

IRONMAN[®]

70.3[®]

HRADEC KRÁLOVÉ
CZECH REPUBLIC



16th of August 2026

ATHLETE GUIDE

STRATEGIC PARTNER

SPONSOR

PARTNER

MEDIA PARTNER





2025 HIGHLIGHTS



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

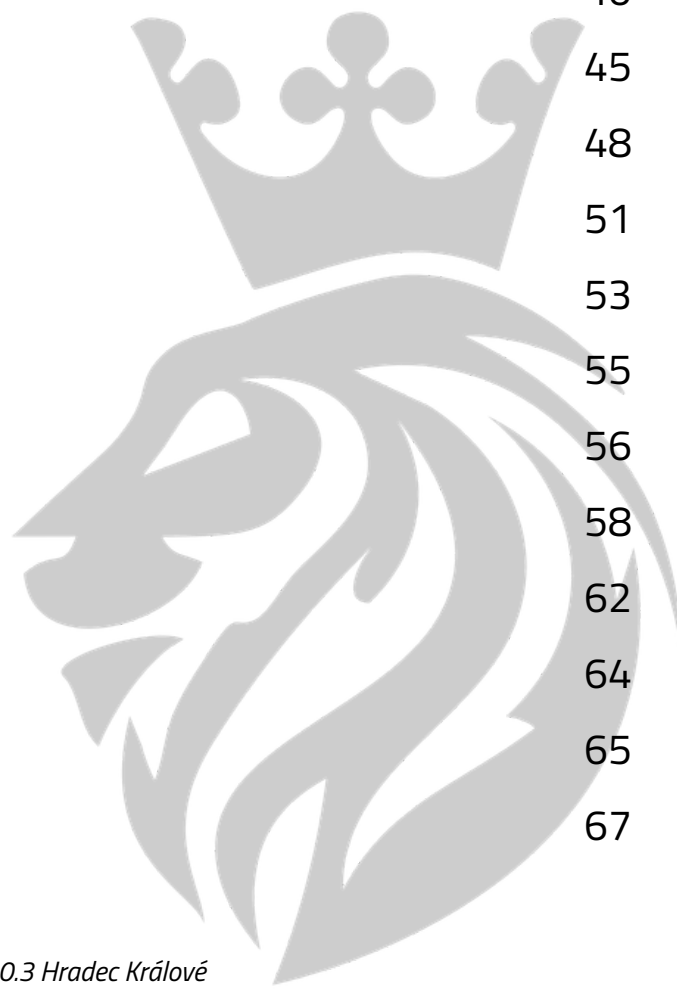




TABLE OF CONTENTS



Welcome message	4
Head referee's message	11
Medical info	14
Top things to see	16
Event area	18
Schedule	19
EXPO	22
Athlete check-in	26
Race package	27
Transition bags	29
Bike & gear check-in	31
Race day	36
Swim	40
T1	45
Bike	48
T2	51
Run	53
Finish line	55
Awards ceremony	56
Slot allocation	58
IRONMAN rules	62
FAQ	64
CITY LIGHTS RUN	65
PHO3NIX IRONKIDS	67



WELCOME MESSAGE



Dear athletes and friends of triathlon,

when the idea to bring the IRONMAN race to Hradec Králové first emerged a few years ago, it was a bold vision. Today, we know it has become a reality that annually brings together thousands of athletes, volunteers, partners, and residents of our city and region.

IRONMAN is not merely a test of physical preparedness. It is, above all, a celebration of willpower, discipline, and the determination to overcome one's own limits. That is exactly why it has earned worldwide respect, and why it has found its place here in Hradec Králové.

Furthermore, this year's edition is exceptional in many ways. A record-breaking 3,000 triathletes from 50 countries will travel to Hradec Králové, together creating the unique atmosphere of a global sporting festival. Seeing athletes from all over the world on the banks of the Elbe River is proof that within just a few years, Hradec Králové has become a highly respected destination in world triathlon. Each of these athletes brings their own story, goals, and dreams to our city, which they will strive to turn into reality during this race weekend.

The city at the confluence of the Elbe and Orlice rivers will once again transform into a place full of energy, emotion, and inspiring stories. On the race courses and in the streets, you will encounter seasoned professionals, athletes fulfilling their lifelong dreams, and thousands of fans who create a truly unforgettable atmosphere.

I am incredibly proud of how Hradec Králové has embraced this challenge. Year after year, we demonstrate our ability to host a world-class event while retaining the friendly atmosphere and hospitality so characteristic of our city. My sincere thanks go out to everyone involved in the preparations—partners, volunteers, city organizations, and the hundreds of people working behind the scenes.

I wish all the competitors not only a great sporting result but, most importantly, a powerful, lasting experience to take home from Hradec Králové. To all visitors, I hope you thoroughly enjoy the extraordinary atmosphere that can only be created by combining exceptional athletic achievement with an exceptional city.

Thank you for being a part of IRONMAN 70.3 Hradec Králové 2026. We are thrilled to welcome you here.



Mgr. Roman Šinkovský, Ph.D.
Race Director



THE STORY BEHIND THIS YEAR'S DESIGN

This year's IRONMAN 70.3 Hradec Králové is inspired by the iconic **Blue Onion pattern (cibulák)** – one of the most recognizable symbols of Czech craftsmanship, tradition, and cultural heritage.

For centuries, it has adorned Czech porcelain, representing values that endure across generations: **tradition**, honest **craftsmanship**, and **timelessness**.

These are the very values that define the IRONMAN philosophy. Every successful finish is the result of **patience**, **determination**, and long-term **dedication**.

That is why the Blue Onion pattern is woven throughout this year's event – from the race's **visual identity** to the unique **finisher medals**.

We believe you will leave Hradec Králové with more than just a unique medal. You will also take home a piece of Czech tradition and a story that will forever be connected to your race.

THANK YOU FOR
YOUR COOPERATION

MUSEUM /
východních
Čech /
Hradec Králové

WELCOME MESSAGE



Dear athletes, families, friends, and fans,

Every city has a place that tells its story best. In Hradec Králové, that place is the confluence of the Elbe and Orlice rivers – where the two rivers meet and continue their journey together. And it is here that hundreds of stories from all corners of the world come together today, united by the same aspiration: to take on a challenge and reach the finish line.

IRONMAN is more than a race. It is the culmination of months of dedication, early mornings, moments of doubt overcome, and countless occasions when it would have been easier to stop than to keep going. Everyone standing on the start line has already accomplished something extraordinary. And everyone who crosses the finish line will take back home far more than a result.

I am delighted that Hradec Králové is becoming part of these stories. A city surrounded by greenery and rivers, with architecture admired by visitors from around the world. A city that embraces movement, an active lifestyle, and openness. For a few days, its streets, riverbanks, and parks will become one great sporting stage, all of you being the main players.

I wish you strength when your energy begins to fade, that the encouragement of the spectators will carry you forward when your legs no longer wish to, and I hope Hradec Králové will leave a lasting impression on you, just as this race surely will.

Whether you have come in pursuit of a medal, a personal best, or fulfilment of a lifelong dream, I wish you one thing above all: enjoy every kilometre of the journey. Because it is the journey itself that transforms an ordinary race into an extraordinary story.

People remember cities through the moments they experience there, and I believe that for many of you, Hradec Králové will become the place where one of your most treasured sporting memories has been born.

Welcome to Hradec Králové, and best of luck on the course.



Mgr. et Mgr. Pavlína Springerová, Ph.D.
Mayor of Hradec Králové



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.



WELCOME MESSAGE

Dear Triathletes,

I am pleased to take this opportunity to welcome you to the Hradec Králové Region ahead of the start of the IRONMAN 70.3 race. This significant sporting event for our region is being held for the third time, and I am delighted that the organizers expect a record attendance of 3,000 athletes from all over the world, which confirms the growing interest in this type of sporting event. In previous years, the competitors also enjoyed tremendous support from spectators not only in Hradec Králové itself, but also in the towns and villages along the cycling route.

To all of you who will line up at the start of the race, I wish you success in completing all three disciplines in a result you can be proud of after months of training. I will also keep my fingers crossed that you avoid any health or technical issues that could prevent you from finishing the race.

I hope you will also use your stay in Hradec Králové to visit some of the interesting destinations within the Hradec Králové Region. Our region offers a wide range of fascinating natural monuments, historical buildings, cultural events, and opportunities for active leisure that will surely appeal to both you and your accompanying teams.

IRONMAN 70.3 is among the most important events of its kind in the Hradec Králové Region. Its significance is further evidenced by the memorandum we recently signed together with the organizers and the City of Hradec Králové, with the goal of supporting the continued development of the race until at least 2030.

I wish you a highly successful race and hope that you will take home not only great athletic achievements but also fond memories of your stay in our region.



Petr Koleta

Governor of the Hradec Králové Region





Welcome to the Hradec Králové Region

The Hradec Králové Region lies in the north-east of the Czech Republic, right in the heart of Europe and approximately 100 kilometres east of Prague. Here, mountains meet lowlands, historic towns stand alongside modern cities, and a varied landscape offers plenty of opportunities for an active holiday. The region is also rich in cultural heritage, including castles, châteaux, fortresses and many other important historical sites.

A Day at Rozkoš: On Two Wheels and on the Water

For locals the name Rozkoš brings to mind water, summer and a relaxing day outdoors. A new cycle route of approximately 19 kilometres runs around the reservoir and is suitable for recreational cyclists as well as families with children. Along the way, you can stop for refreshments, relax by the water or combine your bike ride with a swim. And if a leisurely ride is not exciting enough for you, catch a wave and try wakesurfing. You can also enjoy paddleboarding, kayaking, pedal boating, flyboarding or beach volleyball.

Safari Park: A Day Out for the Whole Team

Swap the sports venue for the African savannah for a while. At Safari Park Dvůr Králové, you can encounter giraffes, zebras, antelopes and many other African animals. Explore the park on foot, aboard the Safari Bus or Africa Express, or even in your own car. It is an experience that appeals to both children and adults, and you can easily spend most of the day here. When you start feeling hungry after exploring the park, stop by the Safari Brewery. It produces several varieties of its own beer, and part of the proceeds from every purchase helps support rhino conservation.

Říčky Bike Park: Add a Little Adrenaline

Ready for a change after road cycling? In Říčky in the Orlické Mountains, you will find mountain terrain, fresh air and downhill trails where the only thing getting a rest will be your legs. A chairlift will take you and your bike to the top, from where you can ride down either the red trail or the more technically demanding black trail. Do not have your own equipment? The local rental shop offers mountain bikes, full-suspension bikes and children's bikes, as well as all the necessary protective gear. It is an ideal activity for experienced cyclists and anyone who enjoys speed and challenging terrain.

Kuks: Baroque Heritage

When you need a break from the hustle and bustle of the city and the excitement of sporting events, head to the Baroque complex of Kuks. This unique place offers an unmistakable atmosphere, beautiful views of the surrounding countryside and the famous sculptures created by Matthias Bernard Braun.



hkregion.cz





HEAD REFEREE'S MESSAGE



Mgr. Gabriela Raková
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 2026 IRONMAN Rules and the Event Rules.

