

2 sierpnia 2026

ATHLETE GUIDE

SPONSOR TYTULARNY

PARTNER STRATEGICZNY

SPONSORZY OFICJALNI

SPONSORZY

PARTNERZY MEDIALNI



YEAR 2025



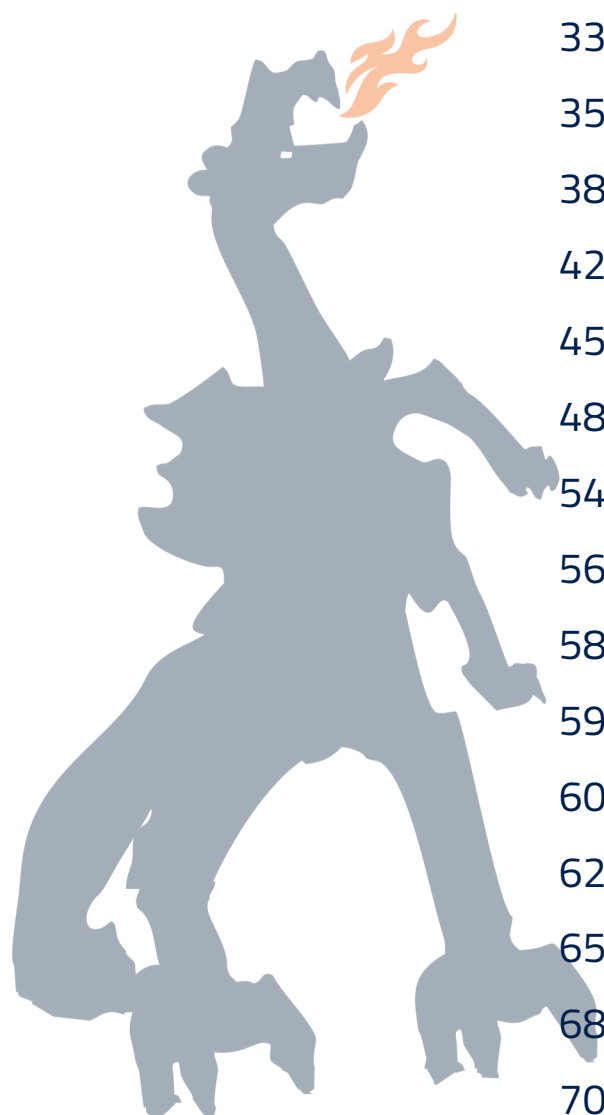
Experience or relive the thrill and energy of race day—watch the 2025 highlights video and get in the spirit for what's ahead!



TABLE OF CONTENTS



<u>Welcome messages</u>	4
<u>Head Referee's Message / Rules</u>	14
<u>Medical & Health Info</u>	16
<u>Top things to see</u>	17
<u>Event overview</u>	18
<u>Schedule</u>	19
<u>Transport</u>	22
<u>EXPO</u>	24
<u>Athlete check-in</u>	28
<u>Race package</u>	31
<u>Transition bags</u>	33
<u>Bike & bags check-in</u>	35
<u>Race day</u>	38
<u>SWIM</u>	42
<u>T1 zone</u>	45
<u>BIKE</u>	48
<u>T2 zone</u>	54
<u>RUN</u>	56
<u>Finish line</u>	58
<u>Awards Ceremony</u>	59
<u>Slot Allocation</u>	60
<u>Common Rules, Violations & Penalties</u>	62
<u>Good to know</u>	65
<u>Good Morning Run</u>	68
<u>Pho3nix IRONKIDS Kraków</u>	70



WELCOME MESSAGE



Dear Participants and Spectators,

Enea IRONMAN 70.3 Kraków has permanently established itself in the calendar of the most important triathlon events in Poland. This competition attracts both experienced athletes and those pursuing their very first sporting dreams, while the exceptional atmosphere of Kraków and the Małopolska region provides the perfect backdrop for world-class rivalry.

The Enea Group has been supporting the development of triathlon in Poland for over a decade. It is a discipline whose values are particularly close to our hearts—perseverance, consistency, and the energy needed to achieve ambitious goals. That is why we proudly support the entire IRONMAN Poland series as its title sponsor, accompanying the athletes as they fulfill their sporting dreams.

The competition in Kraków is about more than just the struggle on the course. It is also about the thousands of fans and residents of Kraków and the surrounding areas who together create the unique atmosphere of this event. We are delighted to be part of this celebration of sport and to support an initiative that inspires activity and a healthy lifestyle.

We wish all the competitors the best of luck, satisfaction with their results, and many reasons to feel proud after crossing the finish line. We would like to thank the fans for their support and wish everyone an exciting, sport-filled weekend at Enea IRONMAN 70.3 Kraków.



Grzegorz Kinelski





Wariant 2031 i 2036

1% obniżki
w każdym
kolejnym roku

od ceny energii netto z Oferty na 2026 rok



Wybieram
EKO Ofertę Biznes

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



Cena energii uzależniona
od wybranego wariantu*



Certyfikat TÜV SÜD Polska
potwierdzający umorzenie
gwarancji pochodzenia przez Eneę



Oferta zawiera miesięczną
opłatę handlową

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

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

infolinia: 611 111 111

enea.pl/eko-oferta-biznes

WELCOME MESSAGE



Dear Triathletes,

Welcome to Kraków! Once again, we gather in our city for the prestigious IRONMAN 70.3 series. Last year's inaugural edition of the event in Kraków proved to be a great success. It was truly gratifying to hear the words of appreciation and positive feedback from the participants. We are delighted that triathlon has found a home in the capital of Małopolska and is here to stay.

I am convinced that this year's edition will also deliver plenty of sporting excitement—both for the athletes and for the residents and visitors cheering along the course.

Once again, you can count on a unique atmosphere throughout the event and enthusiastic support at the historic Main Market Square, the picturesque Zakrzówek, and along the entire route of your challenge. I wish you the best of luck in achieving your sporting goals, a wonderful stay in Kraków, and the most memorable experience at the competition.

You are all IRONMAN!



TOMASZ MARZEC





Kraków

kraków MEMORIAL WAGNERA

H.J. Wagner Memorial
28-30.08.2026

19th Three Mounds Run
20.09.2026

**12th PKO Cracovia
Royal Half Marathon**
11.10.2026

24th Cracovia Marathon
18.04.2027

**Kraków - the city
of sports emotions**



Zarząd Infrastruktury
Sportowej
w Krakowie

www.zis.krakow.pl

WELCOME MESSAGE



Dear Competitors,
Dear Guests,

It is with immense pride that I welcome you to Bochnia—the cradle of one of the oldest salt mining centers in Europe, a city of rich history whose heritage and people stand ready to inspire everyone who visits.

It brings me great joy that the "Salt City" is once again featured on the route of such an exceptional event as IRONMAN 70.3 Kraków. Bochnia and Kraków share centuries of common history built on the foundation of salt—once known as white gold. Our city has always been situated on major trade routes, and today, it proudly stands on the IRONMAN sports route. It is wonderful that right here, the athletes will be able to feel the incredible power of cheering and hospitality—which has achieved iconic status since the very first edition of IRONMAN 70.3 Kraków.

I wish the competitors strength, perseverance, and the fulfillment of their sporting goals—may Bochnia be the place that gives you wings.

Dear Guests! May this short stay in Bochnia for the competition serve as both an invitation and a promise to visit our city again. I warmly invite you to return—to explore the underground routes of the Bochnia Salt Mine, stroll through the historic center, visit our museums and the brine graduation tower, and relax amidst our green spaces. Bochnia is a place worth returning to all year round.

See you soon!



MAGDALENA ŁACNA



BOCHNIA
MIASTO SOLI
1253

WELCOME MESSAGE



Dear Ladies and Gentlemen! Organizers, Competitors, and Fans!

Last year's inaugural IRONMAN 70.3 Kraków made history as a magnificent celebration of triathlon, gathering over two thousand athletes from all over the world. Thanks to its professional organization and growing popularity, IRONMAN 70.3 Kraków is becoming a key highlight on our region's sports calendar and an inspiration for active living. It is an initiative that builds a sporting community, promotes fair-play competition, and demonstrates that Małopolska is a premier host for high-level events—rightfully earning its title as the "Championship Arena."

I am delighted that the Małopolska Voivodeship has once again become the Strategic Partner of the event. This partnership is not only a prime example of our strategy to strengthen Małopolska's profile as a major sports brand, but also a testament to our excellent cooperation with the event organizers. I am confident that IRONMAN 70.3 Kraków 2026 will be a spectacular sporting showcase. I wish all the competitors a safe race through every stage and the best possible results, and I wish the fans a fantastic atmosphere filled with unforgettable sporting thrills.

I also encourage you to discover more of Małopolska and spend some time exploring a region that offers not only perfect conditions for sports and active recreation, but also a rich variety of cultural and leisure events, alongside extraordinary natural and tourist attractions.

A warm welcome to you all



ŁUKASZ SMÓŁKA



WELCOME MESSAGE



Dear Ladies and Gentlemen!

Małopolska is a true "Championship Arena" for sports events of the highest caliber. It is a region that has organized prestigious competitions for years, creating excellent conditions for both professional athletes and amateurs alike. Here, physical activity harmoniously blends with the beauty of nature, and sport plays an essential role in building an active and healthy society.

As the Self-Government of the Małopolska Voivodeship, we take great pride in supporting initiatives that bring residents together, attract tourists, and strengthen the Małopolska brand both at home and abroad. That is why I am delighted to welcome—for the second consecutive year—all the participants of the Enea IRONMAN 70.3 Kraków, one of the most prominent triathlon events in Central and Eastern Europe.

I warmly invite residents and all visiting guests to come together to experience the sporting excitement and enthusiastically cheer on the athletes along the routes of Małopolska. To the competitors, I wish you perseverance and a true fighting spirit.



WITOLD KOZŁOWSKI



WELCOME MESSAGE



Dear Athletes,

When we first announced to the world that the IRONMAN 70.3 series was coming to Kraków, we felt a mix of immense excitement and great responsibility. Today, enriched by that experience, we are counting down the days with even greater pride and anticipation to welcome over 2,000 triathletes back to the capital of Małopolska. We are truly honored that you will once again make history with us at this year's edition of Enea IRONMAN 70.3 Kraków!

Together with the Kraków city authorities, we have done everything possible to ensure the race course meets the expectations of even the most demanding triathlon enthusiasts. The swim in the unique setting of the Zakrzówek Reservoir is sure to give you an incredible boost for the rest of the race. The bike leg, heading towards Bochnia, will allow the strongest athletes to drop the hammer and unleash their full speed. Finally, the run course will take you through the most beautiful corners in the very heart of the city: the charming streets of the Old Town, the Vistula Boulevards, and the surroundings of the Wawel Royal Castle. The real icing on the cake, however, will be the spectacular finish line located right on the Main Market Square.

On behalf of the entire organizing team, I want to thank you for the immense trust you continuously place in us. A fully booked start list—featuring hundreds of athletes from all over the world alongside a large group of local competitors—is the best proof of that. We will spare no effort to ensure you leave Kraków with the best memories, both from the competition itself and from your stay in this exceptional city.

