



ATHLETE GUIDE



7 czerwca 2026

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YEAR 2025



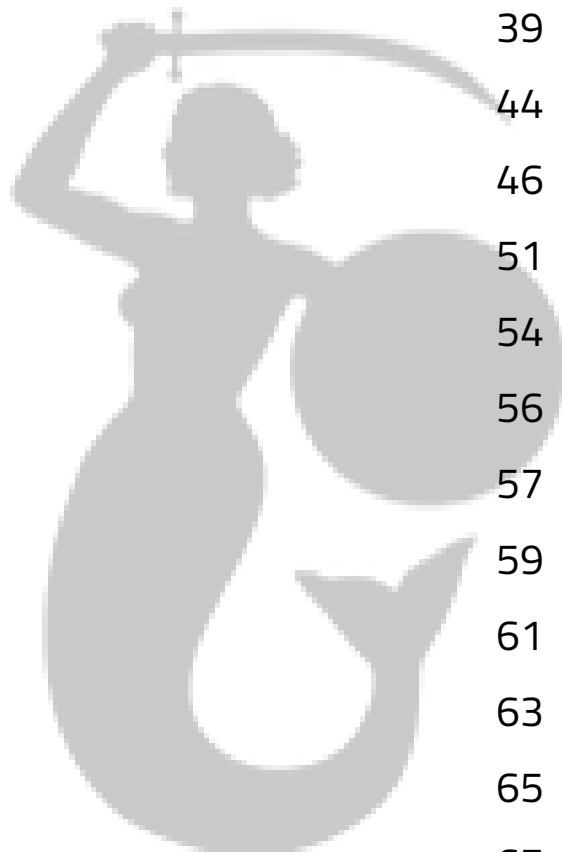
Experience or relive the thrill and energy of race day—watch the 2025 highlights video and get in the spirit for what's ahead!



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WELCOME MESSAGE



Triathlon is a very special sport for us. We have been supporting its development in Poland for more than ten years. Enea IRONMAN 70.3 Warsaw attracts hundreds of athletes from around the world, as well as fans who strongly support them in their fight for the best results.

Supporting Enea IRONMAN 70.3 Warsaw is part of the Enea Group's activities aimed at promoting sport and physical activity, also among children and young people. That is why we are very happy that the organizers have also prepared races for children. We want the youngest participants to have a chance to develop their sports talents and enjoy sport from an early age. We are also very pleased with the growing popularity of triathlon and the fact that Enea employees also take part in the races supported by Enea.

The Enea IRONMAN 70.3 Warsaw weekend is a great time not only for athletes, but also for fans. We have prepared many attractions for both groups in the Family Zone and the Expo Zone.

We wish all athletes a lot of joy from taking part in the race and the best possible results. We also wish all fans a great time and plenty of energy to support the athletes!



GRZEGORZ KINELSKI





Wariant 2031 i 2036

1% obniżki
w każdym
kolejnym roku

od ceny energii netto z Oferty na 2026 rok



Wybieram
EKO Ofertę Biznes

Czas na ofertę, dzięki której Twoja firma
będzie wspierać wytwarzanie energii z odnawialnych źródeł!



Cena energii uzależniona
od wybranego wariantu*



Certyfikat TÜV SÜD Polska
potwierdzający umorzenie
gwarancji pochodzenia przez Eneę



Oferta zawiera miesięczną
opłatę handlową

* Oferta jest dostępna w trzech wariantach cenowych: Wariant 2029 (stała cena w okresie obowiązywania umowy), Wariant 2031 albo Wariant 2036 (w tych Wariantach od 01.01.2027 r. ceny netto są obniżane w każdym kolejnym roku o 1% względem ceny energii netto z Cennika Oferty na 2026 rok). Cena energii dla odbiorców z grup taryfowych A, B, C, R **nie obejmuje opłat za usługę dystrybucji energii**, które wynikają z taryfy właściwego Operatora Systemu Dystrybucyjnego (OSD). Enea ma prawo zmienić ceny energii lub stawki opłat wskazane w Cenniku w przypadku (1) zmiany stawki podatku VAT, (2) zmiany stawki podatku akcyzowego lub (3) wejścia w życie przepisów prawa albo decyzji organów administracji publicznej, które ustanowią nowe obowiązki, opłaty, należności publicznoprawne lub obciążenia, które nie istniały w dniu zawarcia Umowy - poprzez dostosowanie cen określonych w Cenniku do nowych stawek podatku, obowiązków, opłat, należności czy obciążeń.

WAŻNE! Szczegóły dotyczące cen energii, zasad obniżania ceny w Wariantcie 2031 oraz Wariantcie 2036, miesięcznej opłaty handlowej, zobowiązania Enei do nabywania gwarancji pochodzenia oraz warunków korzystania z EKO Oferty Biznes znajdziesz w Regulaminie Oferty i Cennikach, dostępnych w Biurach Obsługi Klienta Enei oraz na stronie enea.pl/eko-oferta-biznes. Gwarancje pochodzenia to dokumenty, które potwierdzają, że określona ilość energii została wyprodukowana z odnawialnych źródeł, takich jak wiatr, słońce czy woda i wprowadzona do sieci elektroenergetycznej. Enea w ramach wspierania wytwarzania energii z odnawialnych źródeł przez Klienta zobowiązuje się do nabycia gwarancji pochodzenia dla ilości energii uwzględniających energię pobraną przez Klienta w danym roku. Zakup dokonywany będzie zbiorczo dla ilości energii zakupionej przez Klientów, którzy skorzystali z Oferty. Nabywcą gwarancji pochodzenia jest Enea, a nie Klient. Certyfikat Towarowej Giełdy Energii poświadczający, że określona w nim ilość energii wprowadzonej do sieci została wytworzona w instalacji odnawialnego źródła energii, jest wydawany dla Enei. Umorzenie gwarancji pochodzenia energii przez Eneę uwzględniających ilości energii pobranej przez Klienta w ramach Oferty w danym roku, zostanie potwierdzone certyfikatem wydanym przez TÜV SÜD Polska sp. z o.o. na podstawie informacji otrzymanych od Enei.

infolinia: 611 111 111

enea.pl/eko-oferta-biznes

WELCOME MESSAGE



Dear Athletes,

It is a great pleasure to welcome IRONMAN to Warsaw. It is a great honour for our city to host such a prestigious event and outstanding athletes from around the world, who inspire the next generations with their passion and determination.

Warsaw is an active city, open to sport. Every day, thousands of residents use our extensive infrastructure, including running paths along the Vistula River, cycling routes and modern sports facilities. We also organise many events, from road races to international competitions, which have become a permanent part of Europe's sports calendar.

IRONMAN reflects the character of the Capital very well. It combines endurance, consistency and courage, values that are also close to the people of Warsaw. We are proud to support an event of this rank and to create a place for competition at the highest level.

I believe that both athletes and spectators will feel the unique energy of Warsaw, a city that combines history with modernity and continues to grow, also through sport.

I wish all participants good luck, unforgettable emotions and the satisfaction of pushing their own limits. May the best athlete win!

A handwritten signature in black ink, reading 'Rafał Trzaskowski'.



RAFAŁ TRZASKOWSKI

Mayor of Warsaw



Warszawa

WARSZAWA



Warszawa

STOLICA
WOLNEGO
CZASU

WELCOME MESSAGE



Dear Athletes,

Sport plays a very important role in social life. It builds community, teaches perseverance, teamwork and responsibility, and also inspires people to go beyond their own limits. That is why the University of Warsaw is proud to take part in Enea IRONMAN 70.3 Warsaw as a social partner of the event.

We are especially pleased that this year's run course will lead athletes through the historic campus of the University of Warsaw. This is a place where tradition, knowledge and ambition for development have met for more than 200 years. The presence of Enea IRONMAN 70.3 Warsaw athletes in the heart of our university symbolically connects the worlds of science and sport, which are based on similar values: consistency, determination, passion and the courage to take on challenges.

As Rector of the University of Warsaw and President of the Academic Sports Association, I especially appreciate initiatives that promote physical activity and a healthy lifestyle.

I wish all female and male athletes good luck, satisfaction from the effort they have taken on, and unforgettable emotions during the competition in Warsaw.



PROF. ALOJZY Z. NOWAK
Rector of the University of Warsaw



UNIWERSYTET
WARSZAWSKI



BIEGNIEMY PRZEZ KAMPUS UNIwersYTETU WARSZAWSKIEGO



UNIwersYTET
WARSZAWSKI



WELCOME MESSAGE



Dear Triathletes,

Warsaw welcomes you again with open arms! This is a city that never slows down, and its great energy and rich history go perfectly with the spirit of triathlon. Whether this is your first time on this course or you are coming back to beat your personal best, our whole team is very proud and honoured that you have chosen this place for your next sports challenge.

