



FAN GUIDE

POZNAŃ | SEPTEMBER 1ST, 2024

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 way that they appear to be scattered across the surface, creating a textured, energetic feel.

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.

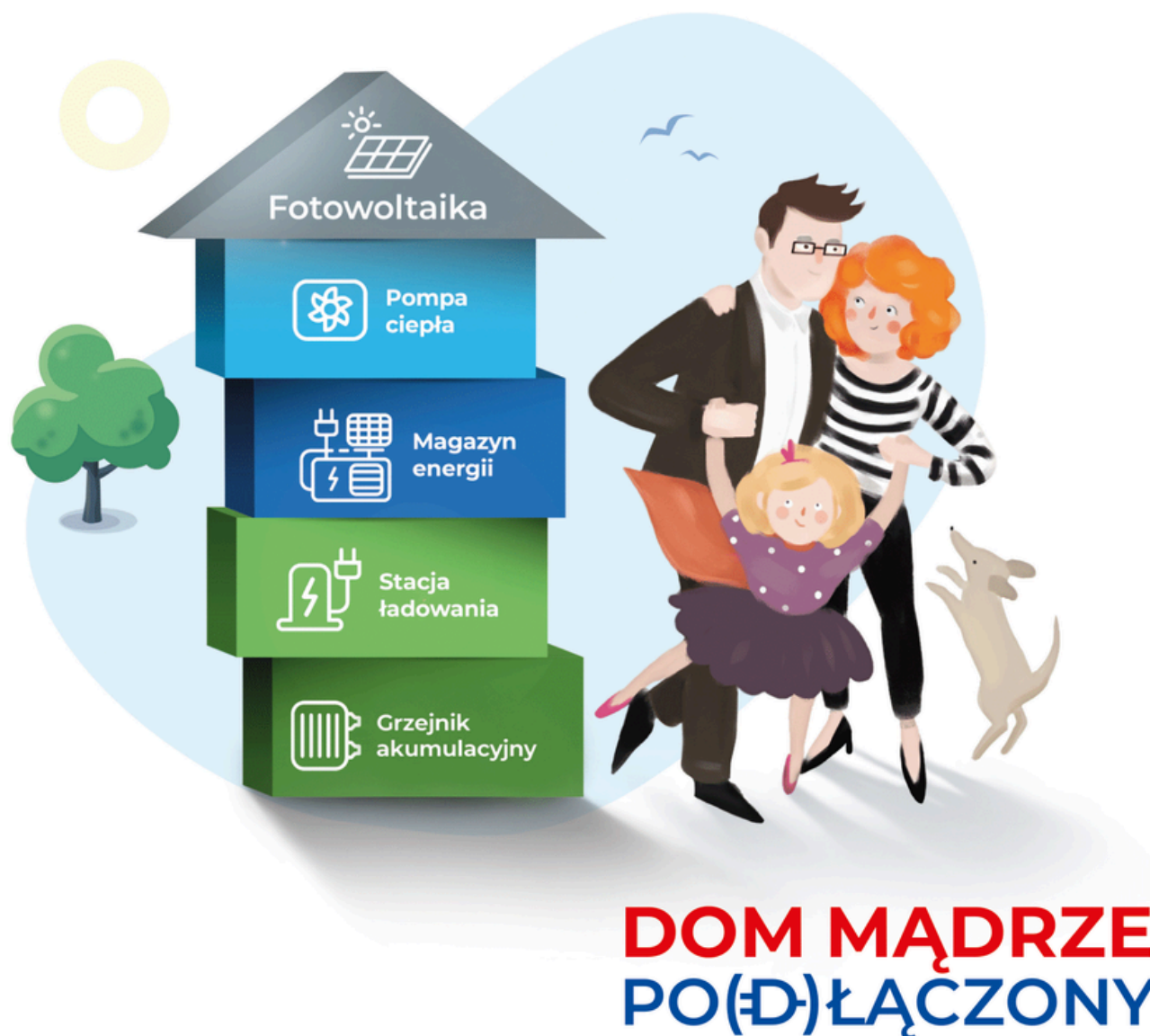
The weekend with Enea IRONMAN 70.3 Poznań is a great experience not only for the competitors but also for the spectators, and we have prepared plenty of attractions for both in the Family Zone and the Expo Zone.

