

# IRONSTAR SPRINT & 113 SOCHI 2018

SCHEDULE FOR MAY 31 – JUNE 2, 2018,  
SOCHI, RUSSIA

## THURSHDAY, MAY 31, 2018

| START | END   | ACTIVITY                                                   | PLACE        |
|-------|-------|------------------------------------------------------------|--------------|
| 15:00 | 21:00 | IRONSTAR information centre                                | EXPO Marquee |
| 15:00 | 21:00 | EXPO sports fair                                           | EXPO Marquee |
| 15:00 | 21:00 | Bicycle technical service centre “Krylo”                   | Race village |
| 15:00 | 21:00 | Distribution of IRONSTAR SPRINT & 113 SOCHI 2018 race kits | EXPO Marquee |
| 15:00 | 21:00 | Distribution of IRONLADY race kits                         | EXPO Marquee |
| 15:00 | 21:00 | Distribution of STARKIDS race kits                         | EXPO Marquee |

## FRIDAY, JUNE 1, 2018

|       |       |                                                                                       |                                                                |
|-------|-------|---------------------------------------------------------------------------------------|----------------------------------------------------------------|
| 9:00  | 21:00 | IRONSTAR information centre                                                           | EXPO Marquee                                                   |
| 9:00  | 21:00 | EXPO sports fair                                                                      | EXPO Marquee                                                   |
| 9:00  | 19:30 | Bicycle technical service centre “Krylo”                                              | Race village                                                   |
| 9:00  | 19:30 | Distribution of IRONSTAR SPRINT & 113 SOCHI 2018 race kits                            | EXPO Marquee                                                   |
| 9:00  | 16:00 | Distribution of IRONLADY race kits                                                    | EXPO Marquee                                                   |
| 9:00  | 17:20 | Distribution of STARKIDS race kits                                                    | EXPO Marquee                                                   |
| 13:00 | 14:00 | Briefing for participants of IRONSTAR SPRINT & 113 2018 SOCHI                         | Main stage                                                     |
| 14:00 | 20:00 | Transition area is open. Checking in BIKE/RUN bags                                    | Transition area. The Embankment of the Imeretinsky Resort Area |
| 14:00 | 20:00 | Racking the bikes in the transition area.                                             | Transition area. The Embankment of the Imeretinsky Resort Area |
| 14:00 | 14:30 | Testing the swimming course (Paratriathlon Russian National Championship)             | Imeretinsky Port’s water area                                  |
| 14:30 | 16:30 | Testing the swimming course (IRONSTAR participants)                                   | Imeretinsky Port’s water area                                  |
| 14:30 | 15:30 | Classification (Paratriathlon Russian National Championship)                          | EXPO Marquee                                                   |
| 15:30 | 17:00 | Registration (Paratriathlon Russian National Championship)                            | EXPO Marquee                                                   |
| 16:00 | 20:00 | Barilla Pasta Party                                                                   | Terrace (the crossroad of Parusnaya St. and Morskoy boulevard) |
| 16:30 | 17:10 | IRONLADY race                                                                         | The Embankment of the Imeretinsky Resort Area                  |
| 17:20 | 17:30 | Awarding of IRONLADY race winners                                                     | Main stage                                                     |
| 17:30 |       | Briefing for trainers and participants of Paratriathlon Russian National Championship | Main stage                                                     |
| 17:50 | 18:20 | STARKIDS race                                                                         | The Embankment of the Imeretinsky Resort Area                  |

\*Subject to change. Please follow closely the schedule on the web-site [www.iron-star.com](http://www.iron-star.com)

# IRONSTAR SPRINT & 113 SOCHI 2018

SCHEDULE FOR MAY 31 – JUNE 2, 2018,  
SOCHI, RUSSIA

## SATURDAY, JUNE 2, 2018 – THE DAY OF THE COMPETITION

| START | END   | ACTIVITY                                                                                  | PLACE                                                                  |
|-------|-------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| 05:00 | 11:00 | Early breakfast for IRONSTAR participants                                                 | Restaurant “CRETE”, the Imeretinsky Hotel and Imeretinsky Resort Area. |
| 05:30 | 15:30 | EXPO sports fair                                                                          | EXPO Marquee                                                           |
| 05:30 | 16:00 | IRONSTAR information centre                                                               | EXPO Marquee                                                           |
| 06:00 | 06:40 | Transition area is opened. No racking the bikes, only checking                            | Imeretinsky resort area, the transition area                           |
| 07:00 |       | Start of IRONSTAR 113 SOCHI 2018                                                          | Imeretinsky Port water area                                            |
| 08:20 |       | Start of IRONSTAR SPRINT TRIATHLON SOCHI 2018                                             | Imeretinsky Port water area                                            |
| 09:10 | 09:20 | Finish of the IRONSTAR SPRINT first participant                                           | The Embankment of the Imeretinsky Resort Area                          |
| 10:40 |       | Closing of the IRONSTAR SPRINT TRIATHLON SOCHI 2018 finish                                | The Embankment of the Imeretinsky Resort Area                          |
| 10:50 |       | Finish of the IRONSTAR 113 first participant                                              | The Embankment of the Imeretinsky Resort Area                          |
| 11:30 |       | Medal Ceremony of IRONSTAR SPRINT TRIATHLON SOCHI 2018                                    | Main stage                                                             |
| 12:15 | 13:40 | Transition area is opened for participants of Paratriathlon Russian National Championship | Imeretinsky resort area, the transition area                           |
| 13:30 |       | Start of Paratriathlon Russian National Championship                                      | Imeretinsky Port water area                                            |
| 15:00 | 17:00 | Giving out of bicycles from the transition area                                           | Imeretinsky resort area, the transition area                           |
| 15:10 |       | Closing of the IRONSTAR 113 SOCHI 2018 finish                                             | The Embankment of the Imeretinsky Resort Area                          |
| 15:45 |       | Closing of the Paratriathlon Russian National Championship finish                         | The Embankment of the Imeretinsky Resort Area                          |
| 19:00 |       | Medal Ceremony of IRONSTAR 113 SOCHI 2018 and Paratriathlon Russian National Championship | EXPO Marquee                                                           |

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