



# ATHLETE GUIDE



# POZNAŃ 2023

# GET IN THE VIBE WITH 2022 HIGHLIGHTS





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## KEY LOCATIONS

EXPO / RACE OFFICE

POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3

[CHECK LOCATION](#)

TRANSITION ZONE - T1 & START

ARKA KIEKRZ FOOTBALL FIELD

[CHECK LOCATION](#)

TRANSITION ZONE - T2

POZNAŃ INTERNATIONAL FAIR, ST MARK'S SQUARE

[CHECK LOCATION](#)

FINISH LINE

POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE

[CHECK LOCATION](#)

# WELCOME

Dear Triathletes,

I am very happy that next year we can host you in Poznań at such a prestigious and at the same time demanding event as IRONMAN. A large group of participants and fans confirms that it is an important event in the capital of Greater Poland, which arouses great interest among the inhabitants.



It is hardly surprising that in Poznań so much attention is paid to triathlon events. It was here, specifically at Kierskie Lake, that the first competitions in this sport in Poland were held and this interest continues to this day. You will certainly be able to feel them both at the start and at the finish line, as well as along the entire route of the competition.

It is extremely important to encourage physical activity of children for whom accompanying events have been prepared by the organisers. Thanks to them, instilling the spirit of sports competition in the youngest should be much easier.

I wish you many great experiences and achieving the results you dreamed of during this event. I hope that you will leave Poznań satisfied and will be happy to return to our city in the coming years.

**Jacek Jaśkowiak**

Prezydent Miasta Poznań

The background of the entire page is a solid blue color. Overlaid on this background is a dense, repeating pattern of white line-art icons representing various sports. These icons include figures running, jumping, cycling, playing tennis, and other athletic activities. The icons are arranged in a way that they appear to be scattered across the surface, creating a textured, energetic feel.

# SPORT

POZnań\*

# WELCOME

**Enea is the energy for triathlon!**



Dear Sirs and Madams,

We are thrilled to welcome you to the second edition of Enea IRONMAN 70.3 Poznań event. Enea Group has been supporting Polish triathlon for nearly a decade. We are especially delighted that since last year, the IRONMAN series has also been present in the Poznań region. This is where our Group is headquartered, and it's also where the history of Polish triathlon began, with the Kiekrz event in 1984. On the same grounds, hundreds of triathletes will gather for the start on Sunday, with the finish line awaiting them in the heart of the city.

For years, Enea has been building the recognition of triathlon—a demanding yet highly rewarding discipline that brings forth a lot of emotions and joy. We have been a longstanding sponsor of numerous major and significant triathlon events in the country. However, we haven't stopped there. This July, we announced a future collaboration 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 conglomerates in Poland, our company is also co-responsible for the country's energy security. As is customary each year, we have prepared numerous attractions for athletes and spectators visiting Poznań, which will be waiting at the finish line

I wish all participants successful starts and enjoyable, sporting fun!

**Artur Murawski**

Director of Sponsorship,

Promotion, and Brand Management Enea Capital Group



## DOM MĄDRZE PO(Ł)ŁĄCZONY



**Fotowoltaika+**

## Wybieralscy wybierają ofertę Fotowoltaika+ dla domu i firmy!

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- magazyn energii
- stacja ładowania
- grzejnik powierzchniowo-akumulacyjny

wytwarzać, gromadzić i wykorzystywać energię na własne potrzeby.

# WELCOME

Athletes,

The Enea IRONMAN 70.3 Poznań race marks the conclusion of the IRONMAN Poland 2024 series. After the excitement in Warsaw and Gdynia, it's now time for the capital of Wielkopolska. Poznań is a city with significant sporting traditions. At Lake Kierskie, where our races kick off, the first-ever triathlon event in Poland took place in 1984. Next year, we'll be joyously celebrating 40 years of triathlon existence in Poland right here in Poznań.



We hope that participating in the Enea IRONMAN 70.3 Poznań will provide you with an abundance of positive emotions, and the memories will stay with you for a lifetime. While in Poznań, we encourage you to explore the city, which has much to offer tourists. We particularly recommend trying the "rogale świętomarcińskie" pastries, which will also be available in the Finisher's Zone.

The Enea IRONMAN 70.3 Poznań is an event that involves the dedication of many individuals. From this platform, I would like to extend gratitude to everyone without whom this event could not take place. Our partners and sponsors, particularly Enea, International Poznań Trade Fairs, and the City of Poznań. All volunteers who are the heart of this event. The police and municipal guards for their assistance in securing the course and ensuring the safety of Enea IRONMAN 70.3 Poznań participants. I would also like to express our thanks to you, the athletes, for the trust you bestow upon us and for choosing our event.

The Enea IRONMAN 70.3 Poznań also features an array of accompanying events. I invite you to participate in the Night Run, a new addition to the event program. All children are welcome to the Kids Run. And for the spectators, we invite you to the IRONMAN Poland Expo and the Enea Family Zone at the International Poznań Trade Fairs. Admission is free, and we've prepared numerous attractions and gadgets for enthusiastic cheering.

With sporting regards,

**Michał Drelich**

Director of IRONMAN Poland



citi handlowy<sup>®</sup>  
**IRONMAN**<sup>®</sup>  
**70.3**<sup>®</sup>  **WARSAW**  
**POLAND**

9/06/2024



**REGISTRATION  
IS NOW OPEN**

# 5 PLACES TO VISIT



## SEE THE BILLY GOATS AT NOON

In the central part of the Old Market Square stands the most beautiful Renaissance town hall north of the Alps. In 1551, a clock with two goats was installed on the town hall. Every day, when the clock strikes twelve noon, the doors in the little tower above the clock open, revealing two goats. Mechanically moved by the clock mechanism, the goats butt their horns 12 times.

## CATHEDRAL IN THE CATHEDRAL ISLAND

In the underground of Poznań's cathedral church you can see the relics of the first Polish cathedral from the 10th century, the tombs of Poland's first rulers - Mieszko I and Bolesław the Brave as well as a supposed baptistery from 966. Next to the cathedral, a state-of-the-art interactive Heritage Center of Cathedral Island "Brama Poznania" was built.



## ST MARTIN'S CROISSANT

A St Martin's Croissant is made with semi-puff pastry and white poppy-seed. Today it has become one of the most famous Polish pastries, protected by the European Union Certificate of Authenticity, which only allows for its production here in Wielkopolska, under strict instructions.


## FORMER IMPERIAL CASTLE

The former Imperial Castle is the last and youngest monarchical residence in Europe, created at the beginning of the 20th century for German Emperor Wilhelm II. After WW1, the Zamek (Castle) housed among others the Mathematical Department of the Poznań Univeristy, whose alumni broke the code of the German ciphering machine - Enigma. Zamek is a cultural facility, with many exhibitions, a cinema and a children's animation theater.



