

IRONMAN
70.3  **WARSAW**
POLAND



Meet the Mermaid!

ATHLETE GUIDE

Warsaw 8/06/2025

YEAR 2024



Experience or relive the thrill and energy of race day—watch the 2024 highlights video and get in the spirit for what's ahead!



TABLE OF CONTENTS



<u>Welcome Message</u>	4
<u>Rules</u>	10
<u>Important Medical & Helath Info</u>	12
<u>Top 5 thinfs to see</u>	13
<u>Site map</u>	14
<u>Schedule</u>	15
<u>Transport</u>	17
<u>EXPO</u>	19
<u>Athlete Check-in</u>	22
<u>Race Package</u>	24
<u>Transition bags</u>	25
<u>Bike and bags check-in</u>	26
<u>Race day.</u>	29
<u>SWIM</u>	33
<u>T1 zone</u>	37
<u>BIKE</u>	39
<u>T2 Zone</u>	44
<u>RUN</u>	46
<u>Finish Line</u>	49
<u>Awards Ceremony.</u>	50
<u>Slot Allocation</u>	52
<u>Common Rules, Violations & Penalties</u>	56
<u>Good to know</u>	57
<u>Night Run</u>	58
<u>Pho3nix IRONKIDS Warsaw</u>	60

WELCOME MESSAGE



Dear Ladies and Gentlemen,

It is my great pleasure to welcome all participants, fans, and guests to the next edition of the event – IRONMAN 70.3 Warsaw! I am delighted that Warsaw once again becomes the center of sporting competition for athletes who have come from all over the world to take part in one of the most demanding triathlons.

IRONMAN 70.3 race is a true celebration of sport, uniting passion, determination, and extraordinary endurance. I am proud that Warsaw has become part of this wonderful sporting tradition, and that our capital once again serves as the backdrop for one of the most important events on the triathlon calendar.

The athletes will face challenging courses, and the fans will be able to admire their strength, fighting spirit, and remarkable skills. I hope that all participants will feel at home here, and that the atmosphere will foster not only competition, but also mutual support and simply the joy of being part of this event.

I would like to thank the organizers, volunteers, and everyone who contributed to making IRONMAN 70.3 Warsaw one of the most important sporting events in the region. I wish all the athletes the best of luck, and the fans, unforgettable emotions!



RAFAŁ TRZASKOWSKI

Mayor of Warsaw

A handwritten signature in blue ink, which appears to be 'R. Trzaskowski'.

WARSZAWA



Warszawa

STOLICA
WOLNEGO
CZASU

WELCOME MESSAGE



Dear Athletes,

It is with great joy that I welcome you to the **Municipality of Nieporęt** – a place that has supported and promoted physical activity and a healthy lifestyle for many years. We are honored to once again be part of the exceptional event that is IRONMAN 70.3 Warsaw – a competition of international prestige that attracts triathletes from all over the world.

Our municipality, located by the picturesque Zegrze Lake, offers ideal conditions for competing in all triathlon disciplines: swimming, cycling, and running. We are proud that your challenge begins here – a place where you will not only conquer the course, but also overcome your own limits.

Your participation is more than just a sporting rivalry – it is an inspiration for our local community and a testament to the fact that strength of character, determination, and passion can move mountains. You are living proof that it's worth setting ambitious goals and pursuing them with dedication.

I wish you a race filled with satisfaction, joy in covering every kilometer, and pride in your achievements. I hope the welcoming atmosphere of Nieporęt, the support of the spectators, the enthusiastic cheers, and the beauty of our surroundings will stay with you for a long time.

With all my heart, I'm cheering for each and every one of you and wish you great results, sporting fulfillment, and unforgettable emotions!



AGNIESZKA POWAŁA
The Mayor of Nieporęt Municipality

NAJWAŻNIEJSZE IMPREZY SPORTOWE NA JEDNEJ PLATFORMIE ONLINE



- Indywidualne konto użytkownika z historią startów i wyników



- Szybka i wygodna rejestracja na wiele eventów



- Innowacyjne usługi z poziomym formularza



- Płatności online



- Ocena eventu



- ZNAJDŹ TRENERA - wyszukiwarka trenerów personalnych w sportach wytrzymałościowych

Za pośrednictwem SlotMarket.pl możesz:

- zapisać się i opłacić swój udział w imprezie
- prowadzić rejestrację na swój event
- korzystać z innowacyjnych usług e-commerce



WELCOME MESSAGE



Dear Athletes,

Welcome to Warsaw – a city that inspires with its energy, diversity, and remarkable history. I'm delighted that we are meeting here once again for another edition of IRONMAN 70.3 Warsaw. Whether it's your first time racing here or you've competed in Warsaw before, our entire team is honored that you chose this race.

IRONMAN 70.3 Warsaw is more than just a triathlon. It's an event that attracts athletes from over 80 countries and offers a truly unique experience in the heart of one of Europe's fastest-growing capitals. Nearly 70% of the participants come from outside of Poland, which clearly shows that Warsaw is becoming an increasingly important destination on the global triathlon map.

This year, we are proud to announce another attendance record, with all spots sold out weeks in advance – both for IRONMAN 70.3 Warsaw and the 5150 Warsaw race taking place on the same day. This fills us with pride, and I thank you sincerely for your trust. It's also a powerful motivation for our entire team to give their absolute best – here in Warsaw and at the upcoming IRONMAN Poland races in Kraków and Poznań later this year.

We're about to experience an extraordinary weekend – full of sporting emotions, personal challenges, joy, a sense of community, and inspiring moments. The highlight will of course be Sunday's races, but we've planned attractions for you and your supporters throughout the entire weekend. The fun begins on Friday night, when 1,000 athletes will set off at 23:00 for the Night Run Warsaw, preceded by a spectacular show at the Multimedia Fountain Park. On Saturday, we'll cheer on the young athletes in the Pho3nix IRONKIDS Warsaw race – pure joy in motion!

As we await these exciting moments, I'd like to thank all those without whom the IRONMAN 70.3 Warsaw weekend wouldn't be possible. Thank you to our amazing volunteers, the services, medics, and lifeguards ensuring your safety during the race, and our partners – especially the City of Warsaw, the Municipality of Nieporęt, and the Mazovia Regional Government. We are grateful that with your support, IRONMAN 70.3 Warsaw can promote Warsaw and its surroundings around the world.

Finally, I wish you all a great time in Warsaw, a safe and successful race, and plenty of joy on the course. May your dreams come true – whether it's crossing the finish line, achieving a personal best, or qualifying for the IRONMAN 70.3 World Championship in Marbella... But before that happens, make sure to carefully read the Athlete Guide – it contains answers to most of the questions you might still have.

All the best, and see you at the finish line of IRONMAN 70.3 Warsaw!



MICHAŁ DRELICH
Race Director

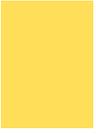


HEAD REFEREE'S MESSAGE



Maciej Jakubowski
IRONMAN 70.3 Warsaw
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 2025 IRONMAN Rules and the Event Rules.

