



**IRONMAN**

GDYNIA  POLAND

5-7/08/2022



GDYNIA

**ATHLETE GUIDE**



## Enea – energia dla triathlonu!

Triathlon nieodłącznie wiąże się z energią, dlatego Enea od lat wspiera zawody triathlonowe na terenie całej Polski. Nasza firma jest jednym z największych w Polsce koncernów energetycznych – dostarczamy energię elektryczną do 2,7 mln klientów, odpowiadamy za bezpieczeństwo energetyczne kraju. Realizujemy Strategię Rozwoju, która zakłada „Zieloną zmianę Enei”, czyli zrównoważoną transformację Grupy i osiągnięcie neutralności klimatycznej do 2050 r.

Co roku z wielką chęcią wracamy do Gdyni na weekend pełen pozytywnych emocji, wspaniałej, sportowej rywalizacji i dobrej zabawy. Ten rok, po raz kolejny, będzie szczególny. W poprzedniej edycji zawodów cieszyliśmy się wspólnie z pierwszymi w Polsce zmagani Ironman na pełnym dystansie. W tym roku cała gdyńska impreza świętuje 10-lecie. Ponad połowa tej dekady, to czas, w którym zawody odbywają się ze wsparciem Enei.

Życzymy wszystkim dobrej zabawy, radości i satysfakcji ze startów. Przekazujemy moc energii od Enei. Powodzenia i do zobaczenia na mecie, w strefie Enei!

### Wirtualny spacer 360°VR

Przygotowaliśmy dla Państwa wirtualny spacer, dzięki którym można odwiedzić miejsca, na co dzień dostępne tylko dla wąskiego grona osób. Zapraszamy na wirtualny spacer na naszą Farmę Wiatrową Bardy położoną niedaleko Kołobrzegu.

## Enea – energy for triathlon!

Triathlon is inextricably linked with energy, which is why Enea has been supporting triathlon competitions across Poland for years. Our company is one of Poland's largest power companies – we supply electricity to 2.7 million customers and are responsible for the nation's energy security. We are implementing the Development Strategy which calls for „Enea's Green Change” i.e. the Group's sustainable transition and achievement of climate neutrality by 2050.

Every year we are delighted to return to Gdynia for a weekend full of positive emotions, great sports competition and fun. This year, once again, will be special. In the previous edition we enjoyed together the first full-distance Ironman competition in Poland. This year the Gdynia event is celebrating its 10th anniversary. For more than half of this decade the competition has been held with Enea's support.

We wish everyone a fun, enjoyable and satisfying participation in the event. May Enea's power be with you. Good luck and see you at the finish line, in the Enea zone!

### Virtual 360°VR walk

We have prepared a virtual walking tour thanks to which you can visit places that are normally accessible only to a narrow circle of people. Take a virtual tour of our Bardy Wind Farm located near Kołobrzeg.

Zeskanuj kod QR,  
by rozpocząć  
wirtualny spacer!



Scan QR code and  
take a virtual walk!

[vr.enea.pl](https://vr.enea.pl)

## Dear Athletes!

Hard to believe it's been already 10 years! Please let me express - on behalf of myself and the entire Enea IRONMAN Gdynia team - our true gratitude towards all athletes, fans, volunteers, partners and event crew members who have ever been involved in this race. Thank you from the bottom of my heart!



Also, thank you for being with us this year. Take some time to visit a small photo exhibition on the Kosciuszki Square showing the history of this event. You will find it just next to the traditional MDOT-shaped countdown clock.

However, let's focus on what's coming next and this looks like a very intense weekend, full of sporting emotions. We will start with Kids Aquathlon Gdynia on Friday afternoon followed by a brand new running competition - Abbott Night Run. Late evening start time, a 5k course in the city center and an amazing finish line on the beach should make everyone remember this run for a long time. If you do not plan to race - please come join us to support the runners.

Saturday will be all about the sprint triathlon and relays while Sunday is what we are all really looking forward to: Enea IRONMAN 70.3 Gdynia with a PRO race included and the second edition of the full distance competition here in Gdynia. We truly believe the atmosphere on the finish line will be unique. I encourage everyone - your family members, friends and even IRONMAN 70.3 finishers to join us in the evening and create the best-ever experience for those late evening finishers of the Enea IRONMAN Gdynia. We are going to welcome them with a lot of lights, music and a loud "YOU ARE AN IRONMAN!".

What is important, it is the first time since 2019 that we will meet in Gdynia with no pandemic restrictions. Thanks to this, we can get back to a traditional on-site race briefing and Welcome Banquet. After the race, feel invited to enjoy your time in a huge Finisher Zone on the beach!

I could not be more grateful for the support of our partners, led by Enea, the City of Gdynia and the Marshal's Office of the Pomeranian Voivodeship. Of course, we could never do without hundreds of amazing volunteers supporting us in the race office, on aid stations, the finish line and in many other areas. Please give them a high five or just a smile - they deserve it!

Wishing you a safe and a successful race. Have fun and see you on the finish line!

Michał Drelich

**Race Director Enea IRONMAN Gdynia**



**DOM MĄDRZE  
PO(D)ŁĄCZONY**



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**enea.pl/fotowoltaikaplus**  
**infolinia: 611 111 111**

**Ladies and Gentlemen,**



I cordially greet all participants of the Enea Ironman Gdynia 2022 competition. Gdynia will once again host the best triathletes in the world, who will compete in several competitions, the most prestigious of which are Enea IRONMAN 70.3 and the full IRONMAN. Anyone can take part in the Gdynia event, children and young people will be able to compete in the Iron Kids competition, and less advanced ones in relay races or in a triathlon sprint. Such a great variety of competitions and numerous attractions prepared by the organizers will make Gdynia the triathlon capital on 5-7 August 2022.

I hope that during the sports competition you will also be able to get to know the beauty of our Pomorskie voivodeship, its monuments, history and the present.

I would like to thank the organizers for their efforts to conduct the event, and I wish the participants that it will remain in their memory for a long time.

Let the best win!

Mieczysław Struk

**Marshal of the Pomorskie Voivodeship**



**MIECZYŚŁAW STRUK**  
MARSZAŁEK  
WOJEWÓDZTWA POMORSKIEGO



zaprasza na

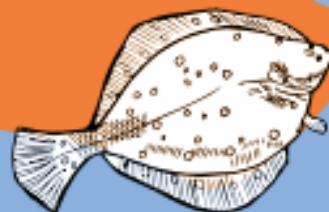
# ULICZKĘ POMORSKĄ

LOKALIZACJA: ULICA SZEROKA  
(od ul. Grobla II do ul. Tandety)

**23.07**  
**-14.08**

# Uliczka

# Pomorska





# EVENT SCHEDULE

## FRIDAY, 5 AUGUST 2022

RACE OFFICE & EXPO - OPENING HOURS	12:00 P.M-9:00 P.M	MARINA GDYNIA
PORT GDYNIA FAMILY AREA - OPENING HOURS	12:00 P.M-6:00 P.M	CITY BEACH
DEPOSIT - OPENING HOURS (KIDS AQUATHLON GDYNIA)	2:00 P.M-6:00 P.M	CITY BEACH
ENEA FAMILY AREA - OPENING HOURS	3:00 P.M-8:00 P.M	CITY BEACH
START KIDS AQUATHLON GDYNIA	3:00 P.M	CITY BEACH
BIKE CHECK-IN (SPRINT TRIATHLON GDYNIA)	3:00 P.M-9:30 P.M	KOŚCIUSZKO SQUARE
AWARDS KIDS AQUATHLON GDYNIA	6:30 P.M	FINISH AREA
Q&A FOR SPRINT TRIATHLON GDYNIA ATHLETES (PL)	7:00 P.M	FINISH AREA
Q&A FOR SPRINT TRIATHLON GDYNIA ATHLETES (ENG)	7:30 P.M	FINISH AREA
DEPOSIT - OPENING HOURS (ABBOTT NIGHT RUN)	9:00 P.M-11:00 P.M	CITY BEACH
START ABBOTT NIGHT RUN	10:00 P.M	KOŚCIUSZKO SQUARE
AWARDS ABBOTT NIGHT RUN	11:00 P.M	FINISH AREA

