



IRONKIDS.
PHILIPPINES

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RESIDENCES

IRONKIDS.[®]

PUERTO PRINCESA

ATHLETE INFORMATION GUIDE

1 MARCH 2025

www.ironman.com/races/im703-puerto-princesa/ironkids

WELCOME MESSAGE

Dear Little Champions and Loving Parents,

We believe in you!

We've seen you race your hearts out, simply because it's exciting and fun. We've watched you cross the finish line, beaming with pride for your parents. Your passion and determination shine so brightly at a very young age—it's truly inspiring to witness!

Now, it's time to start another race together here in Puerto Princesa, where it all started for RLC Residences and IRONKIDS.

Back in November 2023, we fell in love with everything IRONKIDS stands for—building a supportive community with a strong sense of belongingness, for aspiring young athletes. We knew we had to partner with that vision!

After all, RLC Residences shares the same values. We are committed to designing and building thoughtful, safe spaces that nurture families and communities.

Since then, we have brought to life our very own RLC Residences Junior Triathlon team, and introduced the first-ever 'Family Day' pre-race event in the history of IRONKIDS.

We've also jumpstarted our race-prep training activities within select RLC Residences developments, utilizing property and estate amenities that support this active lifestyle. But more importantly, we want our junior athletes to feel safe, secure, and at home.

We felt your appreciation for our vision and mission in this partnership, thank you for the overwhelming reception. It is in knowing that we are able to make an impact on the aspiration of your kids—our young athletes—that we come home with full hearts at RLC Residences.

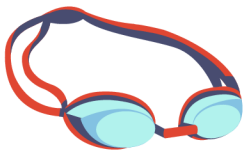


Karen D. Cesario
Senior Director
Marketing Head &
Chief Integration Officer
RLC RESIDENCES

HELLO IRONKIDS!
Congratulations!
By being here on event week,
you are already a CHAMPION!

YOU ARE AN IRONKID!

Here is some information you will need to know. Please do read carefully.



GOGGLES

Ensure that your goggles are in good condition. We will be providing you with an IRONKIDS swim cap.



SHOES

For the run, remember to bring your favourite running shoes! Roller shoes, Heelys or Street Gliders are not allowed in the race.

RACE KIT COLLECTION

27 FEBRUARY | THURSDAY
2:00PM - 6:00PM
Puerto Princesa City Coliseum

28 FEBRUARY | FRIDAY
9:00AM - 6:00PM
Puerto Princesa City Coliseum

RLC Residences IRONKIDS FAMILY DAY

28 FEBRUARY | FRIDAY
1:00PM - 4:00PM
Gabiella Hall A & B, Holiday Suites, Puerto Princesa City

RACE DAY

1 MARCH | SATURDAY

No Kit Claiming

5:00 am	IRONKIDS Transition Open	Swimming pool Ramon Mitra Jr. Sports Complex
5:45 am	IRONKIDS RUN 2KMS (11-15yrs) Start	Track Oval, Ramon Mitra Jr. Sports Complex
5:50 am	IRONKIDS RUN 1KM (6-10yrs) Start	
6:05 am	13-15 yrs old Assembly and Race Briefing	Swimming pool Ramon Mitra Jr. Sports Complex
6:15 am	13-15 yrs old Wave Start	
6:30 am	11-12 yrs old & Relay 11-15 yrs old Assembly & Race Briefing	
6:40 am	11-12 yrs old & Relay 11-15 yrs old Wave Start	
6:50 am	9-10 yrs old Assembly & Race Briefing	
7:05 am	9-10 yrs old Wave Start	
7:15 am	6-8 yrs old & Relay 6-10 yrs old Assembly & Race Briefing	
7:30 am	6-8 yrs old & Relay 6-10 yrs old Wave Start	
8:15 am	Awarding - IRONKIDS Swim.Run	Track Oval, Ramon Mitra Jr. Sports Comple

• Subject to change without prior notice

For IRONKIDS Swim.Run, participants will receive race bib number & tattoo, wristband, timing chip and swim cap.

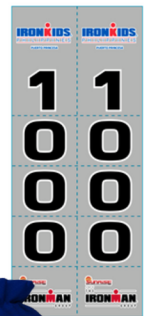
For IRONKIDS Run only, participants will receive race bib number & tattoo.

