

**IRONMAN**  
**70.3**  **WARSAW**  
**POLAND**



# Meet the Mermaid!

**FAN 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!





# WARSZAWA



Warszawa

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# 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](http://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](http://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](http://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](http://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](http://www.wilanow-palac.pl)





## 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 poziomu 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





# MAPA MIASTECZKA

## SITE MAP





# SCHEDULE



## FRIDAY 6<sup>th</sup> 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	<b>Start</b> <b><i>Night Run</i></b>	Multimedia Fountain Park
23:45	Awards Ceremony <i>Night Run</i>	Multimedia Fountain Park

## SATURDAY 7<sup>th</sup> 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	<b>Start</b> <b><i>IRONKIDS</i></b>	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>POLISH</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**  
**8<sup>th</sup> 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 Zegrzyskie
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 Zegrzyskie
8:00 - 8:15	<b>Start</b> <b><i>5150 Triathlon Series i relay</i></b>	Port of Nieporet Lake Zegrzyskie
9:00 - 16:00	Opening hours <i>Expo and Official Merchandise Store</i>	Multimedia Fountain Park
9:30 - 10:00	<b>Start</b> <b><i>IRONMAN 70.3</i></b>	Port of Nieporet Lake Zegrzyskie
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**

**\*\* Departure times are subject to change**



# EXPO



## Opening hours

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

## 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 <sup>th</sup>
10:00 - 20:00	Saturday, June 7 <sup>th</sup>
9:00 - 18:00	Sunday, June 8 <sup>th</sup>

## 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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GODZINY OTWARCIA | OPENING HOURS

PIĄTEK | FRIDAY  
15:00 – 20:00

SOBOTA | SATURDAY  
10:00 – 20:00

NIEDZIELA | SUNDAY  
9:00 – 16:00





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# BRIEFING



Saturday, June 7<sup>th</sup>

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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z kodem

**START**

8.06 - 15.06.2025



[www.sportmed24.pl](http://www.sportmed24.pl)







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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.

[PHO3NIXFOUNDATION.COM](https://pho3nixfoundation.com)

*[sportano.pl](https://sportano.pl)*

**SKLEP  
SPORTOWY**

HUUB

HOKA

ZONE3

2XU

g



# PRESENTATION OF NATIONAL FLAGS



Saturday, June 7<sup>th</sup>

Hours

Description

Location

14:30

Presentation of national flags

Multimedia  
Fountain Park

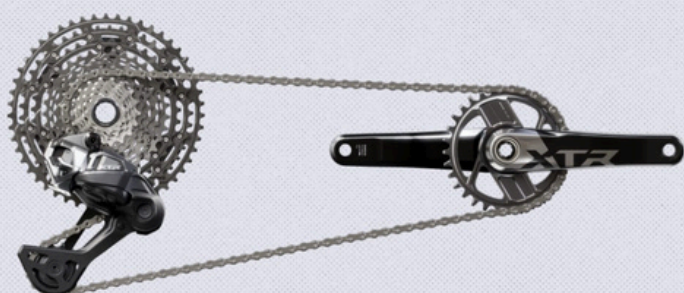
Two-thirds of the participants in the IRONMAN 70.3 Warsaw race are foreigners. The organizers have decided to showcase this diversity even before the triathletes begin their competition. On Saturday, June 7, following the Pho3nix IRONKIDS Warsaw event, a Flag Parade will take place at 14:30.

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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# URBAN GAME



Sunday, June 8<sup>th</sup>

Time	Description	Location
11:00 - 16:00	Urban Game	Running Course

On Sunday, June 8, between 11:00 and 16:00, we invite fans and Warsaw residents to take part in a unique urban game during IRONMAN 70.3 Warsaw!

## What's the game about?

Your mission is to visit all cheering zones along the run course and collect a special stamp at each one.

Full set of stamps = a gift!

You can pick up your prize at the Info Point, located right next to the finish line.

