



ATHLETE GUIDE

POZNAŃ | SEPTEMBER 1ST, 2024



TABLE OF CONTENTS

<u>Welcome message</u>	3
<u>Rules & Regulations</u>	9
<u>Important Medical & Health Information</u>	11
<u>Top 5 things to see</u>	12
<u>Event site</u>	14
<u>Schedule</u>	15
<u>Transport to Transition Zone</u>	18
<u>EXPO</u>	19
<u>Registration</u>	20
<u>Bike check-in</u>	24
<u>Race day</u>	25
<u>SWIM</u>	28
<u>Transition 1</u>	32
<u>BIKE</u>	34
<u>Transition 2</u>	37
<u>RUN</u>	39
<u>Finish Line</u>	41
<u>Awards</u>	42
<u>Slot Allocation</u>	43
<u>Good To Know</u>	45
<u>Night Run</u>	46
<u>Pho3nix IRONKIDS Poznań</u>	47
<u>Swim Series Poland by AQUA SPEED</u>	49

WELCOME MESSAGE

Dear Athletes,

I am delighted that an IRONMAN competition is being organised in Poznań for the third time. The increasing number of athletes confirms that the interest in participating in triathlon competitions is growing from year to year and the organisation of an event of this rank in the capital of Wielkopolska is important for a large number of people - both participants and fans along the course.

Poznań is the cradle of the Polish triathlon - the first Polish triathlon competition took place here in 1984 on Lake Kierskie. This year marks the 40th anniversary of the event, and the number of participants and the organisation of the competitions have changed significantly since then. In the capital of Wielkopolska in particular, the standard of the competitions is very high, as evidenced by the ranking in the annual rankings.

The IRONMAN in Poznań is not just a triathlon event for ambitious amateurs. The competitions for children and young people are also an important part of the event. Encouraging the youngest to be physically active is an important task, which the organisers of the event in Poznań master brilliantly.

I wish you a successful time in the capital of the Wielkopolskie Voivodeship, that you break records and, above all, enjoy the competition. I hope that this experience will be unforgettable and that we will meet again in the years to come.



JACEK JAŚKOWIAK

The Mayor of the City of 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 somewhat chaotic but rhythmic pattern, creating a sense of movement and energy.

SPORT

POZnań*

WELCOME MESSAGE

Triathlon is a special sport for us, one whose development in Poland we have been supporting for ten years now. Enea IRONMAN 70.3 Poznań attracts hundreds of athletes from all over the world, as well as spectators who provide great encouragement for the competitors to strive for the best results.

Supporting the Enea IRONMAN 70.3 Poznań is part of Enea Group's efforts to promote physical activity, especially among children and young people. That is why we are extremely pleased that the organizers have also prepared competitions for children. We care about giving the youngest the opportunity to develop their athletic talents and fall in love with sports from an early age. We are delighted with the growing popularity of triathlon and the fact that Enea employees also participate in the competitions supported by the company.

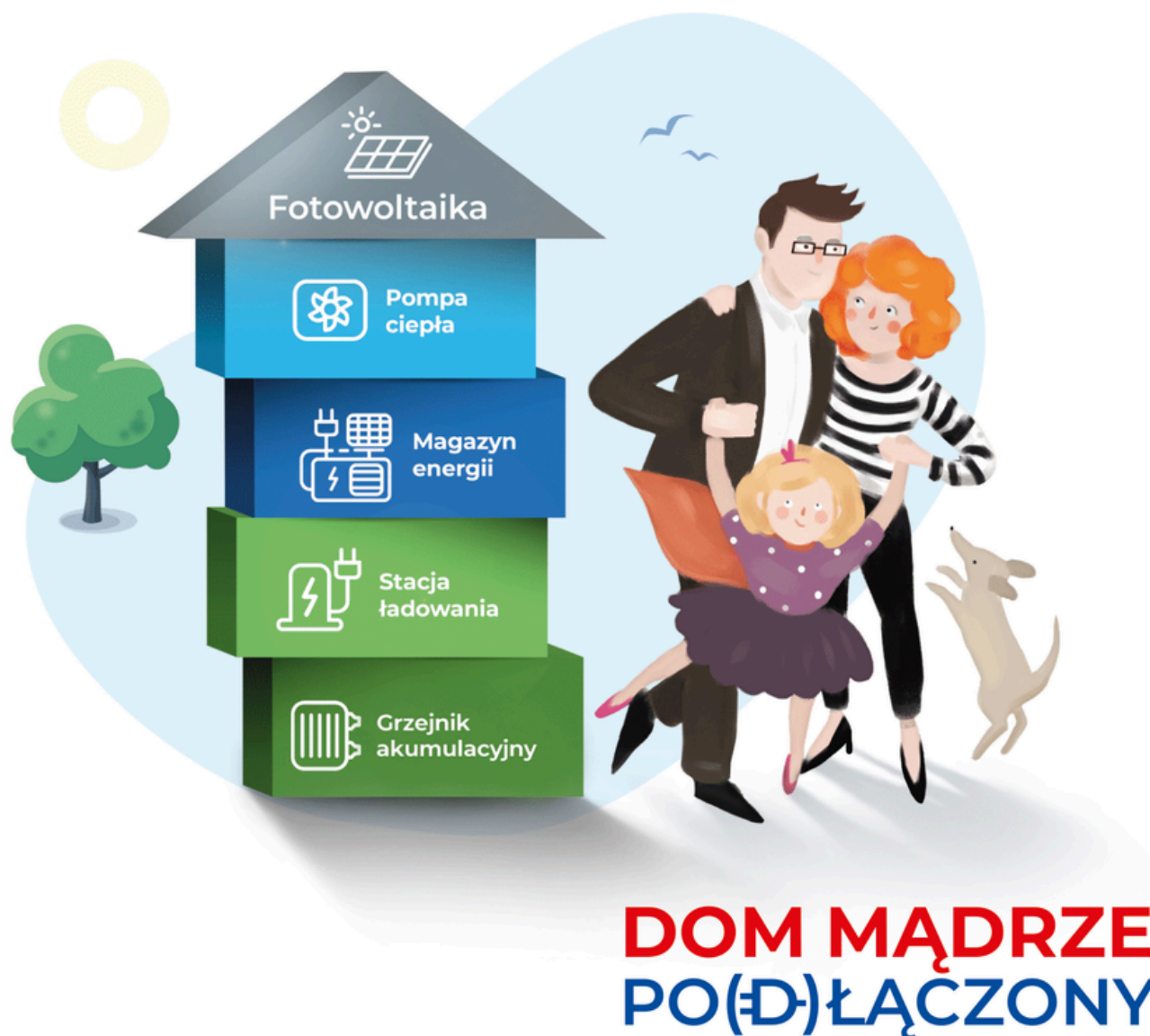
The weekend with Enea IRONMAN 70.3 Poznań is a great experience not only for the competitors but also for the spectators, and we have prepared plenty of attractions for both in the Family Zone and the Expo Zone.

