



RLC  
RESIDENCES

**IRONKIDS**  
DAVAO



# ATHLETE INFORMATION GUIDE

21 MARCH 2026



<https://www.ironman.com/races/im703-davao-philippines/ironkids>

## WELCOME MESSAGE

**To our little champions and ever-supportive parents,**

On behalf of RLC Residences, it is my honor to welcome you to IRONKIDS 2026. I am excited to share this moment with you as we celebrate the strength, spirit, and the limitless potential of our little champions.

When we started our partnership with IRONMAN in 2024, we knew that it would go beyond putting our name on an event. It was a shared advocacy—to empower children to discover strength, discipline, and confidence through sport.



**Teddy V. Bernas**  
RLC Residences SVP & Business  
Unit General Manager  
**RLC RESIDENCES**

People say it takes a village to raise a child. At RLC Residences, we take that seriously. We don't just build homes—we build communities. And a real community shows up. It supports. It pushes. It believes. That's the kind of village we want to be a part of.

To our young athletes, we hope you enjoy this experience as a journey to discover your real strengths and develop the values that shape your character. To the parents and coaches, thank you for being their support system and guiding force. And to our partners, thank you for standing with us in this advocacy.

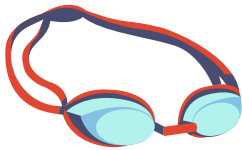
Together, let's continue strengthening our community in raising little champions.



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.



### TOW BUOY

As an added safety precaution, the Philippine Coast Guard has advised that all IRONKIDS Swim.Run participants must use a tow buoy during the swim leg.



### 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

### 19 MARCH | THURSDAY

2PM-6PM - Athlete Check-In  
IRONMAN Expo Tent

Davao City Coastal Road, Bago Aplaya,  
Davao City

### 20 MARCH | FRIDAY

9AM-6PM - Athlete Check-In  
IRONMAN Expo Tent

Davao City Coastal Road, Bago Aplaya,  
Davao City

## RACE BRIEFING

### 20 MARCH | FRIDAY

3PM-4PM - Race Briefing  
IRONMAN Expo Tent

Davao City Coastal Road, Bago Aplaya,  
Davao City



HELLO IRONKIDS!  
Congratulations! By being here on event week,  
you are already a CHAMPION!  
**YOU ARE AN IRONKID!**

Here is some information for **IRONKIDS Run** you will need to know. Please do read carefully.



### **RACE BELT**

For the run, remember to bring your race belt and secure your bib properly.



### **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**

### **19 MARCH | THURSDAY**

2PM-6PM – Athlete Check-In  
IRONMAN Expo Tent  
Davao City Coastal Road, Bago Aplaya,  
Davao City

### **20 MARCH | FRIDAY**

9AM-6PM – Athlete Check-In  
IRONMAN Expo Tent  
Davao City Coastal Road, Bago Aplaya,  
Davao City



## 19 MARCH | THURSDAY

2:00 pm to  
6:00 pm

IRONKIDS Davao Athlete Check-in

IRONMAN Expo Tent, Davao City  
Coastal Road, Bago Aplaya,  
Davao City

## 20 MARCH | FRIDAY

9:00 am to  
6:00 pm

IRONKIDS Davao Athlete Check-in  
*(last day to check-in)*

3:00 pm to  
3:30pm

IRONKIDS Davao Swim-Run Race Briefing  
6-8, 9-10 years old and Relay 6-10 years old

IRONMAN Expo Tent, Davao City  
Coastal Road, Bago Aplaya,  
Davao City

3:45 pm to  
4:15 pm

IRONKIDS Davao Swim-Run Race Briefing  
11-12, 13-15 years old and Relay 11-15 years old