Enea IRONMAN 70.3 Warsaw is the biggest race at this distance in Poland in terms of the number of participants! There are as many as 2,500 athletes on the start list. It is also going to be the biggest IRONMAN 70.3 event ever in Poland! We are hosting athletes from 77 countries, and international athletes make up almost 65% of the whole start list. This is an amazing international celebration of sport, created by you.

Your trust has gone beyond our highest expectations. All start packages sold out many weeks before the race. This record number of participants gives us huge motivation. We promise that we will give 110%, both in Warsaw and during the next IRONMAN Poland races this year in Gdynia, Kraków and Poznań.

This year, we decided to connect world-class sports emotions with what is most beautiful in our country. This is why we will promote Polish regions and local folklore. We want you to take unique memories from Warsaw, so we have included traditional Polish regional motifs in the whole event branding and in the design of the finisher medal, which you will proudly receive at the finish line. Also, so you can fully recover and discover local flavours, we will serve the best dishes of our regional cuisine in the finisher zone.

Get ready for a weekend full of adrenaline, breaking your own limits, and great integration. We start with a strong opening already on Friday evening: at 23:00, the Night Run Warsaw will begin. Saturday is, as always, the time for children's energy during Pho3nix IRONKIDS Warsaw, and Sunday will be the big and long-awaited final moment of our shared efforts.

A project of this size would not be possible without the support of many people with big hearts. We would like to give huge thanks to our wonderful volunteers, security services, medical teams and water rescue teams, who take care of your comfort and safety. We also thank our strategic partners, the City of Warsaw and the Mazovian Voivodeship Government, as well as the Nieporęt Commune, without whose hospitality this race would not be possible. I would also like to thank all our Sponsors and Partners, including Enea as our Title Sponsor. Thanks to all of you, we can proudly show the world what is best here.

Before you stand at the start line and begin the race to make your sports dreams come true, we ask you for one thing: please read this year's Athlete Guide carefully. You will find there all the important organisational details that will help you race with a calm mind.

We wish you a safe race, carried by the loud support of the fans, and pure joy on every kilometre of the course.

See you at the finish line of Enea IRONMAN 70.3 Warsaw!



MICHAŁ DRELICH

Race Director

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history of starts and results



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for multiple events



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directly from the registration form



ONLINE PAYMENTS
secure and convenient



EVENT REVIEWS
your opinion matters



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personal coach search engine
for endurance sports

MANAGE
REGISTER
PARTICIPATE



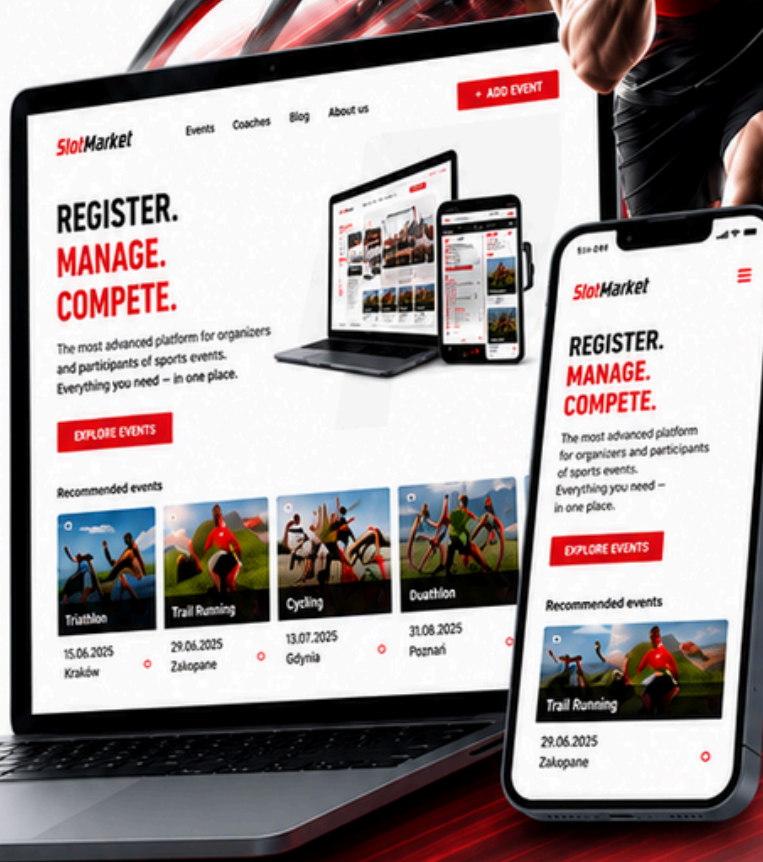
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HEAD REFEREE'S MESSAGE



Maciej Jakubowski

Enea 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 2026 IRONMAN Rules and the Event Rules.

	<p style="text-align: center;">BLUE CARD</p> <p>1st card - two-minute time penalty 2nd card - two-minute time penalty 3rd cards - 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 to be served in the penalty tent (bike) or next to the referee (run) <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 exit of the T2 Transition Zone.

YELLOW CARD

Yellow card violations (stop and go penalty) require an athlete to stop 30 seconds in the penalty tent (BIKE) or to stop next to the referee during 30 seconds (RUN). IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive YELLOW CARD violations.

RED CARD

Athlete shown a red card has committed a rule violation which 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 2026 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.**

[IRONMAN COMPETITION RULES 2026](#)

[Enea IRONMAN 70.3 WARSAW - RULES 2026](#)

[Enea IRONMAN 70.3 WARSAW RELAY - RULES 2026](#)

STANDARDOWA PROCEDURA INFORMOWANIA O KARACH NIEBIESZĄ KARTKĄ

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 penalty tent**.

Official hearing: In the event of a protest, the head referee and official timer will be available at the timing office next to the finish line on race day from 13:00 to 17:30. No protests will be accepted after this time.

2026 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 2026 season.

Article III. PENALTIES

Section 3.03 DISQUALIFICATION

- **3.03 (b)** - Athletes notified of a **red card** or disqualification may complete the Event unless otherwise instructed by the Race Referee;

Section 3.04 SUSPENSION

- **3.04 (a)** - A suspension may be issued for **unlawful conduct**, fraudulent conduct or certain rule violations including, but not limited to, illegal transfer of entries, repeated rule violations, intentional course cutting, theft, or dangerous or unsportsmanlike conduct;

Article IV. SWIM CONDUCT

Section 4.01 GENERAL

- **4.01 (i)** - For religious reasons or for approved medical conditions, athletes are allowed to have the body totally covered (except the face, hands, and feet) provided that the material is compliant with Section 4.03(a). **Applicable athletes must contact the Event-specific Head Referee onsite for authorization and awareness prior to Race day.**

Article V. BIKE CONDUCT – Section 5.01 GENERAL

Article VI. RUN CONDUCT – Section 6.01 GENERAL

- **5.01 (i) & 6.01 (e)** - Uniforms with a front zipper may be unzipped to any length, provided, that (i) the zipper should be connected at the bottom of the uniform at all times, and (ii) the top of the uniform should cover the shoulders at all times; (**warning and amend**, 30 or 60 Second Time Penalty (as applicable) if not remedied promptly).

Article V. BIKE CONDUCT

Section 5.02 EQUIPMENT

- **5.02 (a)** - The rear wheel may be either spoke or solid construction (disc wheel). Wheel covers are permitted only on the rear wheel. For reasons of safety, solid (disc) rear wheels are prohibited at **a select number of Events**, including the IRONMAN World Championship - Kona; (DSQ). **Athletes should consult the Event-specific Athlete Information Guide for applicable wheel restrictions.**
- **5.02 (d)** - Items Attached To The Top Tube
 - (i) In general, the top tube is the portion of the bicycle frame that extends from the steering axis to the seat tube. Any items attached to the top tube:
 - a. may be attached anywhere along the length of the top tube and may use the entire length of the top tube;
 - b. may not exceed a maximum of 10 cm high (DSQ), measured from the top edge of the top tube; and
 - c. may not be attached to or cover the headset (DSQ).
 - (ii) No part of the body may rest on items attached to the top tube (DSQ).

