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# REGULATIONS OF IRONMAN 70.3 KRAKOW RELAY (HEREINAFTER REFERRED TO AS: "EVENT" OR "RACE")

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## ORGANIZER

The organizer of the event is Sport Evolution Group Sp. z o.o., located at 12/23 Jana Kochanowskiego Street, 01-864 Warsaw, registered in the National Court Register under the number 0000779253, with the registration court: District Court for the capital city of Warsaw, XIII Economic Department of the National Court Register, NIP (Tax Identification Number): 1231431002, REGON (National Business Registry Number): 382960037, **correspondence address: Falencka 1B, 05-090 Raszyn (hereinafter referred to as the "organizer")**.

The event is an event organized and managed by an independent licensee of the World Triathlon Corporation based at 3407 West Martin Luther King Jr. Blvd, Suite #100 Tampa, Florida 33607, United States of America. The name and logo are used with permission from World Triathlon Corporation.

## I. GENERAL RULES

1. During the Event, the rules of the Polish Triathlon Federation and World Triathlon will apply. The competition will be conducted based on these Regulations, which are aligned with World Triathlon rules, in a "no drafting" format.  
[IRONMAN Competition Rules](#)
2. Triathlon licenses of national federations are not valid at the Event.

## II. DATE AND PLACE

1. The event will take place on August 3, 2025, in Krakow.
2. The start will be located at Zakrzówek Reservoir.
3. The finish line will be located at the Main Market Square in Krakow.
4. The start time of the Competition will be published in the "Event Schedule" on the website [www.ironmankrakow.pl/](http://www.ironmankrakow.pl/) (hereinafter referred to as the "Event Website").
5. The Organizer reserves the right to change the start and finish locations.

## III. DISTANCE, ROUTE & TIME LIMIT.

1. The race will be held at the distance of 1,9 km of the swimming stage, 90 km of the cycling stage and 21,1 km of the running stage.
2. Swimming at the distance of 1,9 km. The start will take place in the Rolling Start formula at Zakrzówek Reservoir. Expected water temperature: 17 - 21 ° C. For safety reasons, he

recommends swimming in triathlon wetsuits. At water temperatures below 16 degrees Celsius, long-sleeved wetsuits will be required. For water temperatures above 24,5 degrees Celsius, wetsuits are prohibited.

3. The bike stage covers a distance of 90 km. The route is marked from point (T1) to point (T2). The entire route will be closed to traffic. The race follows a no-drafting format. Only road racing bicycles and time-trial triathlon bicycles are allowed. During the bike stage, each Athlete is required to wear a helmet.

[Bicycles allowed during the Event \(IRONMAN Competition Rules, Article V\)](#)

4. Running a distance of 21,1 km.
5. The Organizer reserves the right to adjust the final length of the individual stage routes, which may slightly differ from the distances provided in points 1, 2, 3, and 4 of section III. An allowable variation of +/- 10% is permitted for each stage, and the exact route lengths will be provided after final approval and will be included in the GPX files of the routes shared by the Organizer.
6. Time limits:
  - a. Swim: 1 hours 50 minutes
  - b. Swim + Bike: 5 hours 30 minutes
  - c. Swim +Bike + Run: 8 hours 30 minutes
7. The time limit for the completion of the individual sections of the cycling and running routes of the Event will be published on the Event website no later than 14 days before the Event.
8. The detailed route of the Event will be published on the Event Website. The Organizer reserves the right to change the route and its length. Such changes do not give rise to any additional claims or obligations.
9. Apart from the Organizer, individuals authorized by them, and public services, individuals without a race number are not allowed on the route. Individuals violating this prohibition may be removed from the race route by appropriate services.
10. Electronic time measurement checkpoints will be located along the Race course. Skipping a checkpoint may result in disqualification.
11. Aid stations (bike and run stage) will be located along the Race course.
12. After the time limit expires, the athlete is obliged to immediately leave the Race course.
13. Person who remains on the route after the time limit does so at their own risk and may be penalized for violating traffic regulations and the Civil Code.