At this point, I would like to extend my heartfelt thanks to everyone without whom Enea IRONMAN 70.3 Kraków would not be possible. Our efforts continue to be supported by the local authorities of the city of Kraków, the Self-Government of the Małopolska Voivodeship, and the city of Bochnia. Huge thanks go to our Title Sponsor—Enea—as well as to all our other Sponsors and Partners. A separate, incredibly important thank you goes to those who will be working throughout the weekend to ensure your safety and the highest level of service: the volunteers, security personnel, medical staff, and lifeguards. They are the unsung heroes of this event.

An intense weekend full of sporting thrills lies ahead. Remember that on Saturday, August 1st, we will be cheering on the youngest athletes in the Pho3nix IRONKIDS race and the participants of the Good Morning Run. Then, on Sunday, August 2nd, the time will come for your big moment—the main race and the relay competition.

I wish you all a successful, satisfying, and, above all, safe race. Have a great time in the spirit of fair play, and enjoy exploring Kraków! Please also read this year's Athlete Guide carefully—you will find answers to most of your questions inside, allowing you to spend the final hours before the start in peace and free of unnecessary stress.

All the best, and see you at the Main Market Square in Kraków!



MICHAŁ DRELICH

Race Director

THE MOST IMPORTANT SPORTS EVENTS ON ONE ONLINE PLATFORM



PERSONAL ACCOUNT
history of starts and results



FAST REGISTRATION
for multiple events



INNOVATIVE SERVICES
directly from the registration form



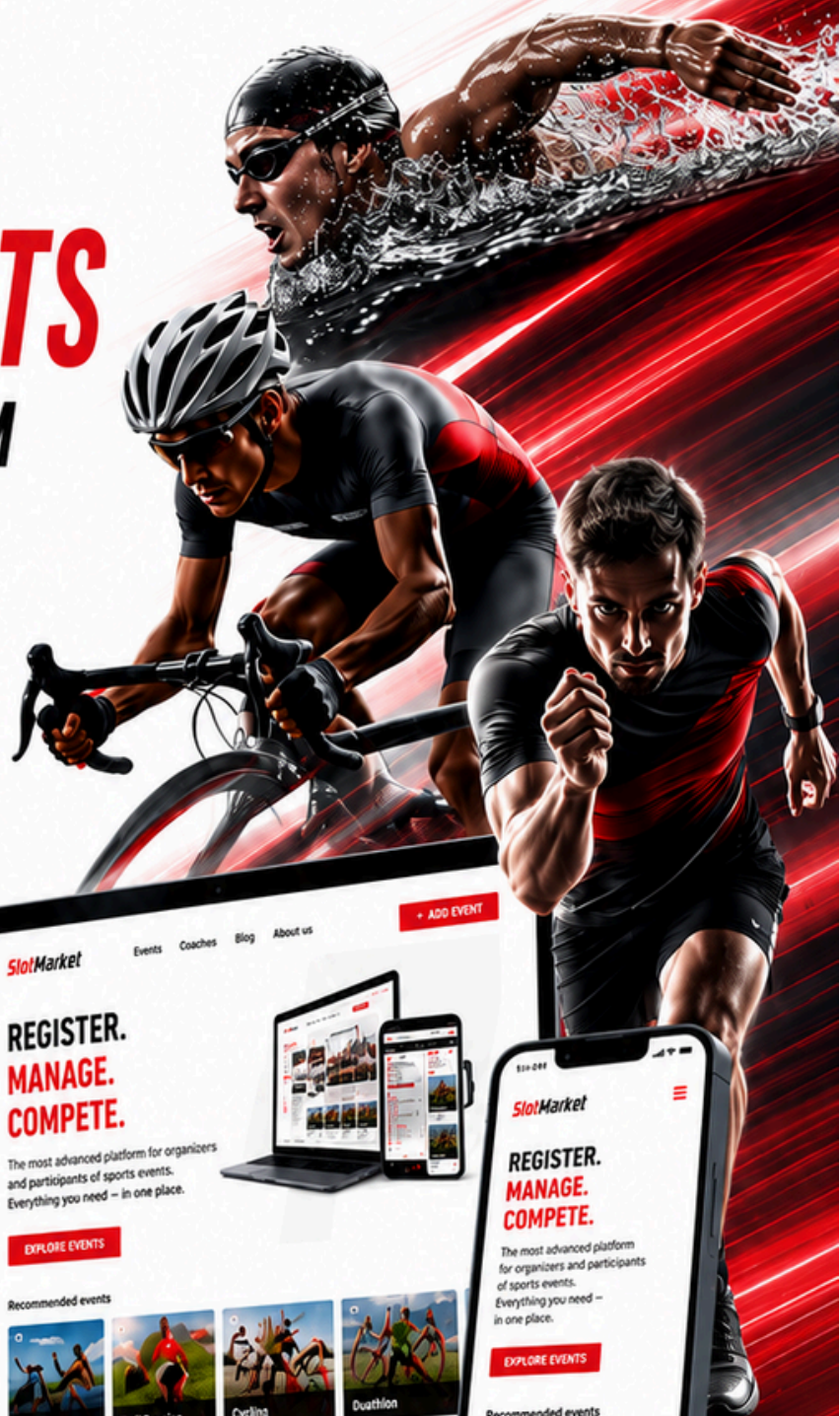
ONLINE PAYMENTS
secure and convenient



EVENT REVIEWS
your opinion matters



FIND A COACH
personal coach search engine
for endurance sports



MANAGE
REGISTER
PARTICIPATE



SECURE



FAST



CONVENIENT



VISIT US AT

www.slotmarket.pl



Zalew Zakrzówek

A picturesque body of water in Kraków, created in a former limestone quarry. Surrounded by cliffs and lush greenery, it is a popular spot for walking, swimming, and diving.



HEAD REFEREE'S MESSAGE



Maciej Jakubowski

Enea IRONMAN 70.3 Kraków
Head Referee

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide, the 2026 IRONMAN Rules and the Event Rules.

	BLUE CARD 1st card - two-minute time penalty 2nd card - two-minute time penalty 3rd cards - DSQ Penalty to be performed in the dedicated tent <i>e.g. Drafting or littering</i>
	YELLOW CARD Time penalty of 30 seconds to be served in the penalty tent (bike) or next to the referee (run) <i>e.g. for blocking another athlete.</i>
	RED CARD Disqualification (DSQ) <i>e.g. Non-compliant material or equipment</i>

REMINDER OF PENALTIES

BLUE CARD

The athlete will be disqualified if he receives three blue card penalties.

Drafting and littering are the only violations that will result in a blue card violation and an athlete will incur a time penalty. Athletes notified of a rule violation must serve their penalty at the next penalty tent on the bike course. The Penalty Box will be located at the BP gas station in Czyżów on the return route past Bochnia – the second tent before transition area T2.

YELLOW CARD

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

RED CARD

Athlete shown a red card has committed a rule violation which may result in disqualification.

THREE BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

Triathlon is an individual event, and it's your responsibility to understand the rules and avoid penalties. The referee's decision on POSITION violations is final, with no protests or appeals. Protests by athletes penalized for judgment calls, or for a penalty which has already been served, will not be considered.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. All the rules can be found in the IRONMAN 2026 regulations and the particularities of the race in this athlete guide. **Please note that the IRONMAN Competition Rules will be strictly enforced on race day.**

[IRONMAN COMPETITION RULES 2026](#)



[Enea IRONMAN 70.3 KRAKÓW - RULES](#)



[Enea IRONMAN 70.3 KRAKÓW - RELAY RULES](#)



STANDARD BLUE CARD PENALTY PROCEDURE

THE RACE REFEREE WILL:

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

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

RULES UPDATES FOR 2026



2026 RACE RULE UPDATES

It is the responsibility of each athlete to read and understand the rules in their entirety. However, you will find below the main updates for the 2026 season.

Article III. PENALTIES

Section 3.03 DISQUALIFICATION

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

Section 3.04 SUSPENSION

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

Article IV. SWIM CONDUCT

Section 4.01 GENERAL

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

Article V. BIKE CONDUCT – Section 5.01 GENERAL

Article VI. RUN CONDUCT – Section 6.01 GENERAL

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

Article V. BIKE CONDUCT

Section 5.02 EQUIPMENT

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

Article V. BIKE CONDUCT – Section 5.02 EQUIPMENT

Article VI. RUN CONDUCT – Section 6.02 ILLEGAL EQUIPMENT

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

Section 5.04 DRAFTING AND POSITION RULES

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

Article VIII. PARA OPEN DIVISION

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

IMPORTANT MEDICAL & HEALTH INFO



Your safety is our top priority. The medical team is available both mobile and stationary along the swimming, cycling, and running routes. There is also a medical center near the finish line.

- If you are not feeling well on race morning, we strongly advise you not to start the event
- If you start to feel unwell at any point during race day, we urge to seek help rather than continue

DO NOT BE AFRAID TO ASK FOR HELP

You will not receive a penalty or be disqualified for receiving a medical evaluation.

If at any time during the race you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention. A medical evaluation does not constitute outside assistance. **You will not receive a penalty or be disqualified for receiving a medical evaluation, or for having someone help you in getting medical assistance.**

- **During the swim:** raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling "help." You can also grab onto a kayak, paddle board or nearby boat. You will not be disqualified for grabbing onto any of these safety items during the race.
- **During the bike ride:** If you are at a refreshment point, inform someone that you need medical help. If you are not at a refreshment point—STOP—and inform someone that you need medical assistance. Assistance can be offered by anyone—another competitor, a volunteer, a support vehicle, an event support vehicle, or an event motorcycle on the route; even a spectator. Notify the nearest person that you need medical help. Remember to provide your race number.
- **During the run:** the same as on the bike. If you are at a refreshment point, inform someone that you need medical help. If you are not at a point—STOP—and inform someone that you need medical assistance. Assistance can be offered by anyone—another competitor, a volunteer, a support vehicle, an event support vehicle, or an event motorcycle on the route; even a spectator. Notify the nearest aid station or staff member that you need medical help. Remember to provide your race number.
- **Helping another athlete:** if a fellow athlete needs help, please use the same steps listed above to get the athlete medical assistance. You will not be disqualified or receive a penalty for assisting a fellow athlete in medical need. On the bike and run course, make sure to provide the bib number of the athlete in need of help.
- **After finishing the race:** please do not leave the event area until you are able to drink without vomiting, stand without feeling dizzy, and generally feel well. If you do not feel well, go to the medical tent to be assessed by the medical team.

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

Please visit our [Athlete Smart web page](#) for more information regarding your health pre-race and during competition.

MEDICAL INFORMATION

If you have a known medical condition, we highly advise that you take the following steps:

- Please record the details of your health condition on the back of the race number that you will receive in your race packet.
- The medical information that you place on your race number will provide medical personnel or emergency services with essential information.
- If you have any questions or concerns about providing medical information, please visit the Help Desk at the Race Office.

TOP PLACES TO VISIT



WAWEL ROYAL CASTLE

Wawel is a historic hill featuring the Royal Castle and the Cathedral, where Polish kings were crowned and buried. Visitors can explore richly decorated state rooms, the armory, royal tombs, and the Dragon's Den. It is the heart of Polish history and national identity.

