

17<sup>th</sup>  
AUGUST  
2025



IRONMAN<sup>®</sup>  
70.3<sup>®</sup>  HRADEC KRÁLOVÉ  
CZECH REPUBLIC

ATHLETE GUIDE

STRATEGICKÝ PARTNER

SPONZOR

PARTNEŘI

MEDIÁLNÍ PARTNER

OFICIÁLNÍ HOTEL





# YEAR 2024



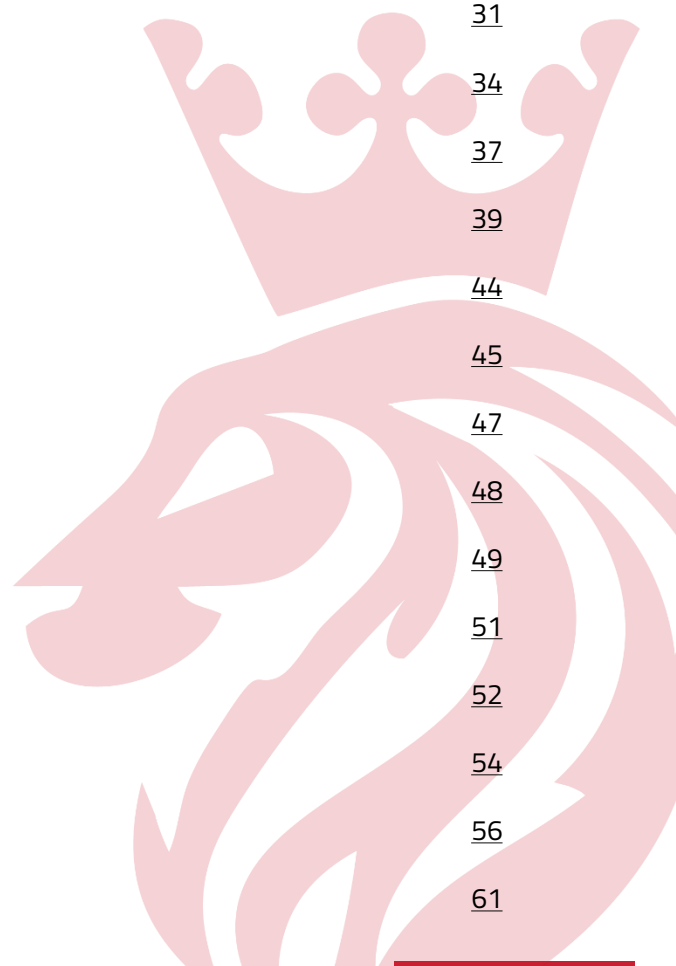
Experience or relive the excitement and energy of race day – watch the video with the most important moments of 2024 and tune in to what awaits you this year!



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# WELCOME MESSAGE



Dear athletes and visitors,

there are sporting events and then there are SPORTING EVENTS. And among the latter is the world phenomenon IRONMAN. And we, the people of Hradec Králové, whether from the organizing team or the general public as enthusiastic spectators, will once again proudly stand on the banks of the Elbe and watch the colorful and cosmopolitan bustle, not only as part of the sporting events, but also as part of all the accompanying activities throughout the city.

This year, we have made it very important to present local products and demonstrate Czech hospitality. For the spectators, we have prepared a packed accompanying program, Den na Labi, where I would like to highlight in particular the farmers' markets focused on regional foods and the Food Truck fest with a selection of dishes from all over the world. For the competitors, excellent catering is prepared in the finisher zone, provided by Hradec Králové restaurants, farms and bakeries.

We are very pleased and excited that this year we managed to fill the capacities of all races, and that IRONMAN 70.3 Hradec Králové, with a total of 2800 participants from 63 countries around the world, is becoming the largest triathlon event in the history of the Czech Republic. It is also a big commitment for us for the future, and you can be sure that we will do everything for your satisfaction.

I wish all triathletes the best possible sporting experience, enjoy the unique atmosphere of our city, which once again wants to show you that it values your visit, just as our organizational team values your choice to stand at the start of the 2nd year of IRONMAN 70.3 Hradec Králové.



**Roman Šinkovský**

*Race director*



ELCNER ADAM(817)



M35-3

05:17:49

Královéhradecký kraj



Olfincor



Užitkové vozidlo

ent Český stav

sportan





# Discover Hradec Králové

**Discover the dowry town of Czech queens – a place rich in history, architectural sites and green oases of peace. A city inviting you to take romantic walks along the rivers Elbe and Orlice. An area where the past meets the present.**

## ● An Ideal Place for Families with Children

Parents and their children can enjoy interactive expositions, outdoor and indoor playgrounds, and sports facilities. In the summer months, you can cool off at the Flošna swimming complex or in one of the nearby sandpit lakes. In the Labyrinth of the Drak Theatre, you will be enchanted by the world of puppets. You can experience an original view of Hradec Králové landmarks while sailing on paddle steamers on the Elbe.

## ● Architectural Gems – Historic and Modern

Hradec Králové combines Gothic, Renaissance, Baroque and modern architecture, boasting iconic sites such as the Cathedral of the Holy Spirit, the White Tower and the Museum of Eastern Bohemia. You can discover the works of architects like Jan Kotěra, Josef Gočár and many others on classic or themed walks.

## ● A City Abundant in Green Areas

If you are looking for a quiet place to relax, you can choose from a variety of parks, gardens and terraces. Those who are not satisfied with a small piece of greenery in the middle of the city can head for the easily accessible City Woods. This area is ideal for lovers of cycling, horse riding and in-line skating. Public fire pits provide spots to sit and relax.

## ● Cyclist's Paradise

With its flat terrain and extensive network of cycle paths, Hradec Králové is an ideal location for cycling. The City Woods offer a number of marked bike trails, leading through beautiful countryside. The popular long-distance Elbe Cycle Route connects Hradec Králové with the Baroque Complex of Kuks.



For more information about  
the city and upcoming events,  
visit [www.hkinfo.cz](http://www.hkinfo.cz).





# WELCOME MESSAGE



## Welcome to Hradec Králové!

Dear participants of the IRONMAN 70.3 Hradec Králové,

if you are a fan of triathlon and "iron men and women", you are also a fan of human endurance and indomitability. I consider IRONMAN to be an admirable race for admirable athletes. In this guide, you will find a number of useful tips that will help you cope with and perhaps even enjoy your own racing atmosphere. Many of you are returning to Hradec under the IRONMAN brand for the second time, some of you have come to our city as competitors or their entourage to enjoy it for the first time.

You have something to look forward to. I could imagine our city, like the competitors, as an indomitable settlement that has managed to deal with a whole range of challenges over the ages. It is one of the oldest Czech cities. Originally an important medieval seat, which was the dowry city of the Czech queens, it experienced the Hussite revolutionary turmoil and decline when it became a provincial fortress. However, it was able to overcome its military past and, thanks to modern urban development, became the pride of the first Czechoslovak Republic. I am not talking about the past of our city by chance: this year, all the people of Hradec are carefully looking back at the history of their city throughout the year. We are celebrating its symbolic 800th birthday.

The IRONMAN races, thanks to which Hradec is the first Czech city to host them, are among the important events of these celebrations. I am very happy that these races were successfully organized for the first time last year and that the "iron men" are settling in here. Enjoy the natural and architectural uniqueness of our city, whose atmosphere will certainly allow you to take away many unforgettable experiences from us.

And I'll be happy if we meet again in a year.



**Pavlína Springerová**

*Mayor of Hradec Králové*



# Hradec Králové slaví 800 let

Letos slaví Hradec Králové 800 let od první písemné zmínky a zve návštěvníky, aby se stali součástí oslav. Celoroční program připravuje na 90 místních aktérů – ukazují město v nových souvislostech, propojují tradice s moderním přístupem a nabízí inspirativní zážitky. Vybírat můžete z pestré nabídky téměř 190 kulturních, společenských, sportovních a vzdělávacích akcí, vyrazit na velké festivaly nebo za intimními zážitky, které vás provedou architekturou města, jeho historií a současnými příběhy. Tak vyrazte do východních Čech a korunujte své zážitky v Hradci!

## ● Kultura která inspiruje

V letním programu nechybí pocta světoznámé pěvkyni Soně Červené – open air koncert Filharmonie Hradec Králové na Eliščině nábřeží (27. 8.) připomene její silné vazby na město. Festival Let's busk! (28. 8. – 1. 9.) promění ulice ve scénu pro hudebníky, performery i street artistry z celého světa. Tradiční slavnosti královny Elišky (5.–6. 9.) ožíví historické centrum živými obrazy minulosti, tržištěm a vystoupeními, která propojují středověk s dnešní atmosférou města.

## ● Zážitky pro děti i rodiče

Rodiny si užijí program plný hudby, her i divadel. Bejbypankový festival Kefír (30. 8.) přináší nespoutanou zábavu pod širým nebem pro celou rodinu. Nezapomenutelné prázdniny (31. 8.) před Divadlem Drak lákají na tvořivé dílny, zážitkové atrakce i venkovní představení. Dětské akce propojují generace a jsou důležitou součástí nabídky celoročních oslav výročí města. a street artisté z celého světa.

## ● Město jako scéna zážitků

Netradiční podívanou na hradecké obloze slibuje projekt 80 balónů nad Hradcem Králové (3.–7. 9.), který promění oblohu v barevnou podívanou. Multimediální instalace Hradecký stroj času (20.–28. 9.) pak propojí minulost s budoucností pomocí virtuální reality, velkoplošných obrazovek a interaktivních prvků. Návštěvníci se doslova ponoří do atmosféry města před sto lety a zažijí historii na vlastní kůži v moderním podání.

## ● Sport v pohybu a v ulicích

Taneční soutěž Hradec Králové Open (30.–31. 8.) rozzáří město rytmem standardních i latinskoamerických tanců. Sportovní událost Prima CUP – Gočárový schody (28. 9.) nabídne městský závod plný dynamiky a nadšení, včetně dětských kategorií. A Aktivní Hradec (21. 9.) společně s místními sportovními kluby ukáže, že stejně jako kultura má i pohyb důležitou roli v našich životech.



Hradec  
Králové

hk800.cz



Generální partner



Hlavní partneři



Partneři



Klub 800



Mediační partneři





# WELCOME MESSAGE



Dear athletes and triathlon fans,

It is my great pleasure to welcome you to the Hradec Králové Region on the prestigious IRONMAN 70.3. I am truly delighted that, among the many triathlon events available, you have chosen this one and made your way here – whether from different parts of the Czech Republic or from abroad – to Hradec Králové.

The Hradec Králové Region regularly supports important sporting, cultural, and social events, and IRONMAN 70.3 is undoubtedly among them. I hope that during your final training sessions and moments of rest with your companions, you will find the time to explore the beauty of our region.

The race courses themselves will take you to some remarkable places – swimming in the Elbe River and the running portion will guide you through the historic city center of Hradec Králové, while the bike course leads toward the Rychnov and Náchod districts. And even though your focus will be entirely on your performance during the race, you may catch a glimpse of the distant silhouettes of the Krkonoše or Orlické Mountains.

I wish all competitors a race that goes according to your plans, that you achieve your desired times, and that you overcome any difficult moments that are part of this extraordinary challenge. I also hope that the entire event takes place without any health complications for its participants. Everyone who lines up at the start of this race has my deepest admiration – and I'll be cheering you on!



**Petr Koleta**

*Hejtman Královehradeckého kraje*





# Hradecko

Welcome to Hradec Králové and the surrounding tourist region, where you will find historical monuments, nature and a unique and captivating ambiance.

The Hradec Králové region offers something new every day – from peaceful walks to more lively cultural experiences.

This region, which combines historical charm with active relaxation, presents a variety of experiences for individuals, couples and families alike. In addition to this, in 2025 Hradec Králové will celebrate 800 years since its first mention in written documents.

[www.hradecko.cz](http://www.hradecko.cz)



Glass model in the White Tower

## Discover the beauty of the White Tower

Climb the White Tower and soak up the breath-taking views of Hradec Králové, the Krkonoše Mountains and the Orlické Mountains. On your ascent you will surely be drawn in by an illustrated panel exhibition commemorating the 800th anniversary of the town, a glass model of the tower that changes colour and the massive Augustin bell, one of the largest in Czechia. The White Tower is a prominent landmark overlooking the city and offers a unique experience for more than history lovers alone. [www.bilavez.cz](http://www.bilavez.cz)



Elbe Trail, Museum of Eastern Bohemia

## Architecture and active lifestyle

Hradec Králové will delight fans of architecture, from its historic centre to the functionalist works of Josef Gočár, thanks to which it is nicknamed the 'Salon of the Republic'. The city offers a number of remarkable buildings and public spaces nestled amongst greenery. The entire Hradec Králové region is ideal for active relaxation – visitors can enjoy the dense network of cycle trails, a variety of water sports, sports facilities and nature trips.



Hrádek u Nechanic

## Châteaux, parks and nature

Visit romantic châteaux such as the Baroque Karlova Koruna in Chlumec nad Cidlinou, or the neo-Gothic Hrádek u Nechanic and its large surrounding park. Take a stroll through the landscaped chateau gardens, meadows and orchards. Be awed by the Municipal Forests in Hradec Králové – a forest complex with ponds, springs and educational trails, ideal for moments of peace and quiet amidst nature.