## IV. SAFETY

1. In the interest of the safety of athletes, volunteers, and organizers during the event, all participants and spectators must adhere to the current epidemic guidelines available on the website [www.gov.pl](http://www.gov.pl) (if applicable).
2. Persons under quarantine, under epidemiological supervision, or exhibiting symptoms of infection (fever, cough, shortness of breath) are prohibited from attending the event.
3. The athlete declares awareness of the level of risk associated with being in a crowded place during the event, including the risks of viral infection.
4. The athlete declares that they will not make any claims against the organizer in the event of any infection acquired during the event.
5. By standing at the starting line, the athlete confirms that they are participating solely at their own risk. The athlete acknowledges the associated risks, understanding that participating in the event involves significant physical exertion and entails inherent risks and the possibility of accidents, potential bodily injuries, and physical harm (including death), as well as property damage and losses. The athlete voluntarily chooses to assume these risks. The above does not exempt the organizer from liability arising from the mandatory provisions of the law. The organizer provides personal accident insurance (NNW) to athletes who have been correctly verified at the race office. Each athlete will be covered by insurance for personal accident protection, covering bodily injury or health impairment resulting in permanent disability or death of the insured, occurring during the insurer's liability period in the territory of the Republic of Poland. The premium is paid by the Policyholder, i.e., the Organizer.
6. Athletes are obliged to strictly follow the instructions of the Organizers, traffic management services, including the Police, Municipal Guard, judges, and other services securing the race route.
7. Medical service decisions regarding the continuation of the race are final and indisputable. The medical transport of an athlete results in disqualification.
8. If an athlete decides to withdraw from the race at any point in the event, they are obligated to report this fact to the judges or the organizer. Failure to report this fact to the judges or the organizer may result in the athlete being disqualified and suspended from participating in events organized by Sport Evolution Group Sp. z o.o. for 2 years.

## V. PARTICIPATION

1. Persons who are at least 18 years old on the day of the event (born before August 3, 2007) are eligible to participate in the event.

2. Each athlete participating in the Event must be verified at the Race Office. Details regarding athlete verification at the race office can be found in Chapter X. [RACE OFFICE, START LINIE, FINISH LINE, DEPOSIT.](#)
3. A relay team consists of three athletes, where:
  - a. the first athlete swims 1500 meters and runs to the Transition Zone;
  - b. the second athlete cycles 40 km and runs to the Transition Zone;
  - c. the third athlete runs 10 km and finishes the race at the finish line.
4. The Organizer allows the participation of two-person relay teams, where one person competes in two stages. In such cases, the athlete participating in two stages must register twice for the event through the registration form on the [slotmarket.pl](#) website, selecting the stage they will participate in each time
5. For safety reasons, the following are prohibited:
  - a. Bringing items onto the Race course that may pose a threat to other athletes.
  - b. Participating in the event wearing an outfit that covers the face and prevents the identification of the athlete.
  - c. Starting with animals and pets.
  - d. Starting with strollers and child carriers.
6. The Organizer may prohibit participation with an item not described in point 3 of Chapter VI if it affects the safety of athletes, volunteers, and the organizer.
7. Only athletes who have been properly check-in at the Race Office and have a BIB number may be on the race course. There is no possibility of starting with a companion.
8. The athlete is responsible for covering the costs of the entry fee, accommodations, transportation, and personal meals.
9. Each Athlete is required to participate in the Event wearing the swim cap provided in the race package; place the race number, in the form of a sticker, under the bike saddle and on the cycling helmet during the cycling stage; and during the run: in the front, at waist level. It is recommended to place the BIB number on the back during the cycling stage due to the chip placed on the back of the number. During the running stage, the BIB number must be placed on the front, at belly level. Failure to wear the BIB number during the running stage may result in the Athlete's disqualification from the Race.
10. The athlete participating in the biking stage is required to personally bike check-in in the Transition Zone the day before the Event and personally bike check-out from the Transition Zone after the Event.
11. The change of athletes is made by a tap of the hand of the athlete starting a stage of the event by the athlete finishing in a stage of the event at a place in the Transition Zone designated by the organizer.

## VI. REGISTRATION

1. Registration for the event will take place through the registration form available on the SlotMarket.pl website from January 7, 2025, to July 27, 2025, or until all slots are sold out.
2. The athlete limit for the events is 100 slots. In case of reaching the limit, the Organizer reserves the right to close registrations earlier.
3. The Organizer reserves the right to invite individuals to athlete in the event after the limit is reached or after the deadline specified in point 1 of Chapter VI.
4. The Organizer reserves the right to change the participant limit, with the guarantee of athlete for everyone registered before the announcement of such a change.
5. Registration is considered successful upon submitting a correctly filled registration form and payment of the current entry fee available in the registration profile for the event on the SlotMarket.pl website.
6. Confirmation of successful registration includes:
  - a. Confirmation of event [registration](#) from the SlotMarket.pl website (confirmation from the email address contact@slotmarket.pl);
  - b. Confirmation of payment from the Przelewy24 portal;
  - c. Registration information in the Registration History on the user's SlotMarket.pl account (status: "Registered").

