

Enea

IRONMAN[®]
70.3[®] POZNAŃ
POLAND

4/09/2022



POZNAŃ

2 0 2 2

ATHLETE GUIDE



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.

Poznań is a special city for the Enea Group – it is where Enea has its headquarters. The region of northwestern Poland is also the area where most of our customers live. We are very pleased that after several years of cooperation we have managed to attract the IRONMAN competition also to the capital of Wielkopolska. Together we create the history of Polish triathlon, which is inseparably linked with Wielkopolska. The first triathlon competition in Poland was held in Kiekrz, near Poznań, the same place where triathletes will compete in Enea 5150 Poznań and Enea IRONMAN 70.3 Poznań on 4 September.

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.



vr.enea.pl

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infolinia: 611 111 111

Dear Triathletes,

we are very pleased to host you in the capital of Wielkopolska during a real triathlon festival. The high turnout at these competitions is the best proof that the Poznanians love sport - not only by cheering, but also by turning up in large numbers at the start of the competition.



Our city has an extremely rich sporting tradition - it was here in Poznań, on Lake Kierskie, that the first triathlon competition in our country's history took place. I am glad that after years "people of iron" will return there to compete in the prestigious competition from the IRONMAN series. Your tremendous effort will certainly be appreciated by all those who turn up at the finish line of the competition, located on the grounds of the Poznań International Fair, during the weekend.

Accompanying initiatives that enable the youngest to compete are also extremely important. The sight of children taking part and whole families cheering on their loved ones fills with the greatest optimism.

I wish you would enjoy a great competition and break your own personal records. I hope that the time spent in Poznań will remain in your memory for a long time.

Jacek Jaśkowiak

Prezydent Miasta Poznań

DEAR TRIATHLETES!

We are facing the first, historic competition of the IRONMAN series, organised in Poznań. For many years, we have been striving for this prestigious series to appear in the capital of Wielkopolska - a city which hosts many international events and is simply made for organising triathlon competitions.



We are very pleased that so many athletes have decided to take part in the premiere edition of Enea IRONMAN 70.3 Poznań. Over the whole weekend, over 1200 people will take part! Thank you for your trust.

We have prepared a number of attractions for our athletes. The essence of the triathlon weekend under the IRONMAN banner will be Sunday's competition on the distances 70.3 and 5150. In both cases, the struggle will start in a historic place for the Polish triathlon, at the Kierskie Lake. It was here that the first official triathlon competition in our country was held in 1984. Enea IRONMAN 70.3 Poznań refers to this great rivalry.

We would like to invite everyone to the triathlon town, which will be set up on the grounds of the Poznań International Fair. Already on Saturday, a competition for children and young people - Kids Run Poznań - will be held there. Young athletes will finish in the same place as adult triathletes a day later. In both cases, emotions at the highest level guaranteed.

Detailed information, including the programme of the entire weekend, maps of the courses and the competition town as well as information e.g. on the opening hours of the family zones, can be found on the following pages of this Guide.

I would also like to thank all partners of the event - led by Enea, MTP Group and the city of Poznań - for their invaluable support in organising the event. Special thanks also go to each of the several hundred volunteers you will meet over the weekend at the race office, at nutrition points, at the finish line or in other areas. Remember to high-five them!

Finally, I wish you all a lot of fun, a lot of smiles and weather conducive to safe competition. I am keeping my fingers crossed for you to achieve your goals, whether it is victory, a slot in the world championships or crossing the finish line before the time limit. Contrary to appearances, the greatest victories are often those who finish far behind the fastest.

See you there!

Michał Drelich

Director of Enea IRONMAN 70.3 Poznań

EVENT SCHEDULE

SATURDAY, 3 SEPTEMBER 2022

10:00-20:00	RACE OFFICE AND EXPO OPENING HOURS	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3
12:00-14:00	KIDS RUN POZNAŃ	POZNAŃ INTERNATIONAL FAIR
12:00-20:30	GEAR CHECK-IN - T2	ST MARK'S SQUARE ON THE MTP GROUNDS
12:00-21:30	BIKE CHECK-IN - T1	ARKI KIEKRZ FOOTBALL FIELD
12:58, 16:50	DEPARTURE OF TRAINS FROM POZNAŃ TO T1	RAILWAY STATION POZNAŃ GŁÓWNY
14:00-19:00	WELCOME BANQUET	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3
14:00	AWARDS - KIDS RUN	FINISH - PEWUKA SQUARE
14:30	BENEFIS ON THE OCCASION OF THE END OF PAULINA KOTFICA'S CAREER	FINISH - PEWUKA SQUARE
15:00	TECHNICAL BRIEFING IN POLISH	FINISH - PEWUKA SQUARE
15:30	TECHNICAL BRIEFING IN ENGLISH	FINISH - PEWUKA SQUARE
17:00	MEETING WITH ROBERT WILKOWIECKI	AUDI STAND AT THE EXPO - PAVILION NO. 3, MTP