## CITADEL PARK

The Poznań's largest urban Citadel park is located in the center of the city, on the remains of a former Prussian fortress. Until the 19th century it was a hill with a picturesquely located village of Winiary and afterwards it had been transformed into a massive fort. After WW2 it became an urban park. A huge meadow in the middle of the park is a place of various events and music concerts

 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/Wetsuit
- 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 and water bottles
- Vaseline
- Sunscreen
- Sunglasses

## RACE DAY - RUN

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

## MISCELLANEOUS

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

# SCHEDULE

## FRIDAY, 1st SEPTEMBER

HOURS	DESCRIPTION	LOCATION
15:00 - 21:00	RACE OFFICE, CHECK-IN	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3
15:00 - 21:00	EXPO & OFFICIAL MERCHANDISE STORE	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3
21:00 - 23:30	DEPOSIT - NIGHT RUN	POZNAŃ INTERNATIONAL FAIR, ST MARK'S SQUARE
22:00	START - NIGHT RUN	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE
22:45	AWARDS CEREMONY- NIGHT RUN	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE

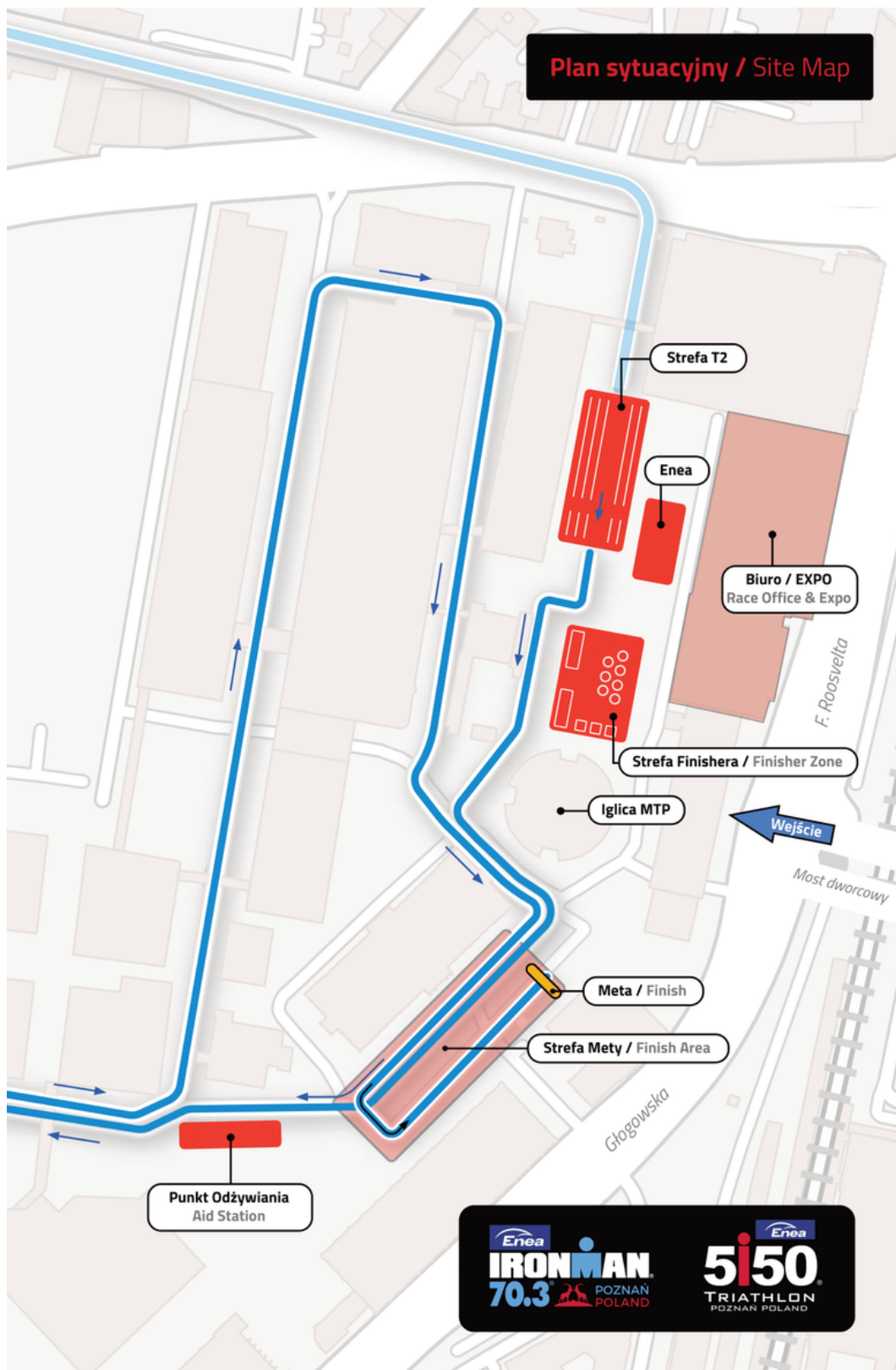
## SATURDAY, 2nd SEPTEMBER

HOURS	DESCRIPTION	LOCATION
10:00 - 20:00	RACE OFFICE, CHECK-IN	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3
10:00 - 20:00	EXPO & OFFICIAL MERCHANDISE STORE	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3
10:00 - 13:30	RACE OFFICE, CHECK-IN - KIDS RUN	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3
12:00 - 14:00	KIDS RUN	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE
12:00- 20:30	TRANSITION ZONE (T2), GEAR CHECK-IN	POZNAŃ INTERNATIONAL FAIR, ST MARK'S SQUARE
12:00 - 21:30	TRANSITION ZONE (T2), BIKE CHECK-IN	ARKA KIEKRZ FOOTBALL FIELD
14:00	AWARDS CEREMONY - KIDS RUN	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE
15:00	ATHLETE BRIEFING IN POLISH	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE
16:00	ATHLETE BRIEFING IN ENGLISH	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE

# SCHEDULE

**SUNDAY, 3rd SEPTEMBER**

<b>HOURS</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
6:30 - 7:30	TRANSITION ZONE (T1) & DEPOSIT OPENING HOURS - 5150 TRIATHLON SERIES	ARKA KIEKRZ FOOTBALL FIELD
7:30 - 8:30	TRANSITION ZONE (T1) OPENING HOURS - IRONMAN 70.3	ARKA KIEKRZ FOOTBALL FIELD
7:30 - 9:00	DEPOSIT OPENING HOURS - IRONMAN 70.3	KIERSKIE LAKE
8:00 - 8:15	START - 5150 TRIATHLON SERIES	KIERSKIE LAKE
9:00 - 18:00	EXPO & OFFICIAL MERCHANDISE STORE	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3
9:30 - 9:45	START - IRONMAN 70.3	KIERSKIE LAKE
9:50	EXPECTED FINISH OF THE WINNER - 5150 TRIATHLON SERIES	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE
10:00 - 13:00	DEPOSIT BAG PICK-UP - 5150 TRIATHLON SERIES	POZNAŃ INTERNATIONAL FAIR, ST MARK'S SQUARE, FINISHER ZONE
12:15	EXPECTED FINISH TIME OF THE LAST ATHLETE - 5150 TRIATHLON SERIES	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE
12:15	AWARDS CEREMONY - 5150 TRIATHLON SERIES	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE
13:00 - 16:00	BIKE CHECK-OUT (T2) - 5150 TRIATHLON SERIES	POZNAŃ INTERNATIONAL FAIR, ST MARK'S SQUARE, FINISHER ZONE
13:00	EXPECTED FINISH OF THE WINNER - IRONMAN 70.3	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE
13:00 - 18:30	DEPOSIT BAG PICK-UP - IRONMAN 70.3	POZNAŃ INTERNATIONAL FAIR, ST MARK'S SQUARE, FINISHER ZONE
16:00 - 20:30	BIKE CHECK-OUT (T2) - IRONMAN 70.3	POZNAŃ INTERNATIONAL FAIR, ST MARK'S SQUARE, FINISHER ZONE
18:15	EXPECTED FINISH TIME OF THE LAST ATHLETE - IRONMAN 70.3	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE
18:15	AWARDS CEREMONY- IRONMAN 70.3	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE
19:00	SLOT ALLOCATION - IRONMAN 70.3	POZNAŃ INTERNATIONAL FAIR, GREEN HALL, EASTERN ENTRANCE HALL