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



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enea.pl/fotowoltaikaplus

infolinia: 611 111 111

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!**

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





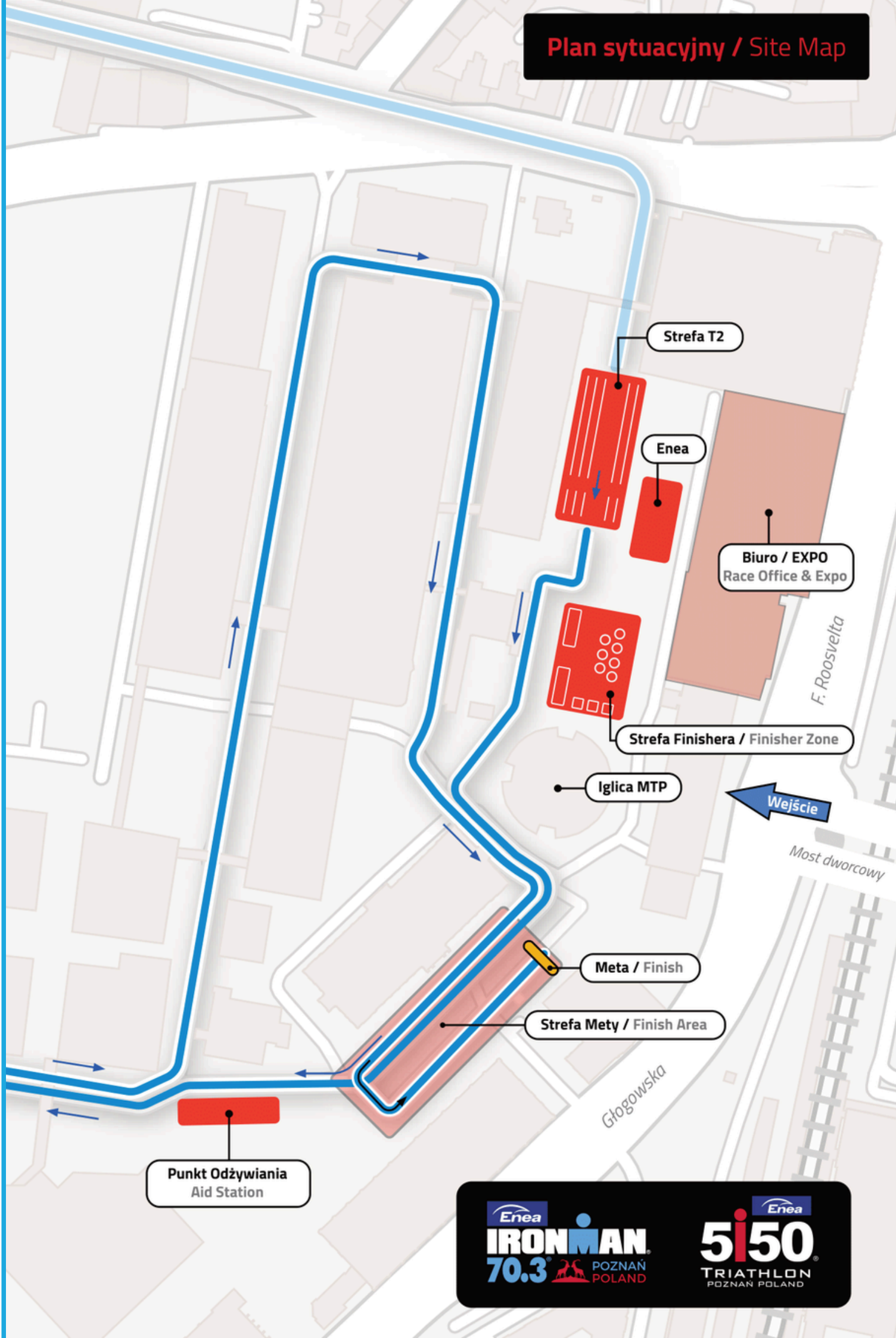
Twój biznes, nasza pasja.

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.

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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, Sztafety</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

EXPO

Opening hours

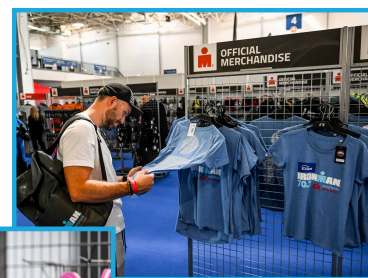
15:00 - 21:00	Friday, August 30th
10:00 - 20:00	Saturday, August 31st
9:00 - 18:00	Sunday, September 1st

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



Planujesz aktywne lato?

