

IRONMAN® 70.3® HAWAII

2023 Schedule of Events

Tuesday, May 30, 2023

Start	End	Event	Location
9.00am	4.00pm	IRONMAN® Information	Fairmont Orchid, Hawai'i – Kilohana Room

Wednesday, May 31, 2023

Start	End	Event	Location
9.00am	4.00pm	IRONMAN® Information	Fairmont Orchid, Hawai'i – Kilohana Room
12.00pm	5.00pm	Bike Tech	Fairmont Orchid, Hawai'i – Plaza I

Thursday, June 1, 2023

Start	End	Event	Location
7.00am	9.00am	Insider Race Tips **	Pauoa Bay Beach & Fairmont Orchid, Hawai'i – Lehua Theatre
9.00am	4.00pm	Accreditation Office	Fairmont Orchid, Hawai'i – Kilohana Room
9.00am	4.00pm	VIP Guest Services	Fairmont Orchid, Hawai'i – Kilohana Room
9.00am	6.00pm	Athlete Check-in ***	Fairmont Orchid, Hawai'i – Salon III
9.00am	6.00pm	Official IRONMAN® Merchandise Store	Fairmont Orchid, Hawai'i – Salon I
9.00am	6.00pm	IRONMAN® 70.3® Hawai'i Expo Opens	Fairmont Orchid, Hawai'i – Salon II/ Courtyard
9.00am	6.00pm	IRONMAN® Information	Fairmont Orchid, Hawai'i – Salon II
9.00am	6.00pm	Bike Tech	Fairmont Orchid, Hawai'i – Plaza I
1.00pm		Live Aloha with Leina`ala Fruean - Cultural Consultant ****	Fairmont Orchid, Hawai'i – Lehua Theatre

Friday, June 2, 2023

Start	End	Event	Location
7.30am	6.30pm	Shuttle Service - see Shuttle Map for details	Event Parking and Fairmont Orchid, Hawai'i
8.00am		Race Venue Tour *****	Entrance to Transition (bike dismount)
9.00am	4.00pm	Accreditation Office	Fairmont Orchid, Hawai'i – Kilohana Room
9.00am	4.00pm	VIP Guest Services	Fairmont Orchid, Hawai'i – Kilohana Room
9.00am	4:30pm	Athlete Check-in ***	Fairmont Orchid, Hawai'i – Salon III
9.00am	4:30pm	IRONMAN® Information	Fairmont Orchid, Hawai'i – Salon II
9.00am	4.30pm	Official IRONMAN® Merchandise Store	Fairmont Orchid, Hawai'i – Salon I
9.00am	4.30pm	Bike Tech	Fairmont Orchid, Hawai'i – Plaza I
9.00am	4.30pm	IRONMAN® 70.3® Hawai'i Expo	Fairmont Orchid, Hawai'i – Salon II/ Courtyard
11.30am	6.00pm	Mandatory Bike, Bike Gear & Run Gear Check-in at Transition *****	Fairmont Orchid, Hawai'i – Honu Pointe

Saturday, June 3, 2023 RACE DAY

Start	End	Event	Location
4.00am	6.30pm	Shuttle Service - see Shuttle Map for details	Event Parking/Fairmont Orchid, Hawai'i
4.30am	7.00am	Transition Opens	Fairmont Orchid, Hawai'i – Honu Pointe
6.25am		Race Starts *****	Fairmont Orchid, Hawai'i – Pauoa Bay/Honu Pointe
7.00am	5.00pm	Official IRONMAN® Merchandise Store and Medal Engraving	Fairmont Orchid, Hawai'i – Honu Pointe
11.30am	5.00pm	Bike and Gear Check-out at Transition	Fairmont Orchid, Hawai'i – Honu Pointe
4:00pm		Awards	Fairmont Orchid, Hawai'i – Honu Pointe
		2023 IRONMAN® 70.3® World Championship and 2023 IRONMAN® World Championship Slot Allocations/Rolldown	

Sunday, June 4, 2023

Start	End	Event	Location
9.00am	12.00pm	Bike Tech	Fairmont Orchid, Hawai'i – Plaza I
10.00am	12.30pm	Lost and Found	Fairmont Orchid, Hawai'i – Kilohana Room

- * The Pre-Race Athlete Briefing was held virtually. The Live Recording will be available at a later date.
- ** See Insider Race Tips schedule and agenda on next page.
- *** Athletes will be required to select a designated Athlete Check-in time. Details will be provided at a later date.
- **** Live Aloha with Leina`ala Fruean - Cultural Consultant
- ***** See Race Venue Tour schedule and agenda on next page.
- ***** Athletes will be required to select a designated Bike Check-in time. Details will be provided at a later date.
- ***** Athletes will enter the water in a self-seeded rolling start.

Bike & Gear Check-out

When you complete the race, pick up your gear and bike at the transition area beginning at 11.30am and no later than 5.00pm. Your athlete band or Bike Check-out Ticket is required for bike pick up.

The Schedule of Events is tentative & subject to change. Please continue to check back regularly for updates.

as of 5.29.23



IRONMAN[®]

70.3[®] HAWAII

2023 Schedule of Events (Special Race Events)

Thursday, June 1, 2023

Start	End	Event	Location
7.00am		Swim Course Insider Race Tips with Head of Operations - Roch Frey ** <ul style="list-style-type: none"> Overview of Swim Course Navigating the Start Tips on Sighting on Return into Sun Q&A 	Pauoa Bay Beach
8.00am		Bike Course Insider Race Tips with Head of Operations - Roch Frey and IRONMAN Hall of Fame Member and 1997 IRONMAN World Champion - Heather Fuhr ** <ul style="list-style-type: none"> Overview of Bike Course Highlight Key Points of the Course Historical Significance of riding on the IRONMAN World Championship Bike Course Q&A 	Fairmont Orchid, Hawai'i – Lehua Theatre
8.30am		Run Course Insider Race Tips with IRONMAN Hall of Fame Member and 1997 IRONMAN World Champion - Heather Fuhr ** <ul style="list-style-type: none"> Overview of RunCourse Highlight Changes from Previous Years Tips to Having Your Best Possible Run on this Unique Course 	Fairmont Orchid, Hawai'i – Lehua Theatre
1.00pm		Live Aloha with Leina`ala Fruean - Cultural Consultant The 2023 IRONMAN 70.3 Hawai'i `Ohana joins you to Live Aloha and take the Pono Pledge <ul style="list-style-type: none"> Aloha Spirit Love of the Land Observe, Learn and Understand Honor the Culture Admire and Respect the Beauty 	Fairmont Orchid, Hawai'i – Lehua Theatre

Friday, June 2, 2023

Start	End	Event	Location
8.00am		Race Venue Tour **** <ul style="list-style-type: none"> Welcome from Race Director - Laina Reisenfeld Race Morning Flow with Head of Operations - Roch Frey Key Rule Highlights from Global Director of Rules and Officiating and Triathlon - Jimmy Riccitello Q&A 	Entrance to Transition (bike dismount)