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

REMINDER OF PENALTIES

BLUE CARD

An athlete will be disqualified if they receive 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 exit of the T2 Transition Zone.

YELLOW CARD

Yellow card violations (stop and go penalty) require an athlete to stop 30 seconds or 15 seconds in the penalty tent (BIKE) or to stop next to the referee for 30 seconds (RUN). IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive YELLOW CARD violations.

RED CARD

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

THREE BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

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

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

[IRONMAN COMPETITION RULES 2026](#)

[5150 TRIATHLON HRADEC KRÁLOVÉ - RULES 2026](#)

[IRONMAN 70.3 HRADEC KRÁLOVÉ - RULES 2026](#)

[IRONMAN 70.3 HRADEC KRÁLOVÉ RELAY - RULES 2026](#)

STANDARD PROCEDURE FOR NOTIFYING BLUE OR YELLOW CARD PENALTIES

THE RACE REFEREE WILL:

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

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



Hradecko

Welcome to Hradec Králové and the Hradecko tourist region, where captivating monuments, beautiful nature, and an unforgettable atmosphere await you. Every day, Hradecko offers something—from peaceful walks to vibrant cultural experiences. This region seamlessly combines historical charm with active relaxation, providing a diverse range of activities for individuals, couples, and families alike.

www.hradecko.cz



Discover the Beauty of the White Tower

Climb the White Tower and be rewarded with breathtaking views of Hradec Králové, the Krkonoše Mountains, and the Orlické Mountains. On your way up, you will be fascinated by a color-changing glass model of the tower and the massive Augustin Bell, one of the largest in Bohemia. As the city's iconic landmark, the White Tower offers a unique experience not only for history enthusiasts. www.bilavez.cz



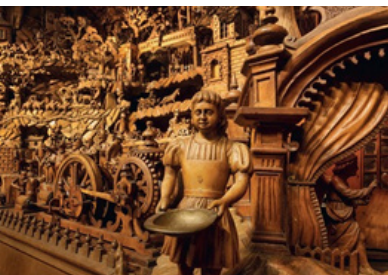
Architecture and an Active Lifestyle

Hradec Králové is a paradise for architecture lovers, boasting a historic center as well as Functionalist masterpieces by Josef Gočár, which earned the city the nickname "the Salon of the Republic." The city offers numerous remarkable buildings and public spaces nestled in lush greenery. The entire Hradecko region is perfect for active relaxation—visitors can enjoy an extensive network of cycling trails, water sports, sports complexes, and nature trips.



Chateaux, Parks, and Diverse Nature

Visit romantic chateaux, such as the Baroque Karlova Koruna in Chlumec nad Cidlinou or the Neo-Gothic Hrádek u Nechanic, surrounded by a vast park. Take a stroll through beautifully landscaped chateau gardens, meadows, or orchards. Prepare to be amazed by the Hradec Králové Municipal Forests (Městské lesy)—a forested landscape dotted with ponds, natural springs, and educational trails, perfect for moments of peace in nature.



Museums, Galleries, Culture, and Traditions

In Hradecko, history meets the present at every step. Visitors can admire the unique Třebechovice Museum of Nativity Scenes, visit the Gallery of Modern Art in Hradec Králové or the PETROF Museum, and step back in time at the Krňovice Open-Air Museum or the Věstary Archeopark. Throughout the year, the region comes alive with craft markets, festivals, concerts, and exhibitions that connect a rich cultural heritage with modern life.



Regional Product of Hradecko

Take home an authentic souvenir with a story from Hradec Králové. The "Regional Product of Hradecko" brand certifies products from local artisans and producers who honor traditional crafts, use high-quality ingredients, and create goods with a unique regional character. At the Hradec Králové Tourist Information Center, you can discover fragrant natural soaps and perfumes from the U Dvou koček soap factory, sea buckthorn specialties by Cvrček, premium Jordis chocolates, candies from the Drops confectionery workshop, Krňovice marmelades, Hradecké delikatesy savory treats, and craft beers from the Beránek and Klenot breweries. Choose from a wide selection to take a piece of Hradecko home for yourself or as an original gift for your loved ones.

Learn more at www.hkinfo.cz



Our Tip!

Explore Hradecko! Interactive Map

Plan your trip effortlessly with our interactive map "Explore Hradecko" (Poznej Hradecko). You can pin key points of interest and create a tailor-made itinerary, making the discovery of new places easier than ever!

www.poznejhradecko.cz



Check out the video



Hradecko



@visithradecko



visithradecko



visit_hradecko

2026 RACE RULE UPDATES



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

Article III. PENALTIES

Section 3.03 DISQUALIFICATION

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

Section 3.04 SUSPENSION

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

Article IV. SWIM CONDUCT

Section 4.01 GENERAL

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

Article V. BIKE CONDUCT – Section 5.01 GENERAL

Article VI. RUN CONDUCT – Section 6.01 GENERAL

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

Article V. BIKE CONDUCT

Section 5.02 EQUIPMENT

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

Article V. BIKE CONDUCT – Section 5.02 EQUIPMENT

Article VI. RUN CONDUCT – Section 6.02 ILLEGAL EQUIPMENT

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

Section 5.04 DRAFTING AND POSITION RULES

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

Article VIII. PARA OPEN DIVISION

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

IMPORTANT MEDICAL & HEALTH INFO

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

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

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

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

MEDICAL INFORMATION

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

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





TOP THINGS TO SEE

THE WHITE TOWER

This 16th-century Renaissance tower is the main landmark of the historic center. If you conquer its 226 steps, you will be rewarded with a breathtaking view of the city and the peaks of the Krkonoše Mountains. Inside lies the third-largest historical bell in the Czech Republic, Augustin. The tour is complemented by a unique glass model and modern audiovisual elements.

Website: www.bilavez.cz



GALLERY OF MODERN ART

This prestigious gallery is housed in a beautiful late Art Nouveau building on the Great Square and ranks among the most important institutions of its kind in the country. Inside, it hides an extensive and valuable collection of Czech fine art from the 20th and 21st centuries, including works by famous masters. A tour here will thrill not only art lovers but also admirers of architecturally beautiful interiors with a unique atmosphere.

Website: www.galeriehk.cz



MUSEUM OF EASTERN BOHEMIA

Explore history and art at the Museum of Eastern Bohemia in Hradec Králové. Discover the city's past in the interactive exhibition "City Roads" or journey to the world's highest mountain range through "Magical Himalayas" and "Himalaya Expedition 1976". You can also visit "Long Live the Craft!", featuring graduation projects by art students, and explore architectural exhibitions in the new Archa building.

Website: www.muzeumhk.cz



ELBE HYDROELECTRIC POWER PLANT HUČÁK

This unique Art Nouveau technical monument on the Elbe River will captivate you with its fairytale architecture. It earned the nickname "Hučák" (The Roarer) due to the characteristic loud sound of the cascading water. In addition to the functional power plant, it also houses an interactive info center focusing on renewable energy sources, where you can try out various physics models.

Website: www.hucak.cz



THE CATHEDRAL OF THE HOLY SPIRIT

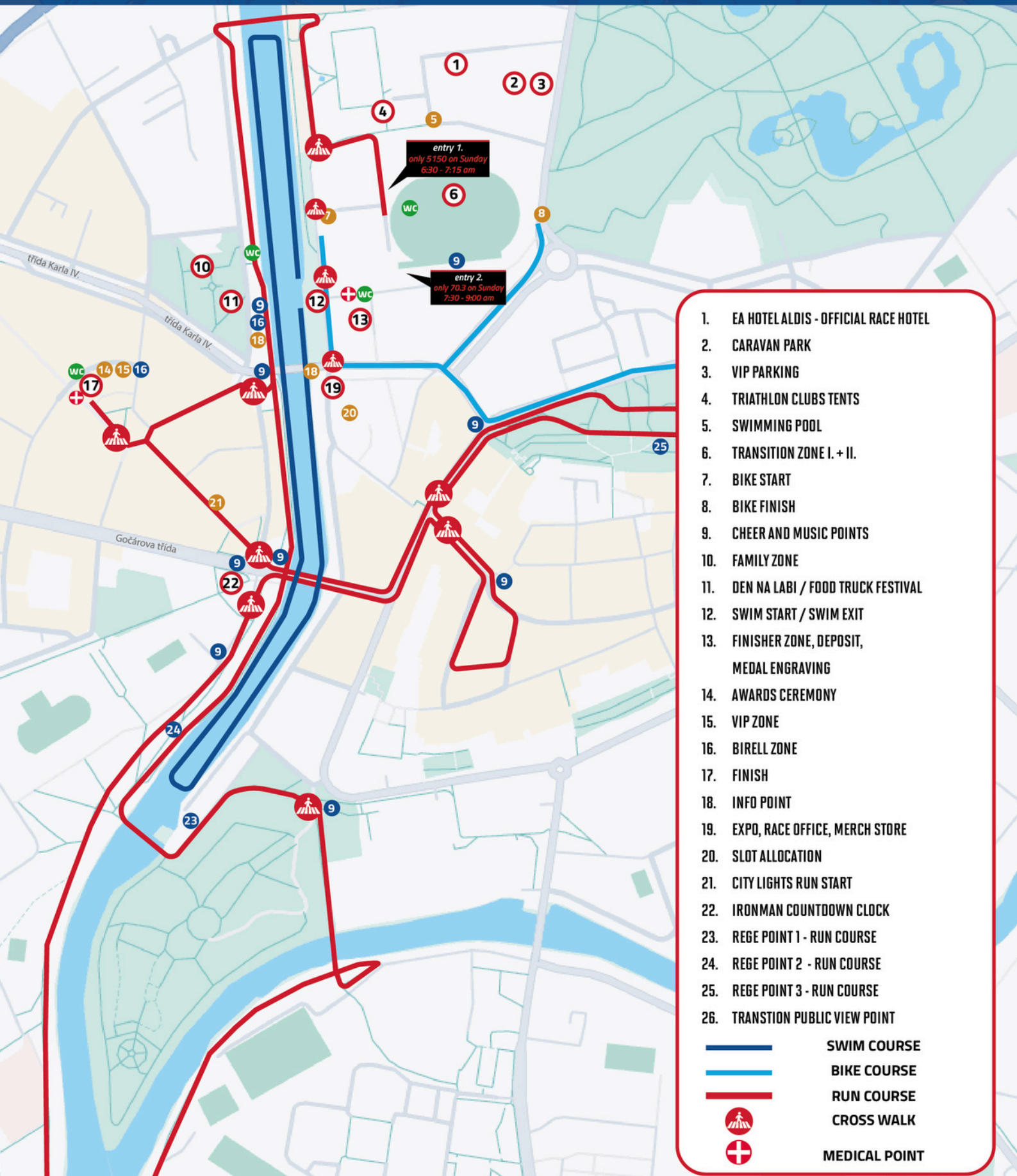
This impressive Gothic brick building on the Great Square forms the heart of the old town, and its history is closely tied to Czech queens. The interior of the church will amaze you with its majesty and beautiful vaults. Furthermore, the dark masonry of this cathedral contrasts perfectly and photogenically with the adjacent bright White Tower.

