



IRONMAN®

WORLD CHAMPIONSHIP

Kona | Hawai'i

2026 EVENT SCHEDULE

Schedule of events is subject to change. Last updated September 15, 2026.

FRIDAY, OCTOBER 2, 2026

START	END	EVENT	LOCATION
6:30 AM	10:00 AM	IRONInfo Booth	Kailua Pier

SATURDAY, OCTOBER 3, 2026

START	END	EVENT	LOCATION
6:00 AM	7:00 AM	Kona Town Fun Run Athlete Check-In	Hale Hālāwai, Ali'i Drive
6:30 AM	10:00 AM	IRONInfo Booth	Kailua Pier
7:30 AM		Kona Town Fun Run	Hale Hālāwai, Ali'i Drive
8:00 AM	4:00 PM	Official IRONMAN® Store - Store 2	In front of KBR
9:00 AM	5:00 PM	Official IRONMAN® Store - Main Store	KBR Parking Lot
2:00 PM	4:00 PM	Ho'āla Training Swim Packet Pick Up	KBR Conference Room 6

SUNDAY, OCTOBER 4, 2026

START	END	EVENT	LOCATION
5:30 AM	6:45 AM	Ho'āla (Rise to the Occasion) Training Swim Packet Pick-Up * Onsite registration is not available	KBR Honu's Lawn
6:30 AM	11:00 AM	IRONInfo Booth	Kailua Pier
7:00 AM		Ho'āla IRONMAN® Training Swim - 2.4 miles	Kamakahonu Beach
8:00 AM	4:00 PM	Official IRONMAN® Store - Store 2	In front of KBR
9:00 AM	5:00 PM	Official IRONMAN® Store - Main Store	KBR Parking Lot

MONDAY, OCTOBER 5, 2026

START	END	EVENT	LOCATION
6:00 AM	9:00 AM	Precision Fuel and Hydration Practice Swim Bag Drop	Kailua Pier
6:30 AM	10:00 AM	IRONInfo Booth	Kailua Pier
7:00 AM	10:00 AM	AG1 Live Aloha Coffee Boat (get your free AG1)	Kailua Bay
7:00 AM	12:00 PM	Active Release Technique (ART)	KBR Honu's Lawn
8:00 AM	4:00 PM	Official IRONMAN® Store - Store 2	In front of KBR
9:00 AM	4:00 PM	Volunteer Check-In	KBR Mākeke Room
9:00 AM	4:00 PM	IRONMAN Information Center/ Lost and Found/ 'Ohana	KBR Conference Room 6
9:00 AM	5:00 PM	Official IRONMAN® Store - Main Store	KBR Parking Lot
6:00 PM	8:00 PM	Heroes of Hawai'i (Hawaiian Cultural Legacy)	KBR Lū'au Grounds

TUESDAY, OCTOBER 6, 2026

START	END	EVENT	LOCATION
6:00 AM	9:00 AM	Precision Fuel and Hydration Practice Swim Bag Drop	Kailua Pier
6:30 AM	11:00 AM	IRONInfo Booth	Kailua Pier
7:00 AM	10:00 AM	AG1 Live Aloha Coffee Boat (get your free AG1)	Kailua Bay
7:00 AM	12:00 PM	Active Release Technique (ART)	KBR Honu's Lawn
8:00 AM	4:00 PM	Official IRONMAN® Store - Store 2	In front of KBR
9:00 AM	3:00 PM	IRONKIDS® Keiki Dip-n-Dash Registration	KBR Canoe Landing
9:00 AM	4:00 PM	Athlete Check-In	KBR Ballrooms 2, 3, 4
9:00 AM	4:00 PM	Accreditation Office	KBR Conference Room 5
9:00 AM	4:00 PM	VIP Guest Services	KBR Ballroom 1
9:00 AM	4:00 PM	Media Center	KBR Paddlers
9:00 AM	4:00 PM	Volunteer Check-In	KBR Mākeke Room
9:00 AM	4:00 PM	IRONMAN Information Center/ Lost and Found/ 'Ohana	KBR Conference Room 6
9:00 AM	5:00 PM	Official IRONMAN® Store - Main Store	KBR Parking Lot
12:00 PM	7:00 PM	IRONMAN Village	Hale Hālāwai, Ali'i Drive
12:00 PM	7:00 PM	PlayTri Triathlon & Bike Tech Service Center	Hale Hālāwai, Ali'i Drive
12:00 PM	7:00 PM	Under Pants Run (UPR) presented by The IRONMAN Foundation Registration and Packet Pick-Up	Hale Hālāwai, Ali'i Drive