Website: wawel.krakow.pl



ST. MARY'S BASILICA

Located on the Main Market Square, St. Mary's Basilica is one of Kraków's most important landmarks. It is famous for its Gothic altarpiece by Veit Stoss (Wit Stwosz), soaring towers, and the trumpet call (hejnał) played every hour. The interior captivates visitors with its rich colors, starry vault, and stained-glass windows.

Website: mariacki.com



KAZIMIERZ DISTRICT

Kazimierz is an incredibly atmospheric district that seamlessly blends Jewish history with modern culture. Its narrow streets shelter synagogues, museums, art galleries, and trendy cafes. By night, it becomes the vibrant center of nightlife, filled with concerts and cultural events.

Website: www.krakow.pl



WIELICZKA SALT MINE

Wieliczka is a unique underground wonder where salt was mined for centuries. During the tour, you will see chapels carved entirely out of salt, underground lakes, and impressive sculptures. The mine boasts over 700 years of history and is inscribed on the UNESCO World Heritage list.

Website: www.kopalnia.pl



BOCHNIA SALT MINE

The oldest salt mine in Poland, operating continuously since 1248. Its underground corridors, chambers, and chapels form a unique labyrinth that today serves both tourist and therapeutic purposes. This site is inscribed on the UNESCO World Heritage list as part of the Royal Salt Mines.

Website: kopalnia-bochnia.pl





PLAC
SZCZEPAŃSKI

BIURO ZAWODÓW
Race office

IRONMAN Expo

Depozyt
Deposit

VIP ROOM

Strefa finishera
Finisher zone

Punkt medyczny
Medical point

Biuro prasowe
Media office

Meta
Finish

Kładka
Crosswalk

Pętla
Loop

Trybuna
Stand

Strefa kibica
Fanzone

RYNEK
GŁÓWNY

Scena/Dekoracje
Stage/Award ceremony

Run course

Kładka
Crosswalk



Mapa miasteczka IRONMAN Village

SCHEDULE



FRIDAY 31 JULY

Opening Hours	Description	Location
15:00 - 20:00	Athlete check-in <i>IRONMAN 70.3, Relays, IRONKIDS, Good Morning Run</i>	Szczepański Square
15:00 - 20:00	<i>Expo & Official Merchandise Store</i>	Szczepański Square
15:30 - 19:15	IRONMAN TALKS	Szczepański Square

SATURDAY 1 AUGUST

Opening Hours	Description	Location
8:00 - 10:00	Deposit <i>Good Morning Run</i>	Main Market Square
9:00	Start <i>Good Morning Run</i>	Main Market Square
9:45	Awards Ceremony <i>Good Morning Run</i>	Main Market Square
10:00 - 18:00	<i>Expo & Official Merchandise Store</i>	Szczepański Square
10:00 - 18:00	Athlete check-in <i>IRONMAN 70.3, Sztafety</i>	Szczepański Square
10:00 - 13:30	Athlete check-in <i>IRONKIDS</i>	Szczepański Square
10:00 - 13:30	IRONMAN TALKS	Szczepański Square
12:00	Start <i>IRONKIDS</i>	Main Market Square
12:00 - 20:30	Run bag (red bags) check-in T2 zone	Międzyszkolny Ośrodek Sportowy Kraków Zachód
12:00 - 21:30	Bike and bike bag (blue bag) check-in T1 Zone	Zakrzówek Park Wyłom St.
14:15	Awards Ceremony <i>IRONKIDS</i>	Main Market Square
21:30	Drone show	Vistula Boulevard





DRONE SHOW

 VISTULA BOULEVARDS

SATURDAY
1 AUGUST
09.30 PM

Don't miss the magic in the sky!

SCHEDULE



**SUNDAY
2 AUGUST**

Opening Hours	Description	Location
6:00 - 7:30	T1 opening hours	Zakrzówek Parl, Wyłom St.
6:00 - 8:30	Deposit opening hours	Park Zakrzówek, ul. Norymberska
8:00	Start IRONMAN 70.3, Relays	Zakrzówek
9:00 - 16:00	<i>Expo & Official Merchandise Store</i>	Szczepański Square
11:30	Spodziewany finisz zwycięzcy <i>IRONMAN 70.3</i>	Main Market Square
11:30 - 17:40	Deposit opening hours	Finisher Zone Main Market Square
14:30 - 19:30	Check-out bike and bags - T2 zone	Międzyszkolny Ośrodek Sportowy Kraków Zachód
17:25	Expected finish of the last athlete	Main Market Square
17:45	Awards Ceremony <i>IRONMAN 70.3</i>	Main Market Square
18:45	Slot Allocation	Aula, Collegium Novum, Jagiellonian University

**Bikes cannot be brought inside, and gear bags cannot be left behind.*

See how to get there:

EXPO / RACE OFFICE	SZCZEPAŃSKI SQUARE	<u>LOCATION</u>
T1 ZONE	ZAKRZÓWEK, WYŁOM ST.	<u>LOCATION</u>
T2 ZONE	MIĘDZYSZKOLNY OŚRODEK SPORTOWY KRAKÓW ZACHÓD, PLAC NA GROBLACH	<u>LOCATION</u>
START	ZAKRZÓWEK	<u>LOCATION</u>
FINISH LINE	MAIN MARKET SQUARE	<u>LOCATION</u>
SLOT ALLOCATION	COLEGIUM NOVUM, JAGIELLONIAN UNIVERSITY	<u>LOCATION</u>

IRONTALKS



DATE	TIME	GUEST	LOCATION
FRIDAY 31.07.2026	15:30 - 16:15	Radosław Głodek	SZCZEPAŃSKI SQUARE
	17:00 - 17:45	Natalia Dybal	
	18:30 - 19:15	Ireneusz Kot	
SATURDAY 1.08.2026	10:30 - 11:15	Piotr Pogon	
	12:00 - 12:45	Mini Majk	
	13:30 - 14:15	Maciej Chuchmacz	
	15:00 - 15:45	Michał Wrzosek	
	16:30 - 17:15	Kacper Stępnia	



Twój biznes, *Twój sukces.*

razem możemy więcej!

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

citi handlowy®

TRANSPORT



A special shuttle bus will run between transition areas T1 and T2 on Saturday, August 1st, to help you move easily between the zones. The bus will be equipped to transport bicycles.

DEPARTURE HOURS

Bus stop: Sheraton [\(location\)](#)

Direction: T1 zone, Zakrzówek



12:00, 12:40, 13:20, 14:00, 14:40, 15:20, 16:00,
17:10, 17:50, 18:30, 19:10, 19:50, 20:30, 21:10

Bus stop: Norymberska [\(location\)](#)

from Norymberska Street

Direction: T2 zone



12:15, 12:55, 13:35, 14:15, 14:55, 15:35, 16:15,
17:25, 18:05, 18:45, 19:25, 20:05, 20:45, 21:25, 22:05

Parking

Free parking spaces will be available near the start and transition area T1 at the Jagiellonian University 600th Anniversary Revival Campus. The entrance is located off Stefana Grota-Roweckiego Street.

Locations

ul. Łojasiewicza 4 [\(location\)](#)

ul. Łojasiewicza 6 [\(location\)](#)

ul. Łojasiewicza 11 [\(location\)](#)

ul. Gronostajowa 2 [\(location\)](#)

ul. Gronostajowa 12 [\(location\)](#)

Opening Hours

11:00 - 22:00 Saturday, 1 sierpnia

5:30 - 21:00 Sunday, 2 sierpnia



Kościuszko Mound

A symbolic monument in Kraków, erected between 1820 and 1823 in honor of Tadeusz Kościuszko. Situated on a hill, it offers a panoramic view of the city and its surroundings.



IRONMAN EXPO



Opening Hours

15:00 - 20:00	Friday, 31 July
10:00 - 18:00	Saturday, 1 August
9:00 - 16:00	Sunday, 2 August

Info Point

If you have any questions, please come to the info point

Opening Hours

15:00 - 20:00	Friday, 31 July	Main Market Square
10:00 - 20:00	Saturday, 1 August	Main Market Square
9:00 - 18:00	Sunday, 2 August	Main Market Square

Exhibitors

ENTERPRISE	INONI
ENEA	TRISOLUTION
SPORT EVOLUTION	TRISTYLE
IRONMAN LOUNGE	TRIWISE
IRONMAN TALKS	GOOD MOVE
MEDICAL SPORT	PROBIKE
226ERS	VELO TEAM
WESSPER	PSI BUFET
IDC TRADE	RAMY NA MEDAL
PRESSMATIC	THE ROOTS
ALAB	MARTOMBIKE
HYDREX	MARSQUEST
	SPORTCENTER



HERE FOR IT



GDY SAMA PODRÓŻ
STAJE SIĘ CELEM



IRONMAN EXPO



EXPO



- 1 MERCH
- 2 BIURO ZAWODÓW
- 3 ENTERPRISE
- 4 ENEA
- 5 BIURO GOOD MORNING RUN
- 6 SPORT EVOLUTION
- 7 IRONMAN LOUNGE
- 8 IRONMAN TALKS
- 9 MEDICAL SPORT
- 10 226ERS
- 11 WESSPER
- 12/13 IDC TRADE
- 14 PRESSMATIC
- 15 ALAB
- 16 HYDREX
- 17 INONI
- 18 TRISOLUTION
- 19 TRISTYLE
- 20 TRIWISE
- 21 GOOD MOVE
- 22 PROBIKE
- 23 VELO TEAM
- 24 PSI BUFET
- 25 RAMY NA MEDAL
- 26 THE ROOTS
- 27 MARTOMBIKE
- 28 MARSQUEST
- 29 SPORTCENTER





OFFICIAL MERCHANDISE STORE

MULTIMEDIALNY PARK FONTANN
SKWER 1 DYWIZJI PANCERNEJ WP,
00-221 WARSZAWA



GODZINY OTWARCIA | OPENING HOURS

PIĄTEK FRIDAY
15:00-20:00

SOBOTA | SATURDAY
10:00-18:00

NIEDZIELA | SUNDAY
9:00-16:00

LICENSE



CLICK TO ENLARGE

To participate in Enea IRONMAN 70.3 Kraków, athletes are required to hold a national triathlon license.

Accepted Licenses

- Annual license
- One-day license
- Foreign national triathlon license

How to Purchase a License

- At the Race Office: Available on-site during registration hours.
- Via the PZTri Mobile App: (This option is available only for athletes from Poland). Link: <https://triathlon.pl/licencje/>

i Relay Teams: A triathlon license is not required for relay team participants.

CZANIECKI

MOC



SMAKU

www.czaniecki.pl

ATHLETE CHECK-IN



Registration process (IRONMAN 70.3)

DATE	OPENING HOURS	LOCATION
Friday, 31 July	15:00 - 20:00	Szczepański Square
Saturday, 1 August	10:00 - 18:00	Szczepański Square



1

You will receive a QR code a maximum of 5 days before the race, which is required to collect your race pack. You can display the QR code on your phone screen or print it out.

The QR code will also be available on the SlotMarket account used for your race registration. Simply log into your account, go to the "Registration History" tab, and download your QR code.

2

Come to the Race Office, present your QR code along with your ID card or passport and your triathlon license, and collect your race pack.