INCLUSIONS

IRONKIDS SWIM.RUN



IRONKIDS RUN ONLY



FINISHER'S SHIRT & MEDALS

IRONKIDS SWIM.RUN



IRONKIDS RUN ONLY



WRISTBAND (SWIM.RUN)

This wristband must be worn throughout the race. There will be 2 wristbands provided in the race kit. One for the parent and one for the child. Parents will have to show event staff the wristband to collect their child after the race.

SWIM CAP (SWIM.RUN)

The swim cap is important for the water safety team to see you. Please do wear it during the swim.

RACE NUMBER & TATTOO

The bib number is to be pinned to the race belt or the T-shirt. It has to be worn during the Run. The tattoo should be placed on your upper or lower right hand using a wet cloth or sponge.

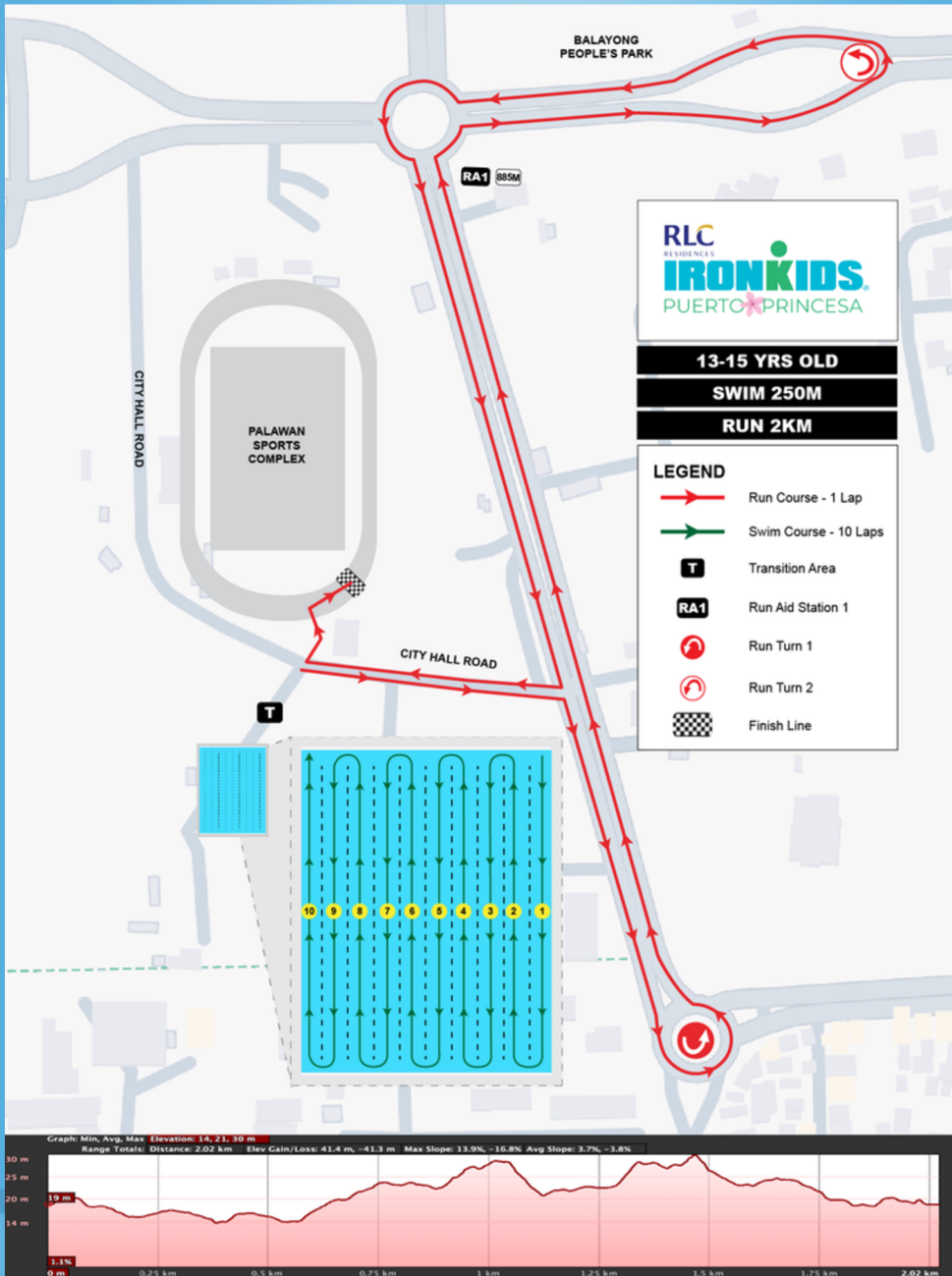
TIMING CHIP (SWIM.RUN)

This timing chip is to be worn around your left ankle. Please do not lose this timing chip and ensure you return it to the timing team after your race.

