



RLC RESIDENCES
IRONKIDS
SUBIC BAY

ATHLETE INFORMATION GUIDE

06 JUNE 2026



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

WELCOME MESSAGE

To our little champions and the families cheering them on,

Welcome to IRONKIDS 2026 Subic.

On behalf of RLC Residences, we are grateful to be part of another meaningful milestone in your journey. After witnessing the inspiring and successful Davao leg, we are excited to continue that same energy and spirit here in Subic.

Here in Subic, we hope to continue fulfilling our shared advocacy with IRONKIDS—to help children discover real strength, discipline, confidence, and the value of believing in themselves through sport.



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

We believe that raising little champions takes more than talent. It takes a village that supports, encourages, and grows together. That is the kind of community we hope to continue building—not just within our developments, but in moments like these where families come together to celebrate growth and perseverance.

To our young athletes, take these experiences to heart and be proud of how far you have come. May this journey continue to strengthen your confidence, character, and the courage to keep pushing forward.

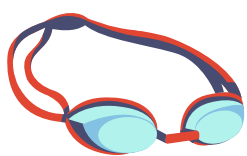
To the parents, coaches, and supporters, thank you for the love, patience, and motivation you give each step of the way.

And to our partners, thank you for continuing to share this advocacy with us. Together, let us continue raising little champions with strong hearts, brave spirits, and dreams worth pursuing.

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, this is not required but is allowed, and participants will still be eligible for a podium finish.



BIKE

For the bike, triathlon bikes and aero bikes are not allowed.



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

04 JUNE | THURSDAY

2PM-6PM - Athlete Check-In and
Timing Chip Releasing
Hall B, Subic Bay Exhibition and
Convention Center (SBECC)

05 JUNE | FRIDAY

9AM-6PM - Athlete Check-In and
Timing Chip Releasing (last day to check-in)
Hall B, Subic Bay Exhibition and
Convention Center (SBECC)



RACE DAY

06 JUNE | SATURDAY

No Kit Claiming

Time	Activities	Location
Thursday, 4 June 2026		
2:00 PM-6:00 PM	IRONKIDS Athlete Check-in and Timing Chip Releasing	Hall B, Subic Bay Exhibition and Convention Center (SBECC)
Friday, 5 June 2026		
9:00 AM-6:00 PM	IRONKIDS Athlete Check-in and Timing Chip Releasing (last day to check-in)	Hall B, Subic Bay Exhibition and Convention Center (SBECC)
Saturday, 6 June 2026 – RACE DAY		
NO RACE KIT CLAIMING		
5:45 am	IRONKIDS Run only 2 KMS (11-15 years old) Start	Espiritu St. corner Waterfront Road
5:50 am	IRONKIDS Run only 1KM (6-10 years old) Start	Espiritu St. corner Waterfront Road
TRIATHLON AND AQUATHLON		
5:00 am	IRONKIDS Transition Open	Subic Bay Boardwalk
6:00 AM	13-15 years old Assembly & Race Briefing	Subic Bay Boardwalk Beachfront
6:10 AM	13-15 years old Start	Subic Bay Boardwalk Beachfront
6:30 AM	11-12 years old and Relay (11-15 years old) Assembly & Race Briefing	Subic Bay Boardwalk Beachfront
6:40 AM	11-12 years old & Relay (11-15 years old) Start	Subic Bay Boardwalk Beachfront
6:55 AM	9-10 years old Assembly & Race Briefing	Subic Bay Boardwalk Beachfront
7:05 AM	9-10 years old Start	Subic Bay Boardwalk Beachfront
7:20 AM	6-10 years old & Relay (6-10 years old) Assembly & Race Briefing	Subic Bay Boardwalk Beachfront
7:30 AM	6-8 years old & Relay (6-10 years old) Start	Subic Bay Boardwalk Beachfront
8:15 AM	Awarding – Triathlon & Aquathlon	Subic Bay Boardwalk

• Subject to change without prior notice

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

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

RACE KIT

IRONKIDS SWIM.BIKE.RUN & SWIM.RUN



**BIB (SWIM.BIKE.RUN)
INDIVIDUAL**



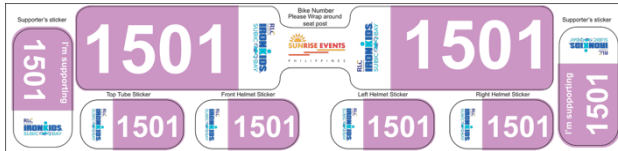
**BIB (SWIM.BIKE.RUN)
RELAY**



BIB (SWIM.RUN)



