

# RACE DAY SCHEDULE

07/05/2023

7:30	Age Group rolling Start
14:30	Bike Check out
10:00- 18:00	Merchandising and EXPO open
17:20	Race finish
18:30	Awards Ceremony

## WHAT IS A 70.3 IRONMAN?

IRONMAN 70.3 is a triathlon comprising of a 1.2 mile swim, 56 mile bike ride and a 13.1 mile run (a half marathon), all to be completed consecutively within 8 hours 30 minutes.

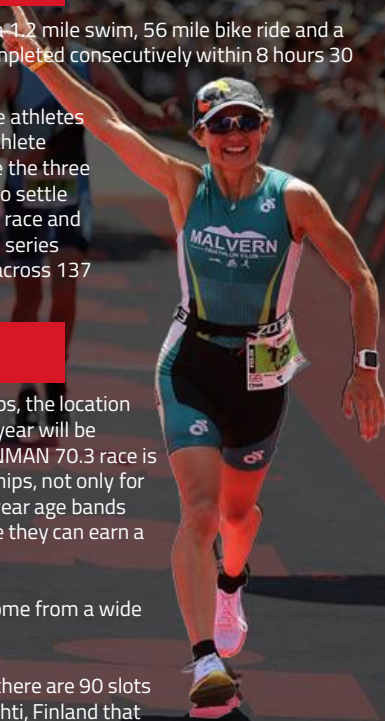
IRONMAN was founded in 1978 when some athletes in Hawaii were discussing who the fittest athlete would be. One suggested that they combine the three existing long distance events on the island to settle the debate. 13 athletes completed that first race and since then the sport has grown into a global series with 60,000 athletes competing each year across 137 races worldwide.

## IRONMAN 70.3 WORLD CHAMPIONSHIP 2023

For the IRONMAN 70.3 World Championships, the location changes each year - those who qualify this year will be heading to Lahti, Finland in 2023. Each IRONMAN 70.3 race is a qualifying event for the World Championships, not only for PRO athletes but for every age group. Five year age bands divide the athletes, as well as gender, where they can earn a slot for the World Championships.

Athletes range in age from 18 to 80+ and come from a wide variety of sporting backgrounds.

At Zafiro IRONMAN 70.3 Alcúdia-Mallorca, there are 90 slots available for the World Championships in Lahti, Finland that will be allocated during the Awards Ceremony, post race.



## VIP SUPPORTER PACKAGE

If you want to live an exclusive experience at Zafiro IRONMAN 70.3 Alcúdia-Mallorca, we have VIP Packages available for you!

For detailed information on the packages, please visit: [Supporters - IRONMAN 70.3 Venice-Jesolo](#)

There will be a destined area for all the people that bought the VIP package, where you can enjoy the race.

## ACCESS ON RACE WEEKEND & PARKING

There will be a [free parking](#) close to transition. Please note that spaces are limited and you may not find a spot. For this reason there is a bus shuttle service.

Schedule in our website and the athlete guide

## HOTSPOTS

### SPIAGGIA DEL FARO FRA VIA NAVIGATORI E VIA PIGAFETTA (SWIM)

In this section of the beach, one can enjoy the phases of departure and exit from the water.

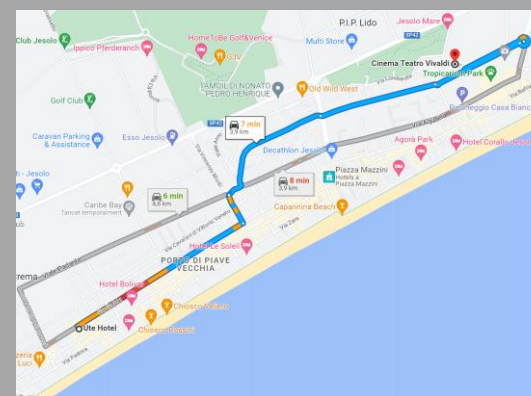
### VIALE ANNA FRANK(BIKE)

Roundabout at the junction of Via Anna Frank and Via Gorizia (a few steps from the beach) and in any case Via Gorizia in front of the changeover area from where they will start, where they will pass after 15 km and where they will conclude the cycling section

### PIAZZA MAZZINI JESOLO LIDO (RUN)

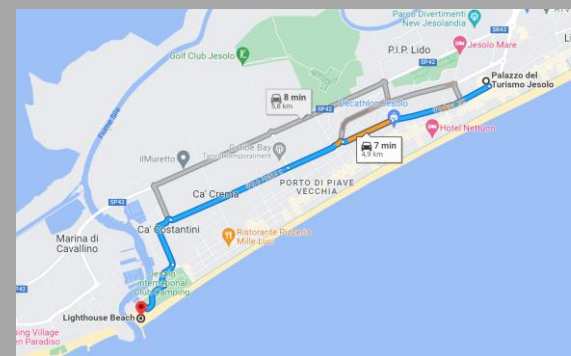
A cosy square equipped with all comforts for accompanying persons where the athletes will pass through 3 times during the run portion

## GENERAL INFORMATION



**How to get from transition to the awards ceremony (CINEMA TEATRO VIVALDI)**

To get to the award ceremony from transition you can [calculate 7 minutes](#) by car.



**How to get from transition to swim start?**

From [transition](#) to the swim start [11 minutes](#) walk, about 1 km.

## TRANSITION

A great location to give words of encouragement will be at transition. Once athletes finish the swim, they'll run up the street which supporters can line and into the first part of transition. Supporters will be able to stand on the other side of the Transition fence where they will be able to talk to their athlete from few centimetres.

Don't forget to download the IRONMAN Tracker App so you can follow your athlete around the course!



Instagram - @ironmanitaly

#IRONMANitaly