## SATURDAY, 6 AUGUST 2022

TRANSITION ZONE - OPENING HOURS (SPRINT TRIATHLON GDYNIA)	6:00 A.M-7:30 A.M	KOŚCIUSZKO SQUARE
DEPOSIT - OPENING HOURS (SPRINT TRIATHLON GDYNIA)	7:00 A.M-12:00 P.M	CITY BEACH
SPRINT TRIATHLON GDYNIA (SERIES 1 - M16 - M40)	8:00 A.M-10:00 A.M	CITY BEACH
RACE OFFICE & EXPO - OPENING HOURS	9:00 A.M-8:00 P.M	MARINA GDYNIA
PORT GDYNIA FAMILY AREA - OPENING HOURS	9:00 A.M-4:00 P.M	CITY BEACH
ENEA FAMILY AREA - OPENING HOURS	10:00 A.M-8:00 P.M	CITY BEACH
SPRINT TRIATHLON GDYNIA (SERIES 2 - M45 - M50, W16 - W50), RELAY	10:00 A.M-12:00 P.M	CITY BEACH
AWARDS SPRINT TRIATHLON GDYNIA	12:30 P.M	FINISH AREA
BIKE CHECK-OUT (SPRINT TRIATHLON)	1:00 P.M-3:00 P.M	KOŚCIUSZKO SQUARE
LECTURES	1:00 P.M-2:30 P.M	FINISH AREA
PRESENTATION OF PRO ATHLETES	3:00 P.M	FINISH AREA
WELCOME BANQUET	3:00 P.M-8:00 P.M	FINISHER AREA
Q&A FOR IRONMAN   IRONMAN 70.3 ATHLETES (PL)	3:30 P.M	FINISH AREA
Q&A FOR IRONMAN   IRONMAN 70.3 ATHLETES (ENG)	4:00 P.M	FINISH AREA
BIKE CHECK-IN (IRONMAN   IRONMAN 70.3)	4:00 P.M-10:00 P.M	KOŚCIUSZKO SQUARE





# EVENT SCHEDULE

## SUNDAY, 7 AUGUST 2022

TRANSITION ZONE OPENING HOURS (IRONMAN)	4:30 A.M-5:30 A.M	KOŚCIUSZKO SQUARE
DEPOSIT - OPENING HOURS (IRONMAN)	5:00 A.M-11:00 P.M	CITY BEACH
ROLLING START - IRONMAN	6:00 A.M	CITY BEACH
TRANSITION ZONE OPENING HOURS (IRONMAN 70.3)	8:00 A.M-9:00 A.M	KOŚCIUSZKO SQUAREI
DEPOSIT - OPENING HOURS (IRONMAN 70.3)	8:30 A.M-3:30 P.M	CITY BEACH
PORT GDYNIA FAMILY AREA - OPENING HOURS	9:00 A.M-6:00 P.M	CITY BEACH
ROLLING START - IRONMAN 70.3	9:30 A.M	CITY BEACH
ENEA FAMILY AREA - OPENING HOURS	9:00 A.M-8:00 P.M	CITY BEACH
EXPO - OPENING HOURS	10:00 A.M-6:00 P.M	MARINA GDYNIA
EXPECTED FINISH TIME OF ENEA IRONMAN 70.3 GDYNIA WINNER	1:00 P.M	FINISH AT THE CITY BEACH
EXPECTED FINISH TIME OF ENEA IRONMAN GDYNIA WINNER	2:00 P.M	FINISH AT THE CITY BEACH
BIKE CHECK-OUT (IRONMAN 70.3)	2:00 P.M-8:00 P.M	KOŚCIUSZKO SQUAREI
EXPECTED FINISH TIME OF LAST ENEA IRONMAN 70.3 GDYNIA ATHLETE	5:30 P.M	FINISH AT THE CITY BEACH
BIKE CHCECK-OUT (IRONMAN)	6:00 P.M-12:00 A.M	KOŚCIUSZKO SQUAREI
AWARDS - IRONMAN 70.3	6:00 P.M	FINISH AREA
SLOT ALLOCATION - IRONMAN 70.3	7:00 P.M	NAVAL MUSEUM
EXPECTED FINISH TIME OF LAST ENEA IRONMAN GDYNIA ATHLETE	10:00 P.M	FINISH AT THE CITY BEACH

## MONDAY, 8 AUGUST 2022

AWARDS & SLOT ALLOCATION - IRONMAN	12:00 P.M	CONCERT SHELL IN LECH KACZYŃSKI PARK
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A swimmer is seen from the chest up, swimming in the ocean. The swimmer is wearing a black swim cap and goggles, and is wearing a pink and purple patterned swimsuit. The swimmer's right arm is extended forward, and the left arm is also extended forward. The water is dark blue with white foam from the swimmer's strokes. The background is a vast expanse of the ocean under a clear sky.

# Twoja pasja, Twój biznes.

razem możemy więcej!

Wiemy, że to, co robisz, wymaga wytrwałości, siły i otwartości na współpracę.

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# GENERAL INFORMATION

## IRONMAN

## IRONMAN 70.3

## SPRINT TRIATHLON

### RACE DATE



**7.08.2022**

**7.08.2022**

**6.08.2022**

### SWIM



**Gdańsk Bay  
(2 loops)  
3,8 km**

**Gdańsk Bay  
(1 loop)  
1,9 km**

**Gdańsk Bay  
750 m**

### SWIM TIME LIMIT



**2 h 20 min**

**1 h**

**30 min**

### BIKE



**Streets of Gdynia and  
Tricity Landscape Park  
(3 loops) 180 km**

**Streets of Gdynia and  
Tricity Landscape Park  
(1 loop) 90 km**

**Streets of Gdynia  
20 km**

### SWIM + BIKE TIME LIMIT



**10,5 h**

**5 h**

**1,5 h**

### RUN



**Streets of Gdynia and the  
Seaside Boulevard  
(6 loops) 42,2km**

**Streets of Gdynia and the  
Seaside Boulevard  
(3 loops) 21,1km**

**Streets of Gdynia and the  
Seaside Boulevard  
(1 loop) 5km**

### GENERAL TIME LIMIT



**16 h**

**8 h**

**2 h**



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# RACE OFFICE

MARINA GDYNIA

## AQUATHLON KIDS GDYNIA

**5.08.2022      12:00 P.M - 5:00 P.M**

## ABBOTT NIGHT RUN

**5.08.2022      12:00 P.M - 9:00 P.M**

## SPRINT TRIATHLON, SZTAFETA SPRINT TRIATHLON

**5.08.2022      12:00 P.M - 9:00 P.M**

## IRONMAN, IRONMAN 70.3

**5.08.2022      12:00 P.M - 9:00 P.M**

**6.08.2022      9:00 A.M - 8:00 P.M**

On 07/08/2022 (Sunday) the  
Race Office will be closed.

# PERSONAL NEEDS

Bags will only be issued at the Race Office to full-distance competitors who request Personal Needs bags. The athlete puts there the things he/she may need during the start (change of clothes, energy gels, drinks). The bags must be left by 5:30 on Sunday morning at the deposit tent on the City Beach.

