

Enea
IRONMAN.
GDYNIA  POLAND

Enea
IRONMAN.
70.3  **GDYNIA**
POLAND

ATHLETE GUIDE



GDYNIA 2023

GET IN THE VIBE WITH 2023 HIGHLIGHTS



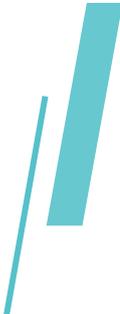


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CITY BEACH

[CHECK LOCATION](#)

SLOT ALLOCATION - IRONMAN 70.3

NAVAL MUSEUM

[CHECK LOCATION](#)

SLOT ALLOCATION, AWARDS

AMPHITHEATRE

[CHECK LOCATION](#)

CEREMONY - IRONMAN

/ KAMIENNA GÓRA

WELCOME

Ladies and gentlemen,

I am once again honoured to welcome you in Gdynia – the capital of Polish

triathlon. Although it is hard to believe, this year we are celebrating the tenth anniversary of our cooperation with the IRONMAN brand. Since 2013, we have done a titanic amount of work to get to where we are today.

In 2021, the IRONMAN royal distance made its debut in Gdynia. It was a milestone not only for us, but also for the development of the entire Polish triathlon. Moreover, last year's event was ranked third in the world in terms of overall participant rating.

Thank you for the trust you have placed in our event and I hope that your upcoming start in Gdynia will be unforgettable. I will, of course, also keep my fingers crossed for the debutants. I hope, that the initial stress will quickly disappear and the support of the fans will help you achieve the best results.

With best wishes,

Wojciech Szczurek

Mayor of Gdynia





BIEG NIEPODLEGŁOŚCI

11.11.2023



ZAPISY



gdyniasport.pl

WELCOME

Enea is the energy for triathlon!

Dear Ladies and Gentlemen,

For the past 6 years, Enea has been supporting triathlon events in Gdynia, providing an extra boost of energy to one of the best IRONMAN events in the world. Our journey with triathlon began nearly a decade ago, and since then, we have been working together to build the recognition of this demanding but incredibly exciting and joyful sport.



We have been a long-time sponsor of several major and important triathlon events in the country. However, we did not stop there. In July of this year, we announced a partnership with the Polish Triathlon Association to further support the development of the sport and the sporting achievements of Polish athletes in both national and international competitions.

As one of the largest energy companies in Poland, responsible for the country's energy security, we have prepared many attractions for athletes, spectators, and tourists visiting Gdynia.

I wish everyone successful starts and enjoyable sportsmanship!

Artur Murawski

Director of Sponsorship,
Promotion, and Brand Management Enea Capital Group



DOM MĄDRZE PO(Ł)-ŁĄCZONY



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Wybieralscy wybierają ofertę Fotowoltaika+ dla domu i firmy!

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- pompa ciepła
- magazyn energii
- stacja ładowania
- grzejnik powierzchniowo-akumulacyjny

wytwarzać, gromadzić i wykorzystywać energię na własne potrzeby.



Enea – energia dla triathlonu!

Zapraszamy zawodników i kibiców do skorzystania z atrakcji przygotowanych specjalnie na zawody Enea IRONMAN Gdynia!

Enea od 6 lat wspiera zawody triathlonowe w Gdyni, dając dodatkową energię jednej z najlepszych imprez z serii IRONMAN na świecie. Firma energetyczna – będąca jednym z największych w Polsce koncernów energetycznych, współodpowiedzialnym za bezpieczeństwo energetyczne kraju – jak co roku przygotowała wiele atrakcji dla zawodników, kibiców i turystów odwiedzających Gdynię. Wśród nich **fotomozaika**, która przez cały weekend będzie powstawała ze zdjęć kibiców i uczestników zawodów, a także **fotobudka 360°**.

Cała lista atrakcji wraz z harmonogramem funkcjonowania **Stref Enei** dostępna jest pod adresem:

<https://media.enea.pl/atrakcje>

Grupa Enea wspiera polski triathlon od 9 lat, budując rozpoznawalność tej wymagającej, ale przynoszącej wiele emocji i radości dyscypliny sportu. W lipcu tego roku energetyczna firma zapowiedziała również współpracę z Polskim Związkiem Triathlonu, dbając o rozwój dyscypliny i sportowe sukcesy polskich zawodników na krajowych i międzynarodowych imprezach.

Enea dostarcza energię do ponad 2,7 mln klientów i realizuje Strategię Rozwoju, która zakłada „Zieloną zmianę Enei”, czyli zrównoważoną transformację Grupy budującą wzrost wartości, przy założeniu długofalowego celu – osiągnięcia neutralności klimatycznej do 2050 r. Enea planuje zrealizować ten cel dzięki dynamicznemu rozwojowi odnawialnych źródeł energii.

Firma od lat wspiera sport: zawodowy i młodzieżowy, będąc sponsorem tytularnym m.in. drużyn siatkarskich i koszykarskich oraz imprez triathlonowych, m.in. Enea IRONMAN Gdynia i Enea IRONMAN 70.3 Poznań oraz Enea Bydgoszcz Triathlon. Edukację sportową dzieci promuje w ramach projektu Enea Akademia Sportu, wspierając Akademię Warty Poznań, Akademię Lecha Poznań i Akademię Jagiellonii Białostok. Do wielu wspieranych przez Eneę dyscyplin należy także żużel. Ambasadorską marki jest Natalia Partyka, utytułowana zawodniczka tenisa stołowego i wielokrotna uczestniczka igrzysk olimpijskich i medalistka igrzysk paraolimpijskich.



Zeskanuj kod QR, by zobaczyć jakie atrakcje przygotowaliśmy!

WELCOME

Dear Ladies and Gentlemen,



I warmly welcome all of you to the Enea IRONMAN Gdynia 2023 event. I am delighted that Gdynia is once again hosting the world's top triathletes who will compete in several events, with the most prestigious ones being Enea IRONMAN 70.3 and the full IRONMAN. Everyone can participate in the Gdynia event. Youth and children compete in the Iron Kids races, while less experienced athletes take part in the relay races or the triathlon sprint.

The high interest in the event, the wide range of events, and the numerous attractions prepared by the organizers make Gdynia the triathlon capital of Poland from 4th to 6th August 2023. I hope that amidst the sporting rivalry, you will find time to explore our region, its unforgettable flavors, culture, history, and tourist attractions. I wish all participants a successful stay and satisfaction with their achievements. May this event remain in your memories for a long time.

Mieczysław Struk

Marshal of the Pomeranian Voivodeship

WELCOME

Dear all,

This is the time of year when Gdynia becomes the center of the triathlon universe! Thank you very much for being with us again in the "city of the sea and dreams" to prove that #AnythingIsPossible.



Our entire team, along with the city of Gdynia, event partners, and hundreds of volunteers, will make every effort to ensure that these few days you spend in Gdynia remain unforgettable in your memories. We hope you will leave here filled with positive experiences and that throughout the entire weekend, you will truly feel Gdynia's love for triathlon.

A long weekend of sporting emotions awaits us. We'll start on Friday when the youngest sport enthusiasts will compete in the Kids Aquathlon Gdynia. Friday evening will belong to runners - the second edition of Night Run Gdynia is a perfect opportunity to familiarize yourselves with the running route of the weekend races. It's also a chance for the local running community to become part of this IRONMAN racing weekend. The late evening run and the illuminated finish line on the beach will create a unique atmosphere for this event.

Saturday will traditionally belong to the triathlon sprinters and relays. The Sprint Triathlon Gdynia powered by Sportano.pl will take place in two series at 11:00 AM and 1:00 PM. We warmly encourage everyone to come and cheer on the participants.

The peak of emotions, of course, will be on Sunday during the two main races: Enea IRONMAN Gdynia and Enea IRONMAN 70.3 Gdynia. The PRO athletes will once again compete in the latter and in the afternoon and evening hours we will welcome the finishers of the full distance race. As always, we will celebrate them in style, shouting the legendary phrase "YOU ARE AN IRONMAN!".

Let's also remember those without whom such an event could never take place. At this point, I would like to express my heartfelt thanks for the support and cooperation of the authorities of the city of Gdynia and Wejherowo County, as well as the self-government of the Pomeranian Voivodeship. I also want to thank all the sponsors and partners of the event, especially our title sponsor, Grupa Enea. We also receive enormous support from the Police, the local fire brigades and the Territorial Defence Force.

Huge words of appreciation go to all the volunteers who come from every corner of the country and dedicate their free time to support the athletes in fulfilling their dreams. Please show your appreciation by giving them a "high five" or even just a simple smile.

I wish everyone good health and the achievement of their goals. See you at the finish line!

Michał Drelich

Race Director

Enea
IRONMAN
70.3[®] POZNAŃ
POLAND

2-3.09.2023



POZNAŃ 2023

5 PLACES TO VISIT



DAR POMORZA



Step aboard a magnificent sailing ship and travel back in time. Admire the majestic sails and interiors full of history. It's a sailing icon that comes alive before your eyes. Don't miss this unique opportunity!

EMIGRATION MUSEUM



Discover the extraordinary history of migration at the Emigration Museum in Gdynia. Learn fascinating stories of people who risked their journey in search of a better life. Immerse yourself in the history and experiences of immigrants.



THE ORLOWO CLIFF



Orłowo Cliff in Gdynia is one of the most picturesque places that should be on your list of must-visit points during your stay in this seaside city. Located on the Baltic coast, it offers breathtaking views that will leave you in awe.

