

IRONSTAR CROCUS FITNESS 1/8 TRIATHLON 2018

SCHEDULE FOR AUGUST 23-26, 2018 / MOSCOW

THURSDAY, AUGUST, 23

9:00

-

20:00

Russian Fitness Fair 2018**

Crocus EXPO, Pavilion 3, 4th floor

FRIDAY, AUGUST, 24

9:00

-

20:00

Russian Fitness Fair 2018**

Crocus EXPO, Pavilion 3, 4th floor

13:00

-

20:00

Race kits distribution

Crocus EXPO, Pavilion 3, 4th floor

SATURDAY, AUGUST, 25

9:00

-

20:00

Russian Fitness Fair 2018**

Crocus EXPO, Pavilion 3, 4th floor

16:00

-

17:00

Брифинг участников

Crocus EXPO, Pavilion 3, 4th floor

13:00

-

20:00

Race kits distribution

Crocus EXPO, Pavilion 3, 4th floor

17:00

-

20:00

Barilla pasta-party and Rose Bar special menu

Rose Bar Restaurant

15:00

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21:00

Bike Check-in

Parking area, Shore House

SUNDAY, AUGUST, 26. RACE DAY

5:00

-

6:40

Transition open: equipment and bike checking. **No bike Check-in.**

Parking area, Shore House

7:20

Boarding the boat, 2nd wave, Men
Yacht club Shore House, Pier 5

6:00

Boarding the boat, 1st wave, Men
Yacht club Shore House, Pier 5

8:20

2nd wave, Men Rolling start

7:00

1st wave, Men Rolling start

9:00

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16:00

Russian Fitness Fair 2018**

Crocus EXPO, Pavilion 3

* Your wave number is on the card in your race kit

** More info on <http://fitness-convention.ru/>

IRONSTAR CROCUS FITNESS 1/8 TRIATHLON 2018

SCHEDULE FOR AUGUST 23-26, 2018 / MOSCOW

SUNDAY, AUGUST, 26. RACE DAY

8:40	Boarding the boat, 2nd wave, Men Yacht club Shore House, Pier 5	14:20	Men's final Rolling start
9:40	3rd wave, Men Rolling start	15:30 - 20:00	Bike Check-out Parking area, Shore House
10:00	Boarding the boat, Women Yacht club Shore House, Pier 5	15:30	Briefing: 10k running race Crocus EXPO, Pavilion 3
11:00	Women Rolling start	16:00	Awards ceremony: Age groups - Men and Women Event stage, Shore House
12:00 - 15:30	Race kits distribution: 10k running race Marquee, Shore House	16:20	Awards ceremony: Relay teams Event stage, Shore House
12:20 - 13:00	Transition open: Bike Check-out. Equipment and bike checking for the finalists. Parking area, Shore House	16:30 - 17:30	The Moscow IRONSTAR relay: 10k running race BOXCITY space
12:00	Boarding the boat, Relay teams Yacht club Shore House, Pier 5	18:20	Awards ceremony: Individual Men and Women, Gala Dinner. Dress-code: Cocktail & Smart Casual. Bracelet entry presented by participants / Main stage, Shore House
13:00	Relay Rolling start	18:20	Awards ceremony: The Moscow IRONSTAR relay and Gala Dinner. Dress-code: Cocktail & Smart Casual. Bracelet entry presented by participants / Main stage, Shore House
13:20	Boarding the boat, Men's final Yacht club Shore House, Pier 5		

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