	<p style="text-align: center;">BLUE CARD</p> <p>1st card - two-minute time penalty (IRONMAN 70.3) or one-minute time penalty (5150 Triathlon Series)</p> <p>2nd card - two-minute time penalty (IRONMAN 70.3) or one-minute time penalty (5150 Triathlon Series)</p> <p>3rd card - Dyskwalifikacja DSQ</p> <p>Penalty to be performed in the dedicated tent <i>e.g. Drafting or littering</i></p>
	<p style="text-align: center;">YELLOW CARD</p> <p>Time penalty of 30 seconds (for IRONMAN 70.3) or 15 seconds (for 5150 Triathlon Series) to be served in the penalty tent (bike segment) or next to the referee (run segment), <i>e.g. for blocking another athlete.</i></p>
	<p style="text-align: center;">RED CARD</p> <p>Disqualification (DSQ) <i>e.g. Non-compliant material or equipment</i></p>

THREE BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

REMINDER OF PENALTIES

BLUE CARD

The athlete will be disqualified if he receives three blue card penalties.

Drafting and littering are the only violations that will result in a blue card violation and an athlete will incur a time penalty. Athletes notified of a rule violation must serve their penalty at the next penalty tent on the bike course. *The penalty tent will be located at the entrance to Transition 2 (T2).*

YELLOW CARD

Yellow card ("stop-and-go" penalty) requires the athlete to stop for 30 or 15 seconds (depending on the race distance) in the penalty tent (BIKE) or stop for 30 or 15 seconds (depending on the race distance) next to the referee (RUN).

According to IRONMAN rules, multiple yellow card infractions may still lead to disqualification.

RED CARD

Red card indicates a serious rule violation that may result in disqualification.

Triathlon is an individual event, and it's your responsibility to understand the rules and avoid penalties. The referee's decision on POSITION violations is final, with no protests or appeals. Protests by athletes penalized for judgment calls, or for a penalty which has already been served, will not be considered.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. All the rules can be found in the IRONMAN 2025 regulations and the particularities of the race in this athlete guide. Please note that the IRONMAN Competition Rules will be strictly enforced on race day.

2025 IRONMAN RULES

The race rules are available at www.ironmanwarsaw.com

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 on the course.

In case of a protest, the head referee will be available in the timing tent next to the finish line on race day from 10:00 to 12:00 (for the 5150 Triathlon Series) and from 13:00 to 17:30 (for IRONMAN 70.3).

Protests submitted after these hours will not be considered.

HEAD REFEREE'S MESSAGE



2025 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 2025 season.

Article III. PENALTIES - Section 3.01 GENERAL

- **3.01 (a) i 3.01 (b)**
 - Blue Card violations for **IRONMAN** events now result in a **3-minute time penalty** (previously was 5-minutes)
 - Blue Card violations for **IRONMAN 70.3** events now result in a **2-minute time penalty** (previously was 5-minutes)

Section 3.03 DISQUALIFICATION

- **3.03 (b)** – A red card or disqualification from the Event may be issued to an athlete for severe rule violations including, but not limited to, **repeated rule violations, fraud/misrepresentation** (e.g., unauthorized transfer of a racing bib or timing chip to another athlete), disregard for directives given by Race Referees or Race Officials, or dangerous or unsportsmanlike conduct;

Article IV. SWIM CONDUCT - Section 4.01 GENERAL

- **4.01 (a)** – Each swimmer must wear an official swim cap provided by the Race Officials. **If two caps are worn, the official swim cap must be worn on the outside**, at all times during the swim segment.
- **4.02 (f)** – Neoprene swim caps are allowed when wetsuits are permitted.

Article V. BIKE CONDUCT - Section 5.02 EQUIPMENT

- **5.02 (c) – Water Bottles and Hydration Systems**
 1. Front Mounted Water Bottles and Hydration Systems mounted to components attached to the bike that rotate around the steering axis (e.g., cockpit extensions, top tube, headset, stem, head tube) must have a combined maximum volume capacity of **no more than two (2) liters** (this excludes water bottles and hydration systems located inside the frame triangle of a bicycle or inside the bicycle frame) (DSQ)
 2. Rear Mounted Water Bottles and Hydration Systems are limited in size, capacity, dimension and location as set forth below:
 - a. Cannot contain **more than two (2) water bottles*** – DSQ
 - b. Must not exceed **one (1) liter capacity per bottle*** – DSQ.

*Excludes water bottles and hydration systems located inside the frame triangle of a bike or inside the bike frame.

Section 5.03 BIKE SPECIFICATIONS

- **5.03 (c)** - Aero bar extensions **must not extend beyond the leading edge of the front wheel** – DSQ

Article VI. RUN CONDUCT - Section 6.03 FINISH LINE CONDUCT

- Friends, family members (**including children**), and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating athletes. **Animals are also not permitted** to cross the finish line or enter the finish chute with participating athletes. (DSQ)

Article VII. TRANSITION AREA CONDUCT - Section 7.01 GENERAL

- **7.01 (g)** - Any applicable Time Penalty received in the Transition Area will be served **at the spot of the rule infraction**.

Article VIII. PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN DIVISION - Section 8.05 SPECIAL TEAM

- **8.05 (c)** - Special Teams are permitted to have up to **two (2) Handlers** per applicable Event.

Article IX. HANDCYCLE (« HC ») DIVISION - Section 9.03 BIKECONDUCT

- **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 **1.2 meters/4 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

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

PKIN

PKIN in Warsaw is a unique place that offers unforgettable views from the observation terrace on the 30th floor, where you can admire the panorama of the entire city. Inside the palace, there are numerous museums, theaters, and cinemas, providing a rich cultural program for every visitor.

Website: www.pkin.pl



THE ROYAL CASTLE

The Royal Castle in Warsaw is a majestic residence that once served as the seat of Polish kings, offering visitors the opportunity to learn about Poland's rich history and culture. The interiors of the castle are adorned with the beauty of Baroque and Classical chambers, where one can admire valuable artworks, including paintings by Rembrandt.

Website: www.zamek-krolewski.pl



THE WARSAW RISING MUSEUM

The Warsaw Rising Museum is a place that immerses visitors in a moving story of the residents of Warsaw fighting during World War II, offering interactive exhibitions. Modern exhibits, including films, photos, and eyewitness accounts, help visitors better understand the dramatic events of the uprising and pay tribute to its heroes. Visiting the museum is not just a history lesson, but also a deeply moving experience that remains in memory for a long time and inspires reflection on courage and sacrifice.

Website: www.1944.pl



THE ROYAL LAZIENKI MUSEUM

The Royal Łazienki Museum is a stunning park filled with picturesque gardens, ponds, and historic buildings, such as the Palace on the Isle. As you walk through the park, you can admire classical architecture, encounter squirrels and peacocks, and relax in the shade of ancient trees. It's the perfect place for relaxation and picnics, as well as for attending piano concerts at the Chopin Monument, which take place on summer Sundays.