THE GDYNIA AQUARIUM



A place where the underwater world opens up to the mysterious ocean. Here, you can admire the diversity of marine creatures, from tropical fish to sharks. Coral reefs, delicate jellyfish, and incredible deep-sea creatures will captivate your senses.



EXPERYMENT SCIENCE CENTRE



An ideal place for those seeking engaging and interactive experiences. It encourages exploration, discovery, and learning through play. Don't miss the opportunity to experience fascinating hands-on learning.



Click the pin to check the location



CHECK LIST

PRE-RACE

- Download the QR and go check-in
- Photo I.D.
- Triathlon license
- Bike adjustment
- Study the race courses
- Plan and test your nutrition
- Attend athlete briefing

RACE DAY - SWIM

- Timing chip
- Swimsuit/Wetsiut (*if applicable*)
- Goggles
- Race Day Swim Cap (*provided at registration*)
- Ear Plugs/Nose Plug (*optional*)

RACE DAY - BIKE

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

DZIEŃ ZAWODÓW – BIEG

- Running shoes and socks
- Race belt or safety pins
- Hat/visor
- Extra nutrition and water bottles
- unglases
- BIB number (*required*)

MISCELLANEOUS

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

SCHEDULE

FRIDAY, 4th AUGUST

HOURS	DESCRIPTION	LOCATION
12:00 - 20:00	RACE OFFICE - IRONMAN, IRONMAN 70.3, SPIRINT, RELAYS	KOŚCIUSZKO SQUARE
12:00 - 21:30	RACE OFFICE - NIGHT RUN	INFO POINT / KOŚCIUSZKO SQUARE
12:00 - 20:00	EXPO AND OFFICIAL MERCHANDISE STORE	KOŚCIUSZKO SQUARE
12:00 - 16:30	RACE OFFICE - KIDS AQUATHLON	KOŚCIUSZKO SQUARE
14:00 - 18:00	DEPOSIT- KIDS AQUATHLON	CITY BEACH
15:00	START - KIDS AQUATHLON	CITY BEACH
12:00 - 20:00	FAMILY AREA - ENEA, SPORTANO.PL	CITY BEACH
15:00 - 21:30	BIKE CHECK-IN - SPRINT, SZTAFETY	KOŚCIUSZKO SQUARE
17:45	AWARDS CEREMONY - KIDS AQUATHLON	FINISH LINE / CITY BEACH
18:30	ATHELTE BRIEFING IN POLISH - SPIRINT, RELAYS	FINISH LINE / CITY BEACH
19:30	ATHELTE BRIEFING IN ENGLISH - SPIRINT, RELAYS	FINISH LINE / CITY BEACH
21:00 - 23:00	DEPOSIT - NIGHT RUN	CITY BEACH
22:00	START - NIGHT RUN	KOŚCIUSZKO SQUARE
22:45	AWARDS CEREMONY - NIGHT RUN	FINISH LINE / CITY BEACH

SATURDAY, 5th AUGUST

HOURS	DESCRIPTION	LOCATION
6:00 - 9:00	BIKE CHECK-IN & BAGS - SPRINT, RELAYS	TRANSITION ZONE / KOŚCIUSZKO SQUARE
9:00 - 16:00	FAMILY AREA - ENEA, SPORTANO.PL	CITY BEACH
9:00 - 20:00	EXPO OFFICIAL MERCHANDISE STORE	KOŚCIUSZKO SQUARE
9:00 - 20:00	RACE OFFICE - IRONMAN, IRONMAN 70.3	KOŚCIUSZKO SQUARE
10:00 - 15:00	DEPOSIT - SPRINT, RELAYS	CITY BEACH
11:00	START - SPRINT TRIATHLON GDYNIA POWERED BY SPORTANO.PL - 1. SERIES (CATEGORY: M16-M45)	CITY BEACH
13:00	START - SPRINT TRIATHLON GDYNIA POWERED BY SPORTANO.PL - 2. SERIES (CATEGORY: M50-M60+ & WOMEN) AND RELAYS	CITY BEACH
15:30	AWARDS CEREMONY - SPRINT, RELAYS	FINISH LINE / CITY BEACH
15:00 - 16:00	BIKE CHECK-OUT - SPRINT, RELAYS	TRANSITION ZONE / KOŚCIUSZKO SQUARE
16:15	PRESENTATION OF THE PRO ATHLETES	FINISH LINE / CITY BEACH
16:30	ATHLETE BRIEFING IN POLISH - IRONMAN, IRONMAN 70.3	FINISH LINE / CITY BEACH
17:30	ATHLETE BRIEFING IN ENGLISH - IRONMAN, IRONMAN 70.3	FINISH LINE / CITY BEACH
17:00 - 22:00	BIKE CHECK-IN & BAGS- IRONMAN, IRONMAN 70.3	TRANSITION ZONE / KOŚCIUSZKO SQUARE

