

2025 EVENT SCHEDULE

Schedule is tentative and subject to change. Last updated May 8, 2025.



FRIDAY, MAY 16, 2025

START	END	EVENT	LOCATION
12 PM	7 PM	Athlete Check-In	Ross's Landing
12 PM	7 PM	IRONMAN Village <ul style="list-style-type: none"> ▪ Information Tent ▪ VIP Spectator Credential Pick-Up ▪ PLAYTRI Triathlon Store & Tech Service Center ▪ IRONKIDS Fun Run Registration & Packet Pick-Up ▪ IRONMAN Village Lounge Experience 	Ross's Landing
12 PM	7 PM	Official IRONMAN Store	Ross's Landing
1:30 PM		First Timer Q & A with Race Director Brian Myrick	IRONMAN Village Lounge Experience
2:30 PM		TriDot presents ROKA Wetsuit Fitting Demo	Ross's Landing
3 PM		Athlete Briefing	Ross's Landing
4 PM		HOKA Shoe Fitting Clinic	IRONMAN Village Lounge Experience
5 PM		Athlete Briefing	Ross's Landing
6 PM		Flat Tire Changing Clinic with PlayTri	IRONMAN Village Lounge Experience

SATURDAY, MAY 17, 2025

START	END	EVENT	LOCATION
7:30 AM	8:30 AM	IRONKIDS Fun Run Registration & Packet Pick-Up	Ross's Landing
9 AM		IRONKIDS Fun Run	Ross's Landing
9 AM	4 PM	Athlete Check-In (<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 ▪ IRONMAN Village Lounge Experience 	Ross's Landing
9 AM	4 PM	Official IRONMAN Store	Ross's Landing
9:30 AM	4:30 PM	Mandatory Bike Check-In & Timing Chip Pick-Up	Ross's Landing
10 AM		HOKA Shoe Fitting Clinic	IRONMAN Village Lounge Experience
10:30 AM		Sherpa like a Pro	Ross's Landing
11 AM		Athlete Briefing	Ross's Landing
12 PM		Bike Tips & Demos	TriDot Tent in the IRONMAN Village
1 PM		Athlete Briefing	Ross's Landing
2 PM		First Timers Q & A with TriDot	Ross's Landing
2:30 PM		TriDot presents ROKA Wetsuit Fitting Demo	Ross's Landing
3 PM		Athlete Briefing	Ross's Landing

SUNDAY, MAY 18, 2025 - 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 & IRONMAN Village Lounge Experience	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 & 2025 IRONMAN 70.3 World Championship Slot Allocation/Rolldown Ceremony <i>Slot Allocation/Rolldown begins immediately after Awards - Be Early!</i>	Awards Tent in IRONMAN Village