SWIM CAP



TRISSET



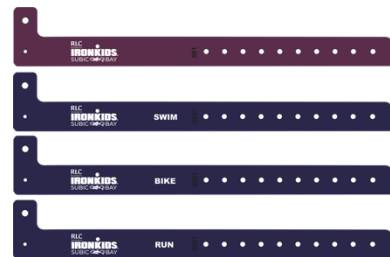
**ZIP LOCK
STICKER**



**TRANSITION
STICKER**



TATTOO

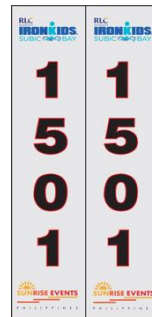


WRIST BANDS

IRONKIDS RUN ONLY



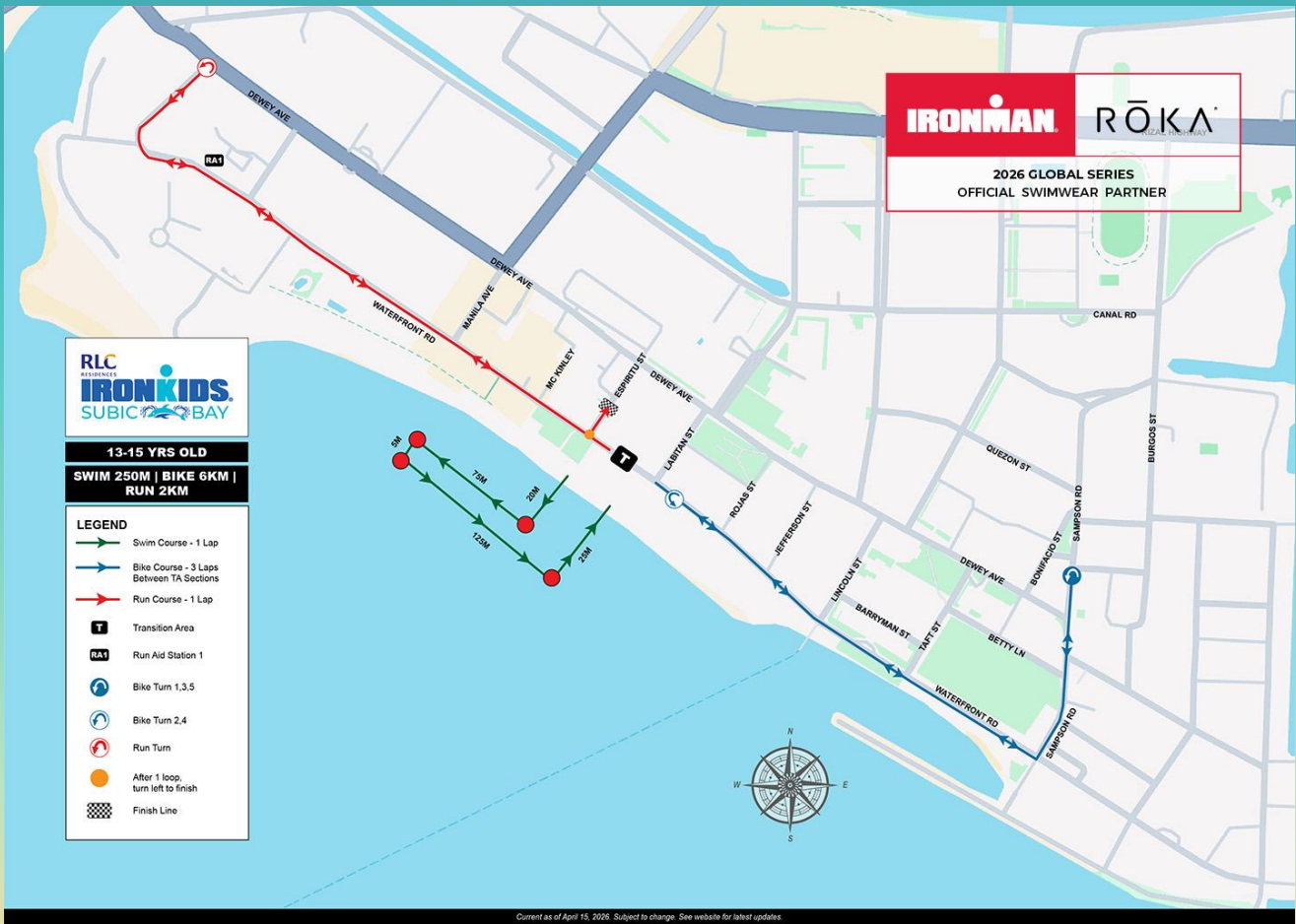
BIB (RUN)