**Skompletuj z nami swój pakiet
aktywności w wodzie!**

Nauka pływania, rekreacja,
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**Dowiedz się
o nas więcej**



Wyjazd na trasę rowerową

T1

Dobieg do strefy T1

Enea
IRONMAN
70.3 POZNAŃ POLAN

Enea
5i50
TRIATHLON
POZNAŃ POLAN

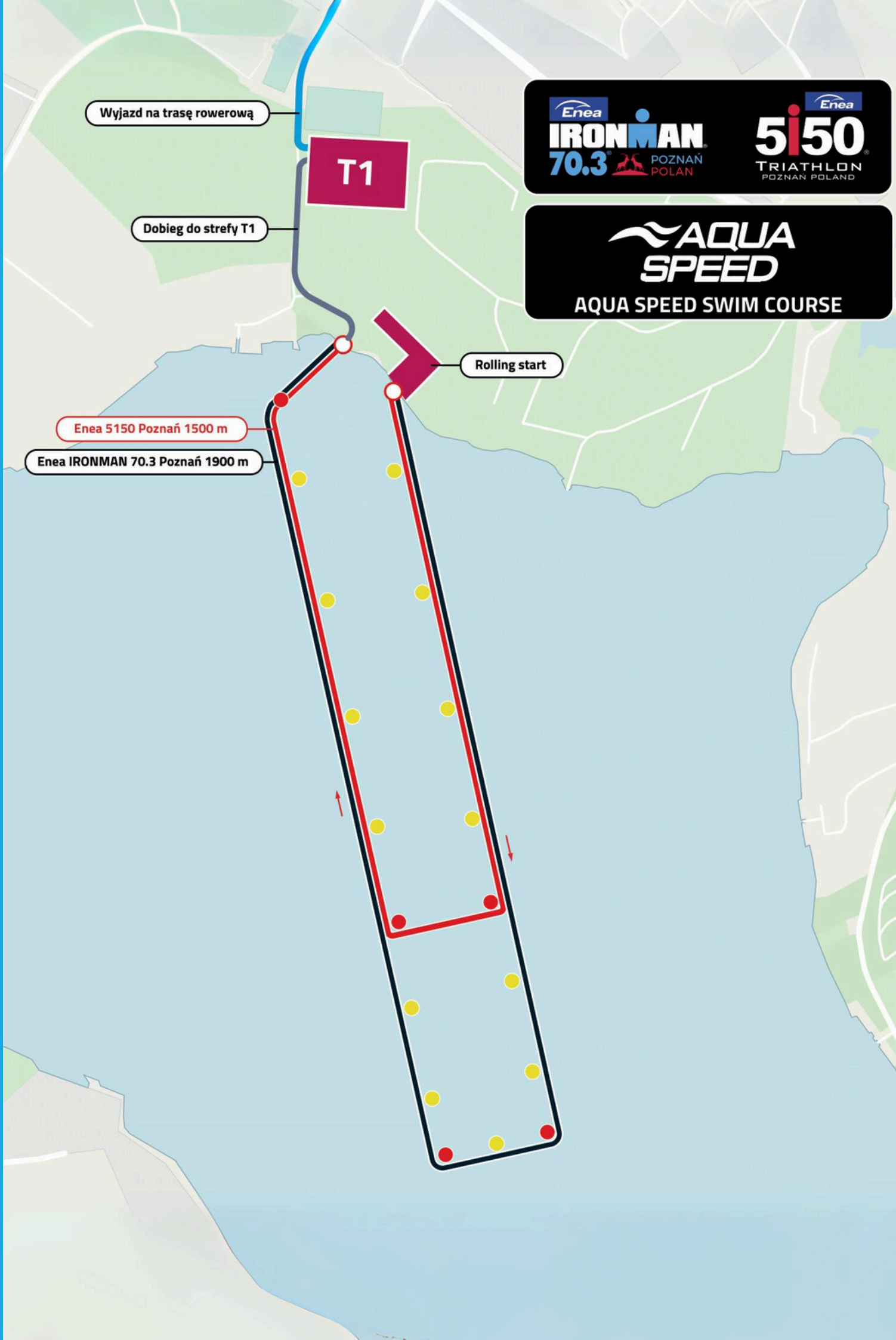
**AQUA
SPEED**

AQUA SPEED SWIM COURSE

Rolling start

Enea 5150 Poznań 1500 m

Enea IRONMAN 70.3 Poznań 1900 m





Smak determinacji,

gdy startujesz
w zawodach IRONMAN

Użyj kodu:

IRONMANPOZNAN

i zyskaj **-12% zniżki**
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IRONMAN
70.3  **POZNAŃ**
POLAND

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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

