especially popular are Tullhamnen & Elevatorkajen

SWIM COURSE 3.86 KM

ROLLING SWIM START

START: TULLHAMNEN

- 06:45 PRO WOMEN
- 07:00-07:20 AGE GROUP

CUT-OFF TIMES

SWIM: 2H 20MIN

(+ 10 MIN FROM THE SWIM CUT OFF TO START THE BIKE)

SWIM/BIKE - 10H

(+ 10 MIN FROM THE BIKE CUT OFF TO START THE RUN)

SWIM/BIKE/RUN - TOTAL 16H

(AFTER YOU CROSS THE SWIM START TIMING MAT)

(all cut off times are personal and based on your individual start time recorded once you cross the timing point at swim start. Timing point is located just before you jump in to the water)

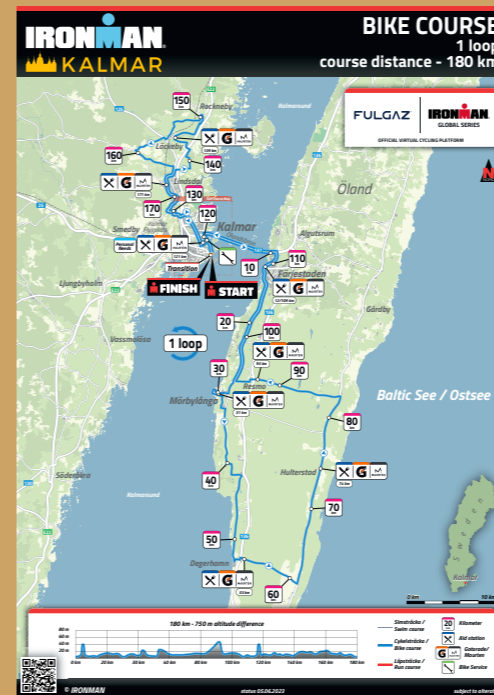


BIKE COURSE 180.2 KM

BIKE CHECK-IN/-OUT

CHECK-IN bike, helmet, shoes and transition bags on Friday between 10.00-18.00 at the transition area.

CHECK-OUT on race day between 17:30 - 24.00.



SPECTATOR SPOTS

What is really unique about this bike course is that almost any spot along the course is very suitable for spectators.

Some of the main hotspots are: Färjestaden, Mörbylånga, Rockneby, Degerhamn, Hulterstad, Resmo, Läckeby, Kalmar City turn point

RUN COURSE 42.2 KM

CHIP RETURN

Please return your timing chip at the bike check out.

The chip should be on you during both the swim, bike & run.

SPECTATOR SPOTS

The run course stretches through the city center of Kalmar which means that the whole city of Kalmar functions as one large arena to cheer on the runners from. The finish line area is at Stortorget.