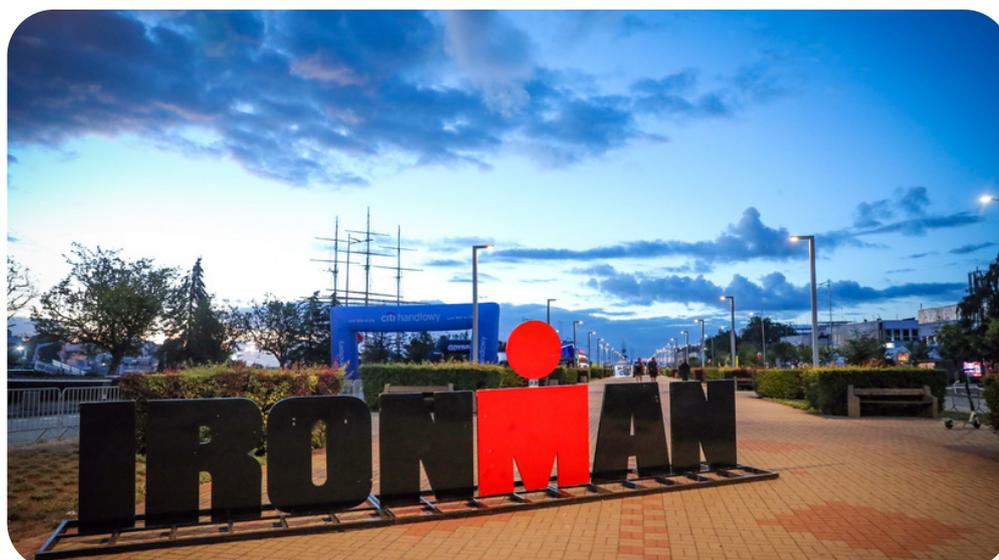
SCHEDULE

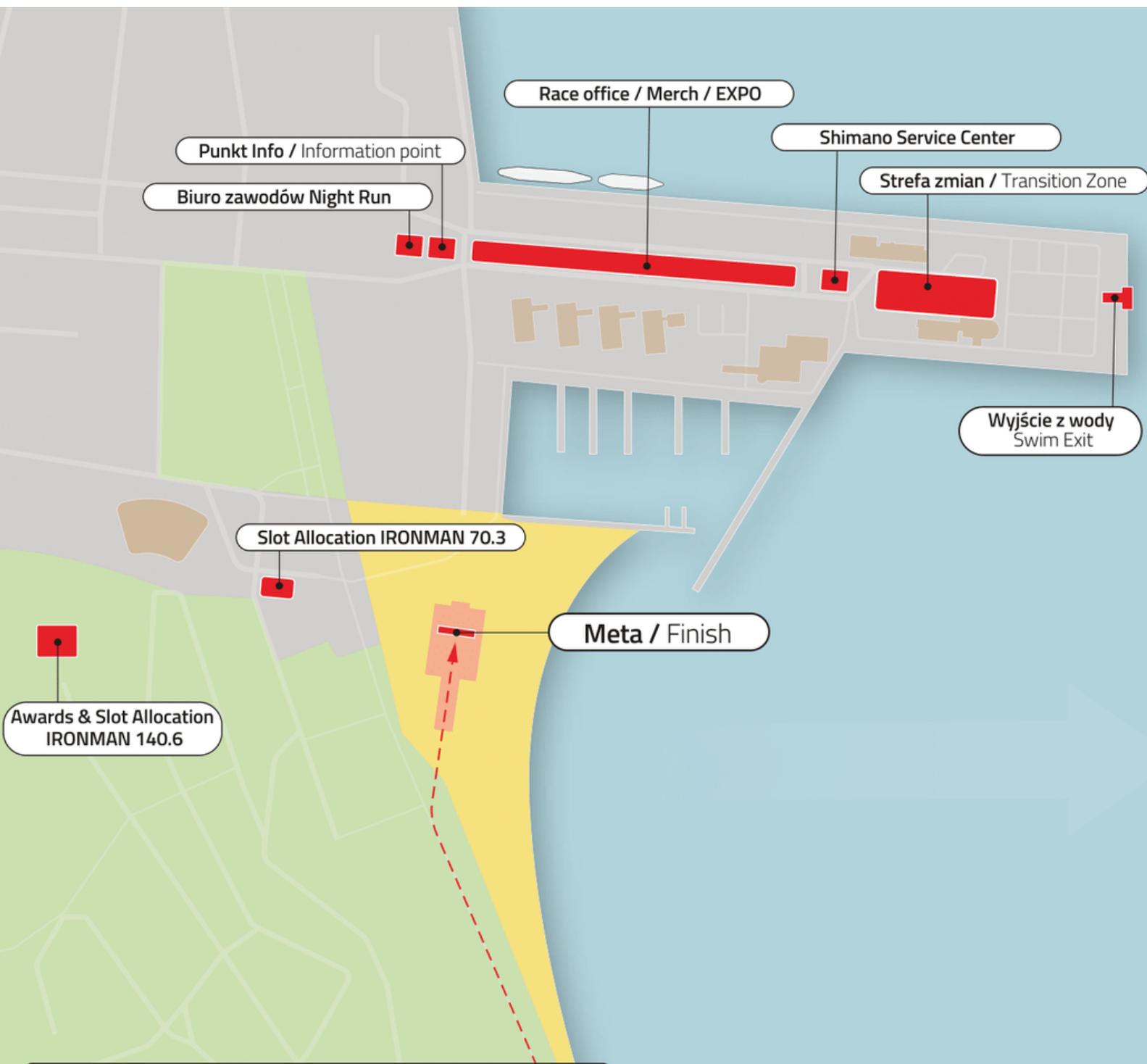
SUNDAY, 6th AUGUST

HOURS	DESCRIPTION	LOCATION
4:30 - 5:30	TRANSITION ZONE OPENING HOURS - IRONMAN	KOŚCIUSZKO SQUARE
5:00 - 23:00	DEPOSIT- IRONMAN	CITY BEACH
5:00 - 5:30	LEAVING PERSONAL NEEDS BAGS - IRONMAN	DEPOSIT / CITY BEACH
6:00	START - ENEA IRONMAN GDYNIA	CITY BEACH
8:00 - 9:00	TRANSITION ZONE OPENING HOURS - IRONMAN 70.3	KOŚCIUSZKO SQUARE
8:30 - 15:30	DEPOSIT - IRONMAN 70.3	CITY BEACH
9:00 - 20:00	FAMILY AREA - ENEA, SPORTANO.PL	CITY BEACH
9:30	START - ENEA IRONMAN 70.3 GDYNIA	CITY BEACH
10:00 - 17:00	EXPO & OFFICIAL MERCHANDISE STORE	KOŚCIUSZKO SQUARE
13:00	EXPECTED FINISH TIME OF THE WINNER - IRONMAN 70.3	FINISH LINE / CITY BEACH
14:00	EXPECTED FINISH TIME OF THE WINNER - IRONMAN	FINISH LINE / CITY BEACH
14:00 - 20:00	BIKE CHECK-OUT - IRONMAN 70.3	TRANSITION ZONE / KOŚCIUSZKO SQUARE
18:00	EXPECTED FINISH TIME OF THE LAST ATHLETE - IRONMAN 70.3	FINISH LINE / CITY BEACH
18:00 - 00:00	BIKE CHECK-OUT - IRONMAN	TRANSITION ZONE / KOŚCIUSZKO SQUARE
18:15	AWARDS CEREMONY - IRONMAN 70.3	FINISH LINE / CITY BEACH
19:00	SLOT ALLOCATION - IRONMAN 70.3	NAVAL MUSEUM
22:00	EXPECTED FINISH TIME OF THE LAST ATHLETE - IRONMAN	FINISH LINE / CITY BEACH

MONDAY, 7th AUGUST

HOURS	DESCRIPTION	LOCATION
12:00	AWARDS CEREMONY - IRONMAN	AMPHITHEATRE / KAMIENNA GÓRA
~12:45	SLOT ALLOCATION - IRONMAN	AMPHITHEATRE / KAMIENNA GÓRA





MAPA MIASTECZKA / SITE MAP


IRONMAN
GDYNIA  POLAND


IRONMAN
70.3 GDYNIA
POLAND



WC / Toilets

Strefa Sportano.pl
Sportano.pl Zone

Strefa rodzinna Enea
Enea Family Zone

Medical Sport
Recovery Zone

Depozyt
Deposit

Grawerowanie
Medal Engraving

Start pływania
Swim start

Strefa Finishera
Finisher Zone

Centrum Prasowe
Press Centre

Meta / Finish

VIP

Trybuny / Stands

Dekoracje IRONMAN 70.3
Awards IRONMAN 70.3

Trybuny / Stands

EXPO & OFFICIAL MERCHANDISE STORE

OPENING HOURS

DATE	HOURS	LOCATION
4th AUGUST	12:00-20:00	KOŚCIUSZKO SQUARE
5th AUGUST	9:00-20:00	KOŚCIUSZKO SQUARE
6th AUGUST	10:00-17:00	KOŚCIUSZKO SQUARE

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

The store will offer official IRONMAN Poland merch.

We also encourage you to visit the EXPO zone.

TWÓJ DZIEŃ-TWOJA WODA!

www.hoop.pl



WELCOME BANQUET

Athletes participating in the IRONMAN and IRONMAN 70.3 races will receive a special coin as part of the race package.

The coin can be exchanged on Saturday and Sunday for a meal from a special menu in selected restaurants.

RESTAURANTS

Rybka i frytka "Bar rybny"

address: al. Jana Pawła II 1, Gdynia

[CHECK LOCATION](#)



Pyra Bar

address: Kościuszko square 24, Gdynia

[CHECK LOCATION](#)



Tawerna Gdynia

address: al. Jana Pawła II 9, Gdynia

[CHECK LOCATION](#)



Gdyńska Zapiekanka

address: Świętojańska 18, Gdynia

[CHECK LOCATION](#)



Enoki Gdynia

address: Żołnierzy I Armii Wojska
Polskiego 13, Gdynia

[CHECK LOCATION](#)





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 @IRONMANTRICLUB

CHECK-IN (RACE OFFICE)

OPENING HOURS

IRONMAN / IRONMAN 70.3

DATE	HOURS	LOCATION
4th AUGUST	12:00 - 20:00	KOŚCIUSZKO SQUARE
5th AUGUST	9:00 - 20:00	KOŚCIUSZKO SQUARE

AUGUST 6, CHECK-IN WILL NOT BE POSSIBLE

SPRINT / RELAYS

DATE	HOURS	LOCATION
4th AUGUST	12:00 - 20:00	KOŚCIUSZKO SQUARE

AUGUST 5, CHECK-IN WILL NOT BE POSSIBLE

KIDS AQUATHLON

DATE	HOURS	LOCATION
4th AUGUST	12:00 - 16:30	KOŚCIUSZKO SQUARE

PLEASE NOTE

1. A QR code and an identity card or passport for inspection is required to check-in. The QR code will be sent to you on the Monday preceding the event date.
2. To obtain the QR code, the athlete selects the block of hours in which to registration.
Friday (Sprint, Relays, IRONMAN, IRONMAN 70.3): 12:00-14:00, 14:00-16:00, 16:00-18:00, 18:00-20:00
Saturday (IRONMAN, IRONMAN 70.3): 9:00-11:00, 11:00-13:00, 13:00-15:00, 15:00-17:00, 17:00-19:00, 19:00-20:00
3. Check-in is only possible by the person who is starting in the event.
4. While check-in, a volunteer will put on the athlete's wristband (the athlete cannot leave the stand without putting on the wristband).

CHECK-IN (RACE OFFICE)

LICENSES

JAK KUPIĆ LICENCJĘ?

1 Pobierz i zainstaluj aplikację PZTri z logo Ironman i logo PZTri
2 Zaloguj konto
3 Wykonaj płatność online
4 Wybierz licencję, która Cię interesuje

LICENCJA JEDNORAZOWA 20 ZŁ
LICENCJA ROCZNA 100 ZŁ

1 Wykonaj czynności aktywacji licencji
1a Zaloguj się na profil w aplikacji PZTri i aktywuj licencję
1b Zaloguj się na profil w aplikacji PZTri i aktywuj licencję

2 Prześlij za pomocą aplikacji PZTri dane osobiste i dane kontaktowe
3 Płatność za pomocą dotpay lub kartą
4 Po dokonaniu płatności otrzymasz potwierdzenie
5 Filtruj w aplikacji PZTri licencje i wybierz licencję, którą chcesz kupić

BRAVO!!!
Możesz już elektronicznie kupić licencję, jest ona AKTYWNA.

Licencja roczną otrzymasz w formie karty na ostatni prosiak w formularzu.

DO ZOBACZENIA NA ZAWODACH!!!
W przypadku problemów prosimy o kontakt: licencje@pztri.pl

Click to zoom

A national triathlon license is required to participate in Enea IRONMAN Gdynia, Enea IRONMAN 70.3 Gdynia and Sprint Triathlon Gdynia powered by sportano.pl.

Recognised licenses:

- annual license
- one-time license
- foreign triathlon license

License can be purchased:

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

PLEASE NOTE

Athletes must wear the official race items given to them during the registration.

Certain items must be worn: the official swim cap, wristband, stickers, number and timing chip.

Failure to comply with this rule will result in disqualification.

TIMING CHIP WILL BE HANDED OUT AT CHECK-IN IN RACE OFFICE.

CHECK-IN (RACE OFFICE)

REGISTRATION

1 During race week, you will receive an email with a QR code. Follow the link, choose the check-in time, and then save the QR code on your phone. The QR code will also be available on your account on the SlotMarket.pl portal.

2 Please go to the Race Office to check-in. Show the volunteer your QR code and ID document.

3 During the registration, a wristband will be placed on your arm. The wristband grants you access to the Transition Zone and other areas designated exclusively for athletes. Please do not remove it until the end of the race.