Information on how to register a relay team:

**STEP I (Creating a Team):** The first person from the team selects the option "create a new team," creates a team name, and chooses the discipline they will compete in. After completing the registration payment, the team captain receives a token (code), which they share with the team members. Using the code, team members must register by joining the created team. **Payment by the first person does not equate to registering the other team members for the event.**

**STEP II (Joining a Team):** The participant receives the token, or code, from the first person, which they must use to register by selecting "join a team." They will be prompted to enter the code and choose the discipline in which they will compete. The participant does not pay for the entry but must register to confirm their participation

## VII. ENTRY FEE

1. The entry fee for participating in the event, depending on the order of payment, is as follows:
  - a. First 25 slots – 330 EUR
  - b. Next 50 slots – 360 EUR
  - c. Last 25 slots – 390 EUR

2. The entry fee must be paid through the Przelewy24 transaction service. All data provided in payments is entered on a secure encrypted page.
3. The fee must be settled during registration; otherwise, the registration will be canceled.
4. The entry fee includes pre-race athlete support (email communication and through social media channels), maintenance of servers and the event website, purchase and rental of equipment for organizing the event, race package, organization, and promotion of the event.
5. Athletes who wish to receive an invoice for the paid entry fee should select the appropriate option in the registration form and enter the required data for issuing the document. The invoice will be generated automatically after the payment is credited and will be available for download from the participant's profile on the SlotMarket.pl website.
6. The organizer does not issue paper invoices.
7. To receive an invoice after making the payment, please contact [faktury@sportevolution.pl](mailto:faktury@sportevolution.pl).
8. Invoices for individuals will be issued within three months of payment.
9. Invoices for business entities will be issued by the fifteenth of the following month after the payment is made.

## VIII. EXTRA SERVICES

1. During registration for the Event and after its completion, the Athlete may purchase additional services.
2. The purchase of services is not mandatory and is not a prerequisite for completing the Race. Services can be purchased up to 7 days before the Event date.
3. The price for the service is listed in the registration form for the Event on the SlotMarket.pl portal.
4. Insurance policies are purchased through UNIQA via the SlotMarket.pl portal and UDAO. In this relationship, the Organizer acts as an intermediary, not an insurer.
5. The Organizer is not responsible for the quality and timely delivery of the additional service. Any complaints should be directed to the entity providing the purchased service.
6. Fees for additional services purchased through Slotmarket.pl are refunded in accordance with point 6 of section XI.

## IX. RACE PACKAGE

1. As part of the event, each athlete receives:
  - a. BIB number / race number
  - b. Set of stickers
  - c. Swim Cap
  - d. Wirstband

- e. Chip
  - f. Deposit bag
  - g. T-shirt
2. Athlete who finish the race within the time limit are entitled to a medal.
  3. The t-shirt size must be provided during registration, and the size can be changed up to 45 days before the Event.
  4. An athlete who transfers the race package to another person, and a person who acquires a race package without reporting this fact to the organizer, may be disqualified and suspended from participating in events organized by Sport Evolution Group Sp. z o.o. for 2 years. Additionally, a participant using another person's package will not be covered by personal accident insurance.
  5. Race package not collected during the Race Office's working hours may be sent to the athlete upon their request via courier to the address: [krakow70.3@ironman.com](mailto:krakow70.3@ironman.com), within 7 days from the race day. Shipping costs are as follows:
    - a. Poland – 20 PLN
    - b. European Union countries – 10 EUR,
    - c. Countries outside the European Union – 50 EUR
  6. The athlete covers the shipping cost before the shipment is processed.