• Subject to change without prior notice



## RACE DAY

**21 MARCH | SATURDAY**

**No Kit Claiming**

5:00 am IRONKIDS Transition Open Davao City Coastal Road

**5:45 am IRONKIDS RUN ONLY 2KMS (11-15yrs) Start Davao City Coastal Road**

**5:50 am IRONKIDS RUN ONLY 1KM (6-10yrs) Start**

6:00 am 13-15 yrs old Assembly and Race Briefing Davao City Coastal Road

**6:10 am 13-15 yrs old 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 Start**

6:55 am 9-10 yrs old Assembly & Race Briefing

**7:05 am 9-10 yrs old Wave Start**

7:20 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 Start**

**8:15 am Awarding - IRONKIDS Swim.Run** Corral Area - Davao City Coastal Road

• Subject to change without prior notice



# MANTAWI RESIDENCES

## FRONTIER OF PROGRESS



Ouano Ave., Brgy. Subangdaku, Mandaue City, Cebu  
[rlcresidences.com](http://rlcresidences.com)

**RLC**  
RESIDENCES

DHSUD-R7 AA-2023/04-028 | DHSUD LTS#: (Tower 1) 0000868 | (Tower 2) 0000867  
Developer/Owner: Robinsons Land Corporation  
Project Completion: (Tower 1&2) July 31, 2029 | (Tower 2) July 31, 2030  
ASC Reference Code: R0236P051023R