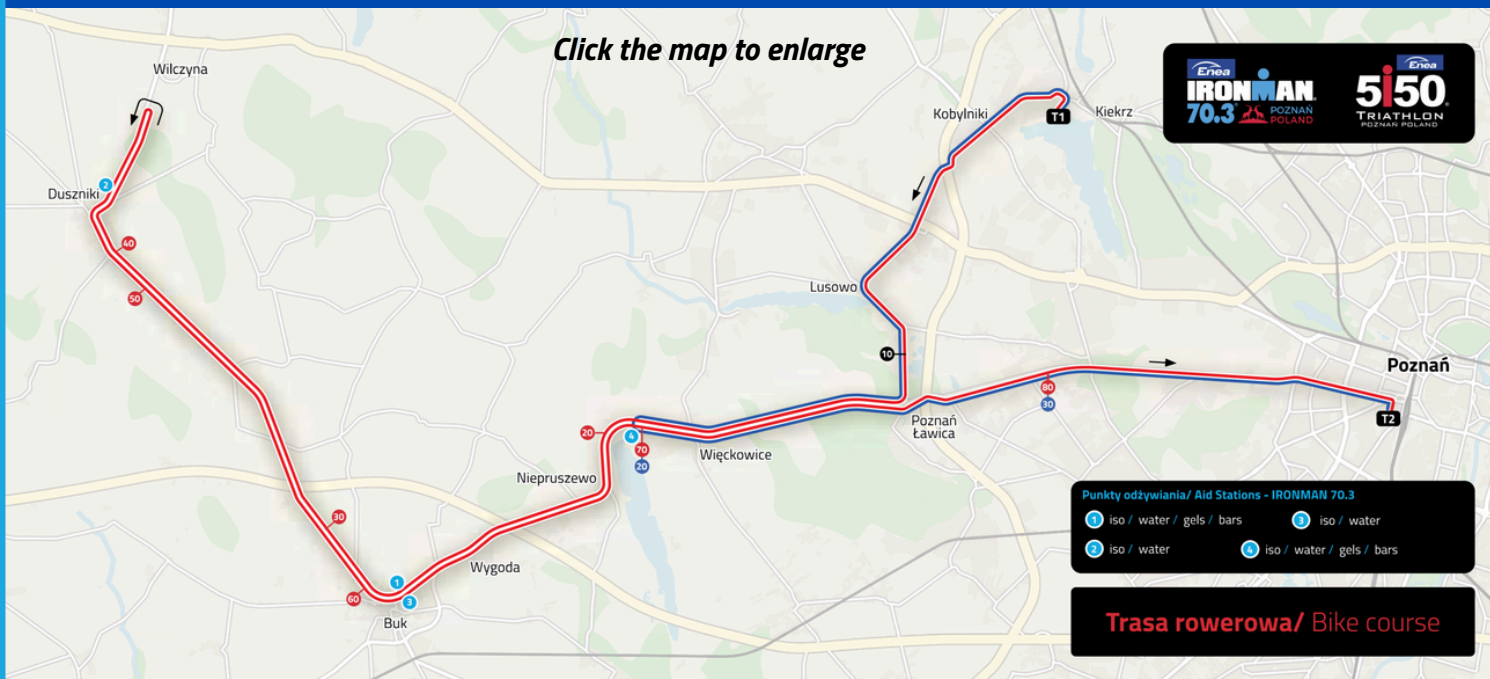
When an athlete receives a blue card, he must perform his penalty at the Penalty Tent and make sure that the referee has noted on his number that the penalty has been performed.