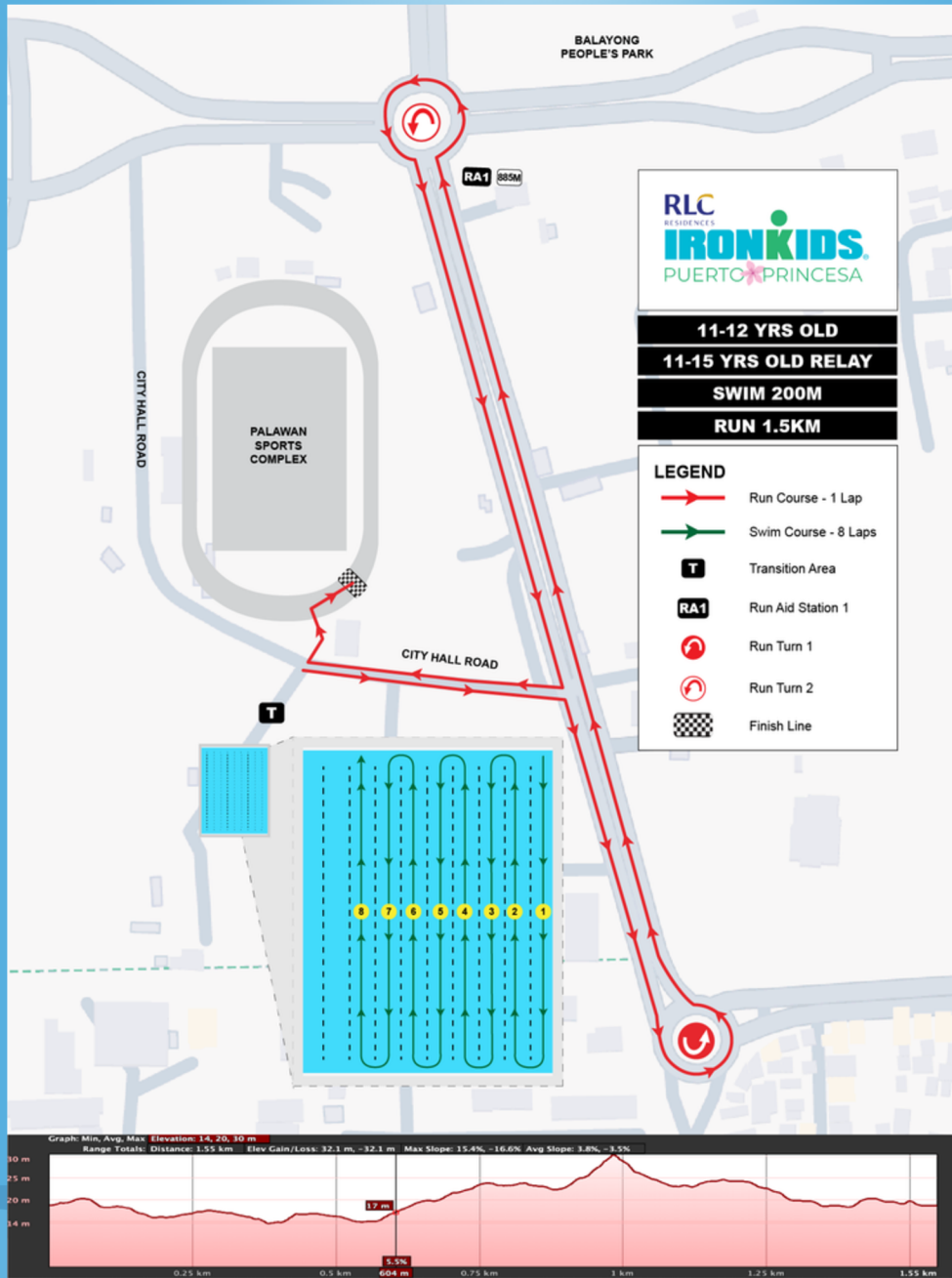
FINISHER MEDAL & SHIRT

Upon completion of the race, you will receive an RLC Residence IRONKIDS Puerto Princesa medal & shirt.