OCTOBER 10
2026



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TUESDAY, OCTOBER 6, 2026

START	END	EVENT	LOCATION
4:00 PM		IRONKIDS® Keiki Dip-n-Dash	Ka'ahumanu Place
5:00 PM		Parade of Nations (athletes gather at 4:00 PM)	Kailua Bay (KBR) to Hale Hālāwai via Ali'i Drive

WEDNESDAY, OCTOBER 7, 2026

START	END	EVENT	LOCATION
6:00 AM	9:00 AM	Precision Fuel and Hydration Practice Swim Bag Drop	Kailua Pier
6:30 AM	11:00 AM	IRONInfo Booth	Kailua Pier
7:00 AM	10:00 AM	AG1 Live Aloha Coffee Boat (get your free AG1)	Kailua Bay
7:00 AM	12:00 PM	Active Release Technique (ART)	KBR Honu's Lawn
8:00 AM	9:00 AM	Insider Swim Course Tips - Chuck Glynn + Craig Alexander	Info Booth on the Pier
8:00 AM	4:00 PM	Official IRONMAN® Store - Store 2	In front of KBR
9:00 AM	4:00 PM	Athlete Check-In	KBR Ballrooms 2, 3, 4
9:00 AM	4:00 PM	Accreditation Office	KBR Conference Room 5
9:00 AM	4:00 PM	VIP Guest Services	KBR Ballroom 1
9:00 AM	4:00 PM	Media Center	KBR Paddlers
9:00 AM	4:00 PM	Volunteer Check-In	KBR Mākeke Room
9:00 AM	4:00 PM	IRONMAN Information Center/ Lost and Found/ 'Ohana	KBR Conference Room 6
9:00 AM	5:00 PM	Official IRONMAN® Store - Main Store	KBR Parking Lot
9:00 AM		Race Briefing - German	KBR Lū'au Grounds
10:00 AM		Race Briefing - French	KBR Lū'au Grounds
10:00 AM	10:30 AM	Insider Tips: Bike/ Run Course	IRONMAN Village Stage/Hale Hālāwai
10:00 AM	4:00 PM	IRONMAN Village	Hale Hālāwai, Ali'i Drive
10:00 AM	4:00 PM	PlayTri Triathlon & Bike Tech Service Center	Hale Hālāwai, Ali'i Drive
10:00 AM	4:00 PM	Under Pants Run (UPR) presented by The IRONMAN Foundation Registration and Packet Pick-Up	Hale Hālāwai, Ali'i Drive
11:00 AM		Race Briefing - Spanish	KBR Lū'au Grounds
12:00 PM		Race Briefing - Portuguese	KBR Lū'au Grounds
1:00 PM		Race Briefing - Japanese	KBR Lū'au Grounds

THURSDAY, OCTOBER 8, 2026

START	END	EVENT	LOCATION
6:00 AM	9:00 AM	Precision Fuel and Hydration Practice Swim Bag Drop	Kailua Pier
6:15 AM	7:15 AM	Under Pants Run (UPR) presented by The IRONMAN Foundation Registration and Packet Pick-Up	KBR Back Parking Lot
7:00 AM	10:00 AM	AG1 Live Aloha Coffee Boat (get your free AG1)	Kailua Bay
7:00 AM	12:00 PM	Active Release Technique (ART)	KBR Honu's Lawn
7:00 AM	4:00 PM	Official IRONMAN® Store - Store 2	In front of KBR
7:15 AM		Under Pants Run (UPR) presented by The IRONMAN Foundation	KBR Back Parking Lot
9:00 AM	2:00 PM	Athlete Check-In	KBR Ballrooms 2, 3, 4
9:00 AM	4:00 PM	Accreditation Office	KBR Conference Room 5
9:00 AM	4:00 PM	VIP Guest Services	KBR Ballroom 1
9:00 AM	4:00 PM	Media Center	KBR Paddlers
9:00 AM	4:00 PM	Volunteer Check-In	KBR Mākeke Room
9:00 AM	4:00 PM	IRONMAN Information Center/ Lost and Found/ 'Ohana	KBR Conference Room 6
9:00 AM	6:00 PM	Official IRONMAN® Store - Main Store	KBR Parking Lot
10:00 AM	11:00 AM	Insider Tips: Venue Overview - Laina Reisenfeld	IRONMAN Village Stage/Hale Hālāwai
10:00 AM	4:00 PM	IRONMAN Village	Hale Hālāwai, Ali'i Drive
10:00 AM	4:00 PM	PlayTri Triathlon & Bike Tech Service Center	Hale Hālāwai, Ali'i Drive

