

citi handlowy  
**IRONMAN**  
**70.3**  **WARSAW**  
**POLAND**

# ATHLETE GUIDE



**WARSAWA 2023**

# GET IN THE VIBE WITH 2022 HIGHLIGHTS





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# WELCOME



What do we associate holidays with? With carefree moments by the water, bike rides in the countryside, walks in the woods or, for the more active people, jogging.

Triathlon combines all these activities and if I didn't know how hard you train, I could joke that you do not do triathlon, but... one big holiday.

However, I very much appreciate your daily training, I know how much effort it takes to take part in competitions. That is why we are trying to create the conditions for sports competition at the highest level in Warsaw. We will be cheering you on along the course and I would like to thank you in advance for inspiring the crowds of Varsovians and Varsovians for at least one of your competitions.

As the president of the capital, I also have one request. Tell your friends that Warsaw is a city where you can swim, cycle, run - and all this to the applause of the fans. We want Warsaw to be diverse, a city for everyone, so that everyone can feel at home here.

On the weekend of 10-12 June, the capital will be first and foremost the home of female and male triathletes.

**Mayor of the City of Warsaw**  
**Rafał Trzaskowski**

# WARSZAWA



Warszawa

STOLICA  
WOLNEGO  
CZASU

# WELCOME



DEAR TRIATHLETES,

I am glad that we can invite you to the next edition of Citi Handlowy IRONMAN 70.3 Warsaw. We are really proud that we support you in pursuing your sports passions!

Our mission at Citi Handlowy is to enable progress. We take care of our clients so that they can achieve their most ambitious goals here in Poland and around the world. We often say that our entrepreneurs are "progress makers". They are the engine of the economy and create new jobs and space for development of new products and services.

However, during this weekend of June while taking part in various races during the Citi Handlowy IRONMAN 70.3 Warsaw, you will be our Progress Leaders! I have no doubt that your passion and energy will carry us much further. It will be inspiring progress for many of us!

Citi Handlowy IRONMAN 70.3 Warsaw is a story about great passion, extraordinary perseverance so needed to pursue this passion, but also about friendship and teamwork. Many of you are going to compete in a team. You will be joined by teams of employees, clients and partners of Citi Handlowy, who will compete this year in the 5150-triathlon relay. I am happy that together we have been building the triathlon culture in Poland!

When swimming, biking or running to the finish line, please remember that all those long months of sacrifices, tight training plans, ups and downs have already made you the winners! Also don't forget about your fans – family, friends, loved ones – who were with you during those long preparations. This year's Citi Handlowy IRONMAN 70.3 Warsaw event's motto is "The Year of Cheering". This slogan both draws attention and appreciates those whose absence would make sports rivalry much more difficult and deprived of the joy of celebrating together.

Success, including success in sports, is usually a result of good team play! We wish you to feel the taste of your success together with your fans at the finish line!

**Maciej Kropidłowski**

Vice President of Citi Handlowy, sponsor of the Live Well at Citi initiative and team member of a triathlon relay during Citi Handlowy IRONMAN 70.3 Warsaw



# Twoja pasja, Twój biznes.

razem możemy więcej!

Wiemy, że to, co robisz, wymaga wytrwałości, siły i otwartości na współpracę.  
**Sprawdź, co globalny bank może zrobić dla Ciebie i Twojej firmy.**

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# WELCOME

Dear Athlete!

I would like to extend a warm welcome to the municipality of Nieporęt on Lake Zegrzyńskie to the participants of the "Citi Handlowy IRONMAN 70.3 Warsaw" event.



This year's competition will take place under special circumstances - this year the Zegrzyńskie Lake is turning 60! According to Travelist magazine, our reservoir has been recognised as one of the most beautiful lakes in Poland. It is also the largest lake in the Mazovia region. With its picturesque scenery and excellent conditions for active recreation and water sports, Lake Zegrzyńskie is one of the most popular destinations for residents of the Warsaw agglomeration.

I am glad that the conditions offered by the Nieporęt municipality have been recognised by the organisers. Thanks to this, our residents will once again witness sporting rivalry at the highest level. I'm glad that the conditions offered by the Nieporęt municipality have been recognised by the organisers. The athletes will start competing in the waters of Lake Zegrzyńskie, and then cover the route to Warsaw on bicycles and finish on the cross-country course.

This gives us the opportunity to cheer on your struggles and experience, together with you, enormous positive emotions. Fighting with yourself, overcoming barriers and striving to achieve the best possible result are probably the most valuable values of this competition. I am convinced that after this competition, more people, encouraged by your example, will decide to join the group of those who actively train. The Nieporęt municipality is an athlete-friendly place, which is why on the day of the "Citi Handlowy IRONMAN 70.3 Warsaw". I promise a hearty cheer and wish the participants much success and unforgettable experiences and emotions.

**Mayor of the Municipality of Nieporęt**  
**Slawomir Maciej Mazur**



# WELCOME

Dear all!

I would like to sincerely thank you on behalf of the entire organizing team for being with us at 2023 Citi Handlowy IRONMAN 70.3 Warsaw, along with the side events.

The record-breaking attendance of the event is both a tremendous honor and a motivation for us to work even harder and ensure that you have the best time throughout the weekend.

We are particularly delighted to host athletes from over 60 different countries in the capital city of Poland. It is incredibly valuable for us, as well as for Warsaw as the host city, that Citi Handlowy IRONMAN 70.3 Warsaw not only provides a lot of positive sporting emotions but also showcases the city in the best light to athletes from around the world.

This year, we have a few novelties in store. The first one will take place on Friday, June 9, in the evening hours. At 11:00 p.m., the Night Run Warsaw will start, which is a new addition to the event program. We hope that this short 5k run in the historic part of the city will be an opportunity for many people who aspire to become triathletes or who are just beginning their running journey. For Sunday participants, it will be a chance to familiarize themselves with our running route. We are confident that taking part in the Night Run Warsaw, preceded by a spectacular show at the Multimedia Fountain Park, is an excellent plan for Friday evening.

The second important novelty is the change in the start location and T1 transition area, which also led to adjustments in the cycling route. We will still swim in the calm waters of Lake Zegrzyńskie but we have moved much closer to Warsaw, to the Port of Nieporęt. The aim of this change is to facilitate logistics for athletes traveling to the T1 area on Saturday and Sunday morning. We hope that this beneficial change will be noticeable to you, and the saved time can be spent on rest or enjoying the charms of Warsaw.

Lastly, I would like to express my gratitude for the tremendous support from our sponsors, partners, the authorities of Warsaw and the Municipality of Nieporęt, as well as the entire organizing team and all the volunteers who will assist us throughout the Citi Handlowy IRONMAN 70.3 Warsaw weekend. I am convinced that, thanks to all of you, it will be an unforgettable event.

I wish you all good health and success on the race weekend!

**Michał Drelich**

Race Director Citi Handlowy IRONMAN 70.3 Warsaw



Enea  
**IRONMAN**  
**70.3** *GDYNIA*  
*POLAND*

4-6.08.2023



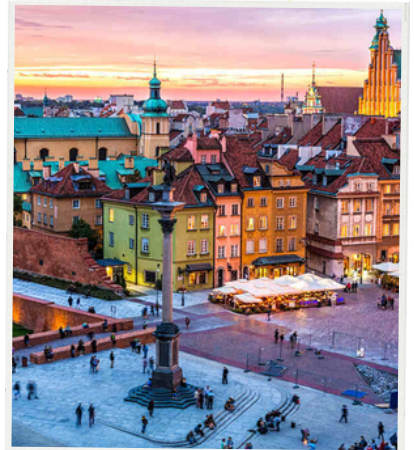
**GDYNIA 2023**

# TOP 5 THINGS TO SEE



The Royal Łazienki  
Museum

The **Old Town** is a lively place frequented by tourists. Charming streets paved with cobblestones and medieval buildings renovated after World War II. The centrepiece of the Old Town is the Market Square - a bustling square, around which are the townhouses of the former bourgeoisie and elegant restaurants serving Polish cuisine.

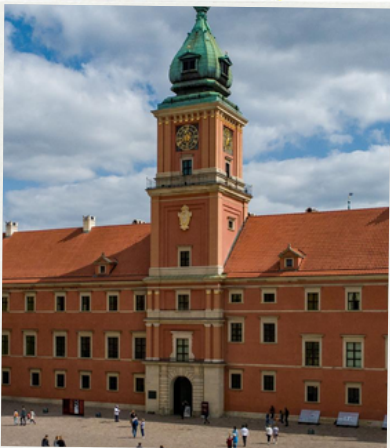


Old Town

The **Royal Łazienki Museum** is a garden at the heart of which is hidden the summer residence of the last king of Poland - Stanisław August Poniatowski. The garden also contains orangeries, an amphitheatre, a court theatre and numerous sculptures.



The Palace of  
Culture and Science



The Royal  
Castle

The **Palace of Culture and Science** is a landmark of the city and the most characteristic building of Warsaw. The palace was "a gift from the Soviet people to the Polish people". It was built in 1955. It is the second tallest building in Poland.

The **Royal Castle** is an ornament of Warsaw's Old Town. It was completely destroyed during World War II in 1944. It took nearly 13 years to rebuild the castle. It now houses a museum.

You cannot visit Poland without trying some **traditional dishes**. Polish cuisine is primarily famous for its world-famous pierogi, as well as meat, soups or noodles.



Polish cuisine



# CHECK LIST

## PRE-RACE

- Download your unique QR code and go to race office
- ID with your photo
- Valid triathlon license
- Bike adjustment
- Study the race courses
- Plan and test your nutrition
- Attend athlete briefing

## RACE DAY – SWIM

- Timing Chip
- Swimsuit/Wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided in the starter package)
- Ear Plugs/Nose Plug (optional)

## RACE DAY – BIKE

- Helmet
- Bike shoes and socks
- Bike pump
- GPS watch or bike computer
- Bib number (recommended)
- Bike Repair Kit
- Bar-end plugs
- CO2 Cartridge(s)
- Spare Tube
- Repair kit/tools
- Extra nutrition
- Vaseline
- Sunscreen
- Sunglasses

## RACE DAY – RUN

- Running shoes and socks
- Race belt or safety pins
- Hat/visor
- Extra nutrition and water bottles
- Sunscreen
- Sunglasses
- Bib number (required)

## MISCELLANEOUS

- Towel
- Post-race clothing
- Contacts or Rx Glasses
- Body Glide
- Lip balm
- Hair ties
- Your good mood :)

# SCHEDULE

## FRIDAY, 9th JUNE 2023

TIME	EVENT	LOCATION
15:00-20:00	RACE OFFICE (IRONMAN 70.3 & 5150 TRIATHLON SERIES) - OPENING HOURS	MULTIMEDIA FOUNTAIN PARK
15:00-20:00	EXPO - OPENING HOURS	MULTIMEDIA FOUNTAIN PARK
15:00-22:30	RACE OFFICE (NIGHT RUN)	MULTIMEDIA FOUNTAIN PARK
23:00	NIGHT RUN	MULTIMEDIA FOUNTAIN PARK
23:45	AWARDS NIGHT RUN	MULTIMEDIA FOUNTAIN PARK

## SATURDAY, 10th JUNE 2023

TIME	EVENT	LOCATION
10:00-20:00	RACE OFFICE AND EXPO OPENING HOURS	MULTIMEDIA FOUNTAIN PARK
12:00-14:00	KIDS RUN WARSAW	MULTIMEDIA FOUNTAIN PARK
12:00-20:30	GEAR CHECK-IN - T2	MKS POLONIA WARSZAWA - TRAINING PITCH
12:00-21:30	BIKE CHECK-IN - T1	PORT OF NIEPORET / LAKE ZEGRZYNSKIE
13:30-18:00	WELCOME BANQUET	MULTIMEDIA FOUNTAIN PARK (FINISHER ZONE)
13:40	SPECIAL TRAIN TO T1 - DEPARTURE	WARSZAWA GDAŃSKA TRAIN STATION
14:30	AWARDS - KIDS RUN	MULTIMEDIA FOUNTAIN PARK
15:00	ATHLETE BRIEFING - POLISH	MULTIMEDIA FOUNTAIN PARK
15:39	SPECIAL TRAIN TO WARSZAWA GDAŃSKA - DEPARTURE	PKP NIEPORĘT TRAIN STATION
15:55	SPECIAL TRAIN TO T1 - DEPARTURE	WARSZAWA GDAŃSKA TRAIN STATION
16:00	ATHLETE BRIEFING - ENGLISH	MULTIMEDIA FOUNTAIN PARK
17:41	SPECIAL TRAIN TO WARSZAWA GDAŃSKA - DEPARTURE	PKP NIEPORĘT TRAIN STATION

# SCHEDULE

SUNDAY, 11th JUNE 2023

TIME	EVENT	LOCATION
5:55	SPECIAL TRAIN TO T1 - DEPARTURE	WARSZAWA GDAŃSKA TRAIN STATION
6:30-7:30	DEPOSIT OPENING HOURS - 5150 TRIATHLON SERIES	PORT OF NIEPOREŃ / LAKE ZEGRZYNSKIE
6:30-7:30	T1 AND DEPOSIT OPENING HOURS - 5150 TRIATHLON SERIES	PORT OF NIEPOREŃ / LAKE ZEGRZYNSKIE
7:22	SPECIAL TRAIN TO T1 - DEPARTURE	WARSZAWA GDAŃSKA TRAIN STATION
7:30-9:00	T1 OPENING HOURS - IRONMAN 70.3	PORT OF NIEPOREŃ / LAKE ZEGRZYNSKIE
7:30-9:00	DEPOSIT OPENING HOURS - IRONMAN 70.3	PORT OF NIEPOREŃ / LAKE ZEGRZYNSKIE
8:00-8:15	ROLLING START - 5150 TRIATHLON SERIES	PORT OF NIEPOREŃ / LAKE ZEGRZYNSKIE
9:00-16:00	EXPO AND IRONMAN VILLAGE OPENING HOURS	MULTIMEDIA FOUNTAIN PARK
9:30-10:00	ROLLING START - IRONMAN 70.3	PORT OF NIEPOREŃ / LAKE ZEGRZYNSKIE
9:50	EXPECTED FINISH OF THE WINNER - 5150 TRIATHLON SERIES	MULTIMEDIA FOUNTAIN PARK
10:00-18:15	DEPOSIT BAG PICK-UP - 5150 TRIATHLON SERIES	MULTIMEDIA FOUNTAIN PARK
12:15	EXPECTED FINISH TIME OF THE LAST ATHLETE - 5150 TRIATHLON SERIES	MULTIMEDIA FOUNTAIN PARK
12:15	AWARDS - 5150 TRIATHLON SERIES	MULTIMEDIA FOUNTAIN PARK
13:00-16:00	BIKE & GEAR CHECK-OUT - 5150 TRIATHLON SERIES	MKS POLONIA WARSZAWA - TRAINING PITCH
13:00	EXPECTED FINISH OF THE WINNER - IRONMAN 70.3	MULTIMEDIA FOUNTAIN PARK
13:00-18:30	DEPOSIT BAG PICK-UP - IRONMAN 70.3	MULTIMEDIA FOUNTAIN PARK
16:00-19:30	BIKE & GEAR CHECK-OUT - IRONMAN 70.3	MKS POLONIA WARSZAWA - TRAINING PITCH
18:15	EXPECTED FINISH TIME OF THE LAST ATHLETE - IRONMAN 70.3	MULTIMEDIA FOUNTAIN PARK
18:15	AWARDS IRONMAN 70.3 AND SLOT ALLOCATION CEREMONY	MULTIMEDIA FOUNTAIN PARK

## CHECK OUT HOW TO GET TO LOCATIONS

EXPO / RACE OFFICE	MULTIMEDIA FOUNTAIN PARK	<a href="#"><u>CHECK ON THE MAP</u></a>
T1 ZONE / START	PORT NIEPOREŃ	<a href="#"><u>CHECK ON THE MAP</u></a>
T2 ZONE	MKS POLONIA WARSZAWA	<a href="#"><u>CHECK ON THE MAP</u></a>
TRAIN TO T1 ZONE	WARSZAWA GDAŃSKA TRAIN STATION	<a href="#"><u>CHECK ON THE MAP</u></a>
TRAIN TO WARSAW	PKP NIEPOREŃ TRAIN STATION	<a href="#"><u>CHECK ON THE MAP</u></a>

# EVENT SITE

Citi Handlowy

Merch

Biuro Zawodów /  
Race Office

EXPO

Trybuny/Stands

Scena / Scene

Strefa VIP/  
VIP Zone

Centrum Prasowe /  
Press Centre

Meta /  
Finish line

Info / Lost & Found

Park  
Fontann

Wybrzeże Gdańskie

Toilets

Masaże/Massage  
Welcome Banquet

Grawer  
Medal engraving

Strefa Finishera/  
Finisher Zone

Depozyt /  
Deposit

Finisher  
T-Shirts

## ROAD CLOSURES

ALL COURSES ARE CLOSED FOR TRAFFIC DURING THE RACE. IN CASE OF EMERGENCY, RESCUE VEHICLES WITH THE SIRENS ON, SHALL ALWAYS HAVE FREE PASSAGE. PLEASE YIELD AND LET THEM PASS YOU.

## RACE WEEK TRAINING

ALL TRAINING DURING NON-RACE TIMES ON THE RACE COURSE IS CONDUCTED AT YOUR OWN RISK. PLEASE NEVER SWIM ALONE AND ALWAYS OBEY TRAFFIC LAW.

# EXPO & WELCOME BANQUET

## EXPO - OPENING HOURS

DATE	TIME	LOCATION
9th JUNE	15:00-20:00	MULTIMEDIA FOUNTAIN PARK
10th JUNE	10:00-20:00	MULTIMEDIA FOUNTAIN PARK
11th JUNE	9:00-16:00	MULTIMEDIA FOUNTAIN PARK

The list of exhibitors can be found [HERE](#)

## WELCOME BANQUET - OPENING HOURS

DATE	TIME	EVENT	LOCATION
10th JUNE	13:00-18:00	WELCOME BANQUET	MULTIMEDIA FOUNTAIN PARK/ FINISHER ZONE

All athletes from the IRONMAN 70.3, 5150, and Relay distances will be able to enjoy a welcome meal known as the Welcome Banquet. It will take place in the Finisher Zone, accessible only to athletes with wristbands received at the Race Office and accompanying persons who have purchased the service. The meal can be obtained by presenting the wristband, while accompanying persons can access the Welcome Banquet using a QR code (only if the Welcome Banquet was previously purchased).





# OFFICIAL MERCHANDISE STORE

MULTIMEDIALNY PARK FONTANN  
SKWER 1 DYWIZJI PANCERNEJ WP,  
00-221 WARSZAWA



GODZINY OTWARCIA | OPENING HOURS

PIĄTEK | FRIDAY  
15:00 - 20:00

SOBOTA | SATURDAY  
10:00 - 20:00

NIEDZIELA | SUNDAY  
9:00 - 16:00

# TRANSPORTATION

## SPECIAL TRAINS

**Saturday, 10th June**

**Warszawa Gdańska train station -> PKP Nieporęt train station**

Arrival*: 13:35	Departure: 13:40	Arrival**: 14:05	FREE TRANSPORTATION
Arrival*: 15:50	Departure: 15:55	Arrival**: 16:15	FREE TRANSPORTATION

**PKP Nieporęt train station -> Warszawa Gdańska train station**

Arrival**: 15:34	Departure: 15:39	Arrival*: 15:58	FREE TRANSPORTATION
Arrival**: 17:36	Departure: 17:41	Arrival*: 18:00	FREE TRANSPORTATION

**Sunday, 11th June**

**Warszawa Gdańska train station -> PKP Nieporęt train station**

Arrival*: 5:50	Departure: 5:55	Arrival**: 6:15	FREE TRANSPORTATION
Arrival*: 7:06	Departure: 7:22	Arrival**: 7:44	FREE TRANSPORTATION

\*Arrival of the train at Warszawa Gdańska train station

\*\*Arrival of the train at Nieporęt PKP train station

## SKM TRAINS

**Saturday, 10th June**

**Warszawa Gdańska train station -> PKP Nieporęt train station**

Departure: 10:49, 12:38, 14:47, 16:50, 18:45 TIME - 31 MINUTES

**VALID ZTM TICKETS ARE REQUIRED**

**PKP Nieporęt train station -> Warszawa Gdańska train station**

Departure: 12:44, 14:50, 16:34, 18:43, 20:46 TIME - 31 MINUTES

**VALID ZTM TICKETS ARE REQUIRED**

WE ENCOURAGE YOU TO CHECK THE CURRENT DEPARTURE TIME OF THE TRAIN ON THE ZTM WARSAW WEBSITE

FOR DIRECTION TO NIEPORĘT -> [CHECK THE TIMETABLE](#)

FOR DIRECTION TO WARSAW GDAŃSKA -> [CHECK THE TIMETABLE](#)



**I WANT MORE**

ALL WORLD ATHLETE PROGRAM



# REGISTRATION

## LICENCE



A national triathlon licence is required to participate in Citi Handlowy IRONMAN 70.3 Warsaw and Citi Handlowy 5150 Warsaw.

Recognised licences:

- annual licence
- one-time licence
- foreign triathlon licence

Licence can be purchased:

- At the Event Office
- Through the PZTri app (option only available for Polish Athletes) Link: <https://triathlon.pl/licencje/>

## PLEASE NOTE

All athletes must wear all official race participant items issued at Athlete Check-In. Items include; the official swim cap, wristband, bike stickers, race bib number, and timing chip. Failure to do so will result in a DSQ.

**ALL ATHLETES MUST HAVE REGISTERED BEFORE 20.00 ON SATURDAY, JUNE 10.**

**NO REGISTRATION WILL BE POSSIBLE AFTER THIS TIME.**

**TIMING CHIPS WILL BE ISSUED IN THE START PACKAGE AT THE RACE OFFICE  
THE CHIP IS RETURNABLE WHEN COLLECTING THE ITEMS FROM T2.**

# RACE OFFICE

## RACE OFFICE - OPENING HOURS

DATE	TIME	LOCATION
9th JUNE	15:00-20:00	MULTIMEDIA FOUNTAIN PARK
10th JUNE	10:00-20:00	MULTIMEDIA FOUNTAIN PARK



1

During the week of the race, an email will be sent to you with a QR code. Follow the link, select a time to collect your packet and then save the code to your phone.

2

Go to the Race Office to collect your race packet. Show the volunteer your QR code and proof of identity.

3

You will be wearing a wristband when you collect your start pack. The wristband gives you access to the Transition Zones and other areas designated for athletes only. Do not remove it until the end of the competition.

4

You can purchase a triathlon licence at the licence stand.

5

Pick up a backpack/bag at the official IRONMAN shop.

# RACE OFFICE

## RACE OFFICE RULES

1. Bicycles are not allowed in the Expo area and the Race Office.
2. A QR code and an identity card or passport for inspection is required to check-in. The QR code will be emailed to you on the Monday preceding the event date.
3. To obtain the QR code, the athlete selects the block of hours in which to collect the start pack.  
Friday: 15:00 - 16:00, 16:00 - 18:00, 18:00 - 20:00,  
Saturday: 10:00 - 12:00, 12:00 - 14:00, 14:00 - 16:00, 16:00 - 18:00, 18:00 - 20:00
4. Packet collection is only possible by the person who is competing in the event.
5. While collecting the packet, a volunteer will put on the athlete's wristband (the athlete cannot leave the stand without putting on the wristband).
6. Traffic in the Race Office is one-way.

**NATURALNIE**  
SPORTOWE EMOCJE

**NO WALI KA**  
WSPIERA SPORTOWCÓW

Sponsor i uczestnik  
IRONMAN 70.3 Warsaw

**JAKOŚĆ NA KAŻDYM POLU**

Produkcja i dystrybucja:  
zioła sałaty warzywa dania gotowe

[www.nowalijka.pl](http://www.nowalijka.pl)



Nowalijka.pl



YouTube

FHNowalijka

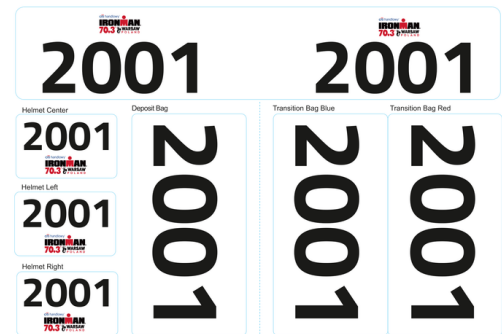
# RACE PACKAGE

**BIB NUMBER:** You can use safety pins if you wish. However, as you have to change it from one position to another in transition, it is strongly recommended that you get a running belt which saves you time, allows you to change clothes easily and avoids making holes in your clothes.



**SWIM CAP:** You must wear the swim cap given to you when you collect your bib number during the SWIM.

**STICKERS:** You will also receive a sticker sheet in your starter pack; place the appropriate stickers on your bike, helmet and bags: 3 stickers for the RUN, BIKE, DEPOSIT bags, 1 sticker for the bike seatpost, 3 stickers for your helmet - front, right/left side.



**ATHLETE'S BACKPACK:** This must be collected when you pick up your race pack at the Official IRONMAN Store.

**TRANSITION BAGS AND DEPOSIT BAG:** Your belongings must be placed in these bags (see next page).

**Athlete's Wristband:** a wristband will be placed on your wrist when you collect your race packet.

This wristband will identify you as an official athlete and must be worn throughout the race weekend.

The wristband is required to allow access to the Transition Zones and all athlete areas during, before and after the race.

If the wristband is not worn, you will not be able to take your bike and/or equipment out of the Transition Zone after the race.



# TRANSITION BAGS

## BLUE BAG / BIKE BAG

Should contain the gear you need for the bike course, including your helmet with stickers on the front, bib number fixed with 3 points, shoes if they are not clipped on the bike, nutrition, sunglasses, etc.

After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

**DROP OFF IN TRANSITION ZONE T1:**

**10th JUNE 12:00-21:30 Port of Nieporet / Lake Zegrzyskie**



## RED BAG / RUN BAG

Should contain the gear you need for the run course: running shoes, socks, nutrition, etc.

After you have used your red run bag for your bike-to-run transition, use this bag to pack your bike gear in, including your helmet.

**DROP OFF IN TRANSITION ZONE T2:**

**10th JUNE 12:00-20:30 MKS Polonia Warszawa - training pitch**



## BLACK BAG / DEPOSIT

This is your street wear bag: it is for you to put any additional clothing you wear before the race and anything you may require after the race.

Drop off on race day before the start, close to the start line area.

**LEAVE BEFORE THE START IN THE DEPOSIT**

**11th JUNE 6:30-7:30 (5150), 7:30-9:00 (IRONMAN 70.3)**



**DO NOT FORGET TO STICK YOUR RACE NUMBER ON YOUR BAGS**



Enea

IRONMAN.

70.3<sup>®</sup>  POZNAŃ  
POLAND

2-3.09.2023



POZNAŃ 2023

# CHECK-IN & BRIEFING

## SCHEDULE REMINDER

DATE	TIME	EVENT	LOCATION
10th JUNE	12:00-20:30	GEAR CHECK-IN - T2	MKS POLONIA WARSZAWA - TRAINING PITCH
10th JUNE	12:00-21:30	BIKE CHECK-IN - T1	PORT OF NIEPORET / LAKE ZEGRZYNSKIE
10th JUNE	15:00	ATHLETE BRIEFING - POLISH	MULTIMEDIA FOUNTAIN PARK
10th JUNE	16:00	ATHLETE BRIEFING - ENGLISH	MULTIMEDIA FOUNTAIN PARK

## ATHLETE BRIEFING

The athlete briefing will take place on Saturday.

The briefing will give you important information about the specificities of the course, the rules and the cut-off times for each discipline and above all the last minute changes that could take place due to the weather conditions.

Briefings will be held in Polish or English (see schedule above).

## CHECK-IN

Check-in is in the triathlon dictionary as the time when you drop off your transition bags and bike, the day before the race.

### BIKE SERVICE

Our partner Shimano will be helping to service your bike in the T1 transition zone from Saturday.

On the day of the race, Shimano will be in the Transition Zone to help with any last-minute bike problems before the start and during the changeover.

# CHECK-IN

## MANDATORY BIKE, BIKE AND RUN BAGS CHECK-IN

### LEAVE YOUR BIKE AND BICYCLE BAG AT ZEGRZYNSKIE LAKE

Before entering the T1 transition zone, please put on your helmet and fasten the chin strap. Please also be prepared for the following checks:

- visual inspection of the bike,
- brake system and helmet check,
- checking that the start numbers are on the bike and helmet, and checking the athlete's wristband,
- Bike and bike bag (blue) must be placed on the stand according to your number - Bike covers are not permitted,
- Helmet must be in the bike bag,
- Shoes can be strapped to the bike on race day.
- Make sure you have packed all your T1 equipment in the bike bag (blue).

### LEAVE YOUR RUN BAG AT MKS POLONIA WARSAW - PITCH SIDE

- Make sure you have all your running gear in your run bag (red), which you leave in Transition Zone T2.

When leaving your bike and bags, take some time to familiarise yourself with the Transition Zone. Don't forget to check where the entrances and exits are. There will be volunteers in the Transition Zone to answer any questions, so ask them on the spot, don't wait until race day.

## TIMING CHIP

### WHAT IS THE TIMING CHIP USED FOR?

The chip will record your individual start time as you cross the start line and provide your swim time, bike time, run time, finish time, transition splits, overall ranking and age group ranking.

### WHEN AND WHERE TO COLLECT THE TIMING CHIP?

The chip will be in your race pack.

### WHEN AND HOW SHOULD THE TIMING CHIP BE WORN?

It should be worn on your left ankle throughout the race.

The timing chip is on loan. It must be returned to the Transition Zone T2 when you collect your belongings after the race.

### WHAT DO I DO IF I LOSE MY TIMING CHIP?

If you lose your timing chip, please contact an IRONMAN representative immediately to inform them about the situation.

# IRONMAN<sup>®</sup> TRICLUB



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# RACE DAY

## RACE MORNING

In the morning you can head to the T1 transition zone for your last equipment check before the start.

The T1 Transition Zone will be open from 6:30 to 7:30 (5150) and 7:30 to 9:00 (IRONMAN 70.3), please don your chip before entering the zone.

Check your tyre pressure. You can clip your cycling shoes to the pedals.

If you bring your own pump, place it in the black Deposit bag when you have finished using it. Do not forget to attach the race number sticker to it.



### BLACK BAG - DEPOSIT

Change before the race and leave your belongings in a deposit bag. There will be a truck marked "Deposit" at the start area where you should bring your bag. The depository will be open from 6:30 to 7:30 (5150) and from 7:30 to 9:00 (IRONMAN 70.3). The deposit bag will be available for collection in the Finisher's Zone after the race is completed.

### TOILETS

Toilets will be available in the Transition Zones, please use them and keep them clean.

Toilets will also be available all along the course at various points.

IF YOU HAVE LOST OR FORGOTTEN YOUR TIMING CHIP ON THE MORNING OF THE RACE, CONTACT AN IRONMAN REPRESENTATIVE.

# RACE DAY

## CUT OFF TIMES

	IRONMAN 70.3	5150
SWIM	01:10:00	00:50:00
SWIM + T1 + BIKE	05:30:00	02:45:00
SWIM + T1 + BIKE + T2 + RUN	08:30:00	04:00:00

**TIMES ARE CALCULATED BASED ON INDIVIDUAL START TIME NOT ON THE GUN START TIME**

Intervals are mandatory for the Citi Handlowy IRONMAN 70.3 Warsaw and Citi Handlowy 5150 Warsaw distances.

IRONMAN reserves the right to remove an athlete from the course and disqualify the athlete if the course staff determines that it is not possible for the athlete to complete the discipline (swim, bike, run) before the designated time limits based on the athlete's location, time and average speed at that time.

Athletes who do not meet the above limits will be disqualified and will not be eligible for age group awards or the VinFast IRONMAN 70.3 2023 World Championship.



# RACE DAY

CUPS AND GELS SHOULD BE THROWN IN THE BINS PROVIDED, NOT ON THE GROUND.  
ATHLETES WILL BE ISSUED A PENALTY IF CAUGHT LITTERING BY A RACE OFFICIAL.

## BIKE AID STATIONS

### IRONMAN 70.3

AID STATION 1: 30 KM

AID STATION 2: 60 KM

### 5150 TRIATHLON SERIES

AID STATION 1: 18 KM

- bottled water Arctic+ 0.7l
- bottled isotonic drink ALE Race 0,5l
- bananas
- ALE energy gels

## RUN AID STATIONS

### IRONMAN 70.3

AID STATION 1: 2,5 KM, 7,5 KM, 12,5 KM, 18,5 KM

AID STATION 2: 5 KM, 10 KM, 15 KM, 20 KM

### 5150 TRIATHLON SERIES

AID STATION 1: 2,5 KM, 7,5 KM

AID STATION 2: 5 KM, 10 KM


- bottled water Arctic+ dispensed in cups
- bottled isotonic drink ALE dispensed in cups
- bananas
- ALE energy gels
- Red Bull dispensed in cups
- Hoop Cola dispensed in cups
- sponges



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## **SWIM**

For the IRONMAN 70.3 and 5150 distances the start will be a rolling start of 6 athletes every 10 seconds. PRO athletes competing in the IRONMAN 70.3 distance will start first. A timing chip will record the start time of each athlete as they cross the swim start line.

Before the start, each athlete will be allowed to do a warm-up in the water.

## **COURSE**

One 1.9 km loop in Lake Zegrzynskie for the IRONMAN 70.3 distance.

One 1.5 km loop in Lake Zegrzynskie for distance 5150.

## **CLOSING TIME**

The swim course will be closed 1 hour and 10 minutes after the last athlete of IRONMAN 70.3 distance has started the swim and after 50 minutes for competitors of 5150 distance and relay teams.

Any athlete or relay team member who does not complete the swim within the time specified above will not be allowed to continue and will receive a DNF.

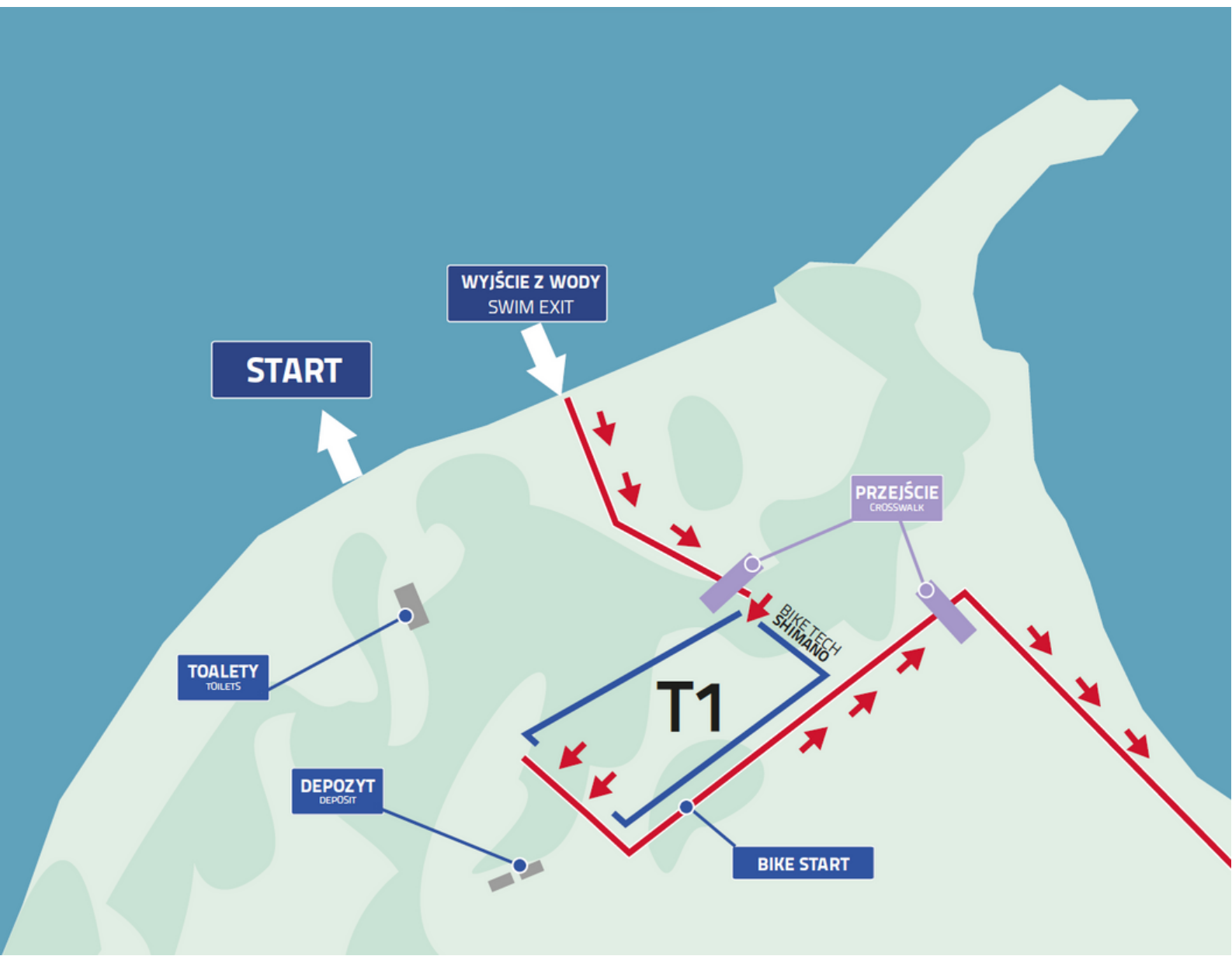
The IRONMAN organisers reserve the right to remove athletes from the course who exceed the set time limits.

## **LOST CHIP**

If you forgot your timing chip in the morning or lost it during the swim or bike, you can get a new timing chip in the Transition Zone (in the morning of the swim start). Contact an IRONMAN representative. The swim cap must be worn at all times during the swim. Lifeguards will be in the water to provide assistance if required.

# START & T1 ZONE

START TIME	START GROUP	SWIM CAP COLOR
8:00	5150	Green
8:00	RELAY	Red
9:30	IRONMAN 70.3 PRO MEN	Brown
9:32	IRONMAN 70.3 PRO WOMEN	Brown
9:35	IRONMAN 70.3	Blue





## **RULES FOR WETSUITS**

Wetsuits may be worn in water temperatures up to and including 24.5°C. Wearing a wetsuit is prohibited when the water temperature exceeds 24.5°C and mandatory when the water temperature is below 16°C.

## **RULES CONCERNING SWIMWEAR**

(non-swimwear only)

Swimwear must be 100% textile. In simple terms, this generally means swimsuits made of nylon or Lycra only, which do not have any rubberised materials such as polyurethane or neoprene.

Swimwear must not cover the neck, extend beyond the elbow or beyond the knees.

Swimwear may have a zip fastening. The starter kit may be worn under the swimsuit;

## **SWIMMING CAP**

The official swimming cap must be visible and "clean". Stickers or other self-made markings are not permitted on the swim cap. It is permitted to wear a personal swimming cap under the official swimming cap.

## **SWIMMING COURSE REGULATIONS**

- It is forbidden for athletes to wear a bib number while swimming (disqualification),
- It is forbidden to transfer all or part of the equipment to a third party when leaving the water,
- The use of any fins, gloves, paddles or buoyancy devices (including buoys) is prohibited.
- Swimming goggles and face masks may be worn. Snorkels are not permitted.
- You may not remove your wetsuit before the Transition Zone (YELLOW card - 30 second penalty).
- Any assistance required during the swim will result in disqualification if progress has been made.
- IRONMAN representatives and medical staff reserve the right to pull athletes off the course if deemed medically necessary.

**ALL RULES CAN BE FOUND IN THE CITI HANDLOWY IRONMAN 70.3 WARSAW 2023  
AND CITI HANDLOWY 5150 WARSAW 2023 REGULATIONS.**

OPEN WATER SWIMMING IN TRIATHLON SIGNIFICANTLY DIFFERS FROM POOL SWIMMING. TO ALLEVIATE STRESS, IT'S IMPORTANT TO ARRIVE ON RACE DAY HEALTHY, FIT, AND PREPARED. HERE'S A TOP-10 CHECKLIST THAT WILL HELP YOU PREPARE.

### 1. PREPARE FOR RACE CONDITIONS

Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers, orientation (includes water clarity, depth and distance perception), and wearing a wetsuit if needed.

### 2. RACE IN SHORTER EVENTS

Proper training is the best way to reduce anxiety. It's also a good idea to race shorter distance triathlons or single-sport events (for example, an open water swim event), as well as join clinics and club activities to prepare yourself for open water conditions.

### 3. LEARN ABOUT COURSE DETAILS

It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website, event athlete guide and pre-race communication to familiarize yourself with the course.

Keep in mind that every body of water is different- educate yourself on water currents and surf conditions, if applicable. Study the event schedule to plan for optimal arrival and preparation.

### 4. ENSURE HEART HEALTH

As an athlete in training, you should take the proper steps to assess your health with your physician. The American Heart Association and European Society of Cardiology offer suggestions for cardiac screening of competitive athletes. These include a physical exam as well as an assessment of your family history, personal heart health and may include a recommendation of additional diagnostic studies. Wherever you live, we recommend you consult with your physician before you race.

### 5. PAY ATTENTION TO WARNING SIGNS

While training, if you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness) or blacking out, or have any other medical concerns or symptoms, consult your doctor immediately.

### 6. DON'T USE NEW GEAR ON RACE DAY

Focus on controlling as many factors as you can on race day. You should never race in equipment you haven't trained in, this is not the time to test new gear. Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly. Prepare for the unexpected with backups of all your gear.

### 7. WARM UP ON RACE DAY

Arrive early enough on race day for an adequate warm-up prior to start. Spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race. Please note that warming up in the water is prohibited.

### 8. CHECK OUT THE COURSE

Get comfortable with the course by checking out water conditions, the swim entry and exit layouts, as well as turn buoy colors and locations.

### 9. START EASY – RELAX AND BREATHE

Follow the race day instructions regarding the swim start format that have been provided in the event athlete guide. For events with a rolling swim start, don't overestimate your ability. Please line up in the appropriate position based on instructions provided in the event athlete guide. Don't race at maximum effort from the start - ease into your swim. Relax and focus on your breathing as you settle into a sustainable place.

### 10. BE ALERT AND ASK FOR HELP

In a race setting always stop at the first sign of a medical problem. The IRONMAN Competition Rules allow for competitors to stop or rest at any time during the swim. If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat. Feel free to hold on to a static object like a raft, buoy, or dock. As long as you don't use it to move forward, you won't face disqualification.

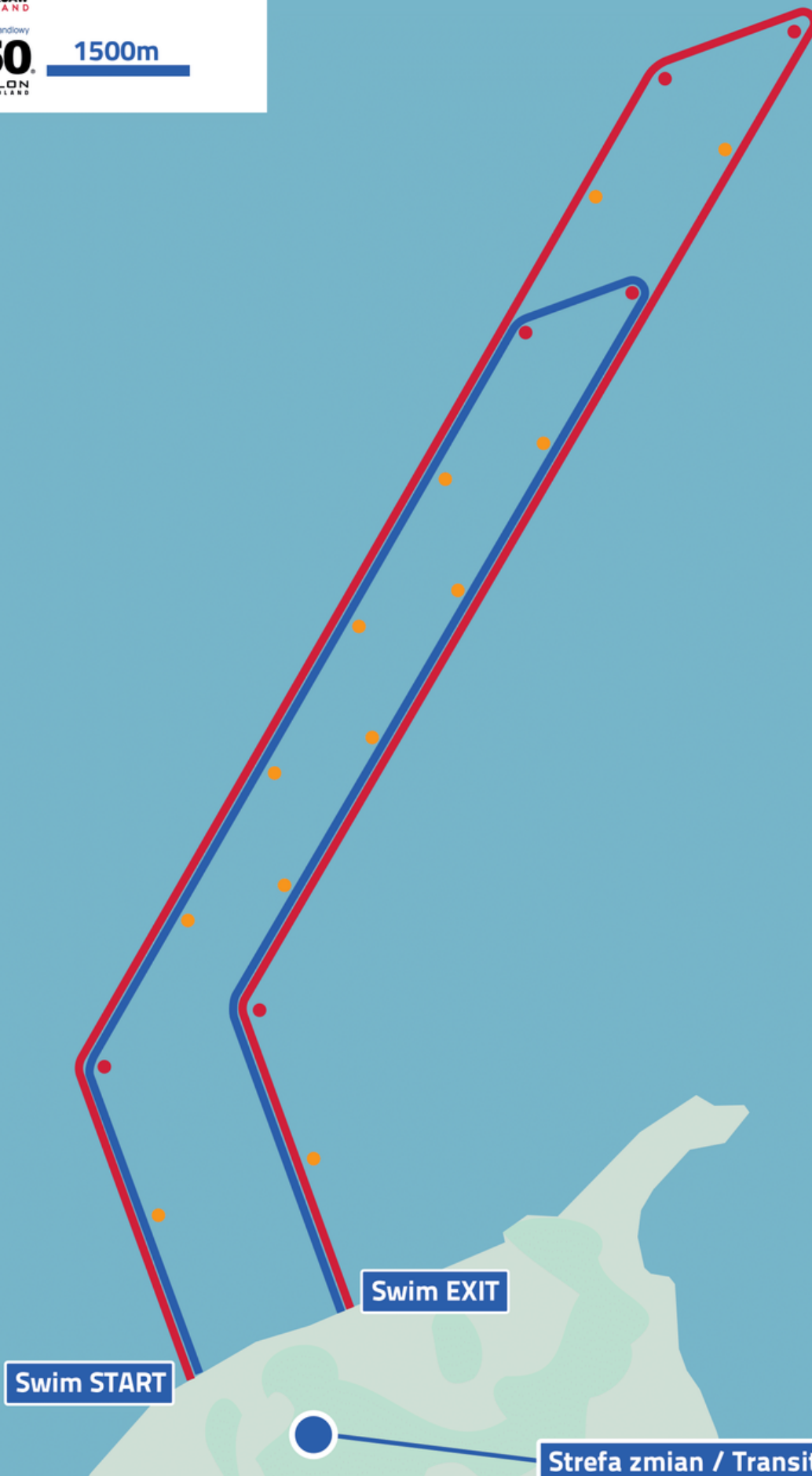
# TRASA PŁYWACKA SWIMMING COURSE



1900m



1500m





# TRANSITIONS

## T1 TRANSITION ZONE

After getting out of the water, run to the Transition Zone where you will change into your cycling gear and get ready for the bike course.

Immediately after entering the Transition Zone, run to the rack and take the BLUE BIKE BAG with your cycling gear. Then sit on the benches and change, there are designated areas for athletes who need privacy while changing.

At the end of your change, pack your wetsuit and other swimming equipment into the BLUE BAG and place it back on the rack, in the same place from where you took it (marked with your number).

**For relays, the box just before you enter the Transition Zone will indicate the area where the timing chip should be handed over to the next team member. From this area, head to the bike and start the bike course.**

Cycling shoes must be worn on the bike or in a bag. The 'Shoes on bike' sign will indicate the last zone; it is permitted to wear bike shoes.

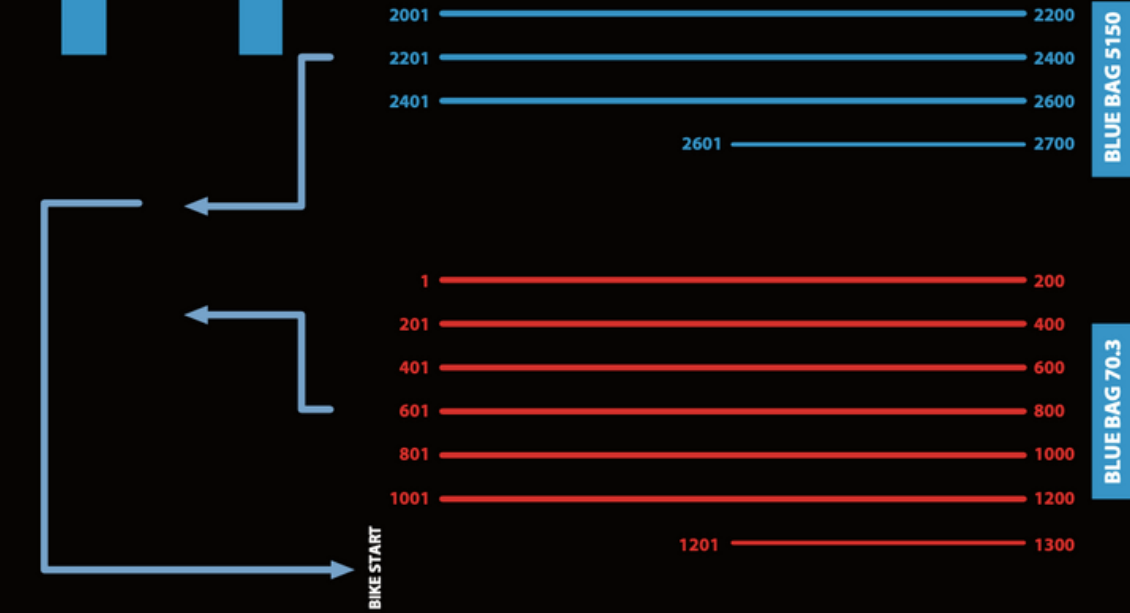
Please note that the chin strap of the helmet must be securely fastened before removing the bike from the bike rack. The chin strap must always be fastened when the athlete is in contact with the bike. Failure to do so may result in a penalty from the competition judge.

Before getting on the bike, you must cross the line of the bike attachment. This line will be clearly marked and is located at the exit of the Transition Zone.

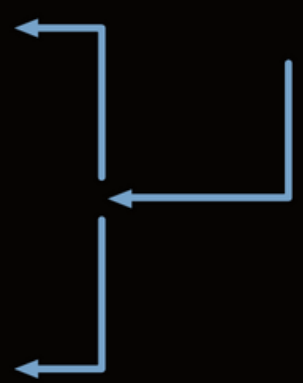
**Please note that there will be changing tents in the Zone. You may use a towel to change if you wish. Nudity is not permitted.**

# TRANSITIONS

## T1



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## T2

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 POLAND



# TRANSITIONS

## T2 TRANSITION ZONE

As you enter the Transition Zone T2, dismount your bike at the bike entry line, take your bike back to the bike rack where you will put your bike away.

You will then collect your RED RUNNING BAG and sit on the benches where you will change into your running gear, there are designated areas for athletes who need privacy when changing.

All cycling equipment, including your cycling helmet, must be put in the bag. Cycling shoes must remain on the bike pedals or be placed in the RED SACK. At the end of your shift, pack your equipment in the RED BAG and then place it back on the rack in the same place you took it from (marked with your athlete number). Then, when you are ready, you will exit the Transition Zone and start the running leg.

**For relays, the athlete running should wait for the athlete finishing the bike stage at the bike rack in the Transition Zone. The handover of the "baton" will take place by handing over the chip in the Transition Zone. From there, proceed to the running route.**

After completing the race, the BLUE BIKE BAG and RED RUN BAG will be in the Transition Zone T2 and can be collected with your bike between 13:00-16:00 (5150) and 16:00-19:30 (IRONMAN 70.3). You must have your start number and timing chip with you to collect your equipment.

**All start bags and bikes must be collected before 7pm on Sunday evening. Citi Handlowy IRONMAN 70.3 Warsaw is not responsible for bikes not collected after 19:30.**





## **COURSE**

One 90km cycling loop is flat.

Athletes will be able to admire the varied landscapes of Mazovia and the most popular monuments of Warsaw before the finish line at the Multimedia Fountain Park.

## **TIME LIMIT**

**IRONMAN 70.3 - 5h30' SWIM + T1 + BIKE**

**5150 - 2h45' SWIM + T1 + BIKE**

The bike course will be closed after 5 hours and 20 minutes (IRONMAN 70.3) and 2 hours 45 minutes (5150) after the last athlete has started the swim. Each athlete or relay member will be given the above time to complete the swim, T1 and bike course, regardless of when they start the swim. Any athlete or relay member who takes longer than the time limit to complete the swim, T1 and bike course will not be allowed to continue competing and will receive a DNF.

## **SAFETY FIRST**

You must follow the directions and instructions of the race organisers, race judges and police. Failure to do so may result in disqualification from the race.

## **MEDICAL ASSISTANCE**

If you require medical assistance on the bike course, paramedics on motorbikes will move around the bike course to assist you. Contact your IRONMAN representative if you require medical assistance.

## **TECHNICAL SUPPORT FOR BICYCLES**

Bicycle technical support will be available on the course and is able to assist with the most basic mechanical needs, e.g. punctured tyre, broken cables etc. Please note that it is the athlete's responsibility to have extra tubes, tyres, tools etc. on the bike during the race. The bike technicians and tools in the SAG car are only there as an extra service and are based on a first-come, first-served basis.

## **SAG CAR**

There will be a SAG car on the bike course that will be able to pick you and your bike up if you decide to withdraw from the race. You should approach an IRONMAN representative on the course and they will call the SAG car. If you do not complete the race, the SAG car will pick you up from anywhere along the course.

## **RESIGNATION**

If you decide to withdraw, please inform the referee.



# BIKE

## **RULES FOR BICYCLES**

- Observance of traffic regulations is mandatory.
- Drafting specifics: Athletes must maintain six bike lengths of clearance between bikes, with the exception of overtaking. Failure to do so will result in a drafting violation.
- Drafting is prohibited (blue card).
- Overtaking athletes may overtake from the left for a maximum of 25 seconds, but must return to the right side of the road after overtaking. Failure to make an overtaking manoeuvre within 25 seconds will result in a drafting offence. Athletes may not back out of the drafting zone once they have overtaken (drafting violation).

## **BLUE CARD - BICYCLE**

The blue card is used in the event of drafting:

First blue card - offence 5:00 minutes extra time

Second blue card - offence 10:00 minutes additional time

Third blue card - DSQ offence

When an athlete receives a blue card, they must serve the penalty in the Penalty Tent and ensure that the referee has noted on their number that the penalty has been served.

## **YELLOW CARD - BICYCLE**

A 30 second "stop & go" penalty. The athlete who has received this penalty must stop immediately after receiving the card, along with the referee who issued it. It is the referee who starts the stopwatch and allows the athlete to restart the race after serving the penalty.

COMPLETING IN A TRIATHLON EVENT REQUIRES TRAINING ON A BIKE. TO BE FULLY PREPARED, IT'S IMPORTANT THAT YOU ARRIVE ON EVENT DAY HEALTHY, FIT, AND EQUIPPED WITH THE PROPER GEAR. READ ON FOR AN ESSENTIAL CHECKLIST TO GET YOU READY FOR ANY TWO-WHEELED CHALLENGE.

### 1. IT STARTS WITH YOUR BIKE

Your seat and handlebars should be adjusted to the appropriate height and reach for you.

Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly.

Keep your bike clean and your chain lubed.

Use front and rear lights when riding in low light conditions – this may be required by law in your area. Tires should be inflated to the recommended pressure.

### 2. LEARN THE BASICS

Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking.

If you're unfamiliar with shifting gears, practice doing this in a low-traffic area.

Practice riding a straight line, and cornering (right, left, U-turns).

### 3. SUIT UP

Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride. Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race.

Choose clothing that is visible in low-light conditions.

### 4. BE PREPARED TO RIDE

Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed.

Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

### 5. PLAN AHEAD

Always obey all traffic signals and signs.

Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you.

Select a ride distance appropriate to your fitness.

### 6. INFORM OTHERS

In the event of an incident, someone should know where you are riding. Always carry personal identification with you and emergency contact information.

Carry a cell phone for emergencies.

### 7. STAY ALERT

Leave the playlists and podcasts for indoor workouts. Don't use your phone while riding – pull off the road if you need to make a call or send a text.

Don't take photos and selfies while riding.

Look at the road and the riders around you, not your bike computer.

Be able to see and hear what is going on around you.

### 8. OBEY THE LAW

Always stop at stop signs and lights. Remember, cyclists have the same responsibilities as vehicles. Know the traffic laws for your area, especially those regarding riding two abreast or single file.

Know where the vehicles are around you and anticipate that drivers may not see cyclists.

When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

### 9. COMMUNICATE

Use verbal and hand signals so others know if you are stopping or turning.

Make eye contact with drivers and other cyclists. Watch for hazards in the road including potholes, debris, or water bottles. Visually and verbally communicate with the specific volunteer in the aid station you will be taking from, letting them know you are taking aid directly from them.

### 10. SAFETY FIRST

Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass. Your hands should always be able to get to the brakes quickly.

Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.

# TRASA ROWEROWA/ BIKE COURSE

off handlowy  
**IRONMAN**  
70.3 **WARSAW**  
POLAND



Jezioro Zegrzyńskie



Nieporęt



Most Marii Skłodowskiej-Curie



Zamek Królewski



Tunel pod Wisłostradą



Kanał Żerański



Cytadela Warszawska



Stadion Narodowy

Strefa zmian / Transition zone

Strefa zmian / Transition zone

Punkt odżywiania  
Aid Station

0,0 km 20,0 km 40,0 km 60,0 km 80,0 km 100,0 km

116m  
47m

**TRASA ROWEROWA/  
BIKE COURSE**

ofiary  
**5i50**  
TRIATHLON  
WARSAWA - POLSKA



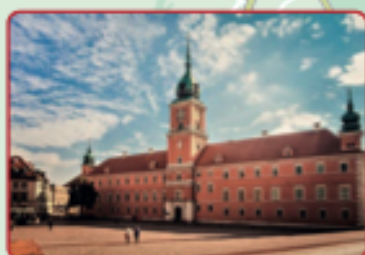
**Jezioro Zegrzyńskie**



**Nieporęt**



**Most Marii Skłodowskiej-Curie**



**Zamek Królewski**



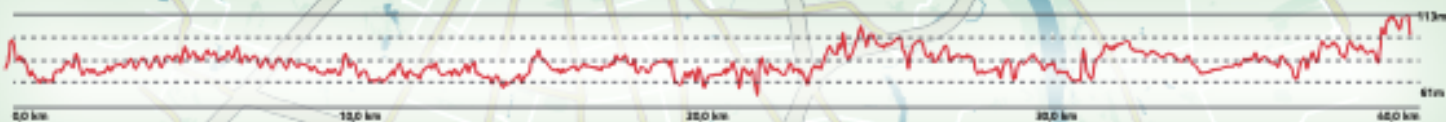
**Cytadela Warszawska**

Strefa zmian / Transition zone

**Kanał Żerański**

Strefa zmian  
/ Transition zone

 **Punkt odżywiania**  
Aid Station





## **COURSE**

The course runs through the very heart of Warsaw, which is the Old Town. Runners will be surrounded all along the course by picturesque post-war tenement houses and the most popular buildings in the capital.

## **NUTRITION POINTS**

They will be located every 2.5 km along the route.

Cups and gels should be dropped into the designated containers, not on the ground. Athletes will be penalised if caught littering by the race referee.

## **TIME LIMIT**

**IRONMAN 70.3 - 8h30:** SWIM + T1+BIKE +T2 + RUN

**5150 - 4h:** SWIM + T1+BIKE +T2 + RUN

The running course will be closed 8 hours and 30 minutes (IRONMAN 70.3) and 4 hours (5150) after the last athlete has started the swim.

Each athlete or relay member will have the above times to complete all along the course. Any athlete or relay member who takes longer than the time limit to complete the entire course and does not complete the race before it closes will receive a DNF. Any athlete or relay team member who takes longer than the time limit to complete the entire course but crosses the finish line before the race course is closed will receive an NC (Not Classified) in the race results and will not be eligible for age group awards or World Championship places.

## **RESIGNATION**

If you decide to resign, please inform the referee and only the referee.

## **RACE RULES**

- Athletes may run, walk.
- The starting number must be worn at all times during the run and must be visible on the front.
- The jersey must be worn at all times during the run and must not be unbuttoned below the breastbone.
- Coaching is only allowed on the race side. This means that coaches are not allowed to follow athletes directly on the course.
- Athletes may not accept assistance from anyone during the run.

## **YELLOW CARD - RUN**

30 second "stop & go" penalty. The athlete who receives this penalty must stop immediately after receiving the card, together with the referee who issued it. It is the referee who starts the stopwatch and allows the athlete to start running again after serving the penalty.

# TRASA BIEGOWA/ RUN COURSE



Strefa Zmian T2 / Transition Zone

Start biegu / Run Start

Meta / Finish

4  
okrążenia  
4 laps



Park Fontann



Sąd Najwyższy / Supreme Court



Zamek Królewski / King Castle



Pałac Krasińskich



Plac Zamkowy / Castle Square



Pałac Prezydencki / Presidential Palace



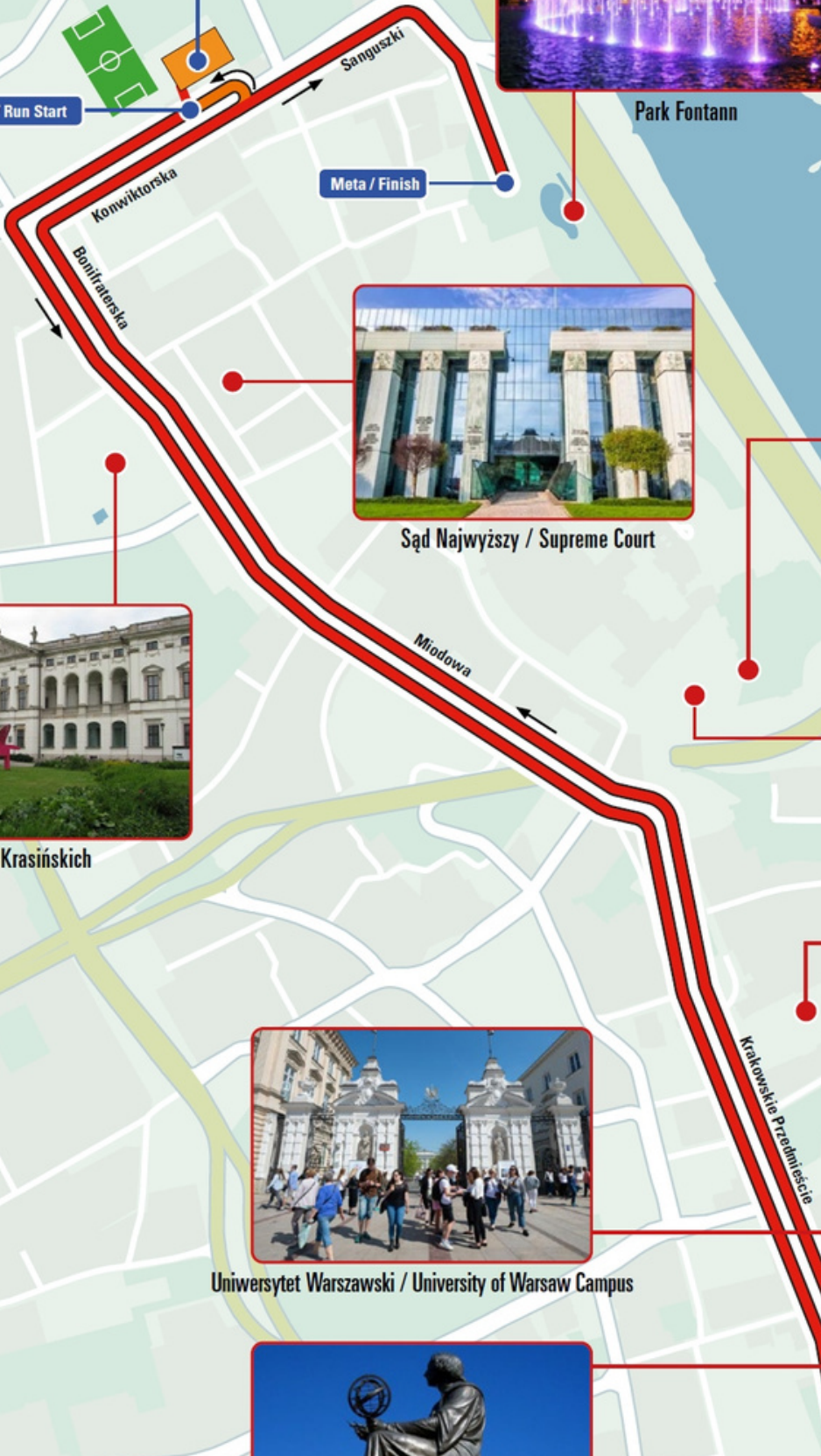
Uniwersytet Warszawski / University of Warsaw Campus



Pomnik Kopernika / Copernicus Monument



Polska Akademia Nauk / Polish Science Academy



**TRASA BIEGOWA/  
RUN COURSE**

citi handlowy  
**5i50**  
**TRIATHLON**  
WARSAW · POLAND

Strefa Zmian T2 / Transition Zone

Start biegu / Run Start

Meta / Finish

2  
okrążenia  
2 laps



Park Fontann



Sąd Najwyższy / Supreme Court



Zamek Królewski / King Castle



Pałac Krasińskich



Plac Zamkowy / Castle Square



Pałac Prezydencki / Presidential Palace



Uniwersytet Warszawski / University of Warsaw Campus



Pomnik Kopernika / Copernicus Monument



Polska Akademia Nauk / Polish Science Academy







# RELAY TEAM

## BEFORE START

- The team captain must ensure that all team members have been successfully registered.

## RACE WEEKEND

- One member of the team can collect the start package, provided that the entire team has been completed in the SlotMarket system (registration platform). If you are not sure if your relay is complete, you can check the start list or send us an email.
- It is not possible for one team member and/or team captain to collect the start packs for more than their relay team, even with permission.
- Each relay member will receive a QR code to collect their start pack.

**IMPORTANT:** For more information on relay teams, please attend the race briefing / watch the recorded race briefing.

# RELAY TEAM

## RACE DAY

**TIMING CHIP AND START NUMBERS:** You will receive a timing chip in your start pack. There will also be two start numbers in the start pack; one for the cyclist and one for the runner.

**ON RACE DAY** When you enter the Transition Zone on race day, find the designated Relay Zone. Store all your race bags and equipment (except your bike) in this area. The discipline change box is located next to the Transition Zone entrance/exit.

**DURING THE RACE**, athletes waiting for their turn can access the Transition Zone by showing their wristband.

**BE READY** (fully dressed + start number attached) and wait in the designated relay area in the Transition Zone until the previous athlete on the team arrives.

**THE CYCLIST RECEIVES THE BIKE** after receiving the timing chip from the swimmer. When the cyclist has completed the bike stage, he/she puts the bike back on the bike stand and then hands the timing chip to the runner at the meeting point. During the race, only the cyclist runs through the Transition Zone both before and after the bike course.

**WHEN NOT** participating in the race, try to stay in the designated Relay Zone. If you need to change, use the changing area in the Transition Zone located by the bag racks. There will be separate areas where both men and women can change naked.

**BE AWARE** of other athletes who are still racing, respect them and move aside.

**REMEMBER** the time limits for each discipline. Time limits are the same for relays as for Age Group athletes.

**EACH TEAM MEMBER** receives a finisher's shirt and one finisher's medal.

**MEDAL ENGRAVING:** Please note that medal engraving must be purchased for each medal (2 or 3 times), not just once for the team.

**ONLY THE RUNNER CAN CROSS THE FINISH LINE.**

**ALL TEAM MEMBERS** have access to the Finisher's Zone.

# FINISH LINE

## THE FINISH LINE

The moment we've all been waiting for, the final metres after the race. Enjoy it, hear the crowd, feel all the excitement - it's your day! Get swept away by the crowd, pose in front of the cameras - you might just be the one in the evening TV news headlines or on the cover of a magazine dedicated to the race next year!

Near the finish line, wear your starting number on the front. Fasten your suit above your sternum.

The finish line must be crossed alone. Fans, children and animals are not allowed to cross the finish line for safety reasons.

## AFTER THE RACE

1. The medal will be presented just after the finish arch. Medal engraving is available in the Finisher's Zone,
2. Then pick up your finisher's T-shirt, also from the Finisher's Zone (except for relay teams, who will receive their T-shirts at the Race Office),
3. Enjoy a sweet and salty buffet and refuel after your achievement,
4. Pick up your deposit bag in the Finisher's Zone,
5. Enjoy a massage in the Finisher's Zone.

## CHECK-OUT

TIME	EVENT	LOCATION
13:00-16:00	CHECK-OUT BIKE AND TRANSITION BAGS 5150	MKS POLONIA WARSZAWA - TRAINING PITCH
16:00-19:30	CHECK-OUT BIKE AND TRANSITION BAGS IRONMAN 70.3	MKS POLONIA WARSZAWA - TRAINING PITCH

**Don't forget to bring your chip with you. You will need it to collect your equipment and bike. You will need to show your wristband during the inspection.**

# AWARDS CEREMONY

TIME	EVENT	LOCATION
12:15	AWARDS - 5150 TRIATHLON SERIES	MULTIMEDIA FOUNTAIN PARK
18:15	AWARDS - IROMAN 70.3	MULTIMEDIA FOUNTAIN PARK

- o Trophy for the 5 best PRO men/women
- o Trophy for the top 3 athletes in each age category
- o Trophy for the 3 best relay teams (men, women, mixed)
- o Trophy for the 3 best triathlon clubs

Attendance at the awards ceremony is compulsory, awards will not be sent out after the ceremony.

## Czekasz na wakacje?

**Skompletuj z nami swój wakacyjny pakiet przygodowy!**

Nurkowanie w ciepłych krajach, pływanie, zabawy w aquaparku czy plażowanie. Nasze akcesoria zapewnią niezapomnianą przygodę.

**AQUA SPEED**

Wszystkie produkty na [www.aquaspeed.com.pl](http://www.aquaspeed.com.pl)



Odwiedź stronę





# SLOT ALLOCATION

## TIME

~18:45

## EVENT

SLOT ALLOCATION

## LOCATION

MULTIMEDIA FOUNTAIN PARK

### SLOT ALLOCATION

Citi Handlowy IRONMAN 70.3 Warsaw 2023 will award slots for the 2023 VinFast IRONMAN 70.3 World Championships in Lahti, Finland, to be held on 26-27 August 2023.

#### o 45 QUALIFYING PLACES FOR AGE GROUPS

*Please note: slot allocations are subject to change and can be reviewed [here](#).*

### RULES

To accept a slot for the VinFast IRONMAN 2023 World Championship, qualified athletes must pick up their slot in person at the Slot Allocation ceremony. No slot will be allocated afterwards.

A photo ID and payment by credit card is required. **We do NOT accept cash or cheques.**

**The amount is \$650 (USD) + Active Processing Fee (9.25% Active commission).**

Shortly after completing the form and making the payment, you will receive a registration link from the World Championship team. This must be completed to become a confirmed athlete; no additional payment will be required.

*Make sure you have all the necessary documents and visas to travel to the VinFast IRONMAN 70.3 World Championships; it is the athlete's responsibility to check travel requirements before accepting a place.*



# SLOT ALLOCATION

## HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

“Age Group” refers to a grouping of athlete peers based on their gender and age range. For example, ‘Male 25-29’ is one Age Group, and ‘Female 25-29’ is another. Your Age Group is determined by your age as of December 31st of the year of the event. For example, if you are Male and turn 25 in 2023, then your Age Group Category for any race in 2023 is M25 – 29.

**THE SLOT ALLOCATION PROCESS:** The following Slot Allocation Process will be conducted for each gender separately:

### BEFORE RACE DAY

Each Age Group with registered athletes is tentatively allocated one slot each (an “Initially Allocated Slot”). All other slots available for the race (the “Proportionally Allocated Slots”) are not allocated until race day.

### ON RACE DAY

If there are no starters in an Age Group, then that Age Group’s Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot.

The Proportionally Allocated Slots are then distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group within the gender, i.e., the more athletes in an Age Group, the more slot allocations they receive.

### AFTER THE RACE

#### *Before Roll Down*

If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

#### *DURING ROLL DOWN*

If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

### OTHER INFORMATION

**Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots.** Athletes holding current Professional or Elite status with any World Triathlon Member National Triathlon Governing Body, WTC’s Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they qualified for, hold Professional or Elite status.

Any change in an athlete’s status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

# GOOD TO KNOW

## ONE QUESTION?

Please send us a message on Facebook or by email to:

[warsaw70.3@ironman.com](mailto:warsaw70.3@ironman.com) lub [5150warsaw@ironman.com](mailto:5150warsaw@ironman.com)

## LOST AND FOUND ITEMS

During the race weekend, lost and found items will be available at the information desk. After the race lost and found items will be available at the information desk.

After the race, please contact [warsaw70.3@ironman.com](mailto:warsaw70.3@ironman.com) or [5150warsaw@ironman.com](mailto:5150warsaw@ironman.com), to recover lost items and arrange for their return.

Postage charges apply.

\* Unclaimed items will be shipped within 30 days.

## SAFETY AND SECURITY

Sportsmen: Safety first, don't take unnecessary risks.

Make sure you provide your emergency contact on your SlotMarket account.

Coaches: If an athlete is not visible on the tracker for a long time, it may just be a bug chip. In the event of an incident, the organisation will contact the emergency contact directly.

If you are on site: You can go to the medical information desk located in the Multimedia Fountain Park.



# Spójrz w przyszłość już dziś

## Audi Q8 e-tron

Dealer Audi Porsche Połczyńska  
ul. Połczyńska 109, Warszawa

Zeskanuj kod QR  
i odwiedź naszą stronę!



# KIDS RUN WARSAW

DATE	TIME	EVENT	LOCATION
10th JUNE	12:00-14:00	KIDS RUN WARSAW	MULTIMEDIA FOUNTAIN PARK

Before Citi Handlowy IRONMAN 70.3, young athletes will be on the course! Once again, the youngest will line up at the starting line of the Kids Run Warsaw competition to tackle the cross-country course!

Young athletes aged 3-15 will take part in the Kids Run Warsaw. The length of the course will depend on the age category.

Children will start in waves according to the distances - the first distance at 12:00 and subsequent distances every 20 minutes. The exact time of the Athlete's start is given on the start list and QR ticket.

Born in 2020-2019 - 1 loop - ok. 350m  
Born in 2018-2017 - 1 loop - ok. 350m  
Born in 2016-2015 - 2 loops - ok. 700m  
Born in 2014-2013 - 2 loops - ok. 700m  
Born in 2012-2011 - 3 loops - ok. 1000m  
Born in 2010-2008 - 5 loops - ok. 1700m

**Qualification for an age category is based on the year of birth.**

Please be patient and do not push or shout while waiting for children.

Please be respectful of staff, volunteers and other parents/carers around you.

The take-off procedures take some time but is essential for the welfare and safety of the children.

Thank you for your patience and understanding. Let us remember that this is first and foremost fun for the children.





# KIDS RUN WARSAW

## KIDS RUN

citi handlowy  
**5i50**  
TRIATHLON  
WARSAW • POLAND

citi handlowy  
**IRONMAN**  
70.3  
WARSAW  
POLAND

Biuro Zawodów  
Race Office

Start/Meta  
Finish Line

Wybrzeże Gdańskie

Park  
Fontann

ul. Rybaki

Rocznik Age Category	Petle Loops	Dystans Distance	Godzina Time
2020-2019	1	ok. 350m	12:00
2018-2017	1	ok. 350m	12:20
2016-2015	2	ok. 700m	12:40
2014-2013	2	ok. 700m	13:00
2012-2011	3	ok. 1000m	13:20
2010-2008	5	ok. 1700m	13:40



# FUNDACJA MIASTA SPORTU

## Fundacja MIASTA SPORTU powstała z kilku powodów:

Po pierwsze, by promować wolontariat sportowy i pracowniczy.

Po drugie, by pomagać młodym i utalentowanym sportowcom.

Po trzecie, by promować wiedzę o nowoczesnym zarządzaniu imprezami i klubami sportowymi.



Poprzez nasze działania chcemy pokazać idee wolontariatu sportowego, który jest ogromnym wsparciem dla zawodników jak i organizatorów dużych wydarzeń. Zaangażowanie w działania społeczne ma także ogromne korzyści dla wolontariuszy - od niezapomnianych wrażeń, zawieranie nowych znajomości, po rozwój osobisty.

## Dołącz do grona naszych wolontariuszy!

Zarejestruj się na stronie

<https://staff.fundacjamiastaspportu.org/>

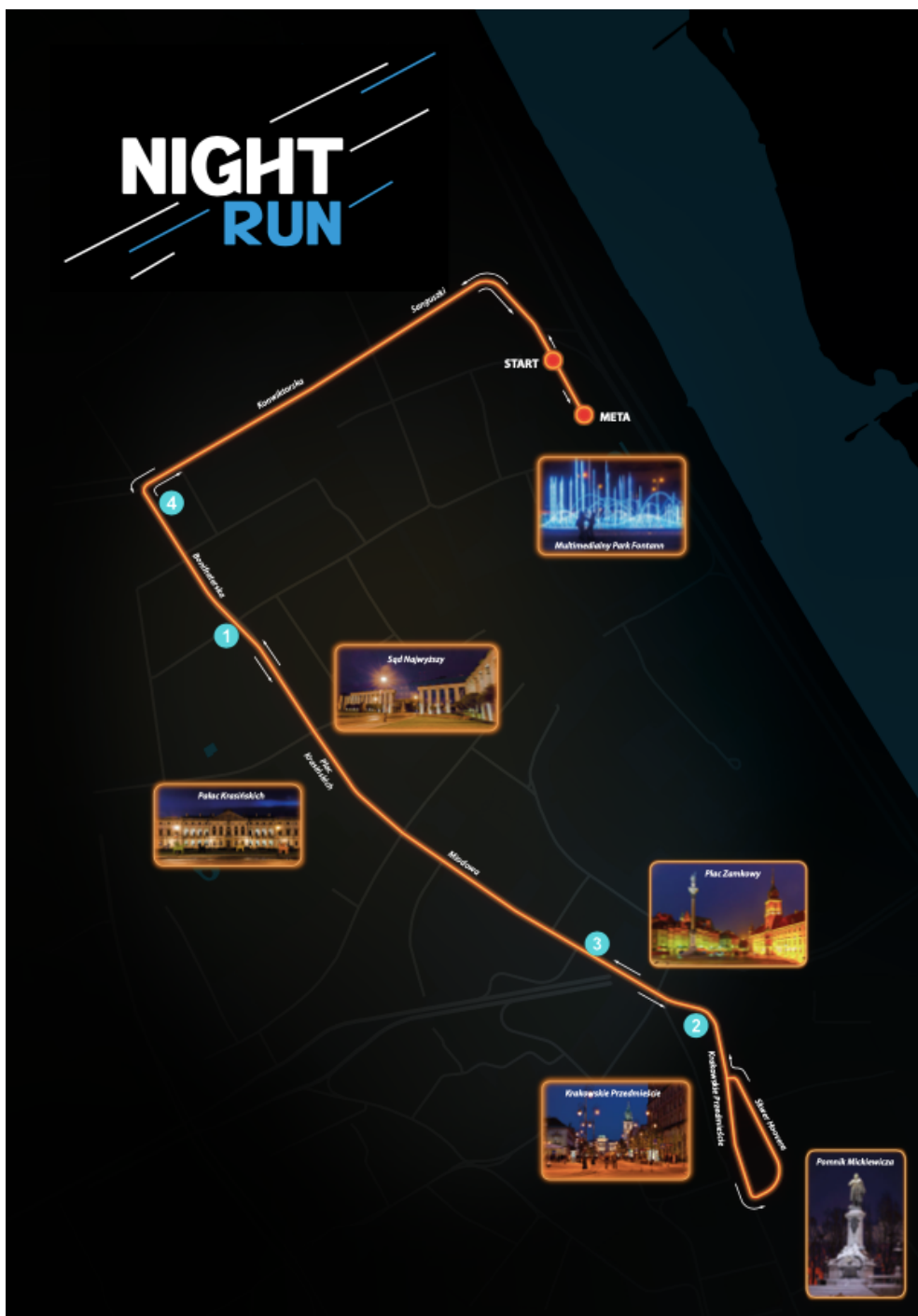
Po zalogowaniu się znajdziesz wiele ciekawych ofert wolontariatu!

[www.fundacjamiastaspportu.org](http://www.fundacjamiastaspportu.org)



# NIGHT RUN

DATE	TIME	EVENT	LOCATION
9th JUNE	15:00-22:30	RACE OFFICE	MULTIMEDIA FOUNTAIN PARK
9TH JUNE	23:00	START	MULTIMEDIA FOUNTAIN PARK
9TH JUNE	23:45	AWARDS	MULTIMEDIA FOUNTAIN PARK



TITLE SPONSOR

**citi** handlowy

HOST CITY

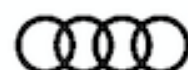


Warszawa

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