



19-Aug-10, Thursday

06:00 am - 09:00 am	Breakfast	Various Hotels
07:00 am	Start of Shuttle Service	Various Hotels/ CWC
09:00 am - 05:00 pm	Bike Check In	Dusit Hotel
11:00 am - 01:30 pm	Lunch	CWC
12:00 pm - 05:00 pm	Swim Course Open	Lago del Rey
02:00 pm - 05:30 pm	Ironkids Athletes Registration Open	Villa del Rey Function Room
	Alaska Media Center Open	CWC
06:00 pm - 08:30 pm	Dinner	CWC
10:00 pm	Last Shuttle Back to Hotels	

20-Aug-10, Friday

06:00 am - 09:00 am	Breakfast	Various Hotels
07:00 am	Start of Shuttle Service	Various Hotels/ CWC
09:00 am - 12:00 pm	Bike Claim for Inland Transportation	Villa del Rey Parking Grounds
09:00 am - 05:00 pm	Bike Service Open	TBB area
09:00 am - 06:00 pm	Expo Open to All	CWC
09:00 am - 12:00 pm	Ironman & Ironkids Athlete Registration Open	Villa del Rey Function Room
	Alaska Media Center Open	CWC
11:00 am - 01:30 pm	Lunch	CWC
02:00 pm	Bike Course Ride Out 1	Villa del Rey
02:00 pm - 05:30 pm	Athlete Registration Open (IM/ IK)	Villa del Rey Function Room
	Alaska Media Center Open	
04:00 pm	Meet the Pros Press Conference	Villa del Rey Poolside
	Media Briefing	
05:00 pm	Lance Watson Seminar	Villa del Rey Poolside
06:30 pm	Carbo Load Dinner	CWC Convention Center
10:00 pm	Last Shuttle Back to Hotels	

21-Aug-10, Saturday

04:00 am - 09:00 am	Breakfast	Various Hotels
05:00 am	Start of Shuttle Service (Ironkids)	Various Hotels/ CWC
06:00 am - 09:00 am	ALASKA IRONKIDS	Details to follow
09:00 am - 12:00 pm	Swim Course Open	Lago del Rey/ CWC Cable Park
09:00 am - 12:00 pm	Bike Claim for Inland Transportation	Villa del Rey Parking Grounds
10:00 am	Bike Course Ride Out 2	
09:00 am - 02:00 pm	Athlete Registration Open (IM)	Villa del Rey Function Room
09:00 am - 03:00 pm	Bike Service Open	TBB Area
09:00 am - 06:00 pm	Alaska Media Center Open	
09:00 am - 06:00 pm	Expo Open to All	CWC
10:00 am - 05:00 pm	Athlete Bike and Gear Check In	Transition Area
11:00 am - 01:30 pm	Lunch	CWC
02:00 pm	Race Briefing	CWC Convention Center
03:00 pm - 05:00 pm	Lance Watson Seminar and Power	CWC Convention Center
	Bar Education Seminar	
04:00 pm - 05:00 pm	Swim Course Open	Lago del Rey/ CWC Cable Park
06:30 pm	Dinner	CWC
07:00 pm	Anticipated Mass	
10:00 pm	Last Shuttle Back to Hotels	

22-Aug-10, Sunday (RACE DAY)

04:00 am	Hotels to Serve Breakfast	Various Hotels
	Alaska Breakfast Station Open	CWC
04:00 am - 05:00 pm	Alaska Media Center Open	CWC
04:15 am	Bus - First Trip to CWC	From Various Hotels
04:30 am	Transition Area Open for Check In and race Numbering	Transition Area
05:15 am	Bus Second Trip to CWC	Various Hotels
06:00 am	All Roads Close within CWC	
	Transition Area Closes	
06:30 am	Race Starts	
09:00 am - 06:00 pm	Expo Open to All	CWC
11:00 am - 01:30 pm	Lunch	CWC
12:00 pm - 06:00 pm	Wakeboard Park Open to all guests: Free	
02:00 pm - 05:00 pm	Bike Check in for Inland Transportation	Villa del Rey Parking Grounds
02:30 pm	Race Closes	
03:30 pm	Roll Down	Villa del Rey
06:30 pm	Dinner/ Awarding Ceremonies for Ironman and Ironkids	Convention Center
12:00 mn	Last Shuttle Back to Hotels	

23-Aug-10, Monday

06:00 am - 12:00 nn	Bike Check In for In Land transportation	Villa del Rey Parking Grounds
	Check-In and Tagging of Luggages to be announced later	

Version 4 (as of July 13, 2010)