3

When collecting your race pack, an athlete wristband will be placed on your wrist. This wristband is required to enter the transition areas, the start zone, and the finisher zone. Do not remove the wristband until you have retrieved your bike from the transition area after the race.

Please remember to collect your event T-shirt at the Race Office.

Your race pack must be collected in person at the Race Office during its opening hours. Third-party collection is not permitted under any circumstances.

If you do not have a triathlon license, you will be able to purchase one when collecting your race pack.

Race Pack Collection for Relay Teams

Each relay member will receive an email with a QR code, which must be presented upon collecting the race pack at the race office. An ID document is also required. Upon collection, a wristband will be placed on each athlete's wrist. The pack is issued for the entire team – partial collection is not possible.

Can one person collect the pack?

Yes, provided that they have the QR codes and photocopies of the IDs of the remaining members. The wristband will only be placed on the person collecting the pack. The remaining wristbands will be in the pack – the members must put them on before the start, otherwise they will not be allowed to race.

drWitt

SPORT I NAWODNIENIE



**FUNKCJONALNE
ORZEŻWIENIE**



WSPARCIE NA CO DZIEŃ



Wawel Royal Castle

The former residence of Polish kings and one of the most important historical sites in the country. It impresses with its Renaissance architecture, arcaded courtyard, and rich museum collections, including the royal apartments and the treasury.



Location



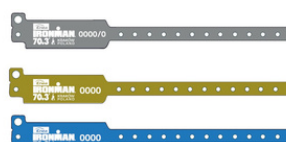
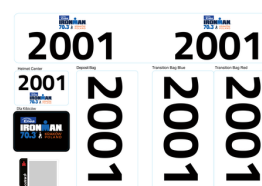
RACE PACKAGE



Your race package will contain

One race number: the number is mandatory for the running stage. During the run, the race number should be located on the athlete's front (stomach). We recommend wearing the race number for the cycling stage. In that case, the race number should be located on the back.

One swim cap: the athlete is required to swim in the cap received in the race pack. Athletes with AWA status will receive two swim caps—one for the race and a commemorative one with the AWA logo. In this case, the athlete is required to swim in the cap assigned for the start of the IRONMAN 70.3 distance.



Sticker set: stickers are included in the race pack. One sticker (the longest one) must be placed on the bike seat post, one sticker on the front of the helmet, and one sticker each must be placed on the gear bag, the T1 transition bag (blue), and the T2 transition bag (red).

One wristband: the wristband is used to identify the athletes. The wristband provides access to the transition areas, the finisher zone, the finish area, and the start zone. The wristband must be worn for the entire duration of the competition. Without the wristband on, you will not be able to check in or retrieve your bike and bags in the transition area. You can find more details about the wristband colors in the "Swimming" section.

One chip: The chip is used for official race timing.

Remember to return the chip at the finish line.

One backpack (for IRONMAN 70.3) or **three bags** (for relay participants)

Two transition area bags and **one** gear bag. Relay participants will only receive **three** black gear bags.

T-shirt: The T-shirt will be available for collection at the Race Office when picking up your race pack.

The athlete is **REQUIRED** to use the items provided in the race pack: the swim cap (assigned to the specific distance), wristband, stickers, race number, and chip.

Failure to comply with this rule may result in disqualification.

SOSlink

When collecting your race pack, you will receive an additional sticker with a SOSlink QR code. The sticker must be placed on your helmet in a visible location.

SOSlink is a medical identification system for athletes. The QR code provides quick access to the data provided by the athlete and allows for reporting an accident to the Crisis Center.



soslink+



WIĘCEJ SPORTU, MNIEJ STRESU.

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

Bez zakładania konta, bez subskrypcji, działa bez aplikacji.

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

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

**KOD:
IM50**

BAGS



BLUE BAG

It should contain the equipment necessary for the cycling stage, including a stickered helmet, race number (recommended), shoes (if not clipped into the bike), jacket, sunglasses, etc.

After using the blue bag, use this bag to pack your swimming gear.

The blue bags must be left in Transition Area T1

Zakrzówek Reservoir / Wyłom Street

August 1st between 12:00 and 21:30



RED BAG

It should contain the equipment needed during the run: running shoes, socks, a hat, race number (required), etc.

After using the red bag, use this bag to pack your cycling gear, including your helmet.

The red bags must be left in Transition Area T2

Międzyszkolny Ośrodek Sportowy Kraków Zachód / Plac na Groblach

August 1st between 12:00 and 20:30



BLACK BAG

This is a bag for personal belongings: you can place clothes to change into after the race and anything else you might need after the race inside it.

Hand it in on race day before the start at the gear check (depository) tent.

Gear check opening hours, August 2nd:

6:00 - 8:30

DO NOT FORGET TO STICK THE RACE NUMBER STICKERS ON YOUR BAGS

PLEASE DO NOT PUT VALUABLE ITEMS IN THE BAGS

THE RED AND BLUE BAGS MUST BE LEFT IN THE TRANSITION AREA ON SATURDAY. IT WILL NOT BE POSSIBLE TO LEAVE THE BAGS ON SUNDAY.

ATHLETE BRIEFING



Friday, 31 July

Time	Description	Location
17:00	Athlete Briefing POLISH	Finish Line area
18:00	Athlete Briefing ENGLISH	Finish Line area

Briefing

The athlete briefing will take place on Friday, July 31st. The briefings will be conducted in Polish and English (see the schedule above).

The briefing will provide important information regarding the specifics of the course, rules, and time limits for each discipline, and most importantly, about any last-minute changes introduced due to weather conditions.

Bike check-in

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

Ready for Anything.

SHIMANO



XTR

Robust.
Intuitive.
Consistent.



BIKE AND BAGS CHECK-IN



Saturday, 1 August

Opening Hours	Description	Location
12:00 - 21:30	Bike and bike bag (blue bag) check-in to T1 Zone	Zakrzówek Wyłom St.
12:00 - 20:30	Run bag (red bags) check-in to T2 Zone	MOS Kraków Zachód Plac na Groblach

Bag drop-off and bike check-in to the Transition Zone on Saturday is mandatory.
There will be no possibility to check in bikes or leave bags on Sunday.

BIKE CHECK-IN

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

- Visual inspection of the bike
- Inspection of the braking system and the helmet
- Verification that the race numbers are properly placed on the bike and helmet, as well as a check of your athlete wristband

BAGS FOR THE CYCLING AND RUNNING STAGES

- Place your bike and hang your bag according to your race number.
- Bike covers are not allowed.
- The helmet must be placed in the blue bag; it cannot be left on the bike.
- Shoes can only be clipped into the bike on race day.
- Make sure you have packed all the gear you will need for the cycling stage into your blue bag.



BIKE COVERS ARE STRICTLY PROHIBITED.

When leaving your bike and bags, take some time to familiarize yourself with the Transition Area. Do not forget to check where the entrances and exits are located. Volunteers will be available in the Transition Area to answer any questions, so please ask them on the spot—do not wait until race day.

TIMING CHIP

The chip will record your individual start time as you cross the starting line and will provide your swim time, bike time, run time, finish time, transition splits, as well as your overall and age-group rankings.

WHEN AND WHERE TO PICK UP THE CHIP?

The chip will be included in your race pack.

WHEN AND WHERE SHOULD THE TIMING CHIP BE WORN?

- The timing chip must be worn on your left ankle throughout the entire race.
- Do not remove it, even if you withdraw from the race.

Important: The timing chip is on loan to the athlete and must be returned to the timing company. Failure to do so will result in a replacement fee.

WHEN SHOULD THE CHIP BE RETURNED?

The chip must be returned on Sunday at the finish line.

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



IF YOU HAVE LOST OR FORGOTTEN YOUR TIMING CHIP, PLEASE CONTACT THE EVENT STAFF.

grawejr bus



TWOJE IMIĘ I NAZWISKO

Umieść swoje imię
i nazwisko na medalu

TWÓJ CZAS

Umieść na medalu
czas uzyskany w wyścigu

PRZYJDŹ PO WYŚCIGU WYGRAWEROWAĆ SWÓJ MEDAL

UWIECZNIJ SWÓJ WYSTĘP
I ZAPAMIĘTAJ BIEG NA ZAWSZE

☎ 884 911 777

🌐 www.grawerbus.com

✉ kontakt@grawerbus.com

02.08_2026 — Enea IRONMAN 70.3 Kraków



Your photos **ONLINE**

Professional sports photography
from the biggest events in Poland

MARATOMANIA.pl



- visit maratomania.pl
- enter your bib number
- download your photos



HQ photos



drone shots



finish line videos



7 photographers



f Instagram Follow us



**HAPPY
BIRTHDAY!**

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

Marcin D.
Szymon S.

Good luck!



RACE DAY



If needed, you can come to Transition Area T1 on Sunday morning before the race.

Transition Area T1 will be open from 6:00 to 7:30.

- Before entering: Please make sure you are already wearing your timing chip ankle band.
- While inside: Remember to check your tire pressure. You may also clip your cycling shoes into the pedals, attach your gels/bars to the bike, and leave your water bottle.

DEPOSIT BAG

Do not forget to stick the race number sticker on your bag. Put items inside the bag that you will not need during the competition. The gear check (depository) will be open from 6:00 to 8:30. Bags left at the gear check will be transported to the Finisher Zone at the Main Market Square in Kraków.

DEPOSIT FOR RELAYS

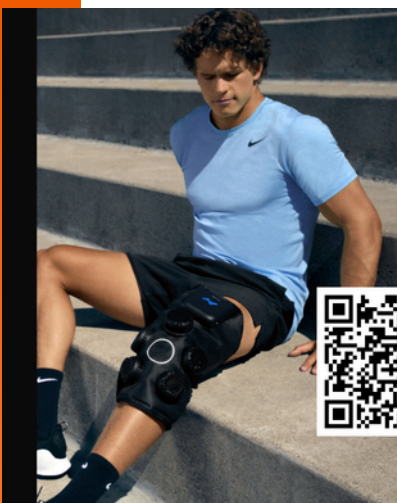
Relay team members drop off their belongings at the gear check depending on the discipline they are participating in. The swimmer drops off their gear check bag at the Zakrzówek Reservoir and picks it up there after the start. The cyclist drops off their gear check bag at the Zakrzówek Reservoir and picks it up at the Finisher Zone on the Main Market Square. The runner drops off and picks up their bag at the Finisher Zone on the Main Market Square.

TOILETS

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

BIKE SERVICE

The Shimano bike service will be available in the Transition Area starting Saturday. The service will be located in front of the entrance to the Transition Area.



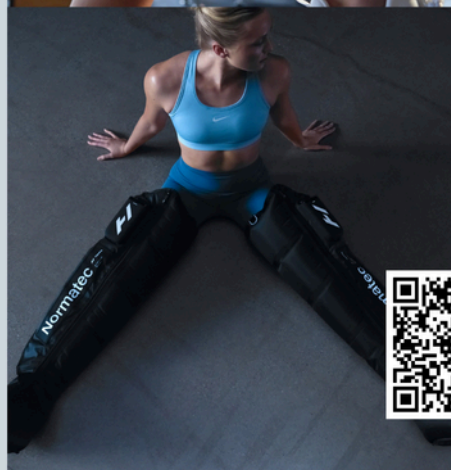
Urządzenia
Contrast
ciepło, chłodzenie i kompresja



Pistolety
Hypervolt
masaż perkusyjny



Seria
Venom
rozgrzewająco-wibracyjna



Normatec
drenaż limfatyczny

Sukiennice

A historic market hall located on the Main Market Square, serving as one of the city's symbols. It has fulfilled a commercial function for centuries, and today it houses galleries, souvenir shops, and a branch of the National Museum.