Website: www.katedralahradec.cz





EVENT AREA



SCHEDULE



FRIDAY 14th AUGUST

Time	Description	Location
11:00	Press conference	EA Hotel Aldis
12:30	Technical meeting Pro Athletes	EA Hotel Aldis
15:00 - 21:00	Athlete check-in <i>IRONMAN 70.3 Hradec Králové, 5150 & relays</i>	Eliščino nábřeží
15:00 - 21:00	Expo & official merchandise store	Eliščino nábřeží

SATURDAY 15th AUGUST

Time	Description	Location
8:30 - 11:30	Open water	Eliščino nábřeží
9:00 - 19:00	Athlete check-in <i>IRONMAN 70.3 Hradec Králové, 5150 & relays</i>	Eliščino nábřeží
9:00 - 20:00	Expo & official merchandise store	Eliščino nábřeží
9:00 - 11:30	Athlete check-in <i>PHO3NIX IRONKIDS (no new registrations)</i>	Eliščino nábřeží
10:00 - 20:00	Bike and gear check-in T1/T2	Athletics stadium Sokol
10:00 - 10:45	First timers meeting (CZ)	Masaryk square
10:00 - 22:30	Family zone & FOOD TRUCK Fest	Smetanovo nábřeží
12:00 - 13:30	PHO3NIX IRONKIDS	Start: City Beach Finish: Masaryk square
14:00	Awards ceremony <i>PHO3NIX IRONKIDS</i>	Masaryk square
14:30	Technical briefing in Czech	Masaryk square
15:00	Technical briefing in English	Masaryk square
15:00 - 20:00	Athlete check-in <i>City Lights Run</i>	Eliščino nábřeží
15:45 - 16:30	Opening ceremony - National flag parade	Masaryk square
19:30 - 22:30	Deposit opening hours <i>City Lights Run</i>	Finisher zone (Eliščino nábřeží)
21:00	CITY LIGHTS RUN	Pedestrian zone Masaryk square
21:45	Awards ceremony <i>City Lights Run</i>	Masaryk square

SCHEDULE



SUNDAY
16th AUGUST

Time	Description	Location
6:30 - 7:15	T1/T2 and deposit opening hours <i>5150 & Relays</i>	Finisher zone Eliščíno nábřeží and Athletics stadium Sokol – Entry 1. from the street Eliščíno nábř.
6:50 - 9:15	Warm up swimming	Swimming pool
7:30 - 9:00	T1/T2 - opening hours <i>IRONMAN 70.3 Hradec Králové</i>	Athletics stadium Sokol – Entry 2. from the street L. Štúra
7:30 - 10:00	Deposit opening hours <i>IRONMAN 70.3 Hradec Králové</i>	Finisher zone, Eliščíno nábřeží
7:55 - 8:15	<i>5150 & Relays</i> <i>Rolling start</i>	City beach, Eliščíno nábřeží
8:00 - 18:00	Family zone & FOOD TRUCK Fest	Smetanovo nábřeží & náměstí 5. května
9:00 - 18:00	Expo & Official Merchandise store	Eliščíno nábřeží
9:15 - 9:25	Warm up swimming in Labe - only Pro Athletes	City beach, Eliščíno nábřeží
9:30	<i>Pro Athletes - IRONMAN 70.3 Hradec Králové (men)</i> <i>Start</i>	City beach, Eliščíno nábřeží
9:35	<i>Pro athlete - IRONMAN 70.3 Hradec Králové (women)</i> <i>Start</i>	City beach, Eliščíno nábřeží
9:42 - 10:30	<i>IRONMAN 70.3 Hradec Králové</i> <i>Rolling start</i>	City beach, Eliščíno nábřeží
9:50	Expected finish of the winner <i>5150 & Relays</i>	Masaryk square
10:00 - 13:00	Deposit bag pick-up <i>5150 & Relays</i>	Finisher zone, Eliščíno nábřeží
12:15	Awards ceremony <i>5150 & Relays</i>	Masaryk square
12:20	Expected finish time of the last athlete <i>5150 & Relays</i>	Masaryk square
13:00 - 16:00	Bike & gear check-out T1/T2 <i>5150 & Relays</i>	Athletics Stadium Sokol
13:10	Expected finish of winner <i>IRONMAN 70.3 Hradec Králové</i>	Masaryk square
13:00 - 19:30	Deposit bag pick-up <i>IRONMAN 70.3 Hradec Králové</i>	Finisher zone, Eliščíno nábřeží
16:00 - 20:00	Bike & gear check-out T1/T2 <i>IRONMAN 70.3 Hradec Králové</i>	Athletics Stadium Sokol
18:00	Awards ceremony <i>IRONMAN 70.3 Hradec Králové</i>	Masaryk square
19:00	Expected finish time of the last athlete <i>IRONMAN 70.3 Hradec Králové</i>	Masaryk square
19:00	Slot allocation ceremony <i>IRONMAN 70.3</i>	Museum of Eastern Bohemia



IRONMAN EXPO



Opening hours

15:00 - 21:00	Friday, August 14 th
9:00 - 20:00	Saturday, August 15 th
9:00 - 18:00	Sunday, August 16 th

Info point

If you have any questions, please visit the Info Point, which will be located in front of the entrance to the EXPO.

Opening hours

15:00 - 21:00	Friday, August 14 th
9:00 - 20:00	Saturday, August 15 th
9:00 - 18:00	Sunday, August 16 th

The list of exhibitors

IONTMAX	GELOREN
BLOOBERRY	PULSE PERFORMANCE
ELEVEN SPORTSWEAR	THE ROOTS
VIF	SKI A BIKE CENTRUM RADOTÍN
INFINIT NUTRITION	WALD BIOTECH
PILLAR PERFORMANCE	PANCAKES
EXPRES MENU	KALORICKÉ TABULKY
CCRKHK	HYVE
POSEDLA	INFORMAČNÍ CENTRUM
NUTREND	PINK ROSES CAFÉ
WISE BASED SRL	MARTOMBIKE
COMPRESSPORT/ ZEROD	PETR VABROUŠEK - SWIM SUITS BLUE70



CH&T
PARDUBICE
MEMBER OF ENTERIA



enteria

Czech Construction Holding

**CROSSING
THE FINISH LINE
TOGETHER**



OFFICIAL MERCHANDISE STORE



1866

MUSEUM
východních
Čech

NEW EXHIBITION

MUSEUM OF THE WAR OF 1866

Forget dry historical dates. The Museum of the 1866 War welcomes you to a new modern exhibition where the events of the Austro-Prussian War come to life through the personal stories of soldiers and locals.

Four characters will guide you through the museum and its story. Your experience is complemented by the 'Faces of the 1866 War' mobile app, where you can browse an interactive comic, listen to the characters' stories, or step directly onto the historical battlefield thanks to augmented reality.



- 📍 Chlum 66, Všestary
- 🕒 Tuesday to Sunday,
including National Holidays
10:00 -18:00



LICENSE

A national triathlon licence is required to compete in IRONMAN 70.3 Hradec Králové and 5150 Triathlon Hradec Králové.

Recognised licences:

- annual licence, ČTA
- one-time licence ČTA,
- foreign triathlon licence.

A licence can be purchased:

- at the Race Office.

In the case of relays, triathlon licenses are not required.



BiRELL

DRINK LIVE REFRESH
RUN NOW AND AGAIN



ATHLETE CHECK-IN



Date	Time	Race	Location
Friday, August 14 th	15:00 - 21:00	IRONMAN 70.3, 5150, relays, PHO3NIX IRONKIDS, CITY LIGHTS RUN	Eliščino nábřeží
Saturday, August 15 th	9:00 - 19:00	IRONMAN 70.3, 5150, relays	Eliščino nábřeží
Saturday, August 15 th	9:00 - 11:30	PHO3NIX IRONKIDS	Eliščino nábřeží
Saturday, August 15 th	15:00 - 20:00	CITY LIGHTS RUN	Eliščino nábřeží



1

You will receive a QR code no later than 5 days before the race, which is required for check-in. You can either show the QR code on your phone screen or print it out.

The QR code will also 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

2

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

3

During the registration, a wristband will be placed on your wrist. This wristband is necessary to enter the transition zones, the start zone, and the finisher's zone. Do not remove the wristband before bike check-out.

Remember to pick up your T-shirt and backpack at the race office.

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

If you do not have a triathlon license, you will be able to purchase one during the check-in.

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 pick up the race pack?

Yes, as long as 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.

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. Athletes 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) is to 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: The chip is used for race time measurement.

Two transition bags and one deposit bag.
Relay athletes will receive only three black deposit bags.



T-shirt: The T-shirt will be available for pickup at the race office.



One backpack (for IRONMAN 70.3), one gym bag (5150) or three gym bags (for relays).



Athletes must wear the official race items given to them during the registration. Certain items must be worn: the official swim cap, wristband, stickers, number and timing chip.

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

FAN AND CHEER POINTS



1



2



3



4



5

GELOREN

6



7

DOMESTICI

8

TAMTAM
BATUCADA

9

BiRELL

Změna vyhrazena / subject to alternations



TRANSITION BAGS



BLUE BAG

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

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

Drop off in Transition 1

Sokol Athletics Stadium

August 15th from 10:00 to 20:00



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.

Drop off in Transition 2

Sokol Athletics Stadium

August 15th from 10:00 to 20:00



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, August 16th:

Finisher zone, Eliščíno nábřeží

Sunday, 6:30-7:15 & 10:00 - 13:00 for *5150 and relays*

Sunday, 7:30-10:00 & 13:00-19:30 for *IRONMAN 70.3*

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

PLEASE DO NOT PUT VALUABLE ITEMS IN THE BAGS

THE RED AND BLUE BAGS MUST BE LEFT IN THE TRANSITION ZONE ON SATURDAY

THERE WILL BE NO POSSIBILITY TO LEAVE THE BAGS ON SUNDAY

ATHLETE BRIEFING



Saturday, August 15th

Hours	Description	Location
10:00 - 10:45	First timers meeting (CZ)	Masaryk square
14:30	Race briefing (CZ)	Masarykovo náměstí
15:00	Race briefing (ENG)	Masarykovo náměstí

Athlete briefing

The race briefing will take place on Saturday, August 15. 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.

First timers meeting

An informal session **in Czech** designed for everyone preparing to take on their first IRONMAN 70.3 or 5150 race. We'll walk you through the key aspects of race weekend, explain what to expect from athlete check-in all the way to the finish line, and share tips on how to avoid the most common mistakes. Have a question you'd like answered? Submit it in advance using the link/QR code. During the briefing, we'll cover the most frequently asked questions.

