

Before travelling

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

www.ironmangdynia.pl

If you cannot find yourself on the start list or notice any mistake, please contact us by writing to gdynia70.3@ironman.com

Before going to registration

Friday, July 17th: 15:00 - 20:00

Saturday, July 18th: 10:00 - 20:00

- ☐ 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
- ☐ Timing chip
- ☐ Stickers
- ☐ Swim cap
- ☐ Backpack or bag
- ☐ 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: Saturday, July 18th at 12:00 - 21:30,
Kościuszko Square*

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
- ☐ 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 left leg)
- ☐ Black deposit bag
- ☐ Wetsuit (if allowed)

Before start

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

*Transition Zone opening hours on Sunday, July 19th:
Enea 5150 Gdynia and relays: 6:15 - 7:15
Enea IRONMAN 70.3 Gdynia: 8:00 - 9:30*

- ☐ 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
- ☐ Return the chip during bike check-out.

*Bag and bike check-out on Sunday, July 19th
Enea 5150 Gdynia and relay: 12:45 - 15:45
Enea IRONMAN 70.3 Gdynia: 16:30 - 20:30*

Awards and Slot Allocation

*Slot Allocation will take place on Sunday, July 19th at 19:15,
Leszek Kopeć Gdynia Film Centre, Warsaw Hall, 1st floor*