Location



RACE DAY



TIME LIMITS



01:10:00

05:30:00

08:30:00

THE TIME IS CALCULATED BASED ON THE ATHLETE'S INDIVIDUAL START TIME.

Intermediate cut-off times apply during the race.

The Organizer reserves the right to remove an athlete from the course and disqualify them if the race staff determines that based on the athlete's current location, time, and average speed, it is impossible for them to complete a given discipline (swim, bike, run) before the designated time limits.

Athletes who fail to meet the cut-off times will be disqualified and will not be eligible for age-group awards or World Championship qualification in the case of IRONMAN 70.3 athletes.

CUT OFF - IRONMAN 70.3

226ERS

LIMITOWANA EDYCJA ZESTAWÓW FUELINGOWYCH

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

DOPING FREE



Zeskanuj i zamów



AID STATIONS



BIKE

Locations:

1. station 27 km
2. station 43 km
3. station 65 km

Available items:

Cisowianka water 0,7l
Isotonic Dr Witt 0,75l
226ERS XS High Fructose Gels
Bananas, Bars



WATER

ISOTONIC

BARS
2. station

BANANAS

GELS
3. station

RUN

Locations:

1. station 0,2 km (just water)
2. station 2 km, 9 km, 16 km
3. station 4 km, 11 km, 18 km
4. station 6 km, 13 km, 20 km

Available items:

Cisowianka water in a cup
Isotonic Dr Witt in a cup
Energy drink Tiger in a cup
Cola in a cup, Banans



WATER

ISO

ENERGY
DRINK
2. stations

BANANAS

GELS
2. station

BARS
2. station

COLA
2. station

ISO

WATER

SPONGES

Cups and gels must be thrown into the trash cans located at the end of the aid station.

Athletes caught littering will be penalized by the race referee.



Piwo jak dawniej, z Browaru, nie z fabryki.

SWIM



ROUTE

The start is located at the Zakrzówek Reservoir in Kraków. Athletes must complete one 1,900-meter lap.

START

The start is organized in a rolling start format, with 4 athletes setting off every 5 seconds. PRO athletes will start first. The timing chip will record each athlete's start time upon crossing the starting line. Before the start, every athlete will be able to warm up in the pools.

Due to the limited capacity of the Zakrzówek Reservoir, athletes have been divided into start waves based on their previously declared swim times. At the Race Office, each participant will receive a swim cap in a color corresponding to their assigned wave. Starting in a wave other than the designated one will not be permitted.

TIME LIMITS

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

Any athlete or relay team member who does not complete the swim within the time limit specified above will not be allowed to continue and will receive a DNF.

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

HARMONOGRAM STARTÓW

START SCHEDULE

2/08/2026



Numer fali Wave Number	Kolor czepka Cap color	Czas pływania Swim time	Start	Otwarcie strefy rozgrzewkowej Warm-up Area Opening	Zamknięcie strefy rozgrzewkowej Warm-up Area Closing	Otwarcie strefy startowej Start Zone Opening	Zamknięcie strefy startowej Start Zone Closing
1	ZŁOTY	PRO mężczyźni PRO Men	08:00	07:30	-	07:30	-
1	ZŁOTY	PRO kobiety PRO Women	08:05	07:30	-	07:30	-
2	CZERWONY	≤ 00:35:00 + sztafety relays	08:15	07:35	07:55	08:00	08:15
3	NIEBIESKI	00:35:01 - 00:44:00	~08:30	07:50	08:10	08:15	08:30
4	ZIELONY	≥ 00:44:01	~08:45	08:05	08:25	08:30	08:45



ZAWODNICY PRO — ROZGRZEWKA W AKWENIE GŁÓWNYM,
PRO ATHLETES — WARM-UP IN THE MAIN BODY OF WATER

Trasa pływacka 1900 m
/ Swim course

Enea

IRONMAN
70.3  **KRAKÓW**
POLAND



SWIM



WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 24.5°C. Wearing a wetsuit is prohibited when the water temperature is above 24.5°C and mandatory when the water temperature is below 16°C.

SWIMWEAR POLICY

(non-wetsuit legal swims only)

Swimwear must be 100% textile material. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene.

Swimwear must not cover the neck, extend past the elbow, nor extend past the knees.

Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

SWIM CAP

The official swim cap must be visible and "clean". Stickers or other self-made markings are not allowed on the swim cap. You are permitted to wear a personal swim cap underneath the official swim cap.

SWIM COURSE RULES

- It is forbidden for athletes to wear their bib number during the SWIM (disqualification),
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- Any assistance 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.



T1 ZONE



TRANSITION AREA - SWIM TO BIKE (T1)

After exiting the water, run to the Transition Area, where you will change into your cycling gear and prepare for the bike course. Immediately upon entering the Transition Area, run to the racks, grab your BLUE BAG with your cycling gear, and change. After changing, pack your wetsuit and other swim gear into the BLUE BAG and place it back on the rack in the exact same spot you took it from (marked with your race number).

Changing tents will be available. Nudity is strictly prohibited.

Once you are ready, collect your bike and head towards the exit of the transition area. Your helmet must be securely fastened, with the chin strap properly snapped shut. Do not mount your bike before crossing the line marked on the ground at the exit of the Transition Area (the mount line).

Relay Teams

A designated entrance to the Transition Area has been prepared for relay team members, where the cyclist and runner will wait for their teammates.

- We kindly ask cyclists and runners to be in the zone by 8:00.
- Entrance to the zone is only possible while wearing the provided wristband.





IRONMAN

70.3[®]



KRAKÓW
POLAND

Zakrzówek Transition Zone 1

WEJŚCIE
ENTRY
801-1500

WEJŚCIE
ENTRY
1501-2100

STREFA ZMIAN T1 TRANSITION ZONE T1

SEKTOR A SZTAFETY
2001-2100

SEKTOR B 1801-2000
1601-1800

SEKTOR C 1401-1600
1201-1400

SEKTOR D 1001-1200
801-1000

SEKTOR E 601-800
401-600

SEKTOR F 201-400
1-200

EXIT
WYJŚCIE

WEJŚCIE
ENTRY
1-800





PHOENIX

QEMETICA®



TOGETHER**WE**RISE



BIKE



COURSE

Athletes must complete one 90-kilometer lap.

On the bike course, you must ride on the left side of the road!

Time Limits

The bike course will close 5 hours and 30 minutes after the last athlete enters the water. Any athlete or relay team member who does not complete both the swim and the bike sections within the time limit specified above will not be allowed to continue and will receive a DNF.

Intermediate Cut-Off Times for the IRONMAN 70.3 Distance

42 km: 12:11 | 90 km: 14:25

Athletes who fail to meet the cut-off times on the bike course will be required to return via the technical bus. They will not be allowed to continue the race or return on their own.

Medical Assistance

If you require medical assistance on the bike course, motorcycle paramedics will be patrolling the route to provide aid. Please contact the event staff if you need medical help.

Technical Support

Technical support will be available on the course to assist with basic mechanical needs, such as flat tires, broken cables, etc. Please note that carrying spare inner tubes, tires, tools, etc., on your bike during the race remains the athlete's responsibility. Bike technicians and tools in the SAG vehicle are provided only as an additional service and operate on a first-come, first-served basis.

Withdrawal

If you decide to withdraw from the competition at any point, you must inform a referee or the organizer.

SAG Vehicle

A SAG vehicle will be available on the bike course to transport you and your bike if you decide to withdraw from the race. In this situation, approach the event staff on the course. The staff will call the SAG vehicle and guide you on the next steps.

If you do not finish the race, the SAG vehicle can pick you up from any location on the course. However, please remember that athletes are picked up on a first-come, first-served basis, so waiting times may vary. In some situations, an athlete may be picked up without their bike. If this happens, the bike will be collected separately by the SAG vehicle and transported to the Transition Area, where it can be picked up after the race concludes.

KEEP LEFT, PASS **RIGHT**

ON THE CYCLING COURSE

FOR EVERYONE'S SAFETY – **FOLLOW THE RULES!**

1

KEEP TO THE **LEFT** SIDE OF THE ROAD

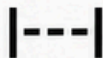
Ride as close as possible to the outer (left) edge of the road.



2

PASS ON THE **RIGHT** SIDE OF THE LANE

Pass on the right, closer to the center of the road. Maintain a safe distance.



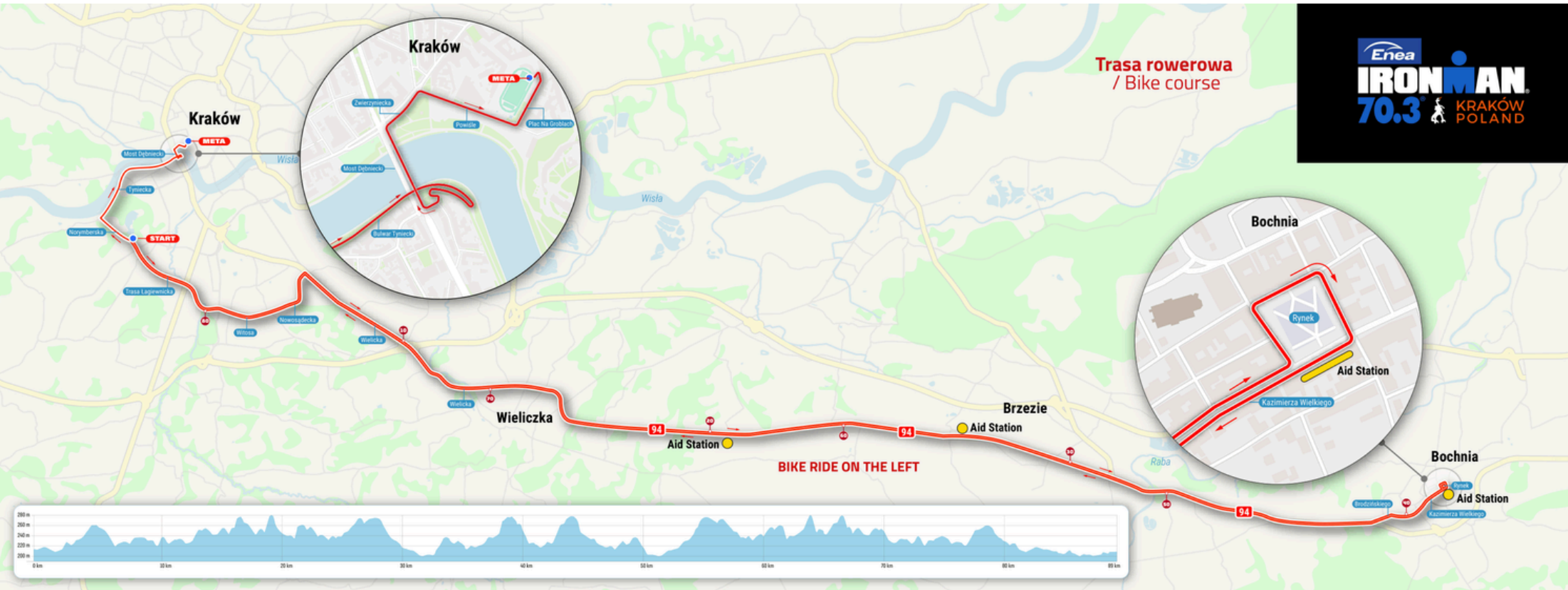
DO NOT DRAFT!
Keep the regulated distance.