We already wish all the athletes joy in participating in the competition and the best results, and to the spectators, exceptional fun and energy for cheering!



BERENIKA RATAJCZAK

Rzeczniczka prasowa Enei



DOM MĄDRZE PO(Ł)ŁĄCZONY

Wybieralscy wybierają ofertę Fotowoltaika+ dla domu i firmy!

Wybieraj i łącz produkty, by dzięki **fotowoltaice** i ekourządzeniom, takim jak:

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

wytwarzać, gromadzić i wykorzystywać energię na własne potrzeby.

WELCOME MESSAGE

Welcome!

Not long ago, we kicked off the IRONMAN Poland 2024 season, and now it's already time to wrap it up. But what a finale it will be!

We've had two very successful events in Warsaw and Gdynia, as well as the first-ever, historic edition of IRONMAN 70.3 Hradec Kralove in the Czech Republic – an event we're also proud to organize for you. Now it's time for Poznań, which this year will boast the highest attendance in its history. What's more, we'll be celebrating the 40th anniversary of Polish triathlon, as it was at Lake Kierskie in Poznań in 1984 that the first triathlon competition in Poland took place.

We hope you have a fantastic time during Sunday's IRONMAN 70.3 and 5150 Triathlon Series races, and that you'll also join – as participants or spectators – the accompanying events throughout the weekend. On Friday evening, we'll kick off with the certified 5-kilometer Night Run Poznań, and on Saturday, we'll have the Pho3nix IRONKIDS Poznań, Swim Series Poland by AQUA SPEED, and the unique, hilarious Minibicycle World Championships on the grounds of the Poznań International Fair.

I would like to extend a special welcome to triathletes from the farthest corners of the world and to all the first-timers. I hope your stay and race participation in the capital of Greater Poland will leave a lasting impression.

I would also like to take this opportunity to thank the entire organizing team, all the volunteers, collaborators, and each of our partners, especially the Enea Group, the MTP Group, and the authorities of the city of Poznań. Organizing the Enea IRONMAN 70.3 Poznań is a massive undertaking, and every partner, volunteer, and employee plays a crucial role. Thank you all for your dedication!

I'm rooting for each and every one of you. Fulfill your dreams, achieve your goals, and see you at the finish line!



MICHAŁ DRELICH

Race Director

IRONMAN
70.3  **WARSAW**
POLAND

8/06/2025






**2025 REGISTRATION
IS OPEN!**

HEAD REFEREE'S MESSAGE

Maciej Jakubowski
Enea IRONMAN 70.3 Poznań
Head referee

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

CARDS & PENALTIES

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

THREE BLUE OR YELLOW CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION

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

Failure to report to the penalty tent results in disqualification.

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

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

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

All rules and details about the race can be found in the IRONMAN 2024 rules, the competition regulations, and in this Athlete Guide. The event regulations are available on the website www.ironmanpoznan.com.pl

[2024 RULES](#)



RULES & REGULATIONS

2024 RACE RULE UPDATES

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

2024 RULES

Articles V. BIKE CONDUCT & VI. RUN CONDUCT

Sections 5.01 GENERAL & 6.01 GENERAL

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

Section 5.03 BIKE SPECIFICATIONS

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

Article IX. HANDCYCLE ("HC") DIVISION

Section 9.03 BIKE CONDUCT

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

STANDARDISED NOTIFICATION PROCESS FOR BLUE CARD PENALTIES

THE RACE REFEREE WILL :

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



IMPORTANT MEDICAL & HEALTH INFO

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

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

DO NOT BE AFRAID TO ASK FOR HELP

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

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

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

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

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

MEDICAL INFORMATION

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

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

TOP 5 THINGS TO SEE

POZNAŃ MARKET SQUARE

Poznań Market Square is the heart of the city, filled with colorful townhouses, charming cafes, and historic landmarks. The central point is the Town Hall with its famous goats, which attract crowds of tourists every day at noon. Walking through the square, you can feel the unique atmosphere of Poznań and discover its rich history and culture.



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.



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.



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.



CROISSANT MUSEUM OF POZNAŃ

The Croissant Museum of Poznań is a unique place where tourists can learn about the history and tradition of baking the famous St. Martin's croissants. The museum offers interactive shows where visitors can see how these delicious pastries are made and even try their hand at preparing them. It's an attraction that combines education with fun and allows you to taste an authentic Poznań specialty.

Website: www.rogalowemuzeum.pl





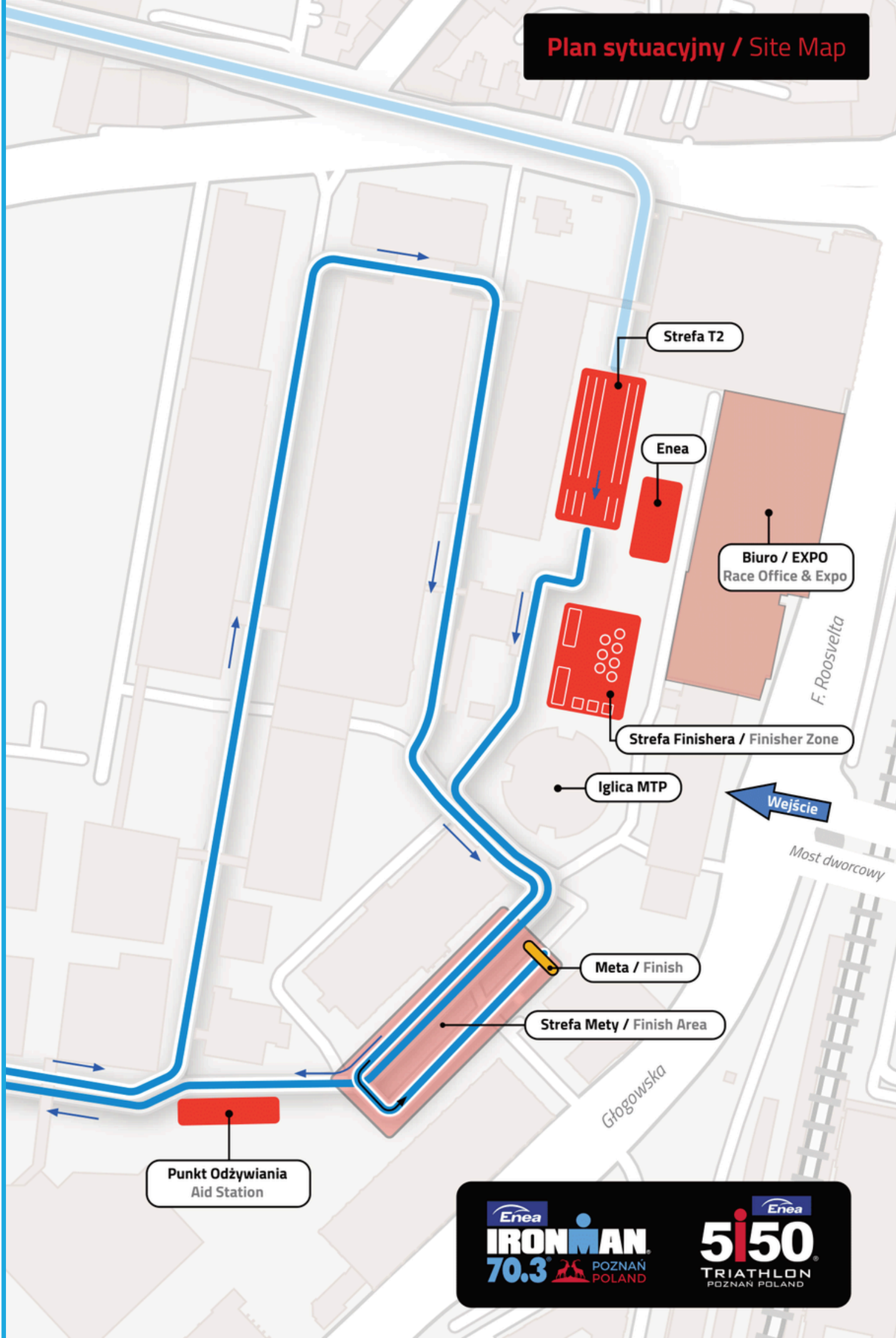
Twój biznes, nasza pasja.