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



BIB



ZIP LOCK STICKER



TATOO



SWIM CAP

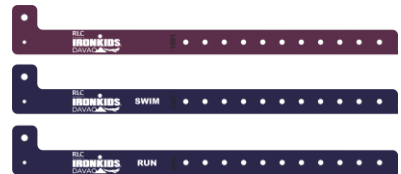


TRANSITION STICKER

### IRONKIDS RUN ONLY



BIB



WRISTBANDS

## FINISHER'S SHIRTS & MEDALS

### IRONKIDS SWIM.RUN

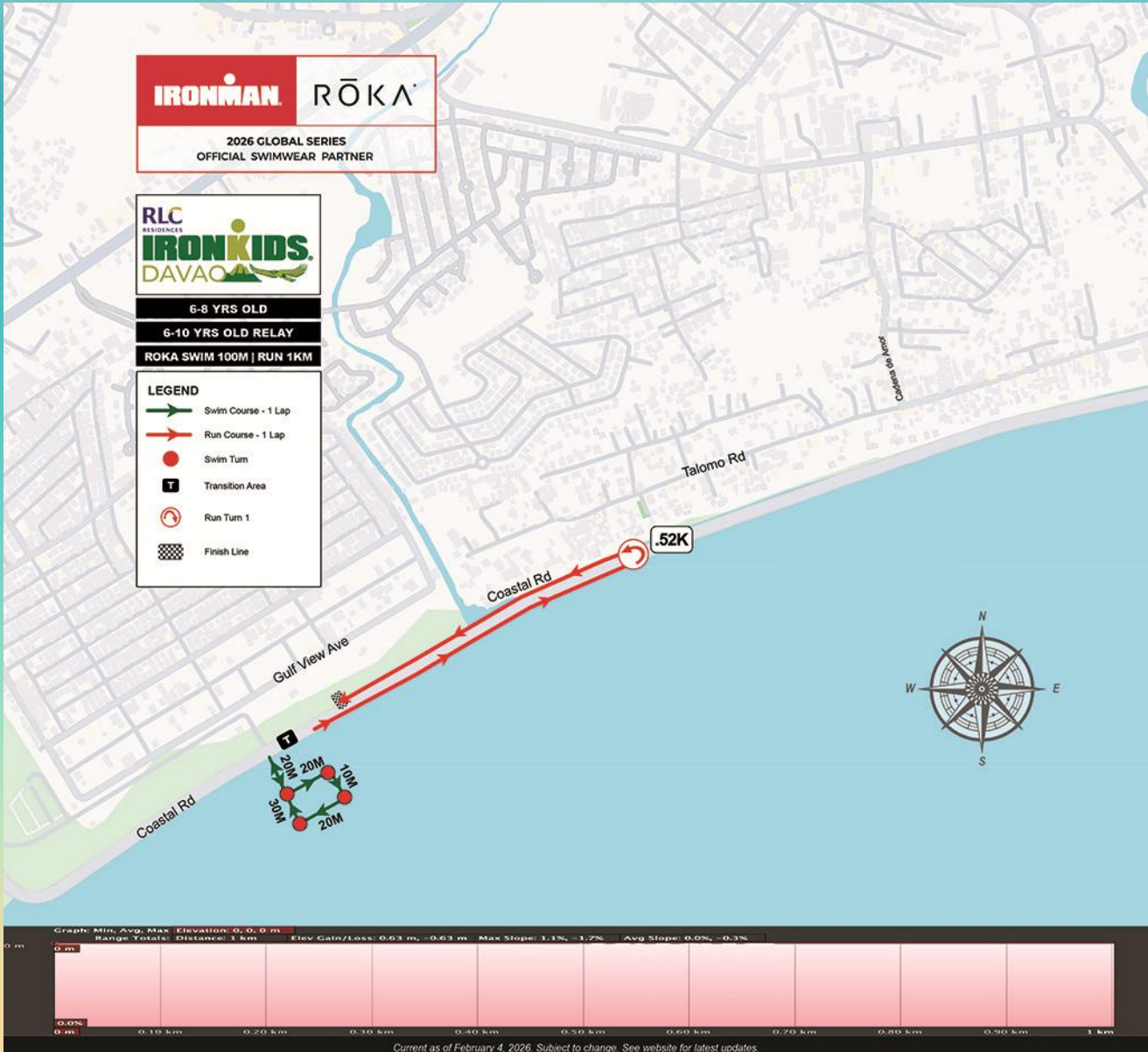


### IRONKIDS RUN ONLY



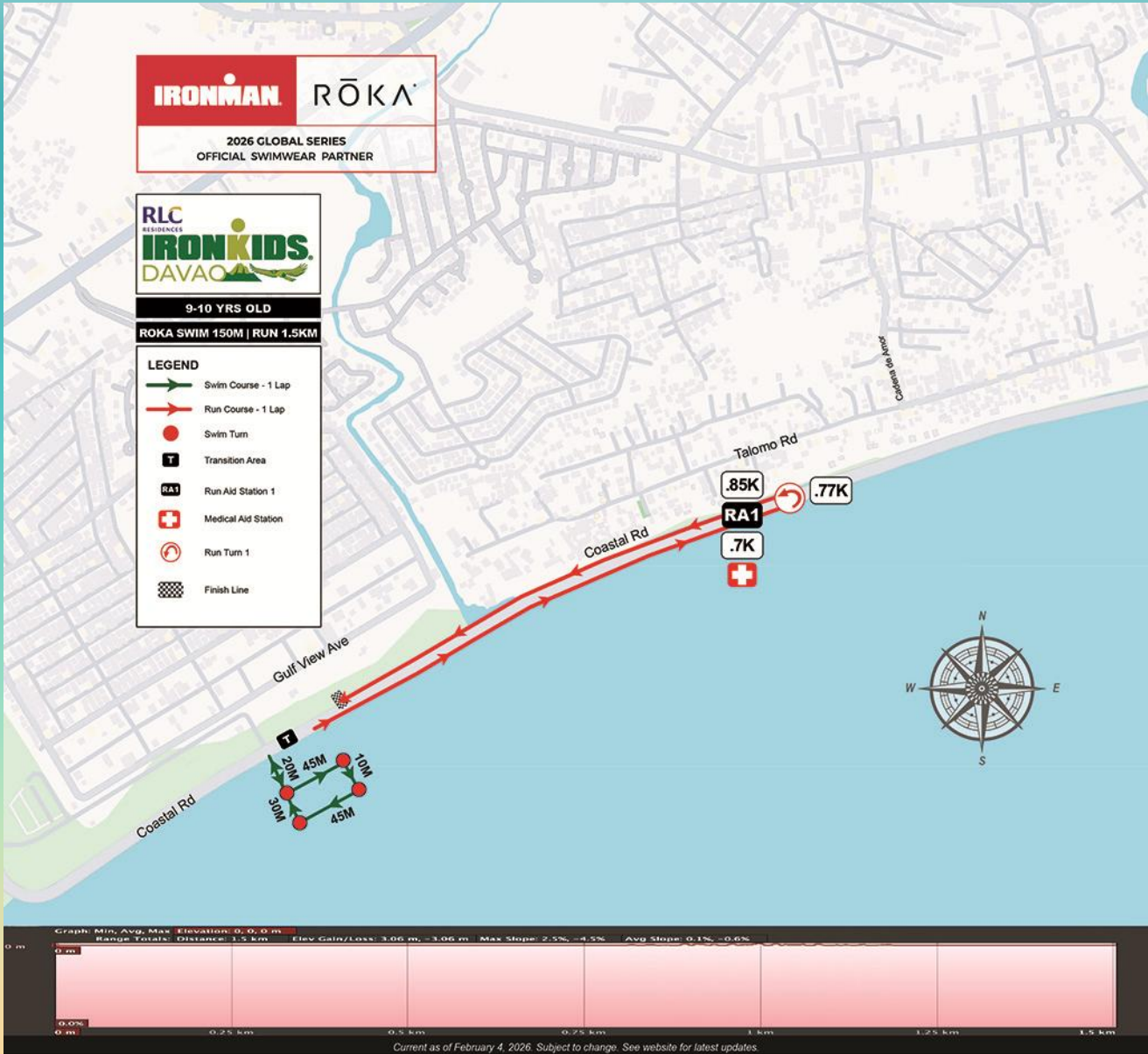
SWIM - RUN

6-8 YRS OLD (INDIVIDUAL)  
6-10 YRS OLD (RELAY)