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

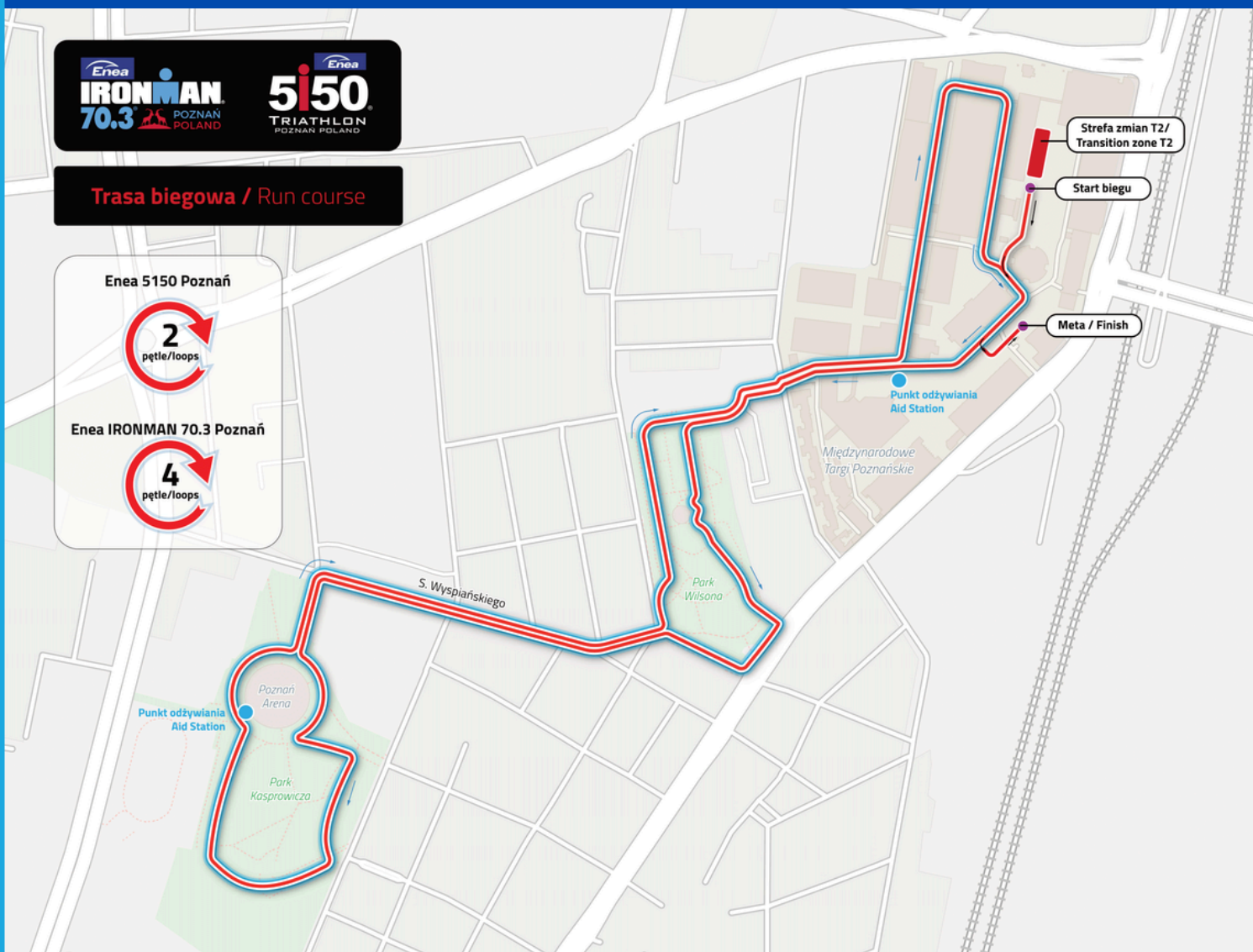
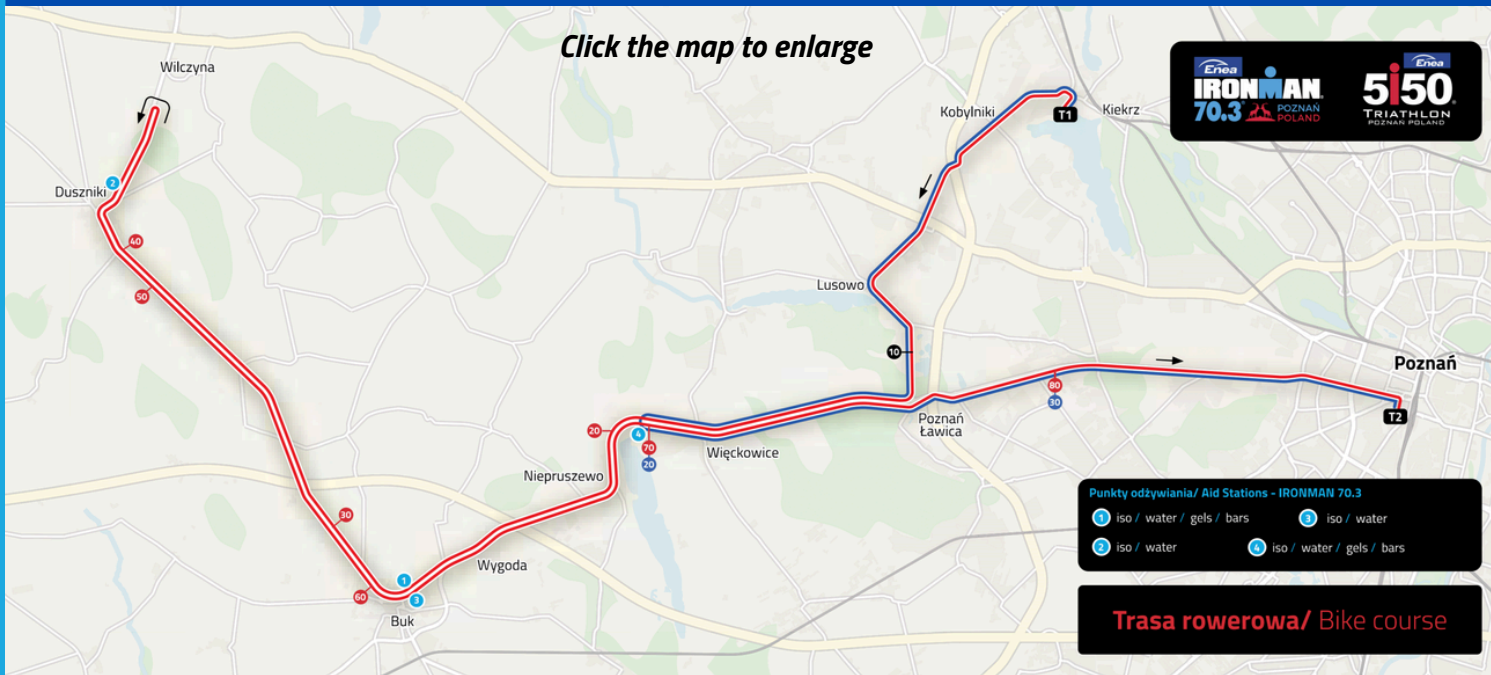
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01