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THURSDAY, OCTOBER 8, 2026

START	END	EVENT	LOCATION
12:00 PM	1:00 PM	Insider Tips: Bike & Run Course	IRONMAN Village Stage/Hale Hālāwai
6:00 PM		E Komo Mai (Welcome) Banquet	KBR Parking Lot
8:00 PM	9:00 PM	Race Briefing - English	KBR Parking Lot

FRIDAY, OCTOBER 9, 2026

START	END	EVENT	LOCATION
7:00 AM	12:00 PM	Active Release Technique (ART)	KBR Honu's Lawn
8:00 AM	4:00 PM	Official IRONMAN® Store - Store 2	In front of KBR
9:00 AM	4:00 PM	Accreditation Office	KBR Conference Room 5
9:00 AM	4:00 PM	VIP Guest Services	KBR Ballroom 1
9:00 AM	4:00 PM	Media Center	KBR Paddlers
9:00 AM	4:00 PM	Volunteer Check-In	KBR Mākeke Room
9:00 AM	4:00 PM	IRONMAN Information Center/ Lost and Found/ `Ohana	KBR Conference Room 6
9:00 AM	5:00 PM	Official IRONMAN® Store - Main Store	KBR Parking Lot
10:00 AM	2:00 PM	IRONMAN Village	Hale Hālāwai, Ali'i Drive
11:00 AM	6:00 PM	Check-In and Cheer: Professional Athlete Bike Check-In	Bike Compound - Kailua Pier
11:30 AM	6:00 PM	Age Group Athletes Bike/ Helmet/ Gear Check-In	Bike Compound - Kailua Pier
11:30 AM	6:00 PM	PlayTri Triathlon & Bike Tech Service Center	Kailua Pier

SATURDAY, OCTOBER 10, 2026

START	END	EVENT	LOCATION
4:30 AM	6:15 AM	Personal Needs Drop/ Transition Opens	KBR Parking Lot
5:30 AM	12:45 AM	IRONMAN Information Center/ Lost and Found/ `Ohana	KBR Conference Room 6
5:30 AM	7:00 AM	Accreditation Office	KBR Conference Room 5
5:30 AM	1:30 AM	Media Center	KBR Paddlers
6:20 AM		Race Start - Professional Men	Kailua Pier
6:30 AM		Race Start - Professional Women	Kailua Pier
6:33 AM		Race Start - Para Open Division & Handcycle	Kailua Pier
6:38 AM		Race Start - Age Group	Kailua Pier
8:00 AM	4:00 PM	Official IRONMAN® Store - Store 2	In front of KBR
8:00 AM	6:00 PM	Official IRONMAN® Store - Main Store	KBR Parking Lot
7:00 PM	1:00 AM	Bike & Gear Pick-Up (no earlier than 7:00 PM and no later than 1:00 AM)	Kailua Pier
11:45 PM		Hawai'i Aloha (Aunty Mele's Hour)	Finish Line

SUNDAY, OCTOBER 11, 2026

START	END	EVENT	LOCATION
8:00 AM	6:00 PM	Official IRONMAN® Store - Main Store	KBR Parking Lot
9:00 AM	12:00 PM	Media Center	KBR Paddlers
9:00 AM	2:00 PM	IRONMAN Information Center/ Lost and Found/ `Ohana	KBR Conference Room 6
5:00 PM		2026 Experience Oman IRONMAN Pro Series	KBR Lū'au Grounds
6:00 PM		Banquet of Champions	KBR Parking Lot

MONDAY, OCTOBER 12, 2026

START	END	EVENT	LOCATION
9:00 AM	2:00 PM	IRONMAN Information Center/ Lost and Found/ `Ohana	KBR Conference Room 6
5:00 PM		Volunteer Mahalo Party	KBR Parking Lot