## Who will you meet at the cheering zones?

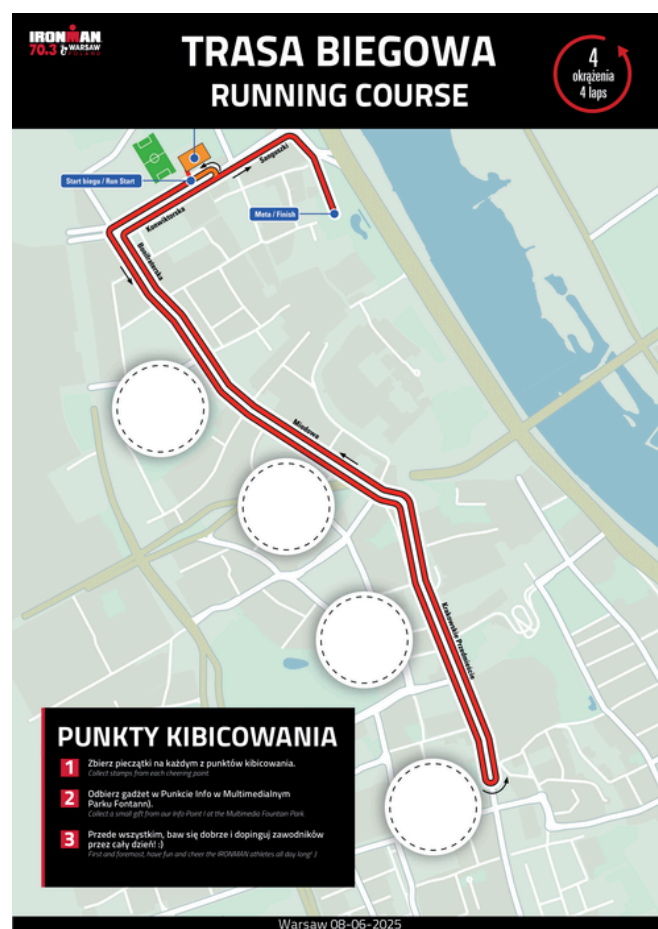
**ROCK & VIOLIN** – AngelViolin & DJ Maria Bross  
A charismatic violinist and an energetic DJ – rock, sports, and emotions in one powerful combo

**HOUSE & SAX** – Daniel Polkowski aka Banan On Sax  
An experienced saxophonist whose rhythms will get you dancing – club vibes in the open air!

**ETHNO & DRUMS** – Anika Kamińska with the Moribaya ensemble  
Drumming energy and ethnic sounds in the very heart of Warsaw

**RAP & R&B** – DJ Mike G  
Dynamic urban beats that will keep every fan moving with the rhythm!

Come, have fun, cheer



The urban game and musical journey with IRONMAN 70.3 Warsaw is the perfect way to experience the excitement of triathlon up close – no matter your age or sporting experience!



