



11-Aug-2011, Thursday

6:00 am - 9:00 am	Breakfast	Various Hotels
7:00 am	Start of Shuttle Service	Various Hotels/ CWC
9:00 am - 5:00 pm	Bike Check In for Land Transportation	Dusit Hotel, Manila
11:00 am - 1: 30 pm	Lunch	CWC
12:00 nn - 5:00 pm	Swim Course Open	Lago Del Rey
2:00 pm - 5:30 pm	Athlete Registration Open (1K)	Villa del Rey Function Room
	Alaska Media Center Open	CWC
6:00 pm - 8:30 pm	Dinner	CWC
10:00 pm	Last Shuttle Back to Hotels	

12-Aug-2011, Friday

6:00 - 9:00 am	Breakfast	Various Hotels
7:00 am	Start of Shuttle Service	Various Hotels/ CWC
9:00 am - 12 nn	Bike Claim for Inland Transportation	Villa del Rey Parking Grounds
9:00 am - 5:00 pm	Bike Service Open	Area TBC
9:00 am - 5:00 pm	Bike Check for Inland Transportation	Dusit Hotel, Manila
9:00 am - 6:00 pm	Ironman Store / Tri Trade Show Open	CWC
9:00 am - 6:00 pm	Athlete Registration Open (1M/ 1K)	Villa del Rey Function Room
	Alaska Media Center Open	CWC
11:00 am - 1:30 pm	Lunch	CWC
2:00 pm	Bike Course Ride Out 1	Villa del Rey
2:00 pm - 5:30 pm	Athlete Registration Open (1M/ 1K)	Villa del Rey Function Room
	Alaska Media Center Open	
4:00 pm	Meet the Pros Press Conference Media Briefing	Ironman Store
5:00 pm	Lance Watson Seminar	Ironman Store
6:30 pm	Carbo Load Dinner	CWC Convention Center
10:00 pm	Last Shuttle Back to Hotels	

13-Aug-2011, Saturday

4:00 am - 9:00 am	Breakfast	Various Hotels
5:00 am	Start of Shuttle Service (Ironkids)	Various Hotels/ CWC
6:00 am - 9:00 am	ALASKA IRONKIDS	Details to follow
9:00 am - 12 nn	Swim Course Open	Lago del Rey/ CWC Cable Park
9:00 am - 12 nn	Bike Claim for Inland Transportation	Villa del Rey Parking Grounds
10:00 am	Bike Course Ride Out 2	
9:00 am - 6:00 pm	Athlete Registration Open (1M)	Villa del Rey Function Room
9:00 am - 3:00 pm	Bike Service Open	Area TBC
9:00 am - 6:00 pm	Alaska Media Center Open	
9:00 am - 6:00 pm	Ironman Store / Tri Trade Show Open	CWC
10:00 am - 4:00 pm	Athlete Bike and Gear Check In	Transition Area
11:00 am - 1:30 pm	Lunch	CWC
4:30 pm	Race Briefing	CWC Convention Center
1:00 pm - 4:00 pm	Swim Course Open	Lago del Rey/ CWC Cable Park
6:30 pm	Dinner	CWC
7:00 pm	Catholic Mass	Convention Center
10:00 pm	Last Shuttle Back to Hotels	

14-Aug-2011, Sunday (RACE DAY)

4:00 am	Hotels to Serve Breakfast	Various Hotels
	Alaska Breakfast Station Open	CWC
4:00 am - 5:00 pm	Alaska Media Center Open	CWC
4:15 am	Bus - First Trip to CWC	From Various Hotels
4:30 am	Transition Area Open for Check In and race Numbering	Transition Area
5:15 am	Bus Second Trip to CWC	Various Hotels
6:00 am	All Roads Close within CWC Transition Area Closes	
6:15 am	Race Starts	CWC
9:00 - 6:00 pm	Ironman Store / Tri Trade Show Open	CWC
11:00 am - 1:30 pm	Lunch	CWC
12 nn to 6:00 pm	Wakeboard Park Open to all guests: Free	
2:00 pm	Meet the Champs Presscon	Alaska Media Center
2:00 pm to 5:00 pm	Bike Check in for Inland Transportation	Villa del Rey Parking Grounds
2:30 pm	Race Closes	
3:30 pm	Roll Down	Villa del Rey
6:30 pm	Dinner/ Awarding Ceremonies for Ironman	Convention Center
10:00 pm	Last Shuttle Back to Hotels	

15 and 16 Aug-2011, Monday and Tuesday

9:00 am - 5:00 pm	Bike Claim for Inland Transportation	Dusit Hotel, Manila
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**UPDATED AS OF 15 JULY 2011
(SUBJECT TO CHANGE WITHOUT PRIOR NOTICE)**