

EVENT SCHEDULE

Times are subject to changes. Last updated September 10th, 2025.

Thursday 07 May 2026

FROM	TO	EVENT	LOCATION
9:00	10:30	Opening Ceremony & Press Conference: 2026 IRONMAN Viet Nam	East Sea Park, Vo Nguyen Giap St, Da Nang
9:00	18:00	IRONMAN Village Open Parking Area (for public and athletes) & Bike Mechanic Expo Area & Information Booth Official IRONMAN Store	East Sea Park, Vo Nguyen Giap St, Da Nang
9:00	18:00	Athlete Check-in Open 2026 IRONMAN Viet Nam 2026 IRONMAN 70.3 Da Nang SUNRISE SPRINT Viet Nam IRONKIDS Viet Nam NEWBORNS VIETNAM RUNOUT	East Sea Park, Vo Nguyen Giap St, Da Nang

Friday 08 May 2026

FROM	TO	EVENT	LOCATION
6:00		Race Start: NEWBORNS VIETNAM RUNOUT	East Sea Park, Vo Nguyen Giap St, Da Nang
9:00	18:00	IRONMAN Village Open Parking Area (for public and athletes) & Bike Mechanic Expo Area & Information Booth Official IRONMAN Store	East Sea Park, Vo Nguyen Giap St, Da Nang
9:00	18:00	Athlete Check-in Open 2026 IRONMAN Viet Nam 2026 IRONMAN 70.3 Da Nang SUNRISE SPRINT Viet Nam IRONKIDS Viet Nam	East Sea Park, Vo Nguyen Giap St, Da Nang
13:00	18:30	Bike Check-in (compulsory) SUNRISE SPRINT Viet Nam IRONKIDS Viet Nam	East Sea Park, Vo Nguyen Giap St, Da Nang
18:00	20:30	Welcome Dinner 2026 IRONMAN Viet Nam 2026 IRONMAN 70.3 Da Nang Tickets are required for all participants, purchase online or at the check-in information booth. Free for IRONMAN athletes and special price for IRONMAN 70.3 athletes only: \$10US nett/person.	East Sea Park, Vo Nguyen Giap St, Da Nang

Saturday 09 May 2026

FROM	TO	EVENT	LOCATION
4:15		Transition Open: SUNRISE SPRINT Viet Nam	East Sea Park, Vo Nguyen Giap St, Da Nang
4:15	5:30	Bag Drop Open: SUNRISE SPRINT Viet Nam	East Sea Park, Vo Nguyen Giap St, Da Nang
5:45		Race Start: SUNRISE SPRINT Viet Nam	East Sea Park, Vo Nguyen Giap St, Da Nang
6:30		Swim Cut-off: SUNRISE SPRINT Viet Nam Approximate based on last athlete entering the swim	
7:20		Bike Cut-off: SUNRISE SPRINT Viet Nam Approximate based on last athlete entering the swim	
7:00	9:00	Bag Collection Open: SUNRISE SPRINT Viet Nam	East Sea Park, Vo Nguyen Giap St, Da Nang
8:00		Transition Open: IRONKIDS Viet Nam	East Sea Park, Vo Nguyen Giap St, Da Nang



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8:10	Race Cut-Off: SUNRISE SPRINT Viet Nam Approximate based on last athlete entering the swim	
8:30	Race Start: IRONKIDS Viet Nam	East Sea Park, Vo Nguyen Giap St, Da Nang
9:00	11:30 Bike Check-out and Bags Collection: SUNRISE SPRINT Viet Nam	East Sea Park, Vo Nguyen Giap St, Da Nang
9:00	18:00 IRONMAN Village Open Parking Area (for public and athletes) & Bike Mechanic Expo Area & Information Booth Official IRONMAN Store	East Sea Park, Vo Nguyen Giap St, Da Nang
9:00	18:00 Athlete Check-in Open 2026 IRONMAN Viet Nam 2026 IRONMAN 70.3 Da Nang	East Sea Park, Vo Nguyen Giap St, Da Nang
10:30	11:30 SUNRISE SPRINT Viet Nam - Awarding Ceremony	East Sea Park, Vo Nguyen Giap St, Da Nang
13:00	18:30 Bike Check-in (compulsory) 2026 IRONMAN Viet Nam 2026 IRONMAN 70.3 Da Nang	East Sea Park, Vo Nguyen Giap St, Da Nang

Sunday 10 May 2026

FROM	TO	EVENT	LOCATION
4:00		Transition Open 2026 IRONMAN Viet Nam 2026 IRONMAN 70.3 Da Nang	East Sea Park, Vo Nguyen Giap St, Da Nang
4:15	5:30	Bag Drop Open: 2026 IRONMAN 70.3 Da Nang	East Sea Park, Vo Nguyen Giap St, Da Nang
4:15	6:00	Bag Drop Open: 2026 IRONMAN Viet Nam	East Sea Park, Vo Nguyen Giap St, Da Nang
5:45	6:00	Race Starts: 2026 IRONMAN 70.3 Da Nang	East Sea Park, Vo Nguyen Giap St, Da Nang
6:15	6:30	Race Starts: 2026 IRONMAN Viet Nam	East Sea Park, Vo Nguyen Giap St, Da Nang
9:00	18:00	IRONMAN Village Open - Expo Area & Information Booth - Official IRONMAN Store	East Sea Park, Vo Nguyen Giap St, Da Nang
7:10		Swim Cut - off: 2026 IRONMAN 70.3 Da Nang Approximate based on last athlete entering the swim	
8:50		Swim Cut - off: 2026 IRONMAN Viet Nam Approximate based on last athlete entering the swim	
9:35		First 2026 IRONMAN 70.3 Da Nang Finisher expected (Approx)	
11:30		Bike Cut - off: 2026 IRONMAN 70.3 Da Nang Approximate based on last athlete entering the swim	
12:00	18:00	Bike Check-out and Transition Bags Collection: 2026 IRONMAN 70.3 Da Nang	East Sea Park, Vo Nguyen Giap St, Da Nang
14:30		Race Cut-Off: 2026 IRONMAN 70.3 Da Nang Approximate based on last athlete entering the swim	
14:33		First 2026 IRONMAN Viet Nam Finisher expected (Approx)	
16:00	17:00	Awarding Ceremony: 2026 IRONMAN 70.3 Da Nang	East Sea Park, Vo Nguyen Giap St, Da Nang
17:00		Bike Cut - off: 2026 IRONMAN Viet Nam Approximate based on last athlete entering the swim	
18:00	23:30	Bike Check-out and Transition Bags Collection: 2026 IRONMAN Viet Nam	East Sea Park, Vo Nguyen Giap St, Da Nang
23:30		Race Cut-Off: 2026 IRONMAN Viet Nam Approximate based on last athlete entering the swim	

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Monday 11 May 2026

FROM	TO	EVENT	LOCATION
8:00	12:00	2026 IRONMAN Viet Nam Bike Check-out and Transition Bags Collection 2nd day	East Sea Park, Vo Nguyen Giap St, Da Nang
9:00	12:00	IRONMAN Village Open Parking Area (for public and athletes) & Bike Mechanic Expo Area & Information Booth Official IRONMAN Store	East Sea Park, Vo Nguyen Giap St, Da Nang
9:00	11:00	Awarding Ceremony: 2026 IRONMAN Viet Nam	East Sea Park, Vo Nguyen Giap St, Da Nang