QUESTIONS

PODROUŽEK
MONÍK
PETERA

advokátní kancelář

Nenechte se doběhnout!

akhradec.cz

GEAR AND BIKE CHECK-IN – T1/T2



Saturday, August 15th

Opening hours	Description	Location
10:00 – 20:00	Gear and bike check-in – T1/T2	Athletics stadium Sokol

**BAG DROP-OFF AND BIKE CHECK-IN TO THE TRANSITION ZONE ON SATURDAY IS MANDATORY.
THERE WILL BE NO POSSIBILITY TO CHECK IN BIKES OR LEAVE BAGS ON SUNDAY.**

T1/T2 ZONE - ATHLETICS STADIUM SOKOL

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.
- Place your bike and hang the blue bag according to your BIB number.
- Bike covers are not allowed.
- The helmet must be placed in the blue bag, it cannot be left with the bike.
- Shoes may be attached to the bike only on the day of the race.
- Make sure that you have packed all your gear needed for the cycling stage into the blue bag.
- Check that all your running gear is in the red bag.



TIMING CHIP

The timing chip records your individual start time as you cross the timing mat at the swim start. It tracks your swim, bike, and run times, along with transition splits, finish time, and your overall and age group rankings.

WHEN AND WHERE TO COLLECT THE TIMING CHIP?

The chip will be issued during registration.

WHEN AND WHERE TO WEAR THE CHIP?

Your timing chip must be worn on your left ankle for the entire race.

Your race timing chip is loaned to you.

You must return the chip right after you cross the finish line to the timing company, or you will be billed for its replacement.

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

OPENING CEREMONY – NATIONAL FLAG PARADE



Saturday, August 15th

Time	Description	Location
15:45-16:30	Opening ceremony – National flag parade	Masaryk square

More than half of the participants in this year's IRONMAN 70.3 Hradec Králové will travel from abroad. The organizers will symbolically present the international atmosphere of the race even before the start itself through a ceremonial opening and a parade of flags of individual countries. On Saturday, August 15, from 15:45, volunteers with more than 50 national flags of the countries whose athletes will line up at the start of Sunday's race will walk through the center of Hradec Králové. The ceremonial opening and parade are part of the official program of the race weekend.

The parade, inspired by traditional opening ceremonies of major international sporting events, is open not only to competitors, but also to their families, fans and the general public. Accompanied by a marching band, it will leave Masaryk Square and take an approximately one-kilometre route along the Elbe River to the start area of the swimming part of the race. The flags will then be placed around the start as a symbol of the international character of the entire event.





DEN NA LABI

NÁMĚSTÍ 5. KVĚTNA • SMETANOVÉ NÁBŘEŽÍ
HRADEC KRÁLOVÉ

SOBOTA 15. 8.



PROGRAM

ČAS	PROGRAM	MÍSTO
8:00–12:00	Farmářské trhy	Tylovo nábreží
8:30–11:30	Open Water - zaplav si v Labi	 Eliščino nábreží
10:00–22:30	FOOD TRUCK Fest	 Náměstí 5. května
10:00–18:00	Family zóna	Náměstí 5. května
10:00–18:00	Půjčovna koloběžek	Náměstí 5. května
10:00–20:00	Podcastové studio	 Eliščino nábreží, před budovou Muzea východních Čech
12:00–14:00	Phoenix IRONKIDS - dětské závody	 Start: pláž u řeky Labe, Cíl: Masarykovo nám.
14:30–15:30	Meivis - hudební vystoupení	Náměstí 5. května
12:00–20:00	Půjčovna paddleboardů	náplavka Smetanovo nábreží
14:00–20:00	Projížd'ky na vodních skútrech	náplavka Smetanovo nábreží
14:00–19:00	Letní jízda s Hitrádiem Černá Hora	 Smetanovo nábreží
15:45–16:30	Slavnostní zahájení IRONMAN 70.3 HK	 Masarykovo náměstí
17:00	Odpolední jóga na paddleboardech	Smetanovo nábreží
17:30–19:00	Královská lávka s Hitrádiem Černá Hora	 Smetanovo nábreží
21:00	City Lights Run - Start	 Masarykovo náměstí

DEK

STAVEBNINY



- 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.

☎ 510000100 | ✉ hradec.kralove@dek.cz | Kovová 1191, 500 03 Hradec Králové | dek.cz

Citfin

SWIM-BIKE-RUN-FX



Leave the fourth discipline to us!

For over 30 years, we've been a trusted international payments partner for Czech businesses.



Competitive exchange rates



Currency risk management



Multi-currency accounts



+420 234 092 011
info@citfin.eu
citfin.eu



**HAPPY
BIRTHDAY!**

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

Lukas F.

Tomáš V.

Adéla P.

Ole R.

Josef Š.

Jakub K.

Ester P.

Pavel H.

Michal K.

Lenka T.

...and our Race Director, Roman Š.!

ENJOY YOUR DAY!



RACE DAY!



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

ATTENTION: On Sunday, August 16, two entrances to the transition zone will be open. Entrance 1 (from Eliščíno nábřeží – only for 5150 and relays) and entrance No. 2 (from L. Štúra Street) – only for IRONMAN 70.3.

The 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 are wearing your identification wristband and chip (around your ankle) on. Don't forget to check your tire pressure. You can also attach your cycling shoes to the pedals and attach gels/energy bars to your bike and place a drink bottle on your bike.

SWIMMING POOL

You can use the 50-meter swimming pool (just 200 meters from the start of the race) for free all day. 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 9:15.

TOILETS

Toilets will be available during the swim before and in the swimming pool, at the start, in the transition zone and at the refreshment stations.

SHOWERS AND CHANGING ROOMS

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

DEPOSIT BAG

Don't forget to label your bag with your race number. Put items you won't need during the race in this bag. The deposit will be open before the start 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 closed area near the swimming start. The deposit will be open for pick-up from 10:00 to 13:00 (5150 & relays) and 13:00 to 19:30 (IRONMAN 70.3).

BIKE SERVICE

Our technical partner Ski a Bike Centrum Radotín will be providing assistance with bike service at the transition zone from Saturday (10:00 to 20:00). On race day, mechanics will be present in the depot from 6:30 to 11:30 to help you with any problems on your bike, even at the last minute before the start or when switching to cycling. Along the bike course, you will be able to use their technical vehicle on the IRONMAN 70.3 bike course at 24 km and 51 km in Třebechovice p. O. Minor puncture repairs can also be done at all refreshment stations (24 km / 51 km / 70 km).

See how to get to key locations

EXPO / RACE OFFICE

ELIŠČINO NÁBŘEŽÍ

[CHECK ON THE MAP](#)

T1/T2

SOKOL ATHLETICS STADIUM

[CHECK ON THE MAP](#)

FINISH LINE

MASARYK SQUARE

[CHECK ON THE MAP](#)

START

ELIŠČINO NÁBŘEŽÍ, CITY BEACH

[CHECK ON THE MAP](#)

SWIMMING POOL

ELIŠČINO NÁBŘEŽÍ

[CHECK ON THE MAP](#)

FINISHER ZONE

NÁMĚSTÍ OSVOBODITELŮ

[CHECK ON THE MAP](#)



FANZONE



TŘEBECHOVICE POD OREBEM
MASARYKOVO NÁMĚSTÍ



SUNDAY, AUGUST 16th · 10:30 - 15:00



ENJOY THE ATMOSPHERE OF A WORLD RACE!

GELOREN

MOVE TODAY MOVE TOMORROW



Food supplement for joints with hyaluronic acid and vitamin C,
which contributes to normal collagen formation for normal function of bones and cartilage.

RACE



TIME LIMITS



IRONMAN 70.3

01:10:00

05:30:00

08:30:00

5150

00:50:00

02:45:00

04:00:00

TIMES ARE CALCULATED BASED ON INDIVIDUAL START TIME

CUT-OFF TIMES

During the race, so-called "cut-off times" are also set, i.e. limits for completing the main sections of the race:



- Swim out (before T1):
 - 9:05 (5150, relays) - i.e. 50 minutes from the start of the last swimmer
 - 11:40 (70.3) - i.e. 70 minutes from the start of the last swimmer



- Bike in (before T2):
 - 11:00 (5150, relays) - i.e. 2:45 hours from the start of the last swimmer.
 - 16:00 (70.3) - i.e. 5:30 hours from the start of the last swimmer.
- Passage of the village of Libřice (63. km)
 - 14:40 (70.3)



- End of the third loop (Masarykovo nám.):
 - 17:50 (70.3)

In the event that the competitor does not exceed the cut-off time of the swimming or cycling part, but the length of his swimming or cycling will be longer than the allowed limits for the given discipline, the competitor will be allowed to complete the race in full length, but the competitor will not be classified.

The organiser reserves the right to remove the competitor from the course and disqualify him if the course manager decides that the competitor cannot complete the given discipline (swimming, cycling, running) before the set time limits based on the competitor's position, time and average speed of the athlete at that moment.

The organizer reserves the right to change cut-off times according to the current situation.

AID STATIONS



Bike

1st station: 24 km

2nd station: 51 km

3rd station: 70 km

Products: NUTREND Carbosnack gel 45 g (2nd & 3rd station)

NUTREND Carbodrinx in bidon 750 ml or in bottles

Banana (2nd & 3rd station)

Water in bottles 700 ml



WATER

ISO

BANANA
(2nd & 3rd station)

GELS
(2nd & 3rd station)

WATER

Run

1st station: 1,5 km, 6,5 km, 11,7 km, 16,8 km

2nd station: 3,4 km, 8,5 km, 13,5 km, 18,7 km

3rd station: 4,7 km, 10 km, 15,2 km, 20 km

Products: Water 330 ml

NUTREND Carbodrinx in cups

NUTREND Voltage Energy Bar

NUTREND Carbosnack gel 45 g

Banana

Melon

Red Bull in cups

Coca Cola in cups

Raisins (Except 1st station)

Pretzels/sticks (Except 1st station)



WATER

ISO

COCA
COLA

REDBULL

FRUIT

GELS

PRETZELS/
STICKS

SALT

WATER

SPONGES
& ICE

Cups and gels must be thrown in the bins provided, not on the ground.

Athletes will be issued a penalty if caught littering by a race official.

Toilets will be available at all aid stations.

#1 Best-Selling Sports Eyewear in CZ & SK

VIF



Verified: 100,000+ satisfied athletes.

Award-Winning: Voted Product of the Year (2024 & 2025).

Partner of the VIF Cycling Team & the VIF Future Gen.

Interchangeable lenses: one pair of sunglasses for every occasion.

Fast delivery: 1-2 days & 30-day returns on online purchases.

Wide selection: sports and lifestyle sunglasses.

Choose your sports sunglasses at www.vifsports.com

SWIM



COURSE

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

START ORGANIZATION

The starting lanes will be marked with signs for the estimated time of the swimming part (for 70.3 these are the times 33:00–36:59 min. / 37:00–40:59 min. / 41:00–44:49 min. / 45:00–60:00 min. For the 5150 then 22:00–26:59 min. / 27:00–31:59 min. / 32:00–40:00 min. Choose the appropriate start group based on your realistic expected swim time.