The athlete will be able to use the bags during the race at selected aid stations (second point on the cycling route, first point on the running route).

The bags and their contents are disposed of after the race. It is not possible to collect them again.





# COLLECTING THE STARTING KIT

## IN ORDER TO COLLECT YOUR KIT YOU ARE OBLIGED TO:

- Present the ID with a photo in order to verify the data provided during the registration
- Present the QR ticket sent to the competitor on Monday before the event, to the email address provided during the registration
- Having a valid Traithlon Association license

Each Athlete is obliged to collect the starting kit and to check - in and out the bike in the Transition Zone **personally**.

**Note!** Tattoos are also included in the starter pack for IRONMAN 70.3 distances. They should be applied to the left calf and left arm. Tattoos are not compulsory, but affixing them is recommended.

**Note!** Starting in the swimming cap included in the starter package is obligatory.

## SPRINT RELAY

The starting kit is collected by a member of the registered team, by **presenting a QR ticket** sent to the captain's email address and **a document confirming identity along with a scan of the ID's of other team members**.

**Kits not collected within the Race Office's opening hours will not be issued or sent out at a different time.**

**This applies to all distances starting on 5-7.08.2022**



# IRONMAN<sup>®</sup> *TRICLUB*



## JOIN THE PROGRAM

[WWW.IRONMAN.COM/TRICLUBS](http://WWW.IRONMAN.COM/TRICLUBS)

 [@IRONMANTRICLUB](https://www.instagram.com/IRONMANTRICLUB)



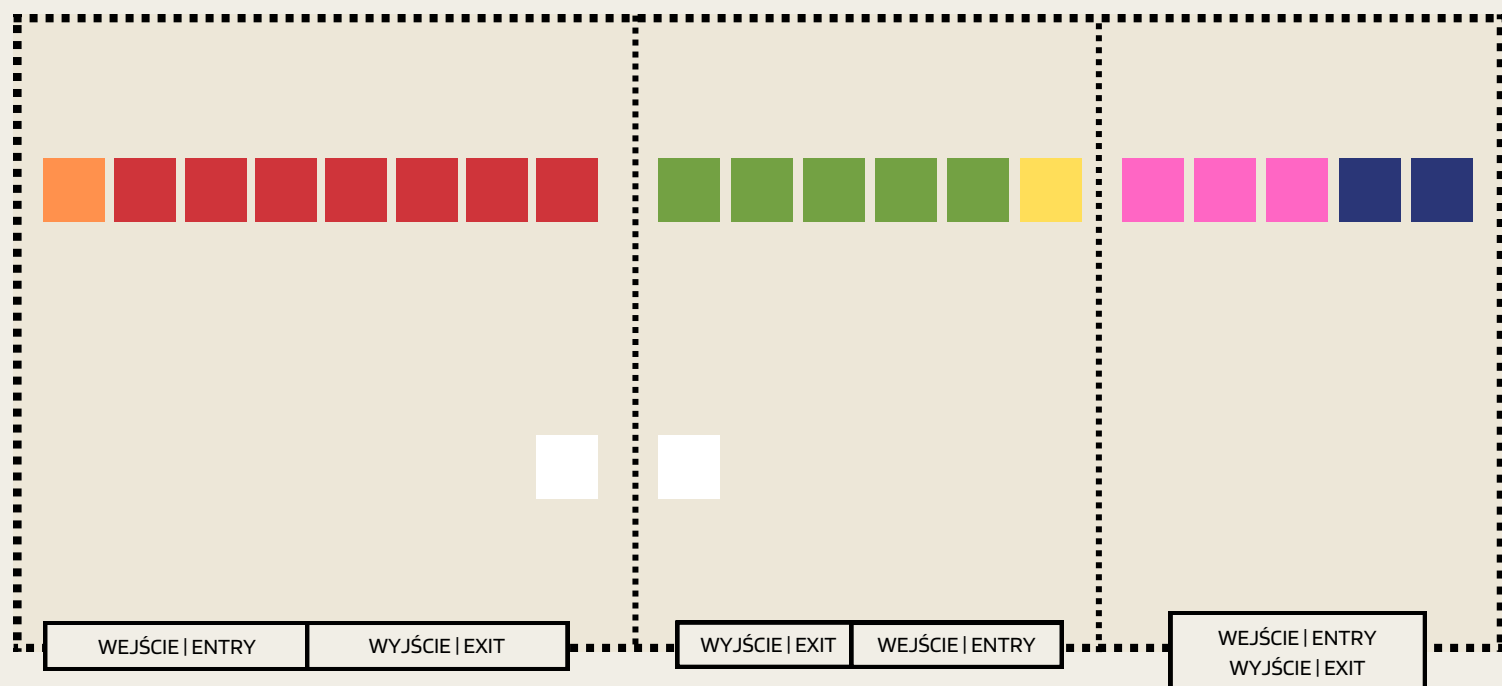
# RACE OFFICE RULES

## MARINA GDYNIA

1. Only registered Athletes are allowed to enter the Race Office.
2. Bicycles are not allowed in the Expo zone and the Race Office.
3. To collect the starter kit, you will need a QR ticket and an ID card or passport for inspection. The QR ticket will be sent to the email on the Monday before the event date.
4. In order to obtain the QR ticket, the Athlete is obliged to complete a screening questionnaire, in which, among others, one chooses an hour range to collect the starting kit.  
Friday: 12:00 P.M – 2:00 P.M, 2:00 P.M – 4:00 P.M, 4:00 P.M – 6:00 P.M, 6:00 P.M – 9:00 P.M  
Saturday: 09:00 A.M – 11:00 A.M, 11:00 A.M – 1:00 P.M, 1:00 P.M – 3:00 P.M, 3:00 P.M – 5:00 P.M, 5:00 P.M – 8:00 P.M
5. The kit can be collected only by the registered Athlete.  
The exception are relay teams, in which the team captain (i.e. the person registering the team) will receive 1 code to collect the joint kit.
6. When collecting the pack, the Competitor must wear a wristband (the Competitor may not leave the stand without putting on the wristband).
7. Traffic in the Race Office is one-way.



# RACE OFFICE



IRONMAN | IRONMAN 70.3



ABBOTT NIGHT RUN



SPRINT TRIATHLON



LICENCJE / LICENSE



SZTAFETY / RELAY



AWA



KIDS AQUATHLON



# OFFICIAL MERCHANDISE STORE & EXPO

MARINA GDYNIA

**5.08.2022 12:00 P.M-9:00 P.M**

**6.08.2022 9:00 A.M-8:00 P.M**

**7.08.2022 10:00 A.M-6:00 P.M**

The store will offer official IRONMAN merch. We also encourage you to visit the EXPO zone.



## DOSTARCZAMY WIĘCEJ.



Tegoroczne trójmiejskie, warszawskie i poznańskie zawody z serii IRONMAN nie mogą się odbyć bez wsparcia logistycznego VGL Solid Group. To już 6 rok gdy jesteśmy sponsorem najważniejszego triathlonowego wydarzenia w Polsce!

# IRONMAN VILLAGE





# BIKE CHECK-IN TRANSITION ZONE

**SPRINT TRIATHLON / SZTAFETY**

**FRIDAY, 5.08.2022**

**3:00 P.M - 9:30 P.M**

**IRONMAN / IRONMAN 70.3**

**SATURDAY, 6.08.2022**

**4:00 P.M - 10:00 P.M**

**AT THE ENTRANCE TO THE  
TRANSITION ZONE, ATLETHES ARE  
OBLIGED TO HAVE:**

- Helmet;
- Chip;
- A fully functional bike that meets the requirements of the regulations;
- Bags (red and blue one) received in Race Office, with the stickers placed correctly;
- Armband, put on when collecting the kit in the Race Office.