wpisz numer
startowy

02


ciesz się
kolekcją zdjęć

03


IRONMAN
70.3  **POZNAŃ
POLAND**

PRZYJDŹ PO WYŚCIGU
WYGRAWEROWAĆ
SWÓJ MEDAL

UWIECZNIJ SWÓJ WYSTĘP
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GOTÓWKA / KARTA / BLIK

grawej bus

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



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FAMILY ZONE

Come to the Poznań International Fair and have fun with us! There are plenty of attractions waiting for you, ensuring great fun for the whole family:

Renewable Energy Sources

Learn the secrets of harnessing energy from natural sources—wind, sun, and water. See how electrical circuits work and enjoy learning through play!

3D Printing and Pens

Create your own masterpieces using 3D printing and pens. Make toys, decorations, and three-dimensional bead pictures!

Tesla Coil

Discover safe electrical discharges and listen to the sounds generated by the Tesla coil!

Nintendo Sports

Play sports games on the Nintendo Switch console and choose your favorite discipline—from badminton to soccer!

Sport and Dance Activities

Every 20 minutes, dance and movement sessions led by a Zumba instructor for children and adults!

First Aid

Learn how to provide first aid at a booth with mannequins, first aid kits, defibrillators, and VR. Our experts will conduct professional training!

Skimboarding 20 Meters

Experience the thrill of skimboarding—take part in training sessions, competitions, shows, and fun activities!

Beach Bar Stands

Refreshing juices and lemon water served in motivational cups. Try out a blender bike and create your own drink!

VR Standard

Dive into virtual reality—choose from swimming, diving, kayaking, or running!

ICAROS Cloud

An innovative training device for comprehensive body training—from yoga to games and balance training!

Opening hours

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





40 YEARS OF TRIATHLON IN POLAND

40 Years of Triathlon in Poland – Exhibition and Meeting with Legends

This year, we celebrate the 40th anniversary of the first triathlon event in Poland. To mark this occasion, during Enea IRONMAN 70.3 Poznań, we have prepared a special exhibition dedicated to the key moments and individuals who played a decisive role in the development of this sport in our country. We invite you to explore the history of Polish triathlon!

Meeting with Polish Triathlon Legends

On Saturday at 16:00, we warmly invite you to a unique meeting with the legends of Polish triathlon. Together, we will reflect on how this sport has evolved over the past 40 years. Our special guests will include:

- Jarosław Łabus – participant in the first Triathlon in Kiekrz in 1984, actively competing for 40 years.
- Jerzy Górski – his story is ready-made for a movie!
- Piotr Sauerland – participant in the 1984 Kiekrz Triathlon, professional triathlon coach.
- Stanisław Zajfert – participant in the 1984 Kiekrz Triathlon, with an impressive record of over 400 completed triathlons.

Don't miss the opportunity to hear the stories and experiences of these exceptional athletes!



Energia nigdy
się nie kończy.

hama



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.



[DOWNLOAD APP](#)



TRAFFIC DISRUPTIONS

Temporary traffic disruptions on September 1, 2024, due to the organization of the Enea IRONMAN 70.3 Poznań triathlon event.

More information about road closures and changes to public transportation operations due to the event can be found by clicking the link below

[TRAFFIC DISRUPTION NOTICE](#)

[CHANGES IN PUBLIC TRANSPORT](#)

HELPLINE

A special helpline will be available for drivers and residents to provide support regarding information on detours and possible crossing points through the race route.