4 You can purchase a triathlon licence at the licence stand.

5 Pick up a backpack at the OFFICIAL MERCHANDISE STORE.* *ONLY FOR IRONMAN AND IRONMAN 70.3 DISTANCES

NATURALNIE SPORTOWE EMOCJE

NOWALIJKA
WSPIERA SPORTOWCÓW

Sponsor i uczestnik
IRONMAN Gdynia

JAKOŚĆ NA KAŻDYM POLU

Produkcja i dystrybucja:
zioła sałaty warzywa dania gotowe
www.nowalijka.pl



Nowalijka.pl



FHNowalijka



RACE PACKAGE

BIB NUMBER: You wear your bib on your back for the bike course and in front for the run course. It must be attached with three points.

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



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

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



BAGPACK*: It must be picked up after registration at the OFFICIAL MERCHANDISE STORE.

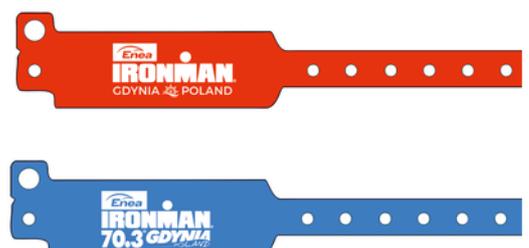
TRANSITION BAGS AND DEPOSIT BAG: Your belongings must be placed in these bags (see next page).

*only for distances IRONMAN and IRONMAN 70.3

ATHLETE'S WRISTBAND: The wristband will be placed on your wrist during the check-in at Race Office.

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

The wristband is required to grant access to Transition Zone and all athlete-specific zones during, before, and after the race. If the wristband is not worn, you will not be allowed to retrieve your bike and/or bags from the Transition Zone after the race.



RACE PACKAGE

BLUE BAG / BIKE

Should contain the gear you need for the bike course, including your helmet with stickers on the front, shoes if they are not clipped on the bike, jacket, muffs, nutrition, sunglasses, etc.

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



RED BAG / RUN

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

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

TRANSITION BAGS (BLUE AND RED) CHECK-IN:

5th August at 6:00 - 9:00 (SPRINT)

5th August at: 17:00 - 22:00 (IRONMAN and IRONMAN 70.3)

BLACK BAG / DEPOSIT

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

Drop off on race day before the start, in the deposit tent.

DEPOSIT OPENING HOURS:

5th August at 10:00 - 15:00 (Sprint and Relays)

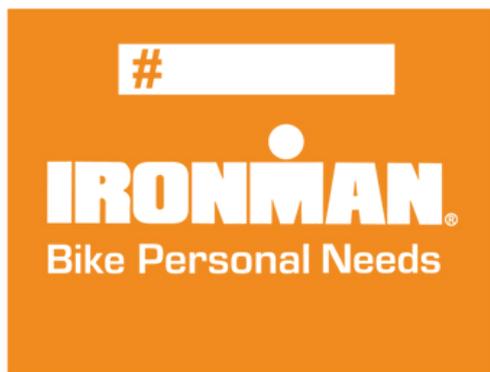
6th August at: 5:00 - 23:00 (IRONMAN)

6th August at: 8:30 - 15:30 (IRONMAN 70.3)



DO NOT FORGET TO STICK YOUR RACE NUMBER ON YOUR BAGS

PERSONAL NEEDS BAGS



Only IRONMAN distance athletes can use the Personal Needs bags.

In the Personal Needs bags, you can put gear that you will need on the course during the race.

The bags are not included in the race package, but you can request them at the race office during the registration. You will receive two bags, one for the bike course and the other for the run course.

The Personal Needs bags should be left at the deposit tent on the race day, August 6th, between 5:00 - 5:30 am.

PLEASE DO NOT PUT IN VALUABLE GEARS OR CLOTHING IN THE BAGS.

AFTER THE RACE, THE BAGS WILL BE DISCARDED

THE ORGANIZER WILL NOT BE RESPONSIBLE FOR ANY LOST GEAR

LOCATION OF PERSONAL NEEDS POINTS

BIKE COURSE

NOWY DWÓR WEJHEROWSKI

60 km | 107 km | 154 km

RUN COURSE

KOŚCIUSZKO SQUARE

EVERY LOOP

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

9/06/2024



**REGISTRATION
IS NOW OPEN**

BIKE CHECK-IN & BRIEFING

SCHEDULE

DATE	HOURES	DESCRIPTION	LOCATION
4th AUGUST	18:30	ATHELTE BRIEFING IN POLISH - SPRINT, RELAYS	FINISH LINE / CITY BEACH
4th AUGUST	19:30	ATHELTE BRIEFING IN ENGLISH - SPRINT, RELAYS	FINISH LINE / CITY BEACH
5th AUGUST	6:00 - 9:00	BIKE CHECK-IN - SRPINT, RELAYS	KOŚCIUSZKO SQUARE
5th AUGUST	17:00 - 22:00	BIKE CHECK-IN - IRONMAN, IRONMAN 70.3	KOŚCIUSZKO SQUARE
5th AUGUST	16:30	ATHLETE BRIEFING IN POLISH - IRONMAN, IRONMAN 70.3	FINISH LINE / CITY BEACH
5th AUGUST	17:30	ATHLETE BRIEFING IN ENGLISH - IRONMAN, IRONMAN 70.3	FINISH LINE / CITY BEACH

ATHLETE BRIEFING

The athlete briefing for athletes will take place on Friday for the sprint and relay distances, and on Saturday for the IRONMAN and IRONMAN 70.3 distances.

During the briefing, important information regarding the specifics of the course, rules, and time limits for each discipline will be provided, as well as any changes that may occur due to weather conditions.

The briefings will be conducted in both Polish and English (see schedule above).

BIKE CHECK-IN

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

BIKE SERVICE

Our partner Shimano will be providing bike servicing from Friday near the Transition Zone, ready to assist in case of any last-minute bike issues before the start.

BIKE CHECK-IN

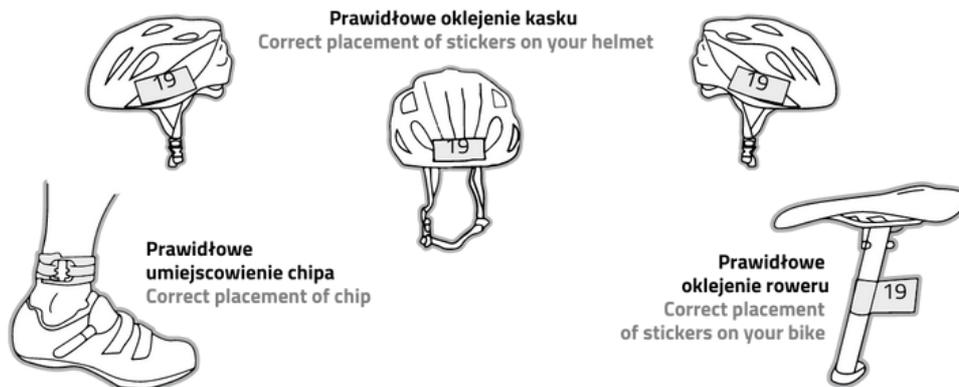
MANDATORY BIKE, BIKE AND RUN BAGS CHECK-IN

BIKE CHECK-IN

Before entering the Transition Zone, please put on your helmet and fasten the chin strap. Please also be prepared for the following inspections::

- a visual inspection of the bike,
- a break system check and a check of your helmet,
- a check that the race numbers are on your bike and your helmet and a check of your wristband

THE CHIP SHOULD BE ATTACHED TO THE LEFT LEG BEFORE BIKE CHECK-IN.



BIKE BAG AND RUN BAG

- Make sure you have packed all the gear you will need during the bike leg into **the blue bag**.
- Check if all your running gear is in **the red bag**.
- The helmet must be placed in **the blue bag**.
- You can attach your shoes to the bike on the race day.

Bicycles and bags should be placed on the rack according to your assigned number.

Bike covers are not allowed.

When storing your bike and bags, take time to familiarize yourself with the Transition Zone. Do not forget to check where the entries and exits are located.

There will be volunteers in the transition to answer any questions, so ask them on spot, don't wait until race day.

For the IRONMAN and IRONMAN 70.3 distances, bikes and transition bags should be checked in at the Transition Zone the day before the race. On the race day, there will be no possibility to check in the bike or bags.

INDYWIDUALNE PLANY TRENINGOWE

dla

PLYWAKÓW, KOLARZY, BIEGACZY
oraz **TRIATHLONISTÓW**

Poznaj naszą unikalną aplikację mobilną **IM Inspiration** stworzoną do usprawnienia komunikacji z zawodnikami i zarządzania planami treningowymi.

1. Twój plan treningowy

dopasowany do Twojej aktualnej formy, poziomu wytrenowania oraz celów sportowych.

2. Szybka komunikacja

dzięki powiadomieniom w aplikacji, wiadomościom E-MAIL, PUSH i SMS.