Adjust your ride to weather conditions and pay attention to signs along the course.



SAFETY FIRST!
Safe riding makes a successful race.



BIKE



BIKE Rules

- It is **mandatory** to obey traffic regulations.
- No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.
- Per IRONMAN Competition Rule 5.01 (m), placing any bottles/hydration or any other insert located in the front of an athlete's race suit is prohibited.

SPECIFICITY OF DRAFTING

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

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



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

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

BIKE



Blue card - BIKE

Blue card is used in case of drafting:

- 1st blue card offense: 2:00 minutes
- 2nd blue card offense: 2:00 minutes
- 3rd blue card offense: DSQ



Athletes who have been informed of a rules violation must serve a time penalty in the penalty tent located at the BP gas station in Czyżów on the return route past Bochnia – the second tent before transition area T2.

The athlete must ensure that the official has recorded on their race number that the penalty has been served.

Yellow card - BIKE

An athlete who receives this penalty during the bike segment must stop for 30 seconds in the penalty tent located before the entrance to Transition Zone 2 (T2) and ensure that the official has recorded on their race number that the penalty has been served



 wessper

B2 STAINLESS STEEL Actitex™

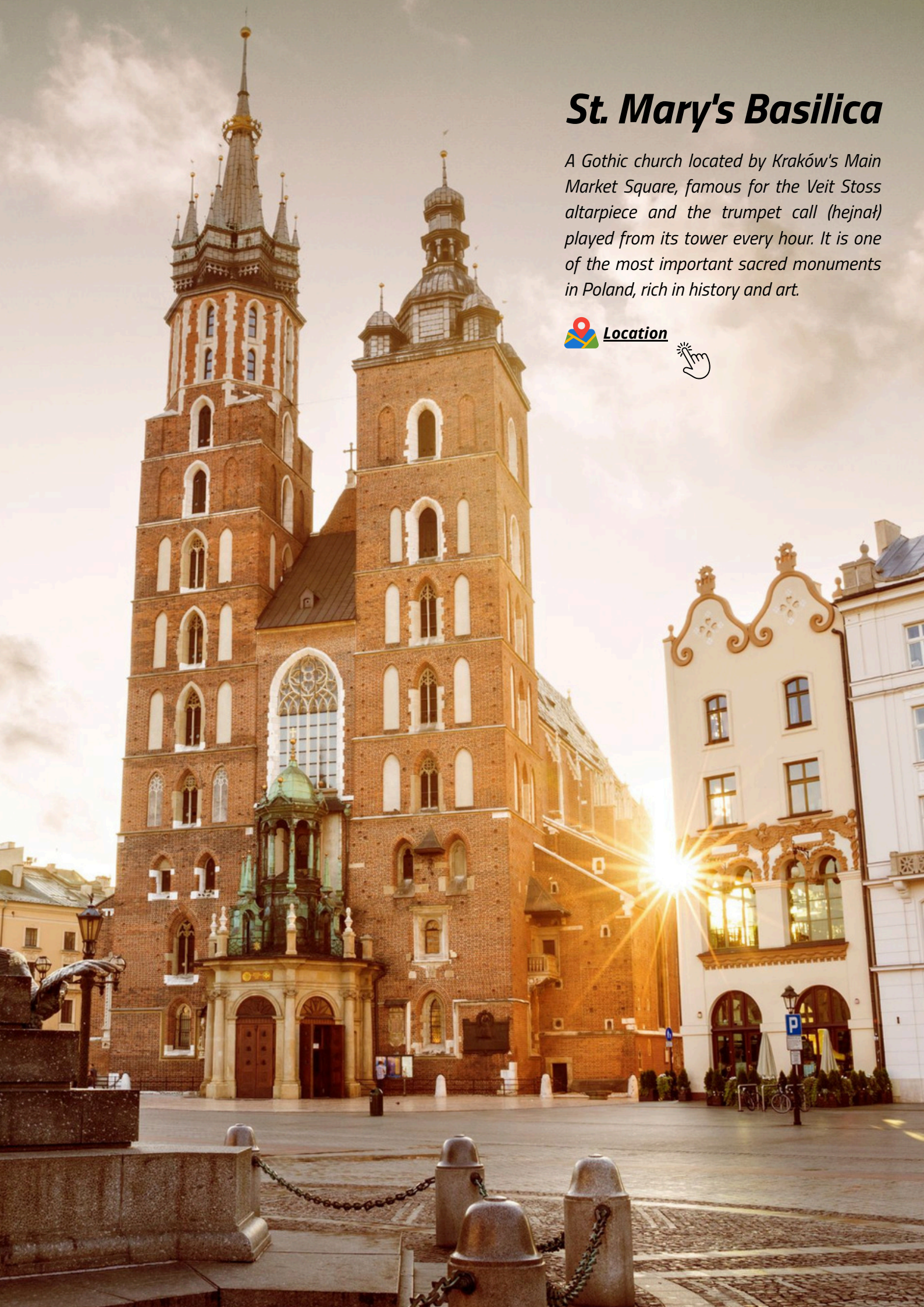


St. Mary's Basilica

A Gothic church located by Kraków's Main Market Square, famous for the Veit Stoss altarpiece and the trumpet call (hejnał) played from its tower every hour. It is one of the most important sacred monuments in Poland, rich in history and art.



Location



T2 ZONE



TRANSITION AREA - BIKE TO RUN (T2)

When entering the Transition Area, you must dismount your bike before the dismount line, take your bike back to the bike racks, and place it there.

Next, collect your RED BAG and change into your running gear. All cycling equipment, including your bike helmet, must be placed inside this bag. Cycling shoes must either remain clipped into the bike pedals or be placed inside the RED BAG. After changing, pack your gear into the RED BAG and place it back on the rack in the exact same spot you took it from (marked with your race number). Once you are ready, exit the transition area to begin the running leg.

Relay Teams

The runner will wait by the rack. The exchange between athletes takes place when the finishing athlete hands over the timing chip to the athlete starting their leg.

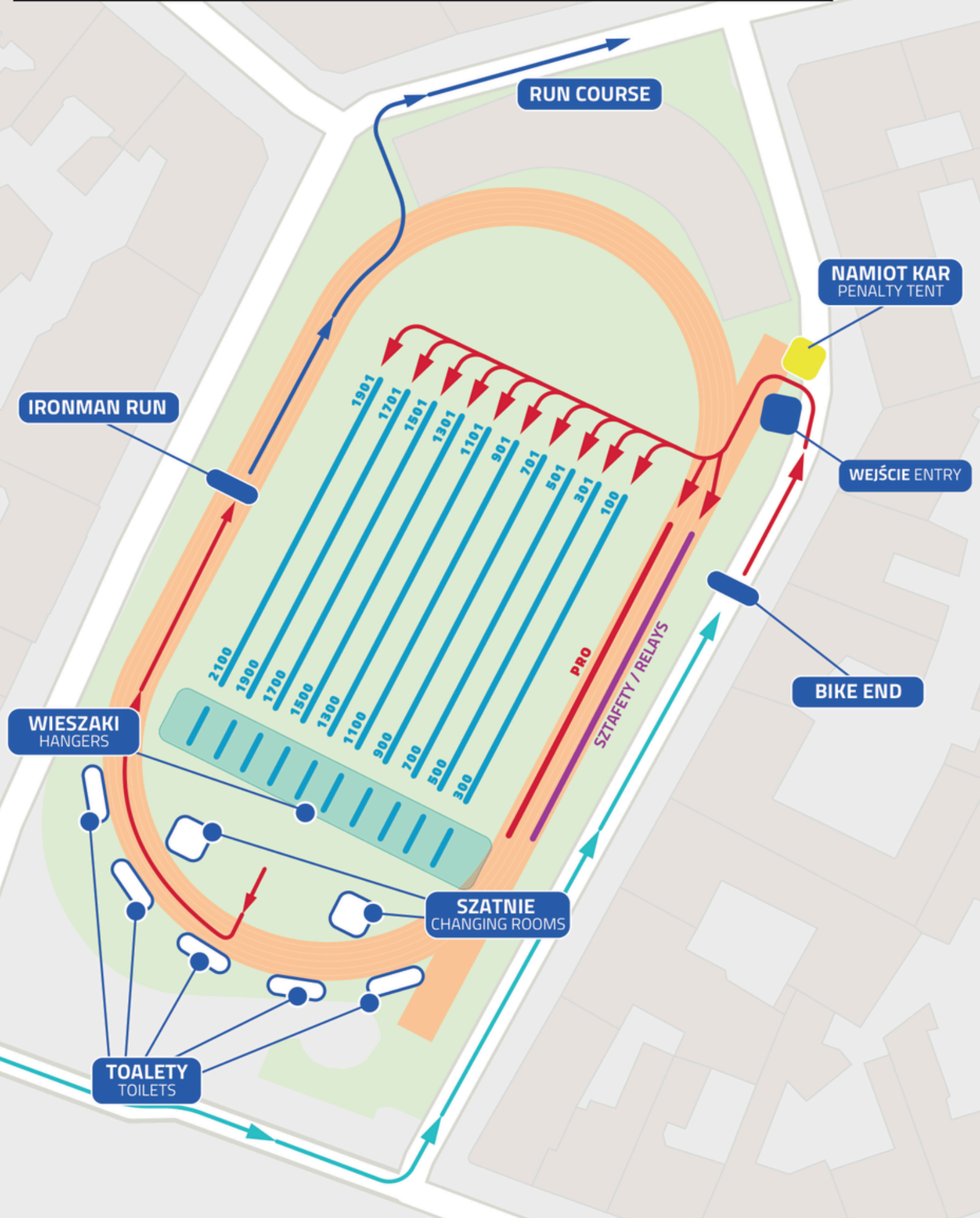
A designated entrance to the Transition Area has been prepared for relay team members, where the cyclist and runner will wait for their teammates.

- We kindly ask cyclists and runners to be in the zone by 7:45.
- Entrance to the zone is only possible while wearing the provided wristband.



Strefa Zmian T2

Transition Zone 2



RUN



Course

Participants of Enea IRONMAN 70.3 Kraków will cover a distance of 21 km, consisting of three laps of approximately 7 km each.

Time Limits

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

Every individual athlete and relay team has a designated time limit of 8 hours and 30 minutes to complete the entire race. Any athlete or relay team that exceeds this limit and fails to cross the finish line before the run course closes will receive a DNF status.

If an athlete or relay team exceeds their overall time limit but crosses the finish line before the run course officially closes, they will receive an NC (Not Classified) status in the results. This result will not be included in the age group classifications, and the athlete or relay team will not be eligible for age group awards or World Championship qualification.

Aid Stations

Aid stations will be located approximately every 2 km. Cups and gels must be thrown into the designated bins, not on the ground. Athletes will be penalized by the race referee if they are caught littering.

