

# 2022 EVENT SCHEDULE

Schedule of events is tentative and subject to changes. Last updated 4/11/2022.



## THURSDAY, JULY 21, 2022

START	END	EVENT	LOCATION
10 AM	5 PM	Athlete Check-In (By Appointment Only) <i>*No Athlete Check-In on Saturday</i>	Horse Show Grounds
10 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>VIP Spectator Credential Pick-Up</li><li>IRONKIDS Dip-n-Dash &amp; Fun Run Registration &amp; Packet Pick-Up</li></ul>	Horse Show Grounds
10 AM	5 PM	Official IRONMAN Store	Horse Show Grounds
11 AM		Athlete Briefing	Horse Show Grounds
2 PM		Athlete Briefing	Horse Show Grounds

## FRIDAY, JULY 22, 2022

START	END	EVENT	LOCATION
10 AM	1:30 PM	IRONKIDS Dip-n-Dash & Fun Run Registration & Packet Pick-Up	Mirror Lake
10 AM	5 PM	Athlete Check-In (By Appointment Only) <i>*No Athlete Check-In on Saturday</i>	Horse Show Grounds
10 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>VIP Spectator Credential Pick-Up</li></ul>	Horse Show Grounds
10 AM	5 PM	Official IRONMAN Store	Horse Show Grounds
12 PM		Athlete Briefing	Horse Show Grounds
2 PM		IRONKIDS Lake Placid Dip-n-Dash <i>*IRONKIDS Lake Placid Fun Run will begin immediately following the IRONKIDS Dip-n-Dash</i>	Mirror Lake
3 PM		Athlete Briefing	Horse Show Grounds
6:30 PM	7:30 PM	Welcome Ceremony	Mid's Park

## SATURDAY, JULY 23, 2022

START	END	EVENT	LOCATION
7:30 AM	9:30 AM	Free Pancake Breakfast	Oval/Transition
9 AM	2 PM	IRONMAN Village <ul style="list-style-type: none"><li>Information Tent</li><li>PLAYTRI Triathlon Store &amp; Tech Service Center</li><li>VIP Spectator Credential Pick-Up</li></ul>	Horse Show Grounds
9 AM	2 PM	Official IRONMAN Store	Horse Show Grounds
10 AM	3 PM	Mandatory Bike & Gear Bag Check-In	Oval/Transition
11 AM		Athlete Briefing	Horse Show Grounds

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## SUNDAY, JULY 24, 2022 - RACE DAY!

START	END	EVENT	LOCATION
4:30 AM	6 AM	Transition Area Open	Oval/Transition
4:30 AM	6 AM	Personal Needs Bike & Run Bag Drop-Off	Bike: Cummins Rd/Herb Brooks Arena Run: Mirror Lake Dr/Stone Wall
4:30 AM	6 AM	Shuttle from Parking Lots behind High School/Transition <ul style="list-style-type: none"><li>Elderwood-ADK Health/LP Elementary School/LP Fire House</li></ul>	From Lots to Swim Start
6:25 AM		Pro Men Start	Mirror Lake
6:30 AM		Pro Women Start	Mirror Lake
6:35 AM		Age Group Start	Mirror Lake
7 AM	10 PM	Information Tent	Transition
6 PM	12 AM	Mandatory Bike & Gear Check-Out	Oval/Transition
10 PM	12 AM	Come Out & Cheer On the Final Finishers!	Finish Line

## MONDAY, JULY 25, 2022 - CELEBRATION DAY!

START	END	EVENT	LOCATION
	11 AM	Personal Needs Bag Pick-Up	Stone Wall/Mirror Lake Dr & Cummins Rd in front of Herb Brooks Arena
7 AM	11 AM	Official IRONMAN Store	Horse Show Grounds
8:30 AM	9:30 AM	Celebration Day Breakfast	Horse Show Grounds
9 AM		Awards Ceremony & 2022 IRONMAN World Championship Slot Allocation/Rolldown Ceremony <i>*Slot Allocation/Rolldown begins immediately following Awards - be early as you must be present to claim your slot.</i>	Horse Show Grounds
9 AM	11 AM	Information Tent/Lost & Found	Oval/Transition