Article V. BIKE CONDUCT – Section 5.02 EQUIPMENT

Article VI. RUN CONDUCT – Section 6.02 ILLEGAL EQUIPMENT

- 5.02 (e) & 6.02 (b) - Headsets, headphones, or audio-capable eyewear (**including AI glasses**) are prohibited during the run segment of the Race; (30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)
- 5.02 (e) & 6.02 (d) - Using any device (e.g., including without limitation, cameras, phone cameras, video cameras, glasses, etc.) to capture photographs, video, or other visual images during the Race is prohibited. Athletes using any device in this manner will be disqualified;

Section 5.04 DRAFTING AND POSITION RULES

- **5.04 (a) (b) (c) (d) (e) (f) and (l)** – Amended and added verbiage to help clarify the new 20- meter professional draft zone.
- **5.04 (c)** - Any athlete who enters the draft zone of another athlete must continuously progress through the draft zone as follows:
 - (i) Athletes (excluding professional athletes) will be allowed a maximum of 25 seconds to pass through the draft zone of another athlete. However, **any athlete who rides into the professional field and is passing two or more professional athletes will be allowed a maximum of 45 seconds to complete the pass of each professional athlete.** (2:00 or 3:00 Minute Time Penalty (as applicable))
 - (ii) **Professional athletes will be allowed a maximum of 45 seconds to pass through the draft zone of another athlete;** (2:00 or 3:00 Minute Time Penalty (as applicable))

Article VIII. PARA OPEN DIVISION

- The amended verbiage reflects a change in name of the former Physically Challenged (“PC”)/Intellectual Disability (“ID”) Open Division to Para Open Division.

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 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 Łazienki 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





Enea

IRONMAN
70.3 & **WARSAW**
POLAND



TRANSPORT



Special trains

Saturday, June 6th

Warszawa Gdańska train station -> PKP Nieporęt train station

Departure: 12:42	Arrival: 13:11	PLATFORM II	FREE TRANSPORTATION
Departure: 16:05	Arrival: 16:26	PLATFORM II	FREE TRANSPORTATION

PKP Nieporęt train station -> Warszawa Gdańska train station

Departure: 15:45	Arrival: 16:17	PLATFORM I	FREE TRANSPORTATION
Departure: 18:25	Arrival: 18:52	PLATFORM I	FREE TRANSPORTATION

Sunday, June 7th

Warszawa Gdańska train station -> PKP Nieporęt train station

Departure: 5:42	Arrival: 6:04	PLATFORM II	ONLY RED WRISTBAND
Departure: 6:23	Arrival: 6:47	PLATFORM II	ONLY BLUE AND GRAY WRISTBANDS

Due to the limited number of places on the trains, travel on Saturday and Sunday is available only for athletes.

Athletes have been assigned to a specific Sunday train departure time. Athletes must board the train according to the colour of their wristband.

Regular trains

Saturday, June 6th

Warszawa Gdańska train station -> PKP Nieporęt train station

Arrival: 9:18, 11:18, 13:18, 15:18, 17:18, 19:18

PKP Nieporęt train station -> Warszawa Gdańska train station

Arrival: 11:01, 13:01, 15:01, 17:01, 19:01, 21:01

PLEASE CHECK THE CURRENT TRAIN DEPARTURE TIME ON THE CARRIER'S WEBSITE.

[CURRENT TRAIN TIMETABLE FOR SKM LINE S40](#)

Athletes who are not able to use the departure times listed above are encouraged to use regular trains running on the Piaseczno – Legionowo/Radzymin route.

Free public transport

From June 5th to 7th, participants of the Enea IRONMAN 70.3 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	TRAUGUTT PARK	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



SCHEDULE



FRIDAY 5th JUNE

Opening hours	Description	Location
15:00 - 20:00	Athlete check-in <i>IRONMAN 70.3, 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
17:00	Athlete briefing <i>POLISH</i>	Multimedia Fountain Park
18:00	Athlete briefing <i>ENGLISH</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 6th JUNE

Opening hours	Description	Location
10:00 - 18:00	Athlete check-in <i>IRONMAN 70.3, Relay</i>	Multimedia Fountain Park
10:00 - 18:00	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	Traugutt Park
12:00 - 21:30	Bike and bike bag (blue bag) check-in T1 Zone	Port of Nieporęt Lake Zegrzyńskie
12:42	Departure of the special train to the T1/Start zone Direction: Nieporęt	Warszawa Gdańska Railway station
14:00	Awards Ceremony <i>IRONKIDS</i>	Multimedia Fountain Park
15:45	Departure of the special train to Warsaw Direction: Warszawa Gdańska	PKP Nieporęt Railway station
16:05	Departure of the special train to the T1/Start zone Direction: Nieporęt	Warszawa Gdańska Railway station
18:25	Departure of the special train to Warsaw Direction: Warszawa Gdańska	PKP Nieporęt Railway station

SCHEDULE



SUNDAY
7th JUNE

Opening hours

Description

Location

5:42	Departure of the special train to the T1/Start zone Only athletes with red wristbands	Warszawa Gdańska Railway station
6:23	Departure of the special train to the T1/Start zone Only athletes with blue and grey wristbands	Warszawa Gdańska Railway station
6:30 - 7:30*	T1 zone and deposit - opening hours	Port of Nieporęt Lake Zegrzyńskie
8:00	Start	Port Nieporęt Jezioro Zegrzyńskie
9:00 - 16:00	Opening hours <i>Expo and Official Merchandise Store</i>	Multimedia Fountain Park
11:00 - 16:00	Urban Game	Info Point Run Course
11:30	Expected finish time of the first athlete	Multimedia Fountain Park
11:30 - 17:40	Deposit bag pick-up	Finisher's Zone Multimedia Fountain Park
16:30 - 20:30	Check-out bike and bags - T2 zone	Traugutt Park
17:40	Expected finish time of the last athlete	Multimedia Fountain Park
17:45	Awards Ceremony	Multimedia Fountain Park
18:45	Slot Allocation	Finish Line Multimedia Fountain Park

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





Enea
IRONMAN
70.3  **WARSAW**
POLAND

IRONMAN EXPO



Opening hours

15:00 - 20:00	Friday, June 5 th
10:00 - 18:00	Saturday, June 6 th
9:00 - 16:00	Sunday, June 7 th

Info point

If you have any questions, please visit the Info Point, which will be located in front of the entrance to the EXPO.

Opening hours

15:00 - 20:00	Friday, June 5 th
10:00 - 18:00	Saturday, June 6 th
9:00 - 18:00	Sunday, June 7 th

The list of exhibitors

226ERS	SPORT EVOLUTION
ALAB	SPORTANO.PL
EKOI	SPORTCENTER
ENEA	THE ROOTS; TRI SWIM RUN
ENTERPRISE	TRICENTRE
HYDREX	TRISOLUTION
IONTMAX	TRISTYLE
IRONMAN LOUNGE	VELOTEAM
MARSQUEST	VIAPURO
MARTOMBIKE	WESSPER
MEDICAL SPORT	WESTIN
PSI BUFET	ZONE/MIZUNO/100%