The helpline will operate on the following days and hours:

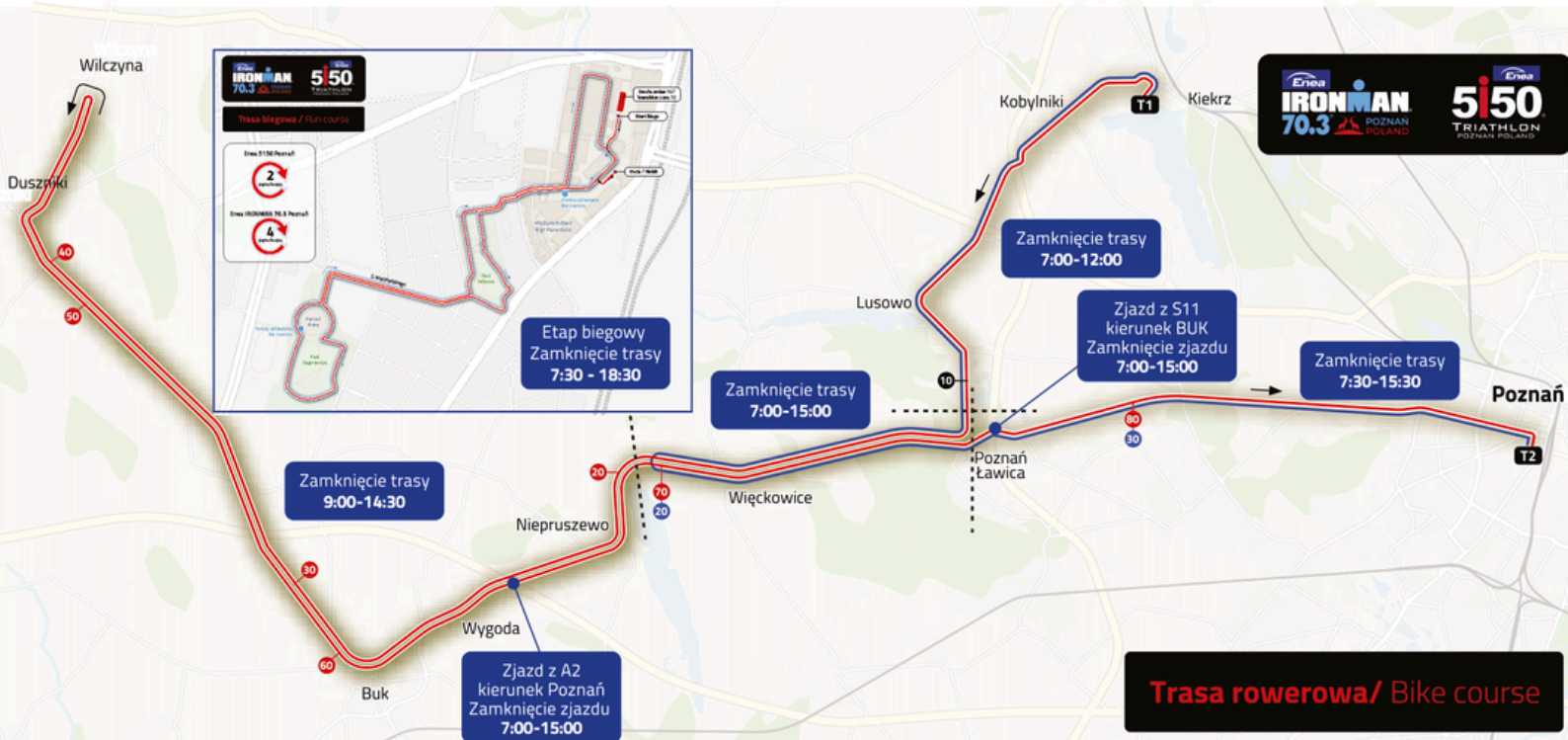
- Friday, August 30th: 20:00 - 23:00
- Saturday, August 31st: 10:00 - 20:00
- Sunday, September 1st: 7:00 - 17:00

 **+48 500 261 000**

WAZE APP

We also encourage you to use the free Waze navigation app, which will include temporary road closures associated with the event.

TRAFFIC DISRUPTIONS



**NA NASTĘPUJĄCYCH SKRZYŻOWANIACH ZOSTANĄ UTWORZONE ŚLUSZY KOMUNIKACYJNE,
UMOŻLIWIĄJĄCE PRZEJAZD W POPRZEK TRASY WYŚCIGU:**

POWIAT SZAMOTULSKI

Sędzinko: DW 307 (Bukowska) - Szkolna/Wilkowska

Duszniki: Powstańców Wlkp. - Sportowa

MIASTO POZNAŃ

Podjazdowa/Kierska - Kościuszki/Biwakowa
Bukowska - Sławińska
Bukowska - Złotowska
Bukowska - Leśnych Skrzatów
Bukowska - Kolorowa
Bukowska - Bułgarska/Polska
Bukowska - Grochowska/Szpitalna

Bukowska - Szamotulska
Bukowska - Przybyszewskiego
Bukowska - Polna
Bukowska - Kraszewskiego/Szylinga
Śniadeckich - Parkowa
Matejki - Berwińskiego/skwer Marszałka Focha
Wyspiańskiego - Jarońskiego/Ułańska

