

2021 EVENT SCHEDULE

Schedule is tentative and subject to change. Last updated 3/29/21.



FACE COVERINGS MANDATORY AROUND ALL RACE VENUES ALL RACE VENUES WILL BE OPEN TO ATHLETES ONLY

FRIDAY, JUNE 18, 2021

START	END	EVENT	LOCATION
11 AM	7 PM	Athlete Check-In	Cowles Commons
11 AM	7 PM	Official IRONMAN Store	Cowles Commons
11 AM	7 PM	IRONMAN Village <ul style="list-style-type: none"> ▪ Playtri Bike Store & Tech Service ▪ Information Tent/Lost & Found ▪ VIP Spectator Credential Pick-Up 	Cowles Commons
		Virtual Athlete Briefing	Online

SATURDAY, JUNE 19, 2021

START	END	EVENT	LOCATION
9 AM	5 PM	Athlete Check-In	Cowles Commons
9 AM	5 PM	Official IRONMAN Store	Cowles Commons
9 AM	5 PM	IRONMAN Village <ul style="list-style-type: none"> ▪ Playtri Bike Store & Tech Service ▪ Information Tent/Lost & Found ▪ VIP Spectator Credential Pick-Up 	Cowles Commons
8 AM	6 PM	Mandatory Bike Check-In	Water Works Park
		Virtual Athlete Briefing	Online

SUNDAY, JUNE 20, 2021 – RACE DAY

START	END	EVENT	LOCATION
4:30 AM	6:40 AM	Transition Open	Water Works Park
6:45 AM		Pro Male Start	Gray's Lake
6:50 AM		Pro Female Start	Gray's Lake
7 AM		Race Starts – Age Group Rolling Start	Gray's Lake
9 AM	4 PM	IRONMAN Village	Cowles Commons
9 AM	4 PM	Official IRONMAN Store	Cowles Commons
9 AM	5 PM	Information Tent/Lost & Found	Cowles Commons
11 AM	5 PM	Post-Race Athlete Food	Cowles Commons
1:30 PM	6 PM	Mandatory Bike & Gear Check-Out	Water Works Park
4 PM	6 PM	Awards Pick Up & 2021 Intermountain Healthcare IRONMAN 70.3 World Championship presented by Utah Sports Commission Automatic Slot Acceptance *Please be prepared to pay for your IRONMAN 70.3 World Championship Automatic Slot*	Cowles Commons

COWLES COMMONS
221 Walnut St
Des Moines, IA 50309

WATER WORKS PARK
2201 George Flagg Pkwy
Des Moines, IA 50321