## PARKING

During the event, we encourage you to use the paid underground parking located at the Poznań International Fair, beneath the PeWuKa square. You can access the parking lot from Głogowska Street, near the Poznań Główny railway station.

Vehicles with a maximum height of 2 meters are permitted. If you are transporting a bike on the roof of your car, you should remove it before entering the parking area.

[ABOUT PARKING](#)

[LOCATION](#)

# TRANSPORTATION

We are awaiting confirmation of the detailed schedule for the free transport between Transition Zones T2 and T1.

As soon as we have the confirmed schedule, we will communicate this information via email and publish it on our website and the IRONMAN Poland Facebook profile.

Thank you for your patience and understanding.



# EXPO & OFFICIAL MERCHANDISE STORE

## OPENING HOURS

DATE	HOURS	LOCATION
1st September	15:00 - 21:00	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3
2nd September	10:00 - 20:00	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3
3rd September	9:00 - 18:00	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3

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.

## FAMILY AREA

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

## OPENING HOURS

Enea		SPORTANO.PL	
<b>Saturday, 2nd September</b>	10:00 - 20:00	<b>Friday, 1st September</b>	15:00 - 21:00
<b>Sunday, 3rd September</b>	9:00 - 18:00	<b>Saturday, 2nd September</b>	10:00 - 20:00
		<b>Sunday, 3rd September</b>	9:00 - 18:00





I WANT MORE

ALL WORLD ATHLETE PROGRAM



# IRONMAN<sup>®</sup> TRICLUB



## JOIN THE PROGRAM

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

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

# CHECK-IN (RACE OFFICE)

## OPENING HOURS

DATE	HOURS	LOCATION
1st September	15:00 - 21:00	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3
2nd September	10:00 - 20:00	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3

**3rd SEPTEMBER, CHECK-IN AT RACE OFFICE WILL NOT BE POSSIBLE**

## PLEASE NOTE

1. To collect your race packet, you will need the QR code and a personal identification document such as an ID card or passport for verification. The QR code will be sent to your email. The QR code is also accessible on the SlotMarket.pl portal under the "Registration History" tab. Before displaying the QR code, you will be prompted to select a time for registration.
2. Check-in is only possible by the person who is starting in the event.
3. While check-in, a volunteer will put on the athlete's wristband (the athlete cannot leave the stand without putting on the wristband).

## REGISTRATION

In your email inbox, you will find the QR code necessary for check-in at Race Office. Click on

- 1 the link, choose the time for registration, and then save the QR code on your phone. The QR code will also be accessible on your account on SlotMarket.pl.

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

During the registration, a wristband will be placed on your arm. The wristband grants you

- 3 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 or bag at the Official Merchandise Store.

# CHECK-IN (RACE OFFICE)

## LICENSES

**JAK KUPIĆ LICENCJĘ?**

1 Pobierz i zainstaluj aplikację PZTri z logo Ironman i Enea na Smartfony

2 Zaloguj konto

3 Wyświetlił licencje do kupienia

4 Wybierz licencję, którą chcesz kupić i sposób płatności

5 Potwierdził zakup licencji

LICENCJA JEDNORAZOWA (20 zł)

LICENCJA ROCZNA (100 zł)

**BRAWO!!!**  
Możesz już elektronicznie kupić licencję, jest ona AKTYWNA.

DO ZOBACZENIA NA ZAWODACH !!!

Click to zoom

**A national triathlon license is required** to participate in Enea IRONMAN 70.3 Poznań and Enea 5150 Poznań

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/>

**For relays, triathlon licenses are not required.**

## 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 REGISTRATION AT THE RACE OFFICE.**

**THE CHIP SHOULD BE PLACED ON THE LEFT LEG BEFORE BIKE CHECK-IN**



FUNDACJA  
MIASTA  
SPORTU

# BECOME VOLUNTEER!



**JOIN #IRONVOLO AND SEE THE MOST IMPORTANT  
TRIATHLON EVENT FROM THE INSIDE!**

**ARE YOU COMPETING?  
INVITE YOUR LOVED ONES TO VOLUNTEER!**

**MEET NEW PEOPLE, SPEND AN INTERESTING WEEKEND  
AND GREET THE COMPETITORS AT THE FINISH LINE!**

**JOIN US!**

[kontakt@fundacjamiastaspportu.org](mailto:kontakt@fundacjamiastaspportu.org)

# RACE PACKAGE

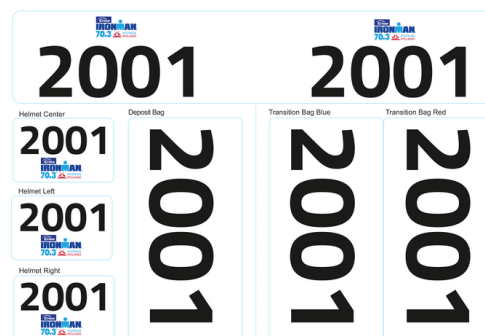
**BIB NUMBER:** During the bike, place your race number on your back, and during the run, wear it on the front waist belt.