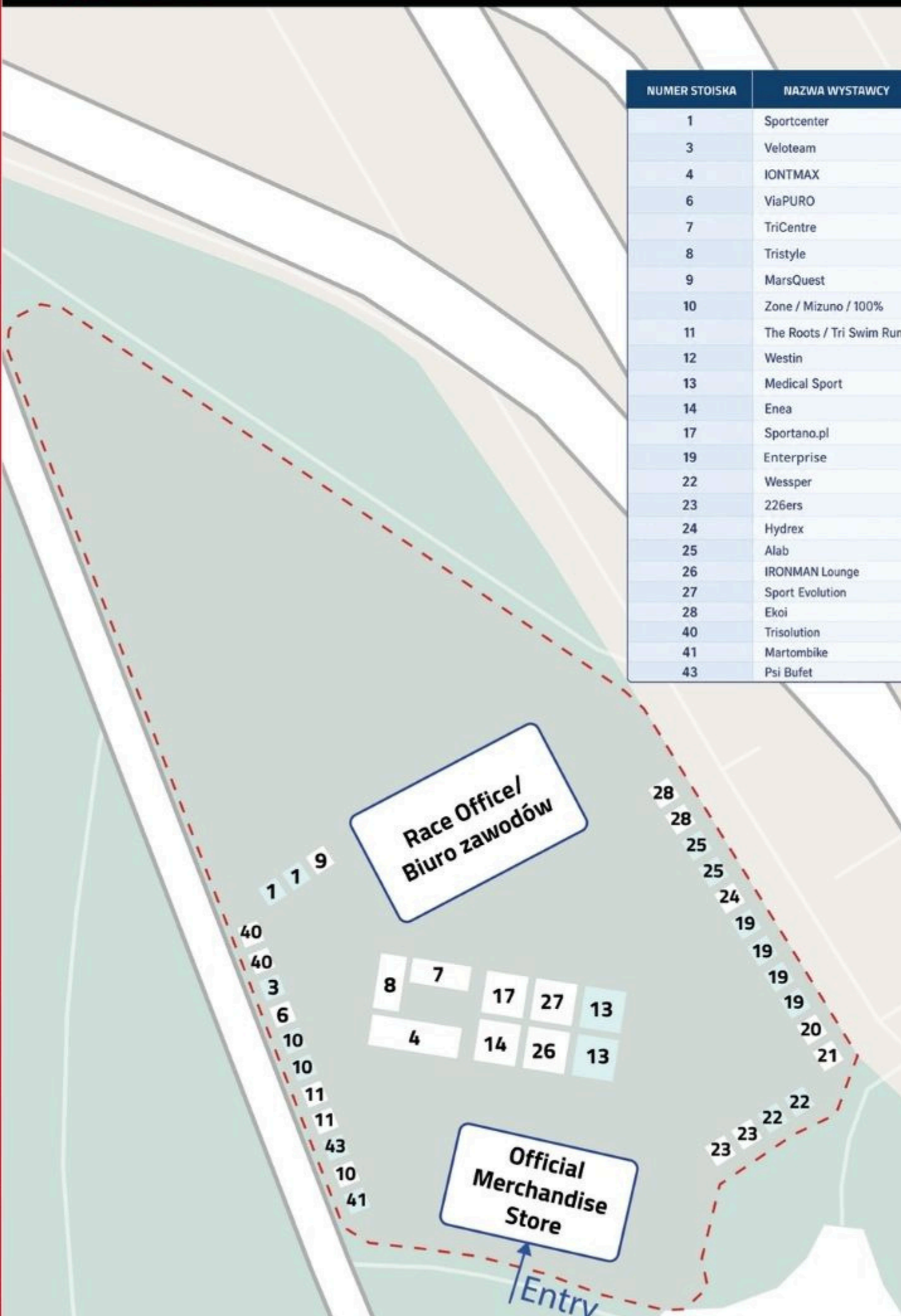
HERE FOR IT



GDY SAMA PODRÓŻ
STAJE SIĘ CELEM



NUMER STOISKA	NAZWA WYSTAWCY
1	Sportcenter
3	Veloteam
4	IONTMAX
6	ViaPURO
7	TriCentre
8	Tristyle
9	MarsQuest
10	Zone / Mizuno / 100%
11	The Roots / Tri Swim Run
12	Westin
13	Medical Sport
14	Enea
17	Sportano.pl
19	Enterprise
22	Wessper
23	226ers
24	Hydrex
25	Alab
26	IRONMAN Lounge
27	Sport Evolution
28	Ekoi
40	Trisolution
41	Martombike
43	Psi Bufet





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
10:00-18:00

NIEDZIELA | SUNDAY
9:00-16:00

LICENSE



JAK KUPIĆ LICENCJĘ?

PZSOL ZWIĄZEK TRIATHLONU

1. Sprawdź poprawność danych konta. Czy to jest Twoje konto Google Play?
2. Zaloguj konto.
3. Wykonaj wybór rodzaju licencji.
4. Wykryj licencję. Możesz kupić licencję przez aplikację lub w biurze.

LICENCJA JEDNORAZOWA (20 ZŁ)
LICENCJA ROCZNA (100 ZŁ)

1. Wykryj licencję. Wykryj licencję w aplikacji.
2. Wykryj licencję. Wykryj licencję w aplikacji.
3. Wykryj licencję. Wykryj licencję w aplikacji.
4. Wykryj licencję. Wykryj licencję w aplikacji.
5. Wykryj licencję. Wykryj licencję w aplikacji.

BRAWO !!!
Masz już elektroniczną wersję licencji, jest ona AKTYWNA.

Licencja roczna otrzymasz w formie karty na adresy poczty w formularzu.

DO ZOBACZENIA NA ZAWODACH !!!
W przypadku problemów z kartą, skontaktuj się z nami.

Click the image to enlarge

A national triathlon licence is required to start in Enea IRONMAN 70.3 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.

CZANIECKI

ENERGIA NA START

www.czaniecki.pl



LIMITOWANA
EDYCJA
INSPIROWANA
SPORTOWYMI
EMOCJAMI

ELITE
EDITION
UNIVERSAL



10
DUF

ATHLETE CHECK-IN



Registration process (*IRONMAN 70.3*)

Date	Opening hours	Location
Friady, June 5 th	15:00 - 20:00	Multimedia Fountain Park
Saturday, June 6 th	10:00 - 18:00	Multimedia Fountain Park



Please remember to come to the Race Office and register during the time slot you selected in the form. You can check your selected time either in the dedicated email or by logging into your SlotMarket account and visiting the "Registration History" section.



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.

1

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 and backpack 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.

RACE PACKAGE



Your package includes

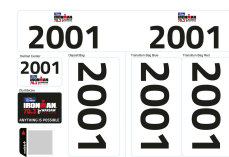
One BIB number: the number is mandatory during the running stage. During the run, the race number should be positioned on the athlete's stomach. We recommend wearing the race number during the cycling stage as well. In this case, the race number should be on the back.



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: The chip is used for race time measurement. **Please remember to return the chip when collecting your bike from Transition Zone T2 on Sunday.**



One backpack (for IRONMAN 70.3 participants) or three bag (for relay athletes)

Two transition bags and one deposit bag. Relay athletes will receive only three black deposit bags.



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

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**.

SOSlink

During race kit pick-up, you will receive an additional sticker with a SOSlink QR code. The sticker should be placed on your helmet in a visible place.

SOSlink is a medical identification system for athletes. The QR code allows quick access to the information provided by the athlete and makes it possible to report an incident to the Crisis Centre.



soslink+



WIĘCEJ SPORTU, MNIĘJ STRESU.

SOSlink to cyfrowy nieśmiertelnik z szyfrowanym kodem QR, w którym są zapisane: Twoje dane, kontakt do najbliższych, alergie, dane o chorobach, przyjmowane leki, Twoja grupa krwi.

Bez zakładania konta, bez subskrypcji, działa bez aplikacji.

**DLA ZAWODNIKÓW IRONMAN POLAND
MINUS 50% NA ZESTAW NAKLEJEK
I DOSTĘP DO CYFROWEJ KARTY ICE.
DO ZREALIZOWANIA NA
[SOSLINK.CC](https://www.soslink.cc)**

Na Twój drugi kask,
dla bliskiej osoby,
dla Twojego dziecka.

KOD:
IM50



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 6th 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

Traugutt Park

June 6th 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 7th:

Zegrzyńskie Lake / Port of Nieporęt

6:30 - 7:30

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.

BRIEFING



Friday, June 5th

Hours	Description	Location
17:00	Athlete briefing <i>POLISH</i>	Finish Line Multimedia Fountain Park
18:00	Athlete briefing <i>ENGLISH</i>	Finish Line Multimedia Fountain Park

Athlete briefing

The race briefing will take place on Friday, June 5. 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.

Bike check-in

During bike check-in, athletes must drop off their bike and transition bags in the transition area the day before the race. This process includes equipment verification and ensures the transition area is properly set up for race day.

Ready for Anything.

SHIMANO



Robust.
Intuitive.
Consistent.



XTR

BIKE AND BAGS CHECK-IN



Saturday, June 6th

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	Traugutt Park

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.

T1 ZONE - TRAUGUTT PARK IN WARSAW

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.

Please remember to check-in bike in the T1 zone during the time slot you selected in the form. You can check your declared time in the special email you received or by logging into your SlotMarket account and navigating to the "Registration History" tab.



TIMING CHIP

The timing chip records your individual start time as you cross the timing mat at the swim start. It tracks your swim, bike, and run times, along with transition splits, finish time, and your overall and age group rankings.

WHEN AND WHERE TO COLLECT THE TIMING CHIP?

The chip will be issued during registration.

KIEDY I GDZIE NALEŻY NOSIĆ CHIP DO POMIARU CZASU?

Your timing chip must be worn on your left ankle for the entire race. Please note that you must have your timing chip on for Bike Check-Out. So keep it on even if you drop out of the race.

Your race timing chip is loaned to you.

You must return the chip to the timing company, or you will be billed for its replacement.

WHEN SHOULD THE CHIP BE RETURNED?

The chip must be returned on Sunday during bike check-out from the T2 zone.



FAILURE TO RETURN THE CHIP OR LOSING IT WILL RESULT IN AN ADDITIONAL FEE OF 100 EUR.

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

dr. Witt

SPORT I NAWODNIENIE



**FUNKCJONALNE
ORZEŻWIENIE**



WSPARCIE NA CO DZIEŃ





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drone shots



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7 photographers

grawejr bus



TWOJE IMIĘ I NAZWISKO

Umieść swoje imię
i nazwisko na medalu

TWÓJ CZAS

Umieść na medalu
czas uzyskany w wyścigu

PRZYJDŹ PO WYŚCIGU WYGRAWEROWAĆ SWÓJ MEDAL

UWIECZNIJ SWÓJ WYSTĘP
I ZAPAMIĘTAJ BIEG NA ZAWSZE





**HAPPY
BIRTHDAY!**

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

Toma A.