3. Garmin Connect

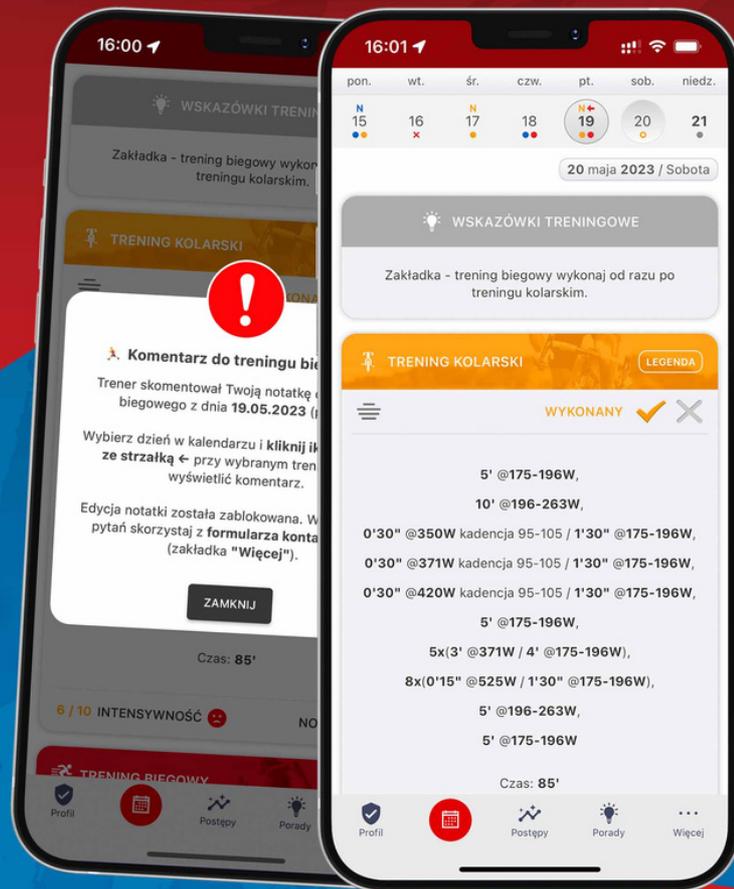
automatyczny eksport treningów do **Garmin Connect** w momencie aktualizacji planu przez trenera.

4. Informuj nas na bieżąco

oznaczaj w kalendarzu statusy realizacji treningów, wprowadzaj oceny samopoczucia i notatki dla siebie oraz trenera. Jeśli potrzebujesz modyfikacji swojego planu treningowego lub masz pytania o jego realizację, to możesz wysłać wiadomość przez formularz kontaktowy dostępny w aplikacji.

5. Co tydzień aktualizacja

Twojego planu w wybrany przez Ciebie dzień wolny, na podstawie tego jak Ci poszło w poprzednim tygodniu.



Aplikacja **IM Inspiration** nie generuje gotowych planów treningowych.

Za każdy wprowadzony plan odpowiada przeszkolony trener z **IM Inspiration Team**.

UWAGA!!!

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DAY RACE / DEPOSIT

RACE MORNING

In the morning, you can go to the Transition Zone to do a final equipment check before the start. Check the tire pressure. You can attach your cycling shoes to the pedals. If you bring your own pump, after using it, place it in **the black deposit bag**.

TRANSITION ZONE OPENING HOURS

Sprint and Relays	5th August at 9:00 - 10:30
IRONMAN	6th August at 4:30 - 5:30
IRONMAN 70.3	6th August at 8:00 - 9:00



BLACK DEPOSIT BAG

In this bag, leave the wear you will need after the race.

Do not forget to place the start number stickers on the bag.

DEPOSIT OPENING HOURS

Sprint and Relays	5th August at 10:00 - 15:00
IRONMAN	6th August at 5:00 - 23:00
IRONMAN 70.3	6th August at 8:30 - 15:30

TOILETS

Toilets will be available in the Transition Zone, so please use them and keep them clean. There will also be toilets along the entire route at various points.

TIMING CHIP

WHAT IS THE TIMING CHIP FOR?

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 included in race package.

WHEN AND WHERE TO WEAR THE TIMING CHIP?

It must be worn on your left ankle during the entire race.

WHEN SHOULD YOU PUT ON THE CHIP ON YOUR LEG?

The chip should be put on before bike check-in.

IF YOU HAVE LOST OR FORGOTTEN YOUR TIMING CHIP, PLEASE CONTACT THE STAFF

RACE DAY

CUT OFFS

	IRONMAN 70.3	IRONMAN	SPRINT
 + T1 + 	01:10:00	02:20:00	00:30:00
 + T1 +  + T2 + 	05:30:00	10:30:00	01:30:00
 + T1 +  + T2 + 	08:30:00	16:00:00	02:00:00

TIMES ARE CALCULATED BASED ON INDIVIDUAL START TIME

Intermediate cut-off during the race.

Organizer, reserves the right to remove an athlete from the course and disqualify them if our course staff determines there is no possibility that the athlete could finish the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time, and average speed up at that point.

Athletes who do not meet the above cut-offs will be disqualified and will not be eligible for age-group awards or qualification for World Championship.

➤ **Bring your bike**

THULE
SWEDEN

Każdy bagażnik rowerowy Thule został zaprojektowany, by zapewnić maksymalną ochronę Twojego roweru. Wybierz swój bezpieczny i łatwy w użyciu uchwyt, który może być montowany za widelec, ramę lub koło - wszystkie z łatwością zamontujesz na bagażniku bazowym Thule.



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AID STATIONS

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 JUDGES.

BIKE COURSE

IRONMAN 70.3

Aid station 1: 21 km

Aid station 2: 45 km

Aid station 3: 60 km

IRONMAN

Aid station 1: 21 km | 68 km | 115 km

Aid station 2: 45 km | 92 km | 139 km

Aid station 3: 60 km | 107 km | 154 km

- Arctic+ 0,7l bottled water
- ALE Race 0,5l bottled isotonic drink
- fruits
- ALE energy gels
- ALE energy bars

There will be no aid stations on the bike course for the sprint distance.

RUN COURSE

LOCATION - IRONMAN AND IRONMAN 70.3

Three aid stations will be located along the running route, every 2,5 km.

- Arctic+ water in cups
- ALE isotonic drink in cups
- fruits
- ALE energy gels
- ALE energy bars
- Red Bull in cups (only aid station 2)
- Hoop Cola in cups
- sponges

LOCATION - SPRINT AND RELAYS

Aid station: near 2,4 km - Piłsudskiego street

- Arctic+ water in cups



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01
STEP


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registration (start)
number

02
STEP


enjoy your
amazing photos

03
STEP



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SWIM

PŁYWANIE

The start is organized in a rolling start format, with 8 athletes starting every 10 seconds.

PRO athletes in the IRONMAN 70.3 distance will start first.

The timing chip will record the start time of each athlete after crossing the start line.

Before the start, each athlete will have the opportunity to warm up in the water.

COURSE

Sprint - one loop length 750 m in the Gdańsk Bay

IRONMAN 70.3 - one loop length 1,9 km in the Gdańsk Bay

IRONMAN - 2 loops 1,9 km each in the Gdańsk Bay (Australian Exit at 1,9 km)

TIME LIMITS

The swim course will be closed 2 hours and 20 minutes after the last IRONMAN distance athlete starts, 1 hour and 10 minutes after the start for IRONMAN 70.3 distance athletes, and 30 minutes after the start for sprint distance athletes and relay teams. 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).

Organizers reserve the right to pull athletes who exceed any established course time cut-offs off the course.

DATE	START	GROUP	COLOUR OF CAP
5th August	11:00	SPRINT CATEGORY M16-M45	Yellow
5th August	13:00	SPRINT CATEGORY M50-M60+ AND WOMEN	Yellow
5th August	13:00	RELAYS	Green
6th August	6:00	IRONMAN	Blue
6th August	9:30	IRONMAN 70.3 - PRO ATHLETE	Orange
6th August	9:35	IRONMAN 70.3	Pink



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.
- The wetsuit must not be removed before the transition zone (YELLOW card - 30 second penalty).
- 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.

ALL RULES CAN BE FOUND IN THE EVENT RULES AND REGULATIONS ON THE EVENT WEBSITE

AN OPEN-WATER SWIM IN A TRIATHLON IS SUBSTANTIALLY DIFFERENT FROM SWIMMING IN A POOL. TO ALLEVIATE STRESS, IT'S IMPORTANT THAT YOU ARRIVE ON RACE DAY HEALTHY, FIT AND PREPARED.

HERE'S A TOP-10 CHECKLIST TO HELP GET YOU READY.

1. PREPARE FOR RACE CONDITIONS

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

2. RACE IN OTHER EVENTS

Proper training is the best way to reduce anxiety. It's also a good idea to race shorter distance triathlons, as well as join clinics and club activities to prepare yourself for open water conditions.

3. LEARN ABOUT COURSE DETAILS

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

Keep in mind that every body of water is different. Study the event schedule to plan for optimal arrival and preparation.

4. ENSURE HEALTH

As an athlete in training, you should take the proper steps to assess your health with your physician. Wherever you live, we recommend you consult with your physician before you race.

5. PAY ATTENTION TO WARNING SIGNS

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

6. DON'T USE NEW GEAR ON RACE DAY

Focus on controlling as many factors as you can on race day. You should never race in equipment you haven't trained in, this is not the time to test new gear.

Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly. Prepare for the unexpected with backups of all your gear.

7. WARM UP ON RACE DAY

Arrive early enough on race day for an adequate warm-up prior to start.

Spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race.

8. CHECK OUT THE COURSE

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

9. START EASY – RELAX AND BREATHE

Follow the race day instructions regarding the swim start format that have been provided in the event athlete guide. For events with a rolling swim start, don't overestimate your ability. Please line up in the appropriate position according to your estimated swim completion time.. Don't race at maximum effort from the start - ease into your swim.

Relax and focus on your breathing as you settle into a sustainable place.

10. BE ALERT AND ASK FOR HELP

In a race setting always stop at the first sign of a medical problem.

The IRONMAN Competition Rules allow for competitors to stop or rest at any time during the swim.

