

ATHLETE GUIDE

GDYNIA | 2-4 SIERPANIA 2024



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WELCOME MESSAGE

Dear Athletes, Spectators, and Viewers,

It is my great pleasure to welcome you all to Gdynia for another edition of the grand sporting event, Enea IRONMAN 70.3 Gdynia.

The IRONMAN 70.3 races are among the largest and most recognizable triathlon events in the world. Therefore, it is especially gratifying that this year, once again, Gdynia can be a part of it, as sports hold a special place in our city. I would not be exaggerating to say that Gdynia has fallen in love with triathlon, and triathletes from all over the world have fallen in love with Gdynia. There are many reasons for this love for our city - starting with the natural landscape, with its plains and hills and the sea as the central focus, to the unique atmosphere created by the irreplaceable Gdynia supporters together with the athletes. They can cheer on the "iron men" like no one else, with full faith in their victory, adding energy and encouragement at every stage of the grueling competition, especially the last, dream stage leading to the finish line.

Dear Athletes of Enea IRONMAN 70.3 Gdynia, I wish you strength and perseverance, but also sports wisdom and prudence as you conquer this impressive distance.

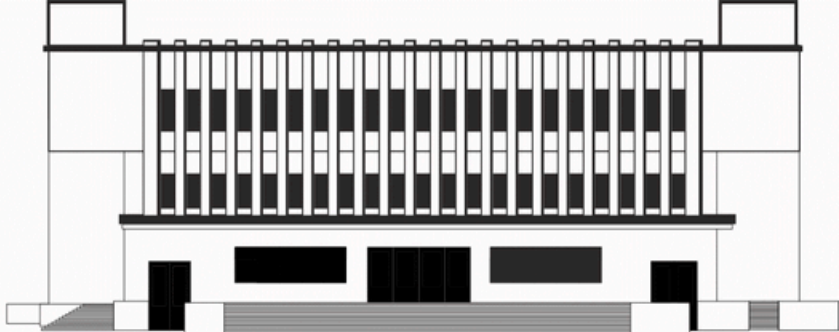
May you be accompanied by only positive emotions on this demanding course - in the water and on land - and may your attitude, based on fair play, lead you to your desired goal. I believe that the Enea IRONMAN 70.3 Gdynia event will meet the expectations of the Organizers, and bring us all - Spectators and Supporters - many unforgettable experiences, just as it has in all previous editions of this spectacular event.

Respectfully,



ALEKSANDRA KOSIOREK

Prezydent Gdyni



RUN GDY

GDYŃSKI BIEG NIEPODLEGŁOŚCI

11.11.2024

ZAPISY DO 30.10.24

gdyniasport.pl

WELCOME MESSAGE

Welcome!

Time flies and it's hard to believe that we're meeting for the tenth time at an IRONMAN-branded event in Gdynia. It all started in 2015 and not even the pandemic could stop us. Does anyone still remember that Gdynia was swimming, biking and running even in the 2020 season, when most events worldwide were canceled?

Over these 10 years of the IRONMAN brand in Poland, Gdynia has earned its reputation as the most prestigious triathlon event in the country. It has often been a focal point in the triathlon world – just think of the low flyover of a passenger Embraer right before the race start in 2015 or the participation of the biggest triathlon stars, including Daniela Ryf, Mirinda Carfrae, Timothy O'Donnell, Sam Long, Patrick Lange, Magnus Ditlev, and the one and only Jan Frodeno. They, along with thousands of age groupers from around the globe, have built the status and prestige of this event over the years.

I especially want to welcome those of you who are joining us for the first time. Some of you have flown in from various parts of the world – I hope you have a great time here and return home with only positive memories. I'm also rooting for all the triathlon newcomers – it's mainly for you that we introduced the 4:18:4 Gdynia powered by Sportano.pl event to the racing weekend's program. We hope that this short distance will attract even more new triathlon enthusiasts to Gdynia in the coming years.

To make Gdynia the heart of the triathlon world each year, it takes the coordinated effort of hundreds of people. I want to extend my heartfelt thanks to the entire organizing team, each of our hundreds of volunteers and collaborators, and all our partners, led by the authorities of the city of Gdynia and the Wejherowo district, the Pomeranian Voivodeship Government, and our title sponsor, Enea. Without their support, organizing this event would be impossible.

I'm rooting for all of you and see you on the weekend of August 2-4!



MICHAŁ DRELICH

Race Director

Enea
IRONMAN
70.3[®] POZNAŃ
POLAND



1,9K - 90K - 21,1K

POZNAŃ | 1 WRZEŚNIA 2024

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HEAD REFEREE'S MESSAGE

Maciej Jakubowski

Enea IRONMAN 70.3 Gdynia
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 2024 IRONMAN Rules and the Event Rules.

CARDS & PENALTIES

| | | |
|-------------|---|---|
| Blue Card |  | <p>1st Blue Card - 5:00 minutes time penalty (for IRONMAN 70.3) or 2:00 minutes time penalty (for 5150 Triathlon Series)</p> <p>2nd Blue Card - 10:00 minutes time penalty (for IRONMAN 70.3) or 4:00 minutes time penalty (for 5150 Triathlon Series)</p> <p><i>eg. drafting</i></p> |
| Yellow Card |  | <p>30 second time penalty</p> <p><i>eg. Blocking the progress of other athletes</i></p> |
| Red Card |  | <p>Disqualification (DSQ)</p> <p><i>eg. Non-compliant material or equipment</i></p> |

THREE BLUE OR YELLOW CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION

When an athlete receives a blue or yellow card, they must serve their penalty in the Penalty Tent (before entering Transition Zone) and ensure that the judge records on their number that the penalty has been served.

Failure to report to the penalty tent results in disqualification.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referee's ruling is final in the case of POSITION violations, and there are no protests or appeals.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification.

We sincerely hope you have a great race and achieve all your goals.

All rules and details about the race can be found in the IRONMAN 2024 rules, the competition regulations, and in this Athlete Guide. The event regulations are available on the website www.ironmangdynia.pl

[2024 RULES](#)

RULES & REGULATIONS

2024 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 2024 season

2024 RULES

Articles V. BIKE CONDUCT & VI. RUN CONDUCT

Sections 5.01 GENERAL & 6.01 GENERAL

- **5.01 (i) and 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; **(30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)**..
- **5.01 (l) and 6.01 (f)** - Athletes shall not dispose of trash or equipment (including, but not limited to, water bottles, gel/bar wrappers, broken bike parts, clothing items, etc.) on the course except at aid stations or other designated trash-disposal points. **Intentional or careless littering will result in a 5:00 Minute Time Penalty if not intentional or disqualification if it is intentional.**
- **5.01 (m)** – Except as set forth below in Section 5.02(b), additional equipment that has the effect of reducing wind resistance is prohibited during the bike segment of the Race (whether such equipment is worn under the athlete's clothing, over the athlete's clothing, or is otherwise attached to the athlete's body or the athlete's bike). **This includes, but is not limited to, (i) any bottles/hydration or any other insert located in the front of an athlete's race suit and (ii) any insert in an athlete's calf sleeves; (DSQ).**

Section 5.03 BIKE SPECIFICATIONS

- **5.03 (b)** Protective screens, fuselages, fairings, or any other devices or materials (including duct tape) added or blended into the structure with the intent to reduce (or having the effect of reducing) resistance to air penetration are prohibited. Aerodynamic assemblies and protuberances on the head tube or elsewhere are prohibited. Provided that the use of adhesive tape (including duct tape) does not fundamentally alter or enlarge the general shape of the structure, adhesive tape may be affixed to the bike (e.g., to cover valve cutout of the rear disc wheel, to cover bolts access, etc.); (DSQ)

Article IX. HANDCYCLE ("HC") DIVISION

Section 9.03 BIKE CONDUCT

- **9.03 (f)** - HC athletes must have a mirror fixed either to his/her helmet or at some point on the front of his/her handcycle to ensure rear-view vision is possible.
- **9.03 (g)** - HC athletes must have a high visibility safety flag mounted to the rear of their handcycle. The top of the safety flag should measure a minimum of 1.8 meters/6 feet from the ground. The high visibility safety flag must be a minimum size of 21 centimeters/8 inches in height by 28 centimeters/10 inches in length.
- **9.03 (h)** - HC athletes must have a red flashing light mounted to the rear of his/her handcycle, as well as a solid white light fixed to the front of his/her handcycle .

STANDARDISED NOTIFICATION PROCESS FOR BLUE CARD PENALTIES

THE RACE REFEREE WILL :

- Call out your race number and notify you that you have received either a BLUE CARD for drafting or intentional littering, or a YELLOW CARD for any other penalty.
- The race referee will show you the corresponding colored card
- Instruct you to report to the next penalty tent (PT) on the course.