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



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

**STICKERS:** You will also receive a sticker sheet in your 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.



**BACKPACK:** 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).

**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.

### Blue Bag drop off in Transition 1:

2nd September at 12:00 - 21:30



## 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.

### Red Bag drop off in Transition 2:

2nd September at 12:00 - 20:30

## 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 (3rd September):

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

7:30 - 9:00 (IRONMAN 70.3)



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

# BIKE CHECK-IN & BRIEFING

## SCHEDULE, 2nd SEPTEMBER

HOURS	DESCRIPTION	LOCATION
15:00	ATHLETE BRIEFING IN POLISH	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE / FINISH LINE
16:00	ATHLETE BRIEFING IN ENGLISH	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE / FINISH LINE
12:00 - 21:30	BIKE CHECK-IN	ARKA KIEKRZ FOOTBALL FIELD KIEKRZ
12:00 - 20:30	GEAR CHECK-IN	POZNAŃ INTERNATIONAL FAIR, ST MARK'S SQUARE

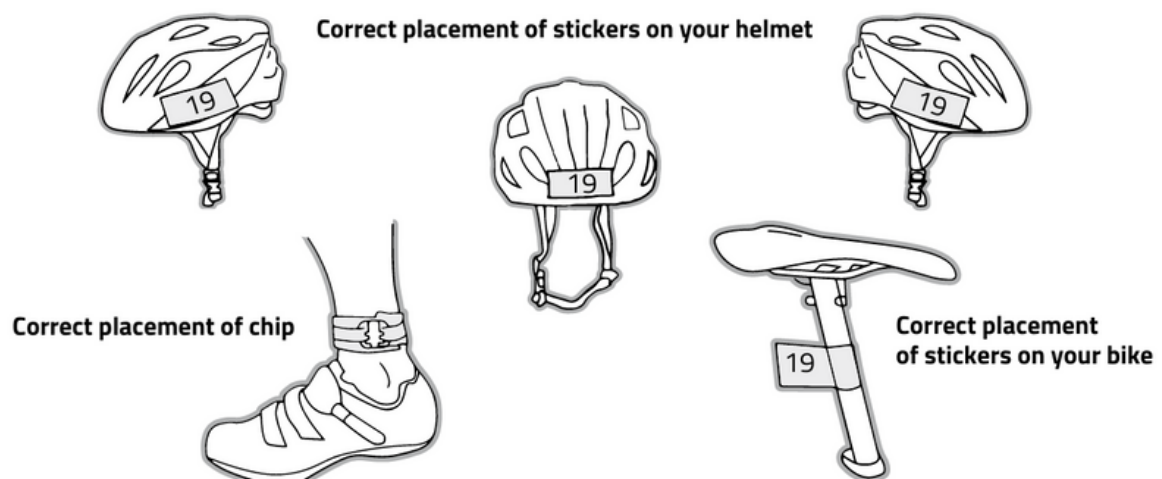
## ATHLETE BRIEFING

The athlete briefing for athletes will take place on Saturday for the IRONMAN 70.3 and 5150 Triathlon Series.

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.

### BIKE SERVICE

Our partner Shimano will be providing bike servicing from Saturday 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.

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.



Dobrze  
zaprojektowane  
Wydarzenia

Aktualne wydarzenia sprawdzisz na  
[www.grupamtp.pl](http://www.grupamtp.pl)

GRUPAMTP.PL



Nasze obiekty:



Nasze usługi:



Firmy powiązane:



# 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

<b>5150 Triathlon Series</b>	3rd September at 6:30 - 7:30
<b>IRONMAN 70.3</b>	3rd September at 7:30 - 8:30



### 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

<b>5150 Triathlon Series</b>	3rd September at 6:30 - 7:30
<b>IRONMAN 70.3</b>	3rd August at 7:30 - 9:00

Items left in the deposit before the start will be available for pickup after the race in the Finisher Zone at St. Mark's Square.

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

TIMES ARE CALCULATED BASED ON INDIVIDUAL START TIME

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 for athletes IRONMAN 70.3 distance.



# Twoje marzenia spełniamy tu i teraz!

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

# AID STATIONS

## BIKE COURSE

### IRONMAN 70.3

LOCATIONS OF AID STATIONS

28 km | 45 km | 61 km | 71 km

### 5150 Triathlon Series

LOCATION OF AID STATION

20 km

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

## RUN COURSE

Aid Two aid stations will be located along the running course, every 2,5 km.

- Arctic+ water in cups
- ALE isotonic drink in cups
- fruits
- ALE energy gels
- ALE energy bars
- Red Bull in cups
- Hoop Cola in cups
- sponges

CUPS AND GELS SHOULD BE THROWN IN THE BINS PROVIDED, NOT ON THE GROUND.

ATHLETES WILL BE ISSUED A PENALTY IF CAUGHT LITTERING BY REFEREES.



# NATURALNIE

SPORTOWE EMOCJE

**NOWALIJKA**  
WSPIERA SPORTOWCÓW

Sponsor i uczestnik  
IRONMAN 70.3 Poznań

JAKOŚĆ NA KAŻDYM POLU

Produkcja i dystrybucja:  
ziół sałat warzywa dania gotowe  
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Nowalijka.pl



YouTube

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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



### SWIM

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

IRONMAN 70.3 - one loop length 1,9 km in the Kierskie Lake

5150 Triathlon Sereis - one loop length 1,5 km in the Kierskie Lake

### TIME LIMITS

The swim course will be closed 50 minutes after the start of the swim by the last athletes of the 5150 Triathlon Series and relays, and 1 hour and 10 minutes for the IRONMAN 70.3 athletes.

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

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

START	RACE	SWIM CAP
8:00	5150 TRIATHLON SERIES	Grey
8:00	RELAYS	Green
9:30	IRONMAN 70.3 - PRO ATHLETE	Yellow
9:35	IRONMAN 70.3	Blue





# SWIM

## WETSUIT RULES

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

## SWIMWEAR POLICY

*(non-wetsuit legal swims only)*

Swimwear must be 100% textile material. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene. Swimwear must not cover the neck, extend past the elbow, nor extend past the knees. Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

## SWIM CAP

The official swim cap must be visible and "clean". Stickers or other self-made markings are not allowed on the swim cap. You are permitted to wear a personal swim cap underneath the official swim cap.

