



# 2024 EVENT SCHEDULE

Schedule of events is tentative & subject to change.

Last updated July 16, 2024.

## THURSDAY, JULY 18, 2024

| START   | END  | EVENT  | LOCATION                      |
|---------|------|--|-------------------------------|
| 8 AM    |      | HOKA Shake Out Run   | Oval/Transition               |
| 9 AM    | 5 PM | Athlete Check-In & Timing Chip Pick-Up   | Lake Placid Conference Center |
| 9 AM    | 5 PM | VIP Spectator Credential Pick-Up   | Lake Placid Conference Center |
| 9 AM    | 5 PM | IRONMAN Village <ul style="list-style-type: none"> <li>Information Tent</li> <li>PLAYTRI Triathlon Store &amp; Tech Service Center</li> <li>IRONKIDS Dip-n-Dash &amp; Fun Run Registration &amp; Packet Pick-Up</li> </ul> | Oval/Transition               |
| 9 AM    | 5 PM | Official IRONMAN Store   | Oval/Transition               |
| 1:30 PM |      | Stage Talk #1 - Nutrition  | Oval/Transition               |
| 2 PM    |      | Athlete Briefing   | Oval/Transition               |
| 3 PM    |      | Athlete Briefing   | Oval/Transition               |

## FRIDAY, JULY 19, 2024

| START   | END     | EVENT   | LOCATION                              |
|---------|---------|---|---------------------------------------|
| 8 AM    |         | IRONMAN Foundation Yoga sponsored by HOKA   | Oval/Transition                       |
| 9 AM    | 1:30 PM | IRONKIDS Dip-n-Dash & Fun Run Registration & Packet Pick-Up   | Lake Placid Beach                     |
| 9 AM    | 5 PM    | Athlete Check-In & Timing Chip Pick-Up  | Lake Placid Conference Center         |
| 9 AM    | 5 PM    | VIP Spectator Credential Pick-Up  | Lake Placid Conference Center         |
| 9 AM    | 5 PM    | IRONMAN Village <ul style="list-style-type: none"> <li>Information Tent</li> <li>PLAYTRI Triathlon Store &amp; Tech Service Center</li> </ul> | Oval/Transition                       |
| 9 AM    | 5 PM    | Official IRONMAN Store  | Oval/Transition                       |
| 9:30 AM |         | Stage Talk #2 - Swimming  | Oval/Transition                       |
| 10 AM   |         | First Timers Briefing and Q&A   | Oval/Transition                       |
| 12 PM   |         | Pro Panel   | Lake Placid Central School Auditorium |
| 12 PM   |         | Athlete Briefing  | Oval/Transition                       |
| 2 PM    |         | IRONKIDS Dip-n-Dash ( <i>Fun Run will begin immediately following the Dip-n-Dash</i> )  | Lake Placid Beach                     |
| 3 PM    |         | Athlete Briefing  | Oval/Transition                       |
| 5 PM    | 6:30 PM | Welcome Ceremony  | Mid's Park                            |

## SATURDAY, JULY 20, 2024

| START   | END     | EVENT   | LOCATION                      |
|---------|---------|---|-------------------------------|
| 7:30 AM | 9 AM    | Optional Practice Swim ( <i>Athletes must check in &amp; pick up their timing chip on Thursday or Friday in order to participate</i> )        | Mirror Lake                   |
| 7:30 AM | 9:30 AM | Free Pancake Breakfast  | Oval/Transition               |
| 9 AM    | 11 AM   | Athlete Check-In & Timing Chip Pick-Up  | Lake Placid Conference Center |
| 9 AM    | 11 AM   | VIP Spectator Credential Pick-Up  | Lake Placid Conference Center |
| 9 AM    | 3 PM    | IRONMAN Village <ul style="list-style-type: none"> <li>Information Tent</li> <li>PLAYTRI Triathlon Store &amp; Tech Service Center</li> </ul> | Oval/Transition               |
| 9 AM    | 3 PM    | Official IRONMAN Store  | Oval/Transition               |
| 10 AM   | 3 PM    | Mandatory Bike & Gear Bag Check-In  | Oval/Transition               |
| 10 AM   |         | Race Day Tips from Pros Mirinda Carfrae & Tim O'Donnell hosted by Mike Reilly & presented by TriDot   | Oval/Transition               |
| 11 AM   |         | Athlete Briefing  | Oval/Transition               |
| 2 PM    | 3 PM    | Magic Hour - Finish Line Photo Op   | Oval/Transition               |



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## SUNDAY, JULY 21, 2024 - RACE DAY!

| START   | END           | EVENT  | LOCATION   |
|---------|---------------|--|--|
| 4:30 AM | 6 AM          | Transition Area Open   | Oval/Transition                                    |
| 4:30 AM | 6 AM          | Personal Needs Bike Bag Drop-Off   | Cummings Rd sidewalk near Herb Brooks Arena        |
| 4:30 AM | 6 AM          | Personal Needs Run Bag Drop-Off  | Stone Wall/Mirror Lake Dr                          |
| 4:30 AM | 1 AM (Monday) | Shuttle from Lots to Behind High School/Transition<br><ul style="list-style-type: none"> <li>Wesvalley Lot/LP Elementary School/LP Fire House</li> </ul> | Shuttle from Lots to Behind High School/Transition |
| 6:18 AM |               | Pro Men Start  | Mirror Lake  |
| 6:22 AM |               | Pro Women Start  | Mirror Lake  |
| 6:30 AM |               | Age Group Start  | Mirror Lake  |
| 7 AM    | 10 PM         | Information Tent   | Oval/Transition                                    |
| 8 AM    | 6 PM          | IRONMAN Village  | Oval/Transition                                    |
| 8 AM    | 6 PM          | Official IRONMAN Store   | Oval/Transition                                    |
| 6 PM    | 12 AM         | Mandatory Bike & Gear Check-Out  | Oval/Transition                                    |

## MONDAY, JULY 22, 2024 - CELEBRATION DAY!

| START   | END     | EVENT   | LOCATION  |
|---------|---------|---|---|
|         | 11 AM   | Personal Needs Bag Pick-Up  | Cummings Rd sidewalk near Herb Brooks Arena & Stone Wall/Mirror Lake Dr |
| 7 AM    | 11 AM   | IRONMAN Village   | Oval/Transition   |
| 7 AM    | 11 AM   | Official IRONMAN Store  | Oval/Transition   |
| 8:30 AM | 9:30 AM | Celebration Day Breakfast   | Horse Show Grounds  |
| 9 AM    | 11 AM   | Information Tent/Lost & Found   | Oval/Transition   |
| 9 AM    |         | Awards Ceremony & 2024 VinFast IRONMAN World Championship Slot Allocation/<br>Rolldown Ceremony | Horse Show Grounds  |

*Slot Allocation/Rolldown begins immediately following Awards - be early as you must be present to claim your slot.*