EVENT SCHEDULE

SUNDAY, 4 SEPTEMBER 2022

6:02	DEPARTURE OF A POLREGIO TRAIN TO THE START ZONE (ENEA 5150 POZNAŃ)	RAILWAY STATION POZNAŃ GŁÓWNY
6:30-7:30	T1 AND DEPOSIT OPENING HOURS (ENEA 5150 POZNAŃ)	
7:30	DEPARTURE OF A POLREGIO TRAIN TO THE START ZONE (ENEA IRONMAN 70.3 POZNAŃ)	ARKI KIEKRZ FOOTBALL FIELD RAILWAY STATION POZNAŃ GŁÓWNY
7:30-8:30	T1 OPENING HOURS (ENEA IRONMAN 70.3 POZNAŃ)	GŁÓWNY
7:30-9:00	DEPOSIT OPENING HOURS (ENEA IRONMAN 70.3 POZNAŃ)	
8:00-8:15	ROLLING START - ENEA 5150 POZNAŃ	ARKI KIEKRZ FOOTBALL FIELD
9:00-18:00	EXPO AND IRONMAN VILLAGE OPENING HOURS	LAKE KIERSKIE LAKE KIERSKIE
9:30-9:45	ROLLING START - ENEA IRONMAN 70.3 POZNAŃ	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3
9:50	EXPECTED FINISH OF THE ENEA 5150 POZNAŃ WINNER	PAVILION NO. 3
10:00-13:00	DEPOSIT BAG PICK-UP (ENEA 5150 POZNAŃ)	LAKE KIERSKIE FINISH - PEWUKA SQUARE
10:00-17:00	MASSAGE AREA	ST MARK'S SQUARE ON THE MTP GROUNDS
12:15	EXPECTED FINISH TIME OF THE LAST ENEA 5150 POZNAŃ ATHLETE	AUDI ZONE, PAVILION NO. 3, MTP BOOK HERE
12:15	AWARDS (ENEA 5150 POZNAŃ)	FINISH - PEWUKA SQUARE
13:00-16:00	BIKE & GEAR CHECK-OUT (ENEA 5150 POZNAŃ)	FINISH - PEWUKA SQUARE
13:00	EXPECTED FINISH OF THE ENEA IRONMAN 70.3 POZNAŃ	ST MARK'S SQUARE ON THE MTP GROUNDS
13:00-18:15	WINNER DEPOSIT BAG PICK-UP (ENEA IRONMAN 70.3 POZNAŃ)	FINISH - PEWUKA SQUARE
16:00-20:00	BIKE & GEAR CHECK-OUT (ENEA IRONMAN 70.3 POZNAŃ)	ST MARK'S SQUARE ON THE MTP GROUNDS
17:45	EXPECTED FINISH TIME OF THE LAST ENEA IRONMAN 70.3	ST MARK'S SQUARE ON THE MTP GROUNDS
18:00	POZNAŃ ATHLETE AWARDS IRONMAN 70.3 AND SLOT ALLOCATION CEREMONY	FINISH - PEWUKA SQUARE PEWUKA SQUARE

GENERAL INFORMATION

IRONMAN 70.3

5150

RACE DATE



4.09.2022

4.09.2022

SWIM



**Kierskie Lake
1,9km**

**Kierskie Lake
1,5km**

SWIM TIME LIMIT



1 h

50 min

BIKE



90 km

40 km

SWIM + BIKE TIME LIMIT



5 h

2 h 45 min

RUN



**4 loops
21,1km**

**2 loops
10,5 km**

GENERAL TIME LIMIT



8 h

4 h

RACE OFFICE

INTERNATIONAL POZNAŃ FAIR, PAVILION 3

IRONMAN 70.3, 5150

3.09.2022 10:00-20:00

KIDS RUN POZNAŃ

3.09.2022 10:00-13:00

The race office will be closed on 4.09.2022 (Sunday).

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**.

ENEA 5150 POZNAŃ RELAYS

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.**

RACE OFFICE RULES

POZNAN INTERNATIONAL FAIR

1. Only registered Athletes are allowed to enter the Race Office.
2. 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.
3. 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.
Saturday: 10:00 A.M - 12:00 A.M, 12:00 A.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 - 8:00 P.M
4. 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.
5. When collecting the pack, the Competitor must wear a wristband (the Competitor may not leave the stand without putting on the wristband).
6. Traffic in the Race Office is one-way.

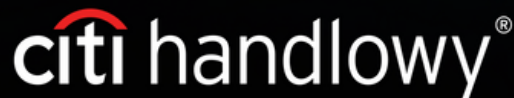
A swimmer wearing a cap and goggles is swimming in the ocean. The water is dark blue with white foam from the swimmer's strokes. The sky is a pale, hazy blue.

Twoja pasja, Twój biznes.

razem możemy więcej!

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

www.citihandlowy.pl
Bank Handlowy w Warszawie S.A.

The logo for Citi Handlowy, featuring the word "citi" in a smaller font with a red arc above the "i", followed by "handlowy" in a larger font, and a registered trademark symbol (®) to the right.