## SWIM COURSE RULES

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

**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**

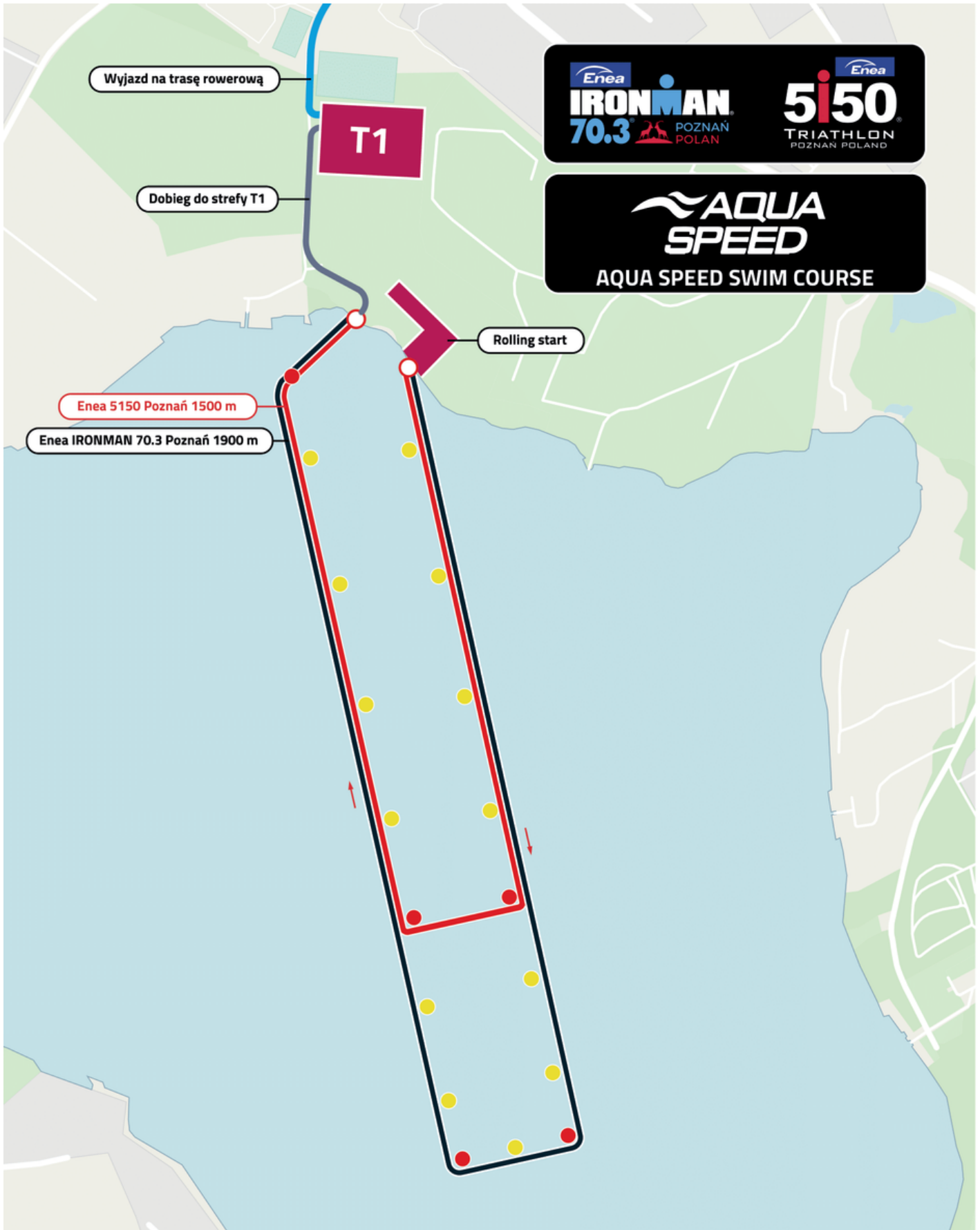
In a race setting always stop at the first sign of a medical problem.

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



DOWNLOAD GPX FILES

IRONMAN 70.3

5150 TRIATHLON SERIES

# 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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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 Antiperspirant!**

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





# 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 place the bag in the drop-off zone.

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

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.