## X. RACE OFFICE, START LINE, FINISH LINE, DEPOSIT

### § 1. RACE OFFICE / CHECK-IN

1. The Race Office will be located at the Czerwieński Boulevard in Krakow on August 1–3, 2025. On August 3, 2025, the Race Office will be closed.
2. The Race Office will be open from 15:00 to 21:00 on August 1, 2025, and from 10:00 to 20:00 on August 2, 2025.
3. Each team is required to check-in at the Race Office during its opening hours. Check-in can be completed by the team captain or a team member.
4. A successful verification requires the personal attendance of the team captain or a team member and the submission of a registration confirmation in the form of a QR ticket, ID card or passport, and copies of the ID cards or passports of absent team members at the Race Office.
5. Each relay member is required to wear the wristband provided in the race package.
6. The QR code necessary for check-in at the race office will be provided to the athlete a maximum of 3 days before the race to the email address provided during registration and will be published on the Slotmarket.pl portal in the athlete's account.

7. The opening hours and location of the Race Office are subject to change. Such changes do not give rise to any additional claims or obligations. The exact opening hours and location of the Race Office will be announced on the [www.ironmankrakow.pl](http://www.ironmankrakow.pl) website and on [www.ironman.com](http://www.ironman.com).

## § 2. TRANSITION ZONE

1. There will be two Transition Zones (T1 and T2) during the competition. Transition Zone T1 will be located at Zakrzówek Reservoir on Czerwieński Boulevard Street. Transition Zone T2 will be located at Międzyszkolny Ośrodek Sportowy Kraków Zachód.
2. Transition Zone T1 will be open from 12:00 to 21:30 on August 2, 2025, and from 7:30 to 8:30 on August 3, 2025.
3. Transition Zone T2 will be open from 12:00 to 20:30 on August 2, 2025, and from 16:00 to 20:30 on August 3, 2025.
4. On August 2, 2025, only Athletes with a wristband (applied at the Race Office), a stickered helmet, a stickered bike will be allowed to enter the Transition Zones. On August 3, 2025, only Athletes with a wristband (applied at the Race Office) will be allowed to enter the Transition Zone.
5. Before entering the Transition Zone, the technical condition of the bike will be checked by a Race Official. Bikes that do not meet the requirements described in point 3 of section III, or pose a safety risk to the Athlete or others, will not be allowed to participate in the Race.
6. Each Athlete is required to personally bike check-in on August 2, 2025.
7. On August 3, 2025, it will not be possible to bike check-in into the Transition Zone. On August 3, 2025, in Transition Zone T1, only bike checks, tire inflation, and bottle placement will be allowed.
8. The check-out of bikes and Transition Bags will be possible on August 3, 2025, during the hours mentioned above, based on the race number, chip, and wristband.
9. The opening hours and location of the Transition Zones are subject to change. Such changes do not give rise to any additional claims or obligations. The exact opening hours and location of the Transition Zones will be announced on the [www.ironmankrakow.pl](http://www.ironmankrakow.pl) website and on [www.ironman.com](http://www.ironman.com).

## § 3. START LINE

1. The start will take place at Zakrzówek Reservoir on August 3, 2025, in a Rolling Start format.
2. The start times will be published on the Event Website.
3. Each Athlete is required to start wearing the swim cap provided in the race kit at the Race Office.



4. The nature of the start, its time, location, and wave divisions are subject to change. Such changes do not give rise to any additional claims or obligations. Exact information regarding the start and location will be provided on the [www.ironmankrakow.pl](http://www.ironmankrakow.pl) website and on [www.ironman.com](http://www.ironman.com).

## § 4. FINISH LINE

1. Only athletes who have crossed the finish line are allowed in the finish area. Upon crossing the finish line, the athlete will receive a commemorative medal.
2. Entering the finish area with a companion, an animal, or items that may pose a threat to the safety of the athlete or others is prohibited. Failure to comply with this rule may result in disqualification.
3. The organizer allows the entire team to cross the finish line together. Each team member must wear their race bib and wristband. Failure to comply with this rule may result in the disqualification of the team.

## § 5. DEPOSIT

1. The location and opening hours of the deposit will be provided on the event's website.
2. Items for the deposit will only be accepted in the deposit bags. Athletes must affix the race number sticker to the designated area on the bag at the assigned location.
3. There is no option to leave items in the deposit that are not placed in the deposit.
4. The organizer is not responsible for valuable items left in the deposit.

# XI. TRANSFER & WITHDRAWALS

In accordance with Article 38(1)(12) of the Consumer Rights Act, the athlete is not entitled to the right of withdrawal from the agreement to participate in the race.

Except for situations provided for in these regulations, the Organizer does not allow the transfer of the entry fee to another participant, another event, or another year.