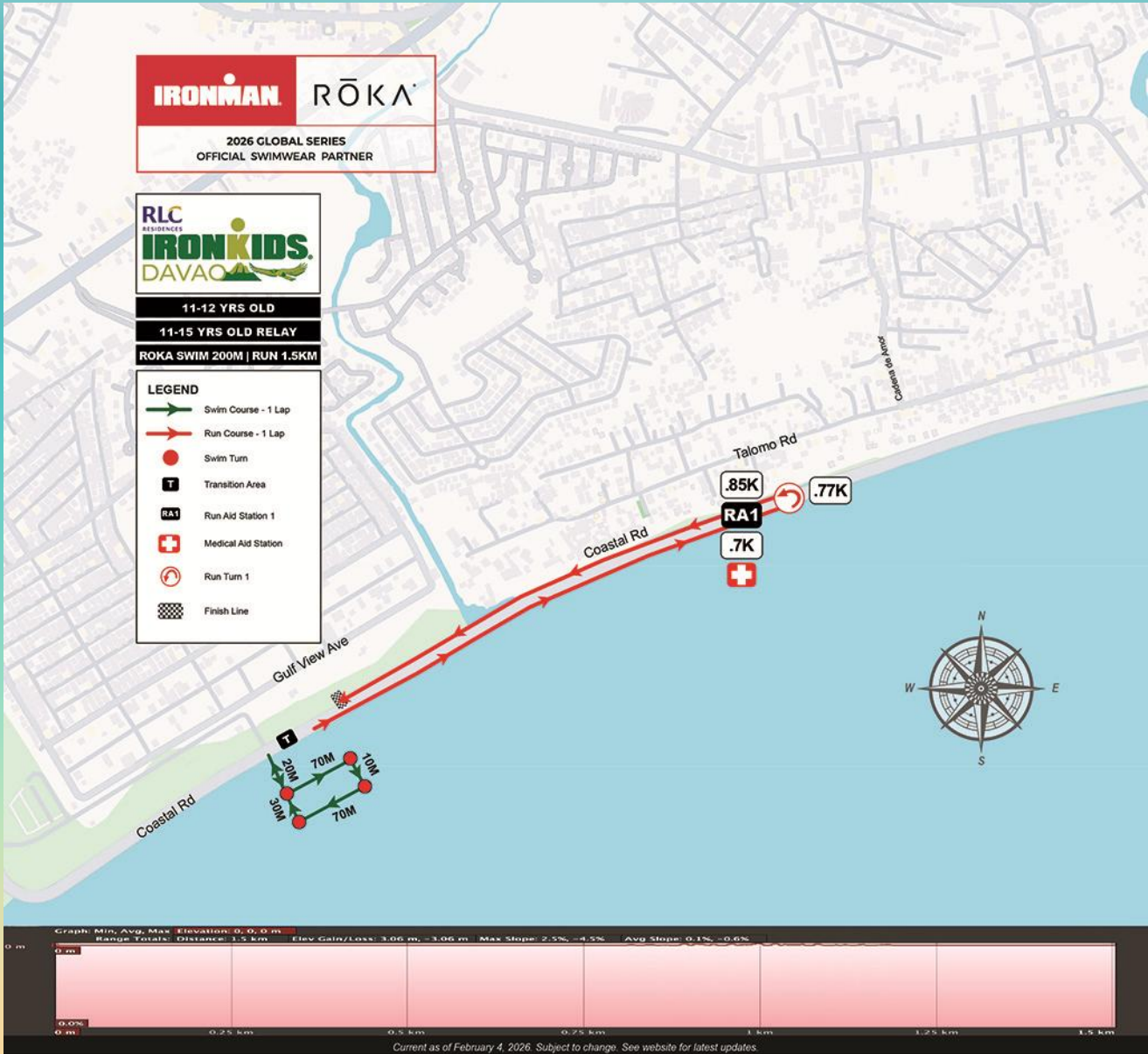
SWIM - RUN

9-10 YRS OLD (INDIVIDUAL)