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

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

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

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

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

## BIKE, BIKE AND RUN BAGS CHECK-OUT

**5150 Triathlon Series**

3rd September at 13:00 - 16:00

**IRONMAN 70.3**

3rd September at 16:00 - 20:30

**Don't forget to bring your BIB number with you. It will be needed to collect your gear and bike.**

**Before the check-out, you should also show your wristband.**

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

SZTAFETY / RELAYS

1001-1200

1201-1400

1401-1470

70.3

70.3

70.3

1-100

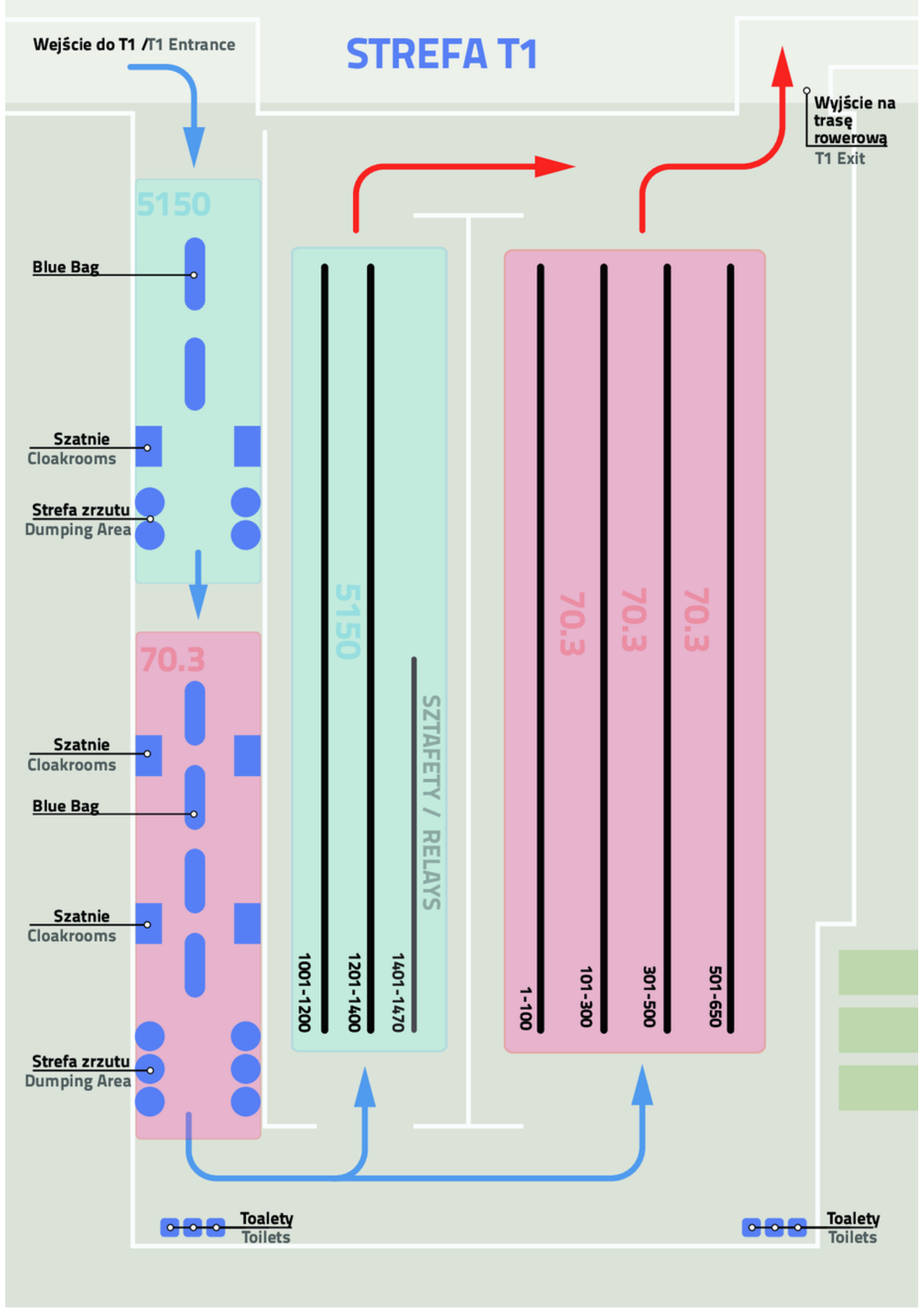
101-300

301-500

501-650

Toalety  
Toilets

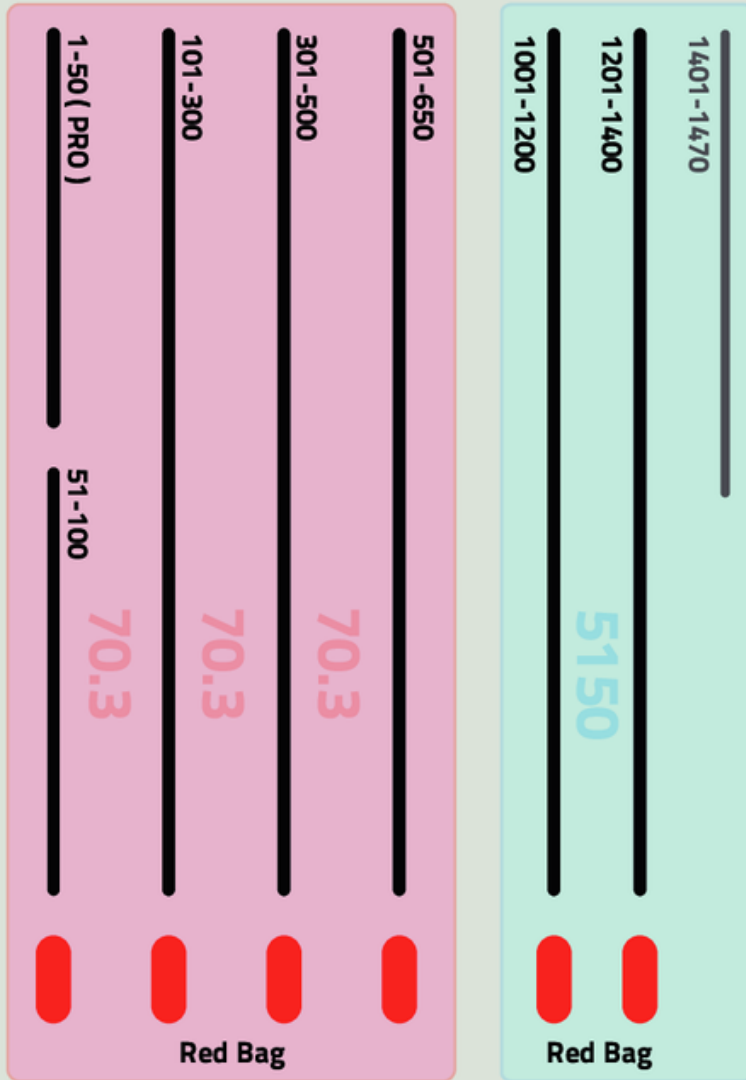
Toalety  
Toilets



# 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



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!

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

## **TIME LIMITS**

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

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

## **SAFETY FIRST**

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

## **BIKE MEDICAL**

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

## **BIKE TECH SUPPORT**

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

## **SAG WAGON**

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

## **DROP OUT**

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



## **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.

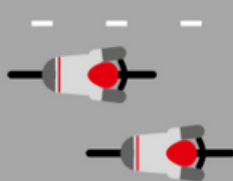
# SAY NO! TO DRAFTING

## CO TO JEST DRAFTING?

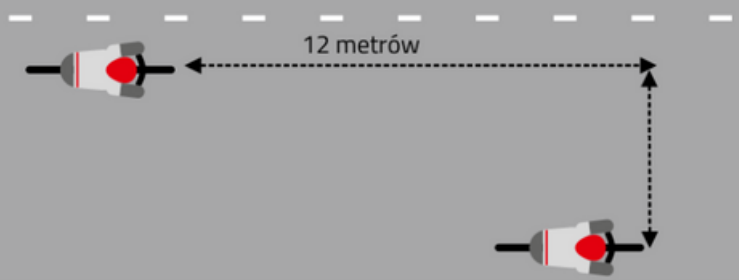
**DRAFTING** oznacza wejście w strefę draftingu, czyli zmniejszenie odległości pomiędzy zawodnikami poniżej 12 metrów. Drafting podczas zawodów jest zabroniony; (Kara Czasowa 05:00 Minut). Zawodnik może wjechać w strefę draftingu tylko w czasie wyprzedzania (maksymalnie 25 sekund).

**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.

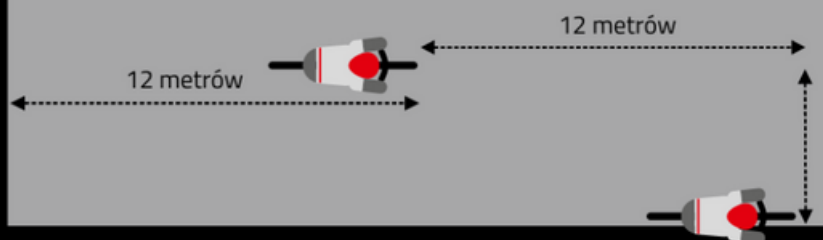


**WYJĄTKI / EXCEPTIONS**

**Możesz przebywać w strefie draftingu tylko:**

**You may enter the draft zone only if:**

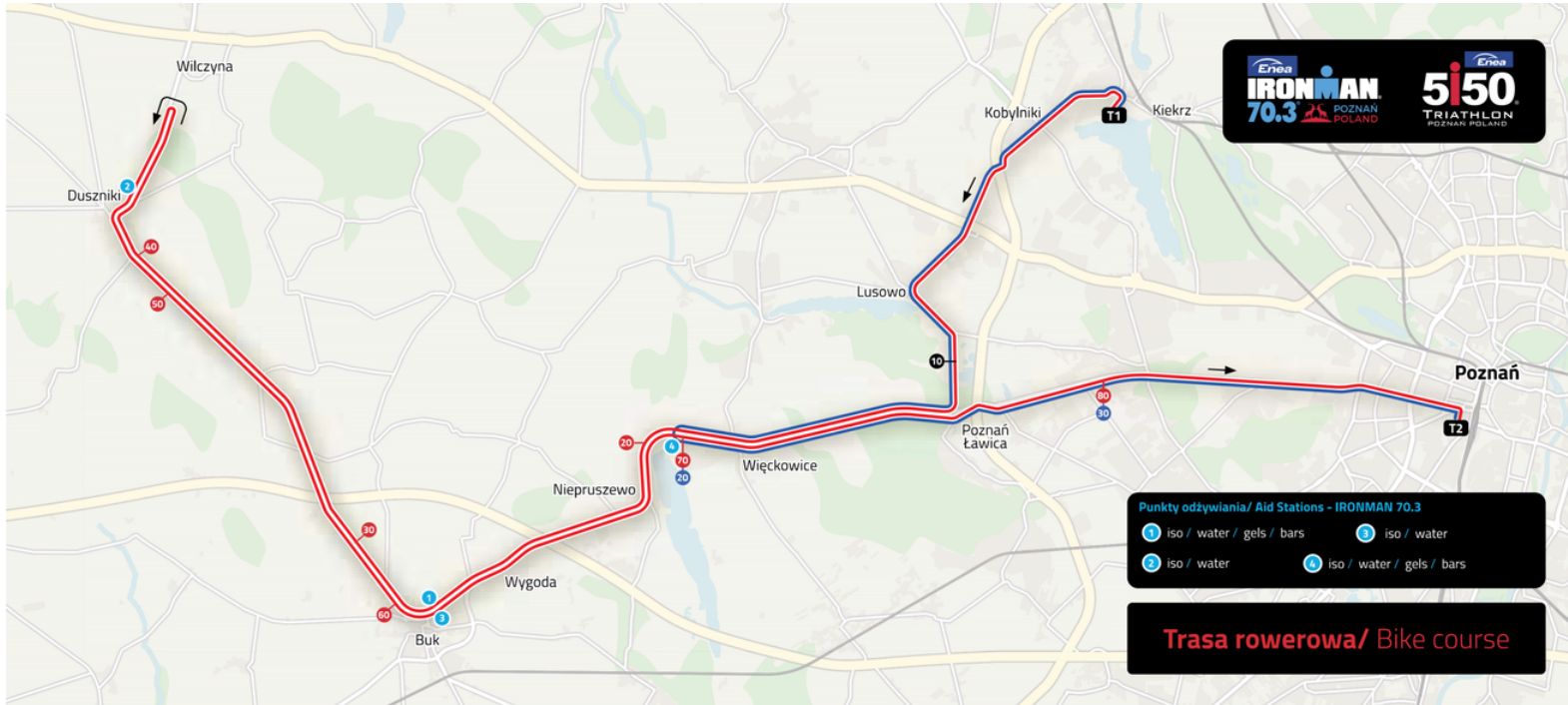
- wyjeżdżając i wjeżdżając do strefy zmian / entering and leaving the transition zone
- na ostrych zakrętach / an acute turn
- na wąskich odcinkach trasy oznakowanych przez organizatora / on the narrow lanes marked by the race officials.
- podczas wyprzedzania / during overtaking