Website: www.lazienki-krolewskie.pl



MUSEUM OF KING JAN III'S PALACE AT WILANÓW

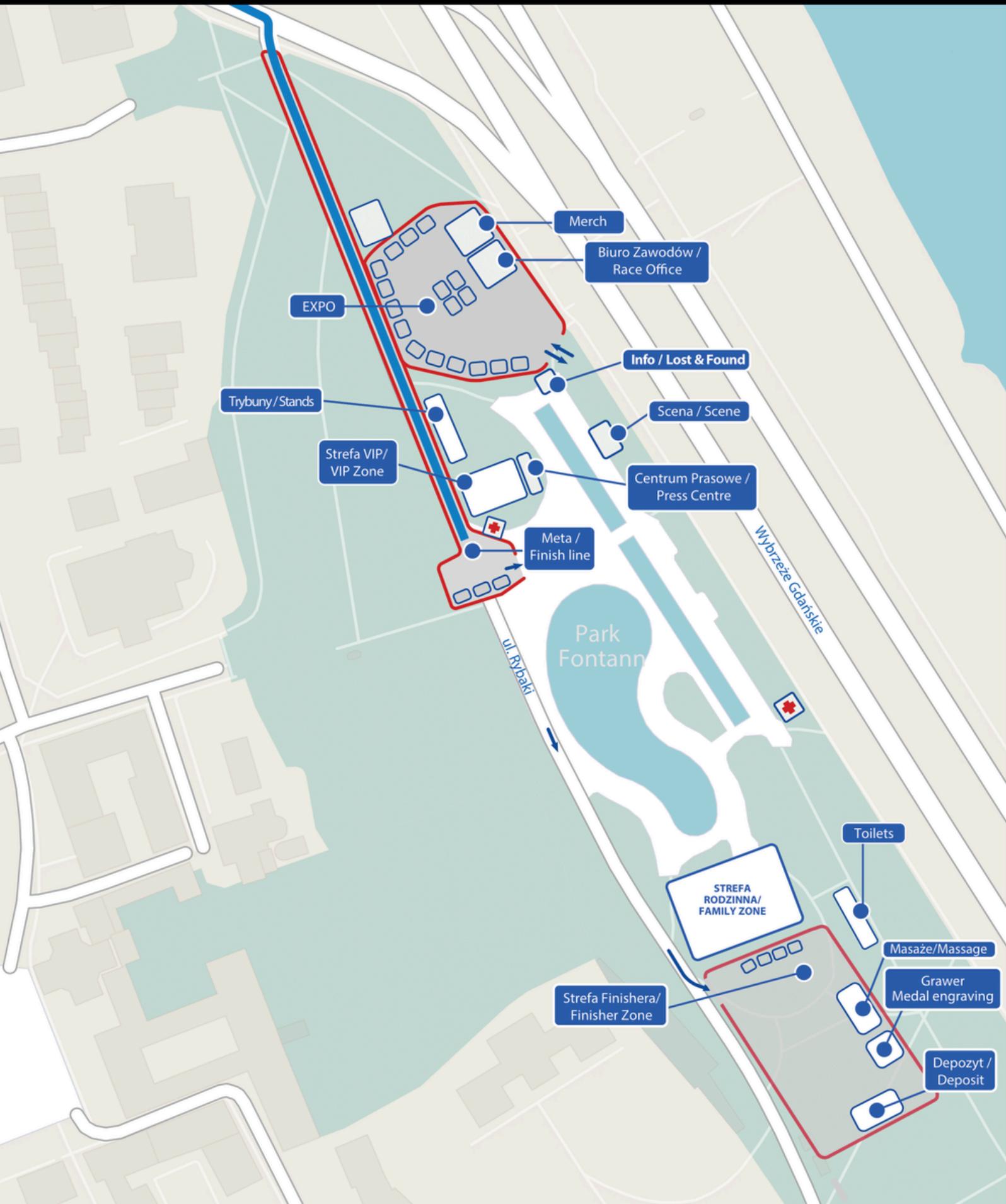
The Wilanów Palace is a Baroque gem of Warsaw, whose enchanting interiors and splendid gardens transport visitors back to the era of King Jan III Sobieski. As you stroll through the expansive park, you can admire the harmonious plant compositions, romantic ponds, and classical sculptures that create the perfect backdrop for relaxation and photography.

Website: www.wilanow-palac.pl



MAPA MIASTECZKA

SITE MAP



SCHEDULE



FRIDAY 6th JUNE

Opening hours	Description	Location
15:00 - 20:00	Athlete check-in <i>IRONMAN 70.3, 5150 Triathlon Series, Relay, IRONKIDS</i>	Multimedia Fountain Park
15:00 - 20:00	Opening hours <i>Expo and Official Merchandise Store</i>	Multimedia Fountain Park
15:00 - 22:30	Athlete check-in <i>Night Run</i>	Multimedia Fountain Park
22:00 - 00:30	Deposit <i>Night Run</i>	Multimedia Fountain Park
23:00	Start <i>Night Run</i>	Multimedia Fountain Park
23:45	Awards Ceremony <i>Night Run</i>	Multimedia Fountain Park

SATURDAY 7th JUNE

Opening hours	Description	Location
10:00 - 20:00	Athlete check-in <i>IRONMAN 70.3, 5150 Triathlon Series, Relay</i>	Multimedia Fountain Park
10:00 - 20:00	Opening hours <i>Expo and Official Merchandise Store</i>	Multimedia Fountain Park
10:00 - 13:00	Athlete check-in <i>IRONKIDS</i>	Multimedia Fountain Park
12:00	Start <i>IRONKIDS</i>	Multimedia Fountain Park
12:00 - 20:30	Run bag (red bags) check-in T2 zone	MKS Polonia Warszawa training pitch
12:00 - 21:30	Bike and bike bag (blue bag) check-in T1 Zone	Port of Nieporęt Lake Zegrzyńskie
13:04	Special train T1 direction: Nieporęt	Warszawa Gdańska Railway station
14:00	Awards Ceremony <i>IRONKIDS</i>	Multimedia Fountain Park
14:30	Presentation of National Flags	Multimedia Fountain Park
15:00	Athlete briefing <i>ENGLISH</i>	Multimedia Fountain Park
15:30	Athlete briefing <i>POLSIH</i>	Multimedia Fountain Park
15:44	Special train direction: Warszawa Gdańska	PKP Nieporęt Railway station
16:06	Special train T1 direction: Nieporęt	Warszawa Gdańska Railway station
18:27	Special train direction: Warszawa Gdańska	PKP Nieporęt Railway station