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EXPO | Official Merchandise Store Enea IRONMAN 70.3 Poznań

INTERNATIONAL POZNAŃ FAIR, PAVILION 3

3.09.2022

10:00-20:00

4.09.2022

9:00-18:00


In the official shop there will be a large selection of clothing and gadgets with the event logo. T-shirts, sweatshirts, longsleeves, as well as caps, posters, mugs or professional triathlon leotards and cycling jerseys will be available for purchase.



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go to www.maratomania.pl

01
STEP


type your
registration (start)
number

02
STEP


enjoy your
amazing photos

03
STEP

EXPO |

List of exhibitors

INTERNATIONAL POZNAŃ FAIR, PAVILION 3

3.09.2022

10:00-20:00

- Shimano
- Nowalijka
- Audi
- Hoka
- 4Action
- TriStyle
- SportCenter
- ALE - Active Life Energy
- Medical Sport
- Swimbiosis
- TRUE men skin care
- Velo7

4.09.2022

9:00-18:00

- Eurobut
- Martombike
- TriPower
- 365Sportu
- Supersonic
- Phinance
- ENEA
- Malokee
- Immobee
- TriMagic
- Abbott
- Finis Poland
- PowerBar

IRONMAN VILLAGE

Plan sytuacyjny / Site Map





I WANT MORE

ALL WORLD ATHLETE PROGRAM



TECHNICAL BRIEFING

SATURDAY, 3.09.2022

FINISH, PEWUKA SQUARE

15:00 in Polish

15:30 in English

WELCOME BANQUET

SATURDAY, 3.09.2022 14:00-19:00

INTERNATIONAL POZNAŃ FAIR, PAVILION 3

Each Competitor, using the QR code he or she received, can take advantage of the Welcome Banquet on Saturday, 3 September, which will take place in the event village on the grounds of the Poznań International Fair in Hall 3.

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01

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EACH WORKOUT**

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moisturising face gel



02

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KREMEM**

i zapewnij swojej skórze
trwałe uczucie komfortu

**THEN,
REGENERATE
WITH CREAM**

to give your skin a lasting
feeling of comfort



BIKE CHECK-IN TRANSITION ZONE

ARKA KIEKRZ FOOTBALL FIELD

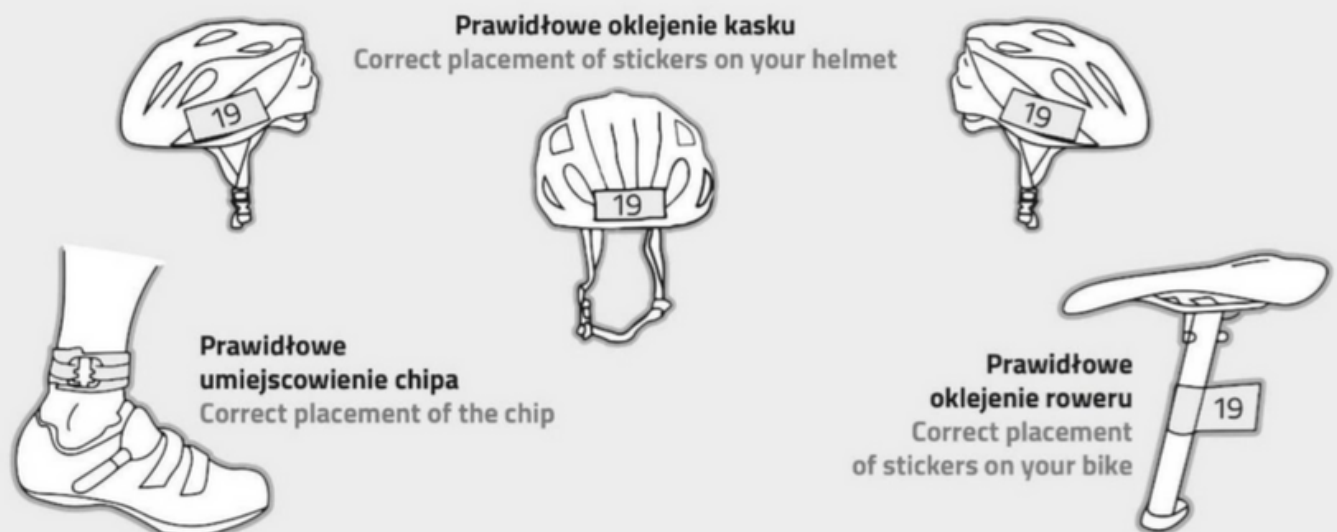
Bike entry into the T1 transition zone takes place **on Saturday, 3 September, from 12:00 - 21:30.**

AT THE ENTRANCE TO THE T1 TRANSITION ZONE COMPETITORS ARE REQUIRED 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.



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 (if you decide to put it on at this stage), cycling shoes. You will leave this bag with your bike in T1 before the race day. **After the competition you will collect it in T2.**

In the red bag, put everything you will need at **the running course**: running shoes, a hat, starting number (**obligatory for running!**). **You will leave this bag in T2 before the race day.**



Only Athletes are allowed in the Transition Zones.