START

The 5150 competitive race will start first. Then, in IRONMAN 70.3, the Pro Athletes will start with a mass start from the water. The Age group start is organized in a "rolling start" format, where 3 athletes start 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 15, from 8:30 to 11:30). On Sunday, August 16, all participants have the opportunity to swim in the indoor 50 m pool (200 m from the swimming start) from 6:50 to 9:15, 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, swimming in the Elbe before the start will be allowed only to competitors from the Pro Athletes category.

WATER ENTRY

The queues will gradually narrow so that three athletes will line up at the starting gate every five seconds, who, upon a sound signal, run onto the platform (pier) and jump into the Elbe River. The start jump can be done headfirst or footfirst. 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 15th during Open water (8:30–11:30)

TIME LIMITS

The swimming course will close 50 minutes after the last athlete from the 5150 and the relays starts swimming and 1 hour and 10 minutes after the last swimmer of the IRONMAN 70.3 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.

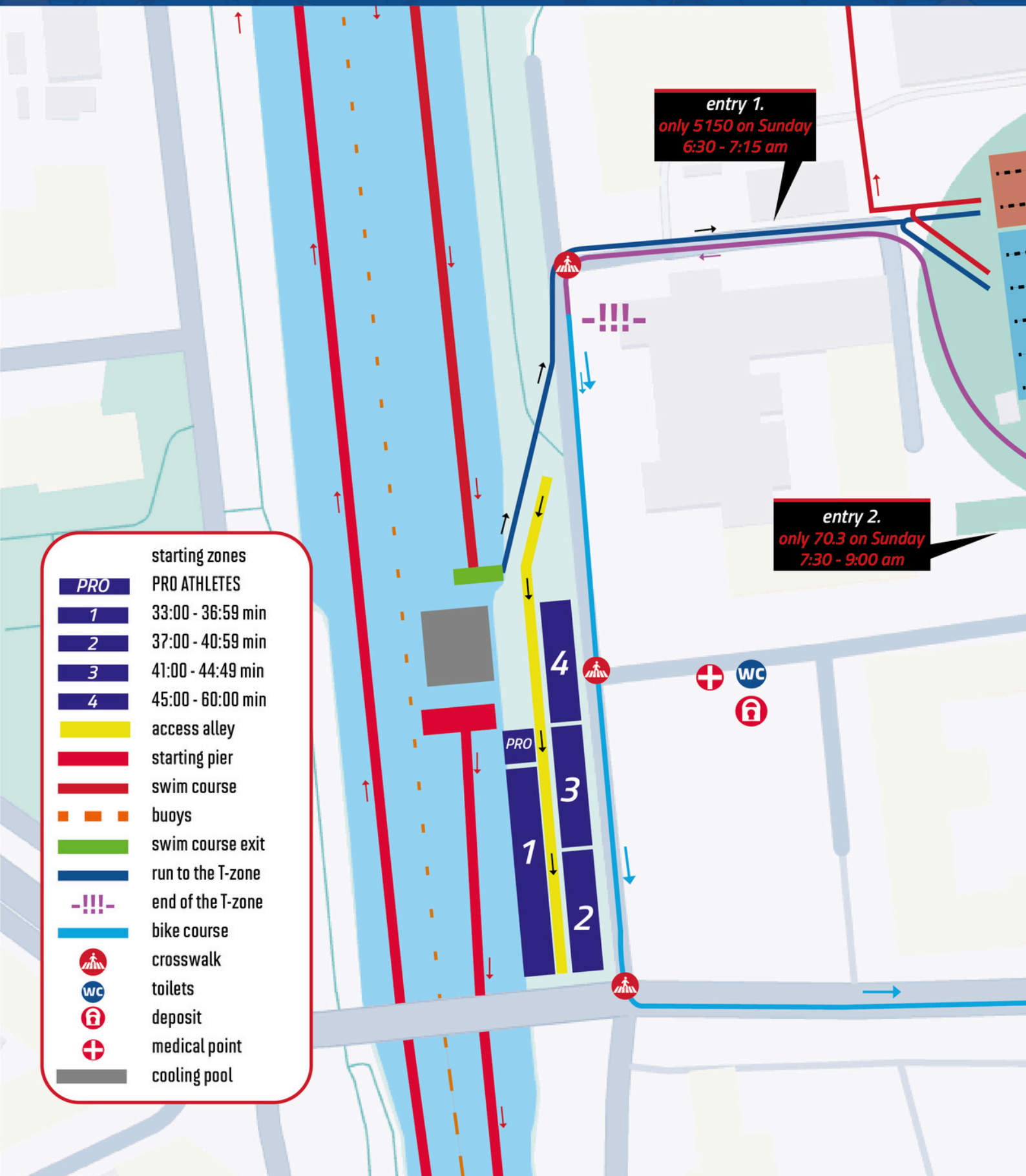
START	DISTANCE	CAP
7:55	5150	RED
7:55	RELAYS	ORANGE
9:30	IRONMAN 70.3 Pro Athletes (men)	GOLD
9:35	IRONMAN 70.3 Pro Athletes (women)	GOLD
9:42	IRONMAN 70.3 - Age group	BLUE

STARTING ZONE

PRO	PRO ATHLETES
1	33:00 - 36:59 min
2	37:00 - 40:59 min
3	41:00 - 44:49 min
4	45:00 - 60:00 min
	access alley
	starting pier
	swim course
	buoys
	swim course exit
	run to the T-zone
	end of the T-zone
	bike course
	crosswalk
	toilets
	deposit
	medical point
	cooling pool

entry 1.
only 5150 on Sunday
6:30 - 7:15 am

entry 2.
only 70.3 on Sunday
7:30 - 9:00 am



SWIM COURSE



Změna vyhrazena / subject to alternations

SWIM



WETSUIT RULES AGE GROUP

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

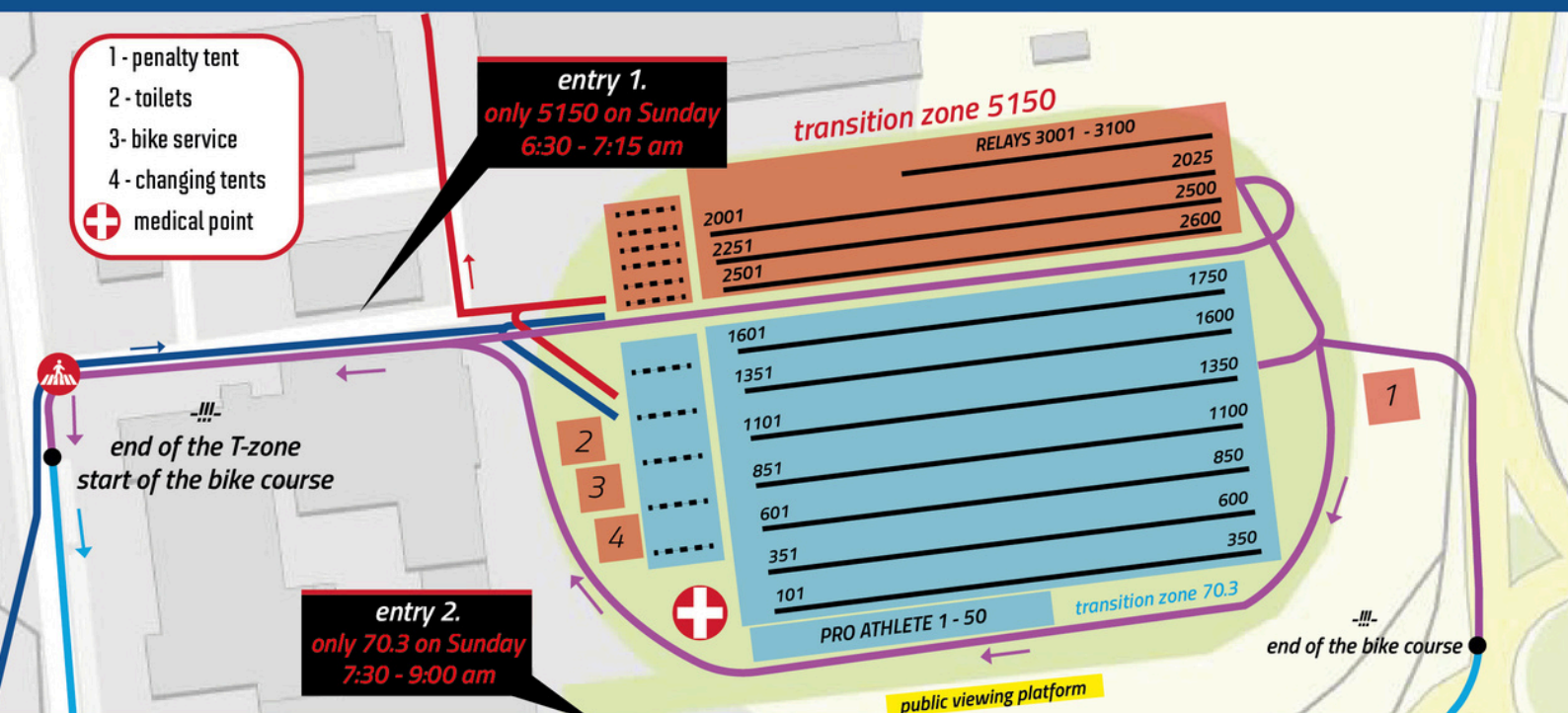
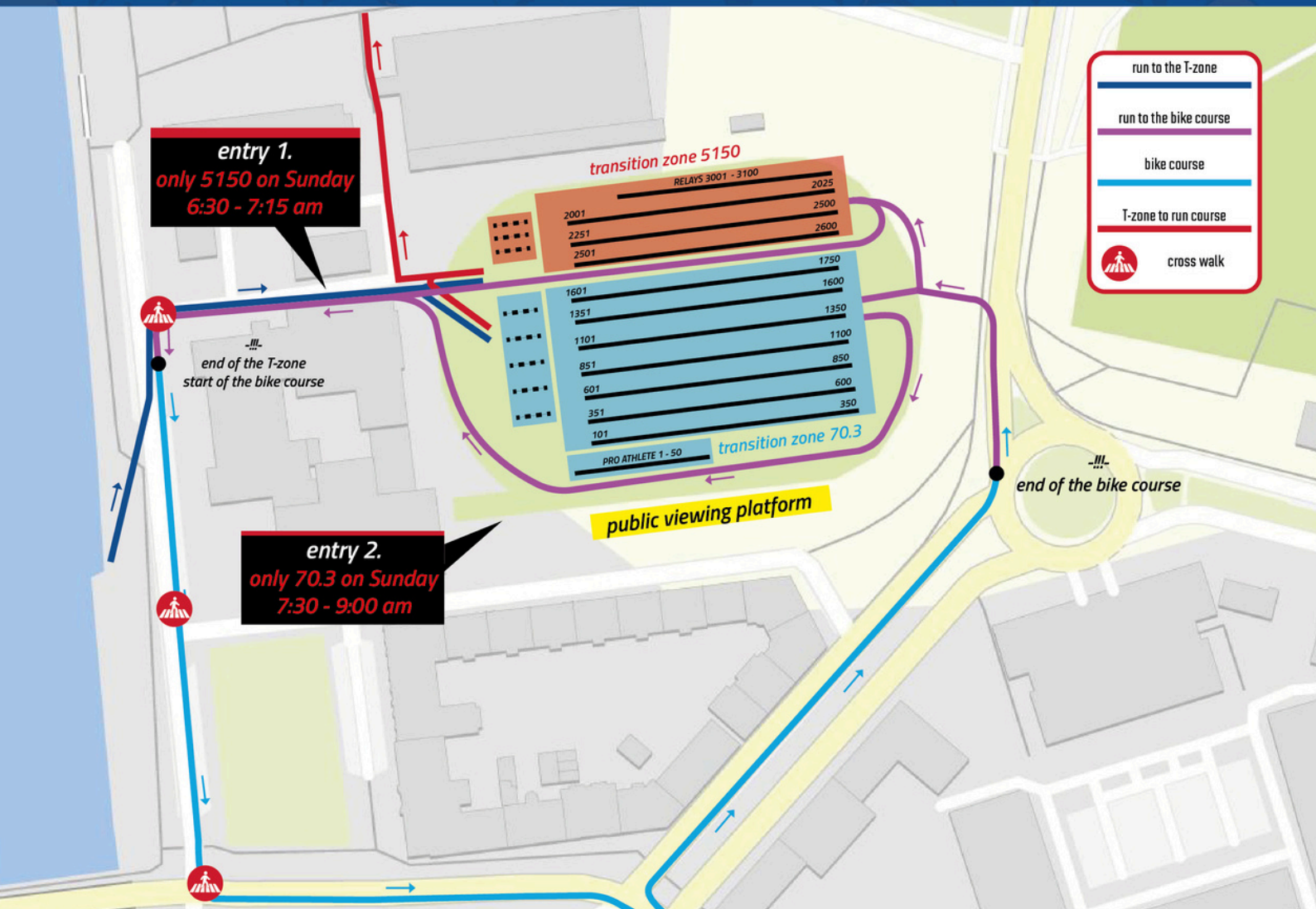
The official swim cap must be visible and "clean". Stickers or other self-made markings are not allowed on the swim cap. You are permitted to wear a personal swim cap underneath the official swim cap.

