

2017 Schedule of Events



SCHEDULE OF EVENTS

Thursday

4:00pm-7:00pm

Credentials Room Open Lubbock Memorial Civic Center 1501 MacDavis Ln. Lubbock, TX 79401 [directions](#) (LMCC)

Friday

4:00pm-8:00pm

IRONMAN 70.3 BUFFALO SPRINGS LAKE FITNESS EXPO & PACKET PICKUP FOR ALL EVENTS Lubbock Memorial Civic Center 1501 MacDavis Ln. Lubbock, TX 79401 [directions](#)
 Credentials Room Open (LMCC)

Saturday

5:30am

Transition Area Opens for LITTLE BISON TRI & TRI RAIDER SPRINT & EASY RIDER OLYMPIC DISTANCE

7:00am

LITTLE BISON KIDS RACE START (Awards will be given following this event)

8:10am

EASY RIDER OLYMPIC RACE START

9:00am

TRI RAIDER SPRINT RACE START

9:00am - 7:00pm

IRONMAN 70.3 BUFFALO SPRINGS LAKE Fitness Expo (LMCC)

9:30am

HANDCYCLE ATHLETES HANDLER Meeting (LMCC)

11:00am

TRI RAIDER SPRINT & EASY RIDER AWARDS (Race Site)

11:00am - 7:00pm

IRONMAN 70.3 BUFFALO SPRINGS LAKE EXPO & Packet Pickup (LMCC)

11:00am - 5:00pm

Credentials Room Open (LMCC)

1:00pm

OFFICIALS MEETING (LMCC)

1:00pm

IRON PRAYER

1:30pm

Nichole Adams Speaking

2:00pm

PANEL DISCUSSION Previous winners will give you their best tips
 Ines Wong 2016 Overall Female Winner, Tim Hola, Rachel Olson, Claudia Behring, David Preston, Toni Da Silva (LMCC)

3:00pm

Joanna Zeiger: THE CHAMPION MINDSET

4:00pm

IRONMAN 70.3 BUFFALO SPRINGS LAKE Pre Race Meeting (LMCC)

Sunday

4:30am

Parking Starts

5:00am

Transition Opens

6:30am

Wave 1 Hand-cycle

6:33am - 6:54am

Wave 2-9 AgeGroupers

6:00pm

IRONMAN 70.3 BUFFALO SPRINGS LAKE AWARDS CEREMONY DINNER STARTS (LMCC)

***All IRONMAN WORLD CHAMPIONSHIP Handcycle Slots and All 52 IRONMAN 70.3 WORLD CHAMPIONSHIP Slots will be awarded during the AWARDS CEREMONY. You must be present to collect your slot.**