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.

citi handlowy[®]

Plan sytuacyjny / Site Map



Enea
IRONMAN
70.3 POZNAŃ
POLAND

Enea
5i50
TRIATHLON
POZNAŃ POLAND

SCHEDULE

Friday, August 30th

Time	Description	Location
15:00 - 21:00	Registration <i>IRONMAN 70.3, 5150 Triathlon Series, Relay, IRONKIDS</i>	Poznań International Fair, Pavilion No. 3
15:00 - 21:00	Opening hours Expo and Official Merchandise Store	Poznań International Fair, Pavilion No. 3
15:00 - 21:30	Registration <i>Night Run</i>	Poznań International Fair, Pavilion No. 3
21:00 - 23:00	Deposit opening hours <i>Night Run</i>	Poznań International Fair, St Mark's Square, Finisher Zone
22:00	Start <i>Night Run</i>	Poznań International Fair, PeWuKa Square
22:45	Awards <i>Night Run</i>	Poznań International Fair, PeWuKa Square

Saturday, August 31st

Time	Description	Location
10:00 - 20:00	Registration <i>IRONMAN 70.3, 5150 Triathlon Series, Relay</i>	Poznań International Fair, Pavilion No. 3
10:00 - 12:30	Registration <i>IRONKIDS</i>	Poznań International Fair, Pavilion No. 3
10:00 - 20:00	Opening hours Expo and Official Merchandise Store	Poznań International Fair, Pavilion No. 3
11:00 - 13:00	Start <i>IRONKIDS</i>	Poznań International Fair, PeWuKa Square
12:00 - 20:30	Run bag check-in <i>T2 Zone</i>	Poznań International Fair, St Mark's Square
12:00 - 21:30	Bike and bike bag check-in <i>T1 Zone</i>	Kiekrz Arka Kiekrz football field
13:15	Awards <i>IRONKIDS</i>	Poznań International Fair, PeWuKa Square
13:30	Start <i>Mini Bike World Championships powered by Sportano.pl</i>	Poznań International Fair, PeWuKa Square
13:45	Presentation of the Pro Athletes	Poznań International Fair, Pavilion No. 3
14:00	Technical briefing in Polish <i>5150 Triathlon Series, IRONMAN 70.3, Relay</i>	Poznań International Fair, Pavilion No. 3
14:30 - 15:45	Registration <i>Swim Series Poland by AQUA SPEED</i>	Kierskie Lake
14:45	Technical briefing in English <i>5150 Triathlon Series, IRONMAN 70.3, Relay</i>	Poznań International Fair, Pavilion No. 3
16:00	Start <i>Swim Series Poland by AQUA SPEED</i>	Kierskie Lake
17:00	Awards <i>Swim Series Poland by AQUA SPEED</i>	Kierskie Lake

*The closing time of the Race Office is subject to change.

SCHEDULE

Sunday, September 1st

Time	Description	Location
6:30 - 7:30	T1 zone and deposit - opening hours** <i>5150 Triathlon Series</i>	Kiekrz Arka Kiekrz football field
7:30 - 8:30	T1 zone - opening hours** <i>IRONMAN 70.3</i>	Kiekrz Arka Kiekrz football field
7:30 - 9:00	Deposit opening hours <i>IRONMAN 70.3</i>	Kierskie Lake
8:00	Rolling start <i>5150 Triathlon Series</i>	Kierskie Lake
9:00 - 18:00	Opening hours Expo and Official Merchandise Store	Poznań International Fair, Pavilion No. 3
9:30	Rolling start <i>IRONMAN 70.3</i>	Kierskie Lake
9:50	Expected finish of the winner <i>5150 Triathlon Series</i>	Poznań International Fair, PeWuKa Square
10:00 - 13:00	Deposit bag pick-up <i>5150 Triathlon Series</i>	Poznań International Fair, St Mark's Square, Finisher Zone
12:15	Expected finish time of the last athlete <i>5150 Triathlon Series</i>	Poznań International Fair, PeWuKa Square
12:15	Awards <i>5150 Triathlon Series</i>	Poznań International Fair, PeWuKa Square
13:00 - 16:00	Check-out bike and bags - T2 zone <i>5150 Triathlon Series</i>	Poznań International Fair, St Mark's Square
13:00	Expected finish of the winner <i>IRONMAN 70.3</i>	Poznań International Fair, PeWuKa Square
13:00 - 18:30	Deposit bag pick-up <i>IRONMAN 70.3</i>	Poznań International Fair, St Mark's Square, Finisher Zone
16:00 - 20:00	Check-out bike and bags - T2 zone <i>IRONMAN 70.3</i>	Poznań International Fair, St Mark's Square
18:15	Expected finish time of the last athlete <i>IRONMAN 70.3</i>	Poznań International Fair, PeWuKa Square
18:15	Awards <i>IRONMAN 70.3</i>	Poznań International Fair, PeWuKa Square
19:15	Slot Allocation	Poznań International Fair, Green Hall, Eastern Entrance Hall

**No possibility for bike and bags check-in.

Zorganizuj z nami swój event w Poznaniu

- ▶ gale, bankiety, konferencje, spotkania branżowe, wigilie firmowe, pikniki
- ▶ kompleksowa realizacja wydarzeń
- ▶ kreatywna przestrzeń na każdą okazję

Skontaktuj się z nami!

