

Time 时间					
Date 日期	Start 开始	End 结束	Location 地点	Description 描述	
2019-10-18	周五 Friday				
10-18	9:30 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)	
10-18	10:00 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)	
10-18	10:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	IRONMAN Village Open 铁人村开放	
10-18	10:00 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)	
10-18	10:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	IRONKIDS Registration 小铁人注册	
10-18	10:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Official Merchandise Store Open 官方纪念品区开放	
10-18	10:00 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	
10-18	10:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Information Booth Open 信息中心开放	
10-18	2:00 PM	2:45 PM	MingZhu Lake Park 明珠湖公园	Chinese Language Athlete Briefing 运动员技术会议 (中文)	
10-18	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)	
2019-10-19	周六 Saturday				
10-19	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)	
10-19	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)	
10-19	9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	IRONMAN Village Open 铁人村开放	
10-19	9:00 AM	4:30 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)	
10-19	9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Official Merchandise Store Open 官方纪念品区开放	
10-19	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	
10-19	9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Information Booth Open 信息中心开放	
10-19	9:00 AM	10:00 AM	MingZhu Lake Park 明珠湖公园	IRONKIDS Registration 小铁人注册	
10-19	9:00 AM	10:30 AM	MingZhu Lake Park 明珠湖公园	Practice Swim (Registered athlete only, wristband and timing chip required) 游泳热身 (仅限已注册运动员, 试水运动员需佩戴手环和计时芯片)	
10-19	9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Mandatory Bike and Gear Bag Check-in (Bikes not racked by 5:00pm will not be eligible to race) 转换区自行车、装备包检录 (在下午5点前完成所有装备检录, 否则将无法比赛)	
10-19	10:00 AM	10:30 AM	MingZhu Lake Park 明珠湖公园	Pro Athlete Panel 职业运动员见面会	
10-19	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	
10-19	11:00 AM	12:00 PM	MingZhu Lake Park 明珠湖公园	IRONKIDS Start 小铁人比赛	
10-19	1:00 PM	1:45 PM	明珠湖パーク 明珠湖公园	日本語アスリート プリーフィング 运动员技术会议 (日文)	
10-19	2:00 PM	2:45 PM	MingZhu Lake Park 明珠湖公园	Chinese Language Athlete Briefing 运动员技术会议 (中文)	
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	4:00 PM	4:45 PM	MingZhu Lake Park 明珠湖公园	Chinese Language Athlete Briefing 运动员技术会议 (中文)	
2019-10-20	周日 Sunday				
10-20	5:00 AM	6:15 AM	Xinchong Hotel 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)	
10-20	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)	
10-20	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	
10-20	7:40 AM		MingZhu Lake Park 明珠湖公园	Pro Men Start 职业男子组出发	
10-20	7:45 AM		MingZhu Lake Park 明珠湖公园	Pro Women Start 职业女子组出发	
10-20	8:00 AM		MingZhu Lake Park 明珠湖公园	Age Group Rolling Start 分龄组滚动式出发	
10-20	8:00 AM	5:15 PM	MingZhu Lake Park 明珠湖公园	IRONMAN Village Open 铁人村开放	
10-20	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	
10-20	8:00 AM	5:15 PM	MingZhu Lake Park 明珠湖公园	Information Booth Open 信息中心开放	
10-20	11:20 AM		Finish Line MingZhu Lake Park 明珠湖公园终点线	First Athlete Finish the Race (Approx) 第一名运动员完成比赛 (预估时间)	
10-20	11:30 AM	5:15 PM	MingZhu Lake Park 明珠湖公园	Post-Race Athlete Food 赛后运动员餐	
10-20	11:30 AM	5:15 PM	MingZhu Lake Park 明珠湖公园	Morning Clothes Available 领取晨装包	
10-20	2:15 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)	
10-20	2:15 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)	
10-20	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	
10-20	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)	
10-20	6:30 PM	7:45 PM	Xanadu Hotel 桃源水乡大酒店	Awards Banquet 颁奖晚宴	
10-20	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	
10-20	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)	