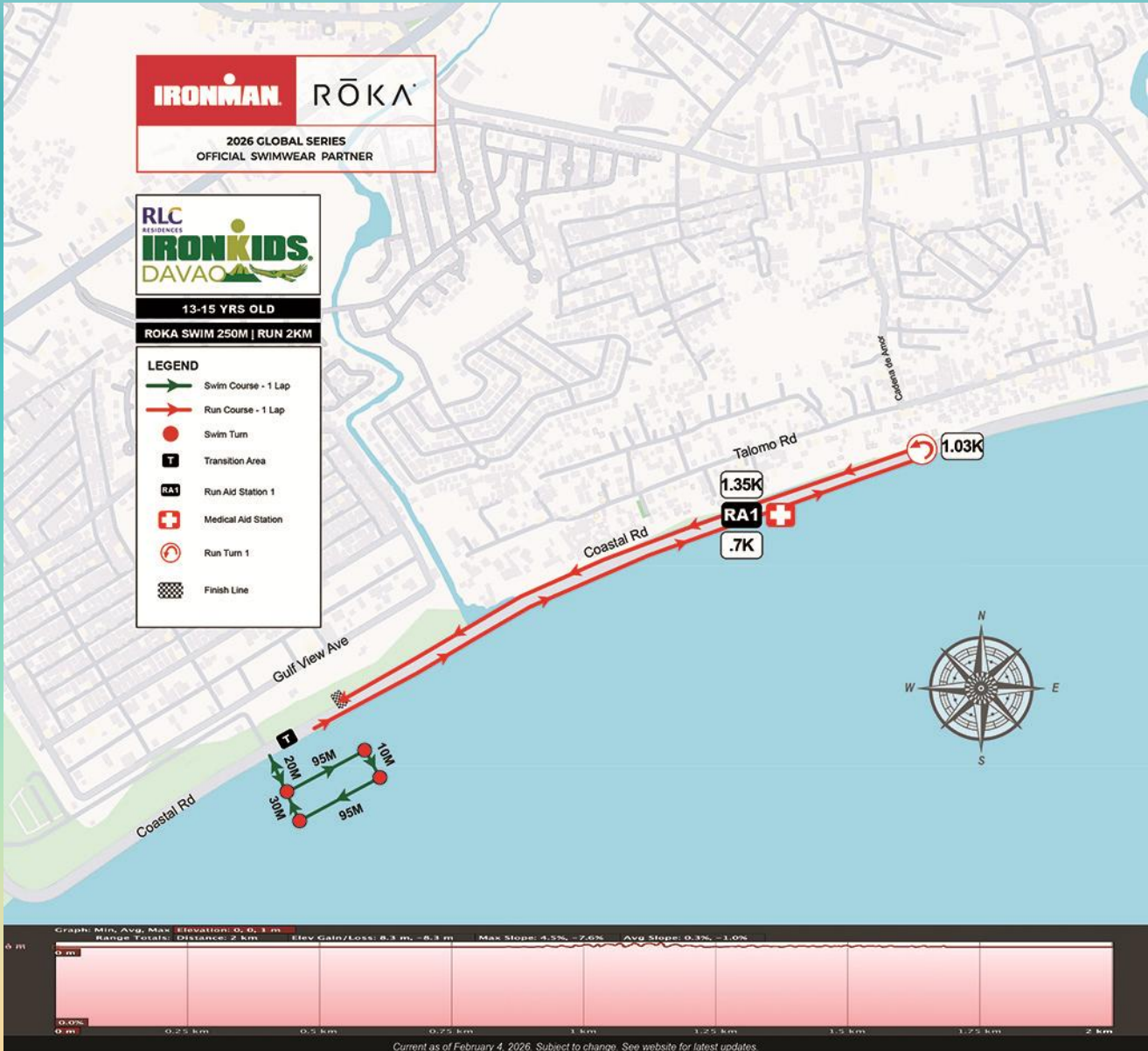
SWIM - RUN

11 - 12 YEARS OLD (INDIVIDUAL)  
11-15 YRS OLD (RELAY)



