



WEDNESDAY, 20 MAY 2026

09:00	19:00	IRONMAN Lanzarote EXPO - Avenida de Las Playas, Puerto del Carmen
09:00	19:00	IRONMAN Lanzarote Merchandise Store - Avenida de Las Playas, Puerto del Carmen
11:30	12:30	Technical Meeting PRO - Online
14:00	14:45	Technical Meeting for Age Groups in English - Online
14:45	15:30	Technical Meeting for Age Groups in Spanish - Online
17:00	19:00	IRONKIDS Registration - IRONMAN Lanzarote Transition, Playa Grande

THURSDAY, 21 MAY 2026

09:00	19:00	IRONMAN Lanzarote EXPO - Avenida de Las Playas, Puerto del Carmen
09:00	19:00	IRONMAN Lanzarote Merchandise Store - Avenida de Las Playas, Puerto del Carmen
09:00	19:00	Registration, IRONMAN Lanzarote Information Center - Avenida de Las Playas, Puerto del Carmen
11:00	12:00	Public Press Conference - Transition Area, Avenida de Las Playas, Puerto del Carmen
14:00	16:00	IRONKIDS Registration - IRONMAN Lanzarote Transition, Playa Grande

16:30		IRONKIDS - IRONMAN Lanzarote Transition, Playa Grande
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FRIDAY, 22 MAY 2026

09:00	13:00	Registration, IRONMAN Lanzarote Information Center - Avenida de Las Playas, Puerto del Carmen
09:00	19:00	IRONMAN Lanzarote EXPO - Avenida de Las Playas, Puerto del Carmen
09:00	19:00	IRONMAN Lanzarote Merchandise Store - Avenida de Las Playas, Puerto del Carmen
11:00	20:00	Mechanic Services (with charge) - Avenida de Las Playas (entrance of transition zone)
15:00	19:00	Bike and bag Check In - Transition area, Avenida de Las Playas, Puerto del Carmen

SATURDAY, 23 MAY 2026 - RACE DAY

05:00	06:45	Transition Open for Athletes - Avenida de Las Playas, Puerto del Carmen
05:00	00:30	IRONMAN Lanzarote Information Center (Spectators) - Avenida de Las Playas, Puerto del Carmen
05:00	00:30	IRONMAN Lanzarote Information Center (Athletes) - Transition Area
05:00		Mechanic Services at transition for last minutes issues until last cyclist has left transition - Avenida de Las Playas (entrance of transition zone)
07:00		Swim Start PRO male
07:10		Swim Start PRO female
07:10	07:20	Age Group Swim Start (Rolling Start)
09:00	19:00	IRONMAN Lanzarote Merchandise Store - Avenida de Las Playas, Puerto del Carmen
19:00	00:30	Check-out Bag & Bikes - Transition Area
00:30		Transition Area Closes

SUNDAY, 24 MAY 2026

10:00	16:00	IRONMAN Information Center - Transition Area, Puerto del Carmen
09:00	14:30	IRONMAN Lanzarote Merchandise Store - Avenida de Las Playas, Puerto del Carmen
12:30		Slot Allocation & On- Site Registration for IRONMAN World Championship - Transition Area, Puerto del Carmen
14:00		Awards Ceremony Cocktail - Transition Area, Puerto del Carmen
14:00		Awards Ceremony - Transition Area, Puerto del Carmen
17:00		Volunteer Party - Transition Area, Puerto del Carmen