

Race-day timeline

ICAN Triathlon Gandia

Your journey, your preparation margin, your own confirmed start.



My confirmed allocation & personal journey

My format / wave

My bib collection appointment

My confirmed briefing time

Where I leave from

Final walk (minutes)

My calculated departure / preparation finish

My confirmed start time

My check-in / transition appointment

My target arrival

Journey time (minutes)

Extra journey margin (minutes)

A personal calculation

Departure = target arrival minus journey, final walk and extra margin. A personal plan does not reserve check-in access or change an official deadline.

01 / YOUR REFERENCE CARD

Check, then leave.

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Published references are separate from your personal planning spaces.



Provisional published schedule

16 OCT / 12:00-20:30 Mandatory bib and race-pack collection, all formats	17 OCT / 08:04 Full age-group men through age 44	17 OCT / 10:18 Half men through age 54
16 OCT / 17:00 English briefing; mandatory for PRO	17 OCT / 08:08 Full age-group men through age 69; Aquabike LD men	17 OCT / 10:22 Half remaining men's age groups, including 70+
16 OCT / 18:30 Spanish briefing; mandatory for PRO	17 OCT / 08:12 Full women; Aquabike LD women	17 OCT / 10:26 Half women; Aquabike MD women
16 OCT / 17:00-21:00 Mandatory equipment check-in	17 OCT / 08:45 Half men through age 29; Aquabike MD men	17 OCT / 11:20 Short men
17 OCT / 06:45-07:45 Transition access for final preparations	17 OCT / 08:49 Half men through age 39	17 OCT / 11:23 Short women
17 OCT / 07:30 Call-room opening	17 OCT / 10:10 Half men through age 44	17 OCT / 23:30 Event final closure
17 OCT / 08:00 Full/Half PRO men and women	17 OCT / 10:14 Half men through age 49	18 OCT / 11:00 Full awards

Closed: the entry deadline was 28 September at 23:59; the federation reported a full event on 30 September.

WHAT STILL NEEDS A CHECK

- All organiser timetable entries are provisional. The published Half waves jump from 08:49 to 10:10; these times are preserved, not silently corrected.
- The current course viewer includes an older run-layer name ending 2023. Exact start/transition pins and a certified 2026 GPX are not supplied here.
- The published Full men's age wording stops at 69; athletes 70+ should confirm their assigned wave directly.

YOUR OFFICIAL SOURCE

Official event site: final athlete instructions and updates

www.icantriathlon.com/