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.

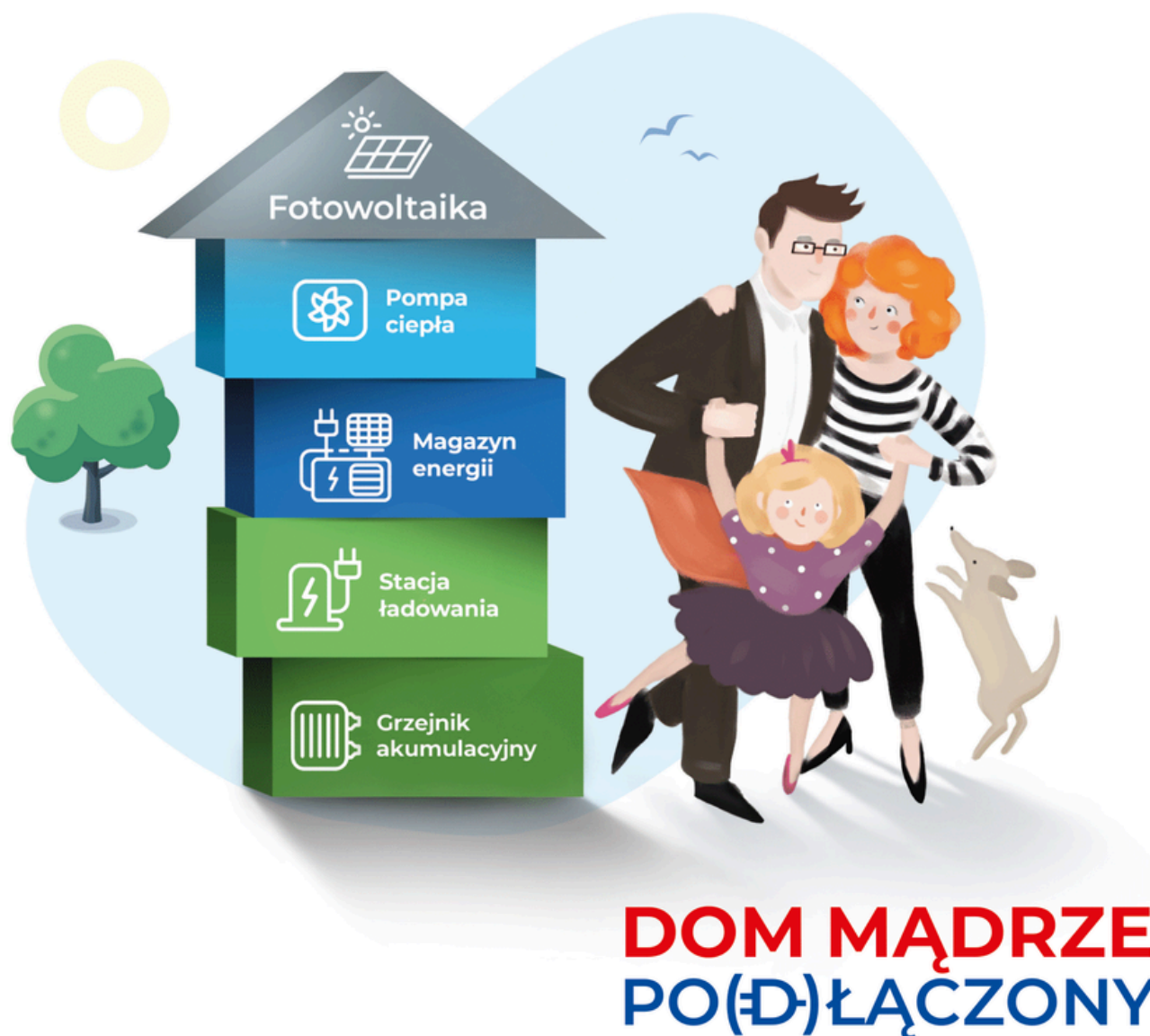
Manage your Health and Safety on Race Day RACE HEALTHY, RACE SMART

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.



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TOP 5 THINGS TO SEE

ORP BŁYSKAWICA

ORP Błyskawica is a naval museum ship that attracts tourists with its rich history. This historic destroyer, launched in 1936, played a crucial role during World War II, including in the defense of Britain. Today, it serves as a museum, offering visitors a unique opportunity to learn about maritime history and the ship's past

Website: www.muzeummw.pl/en/orp-blyskawica-a-real-war-veteran



EXPERYMENT SCIENCE CENTRE

The Experyment Science Center is an interactive museum that delights tourists with its educational exhibits. It offers a wide range of interactive displays and workshops that allow visitors to explore fascinating scientific phenomena in a hands-on way. It is the perfect place for families with children who want to spend time in a fun and educational manner.

Website: www.experyment.gdynia.pl/en



GDYNIA AQUARIUM

The Gdynia Aquarium is a fascinating destination for tourists, offering the opportunity to admire a variety of fish and other marine creatures. The aquarium features exhibits from around the world, showcasing both local Baltic Sea fauna and exotic tropical species. It is an ideal attraction for families with children and nature enthusiasts who want to explore the mysteries of the underwater world.

Website: www.akwarium.gdynia.pl/en



NAVAL MUSEUM

The Naval Museum in Gdynia is an extraordinary place that attracts tourists with the rich history of the Polish naval forces. Inside, there are numerous exhibits, including weapons, uniforms, and ship models, which help visitors better understand and appreciate Poland's maritime traditions. After visiting the museum, it is worth taking a stroll along the Seaside Boulevard.

Website: www.muzeummw.pl/en/main/



DAR POMORZA

Dar Pomorza is a famous three-masted sailing ship moored in Gdynia, serving as a museum. Built in 1909, this ship served for many years as a training vessel for future sailors. Today, visitors can explore its decks and cabins, learning about the rich history of Polish maritime navigation.

Website: www.nmm.pl/en/dar-pomorza





Twój biznes, nasza pasja.

razem możemy więcej!

Wiemy, że to, co robisz, wymaga wytrwałości, siły i otwartości na współpracę.
Sprawdź, co globalny bank może zrobić dla Ciebie i Twojej firmy.

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Race office / Merch / EXPO

Punkt Info / Information point

Shimano Service Center

Biuro zawodów Night Run

Strefa zmian / Transition Zone

Slot Allocation
Gdyńskie Centrum Filmowe

Wyjście z wody
Swim Exit

Meta / Finish



Mapa Miasteczka / Site Map



SCHEDULE

Friday, August 2nd

| Time | Description | Location |
|---------------|---|---------------------------------------|
| 12:00 - 20:00 | Registration <i>IRONMAN 70.3, 5150 Triathlon Series, 4:18:4, Relay</i> | Race Office Tent Kościuszko Square |
| 12:00 - 20:00 | Opening hours Expo and Official Merchandise Store | Kościuszko Square |
| 12:00 - 21:30 | Registration <i>Night Run</i> | Info point Kościuszko Square |
| 12:00 - 16:30 | Registration <i>IRONKIDS</i> | Race Office Tent Kościuszko Square |
| 14:00 - 17:00 | Deposit opening hours <i>IRONKIDS</i> | Deposit Tent City Beach |
| 15:00 | Start <i>IRONKIDS</i> | City Beach |
| 16:45 | Awards <i>IRONKIDS</i> | Finish line City Beach |
| 21:00 - 23:00 | Deposit opening hours <i>Night Run</i> | Deposit Tent City Beach |
| 22:00 | Start <i>Night Run</i> | Kościuszko Square |
| 23:00 | Awards <i>Night Run</i> | Finish line City Beach |

Saturday, August 3rd

| Time | Description | Location |
|---------------|---|---------------------------------------|
| 7:00 - 10:00 | Bike nad Bags Check-in <i>4:18:4</i> | Transition Zone Kościuszko Square |
| 9:00 - 20:00 | Registration <i>IRONMAN 70.3, 5150 Triathlon Series, Relay</i> | Race Office Tent Kościuszko Square |
| 9:00 - 20:00 | Opening hours Expo and Official Merchandise Store | Kościuszko Square |
| 10:00 - 15:00 | Deposit opening hours <i>4:18:4</i> | Deposit Tent City Beach |
| 11:00 | Rolling Start <i>4:18:4</i> | City Beach |
| 12:30 - 15:00 | Bike and Bags Check-out <i>4:18:4</i> | Transition Zone Kościuszko Square |
| 13:00 | Awards <i>4:18:4</i> | Finish line City Beach |
| 13:30 | Presentation of the Pro Athletes | Finish line City Beach |
| 16:00 - 22:00 | Bike and Bags Check-in <i>IRONMAN 70.3, 5150 Triathlon Series, Relay</i> | Transition Zone Kościuszko Square |

