

PLANT-BASED  
**vega**<sup>®</sup>  
**IRONMAN**<sup>®</sup>  
 WORLD CHAMPIONSHIP  
 Kona | Hawai'i

## SCHEDULE OF EVENTS

### Friday, October 04, 2019

Start	End	Event	Location
6.30am	10.00am	IRONInfo Booth	Kailua Pier
9.00am	12.00pm	Volunteer Info Center/Lost and Found	KBH Conference Room #6

### Saturday, October 05, 2019

Start	End	Event	Location
6.30am	10.00am	IRONInfo Booth	Kailua Pier
7.30am		33rd Annual P.A.T.H. 5K & 10K Run	Begins at Hale Halawai – Ali'i Drive

### Sunday, October 06, 2019

Start	End	Event	Location
5.30am	6.45am	Ho'ala (Rise to the Occasion) IRONMAN® Training Swim, Packet Pick-up Onsite registration is not available.	Courtyard by Marriott King Kamehameha's Kona Beach Hotel (KBH) - Honu's Lawn
6.30am	10.00am	IRONInfo Booth	Kailua Pier
7.00am		Ho'ala IRONMAN® Training Swim -2.4 miles	Kailua Bay Swim Entrance

### Monday, October 07, 2019

Start	End	Event	Location
6.30am	10.00am	IRONInfo Booth	Kailua Pier
9.00am	4.00pm	IRONMAN® Race Office Opens	KBH Conference Room #3
9.00am	4.00pm	Volunteer Info Center/Lost and Found	KBH Conference Room #6
5.00pm		Heroes of Hawai'i (Hawaiian Cultural Legacy)	KBH Lu'au Grounds

### Tuesday, October 08, 2019

6.30am	10.00am	IRONInfo Booth	Kailua Pier
9.00am	2.00pm	Athlete Check-in	KBH Ballrooms 2, 3, 4
9.00am	3.00pm	IRONMAN® Race Office	KBH Conference Room #3
9.00am	3.00pm	Accreditation Office	KBH Conference Room #5
9.00am	3.30pm	IRONKIDS® Keiki Dip-n-Dash Registration	KBH Canoe Landing
9.00am	4.00pm	VIP Guest Services	KBH Cultural Center
9.00am	4.00pm	Media Center	KBH Ballroom 1
9.00am	4.00pm	Volunteer Info Center/Lost and Found	KBH Conference Room #6
3.00pm	3.45pm	IRONKIDS® Keiki Dip-n-Dash Staging	KBH Canoe Landing
4.00pm		IRONKIDS® Keiki Dip-n-Dash	Ka'ahumanu Place
5.00pm		IRONMAN® Parade of Nations (athletes gather at 4 p.m.)	KBH to Hale Hālāwai, Ali'i Drive

### Wednesday, October 09, 2019

Start	End	Event	Location
6.30am	10.00am	IRONInfo Booth	Kailua Pier
9.00am	2.00pm	Athlete Check-in	KBH Ballrooms 2, 3, 4
9.00am	4.00pm	IRONMAN® Race Office	KBH Conference Room #3
9.00am	4.00pm	Accreditation Office	KBH Conference Room #5
9.00am	4.00pm	VIP Guest Services	KBH Cultural Center
9.00am	4.00pm	Media Center	KBH Ballroom 1
9.00am	4.00pm	Volunteer Info Center/Lost and Found	KBH Conference Room #6
9.00am		Race Briefing - Chinese	KBH Lu'au Grounds
10.00am		Race Briefing - German	KBH Lu'au Grounds
11.00am		Race Briefing - French	KBH Lu'au Grounds
12.00pm		Race Briefing - Spanish	KBH Lu'au Grounds
1.00pm		Race Briefing - Portuguese	KBH Lu'au Grounds
2.00pm		Race Briefing - Japanese	KBH Lu'au Grounds

KBH = Courtyard by Marriott King Kamehameha's Kona Beach Hotel

## SCHEDULE OF EVENTS (CONTINUED)

### Thursday, October 10, 2019

Start	End	Event	Location
6.30am	10.00am	IRONInfo Booth	Kailua Pier
9.00am	2.00pm	Final Day Athlete Check-in	KBH Ballrooms 2, 3, 4
9.00am	4.00pm	IRONMAN <sup>®</sup> Race Office	KBH Conference Room #3
9.00am	4.00pm	Accreditation Office	KBH Conference Room #5
9.00am	4.00pm	VIP Guest Services	KBH Cultural Center
9.00am	4.00pm	Media Center	KBH Ballroom 1
9.00am	4.00pm	Volunteer Info Center/Lost and Found	KBH Conference Room #6
6.00pm		E Komo Mai (Welcome) Banquet	KBH Parking Lot
8.00pm		Race Briefing - English (following the E Komo Mai Banquet)	KBH Parking Lot

### Friday, October 11, 2019

Start	End	Event	Location
9.00am	10.00am	Physically Challenged & Handcycle Athlete Briefing	KBH Paddlers Restaurant
9.00am	4.00pm	IRONMAN <sup>®</sup> Race Office	KBH Conference Room #3
9.00am	4.00pm	VIP Guest Services	KBH Cultural Center
9.00am	4.00pm	Media Center	KBH Ballroom 1, 2, 3
9.00am	4.00pm	Volunteer Info Center/Lost and Found	KBH Conference Room #6
9.00am	7.00pm	Accreditation Office	KBH Conference Room #5
11.30am	2.30pm	Bike/Helmet/Gear Check-in: Race #1 to #1250	Bike Compound Area, Kailua Pier
2.30pm	6.00pm	Bike/Helmet/Gear Check-in: Race #1251 & over	Bike Compound Area, Kailua Pier