The stickers provided in the starter kit should be placed on the bike, helmet and transition/deposit bags. Before entering the zone, you must put on a helmet and fasten your bib number.



**Prawidłowe oklejenie kasku**  
Correct placement of stickers on your helmet



**Prawidłowe umiejscowienie chipa**  
Correct placement of the chip



**Prawidłowe oklejenie roweru**  
Correct placement of stickers on your bike





# BIB NUMBER

## STICKER FOR THE SEATPOST



STICKER FOR  
THE HELMET  
CENTER

STICKER FOR  
THE LEFT SIDE  
OF THE HELMET

STICKER FOR  
THE RIGHT SIDE  
OF THE HELMET

STICKER FOR THE  
DEPOSIT BAG (BLACK)

STICKER FOR THE  
BLUE TRANSITION  
BAG

STICKER FOR THE RED  
TRANSITION BAG

The chip should be worn on the ankle from the moment of the bike enters the Transition Zone to the end of the competition. The ankle band is waterproof and durable.

**The starting number received in the package, placed on the front, is required for the running stage.**

On the cycling stage it is recommended but not compulsory. If you decide to put it on, attach it to your back on this stage.





# BIKES

During IRONMAN and IRONMAN 70.3 competitions, only road cycling bikes, triathlon bikes and time bikes are allowed.

**The does not apply to sprint and relay events.**

## THE ALLOWED BIKES AND THEIR SPECIFICATIONS

- Classic road bikes with drop handlebars and eventual lemond
- Triathlon bikes
- TT bikes
- Gravel bikes - provided that the wheels and handlebars specifications are met

## HANDLEBARS

- Drop handlebars
- Dop handlebars with lemond
- Time handlebars with watering system

## OTHER SPECIFICATIONS

- Wheels meeting the specifications given in section 5.02 and 5.03 of <https://www.ironman.com/competition-rules>
- Rear Disc Wheels are also allowed
- Approved brakes are classic and disc ones

## BIKES TYPES NOT ALLOWED DURING THE COMPETITION

- MTB
- Trekking bikes
- City bikes
- Fitness bikes
- Cross bikes



# 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)**



### 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.

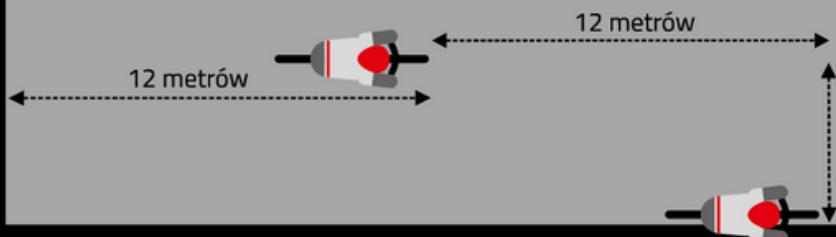


### WYJĄTKI / EXCEPTIONS

#### 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

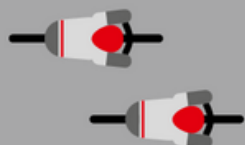


### CZAS PRZEBYWANIA W STREFIE / TIME ZONE

- 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



**Nie jeźdź obok drugiego zawodnika!  
KARA CZASOWA: 5 MIN.**  
Riding next to other athlete is forbidden. Time penalty: 5 min.





# TECHNICAL BRIEFING

## Briefing for:

Sprint Triathlon Gdynia  
Sprint Relay Gdynia

**FRIDAY, 5.08.2022**

## FINISH AREA

**7:00 p.m** in Polish  
**7:30 p.m** in English

## Briefing for:

Enea IRONMAN Gdynia  
Enea IRONMAN 70.3 Gdynia

**SATURDAY, 6.08.2022**

## FINISH AREA

**3:30 p.m** in Polish  
**4:00 p.m** in English

WARZYWA  
DANIA GOTOWE  
ZIOŁA SAŁATY



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**NOWALIJKA**  
ISTNIEJEMY OD 1999 ROKU

Istniejemy od 1999 roku i jesteśmy jedną z **największych firm branży owocowo - warzywnej**, zajmującą się produkcją i sprzedażą hurtową tych produktów.

Od 2013 roku zajmujemy się **uprawą doniczkowych sałat i ziół metodą hydroponiczną**. Tak powstało nasze najnowocześniejsze w Europie Gospodarstwo Ogrodnicze.

W 2014 wystartowaliśmy z **produkcją mytych, gotowych do spożycia mixów sałatkowych** i baby leafów takich jak szpinak, rukola, roszponka.

Od 2019 rozszerzyliśmy swoją ofertę o **dania gotowe** na bazie świeżych warzyw bez konserwantów. Należą do nich pasteryzowane zupy oraz lunch boxy z różnymi dodatkami.

- ✓ Angażujemy się w działalność społeczną, wspieramy akcje charytatywne jak i osoby indywidualne w szczególnie trudnej sytuacji.
- ✓ Staramy się uczestniczyć w życiu sportowym, sponsorujemy zawodników oraz naszych pracowników na arenie sportowej.
- ✓ Bierzymy czynny udział w zawodach IRONMAN POLAND.



znaturyzielonysmak



Nowalijka\_Novita



# TRANSITION ZONE

In the starting kit you will receive bags for your equipment to be placed in the transition zone.

Put everything you will need at the cycling course in the blue bag: helmet, bib number, cycling shoes.

In the red bag, put everything you will need at the running course: running shoes, a hat.

**ONLY ATHLETES ARE ALLOWED TO  
ENTER THE TRANSITION ZONE.**



**On the race day, after completing the stage and changing clothes, place all items in the bag and return it to the hanger marked with your bib number.**

**The Organizer is not responsible for items left outside the bag.**

**It will not be possible to place bags in the zone on the race day.**





# TRANSITION ZONE

At the entrance to the Transition Zone, the photo staff will take a photo of each Athelte with the bike.

**When entering the Transition Zone, the judges will verify:**

- **Technical condition of the bicycle.** In case of a malfunction or non-compliance with the regulations, Athelte may be refused to enter the Zone. In disputes, the final decision is at the discretion of the judge.
- **Compatibility of numbers** - helmet / bicycle; The competitor without a helmet on his head is not allowed to enter the Zone. The helmet should be left in the bag (not on the bike!), SPD shoes can be attached to the bike.

## OPENING HOURS OF THE TRANSITION ZONE FOR INDIVIDUAL DISTANCES

### SPRINT AND RELAY

**Friday, 5 August 3:00 p.m-9:30 p.m**

**Saturday, 6 August 6:00 a.m-7:30 a.m** - only for the purpose of checking the bike, inflating the wheels and bringing in water bottles

