**Race Schedule**

**Race week telephone number +27(0) 82 476 6626 - www.ironman.com/southafrica**

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**THURSDAY** 26.03.2020

- **09:00 – 18:00**
  - IRONMAN Registration
  - The Boardwalk

- **09:00 – 18:00**
  - Health & Fitness Expo
  - The Boardwalk

- **09:00 – 18:00**
  - Massage & Physio
  - By appointment
  - www.racemedical.co.za
  - The Boardwalk

- **09:00 – 18:00**
  - Bike Workshop
  - www.tribike.co.za
  - The Boardwalk

**FRIDAY** 27.03.2020

- **09:00 – 18:00**
  - IRONMAN Registration
  - The Boardwalk

- **09:00 – 18:00**
  - Health & Fitness Expo
  - The Boardwalk

- **09:00 – 18:00**
  - Massage & Physio
  - By appointment
  - www.racemedical.co.za
  - The Boardwalk

- **09:00 – 18:00**
  - Bike Workshop
  - www.tribike.co.za
  - The Boardwalk

- **07:50**
  - ISUZU CTC, powered by Algoa FM Race Start
  - Hobie Beach

- **09:00 – 18:00**
  - Registration
  - The Boardwalk

**SATURDAY** 28.03.2020

- **07:50**
  - CTC AWARDS
  - 11:15 (Short Distance)
  - 11:45 (Long Distance)
  - Public Deck

- **08:00 – 13:00**
  - IRONMAN Registration
  - The Boardwalk

- **08:00 – 17:00**
  - Health & Fitness Expo
  - The Boardwalk

- **08:00 – 17:00**
  - Massage & Physio
  - By appointment
  - www.racemedical.co.za
  - The Boardwalk

- **08:00 – 17:00**
  - Bike Workshop
  - www.tribike.co.za
  - The Boardwalk

- **08:00 – 17:00**
  - Bike Workshop
  - www.tribike.co.za
  - The Boardwalk

- **09:00 – 20:00**
  - REGISTRATION

**MONDAY** 30.03.2020

- **09:00 – 13:00**
  - IRONMAN Merchandise for sale
  - The Boardwalk

- **09:00 – 13:00**
  - Finisher shirt swap/
  - Timing queries/
  - Lost and Found
  - Hobie Beach

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**Race Day Emergency Number for the Public**

powered by vodacom

**079 266 6263**

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**BE PART OF THE BIGGEST IRONMAN FAN CROWD EVER IN AFRICA!**

https://hero.ironman-4thekidz.co.za