Withdrawal

If you decide to withdraw from the competition at any point, you must inform a referee or the organizer. Keep your timing chip, as it will be required to retrieve your bike and gear from the Transition Area.

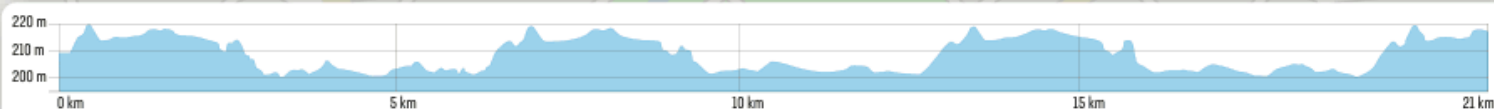
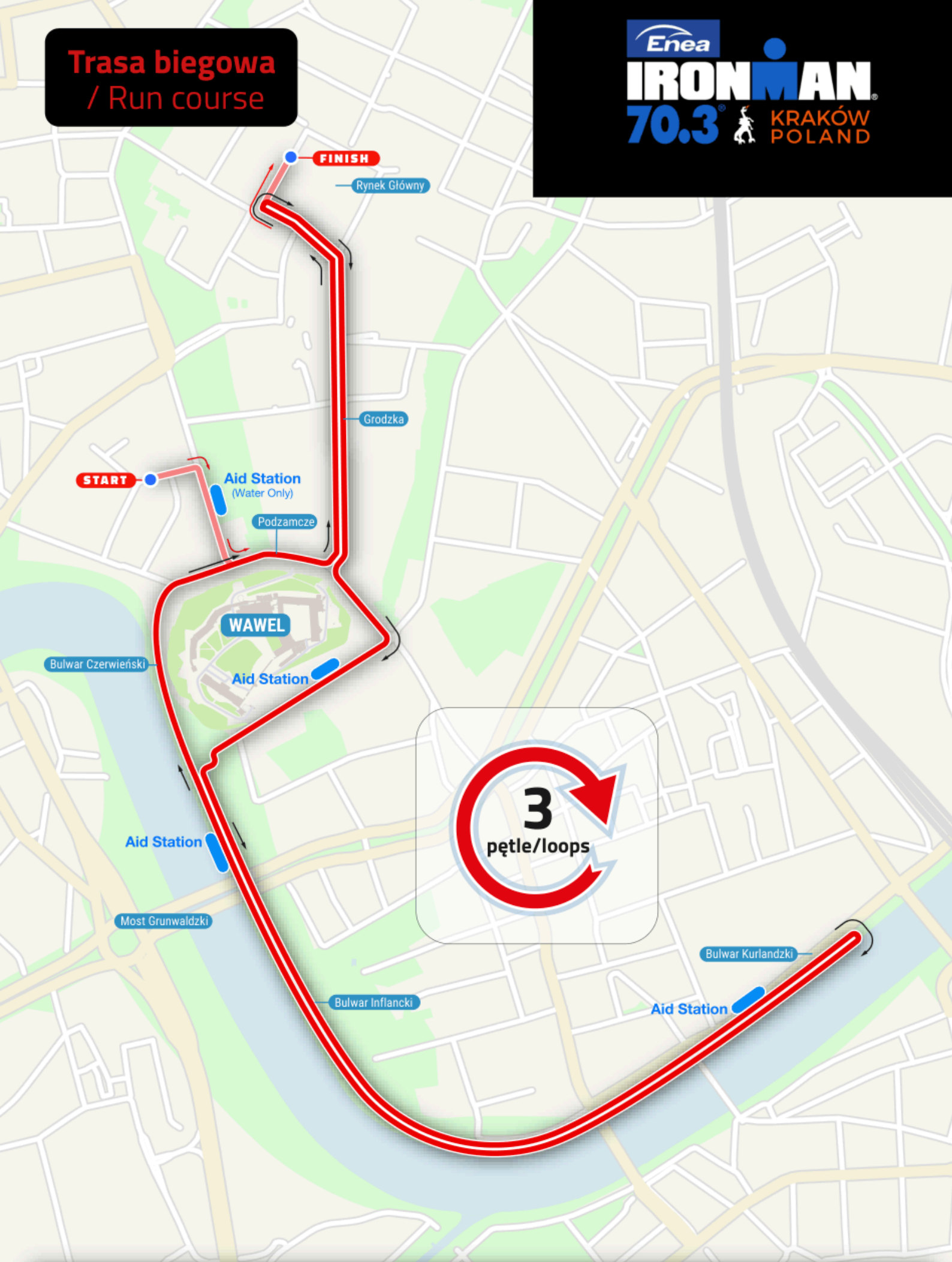
Run Course Rules

Athletes may run, walk, or crawl. Coaching is permitted exclusively from the side of the course. This means coaches cannot directly follow athletes along the route. Athletes are not allowed to accept assistance from anyone during the race.

Yellow Card – RUN

This results in a 15/30-second "stop & go" penalty. An athlete who receives this penalty must stop immediately next to the referee who issued the card. The referee will start the timer and permit the athlete to return to the course once the penalty time has been served.

Trasa biegowa / Run course



FINISH LINE



Finish Line

As you approach the finish line, make sure your race number is visible on your front and that the zipper of your triathlon suit is fully connected at the bottom. Remember that you must cross the finish line alone. For safety reasons, spectators, family members, children, and pets are not allowed to cross the finish line with you.

After Crossing the Finish Line

1. Your medal will be presented right after the finish line. Medal engraving is available in the Finisher Zone.
2. Collect your gear check bag in the Finisher Zone as well.
3. Take advantage of the services available in the Finisher Zone.

Relay Teams

Relay team members are allowed to cross the finish line together, provided that each member is wearing their participant wristband and the race number received in the starter kit. A special waiting zone for relay members will be set up along the finish chute near the Town Hall Tower. This is where you can wait for your runner before running down the finish carpet together.

Sunday, 2 August

Time	Description	Location
14:30 – 19:30	Bike & red bag pick up from T2	MOS Kraków Zachód Plac na Groblach

To retrieve your belongings from the transition area, you must be wearing your participant wristband and have your race number with you.

RETURN YOUR CHIP AT THE FINISH LINE!

Failure to return the timing chip or losing it may result in an additional fee of 100 EUR.



Awards Ceremony



Sunday, 2 August

Time	Description	Location
17:45	Awards Ceremony	Main Market Square

- Trophies for the top 5 PRO men/women
- Trophies for the top 3 athletes in each age group
- Trophies for the top 3 relay teams (men's, women's, mixed)
- Trophies for the top 3 triathlon clubs
- Trophy for the Kraków Female and Male Champion

Attendance at the awards ceremony is mandatory.

Trophies will not be shipped afterward.

Individuals who have not consented to the publication of their personal data are assigned to the Open Division. They are not included in the official athlete rankings and are not eligible for the Slot Allocation.



SLOT ALLOCATION



Sunday, 2 August

Time	Description	Location
18:45	Slot Allocation	Aula, Collegium Novum, Jagiellonian University

Slot Allocation

During this event, slots will be awarded for the 2027 Precision Fuel & Hydration IRONMAN 70.3 World Championship in Chattanooga, Tennessee, USA, taking place on August 28–29, 2027:

- 25 slots for female age-group athletes
- 25 slots for male age-group athletes

Please note that the number of slots is subject to change and can be verified [here](#).

If you qualify during **Enea IRONMAN 70.3 Kraków 2026**, you will be eligible to participate exclusively in the **2027 Precision Fuel & Hydration IRONMAN 70.3 World Championship in Chattanooga, Tennessee, USA.**

Important: If you plan to accept a qualifying slot, you must attend the Slot Allocation ceremony. Athletes must claim their slot IN PERSON. Attendance at the ceremony is mandatory, and no slots will be awarded after the Slot Allocation concludes.

Registration Fee

Please be prepared to pay the entry fee exclusively by credit card. Payments via Amex, Diners, cash, or checks will not be accepted. At the time of payment, you must have a physical credit card with the full card number, expiration date, and CVV code. Only a single card can be used; split payments are not permitted.

- Amount: **\$995.00** (includes all processing fees and taxes).
- Requirements: You must bring a valid photo ID and your credit card to the ceremony.

You are fully responsible for obtaining all required travel documents and visas necessary to travel to the IRONMAN 70.3 World Championship. Please check all travel requirements before accepting your slot.

Rules

- To accept a slot for the 2027 Precision Fuel & Hydration IRONMAN 70.3 World Championship in Chattanooga, Tennessee, USA, qualified athletes must claim their slot in person during the Slot Allocation ceremony.
- Upon accepting the slot, you will complete the registration process on-site. A photo ID and immediate payment of the entry fee are required.
- A new performance-based rolldown process is being introduced for the 2027 Precision Fuel & Hydration IRONMAN 70.3 World Championship.

Every male and female age group is allocated one slot, which will be awarded to the winner of that specific age group and can roll down no further than the 3rd-place finisher. This is known as the 'Automatic Qualifying Slot.' All remaining slots will be placed into the 'Performance Pool.' More detailed information and FAQs can be found [here](#).

SLOT ALLOCATION



Slot Allocation and Roll-down Process:

Before Race Day:

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

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

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

On Race Day:

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

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

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

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

Other information:

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

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

IRONMAN COMPETITION RULES



Enea IRONMAN 70.3 Kraków will be governed under the IRONMAN 2026 Competition Rules. For more information regarding these rules, please visit the following webpages: <http://www.ironman.com/rules-and-regulations> and <https://ironmankrakow.pl/>

Please inform your family, friends, coach and supporters that they are not allowed to accompany alongside you in the race, and that you are not allowed to receive any outside assistance. If this is not respected, you will be penalized..

For safety reasons it is vital that if an athlete drops out of the race at any time (especially before, during or after the swim) the athlete MUST inform a race official about this.

You are expected to follow directions and instructions from all race officials, race marshals and race management. Only Head referee and designated race marshals have the authority to issue a disqualification notice to an athlete. All lifeguards and medical personnel have ultimate and final authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death.

Fraud, theft, abusive treatment of volunteers or other acts of poor sportsmanship are grounds for immediate disqualification and may result in the athlete being suspended from any race in the IRONMAN series in the future.

MEDICAL

There will be medical assistance and facilities throughout the race. In the finish area medical staff will be ready to assist you after completing the race.

Competing in a triathlon race can be dangerous and may cause serious damage to a body. Please bear in mind that the right hydration before and during the race can be vital for your success in the race.

Remember that you race at own risk, and that the race organizers cannot be held responsible for any injury, damage, loss - or in extreme cases, death – caused as a result of wrong or insufficient hydration, ingestion, or self-medication pre, during and after the race.

This race is a long-distance endurance triathlon, so we advise all participants only to start the race if they have trained well, feel fit and don't have any physical problems – especially regarding the vital organs. If you have had problems with irregular heart rhythms or similar unusual serious occurrences in training, we would highly recommend that you see a specialist for a health check prior to the race.