SCHEDULE

Sunday, August 4th

| Time | Description | Location |
|---------------|--|--|
| 6:30 - 7:30 | Transition Zone - opening hours* <i>5150 Triathlon Series and Relay</i> | Transition Zone Kościuszko Square |
| 6:30 - 18:30 | Deposit opening hours | Deposit Tent City Beach |
| 7:30 - 9:00 | Transition Zone - opening hours* <i>IRONMAN 70.3 and Relay</i> | Transition Zone Kościuszko Square |
| 8:00 | Rolling Start <i>5150 Triathlon Series</i> | City Beach |
| 9:30 | Rolling Start <i>IRONMAN 70.3</i> | City Beach |
| 9:50 | Expected finish of the winner <i>5150 Triathlon Series</i> | Finish line Kościuszko Square |
| 10:00 - 17:00 | Opening hours Expo and Official Merchandise Store | Skwer Kościuszki |
| 12:15 | Expected finish time of the last athlete <i>5150 Triathlon Series</i> | Finish line City Beach |
| 12:15 | Awards <i>5150 Triathlon Series</i> | Finish line City Beach |
| 13:00 - 16:00 | Bike and Bags Check-out <i>5150 Triathlon Series</i> | Transition Zone Kościuszko Square |
| 13:00 | Expected finish of the winner <i>IRONMAN 70.3</i> | Finish line City Beach |
| 14:00 - 20:00 | Bike Check-out <i>IRONMAN 70.3</i> | Transition Zone Kościuszko Square |
| 18:15 | Expected finish time of the last athlete <i>IRONMAN 70.3</i> | Finish line City Beach |
| 18:15 | Awards <i>IRONMAN 70.3</i> | Finish line City Beach |
| 19:00 | Slot Allocation <i>IRONMAN 70.3</i> | Warszawa Hall, 1st floor Gdynia Film Centre |

*No possibility to bike check-in and leave Transition Bags

Check out how to get to locations

| | | |
|--------------------------------------|--------------------|--------------------------|
| EXPO / RACE OFFICE | KOŚCIUSZKO SQUARE | LOCATION |
| TRANSITION ZONE | KOŚCIUSZKO SQUARE | LOCATION |
| INFO POINT / NIGHT RUN - RACE OFFICE | KOŚCIUSZKO SQUARE | LOCATION |
| DEPOSIT, START, FINISH LINE | CITY BEACH | LOCATION |
| SLOT ALLOCATION | GDYNIA FILM CENTRE | LOCATION |

EXPO

The list of exhibitors

Opening hours

| | |
|---------------|----------------------|
| 12:00 - 20:00 | Friday, August 2nd |
| 9:00 - 20:00 | Saturday, August 3rd |
| 10:00 - 17:00 | Sunday, August 4th |

Info point ([location](#))

If you have a last-minute question, relax and come to the info point to find the answers to your questions.

Opening hour

| | |
|---------------|----------------------|
| 12:00 - 22:00 | Friday, August 2nd |
| 9:00 - 20:00 | Saturday, August 3rd |
| 10:00 - 17:00 | Sunday, August 4th |

Transport from Gdańsk Airport to Gdynia

If you are flying to Enea IRONMAN 70.3 Gdynia and are unsure how to get to Gdynia, you will find all the information below.

Gdańsk Airport - Gdynia Główna Route

You can find the POLREGIO train schedule [HERE](#)

According to the POLREGIO carrier regulations, you must have a valid ticket for bicycle transport.

Route Gdańsk Airport - Gdańsk Wrzeszcz - Gdynia Główna

You can find the train schedule [HERE](#)

According to POLREGIO carrier regulations, you must have a valid ticket for bicycle transport.

At Gdańsk Wrzeszcz station, you need to transfer to SKM PKP trains heading towards Wejherowo or Gdynia Chylonia.

You can find the SKM PKP train schedule [HERE](#)

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| DEPIL CONCEPT | ENE A |
| FITCAST | HYDREX |
| IDC / TRICENTRE | LAZER |
| LAZER | LIVERSTRONG |
| LOCO SPORT | MARTOMBIKE |
| MEDICAL SPORT | MOVEMORE |
| NICE TO FIT YOU | NOVARTAG |
| PHINANCE | PILLAR PERFORMANCE |
| QUESTSPORT | SAILFISH |
| SPORTANO | SWIMBIOSIS |
| THE ROOTS | THE ROUTE COFFEE |
| THULE | TRISTYLE |
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| WERON | ZONE3/MIZUNO |
| ŻYJ BEZ OBAW RANY | |

RACE OFFICE

Race Office - opening hours

| Date | Time | Race | Location |
|----------------------|---------------|--|---------------------------------------|
| Friday, August 2nd | 12:00 - 20:00 | 4:18:4, 5150 Triathlon Series, IRONMAN 70.3, Relay | Race Office Tent Kościuszko Square |
| Saturday, August 3rd | 9:00 - 20:00 | 5150 Triathlon Series, IRONMAN 70.3, Relay | Race Office Tent Kościuszko Square |

On Saturday, August 3rd, the Race Office for the 4:18:4 distance will be closed.



1

In the week leading up to the race, you will receive a QR code, which is necessary for registration. *You can display the QR code on your phone screen or print it out.*

2

The QR code will also be available in your SlotMarket account, where the race registration is located. Log in to your account, go to the "Registration History" tab, and download your QR code.

3

Come to the Race Office, **show your QR code, an ID card or passport**, and your triathlon license to pick up your race packet.

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.

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.

LICENSE



Click the image to enlarge

A national triathlon licence is required to start in 4:18:4 Gdynia powered by sportano.pl, Enea IRONMAN 70.3 Gdynia and Enea 5150 Gdynia.

Recognised licences:

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

Licence can be purchased:

- At the Event 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.



Energia nigdy się nie kończy.

hama





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01



wpisz numer startowy

02



ciesz się kolekcją zdjęć

03



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RACE PACKAGE

Your package includes:

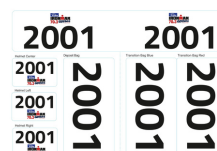
One BIB number: the number is mandatory during the running stage. During the run, the race number should be positioned on the athlete's stomach. We recommend wearing the race number during the cycling stage as well. In this case, the race number should be on the back.



One swim cap: the athlete is required to swim using the cap provided in the race packet. Athlete with AWA status will receive two caps, one for the race and another commemorative one with the AWA logo. In such cases, the athlete must swim using the cap designated for the IRONMAN 70.3 distance race.



Sticker set: the race packet includes stickers. One sticker (the longest one) should be affixed to the bike seat post, and three stickers should be placed on the helmet (on the front, left, and right sides of the helmet). Additionally, one sticker should be attached to the deposit bag, one on the blue bag, and one on the red bag.



One wristband: the wristband is used for athlete identification. It grants access to the transition zone, finisher zone, finish line, and start zone. The wristband must be worn throughout the duration of the event. Without the wristband, you will not be able to leave or collect your bike and bags in the transition zone.



One chip band: The chip is used to time the race. The band should be put on a dry leg (before getting into the water); otherwise, the chip band might come off.