The bags should be placed in the transition zones on Saturday, September 3, 2022 at the hours specified in the program. It will not be possible to place bags in the T zones on the race day.

On the race day, after completing the swim course and changing clothes, put all items in the blue bag and place it in the designated dumping zone.

After completing the bike course and changing clothes, put all your belongings in the red bag and put it back on the hanger marked with your bib number. The organizer is not responsible for items left outside the bag.

TRANSITION ZONES

T1 - ARKA KIEKRZ FOOTBALL FIELD

PRIEST EDWARD NAWROTA STREET, POZNAŃ

In this zone, you will check-in your bike and leave a blue bag with equipment needed at the bike course: helmet, bib number, cycling shoes. After completing the swim stage, you will put wet clothing in the same bag and throw it into the designated dumping zone. **You will collect this bag after the race in T2.**

T2 - ST MARK'S SQUARE ON THE MTP GROUNDS

In this zone, you will leave a red bag with equipment needed for the run course: running shoes, a hat. After completing the bike course, you will put your cycling equipment in the same bag and hang it back on the hook with your bib number.

OPENING HOURS OF THE TRANSITION ZONES

T1

Saturday, 3 September: 12:00-21:30

Sunday, 4 September:

5150: 6:30-7:30 - only for the purpose of checking the bike, inflating the wheels and bringing in water bottles.

IRONMAN 70.3: 7:30-9:00 - only for the purpose of checking the bike, inflating the wheels and bringing in water bottles.

T2

Saturday, 3 September: 12:00-20:30

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, Athlete 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.