Międzynarodowe Targi Poznańskie

☎ 698 812 001

✉ eventy@grupamtp.pl

TRANSPORTATION

Special trains

Saturday, August 31st

Poznań Główny train station -> Kiekrz train station

Departure: 13:13	Arrival: 13:23	FREE TRANSPORTATION
Departure: 17:03	Arrival: 17:13	FREE TRANSPORTATION

Sunday, September 1st

Poznań Główny train station -> Kiekrz train station

Departure: 6:45	Arrival: 6:55	FREE TRANSPORTATION
Departure: 7:30	Arrival: 7:40	FREE TRANSPORTATION

Regular trains (paid)

For athletes who are not satisfied with the departure times of the aforementioned trains, we encourage you to use the regular trains that operate on the Poznań Główny - Kiekrz route.

TO TRAVEL ON A REGULAR TRAIN, YOU NEED TO HAVE A VALID TICKET.

[Schedule for August 31st, 2024](#)

[Schedule for September 1st, 2024](#)

Check out how to get to locations

EXPO / RACE OFFICE	POZNAŃ INTERNATIONAL FAIR PAVILION NO. 3	CHECK ON THE MAP
T1 ZONE / START	KIEKRZ ARKA KIEKRZ FOOTBALL FIELD	CHECK ON THE MAP
T2 ZONE	POZNAŃ INTERNATIONAL FAIR ST MARK'S SQUARE	CHECK ON THE MAP
FINISH LINE	POZNAŃ INTERNATIONAL FAIR PEWUKA SQUARE	CHECK ON THE MAP
TRAIN TO KIEKRZ	TRAIN STATION POZNAŃ GŁÓWNY	CHECK ON THE MAP



EXPO

Opening hours

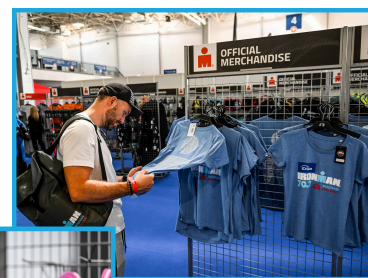
15:00 - 21:00	Friday, August 30th
10:00 - 20:00	Saturday, August 31st
9:00 - 18:00	Sunday, September 1st

Info Point

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

Opening hours

15:00 - 20:00	Friday, August 30th
10:00 - 20:00	Saturday, August 31st
9:00 - 18:00	Sunday, September 1st



Energia nigdy się nie kończy.

hama



RACE OFFICE

Race Office - opening hours

Date	Time	Race	Location
Friday, August 30th	15:00 - 21:00	5150 Triathlon Series, IRONMAN 70.3, Relay	Poznań International Fair, Pavilion No. 3
Saturday, August 31st	10:00 - 20:00	5150 Triathlon Series, IRONMAN 70.3, Relay	Poznań International Fair, Pavilion No. 3

RACE OFFICE ON SUNDAY IS CLOSED



1

In the week leading up to the race, you will receive a QR code, which is necessary for registration. *You can display the QR code on your phone screen or print it out.*

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

2

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

3

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

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

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

LICENSE



Click the image to enlarge

A national triathlon license is required to start in Enea IRONMAN 70.3 Poznań and Enea 5150 Poznań.

Recognised licenses:

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

Licence can be purchased:

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

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



RACE PACKAGE

Your package includes:

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



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



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



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



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



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

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



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

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

RACE PACKAGE



BLUE BAG

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

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

Bike and bike run check-in in Transition 1

Kiekrz / Arka Kiekrz football field

August 31st from 12:00 at 21:30



RED BAG

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

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

Run bag check-in in Transition 2

Poznań International Fair / St Mark's Square

August 31st from 12:00 at 20:30



BLACK BAG

To jest worek na rzeczy prywatne: możesz umieścić w nim ubrania, w które przebierzesz się po wyścigu i wszystko, czego możesz potrzebować po wyścigu.

Oddaj go w dniu wyścigu przed startem, w namiocie depozytu.

Deposit - opening hours, September 1st:

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

7:30 - 9:00 (IRONMAN 70.3)

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

PLEASE DO NOT PUT VALUABLE ITEMS IN THE BAGS

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

BIKE CHECK-IN

Saturday, August 31st

Time	Description	Location
12:00 - 20:30	Run bag check-in <i>T2 zone</i>	Poznań International Fair, St Mark's Square
12:00 - 21:30	Bike and bike bag check-in <i>T1 zone</i>	Kiekrz Arka Kiekrz football field

Bags and Bike Check-in in the Transition Zone on Saturday is mandatory. There will be no possibility for bike check-in or bags check-in on Sunday.

T1 ZONE - KIEKRZ, ARKA KIEKRZ FOOTBALL FIELD

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

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

T2 ZONE - POZNAŃ INTERNATIONAL FAIR, ST MARK'S SQUARE

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

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

TIMING CHIP

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

WHEN AND WHERE TO COLLECT THE TIMING CHIP?

The chip will be issued during registration.

WHEN AND WHERE TO WEAR THE TIMING CHIP?

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

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



RACE DAY

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

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

DEPOSIT BAG

Do not forget to attach the sticker with your race number to the bag. Put items that you won't need during the race into the bag

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

BIKE SERVICE

Our partner Shimano will be available to assist with any bike issues starting from Friday. The service will be located near the Transition Zone.

Sprzęt do trenowania

Skompletuj z nami swój codzienny pakiet treningowy!

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

 **AQUA SPEED**

Wszystkie produkty na www.aquaspeed.com.pl










Odwiedź stronę



RACE DAY

TIME LIMITS

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

TIMES ARE CALCULATED BASED ON INDIVIDUAL START TIME

During the race, cut off apply.

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

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

[CUT OFF FOR IRONMAN 70.3](#)

[CUT OFF FOR 5150 TRIATHLON SERIES](#)

AID STATIONS

BIKE

IRONMAN 70.3

28 km, 45 km, 61 km, 71 km

Bottled water Cisowianka 0,7l

Bottled isotonic drink ALE Race 0,5l

ALE energy gels and bars (61 km and 71 km)

Bananas (61 km and 71 km)

5150 Triathlon Series

20 km

Bottled water Cisowianka 0,7l

RUN

IRONMAN 70.3

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

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

Bottled water Cisowianka 0,7l

Bottled isotonic drink ALE Race 0,5l

Red Bull dispensed in cups (only 2nd station)

5150 Triathlon Series

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

2nd station: 5 km, 10 km

Cups and gels should be thrown in the bins provided, not on the ground.

