



IRONKIDS
SWIM.RUN
(PUERTO PRINCESA CITY)
WEEK AT A GLANCE
as of October 3, 2023
(subject to change without prior notice)

November 9, 2023 (Thursday)

2:00pm - 6:00pm	IK Registration Open	Princesa Garden Island Resort and Spa
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November 10, 2023 (Friday)

8:00am - 5:30pm	IK Registration Open	Princesa Garden Island Resort and Spa
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November 11, 2023 (Saturday) - Race Day

5:00 am	Transition Open	Ramon V. Mitra Sports Complex
5:50 am	Assembly & Race Briefing - 13 to 15 years old	
6:00 am	Swim Start - 13 to 15 years old	
6:10 am	Assembly & Race Briefing - 11 to 12 years old / Relay 11 to 15 years old	
6:20 am	Swim Start - 11 to 12 years old / Relay 11 to 15 years old	
6:30 am	Assembly & Race Briefing - 9 to 10 years old	
6:40 am	Swim Start - 9 to 10 years old	
6:50 am	Assembly & Race Briefing - 6 to 8 years old / Relay 6 to 10 years old	
7:00 am	Swim Start - 6 to 8 years old / Relay 6 to 10 years old	

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