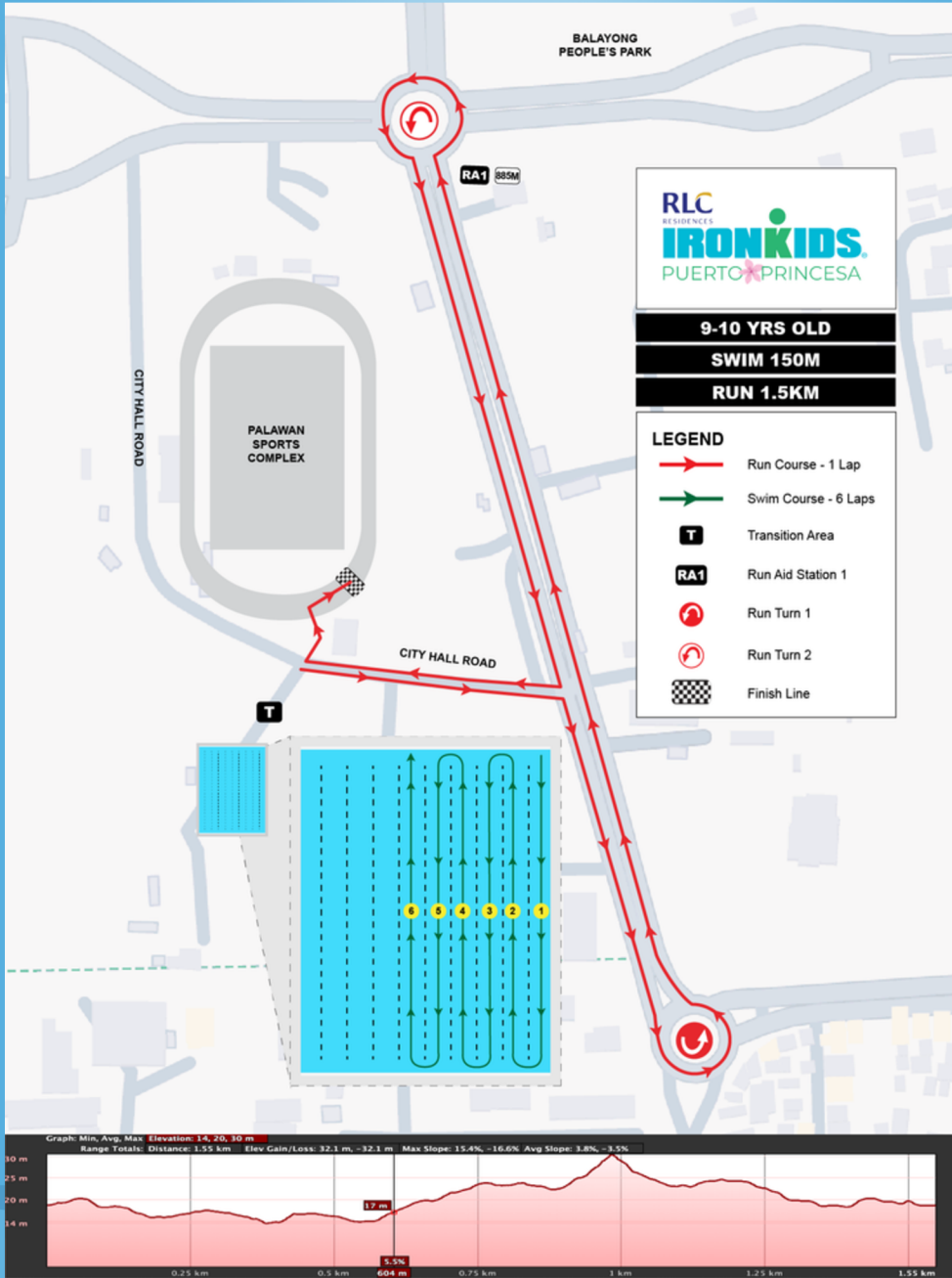
SWIM-RUN | 13-15 Yrs



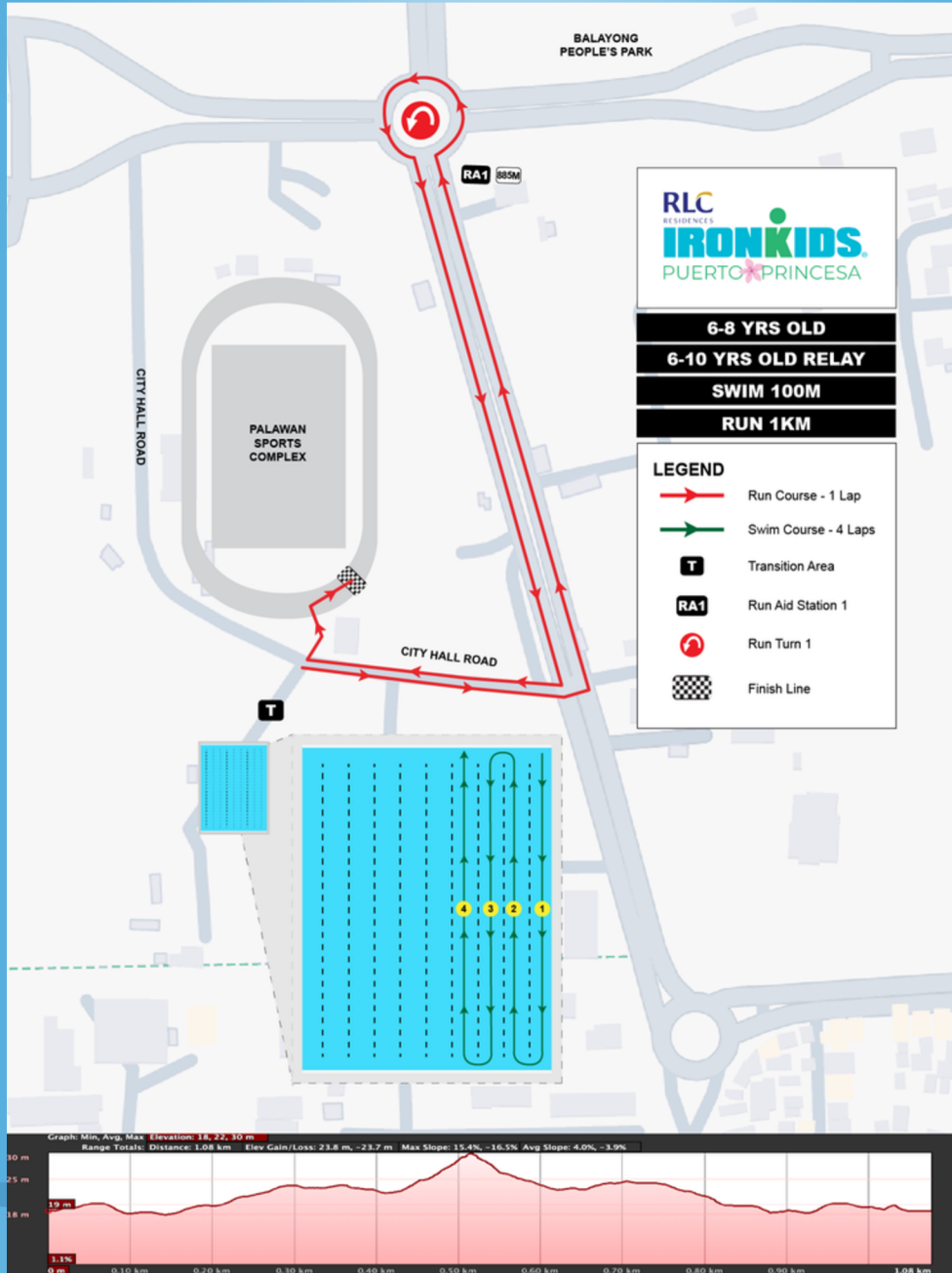
SWIM-RUN | 11-12Yrs 11-15Relay



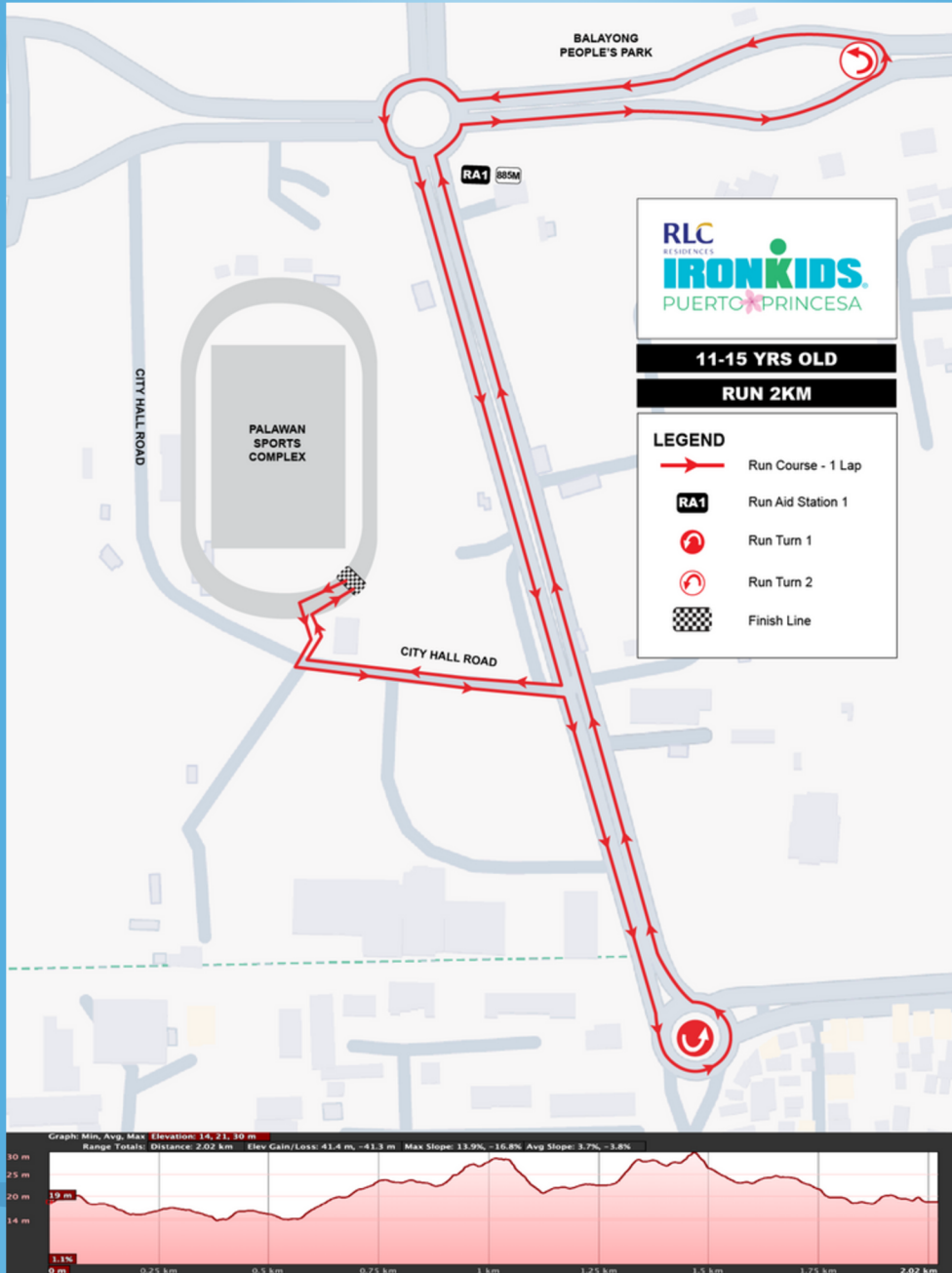
SWIM-RUN | 9-10Yrs



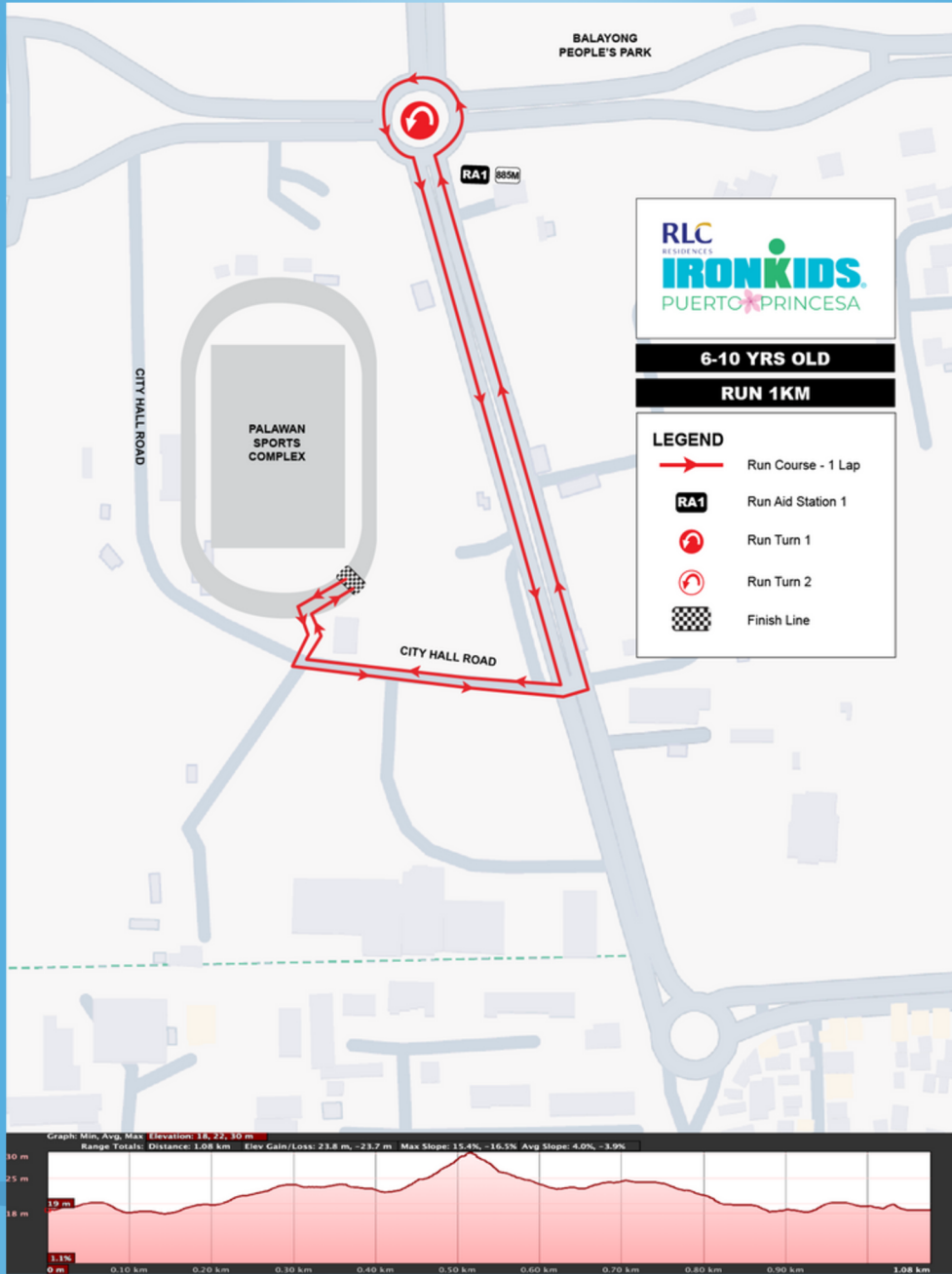
SWIM-RUN | 6-8Yrs 6-10Relay



RUN Only | 11-15 Yrs



RUN Only | 6-10 Yrs



OTHER IMPORTANT INFORMATION

- There will be an aid station available in Transition. This aid station will be serving water.
- If you do not feel well, please do not start the race. You are already a champion by being at the event.
- If you have any questions, feel free to approach any of our friendly IRONKIDS crew.
- Remember to enjoy your race and always SMILE !!!

IMPORTANT NOTES FOR PARENTS

- If your child is unwell, please do not let him / her race.
- Please clear the path for kids to race safely. Do not block their access.
- Parents are not allowed in Transition while the race is ongoing.
- Refrain from entering the swim area during race. This may be a hazard for other kids in the area.
- Please do not rush your children during the race. The idea is to have fun and to have an enjoyable race. NO PRESSURE.
- It is not about winning. Every child is a champion by being here on race day.
- You can collect your child's race gear and belongings after the IRONKIDS Puerto Princesa race has ended.
- Please wear the provided wristband when collecting your child after the race. No wristband = No collection

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TITLE PARTNER



HOST CITY



OFFICIAL WATER



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