### IRONMAN I IRONMAN 70.3

**Saturday, 6 August 4:00 p.m-10:00 p.m**

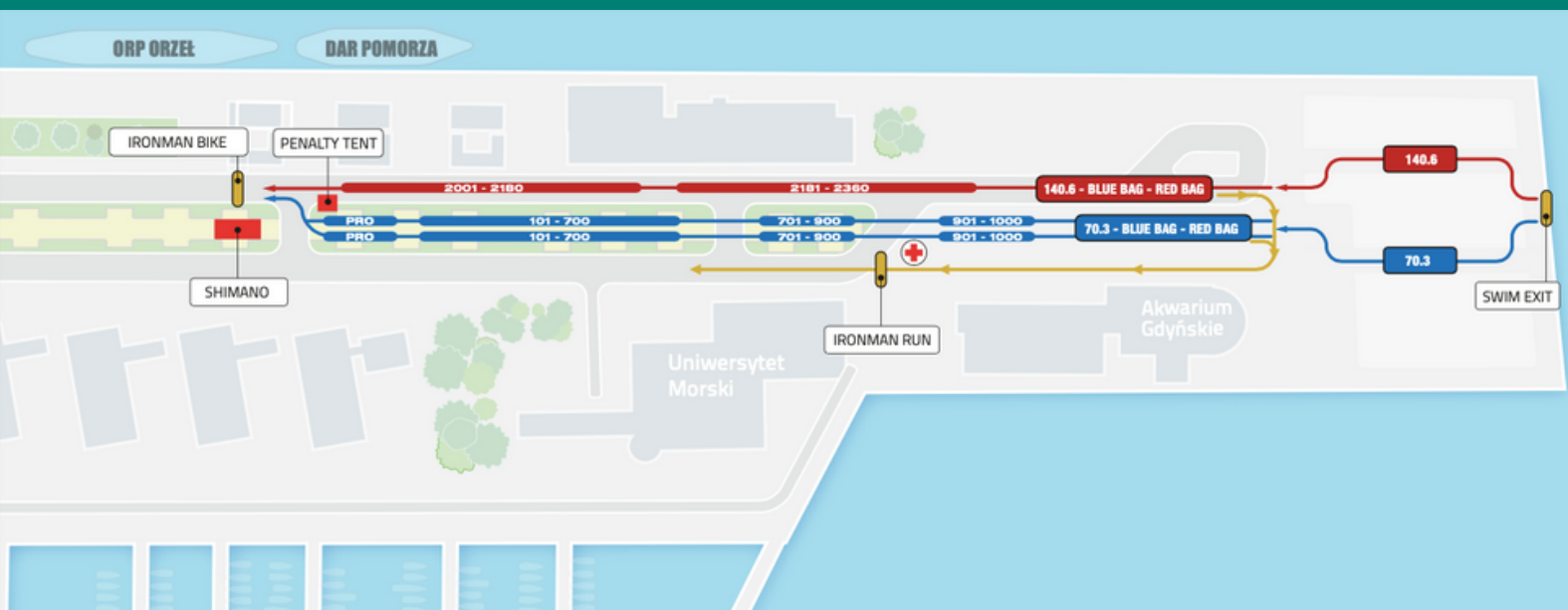
**Sunday, 7 August IRONMAN 4:30 a.m-5:30 a.m | IRONMAN 70.3 8:00 a.m-9:00 a.m** - only for the purpose of checking the bike, inflating the wheels and bringing in water bottles

**On the day of the start, there will be Shimano service at Kościuszko Square placed by the Transition Zone and pumps will be available to inflate the wheels.**

It is not allowed to use covers for bicycles and things that are supposed to replace them, such as towels, T-shirts, etc.



# TRANSITION ZONE





#ALEWSPIERA

ODKRYCIE 2021

**ODKRYJ  
NOWE  
POKŁADY  
ENERGII**

DOSTĘPNE NA [WWW.ALENERGY.EU](http://WWW.ALENERGY.EU)

**ale**  
ACTIVE LIFE ENERGY

lemon  
NO CAFFEINE

coffee latte  
CAFFEINE

green apple  
NO CAFFEINE

strawberry & banana  
NO CAFFEINE

cola  
CAFFEINE

55,5g

Supplement diety / Food supplement

**DOSTĘPNE NA [WWW.ALENERGY.EU](http://WWW.ALENERGY.EU)**



# DEPOSIT

The deposit will be located on the City Beach in the tent hall behind the finisher zone.  
**Items for deposit will be accepted only in the deposit bags sealed with a bib number sticker.**

## DEPOSIT OPENING HOURS

### FRIDAY, 5.08.2022

KIDS AQUATHLON    ABBOTT NIGHT RUN

2:00 p.m-6:00 p.m    9:00 p.m-11:00 p.m

### SATURDAY, 6.08.2022

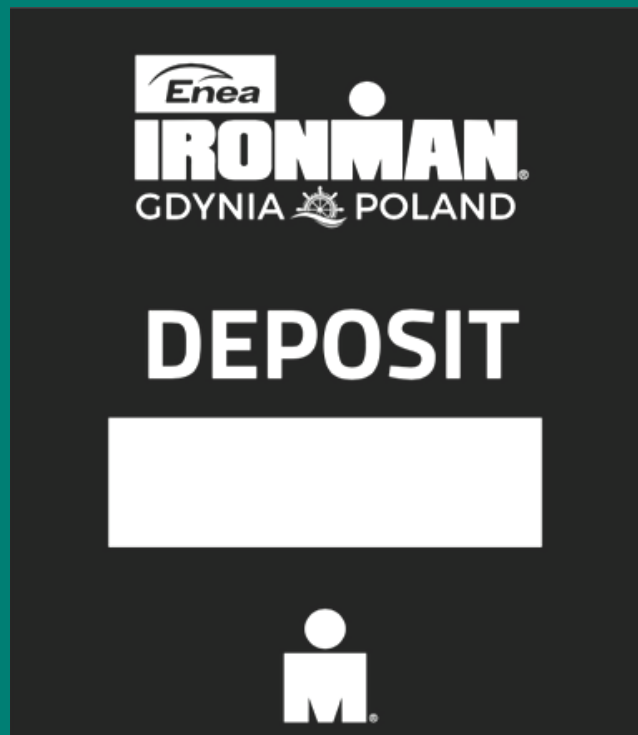
SPRINT TRIATHLON, SPRINT TRIATHLON  
RELAY

7:00 a.m-12:00 p.m

### SUNDAY, 7.08.2022

IRONMAN    IRONMAN 70.3

5:00 a.m-11:00 p.m    8:30 a.m-6:30 p.m



# WELCOME BANQUET

## SATURDAY, 6.08.2022

3:00 p.m-8:00 p.m

Every Athlete taking part in IRONMAN, IRONMAN 70.3, Sprint Triathlon Gdynia, Sprint Triathlon Relays using the received QR code can take advantage of the Welcome Banquet, which will take place in the event town on the City Beach, in the Finisher's Area.





# START ORGANISATION

## SPRINT TRIATHLON

Rolling start of 10 people per every 8 seconds. The Athletes will be divided into two waves:

1. wave, 8:00 A.M

M16 - M40

2. wave, 10:00 A.M

M45 - M50 + W16 - W45

## SPRINT TRIATHLON RELAY

The Athletes from first changeover will start at 10:00 A.M with the second wave of the Sprint.

The Athletes from next changeovers will be waiting in the transition zone next to the bike.

Cyclists and runners must be in the transition zone at the start of the swim.  
Competitors must enter the transition zone between 9:30 A.M and 10:00 A.M.

## IRONMAN

Rolling start of 10 people per every 8 seconds. The Athletes will start in one waves at 6:00 A.M.

## IRONMAN 70.3

Rolling start of 10 people per every 8 seconds. The Athletes will start in one waves at 9:30 A.M.