Jakub B.

Michal S.



ENJOY YOUR RACE!

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 6:00 to 7:30. 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 will be open from 6:00 to 8:30 at Zegrzyńskie Lake. Bags left in the deposit will be transported to the Finisher's Zone in the Multimedia Fountain Park.

Deposit for relay

Relay team members leave their belongings in the deposit area, depending on the discipline they take part in. The swimmer and cyclist leave their deposit at Lake Zakrzówek between 6:30 and 7:30. The swimmer collects their deposit in the same place, while the cyclist collects it in the Finisher Area at the Multimedia Fountain Park. From 9:00, the runner may leave their bag in the Finisher Area at the Multimedia Fountain Park.

Toilets

Toilets will be available at the start, in the Transition Zones, and at the aid points.

Bike Service

Shimano bike service will be available in Transition Zone T1 from Saturday. On race day, the service will be in the Transition Area to help in case of any last-minute bike problems before the start and during transition.



Urządzenia
Contrast
ciepło, chłodzenie i kompresja



Pistolety
Hypervolt
masaż perkusyjny



Seria
Venom
rozgrzewająco-wibracyjna



Normatec
drenaż limfatyczny



Enea

IRONMAN
70.3  **WARSAW**
POLAND

RACE



TIME LIMITS

	01:10:00
 + T1 + 	05:30:00
 + T1 +  + T2 + 	08:30:00

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



LIMITOWANA EDYCJA ZESTAWÓW FUELINGOWYCH

Gotowe zestawy z żelami, produktami wspierającymi nawodnienie i proces carbloadingu, opracowane starannie przez dr Mariannę Hall, by pomóc Ci utrzymać odpowiedni poziom energii od startu do mety.

DOPING FREE



Zeskanuj i zamów



AID STATIONS



Aid stations

Bike

Location:

1st station: 21 km

2nd station: 51 km

3rd station: 74 km

Available items:

Cisowianka water in a 0.7 l bottle

drWITT isotonic drink in a 0.75 l bottle

226ERS XS High Fructose gels

Bananas



WATER

ISO

BANAN

GEL

ISO

WATER

Run

Lokalizacja:

1st station: 2 km, 9 km, 16 km

2nd station: 4,5 km, 11,5 km, 18,5 km

3rd station: 6,5 km, 13,5 km, 20,5 km

Available items:

Cisowianka water in a cup

drWITT isotonic drink in a cup

Tiger energy drink in a cup

Cola drink in a cup, Bananas



WATER

ISO

TIGER
2 station

BANAN

GEL
1 & 2 station

BAR
2 & 3 station

COLA
2 station

ISO

WATER

SPONGE

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.

ARCYKSIĄŻĘCY BROWAR ZAMKOWY CIESZYN
1846
Cieszyn



Piwo jak dawniej, z Browaru, nie z fabryki.



SWIM



Course

The start is located in Port Nieporęt by Lake Zegrzyńskie in Nieporęt. Athletes will have to complete one lap of 1900 meters.

Start

The start will begin at 8:00 and will be held in a rolling start format. This means that every 10 seconds, 6 athletes will start the race. Each athlete's start time will be recorded by the timing chip when they cross the start line. Before the race starts, each athlete will have the chance to warm up in the water.

Start organization

The start zone will be divided into two parts.

The first one will be the **WAITING AREA**, where deckchairs, a water point and toilets will be available. This is a place where you can calmly wait for your start and prepare for the race.

From the **WAITING AREA**, athletes will move to the proper **START ZONE**. At the entrance, there will be gates marked with expected swim finish times. Athletes will be allowed to enter the area with their selected time until the start of that group. After the start of that zone begins, entering the **START ZONE** will no longer be possible.

Please stand in the area that matches the time in which you plan to finish the first part of the race. Choose the area according to your abilities, so that you can help ensure a smooth and safe start for yourself and other athletes.

Time limit

The swim course will close 1 hour and 10 minutes after.

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 who exceed the established time limits from the course.



START



GATE 5

GATE 4

GATE 3

GATE 2

GATE 1

STREFA OCZEKIWANIA
Waiting area

 **WODA**
Water

CZEPKI
Caps 

ZAPASOWE CZIPY
Spare Chips 

TOALETY
Toilets

WEJŚCIE
Entry

TOALETY
Toilets

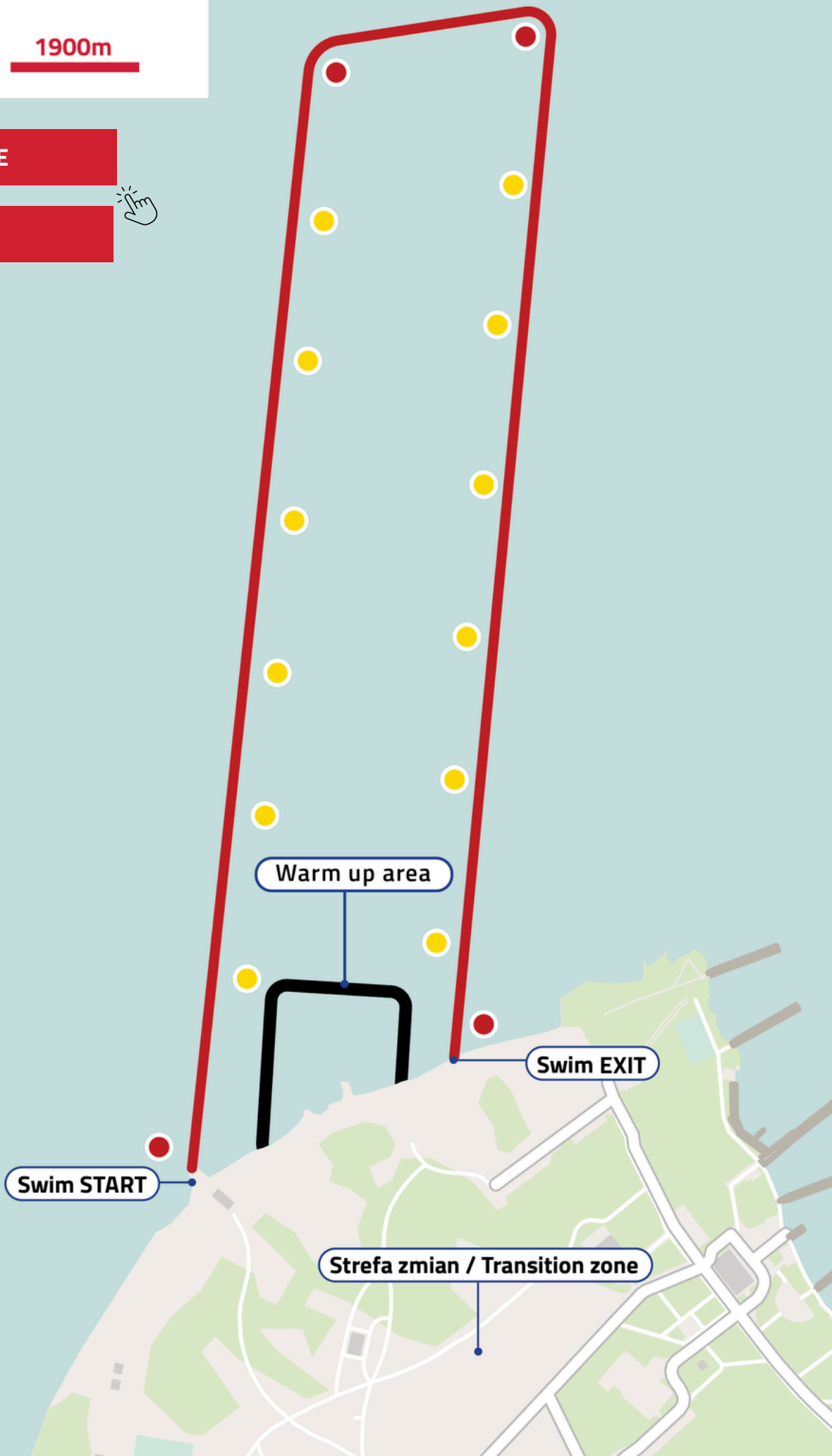
TRASA PŁYWACKA SWIMMING COURSE



1900m

GPX FILE

STRAVA



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.





Twój biznes, *Twój sukces.*

razem możemy więcej!

Wiemy, że to, co robisz, wymaga wytrwałości, siły i otwartości na współpracę.
Jesteśmy bankiem globalnego biznesu.
Sprawdź, co możemy zrobić dla Twojej firmy.

citi handlowy

T1 ZONE



TRANSITION ZONE – SWIM TO BIKE

After leaving the water, go towards the BLUE BAGS. On this section, taking off your wetsuit is not allowed, but you may lower the upper part to your waist.