**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!**





# TRASA PŁYWACKA

## SWIMMING COURSE

**IRONMAN**  
**70.3** & WARSAW  
POLAND

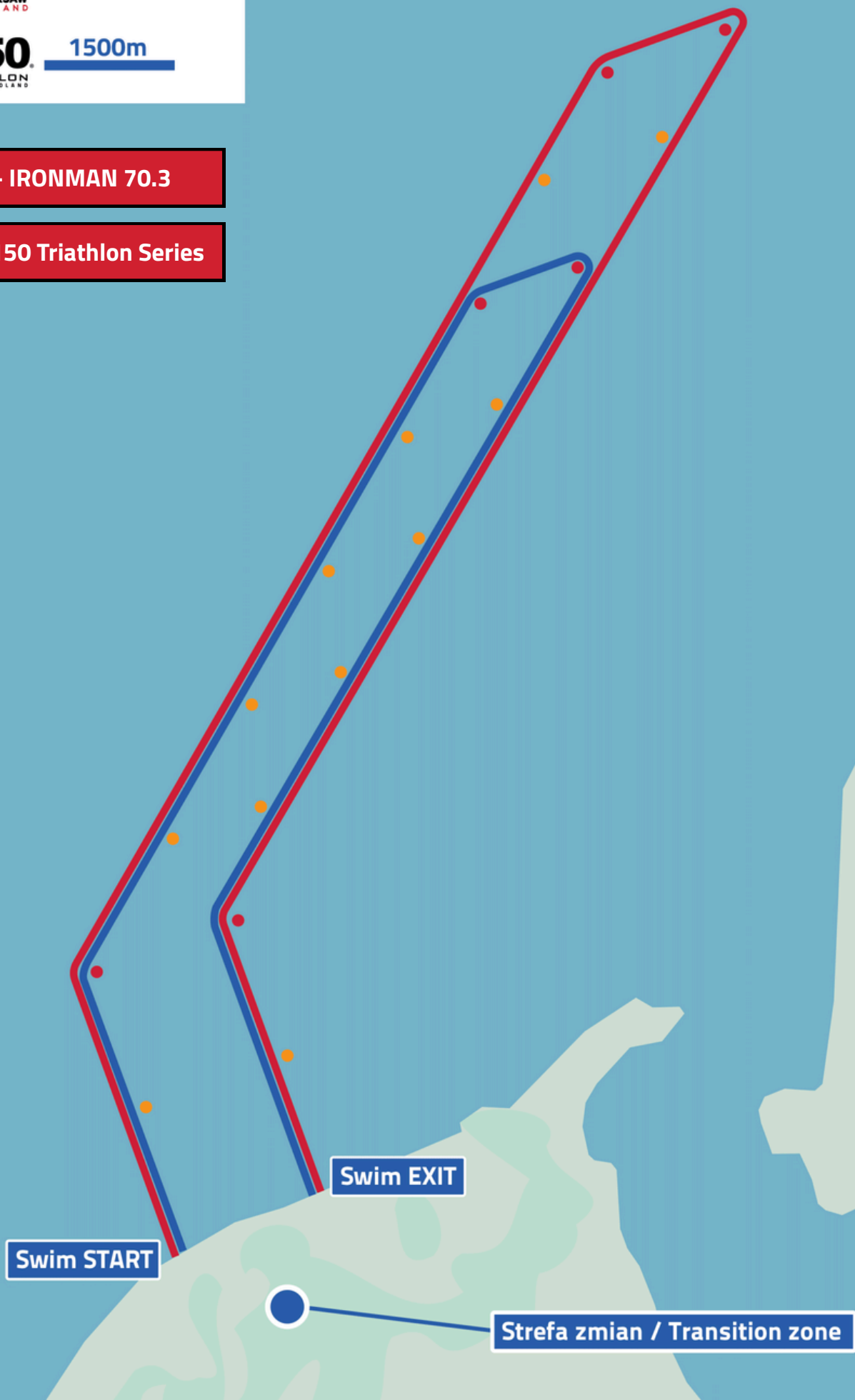
1900m

**5i50**  
TRIATHLON  
WARSAW · POLAND

1500m

GPX FILE - IRONMAN 70.3

GPX FILE - 5150 Triathlon Series





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# TRASA ROWEROWA

## BIKE COURSE



Jezioro Zegrzyńskie



Nieporęt



Most Marii Skłodowskiej-Curie



Zamek Królewski



Tunel pod Wiślostradą



Kanał Żerański



Cytadela Warszawska

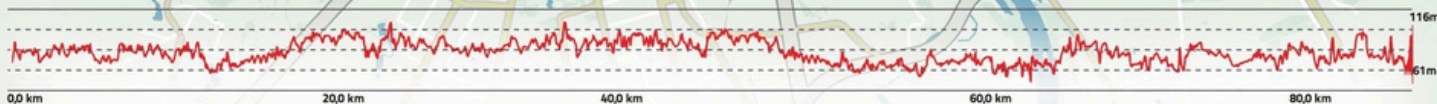


Stadion Narodowy

**GPX FILE - IRONMAN 70.3**



**Punkt odżywiania**  
Aid Station

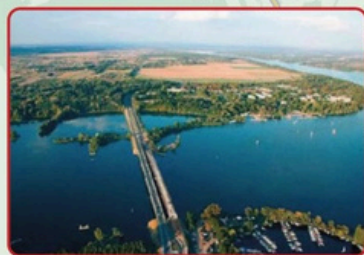






# TRASA ROWEROWA

## BIKE COURSE



Jezioro Zegrzyńskie



Nieporęt



Most Marii Skłodowskiej-Curie



Zamek Królewski



Cytadela Warszawska



Kanał Żerański