Athletes will be issued a penalty if caught littering by a race official.

ale
ACTIVE LIFE ENERGY



Polecam

Adam
Kszczep 800 mm



Poznaj Naszą Ofertę

**Dowiedz się
o nas więcej**



SWIM

COURSE

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

START

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

TIME LIMITS

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

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

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

START	DISTANCE	CAP
8:00	5150 Triathlon Series Age Group and Open Division	RED
8:00	Relay	GRAY
9:30	IRONMAN 70.3 PRO athletes	GOLD
9:35	IRONMAN 70.3 Age Group and Open Division	GREEN



Wyjazd na trasę rowerową

T1

Dobieg do strefy T1

Enea
IRONMAN
70.3 POZNAŃ POLAN

Enea
5i50
TRIATHLON
POZNAŃ POLAN

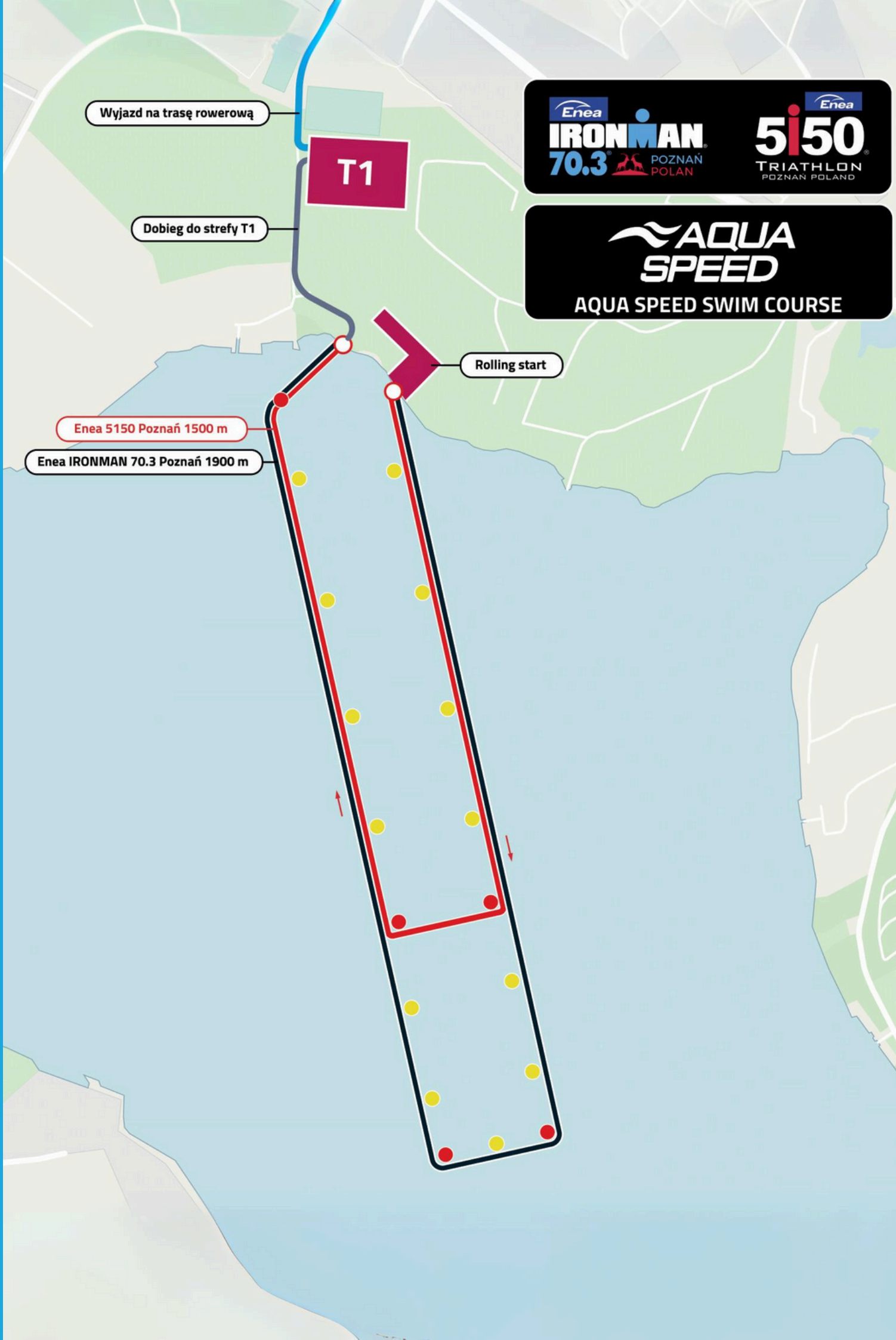
**AQUA
SPEED**

AQUA SPEED SWIM COURSE

Rolling start

Enea 5150 Poznań 1500 m

Enea IRONMAN 70.3 Poznań 1900 m



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.





*Smak
determinacji,*

gdy startujesz
w zawodach IRONMAN

Użyj kodu:

IRONMANPOZNAN

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

Zamów na **NTFY.PL**



Pobierz aplikację



IRONMAN
70.3  **POZNAŃ
POLAND**

**NICE TO
FIT you**

OFICJALNY SPONSOR



T1 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.

BLUE BAGS will be transported to the T2 Zone (St. Mark's Square on the Poznań International Fair).

For relay athletes, you must enter the Transition Zone through the designated entrance, where the cyclist and runner will wait for their teammate. The cyclist must enter Transition Zone T1 by 8:00, and the runner should be in Transition Zone T2 no later than 9:00. To enter the Transition Zone, you must be wearing a wristband and have the chip attached.