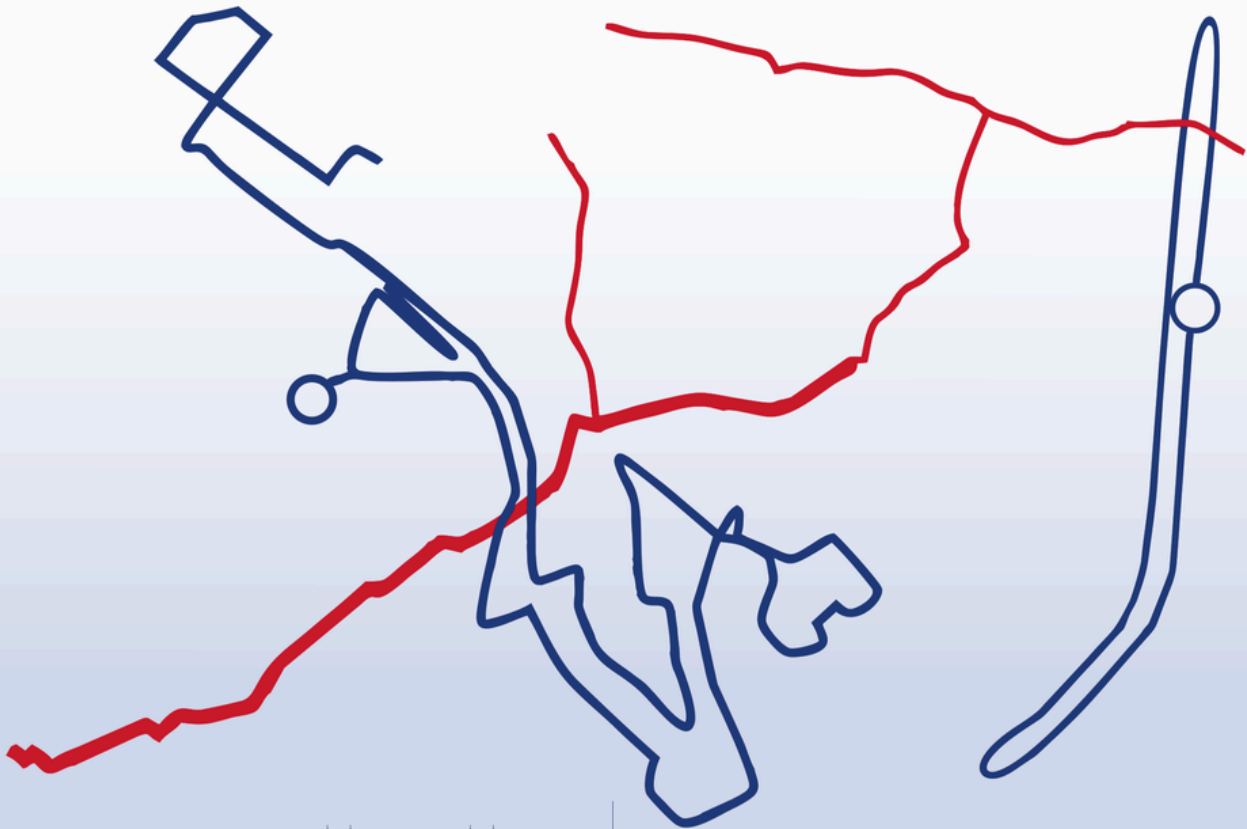
One backpack (for IRONMAN 70.3) or one bag (for 5150 Triathlon Series).

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



The athlete is OBLIGATED to use the equipment provided in the race packet: swim caps (assigned to the specific distance), wristband, stickers, race number, and timing chip.

Failure to comply with this rule may result in **disqualification**.



1,9K - 90K - 21,1K

HRADEC KRÁLOVÉ | 16-18/08/2024

STRATEGICKÝ PARTNER



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SPONZOŘI



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.



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.

Transition bags (blue and red) check-in:

Saturday, August 3rd at: 7:00 - 10:00 (4:18:4)

Saturday, August 3rd at: 16:00 - 22:00 (5150 Triathlon Series and IRONMAN 70.3)



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:

Saturday, August 3rd at: 10:00 - 13:30 (4:18:4)

Sunday, August 4th at: 6:30 - 18:30 (5150 Triathlon Series and IRONMAN 70.3)

DO NOT FORGET TO ATTACH THE STICKERS WITH YOUR RACE NUMBER TO YOUR BAGS

PLEASE DO NOT PUT VALUABLE ITEMS IN THE BAGS

THE RED AND BLUE BAGS MUST BE LEFT IN THE TRANSITION ZONE ON SATURDAY. THERE WILL BE NO POSSIBILITY TO LEAVE THE BAGS ON SUNDAY.

BIKE CHECK-IN

Saturday, August 3rd

| Time | Description | Location |
|---------------|---|--------------------------------------|
| 7:00 - 10:00 | Bike and Bags Check-in <i>4:18:4</i> | Transition Zone Kościuszko Square |
| 16:00 - 22:00 | Bike and Bags Check-in <i>IRONMAN 70.3, 5150 Triathlon Series, Relay</i> | Transition Zone Kościuszko Square |

Check-in the bags in the transition zone on Saturday is mandatory.

BIKE CHECK-IN

Before entering the Transition Area, you must put on your helmet and fasten the chin strap. Please also prepare for the following checks:

- Visual inspection of the bicycle,
- Inspection of the braking system and helmet,
- Verification that race numbers are on the bicycle and helmet, and checking the athlete's wristband.

BIKE BAG AND RUN BAG

- 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.

Bike covers are prohibited.

When leaving your bike and bags, take some time to familiarize yourself with the Transition Zone. Don't forget to check the locations of the entrances and exits. Volunteers will be present in the Transition Area to answer any questions, so ask them on site, do not wait until race day.

TIMING CHIP

The chip will register your individual start time as you cross the timing mat at the swim start and provide your swim time, bike time, run time, finish time, transition splits, overall and age group ranking.

WHEN AND WHERE TO COLLECT THE TIMING CHIP?

The chip will be issued during registration.

WHEN AND WHERE TO WEAR THE TIMING CHIP?

The chip must be worn on the left ankle throughout the entire race. It should be attached to a dry ankle before the start of the race.

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



HAPPY BIRTHDAY!

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

Adam B.

Anastasia Y.

Jakub Sz.

Julia S.

Mateusz N.

Nico W.

Tomasz K.

Thank you for celebrating your birthday
with us!

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 6:30 to 7:30 (for 5150 Triathlon Series and relay) and from 7:30 to 9:00 (for IRONMAN 70.3 and relay). 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

Do not forget to attach the sticker with your race number to the bag. Put items that you won't need during the race into the bag

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







BIKE SERVICE

Our partner Shimano will be available to assist with any bike issues starting from Friday. The service will be located near the Transition Zone.



RACE DAY

TIME LIMITS

| | IRONMAN 70.3 | 5150 Triathlon Series | 4:18:4 |
|---|--------------|-----------------------|----------|
|  + T1 +  + T1 +  | 01:10:00 | 00:50:00 | 00:15:00 |
|  + T1 +  + T2 +  | 05:30:00 | 02:45:00 | 01:10:00 |
| | 08:30:00 | 04:00:00 | 02:00:00 |

TIMES ARE CALCULATED BASED ON INDIVIDUAL START TIME

During the race, cut off apply.

The organizer reserves the right to remove a athlete from the course and disqualify them if the course staff determines that it is not possible for the athlete to complete the given discipline (swimming, cycling, running) before the specified time limits based on the athlete's location, time, and average speed at that moment.

Athletes who do not meet these limits will be disqualified and will not be eligible for age group awards or qualification for the World Championships in the case of IRONMAN 70.3 participants.

AID STATIONS

BIKE

IRONMAN 70.3

21,1 km 51,2 km 71,7 km

- Bottled water Cisowianka 0,7l
- Bottled isotonic drink ALE Race 0,5l
- ALE energy bars (51,2 km)
- Bananas (51,2 km)

5150 Triathlon Series

24,4 km

- Woda Cisowianka w butelce 0,7l

4:18:4

no aid station

RUN

IRONMAN 70.3

1st station: 500 m 5,5 km 10,5 km 15,5 km
2nd station: 2,5 km 7,5 km 12,5 km 17,5 km

- Bottled water Cisowianka 0,7l
- Bottled isotonic drink ALE Race 0,5l
- ALE energy bars and gels (1st station)
- Red Bull dispensed in cups (1st station)
- Fruits

5150 Triathlon Series

1st station: 500 m 5,5 km
2nd station: 2,5 km 7,5 km

- Bottled water Cisowianka 0,7l
- Bottled isotonic drink ALE Race 0,5l (1st station)

4:18:4

no aid station

**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.**

aie

ACTIVE LIFE ENERGY



Twoje źródło energii

Polecam

Adam
Kszczep *800 mm*



Poznaj Naszą Ofertę

**Dowiedz się
o nas więcej**

suplement diety

SWIM

SWIMMING

The start is organized in a rolling start format, with 8 athletes starting every 10 seconds.

PRO athletes competing in the IRONMAN 70.3 distance will start first.

The timing chip will record each athlete's start time as they cross the start line.

Before the start, every athlete will have the opportunity to warm up in the water.

COURSE

4:18:4 - one loop of 400 m in the Gulf of Gdańsk

5150 Triathlon Series - one loop of 1,5 km in the Gulf of Gdańsk

IRONMAN 70.3 - one loop of 1,9 km in the Gulf of Gdańsk

TIME LIMITS

The swim course will close after 1 hour and 10 minutes for IRONMAN 70.3 athletes (and relays on this distance), 50 minutes for 5150 Triathlon Series athletes (and relays on this distance), and after 15 minutes for 4:18:4 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.