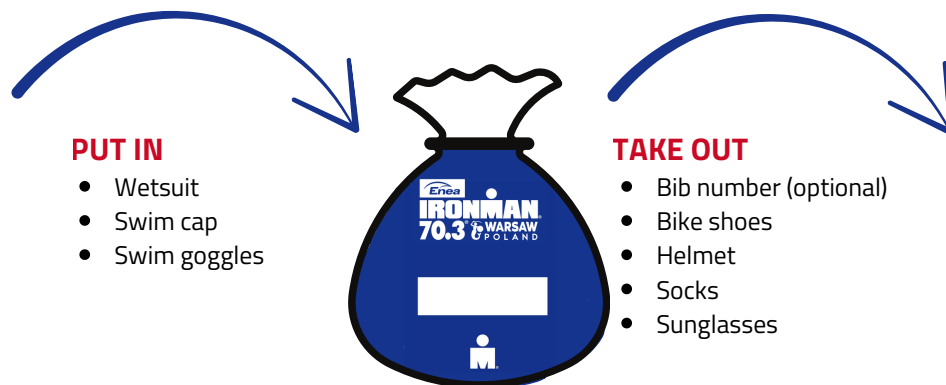
Take your bag from the rack, change your clothes, and then leave the bag in the marked "drop off" area at the end of the transition area. Do not put the bag back on the rack. All your equipment must be inside the blue bag, including your wetsuit.

Changing tents will be available. **Nudity is not allowed.**

When you are ready, collect your bike and go to the exit of Transition Zone T1. Your helmet must be fastened, and the chin strap must be properly closed. Do not get on your bike before crossing the line marked on the ground at the exit of the Transition Area, also called the mount line.

Changing tents will be available in the area. Nudity is not allowed.

A special entrance to the Transition Zone has been prepared for relay athletes. The cyclist and runner will wait there for their team member. Please make sure that the cyclist is in T1 by 8:00, and the runner is in T2 no later than 10:00. Entry to the area is only possible with a wristband and chip.



TRANSITION ZONE 1

STREFA ZMIAN 1

101	300
301	500
501	700
701	900
901	1100
1101	1300
1301	1500
1501	1700
1701	1900
1901	2100
2101	2300
2301	2500
2501	2600

SZTAFETY/RELAYS

BLUE BAGS

ENTRY

SWIM

BIKE



BIKE



Course

Athletes have to complete one lap of 90 km.

Time limit

The bike course will be closed 5 hour and 30 minutes after the start of the swim by the last athletes of 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).

Cut off

4,5 km - 10:35 | 25,8 km - 11:30 | 35,5 km - 12:00 | 56,5 km - 13:00 | 77,6 km - 14:00

Athletes who do not meet the time limits on the bike course will have to return by technical bus. They will not be allowed to continue the race or return on their own.

Safety first

If you need medical help on the bike course, paramedics on motorcycles will move along the bike course to help you. Please contact the staff if you need medical help.

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.

Drop out

If you decide to drop out of the race at any time, you athlete MUST inform a race official about this..

Keep your timing chip, as it will be needed to collect your bike and equipment from the T2 zone between 16:30 and 20:30.

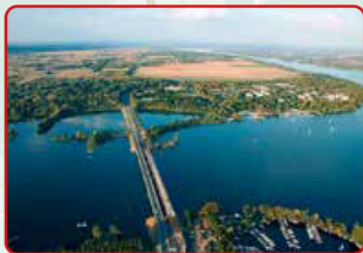
SAG vehicle

A SAG vehicle will be available on the bike course. It can pick up you and your bike if you decide to withdraw from the race. In this situation, please contact the staff on the course. The staff will call the SAG vehicle and explain the next steps.

If you do not finish the race, the SAG vehicle can pick you up from any place on the course. Please remember that athletes are picked up in the order of reports, so the waiting time may be different.

In some cases, an athlete may be picked up without the bike. In this case, the bike will be collected separately by the SAG vehicle and taken to the T2 zone, where it can be collected after the race.

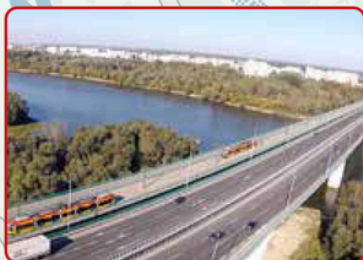
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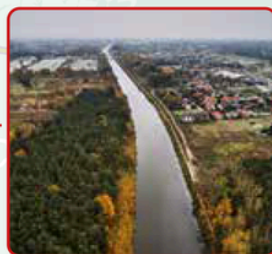
Jezioro Zegrzyńskie



Nieporęt



Most Północny



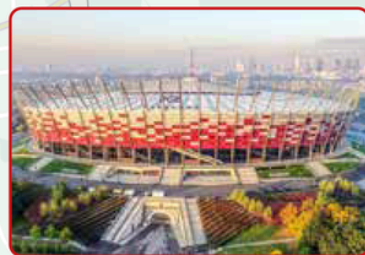
Kanał Żerański



Zamek Królewski



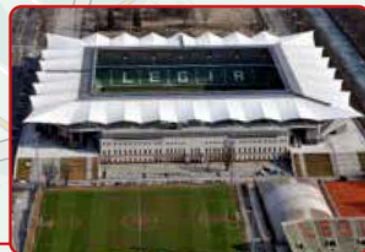
Most Świętokrzyski



Stadion Narodowy



Tunel pod Wisłostradą



Stadion Miejski Legii Warszawa

Strefa zmian T1 / Transition zone T1

Strefa zmian T2 / Transition zone T2

GPX FILE

STRAVA



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

Drafting during the race is prohibited (blue card - 2:00 Minute time penalty)

- The length of the draft zone for athletes (excluding professional athletes) is 12 meters, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes).
- The length of the draft zone for professional athletes is 20 meters, measured from the leading edge of the front wheel and extending towards the back of the bike (11 bike lengths)



Any athlete who enters the draft zone of another athlete must continuously progress through the draft zone as follows:

- Athletes (excluding professional athletes) will be allowed a maximum of 25 seconds to pass through the draft zone of another athlete. 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). However, any athlete who rides into the professional field and is passing two or more professional athletes will be allowed a maximum of 45 seconds to complete the pass of each professional athlete. (2:00 Minute Time Penalty).
- Professional athletes will be allowed a maximum of 45 seconds to pass through the draft zone of another athlete; (2:00 Minute Time Penalty). Athletes entering the draft zone of a professional athlete (including professional athletes and non-professional athletes) must initiate and execute the pass to the side of the athlete being overtaken and may not approach directly from behind (i.e., no slipstreaming). Failure to do so will result in a drafting violation. Athletes who ride into the professional athlete field may not insert themselves between two or more legally spaced professional athletes; Athletes must remain outside of their respective draft zone except when passing. Failure to do so will result in a drafting violation.

BIKE



Blue card - BIKE

Blue card is used in case of drafting:

- 1st blue card offense: 2:00 minutes
- 2nd blue card offense: 2:00 minutes
- 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 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



Więcej informacji

 wessper

Butelka filtrująca
B2 TRITAN Actitex™




IRONMAN
70.3  **WARSAW**
POLAND



POBIERZ APLIKACJĘ SPORTANO



sportano.pl



SKLEP SPORTOWY W TWOJEJ KIESZENI
RUSZAJ PO NAJLEPSZĄ
BIEGOWĄ OFERTĘ

Z WYSYŁKĄ W 24 GODZINY



T2 ZONE



TRANSITION ZONE – FROM BIKE TO RUN

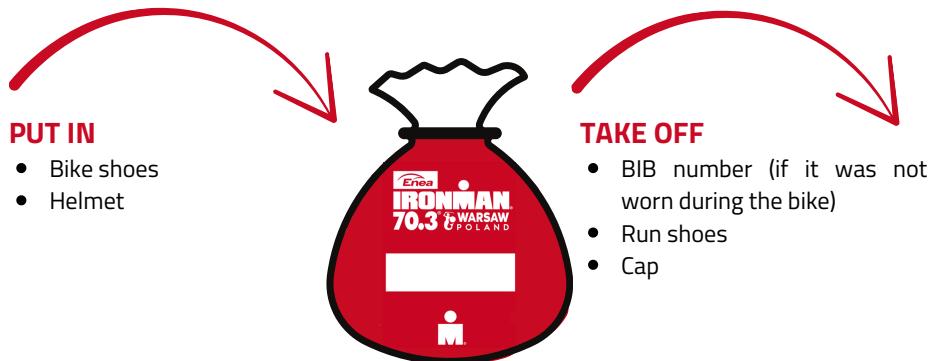
You must dismount before the dismount line, walk your bike to the rack and rack it. Then collect your **RED BAG**, change into your running clothes, and put all your bike equipment, including your helmet, into the bag. Bike shoes should stay on the pedals or be placed in the bag. After packing your bag, hang it back in your place and start the run.