TATTOO

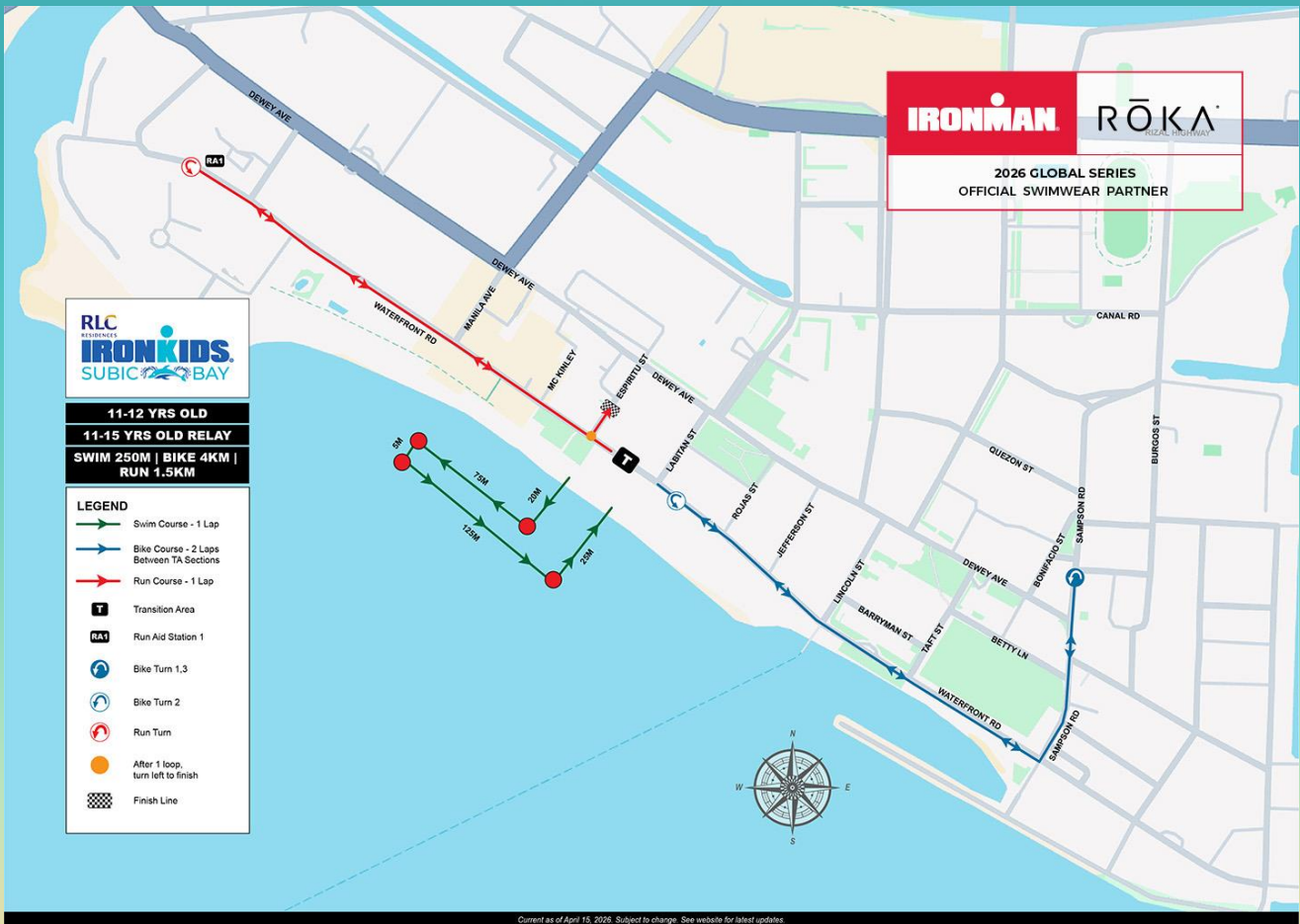
SWIM.BIKE.RUN

13-15 YRS OLD (INDIVIDUAL)