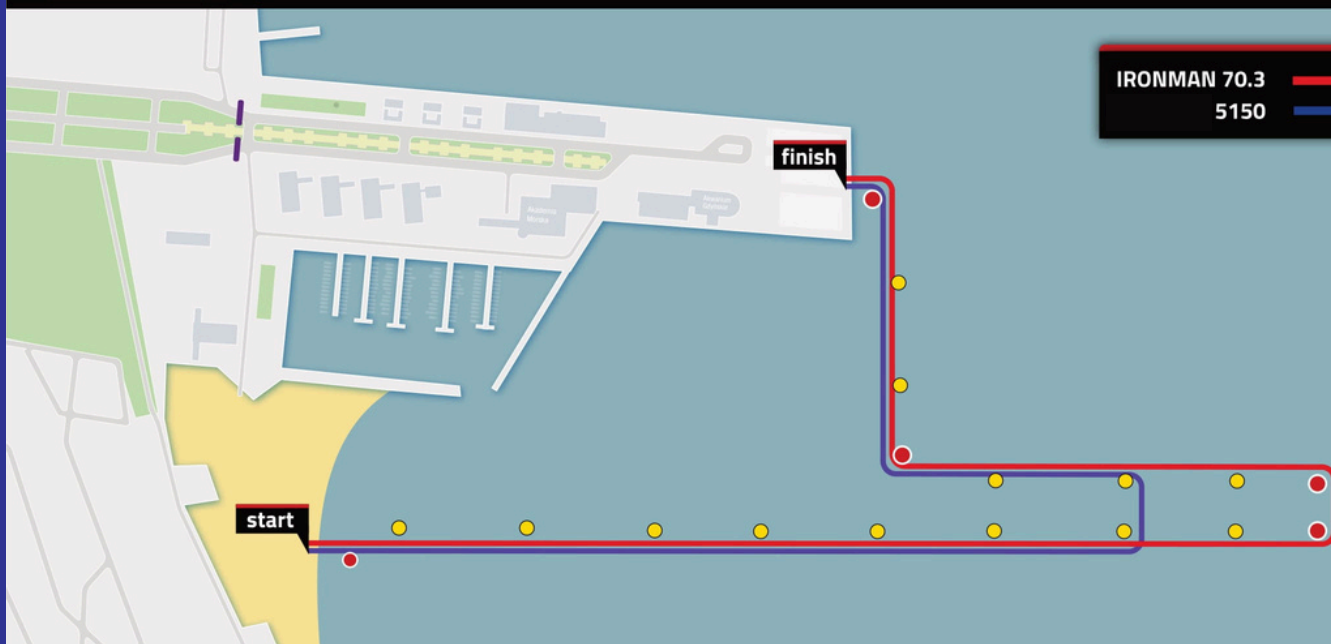
The organizers reserve the right to remove from the course any athletes who exceed the established time limits.

| DATE | START | RACE | CAP |
|------------|-------|-------------------------------|--------|
| 3rd AUGUST | 11:00 | 4:18:4 | GREEN |
| 4th AUGUST | 8:00 | 5150 Triathlon Series | BLUE |
| 4th AUGUST | 8:00 | 5150 Triathlon Series - relay | YELLOW |
| 4th AUGUST | 9:30 | IRONMAN 70.3 - PRO athlete | GOLD |
| 4th AUGUST | 9:35 | IRONMAN 70.3 | RED |
| 4th AUGUST | 9:35 | IRONMAN 70.3 - relay | RED |

Enea
IRONMAN
70.3
GDYNIA

Enea
5150
TRIATHLON
GDYNIA POLAND

Trasa pływacka / Swim course



IRONMAN 70.3 1.9 km
5150 1.5 km

Sprzęt do trenowania

Skompletuj z nami swój codzienny pakiet treningowy!

Trening na pływalni, open water, a nawet winter swimming. Nasz sprzęt sprawdzi się nawet w najbardziej wymagającym treningu.

AQUA SPEED

Wszystkie produkty na www.aquaspeed.com.pl



Odwiedź stronę



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. Simplyput, 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.



TRANSITION 1

TRANSITION ZONE - SWIM TO BIKE

After exiting the water, you will run to the Transition Zone, where you will change into your bike gear and prepare for the bike course.

Upon entering the Transition Zone, you must pick up your **BLUE BAG** with your bike gear from the designated bag rack and proceed to change inside the designated tent.

After completing the change, pack your wetsuit and other swim gear into **BLUE BAG** and rack it back on the rack, in the same position you took it from (marked with your number).

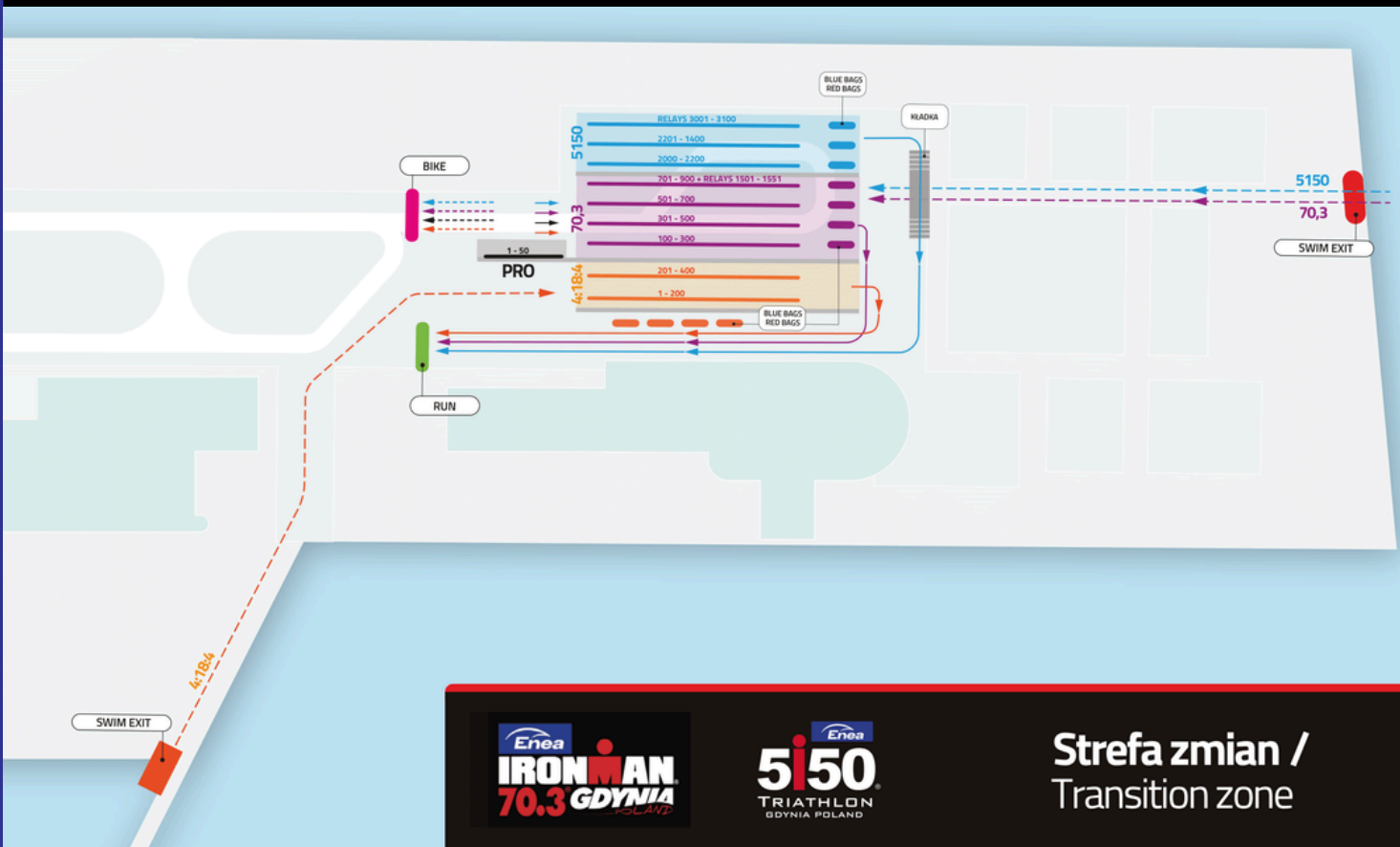
For relay teams, the cyclist must wait at the bike rack in the Transition Zone for the cyclist to hand over the "baton" with a tap of the hand.

Before the race, your cycling shoes should either be inside the **BLUE BAG** or securely attached to your bike.

Please note that before removing the bike from its place at the bike rack, you need to have the chinstrap of your helmet securely fastened. The chinstrap must be always fastened when the athlete is in contact with the bike. Failure to do so may cause a penalty from one of the race marshals.

You must cross the bike mount line before mounting your bike. The line will be clearly marked and is located when exiting the Transition Zone.

Please note that there will be changing tents. You can use a poncho towel to change if you want too. Nudity is prohibited.



Strefa zmian /
Transition zone



BIKE

COURSE

Athletes have to complete one lap of 40 km (for the 5150 Triathlon Series) or 90 km (for IRONMAN 70.3) or 18 km (4:18:4).