OCTOBER 10
2026

IRONMAN WORLD CHAMPIONSHIP COURSE INSIDER RACE TIPS

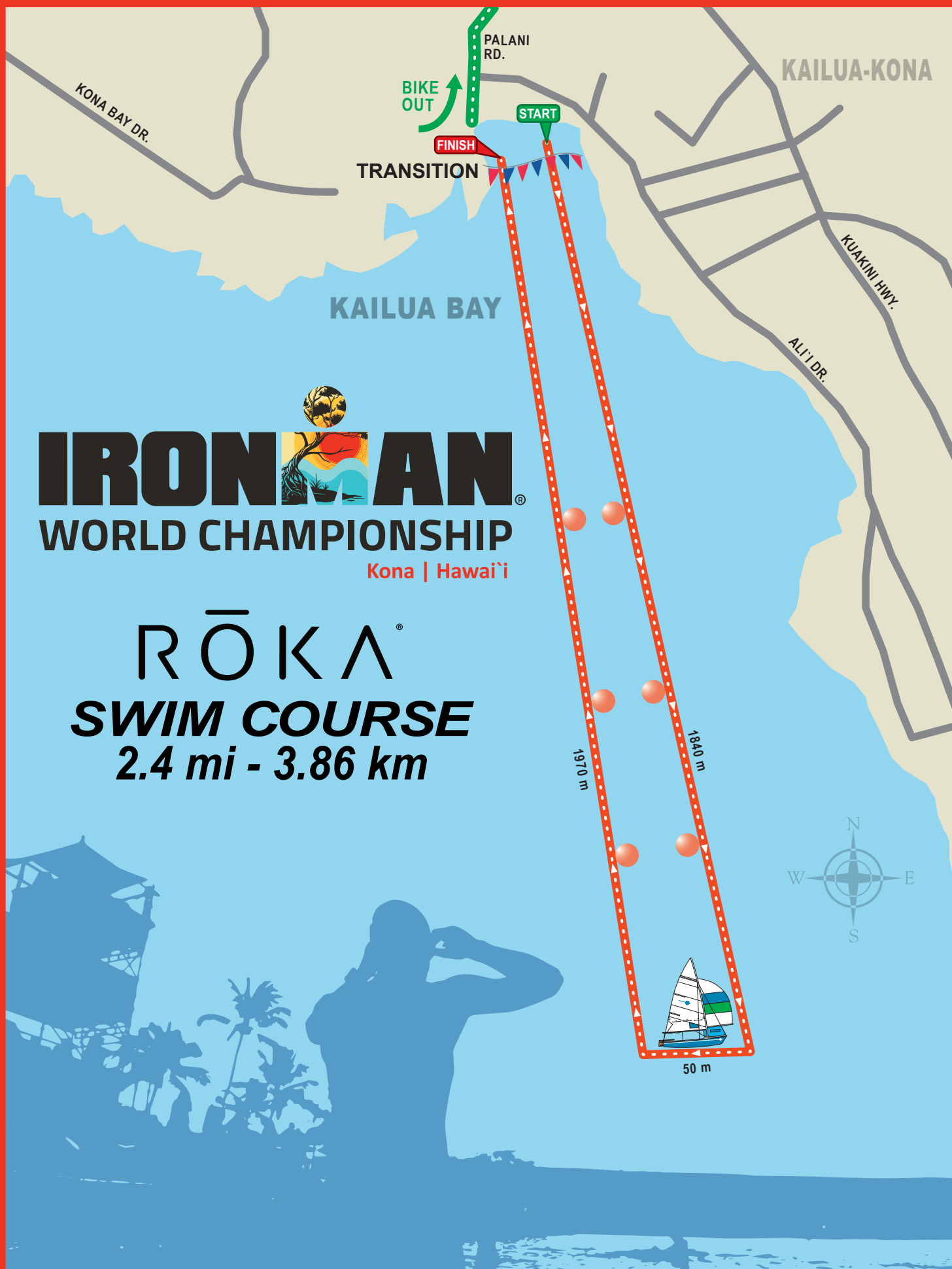
Learn invaluable insider information from our IRONMAN World Championship team to help you have the best possible day on race day.