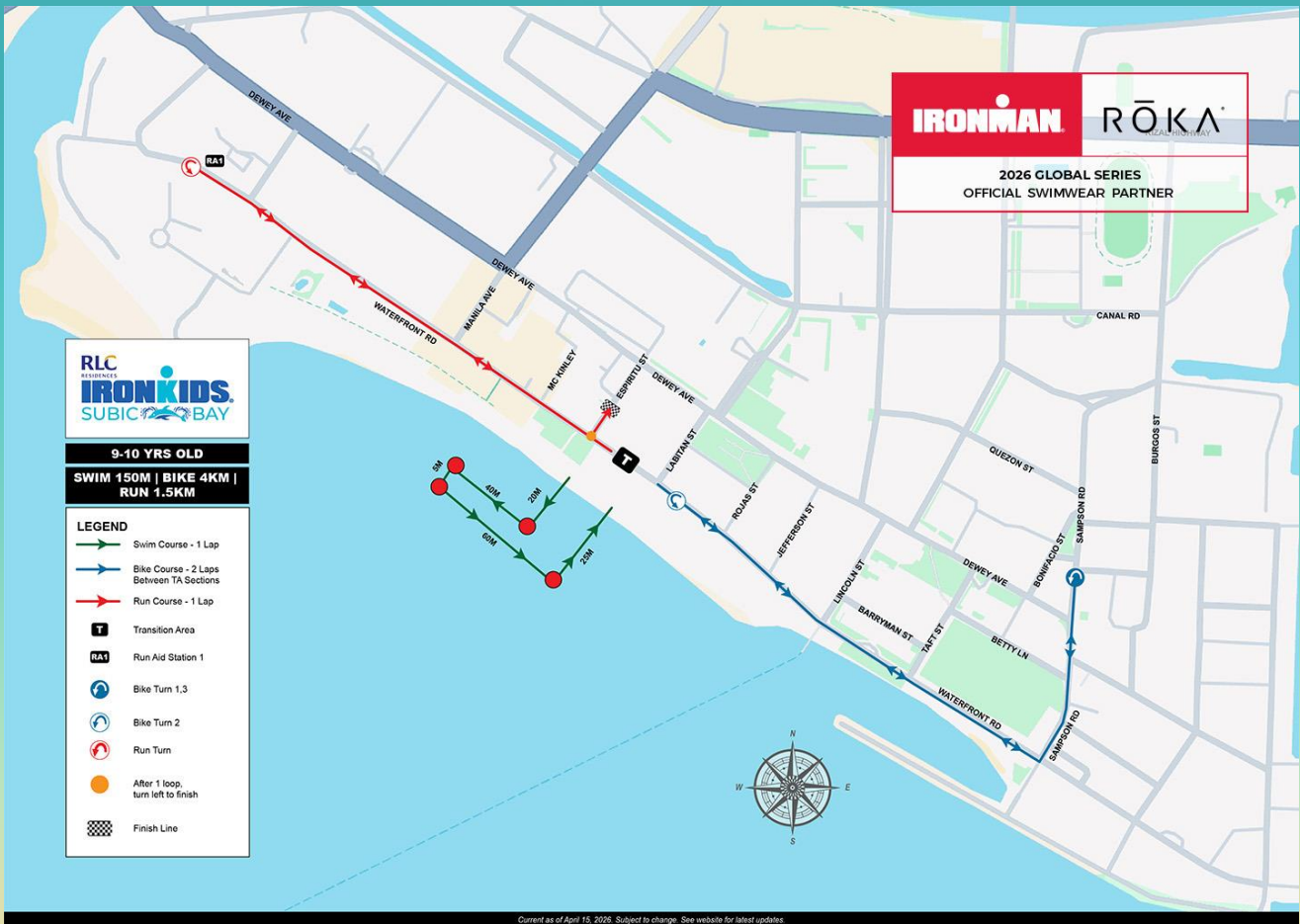
SWIM.BIKE.RUN

**11-12 YRS OLD (INDIVIDUAL) &
11-15 YRS OLD (MIXED TEAM RELAY)**



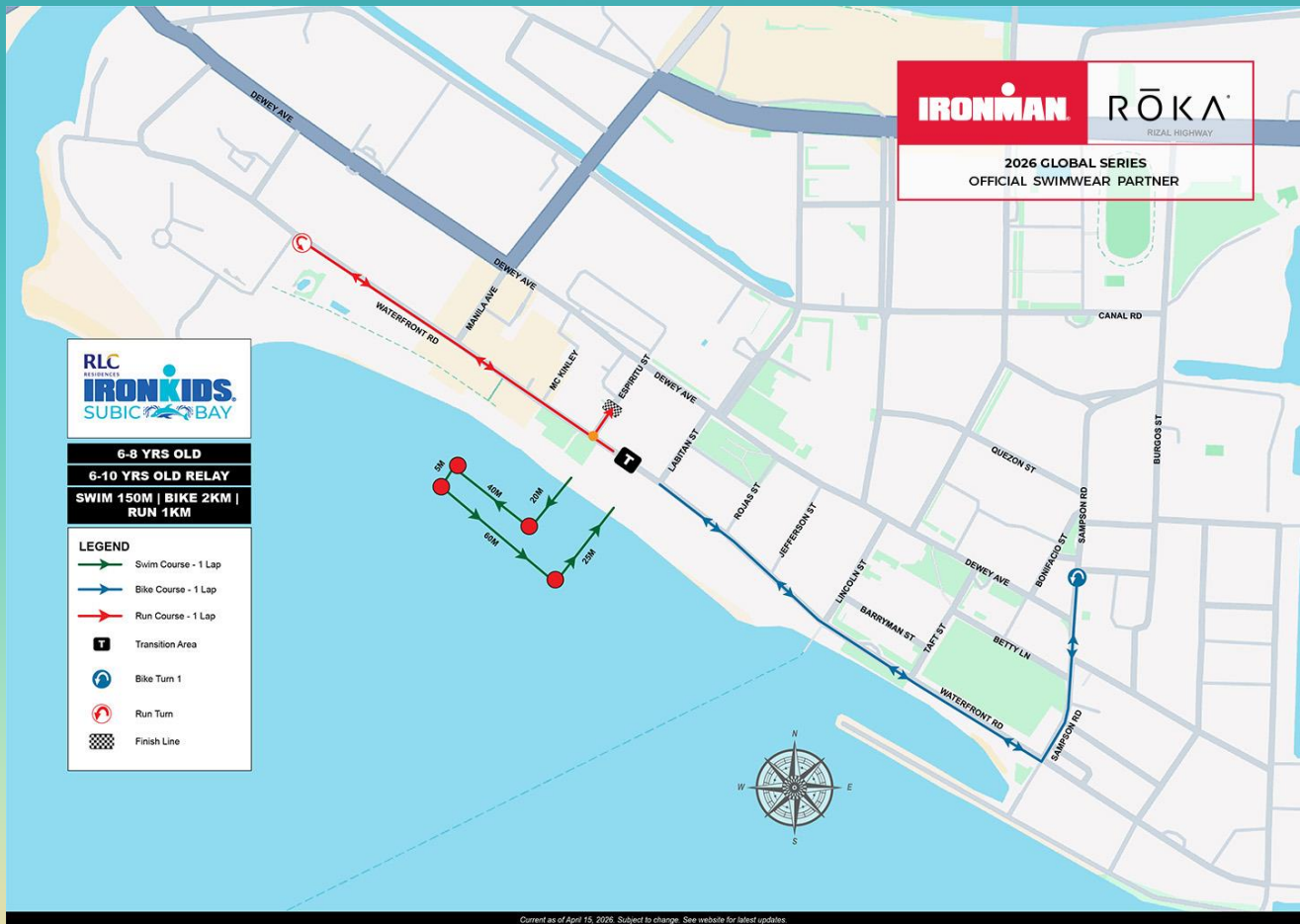
SWIM.BIKE.RUN

9-10 YRS OLD (INDIVIDUAL)



SWIM.BIKE.RUN

**6-8 YRS OLD (INDIVIDUAL) &
6-10 YRS OLD (MIXED TEAM RELAY)**



SWIM. RUN

13-15 YRS OLD (INDIVIDUAL)