SCHEDULE



SUNDAY
8th JUNE

Opening hours	Description	Location
5:42	Special train to T1	Warszawa Gdańska Railway station
6:30 - 7:30	T1 zone and deposit - opening hours <i>5150 Triathlon Series and relay*</i>	Port of Nieporet Lake Zegrzynskie
7:06	Special train to T1	Warszawa Gdańska Railway station
7:30 - 9:00	T1 zone and deposit - opening hours <i>IRONMAN 70.3*</i>	Port of Nieporet Lake Zegrzynskie
8:00 - 8:15	Start <i>5150 Triathlon Series i relay</i>	Port of Nieporet Lake Zegrzynskie
9:00 - 16:00	Opening hours <i>Expo and Official Merchandise Store</i>	Multimedia Fountain Park
9:30 - 10:00	Start <i>IRONMAN 70.3</i>	Port of Nieporet Lake Zegrzynskie
9:50	Expected finish of the winner <i>5150 Triathlon Series</i>	Multimedia Fountain Park
10:00 - 19:30	Deposit bag pick-up <i>5150 Triathlon Series</i>	Finisher's Zone Multimedia Fountain Park
11:00 - 16:00	Urban game <i>A musical journey with IRONMAN Poland</i>	Multimedia Fountain Park
12:15	Expected finish time of the last athlete <i>5150 Triathlon Series</i>	Multimedia Fountain Park
12:15	Awards Ceremony <i>5150 Triathlon Series i sztafety</i>	Multimedia Fountain Park
13:00 - 16:00	Check-out bike and bags - T2 zone <i>5150 Triathlon Series</i>	MKS Polonia Warszawa training pitch
13:00	Expected finish of the winner <i>IRONMAN 70.3</i>	Multimedialny Park Fontann
13:00 - 19:30	Deposit bag pick-up <i>IRONMAN 70.3</i>	Finisher's Zone Multimedia Fountain Park
16:00 - 20:30	Check-out bike and bags - T2 zone <i>IRONMAN 70.3</i>	MKS Polonia Warszawa training pitch
18:50	Expected finish time of the last athlete <i>IRONMAN 70.3</i>	Multimedia Fountain Park
19:00	Awards Ceremony <i>IRONMAN 70.3</i>	Multimedia Fountain Park
19:45	Slot allocation	Finisher's Zone Multimedia Fountain Park

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

TRANSPORT



Special trains

Saturday, June 7th

Warszawa Gdańska train station -> PKP Nieporęt train station

Departure: 13:04 Arrival: 13:29 PLATFORM 3 FREE TRANSPORTATION

Departure: 16:06 Arrival: 16:29 PLATFORM 3 FREE TRANSPORTATION

PKP Nieporęt train station -> Warszawa Gdańska train station

Departure: 15:44 Arrival: 16:17 FREE TRANSPORTATION

Departure: 18:27 Arrival: 18:48 FREE TRANSPORTATION

Sunday, June 8th

Warszawa Gdańska train station -> PKP Nieporęt train station

Departure: 5:42 Arrival: 6:04 PLATFORM 3 FREE TRANSPORTATION

Departure: 7:06 Arrival: 7:28 PLATFORM 3 FREE TRANSPORTATION

Regular trains

Saturday, June 7th

Warszawa Gdańska train station -> PKP Nieporęt train station

Departure: 9:19, 11:19, 13:19, 15:19, 17:19, 19:19

PKP Nieporęt train station -> Warszawa Gdańska train station

Departure: 11:01, 14:41, 15:01, 17:01, 19:01, 21:01

WE ENCOURAGE YOU TO CHECK THE CURRENT DEPARTURE TIME OF THE TRAIN ON THE ZTM WARSAW WEBSITE

FOR DIRECTION TO NIEPORĘT (page 1) -> [CHECK THE TIMETABLE](#)

FOR DIRECTION TO WARSZAWA GDAŃSKA (page 2) -> [CHECK THE TIMETABLE](#)

Free public transport

From June 6th to 8th, participants of the IRONMAN 70.3 Warsaw and 5150 Warsaw races can use ZTM public transport (buses, trams, metro, SKM trains) free of charge. Free travel is granted based on the wristband received at the Race Office. **A valid ticket is required for travel on Mazovian Railways (Koleje Mazowieckie) and the Warsaw Commuter Railway (WKD).**

See how to get to key locations

EXPO / RACE OFFICE	MULTIMEDIA FOUNTAIN PARK	CHECK ON THE MAP
T1 ZONE / START	PORT NIEPORĘT	CHECK ON THE MAP
T2 ZONE	MKS POLONIA WARSZAWA STADIUM	CHECK ON THE MAP
TRAIN TO T1 ZONE	WARSZAWA GDAŃSKA TRAIN STATION	CHECK ON THE MAP
TRAIN TO WARSAW	PKP NIEPORĘT TRAIN STATION	CHECK ON THE MAP



EXPO



Opening hours

15:00 - 20:00	Friday, June 6 th
10:00 - 20:00	Saturday, June 7 th
9:00 - 16:00	Sunday, June 8 th

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, June 6 th
10:00 - 20:00	Saturday, June 7 th
9:00 - 18:00	Sunday, June 8 th

The list of exhibitors

ALAB	NUTREND
ENTERPRISE	OMNI RUNNING
EVENT MACHINE	PZU GRAN FONDO SERIES
HUSKY ENDURANCE	QUESTSPORT
HYDREX	RAMY NA MEDAL
IDC TRADE POLSKA	SPORT CENTER
INTERNATIONAL TRADE SOLUTIONS	SPORTS WONDERLAND
MALOKEE	THE ROOTS
MARSQUEST EUROPE	TRISTYLE
MARTOMBIKE	VELOKIDS
MASURIA	VEOLIA
MEDICAL SPORT	WESTIN WARSAW



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OFFICIAL MERCHANDISE STORE

MULTIMEDIALNY PARK FONTANN
SKWER 1 DYWIZJI PANCERNEJ WP,
00-221 WARSZAWA



GODZINY OTWARCIA | OPENING HOURS

PIĄTEK | FRIDAY
15:00 – 20:00

SOBOTA | SATURDAY
10:00 – 20:00

NIEDZIELA | SUNDAY
9:00 – 16:00

LICENSE



JAK KUPIĆ LICENCJĘ?

1 Pobierz i zainstaluj aplikację PZTri z App Store i Google Play

2 Zaloguj się

3 Wykonaj identyfikację online

4 Wykonaj płatność online Ciepłotę

5 Wykonaj płatność online Ciepłotę

6 Wykonaj płatność online Ciepłotę

7 Wykonaj płatność online Ciepłotę

8 Wykonaj płatność online Ciepłotę

9 Wykonaj płatność online Ciepłotę

10 Wykonaj płatność online Ciepłotę

11 Wykonaj płatność online Ciepłotę

12 Wykonaj płatność online Ciepłotę

13 Wykonaj płatność online Ciepłotę

14 Wykonaj płatność online Ciepłotę

15 Wykonaj płatność online Ciepłotę

16 Wykonaj płatność online Ciepłotę

17 Wykonaj płatność online Ciepłotę

18 Wykonaj płatność online Ciepłotę

19 Wykonaj płatność online Ciepłotę

20 Wykonaj płatność online Ciepłotę

21 Wykonaj płatność online Ciepłotę

22 Wykonaj płatność online Ciepłotę

23 Wykonaj płatność online Ciepłotę

24 Wykonaj płatność online Ciepłotę

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100 Wykonaj płatność online Ciepłotę

BRAWO !!!

Masz już elektroniczną wersję licencji, jest ona AKTYWNA.

Licencje roczną otrzymasz w formie karty na adres e-mail w formularzu.

DO ZOBACZENIA NA ZAWODACH !!!

W przypadku problemów z płatnością, skontaktuj się z nami.

Click the image to enlarge

A national triathlon licence is required to start in IRONMAN 70.3 Warsaw and 5150 Warsaw.