# AID STATIONS

## AT THE STATIONS THE ATHLETES WILL RECEIVE:

**On the bike course** - water, izotonic drink, fruits, RedBull, energy bars, energy gels

### AID STATION LOCATIONS

#### BIKE COURSE

##### IRONMAN

KOLECZKOWO 21 KM

SZEMUD 45 KM | 92 KM | 139 KM

NOWY DWÓR WEJHEROWSKI 60 KM | 107 KM | 154 KM

##### IRONMAN 70.3

KOLECZKOWO 21 KM

SZEMUD 45 KM

NOWY DWÓR WEJHEROWSKI 60 KM

## AT THE STATIONS THE ATHLETES WILL RECEIVE:

**On the run course** - water, izotonic drink, RedBull, Coca Cola, energy bars, fruits, energy gels, sponges

### AID STATION LOCATIONS

#### RUN COURSE

Athletes will pass them on every loop in the area of:

UL. 10 LUTEGO

UL. WŁADYSŁAWA IV

ALEJA PIŁSUDSKIEGO

**EACH AID STATION AND DUMPING ZONE WILL BE MARKED WITH BOARDS PLACED NEXT TO THE ROUTE.**



# WITHDRAWAL

Athletes who decide to withdraw from participation during the competition are required to immediately inform the judges about this fact and return the chip to the judges in the Transition Zone.

**Failure to do so may lead to temporary or permanent expulsion from other events.**

# BIKE CHECK OUT

**SPRINT TRIATHLON,**

**IRONMAN**

**IRONMAN 70.3**

**SPRINT RELAY**

**6 AUGUST 1:00 P.M - 3:00 P.M**

**7 AUGUST 6:00 P.M - 12:00 A.M**

**7 AUGUST 2:00 P.M - 8:00 P.M**

**In order to collect equipment from the transition zone Athletes are obliged to have:**

- The armband;
- Bib number;
- Chip.

**Equipment not collected within the prescribed hours will be transported to the Organizer's warehouse, and the competitor will cover the costs of equipment storage and shipping.**

**Loss or suspected theft of equipment should be immediately reported to the Organizer before leaving the Transition Zone. The Organizer has the right to leave any subsequent application without consideration.**





WOJEWÓDZTWO  
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z naturą



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o naszej  
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[www.pomorskie.eu](http://www.pomorskie.eu)

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[pomorskie\\_official](https://www.instagram.com/pomorskie_official)

[pomorskieEU](https://twitter.com/pomorskieEU)



# WORLD CHAMPIONSHIP

As part of **Enea IRONMAN 70.3 Gdynia**, qualifications for the IRONMAN 70.3 World Championship will take place. There will be **45 slots** to win for **the IRONMAN 70.3 World Championships to be held in Lahti, Finland, 26-27 August 2023.**

As part of **Enea IRONMAN Gdynia**, qualifications for the IRONMAN World Championship will take place. There will be **45 slots** to win for **the IRONMAN World Championships to be held on Kona, na Hawaii, 6-8 October 2022.**

## SLOT FEES

### IRONMAN 70.3 World Championships 2023

Lahti, Finland: 650.00 (EUR) + 9.25% Active fee

### IRONMAN World Championships 2022

Kona, Hawaii: 1100.00 (USD) + 8% Active fee

## AWARDS AND SLOT ALLOCATION

For the **IRONMAN 70.3** distance the Decoration Ceremony will take place on Sunday **7 August at 6.00 p.m.** in the **finish area**, the Slot Allocation will take place at **the Naval Museum, Sunday 7 August at 7.00 p.m.** On Monday **8 August at 12.00 p.m.** the Decoration Ceremony and the Slot Allocation will take place for the **IRONMAN** distance, in the **amphitheatre of Maria and Lech Kaczyński Park in Kamienna Góra.**

The decoration ceremony for **the Sprint Triathlon and Sprint Relay** distances will take place on Saturday, **August 6 at 12:30 p.m at the City Beach.**

**Statuettes that, for justified reasons, are not collected during the decoration, will be available for collection at the Organizer's office in Warsaw until September 7, 2022.**

**Unclaimed statuettes will not be sent.**






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go to [www.  
maratomania.pl](http://www.maratomania.pl)

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STEP

  
type your  
registration (start)  
number

02  
STEP

  
enjoy your  
amazing photos

03  
STEP

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## ZAPEWNIJ SOBIE REGENERACJĘ PO TRENINGU

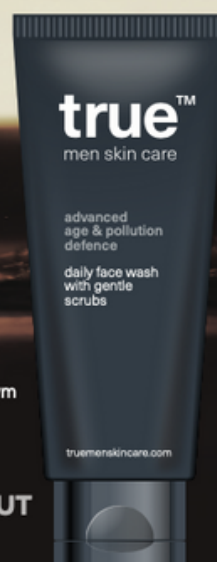
### ENSURE RECOVERY AFTER TRAINING

01

**PO KAŻDYM  
TRENINGU  
UMYJ TWARZ**

łagodząco - nawilżającym  
żelem do twarzy

**WASH YOUR  
FACE AFTER  
EACH WORKOUT**  
with the soothing and  
moisturising face gel



02

**NASTĘPNIE  
ZREGENERUJ  
KREMEM**

i zapewnij swojej skórze  
trwałe uczucie komfortu

**THEN,  
REGENERATE  
WITH CREAM**  
to give your skin a lasting  
feeling of comfort





# MEDAL ENGRAVING

Athletes who have purchased the medal engraving service will be able to do it in the GRAWERBUS tent located in the Finisher Zone.

You should report to the engraving point with your bib number and a medal.  
The service can also be purchased on Saturday and Sunday at the Grawerbus stand.



**PRZYJDŹ PO BIEGU  
WYGRAWEROWAĆ  
SWÓJ MEDAL**

UWIECZNIJ SWÓJ WYSTĘP  
I ZAPAMIĘTAJ BIEG NA ZAWSZE

telefon:

**884 911 777**

**35zł**

FORMY PŁATNOŚCI:  
GOTÓWKA / KARTA / BLIK

**grawej** bus

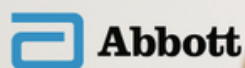


# FINISHER T-SHIRT

Finisher T-shirts will be available for collection after crossing the finish line in the Deposit Hall. This applies to both individual starts and relays.

- Individual starts - collection based on the size of the jersey on the bib number
- Relays - collection of shirts for the entire team by the captain, based on the bib number

**T-shirts sizes cannot be changed.**



WRACAJĄ  
**ROZRYWKI**  
ZNÓW MOŻE BYĆ NORMALNIE



Produkt może być niedostępny w niektórych krajach. Nie został dopuszczony do sprzedaży w Stanach Zjednoczonych.



# RESULTS

The results will be available after the competition on the website [www.ironmangdynia.pl](http://www.ironmangdynia.pl) and [www.ironman.com](http://www.ironman.com).

Live results will be available to follow on [wyniki.datasport.pl](http://wyniki.datasport.pl)

# PARKING LOTS

**During the competition, we recommend using parking lots at:**

- Batory Shopping Mall
- Gdynia Arena
- Riviera Shopping Mall

# LICENSES

To participate in Enea IRONMAN 70.3 Gdynia, Enea IRONMAN Gdynia and Sprint Triathlon Gdynia, a license from the Triathlon Association is required.

## THE LICENSE CAN BE PURCHASED

1. **Via [slotmarekt.pl](http://slotmarekt.pl)**, during or after registration, by logging in to your account and going to the Services tab in the selected event.

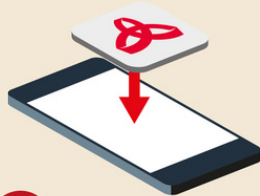
2. **Via [PZTri app](#)** (available only for Polish Citizens)



# JAK KUPIĆ LICENCJĘ?



POLSKI ZWIAZEK  
TRIATHLONU



**1** Pobierz i zainstaluj aplikację PZTri z App Store i Google Play



**2** Załóż konto



**3** Wprowadź niezbędne dane



LICENCJA JEDNORAZOWA

20 ZŁ

LICENCJA JEDNORAZOWA  
na 1 start

LICENCJA ROCZNA  
na wszystkie starty

LICENCJA ROCZNA

**4** Wybierz licencję, która Cię interesuje

100 ZŁ

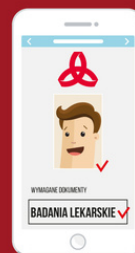
LICENCJA ROCZNA



**1** Wybierz zawody, w których startujesz.



**1a** Załaduj zdjęcie profilowe. Bez czapki i okularów. Przytnij zdjęcie profilowe, tak aby widoczna była twarz z przodu.