After the race, collect your **RED and BLUE BAGS** and your bike by showing your race bib and wristband. All items must be collected on race day during the set opening hours. The organizer is not responsible for any items left behind.

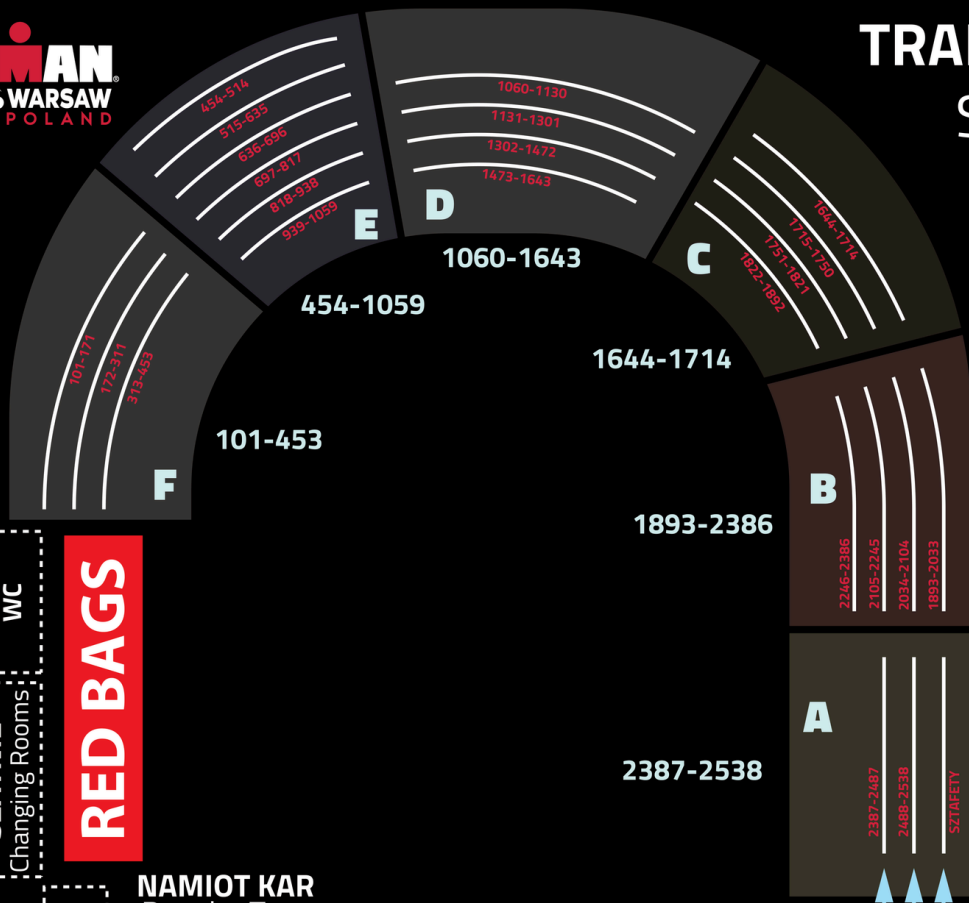
The Penalty Tent will be located at the exit of the T2 Transition Zone. If you received a penalty from a referee during the bike stage, go to the tent and serve your penalty.

Relays: the runner waits by the rack. The changeover takes place by passing the timing chip from the athlete finishing their stage to the athlete starting the next stage.

A separate entrance to the Transition Zone will be prepared for relay participants. This is where the cyclist and runner will wait for their teammate. Please make sure that the cyclist is in the T1 zone by 8:00, and the runner is in the T2 area no later than 10:00. Entry to the area is possible only with a wristband and timing chip.



TRANSITION ZONE 2 STREFA ZMIAN 2



SZATNIE
Changing Rooms

RED BAGS

NAMIOT KAR
Penalty Tent

RUN

BIKE





Enea
IRONMAN
70.3  **WARSAW**
POLAND

RUN



Course

Athletes have to complete 3 laps of about 7 km each.

Time limit

The run course will close 8 hours and 30 minutes after the last athlete starts the swim.

Each athlete or relay team member has 8 hours and 30 minutes to complete the full course. Any athlete or relay team member who exceeds this limit and does not finish before the run course closes will receive a DNF status.

If an athlete or relay team exceeds the 8-hour and 30-minute limit but crosses the finish line before the run course closes, they will receive NC (Not Classified) status in the results. This result will not count towards Age Group rankings, and the athlete or relay team will not be eligible for Age Group awards or qualification for the World Championship.

Aid stations

Aid stations will be located approximately every 2 km..

Cups and gels must be thrown into the marked bins, not on the ground. Athletes will receive a penalty if they are caught littering by a race referee.

Drop out

If you decide to drop out of the race at any time, you athlete **MUST** inform a race official about this. Keep your timing chip, as it will be needed to collect your bike and equipment from the T2 zone between 16:30 and 20:30..

RUN Rules

Athletes may run, walk, or crawl. Coaching is allowed only on the side of the race. It means that the coaches 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 [2026 IRONMAN regulations](#).



Start biegu / Run Start

Sanguśki

Meta / Finish

3
PĘTLE / LOOPS

Konwiktorska

Bonifaterska

Miodowa

Krakowskie Przedmieście



Park Fontann



Zamek Królewski / King Castle



Pałac Krasieńskich



Plac Zamkowy / Castle Square



Sąd Najwyższy / Supreme Court



Pałac Prezydencki / Presidential Palace



Uniwersytet Warszawski / University of Warsaw Campus



Pomnik Kopernika / Copernicus Monument

PLIK GPX

STRAVA



Polska Akademia Nauk / Polish Science Academy

FINISH LINE



As you approach the Finish Line, ensure your bib is on the front and your trisuit zipper must be connected at the bottom all times. Please remember, you must cross the Finish Line on your own. **For safety reasons, fans, family, children, and pets are not permitted to cross 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. Use the services available in the Finisher Zone.

Relays

Relay team members may cross the finish line together, as long as each of them is wearing the athlete wristband and the race bib received in the race pack. A special zone for relay team members will be prepared at the crossing of Sanguszki and Rybaki streets. This is where they can wait for their runner before crossing the finish line together.

Sunday, June 7th

Opening hours	Description	Location
16:30 – 20:30	Check-out bike and bags - T2 zone	Tragutt Park

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

**DURING CHECK-OUT, PLEASE REMEMBER TO RETURN THE CHIP.
FAILURE TO RETURN THE CHIP OR LOSING IT WILL RESULT IN AN
ADDITIONAL FEE OF 100 EUR.**



AWARDS CEREMONY



Sunday, June 7th

Hours

Description

Location

17:45

Awards Ceremony

Finish Line
Multimedialny Park
Fontann

- Trophy for the Top 3 of each age group category
- Trophy for the Top 3 Relays Team (Men, Women, Mixed)
- Trophy for the Top 3 TriClubs
- Trophy for the Best Female and Male athlete from Warsaw

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



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70.3 & **WARSAW**
POLAND

SLOT ALLOCATION



Sunday, June 7th

Hour	Description	Location
18:45	Slot Allocation	Finish Line Multimedialny Park Fontann

Age group qualification slots

This event allocates slots for the 2026 Precision Fuel & Hydration IRONMAN 70.3 World Championship - Nice, France, held on September 12-13th, 2026:

- 30 qualifying slots for women age group athletes
- 30 qualifying slots for men age group athletes

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

If you qualify during the 2026 Enea IRONMAN 70.3 Warsaw, you will be eligible to participate in the **2026 Precision Fuel & Hydration IRONMAN 70.3 World Championship - Nice, France only**.

Important: if you plan on accepting a qualification slot, please attend the full Awards and slot allocation ceremonies at Sunday, June 7th at 18:45. Athletes may claim their slot only IN PERSON.

Attendance at the ceremonies is mandatory.
No slots will be awarded after the ceremonies.

Registration fee

Be prepared to pay the entry fee by credit card only (no Amex, Diners or cash payment). We do not accept cash or cheques. Your physical credit card including full credit card number, expiry date and CVV must be available at time of payment and only one card is accepted (split payment will not be accepted).

The amount is €804.73 (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 70.3 World Championship. Please check travel requirements before accepting your slot.

Rules

→ To accept a slot to the 2026 Precision Fuel & Hydration IRONMAN 70.3 World Championship - Nice, France, qualified athletes must claim their slot **in-person** at the Awards or Rolldown Ceremony.

- **Automatic qualifying slots will be awarded during the age-group awards ceremony**, while the athletes are on the podium.
- **Performance Pool slots will be awarded during the roll down ceremony**, directly after the completion of awards.