### Saturday, October 12, 2019 - RACE DAY

Start	End	Event	Location
4.45am	7.00am	Swim Check-in/Body Marking	KBH Parking Lot
5.00am	12.45am	~Ohana/Volunteer Info Center/Lost and Found	KBH Conference Room #6
5.30am	1.30am	Media Center	KBH Ballroom 1, 2, 3
6.25am		Race Start - Male Professional/Elite Athletes	Kailua Pier
6.30am		Race Start - Female Professional/Elite Athletes	Kailua Pier
6.35am		Race Start - PC Open / Exhibition & HC	Kailua Pier
6.55am		Race Start - Male 18-39	Kailua Pier
7.00am		Race Start - Male 40-44	Kailua Pier
7.05am		Race Start - Male 45-49	Kailua Pier
7.10am		Race Start - Male 50+	Kailua Pier
7.15am		Race Start - Female 18-39	Kailua Pier
7.20am		Race Start - Female 40-54	Kailua Pier
7.25am		Race Start - Female 55+	Kailua Pier
7.30am		Race Start - Legacy	Kailua Pier
7.00pm	12.45am	Bike & Gear Pick-up (no earlier than 7 p.m. and no later than 12.45am)	Kailua Pier

### Sunday, October 13, 2019

Start	End	Event	Location
9.00am	12.00pm	Media Center	KBH Ballroom 1, 2, 3
9.00am	2.00pm	Volunteer Info Center/Lost and Found	KBH Conference Room #6
10.00am	2.00pm	IRONMAN <sup>®</sup> Race Office	KBH Conference Room #3
6.00pm		Banquet of Champions	KBH Parking Lot

### Monday, October 14, 2019

Start	End	Event	Location
10.00am	2.00pm	IRONMAN <sup>®</sup> Race Office	KBH Conference Room #3

KBH = Courtyard by Marriott King Kamehameha's Kona Beach Hotel



## OFFICIAL IRONMAN® STORE AND IRONMAN® VILLAGE LOCATIONS AND HOURS

### Friday, October 04, 2019

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2 Opens	In front of Courtyard by Marriott King Kamehameha's Kona Beach Hotel (KBH)

### Saturday, October 05, 2019

Start	End	Event	Location
6.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBH
9.00am	5.00pm	Official IRONMAN® Store - Main Store Opens	KBH Parking Lot

### Sunday, October 06, 2019

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBH
9.00am	4.00pm	IRONMAN® Souvenir Retail Expo Store Opens	Corner of Ali'i Drive and Hualalai Road
9.00am	5.00pm	Official IRONMAN® Store - Main Store	KBH Parking Lot

### Monday, October 07, 2019

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBH
9.00am	4.00pm	IRONMAN® Souvenir Retail Expo Store	Corner of Ali'i Drive and Hualalai Road
9.00am	5.00pm	Official IRONMAN® Store - Main Store	KBH Parking Lot

### Tuesday, October 8, 2019

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBH
9.00am	6.00pm	Official IRONMAN® Store - Main Store	KBH Parking Lot
9.00am	8.00pm	IRONMAN® Souvenir Retail Expo Store	Corner of Ali'i Drive and Hualalai Road
10.00am	8.00pm	IRONMAN® Village Opens	Hale Halawai, Ali'i Drive

### Wednesday, October 9, 2019

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBH
9.00am	4.00pm	Official IRONMAN® Store - Main Store	Corner of Ali'i Drive and Hualalai Road
9.00am	4.00pm	IRONMAN® Village	Hale Halawai, Ali'i Drive
9.00am	5.00pm	Official IRONMAN® Store - Main Store	KBH Parking Lot

### Thursday, October 10, 2019

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBH
9.00am	4.00pm	IRONMAN® Souvenir Retail Expo Store	Corner of Ali'i Drive and Hualalai Road
9.00am	4.00pm	IRONMAN® Village	Hale Halawai, Ali'i Drive
9.00am	6.00pm	Official IRONMAN® Store - Main Store	KBH Parking Lot
2.00pm		IRONMAN® Ambassador Athlete Panel	IRONMAN® Village Stage

### Friday, October 11, 2019

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBH
9.00am	2.00pm	IRONMAN® Village	Hale Halawai, Ali'i Drive
9.00am	4.00pm	IRONMAN® Souvenir Retail Expo Store	Corner of Ali'i Drive and Hualalai Road
9.00am	6.00pm	Official IRONMAN® Store - Main Store	KBH Parking Lot

### Saturday, October 12, 2019 - RACE DAY

Start	End	Event	Location
6.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBH
9.00am	5.00pm	Official IRONMAN® Store - Main Store	Corner of Ali'i Drive and Hualalai Road
9.00am	6.00pm	Official IRONMAN® Store - Main Store	KBH Parking Lot

### Sunday, October 13, 2018

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBH
9.00am	6.00pm	Official IRONMAN® Store - Main Store	KBH Parking Lot

### Monday, October 14, 2018

Start	End	Event	Location
9.00am	12.00pm	Official IRONMAN® Store - Main Store	KBH Parking Lot

KBH = Courtyard by Marriott King Kamehameha's Kona Beach Hotel