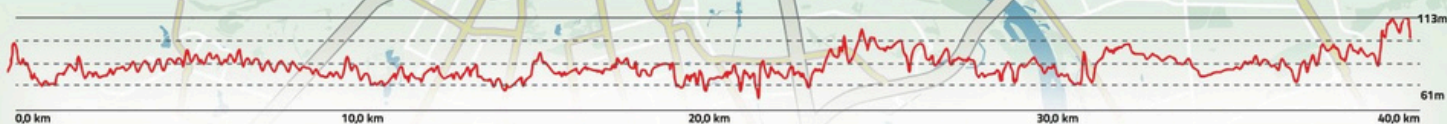
**GPX FILE - 5150 Triathlon Series**

Strefa zmian / Transition zone

Strefa zmian / Transition zone



Punkt odżywiania  
Aid Station





# PRZYJDŹ PO BIEGU WYGRAWEROWAĆ SWÓJ MEDAL

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## Twój czas

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# TRASA BIEGOWA RUNNING COURSE

4  
okrążenia  
4 laps







# TRASA BIEGOWA RUNNING COURSE

2  
okrążenia  
2 laps



# AWARDS CEREMONY



Sunday, June 8<sup>th</sup>

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

## 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







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# NIGHT RUN WARSAW



On Friday, June 6<sup>th</sup>, 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.

Friday, June 6<sup>th</sup>

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.