**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



## DOWNLOAD GPX FILES

[IRONMAN 70.3](#)


[5150 Triathlon Series](#)



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01  
STEP

  
type your  
registration (start)  
number

02  
STEP

  
enjoy your  
amazing photos

03  
STEP



## **AID STATIONS**

They will be located every 2.5 km along the course.

Cups and gels should be thrown in the bins provided, not on the ground. Athletes will be issued a penalty if caught littering by a referee.

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

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

## **DROP OUT**

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

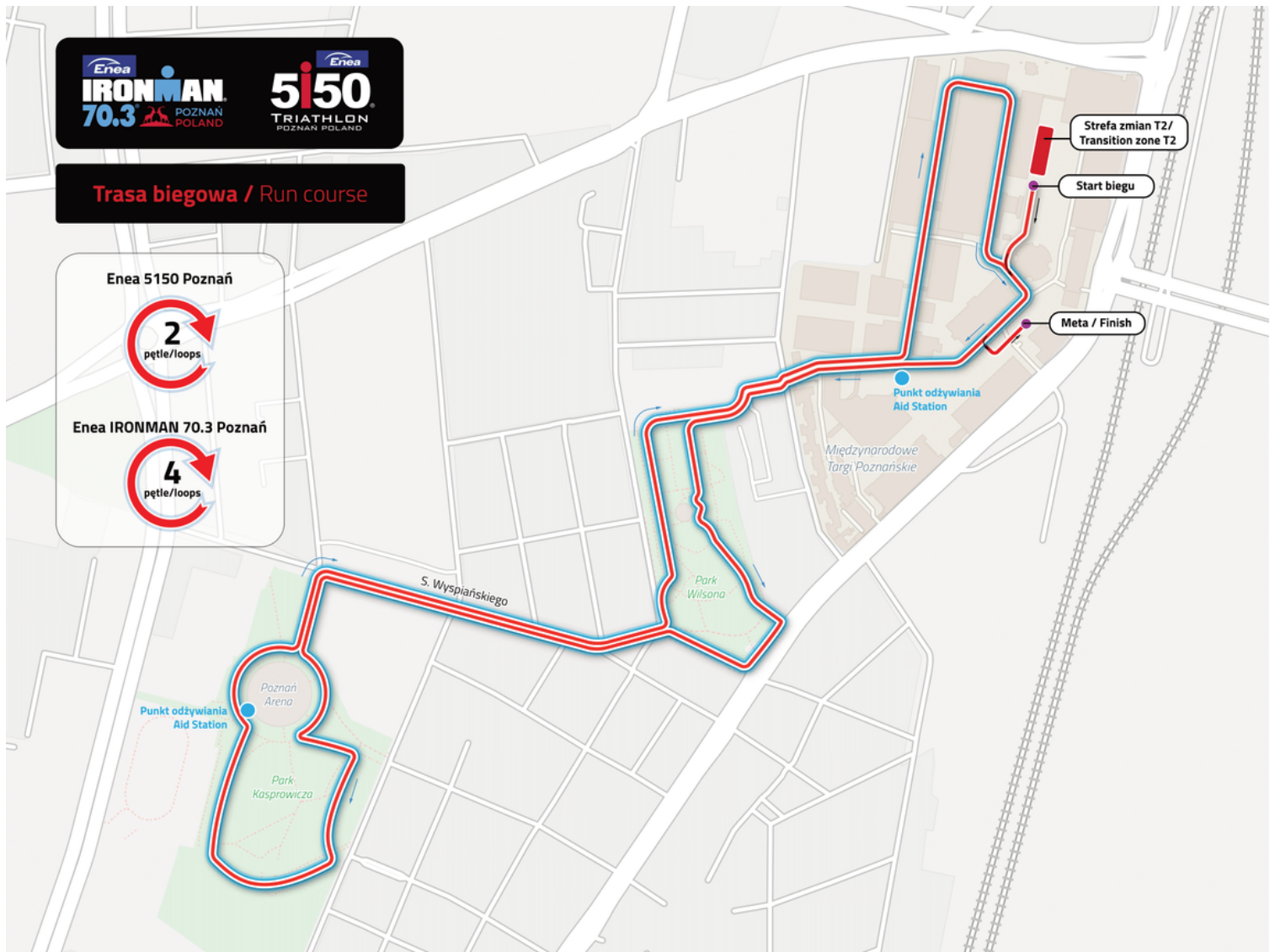
## **RUN RULES**

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

## **YELLOW CARD - RUN**

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

## RUN COURSE



DOWNLOAD GPX FILES

[IRONMAN 70.3](#)

[5150 Triathlon Series](#)



# 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	HOUR	DESCRIPTION	LOCATION
1st September	15:00 - 21:00	REGISTRATION	PIF, PAVILION NO. 3
2nd September	10:00 - 20:00	REGISTRATION	PIF, PAVILION NO. 3
2nd September	12:00 - 21:30	BIKE CHECK-IN	ARKA KIEKRZ FOOTBALL FIELD
3th September	8:00	START	KIERSKIE LAKE
3th September	13:00 - 16:00	BIKE CHECK-OUT	PIF, ST MARK'S SQUARE
3th September	12:15	AWARDS CEREMONY	PIF, PEWUKA SQUARE



# 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** Enter the Transition Zone through the designated entrance, where the cyclist and the runner will wait for their relay partner. The cyclist must enter Transition Zone T1 by 8:00, while the runner in Transition Zone T2 should be there no later than 9:00. To access the Transition Zone, wear your wristband and have the timing chip attached.

