

IRONMAN 70.3 Shanghai
Event Schedule 赛事日程
IRONMAN 70.3 Event Date: 10/21/2018



		Time 时间			
Date 日期	Start 开始	End 结束	Location 地点	Description 任务	
##### 周五 Friday					
10-19	10:00 AM	6:00 PM	MingZhu Lake Park 明珠湖公园	IRONMAN Athlete Check-In (No Athlete Check-In on race day) 运动员报到	
10-19	9:30 AM	6:00 PM	MingZhu Lake Park 明珠湖公园	Shuttles from XinChong Hotel ↔ MingZhu Lake Park 摆渡车运行 (往返新崇酒店和明珠湖公园)	
10-19	10:00 AM	6:00 PM	MingZhu Lake Park 明珠湖公园	Shuttles from Xanadu Hotel ↔ MingZhu Lake Park 摆渡车运行 (往返桃源水乡大酒店和明珠湖公园)	
10-19	10:00 AM	6:00 PM	MingZhu Lake Park 明珠湖公园	IRONKIDS Registration 小铁人注册	
10-19	10:00 AM	6:00 PM	MingZhu Lake Park 明珠湖公园	IRONMAN Village Open 铁人村开放	
10-19	10:00 AM	6:00 PM	MingZhu Lake Park 明珠湖公园	Offical Merchandise Store Open 官方纪念品区开放	
10-19	10:00 AM	6:00 PM	MingZhu Lake Park 明珠湖公园	Bike Store and Tech Services Open 自行车维修中心开放	
10-19	10:00 AM	6:00 PM	MingZhu Lake Park 明珠湖公园	Information Booth Open 信息中心开放	
10-19	3:00 PM	3:45 PM	MingZhu Lake Park 明珠湖公园	English Language Athlete Briefing 运动员技术会议 (英文)	
10-19	5:00 PM	5:45 PM	MingZhu Lake Park 明珠湖公园	Chinese Language Athlete Briefing 运动员技术会议 (中文)	
##### 周六 SaturdaEnd 结束 Location 地点 Description 任务					
10-20	9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	IRONMAN Athlete Check-In (No Athlete Check-In On Race Day) 运动员报到 (比赛当天不接受报到)	
10-20	8:30 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Shuttles from XinChong Hotel ↔ MingZhu Lake Park 摆渡车运行 (往返新崇酒店和明珠湖公园)	
10-20	9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Shuttles from Xanadu Hotel ↔ MingZhu Lake Park 摆渡车运行 (往返桃源水乡大酒店和明珠湖公园)	
10-20	9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	IRONMAN Village Open 铁人村开放	
10-20	9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Offical Merchandise Store Open 官方纪念品区开放	
10-20	9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Bike Store and Tech Services Open 自行车维修中心开放	
10-20	9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Information Booth Open 信息中心开放	
10-20	9:00 AM	10:30 AM	MingZhu Lake Park 明珠湖公园	IRONKIDS Registration 小铁人注册	
10-20	9:00 AM	10:30 AM	MingZhu Lake Park 明珠湖公园	Practice Swim 游泳试水	
10-20	9:45 AM	10:30 AM	MingZhu Lake Park 明珠湖公园	Pro Athlete Panel 职业运动员见面会	
10-20	10:45 AM	11:00 AM	MingZhu Lake Park 明珠湖公园	IRONKIDS Warm Up with IRONMAN Pro Athletes 职业运动员带领小铁人热身	

10-20	11:00 AM	12:00 PM	MingZhu Lake Park 明珠湖公园	IRONKIDS Start 小铁人比赛
10-20	9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Mandatory Bike and Gear Bag Check-in 转换区自行车、装备包检录
10-20	1:00 PM	1:45 PM	MingZhu Lake Park 明珠湖公园	Chinese Language Athlete Briefing 运动员技术会议 (中文)
10-20	2:00 PM	2:45 PM	MingZhu Lake Park 明珠湖公园	English Language Athlete Briefing 运动员技术会议 (英文)
10-20	3:00 PM	3:45 PM	MingZhu Lake Park 明珠湖公园	Chinese Language Athlete Briefing 运动员技术会议 (中文)
10-21 周日 Sunday End 结束 Location 地点 Description 任务				
10-21	5:00 AM	6:15 AM	MingZhu Lake Park 新崇酒店	Shuttles from XinChong Hotel ↔ MingZhu Lake Park 摆渡车运行 (往返新崇酒店和明珠湖公园)
10-21	5:15 AM	6:30 AM	Xanadu Hotel 桃源水乡大酒店	Shuttles from Xanadu Hotel ↔ MingZhu Lake Park 摆渡车运行 (往返桃源水乡大酒店和明珠湖公园)
10-21	5:30 AM	7:00 AM	MingZhu Lake Park 明珠湖公园	Transition Opens and Body Marking Begins 转换区开放, 提供文身号码服务
10-21	7:40 AM		MingZhu Lake Park 明珠湖公园	Pro Men Start 职业男子组出发
10-21	7:45 AM		MingZhu Lake Park 明珠湖公园	Pro Women Start 职业女子组出发
10-21	8:00 AM		MingZhu Lake Park 明珠湖公园	Age Group Rolling Start 分龄组滚动式出发
10-21	8:00 AM	5:15 PM	MingZhu Lake Park 明珠湖公园	IRONMAN Village Open 铁人村开放
10-21	8:00 AM	5:15 PM	MingZhu Lake Park 明珠湖公园	Official Merchandise Store Open 官方纪念品区开放
10-21	11:30 AM	5:15 PM	MingZhu Lake Park 明珠湖公园	Post-Race Athlete Food 赛后运动员餐
10-21	12:00 PM	5:15 PM	MingZhu Lake Park 明珠湖公园	Morning Clothes Available 领取晨装包
10-21	2:15 PM	5:15 PM	MingZhu Lake Park 明珠湖公园	Athlete Bike and Gear Bag Check Out 转换区自行车、装备包开放验出
10-21	2:00 PM	6:00 PM	MingZhu Lake Park 明珠湖公园	Shuttles from MingZhu Lake Park ↔ XinChong Hotel 摆渡车运行 (往返明珠湖公园和新崇酒店)
10-21	2:00 PM	6:00 PM	MingZhu Lake Park 明珠湖公园	Shuttles from MingZhu Lake Park ↔ Xanadu Hotel 摆渡车运行 (往返明珠湖公园和桃源水乡大酒店)
10-21	5:00 PM	7:00 PM	MingZhu Lake Park 新崇酒店	Shuttles from XinChong Hotel ↔ Xanadu Hotel 摆渡车运行 (往返新崇酒店和桃源水乡大酒店)
10-21	9:00 PM	9:40 PM	Xanadu Hotel 桃源水乡大酒店	Shuttles from Xanadu Hotel ↔ XinChong Hotel 摆渡车运行 (桃源水乡大酒店和新崇酒店)
10-21	6:30 PM	7:45 PM	Xanadu Hotel 桃源水乡大酒店	Awards Banquet 颁奖晚宴
10-21	7:45 PM	9:30 PM	Xanadu Hotel 桃源水乡大酒店	IRONMAN World Championship and IRONMAN World Championship 70.3 Slot Allocation Roll Down 世锦赛入围资格确认