→ On accepting a slot, you will complete your registration on-site, which requires both photo ID and entry payment.

→ For the 2026 Precision Fuel & Hydration IRONMAN 70.3 World Championship, we're implementing the new performance-based roll down process.

Each Male & Female Age Group is allocated one slot to be awarded to the Age Group winner and will roll down as far as third-place finisher. This is referred to as the "Automatic Qualifying Slot", all remaining slots are allocated to the "Performance Pool".

For more detailed information and FAQ please visit [here](#).

SLOT ALLOCATION



Slot Allocation and Roll-down Process:

Before Race Day:

Each qualifying event is allocated a number of age-group qualification slots for men and, the same number for women.

From this allocation, each Male & Female Age Group is allocated one slot to be awarded to the Age Group winner. This is referred to as the "Automatic Qualifying Slot."

All other slots available for the race are attributed to the Performance Pool, to be offered after the race is complete. These slots are referred to as the "Performance Pool Slots." A separate Performance Pool of slots is maintained for men and for women so that slots remain equally split between genders.

On Race Day:

The winner of each Male & Female Age Group will automatically earn a qualifying slot, ("Automatic Qualifying Slot"):

- If that slot is not taken, it will roll to the second-place finisher, and then to the third-place finisher if not taken by the second-place finisher.
- If the automatic qualifying slot for a specific age group is not taken by one of the top three finishers, that slot is allocated to that gender's 'Performance Pool' of qualifying slots that will then be offered to the next-most competitive athletes at the same event.

Once Age Group Winners have been offered slots following the process above, we move on to the allocation of slots via the "Performance Pool Slots":

- The finish times of all remaining athletes at the event will be compared to a benchmark (IRONMAN 70.3 Standard) that is created by averaging the top 20% of IRONMAN 70.3 World Championship finish times over the past 5 years for each age group (i.e., a global age-group standard for each gender and age group). By comparing each finish time to its age-group standard, we create an age-graded finish time for each athlete. To read more about the IRONMAN 70.3 Standard, [click here](#).
- Athletes are then ranked within their gender, based on their age-graded finish times (i.e., their performance in the race relative to their own age-group standard); the athletes who are most competitive on race day relative to their age-group standard will rank highest.
- Using this ranking of the most competitive athletes, slots will then be offered and allocated using a 'first to accept' roll-down process. This roll-down process will continue until all qualifying slots for the women's race are allocated, and then for the men's race (or vice versa).

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 IRONMAN 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 IRONMAN (World Triathlon Corporation, 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.

IRONMAN COMPETITION RULES



Enea IRONMAN 70.3 Warsaw will be governed under the IRONMAN 2026 Competition Rules. For more information regarding these rules, please visit the following webpages: <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 Head referee and designated race marshals have the authority to issue a disqualification notice to 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 may 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 a triathlon race can be dangerous and may cause serious damage to a 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, loss - or in extreme cases, death – caused as a result of wrong or insufficient hydration, ingestion, or self-medication pre, during and after the race.

This race is a long-distance endurance triathlon, 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 or similar unusual serious occurrences in training, we would highly recommend that you see a specialist for a health check prior to the race.

ANTI DOPING

Each athlete acknowledges and accepts notice of the Anti-Doping Rules, agrees to be bound by them, confirms they shall comply with them at all times, and voluntarily consents to all provisions contained therein.

“Anti-Doping Rules” means all anti-doping rules adopted by IRONMAN including, without limitation:

1. The World Anti-Doping code (the “WADA Code”),
2. The international standards published by the World Anti-Doping Agency (“WADA”), including, without limitation, the list of prohibited substances and Prohibited Methods (the “Prohibited List”), and,
3. all other rules, policies, standards and procedures adopted by IRONMAN.

COMMON RULES, VIOLATIONS & PENALTIES



COMMON RULES, VIOLATIONS & PENALTIES	PENALTIES	CARD
Public nudity or indecent exposure	DSQ	Red
Littering outside of the trash/rubbish drop zones	2 min 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 time 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 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 videos and taking photographs, and using a device as a bike computer.	DSQ	Red

GOOD TO KNOW



One question?

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

Lost and found

During race week, lost and found items will be available at the Info Point.

Once the event is over, please contact warsaw70.3@ironman.com to find the missing items and arrange for their return.

Shipping charges will apply.

**All unclaimed items will be donated within 30 days.*

Safety and security

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

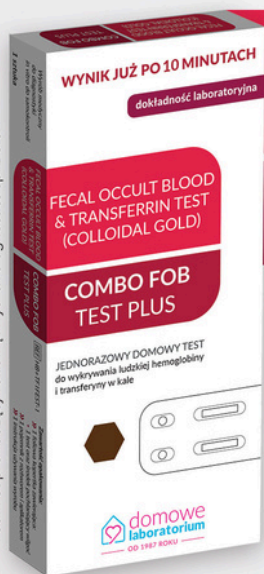
Make sure you have provided your ICE (In Case of Emergency) contact on your account at SlotMarket.pl portal.

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



Zdrowy tryb życia

- profilaktyka z testami **FOB** i **PSA**

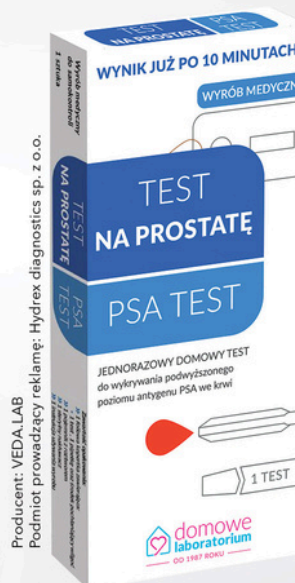


WYNIK JUŻ PO 10 MINUTACH
dokładność laboratoryjna

FECAL OCCULT BLOOD & TRANSFERRIN TEST (COLLOIDAL GOLD)

COMBO FOB TEST PLUS

Test na krew utajoną w kale
COMBO FOB Test Plus jest jakościowym testem wykrywającym ludzką hemoglobinę i transferynę w próbkach ludzkiego kału.



TEST NA PROSTATE

PSA TEST

PSA Test to narzędzie diagnostyczne do domowego użytku, przeznaczone do wykrywania podwyższonego antygenu prostaty, który towarzyszy zmianom chorobowym w odrębnie gruczołu krokowego.

HYDREX

WWW.DOMOWELABORATORIUM.PL

To jest wyrób medyczny.
Stosuj go zgodnie z instrukcją używania lub etykietą.

HOW TO FOLLOW THE RACE?



Going to the event?

The Enea IRONMAN 70.3 Warsaw is a big party that will bring together thousands of athletes from all over the world.

We invite you to cheer at the finish line in the Multimedia Fountain Park and along the bike and run courses to support the athletes and feel the IRONMAN atmosphere.

On the bike course, spectators can head to the area near Transition Zone T2, located in Traugutt Park.

On the run course, spectators will be able to cheer along its entire length.

For the safety of spectators and athletes, please stay on the side of the road.

IRONMAN.com

On the IRONMAN.com website, you will find all the essential details of the event as well as a link allowing you to access the LIVE race ranking, the position of your favorite athletes and other options.

Application IOS et Androïd IRONMAN Tracker

Enea IRONMAN 70.3 Warsaw udostępnia informacje w czasie rzeczywistym oraz wyniki LIVE za pośrednictwem aplikacji 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.



[DOWNLOAD THE APP](#)



NIGHT RUN WARSAW



On Friday, June 5th, 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 5th

Hour	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 Ceremony	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.



PHO3NIX IRONKIDS WARSAW



Before Enea 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 5th

Hours	Description	Location
15:00 - 20:00	Registration	Multimedia Fountain Park

Saturday, June 6th

Hours	Description	Location
10:00 - 13:30	Registration	Multimedia Fountain Park
12:00	Start	Multimedia Fountain Park
14:00	Awards Ceremony	Multimedia Fountain Park





Biuro zawodów
Race office

Start/Meta
Finish Line

Park
Fontann

Rocznik Age Category	Petle Loops	Dystans Distance	Godzina Time
2023-2022	1	ok. 350m	12:00
2021-2020	1	ok. 350m	12:20
2019-2018	2	ok. 700m	12:40
2017-2016	2	ok. 700m	13:00
2015-2014	3	ok. 1000m	13:20
2013-2011	5	ok. 1700m	13:40

GOOD LUCK!

POWODZENIA!



SPONSOR TYTULARNY



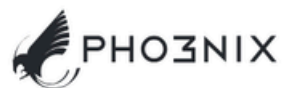
PARTNERZY STRATEGICZNI



SPONSORZY OFICJALNI



SPONSORZY



PARTNERZY



PARTNER SPOŁECZNY



PARTNERZY MEDIALNI