TIME LIMITS

The bike course will be closed 2 hours 45 minutes after the start of the swim by the last athletes of the 5150 Triathlon Series and relays, 5 hour 30 minutes for the IRONMAN 70.3 athletes and relays, 1 hours 10 minutes for the 4:18:4 athlete.

Any athlete or relay team member who does not complete the swim within the specified time will not be allowed to continue and will receive a DNF (Did Not Finish).

SAFETY FIRST

You must follow directions and instructions from organizers, race marshals, police. Failure to do so may cause disqualification from the race.

BIKE MEDICAL

If you need medical assistance on the Bike Course, paramedics on motorcycles will roam the Bike Course able to assist you. Contact an staff in case you require medical assistance.

BIKE TECH SUPPORT (5150 Triathlon Series i IRONMAN 70.3)

There will be bike tech support roaming the course, which is able to assist you with your most basic mechanical needs. I.e. flat tire, broken cables etc. Please be aware that it is your own responsibility to carry extra tubes, tires, tools, etc. on your bike as you race. The bike techs and the tools are only there as an extra service, and is based on a first come, first serve practice..

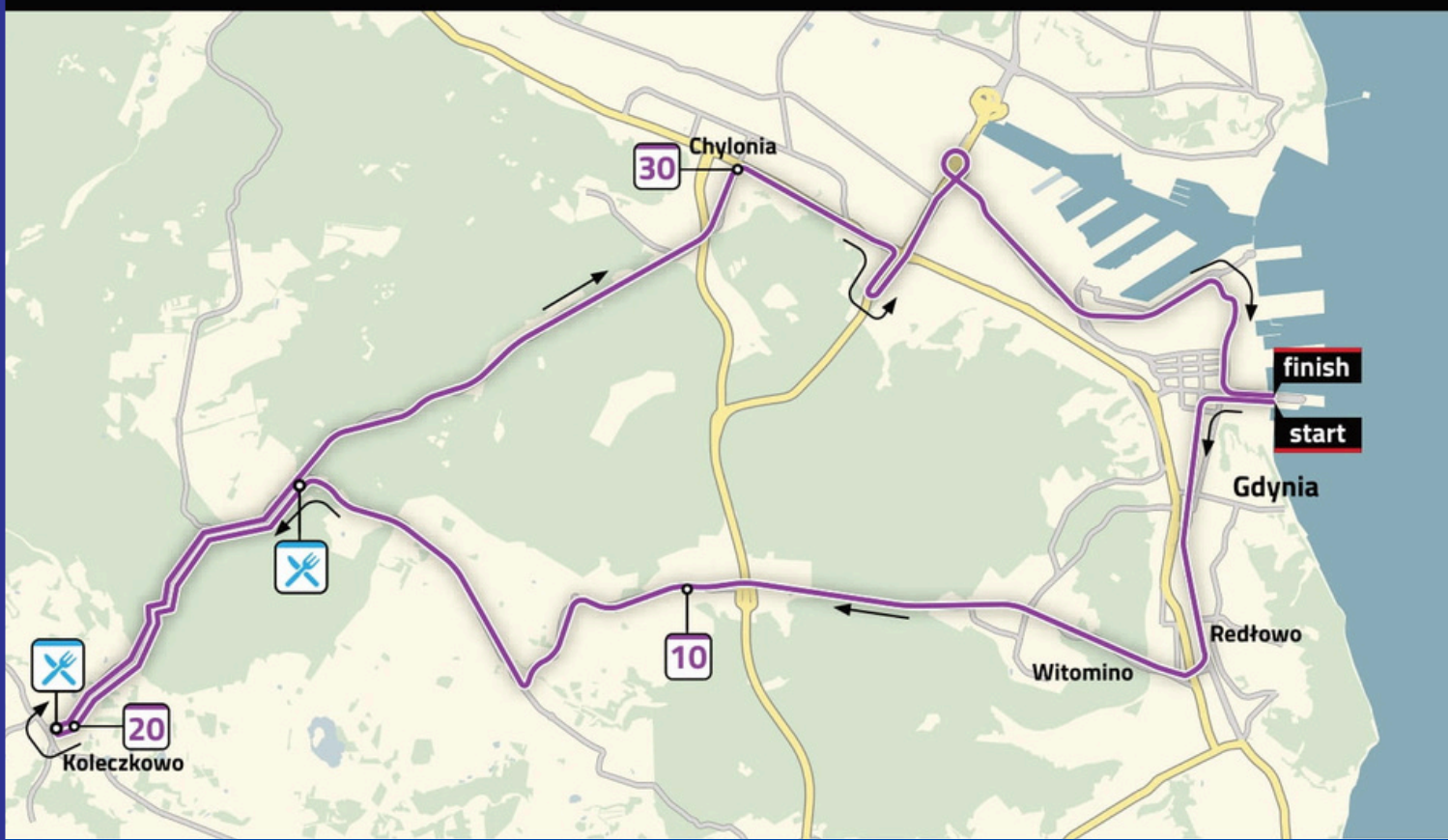
SAG WAGON

There will be a Sag wagon on the bike course, able to pick you and your bike up, if you choose to withdraw from the race while on the Bike Course. Please approach an staff on course, and they will guide you to the nearest pick-up point. If you do not make the Course Cut-off, the SAG wagon will pick you up, wherever you are located on the course.

DROP OUT

If you decide to drop out, please inform a referee and organizer.

If you are involved in an accident with another person, e.g. another athlete, volunteer, spectator, etc., be sure to stay at the scene of the accident until a member of the police is present.





BIKE

BIKE RULES

- It is mandatory to obey traffic regulations.
- Specificity of drafting: Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.
- Drafting is prohibited (blue card).
- Overtaking athletes may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).

BLUE CARD - BIKE

Blue card is used in case of drafting::

IRONMAN 70.3

1st BLUE CARD Offense 5:00 minutes

2nd BLUE CARD Offense 10:00 minutes

5150 TRIATHLON SERIES

1st BLUE CARD Offense 2:00 minutes

2nd BLUE CARD Offense 4:00 minutes

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

YELLOW CARD - BIKE

When an athlete receives a yellow card (30 seconds), athlete must perform his penalty at the Penalty Tent and make sure that the referee has noted on his number that the penalty has been performed.

Not abiding by the Penalty Tent penalty results in disqualification.

Receiving three cards (blue or/and yellow) results in the disqualification of the athlete (DSQ).

TRANSITION 2

TRANSITION ZONE - BIKE TO RUN

Heading into Transition Zone, you will dismount your bike at the bike dismount line, take your bike back to your bike rack where you will rack your own bike.

You will then pick up your **RED BAG** and sit down on the benches where you change into your running apparel.

You need to put all your bike gear into the bag, including your bike helmet, Bike shoes must either stay on the bike pedals or be placed in the **RED BAG**. After completing your change, you will need to pack your gear in the **RED BAG** and then rack it back on the rack, in the same place you took it from (marked with your number). Then when ready, you head out of the transition zone and start the run

For relay teams, the runner should wait at the bike rack in the Transition Zone for the cyclist to hand over the "baton" with a tap of the hand.

After finishing the race, your **BLUE BAG** and **RED BAG** can be found in the Transition Zone and can be collected along with your bike. You need to have your race number and wear wristband.

All bags and bikes must be picked up on the race day during the designated hours.

Organizer is not responsible for bikes and bags not picked up after the designated hours.



RUN

COURSE

Athletes have to complete 2 laps of approximately 5 km each (for the 5150 Triathlon Series), 4 laps of approximately 5 km each (for IRONMAN 70.3) or 1 lap of 4km (for 4:18:4).

AID STATIONS

Cups and gels should be thrown in the bins provided, not on the ground. Athletes will be issued a penalty if caught littering by a referee.

The bike course will be closed 4 hour after the start of the swim by the last athletes of the 5150 Triathlon Series and relay, 8 hour and 30 minutes for the IRONMAN 70.3 athletes and relay and 2 hour for the 4:18:4 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).

DROP OUT

If you decide to drop out, please inform a referee and organizer.

RUN RULES

- During the run you must at all times wear the race number visible on the front.
- A shirt must be worn at all times during the run, and not zipped open beneath your breast bone.
- The coaches and supporters are not allowed to follow athletes directly on the course.
- Athletes cannot accept help from anyone during the race.

YELLOW CARD - RUN

30 seconds "stop & go" penalty. The athlete who receives this penalty must stop immediately upon receipt of the card, with the referee who issued it. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.





IRONMAN 70.3



5150 Triathlon Series



Trasa biegowa /
Run course

FINISH LINE

FINISH LINE

The moment we have all been waiting for, the final meters of the race. Enjoy it, hear the crowd, feel all the emotions—this is your day! Let the crowd sweep you away, pose for the cameras—you might just find yourself in the evening news headlines or on the cover of next year's race magazine!

