



Before travelling

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

www.ironmanwarsaw.com

If you cannot find yourself on the start list or notice any mistake, please contact us by writing to warsaw70.3@ironman.com

Before going to registration

Friday, June 5th: 15:00 - 20:00

Saturday, June 6th: 10:00 - 18:00

- Take your ID or passport
 - Download your personal ticket with a QR code
- The QR code will be sent to the email address provided during registration and will also be available under the "Registration History" tab in your SlotMarket account on Monday evening.

- Prepare your triathlon license

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

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

During registration, you will receive

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

Relay team members will receive three black deposit bags

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

- Place stickers on your helmet
- Place the sticker on the seat post of your bike.
- Prepare the blue bag with your bike clothes (with hamlet)
- Prepare the red bag with your run clothes.

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

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

Transition Zone T1: Saturday, June 6th: 12:30 - 21:30,
Port of Nieporęt Lake Żegrzynskie

Transition Zone T2: Saturday, June 6th: 12:30 - 20:30,
Traugutt Park

At the entrance, the referees will check:

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

And then

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

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

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

Before start

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

Transition Zone T1 opening hours on Sunday, June 8th at 6:30 - 7:30

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

Get ready for the start

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

Congratulations for your amazing race

- Collect your medal
- Collect your black deposit bag (in the Finisher Zone)
- Collect your bike, and the blue and red bags, from Transition Zone T2
- Return the chip during bike check-out.

Bag and bike check-out on Sunday, June 7th: 16:30 - 20:30

Awards and Slot Allocation

Slot Allocation will take place on June 7th at 18:45,
Multimedia Fountain Park