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

5150

SZTAFETY / RELAYS

1001-1200

1201-1400

1401-1470

70.3

70.3

70.3

70.3

1-50 PRO

101-300

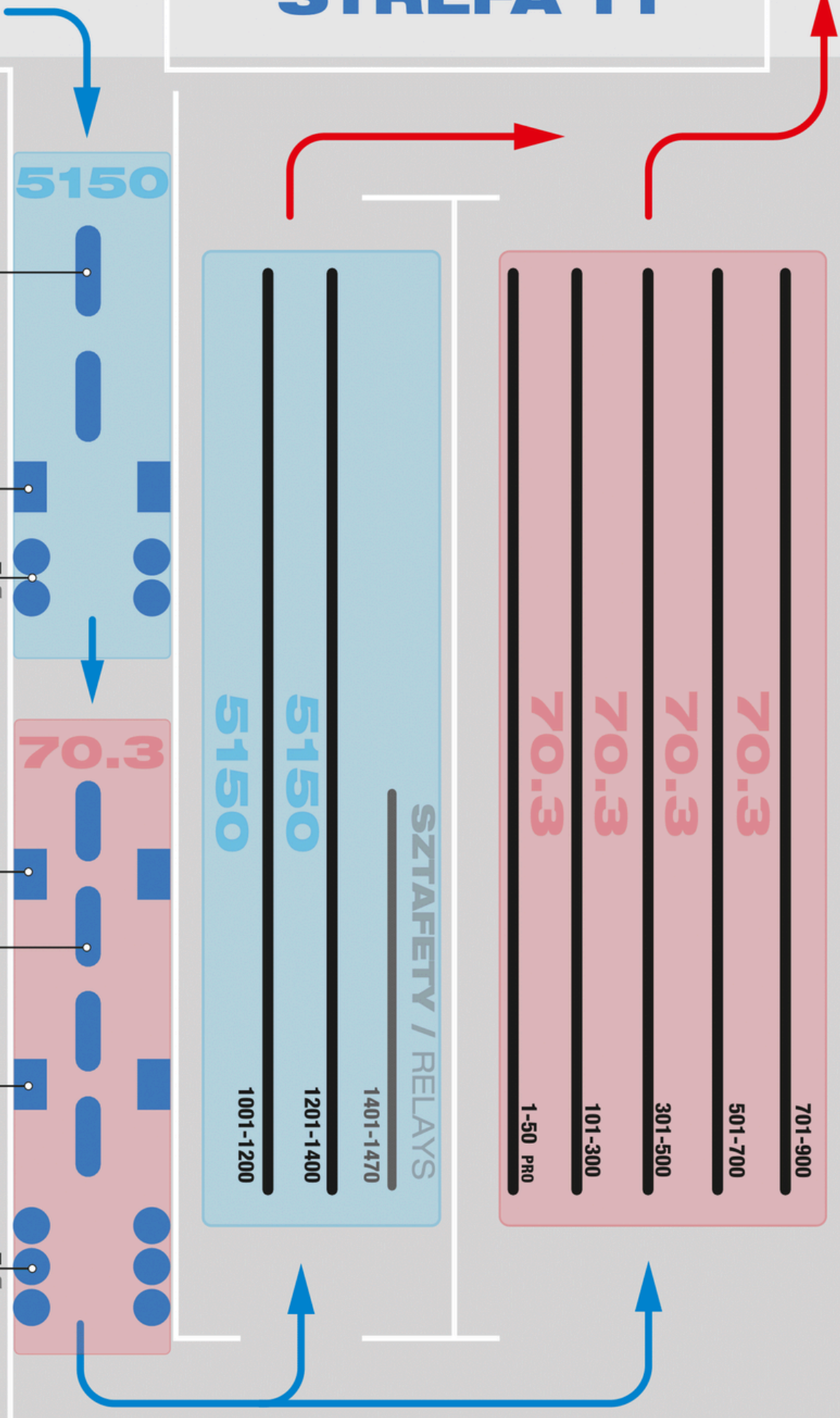
301-500

501-700

701-900

Toalety
Toilets

Toalety
Toilets





BIKE

COURSE

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

TIME LIMITS

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

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

SAFETY FIRST

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

BIKE MEDICAL

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

BIKE TECH SUPPORT

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

SAG WAGON

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

DROP OUT

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

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

BIKE

BIKE RULES

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

BLUE CARD - BIKE

Blue card is used in case of drafting::

IRONMAN 70.3

1st BLUE CARD Offense 5:00 minutes

2nd BLUE CARD Offense 10:00 minutes

5150 TRIATHLON SERIES

1st BLUE CARD Offense 2:00 minutes

2nd BLUE CARD Offense 4:00 minutes

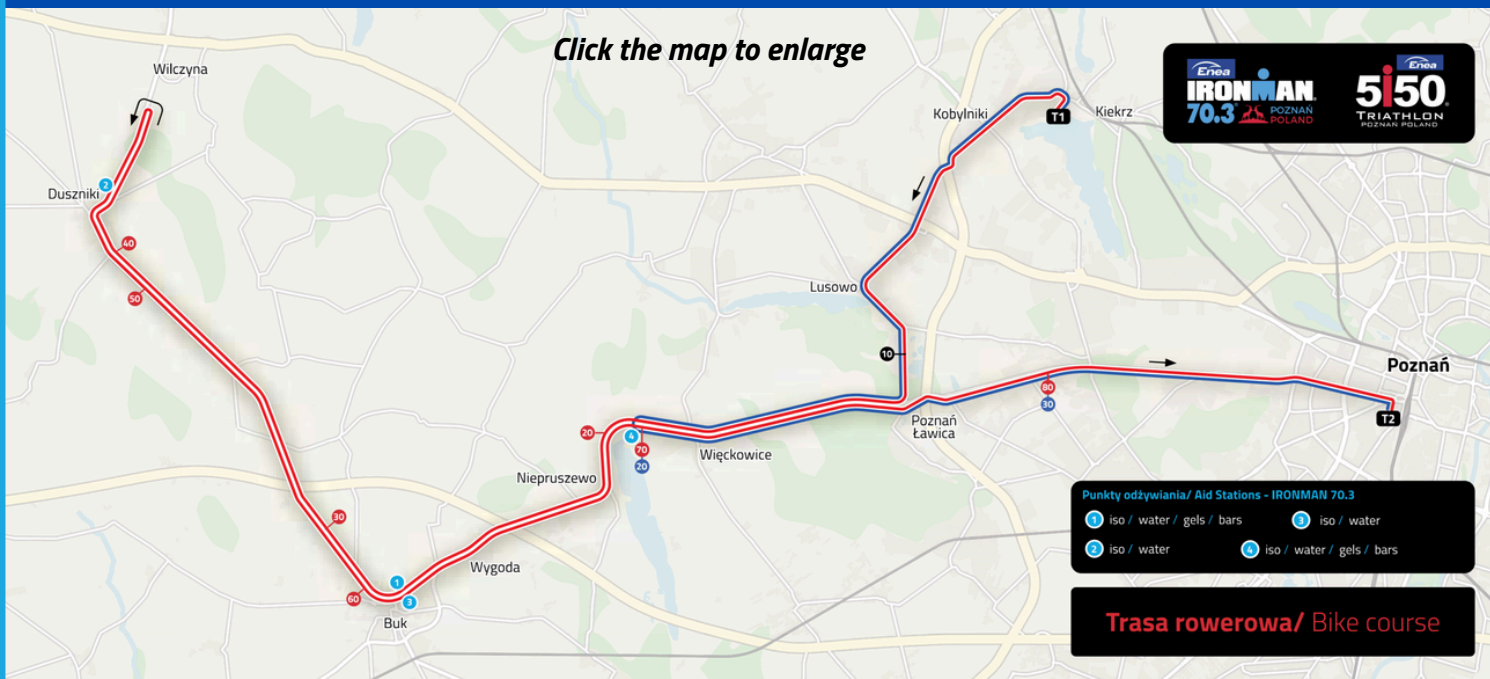
When an athlete receives a blue card, he must perform his penalty at the Penalty Tent and make sure that the referee has noted on his number that the penalty has been performed.

YELLOW CARD - BIKE

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

Not abiding by the Penalty Tent penalty results in disqualification.

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



DO YOU

NEED A CAR ?



Rent from the best
lineup

Check our seasonal offer





T2 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.

