

### Before travelling

- Check the schedule and make your plans accordingly
- Read the Athlete Guide
- Check the startlist on the website

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

*If you cannot find yourself on the start list or notice any mistake, please contact us by writing to [poznan70.3@ironman.com](mailto:poznan70.3@ironman.com)*

### Before going to registration

Friday, August 30th: 15:00 - 21:00  
Saturday, August 31st: 10:00 - 20:00

- Take your ID or passport
- Download your personal ticket with a QR code

*Tickets will be sent to the email address provided during registration and will also be available in your SlotMarket account under the Registration History tab*

- Prepare your triathlon license

*If you purchased a license during registration, this information will be included in the ticket with the QR code. If you do not have a license, you will be able to purchase one at the Race Office. **This does not apply to relay teams.***

*In the case of relay teams, three tickets with QR codes are required to pick up the race packet (one for each team member)*

### During registration, you will receive

- BIB number
- Band with timing chip
- Stickers
- Swim cap
- Backpack or bag (in the Merchandise Store)
- Wristband
- Black deposit bag
- Blue and red** bags to Transition Zone

*Relay team members will receive three black deposit bags*

### Prepare everything for the bike check-in in the Transition Zone

- Place stickers on your helmet in three locations: the front, left side, and right side
- Place the sticker on the seat post of your bike.
- Prepare the **blue bag** with your bike clothes (with hamlet)
- Prepare the **red bag** with your run clothes.

*The race number is recommended but not mandatory during the bike stage; however, it is required during the run stage*

### Check-in bike into the Transition Zone and leave the **blue and red** bags

*Transition Zone T1: Saturday, August 31st: 12:30 - 21:30, the Arka Kiekrz field by Lake Kierskie*

*Transition Zone T2: Saturday, August 31st: 12:30 - 20:30, St. Mark's Square at the Poznań International Fairgrounds*

At the entrance, the referees will check:

- Your helmet with the sticker
- The bike has also the sticker (under the seat)
- The stickers on the **blue** and **red** bags.

And then

- Leave your bike in your rack number (Transition Zone T1)
- Leave your blue and red bag at your hanger

### It's your Race Day! Before leaving, don't forget

- Wristband with chip (wear chip on your dry, left leg)
- Black deposit bag
- Wetsuit (if allowed)

### Before start

- Enter the Transition Zone T1\* and check your bike, pump up the tires, and refill your bottles (optional).

*Transition Zone T1 opening hours on Sunday, September 1st:  
Enea 5150 Poznań and relays: 6:30 - 7:30  
Enea IRONMAN 70.3 Poznań: 7:30 - 8:30*

- Put the clothes you arrived in into the black bag and leave it in the Deposit
- Put on your wetsuit and warm up in the water

### Get ready for the start

- Line up in the Start Zone
- Enjoy your race!**

### Congratulations for your amazing race

- Collect your medal
- Collect your finisher t-shirt (in the Finisher Zone)
- Collect your black deposit bag (in the Finisher Zone)
- Collect your bike, and the **blue** and **red** bags, from Transition Zone T2

*Bag and bike check-out on Sunday, September 1st:  
Enea 5150 Poznań and relays: 13:00 - 16:00  
Enea IRONMAN 70.3 Poznań: 16:00 PM - 20:00*

### Awards and Slot Allocation

*Slot Allocation will take place on September 1st at 19:00, Green Room, Eastern Entrance Hall, Poznań International Fairgrounds*