

2026 EVENT SCHEDULE

Schedule is tentative and subject to change. Last updated April 28, 2026.



FRIDAY, MAY 15, 2026

START	END	EVENT	LOCATION
2 PM	7 PM	Athlete Check-In & Timing Chip Pick-Up	Ross's Landing
2 PM	7 PM	IRONMAN Village <ul style="list-style-type: none"> ▪ Information Tent ▪ VIP Spectator Credential Pick-Up ▪ PLAYTRI Triathlon Store & Tech Service Center 	Ross's Landing
2 PM	7 PM	Official IRONMAN Store	Ross's Landing
2:30 PM		First Timer Q&A with Race Director Brian Myrick	Ross's Landing
3 PM		Athlete Briefing	Ross's Landing
4 PM		Nutrition Talk Conrad Goeringer with Working Triathlete	Ross's Landing
5 PM		Athlete Briefing	Ross's Landing
5 PM	7 PM	Quintana Roo x IRONMAN Hoppy Hour	Quintana Roo Factory 4126 S Creek Rd Chattanooga, TN 37406

SATURDAY, MAY 16, 2026

START	END	EVENT	LOCATION
8 AM		Shake Out Run & Community Giveback with IMF & Triathlon Joe	Finish Line/Ross's Landing
9 AM	4 PM	Athlete Check-In & Timing Chip Pick-Up <i>(AWA Priority Check-In Ends at 12 PM)</i>	Ross's Landing
9 AM	4 PM	IRONMAN Village <ul style="list-style-type: none"> ▪ Information Tent ▪ VIP Spectator Credential Pick-Up ▪ PLAYTRI Triathlon Store & Tech Service Center 	Ross's Landing
9 AM	4 PM	Official IRONMAN Store	Ross's Landing
10 AM		Zoot Bike Course Tips Conrad Goeringer with Working Triathlete	Ross's Landing
10 AM	5 PM	Mandatory Bike Check-In	Ross's Landing
11 AM		Athlete Briefing	Ross's Landing
1 PM		Athlete Briefing	Ross's Landing
2 PM		First Timers Q&A	Ross's Landing
3 PM		Athlete Briefing	Ross's Landing

SUNDAY, MAY 17, 2026 - RACE DAY!

START	END	EVENT	LOCATION
4:30 AM	6:15 AM	Transition Area Open	Ross's Landing
4:30 AM	6:45 AM	Athlete Shuttle Bus from Transition to Swim Start	Ross's Landing to Swim Start
5 AM	4 PM	Information Tent	Ross's Landing
6:50 AM		Pro Male Race Start	1.4 Miles Upriver from Ross's Landing
6:55 AM		Pro Female Race Start	1.4 Miles Upriver from Ross's Landing
7:05 AM		Age Group Race Start	1.4 Miles Upriver from Ross's Landing
8 AM	4 PM	IRONMAN Village	Ross's Landing
8 AM	4 PM	Official IRONMAN Store & Medal Engraving	Ross's Landing
11 AM	5:30 PM	Athlete Food Tent	Ross's Landing
2 PM	5:30 PM	Mandatory Bike & Gear Check-Out	Ross's Landing
4 PM		Awards Ceremony & 2026 Precision Fuel & Hydration IRONMAN 70.3 World Championship Slot Allocation/Rolldown Ceremony	Awards Tent in IRONMAN Village

Automatic Qualifiers need to be present during the Awards Ceremony to claim their slot with their award. Slot Allocation/Rolldown for the remaining age group "Performance Pool Slots" will begin immediately following Awards. Be early! Must be present to claim a slot.