For relay athletes, you must enter the Transition Zone through the designated entrance, where the cyclist and runner will wait for their teammate. The cyclist must enter Transition Zone T1 by 8:00, and the runner should be in Transition Zone T2 no later than 9:00. To enter the Transition Zone, you must be wearing a wristband and have the chip attached.

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

RUN

COURSE

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

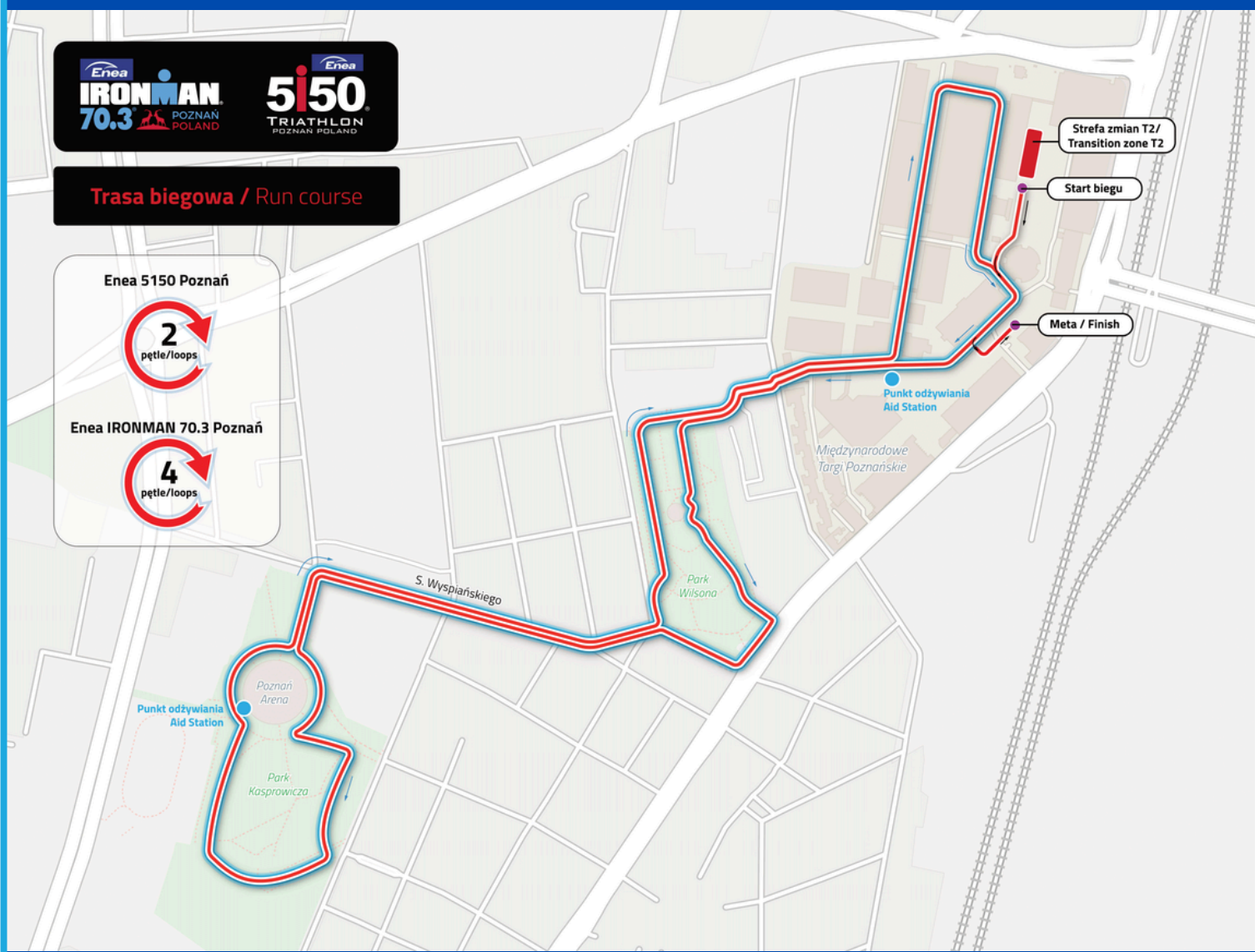
AID STATIONS

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).





RUN

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.



PRZYJDŹ PO WYŚCIGU
WYGRAWEROWAĆ
SWÓJ MEDAL

UWIECZNIJ SWÓJ WYSTĘP
I ZAPAMIĘTAJ WYŚCIG NA ZAWSZE

telefon:

884 911 777

35zł

FORMY PŁATNOŚCI:
GOTÓWKA / KARTA / BLIK

grawej bus

FINISH LINE

FINISH LINE

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

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

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

AFTER CROSSING THE FINISH LINE

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

Bike and bags check-out - Sunday, September 1st

Time	Description	Location
13:00 – 16:00	Check-out bike and bags - T2 zone <i>5150 Triathlon Series</i>	Poznań International Fair, St Mark's Square
16:00 – 20:00	Check-out bike and bags - T2 zone <i>5150 Triathlon Series</i>	Poznań International Fair, St Mark's Square

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



**Znajdź swoje
pamiątkowe
zdjęcia!**



wejdź na www.maratomania.pl

01



wpisz numer
startowy

02



ciesz się
kolekcją zdjęć

03

AWARDS

Sunday, September 1st

Time	Description	Location
12:15	Awards - 5150 Triathlon Series	Poznań International Fair, St Mark's Square
18:15	Awards - IRONMAN 70.3	Poznań International Fair, St Mark's Square
19:15	Slot Allocation	Poznań International Fair, Green Hall, Eastern Entrance Hall


- Trophy for the Top 5 PRO Men / Women, only IRONMAN 70.3
- Trophy for the Top 3 of each age group category
- Trophy for the Top 3 Relays Team (Men, Women, Mixed), only 5150 Triathlon Series
- Trophy for the Top 3 TriClubs, only IRONMAN 70.3
- Trophy for the Best Female and Male athlete from Poznań

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

ORGANIZATOR
Strefy Regeneracji



RECOVERY ZONE

 Hyperice

**Zregeneruj się
po Ironmanie!**



www.sportmed24.pl



SLOT ALLOCATION

Sunday , September 1st

Time

Description

Location

19:15

Slot Allocation

Poznań International Fair, Green Hall,
Eastern Entrance Hall

[SLOT ALLOCATION LOCATION](#)

SLOT ALLOCATION

Enea IRONMAN 70.3 Gdynia will award slots for 2025 VinFast IRONMAN 70.3 World Championship - Marbella, Spain to be hold on (8-9th November 2025)

NUMBER OF SLOTS

2025 VinFast IRONMAN 70.3 World Championship - Marbella, Spain - **40 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

2025 VinFast IRONMAN 70.3 World Championship - Marbella, Spain - 771,79 EUR (inclusive of all fees & taxes).

REGISTRATION

To register for 2025 VinFast IRONMAN 70.3 World Championship - Marbella, Spain, you must have an account on ironman.com and complete the registration through that account.