Recognised licences:

- annual licence
- one-time licence
- foreign triathlon licence

Licence can be purchased:

- At the Race 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.

sportano.pl

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ATHLETE CHECK-IN



Registration process (*IRONMAN 70.3, 5150 Triathlon Series*)

Date	Opening hours	Location
Friady, June 6 th	15:00 - 20:00	Multimedia Fountain Park
Saturday, June 7 th	10:00 - 20:00	Multimedia Fountain Park



1 You will receive a QR code no later than 5 days before the race, which is required to check-in. You can either show the QR code on your phone screen or print it out.

The QR code will also be available in your SlotMarket account, where you registered for the race. 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.**

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

Remember to pick up your T-shirt at the Race Office

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.

Relay registration

Each relay team member will receive an email with a QR code, which must be presented during registration at the Race Office. An ID is also required. During check-in, each athlete will receive a wristband that will be placed on their wrist. **The race pack is issued for the entire team – partial pickup is not allowed**

Can one person pick up the race pack?

Yes, as long as they have the QR codes and photocopies of the IDs of the other team members. The wristband will only be placed on the person collecting the pack. The remaining wristbands will be included in the race pack – team members must put them on before the race, otherwise they will not be allowed to start.



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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 one sticker for the front of the helmet. Additionally, one sticker should be attached to the deposit bag, one on the bag for T1 zone (blue), and one on the bag for T2 zone (red)



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 - only individual athlete).

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



One T-shirt: The T-shirt will be available for pickup at the Race Office during check-in.



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**.

TRANSITION BAGS



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

Drop off in Transition 1

Zegrzyńskie Lake / Port of Nieporęt

June 7th from 12:00 to 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.

Drop off in Transition 2

MKS Polonia Warszawa training pitch

June 7th from 12:00 to 20:30



BLACK BAG

This is a bag for personal items: you can put clothes in it that you will change into after the race and anything else you might need post-race.

Hand it in on race day before the start, at the deposit tent

Deposit - opening hours, June 8th:

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 AND BAGS CHECK-IN



Saturday, June 7th

Opening hours	Description	Location
12:00 - 21:30	Bike and bike bag (blue bag) check-in to T1 Zone	Port of Nieporęt Lake Zegrzyńskie
12:00 - 20:30	Run bag (red bags) check-in to T2 Zone	MKS Polonia Warszawa training pitch

Bag drop-off and bike check-in to the Transition Zone on Saturday is mandatory. There will be no possibility to check in bikes or leave bags on Sunday.

T1 ZONE - PORT OF NIEPORĘT, ZEGRZYŃSKIE LAKE

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 - MKS POLONIA WARSZAWA TRAINING PITCH

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. Remember to keep the chip exposed at all times and make sure it is not covered, for example by a sock

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

BRIEFING



Saturday, June 7th

Hours	Description	Location
15:00	Athlete briefing <i>ENGLISH</i>	Multimedia Fountain Park
15:30	Athlete briefing <i>POLISH</i>	Multimedia Fountain Park

Athlete briefing

The race briefing will take place on Saturday, June 7. Briefings will be conducted in both Polish and English (see the schedule above).

The briefing will provide important information about the course specifics, rules, and time limits for each discipline, and most importantly, any last-minute changes due to weather conditions.



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PRESENTATION OF NATIONAL FLAGS



Saturday, June 7th

Hours	Description	Location
14:30	Presentation of national flags	Multimedia Fountain Park

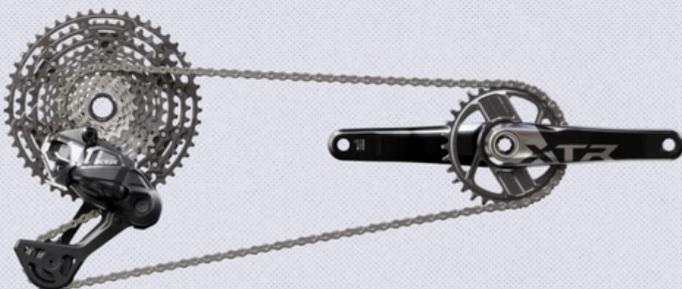
Two-thirds of the participants in the IRONMAN 70.3 Warsaw race are foreigners. The organizers have decided to showcase this diversity even before the triathletes begin their competition. On Saturday, June 7, following the Pho3nix IRONKIDS Warsaw event, a Flag Parade will take place at 14:30.

Volunteers in the Multimedia Fountain Park will present 71 flags representing all the countries whose athletes will compete in Sunday's race. The parade will resemble the traditional Olympic Games opening ceremony. After the parade, the flags will be placed in special stands next to the stage, where all athlete award ceremonies will be held.



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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 relays) and from 7:30 to 9:00 (for IRONMAN 70.3). 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

Don't forget to stick the label with your race number on the bag. Put items that you won't need during the race into this bag. The deposit area will be open from 6:30 to 7:30 (for the 5150 Triathlon Series) and from 7:30 to 9:00 (for IRONMAN 70.3). Bags left in the deposit will be transported to the Finisher's Zone in the Multimedia Fountain Park.

TOILETS

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

BIKE SERVICE

Our partner Shimano will be providing bike service assistance in Transition Zone T1 starting from Saturday. On race day, Shimano will be in the Transition Zone to help with any last-minute bike issues before the start and during transitions.



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AT PHO3NIX, WE HARNESS THE POWER OF SPORT TO INSPIRE, UNITE, AND TRANSFORM LIVES. BY BREAKING BARRIERS AND CREATING OPPORTUNITIES, WE EMPOWER CHILDREN, ATHLETES AND COMMUNITIES TO REACH THEIR FULL POTENTIAL AND BUILD BRIGHTER, STRONGER FUTURES.

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HAPPY BIRTHDAY!

On race day, we are delighted to celebrate
the birthday of:

Andy S.
Christopher V.
Elżbieta P.
Igor Sz.
Marcin B.
Matej B.

Rohan K.
Stephanie S.
Veronica Q.
Vojtěch J.
Weronika G.

Thank you for celebrating your birthday
with us!

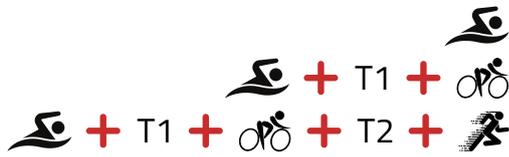
ENJOY YOUR RACE!



RACE DAY



TIME LIMITS



IRONMAN 70.3

01:10:00
05:30:00
08:30:00

5150 Triathlon Series

00:50:00
02:45:00
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 - IRONMAN 70.3

CUT OFF - 5150 TRIATHLON SERIES

AID STATIONS

BIEKE

IRONMAN 70.3

33 km and 60 km

Bottled water Cisowianka 0,7l

Bottled isotonic drink NUTREND 0,5l

NUTREND energy gel (60 km)

Bananas (60 km)

5150 Triathlon Series

18 km

Bottled water Cisowianka 0,7l

RUN

IRONMAN 70.3

1. punkt: 2,5 km, 7,5 km, 12,5 km, 18,5 km

2. punkt: 5 km, 10 km, 15 km, 20 km

Bottled water Cisowianka 0,7l Napój izotoniczny

Bottled isotonic drink NUTREND 0,5l

Red Bull dispensed in cups

5150 Triathlon Series

1. punkt: 2,5 km, 7,5 km

2. punkt: 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.