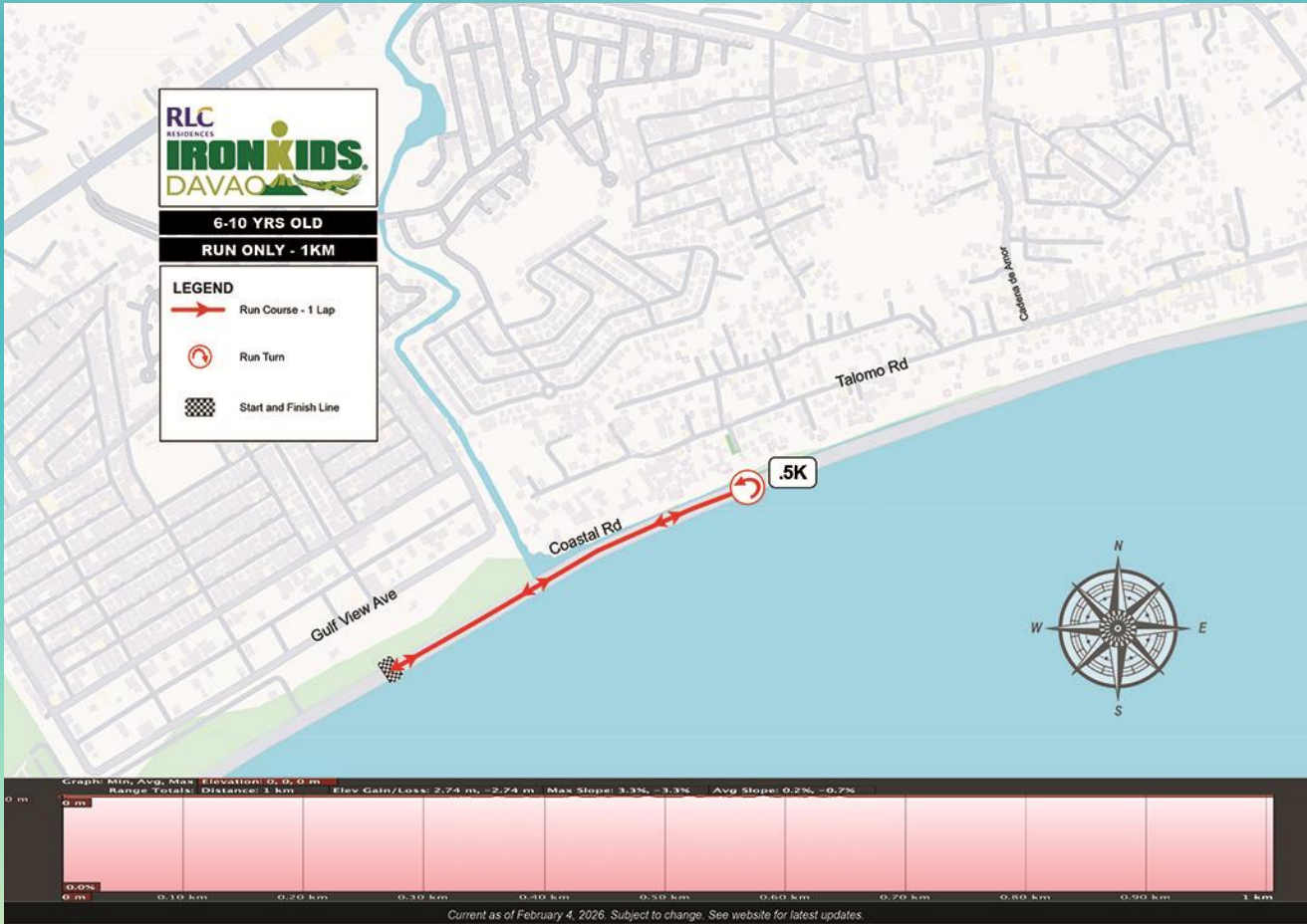
SWIM - RUN

13-15 YRS OLD (INDIVIDUAL)



