



Ironman National | Friday Schedule

August 22-23, 2019

Subject to network schedule changes

THURSDAY AUGUST 22nd

3:00pm - 6:00pm Parking & Rider Registration at Rider Services.

FRIDAY AUGUST 23

7:00am - 8:30am	Amateur Signup
8:30am - 9:30am	Amateur Practice
8:30am - 9:45am	Tech at MX Sports Semi
9:30am - 9:45am	Riders Meeting - MX Sports Semi
9:45am - 10:00am	Track Maintenance
10:00am - 10:15am	TQ1
10:15am - 11:15am	Amateur Practice
11:15am - 11:30am	Track Maintenance
11:30am - 11:45am	TQ2
11:45am - 12:30pm	Amateur Practice
12:30pm - 12:50am	125 All Stars Practice
1:00pm - 1:30pm	Track Maintenance
1:30pm - 2:00pm	Pro Rider Press ride
2:00pm - 2:15pm	125 All Stars Qualifer #1
2:15pm - 2:30pm	125 All Stars Qualifer #2
2:30pm - 2:55pm	ATV PRO Moto #1
2:55pm - 3:10pm	ATV PRO Podium
3:10pm - 3:30pm	Track Maintenance
3:30pm - 3:45pm	125 All Stars LCQ
3:45pm - 4:15pm	Amateur Practice
4:15pm - 4:30pm	Track Maintenance
4:30pm - 4:55pm	ATV PRO Moto #2
5:00pm - 6:00pm	ATV PRO Autograph Seccession at ATV Pits

*** Schedule subject to change