ANTI DOPING

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

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

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

COMMON RULES, VIOLATIONS & PENALTIES



COMMON RULES, VIOLATIONS & PENALTIES	PENALTIES	CARD
Public nudity or indecent exposure	DSQ	
Littering outside of the trash/rubbish drop zones	2 min time penalty if remedied DSQ if not remedied promptly	
Using unsportsmanlike behavior	DSQ and potential suspension	
Failure to follow the prescribed course	DSQ	
Failure to wear a shirt or sport top during the bike or run	30 second time penalty served in penalty tent (BIKE) or next to the referee (RUN) if remedied, DSQ if not remedied promptly	
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 30 second time penalty served in penalty tent (BIKE) or next to the referee (RUN) will be assessed, If not: DSQ	
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race	DSQ of both athletes	
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension	
Not stopping in the next penalty tent after being obliged to do so	DSQ	
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets, ... in any distractive manner during the race.	DSQ	
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking videos and taking photographs, and using a device as a bike computer.	DSQ	

Wawel Dragon

A legendary creature associated with the origins of Kraków. Its sculpture stands at the foot of Wawel Hill and breathes real fire every few minutes, drawing crowds of tourists. It is one of the city's most recognizable attractions, especially loved by children.



Location



GOOD TO KNOW



Got Questions?

Send us a message on Facebook or email us at: krakow70.3@ironman.com

Lost & Found

- During the event: Found items will be available at the Information Point.
- After the event: Please contact us at krakow70.3@ironman.com to claim your missing belongings and arrange for their return.
- Shipping costs are covered by the athlete.
- All unclaimed items will be disposed of within 30 days after the event concludes.

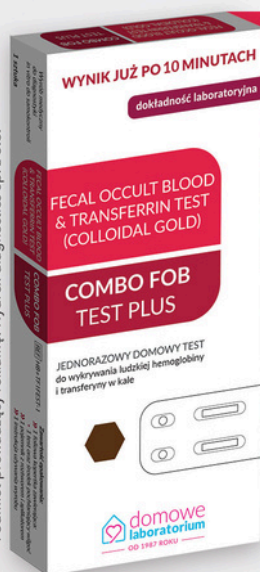
Health & Safety

- Athletes: Safety first—do not take unnecessary risks. Please make sure you have provided your Emergency Contact (ICE) details in your account on the SlotMarket.pl portal.
- Spectators: If an athlete stops showing up on the tracking app, it usually just means there is an issue with their timing chip. In the event of an actual emergency, the organizer will contact the designated emergency contact person directly.



Zdrowy tryb życia

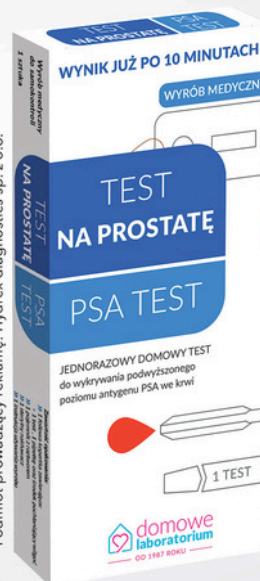
- profilaktyka z testami **FOB** i **PSA**



FECAL OCCULT BLOOD & TRANSFERRIN TEST (COLLOIDAL GOLD)

COMBO FOB TEST PLUS

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



TEST NA PROSTATĘ

PSA TEST

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

HYDREX

WWW.DOMOWELABORATORIUM.PL

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

HOW TO FOLLOW THE RACE?



Cheering

Enea IRONMAN 70.3 Kraków is a massive sporting celebration that will gather hundreds of athletes from all over the world. **We invite you to cheer them on at the finish line and all along the run course to support the athletes and experience the incredible IRONMAN atmosphere.**

- Spectators can cheer along the entire length of the run course.
- For the safety of both spectators and coaches, please remain on the sidelines of the route.

IRONMAN.com

On the IRONMAN.com website, you will find all the most important event details, as well as a link to the LIVE leaderboard, the positions of your favorite athletes, and other available features.

IRONMAN Tracker App

Enea IRONMAN 70.3 Kraków provides real-time updates and LIVE results via the IRONMAN Tracker app. Features include live participant tracking, instant notifications, leaderboards, map tracking, event updates, event information, and much more!

- Live Web Tracker: See times and current paces within seconds of a participant crossing each checkpoint. Estimated times will be provided based on their current pace.
- Leaderboard: See who is leading via the live leaderboard. The top runners in each category will be displayed in real time.
- Live Map Tracking: Participants' locations will be shown on an interactive course map as they progress along the route. Each participant's position is estimated based on the most recent time recorded at a checkpoint.



[DOWNLOAD THE APP](#)

KAWA PRZED STARTEM TO NIE DODATEK. TO POCZĄTEK RYTMU...

*Take
your
Shot*

GOOD MORNING RUN KRAKÓW

TO PORANEK DLA TYCH, KTÓRZY
WOLĄ RUSZYĆ, NIŻ ODKŁADAĆ
ENERGIĘ NA PÓŹNIEJ.

NA MECIE BĘDZIE CZEKAĆ AROMATYCZNA
KAWA OD *Segafredo*

DLA TYCH, KTÓRZY CHCĄ ZŁAPAĆ ODDECH
I DOBRZE ROZPOCZĄĆ DZIEŃ



GOOD MORNING RUN



Friday, 31 July

Time	Description	Location
15:00 - 20:00	Athlete check-in	Szczepański Square

Saturday, 1 August

Time	Description	Location
8:00 - 10:00	Deposit	Main Market Square
9:00	Start	Main Market Square
9:45	Awards Ceremony	Main Market Square

To collect your starter kit, please present your printed QR ticket or display it on your phone, and have your ID card or passport ready. The QR code can be downloaded from the SlotMarket portal by logging into your account and navigating to the "Registration History" tab.

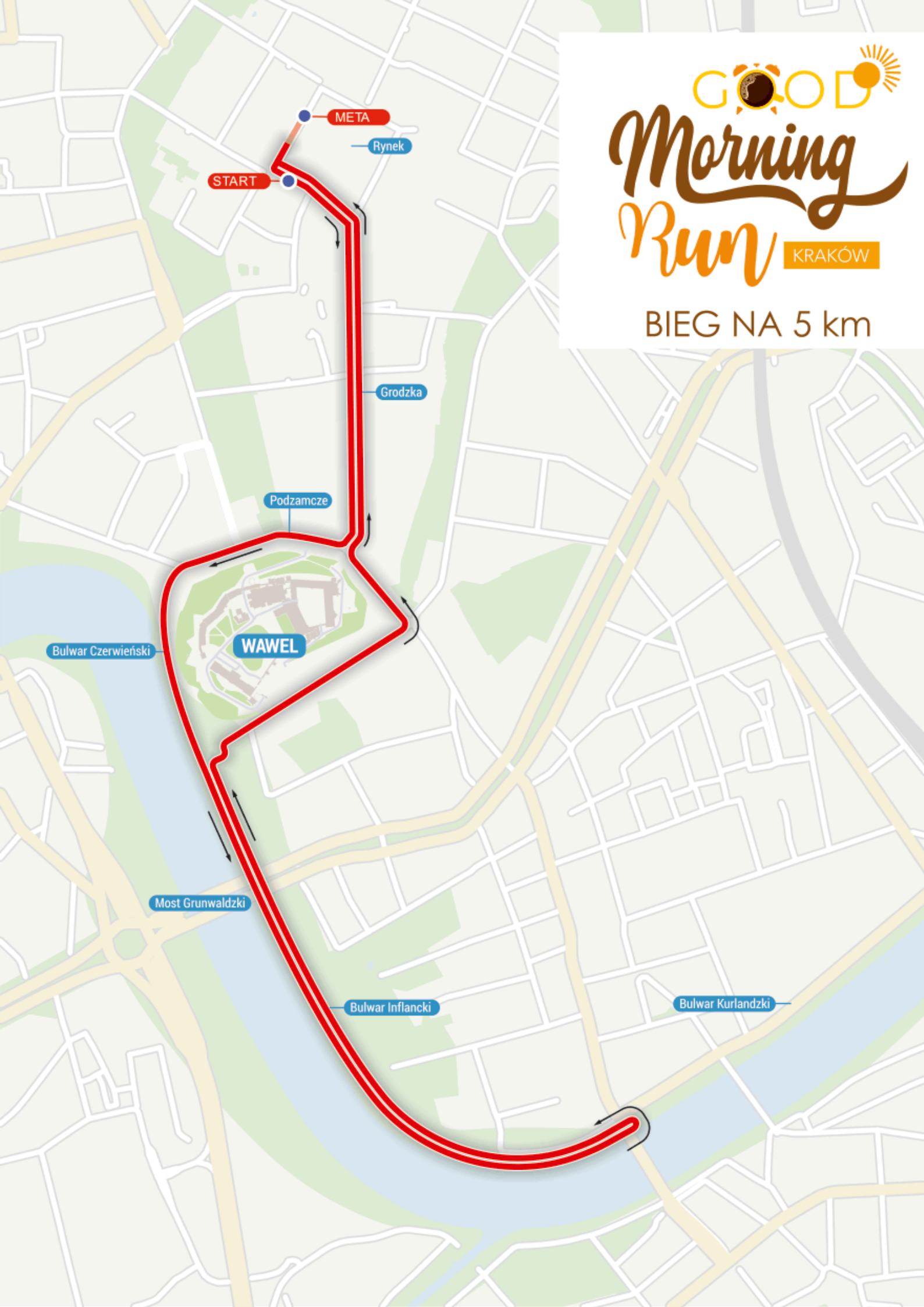
Starter Kit Collection by a Third Party

If you cannot collect your starter kit in person, you must provide the person collecting it on your behalf with your QR code and a photocopy of your ID. This allows us to verify that the details match. The photocopy of the ID is for viewing purposes only and will not be kept by the staff.



GOOD
Morning
Run KRAKÓW

BIEG NA 5 km



PHO3NIX IRONKIDS KRAKÓW



Before Enea IRONMAN 70.3 KRAKÓW gets underway, young athletes will take over the course! Once again, the youngest competitors will stand at the starting line of the **Pho3nix IRONKIDS Kraków** to tackle the running route.

- Age Groups: Young athletes aged 3–15 years old are eligible to participate.
- Distance: The length of the course depends on the specific age category.
- Start Times: Children will start in waves corresponding to their distances. The first wave kicks off at 12:00 PM, with subsequent waves starting every 20 minutes. Your child's exact start time can be found on the official start list.

Friday, 31 July

Time	Description	Location
15:00 - 20:00	Athlete check-in	Szczepański Square

Saturday, 1 August

Time	Description	Location
10:00 - 13:30	Athlete check-in	Szczepański Square
12:00	Start	Main Market Square
14:15	Awards Ceremony	Main Market Square





POBIERZ APLIKACJĘ SPORTANO



sportano.pl

SKLEP SPORTOWY W TWOJEJ KIESZENI

**RUSZAJ PO NAJLEPSZĄ
BIEGOWĄ OFERTĘ**

Z WYSYŁKĄ W 24 GODZINY





GOOD LUCK!



TITLE SPONSOR

HOST CITY



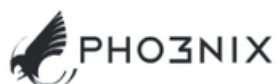
STRATEGIC PARTNERS



OFFICIAL SPONSORS



SPONSORS



PARTNERS



MEDIA PARTNERS



COMMUNITY PARTNER