## § 1. WITHDRAWAL

1. In the event of withdrawing from the event, the organizer will refund the entry fee according to the following schedule:
  - a. Until April 3, 2025, 50% of the entry fee is refundable;
  - b. From April 4, 2025, to June 19, 2025, 25% of the entry fee is refundable;
  - c. From June 20, 2025, the entry fee is non-refundable.
2. To withdraw, you must complete the [FORM](#).

3. Only the person who made the payment for the Event (the team captain) can submit a withdrawal from the event. In the case of withdrawal, the entire relay team and all its members will be removed from the list of participants.
4. An athlete who transferred their registration from the previous year or from another event is not eligible for a refund.
5. Fees for additional services purchased during or after registration will be refunded 100% by June 19, 2025. If the service has already been provided, no refund will be made.
6. Refunds are made to the credit card or account used for the registration payment, unless the athlete provided a different account during withdrawal. If the refund is made to a different account, the athlete must be the account holder. Refunds may take up to 8 weeks to process.
7. Partial refunds of the entry fee are not possible for registrations made using a voucher or discount code.

## §2. TRANSFER TO OTHER IRONMAN EVENTS

1. It is not possible to transfer from the Event to other events in the IRONMAN, IRONMAN 70.3, 5150 Triathlon Series, or 4:18:4 series.

## § 3. TRANSFER FOR IRONMAN POLAND AND IRONMAN CZECH REPUBLIC EVENT

1. To transfer to another Event organized within IRONMAN Poland or IRONMAN Czech Republic, contact the Organizer by emailing [krakow70.3@ironman.com](mailto:krakow70.3@ironman.com)
2. The transfer is possible until July 24, 2025.
3. If transferring to an Event with a lower entry fee than the amount paid, the difference in the entry fee will not be refunded.
4. If transferring to an Event with a higher entry fee, the athlete is required to pay the difference in entry fees.
5. The transfer option applies only to events taking place in the same calendar year as the event from which the withdrawal is made.
6. It is possible to transfer purchased additional services (e.g., medal engraving, photo package) to another event. If the service for the target event is sold out, the service fee will be refunded.
7. The transfer can be used only once within the same entry fee.
8. It is not possible to transfer to an Event where registration is already closed.
9. The Event to which the transfer is being made must remain open for at least 10 days.
10. It is possible to exchange the entry fee for a voucher, equal to the amount of the paid entry fee, for events organized within IRONMAN Czech Republic and IRONMAN Poland in 2026 (hereinafter: "voucher").
11. To exchange the entry fee for a voucher, please send an email to [krakow70.3@ironman.com](mailto:krakow70.3@ironman.com).

12. The exchange of the entry fee for a voucher is possible until July 24, 2025.
13. Registrations made using a voucher cannot be transferred again to the following year and are non-refundable.
14. In the case of registering for an event where the entry fee is higher than the value of the voucher, the athlete is required to pay the difference.
15. In the case of registering for an event where the entry fee is lower than the value of the voucher, the athlete is not entitled to a refund of the remaining unused amount. The unused amount can be applied to the registration for another event in 2026.
16. The voucher cannot be exchanged for cash (in whole or in part) and is non-refundable.
17. Sponsor, charity, group, and other non-entry fee packages are excluded from transfers and the option to receive a voucher.
18. Selecting the transfer option is equivalent to waiving the right to receive a partial refund of the entry fee for the event the athlete was originally registered for. A partial refund will not be possible for the event to which the entry fee was transferred.

## XII. CLASSIFICATION & RESULTS

1. The following classifications will be held as part of the race:
  - a. Men's classification (men's teams only)
  - b. Women's classification (women's teams only)
  - c. Mixed classification (teams consisting of one woman and two men, or two women and one man, or one woman and one man in the case of two-person relays).
2. The official time of the event is the athlete's net time.
3. The results will be announced no later than 15 minutes before the awards ceremony. The results will be hosted on the website [www.wyniki.datasport.pl](http://www.wyniki.datasport.pl).
4. The results will be published on the event website and delivered to the media.
5. The winners of places I-III in the category will receive souvenir trophies.
6. In the case of absence from the award ceremony, the prizes can only be collected at the Organizer's office up to 30 days after the end of the event.
7. The organizer reserves the right to introduce additional prizes in selected categories.