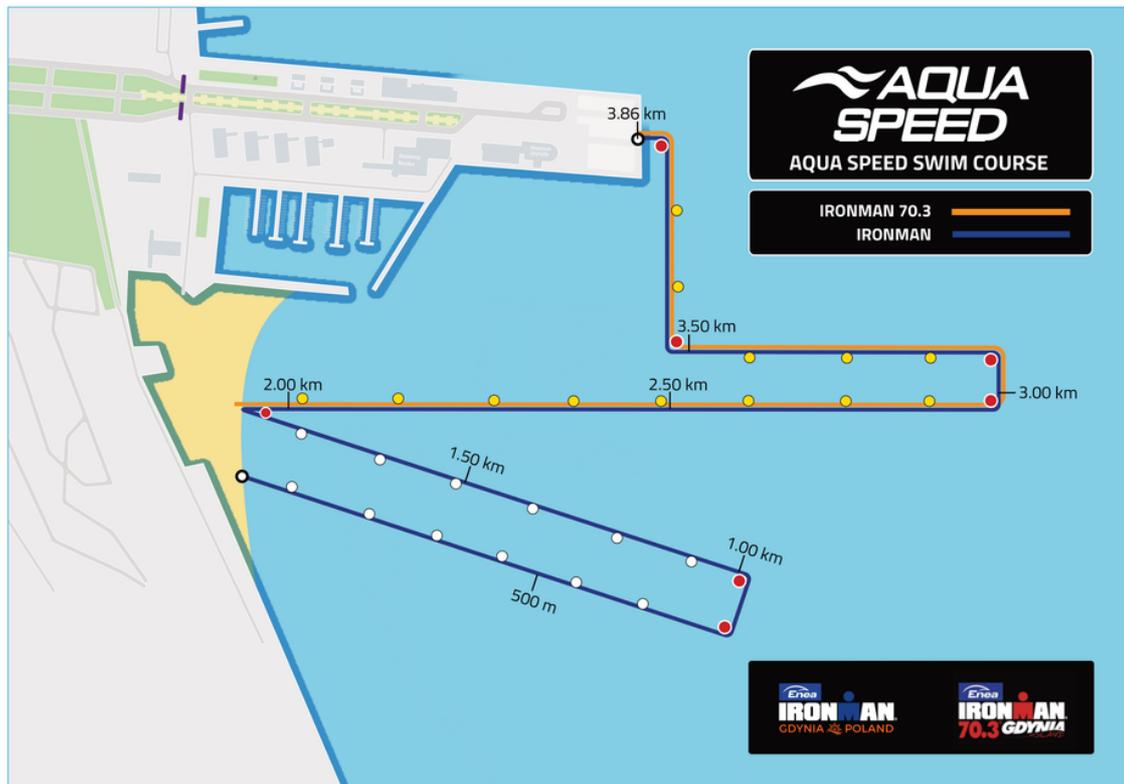
If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat.

Feel free to hold on to a static object like a kayak or buoy. As long as you don't use it to move forward, you won't face disqualification.

SWIM COURSE - SPRINT



SWIM COURSE - IRONMAN & IRONMAN 70.3



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[IRONMAN](#)

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Wspieramy energetycznie zawodników IRONMAN POLAND 2023



Zestaw
IRONMAN

11 godzin | 4435 kcal



Zestaw
IRONMAN 5150

2,5-3 godzin | 1440 kcal



Zestaw
IRONMAN 70.3

5 godzin | 2330 kcal

Na [DOZ.PL](https://www.doz.pl) przygotowaliśmy zestawy **ALE Nutrition Start Pack** dla osób startujących na dystansach **5150, IRONMAN 70.3** oraz **IRONMAN**.

To nie tylko kompilacja produktów Active Life Energy, ALE także instrukcja na jakim etapie rywalizacji, z którego produktu skorzystać, by uwolnić dodatkową energię.



Wybierz zestaw
na Twój dystans



ALE Active Life Energy
oficjalnym partnerem IRONMAN Poland

"Odżywianie to czwarta dyscyplina triathlonu dlatego przykładamy bardzo dużą wagę, by produkty, które uczestnicy zawodów IRONMAN Poland otrzymują na trasach, były wysokiej jakości.

Mam ogromną przyjemność powitać w gronie naszych partnerów markę ALE Active Life Energy."

- Michał Drelich, dyrektor IRONMAN Poland.

ale
ACTIVE LIFE ENERGY

TRANSITION ZONE

TRANSITION ZONE - SWIM TO BIKE

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

Upon entering the Transition Zone, you must pick up your **BLUE BAG** with your bike gear from the designated bag rack and proceed to change inside the designated tent.

After completing the change, pack your wetsuit and other swim gear into **BLUE BAG** and rack it back on the rack, in the same position you took it from (marked with your number).

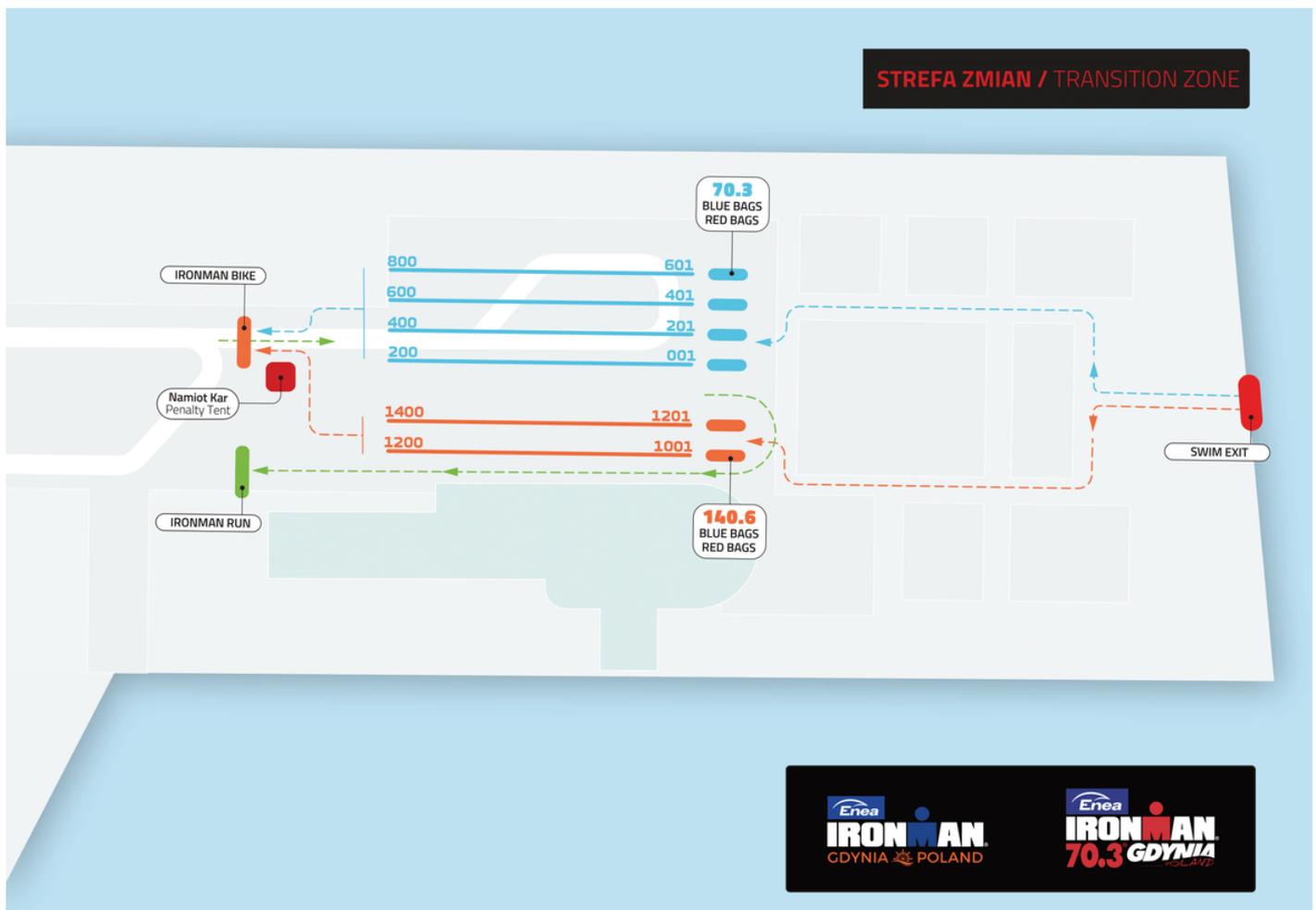
For relay teams, the cyclist must wait at the bike rack in the Transition Zone for the cyclist to hand over the "baton" with a tap of the hand.

Before the race, your cycling shoes should either be inside the **BLUE BAG** or securely attached to your bike.

Please note that before removing the bike from its place at the bike rack, you need to have the chinstrap of your helmet securely fastened. The chinstrap must be always fastened when the athlete is in contact with the bike. Failure to do so may cause a penalty from one of the race marshals.

You must cross the bike mount line before mounting your bike. The line will be clearly marked and is located when exiting the Transition Zone.

Please note that there will be changing tents. You can use a poncho towel to change if you want too.
Nudity is prohibited.





TRANSITION ZONE

TRANSITION ZONE - BIKE TO RUN

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

For relay teams, the runner should wait at the bike rack in the Transition Zone for the cyclist to hand over the "baton" with a tap of the hand.

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.