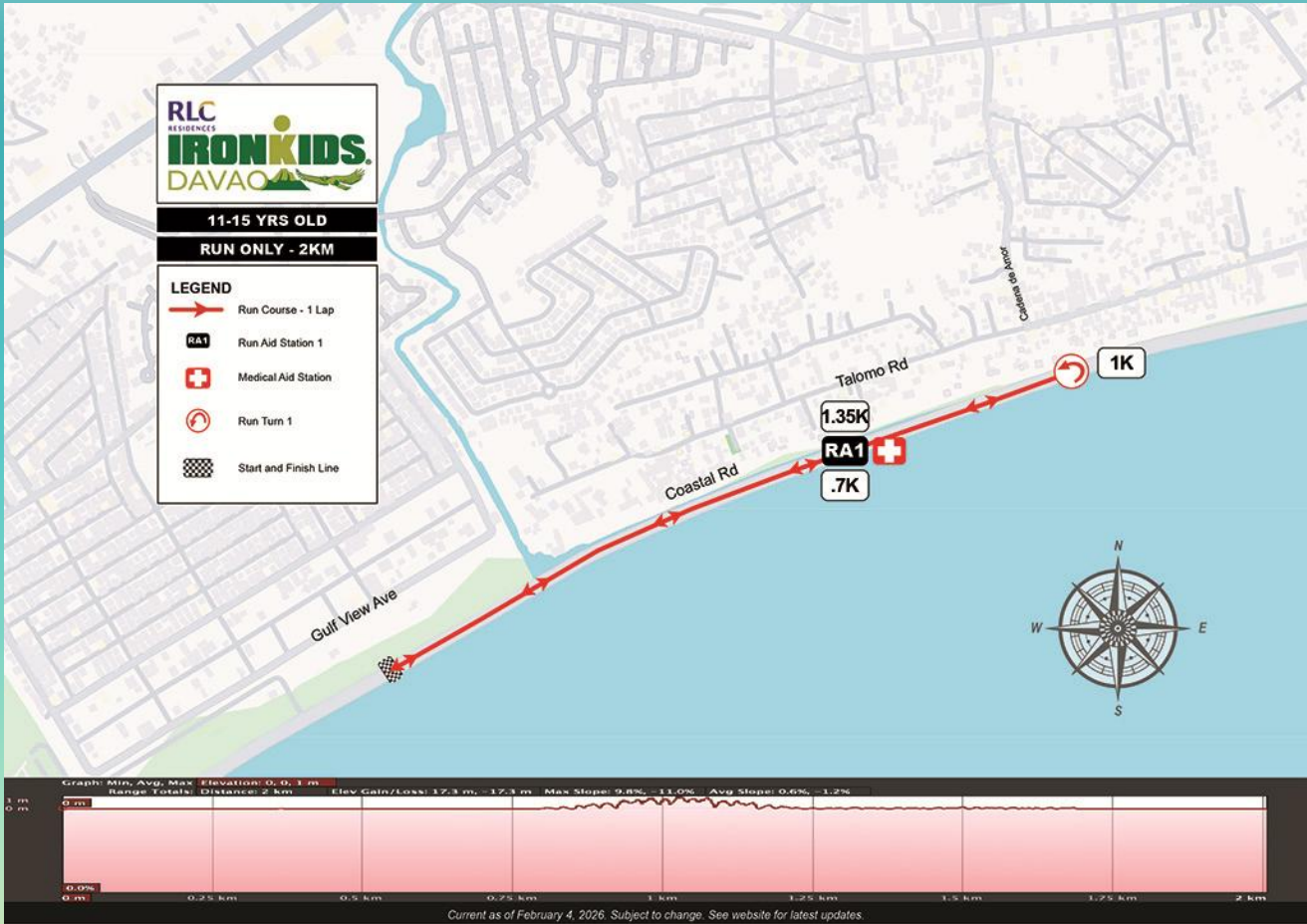
## SWIM - RUN

# IRONKIDS RUN ONLY - 6-10 YRS OLD



SWIM - RUN

**IRONKIDS RUN ONLY - 11-15 YRS OLD**



# MIRA

At the center of life's opportunities

Mirasol St., Brgy. San Roque, Quezon City, Philippines



Visit [rlresidences.com](https://rlresidences.com)

Developer/Owner: Robinsons Land Corporation | Address: Mirasol St., Brgy. San Roque, Quezon City  
DHSUD LTS #: 0001151 (Tower 1 & Podium) & 0001152 (Tower 2) | DHSUD NCR AA-2026/02-5086  
Project Completion Date: February 28, 2031 (Tower 1 & Podium) & June 30, 2031 (Tower 2)

**RLC** | Raise  
RESIDENCES | Live  
Connect

## 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 wear it during the swim. Caps are latex.

## RACE BIB NUMBER & TATTOO

The bib number is to be pinned to the race belt (supplied by athlete) or the T-shirt. It has to be worn during the Run. The tattoo on upper right arm and lower left leg using a wet cloth or sponge. Tattoos are compulsory.

## 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 Davao medal & shirt.

## 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

## RACE RULES

### Swim

- Athletes must be body marked before checking in for the swim start.
- Swim caps are mandatory and must be worn during the entire swim.
- Tow buoys are required.
- If you need help in the water:
  - Raise one arm and wave, or
  - Shout "help."
- Allowed swim attire:
  - Full body swimsuit
  - Trisuit
  - Swim trunks or swim shorts

### Run

- Athletes must wear their IRONKIDS bib number clearly visible on the front at all times during the run.
- Do not fold, cut, or alter the bib number.
- Bibs can be attached using safety pins or a race belt.
- Required running attire:
  - Shoes
  - Shirt/top
  - Shorts, trisuit, or full body swimsuit
- No running without a shirt.
  - Athletes must wear a shirt, jersey, or sport top at all times.
  - Not following this rule can lead to disqualification (DSQ).

## RACE RULES

### General Rules

- No race kit collection on race morning.
- No wristband = no race participation.
- Athletes must follow the official running course exactly.
  - Running the wrong direction or distance will not be adjusted in results.
- Athletes may run, walk, or crawl.
- Headphones/headsets are not allowed during the run.
  - Penalty: 30-second time penalty and possible DSQ if not corrected.
- No pacing or outside assistance (parents/coaches cannot run alongside).
- Parents cannot enter the transition area during the race.
- If an athlete withdraws from the race, they must return the timing chip to staff.
- Parents' meet-up area is after the Finish Line.



HOST PROVINCE



HOST CITY



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INTER-AGENCY COMMITTEE

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