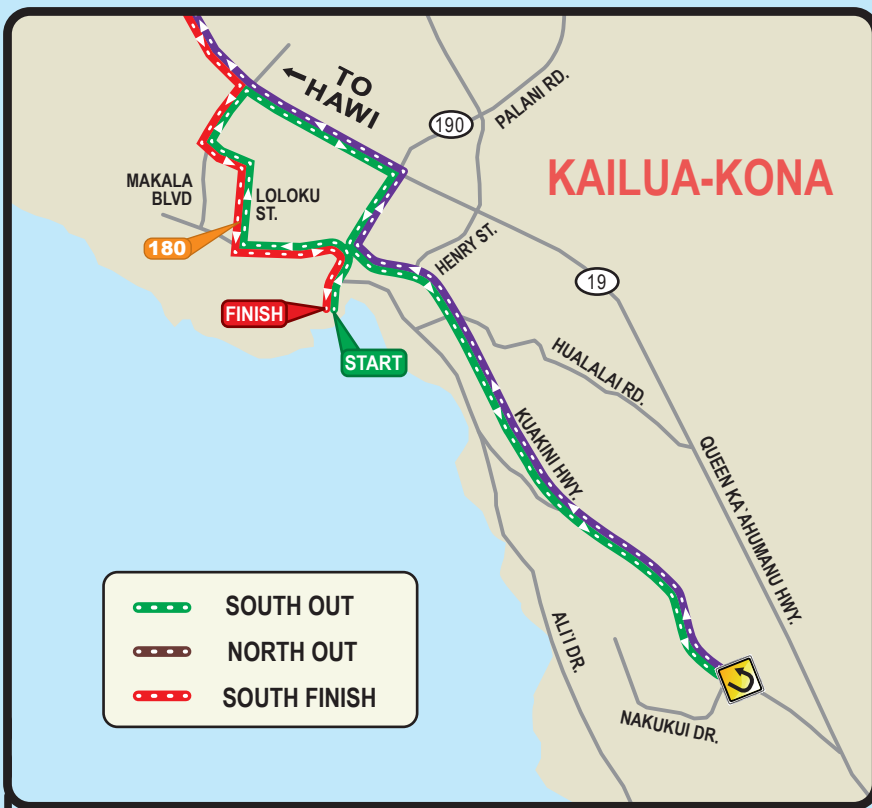
We will run through all three disciplines, swim, bike and run and provide you with some tips to conquer the course. You can join us for all or any of these sessions.

- **Swim Course – Insider Race Tips**
 - When – Wednesday, October 7
 - Time – 8:00 AM
 - Where – Info Booth on the Pier
 - Agenda:
 - Overview of swim course
 - Navigating the start
 - Tips on sighting into the sun
 - Q&A
- **Race Venue Overview – Insider Tips**
 - When – Thursday, October 8
 - Time – 10:00 AM
 - Where – IRONMAN Village Expo Stage - Hale Hālāwai
 - Agenda:
 - Overview – Venue Map
 - T1 and T2
 - Post Race
 - Q&A
- **Bike and Run Course – Insider Race Tips**
 - When – Thursday, October 8
 - Time – 12:00 PM
 - Where – IRONMAN Village Expo Stage - Hale Hālāwai
 - Bike Course Agenda:
 - Overview of bike course
 - Highlight key points of the course
 - Navigating the heat and wind
 - Insider Tips on how to best “race” the course
 - Run Course Agenda:
 - Overview of run course
 - Highlight key points of the course
 - Navigating the heat
 - Tips to having your best possible run on this unique course

IRONMAN VILLAGE CULTURAL EXPERIENCE

- **Tuesday, October 6**
 - Epic Wāhine Mākeke - Local Vendor Marketplace
 - 12:00 PM - 7:00 PM
- **Wednesday, October 7 & Thursday, October 8**
 - Epic Wāhine Mākeke - Local Vendor Marketplace
 - 10:00 AM - 4:00 PM
- **Friday, October 9**
 - Epic Wāhine Mākeke - Local Vendor Marketplace
 - 10:00 AM - 2:00 PM