Wejście do T1 / T1 Entrance

STREFA T1

Wyjście na trasę rowerową
T1 Exit

5150

Blue Bag

Szatnie
Cloakrooms

Strefa zrzutu
Dumping Area

70.3

Szatnie
Cloakrooms

Blue Bag

Szatnie
Cloakrooms

Strefa zrzutu
Dumping Area

5150

SZTAFFETY / RELAYS

1001-1200

1201-1300

1301-1350

70.3

70.3

70.3

1-100

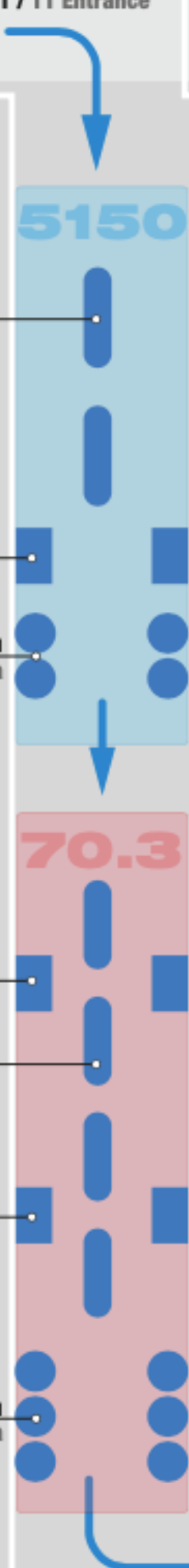
101-300

301-500

501-700

Toalety
Toilets

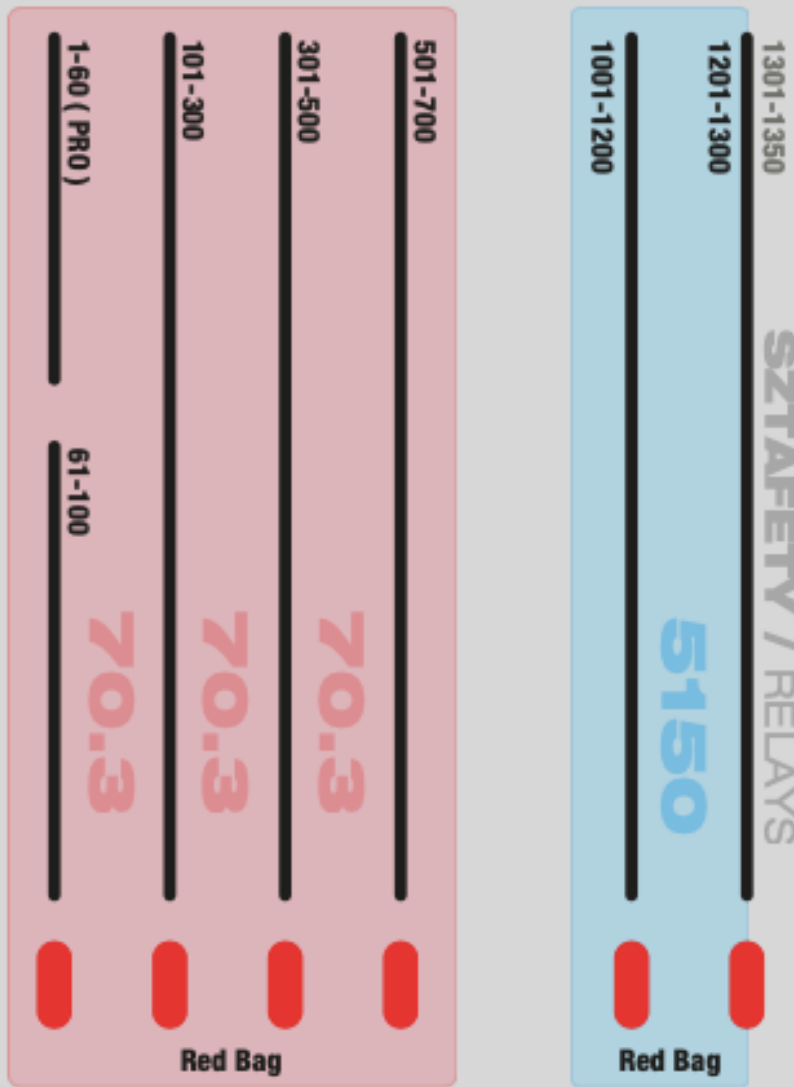
Toalety
Toilets



STREFA T2

Wejście do T2
T2 Entrance

Namiot kar
Penalty Tent



Cloakrooms

Szatnie
Cloakrooms

Szatnie
Cloakrooms

Szatnie
Cloakrooms

Toalety
Toilets

Toalety
Toilets

Punkt medyczny
Medical Point

Wyjście na bieg
T2 Exit

BIKES

During 5150 TRIATHLON SERIES and IRONMAN 70.3 competitions, only road cycling bikes, triathlon bikes and time bikes are allowed.

The does not apply to relay.

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

Drafting is not allowed!

All Athletes are responsible for personally checking in and checking out their bikes to and from the Transition Zone.

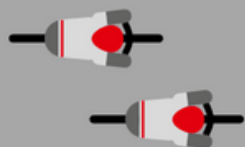
SAY NO! TO DRAFTING

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 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: 
- 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.