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.



TRANSITION ZONE





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.

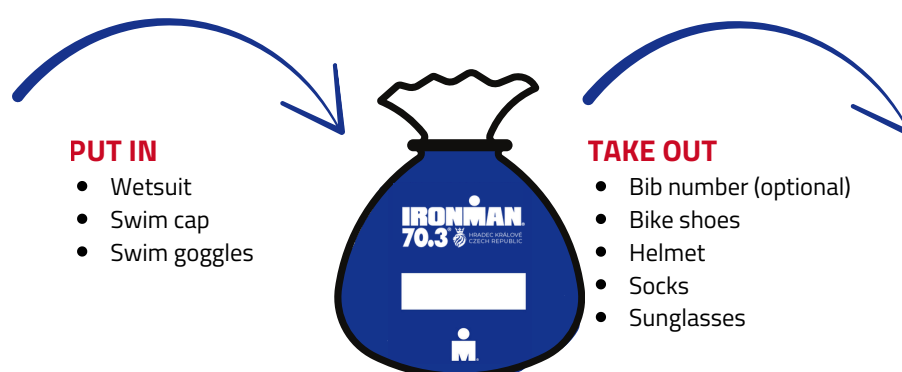
After entering T1, run to the rack, take the BLUE BAG with cycling equipment, which is placed on the bottom hook of your rack, and change.

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.





BIKE

COURSE

Athletes have to complete a two-way course of 40 km (5150 and relays) or 90 km (IRONMAN 70.3).

TIME LIMIT

The bike course will be closed 2 hours and 45 minutes after the start of the swim by the last athlete of 5150 and 5 hours and 30 minutes after the start of the swim by the last athlete of 70.3 athlete.

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

Cut off time 70.3 - Libřice (63 km)

Athletes who do not meet the time limit (14:40) in the village of Libřice (63 km) on route 70.3 will be directed straight back to the cycling finish. If they meet the time limit for closing T2 (16:00), they can continue on the running route. They will receive the status NC (Not Classified) in the results list.

SAFETY FIRST

If you need medical help on the bike course, paramedics on motorcycles will move along the bike course to help you. Please contact the staff if you need medical help.

BIKE TECH SUPPORT

A technical car 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 24 km and 51 km in Třebetice p. O. Minor repairs of punctures can also be handled at all refreshment stations (24 km / 50km / 71 km).

DROP OUT

If you decide to withdraw at any time, you MUST inform a race official. Report your bib number, return the timing chip and describe your reason for dropping out the race.

SAG CAR

There will be a SAG car on the bike course that will be able to pick you up and your bike if you decide to withdraw from the race. Please contact our staff on the race route and they will direct you to the nearest pick-up point. If you miss the race limit, a SAG vehicle will pick you up wherever you are on the course.

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

GPX - 70.3

GPX - 5150

STRAVA - 70.3

STRAVA - 5150

IRONMAN
70.3 HRADEC KRÁLOVÉ
CZECH REPUBLIC

90 km

5i50
TRIATHLON
HRADEC KRÁLOVÉ

40 km



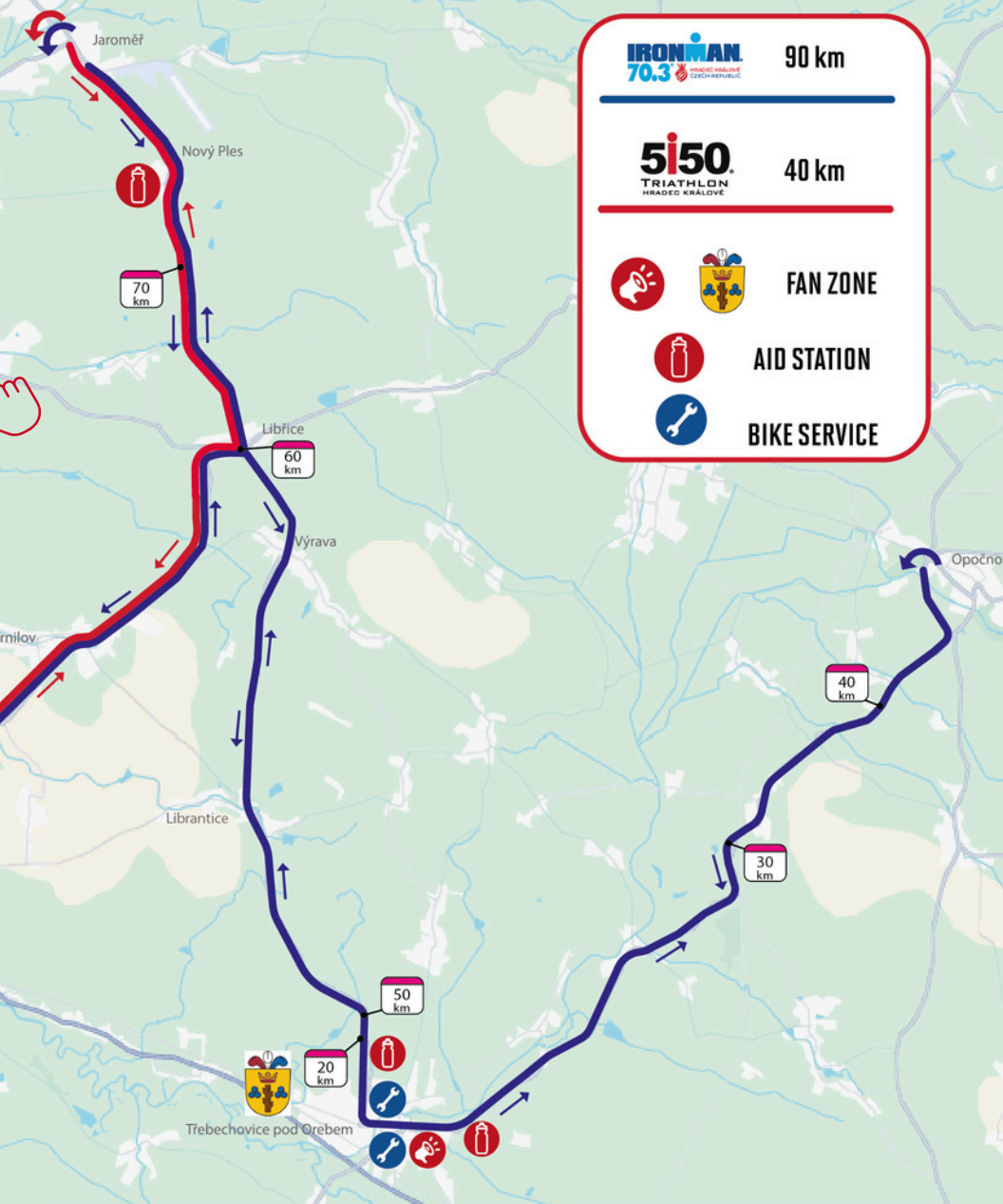
FAN ZONE



AID STATION



BIKE SERVICE



ELEVATION GAIN

IRONMAN
70.3 HRADEC KRÁLOVÉ
CZECH REPUBLIC

362 m

5i50
TRIATHLON
HRADEC KRÁLOVÉ

160 m



BIKE SERVICE PARTNER



NUTRITION PARTNER

NUTREND

Změna vyhrazena / subject to alternations

BIKE



BIKE RULES

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

SPECIFICITY OF DRAFTING

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

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



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

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

BIKE



Blue card - BIKE

Blue card is issued in case of drafting:

- 1st blue card offense: 2:00 minutes (IRONMAN 70.3) & 1:00 minute (5150 & relays)
- 2nd blue card offense: 2:00 minutes (IRONMAN 70.3) & 1:00 minute (5150 & 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 and relays) 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

Upon entering Transition 2 (T2), you will find a penalty tent equipped with a screen displaying the race numbers of penalized athletes in ascending order. It is the athlete's own responsibility to stop, report their race number to the referee, and then monitor the penalty countdown on the screen. Athletes may only continue into the transition area after their penalty time has fully elapsed. The athlete must not leave the penalty tent while serving their penalty.

Failure to serve the penalty in the penalty tent will result in disqualification.

RACE PACK

O jednu věc méně
k řešení před startem



NUTREND®

CATCH YOUR
BREATH





T2 ZONE



TRANSITION ZONE – FROM BIKE TO RUN

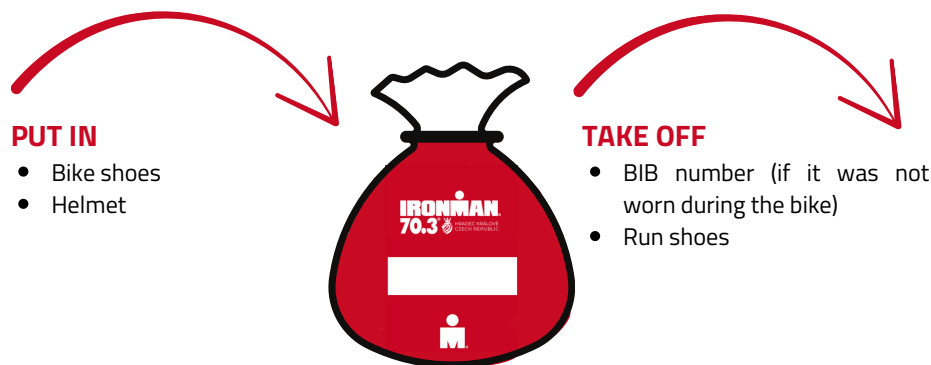
You must dismount before the dismount line, walk your bike to the rack and rack it. Then collect your **RED BAG**, change into your running clothes, and put all your bike equipment, including your helmet, into the bag. Bike shoes should stay on the pedals or be placed in the bag. After packing your bag, hang it back in your place and start the run.