SWIM. RUN

11-12 YRS OLD (INDIVIDUAL)



SWIM. RUN

9-10 YRS OLD (INDIVIDUAL)



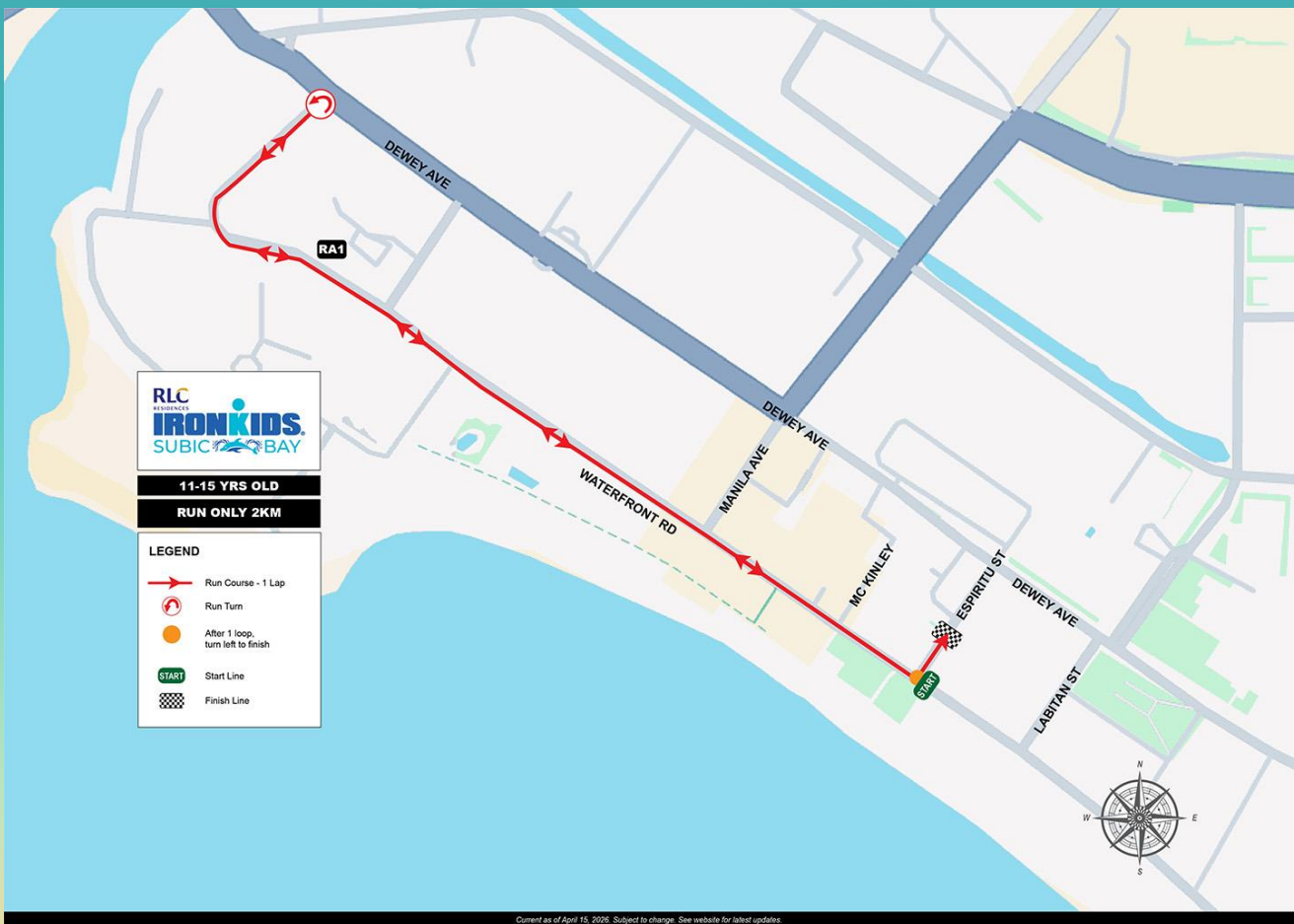
SWIM. RUN

6-8 YRS OLD (INDIVIDUAL)



