

RACE SCHEDULE

Race week telephone number +27(0) 82 476 6626

THURSDAY 16.11.2023

14:00 – 18:00
REGISTRATION
 Marquee Tent
 Diaz Hotel & Resort

14:00 – 18:00
BIKE WORKSHOP
 Bleu Lounge
 Diaz Hotel & Resort

14:00 – 18:00
MERCHANDISE
 Marquee Tent
 Diaz Hotel & Resort

14:00 – 18:00
EXPO
 Pero Diaz Theatre
 Diaz Hotel & Resort

FRIDAY 17.11.2023

09:00 – 18:30
REGISTRATION
 Marquee Tent
 Diaz Hotel & Resort

09:00 – 18:30
BIKE WORKSHOP
 Bleu Lounge
 Diaz Hotel & Resort

09:00 – 18:30
MERCHANDISE
 Marquee Tent
 Diaz Hotel & Resort

09:00 – 18:30
EXPO
 Pero Diaz Theatre
 Diaz Hotel & Resort

SATURDAY 18.11.2023

08:00 – 12:30
REGISTRATION
 Marquee Tent
 Diaz Hotel & Resort

08:00 – 12:30
BIKE WORKSHOP
 Bleu Lounge
 Diaz Hotel & Resort

08:00 – 12:30
MERCHANDISE
 Marquee Tent
 Diaz Hotel & Resort

08:00 – 14:00
EXPO
 Pero Diaz Theatre
 Diaz Hotel & Resort

10:00 – 10:45
PRO RACE BRIEFING
 Chef's Emporium
 Diaz Hotel & Resort

14:00 – 17:00
BIKE & BAG CHECK-IN
 Transition at De Bakke Beach
 Parking (Garret Street)

14:00 – 17:00
BIKE MAINTENANCE
 Outside Transition

SUNDAY 19 NOV 2023

04:30 – 06:15
SHUTTLE TO TRANSITION:
 From Diaz Hotel & Resort,
 and from Central and Point

05:00 – 06:15
TRANSITION OPEN
 at De Bakke Beach Parking
 (Garret Street)

05:00 – 06:15
BIKE MAINTENANCE
 Outside Transition

IRONMAN 70.3 MOSSEL BAY START

at Santos Beach (Munroe Street)

06:30 - Pro Male
06:35 - Pro Female
06:45 - Age Group
 Rolling swim start

+/- 08:35
SWIM COURSE CLOSES

10:20
FIRST PRO MALE EXPECTED FINISH

10:55
FIRST PRO FEMALE EXPECTED FINISH

+/- 13:00
BIKE COURSE CLOSES

13:30 – 17:00
BIKE & BAGS CHECK-OUT OPEN
 Transition at De Bakke
 Beach Parking

+/- 16:00
RACE ENDS
 Finish Line Santos Beach,
 Mossel Bay

14:00 – 22:00
MERCHANDISE
 Bleu Lounge
 Diaz Hotel & Resort

17:30
SLOT ALLOCATION:
IRONMAN 70.3
WORLD CHAMPIONSHIP
 Pero Diaz Theatre
 Diaz Hotel & Resort

18:30
AWARDS CEREMONY
DOORS OPEN
 Marquee Tent
 Diaz Hotel & Resort

19:00
AWARDS CEREMONY
 Marquee Tent
 Diaz Hotel & Resort

MONDAY 20.11.2023

09:00 – 11:00
FINISHER T-SHIRT SWOP;
TIMING QUERIES;
LOST AND FOUND.
 Pero Diaz Theatre
 Diaz Hotel & Resort

09:00 – 11:00
MERCHANDISE
 Bleu Lounge
 Diaz Hotel & Resort



RACE DAY
EMERGENCY
NUMBER

for the public
079 266 6263
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