SWIM



COURSE

The start is located in Poręcz Nieporęcz by Lake Zegrzyńskie in Nieporęcz. Competitors 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 8 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	RED
8:00	Relay	GRAY
9:30	IRONMAN 70.3 - M PRO	GOLD
9:35	IRONMAN 70.3 - W PRO	GOLD
9:40	IRONMAN 70.3 - Age Group	BLUE

TRASA PŁYWACKA SWIMMING COURSE



1900m



1500m

GPX FILE - IRONMAN 70.3

GPX FILE - 5150 Triathlon Series



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.



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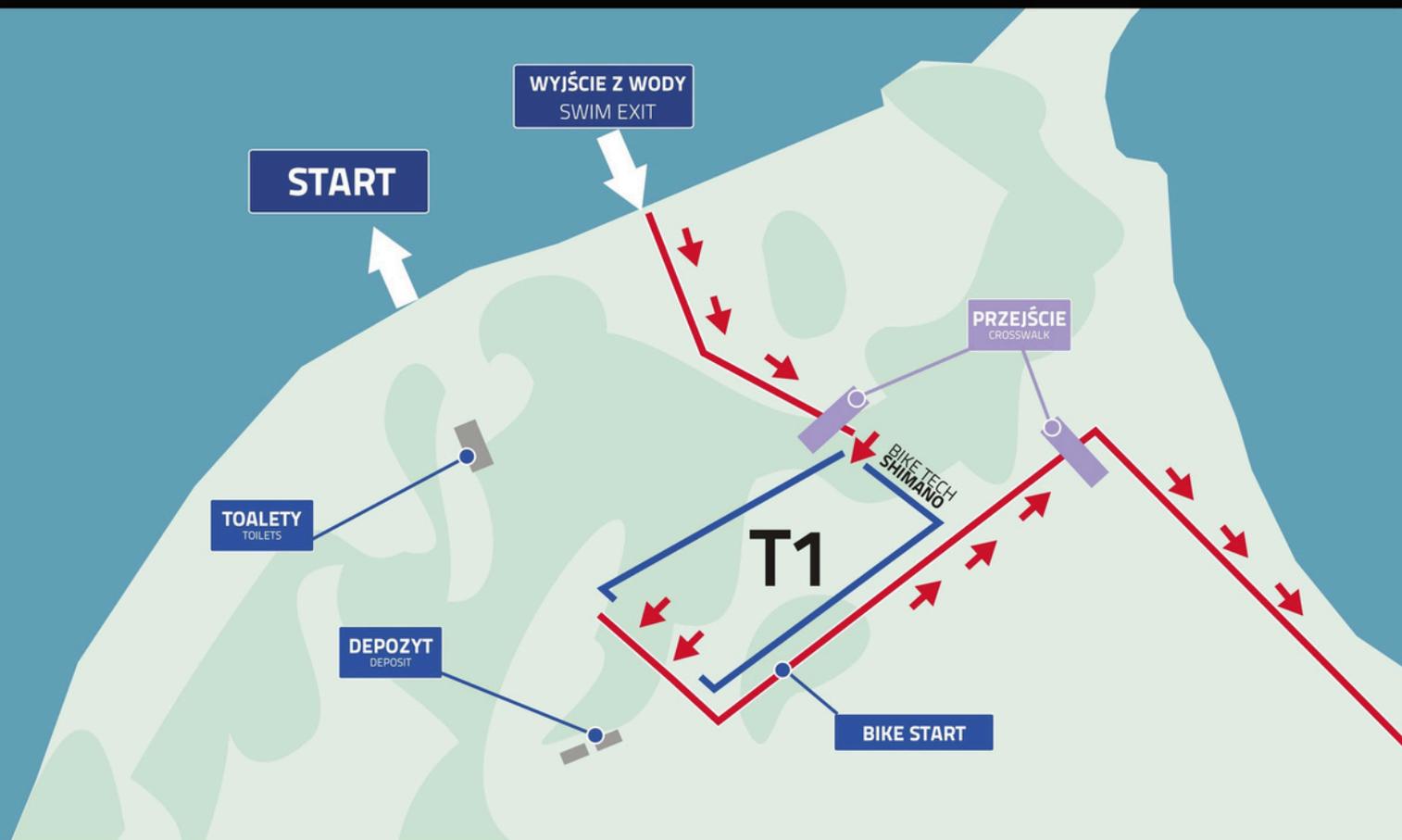
CISOWIANKA

T1 ZONE



IRONMAN
70.3 **WARSAW**
POLAND

START I STREFA ZMIAN START & T1 ZONE



T1 ZONE



TRANSITION ZONE – SWIM TO BIKE

After exiting the water, run to the Transition Zone, pick up your BLUE BAG, and change into your cycling gear. Your wetsuit and swim gear must be packed into the bag and left in the drop-off zone

Relays: The cyclist waits by the rack; the “baton” is passed by a hand tap.

Cycling shoes must be either in the BLUE BAG or attached to the bike.

Before taking your bike off the rack, you must fasten your helmet under your chin – failure to do so may result in a penalty.

You must cross the marked line beyond the Transition Zone before starting to ride.

Changing tents are available in the zone – nudity is not allowed

A designated entrance to the Transition Zone has been prepared for relay participants, where the cyclist and runner will wait for their teammate. We kindly ask that the cyclist be in Transition Zone T1 by 8:00, and the runner in T2 no later than 9:00. Entry to the zone is only permitted with a wristband and timing chip properly worn.



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.



TRASA ROWEROWA BIKE COURSE



Jezioro Zegrzyńskie



Nieporęt



Most Marii Skłodowskiej-Curie



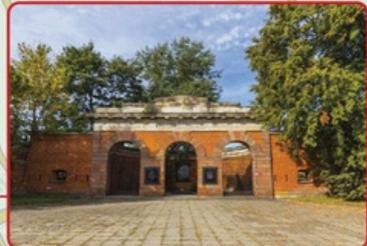
Zamek Królewski



Tunel pod Wisłostradą



Kanał Żerański



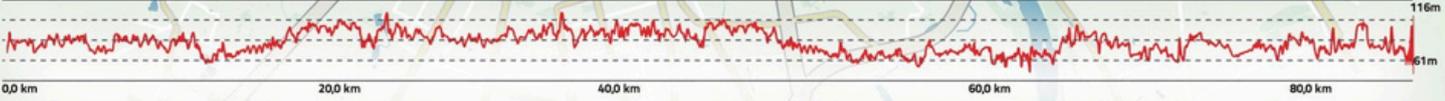
Cytadela Warszawska



Stadion Narodowy



 Punkt odżywiania
Aid Station





TRASA ROWEROWA BIKE COURSE



Jezioro Zegrzyńskie



Nieporęt



Most Marii Skłodowskiej-Curie



Zamek Królewski



Cytadela Warszawska



Kanał Żerański

GPX FILE - 5150 Triathlon Series

Strefa zmian / Transition zone

Strefa zmian / Transition zone

 **Punkt odżywiania**
Aid Station



BIKE



BIKE rules

- It is mandatory to obey traffic regulations.
- No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.
- Per IRONMAN Competition Rule 5.01 (m), placing any bottles/hydration or any other insert located in the front of an athlete's race suit is prohibited.
- 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: 2:00 minutes (IRONMAN 70.3) or 1:00 minutes (5150 Triathlon Series)
- 2nd blue card offense: 2:00 minutes (IRONMAN 70.3) or 1:00 minutes (5150 Triathlon Series)
- 3rd blue card offense: DSQ



Athletes who have been informed of a rules violation must serve a time penalty in the penalty tent located before the entrance to Transition Zone 2 (T2)

The athlete must ensure that the official has recorded on their race number that the penalty has been served.