## XIII. PERSONAL DATA PROTECTION

1. The personal data of athletes is administered by Sport Evolution Group Sp. z o.o., Jana Kochanowskiego 12/23, 01-864 Warsaw, contact regarding personal data at: [daneosobowe@sportevolution.pl](mailto:daneosobowe@sportevolution.pl). In relation to some participant data IRONMAN® Germany Germany GmbH Höchster Strasse 90, 65835 Liederbach, Germany are joint controllers.

2. The personal data of athletes will be processed for the purpose of organizing and conducting the event, determining the winner, awarding, issuing, receiving, and settling the prize, as well as other activities related to the conducted business.
3. To perform time measurement, create results, send information about the start number, and the achieved result, athlete data will be provided to the company responsible for timekeeping during the event.
4. The athlete has the right to access and correct their data. Providing personal data and giving consent to their processing is voluntary but necessary to achieve the above-mentioned purposes. Failure to provide data or lack of consent to their processing prevents participation in the competition. Please note that the given consent can be revoked at any time; however, revocation does not affect the lawfulness of data processing prior to withdrawal.
5. The processing of athlete data, in connection with participation in the event, also includes the publication of the athlete's name, year of birth, club affiliation along with the name of the place of residence—in any way the project will be published.
6. All information about participants obtained by the organizer and included in the registration form will be electronically stored and used in accordance with applicable legal regulations.
7. The organizer reserves the right to conduct interviews with each participant, take photos and film them for advertising, promotional, internet, radio-television broadcast, and other commercial purposes.
8. The organizer reserves the right to use free of charge worldwide all photos, film materials, interviews, and sound recordings depicting competition participants. They may be used by the organizer by placing them on CD-ROMs, DVDs, portable devices such as pendrives or external drives, cloud services, in catalogs, and media, on websites, in newspapers, and exhibitions, as well as for promotional and advertising purposes related to the organizer's activities.
9. The data retention period is as follows:
  - a. For data processed for the purpose of pursuing potential legal claims—until the claim is time-barred or the proceedings related to pursuing claims are concluded.
  - b. For data processed to document conducted activities and inform about them—no more than 5 years from the date of the documented event, unless the data is processed for archival purposes in the public interest.
  - c. For data processed to ensure the security of networks and IT systems—no more than 5 years from the date of registration.
  - d. For data processed based on the participant's consent—until the consent is withdrawn.

10. To withdraw consent for the processing of personal data, the participant should complete the form available at <https://slotmarket.pl/document/polityka-prywatnosci> and send it to [contact@slotmarket.pl](mailto:contact@slotmarket.pl).

## XIV. COMPLAINTS

1. A written protest regarding the non-compliant behavior of athletes, non-compliance with the provisions in other matters related to the race or the decision of the judges may be submitted to the main judge within 5 minutes from the end of the race (the last athlete running in) at the head referee with a deposit paid the amount of USD 50 (WT Rules art. 12.7a).
2. Complaints related to event matters should be submitted in writing along with a justification to the organizer's correspondence address, marked "IRONMAN 70.3 Kraków - Complaint," within 7 days from the date of the event—either in person, by registered mail (postmark date determines), or to the email address: [krakow70.3@ironman.com](mailto:krakow70.3@ironman.com) with the subject "IRONMAN 70.3 Kraków – Complaint”.
3. Complaints submitted after the deadline specified in point 2 of Chapter XIV will not be considered.
4. The organizer will review complaints about the event within 60 days from the date of their receipt.
5. The Organizer's decision on complaints about the event will be final.
6. The above does not limit the Consumer's rights to pursue claims based on the absolutely applicable provisions of the law before the common courts.

## XV. FINAL PROVISIONS

1. All Event participants are bound by these Regulations.
2. The Rules shall apply from January 7, 2025.
3. Each participant is obliged to read the regulations.
4. Lack of knowledge of the Event rules does not exempt the athlete from the rules specified by the organizer in these regulations
5. Ignorance of the Regulations does not release the athlete from the rules specified by the Organizer in these Regulations.
6. It is forbidden to bring any kind of narcotic, illegal substance, drugs improving athletic performance, as well as alcoholic products to the area encompassing the Event. Participants are prohibited from taking such drugs and substances both before and during the race, failure to abide by this rule may result in exclusion from participation in the Event. If it is found that an athlete violates the above prohibition, the organizer reserves the right not to allow him to participate in the race or exclude him during the race.

