

RACE WEEK SCHEDULE

Race week telephone number +27(0) 82 476 6626
www.ironman.com/southafrica70.3

FRIDAY 24.01.2020

09:00 – 18:00
Registration
Garden Court

09:00 – 18:00
Bike Workshop
Lower Car Park Garden Court

09:00 – 18:00
Massage / Physio By appointment
Premier Hotel East London ICC

09:00 – 18:00
Expo & Merchandise
Premier Hotel East London ICC

13:30
PRO Race Briefing
Orient Theatre

18:00
Age Group Race Briefing
Orient Theatre
(athletes only)

SATURDAY 25.01.2020

08:00 – 13:00
Registration
Garden Court

08:00 – 17:00
Bike Workshop
Lower Car Park Garden Court

08:00 – 16:00
Massage / Physio By appointment
Premier Hotel East London ICC

08:00 – 16:00
Expo & Merchandise
Premier Hotel East London ICC

14:00 – 17:00
Bike & Bag Check-in
Transition

PROS Rack:
14:00 – 17:00

Age Group Rack:
14:00 – 17:00

17:15
Age Group Race Briefing
Orient Theatre
(athletes only)

SUN 26 JAN 2020

05:00 – 06:30
Transition opens and closes

06:45 IRONMAN 70.3 SOUTH AFRICA START Orient Beach

06:45
PRO Male:

06:50
PRO Female:

07:00
Age Group
Rolling Swim Start begin

07:05
First MALE expected out of water

10:45
First MALE expected to finish

11:15
First FEMALE expected to finish

14:00 – 17:00
Bike & Bag check-out open
Transition

+/- 16:00
IRONMAN 70.3
South Africa ENDS

17:00
Slot Allocation
Orient Theatre

18:45
Doors open to Awards Ceremony
Premier Hotel East London ICC

18:45 – 22:00
Merchandise
Premier Hotel East London ICC

19:30 – 22:00
Awards Ceremony
Premier Hotel East London ICC

MONDAY 27.01.2020

09:00 – 11:00
Finisher shirt swop
and Timing queries
Garden Court

09:00 – 11:00
Lost & Found
Garden Court

09:00 – 11:00
Merchandise
Garden Court



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**RACE DAY
EMERGENCY
NUMBER**
for the public

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TO TRACK
YOUR ATHLETE**



IRONMAN
70.3
SOUTH AFRICA
BUFFALO CITY
AFRICAN TRICLUB CHAMPIONSHIP