BIKE, BIKE AND RUN BAGS CHECK-OUT

Sprint and Realsys

5th August at 15:00 - 16:00

IRONMAN 70.3

6th August at 14:00 - 20:00

IRONMAN

6th August at 18:00 - 00:00

A swimmer in a blue and pink swimsuit, wearing a swim cap and goggles, is swimming in the ocean. The water is dark blue with white foam from the swimmer's strokes. The sky is a pale, hazy blue.

Twoja pasja, Twój biznes.

razem możemy więcej!

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BIKE

TIME LIMITS

The bike course will be closed 10 hours and 30 minutes after the last IRONMAN distance athlete starts swimming, 5 hours and 30 minutes for IRONMAN 70.3 athletes, and 1 hour and 30 minutes for sprint and relay 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



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::

1st BLUE CARD Offense 5:00 minutes

2nd BLUE CARD Offense 10:00 minutes

3rd BLUE CARD Offense DSQ

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.

Not abiding by the Penalty Tent penalty results in disqualification.

YELLOW CARD - BIKE

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.

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

1. IT STARTS WITH YOUR BIKE

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

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

Keep your bike clean and your chain lubed.

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

2. LEARN THE BASICS

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

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

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

3. SUIT UP

Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride.

Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race.

Choose clothing that is visible in low-light conditions.

4. BE PREPARED TO RIDE

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

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

5. PLAN AHEAD

Always obey all traffic signals and signs.

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

Select a ride distance appropriate to your fitness..

6. INFORM OTHERS

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

Carry a cell phone for emergencies.

7. STAY ALERT

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

Don't take photos and selfies while riding.

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

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

8. OBEY THE LAW

Always stop at stop signs and lights. Remember, cyclists have the same responsibilities as vehicles.

Know the traffic laws for your area, especially those regarding riding two abreast or single file.

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

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

9. COMMUNICATE

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

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

10. SAFETY FIRST

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

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

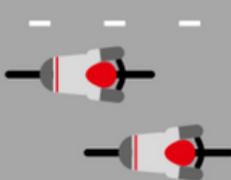
SAY NO! TO DRAFTING

CO TO JEST DRAFTING?

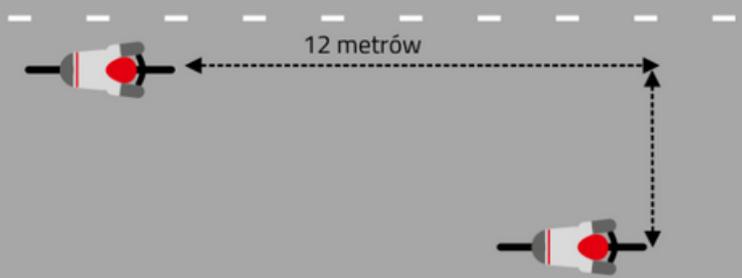
DRAFTING oznacza wejście w strefę draftingu, czyli zmniejszenie odległości pomiędzy zawodnikami poniżej 12 metrów. Drafting podczas zawodów jest zabroniony; (Kara Czasowa 05:00 Minut). Zawodnik może wjechać w strefę draftingu tylko w czasie wyprzedzania (maksymalnie 25 sekund).

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 jeźdź 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 WYPREZDANIA, 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.

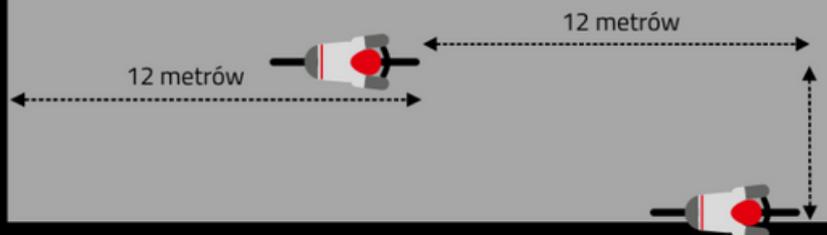


WYJĄTKI / EXCEPTIONS

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



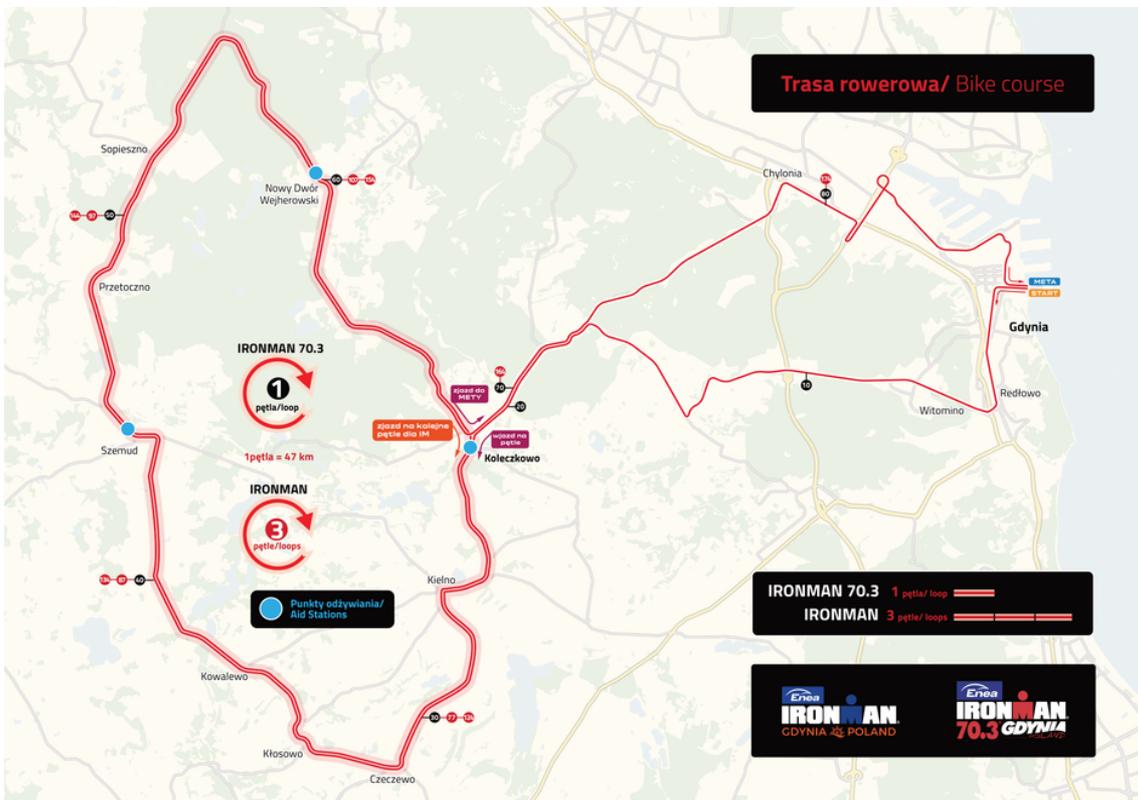
CZAS PRZEBYWANIA W STREFIE / TIME ZONE

- 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

BIKE COURSE - SPRINT



BIKE COURSE - IRONMAN & IRONMAN 70.3



DOWNLOAD GPX FILE

IRONMAN

IRONMAN 70.3

RUN

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 run course will be closed 16 hours and after the last IRONMAN distance athlete starts swimming, 8 hours and 30 minutes for IRONMAN 70.3 athletes, and 2 hour for sprint and relay 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

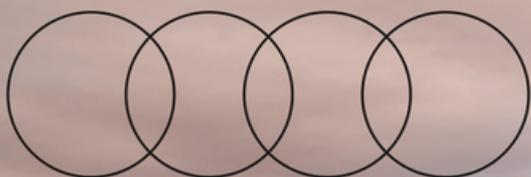
If you decide to drop out, please inform a referee and organizer.

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.



Audi Q8 e-tron
Doświadczaj postępu.

Audi Grupa Plichta

RUN COURSE - SPRINT



RUN COURSE - IRONMAN & IRONMAN 70.3



[DOWNLOAD GPX FILE](#)

[IRONMAN](#)

[IRONMAN 70.3](#)

RELAYS

BEFORE CHECK-IN AT RACE OFFICE

- Ensure that all team members are registered successfully;
- For relays, a triathlon licence is not required

REGISTRATION

Each member of the relay team will receive an email with a QR code, which will be necessary for the check-in at Race Office. The QR code of each team member will be scanned at the race office, and based on that, the race package will be issued.

During the registration, each team member is required to show their ID document. A wristband will be worn on the wrist of each team member.

The race package will be issued to the entire team, and it is not possible to receive individual parts of the package.

REGISTRATION BY ONE TEAM MEMBER

Absent members are required to provide their QR code to the person pick up the race package along with a photocopy of their ID document.

The photocopy of the ID document is only required for verification and will not be retained.

During the registration, the person picking up race package will receive an wristband. The remaining wristbands will be included in the package. Absent team members must wear the wristband before the race; otherwise, they will not be allowed to enter the start area, transition zone, or finisher zone.

REMEMBER TO PICK UP COMMEMORATIVE BAGS AT THE OFFICIAL MERCHANDISE STORE.

SCHEDULE

DATE	HOURS	DESCRIPTION	LOCATION
4th August	12:00 - 20:00	RACE OFFICE	KOŚCIUSZKO SQUARE
5th August	9:00 - 10:30	BIKE CHECK-IN	TRANSITION ZONE / KOŚCIUSZKO SQUARE
5th August	13:00	START	CITY BEACH
5th August	15:00 - 16:00	BIKE CHECK-OUT	TRANSITION ZONE / KOŚCIUSZKO SQUARE
5th August	15:30	AWARDS CEREMONY	CITY BEACH

RELAYS

RACE DAY

BIB NUMBERS AND TIMING CHIPS Each relay team member will receive their own timing chip. In the race package, there will also be two race numbers; one for the cyclist and one for the runner.