Yellow card - BIKE

An athlete who receives this penalty during the bike segment must stop for 30 seconds (IRONMAN 70.3) or 15 seconds (5150 Triathlon Series) in the penalty tent located before the entrance to Transition Zone 2 (T2) and ensure that the official has recorded on their race number that the penalty has been served

All the rules can be found in the [2025 IRONMAN regulations](#)

BIKE - NEUTRAL ZONE



A neutral zone is in place this year on a short section of the IRONMAN 70.3 Warsaw bike course, located at the **21st and 40th kilometer**. This section is approximately **500 meters** long and runs over a viaduct at the intersection of regional roads **629 and 631**.

Due to a significant narrowing of the road, we have decided to implement special safety rules in this area:

-  **Speed limit of 10 km/h**
-  **Strict prohibition of overtaking**
-  **The non-drafting rule remains in effect – maintain a minimum distance of 12 meters from the athlete ahead, just as throughout the rest of the race**

We kindly ask all athletes to comply with these rules. The purpose of the neutralization is to ensure the safety of all participants. The neutralized section will be clearly marked with additional signage and monitored by referees.



T2 ZONE



TRANSITION ZONE – BIKE TO RUN

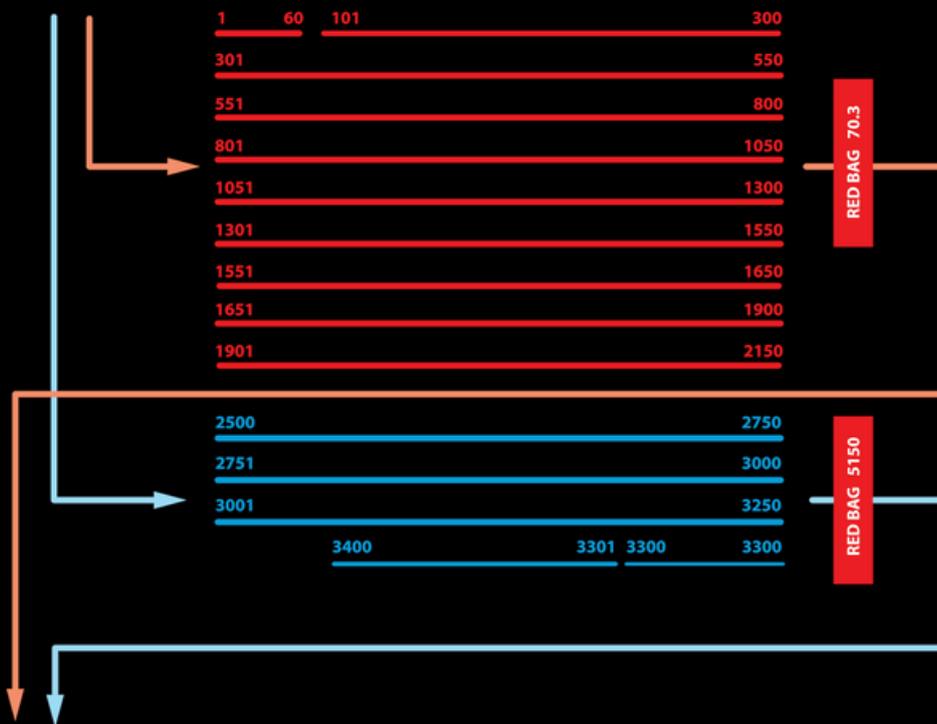
Before the dismount line, you must get off your bike, walk it to the rack, and place it back in its designated spot. Then, pick up your **RED BAG**, change into your running gear, and pack all cycling equipment (including your helmet) into the bag. Cycling shoes should either remain clipped to the pedals or be placed inside the bag. Once packed, hang the bag back in its designated place and begin the run.

Relays: The runner waits by the rack; the “baton” is passed with a hand tap.

After the race, collect your **RED and BLUE BAGS** and your bike by showing your race number and wristband. Items must be collected on race day during designated hours – the organizer is not responsible for any belongings left behind.

A penalty tent will be located before the entrance to Transition Zone 2 (T2). If you received a penalty from an official during the bike segment, you must report to the tent and serve your time penalty there.

A designated entrance to the Transition Zone has been prepared for relay participants, where the cyclist and runner will wait for their teammate. We kindly ask that the cyclist be in Transition Zone T1 by 8:00, and the runner in T2 no later than 9:00. Entry to the zone is only permitted with a wristband and timing chip properly worn.



T2

IRONMAN
70.3 & WARSAW
POLAND



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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).

ATTENTION! THE DISTANCE ON THE RUNNING COURSE FOR THE 5150 TRIATHLON SERIES IS 10.9 KM

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 Opening hours 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 Opening hours 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.

All the rules can be found in the [2025 IRONMAN regulations](#)



Athlete Guide - IRONMAN 70.3 Warsaw 2025

[Back to menu](#)



TRASA BIEGOWA RUNNING COURSE

4
okrążenia
4 laps



GPX FILE - IRONMAN 70.3



TRASA BIEGOWA RUNNING COURSE

2
okrężenia
2 laps



GPX FILE - 5150 Triathlon Series

Distance: 10,9 km

Polska Akademia Nauk / Polish Science Academy

FINISH LINE



FINISH LINE

As you approach the finish line, make sure your race number is visible on the front and your triathlon suit is zipped up above the sternum.

Remember, you must cross the finish line on your own.

For safety reasons, spectators, family members, children, and pets are not allowed to cross the finish line with you.

AFTER CROSSING THE FINISH LINE

1. You will receive your medal just past the finish line. Medal engraving is available in the Finisher's Zone.
2. Collect your deposit bag from the Finisher's Zone as well.
3. Make use of the services available in the Finisher's Zone

Sunday, June 8th

Opening hours	Description	Location
13:00 – 16:00	Check-out bike and bags - T2 zone <i>5150 Triathlon Series</i>	MKS Polonia Warszawa training pitch
16:00 – 20:30	Check-out bike and bags - T2 zone <i>IRONMAN 70.3</i>	MKS Polonia Warszawa training pitch

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



AWARDS CEREMONY



Sunday, June 8th

Hours	Description	Location
12:15	Awards 5150 Triathlon Series	Multimedia Fountain Park
19:00	Awards IRONMAN 70.3	Multimedia Fountain Park

- 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 Warsaw

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

FIND YOUR UNIQUE AND SOUVENIR PHOTOS

 **MARATOMANIA**



**GO TO WEBSITE
MARATOMANIA.PL**

1
STEP



**TYPE YOUR
REGISTRATION(start)
NUMBER**

2
STEP



**ENJOY YOUR
AMAZING PHOTOS**

3
STEP



SLOT ALLOCATION



Sunday, June 8th

Opening hours	Description	Location
19:45	Slot Allocation	Multimedia Fountain Park

Qualifying slots

This event allocates slots for the 2025 IRONMAN 70.3 World Championship in Marbella, Spain held on November 8-9th, 2025 :

- 45 miejsc dla kategorii wiekowych

Please note, slot allocations are subject to change and may be verified [here](#).