Near the finish line, adjust your race number so that it is in the front. Zip up your triathlon suit above the sternum.

For safety reasons, you must cross the finish line alone. Spectators, children, and pets are not allowed to cross the finish line.

AFTER CROSSING THE FINISH LINE

- You will receive your medal just past the finish line. Medal engraving is available in the Finisher's Zone.
- Collect your deposit bag from the Finisher's Zone as well.
- Take advantage of the massage services

Bike and Bags Check-out

| Date | Time | Race | Location |
|----------------------|---------------|------------------------------------|--------------------------------------|
| Saturday, August 3rd | 15:00 - 16:30 | 4:18:4 | Transition Zone Kościuszko Square |
| Sunday, August 4th | 13:00 - 16:00 | 5150 Triathlon Series and Relay | Transition Zone Kościuszko Square |
| Sunday, August 4th | 16:00 - 20:00 | IRONMAN 70.3 and Relay | Transition Zone Kościuszko Square |

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





Smak
determinacji,

gdy startujesz
w zawodach IRONMAN

Użyj kodu:

IRONMANGDYNIA

i zyskaj aż **-13% zniżki**
na dowolną dietę!

Zamów na **NTFY.PL**



Pobierz aplikację



Enea
IRONMAN
70.3[®] GDYNIA
POLAND

**NICE TO
FIT you**

OFICJALNY SPONSOR

Catering dietetyczny z wyborem menu. Kod ważny w dniach 1-8.08, nie łączy się z innymi promocjami.

AWARDS

| Date | Time | Race | Location |
|----------------------|-------|------------------------------------|---------------------------|
| Saturday, August 3rd | 13:00 | 4:18:4 | Finish line City Beach |
| Sunday, August 4th | 12:15 | 5150 Triathlon Series and relay | Finish line City Beach |
| Sunday, August 4th | 18:15 | IRONMAN 70.3 and relay | Finish line City Beach |


- 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)
- Trophy for the Top 3 TriClubs (only IRONMAN 70.3)
- Trophy for the Best Female and Male athlete from Gdynia

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

ORGANIZATOR
Strefy Regeneracji



RECOVERY ZONE

 Hyperice

**Zregeneruj się
po Ironmanie!**



www.sportmed24.pl

SLOT ALLOCATION

| Time | Description | Location |
|-------|-----------------|--|
| 19:00 | Slot Allocation | Warszawa Hall, 1st floor Gdynia Film Centre |

[SLOT ALLOCATION LOCATION](#)

SLOT ALLOCATION

Enea IRONMAN 70.3 Gdynia will award slots for 2025 VinFast IRONMAN 70.3 World Championship - Marbella, Spain to be hold on (8-9th November 2025)

NUMBER OF SLOTS

2025 VinFast IRONMAN 70.3 World Championship - Marbella, Spain - **50 SLOTS**

RULES

To accept a slot to the World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony at the advertised time and location, as detailed in the event guide register in person for the World Championship.

Photo ID is required to be presented and payment must be made at this point in time. We DO NOT accept cash or cheques

PRICE

2025 VinFast IRONMAN 70.3 World Championship - Marbella, Spain - 771,79 EUR (inclusive of all fees & taxes).

Shortly, you will receive a registration link from the World Championship Team. This must be complete for you to be a confirmed athlete; no additional payment will be required.

Be sure to check that you have all the necessary documents and visas to travel to the World Championship. It is your responsibility to check travel requirements before accepting the slot.



SLOT ALLOCATION

HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

- “Age Group” refers to a grouping of athlete peers based on their gender and age range. For example, ‘Male 25-29’ is one Age Group, and ‘Female 25-29’ is another.
- Your Age Group is determined by your age as at December 31 of the year of the event. For example, if you are Male and turn 25 in 2023 then your Age Group Category for any race in 2023 is M25 – 29.

THE SLOT ALLOCATION PROCESS

Before Race Day

- Each Age Group with registered athletes is tentatively allocated one slot each (an “Initially Allocated Slot”);
- All other slots available for the race (the “Proportionally Allocated Slots”) are not allocated until race day.

On Race Day

- If there are no starters in an Age Group, then that Age Group’s Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot;
- The Proportionally Allocated Slots are then distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group across both the male and female categories, ie, the more athletes in an Age Group, the more slot allocations they receive.

AFTER THE RACE

Before Roll Down:

If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

During Roll Down:

If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

OTHER INFORMATION

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots and/ or Extra Women’s Slots. Athletes holding current Professional or Elite status with any ITU Member National Triathlon Governing Body, WTC’s Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they qualified for, hold Professional or Elite status.

Any change in an athlete’s status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

PAYMENT

- Credit card only (no Amex, Diners or cash payment);
- Physical card including full card number, expiry date and CVV must be available (no Apple Pay or digital card accepted)
- Only one card accepted (split payment will not be accepted).
-

GOOD TO KNOW

HAVE A QUESTION?

Please send us a message on Facebook or by email to: gdynia70.3@ironman.com, 5150gdynia@theironmangroup.com or 4184gdynia@theironmangroup.com.

LOST AND FOUND

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

Once the event is over, please contact gdynia70.3@ironman.com, 5150gdynia@theironmangroup.com or 4184gdynia@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](#)

PHO3NIX IRONKIDS GDYNIA

Before the Enea IRONMAN 70.3 Gdynia, young athletes will take to the course! Once again, the youngest athletes will line up at the start of the Pho3nix IRONKIDS Gdynia to tackle the aquathlon course!

Children and youth aged 5-15 will participate in the Pho3nix IRONKIDS Gdynia. The length of the course will depend on the age category.

Athletes will start in waves according to their distances, with the first wave starting at 3:00 PM. The exact start time for each athlete will be provided on the start list and the QR ticket

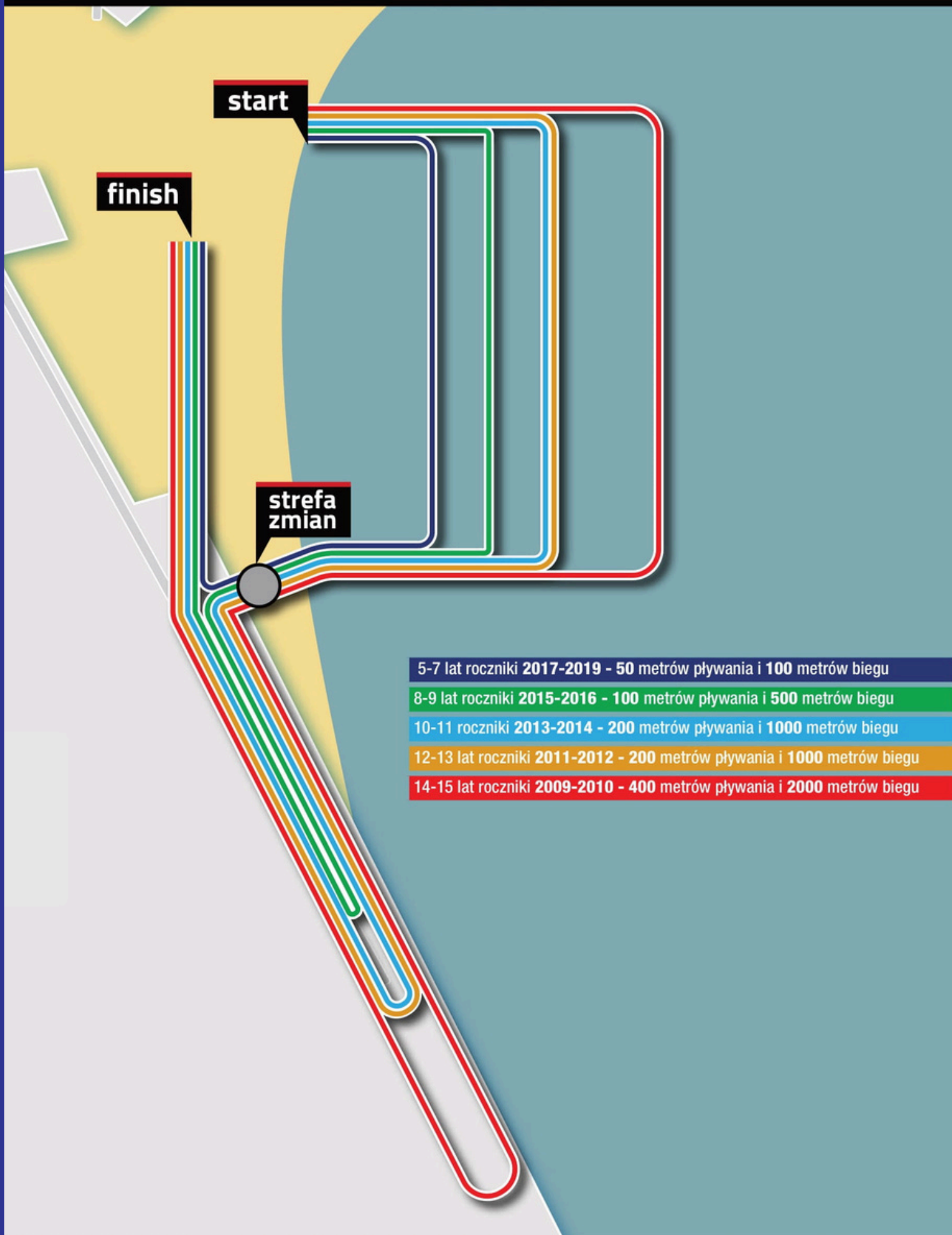
Friday, August 2nd

| Time | Description | Location |
|---------------|-----------------------|---------------------------------------|
| 12:00 - 16:30 | Registration | Race Office Tent Kościuszko Square |
| 14:00 - 18:00 | Deposit opening hours | Deposit Tent City Beach |
| 15:00 | Start | City Beach |
| 16:45 | Awards | Finish line City Beach |

