

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 <i>Tickets are required for all participants, purchase online or at the check-in information booth.</i> <i>Free for IRONMAN athletes and special price for IRONMAN 70.3 athletes only:</i> \$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 <i>Approximate based on last athlete entering the swim</i> | |
| 7:20 | | Bike Cut-off: SUNRISE SPRINT Viet Nam <i>Approximate based on last athlete entering the swim</i> | |
| 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 <i>Approximate based on last athlete entering the swim</i> | |
| 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 <i>Approximate based on last athlete entering the swim</i> | |
| 8:50 | | Swim Cut - off: 2026 IRONMAN Viet Nam <i>Approximate based on last athlete entering the swim</i> | |
| 9:35 | | First 2026 IRONMAN 70.3 Da Nang Finisher expected (Approx) | |
| 11:30 | | Bike Cut - off: 2026 IRONMAN 70.3 Da Nang <i>Approximate based on last athlete entering the swim</i> | |
| 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 <i>Approximate based on last athlete entering the swim</i> | |
| 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 <i>Approximate based on last athlete entering the swim</i> | |
| 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 <i>Approximate based on last athlete entering the swim</i> | |



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Monday 11 May 2026

| FROM | TO | EVENT | LOCATION |
|------|-------|---|---|
| 8:00 | 12:00 | 2026 IRONMAN Viet Nam Bike Check-out and Transiton 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 |