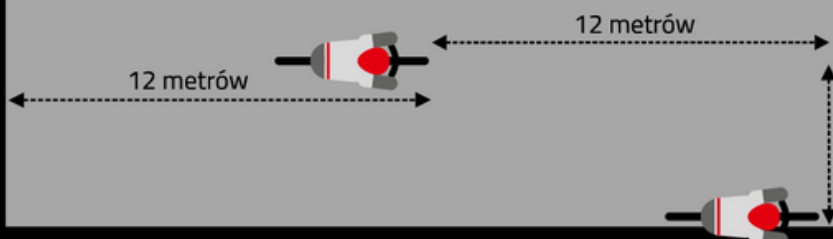


WYJĄTKI / EXCEPTIONS

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

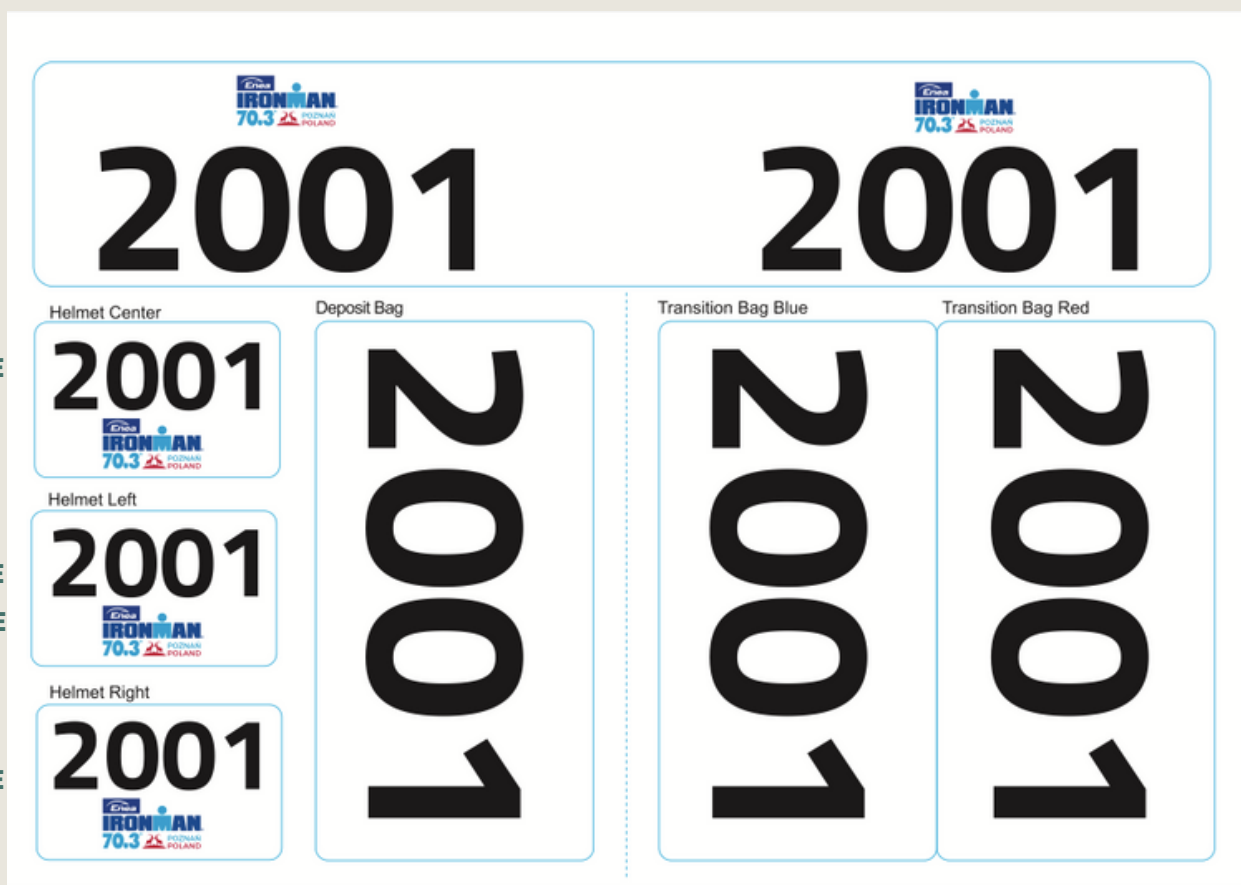
BIB NUMBER

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

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

The chip is in the form of a foam band to be worn on the ankle from the moment you enter the transition area until the end of the event.

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

mtp
GRUPA



TARGI



**GASTRONOMIA
I CATERING**



KONGRESY



**BUDOWA STOISK
I ARANŻACJA**



KONCERTY



**PROFESJONALNA
BILETERIA**



**MARKETING
I OUTDOOR**

Nasze obiekty:



Nasze usługi:



Firmy powiązane:



DEPOSIT

The deposit will be located in the bus in the starting area.

Items for deposit will be accepted only in the deposit bags sealed with a bib number sticker.



DEPOSIT OPENING HOURS

SUNDAY, 4.09.2022

Enea 5150 Poznań **6:30-7:30**

Enea IRONMAN 70.3 Poznań **7:30-9:00**

You must respect the deposit times appropriate for your distance.

After the competition, the items placed in the deposit will be issued in the finisher zone.

IRONMAN[®] TRICLUB



JOIN THE PROGRAM

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 @IRONMANTRICLUB

START ORGANISATION

ENEA 5150 POZNAŃ

Rolling start of 8 people per every 10 seconds. The Athletes will start in one wave at 8:00.

ENEA 5150 POZNAŃ RELAY

The first change of relays will start at 8:00 with the Competitors of 5150 TRIATHLON SERIES.

The Athletes of the first relay change (swimmers) are the first to line up for the wave start at 8:00.

Athletes from further changes have to await their turn in the transition zones, respectively - in T1 by the bike and in T2 by the stand for the bike with the starting number.

Cyclists must be in the T1 transition zone when the swim starts, at 8:00. Runners must be in the T2 transition zone by 9:00 at the latest.

ENEA IRONMAN 70.3 POZNAŃ

Rolling start of 10 people per every 8 seconds. The Athletes will start in one waves at 9:30. PRO athletes will be the first to start.

Wyjazd na trasę rowerową

T1

Dobieg do strefy T1

Enea
IRONMAN
70.3 POZNAŃ POLAND

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5i50
TRIATHLON
POZNAŃ POLAND

Trasa pływacka / Schwimm course

Rolling start

Enea 5150 Poznań 1500 m

Enea IRONMAN 70.3 Poznań 1900 m





Trasa biegowa / Run course

Enea 5150 Poznań



Enea IRONMAN 70.3 Poznań



Punkty odżywiania
Aid Stations

Poznań
Arena

Park
Kasprowicza

S. Wyspiańskiego

Park
Wilsona

Międzynarodowe
Targi Poznańskie

Punkty odżywiania
Aid Stations

Meta / Finish

Start biegu

Strefa zmian T2/
Transition zone T2



AID STATIONS

AT THE STATIONS THE ATHLETES WILL RECEIVE:

On the bike course - Cisowianka water in a bottle, ALE isotonic drink in a bottle and ALE bars, ALE gels and fruits.

AID STATION LOCATIONS

BIKE COURSE

IRONMAN 70.3

- ~ **28 KM** BOTTLED WATER (CISOWIANKA), BOTTLED ISOTONIC DRINK (ALE), FRUITS
- ~ **47 KM** BOTTLED WATER (CISOWIANKA), BOTTLED ISOTONIC DRINK (ALE)
- ~ **61 KM** BOTTLED WATER (CISOWIANKA), BOTTLED ISOTONIC DRINK (ALE), GELS (ALE),
- ~ **70 KM** FRUITS
BOTTLED WATER (CISOWIANKA), BOTTLED ISOTONIC DRINK (ALE), BARS (ALE), GELS (ALE)

5150 TRIATHLON SERIES

- ~ **20 KM** BOTTLED WATER (CISOWIANKA), BOTTLED ISOTONIC DRINK (ALE)