Schedule

| Gear Check-in | Start | Year | Distance |
|---------------|--------------|---------------------|------------------------------------|
| 14:50 - 14:55 | 15:00 | Born in 2019 – 2017 | 50 m swim & 100 m run |
| 15:05 - 15:10 | 15:15 | Born in 2016 – 2015 | 100 m swim & 500 m run |
| 15:20 - 15:25 | 15:30 | Born in 2014 – 2013 | 200 m swim & 1000 m run |
| 15:40 - 15:45 | 15:50 | Born in 2012 – 2011 | 200 m swim & 1000 m run |
| 16:05 - 16:10 | 16:15 | Born in 2010 – 2009 | 400 m swim & 2000 m run |





NIGHT RUN

On Friday, August 2nd, at 22:00, the Night Run Gdynia will begin - a unique night run that will provide you with unforgettable experiences and an amazing atmosphere! It will be a perfect opportunity to run along the Seaside Boulevard just after dusk.

Friday, August 2nd

| Time | Description | Location |
|---------------|-----------------------|---------------------------------|
| 12:00 - 21:30 | Registration | Info point Kościuszko Square |
| 21:00 - 23:00 | Deposit opening hours | Deposit Tent City Beach |
| 22:00 | Start | Kościuszko Square |
| 23:00 | Awards | Finish line City Beach |

To registration, show a printed QR ticket or display it on your phone, and have your ID or passport ready. The QR code will be sent to the email address provided during registration in the week of the event and can also be downloaded from the SlotMarket portal by logging into your account in the "Registration History" tab.

Registration by Another Person

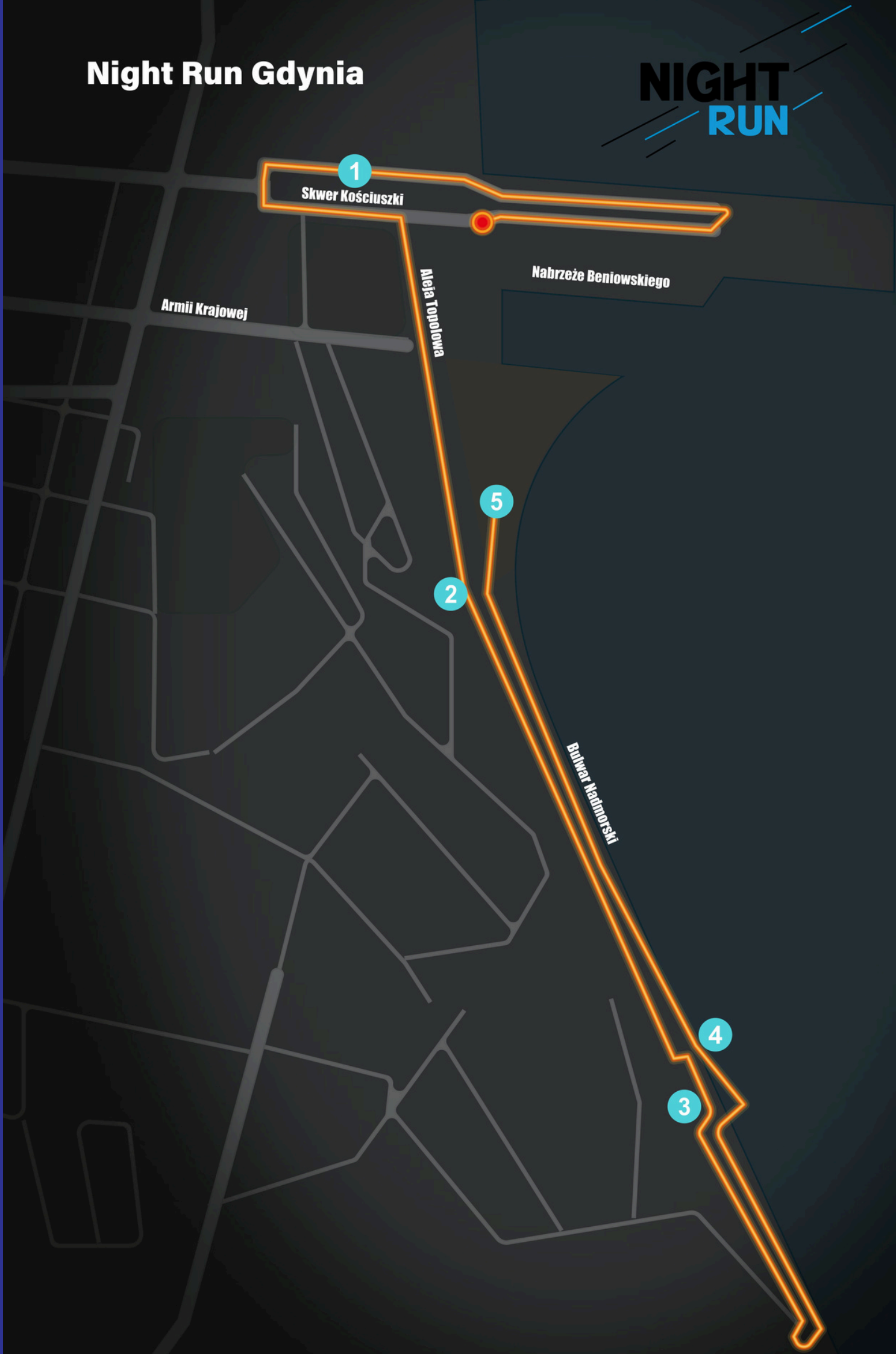
If you cannot come to the Race Office, you should give your QR code to the person who will collect the packet, along with a photocopy of your ID. This is so we can verify the information matches. The photocopy of the ID is for verification purposes only and will not be kept by us.

RACE OFFICE LOCATION



Night Run Gdynia

NIGHT RUN



4:18:4 Gdynia powered by sportano.pl

The day before the main event, athletes will compete in a brand new distance. Participants will have to complete 400 meters of swimming, 18 kilometers of cycling, and 4 kilometers of running, with the finish line located at the City Beach.

Friday, August 2nd

| Time | Description | Location |
|---------------|----------------------------|---------------------------------------|
| 12:00 - 20:00 | Odbiór pakietów startowych | Race Office Tent Kościuszko Square |

Saturday, August 3rd

| Time | Description | Location |
|---------------|-------------------------|--------------------------------------|
| 7:00 - 10:00 | Bike and Bags Check-in | Transition Zone Kościuszko Square |
| 10:00 - 13:30 | Deposit | Deposit Tent City Beach |
| 11:00 | Rolling Start | City Beach |
| 12:30 - 15:00 | Bike and Bags Check-out | Transition Zone Kościuszko Square |
| 13:15 | Awards | Finish Line City Beach |

On Saturday, August 3rd, the Race Office will be closed.

To registration, show a printed QR ticket or display it on your phone, and have your ID or passport ready. The QR code will be sent to the email address provided during registration in the week of the event and can also be downloaded from the SlotMarket portal by logging into your account in the "Registration History" tab.





4:18:4

Gdynia

Trasa



DWIE
PĘTLE
ROWEROWE

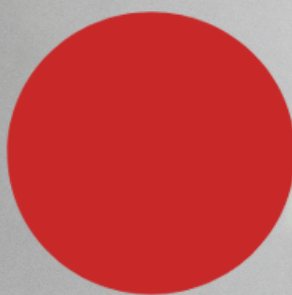
Trasa pływacka - 400 m

Trasa biegowa - 4 km

Trasa rowerowa - 18 km

GOOD LUCK!

POWODZENIA!



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