**BIKE CHECK-IN** The cyclist is required to bike check-in between 12:00 - 21:00 the day before the race. There will be no possibility to check-in at other times. During bike check-in, ensure your bike is labeled, wear your helmet, wristband, race number, and have the timing chip attached to your ankle.

**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.

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

# 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, enjoy and relax in the Finisher's Zone.
3. Pick up your deposit bag.
4. Enjoy a massage at the Finisher's Zone.

➤ **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.



Bring your life  
thule.com

# AWARDS CEREMONY

HOUR	DESCRIPTION	LOCATIONS
12:15	AWARDS CEREMONY - 5150 TRIATHLON SERIES	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE / FINISH LINE
18:15	AWARDS CEREMONY - IRONMAN 70.3	POZNAŃ INTERNATIONAL FAIR, PEWUKA SQUARE / FINISH LINE

- 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), only 5150 Triathlon Series
- o Trophy for the Top 3 TriClubs, only IRONMAN 70.3
- o Trophy for the Best Female and Male athlete from Poznań

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



**PRZYJDŹ PO WYŚCIGU  
WYGRAWEROWAĆ  
SWÓJ MEDAL**

**UWIECZNIJ SWÓJ WYSTĘP  
I ZAPAMIĘTAJ BIEG NA ZAWSZE**

telefon:

**884 911 777**

**35zł**

FORMY PŁATNOŚCI:  
GOTÓWKA / KARTA / BLIK

**grawej** bus



# SLOT ALLOCATION

<b>HOURL</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
19:30	SLOT ALLOCATION - IRONMAN 70.3	POZNAŃ INTERNATIONAL FAIR, GREEN HALL, EASTERN ENTRANCE HALL

## CHECK THE LOCATION OF THE GREEN HALL

### **SLOT ALLOCATION**

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

### **NUMBER OF SLOTS**

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

### **RULES**

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

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

### **PRICE**

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

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

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



# SLOT ALLOCATION

## HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

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

## THE SLOT ALLOCATION PROCESS

### Before Race Day

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

### On Race Day

- If there are no starters in an Age Group, then that Age Group’s Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot;
- The Proportionally Allocated Slots are then distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group across both the male and female categories, ie, the more athletes in an Age Group, the more slot allocations they receive.

### After the Race

#### Before Roll Down:

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

#### During Roll Down:

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

## OTHER INFORMATION

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

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

## PAYMENT

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

# GOOD TO KNOW

## HAVE A QUESTION?

Please send us a message on Facebook or by email to: [poznan70.3@ironman.com](mailto:poznan70.3@ironman.com) or [5150poznan@ironman.com](mailto:5150poznan@ironman.com)

## LOST AND FOUND

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

Once the event is over, please contact [poznan70.3@ironman.com](mailto:poznan70.3@ironman.com) or [5150poznan@ironman.com](mailto:5150poznan@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

# 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.

 **AQUA SPEED**

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



Odwiedź stronę



# KIDS RUN

## CHECK-IN

DATE	HOURS	LOCATION
1st September	15:00 - 21:00	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3
2nd September	10:00 - 13:30	POZNAŃ INTERNATIONAL FAIR, PAVILION NO. 3

## COURSE, DISTANCES & START (2nd September)

START	YEARS	DISTANCE	START	YEARS	DISTANCE
12:00	2020 – 2019 YEARS	300 METERS	13:00	2014 – 2013 YEARS	675 METERS
12:20	2018 – 2017 YEARS	300 METERS	13:20	2012 – 2011 YEARS	1350 METERS
12:40	2016 – 2015 YEARS	675 METERS	13:40	2010 – 2008 YEARS	2025 METERS

### Trasa Dziecięca / Kids Run

### DYSTANSE

Roczniki 2020-2019: dystans 300m
Roczniki 2018-2017: dystans 300m
Roczniki 2016-2015: dystans 675m
Roczniki 2014-2013: dystans 675m
Roczniki 2012-2011: dystans 1350m (2 okrążenia)
Roczniki 2010-2008: dystans 2025m (3 okrążenia)

Iglica MTP

Start / Finish

Enea  
**IRONMAN**  
70.3 POZNAŃ  
POLAND

Enea  
**5i50**  
TRIATHLON  
POZNAŃ POLAND



# 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

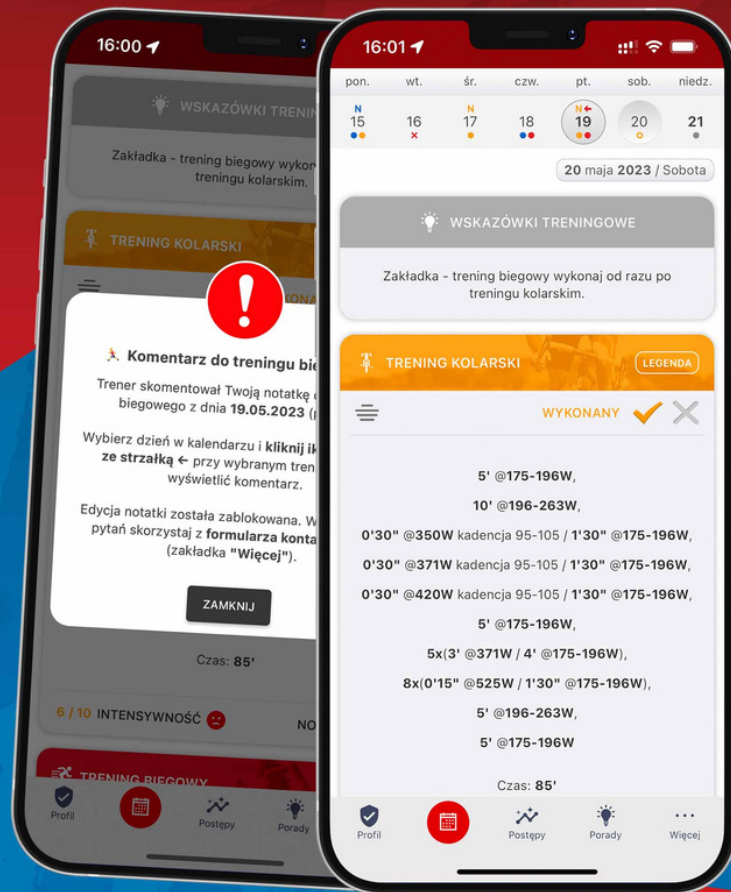
automatyczny eksport treningów do **Garmin Connect** w momencie aktualizacji planu przez trenera.

## 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!!!**

STARY CENNIK TYLKO  
DO KOŃCA PROMOCJI

# PROMOCJA

ważna do **30 września 2023**

RABATY DO **30%**

[iminspiration.pl/promocja-sezon2024](https://iminspiration.pl/promocja-sezon2024)

## POBIERZ

aplikację,  
szukaj po frazie

## IM INSPIRATION

lub zeskanuj kod

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