**1b** Załaduj zdjęcie badań. Po prawidłowym załadowaniu otrzymasz potwierdzenie.



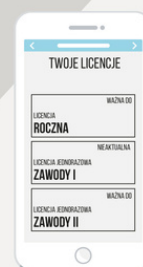
**2** Przeczytaj i zaakceptuj oświadczenie.



**3** Przejdź na stronę płatności i **ZAPŁAĆ**. Dokonaj płatności preferowaną metodą.



**4** Po dokonaniu płatności otrzymasz potwierdzenie.



**5** Kliknij **MOJE LICENCJE** i sprawdź poprawność licencji rocznej lub jednorazowej.

# BRAWO !!!

Masz już elektroniczną wersję licencji, jest ona AKTYWNA.

Licencję roczną otrzymasz w formie karty na adres podany w formularzu.

## DO ZOBACZENIA NA ZAWODACH !!!

W przypadku problemów prosimy o kontakt: [licencje@triathlon.pl](mailto:licencje@triathlon.pl)





# BIKE RENTAL

The overview offer of the Airbike rental company and its price list can be found on the website

<http://wypożyczalniarowerow.waw.pl/rowery-mtb-szosowe-i-triathlonowe>

In order to book a bike, please contact the rental company from Monday to Friday from 10:00 a.m. to 6:00 p.m. at the telephone number (+48) 22 224 44 44 or by e-mail to the address [rp@airbike.pl](mailto:rp@airbike.pl).

The rented bike can be picked up in the EXPO zone within its opening hours.

**THE NUMBER OF BIKES AVAILABLE IS LIMITED.**

# WETSUITS RENTAL

The offer of TRI-magic wetsuits rental can be found on the website

<https://tri-magic.pl/wypożyczalnia>

**THE COMPANY OFFERS SAILFISH TRIATHLON WETSUITS.**



# WELCOME POINT

## LECHA WAŁĘSY GDANSK AIRPORT

4.08.2022 11:00 A.M – 9:00 P.M

5.08.2022 11:00 A.M – 9:00 P.M

At the designated point at the airport, our stewards will greet the Athletes arriving at the competition and provide all necessary information.

# INFO POINTS

## SKWER KOŚCIUSZKI

5.08.2022 12:00 P.M – 9:00 P.M

6.08.2022 9:00 A.M – 8:00 P.M

7.08.2022 10:00 A.M – 6:00 P.M

## WEJŚCIE NA PLAŻĘ MIEJSKĄ W GDYNI

5.08.2022 12:00 P.M – 9:00 P.M

6.08.2022 9:00 A.M – 8:00 P.M

7.08.2022 10:00 A.M – 6:00 P.M

At the point at Kościuszko Square, there will also be a **lost and found office**.

At the info points, apart from the necessary information for the Athletes, their families and interested people, there will also be maps of Gdynia and tourist guides available.

In addition to the info points, on Sunday (07/08) in the vicinity of the city center you will be able to find stewards (wearing '**ask me**' vests) who will provide any event information needed and show you the way to the particular zones.



# PRACTICAL INFORMATION

- The use of electronic devices such as iPods, MP3s, mobile phones with headphones is prohibited and may result in disqualification.
- Using the help of supporters and their assistance on the bike or run course will lead to the disqualification of the Athlete.
- Running at the finish line accompanied by children and relatives is forbidden and may result in disqualification of the Athlete.
- Throwing garbage outside the designated drop zone will result in a time penalty.
- It is recommended to use wetsuits during the swim course (however, they are not required when the water temperature is above 17 ° C).
- In case the water temperature is below 17 ° C wetsuits are obligatory
- It is not allowed to use covers for bicycles and things that are supposed to replace them (towels, T-shirts, etc.)





# CHECK LIST

## SWIM

- ☐ Tri suit
- ☐ Swimming goggles
- ☐ Swim cap
- ☐ Wetsuit
- ☐ Chip


## RUN

- ☐ Bib
- ☐ Race belt
- ☐ Running shoes
- ☐ Cap

## BIKE

- ☐ Bike
- ☐ Helmet
- ☐ Cycling shoes
- ☐ Socks
- ☐ Sunglasses
- ☐ Water bottles
- ☐ Nutrition
- ☐ Tool kit (tube, minipump, CO2, multi-tool)

## OTHERS

- ☐ Sunscreen
  - ☐ Flip flops to get the startline
  - ☐ Training device
  - ☐ Vaseline
  - ☐ Bike tire pump
  - ☐ Post-race change of clothes
- 