TRANSITION ZONE You should enter the Transition Zone through the designated entrance (opposite the EXPO exit). The cyclist and the runner should enter the Transition Zone by 12:30 PM where they will wait for their relay teammate. To enter the Transition Zone, you must have the wristband.

BIKE CHECK-IN The cyclist is required to bike check-in between 6:00 and 9:00 on the day of the race. There will be no possibility to bike check-in at other times. When entering the Transition Zone, you must have the bike properly stickered, wear the helmet, have the wristband on your arm, and display the race number.

YOU NEED TO BE READY (fully clothed + BIB number attached) and wait by the bike racks in the Transition Zone until the previous teammate from your team arrives.

THE CYCLIST WILL GET THE BIKE after the swimmer taps hands with the cyclist. After completing the bike leg, the cyclist racks the bike on the designated rack and then taps hands with the runner at the specified location. During the race, only the cyclist passes through the Transition Zone both before and after the bike course.

WHEN YOU ARE NOT RACING, then try to stay within the designated Relay area. If you need to change clothing, please use the changing areas in the Transition area positioned by the bag racks. There will be enclosed areas where both male and female athletes can perform nude changing.

BE AWARE OF OTHER ATHLETES, that are still racing, respect and step aside.

KEEP CUT-OFF TIMES for each discipline in mind. Cut-off times are the same for relays as for Age Group athletes.

MEDAL ENGRAVING Please keep in mind that you need to purchase medal engraving for each medal (2 or 3 times) not just once for the team.

ONLY THE RUNNER IS ALLOWED TO CROSS THE FINISH LINE.

ALL TEAM MEMBERS have access to the Finisher's Area



FINISH LINE

FINISH LINE

The moment we have all been waiting for, the last meters. Enjoy it, hear the crowd, feel all the emotions – this is your day! Be a crowd pleaser, pose for the cameras - it could be you in the headlines of the evening's television news or on the front cover of the race magazine next year!

Close to the Finish Line, put your bib on the front side. Zip your trisuits above the sternum.

You must cross the Finish Line alone. Fans, kids or pets are not allowed to cross the line due to safety measures.

AFTER-FINISH

1. The medal will be given to you just after the Finish Line. Medal engraving is available in the Finisher's Zone.
2. Then, pick up your Finisher t-shirt in deposit .
3. Enjoy and relax in the Finisher's Zone.
4. Pick up your deposit bag.
5. Enjoy a massage at the Finisher's Zone.

BIKE CHECK-OUT

Sprint and Realys

5th August at 15:00 - 16:00

IRONMAN 70.3

6th August at 14:00 - 20:00

IRONMAN

6th August at 18:00 - 00:00

Don't forget to bring your start number with you. You will need it to pick up your equipment and bike. You will need to show your wristband at the controls.

AWARDS CEREMONY

DATE	HOURS	RACE	LOCATION
5th August	14:30	SPRINT & RELAY	FINISH LINE
6th August	18:15	IRONMAN 70.3	FINISH LINE
7th August	12:00	IRONMAN	AMPHITHEATRE / KAMIENNA GÓRA

- o Trophy for the Top 5 PRO Men / Women (only IRONMAN 70.3)
- o Trophy for the Top 3 of each age group category
- o Trophy for the Top 3 Relays Team (Men, Women, Mixed)
- o Trophy for the Top 3 TriClubs (only IRONMAN and IRONMAN 70.3)

**ATTENDANCE IS MANDATORY AT THE AWARDS CEREMONY,
NO AWARDS WILL BE SENT AFTER AWARDS.**

Sprzęt do trenowania

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

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

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Odwiedź stronę



SLOT ALLOCATION

DATE	HOURS	RACE	LOCATION
6th August	19:00	IRONMAN 70.3	NAVAL MUSEUM
7th August	~12:45	IRONMAN	AMPHITHEATRE / KAMIENNA GÓRA

SLOT ALLOCATION

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

Enea IRONMAN Gdynia will award slots for the 2023 VinFast IRONMAN World Championship in Kailua-Kona, Hawaii for women (14th October 2023) and for the 2024 VinFast IRONMAN World Championship in Kailua-Kona, Hawaii for men (26th October 2023)

NUMBER OF SLOTS

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

2023 VinFast IRONMAN World Championship in Kailua-Kona, Hawaii for women - **25 SLOTS**

2024 VinFast IRONMAN World Championship in Kailua-Kona, Hawaii for men - **20 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\$**

2023 VinFast IRONMAN World Championship in Kailua-Kona, Hawaii for women - **1400,00\$ + 65,94\$**

(HAWAII GE TAX) + 62,16\$ (processing fee)

2024 VinFast IRONMAN World Championship in Kailua-Kona, Hawaii for men - **1400,00\$ + 65,94\$ (HAWAII GE TAX) + 62,16\$ (processing fee)**

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).

GOOD TO KNOW

HAVE A QUESTION?

Please send us a message on Facebook or by email to: gdynia70.3@ironman.com or gdynia@ironman.com

LOST AND FOUND

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

Once the event is over, please contact gdynia70.3@ironman.com or gdynia@ironman.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

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Hej tu Jurek Górski,

gotowy do startu? Chciałbym przybić Ci piątkę osobiście i życzyć powodzenia, dlatego wpadnij na nasze stoisko TRUE, w strefie Expo i **odbierz W PREZENCIE nasz Antyperspirant!**

Jeśli nie możesz spotkać się ze mną osobiście, ale nadal chciałbyś wypróbować najnowszy produkt TRUE, zeskanuj poniższy kod QR i **skorzystaj z 35% zniżki tylko dla Zawodników IRONMAN**. Jestem pewien, że go pokochasz!

Jurek Górski

Legenda polskiego triathlonu, mistrz świata w podwójnym Ironmanie z 3 września 1990. Bohater filmu "Najlepszy"

Hey, it's Jurek Górski,

ready to take off? I'd like to high-five you in person and wish you good luck so drop by our TRUE stand, in the Expo area and **pick up our Antiperspirant as a GIFT!**

If you're not able to meet me in person but would still like to try this new product in TRUE portfolio, you can simply scan the QR code below and **enjoy a 35% exclusive IRONMAN discount**. I'm sure you will love it.

Jurek Górski

Legend of Polish triathlon, world champion in double Ironman of 3 September 1990

SCAN
and BUY



ATTRACTIONS FOR SUPPORTERS

FAMILY AREA

Our partners Enea and Sportano.pl will set up family area for supporters at the City Beach, where you can wait for your athletes. Entrance to the zone is free of charge.

OPENING HOURS

Friday, 4th August	12:00 - 17:00
Saturday, 5th August	9:00 - 16:00
Sunday, 6th August	9:00 - 20:00

CITY GAME

For more active spectators, there's a city game combined with cheering! Just come to the tent near the Naval Museum, pick up a map, and visit the locations with the best spots for cheering.

At each point, you will collect a stamp, and if you collect all of them, you will receive a special gift.

The game starts at 11:00 AM on August 6th and lasts until 9:30 PM (August 6th). Enjoy the experience and have fun cheering for the athletes!





3
PĘTLE / LOOPS

6
PĘTLI / LOOPS

1 Zbierz pieczątki na każdym z punktów kibicowania.

Collect stamps from each cheering point.

2 Odbierz gadżet w Punkcie Info przy wejściu na Plażę Miejską (naprzeciw Muzeum Marynarki Wojennej).

Collect a small gift from our Info Point at the entrance to the beach (vis-a-vis the Gdynia Naval Museum).

3 Przede wszystkim, baw się dobrze i dopinguj zawodników przez cały dzień! :)

First and foremost, have fun and cheer the IRONMAN athletes all day long! :)

KIDS AQUATHLON

SCHEDULE (4th August)

HOURS	DESCRIPTION	LOCATION
12:00 - 16:30	RACE OFFICE	KOŚCIUSZKO SQUARE
14:00 - 18:00	DEPOSIT	CITY BEACH
15:00	START	CITY BEACH
17:45	AWARDS CEREMONY	CITY BEACH

COURSE, DISTANCE & START

GEAR CHECK-IN	START	YEAR	DYSTANS
14:40 - 15:00	15:00	BORN IN 2018 – 2016	50 M SWIM AND 100 M RUN
15:10 - 15:20	15:30	BORN IN 2015 – 2014	100 M SWIM AND 500 M RUN
15:40 - 15:50	16:00	BORN IN 2013 – 2012	200 M SWIM AND 1000 M RUN
16:10 - 16:20	16:30	BORN IN 2011 – 2010	200 M SWIM AND 1000 M RUN
16:40 - 16:50	17:00	BORN IN 2009 – 2008	400 M SWIM AND 2000 M RUN





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DOŁĄCZ DO **#IRONVOLO** I ZOBACZ NAJWAŻNIEJSZĄ
TRIATHLONOWĄ IMPREZĘ OD ŚRODKA!

STARTUJESZ?
ZAPROŚ BLISKICH NA WOLONTARIAT!

POZNAJ NOWYCH LUDZI, SPĘDŹ CIEKAWIE WEEKEND
I POWITAJ ZAWODNIKÓW NA MECIE!

CZEKAMY NA CIEBIE!

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