After the race, collect your **RED and BLUE BAGS** and your bike by showing your race bib and wristband. All items must be collected on race day during the set opening hours. The organizer is not responsible for any items left behind.

The Penalty Tent will be located at the exit of the T2 Transition Zone. If you received a penalty from a referee during the bike stage, go to the tent and serve your penalty.

Relays: the runner waits by the rack. The changeover takes place by passing the timing chip from the athlete finishing their stage to the athlete starting the next stage.

A separate entrance to the Transition Zone will be prepared for relay participants - ENTRY 2, see the map, from 7:30. This is where the cyclist and runner will wait for their teammate. Please make sure that the cyclist is in the T1 zone by 8:00, and the runner is in the T2 area no later than 10:00. Entry to the area is possible only with a wristband and timing chip.





G Hradec
Králové

IRONMAN
70.3
Hradec Králové
CZECH REPUBLIC

70.3
IRONMAN
70.3
874
BIRGIT
GER W55
LYMA
GER



RUN

Course

After the initial lead-in section, athletes must complete two additional loops of approx. 5 km (5150 and relays) or 4 loops of approx. 5 km (IRONMAN 70.3).

PLEASE NOTE THAT THE 5150 AND RELAY RUN COURSE IS SHORTENED COMPARED TO THE IRONMAN 70.3 LOOP BY OMITTING THE VELKÉ NÁMĚSTÍ (MAIN SQUARE) LOOP (see run course map).

Cut-off times

CUT-OFF TIME (70.3):

- RUN: 17:50 at the end of the 3rd loop, before entering the 4th loop (Masaryk square)

If an athlete or relay team exceeds the 8-hour and 30-minute limit but crosses the finish line before the run course closes, they will receive NC (Not Classified) status in the results. This result will not count towards Age Group rankings, and the athlete or relay team will not be eligible for Age Group awards or qualification for the World Championship.

Aid stations

There are three aid stations per loop. Please dispose of cups and food waste in the designated bins, not on the ground. Failure to comply with this rule may result in a penalty for unsportsmanlike conduct.

Drop out

If you decide to drop out of the race at any time, you athlete **MUST** inform a race official about this. Report your bib number, return the timing chip and describe your reason for dropping the race.

RUN Rules

- Race Bib: During the run, your race bib must be worn and clearly visible on the front of your body at all times.
- Uniform: A uniform/tri suit must be worn throughout the entire run. It must not be unzipped in a way that exposes the shoulders or left completely unzipped.
- Spectators: Support crews and spectators are strictly prohibited from entering the run course.
- Outside Assistance: Athletes must not accept assistance during the race from anyone other than official aid station staff or official race technical support.

Yellow card – RUN

A 30-second (70.3) and 15-second (5150) "stop-and-go" penalty. An athlete who receives this penalty must stop immediately next to the referee who issued the card. The referee will start a stopwatch and, once the penalty time has been served, will allow the athlete to resume the race.

All the rules can be found in the [2026 IRONMAN regulations](#).

RUN COURSE

GPX - 70.3

GPX - 5150

STRAVA - 70.3

STRAVA - 5150

FINISH

START

transition zone

70.3 distance only

IRONMAN
70.3 HRADEC KRÁLOVÉ
CZECH REPUBLIC

4 loops

5150
TRIATHLON
HRADEC KRÁLOVÉ

2 loops



AID STATION



COOLING SHOWER



CROSS WALK



MUSIC POINT



WATER POINT

NUTRITION PARTNER

NUTREND

Změna vyhrazena / subject to alternations

FINISH LINE



The moment you have all been waiting for, the final metres of the race. Enjoy it, listen to the crowd, soak in all the emotions – this is your day! Let the crowd carry you away, pose for the cameras – you might just find yourself in the evening news headlines or on next year's race graphics!

Before entering the finish chute, adjust your race bib so that it is clearly visible on the front. Zip up your tri suit or uniform above the sternum.

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

AFTER CROSSING THE FINISH LINE

1. You will receive your medal immediately after crossing the finish line, where initial refreshments are also provided.
2. Return your timing chip to the timing company.
3. Afterwards, proceed to the FINISHER ZONE (located near the swim start), where you will find medal engraving, a recovery area, finisher catering, the bag drop, and changing rooms.
4. Make use of the massage and physiotherapy services.
5. Finally, do not forget to collect your BLACK BAG from the bag drop.

Relays

Members of relay teams can run together to the finish line, provided that each of them is wearing the athlete wristband and BIB that they received in the start packet. There will be a place prepared in the bend under the cross walk bridge at the finish line where they can wait for their runner, then they can join her/him and cross the finish line together.

All relay team members must wear shoes when crossing the finish line.

Sunday, 16th August

Time	Event	Location
10:00 - 13:00	Deposit bag pick-up <i>5150 & relays</i>	Finisher zone
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>	Finisher zone
16:00 - 20:00	Bike & gear check-out <i>IRONMAN 70.3</i>	Athletic stadium Sokol

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

AWARDS CEREMONY



Sunday, August 16th

Hours	Description	Location
12:15	Awards ceremony 5150 & relays	Masaryk square
18:00	Awards ceremony IRONMAN 70.3	Masaryk square

- Top 5 men and women in the Pro Athletes category
- Top 3 in each Age Group (IRONMAN 70.3)
- Top 3 in each Age Group (5150)
- Top 3 relay teams (Men, Women, Mixed)
- Top 3 in the Handcycle category
- Awards for the top 3 teams in the TriClub program (IRONMAN 70.3 only)

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

PUMPING UP YOUR IMAGE

PREMIUM PROMOTIONAL SEALED INFLATABLES MADE IN EUROPE.
TRUSTED BY THE BIGGEST BRANDS.





SLOT ALLOCATION



Sunday, August 16th

Hour	Description	Location
19:00	Slot Allocation	Museum of Eastern Bohemia

Age group qualification slots

This event allocates slots for the 2027 Precision Fuel & Hydration IRONMAN 70.3 World Championship in Chattanooga, TN, United States:

- 25 qualifying slots for women age group athletes
- 25 qualifying slots for men age group athletes

Please note, slot allocations are subject to change and may be verified, [here](#).

If you qualify at the 2026 IRONMAN 70.3 Hradec Králové, you will be eligible to compete only in the Precision Fuel & Hydration IRONMAN 70.3 World Championship in Chattanooga, TN, United States. Attendance at the Slot Allocation ceremony is mandatory for all athletes who wish to claim a qualifying slot. Since not all athletes wish to accept their qualification, the qualifying slots will be offered to the next athletes based on their official Age Group ranking until the slot allocation is completed.

Attendance at the ceremonies is mandatory.
No slots will be awarded after the ceremonies.

Registration fee

Be prepared to pay the entry fee by credit card only (no Amex, Diners or cash payment). We do not accept cash or cheques. Your physical credit card including full credit card number, expiry date and CVV must be available at time of payment and only one card is accepted (split payment will not be accepted).

The amount is \$995 - inclusive of 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 70.3 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 know your login credentials.

IRONMAN PROFILE



SLOT ALLOCATION

SLOT ALLOCATION AND ROLL-DOWN PROCESS:

Before Race Day:

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

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

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

On Race Day:

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

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

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

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

Other information:

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

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

CITY QUEST



Explore Hradec Králové in a different way during the IRONMAN weekend! City Quest will take you to interesting local businesses, cultural landmarks, and popular places around the city. Collect stamps for visiting participating locations and earn rewards based on the number you collect.

How to participate?

- Pick up your free City Quest card:
 - from Monday, August 10, at the Hradec Králové Tourist Information Centre,
 - or on Saturday and Sunday at registration or the information stand in the Family Zone (Food Truck Fest / NEXTBIKE).
 - Visit the participating locations marked on the City Quest map.
 - After meeting the conditions set by each partner, you will receive a unique stamp on your City Quest card.
 - You can collect stamps until Sunday, August 16, 2026, at 3:00 PM.

Rewards

Bring your completed City Quest card with at least five stamps to the NEXTBIKE stand in the Family Zone. Rewards can be collected until Sunday at 6:00 PM or while supplies last.

Every card containing contact details and at least five stamps will automatically be entered into the grand prize draw. Prizes include:

- an annual NEXTBIKE membership,
- official merchandise,
- prizes provided by event partners.

On foot or by bike?

You can complete City Quest either on foot or by bike. Thanks to our partner NEXTBIKE, you can use shared bikes to travel easily between locations across the city.

Participants

ASSENZA CAFÉ & TAPAS	OLYMPIC SWIMMING POOL	CHURCH OF ST. NICHOLAS
RESTAURACE AQUARIUM	SALORI - SAUNA GARDEN	GALLERY OF MODERN ART
ALL THIS SNĚMOVNA RESTAURANT	WHITE TOWER	PIVOVARSKÉ DOMY RESTAURANT
OUTDOOR SWIMMING POOL	PETROF MUSEUM	V MOUCE BAKERY
MUSEUM OF EASTERN BOHEMIA	ELBE HYDRO ELECTRICPOWER PLANT	
OC FUTURUM	FLY ZONE	
MK HOKEJOVÉ KARTIČKY	KOLOBĚŽKY KOSTKA	
OPTIMISTA BAKERY	JORDIS	



LIST
OF PARTICIPANTS



DOWNLOAD
NEXTBIKE APP

City Quest.

LIVE PODCAST STUDIO



Friday, August 14th

Hour	Description	Location
15:30 - 17:00	226 - guest Radim Grebik	EXPO
17:30 - 19:00	Posedla - guest Pavel Wohl	EXPO

Saturday, August 15th

Hour	Description	Location
10:00 - 11:30	226 - guests Petr Vabroušek a Jan Slabý	EXPO
12:00 - 13:30	Druhá fáze - guest Petra Kuříková	EXPO
14:00 - 15:30	226 - guest Simona Křivankova	EXPO

The IRONMAN EXPO is about more than just the latest gear, nutrition, and race-day essentials. This year, we're also bringing you live podcast recordings right in the heart of the race.

Come and listen to inspiring guests, get a behind-the-scenes look at how the podcasts are made, and enjoy conversations about triathlon, training, and the stories that make this sport so special.

Admission is free and everyone is welcome – athletes, supporters, and the general public. See you there!