Třebouchov Museum of Nativity Scenes

## Museums, galleries, culture, traditions

The Hradec Králové region is a place where history and present day intertwine at every turn. Visitors can admire the unique Třebouchov Nativity Scene Museum, visit the Gallery of Modern Art in Hradec Králové, or even step back in time at the open-air museum or archaeological park. Craft markets, historical festivals, concerts and exhibitions combine a rich cultural heritage with present-day regional life throughout the year.



Showroom of regional products at the Hradec Králové Tourist Centre

## Regional product of the Hradec Králové region

Regional products from the Hradec Králové region bear the hallmark of honest work and a love of craftsmanship. This label is only awarded to manufacturers who meet strict criteria for quality, origin and environmentally friendly practices. And this guarantees that you will take home an authentic piece of local tradition and flavour. For example, you can enjoy delicious sea buckthorn products from Cvrček, which are not only tasty but also healthy. Fans of savoury delicacies will appreciate freeze-dried cheeses, while those with a sweet tooth will enjoy premium Jordis chocolates or unique sweets from the Drops factory. You can wash all these delicacies down with a hearty local beer – be it Klenot or Beránek. And that's just a fraction of what you can buy at the Hradec Králové Tourist Centre. [www.hkinfo.cz](http://www.hkinfo.cz)



### Our tip!

## Explore the Hradec Králové Region! interactive map

Plan your trip conveniently with our interactive Explore the Hradec Králové Region map. You can mark important points and create a customised route. Discovering new places is now even easier! [www.poznejhradecko.cz](http://www.poznejhradecko.cz)



### Check out the video

The Hradec Králové region – experiences that you simply can't fit into one day!

## Follow us on social media for more tips



Hradecko



@visithradecko



visithradecko



visit\_hradecko



# HEAD REFEREE'S MESSAGE



**Petr MUŽÍČEK**

IRONMAN 70.3 Hradec Králové

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 2025 IRONMAN Rules and the Event Rules.

## 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 tent will be located at the entrance to Transition 2 (T2).

### YELLOW CARD

Yellow card ("stop-and-go" penalty) requires the athlete to stop for 30 or 15 seconds (depending on the race distance) in the penalty tent (BIKE) or stop for 30 or 15 seconds (depending on the race distance) next to the referee (RUN). According to IRONMAN rules, multiple yellow card infractions may still lead to disqualification.

### RED CARD

Red card indicates a serious rule violation that will result in disqualification.

|   |  |
|---|--|
|    | <p><b>BLUE CARD</b></p> <p><b>1st card</b> - two-minute time penalty (IRONMAN 70.3) or one-minute time penalty (5150 Triathlon Series)</p> <p><b>2nd card</b> - two-minute time penalty (IRONMAN 70.3) or one-minute time penalty (5150 Triathlon Series)</p> <p><b>3rd card</b> - Disqualification DSQ</p> <p>Penalty to be performed in the dedicated tent.</p> <p><i>e.g. drafting or littering</i></p> |
|    | <p><b>YELLOW CARD</b></p> <p>Time penalty of 30 seconds (for IRONMAN 70.3) or 15 seconds (for 5150 Triathlon Series) to be served in the penalty tent (bike segment) or next to the referee (run segment).</p> <p><i>e.g. for blocking another athlete</i></p>   |
|  | <p><b>RED CARD</b></p> <p>Disqualification (DSQ)</p> <p><i>e.g. non-compliant material or equipment</i></p>  |

**THREE BLUE CARD VIOLATIONS WILL  
RESULT IN RACE DISQUALIFICATION.**

## 2025 RULES

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. Protests in the Pro Athletes category will be handled according to Ironman rules. 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 2025 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.

### STANDARDISED NOTIFICATION PROCESS FOR BIKE

#### THE RACE REFEREE WILL:

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

### STANDARDIZED PROCESS FOR NOTIFYING PENALTIES OUTSIDE THE CYCLING AREA (IN THE DEPOT, ON THE RUN...)

#### THE RACE REFEREE WILL:

- Whistle and call out your race number and notify you that you have received either a blue card for littering (clarify whether MK or ŽK), or a yellow card for any other offense.
- Show you the card of the corresponding color, you will stop by him and let the referees calculate the appropriate length of the time penalty.

# HEAD REFEREE'S MESSAGE



## 2025 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 2025 season.

### Article III. PENALTIES - Section 3.01 GENERAL

- **3.01 (a) i 3.01 (b)**
- Blue Card violations for **IRONMAN 70.3** events now result in a **2-minute time penalty** (previously was 5-minutes)

### Section 3.03 DISQUALIFICATION

- **3.03 (b)** – A red card or disqualification from the Event may be issued to an athlete for severe rule violations including, but not limited to, **repeated rule violations, fraud/misrepresentation** (e.g., unauthorized transfer of a racing bib or timing chip to another athlete), disregard for directives given by Race Referees or Race Officials, or dangerous or unsportsmanlike conduct;

### Article IV. SWIM CONDUCT - Section 4.01 GENERAL

- **4.01 (a)** – Each swimmer must wear an official swim cap provided by the Race Officials. **If two caps are worn, the official swim cap must be worn on the outside**, at all times during the swim segment.
- **4.02 (f)** – Neoprene swim caps are allowed when wetsuits are permitted.

### Article V. BIKE CONDUCT - Section 5.02 EQUIPMENT

- **5.02 (c) – Water Bottles and Hydration Systems**
  - Front Mounted Water Bottles and Hydration Systems mounted to components attached to the bike that rotate around the steering axis (e.g., cockpit extensions, top tube, headset, stem, head tube) must have a combined maximum volume capacity of **no more than two (2) liters** (this excludes water bottles and hydration systems located inside the frame triangle of a bicycle or inside the bicycle frame) (DSQ)
  - Rear Mounted Water Bottles and Hydration Systems are limited in size, capacity, dimension and location as set forth below:
    - Cannot contain **more than two (2) water bottles\*** – DSQ
    - Must not exceed **one (1) liter capacity per bottle\*** – DSQ.

*\*Excludes water bottles and hydration systems located inside the frame triangle of a bike or inside the bike frame.*

### Section 5.03 BIKE SPECIFICATIONS

- **5.03 (c)** - Aero bar extensions **must not extend beyond the leading edge of the front wheel** – DSQ

### Article VI. RUN CONDUCT - Section 6.03 FINISH LINE CONDUCT

- Friends, family members (**including children**), and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating athletes. **Animals are also not permitted** to cross the finish line or enter the finish chute with participating athletes. (DSQ)

### Article VII. TRANSITION AREA CONDUCT - Section 7.01 GENERAL

- **7.01 (g)** - Any applicable Time Penalty received in the Transition Area will be served **at the spot of the rule infraction**.

### Article VIII. PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN DIVISION - Section 8.05 SPECIAL TEAM

- **8.05 (c)** - Special Teams are permitted to have up to **two (2) Handlers** per applicable Event.

### Article IX. HANDCYCLE (« HC » DIVISION - Section 9.03 BIKECONDUCT

- **9.03 (g)** - HC athletes must have a high visibility safety flag mounted to the rear of their handcycle. The top of the safety flag should measure a minimum of **1.2 meters/4 feet from the ground**. The high visibility safety flag must be a minimum size of 21 centimeters/8 inches in height by 28 centimeters/10 inches in length



# 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:** 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 5 THINGS TO SEE



## WHITE TOWER

The Renaissance White Tower is the highest landmark of the city (72 m), from its observation deck visitors can enjoy a unique view not only of Hradec Králové, but also of the distant peaks of the Krkonoše and Orlické Mountains. When you climb to the observation deck, you can also see a unique glass model of the tower, the over 500-year-old Augustin bell and historical clock mechanisms.



## CATHEDRAL OF THE HOLY SPIRIT

The Cathedral of the Holy Spirit in Hradec Králové is a 14th-century Gothic brick pseudo-basilica with two towers, the main church of the Hradec Králové diocese. It has stood on the Great Square for over 700 years, surviving the Hussite wars, fires and reconstructions - thanks to this, it is the only preserved medieval Gothic building in the city. In 1997, Pope John Paul II visited it.



## MUSEUM OF EASTERN BOHEMIA

Explore history and art at the Museum of East Bohemia in Hradec Králové - You can visit the interactive exhibition City Routes, which will introduce you to the history of the city of Hradec Králové, as well as an exhibition of coin treasures found in the city over the centuries or view almost 180 artistic depictions of the royal dowry city in paintings, documents and maps. Let yourself be lured to the highest mountain range in the world in the exhibition Velehory in Hradec Králové - Magical Himalayas.



## MILITARY FORTRESS OF JOSEF

Construction of the fortress town of Josefov began in 1780 to defend the northern borders of the Austrian Empire, and the entire complex was completed 7 years later. The town was a huge armory, a gunpowder warehouse, a food supply, and also provided safe accommodation for soldiers and civilians. Wander the rectangular streets of Josefov, get to know its unique structure, admire the ramparts and defensive ditches.



## NATIVITY SCENE MUSEUM, TŘEBECHOVICE POD OREBEM

A world-unique museum dedicated to nativity scenes attracts visitors of all generations. The greatest treasure is the mechanical Proboštův nativity scene, which is made entirely of wood and has over two thousand moving parts. In addition to it, you will see nativity scenes made of various materials and from all over the world. A visit to the museum is a magical experience not only at Christmas. [www.betlem.cz](http://www.betlem.cz)

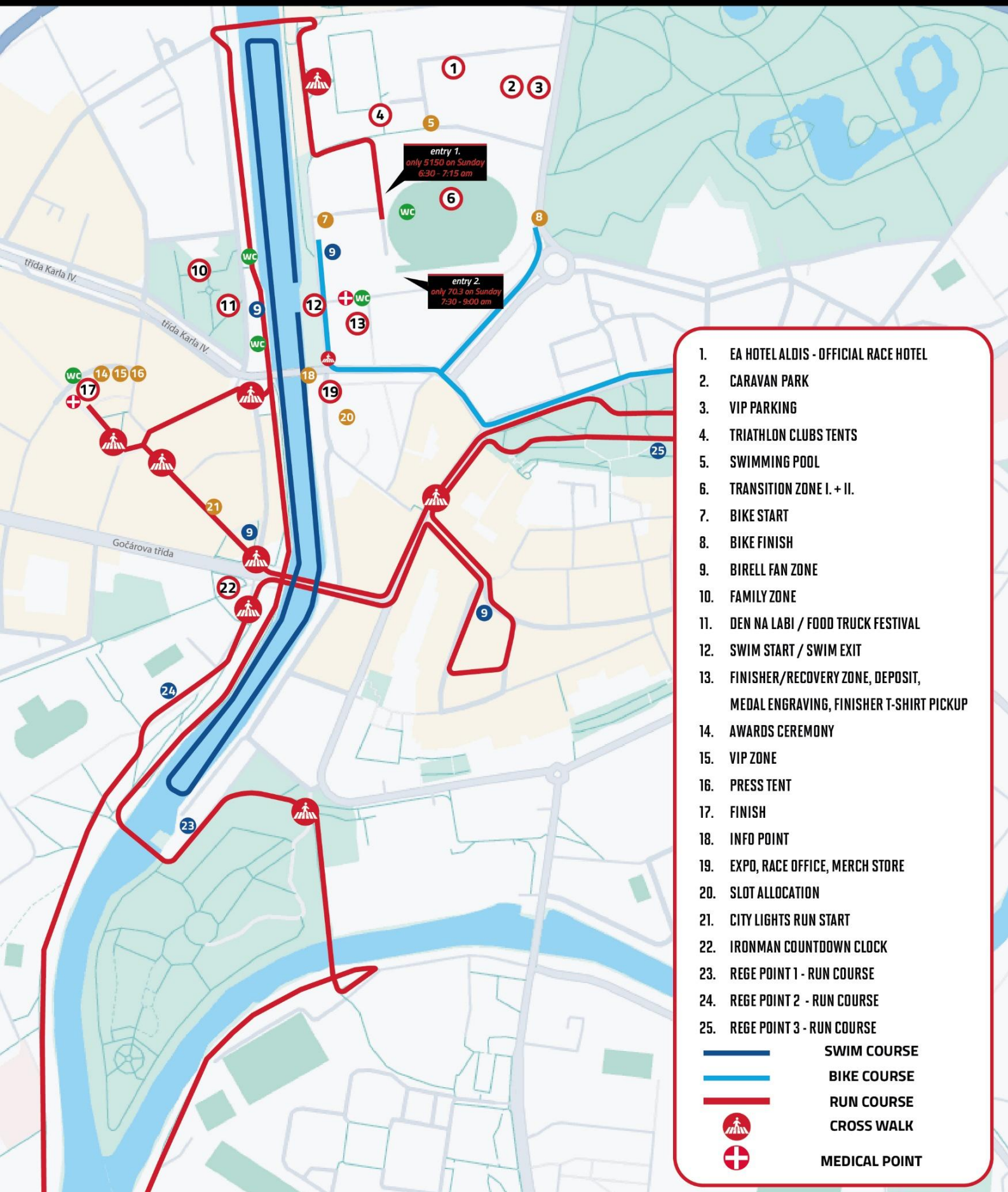








# EVENT AREA



# SCHEDULE



## FRIDAY 15<sup>th</sup> AUGUST

| Time          | Description  | Location                                    |
|---------------|--|---|
| 11:00         | Press conference   | EA Hotel Aldis                              |
| 12:30         | Technical meeting Pro Athletes   | EA Hotel Aldis                              |
| 15:00 – 21:00 | Race office – check in<br><i>IRONMAN 70.3, 5150, relays,<br/>PHO3NIX IRONKIDS, CITY LIGHTS RUN</i> | Eliščino nábřeží, Museum of Eastern Bohemia |
| 15:00 – 21:00 | Expo & Official Merchandise Store  | Eliščino nábřeží, Museum of Eastern Bohemia |

## SATURDAY 16<sup>th</sup> AUGUST

| Time          | Description   | Location                                    |
|---------------|---|---|
| 8:30 – 11:30  | Open Water in the river Elbe                                | Eliščino nábřeží, river beach               |
| 10:00 – 20:00 | Race office – check in<br><i>IRONMAN 70.3, 5150, relays</i> | Eliščino nábřeží, Museum of Eastern Bohemia |
| 10:00 – 20:00 | Expo & Official Merchandise store                           | Eliščino nábřeží, Museum of Eastern Bohemia |
| 10:00 – 22:30 | Family zone & FOOD TRUCK fest                               | Náměstí 5. května & Smetanovo nábřeží       |
| 10:00 – 11:30 | Race office – check in <i>PHO3NIX IRONKIDS</i>              | Eliščino nábřeží, Museum of Eastern Bohemia |
| 11:00         | Testing the run course with Eva Vrabcová Nývltová           | Start: Eliščino nábřeží, city beach         |
| 12:00 – 13:30 | PHO3NIX IRONKIDS  | Start: City beach<br>Finish:                |
| 12:00 – 21:30 | Gear and bike check in - T1/T2                              | Athletic stadium Sokol                      |
| 14:00         | Awards ceremony <i>PHO3NIX IRONKIDS</i>                     | Masarykovo náměstí                          |
| 14:30         | Technical briefing in Czech                                 | Masarykovo náměstí                          |
| 15:00         | Technical briefing in English                               | Masarykovo náměstí                          |
| 15:00 – 20:00 | Race office – check in <i>City Lights Run</i>               | Eliščino nábřeží, Museum of Eastern Bohemia |
| 15:45 – 16:30 | Opening ceremony – National flag parade                     | Masarykovo náměstí                          |
| 19:30 – 22:30 | Deposit opening hours- <i>City Lights Run</i>               | Eliščino nábřeží (Finisher zone)            |
| 21:00         | Start – <i>City Lights Run</i>                              | Pedestrian zone - Masarykovo náměstí        |
| 21:45         | Awards ceremony <i>City Lights Run</i>                      | Masarykovo náměstí                          |



# SCHEDULE



## SUNDAY 17<sup>th</sup> AUGUST

| Time          | Description  | Location  |
|---------------|--|---|
| 6:30 – 7:15   | T1/T2 opening hours – <i>5150, relays</i>                      | Athletic stadium sokol – Entry 1 from the street Eliščino nábřeží |
| 6:30 – 7:15   | Deposit opening hours – <i>5150, relays</i>                    | Eliščino nábřeží (Finisher zone)                                  |
| 6:50 – 9:30   | Warm up swimming   | Swimming pool   |
| 7:30 – 9:00   | T1/T2 opening hours – <i>IRONMAN 70.3</i>                      | Athletic stadium Sokol – Entry 2 from the street L. Štúra         |
| 7:30 – 10:00  | Deposit opening hours – <i>IRONMAN 70.3</i>                    | Eliščino nábřeží (Finisher zone)                                  |
| 7:55 – 8:15   | Rolling start – <i>5150, relays</i>                            | Eliščino nábřeží  |
| 8:00 – 18:00  | Family zone & FOOD TRUCK fest                                  | Náměstí 5. května & Smetanovo nábřeží                             |
| 9:00 – 18:00  | Expo & Official Merchandise Store                              | Eliščino nábřeží, Museum of Eastern Bohemia                       |
| 9:15 – 9:25   | Warm up swimming in the river Labe – only Pro Athletes         | Eliščino nábřeží  |
| 9:30          | Start Pro Athletes - men                                       | Eliščino nábřeží  |
| 9:35          | Start Pro Athletes - women                                     | Eliščino nábřeží  |
| 9:42 – 10:22  | Rolling start – <i>IRONMAN 70.3</i>                            | Eliščino nábřeží  |
| 9:50          | Expected winner - 5150   | Masarykovo náměstí  |
| 10:00 – 13:00 | Deposit bag pick-up – <i>5150, relays</i>                      | Eliščino nábřeží (Finisher zone)                                  |
| 12:15         | Expected finish time of the last athlete - <i>5150</i>         | Masarykovo náměstí  |
| 12:15         | Awards ceremony – <i>5150, relays</i>                          | Masarykovo náměstí  |
| 13:00 – 16:00 | Bike & gear check-out – <i>5150, relays</i>                    | Athletic stadium Sokol  |
| 13:00 – 19:30 | Deposit bag pick-up – <i>IRONMAN 70.3</i>                      | Eliščino nábřeží (Finisher zone)                                  |
| 13:10         | Expected winner – <i>IRONMAN 70.3</i>                          | Masarykovo náměstí  |
| 16:00 20:30   | Bike & gear check-out – <i>IRONMAN 70.3</i>                    | Athletic stadium Sokol  |
| 18:00         | Awards ceremony – <i>IRONMAN 70.3</i>                          | Masarykovo náměstí  |
| 18:50         | Expected finish time of the last athlete – <i>IRONMAN 70.3</i> | Masarykovo náměstí  |
| 19:00         | Slot allocation ceremony – <i>IRONMAN 70.3 WC 2026</i>         | Museum of Eastern Bohemia   |





IRONMAN  
70.3<sup>®</sup> HRADEC KRÁLOVSKÝ  
CZECH REPUBLIC

VIGIS

00:09:35

teria  
travel building

sailfish

MT



# EXPO



## Location

You will find the Expo and Merchandise store at the front of the Museum of Eastern Bohemia, Eliščíno nábřeží.

## Opening hours

|                                   |               |
|-----------------------------------|---------------|
| Friday, August 15 <sup>th</sup>   | 15:00 – 21:00 |
| Saturday, August 16 <sup>th</sup> | 10:00 – 20:00 |
| Sunday, August 17 <sup>th</sup>   | 9:00 – 18:00  |

## Info point

If you have any questions about the race, the accompanying program, or if you are a complete triathlon novice and want to ask something, come to the info point, where we will be happy to help you. The opening hours are the same as the EXPO zone, in front of which the Ironman info point is also located.

## List of exhibitors

- HUDY
- INFINIT Nutrition Europe
- Pivovar Hradecký Klenot
- Královehradecká krajská centrála cestovního ruchu
- Marex dental
- Nokamoto
- NUTREND
- P&M PEDAG Czech
- IONTMAX®
- Eleven
- Pillar Performance GmbH
- Bemer
- Kiore Tomasz Skoczylas
- Petr Vabroušek
- PILLAR Performance
- ROUVY
- Sky a Bike Centrum Radotín
- SPORT CENTER
- VIF Sunglasses
- Wald Biotech
- Pekárna V Mouce
- Palačinky Vrtal
- DressMe
- Ski a Bike Centrum Radotín
- Martombike Company

# ENJOY SUMMER DRINKS





# OFFICIAL MERCHANDISE STORE

ELIŠČINO NÁBŘEŽÍ  
HRADEC KRÁLOVÉ



## OPENING HOURS

FRIDAY  
15:00 - 21:00

SATURDAY  
10:00 - 20:00

SUNDAY  
9:00 - 18:00



# ATHLETE CHECK-IN



## Race office – opening hours

| Date                              | Time          | Event  | Location         |
|-----------------------------------|---------------|--|------------------|
| Friday, August 16 <sup>th</sup>   | 15:00 – 21:00 | IRONMAN 70.3, 5150, relays, PHO3NIX IRONKIDS | Eliščino nábřeží |
| Saturday, August 17 <sup>th</sup> | 10:00 – 20:00 | IRONMAN 70.3, 5150, relays                   | Eliščino nábřeží |
| Saturday, August 17 <sup>th</sup> | 10:00 – 11:30 | PHO3NIX IRONKIDS                             | Eliščino nábřeží |
| Saturday, August 17 <sup>th</sup> | 15:00 – 20:00 | City Lights Run                              | Eliščino nábřeží |



1

The QR code will be available in your SlotMarket account, where you registered for the race. Log in to your account, go to the "Registration History" tab, and download your QR code. You can either show the QR code on your phone screen or print it out.

2

You will also receive a QR code via email, which is necessary to collect your race package. We recommend checking your spam/junk folder as well.

3

Come at the Race Office, **have your QR code, ID card or passport and triathlon license** ready and pick up your race package.

**The race packet must be picked up personally at the Race Office during its opening hours. It is not possible for someone else to collect the race packet on your behalf.**

If you do not have a triathlon license, you will be able to purchase one during registration. A triathlon license is not mandatory for relay members.

### Relay registration

Each relay team member will receive an email with a QR code, which must be presented during registration at the Race Office. An ID is also required. During check-in, each athlete will receive a wristband that will be placed on their wrist. **The race pack is issued for the entire team – partial pickup is not allowed.**

#### Can one person from a relay pick up the race pack?

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

# LICENSE



In order to compete in the IRONMAN 70.3 Hradec Králové or 5150 Triathlon Hradec Králové, you must have purchased a racing triathlon license.

Eligible licenses:

- annual ČTA license
- one day ČTA license (available for purchase during online race registration and on site)
- foreign license

**Relay participants do not need a license.**

## NUTREND

Make sure that you stay energized throughout the race. Boost your performance with **NUTREND'S ULTIMATE COMBO** of energy gels, energy bars, and carbohydrate drinks.

Endorsed by  
*Petr Valbořel*  
the global IronMan legend.

**IRONMAN**  
**70.3** HRADEC KRÁLOVÉ  
CZECH REPUBLIC

Discover more at [WWW.NUTREND.EU](http://WWW.NUTREND.EU)





# RACE PACKAGE



## Your package includes:

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

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

**Sticker set:** the race packet includes stickers. One sticker (the longest one) should be affixed to the bike seat post, and one sticker for the front of the helmet. Additionally, one sticker should be attached to the deposit bag, one on the bag for T1 zone (blue), and one on the bag for T2 zone (red)

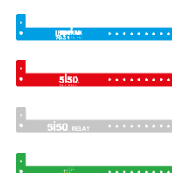
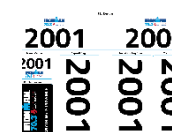
**One wristband:** the wristband is used for athlete identification. It grants access to the transition zone, finisher zone, finish line, and start zone. The wristband must be worn throughout the duration of the event. Without the wristband, you will not be able to leave or collect your bike and bags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

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

**One backpack** (for IRONMAN 70.3) or one bag (for 5150 Triathlon Series, relays)

**Two plastic bags for the transition zone** (blue and red) and one for the locker room (black). The blue plastic bag is for depot T1 between swimming and cycling, which is hung on the bottom hook. The red plastic bag is for depot T2 between cycling and running, which is hung on the top hook. Relay teams will receive three black plastic bags for the locker room.

**Finisher's T-shirt:** The T-shirt will be available for pick-up after the race in the Finisher zone.



## Athletes must wear the official race items given to them during the registration:

- the official swim cap
- wristband
- stickers
- number
- timing chip
- a blue and red plastic bag for the T1/T2 with the BIB attached

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





# BAGS



## BLUE BAG

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

**DEPO T1/T2 – Athletic stadium Sokol, only ENTRY 1.**

**Gear & bike check-in: ONLY Saturday, August 16<sup>th</sup>, 12:00 – 21:30**

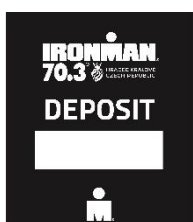


## RED BAG

It should contain the equipment needed for the running stage: running shoes, socks, cap, race number (required), etc. After using the red bag, use this bag to pack your cycling gear, including the helmet.

**DEPO T1/T2 – Athletic stadium Sokol, only ENTRY 1.**

**Gear & bike check-in: ONLY Saturday, August 16<sup>th</sup>, 12:00 – 21:30**



## BLACK BAG

This is a bag for personal items: you can put clothes in it that you will change into after the race and anything else you might need post-race. Hand it in on race day before the start, at the deposit tent.

**Deposit – opening hours (Finisher zone, Eliščino nábřeží)**

Saturday, August 16<sup>th</sup>, 19:30 – 22:30 - City Lights Run

Sunday, August 16<sup>th</sup>, 6:30 – 7:15 (5150 & relays) / 7:30 – 10:00 (IRONMAN 70.3)

10:00 – 13:00 (5150 & relays) / 13:00 – 19:30 (IRONMAN 70.3)

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

**PLEASE DO NOT PUT VALUABLE ITEMS IN THE BAGS**

**RED AND BLUE BAGS MUST BE DROPPED ONLY ON SATURDAY ONLY AT T1/T2 ZONES.**

**BAGS CANNOT BE DROPPED HERE ON SUNDAY.**

# BIKE AND BAGS CHECK-IN



Saturday, August 16<sup>th</sup>

| Time          | Description                  | Location                         |
|---------------|------------------------------|----------------------------------|
| 12:00 – 21:30 | Gear & bike check-in – T1/T2 | Athletic stadium Sokol, Entry 1. |

**GEAR & BIKE CHECK-IN ON SATURDAY, AUGUST 16<sup>TH</sup> AT THE T1/T2 IS MANDATORY!  
BIKES AND GEAR CANNOT BE DROPPED AT THE T1/T2 ON SUNDAY, AUGUST 17<sup>TH</sup>.**

## T1/T2 - Athletic stadium Sokol, Eliščino nábřeží

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

- Visual inspection of the bike,
- Check of the brake system and helmet,
- Verification that the bib numbers are on the bike and helmet, and checking the athlete's wristband
- According to your BIB, hang your bike on the depot stand with the front wheel facing you and, according to your BIB, hang your blue and red plastic bags on the hooks of the bag stand.
- Bike covers are not allowed.
- The helmet must be placed in the blue bag; it cannot be left with the bike.
- Shoes may be attached to the bike only on the day of the race.
- Make sure that you have packed all your gear needed for the cycling stage into the blue bag.



After gear & bike check-in, familiarize yourself with the transition area. Don't forget to check where the entrances and exits are. There will be volunteers, staff and referees in the transition area to answer any questions you may have, so ask on Saturday, don't wait until race day.

**REMEMBER: If you want to control your gear on Sunday morning before the race, there are two different entrances – one for 5150, relays (ENTRY 1 – from Eliščino nábřeží, the same like on Saturday) and for 70.3 (ENTRY 2 – from the street L. Štúra). Check the map and follow the signs!**

## TIMING CHIP

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

## WHEN AND WHERE TO COLLECT THE TIMING CHIP?

The chip will be issued during registration.

## WHEN AND WHERE TO WEAR THE TIMING CHIP?

The chip must be worn on the left ankle throughout the entire race. It should be attached to a dry ankle before the start of the race. Remember to keep the chip exposed at all times and make sure it is not covered, for example by a sock.

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



# BRIEFING



Saturday, August 16<sup>th</sup>

| Time  | Description                      | Location           |
|-------|----------------------------------|--------------------|
| 15:00 | Athlete technical briefing - CZ  | Masarykovo náměstí |
| 15:30 | Athlete technical briefing - ENG | Masarykovo náměstí |

## Athlete briefing

The race briefing will take place on Saturday, August 16<sup>th</sup>. Briefings will be conducted in both Czech and English (see the schedule above).

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



# OPENING CEREMONY – NATIONAL FLAGS PARADE



Saturday, August 16<sup>th</sup>

| Time          | Description                              | Location           |
|---------------|--|--------------------|
| 15:45 – 16:30 | Opening ceremony – national flags parade | Masarykovo náměstí |

More than half of the participants in the IRONMAN 70.3 Hradec Králové race are foreigners. The organizers decided to show this diversity even before the triathletes start their races. On Saturday, August 16, a flag parade will take place immediately after the opening ceremony. Volunteers will present about 60 flags of the countries whose athletes will participate in Sunday's race. The parade will resemble the traditional opening ceremony of the Olympic Games and is open to all participants of the race weekend and their entourage. After the parade, the flags will be placed near the start of the swim.



  
**enteria**

**CROSSING  
THE FINISH LINE  
TOGETHER**

  
**CH&T**  
PARDUBICE



# ON THE RACE DAY



If you need to make minor adjustments to your equipment, you can come to the T1/T2 zone on Sunday morning before the race.

**ATTENTION: On Sunday, August 17<sup>th</sup>, two entrances to the transition zone will be open. Entrance No. 1 (from Eliščino nábřeží– only for 5150 and relays) and entrance No. 2 (from street L. Štůra) – only for IRONMAN 70.3.**

The transition zone T1/T2 will be open from 6:30 to 7:15 (for 5150 and relays) and from 7:30 to 9:00 (for IRONMAN 70.3). Before entering the transition zone, please make sure that you have your measuring chip on.

Before entering the transition zones make sure that you have your identification bracelet and chip strap on. Don't forget to check your tire pressure. You can also attach your cycling shoes to the pedals and attach gels/sticks to your bike and leave your drink bottle here.

## SWIMMING POOL

You can use the swimming pool for free all day (just 200 meters from the start of the race). Before the start, warm up, use the toilets, changing rooms and showers. The swimming pool facilities will be open on Sunday from 6:30. Warm up in the lanes will be possible between 6:50 and 9:30.

## WC

Toilets will be available during the swim in the indoor pool, at the start, in the transition zone and at the aid stations.

## SHOWERS AND CHANGING ROOMS

For your convenience, use the swimming pool facilities (200 meters from the swimming start), where you can use the toilets, changing rooms and showers free of charge all day long

## DEPOSIT

Don't forget to label your bag with your race number. Put items you won't need during the race in this bag. The locker room will be open from 6:30 to 7:15 (5150 & relays) and from 7:30 to 10:00 (for IRONMAN 70.3) and is located inside the FINISHER ZONE near the swim start.

## BIKE SERVICE

Our partner Ski a Bike Centrum Radotín will provide assistance with bike servicing at the transition zone from Saturday (12:00 – 21:30). On the race day, mechanics will be present in the transition zone from 6:30–11:30 to help you with any problems with your bike, even at the last minute before the start or when switching to cycling. On the race course, you will be able to use their technical vehicle on the IRONMAN 70.3 at 23 km and 49 km in Třebachovice p. O. Minor puncture repairs can also be handled at all refreshment stations (24.5 km / 50.5 km / 70 km).

**UDRŽTE SI VLNU ENERGIE\***

**Novinka**

\* Obě novinky BiRELL Active jsou zdrojem vitamínu B6, který přispívá k normálnímu energetickému metabolismu.



# HAPPY BIRTHDAY

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

- Arran M.
- Jakub Č.
- Jana K.
- Marion A.
- Simone R.
- Jannik S.
- David M.
- Jan B.

Thank you for celebrating your birthday with us.

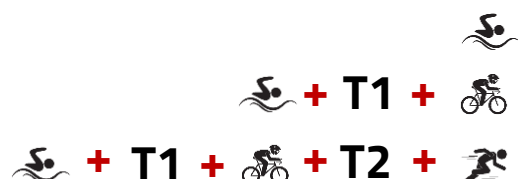
## Enjoy your race!



# RACE DAY



## TIME LIMITS



### IRONMAN 70.3

### 5150

|          |          |
|----------|----------|
| 01:10:00 | 00:50:00 |
| 05:30:00 | 02:45:00 |
| 08:30:00 | 04:00:00 |

**TIMES ARE CALCULATED BASED ON INDIVIDUAL START TIME, NOT FROM THE INITIAL START OF THE ENTIRE RACE (so-called gun time).**

**During the race, cut off apply:**

- Swimming: cut-off time entry T1: 11:30
- Bike: cut-off time entry T2: 15:50
- Run: cut-off time end of the third lap: 17:50

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

Athletes who do not meet these limits will be 'Did not finished' (DNF) and will not be eligible for age group awards or qualification for the World Championships in the case of IRONMAN 70.3 participants

## AID STATIONS:

### IRONMAN 70.3

#### Bike:

|         |  |
|---------|--|
| 24.5 km | Water Nartes 0,75 l, Nutrend Carbodrinx 0,75 l   |
| 50.5 km | Water Nartes 0,75 l, Nutrend Carbodrinx 0,75 l, Nutrend Endurosnoack 75 g, Nutrend Endurance 70 g, bananas |
| 70 km   | Voda Nartes 0,75 l, Nutrend Carbodrinx 0,75 l, Nutrend Endurosnoack 75 g, Nutrend Endurance 70 g, bananas  |

#### Run:

|                            |   |
|----------------------------|---|
| 1,4 / 6,5 / 11,7 / 16,8 km | Water Nartes 0,33 l, Nutrend Carbodrinx, Nutrend Endurosnoack 75 g, Nutrend Endurance 45 g, Coca-Cola, Red Bull with water, melon, salt, ice cubes, water sponges, shower   |
| 3,4 / 8,5 / 13,7 / 18,7 km | Water Nartes 0,33 l, Nutrend Carbodrinx 0,75 l, Nutrend Endurosnoack 75 g, Nutrend Endurance 70 g, Coca-Cola, Red Bull with water, bananas, water melons, raisins, salty pretzels, salt, ice cubes, water sponges, shower |
| 4,7 / 9,8 / 15 / 20 km     | Water Nartes 0,33 l, Nutrend Carbodrinx 0,75 l, Nutrend Endurosnoack 75 g, Nutrend Endurance 70 g, bananas, water melons, raisins, salty pretzels, salt   |

### 5150 / RELAYS

#### Bike:

|         |  |
|---------|--|
| 22.5 km | Water Nartes 0,75 l, Nutrend Carbodrinx 0,75 l, Nutrend Endurosnoack 75 g, Nutrend Endurance 70 g, bananas |
|---------|--|

#### Run:

|              |   |
|--------------|---|
| 1,4 / 6,5 km | Water Nartes 0,33 l, Nutrend Carbodrinx, Nutrend Endurosnoack 75 g, Nutrend Endurance 45 g, Coca-Cola, Red Bull with water, melon, salt, ice cubes, water sponges, shower   |
| 3,4 / 8,1 km | Water Nartes 0,33 l, Nutrend Carbodrinx 0,75 l, Nutrend Endurosnoack 75 g, Nutrend Endurance 70 g, Coca-Cola, Red Bull with water, bananas, water melons, raisins, salty pretzels, salt, ice cubes, water sponges, shower |
| 4,1 / 8,8 km | Water Nartes 0,3 l, Nutrend Carbodrinx 0,75 l, Nutrend Endurosnoack 75 g, Nutrend Endurance 70 g, bananas, water melons, raisins, salty pretzels, salt  |

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

# SWIM



## COURSE

The start is located on the bank of the Elbe River, in the center of Hradec Králové, Eliščino nábřeží. Athletes will complete one lap of 1500 meters (5150 Triathlon Hradec Králové) or 1900 meters (IRONMAN 70.3).

## STARTING LINE-UP

The starting lanes will be marked with signs for the estimated time of the swimming part (33:00–36:59 min. / 37–40:59 min. / 41:00–44:49 min. / 45:00–60:00 min). Choose your lane wisely and responsibly so that you feel comfortable in the water after the start and swim at a similar speed to those around you.

## START

The PRO Athletes category will start first at the IRONMAN 70.3 distance with a mass start from the water. The Age group and Open start is organized in a "rolling start" format, with 3 competitors starting every 5 seconds. The timing chip will record the starting time of each athlete only when they cross the starting line, which is located under the starting arch. The swimming part can be tried out during the so-called Open water (Saturday, August 16th, from 8:30 to 11:30). On Sunday, August 17th, all participants have the opportunity to swim in the indoor 50 m pool (200 m from the swimming start) from 6:50 to 9:30, then a designated corridor in the river, the so-called "cooling pool", will be prepared right near the start, where competitors can test the water temperature and adjust their swimming equipment. This area is not intended for swimming. Due to capacity reasons, only competitors from the Pro Athletes category will be allowed to swim in the Labe before the start.

## DIVE INTO THE WATER

The queues will gradually narrow so that every five seconds, three competitors will line up at the starting gate, who, upon a sound signal, run onto the platform (pier) and jump into the Elbe River. The start jump can be done head or feet first. It is absolutely essential not to linger on the starting platform and jump into the water immediately. We recommend trying this process on Saturday, August 16th during Open water (8:30–11:30).

## TIME LIMITS

The swimming course will close 50 minutes after the last athlete from the 5150 Triathlon Hradec Králové, and the relays starts swimming and 1 hour and 10 minutes after the last swimmer of the IRONMAN 70.3 race starts. Any athlete or relay team member who does not finish the swim within the specified time will not be able to continue in the race and will receive a DNF (Did Not Finish). The organizers reserve the right to remove athletes from the course who exceed the set time limits.

| START | DISTANCE                              | CAP  |
|-------|---------------------------------------|------|
| 07:55 | 5150 Triathlon Hradec Králové         | RED  |
| 07:55 | Relays                                | GRAY |
| 9:30  | IRONMAN 70.3 Pro Athletes – PRO MEN   | GOLD |
| 9:35  | IRONMAN 70.3 Pro Athletes – PRO WOMEN | GOLD |
| 9:42  | IRONMAN 70.3 – Age group              | BLUE |



# SWIM COURSE

**IRONMAN**  
**70.3** HRADEC KRÁLOVÉ  
CZECH REPUBLIC



**IRONMAN**  
**70.3** HRADEC KRÁLOVÉ  
CZECH REPUBLIC

1,9 km

**5i50**  
TRIATHLON  
HRADEC KRÁLOVÉ

1,5 km



Změna vyhrazena / subject to alternations

# 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 required during the swim will result in disqualification if forward progress was made
- Organizers and medical staff reserve the right to pull athletes off the course if deemed medically necessary.





# T1 ZONE



## TRANSITION ZONE – SWIM TO BIKE

After exiting water, you run about 200 m to the transition area, where you change into cycling clothes and prepare for the cycling part.

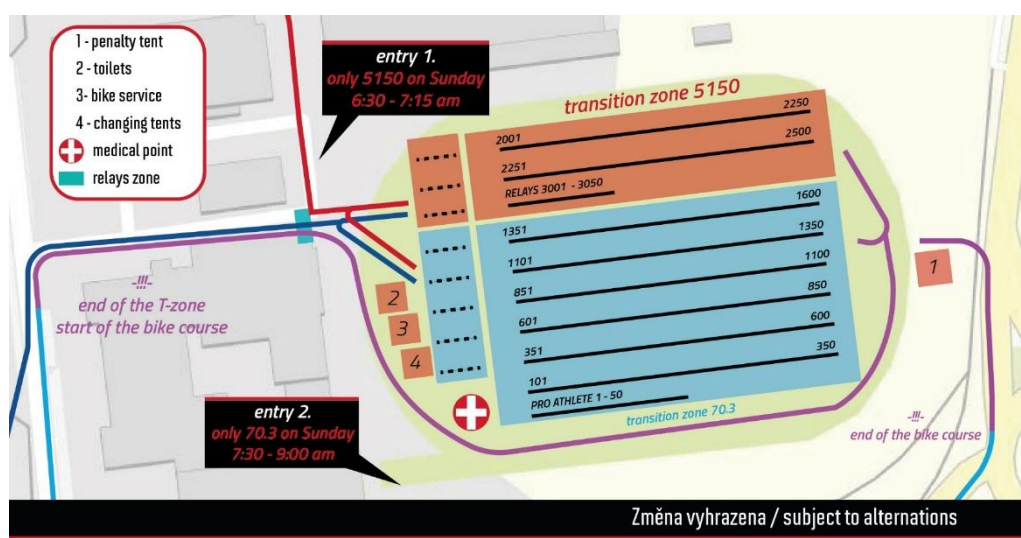
After entering the T1, run to the rack, take the BLUE BAG with cycling equipment, which is placed on the bottom hook of your rack, and change.

After changing, pack your wetsuit and other swimming equipment into the BLUE BAG and place it back on the same bottom hook with your starting number. Check the number on the hook carefully to be sure that the bag is yours!

**Relays:** The cyclist waits by the rack. The relay is passed by touching the hand and passing the chip. Each relay member must wear the chip on the part of their leg around the **left** ankle. No other way of wearing the chip is permitted.

Cycling shoes must be stored either in the BLUE BAG or attached to the bike. Before taking your bike off the rack, you must fasten your helmet under your chin – failure to do so may result in a penalty. You must cross the marked line beyond the transition zone before starting to ride.

**Changing tents are available in the zone – nudity is not allowed.**



### IN

- Wetsuit
- Swimcap
- Swimming goggles

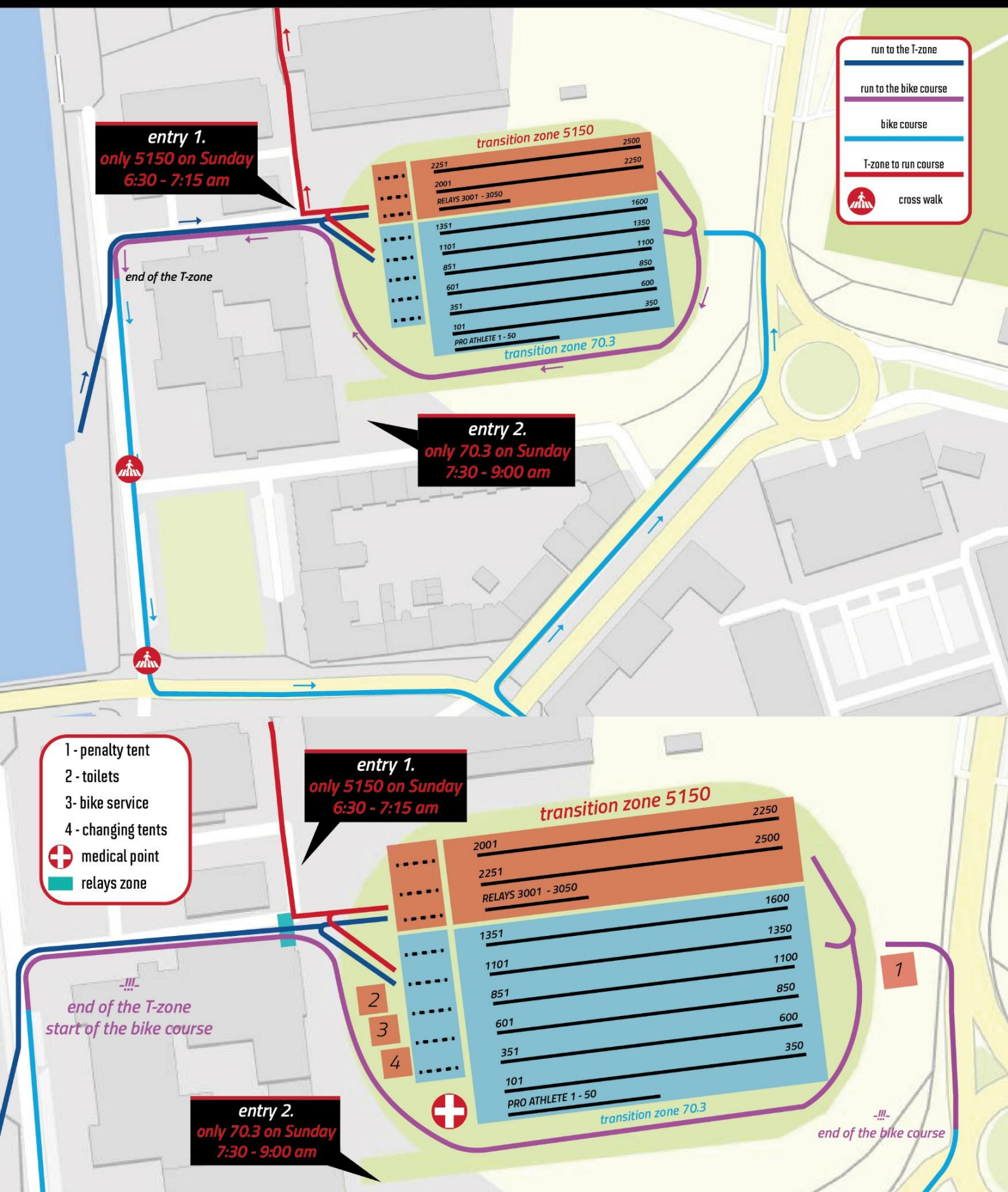
### OUT

- BIB number (optional)
- Bike shoes
- Helmet
- Socks
- Sunglasses



# TRANSITION ZONE

**IRONMAN**  
**70.3** HRADEC KRÁLOVÉ  
CZECH REPUBLIC



Změna vyhrazena / subject to alternations



# BIKE



## COURSE

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

## TIME LIMITS

The bike course will be closed 2 hours 45 minutes after the start of the swim by the last athletes of the 5150 Triathlon Series and relays, and 5 hour and 30 minutes for the IRONMAN 70.3 athletes. Any athlete or relay team member who does not complete the swim within the specified time will not be allowed to continue and will receive a DNF (Did Not Finish).

**CUT –OFF TIME:** Entry T2. 15:50 hod,

## SAFETY FIRST

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

## BIKE MEDICAL

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

## TECHNICAL SUPPORT – BIKE SERVICE

A technical vehicle for cyclists will be prepared on the cycling course, which can help you with the most basic mechanical problems such as a flat tire, a broken cable, etc. Please note that it is your responsibility to carry basic technical equipment for bike repair on your bike during the race. The technical vehicle is only there as an additional service and can only serve a limited number of competitors. The technical vehicle is located on the IRONMAN 70.3 race course at 23 km and 49 km in Třebechovice p. O. Minor repairs of punctures can also be handled at all refreshment stations (24.5 km / 50.5 km / 70 km).

## SAG CAR

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

## DROP OUT

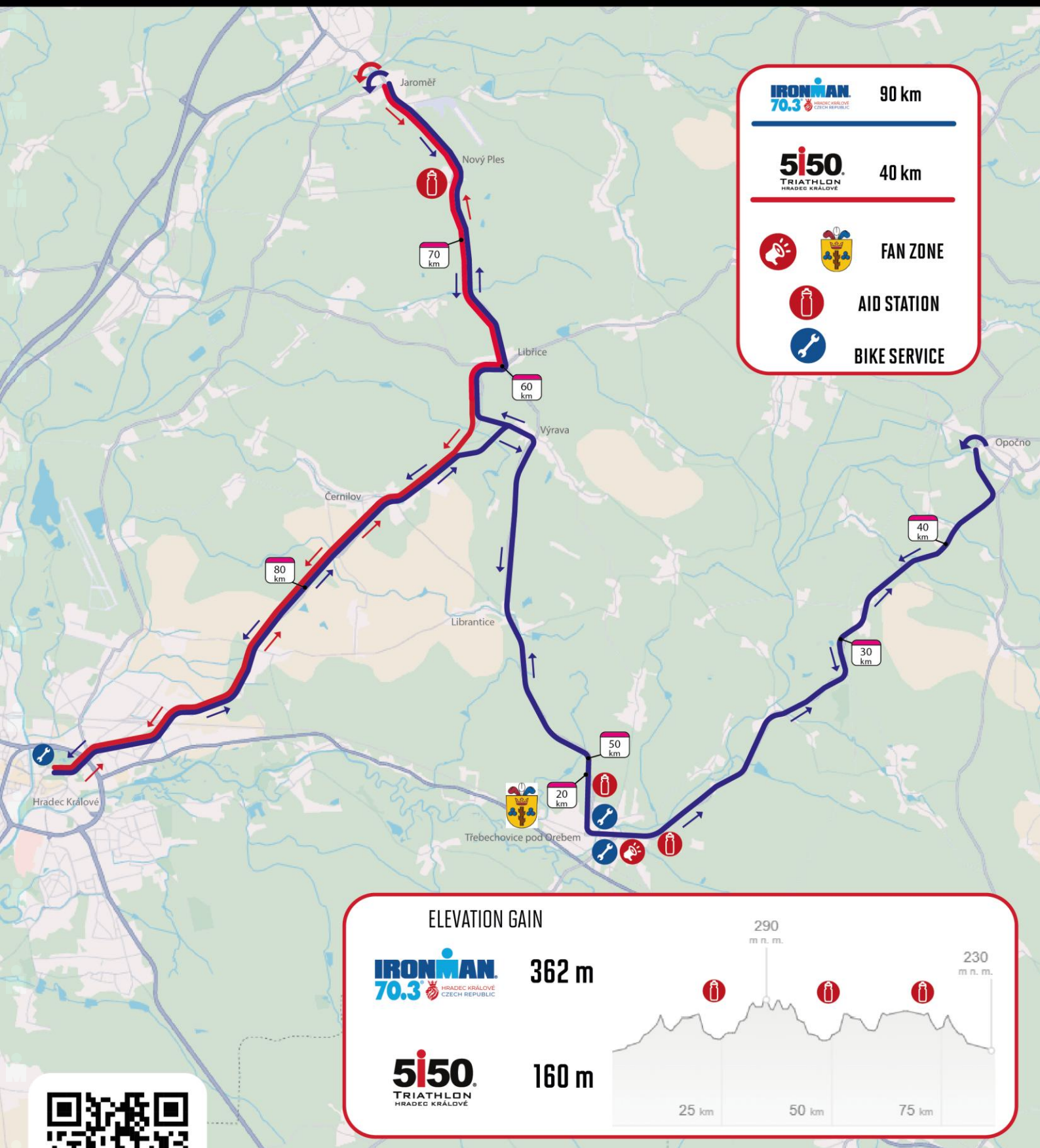
If you decide to drop out, please inform a referee and organizer.

**If you are involved in an accident with another person (e.g. another athlete, volunteer, spectator, etc.), remain at the scene of the accident until a police officer is present.**



# BIKE COURSE

**IRONMAN**  
**70.3** HRADEC KRÁLOVÉ  
CZECH REPUBLIC



BIKE SERVICE PARTNER



NUTRITION PARTNER

**NUTREND**

Změna vyhrazena / subject to alternations



**PODROUŽEK  
MONÍK  
PETERA**

advokátní kancelář

**Nenechte se doběhnout!**

[akhradec.cz](http://akhradec.cz)

**IRONMAN**  
**70.3** HRADEC KRÁLOVÉ  
CZECH REPUBLIC

# FANZONE

**TŘEBECHOVICE POD OREBEM**



**MASARYKOVO NÁMĚSTÍ  
SUNDAY, AUGUST 17th · 10:30 - 15:00**



**ENJOY THE ATMOSPHERE OF A WORLD RACE!**

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



### Blue card - BIKE

Blue card is used in case of drafting:

- 1st blue card offense: 2:00 minutes (IRONMAN 70.3) or 1:00 minutes (5150 Triathlon Series, relays)
- 2nd blue card offense: 2:00 minutes (IRONMAN 70.3) or 1:00 minutes (5150 Triathlon Series, relays)
- 3rd blue card offense: DSQ

Athletes who have been informed of a rules violation must serve a time penalty in the penalty tent located before the entrance to Transition Zone 2 (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 (IRONMAN 70.3) or 15 seconds (5150 Triathlon Series) 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.

### PENALTY TENT

When entering the T2, you will find the penalty tent which will be equipped with a screen on which the numbers of the penalized competitors will be lit in ascending order. The competitor is obliged to stop on his own and report his number to the referee and then watch the penalty countdown on the screen. Only after the penalty has been served the athlete can continue further into the transition zone. While serving the penalty, the competitor is not allowed to leave the penalty tent.

**Failure to serve a penalty in the referee tent will result in disqualification.**



# SAY **NO!** TO **DRAFTING**

## CO JE **DRAFTING**?

DRAFTING znamená vstup a setrvání ve 12 m dlouhé draftovací zóně za jiným závodníkem (jízda v háku). Draftování během závodu je zakázáno. Trest za draftování/jízdu v háku je 2:00 minut. Sportovci mohou při míjení vjet do zóny jiného závodníka, ale musí neustále postupovat vpřed skrz zónu, maximální délka setrvání v zóně jiného závodníka je 25 vteřin. Delší setrvání v zóně jiného závodníka je trestáno 2:00 min penalizací.

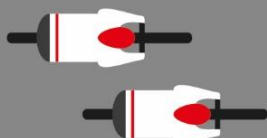
## WHAT IS **DRAFTING**?

DRAFTING means to remain within the draft zone of another athlete. The bicycle draft zone is 12 meters long. Drafting during the Race is prohibited. (2:00 Minute Time Penalty). The bicycle draft zone is 12 meters long. Athletes may enter the draft zone of another athlete when passing and must continuously progress through the draft zone. (max 25 seconds). (2:00 Minute Time Penalty)

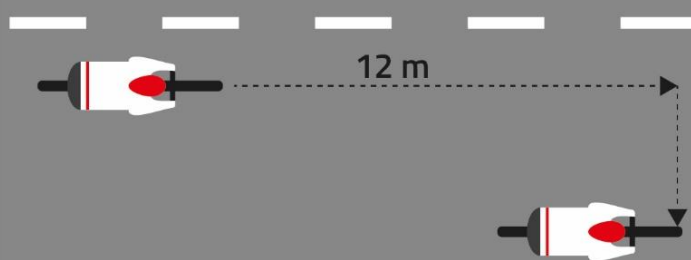


Jízda vedle sebe je zakázána!

Riding next to other athlete is forbidden.



Správné předjíždění!  
Correct overtaking!



Jed'te po pravé straně trasy!  
Keep the right side of the course!



Pravidla předjíždění  
Overtaking rules - drafting area

- Pokud vstoupíte do draftovací zóny, musíte ji opustit před předjížděním závodníkem
- Zařazení se zpět je penalizováno 2:00min.
- Předjížděný závodník nesmí zrychlovat, pokud předjížděný závodník zrychluje, je penalizován 2:00min.
- Pokud vjedete do draftovací zóny, nesmíte se z ní vrátit zpět. Trestáno 2:00 min.
- If you enter the drafting zone, you cant quit - 2:00 penalty
- Overtaken athlete must immediately drop of the draft zone - 2:00 min penalty
- If overtaken athlete start to accelerate - 2:00 min penalty
- If overtaken athlete remains in the draft zone for more then 25 sec - 2:00 penalty



Výjimka  
Exeptions

Vstup do draftovací zóny je povolen pouze pokud:

- opouštíte nebo vjíždíte do depa
- v místech ostrých zatáček a obrátek
- v úzkých místech, označených rozhodčími
- během předjíždění

Entering the draft zone is allowed only

- when leaving or entering the transition zone
- in places of acute turns
- on the narrow lanes marked by the race official
- during overtaking



Časový limit pro předjíždění  
Time limit for overtaking

- AGE GROUPS: 25 sec
- PRO ATHLETES: 25 sec

# T2 ZONE



Before entering the T2 zone, get off the bike before the line marking at the end of the cycling course and then place your bike back on the bike rack according to your start number.

A penalty tent will be set up before entering the T2 zone. If you received a penalty from the referee during the cycling, stop by the tent and serve your penalty there. It is your responsibility to check the penalty yourself and not wait for the referee to call you.

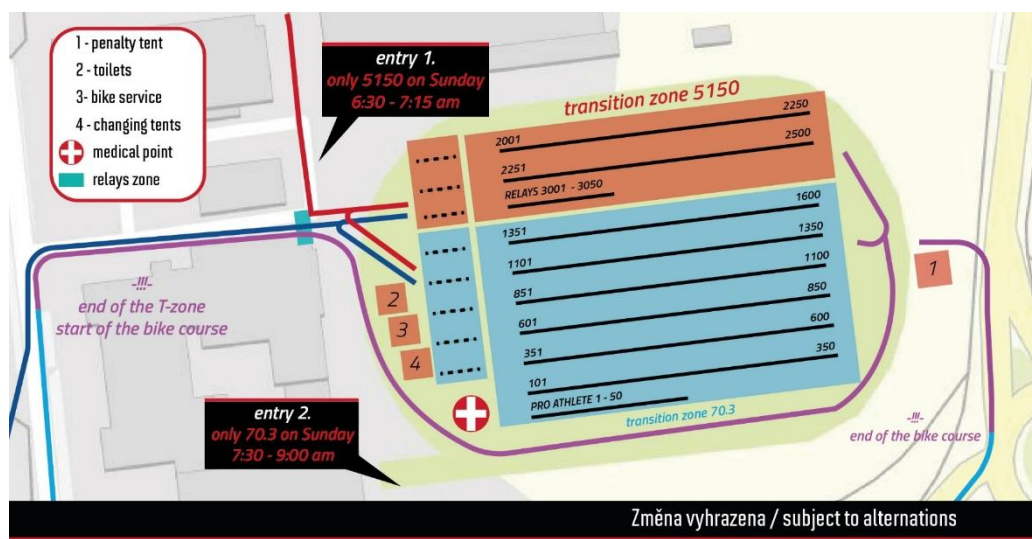
Then pick up the RED BAG, which is placed on the upper hook according to your start number. Then change into your running clothes. Don't forget that your start number is mandatory for the run.

You must put all your cycling equipment, including your cycling helmet, in the RED BAG. Cycling shoes must either remain on the pedals of your bike or be placed in the RED BAG. Then place the RED BAG back on the rack in the same place where you took it (the place is marked with your number). It is better to double-check your number. Now you can set off on the running route.

**Relay Teams: The runner must wait at the rack. The athlete exchange takes place by handing over the timing chip from the athlete finishing their leg to the athlete beginning the next one.**

After the race, you will find your BLUE and RED BAG in the transition zone on the rack, where you can pick them up together with your bike. Don't forget to show your race number and identification bracelet at the entrance to the T2.

All bags and bikes must be picked up on the day of the race at the designated hours. The organizer is not responsible for failure to pick up bikes and bags after the designated hours.



## PUT IN

- Bike shoes
- Helmet

## TAKÉ OFF

- Run shoes
- Cap
- BIB number (if it was not worn during the bike)





# RUN



## COURSE

Athletes must complete 2 laps of approximately 5 km each (for the 5150 Triathlon Series and relays) or 4 laps of approximately 5 km each (for IRONMAN 70.3).

**PLEASE NOTE THAT THE COURSE OF THE 5150 RUN AND THE RELAY IS SHORTENED COMPARED TO THE IRONMAN 70.3 CIRCUIT BY A LOOP ON THE MAIN SQUARE (see the race map).**

## AID STATIONS

There are three aid stations on one circuit.

Please throw cups and leftover food into the containers provided, not on the ground. Failure to comply with this rule may result in a penalty for unsportsmanlike conduct.

**CUT-OFF TIME (70.3):** Race limit is 8:30 hours

SWIM: 1:10 hours from the last swim start (i.e. 11:30 - when entering T1)

BIKE: 3:50 hours (when entering T2)

RUN: 5:50 hours at the end of lap 3, before the start of lap 4.

**CUT-OFF TIME (5150):** Race limit is 4:00 hours

SWIM: 1:00 hour from the last swim start (i.e. 9:00 - when entering T1)

BIKE: 10:55 (when entering T2)

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

## DROP OUT

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

## RUN RULES

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

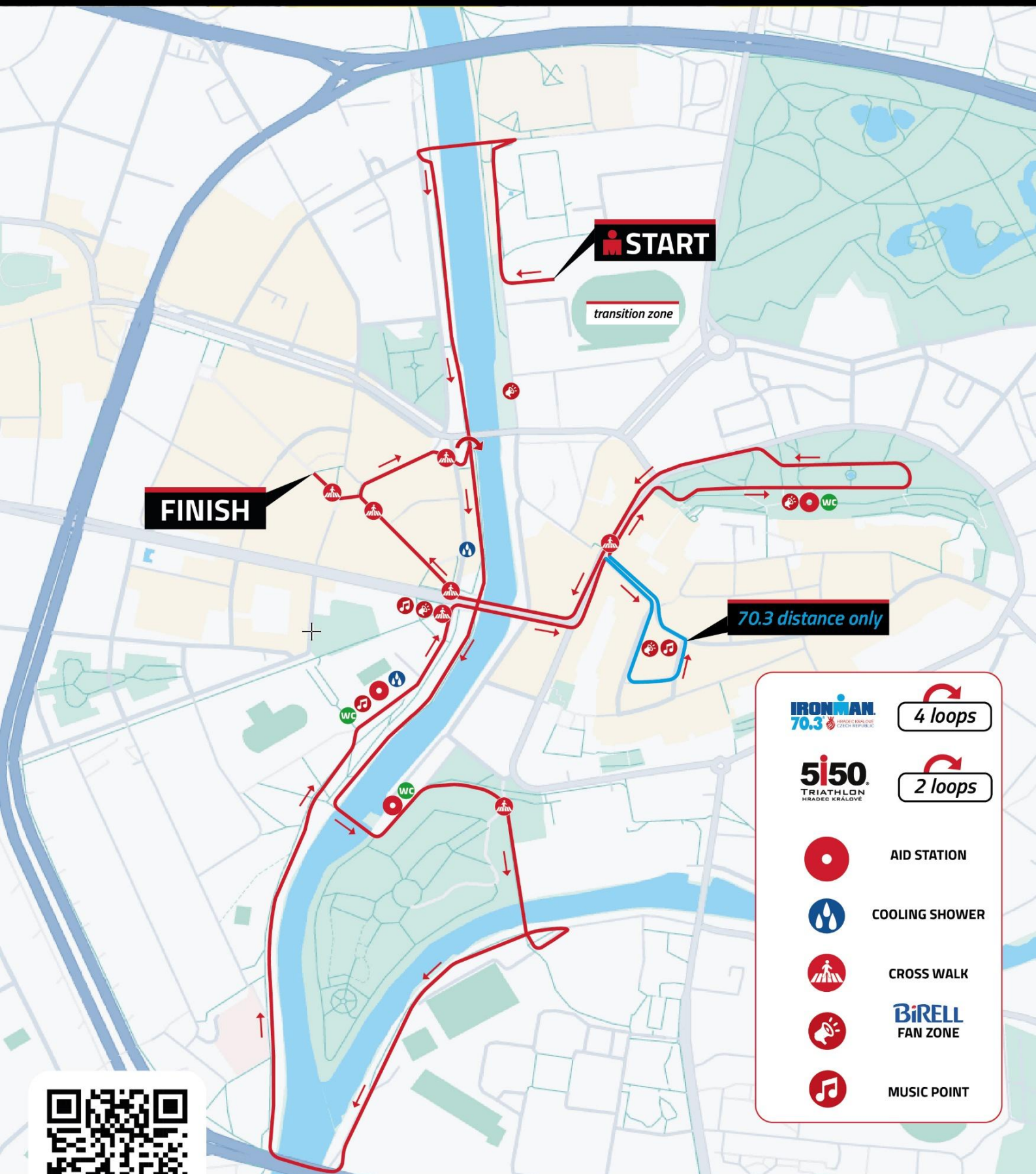
## YELLOW CARD - RUN

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

All rules can be found in the **2025 IRONMAN regulations**.

# RUN COURSE

**IRONMAN**  
**70.3** HRADEC KRÁLOVÉ  
CZECH REPUBLIC



**IRONMAN**  
**70.3** HRADEC KRÁLOVÉ

4 loops

**5i50**  
TRIATHLON  
HRADEC KRÁLOVÉ

2 loops



AID STATION



COOLING SHOWER



CROSS WALK



**BiRELL**  
FAN ZONE



MUSIC POINT



NUTRITION PARTNER

**NUTREND**

Změna vyhrazena / subject to alternations



# FINISH LINE



## FINISH

The moment you've all been waiting for, the final few meters of the race. Enjoy it, listen to the crowd, feel all the emotions – this is your day! Let the crowd take you, pose for the cameras – you might just find yourself on the evening news or in next year's race graphics!

Before the finish line, adjust your race number so that it is visible and in front. Zip your triathlon suit or jersey above your sternum.

For safety reasons, you must cross the finish line alone. Spectators, children and pets are not allowed to cross the finish line. Failure to comply with this rule may result in disqualification.

## AFTER CROSSING THE FINISH LINE

1. You will receive your medal just after the finish line, where the first refreshments are also prepared.
2. Then go to the FINISHER ZONE area (near the swim start), where you will find, among other things, medal engraving, a regeneration zone, finisher catering, deposit and changing tents).
3. Also pick up your finisher's T-shirt here, but most importantly, enjoy and relax.
4. Take advantage of massage and physiotherapy services.
5. Then don't forget your BLACK BAG in the locker room.

Sunday, August 17<sup>th</sup>

| Time          | Description                                 | Location               |
|---------------|---|------------------------|
| 10:00 – 13:00 | Deposit bag pick-up – (5150 & relays)       | Finisher zone          |
| 13:00 – 16:00 | Bike & gear check-out T1/T2 (5150 & relays) | Athletic stadium Sokol |
| 13:00 – 19:30 | Deposit bag pick-up – IRONMAN 70.3)         | Finisher zone          |
| 16:00 – 20:30 | Bike & gear check-out T1/T2 (IRONMAN 70.3)  | Athletic stadium Sokol |

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



# AWARDS CEREMONY



Sunday, August 17<sup>th</sup>

| Time  | Description   | Location           |
|-------|---------------|--------------------|
| 12:15 | 5150 & relays | Masarykovo náměstí |
| 18:00 | IRONMAN 70.3  | Masarykovo náměstí |

## We will award:

- Top five men and women in the PRO ATHLETES category
- Top three in each age category IRONMAN 70.3
- Top three in each age category 5150
- Top three relay teams (men, women, mixed)
- Top three in the handcycle category
- Award for the top three teams in the TriClub program (IRONMAN 70.3 only)

**ATTENDANCE IS MANDATORY AT THE AWARDS CEREMONY.  
NO AWARDS WILL BE SENT AFTERWARDS**





# SLOT ALLOCATION



Sunday, August 17<sup>th</sup>

| Time  | Description     | Location                  |
|-------|-----------------|---------------------------|
| 19:00 | Slot allocation | Museum of Eastern Bohemia |

## QUALIFICATION SLOTS

The IRONMAN 70.3 Hradec Králové will be awarding starting spots for the 2026 IRONMAN 70.3 World Championship in Nice, France, to be held on September 12-13, 2026

- 60 spots for age group athletes

Please note that the seat allocation is subject to change and can be verified here. If you qualify during the 2025 IRONMAN 70.3 Hradec Králové, you will only be eligible to compete in the 2026 IRONMAN 70.3 World Championship in Nice, France. Attendance at the seat allocation ceremony is mandatory for all athletes wishing to earn a qualifying spot. Since not all participants are willing to qualify, the qualification spots will be offered to the following athletes in their official age group order until the seat allocation is complete.

**Attendance at the slot allocation ceremony is mandatory.**  
**No slots will be awarded after the ceremony.**

Please be prepared to pay the registration fee by credit card only. We do not accept cash or checks.

**The amount is €771.79 (EUR) – incl. all fees & taxes.**  
 Make sure to bring a valid photo ID and credit card for payment during the ceremony.

*It is your responsibility to ensure you have all necessary documents and visas to travel to the IRONMAN World Championship. Please check travel requirements before accepting your slot.*

## IRONMAN PROFILE

To ensure a smooth registration process for the IRONMAN 70.3 World Championship, please make sure you have an IRONMAN profile and are familiar with your login credentials.

**IRONMAN PROFILE**

# SLOT ALLOCATION



## HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

"Age group" refers to a grouping of athlete peers based on their gender and age range. For example, 'male 25-29' is one age group, and 'female 25-29' is another. Your age group is determined by your age as at December 31 of the year of the IRONMAN world 70.3 championship event.

"Age group athletes" is how we generally reference amateur triathletes (non-professionals) who have elected to participate in the race and earn a finisher time that is ranked against their peers. Most participants fall into this category on race day.

### 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 and female age category automatically receives a qualifying spot (automatic qualifying slot).

If the winner does not accept the slot, the offer passes to the second or third place finisher. If none of these competitors take the slot, the slot is moved to the performance pool for that gender. From there, the slot will be offered to the next highest performing athlete in the same event.

### Performance pools slots:

Once the automatic qualifying spots are distributed, the allocation from the performance pool follows.

The finish times of all remaining athletes at the event will be compared to a benchmark (The 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.

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.



# GOOD TO KNOW



## HAVE A QUESTION?

Please send us a message on Facebook or by email to: [registration@ironmanczech.com](mailto:registration@ironmanczech.com).

## LOST AND FOUND

Lost and Found will be available at the Info point near the EXPO entrance. After the race, please direct any questions about missing items to [registration@ironmanczech.com](mailto:registration@ironmanczech.com). Shipping charges will apply.

## SAFETY AND SECURITY

Athletes: Safety first, please do not take any unnecessary risks.

Make sure you have provided your ICE (In Case of Emergency) contact on your account at SlotMarket portal.

Supporters: If an athlete is no longer visible on the tracker, it may only be a fault chip. In the event of an incident, the organization will reach out to the emergency contact directly.

## IRONMAN TRACKER

Features include live participant tracking, instant notifications, leaderboards, map tracking, event notifications, event information and more!

- Live Web Tracker: See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.
- Live Leaderboard: See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.
- Live Map Tracking: Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read.

Athletes' data will appear in the app on the race day.



[\*\*DOWNLOAD APP\*\*](#)

# COMMON RULES, VIOLATIONS & PENALTIES



IRONMAN 70.3 Hradec Králové and 5150 Triathlon Hradec Králové races will be conducted in accordance with the rules set out in the IRONMAN 2025 Competition Rules and the event regulations. The full version of the rules is available at: [www.ironman.com/rules-and-regulations](http://www.ironman.com/rules-and-regulations) and [www.ironmanczech.com](http://www.ironmanczech.com).

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 race marshals have the authority to disqualify 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 will 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 an IRONMAN race may cause serious damage to the 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 - or in extreme cases, death - during the race.

This is a long-distance endurance event, 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 in training, we would highly recommend that you see a specialist for a health check prior to the race.

## ANTI DOPING

As a condition of participation in each IRONMAN and IRONMAN 70.3 events, all registered athletes are required to acknowledge and abide by IRONMAN's Anti-Doping Rules.

In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing<sup>1</sup> and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions).

When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.



# COMMON RULES, VIOLATIONS & PENALTIES



| SUMMARY OF GENERAL COMPETITION RULES  | PENALTIES   | CARD |
|---|---|------|
| Public nudity or indecent exposure  | DSQ   |      |
| 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 sec. or 15 sec. (depending on the distance) 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 sec. or 15 sec. 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 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 photographs, and using a device as a bike computer. | DSQ   |      |

# CITY LIGHTS RUN



On Saturday, August 16<sup>th</sup>, the City Lights Run will start at 21:00 - a unique night race that will provide you with an unforgettable experience and atmosphere of the night city. The race route mostly copies the running part of the IRONMAN 70.3 Hradec Králové with the finish at Masarykovo náměstí. The length of the route is 5 km.

## Schedule

| Time   | Description                                  | Location                             |
|--|--|--------------------------------------|
| Friday, August 15 <sup>th</sup> 15:00 – 21:00  | Race office – new registrations and check-in | Eliščino nábřeží (Race office)       |
| Saturday August 16 <sup>th</sup> 15:00 – 20:00 | Race office – Check-in                       | Eliščino nábřeží (Race office)       |
| Saturday August 16 <sup>th</sup> 19:30 – 22:30 | Deposit – opening hours                      | Finisher zone                        |
| Saturday August 16 <sup>th</sup> 21:00         | Start  | Pedestrian zone – Masarykovo náměstí |
| Saturday August 16 <sup>th</sup> 21:45         | Awards ceremony                              | Masarykovo náměstí                   |

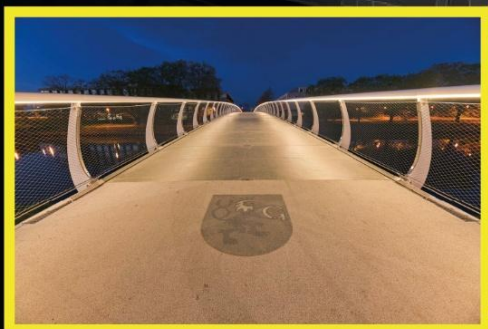
To register, show the printed QR ticket or display it on your phone, and prepare your ID or passport. The QR code can be downloaded from the SlotMarket portal by logging into your account in the "Registration History" section or found in your email box.

### **Registration by Another Person**

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







**FINISH**

**START**

**TOTAL DISTANCE  
5 km**



# PHOENIX IRONKIDS



## Schedule

| Time   | Description                                  | Location                       |
|--|--|--------------------------------|
| Friday, August 15 <sup>th</sup> 15:00 – 21:00  | Race office – new registrations and check-in | Eliščino nábřeží (Race office) |
| Saturday August 16 <sup>th</sup> 10:00 – 11:30 | Race office – Check-in                       | Eliščino nábřeží (Race office) |
| Saturday August 16 <sup>th</sup> 12:00 – 13:30 | Start  | Depends on the category        |
| Saturday August 16 <sup>th</sup> 14:00         | Awards ceremony                              | Masarykovo náměstí             |

The day before IRONMAN 70.3 HRADEC KRÁLOVÉ, children will have their own challenge. We are preparing a unique race for the youngest athletes aged 3-17. Children aged 3-10 will compete in running, while children aged 11-17 will then compete in aquathlon (swimming + running). All children's categories will experience the finish line at Masarykovo náměstí with a true Ironman atmosphere.

### Saturday August 16th

| Start time | Category                      | Born        | Starting point      | Course color | Lenght                  |
|------------|-------------------------------|-------------|---------------------|--------------|-------------------------|
| 12:00      | Girls and boys, 3-4 years     | 2021 - 2022 | 1 – pedestrian zone | YELLOW       | 250 m run               |
| 12:10      | Girls and boys, 5-6 years     | 2019 - 2020 | 1 – pedestrian zone | ORANGE       | 250 m run               |
| 12:20      | Girls and boys, 7-8 let years | 2017 - 2018 | 2 – River bank      | GREEN        | 500 m run               |
| 12:30      | Girls and boys, 9-10 years    | 2015 - 2016 | 3 – River beach     | BLUE         | 1300 m run              |
| 12:45      | Girls and boys, 11-12 years   | 2013 - 2014 | 3 – River beach     | RED          | 100 m swim + 1300 m run |
| 13:00      | Girls and boys, 13-14 years   | 2011 - 2012 | 3 – River beach     | GREY         | 150 m swim + 1300 m run |
| 13:15      | Girls and boys, 15-17 years   | 2008 - 2010 | 3 – River beach     | BLACK        | 200 m swim + 1300 run   |

To register, show the printed QR code or display it on your phone and have your ID or passport ready. You can download the QR code from the SlotMarket portal after logging into your account in the "Registration History" section.

### **Registration by another person**

If you are unable to attend the race office; you should hand over your QR code along with a copy of your ID to the person who collects your package. This way we can verify the information is correct. The copy of your ID is for verification purposes only and will not be stored by us.

**New registrations on the day of the race are not possible!**

**The categories girls and boys 3-4 years and 5-6 years are not announced on the podium. Parents with children can run in this category.**

**The other categories are awarded on the podium (1.-3. place).**

*2025 Athlete guide – IRONMAN 70.3 Hradec Králové*

**MENU**





# PHO3NIX

## SPORT WITH PURPOSE

AT PHO3NIX, WE HARNESS THE POWER OF SPORT TO INSPIRE, UNITE, AND TRANSFORM LIVES. BY BREAKING BARRIERS AND CREATING OPPORTUNITIES, WE EMPOWER CHILDREN, ATHLETES AND COMMUNITIES TO REACH THEIR FULL POTENTIAL AND BUILD BRIGHTER, STRONGER FUTURES.

[PHO3NIXFOUNDATION.COM](https://pho3nixfoundation.com)





# IRONKIDS

## COURSE

**IRONMAN**  
**70.3** HRADEC KRÁLOVÉ  
CZECH REPUBLIC



PHOENIX

**IRONKIDS**

HRADEC KRÁLOVÉ

CZECH REPUBLIC

### STARTING POINTS:

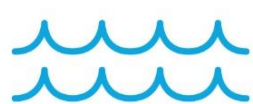
- 1 Pedestrian zone (pěší zóna)
- 2 River bank (nábřeží)
- 3 River beach (pláž)



| AGE           | BORN                | DISTANCE               | START TIME |
|---------------|---------------------|------------------------|------------|
| 3 – 4 years   | born in 2022 – 2021 | 250 m run              | 12:00      |
| 5 – 6 years   | born in 2020 – 2019 | 250 m run              | 12:10      |
| 7 – 8 years   | born in 2018 – 2017 | 500 m run              | 12:20      |
| 9 – 10 years  | born in 2016 – 2015 | 1300 m run             | 12:30      |
| 11 – 12 years | born in 2014 – 2013 | 100 m swim/1300 m run  | 12:45      |
| 13 – 14 years | born in 2012 – 2011 | 150 m swim /1300 m run | 13:00      |
| 15 – 17 years | born in 2010 – 2008 | 200 m swim/1300 m run  | 13:15      |

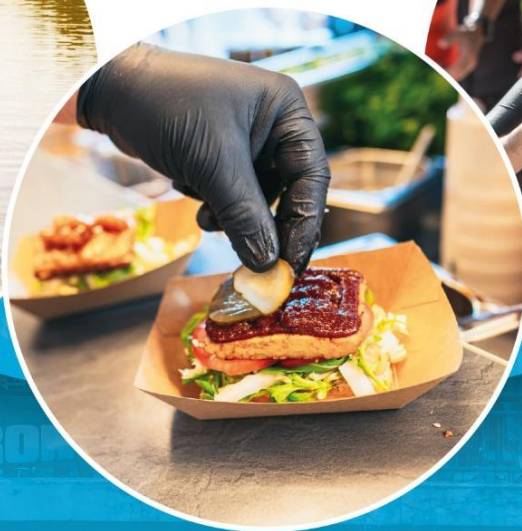
Změna vyhrazena / subject to alternations





# DEN NA LABI

SMETANOVO NÁBŘEŽÍ · HRADEC KRÁLOVÉ



## SATURDAY 16. 8.

Farmers' Market / Brave swim in the Elbe / Local Artists /  
Queen Kick-Scooter (children's performance) / Hembalon: The Sky King (aerial show) /  
Run with the Queen of Running Eva Vrabcová Nývltová /  
Phoenix IRONKIDS - children's races / Jet Ski Show (rentals & rides) / Paddleboards and Kayaks /  
**Official Opening of IRONMAN 70.3 HRADEC KRÁLOVÉ** /  
Parade of Flags of Participating Countries /  
Royal Bridge Run & Ride - cross the Elbe River with Hitrádio Černá Hora /  
Afterparty with Hitrádio Černá Hora / City Lights Run - Run through Hradec by Night

## SUNDAY 17. 8.

Start of Olympic Distance 5150 HRADEC KRÁLOVÉ + RELAYS /  
**Start of IRONMAN 70.3 HRADEC KRÁLOVÉ** / Official Award Ceremony - IRONMAN 70.3

## THROUGH BOTH DAYS

**FOOD TRUCK Fest** / Family Zone - activities for children and families /  
Expo & Official Merchandise Store IRONMAN 70.3



# ACCOMPANYING PROGRAMME

## EVENT MAPS

### DEN NA LABI



### LEGEND

- 1** FARMERS' MARKET
- 2** OPEN WATER
- 3** FOOD TRUCK FEST 
- 4** KICK-SCOOTER RENTAL
- 5** HEMBALON
- 6** START OF THE RUN WITH EVA VRABCOVÁ NYVLTOVÁ
- 7** STAGE (concerts, afterparty)
- 8** JET SKI RENTAL
- 9** PADDLEBOARD RENTAL
- 10** ROYAL BRIDGE
- 11** FAMILY ZONE

### FAMILY ZONE



### LEGEND

- A** FACE PAINTING
- B** BRAIDS BRAIDING
- C** CHILDREN'S WORKSHOPS
- D** MAGIC HAIR
- E** SMART QUIZ
- F** BOUNCY CASTLE, CORNHOLE, MAXI JENGA
- G** UHK
- H** FRUIT BIKE
- I** CAROUSEL
- J** OLFINCAR
- K** FUTURUM



# TOURIST MAP



A tourist map will be available around the race center. It will advise you on how to spend your time pleasantly not only in Hradec Králové, but also in the surrounding area. With the tourist map, you will also receive a discount on admission or the purchase of services or products at selected places. Experience Hradec Králové and its surroundings to the fullest!



- Rental service
- Plaster and paint mixing centre
- Tinsmith workshop

**March–November**

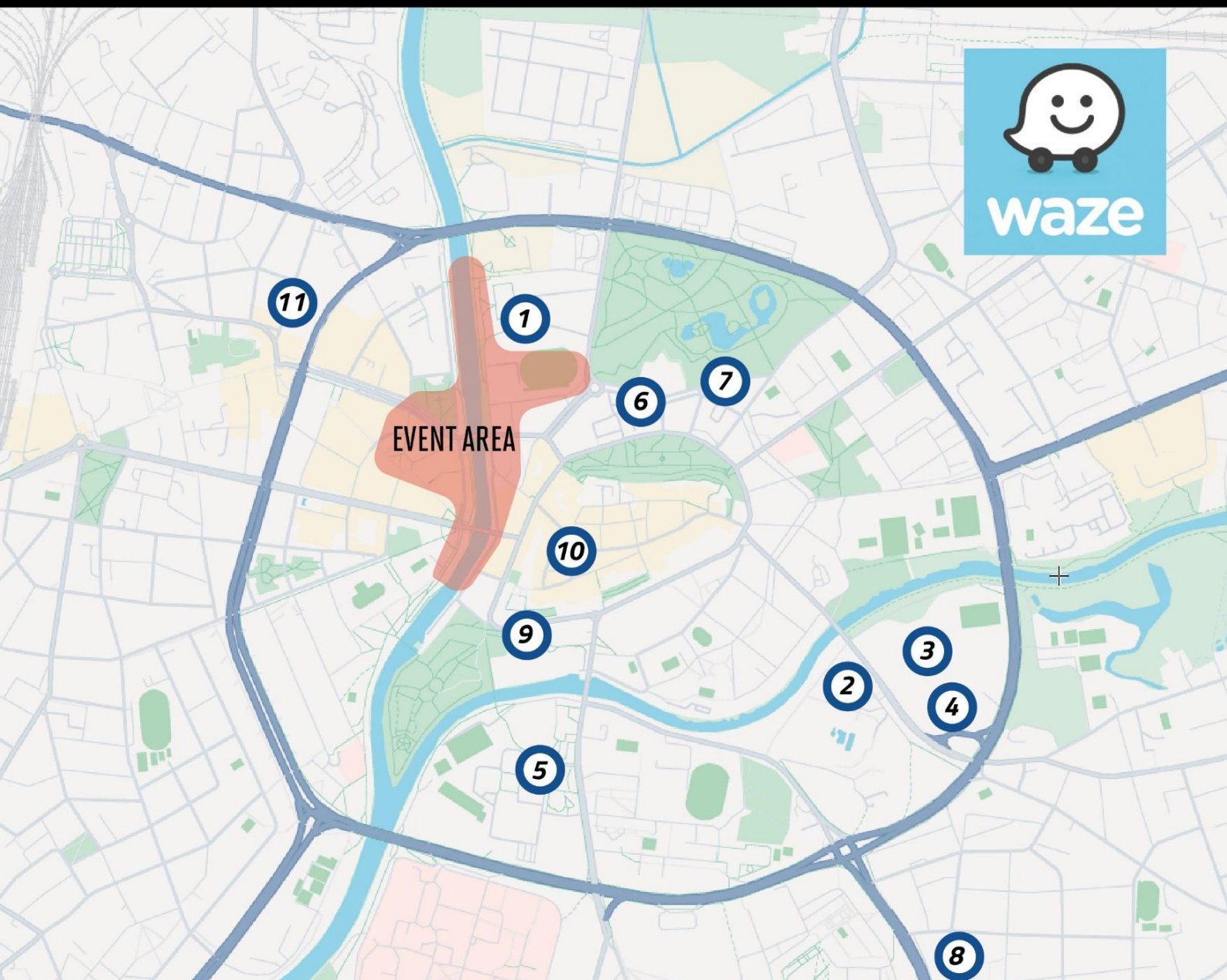
**Mo–Fr: 6:30 – 16:30**

**Sa: 7:00 – 11:30**

Rental service and Mixing centre are closed on Saturdays.

# PARKING ZONES

**IRONMAN**  
**70.3**  **HRADEC KRÁLOVÉ**  
CZECH REPUBLIC



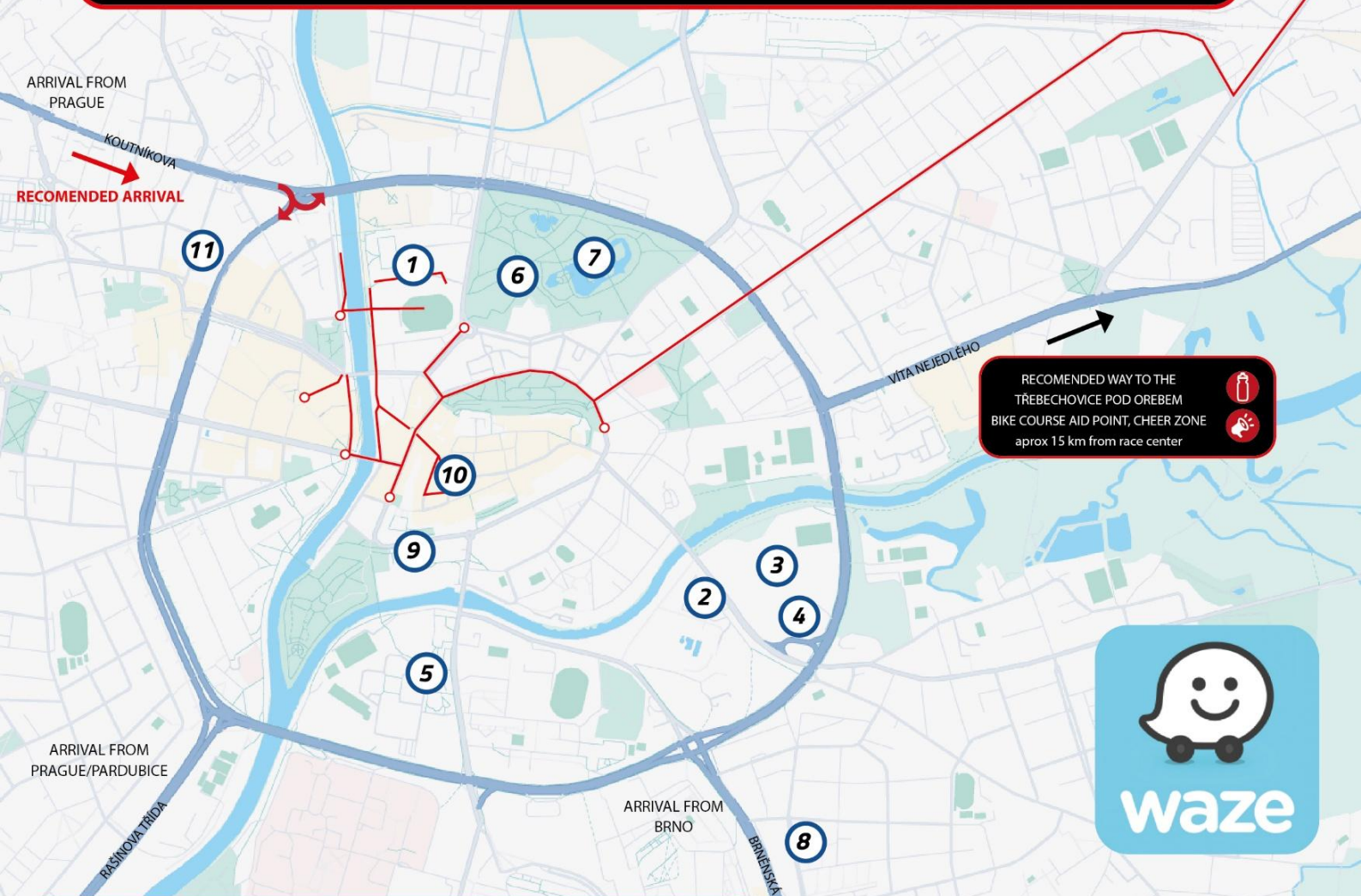
- P1 **Aldis Hotel + caravan parking:** ubytování zdarma, POPLATEK pro návštěvníky 150 Kč / free of charge for guests + 150 czk fee for visitors
- P2 **Flošna:** zdarma pro účastníky akce / free of charge
- P3 **FC HK u Orlice SEVER:** zdarma pro účastníky akce / free of charge
- P4 **FC HK u Orlice JIH:** zdarma pro účastníky akce / free of charge
- P5 **UHK:** 100 Kč/den / 100 czk per day
- P6 **Parkovací dům Gayerova kasárna:** zpoplatněno dle obvyklého režimu / charged by parking meter
- P7 **Šimkovy sady:** neděle zdarma / sunday free of charge
- P8 **Obchodní centrum Futurum:** zdarma / free
- P9 **Parkoviště ČPP:** zpoplatněno dle obvyklého režimu / charged by parking meter
- P10 **Parkoviště na Velkém náměstí:** zpoplatněno dle obvyklého režimu / charged by parking meter
- P11 **Parkovací dům Katschnerka:** zpoplatněno dle obvyklého režimu / charged by parking meter

Změna vyhrazena / subject to alternations



# ROAD CLOSURES

**DOPORUČENÝ PŘÍJEZD Z PRAHY / RECOMENDED ARRIVAL TO THE CITY FROM PRAGUE:**  
USE EXIT 95 (HK-PLOTIŠTĚ) - KOUTNÍKOVA STREET - LEFT/RIGHT AS PER YOUR ACCOMODATION)



## KOMPLETNÍ UZAVÍRKY ULIC V HRADECI KRÁLOVÉ 17. 8. 2025 FULL ROAD CLOSURES IN HRADEC KRÁLOVÉ – AUGUST 17, 2025

**6:00 - 16:00:** Třída ČSA (mezi ulicemi Chmelova – U soudu), Pospíšilova, Šimkova (mezi kruhovým objezdem a ul. Divišova), Kladská

**6:00 - 18:45:** Eliščino nábřeží, Smetanovo nábřeží, Tylovo nábřeží, Pražský most, Tyršův most, Divišova, Kotěrova, Gočárova tř. (mezi Pražským mostem-Šafaříkova), Karla IV. (mezi Tyršovým mostem a ul. Průmyslová, L. Štúra, Havlíčkova, Palackého, Mostecká, V Kopečku, Rokitanského, Franušova

UVEDENÉ ČASY JSOU ORIENTAČNÍ A MOHOU SE MĚNIT NA ZÁKLADĚ AKTUÁLNÍ DOPRAVNÍ SITUACE A STAVU ZÁVODU.

## DOPORUČENÁ PARKOVIŠTĚ RECOMMENDED PARKING AREAS

- P1 Aldis Hotel + caravan parking
- P2 Flošna
- P3 FC HK u Orlice SEVER
- P4 FC HK u Orlice JIH
- P5 UHK
- P6 Parkovací dům Gayerova kasárna
- P7 Šimkovy sady
- P8 Obchodní centrum Futurum
- P9 Parkoviště ČPP
- P10 Parkoviště na Velkém náměstí
- P11 Parkovací dům Katschnerka

**USE WAZE TO SECURE COMFORT ARRIVAL AND PARKING IN THE CITY OF HRADEC KRÁLOVÉ**

Změna vyhrazena / subject to alternations



STRATEGICKÝ PARTNER



SPONZOR



PARTNER



MEDIÁLNÍ PARTNER



OFICIÁLNÍ HOTEL

EA HOTEL ALDIS