

IRONFAN

Join us at the IRONFAN booth in the IRONMAN Expo to dive into the spectator experience:

Create a fan poster,
Tattoo your athlete, and
Capture the moment!

IRONMAN EXPO OPENING HOURS:

Thursday, June 13 from 2:00pm to 7:00pm

Friday, June 14 from 9:00am to 7:00pm

Saturday, June 15 from 9:00am to 7:00pm

📍 Place Massena

Attention COMPETITION RULES

- Assisting an athlete is strictly forbidden (puncture, refreshments, etc.)
- It is not allowed to follow an athlete (follow by bike, run next to the athlete, etc.)
- It is strictly forbidden to cross the finish line with an athlete, subject to disqualification!

INFO POINT *Need help?*

Our volunteers will be on hand at **Place Masséna** to answer any questions you may have before or during the event.

SCHEDULE *Don't miss out!* Sunday, June 16, 2024

Start - Plage des Ponchettes

- 6:30am - IRONMAN 70.3 race start
- 6:54am - 1st IRONMAN 70.3 athlete to exit swim course
- 7:30am - IRONMAN - Female PRO race start
- 7:35am - IRONMAN - Age group race start
- 8:20am - 1st IRONMAN athlete to exit swim course

Transition - Quai des Etats Unis

- 9:12am - Arrival 1st IRONMAN 70.3 cyclist
- 1:13am - Arrival 1st IRONMAN cyclist

Finish line

- 10:37am - Arrival 1st IRONMAN 70.3 finisher
- 3:40pm - IRONMAN 70.3 finisher final
- 4:13pm - Arrival 1st IRONMAN finisher
- 4:30pm - Arrival 1st IRONMAN Female PRO finisher
- 11:45pm - IRONMAN finisher final

Ceremonies Théâtre de Verdure

IRONMAN 70.3 - June 16, 2024

- 6:00pm - Awards Ceremony
- 7:00pm - Slot Allocation (Taupo)

IRONMAN - June 17, 2024

- 10:00am - Awards Ceremony
- 11:00am - Slot Allocation (Nice & Kona)

SPECTATOR *Guide*



QATAR
AIRWAYS

IRONMAN
FRANCE NICE

IRONMAN
70.3 NICE

MAKE SOME NOISE

to boost your athlete!

Race start:

Plage des ponchettes

Bike course:

Gourdon with access through Pré du Lac

Run course:

Promenade des Anglais



JOIN THE PARTY ON THE

Finish line

Make sure you stay on the side of the road at all times
for **everyone's safety**.

Keep track of your athletes in
real time and contact us if
anything goes wrong using our
IRONMAN Tracker application!



INTERACTIVE MAPS

Let us lead the way :

No more getting lost! Our Google My Maps will point
you to all our key locations during the race week:

IRONMAN
FULL



IRONMAN
70.3



RACE COURSES

scan for more info:

IRONMAN
FULL



IRONMAN
70.3



DISTANCES

to race:



3.8 KM

1.9 KM



180 KM

90 KM



42.2 KM

21.1KM

ACCESS

How to join us?

PUBLIC TRANSPORT: Bus et tramways. Rendez-vous sur l'application Lignes d'Azur.

BICYCLE: Borrow a self-service bike with **PONY**:
15% off your first two rides for spectators and
participants with the code **IRONMAN2024**

CAR: We recommend using Waze to get
around. Scan the QR code to see the
roads closed to traffic on race day:



NICE ETOILE PARKING LOT:

Offers available to competing athletes, upon proof
of registration:

- 24 hours - 15€
- 48 hours - 30€

Address: 30 avenue Jean Médecin - 06000 Nice

Other places to park: Saleya, Port Lympia, Corvesy,
Palais de Justice, Meyerbeer, Palais de la
Méditerranée, Promenade des arts, Barla.

ACCESS

Race morning:

Security checks will be enforced. You will
have to pass through one of our
checkpoints to access the race area. Scan
this QR code for more information:

