



# ATHLETE GUIDE

WARSZAWA | 7-9 JUNE 2024



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# WELCOME MESSAGE

Dear Ladies and Gentlemen,

I am extremely pleased that once again Warsaw is the Host City for IRONMAN 70.3 Warsaw, one of the most recognizable events in this series worldwide.

On June 9th, athletes will line up at the start to test themselves in the demanding discipline of triathlon. At the Warsaw Podzamcze, we will witness the tears of exhaustion and joy of those who complete the race.

For years, Warsaw has been open to sports events and eagerly partners with numerous sports and recreational projects. Seeing the interest that events like IRONMAN 70.3 Warsaw generate, I am convinced that co-organizing such ventures is a right decision that enriches the city's array of attractions. It is also a great way to spend time actively in the fresh air.

This year's triathlon course, slightly different from last year, will traverse the magnificent, picturesque areas of Warsaw, allowing spectators to cheer on those who have taken on the challenge—either individually or in relays. Young athletes will also participate in the competition, as during IRONMAN Kids, they will have the chance to test their strength on part of the running course that their parents often tackle during the main event.

Believing that, as in previous years, the weather will not disappoint us, I cordially invite everyone to actively participate in the event, to cheer on and encourage the participants. I wish all the athletes good luck on the course, the breaking of personal records, and the overcoming of personal weaknesses.

May the best one win!



**RAFAŁ TRZASKOWSKI**

Prezydent m.st. Warszawy

# WELCOME MESSAGE

Dear Athletes,

It is an honor and pleasure to once again host the participants of the "IRONMAN 70.3 Warsaw" event. In previous editions, you had the opportunity to see that the Nieporęt Municipality, located by Lake Zegrzyńskie and surrounded by beautiful forests, is an ideal place not only for active recreation but also for sporting competition, including triathlon. I am confident that this will be the case again this year.

Two of the three stages of this spectacular event will take place in our area – in the waters of Lake Zegrzyńskie and among the picturesque landscapes of Nieporęt. This gives us the opportunity to witness and participate in your high-level sporting endeavors. Rest assured that you can count on our enthusiastic support and encouragement from the residents. I also hope that the positive energy you bring to our community will inspire and motivate many people to start their own sporting journeys.

To all the athletes participating in the competition, I wish you many positive experiences, safe competition, perseverance in overcoming your own barriers, and the best possible results at the finish line. By standing at the start of this challenging event, you are all already winners. After the sporting competition, I warmly invite you to the Nieporęt Municipality with your families and friends for rest and recovery.



**AGNIESZKA POWAŁA**

The Mayor of Nieporęt Municipality



# WELCOME MESSAGE

Dear Triathletes!

Welcome to Warsaw! The capital of Poland is a place that combines the unique history of the city with incredibly dynamic development in recent decades, making it a truly European, modern metropolis. I am convinced that you will have a great time here and I encourage you to explore this remarkable city.

Just as the city is growing, so is IRONMAN 70.3 Warsaw. Over the past three years, this event has become the largest IRONMAN 70.3 race in Poland. It is also the most international by far. This year, 2/3 of the participants in the main race come from outside Poland. We welcome you warmly and sincerely!

This edition is also special for us because it is the first IRONMAN Poland race since the pandemic that has been sold out. We thank you for this vote of confidence, and I can promise that, together with the entire organizing team and hundreds of volunteers, we will do everything to ensure that you have the best memories of the upcoming IRONMAN 70.3 Warsaw weekend.

We are also counting on the supporters! We know that you come to Warsaw with your families, other members of your triathlon clubs, or just friends. We want everyone to find something for themselves this weekend. We invite you to our village, as well as to the accompanying events – the Night Run Warsaw on Friday as well as the IRONKIDS and open water competitions on Saturday. On Friday and Saturday evenings at the Multimedia Fountain Park in Warsaw – where our finish line is located – there will also be free water, music, and light shows. They are definitely worth seeing!

Finally, I would like to thank our sponsors, partners and the authorities of Warsaw and the Nieporęt Municipality. Without your support, the organization of this event would not be possible.

I wish everyone good health and the best possible racing experience! I also encourage you to carefully review the Athlete Guide, where you will find all the necessary information before the race.

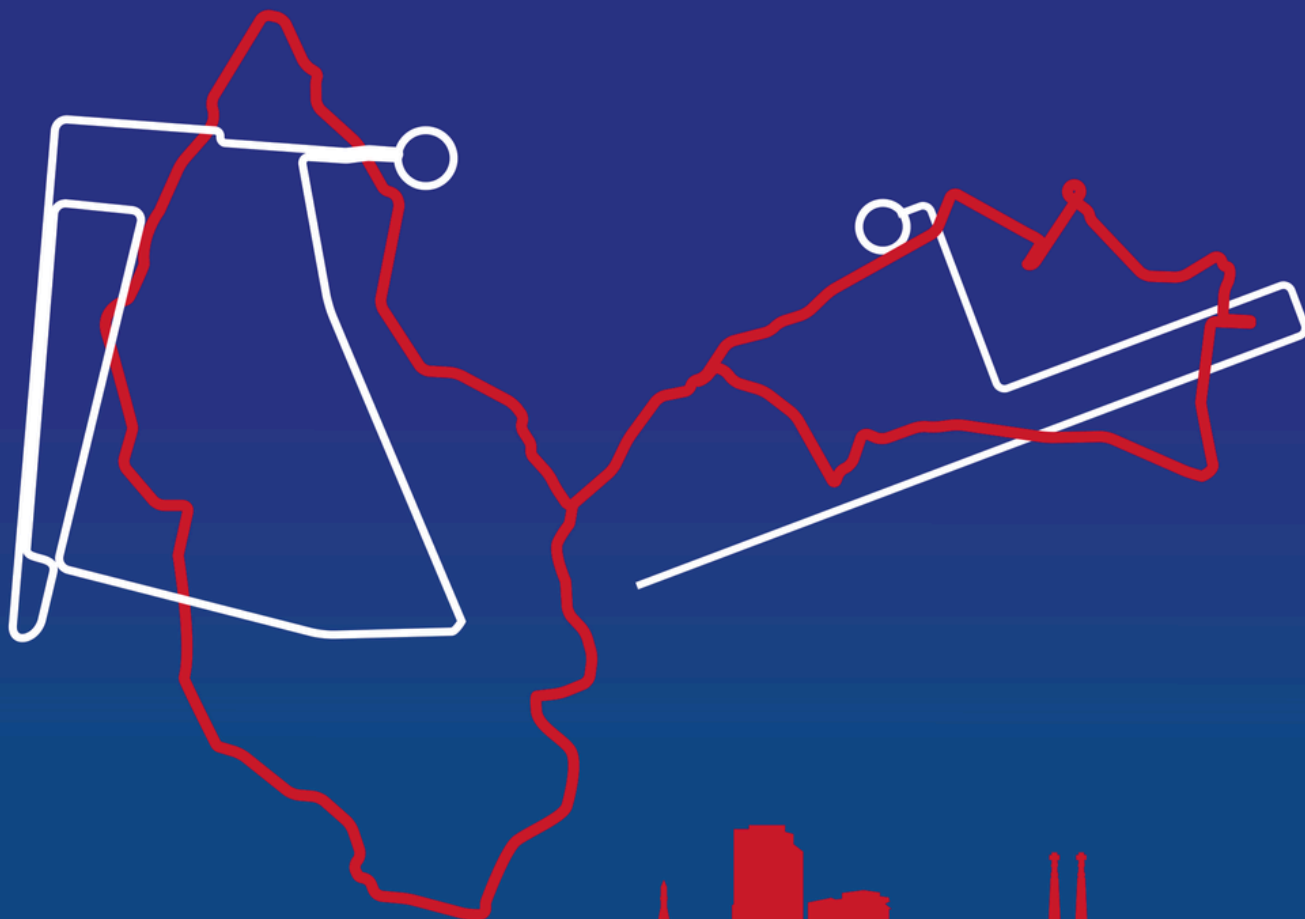
Enjoy your stay in Warsaw and compete in the spirit of fair play!



**MICHAŁ DRELICH**

Race director

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



**1,9K - 90K - 21,1K**

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# HEAD REFEREE'S MESSAGE

**Maciej Jakubowski**  
IRONMAN 70.3 Warsaw  
Head referee

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide, the 2024 IRONMAN Rules and the Event Rules.

## CARDS & PENALTIES

Blue Card		<b>1st Blue Card</b> - 5:00 minutes time penalty (for IRONMAN 70.3) or 2:00 minutes time penalty (for 5150 Triathlon Series)  <b>Druga niebieska karta</b> - 10:00 minutes time penalty (for IRONMAN 70.3) or 4:00 minutes time penalty (for 5150 Triathlon Series)  <i>eg. drafting</i>
Yellow Card		30 second time penalty  <i>eg. Blocking the progress of other athletes</i>
Red Card		Disqualification (DSQ)  <i>eg. Non-compliant material or equipment</i>

### THREE BLUE OR YELLOW CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION

When an athlete receives a blue or yellow card, they must serve their penalty in the Penalty Tent (before entering Transition Zone T2) and ensure that the judge records on their number that the penalty has been served.

Failure to report to the penalty tent results in disqualification.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referee's ruling is final in the case of POSITION violations, and there are no protests or appeals.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification.

We sincerely hope you have a great race and achieve all your goals.

All rules and details about the race can be found in the IRONMAN 2024 rules, the competition regulations, and in this Athlete Guide. The event regulations are available on the website [www.ironmanwarsaw.com](http://www.ironmanwarsaw.com).

[2024 RULES](#)

# RULES & REGULATIONS

## 2024 RACE RULE UPDATES

It is the responsibility of each athlete to read and understand the rules in their entirety. However, you will find below the main updates for the 2024 season

### 2024 RULES

#### Articles V. BIKE CONDUCT & VI. RUN CONDUCT

##### Sections 5.01 GENERAL & 6.01 GENERAL

- **5.01 (i) and 6.01 (e)** - Uniforms with a front zipper may be unzipped to any length, provided, that (i) the zipper should be connected at the bottom of the uniform at all times, and (ii) the top of the uniform should cover the shoulders at all times; **(30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)..**
- **5.01 (l) and 6.01 (f)** - Athletes shall not dispose of trash or equipment (including, but not limited to, water bottles, gel/bar wrappers, broken bike parts, clothing items, etc.) on the course except at aid stations or other designated trash-disposal points. **Intentional or careless littering will result in a 5:00 Minute Time Penalty if not intentional or disqualification if it is intentional.**
- **5.01 (m)** – Except as set forth below in Section 5.02(b), additional equipment that has the effect of reducing wind resistance is prohibited during the bike segment of the Race (whether such equipment is worn under the athlete's clothing, over the athlete's clothing, or is otherwise attached to the athlete's body or the athlete's bike). **This includes, but is not limited to, (i) any bottles/hydration or any other insert located in the front of an athlete's race suit and (ii) any insert in an athlete's calf sleeves; (DSQ).**

##### Section 5.03 BIKE SPECIFICATIONS

- **5.03 (b)** Protective screens, fuselages, fairings, or any other devices or materials (including duct tape) added or blended into the structure with the intent to reduce (or having the effect of reducing) resistance to air penetration are prohibited. Aerodynamic assemblies and protuberances on the head tube or elsewhere are prohibited. Provided that the use of adhesive tape (including duct tape) does not fundamentally alter or enlarge the general shape of the structure, adhesive tape may be affixed to the bike (e.g., to cover valve cutout of the rear disc wheel, to cover bolts access, etc.); (DSQ)

#### Article IX. HANDCYCLE ("HC") DIVISION

##### Section 9.03 BIKE CONDUCT

- **9.03 (f)** - HC athletes must have a mirror fixed either to his/her helmet or at some point on the front of his/her handcycle to ensure rear-view vision is possible.
- **9.03 (g)** - HC athletes must have a high visibility safety flag mounted to the rear of their handcycle. The top of the safety flag should measure a minimum of 1.8 meters/6 feet from the ground. The high visibility safety flag must be a minimum size of 21 centimeters/8 inches in height by 28 centimeters/10 inches in length.
- **9.03 (h)** - HC athletes must have a red flashing light mounted to the rear of his/her handcycle, as well as a solid white light fixed to the front of his/her handcycle.

## STANDARDISED NOTIFICATION PROCESS FOR BLUE CARD PENALTIES

### THE RACE REFEREE WILL :

- Call out your race number and notify you that you have received either a BLUE CARD for drafting or intentional littering, or a YELLOW CARD for any other penalty.
- The race referee will show you the corresponding colored card
- Instruct you to report to the next penalty tent (PT) on the course.



# IMPORTANT MEDICAL & HEALTH INFO

Your safety is our top priority. The medical team is available both mobile and stationary along the swimming, cycling, and running routes. There is also a medical center near the finish line.

- If you are not feeling well on race morning, we strongly advise you not to start the event
- If you start to feel unwell at any point during race day, we urge to seek help rather than continue

## DO NOT BE AFRAID TO ASK FOR HELP

*You will not receive a penalty or be disqualified for receiving a medical evaluation.*

If at any time during the race you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention. A medical evaluation does not constitute outside assistance. **You will not receive a penalty or be disqualified for receiving a medical evaluation, or for having someone help you in getting medical assistance.**

- **During the swim:** raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling “help.” You can also grab onto a kayak, paddle board or nearby boat. You will not be disqualified for grabbing onto any of these safety items during the race.
- **During the bike ride:** If you are at a refreshment point, inform someone that you need medical help. If you are not at a refreshment point—STOP—and inform someone that you need medical assistance. Assistance can be offered by anyone—another competitor, a volunteer, a support vehicle, an event support vehicle, or an event motorcycle on the route; even a spectator. Notify the nearest person that you need medical help. Remember to provide your race number.
- **During the run:** the same as on the bike. If you are at a refreshment point, inform someone that you need medical help. If you are not at a point—STOP—and inform someone that you need medical assistance. Assistance can be offered by anyone—another competitor, a volunteer, a support vehicle, an event support vehicle, or an event motorcycle on the route; even a spectator. Notify the nearest aid station or staff member that you need medical help. Remember to provide your race number.
- **Helping another athlete:** if a fellow athlete needs help, please use the same steps listed above to get the athlete medical assistance. You will not be disqualified or receive a penalty for assisting a fellow athlete in medical need. On the bike and run course, make sure to provide the bib number of the athlete in need of help.
- **After finishing the race:** please do not leave the event area until you are able to drink without vomiting, stand without feeling dizzy, and generally feel well. If you do not feel well, go to the medical tent to be assessed by the medical team.

## Manage your Health and Safety on Race Day RACE HEALTHY, RACE SMART

Please visit our [\*\*Athlete Smart web page\*\*](#) for more information regarding your health pre-race and during competition.

### MEDICAL INFORMATION

If you have a known medical condition, we highly advise that you take the following steps:

- Please record the details of your health condition on the back of the race number that you will receive in your race packet.
- The medical information that you place on your race number will provide medical personnel or emergency services with essential information.
- If you have any questions or concerns about providing medical information, please visit the Help Desk at the Race Office.

# TOP 5 THINGS TO SEE

## PKIN

PKIN in Warsaw is a unique place that offers unforgettable views from the observation terrace on the 30th floor, where you can admire the panorama of the entire city. Inside the palace, there are numerous museums, theaters, and cinemas, providing a rich cultural program for every visitor.

Website: [www.pkin.pl](http://www.pkin.pl)



## THE ROYAL CASTLE

The Royal Castle in Warsaw is a majestic residence that once served as the seat of Polish kings, offering visitors the opportunity to learn about Poland's rich history and culture. The interiors of the castle are adorned with the beauty of Baroque and Classical chambers, where one can admire valuable artworks, including paintings by Rembrandt.

Website: [www.zamek-krolewski.pl](http://www.zamek-krolewski.pl)



## THE WARSAW RISING MUSEUM

The Warsaw Rising Museum is a place that immerses visitors in a moving story of the residents of Warsaw fighting during World War II, offering interactive exhibitions. Modern exhibits, including films, photos, and eyewitness accounts, help visitors better understand the dramatic events of the uprising and pay tribute to its heroes. Visiting the museum is not just a history lesson, but also a deeply moving experience that remains in memory for a long time and inspires reflection on courage and sacrifice.

Website: [www.1944.pl](http://www.1944.pl)



## THE ROYAL LAZIENKI MUSEUM

The Royal Łazienki Museum is a stunning park filled with picturesque gardens, ponds, and historic buildings, such as the Palace on the Isle. As you walk through the park, you can admire classical architecture, encounter squirrels and peacocks, and relax in the shade of ancient trees. It's the perfect place for relaxation and picnics, as well as for attending piano concerts at the Chopin Monument, which take place on summer Sundays.

Website: [www.lazienki-krolewskie.pl](http://www.lazienki-krolewskie.pl)



## MUSEUM OF KING JAN III'S PALACE AT WILANÓW

The Wilanów Palace is a Baroque gem of Warsaw, whose enchanting interiors and splendid gardens transport visitors back to the era of King Jan III Sobieski. As you stroll through the expansive park, you can admire the harmonious plant compositions, romantic ponds, and classical sculptures that create the perfect backdrop for relaxation and photography.

Website: [www.wilanow-palac.pl](http://www.wilanow-palac.pl)







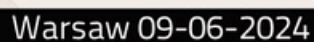
# Twój biznes, nasza pasja.

*razem możemy więcej!*

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# TRANSPORTATION

## Special trains

Saturday, June 8th

Warszawa Gdańska train station -> PKP Nieporęt train station

Departure: 14:05	Arrival: 14:51	PLATFORM 3	FREE TRANSPORTATION
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Departure: 16:23	Arrival: 16:54	PLATFORM 4	FREE TRANSPORTATION
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PKP Nieporęt train station -> Warszawa Gdańska train station

Departure: 18:22		PLATFORM 4	FREE TRANSPORTATION
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Sunday, June 9th

Warszawa Gdańska train station -> PKP Nieporęt train station

Departure: 5:55	Arrival: 6:20	PLATFORM 2	FREE TRANSPORTATION
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Departure: 7:20	Arrival: 7:43	PLATFORM 2	FREE TRANSPORTATION
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## Regular trains (paid)

Saturday, June 8th

Warszawa Gdańska train station -> PKP Nieporęt train station

Departure: 10:36 12:32, 14:24, 16:33, 18:43, 18:27

PKP Nieporęt train station -> Warszawa Gdańska train station

Departure: 12:32, 14:41, 16:44, 18:40, 20:24

## 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 WARSZAWA GDAŃSKA -> [CHECK THE TIMETABLE](#)

## CHECK OUT HOW TO GET TO LOCATIONS

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

# SCHEDULE

## Friday, June 7th

Time	Description	Location
15:00 - 20:00	Registration (IRONMAN 70.3, 5150 Triathlon Series, Sztafety, IRONKIDS)	Multimedia Fountain Park
15:00 - 20:00	EXPO	Multimedia Fountain Park
15:00 - 22:30	Registration - Night Run	Multimedia Fountain Park
22:00 - 00:30	Deposit - Night Run	Multimedia Fountain Park
23:00	Start - Night Run	Multimedia Fountain Park
23:45	Awards - Night Run	Multimedia Fountain Park

## Saturday, June 8th

Time	Description	Location
10:00 - 20:00	Registration (IRONMAN 70.3, 5150 Triathlon Series, Sztafety, IRONKIDS)	Multimedia Fountain Park
10:00 - 20:00	EXPO	Multimedia Fountain Park
12:00	IRONKIDS, 350 meters (born in 2021 - 2020)	Multimedia Fountain Park
12:20	IRONKIDS, 350 meters (born in 2019 - 2018)	Multimedia Fountain Park
12:40	IRONKIDS, 700 meters (born in 2017 - 2016)	Multimedia Fountain Park
13:00	IRONKIDS, 700 meters (born in 2015 - 2014)	Multimedia Fountain Park
13:20	IRONKIDS, 1000 meters (born in 2013 - 2012)	Multimedia Fountain Park
13:40	IRONKIDS, 1700 meters (born in 2011 - 2009)	Multimedia Fountain Park
12:00 - 20:30	Run bag check-in - T2 zone	MKS Polonia Warszawa training pitch
12:00 - 21:30	Bike and bike bag check-in - T1 zone	Port of Nieporet Lake Zegrzynskie
12:00 - 14:30	Registration - Swim Series Poland by AQUA SPEED	Port of Nieporet Lake Zegrzynskie
14:00	Awards - IRONKIDS	Multimedia Fountain Park
15:00	Start - Swim Series Poland by AQUA SPEED	Port of Nieporet Lake Zegrzynskie
16:00	Awards - Swim Series Poland by AQUA SPEED	Port of Nieporet Lake Zegrzynskie

# SCHEDULE

Sunday, June 9th

Time	Description	Location
5:55	Special train to T1	Warszawa Gdańska Railway station
6:30 - 7:30	T1 zone and deposit - opening hours <i>5150 Triathlon Series</i>	Port of Nieporet Lake Zegrzynskie
7:20	Special train to T1	Warszawa Gdańska Railway station
7:30 - 9:00	T1 zone - opening hours <i>IRONMAN 70.3</i>	Port of Nieporet Lake Zegrzynskie
7:30 - 9:00	Deposit - opening hours <i>IRONMAN 70.3</i>	Port of Nieporet Lake Zegrzynskie
8:00 - 8:15	Rolling start <i>5150 Triathlon Series</i>	Port of Nieporet Lake Zegrzynskie
9:00 - 16:00	EXPO	Multimedia Fountain Park
9:30 - 10:00	Rolling start <i>IRONMAN 70.3</i>	Port of Nieporet Lake Zegrzynskie
9:50	Expected finish of the winner <i>5150 Triathlon Series</i>	Multimedia Fountain Park
10:00 - 18:15	Deposit bag pick-up <i>5150 Triathlon Series</i>	Multimedia Fountain Park
12:15	Expected finish time of the last athlete <i>5150 Triathlon Series</i>	Multimedia Fountain Park
12:15	Awards <i>5150 Triathlon Series</i>	Multimedia Fountain Park
13:00 - 16:00	Check-out BIKE and bags - T2 zone <i>5150 Triathlon Series</i>	MKS Polonia Warszawa training pitch
13:00	Expected finish of the winner <i>IRONMAN 70.3</i>	Multimedia Fountain Park
13:00 - 18:30	Deposit bag pick-up	Multimedia Fountain Park
16:00 - 19:30	Check-out BIKE and bags - T2 zone <i>IRONMAN 70.3</i>	MKS Polonia Warszawa training pitch
18:15	Expected finish of the winner <i>IRONMAN 70.3</i>	Multimedia Fountain Park
18:15	Awards IRONMAN 70.3	Multimedia Fountain Park
19:00	Slot Allocation ceremony	Multimedia Fountain Park



# EXPO

## Opening hours

15:00 - 20:00	Friday, June 7th
10:00 - 20:00	Saturday, June 8th
9:00 - 16:00	Sunday, June 9th

## Info point

If you have a last-minute question, relax and come to the info point to find the answers to your questions

## Opening hours

15:00 - 20:00	Friday, June 7th
10:00 - 20:00	Saturday, June 8th
9:00 - 18:00	Sunday, June 9th

## The list of exhibitors

2 SKIN	NICE TO FIT YOU
226ERS	PHINANCE
365SPORTU	PILLAR PERFORMANCE
ALE	QUESTSPORT
CAREPUMP	S'PORTOFINO
FUNDACJA AVALON	SAILFISH
GOOD MOVE	SPORTANO
IDC / TRICENTRE	SWIMBIOSIS
LAZER	THE ROOTS
LIVERSTRONG	THE ROUTE COFFEE
LOCO SPORT	TRISTYLE
MARTEC	TRUE
MEDICAL SPORT	UNUM
MM CARS	WERON
MOVEMORE	WESTIN

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GODZINY OTWARCIA | OPENING HOURS

PIĄTEK | FRIDAY  
15:00 - 20:00

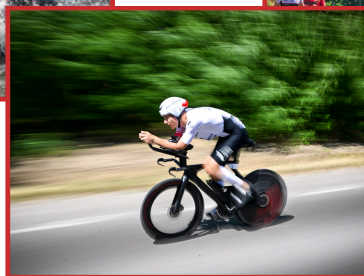
SOBOTA | SATURDAY  
10:00 - 20:00

NIEDZIELA | SUNDAY  
9:00 - 16:00

# REGISTRATION

## Race Office - opening hours

Date	Hours	Race	Location
Friday, June 7th	15:00 - 20:00	IRONMAN 70.3, 5150 Triathlon Series, Relay	Multimedia Fountain Park
Saturday, June 8th	10:00 - 20:00	IRONMAN 70.3, 5150 Triathlon Series, Relay	Multimedia Fountain Park



1

You have received a QR code via email, which is essential for picking up your race packet.  
*You can display the QR code on your phone screen or print it out*

The QR code is also available on your SlotMarket account, where the competition registration is located. Log in to your account and go to the "Registration History" tab to download your QR code

2

Come to the Race Office, **show your QR code, an ID card or passport, and your triathlon license** to pick up your race packet.

3

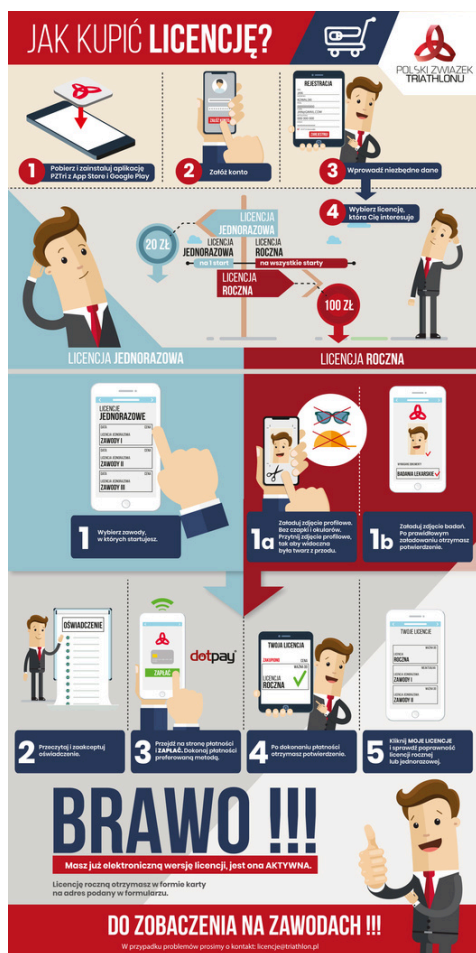
During the registration, a wristband will be placed on your wrist. This wristband is necessary to enter the transition zones, the start zone, and the finisher's zone. Do not remove the wristband before bike check-out.

The race packet must be picked up personally at the Race Office during its opening hours. It is not possible for someone else to collect the race packet on your behalf.

If you do not have a triathlon license, you will be able to purchase one during the registration.



# REGISTRATION



Click the image to enlarge

A national triathlon licence is required to start in IRONMAN 70.3 Warsaw and 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/>

In the case of relays, triathlon licenses are not required.



## movemore.

### SKLEP DLA AKTYWNYCH

- Zegarki sportowe
- Czołówki biegowe
- Pistolety do masażu
- Liczniki rowerowe

**RABAT -10%\***  
z kodem: **IRONMAN10**

**www.movemore.pl**

\*Obowiązuje do 30.06.2024 r. na nieprzecone produkty, nie łączy się z innymi rabatami.

# RACE PACKAGE

Your package includes:

**One BIB number:** the number is mandatory during the running stage. During the run, the race number should be positioned on the athlete's stomach. We recommend wearing the race number during the cycling stage as well. In this case, the race number should be on the back.

**One swim cap:** the athlete is required to swim using the cap provided in the race packet. Athlete with AWA status will receive two caps, one for the race and another commemorative one with the AWA logo. In such cases, the athlete must swim using the cap designated for the IRONMAN 70.3 distance race

**Sticker set:** the race packet includes stickers. One sticker (the longest one) should be affixed to the bike seat post, and three stickers should be placed on the helmet (on the front, left, and right sides of the helmet). Additionally, one sticker should be attached to the deposit bag, one on the bag for T1 zone (blue), and one on the bag for T2 zone (red)

**One wristband:** the wristband is used for athlete identification. It grants access to the transition zone, finisher zone, finish line, and start zone. The wristband must be worn throughout the duration of the event. Without the wristband, you will not be able to leave or collect your bike and bags in the transition zone.

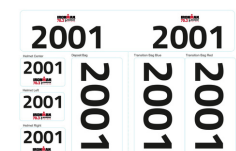
**One chip band:** The chip is used to time the race. The band should be put on a dry leg (before getting into the water); otherwise, the chip band might come off.

**One backpack (for IRONMAN 70.3) or one bag (for 5150 Triathlon Series).**

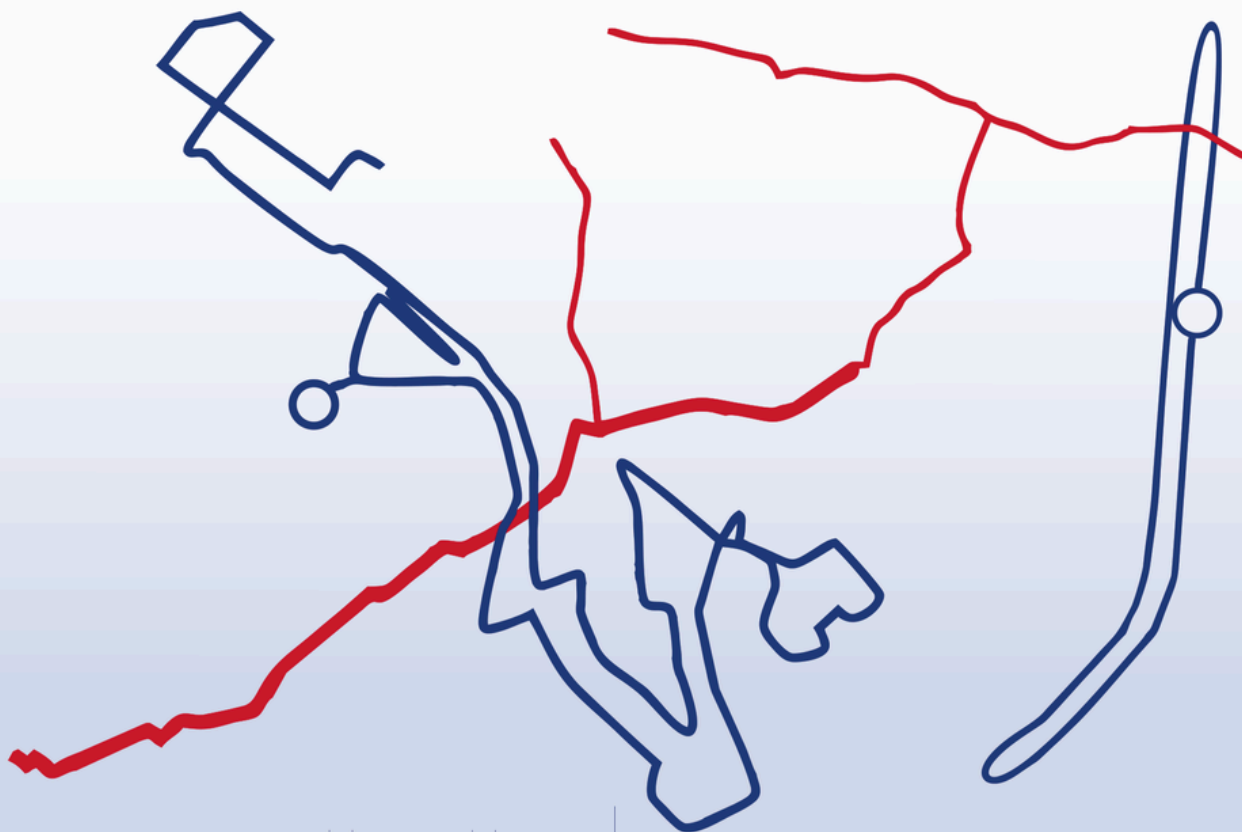
**Two bags for transition zone and one deposit bag. Relay participants will receive only three black deposit bags.**

The athlete is OBLIGATED to use the equipment provided in the race packet: swim caps (assigned to the specific distance), wristband, stickers, race number, and timing chip.

Failure to comply with this rule may result in **disqualification**.







**1,9K - 90K - 21,1K**

**HRADEC KRÁLOVÉ | 16-18/08/2024**

STRATEGICKÝ PARTNER



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*sportano.pl*

SPONZOŘI



# BAGS



## BLUE BAG

It should contain the necessary equipment for the cycling stage, including a stickered helmet, race number (recommended), shoes (if not attached to the bike), jacket, sunglasses, etc.

After using the blue bag for transition, use this bag to pack your swimming gear

### Drop off in Transition 1

**Zegrzyńskie Lake / Port of Nieporęt**

June 8th from 12:00 to 21:30



## RED BAG

It should contain the equipment needed for the running stage: running shoes, socks, cap, race number (required), etc.

After using the red bag, use this bag to pack your cycling gear, including the helmet.

### Drop off in Transition 2

**MKS Polonia Warszawa training pitch**

June 8th from 12:00 to 20:30



## BLACK BAG

This is a bag for personal items: you can put clothes in it that you will change into after the race and anything else you might need post-race.

Hand it in on race day before the start, at the deposit tent

### Deposit - opening hours, June 9th:

6:30 - 7:30 (5150 Triathlon Series and Relay)

7:30 - 9:00 (IRONMAN 70.3)

**DO NOT FORGET TO ATTACH THE STICKERS WITH YOUR RACE NUMBER TO YOUR BAGS**

**PLEASE DO NOT PUT VALUABLE ITEMS IN THE BAGS**

**THE RED AND BLUE BAGS MUST BE LEFT IN THE TRANSITION ZONE ON SATURDAY. THERE WILL BE NO POSSIBILITY TO LEAVE THE BAGS ON SUNDAY.**

# BIKE CHECK-IN

Saturday, June 8th

Hours	Description	Location
12:00 - 21:30	Bike and bike bag check-in - T1 zone	Port of Nieporet Lake Zegrzynskie
12:00 - 20:30	Run bag check-in - T2 zone	MKS Polonia Warszawa training pitch

**Check-in the bags in the transition zone on Saturday is mandatory.**

## **T1 ZONE - PORT OF NIEPORĘT, ZEGRZYŃSKIE LAKE**

Before entering the Transition Zone, you must put on your helmet and fasten the chin strap. Please also prepare for the following checks:

- Visual inspection of the bike,
- Check of the brake system and helmet,
- Verification that the bib numbers are on the bike and helmet, and checking the athlete's wristband
- Place your bike and hang the blue bag according to your BIB number.
- Bike covers are not allowed.
- The helmet must be placed in the blue bag, it cannot be left with the bike.
- Shoes may be attached to the bike only on the day of the race.
- Make sure that you have packed all your gear needed for the cycling stage into the blue bag.

## **T2 ZONE - MKS POLONIA WARSZAWA TRAINING PITCH**

Check that all your running gear is in the red bag.

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

### **TIMING CHIP**

The chip will register your individual start time as you cross the timing mat at the swim start and provide your swim time, bike time, run time, finish time, transition splits, overall and age group ranking

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

The chip will be issued during registration.

### **WHEN AND WHERE TO WEAR THE TIMING CHIP?**

The chip must be worn on the left ankle throughout the entire race. It should be attached to a dry ankle before the start of the race.

**IF YOU LOSE OR FORGET YOUR TIMING CHIP, PLEASE CONTACT THE EVENT STAFF**



# RACE DAY

If needed, you can come to the Transition Zone T1 on Sunday morning, before the race.

Transition Zone T1 will be open from 6:30 to 7:30 (for 5150 Triathlon Series and relays) and from 7:30 to 9:00 (for IRONMAN 70.3). Please make sure to have your timing chip band on before entering the transition zone. Remember to check the tire pressure. You can also attach your cycling shoes to the pedals and secure gels/bars to your bike, and leave a bottle with your drink.

## DEPOSIT BAG

Don't forget to stick the label with your race number on the bag. Put items that you won't need during the race into this bag. The deposit area will be open from 6:30 to 7:30 (for the 5150 Triathlon Series) and from 7:30 to 9:00 (for IRONMAN 70.3). Bags left in the deposit will be transported to the Finisher's Zone in the Multimedia Fountain Park.

## TOILETS

Toilets will be available at the start, in the transition areas, and at the aid points.

## BIKE SERVICE

Our partner Shimano will be providing bike service assistance in Transition Zone T1 starting from Saturday. On race day, Shimano will be in the Transition Zone to help with any last-minute bike issues before the start and during transitions.

# Sprzęt do trenowania

**Skompletuj z nami  
swój codzienny pakiet  
treningowy!**

Trening na pływalni, open water,  
a nawet winter swimming.  
Nasz sprzęt sprawdzi się  
nawet w najbardziej  
wymagającym treningu.

 **AQUA SPEED**

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



Odwiedź stronę





# **HAPPY BIRTHDAY!**

On race day, we are delighted to celebrate  
the birthday of:

Karol B.

Manuel H.

Popescu H.

Jan K.

Dorota M.

Łukasz P.

Marcin Sz.

Thank you for celebrating your birthday  
with us!









## **ENJOY YOUR RACE!**





# RACE DAY

## TIME LIMITS

	IRONMAN 70.3	5150 Triathlon Series
 + T1 +  + T2 + 	01:10:00	00:50:00
 + T1 + 	05:30:00	02:45:00
 + T1 +  + T2 + 	08:30:00	04:00:00

### TIMES ARE CALCULATED BASED ON INDIVIDUAL START TIME

During the race, cut off apply.

The organizer reserves the right to remove a athlete from the course and disqualify them if the course staff determines that it is not possible for the athlete to complete the given discipline (swimming, cycling, running) before the specified time limits based on the athlete's location, time, and average speed at that moment.

Athletes who do not meet these limits will be disqualified and will not be eligible for age group awards or qualification for the World Championships in the case of IRONMAN 70.3 participants

**CUT OFF FOR IRONMAN 70.3**

**CUT OFF FOR 5150 TRIATHLON SERIES**

## AID STATIONS

### BIKE

#### IRONMAN 70.3

33 km and 60 km

Bottled water Cisowianka 0,7l

Bottled isotonic drink ALE Race 0,5l

ALE energy gels (60 km)

Bananas (60 km)

#### 5150 Triathlon Series

18 km

Bottled water Cisowianka 0,7l

### RUN

#### IRONMAN 70.3

1st station: 2,5 km, 7,5 km, 12,5 km, 18,5 km

2.nd station: 5 km, 10 km, 15 km, 20 km

#### 5150 Triathlon Series

1st station: 2,5 km, 7,5 km

2.nd station: 5 km, 10 km

Bottled water Cisowianka 0,7l

Bottled isotonic drink ALE Race 0,5l

Red Bull dispensed in cups

**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.**



*Smak  
determinacji,*  
gdy startujesz  
w zawodach IRONMAN

Użyj kodu:

**IRONMANWARSZAWA**

i zyskaj aż **-12% zniżki**  
na dowolną dietę!



Pobierz aplikację



**IRONMAN**  
**70.3**  **WARSZAWA**  
**POLAND**

Zamów na NTFY.PL



**NICE TO  
FIT you**

OFICJALNY SPONSOR

Catering dietetyczny z wyborem menu. Kod ważny w dniach 7-14.06, nie łączy się z innymi promocjami.

# SWIM

## COURSE

The start is located in Poręcz Nieporęt by Lake Zegrzyńskie in Nieporęt. Competitors will have to complete one lap of 1500 meters (for the 5150 Triathlon Series) or 1900 meters (for IRONMAN 70.3).

## START

The start is organized in a rolling start format, with 6 athletes starting every 10 seconds. PRO athletes competing in the IRONMAN 70.3 distance will start first. The timing chip will record each athlete's start time as they cross the start line. Before the start, each athlete will have the opportunity to warm up in the water.

## TIME LIMITS

The swim course will close 50 minutes after the last athlete of the 5150 Triathlon Series and relays starts swimming, and 1 hour and 10 minutes after for IRONMAN 70.3 athletes.

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

The organizers reserve the right to remove athletes from the course who exceed the established time limits.

START	DISTANCE	CAP
8:00	5150 Triathlon Series Age Group and Open Division	RED
8:00	Relay	GREY
9:30	IRONMAN 70.3 PRO athlete	GOLD
9:35	IRONMAN 70.3 Age Group and Open Division	BLUE



# TRASA PŁYWACKA

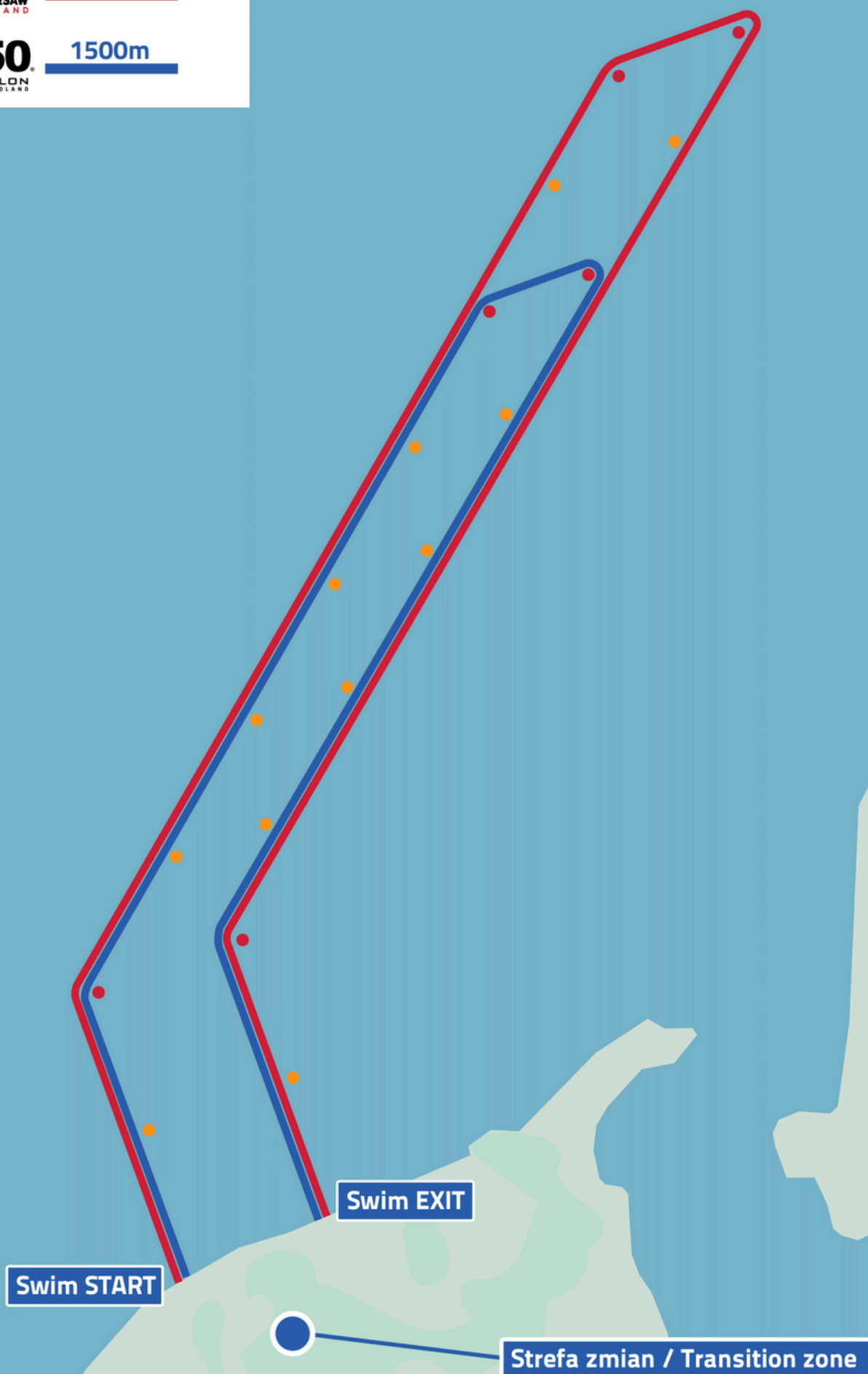
## SWIMMING COURSE

**IRONMAN**  
**70.3** & WARSAW  
POLAND

1900m

**5i50**  
TRIATHLON  
WARSAW - POLAND

1500m



# SWIM

## WETSUIT RULES

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

## SWIMWEAR POLICY

*(non-wetsuit legal swims only)*

Swimwear must be 100% textile material. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene.

Swimwear must not cover the neck, extend past the elbow, nor extend past the knees.

Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

## SWIM CAP

The official swim cap must be visible and "clean".

Stickers or other self-made markings are not allowed on the swim cap. You are permitted to wear a personal swim cap underneath the official swim cap.

## SWIM COURSE RULES

- It is forbidden for athletes to wear their bib number during the SWIM (disqualification),
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- Any assistance required during the swim will result in disqualification if forward progress was made.
- Organizers and medical staff reserve the right to pull athletes off the course if deemed medically necessary.





**1,9K - 90K - 21,1K**

**POZNAŃ | 1 WRZEŚNIA 2024**

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MIASTO GOSPODARZ



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ORGANIZATOR

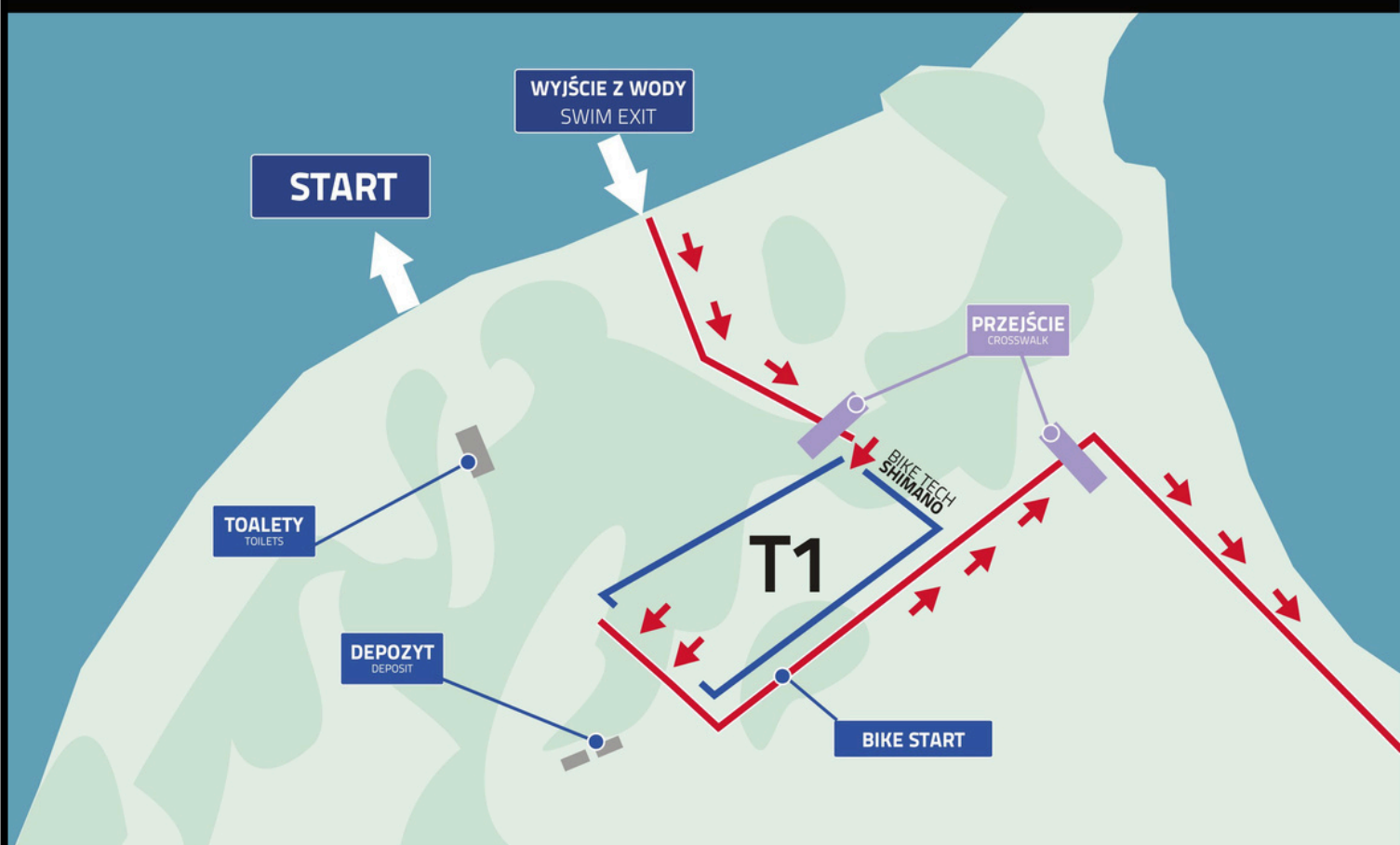


[WWW.IRONMANPOZNAN.COM.PL](http://WWW.IRONMANPOZNAN.COM.PL)

# START & T1 ZONE



## START I STEFA ZMIAN START & T1 ZONE



Warsaw 09-06-2024

# T1 ZONE

## TRANSITION 1

After exiting the water, you will run to the Transition Area, where you will change into your cycling gear and prepare for the bike course.

Upon entering the Transition Zone, run to the rack, grab your **BLUE BAG** with your cycling gear, and change. After changing, pack your wetsuit and other swimming gear into the **BLUE BAG** and place the bag in the drop-off zone.

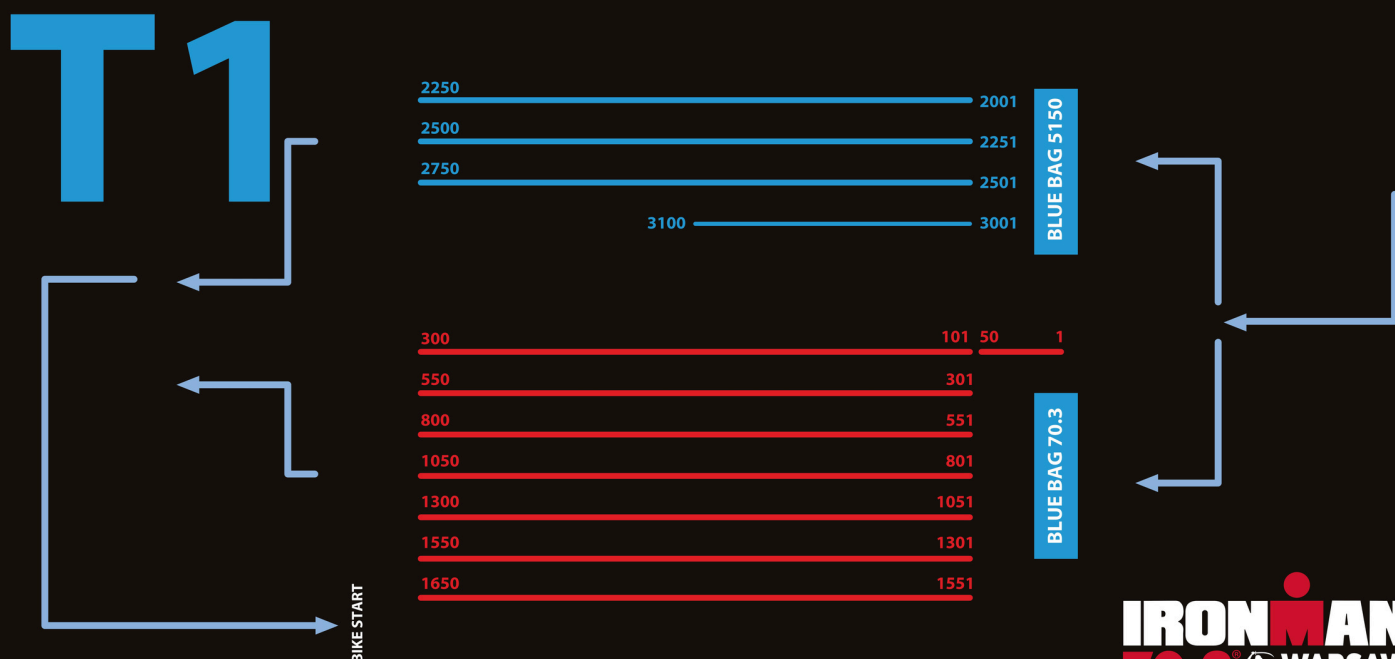
**For relays, the cyclist should wait for the athlete finishing the swim at the bike rack in the Transition Area. The "baton" handover will be done by a hand touch.**

Before the race, cycling shoes must be either in the **BLUE BAG** or attached to the bike.

Remember that before removing the bike from the rack, you must securely fasten your helmet with the chin strap. The helmet must always be fastened when you are in contact with the bike. Failure to comply with this requirement may result in a penalty from the race official.

Before mounting the bike, you must cross the mount line, which will be clearly marked and located beyond the exit of the Transition Zone.

**Please note that there will be changing tents in the Transition Zone. If you wish, you can use a towel to change. Nudity is prohibited.**



**IRONMAN**  
**70.3** & **WARSAW**  
**POLAND**



# BIKE

## COURSE

Athletes have to complete one lap of 40 km (for the 5150 Triathlon Series) or 90 km (for IRONMAN 70.3).

## TIME LIMITS

The bike course will be closed 2 hours 45 minutes after the start of the swim by the last athletes of the 5150 Triathlon Series and relays, and 5 hour and 30 minutes for the IRONMAN 70.3 athletes.

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

## SAFETY FIRST

You must follow directions and instructions from organizers, race marshals, police. Failure to do so may cause disqualification from the race.

## BIKE MEDICAL

If you need medical assistance on the Bike Course, paramedics on motorcycles will roam the Bike Course able to assist you. Contact an staff in case you require medical assistance.

## BIKE TECH SUPPORT

There will be bike tech support roaming the course, which is able to assist you with your most basic mechanical needs. I.e. flat tire, broken cables etc. Please be aware that it is your own responsibility to carry extra tubes, tires, tools, etc. on your bike as you race. The bike techs and the tools are only there as an extra service, and is based on a first come, first serve practice..

## SAG WAGON

There will be a Sag wagon on the bike course, able to pick you and your bike up, if you choose to withdraw from the race while on the Bike Course. Please approach an staff on course, and they will guide you to the nearest pick-up point. If you do not make the Course Cut-off, the SAG wagon will pick you up, wherever you are located on the course.

## DROP OUT

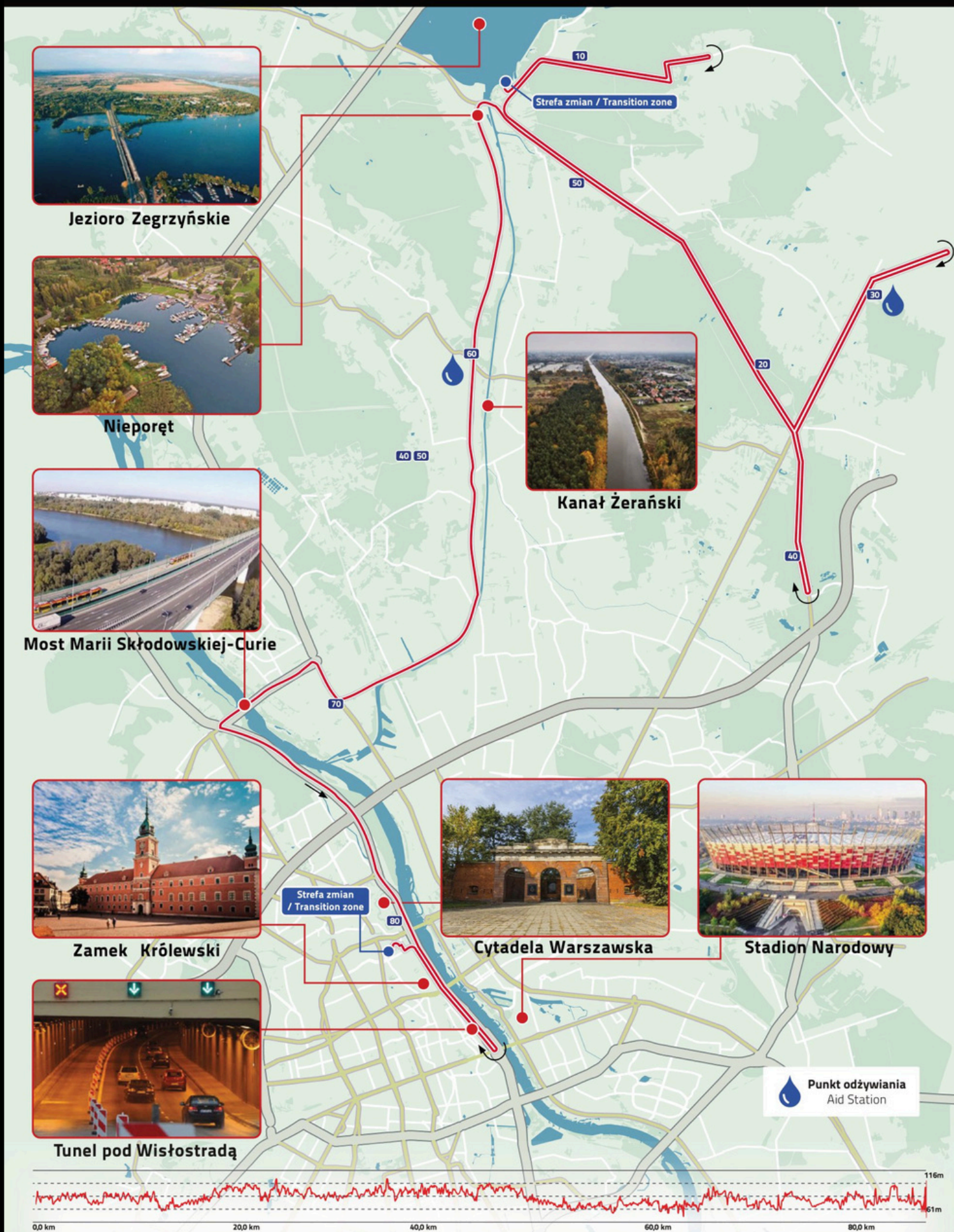
If you decide to drop out, please inform a referee and organizer.

If you are involved in an accident with another person, e.g. another athlete, volunteer, spectator, etc., be sure to stay at the scene of the accident until a member of the police is present





# TRASA ROWEROWA BIKE COURSE







# TRASA ROWEROWA

## BIKE COURSE







# BIKE

## BIKE RULES

- It is mandatory to obey traffic regulations.
- Specificity of drafting: Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.
- Drafting is prohibited (blue card).
- Overtaking athletes may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).

## BLUE CARD - BIKE

Blue card is used in case of drafting::

### IRONMAN 70.3

1st BLUE CARD Offense 5:00 minutes

2nd BLUE CARD Offense 10:00 minutes

### 5150 TRIATHLON SERIES

1st BLUE CARD Offense 2:00 minutes

2nd BLUE CARD Offense 4:00 minutes

When an athlete receives a blue card, he must perform his penalty at the Penalty Tent and make sure that the referee has noted on his number that the penalty has been performed.

## YELLOW CARD - BIKE

When an athlete receives a yellow card (30 seconds), athlete must perform his penalty at the Penalty Tent and make sure that the referee has noted on his number that the penalty has been performed.

Not abiding by the Penalty Tent penalty results in disqualification.

Receiving three cards (blue or/and yellow) results in the disqualification of the athlete (DSQ)

# SAY NO! TO DRAFTING

## CO TO JEST DRAFTING?

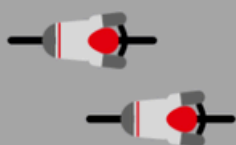
**DRAFTING** oznacza wejście w strefę draftingu, czyli zmniejszenie odległości pomiędzy zawodnikami poniżej 12 metrów. Drafting podczas zawodów jest zabroniony; (Kara Czasowa 05:00 Minut). Zawodnik może wjechać w strefę draftingu tylko w czasie wyprzedzania (maksymalnie 25 sekund).

**DRAFTING** means to remain within the draft zone of another athlete. The bicycle draft zone is 12 meters long. Drafting during the Race is prohibited. **(5:00 Minute Time Penalty)**. The bicycle draft zone is 12 meters long. Athletes may enter the draft zone of another athlete when passing and must continuously progress through the draft zone. (max 25 seconds). **(5:00 Minute Time Penalty)**

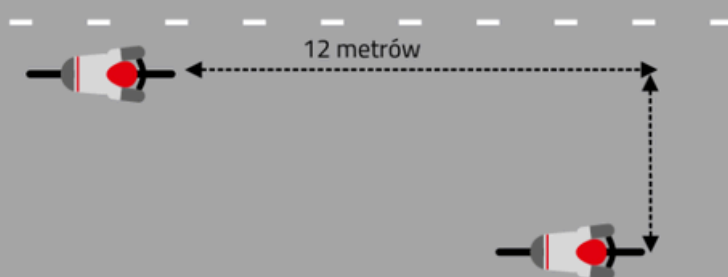


Nie jedź obok drugiego zawodnika! KARA CZASOWA: 5 MIN.

Riding next to other athlete is forbidden. Time penalty: 5 min.



Prawidłowy manewr wyprzedzania!  
Correct overtaking!



Trzymaj się prawej strony jezdni!  
Keep to the right side of the course!



Zasady WYPRZEDZANIA, tzw. Strefa  
draftingu Overtaking rules - drafting area

- jeżeli wjeżdżasz do strefy draftingu, nie możesz się wycofać – KARA CZASOWA: 5 MIN.
- wyprzedzany ma obowiązek ustąpienia i stopniowego wycofania się ze strefy – KARA: 5 MIN.
- jeżeli wyprzedzany zacznie przyspieszać – KARA: 5 MIN.
- jeżeli wyprzedzany pozostanie w strefie dłużej niż 25 sekund – KARA CZASOWA: 5 MIN.
- If you enter the drafting area, you can't quit - TIME PENALTY: 5 MIN.
- Overtaken athlete must immediately drop out of the draft zone. PENALTY 5 MIN.
- If overtaken athlete start to accelerate: PENALTY 5 MIN.
- If overtaken athlete remains in the draft zone for more than 25 sec. PENALTY: 5 MIN.

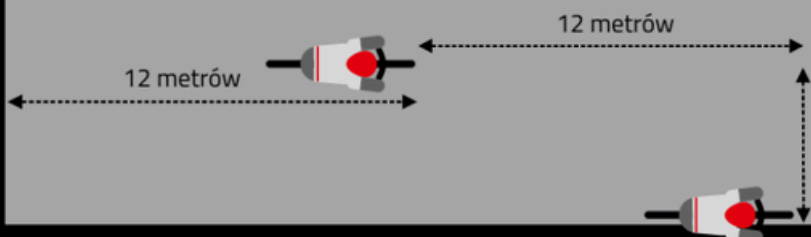


WYJĄTKI / EXCEPTIONS

Możesz przebywać w strefie draftingu tylko:

You may enter the draft zone only if:

- wyjeżdżając i wjeżdżając do strefy zmian / entering and leaving the transition zone
- na ostrych zakrętach / an acute turn
- na wąskich odcinkach trasy oznakowanych przez organizatora / on the narrow lanes marked by the race officials.
- podczas wyprzedzania / during overtaking



CZAS PRZEBYWANIA W STREFIE / TIME ZONE

- Czas przebywania w strefie dla kat. AGE GROUP: 25 SEKUND
- Czas przebywania w strefie dla kat. PRO: 25 SEKUND
- Time in draft zone for AGE GROUPS: 25 SECONDS
- Time in draft zone for PRO: 25 SECONDS

**ale**  
ACTIVE LIFE ENERGY



**Polecam**

Ale  
Kszczel 800 ml



Poznaj Naszą Ofertę

**Dowiedz się  
o nas więcej**

# T2 ZONE

Heading into Transition Zone, you will dismount your bike at the bike dismount line, take your bike back to your bike rack where you will rack your own bike.

You will then pick up your **RED BAG** and sit down on the benches where you change into your running apparel.

You need to put all your bike gear into the bag, including your bike helmet, Bike shoes must either stay on the bike pedals or be placed in the **RED BAG**. After completing your change, you will need to pack your gear in the **RED BAG** and then rack it back on the rack, in the same place you took it from (marked with your number). Then when ready, you head out of the transition zone and start the run.

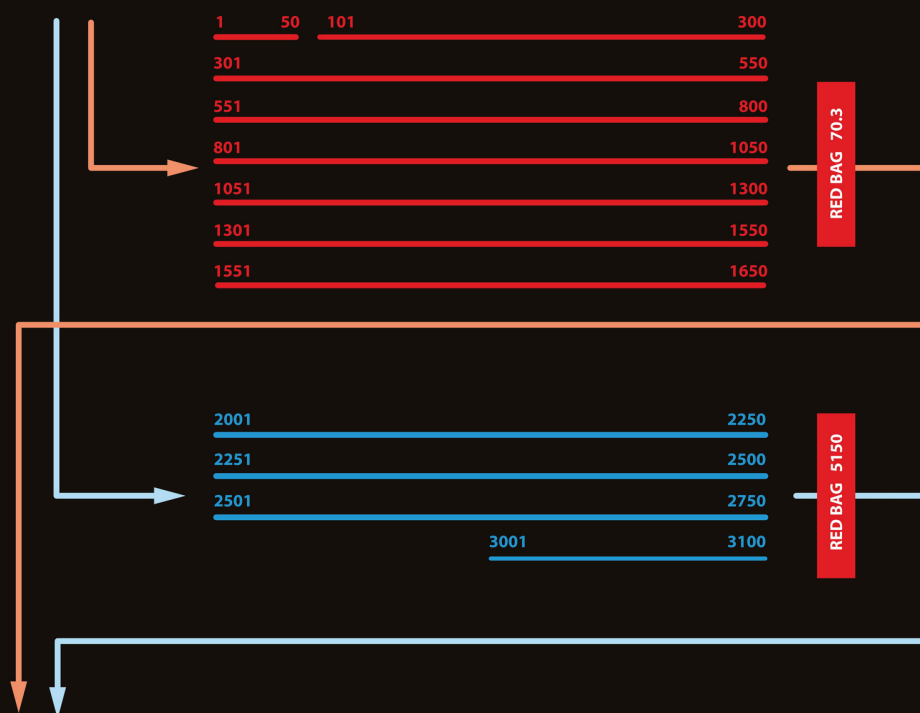
**In the case of relays, the runner should wait for the cyclist at the bike rack in the Transition Zone. The "baton" exchange will take place by tapping hands.**

After finishing the race, your **BLUE BAG** and **RED BAG** can be found in the Transition Zone and can be collected along with your bike. You need to have your race number and wear wristband.

**All bags and bikes must be picked up on the race day during the designated hours.**

**Organizer is not responsible for bikes and bags not picked up after the designated hours.**

**Before entering Transition Zone (T2), there will be a penalty tent located. If you received a penalty from an official during the bike leg, proceed to the tent and serve your penalty.**





# RUN

## COURSE

Athletes have to complete 2 laps of approximately 5 km each (for the 5150 Triathlon Series) or 4 laps of approximately 5 km each (for IRONMAN 70.3).

**ATTENTION! THE DISTANCE ON THE RUNNING COURSE FOR THE 5150 TRIATHLON SERIES IS 10.9 KM**

## AID STATIONS

They will be located every 2.5 km along the course.

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 referee.

The bike course will be closed 4 hour after the start of the swim by the last athletes of the 5150 Triathlon Series and relays, and 8 hour and 30 minutes for the IRONMAN 70.3 athletes.

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

## DROP OUT

If you decide to drop out, please inform a referee and organizer.

## RUN RULES

- During the run you must at all times wear the race number visible on the front.
- A shirt must be worn at all times during the run, and not zipped open beneath your breast bone.
- The coaches and supporters are not allowed to follow athletes directly on the course.
- Athletes cannot accept help from anyone during the race.

## YELLOW CARD - RUN

30 seconds "stop & go" penalty. The athlete who receives this penalty must stop immediately upon receipt of the card, with the referee who issued it. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.



*Athlete Guide 2024 - IRONMAN 70.3 Warsaw*

[\*\*BACK TO MENU\*\*](#)



# TRASA BIEGOWA RUNNING COURSE

4  
okrążenia  
4 laps







**5i50**  
TRIATHLON  
WARSAW · POLAND

# TRASA BIEGOWA RUNNING COURSE

2  
okrążenia  
2 laps



**Distance: 10,9 km**

Warsaw 09-06-2024

# FINISH LINE

## FINISH LINE

The moment we have all been waiting for, the final meters of the race. Enjoy it, hear the crowd, feel all the emotions—this is your day! Let the crowd sweep you away, pose for the cameras—you might just find yourself in the evening news headlines or on the cover of next year's race magazine!

Near the finish line, adjust your race number so that it is in the front. Zip up your triathlon suit above the sternum.

For safety reasons, you must cross the finish line alone. Spectators, children, and pets are not allowed to cross the finish line.

## AFTER CROSSING THE FINISH LINE

1. You will receive your medal just past the finish line. Medal engraving is available in the Finisher's Area.
2. Next, pick up your finisher shirt in the Finisher's Area and enjoy and relax.
3. Collect your deposit bag from the Finisher's Area as well.
4. Take advantage of the massage services

## Bike and bags check-out - Sunday, June 9th

Time	Description	Location
13:00 – 16:00	Check-out BIKE and bags - T2 zone <i>5150 Triathlon Series</i>	MKS Polonia Warszawa training pitch
16:00 – 19:30	Check-out BIKE and bags - T2 zone <i>IRONMAN 70.3</i>	MKS Polonia Warszawa training pitch

**To check-out your items from the transition zone, you must be wearing your wristband.**





# AWARDS

Sunday, June 9th

Time	Description	Location
12:15	Awards - 5150 Triathlon Series	Multimedia Fountain Park
18:15	Awards - IRONMAN 70.3	Multimedia Fountain Park
19:00	Slot Allocation	Multimedia Fountain Park
<ul style="list-style-type: none"><li>• Trophy for the Top 5 PRO Men / Women, only IRONMAN 70.3</li><li>• Trophy for the Top 3 of each age group category</li><li>• Trophy for the Top 3 Relays Team (Men, Women, Mixed), only 5150 Triathlon Series</li><li>• Trophy for the Top 3 TriClubs, only IRONMAN 70.3</li><li>• Trophy for the Best Female and Male athlete from Warsaw</li></ul>		

**Attendance is mandatory at the Awards ceremony,  
no awards will be sent afterwards**



Energia nigdy  
się nie kończy.

**hama**

Informator zawodnika 2024 - IRONMAN 70.3 Warsaw





# SLOT ALLOCATION

Sunday, June 9th

Time	Description	Location
19:00	Slot Allocation	Multimedia Fountain Park

## SLOT ALLOCATION

IRONMAN 70.3 Warsaw will award slots for the 2024 VinFast IRONMAN 70.3 World Championship - Taupō, New Zealand to be held on (14th -15th December wil)

## NUMBER OF SLOTS

2024 VinFast IRONMAN 70.3 World Championship - Taupō, New Zealand - **30 SLOTS**

## RULES

To accept a slot to the World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony at the advertised time and location, as detailed in the event guide register in person for the World Championship.

Photo ID is required to be presented and payment must be made at this point in time. We DO NOT accept cash or cheques

## PRICE

2024 VinFast IRONMAN 70.3 World Championship - Taupō, New Zealand - **780,00\$**

Shortly, you will receive a registration link from the World Championship Team. This must be complete for you to be a confirmed athlete; no additional payment will be required.

Be sure to check that you have all the necessary documents and visas to travel to the World Championship. It is your responsibility to check travel requirements before accepting the slot.



# 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 at December 31 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

### 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 across both the male and female categories, ie, 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 and/ or Extra Women's Slots. Athletes holding current Professional or Elite status with any ITU 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.

## PAYMENT

- Credit card only (no Amex, Diners or cash payment);
- Physical card including full card number, expiry date and CVV must be available (no Apple Pay or digital card accepted)
- Only one card accepted (split payment will not be accepted).



# FIND YOUR UNIQUE AND SOUVENIR PHOTOS



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NUMBER

②  
STEP



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STEP

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# GOOD TO KNOW

## HAVE A QUESTION?

Please send us a message on Facebook or by email to: [warsaw70.3@ironman.com](mailto:warsaw70.3@ironman.com) or [5150warsaw@theironmangroup.com](mailto:5150warsaw@theironmangroup.com)

## LOST AND FOUNDS

Lost and found items will be available at the Info Point.

Once the event is over, please contact [warsaw70.3@ironman.com](mailto:warsaw70.3@ironman.com) or [5150warsaw@theironmangroup.com](mailto:5150warsaw@theironmangroup.com), to find the missing items and arrange for their return. Shipping charges will apply.

## SAFETY AND SECURITY

Athletes: Safety first, please do not take any unnecessary risks.

Make sure you have provided your ICE (In Case of Emergency) contact on your account at SlotMarket.pl portal.

Supporters: If an athlete is no longer visible on the tracker, it may only be a fault chip. In the event of an incident, the organization will reach out to the emergency contact directly

## IRONMAN TRACKER

Features include live participant tracking, instant notifications, leaderboards, map tracking, event notifications, event information and more!

- **Live Web Tracker:** See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.
- **Live Leaderboard:** See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.
- **Live Map Tracking:** Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read.

Athletes' data will appear in the app on race day.



[DOWNLOAD APP](#)

# NIGHT RUN

On Friday, June 7th, at 23:00, the Night Run Warsaw will begin—a unique night race that will provide you with unforgettable experiences and an amazing atmosphere! It will be a perfect opportunity to discover the charms of Warsaw in a completely new light.

## Friday, June 7th

Time	Description	Location
15:00 - 22:30	Registration	Multimedia Fountain Park
22:00-00:30	Deposit - opening hours	Multimedia Fountain Park
23:00	Start	Multimedia Fountain Park
23:45	Awards	Multimedia Fountain Park

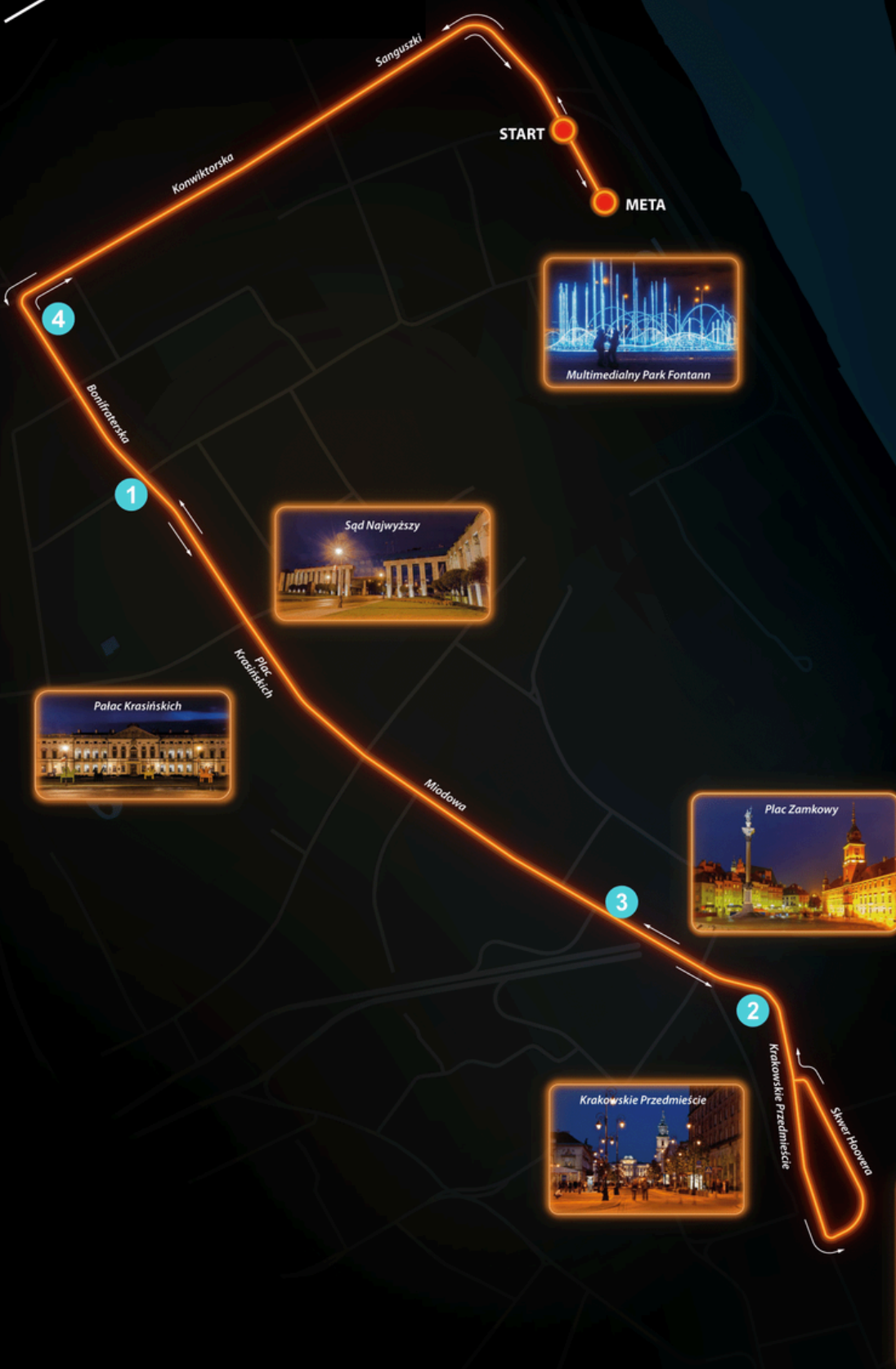
To registration, show the printed QR ticket or display it on your phone, and prepare your ID or passport. The QR code can be downloaded from the SlotMarket portal by logging into your account in the "Registration History" section.

### Registration by Another Person

If you cannot come to the Race Office, you should give your QR code to the person who will collect the packet, along with a photocopy of your ID. This is so we can verify the information matches. The photocopy of the ID is for verification purposes only and will not be kept by us.



# NIGHT RUN



# PHO3NIX IRONKIDS WARSAW

Before IRONMAN 70.3 Warsaw, young athletes will take to the course! Once again, the youngest participants will start in the Pho3nix IRONKIDS Warsaw event to tackle the running course!

Pho3nix IRONKIDS Warsaw, young athletes aged 3-15 will participate. The course length will depend on the age category.

Children will start in waves according to the distances—the first wave at 12:00, with subsequent waves every 20 minutes. The exact start time for each athlete is indicated on the start list and the QR ticket.

## Friday, June 7th

Time	Description	Location
15:00 - 20:00	Registration	Multimedia Fountain Park

## Saturday June 8th

Time	Description	Location
10:00 - 13:30	Registration	Multimedia Fountain Park
12:00	Start - Pho3nix IRONKIDS Warsaw	Multimedia Fountain Park
14:00	Awards	Multimedia Fountain Park







Biuro Zawodów  
Race Office

Start/Meta  
Finish Line

Wybrzeże Gdańskie

Park  
Fontann

ul. Rybaków

Rocznik Age Category	Petle Loops	Dystans Distance	Godzina Time
2021–2020	1	ok. 350m	12:00
2019–2018	1	ok. 350m	12:20
2017–2016	2	ok. 700m	12:40
2015–2014	2	ok. 700m	13:00
2013–2012	3	ok. 1000m	13:20
2011–2009	5	ok. 1700m	13:40

QUALIFICATION FOR A SPECIFIC AGE CATEGORY IS BASED ON THE YEAR OF BIRTH

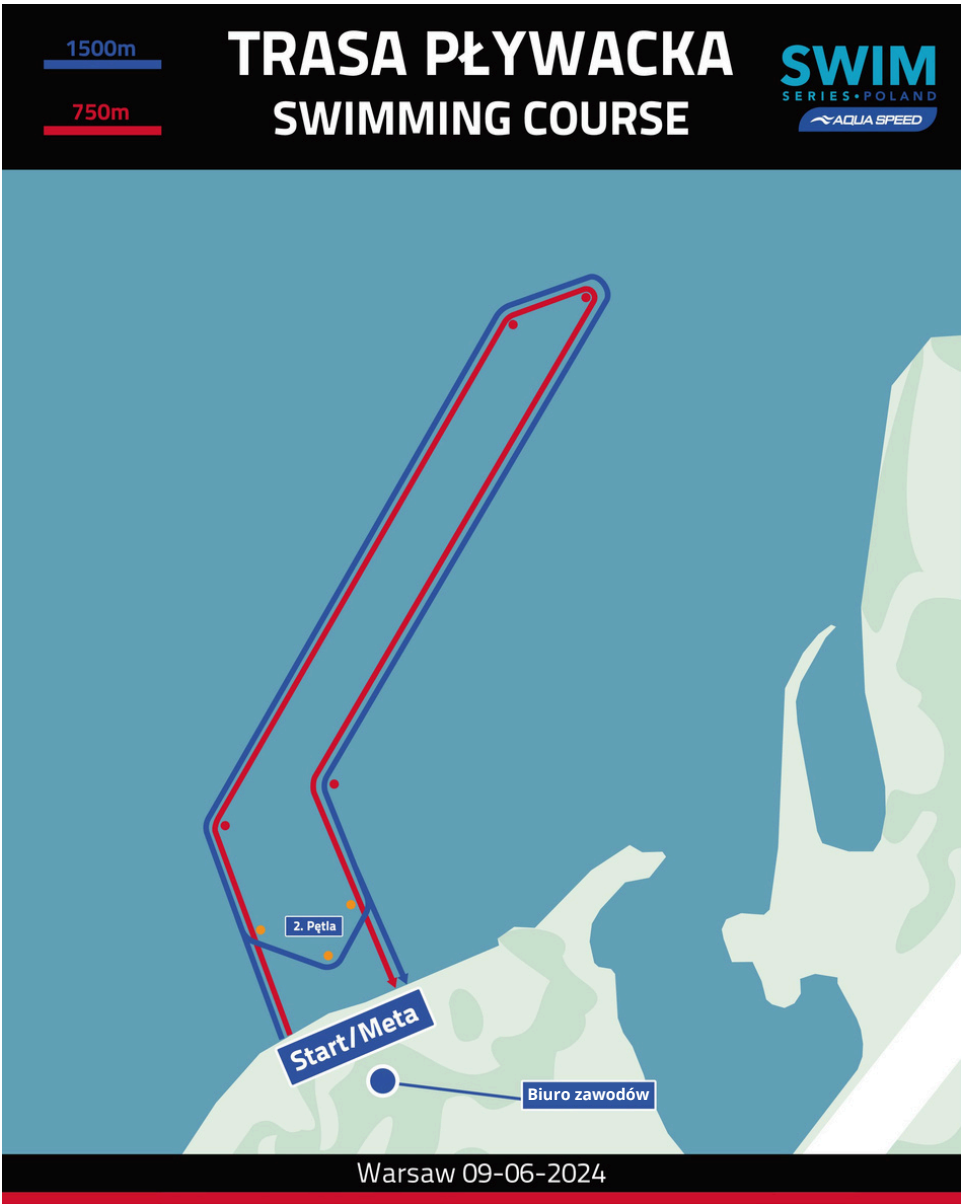
# SWIM SERIES POLAND BY AQUA SPEED

On Saturday at Lake Zegrzyńskie in the port of Nieporeć, the first edition of Swim Series Poland by AQUA SPEED will take place. This is a perfect opportunity to test yourself in open water competitions and discover if there is a hidden swimmer within you

Saturday, June 8th

Time	Description	Location
12:00 - 14:30	Registration	Port of Nieporeć Lake Zegrzynskie
15:00	Start Swim Series Poland by AQUA SPEED	Port of Nieporeć Lake Zegrzynskie
16:00	Awards	Port of Nieporeć Lake Zegrzynskie

Athletes will start together from land and will have to complete either 750 meters (1 lap) or 1500 meters (2 laps).





*GOOD LUCK!*

*POWODZENIA!*





PARTNER STRATEGICZNY



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