POWIAT POZNAŃSKI

Kobylniki: Szamotulska (DW 184) - Kierska/Sadowa
Sierostaw: Prosta/Leśna - DW 307
Więckowice: Tarnowska/Gromadzka - DW 307
Krótka/Akacyjowa - DW 307
Dąbrowa: Bukowska (DW 307) - Szkolna
Wysogotowo: Bukowska (DW 307) - Batorowska
Sady: Lusowska/Poprzeczna

Bukowska (DW 307) - Wierzbowa
Bukowska (DW 307) - Skórzewska/Rynkowa
Niepruszewo: Poznańska (DW 307) - Leśna/Jodłowa
Buk: św. Rocha (DW 306) - Smugi
Buk: Bohaterów Bukowskich (DW 306) - Ogrodowa

W dniu wyścigu obowiązuje zmieniony rozkład komunikacji miejskiej.

Więcej informacji na temat zmian w organizacji ruchu oraz komunikacji miejskiej na stronach:

www.ironmanpoznan.pl

www.ztm.poznan.pl

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)



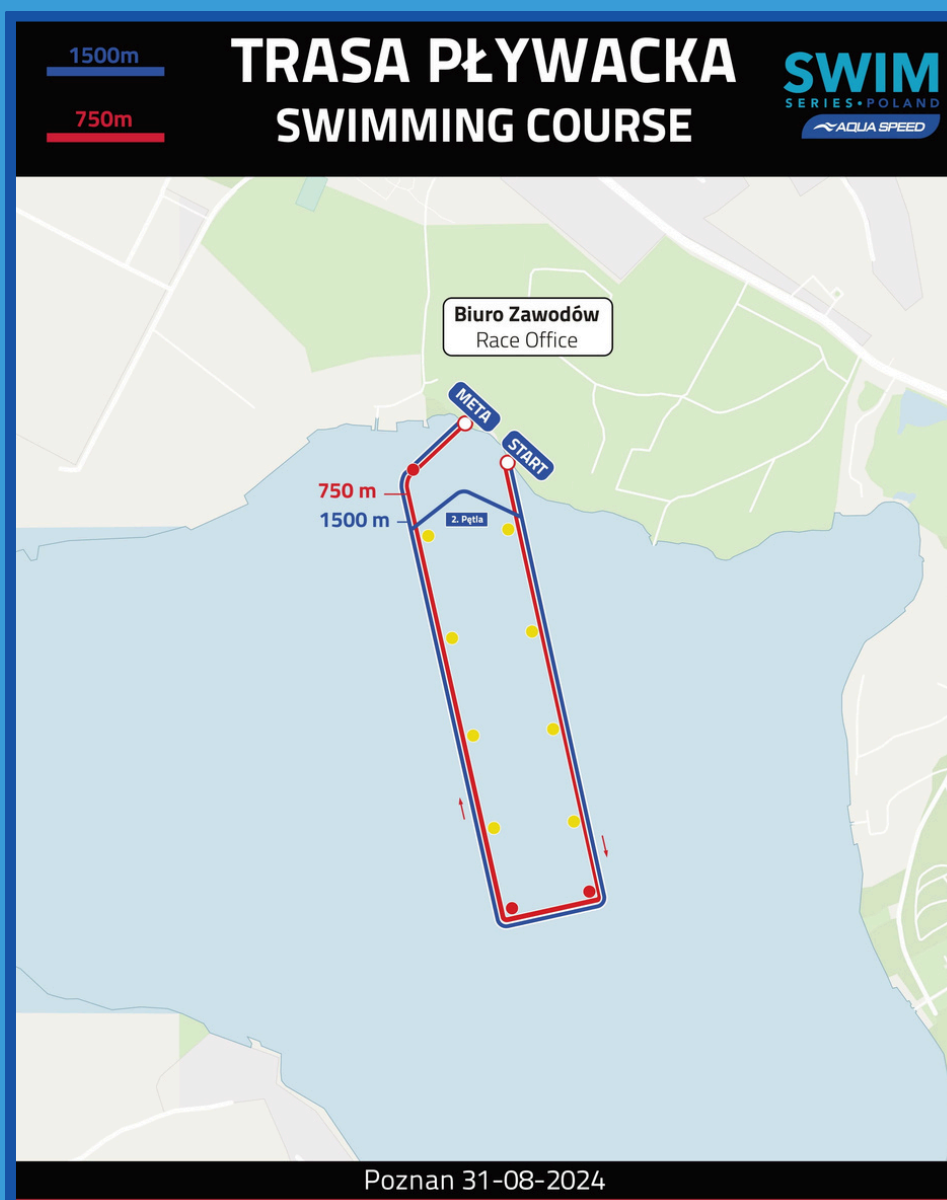
SWIM SERIES POLAND BY AQUA SPEED

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!



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