citi handlowy<sup>®</sup>

# IRONMAN<sup>®</sup>

## 70.3<sup>®</sup> WARSZAWA POLAND

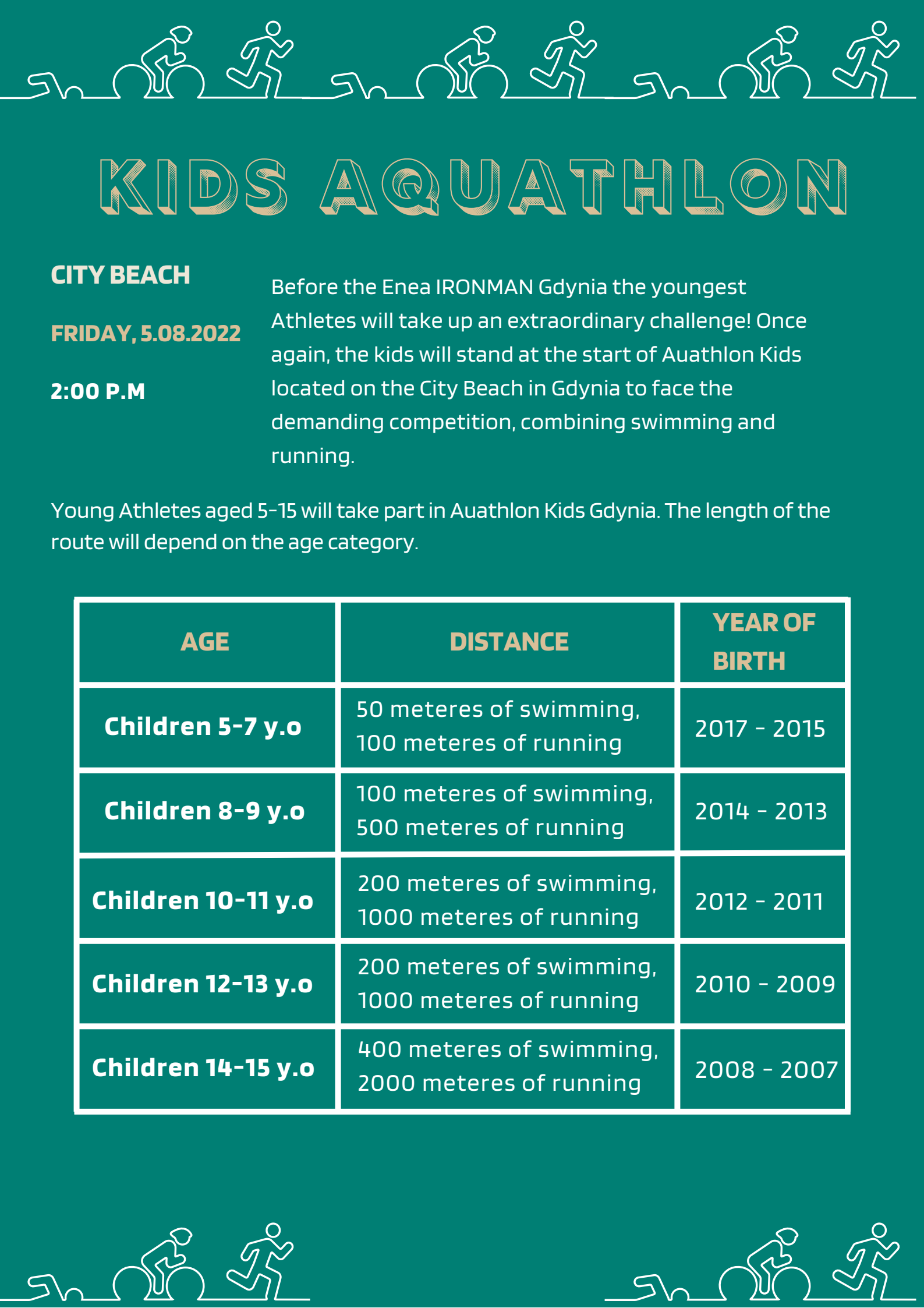
11/06/2023



# WARSZAWA

**REGISTRATION IS NOW OPEN**

[www.ironmanwarsaw.com](http://www.ironmanwarsaw.com)



# KIDS AQUATHLON

## CITY BEACH

**FRIDAY, 5.08.2022**

**2:00 P.M**

Before the Enea IRONMAN Gdynia the youngest Athletes will take up an extraordinary challenge! Once again, the kids will stand at the start of Auathlon Kids located on the City Beach in Gdynia to face the demanding competition, combining swimming and running.

Young Athletes aged 5-15 will take part in Auathlon Kids Gdynia. The length of the route will depend on the age category.

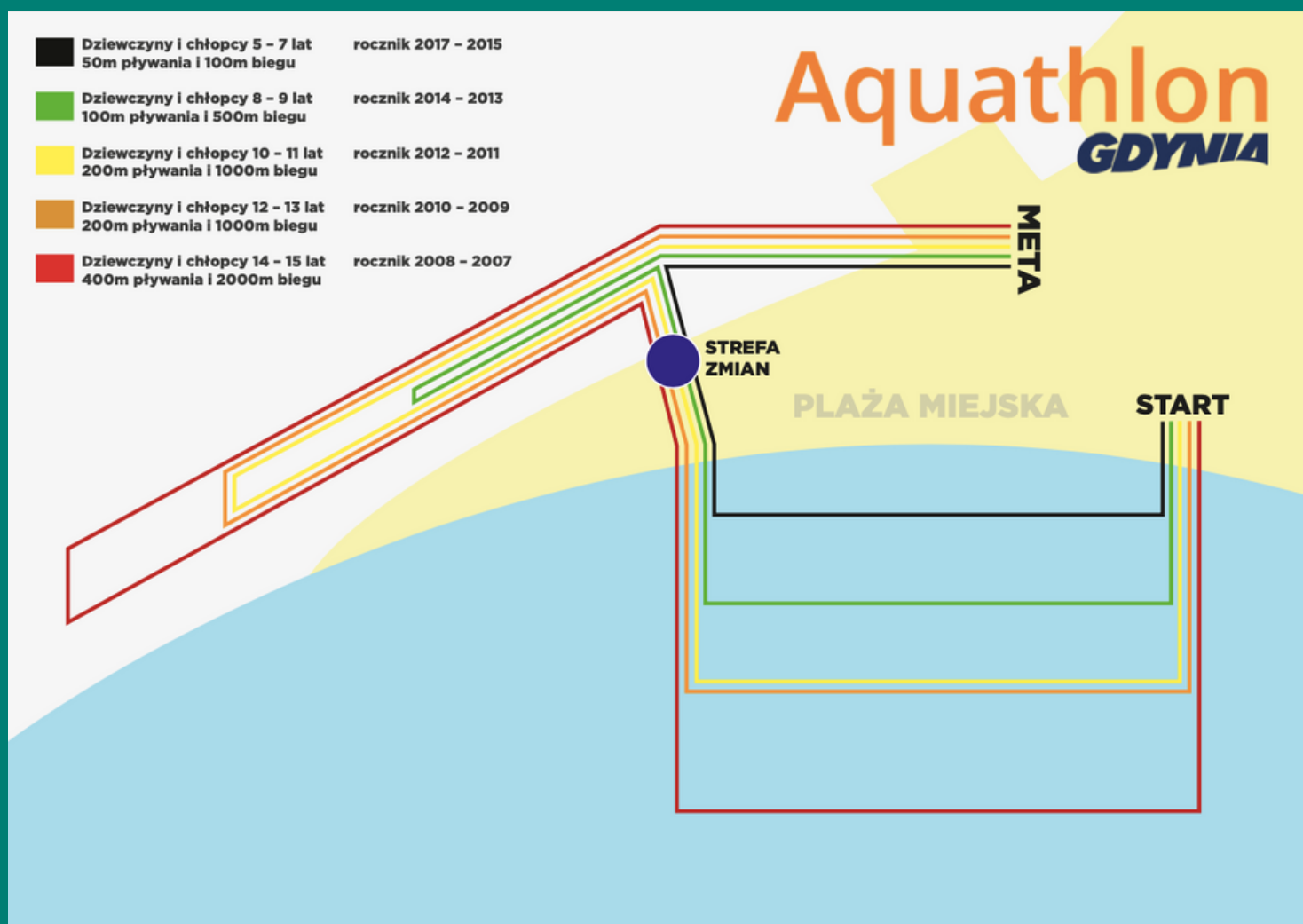
AGE	DISTANCE	YEAR OF BIRTH
Children 5-7 y.o	50 meteres of swimming, 100 meteres of running	2017 - 2015
Children 8-9 y.o	100 meteres of swimming, 500 meteres of running	2014 - 2013
Children 10-11 y.o	200 meteres of swimming, 1000 meteres of running	2012 - 2011
Children 12-13 y.o	200 meteres of swimming, 1000 meteres of running	2010 - 2009
Children 14-15 y.o	400 meteres of swimming, 2000 meteres of running	2008 - 2007



# KIDS AQUATHLON

Please remember that leaving items in the transition zone and the gathering of Athletes take place before the start in the Transition Zone.

Please check the detailed schedule for each formula in the PROGRAM tab on [the website](#).





# ABBOTT NIGHT RUN

## RACE OFFICE

**5 AUGUST**  
**12:00 P.M - 9:00 P.M**  
**MARINA GDYNIA**

## DEPOSIT

**5 AUGUST**  
**9:00 P.M - 11:00 P.M**  
**BEACH CITY**

## START

**5 AUGUST**  
**10:00 P.M**  
**KOŚCIUSZKO SQUARE**



### IN ORDER TO COLLECT THE START PACKAGE IT IS NECESSARY TO:

- Presentation of a document with a photo, in order to verify the data provided in the registration form
- Presentation of a QR ticket sent to the competitor on the Monday prior to the event date, to the email address provided during registration





**IRONMAN**  
**70.3**  **POZNAŃ**  
**POLAND**

4/09/2022



**POZNAŃ**

2 0 2 2

**REGISTER NOW!**

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





**TRASA BIEGOWA 5 KM**  
**RUN COURSE 5 KM**



## Trasa rowerowa/ Bike course



## Trasa biegowa/ Run course





# 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.fundacjamiastasportu.org/>

Po zalogowaniu się znajdziesz wiele ciekawych ofert wolontariatu!



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



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