7. No athlete may use measures or actions to increase efficiency. Any attempt of doping will be dealt in accordance with the IRONMAN Anti-Doping Rules. Athletes may be required to undergo testing before and after the Event. If an athlete is called upon to control, he/she is required to appear for inspection.
8. The Medical Control Rules are in accordance with IRONMAN Anti-Doping Rules on banned substances and will be binding on all athletes. In addition, other rules and regulations, even if not yet recognized by the IRONMAN Anti-Doping Rules, may be instituted, which if such occurs, you agree to abide by.
9. On the reverse of the bib number there will be a table that each athlete should fill in for easier identification in the case of an accident. The table contains data on the medications taken, possible allergies and the telephone number of the person to be contacted by the Organizer in the case of an accident.
10. The organizer provides emergency medical care along the route and at the finish line.
11. The event Organizer provides safety in the water during the race (through WOPR).
12. The Organizer shall provide a deposit. Valuables cannot be left in the deposit, but only things necessary for basic needs both before and after the Event.
13. The Organizer is not responsible for lost valuables during the Event.
14. The organizer takes responsibility only for equipment left in the Transition Zone which is necessary to complete the race, i.e.: bicycle, helmet, shoes, wetsuit. Additional equipment (watches, bicycle computers, goggles, etc.) are left in the Transition Zone at the athlete's own risk.
15. In case of theft or damage to equipment, each athlete is obliged to report this fact to the Organizer representative in the Transition zone and the police. Entries will be accepted by the Organizer only until it receives the equipment and leave the Transition zone by an athlete.
16. The organizer reserves the right to cancel or modify the event without giving reasons. If it is not possible to conduct a swimming competition (red flag), the swimming will be canceled.
17. The event will take place regardless of weather conditions.
18. The Organizer reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefing meeting. Notification of any change will be in accordance with WTC procedures.
19. Absence of technical check doesn't exempt the athlete from complying with these Regulations on this check-in.
20. Each of Organizer and WTC may assign these Regulations to other entity/s or individual/s ("assignees") at any time, and any such assignment will grant assignees the full rights and protections accorded in these Regulations, consistent with Organizer's, WTC's and other Released Parties' rights and protections under these Regulations.

21. Only the organizer of the event is entitled to a binding and final interpretation of the regulations of these regulations. If any of the provisions of the Regulations is partially or entirely changed - all other provisions remain valid.
22. The organizer reserves the right to change the name of the event
23. In matters not covered by the regulations, the Organizer shall decide on the basis of the applicable law. The above does not limit the right to court in case of a dispute.

## XVI. REGULATIONS RELATED TO FORCE MAJEURE

1. In the event of cancellation due to a pandemic, another state of emergency, or other circumstances beyond the Organizer's control (so-called "force majeure"), the athlete will receive a voucher equivalent to the value of the entry fee paid, which can be used for IRONMAN events taking place the following year, or the athlete will have the option to receive a refund within the timeframe specified by the Organizer.
2. In the event of a change in the event date due to a pandemic or other state of threat or emergency, as well as due to factors beyond the organizer's control (so-called "force majeure"), the athlete will be transferred to the new competition date based on the agreement concluded with the organizer. The athlete will have the opportunity to apply for a refund of the entry fee within the timeframe specified by the organizer.
3. In the event of the cancellation or rescheduling of the event due to a pandemic or other state of threat or emergency, as well as due to factors beyond the organizer's control (so-called "force majeure"), money for purchased additional services will be refunded to the participant within 180 days. The purchased insurance and license is not subject to a refund.
4. Force majeure, within the meaning of these Regulations, encompasses all unforeseeable situations or events of an exceptional nature beyond the control of the organizer, preventing the fulfillment of any of the obligations specified in these Regulations, not resulting from the organizer's error or negligence, and remaining insurmountable despite exercising all due diligence, in particular: events of natural disasters such as floods, hurricanes, extraordinary force winds, tornadoes, earthquakes, exceptionally intense and prolonged downpours, or extraordinary and external events that could not be prevented (such as war, martial law restrictions, uprising, revolution, riots, terrorist attacks), epidemic threats, states of epidemic threat, epidemics, and states of epidemic, as well as new legal acts or decisions of administrative authorities preventing the Organizer from fulfilling its obligations. Neither the organizer nor the participants are liable for non-performance or improper performance of the provisions of these Regulations caused by force majeure.