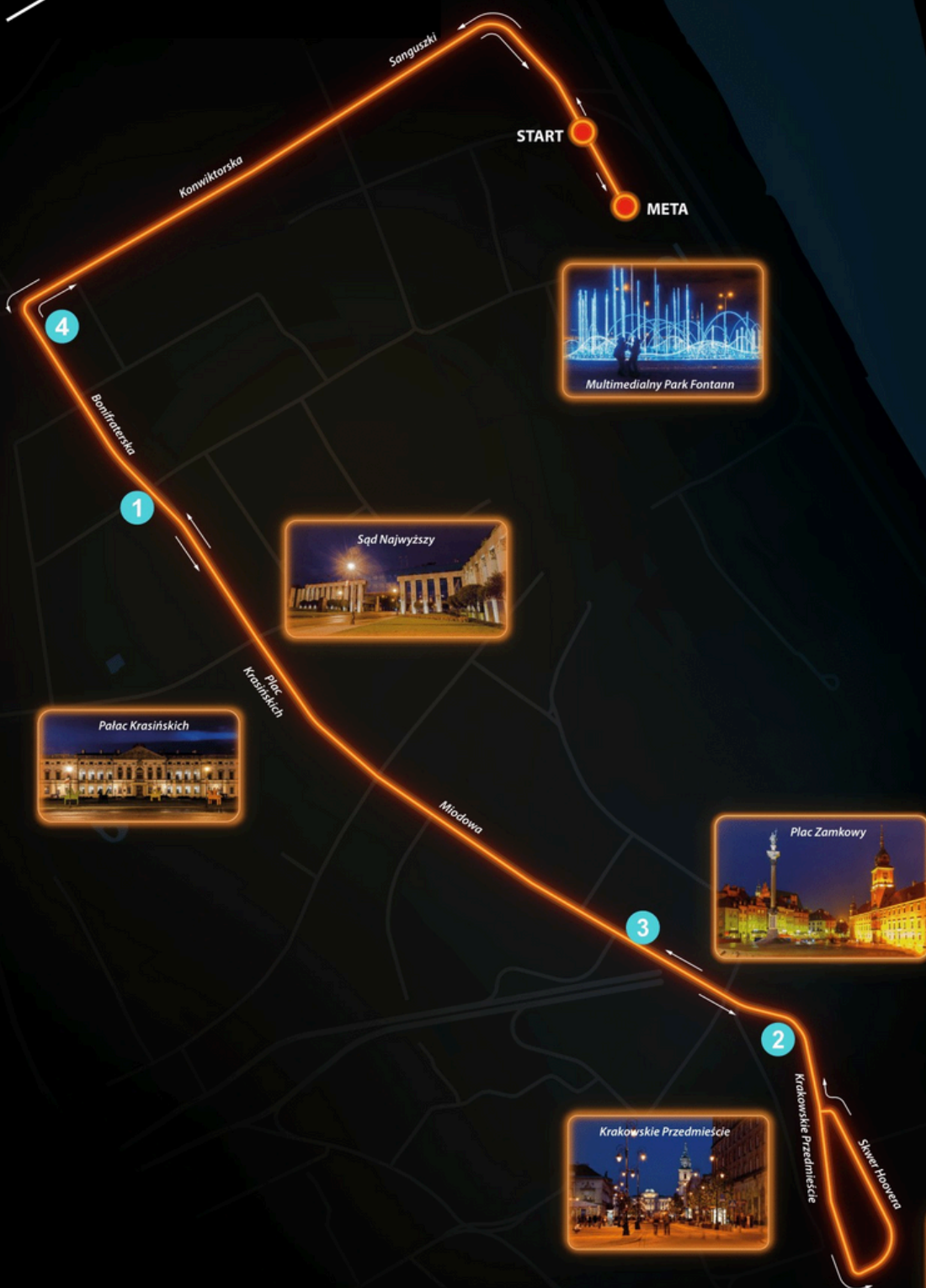
## Registration by Another Person

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 6<sup>th</sup>

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

## Saturday, June 7<sup>th</sup>

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





# PHO3NIX IRONKIDS WARSAW



Biuro Zawodów  
Race Office

Start/Meta  
Finish Line

Wybrzeże Gdańskie

Park  
Fontann

ul. Rybaki

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

# GOOD TO KNOW



## HAVE A QUESTION?

Please send us a message on Facebook or by email to: [warsaw70.3@ironman.com](mailto:warsaw70.3@ironman.com) or [5150warsaw@theironmangroup.com](mailto: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](mailto:warsaw70.3@ironman.com) or [5150warsaw@theironmangroup.com](mailto: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](#)



# TRAFFIC DISRUPTIONS



Organizing large sports events in urban areas always involves temporary inconveniences for drivers and changes in public transport schedules.

For the IRONMAN 70.3 Warsaw 2025 event (June 6-8), traffic disruptions will primarily occur on Sunday, June 8. No road closures are planned for Saturday, June 7. On Friday, June 6, brief disruptions will only occur late in the evening around the Old and New Town areas.

For more information regarding road closures and changes in public transport schedules due to the event, please click the link below.