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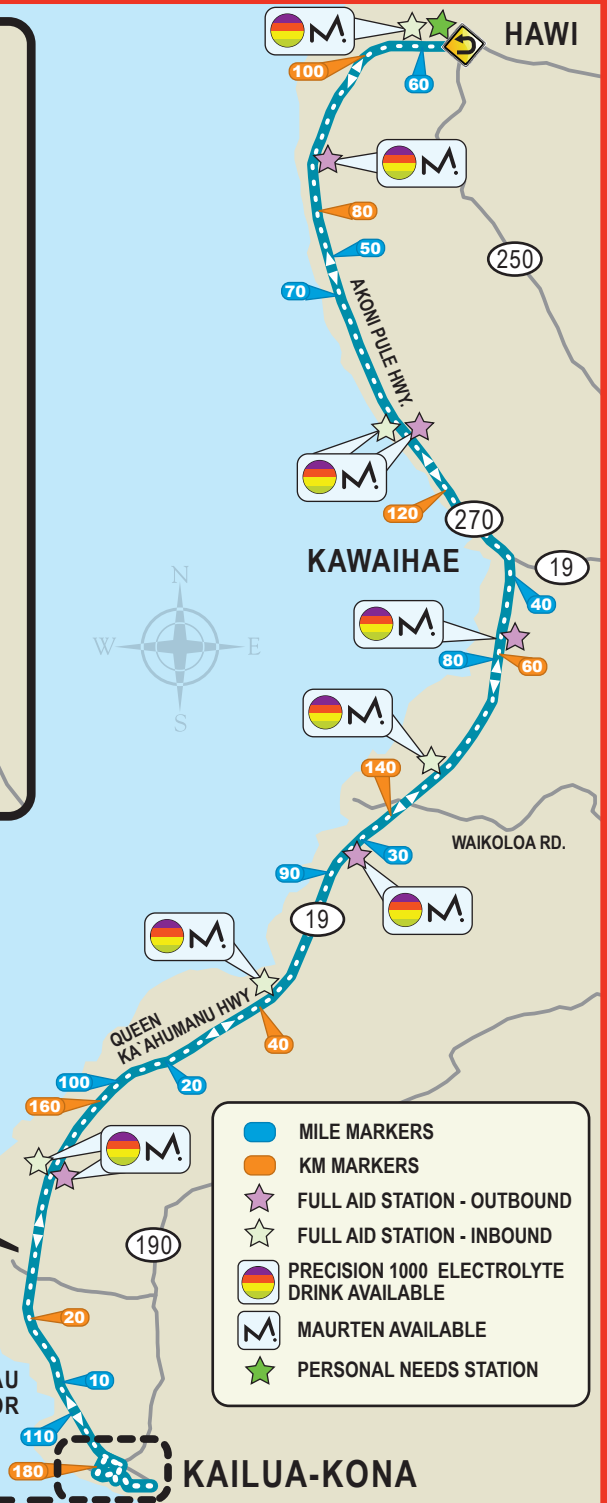
ZOOT®

BIKE COURSE

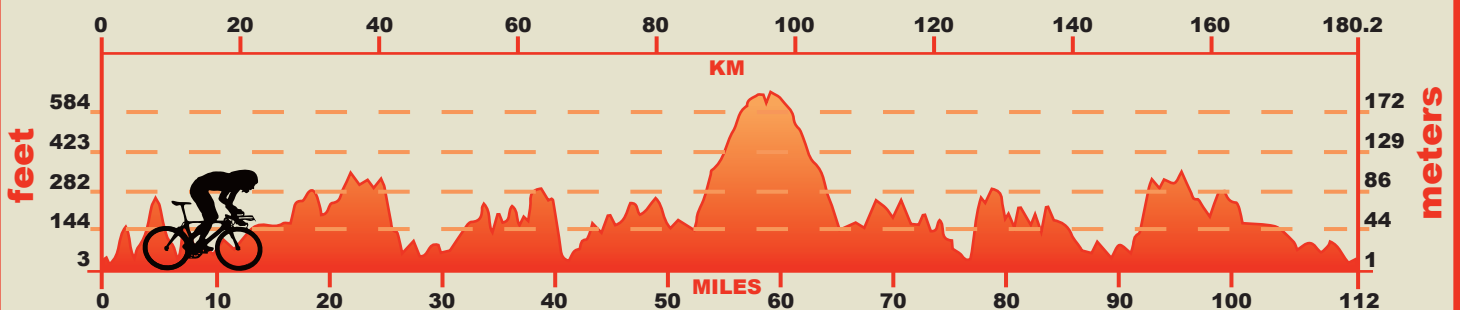
112 mi - 180.2 km

KONA INTERNATIONAL AIRPORT

HONOKOHAU HARBOR



Starting Elevation: 5 ft / 2 m • Finishing Elevation: 5 ft / 2 m • Total Elevation Gain: 5814 ft / 1772 m