ROWER / BIKE

Kolejność stanowisk na punkcie odżywiania

AID STATIONS - The sequence on tables



BIEG / RUN

Kolejność stanowisk na punkcie odżywiania

AID STATIONS - The sequence on tables



AID STATIONS

AT THE STATIONS THE ATHLETES WILL RECEIVE:

On the run route - Cisowianka water in a bottle, ALE isotonic in cups, ALE bars, Red Bull and fruits

AID STATION LOCATIONS

THERE WILL BE TWO AID STATION LOCATED ON THE RUN COURSE

Zawodnicy będą je mijać na każdej pokonywanej pętli co mniej więcej 2,5km:

IRONMAN 70.3

~ 0.4 KM | 5.6 KM | 10.8 KM | 16 KM

WODA W BUTELCE (CISOWIANKA), NAPÓJ IZOTONICZNY W KUBECZKACH (ALE),
RED BULL

~ 2.9 KM | 8 KM | 13.3 KM | 18.5 KM

WODA W BUTELCE (CISOWIANKA), NAPÓJ IZOTONICZNY W KUBECZKACH (ALE),
BATONY (ALE), ŹELE (ALE)

5150 TRIATHLON SERIES

~ 0.4 KM | 5.6 KM

WODA W BUTELCE (CISOWIANKA), NAPÓJ IZOTONICZNY W KUBECZKACH (ALE),
RED BULL

~ 2.9 KM | 8 KM

WODA W BUTELCE (CISOWIANKA), NAPÓJ IZOTONICZNY W KUBECZKACH (ALE),
BATONY (ALE), ŹELE (ALE)

#ALEWSPIERA



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 **yanosik.pl**

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

Bike and bag collection from both zones (T1 and T2) takes place in the T2 transition zone at the Poznań International Fair grounds on Sunday, 4 September, from 13:00 - 16:00, for the 5150 TRIATHLON SERIES distance and relays, and from 16:00 - 20:00 for the IRONMAN 70.3 distance.

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.

WORLD CHAMPIONSHIP

The Enea IRONMAN 70.3 Poznań will host the qualification for the **the IRONMAN 70.3 World Championship 2023**, with **70 slots (including 25 women-only slots)** available for athletes to compete in Lahti, Finland.

More details can be found here:

<https://www.ironman.com/im703-world-championship>

SLOT FEES

The payment for the slot must be made upon registration immediately upon receipt. Persons wishing to register should prepare a payment card with an adequate payment limit.

Cost: 650.00 (EUR) + 9.25% Active fee

AWARDS AND SLOT ALLOCATION

The decoration ceremony will take place on the grounds of **the Poznan International Fair** on **Sunday, 4 September at 6 p.m.** It will be followed immediately by the Slot Allocation ceremony.

Statues which, for justifiable reasons, are not collected during the decoration will be available for collection at the Organiser's office in Janki near Warsaw until 4 October 2022.

Unclaimed statuettes will not be sent.

FINISHER'S SHIRT

Finisher T-shirts will be available for collection after crossing the finish line in the Finisher Zone. 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 T-shirts together with the start pack.

T-shirts sizes cannot be changed.

MEDAL ENGRAVING

Athletes who have purchased a medal engraving service will be able to do so in the GRAWERBUS tent located in the IRONMAN Village in Pavilion No. 3 on the MTP grounds

You should report to the engraving point with your start number and medal.

The service can also be purchased at the Grawerbus stand.

RESULTS

The results will be available after the competition on the website **www.ironmanpoznan.com** and **www.ironman.com**.

Live results will be available to follow on **wyniki.datasport.pl** and in the **IRONMAN Tracker** mobile application.



WRACAJĄ
ROZRYWKI
ZNÓW MOŻE BYĆ NORMALNIE



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

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.)
- We will announce the current water temperature on the morning of the event on the IRONMAN Poland facebook page.

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70.3®  **WARSAW**
POLAND

11/06/2023



WARSAWA

REGISTRATION IS NOW OPEN

www.ironmanwarsaw.com

POLREGIO TRAINS

Special POLREGIO trains marked IRONMAN will take the athletes on Saturday 3.09.2022 from the Poznań Główny train station to the T1 transition zone in Kiekrz. In addition, each athlete on the basis of an armband put on his/her arm in the Office of the Championships during packet collection may use free of charge regular POLREGIO trains on the route Poznań Główny -> Kiekrz and Kiekrz -> Poznań Główny. Train services according to the timetable have a limited number of places for bicycles.

Also on Sunday 4.09.2022, trains will run to take the athletes from Poznań Główny train station to the starting point.