If you qualify during the 2025 IRONMAN 70.3 Warsaw, you will be eligible to participate in the **2025 IRONMAN 70.3 World Championship in Marbella, Spain** only. Participation in the slot allocation ceremony is mandatory for all athletes wishing to claim a qualifying slot. Since not all the participants are willing to get the qualification, qualifying slots will be proposed to the following athletes according to their official ranking in the age group until the slot allocation is over.

**Attendance at the slot allocation ceremony is mandatory.
No slots will be awarded after the ceremony.**

Be prepared to pay the registration fee by **credit card only**. We do not accept cash or cheques

The amount is €771.79 (EUR) - inclusive of all fees & taxes.
Make sure to bring a valid photo ID and credit card for payment during the ceremony.

*It is your responsibility to ensure you have all necessary documents and visas to travel to the IRONMAN World Championship.
Please check travel requirements before accepting your slot.*

Rules

To accept a slot to the **2025 IRONMAN 70.3 World Championship**, qualified athletes must claim their slot in-person at the Rolldown Ceremony.

IRONMAN profile

To ensure a smooth registration process for the IRONMAN 70.3 World Championship, please make sure you have an IRONMAN profile and are familiar with your login credentials.

[IRONMAN PROFILE](#)

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 of December 31st of the year of the event. For example, if you are Male and turn 25 in 2025, then your Age Group Category for any race in 2025 is M25 – 29.

The following Slot Allocation Process will be conducted for each gender separately:

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 within the gender, i.e., 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.

Athletes holding current Professional or Elite status with any World Triathlon 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.



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COMMON RULES, VIOLATIONS & PENALTIES



IRONMAN 70.3 Warsaw and 5150 Warsaw races will be conducted in accordance with the rules set out in the IRONMAN 2025 Competition Rules and the event regulations. The full version of the rules is available at: <http://www.ironman.com/rules-and-regulations> and <http://ironmanwarsaw.com>.

Please inform your family, friends, coach and supporters that they are not allowed to accompany alongside you in the race, and that you are not allowed to receive any outside assistance. If this is not respected, you will be penalized.

For safety reasons it is vital that if an athlete drops out of the race at any time (especially before, during or after the swim) the athlete MUST inform a race official about this.

You are expected to follow directions and instructions from all race officials, race marshals and race management. Only race marshals have the authority to disqualify an athlete. All lifeguards and medical personnel have ultimate and final authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death.

Fraud, theft, abusive treatment of volunteers or other acts of poor sportsmanship are grounds for immediate disqualification and will result in the athlete being suspended from any race in the IRONMAN series in the future.

MEDICAL

There will be medical assistance and facilities throughout the race. In the finish area medical staff will be ready to assist you after completing the race.

Competing in an IRONMAN race may cause serious damage to the body. Please bear in mind that the right hydration before and during the race can be vital for your success in the race.

Remember that you race at own risk, and that the race organizers cannot be held responsible for any injury, damage - or in extreme cases, death - during the race.

This is a long-distance endurance event, so we advise all participants only to start the race if they have trained well, feel fit and don't have any physical problems – especially regarding the vital organs. If you have had problems with irregular heart rhythms in training, we would highly recommend that you see a specialist for a health check prior to the race.

ANTI DOPING

As a condition of participation in each IRONMAN and IRONMAN 70.3 events, all registered athletes are required to acknowledge and abide by IRONMAN's Anti-Doping Rules.

In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing¹ and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions).

When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

COMMON RULES, VIOLATIONS & PENALTIES



SUMMARY OF GENERAL COMPETITION RULES	PENALTIES	CARD
Public nudity or indecent exposure	DSQ	Red
Littering outside of the trash/rubbish drop zones	Time penalty if remedied DSQ if not remedied promptly	Red
Using unsportsmanlike behavior	DSQ and potential suspension	Red
Failure to follow the prescribed course	DSQ	Red
Failure to wear a shirt or sport top during the bike or run	30 second or 15 second time (depending on the distance) penalty served in penalty tent (BIKE) or next to the referee (RUN) if remedied, DSQ if not remedied promptly	Yellow
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 30 second or 15 second time penalty served in penalty tent (BIKE) or next to the referee (RUN) will be assessed. If not: DSQ	Yellow
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race	DSQ of both athletes	Red
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension	Red
Not stopping in the next penalty tent after being obliged to do so	DSQ	Red
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets, ... in any distractive manner during the race.	DSQ	Red
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.	DSQ	Red

GOOD TO KNOW



HAVE A QUESTION?

Please send us a message on Facebook or by email to: warsaw70.3@ironman.com or 5150warsaw@theironmangroup.com

LOST AND FOUNDS

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

Once the event is over, please contact warsaw70.3@ironman.com or 5150warsaw@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](#)

NIGHT RUN WARSAW



On Friday, June 6th, at 23:00, the Night Run Warsaw will begin—a unique night race that will provide you with unforgettable experiences and an amazing atmosphere! It will be a perfect opportunity to discover the charms of Warsaw in a completely new light.

Opening hours	Description	Location
15:00 - 22:30	Registration	Multimedia Fountain Park
22:00-00:30	Deposit - opening hours	Multimedia Fountain Park
23:00	Start	Multimedia Fountain Park
23:45	Awards	Multimedia Fountain Park

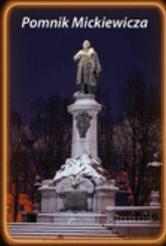
To registration, show the printed QR ticket or display it on your phone, and prepare your ID or passport. The QR code can be downloaded from the SlotMarket portal by logging into your account in the "Registration History" section.

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



PHO3NIX IRONKIDS WARSAW



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

Pho3nix IRONKIDS Warsaw, 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, June 6th

Opening hours	Opis	Location
15:00 - 20:00	Registration	Multimedia Fountain Park

Saturday, June 7th

Opening hours	Opis	Location
10:00 - 13:30	Registration	Multimedia Fountain Park
12:00	Start	Multimedia Fountain Park
14:00	Awards	Multimedia Fountain Park



PHOENIX IRONKIDS WARSAW



Biuro Zawodów
Race Office

Start/Meta
Finish Line

Wybrzeże Gdańskie

Park
Fontann

ul. Rybak

Rocznik Age Category	Petle Loops	Dystans Distance	Godzina Time
2022–2021	1	ok. 350m	12:00
2020–2019	1	ok. 350m	12:20
2018–2017	2	ok. 700m	12:40
2016–2015	2	ok. 700m	13:00
2014–2013	3	ok. 1000m	13:20
2012–2010	5	ok. 1700m	13:40

QUALIFICATION FOR A GIVEN AGE CATEGORY IS BASED ON THE YEAR OF BIRTH

GOOD LUCK!

POWODZENIA!



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