



## Schedule IRONMAN 70.3 Duisburg

<b>Friday, August 4th, 2023</b>		
12 am – 7 pm	IRONMAN SportExpo	Klönnewiese
12 am – 7 pm	Merchandise Store	Klönnewiese
12 am – 7 pm	Registration open	Main Building Regatta Course
<b>Saturday, August 5th, 2023</b>		
10 am – 6 pm	IRONMAN SportExpo	Klönnewiese
10 am – 6 pm	Merchandise Store	Klönnewiese
10 am – 5 pm	Registration open	Main Building Regatta Course
11am – 12am	Race Briefing German	Regatta Course Stands
12:30 pm – 1:30 pm	Race Briefing English	Regatta Course Stands
2 pm – 6 pm	Bike Check-in and Drop-off bag (blue + red)	Dreieckswiese
<b>Sunday, August 6th, 2023</b>		
6:30 am - 8:00 am	Transition open	Dreieckswiese
Until 8:30 am	Drop-off bag (white)	Dreieckswiese
8:00 am - 9:15 am	Rolling Start 70.3 Agegroup-Athletes, Relays afterwards	Regatta Course
10 am – 6 pm	IRONMAN SportExpo	Klönnewiese
10 am – 6 pm	Merchandise Store	Klönnewiese
11:30 am – 12:30 pm	Finishline Party and Interviews	Schauinsland-Reisen-Arena, Innenraum
5:45 pm	Cut-off Finishline	
2:30 pm – 7 pm	Bike+Bag Check-Out	Dreieckswiese
6:30 pm	Award Ceremony IRONMAN 70.3 Duisburg	Regatta Course Stands
7:30 pm	Slot Allocation – VinFast IRONMAN 70.3 World Championship 2024, Taupō, Neuseeland	Regatta Course Stands