SCHEDULE

Saturday, 3.09.2022

Main railway station Poznań -> Kiekrz

10:07, 11:59, 12:50, **12:58***, 13:59, 14:48, 15:18, 15:48, **16:50***, 19:28, 20:05

*- departure times for dedicated trains

12:58 - platform VI, track 58

16:50 - platform V, track 54

Kiekrz -> Main railway station Poznań

11:31, 13:24, 16:13, 17:52, 19:01, 20:04, 20:45

Sunday, 4.09.2022

Main railway station Poznań ->Kiekrz

6:02 - platform III, track 2

7:30 - platform XI, track 58

Kiekrz -> Main railway station Poznań

7:22, 8:48, 9:30, 11:35, 13:24

ACCESS BY CAR

It is possible to arrive at the starting line by car.

Due to the preparation of the competition, some roads will be closed for traffic.

Access to the starting point will only be possible from the railway station in Kiekrz.

WE RECOMMEND THAT YOU USE THE PREPARED TRANSPORT TO THE STARTING POINT

PARKINGS

Parking for athletes at the T1 area will be available **on Saturday only**:

- <https://goo.gl/maps/jQCvr2WEuxaT3bif6>

On Sunday, access to the Start Zone will only be possible from the Kiekrz railway station to the intersection of Chojnicka and Ks. Nawrota streets.

Paid car parks at the Poznań International Fair are located:

- <https://goo.gl/maps/VMScjd3Y9VYy5Xxy9> - no possibility of entering with a bicycle on the roof.
- <https://goo.gl/maps/TQruTAoH6mxypZH58>

FREE NOW

We encourage you to use the services of the event partner, FreeNow.

A discount has been prepared for the competitors, which can replace the arrival by car to the start/finish area.

All information can be found on the website:

<https://www.ironmanpoznan.com.pl/pl/aktualnosci/z-free-now-zdazysz-na-start>

BIKE SERVICES

The Shimano service stand will be located at the T1 zone. It will be possible to check the technical condition of the bike before entering the T1 zone.

WETSUITS RENTAL

You can find out more about the TRI-magic wetsuit rental service at <https://tri-magic.pl/wyposzczalnia>

The company offers Sailfish brand triathlon wetsuits for hire.



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LICENSES

A national triathlon license is required to participate in Enea IRONMAN 70.3 Poznań oraz Enea 5150 Poznań.

Recognised licences:

- annual licence
- single licence
- foreign triathlon licence

The license can be purchased

1. **In the Race Office**
 2. **Via PZTri app** (available only for Polish Citizens)
- <https://triathlon.pl/licencje/>



**Twoje marzenia
spełniamy tu i teraz!**

Dealer Audi Porsche Poznań Franowo
ul. Adama Kręglewskiego 2, Poznań

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

4 Wybierz licencję, która Cię interesuje



20 zł

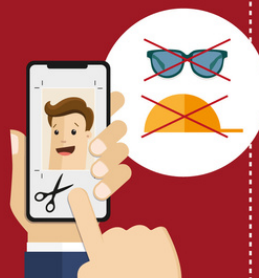


LICENCJA JEDNORAZOWA

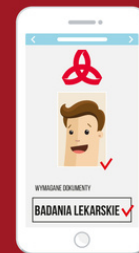
LICENCJA ROCZNA



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



CHECK LIST



SWIMMING

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

CYCLING

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



RUNNING

- Bib
- Race belt
- Running shoes
- Cap

OTHERS

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



KIDS RUN POZNAŃ

POZNAŃ INTERNATIONAL FAIR

SATURDAY, 3.09.2022 12:00 - 14:00

RACE OFFICE

MTP, PAVILION NO. 3

3.09.2022 10:00-13:00

DEKORACJA

FINISH LINE - PEWUKA SQUARE

3.09.2022 14:00

The start package will include a starting number with a chip and safety pins, which is compulsory for every athlete during the run, and a commemorative T-shirt. The start number should be placed on the front. A commemorative medal will await each athlete at the finish line.

12:00 Yearlings 2019-2018 - 1 loop - approx. 200m
12:15 Yearlings 2017-2016 - 1 loop - approx. 200m
12:30 Yearlings 2015-2014 - 1 loop - approx. 675m
12:45 Yearlings 2013-2012 - 1 loop - approx. 675m
13:00 Yearlings 2011-2010 - 1 loop - approx. 1150m
13:15 Yearlings 2009-2007 - 2 loops - approx. 2300m

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

Trasa Dziecięca / Kids Run

DYSTANSE

Roczniki 2019-2018: dystans 200m

Roczniki 2017-2016: dystans 200m

Roczniki 2015-2014: dystans 675m

Roczniki 2013-2012: dystans 675m

Roczniki 2011-2010: dystans 1150m

Roczniki 2009-2007: dystans 2300m

2 okrążenia

Iglica MTP

Start / Finish

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POZNAŃ POLAND



FUNDACJA MIASTA SPORTU

Fundacja MIASTA SPORTU powstała z kilku powodów:

Po pierwsze, by promować wolontariat sportowy i pracowniczy.

Po drugie, by pomagać młodym i utalentowanym sportowcom.

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



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

Dołącz do grona naszych wolontariuszy!

Zarejestruj się na stronie

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

Po zalogowaniu się znajdziesz wiele ciekawych ofert wolontariatu!

www.fundacjamiastaspportu.org



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