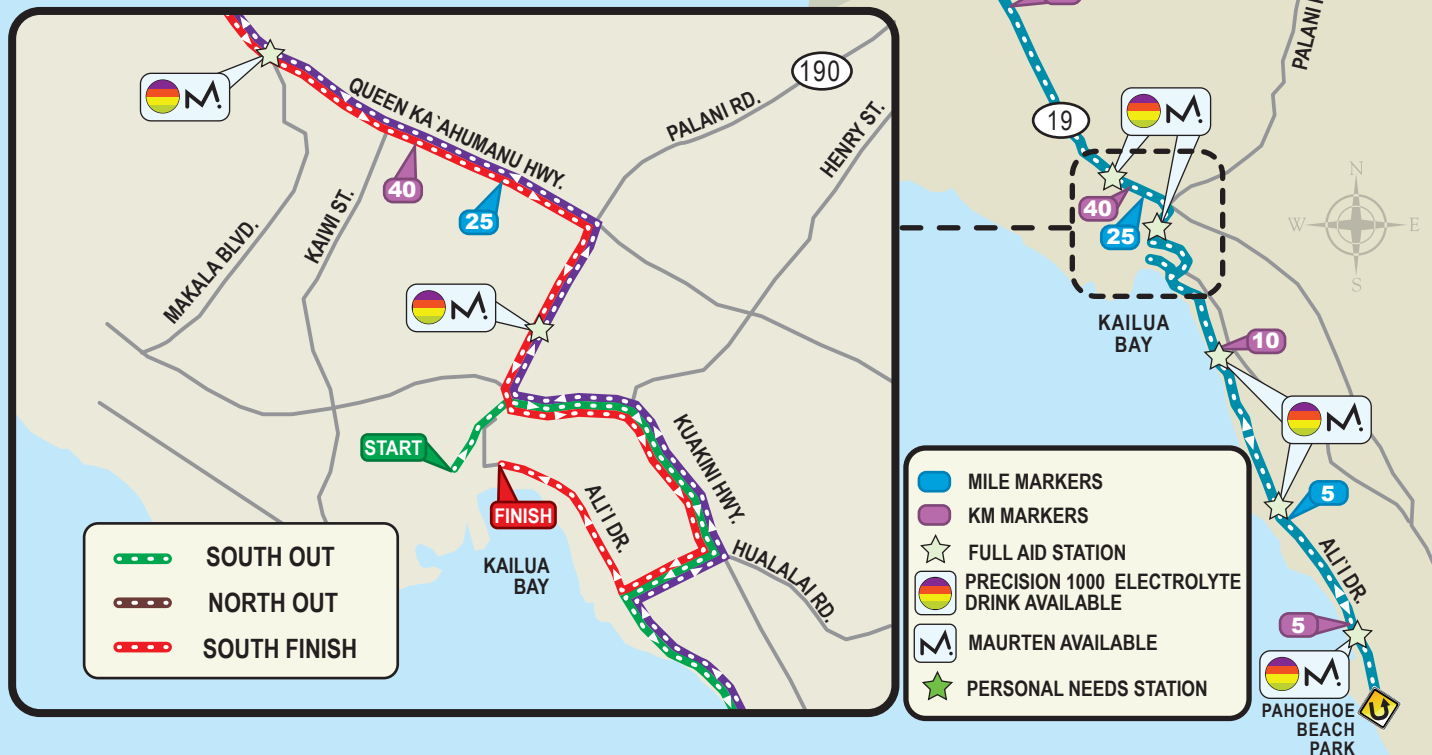
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HOKA
FLY HUMAN FLY™

RUN COURSE
26.2 mi - 42.2 km



Starting Elevation: 5 ft / 2 m • Finishing Elevation: 5 ft / 2 m • Total Elevation Gain: 1009 ft / 307 m

