

RACE SCHEDULE

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

THURSDAY 03.11.2022

14:00 – 18:00
Registration
Diaz Hotel & Resort

14:00 – 18:00
Bike Workshop
Seaside of Diaz Hotel & Resort

14:00 – 18:00
Merchandise
Diaz Hotel & Resort

14:00 – 18:00
Expo
Infinity,
Diaz Hotel & Resort

FRIDAY 04.11.2022

09:00 – 18:30
Registration
Diaz Hotel & Resort

09:00 – 18:30
Bike Workshop
Seaside of Diaz Hotel & Resort

09:00 – 18:30
Merchandise
Diaz Hotel & Resort

09:00 – 18:30
Expo
Infinity,
Diaz Hotel & Resort

18:30
Race Briefing
Online

SATURDAY 05.11.2022

08:00 – 12:30
Registration
Diaz Hotel & Resort

08:00 – 12:30
Bike Workshop
Seaside of Diaz Hotel & Resort

08:00 – 17:00
Merchandise
Diaz Hotel & Resort

08:00 – 14:00
Expo
Infinity,
Diaz Hotel & Resort

14:30 – 17:30
Bike & Bag Check-in
Transition at De Bakke Beach
Parking (Garret Street)

14:30 – 17:30
Bike Maintenance
Outside Transition

SUNDAY 6 NOV 2022

05:00 – 06:30
SHUTTLE TO TRANSITION:
From Diaz Hotel & Resort,
and from Central and Point

05:30 – 06:45
Transition Open
at De Bakke Beach Parking
(Garret Street)

05:30 – 06:45
Bike Maintenance
Outside Transition

**IRONMAN 70.3
MOSSEL BAY
START**

at Santos Beach (Munroe Street)

**07:30 - Pro Male
07:35 - Pro Female**

07:45 - Age Group
Rolling swim start

+/- 09:35
Swim course closes

11:30
First Pro Male expected to finish

12:05
First Pro Female expected to finish

+/- 13:45
Bike course closes

13:30 - 17:30
Shuttle between
Finish Line and Transition
Area

14:00 – 17:30
Bike & Bags Check-out open
Transition
at De Bakke Beach Parking

+/- 17:00
Race Ends
Finish Line
The Point, Mossel Bay

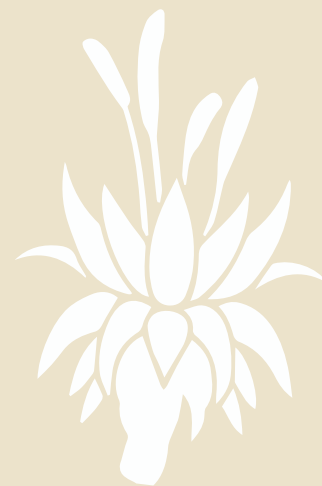
14:00 – 22:00
Merchandise
Diaz Hotel & Resort

**Slot Allocation: IRONMAN 70.3
World Championship**
Infinity,
Diaz Hotel & Resort

**17:45 - Age Group Slots
18:30 - Women For TRI Slots**

19:00
Doors open to Awards Ceremony
Diaz Hotel & Resort

19:30
Awards Ceremony
Diaz Hotel & Resort



MONDAY 07.11.2022

09:00 – 11:00
Finisher T-shirt swap
and Timing queries
Infinity,
Diaz Hotel & Resort

09:00 – 11:00
Merchandise
Diaz Hotel & Resort

09:00 – 11:00
Lost and Found
Infinity,
Diaz Hotel & Resort

Further together
 **vodacom**

**Track an
Athlete:
39408**

SMS the race number you
would like to track to 39408.
The service is available on
all South African mobile
networks and costs R15. A
portion of the proceeds goes
towards the Ironman 4 the
Kidz Charity.

**RACE DAY
EMERGENCY
NUMBER**
for the public

079 266 6263
powered by Vodacom Official
Communications Partner



<https://hero.ironman4thekidz.co.za>

ISUZU
IRONMAN
70.3 MOSSEL BAY
SOUTH AFRICA
AFRICAN TRICLUB CHAMPIONSHIP

www.ironman.com/im703-mosselbay