## TRAFFIC DISRUPTION NOTICE

### HELPLINE

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

The helpline will operate on the following days and times:

- Saturday, June 7: 10:00 - 20:00
- Sunday, June 8: 7:30 - 17:30



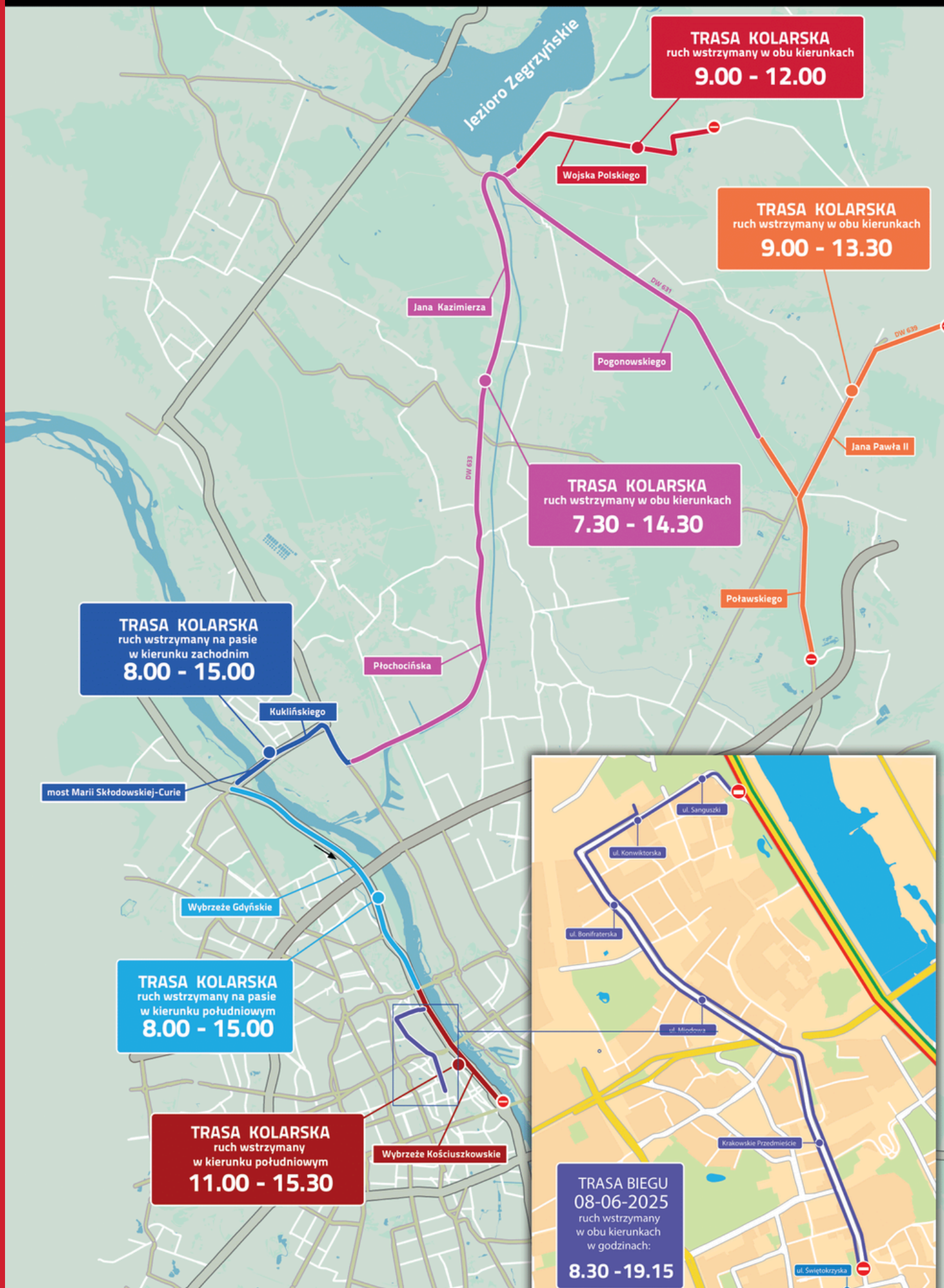
**+ 48 500 261 000**

### WAZE

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



# OGRANICZENIA W RUCHU W DNIU 8/06/2025





## STRATEGIC PARTNERS



Warszawa

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