

2019 EVENT SCHEDULE

Schedule is tentative and subject to change. Last updated 6/12/19.



THURSDAY, JULY 25, 2019

START	END	EVENT	LOCATION
12 PM	7 PM	Athlete Check-In	Courthouse Square
12 PM	7 PM	Official IRONMAN Store	Courthouse Square
12 PM	7 PM	IRONMAN Village	Courthouse Square
12 PM	7 PM	PLAYTRI Triathlon Store & Tech Service Center	Courthouse Square
12 PM	7 PM	Information Tent	Courthouse Square
12 PM	7 PM	VIP Spectator Credential Pick-Up	Courthouse Square
12 PM	7 PM	IRONMAN Foundation Community 5K presented by HOKA ONE ONE Registration	Courthouse Square
12 PM	7 PM	Sonoma County Builders IRONKIDS Fun Run Registration	Courthouse Square
1 PM		Athlete Briefing	Courthouse Square
3 PM		Athlete Briefing	Courthouse Square
5 PM		Athlete Briefing	Courthouse Square

FRIDAY, JULY 26, 2019

START	END	EVENT	LOCATION
9 AM	4 PM	Athlete Check-In	Courthouse Square
9 AM	4 PM	Official IRONMAN Store	Courthouse Square
9 AM	4 PM	IRONMAN Village	Courthouse Square
9 AM	4 PM	PLAYTRI Triathlon Store & Tech Service Center	Courthouse Square
9 AM	4 PM	Information Tent	Courthouse Square
9 AM	4 PM	VIP Spectator Credential Pick-Up	Courthouse Square
9 AM	4 PM	Mandatory Run Gear Check-In	Courthouse Square
9 AM	4 PM	IRONMAN Foundation Community 5K presented by HOKA ONE ONE Registration	Courthouse Square
9 AM	4 PM	Sonoma County Builders IRONKIDS Fun Run Registration	Courthouse Square
10 AM	5 PM	Mandatory Bike & Bike Gear Check-In	Lake Sonoma
10 AM		Athlete Briefing	Courthouse Square
12 PM		Athlete Briefing	Courthouse Square
1 PM		Pro Panel	Courthouse Square
2 PM		Athlete Briefing	Courthouse Square

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SATURDAY, JULY 27, 2019 - RACE DAY

START	END	EVENT	LOCATION
4:15 AM	5:15 AM	Athlete Shuttle	From Santa Rosa Location: B St. & Comstock Mall
5 AM	6:15 AM	Transition Opens - Body Marking	Lake Sonoma
5 AM	5 PM	Information Tent/Lost & Found	Lake Sonoma
5 AM	5 PM	Volunteer Check-In	Lake Sonoma
6:30 AM		Pro Men Race Start	Lake Sonoma
6:32 AM		Pro Women Race Start	Lake Sonoma
6:40 AM	7:50 AM	Age-Group Athlete Rolling Race Start	Lake Sonoma
10 AM	4:30 PM	Post-Race Athlete Food	Courthouse Square
10 AM	5 PM	Official IRONMAN Store	Courthouse Square
10 AM	5 PM	IRONMAN Village	Courthouse Square
10 AM	5 PM	IRONMAN Foundation Community 5K presented by HOKA ONE ONE Registration	Courthouse Square
10 AM	5 PM	Sonoma County Builders IRONKIDS Fun Run Registration	Courthouse Square
2 PM	5 PM	Mandatory Bike & Gear Bag Check-Out	Courthouse Square
4 PM		Awards Ceremony & 2020 IRONMAN 70.3 World Championship Slot Allocation & Rolldown	Courthouse Square

Rolldown begins as soon as awards end - Be Early!

SUNDAY, JULY 28, 2019

START	END	EVENT	LOCATION
7 AM	8 AM	IRONMAN Foundation Community 5K presented by HOKA ONE ONE Registration	Juilliard Park
7 AM	8:30 AM	Sonoma County Builders IRONKIDS Santa Rosa Fun Run Registration	Juilliard Park
8 AM		Pancake Breakfast provided by The Kiwanis Club of Santa Rosa	Juilliard Park
8 AM		IRONMAN Foundation Community 5K presented by HOKA ONE ONE	Juilliard Park
9 AM		Sonoma County Builders IRONKIDS Santa Rosa Fun Run	Juilliard Park