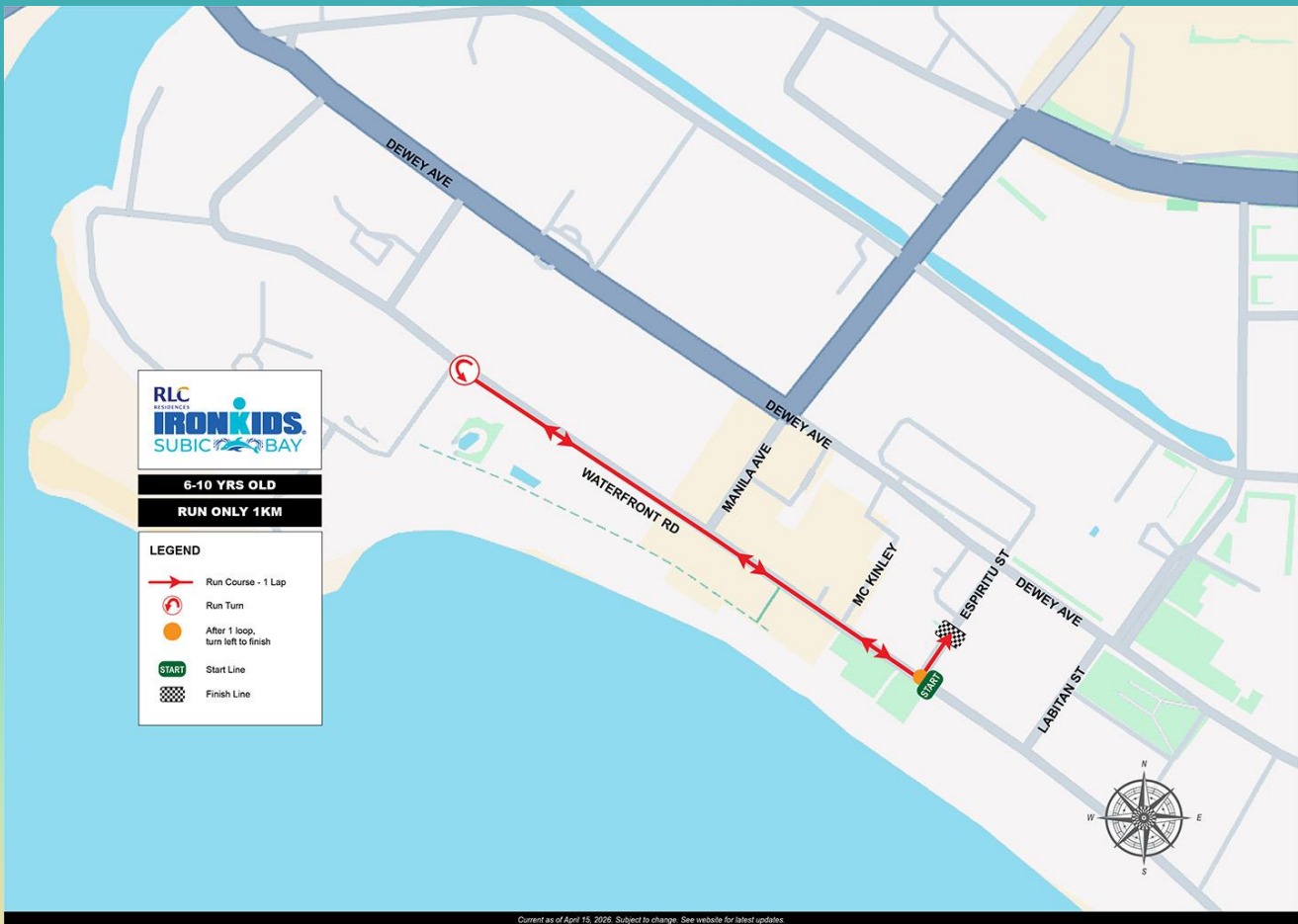
RUN ONLY

11-15 YRS OLD (INDIVIDUAL)



RUN ONLY

6-10 YRS OLD (INDIVIDUAL)



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 Subic Bay 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 Subic race has ended.
- Please wear the provided wristband when collecting your child after the race. No wristband = No collection

RLC
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IRONKIDS
SUBIC BAY

HOST PROVINCE



HOST CITY



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NATIONAL AGENCY PARTNER



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