IRONMAN COMPETITION RULES



IRONMAN 70.3 Hradec Králové will be governed under the IRONMAN 2026 Competition Rules. For more information regarding these rules, please visit the following webpages: ironman.com/rules-and-regulations and 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 Head referee and designated race marshals have the authority to issue a disqualification notice to an athlete. All lifeguards and medical personnel have ultimate and final authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death.

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

MEDICAL

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

Competing in a triathlon race can be dangerous and may cause serious harm 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 your own risk, and that the race organizers cannot be held responsible for any injury, damage, loss - or in extreme cases, death - caused as a result of wrong or insufficient hydration, ingestion, or self-medication before, during and after the race.

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

ANTIDOPING

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

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

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

COMMON RULES, VIOLATIONS & PENALTIES



COMMON RULES, VIOLATIONS & PENALTIES	PENALTIES	CARD
Public nudity or indecent exposure	DSQ	
Littering outside of the trash/rubbish drop zones	2 min time penalty (70.3) or 1 min time penalty (5150) if remedied DSQ if not remedied promptly	
Unsportsmanlike conduct	DSQ and potential suspension	
Failure to follow the prescribed course	DSQ	
Failure to wear a shirt or sport top during the bike or run	30-second/15-second penalty (70.3/5150), served in the Penalty Tent (bike) or next to the referee (run) DSQ if not remedied	
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If the situation can be remedied and reversed, a 30-second/15-second penalty (70.3/5150) will be imposed, served in the Penalty Tent (bike) or next to the referee (run) If the situation cannot be remedied: DSQ.	
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item of equipment which results in the donor athlete being unable to continue with their own Race	DSQ of both athletes	
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension	
Not stopping in the next penalty tent after being obliged to do so (bike)	DSQ	
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets, ... in any distractive manner during the race.	DSQ	
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking videos and taking photographs, and using a device as a bike computer.	DSQ	



GOOD TO KNOW

DO YOU HAVE ANY FURTHER QUESTIONS?

Send us a message on our Facebook page or email us at: 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 inquiries regarding missing items to registration@ironmanczech.com. Standard shipping and handling fees will apply.

SAFETY AND SECURITY

- **Athletes:** For all participants, safety always comes first; please do not take unnecessary risks. Ensure that you have provided your ICE (In Case of Emergency) contact in your SlotMarket account.
- **Spectators:** If an athlete is not visible in the online race results, it may simply be a timing chip error. In the event of an incident, the organizer will directly reach out to the emergency contact.

TRACKER APP

The services you can utilize include live participant tracking, instant notifications, leaderboards, map tracking, event alerts, event information, and more.

- **Live Web Tracker:** See times and current pace within seconds after a participant crosses each checkpoint. Estimated finish times will be provided based on the current pace.
- **Live Leaderboard:** See who is leading the race via the live standings. Top athletes will be displayed in real-time.
- **Live Map Tracking:** Participant locations will be plotted on an interactive race map. Each athlete's position is estimated based on the latest timing read from their timing chip.

Athlete data will appear in the app on race day.



DOWNLOAD THE APP

CITY LIGHTS RUN



On Saturday, August 15, at 21:00, the City Lights Run Hradec Králové night race will start. A unique night race that will provide you with an unforgettable experience and the atmosphere of the city at night. The race course mostly follows the run course of the IRONMAN 70.3 Hradec Králové, with the finish line at Masaryk Square (Masarykovo náměstí). The course length is 5 km.

Hour	Description	Location
Friday, 15:00 - 21:00	Registration - Race office	Eliščino nábřeží
Saturday, 15:00 - 20:00	Registration - Race office	Eliščino nábřeží
Saturday, 19:30 - 22:30	Deposit (bag drop)	Finisher zone
Saturday, 21:00	Start	Masaryk square Pedestrian zone
Saturday, 21:45	Awards ceremony	Masaryk square

At check-in, present 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.

Registration by Another Person

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



**CITY
LIGHTS
RUN**
HIMEDICEK.MIL.CZ

IRONMAN.
70.3 HIMEDICEK.KIMLOVE
CZECH REPUBLIC



FINISH

START

**TOTAL DISTANCE
5 km**



STRAVA

Změna vyhrazena / subject to alternations

PHOENIX IRONKIDS



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 a run, while kids aged 11–17 will take on an aquathlon (swim + run). All children's categories will experience crossing the finish line at Masaryk Square (Masarykovo náměstí) with a true IRONMAN atmosphere.

Time	Event	Location
Friday, 15:00 - 21:00	New registrations and check-in - Race office	Eliščino nábřeží
Saturday, 9:00 - 11:30	Check-in, no new registrations - Race office	Eliščino nábřeží
Saturday, 12:00 - 13:30	Starts	By category, view map
Saturday, 14:00	Awards ceremony	Masaryk square

New on-site registrations on race day are not permitted!

There will be no podium ceremony for the girls and boys aged 3-4 and 5-6 categories. Parents may run alongside their children in these categories. For all other categories, 1st through 3rd place will be awarded on the podium.

At check-in, present 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.

Registration by Another Person

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

Start time	Category	Born	Starting point	Course color	Length
12:00	Girls and boys, 3-4 years	2022-2023	1 - pedestrian zone	YELLOW	250 m run
12:10	Girls and boys, 5-6 years	2020-2021	1 - pedestrian zone	ORANGE	250 m run
12:20	Girls and boys, 7-8 years	2018-2019	2 - river bank	GREEN	500 m run
12:30	Girls and boys, 9-10 years	2016-2017	3 - city beach	BLUE	1 300 m run
12:45	Girls and boys, 11-12 years	2014-2015	3 - city beach	RED	100 m swim + 1 300 m run
13:00	Girls and boys, 13-14 years	2012-2013	3 - city beach	WHITE	150 m swim + 1 300 m run
13:15	Girls and boys, 15-17 years	2009-2011	3 - city beach	BLACK	200 m swim + 1 300 m run

IRONKIDS

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)

START
500 m run

START
1300 m run

FINISH
swim

START
swim

FINISH

START
250 m run

AGE

3 – 4 years
5 – 6 years
7 – 8 years
9 – 10 years

BORN

born in 2023 – 2022
born in 2021 – 2020
born in 2019 – 2018
born in 2017 – 2016

DISTANCE

250 m run
250 m run
500 m run
1300 m run

START TIME

12:00
12:10
12:20
12:30

11 – 12 years
13 – 14 years
15 – 17 years

born in 2015 – 2014
born in 2013 – 2012
born in 2011 – 2009

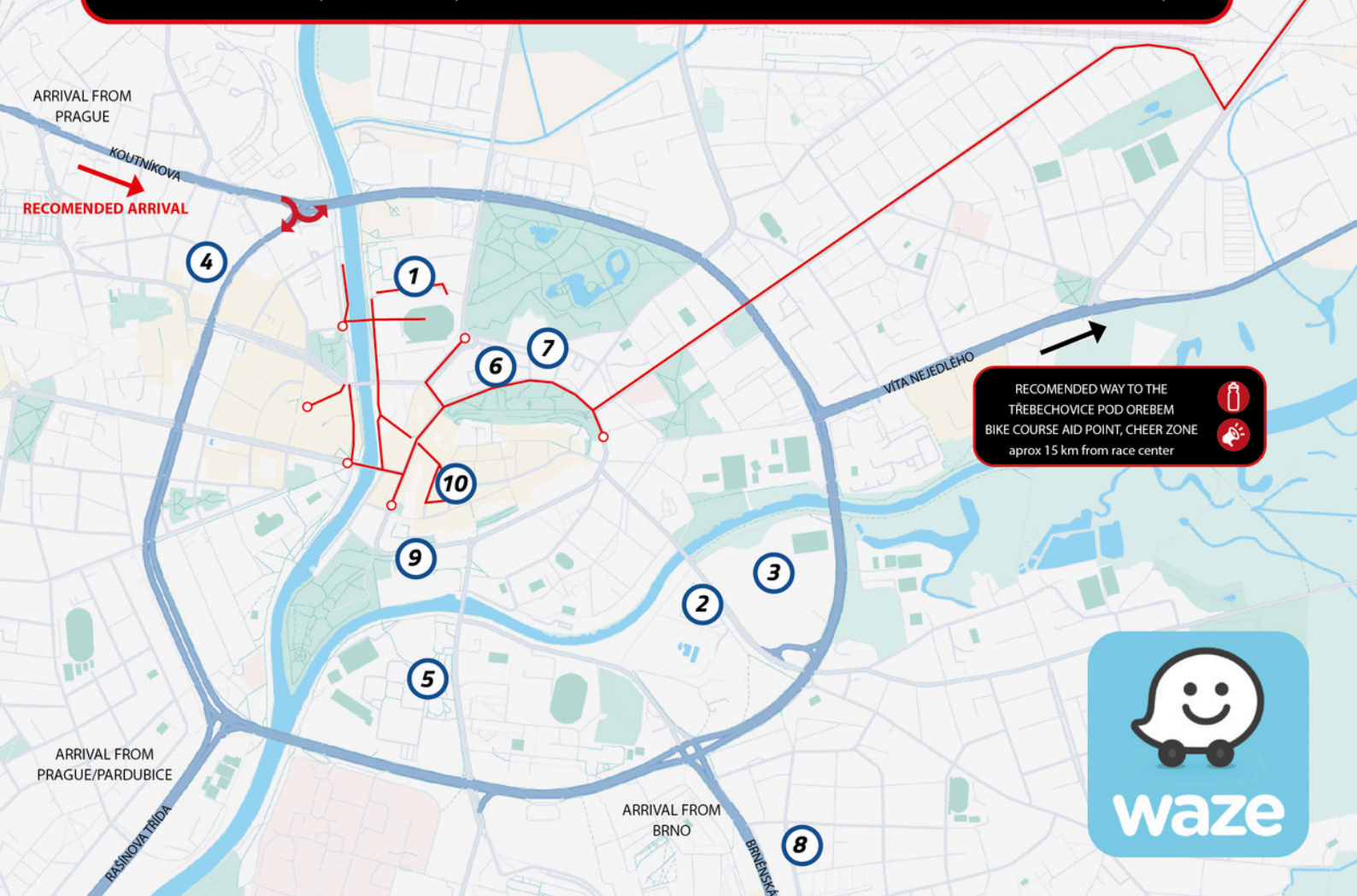
100 m swim/1300 m run
150 m swim /1300 m run
200 m swim/1300 m run

12:45
13:00
13:15



DOPRAVNÍ INFO

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 HRADCI KRÁLOVÉ 16. 8. 2026 FULL ROAD CLOSURES IN HRADEC KRÁLOVÉ – AUGUST 16, 2026

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

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, ČSA (mezi Chmelova a Divišova), 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 | Parkovací dům Katschnerka |
| P5 | UHK |
| P6 | Parkovací dům Gayerova kasárna |
| P7 | Šimkovy sady |
| P8 | OC Futurum |
| P9 | Parkoviště ČPP |
| P10 | Parkoviště na Velkém náměstí |

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

Změna vyhrazena / subject to alternations



STRATEGIC PARTNER



SPONSORS



PARTNERS



MEDIA PARTNERS