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 or 5150poznan@theironmangroup.com.

LOST AND FOUNDS

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

Once the event is over, please contact poznan70.3@ironman.com or 5150poznan@theironmangroup.com, to find the missing items and arrange for their return. Shipping charges will apply.

SAFETY AND SECURITY

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

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

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

IRONMAN TRACKER

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

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

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



[DOWNLOD APP](#)

NIGHT RUN

On Friday, August 30th, at 22:00, the Night Run Poznań will begin—a unique night race that will provide you with unforgettable experiences and an amazing atmosphere!

Friday, August 30th

Time	Description	Location
15:00 - 21:30	Registration	Poznań International Fair, Pavilion No. 3
21:00 - 23:00	Opening hours - deposit	Poznań International Fair, St Mark's Square, Finisher Zone
22:00	Start	Poznań International Fair, PeWuKa Square
22:45	Awards	Poznań International Fair, PeWuKa Square

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

Registration by Another Person

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

NIGHT RUN POZNAŃ



PHO3NIX IRONKIDS POZNAŃ

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

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

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

Friday, August 30th

Time	Description	Location
15:00 - 21:00	Registration	Poznań International Fair, Pavilion No. 3

Saturday, August 31st

Time	Description	Location
10:00 - 12:30	Registration	Poznań International Fair, Pavilion No. 3
11:00	Start <i>Pho3nix IRONKIDS Poznań</i>	Poznań International Fair, PeWuKa Square
13:15	Awards <i>Pho3nix IRONKIDS Poznań</i>	Poznań International Fair, PeWuKa Square



PHOENIX IRONKIDS POZNAŃ

Schedule

Start	Years	Distance
11:00	Born in 2020 – 2021	200 m run
11:20	Born in 2018 – 2019	200 m run
11:40	Born in 2016 – 2017	600 m run
12:00	Born in 2014 – 2015	600 m run
12:20	Born in 2012 – 2013	1000 m run
12:40	Born in 2009 – 2011	1400 m run

Biegi dziecięce



DYSTANSE (około)

- Roczniki 2021-2020: dystans 200m
- Roczniki 2019-2018: dystans 200m
- Roczniki 2017-2016: dystans 600m
- Roczniki 2015-2014: dystans 600m
- Roczniki 2013-2012: dystans 1000m (2 okrążenia)
- Roczniki 2011-2009: dystans 1400m (3 okrążenia)

START

FINISH

(IGLICA MTP)



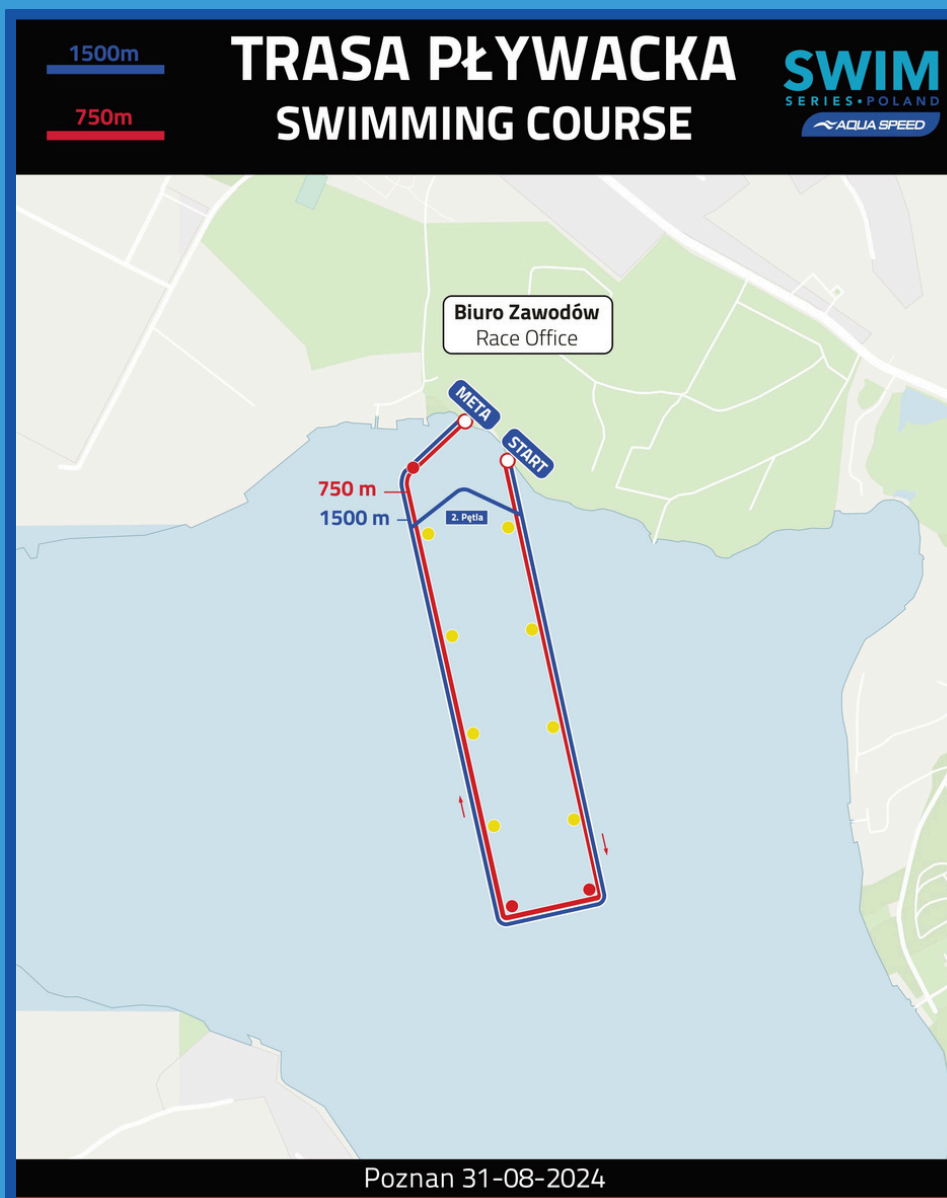
SWIM SERIES POLAND BY AQUA SPEED

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

Saturday, August 31st

Time	Description	Location
14:30 - 15:45	Registration	Kierskie Lake
16:00	Start Swim Series Poland by AQUA SPEED	Kierskie Lake
17:00	Awards	Kierskie Lake

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



GOOD LUCK!

POWODZENIA!



SPONSOR TYTULARNY

MIASTO GOSPODARZ



POZnań*

PARTNER STRATEGICZNY



SPONSORZY OFICJALNI

citi handlowy

NICE TO FITyou

sportano.pl

SPONSORZY



CISOWIANKA



PARTNERZY



movemore.



hama



true™
men skin care

PATRONI MEDIALNI



triathlonlife.pl

WP SportoweFakty