

I. ORGANISERS and CO-ORGANISERS

1. The organiser of the IRONMAN 5150 Warsaw (the "Event") is a sports marketing agency SE Group Sp. z o.o. (the "Organiser"), with its registered office in Warsaw at 31a/28 Zimowa, 05-515 Nowa Iwiczna.
2. IRONMAN 5150 Warsaw is an event organised and managed by the Organiser as an independent World Triathlon Corporation (WTC) licensee. The name and logo are used here with permission.

II. GENERAL RULES

1. During the competition rules apply, including the IRONMAN Competition Rules with any applicable exceptions of any of the ITU and any applicable sanctioning body, which will have the priority over the rules of the national federation. In exceptional circumstances, if there are specific entries in the regulations for the event, they will be dealt with at a later stage. The competition will be held in the "no drafting" convention.
2. Athlete licenses (annual or daily) issued by national triathlon associations are required to compete in the race.

[ITU Competition Rules](#)

III. DATE, DISTANCES, COURSE

1. The Race Office will be open on June 13th 2020, 10 AM - 7 PM.
2. IRONMAN 5150 Warsaw will be held on the Olympic distance (1,5-40-10) on June 14th 2020.
3. Swimming - 1.5 km. 1 loop on the rectangle in the Zegrze Lake (Address: Rewita WDW Rynia 59 Wczasowa, 05-127 Białobrzegi). Start for swimming will take place from the shoreline of the beach resort Rewita WDW Rynia. Expected temperature in mid-June in the Zegrze Lake is 16-21,9 ° C. Organiser recommends triathlon wetsuits. When the water temperature below 16 ° C triathlon wetsuits will be required. If the water temperature exceeds 21.9 ° C, wetsuits and neoprene shorts will be prohibited. Time limit for the completion of swimming - 50 minutes.
4. Bike - 40.0 km. The route from point (T1) to point (T2). Start from the parking of the resort "Rewita WDW Rynia" 59 Wczasowa, 05-127 Białobrzegi. Route flat or slightly undulating with a very good surface. Competition in the no drafting convention! Only cycling road bikes and triathlon bikes to ride on time allowed. Timeout completion for swimming and cycling - 2 hours and 45 minutes. Each athlete is obliged to check in and pick up their bikes from the transition zone on their own.

[Bikes allowed during 5150 Warsaw](#)

5. Run - 10.0 km. Limit for the completion of the competition - 4:00 hours.
6. Timing - using electronic chips. The chip shall be worn on the athlete's leg from start to finish and returned in the place indicated by the Organizer. Failure to record attendance at the timing point may result in disqualification.

IV. CLASSIFICATIONS and AGE CATEGORIES

Women	Men
W PRO (Elite women)*	M PRO (Elite Men)*

W 18 (18-24 years)	M 18 (18-24 years)
W 25 (25-29 years)	M 25 (25-29 years)
W 30 (30-34 years)	M 30 (30-34 years)
W 35 (35-39 years)	M 35 (35-39 years)
W 40 (40-44 years)	M 40 (40-44 years)
W 45 (45-49 years)	M 45 (45-49 years)
W 50 (50-54 years)	M 50 (50-54 years)
W 55 (55-59 years)	M 55 (55-59 years)
W 60 (60-64 years)	M 60 (60-64 years)
W 65 (65-69 years)	M 65 (65-69 years)
W 70 (70-74 years)	M 70 (70-74 years)
W 75 (75-79 years)	M 75 (75-79 years)
W 80 (80 years and older)	M 80 (80 years and older)

* Membership in the age category according to the year of birth.

* Qualification for the PRO category excludes participation in the AGE category.

V. START WAVES

WAVE	CATEGORY
9:00:00	PRO Men
9:02:00	PRO Women
9:05:00	Relays
9:10:00	Age Groups - Rolling start

Rolling start

The starting area will be divided into time zones (based on the estimated swimming time). Athletes take up positions in their time zones. Beginning at 9:10, groups of 8 athletes will be allowed to start their race every 10 seconds - from the fastest to the slowest time zone. Attention! Your age group & swimcap color do not determine your starting time. It is up to you to choose a time zone on the race day.

The organiser reserves the right to change the organization of the start.

The official time of the race is the net time of the competitor excluding the PRO category men, PRO women and relay, where the gross take-off time applies.

VI. AWARDS

1. All participants who finish the IRONMAN 5150 Warsaw will receive a commemorative medal at the finish line.

2. The results will be announced no later than 15 minutes before the awards ceremony on the 5150warsaw.com website.
3. In the case of absence from the awards ceremony, the prize can be collected only at the Organiser's office in Warsaw, no later than July 14th 2020.
4. The winners of the I-V places in PRO men and PRO women classification will receive financial awards and cups.
5. The winners of the I-III places in the age categories for men and women receive commemorative statues.
6. First place winners W / M for Master of Warsaw category, will receive commemorative statues.
7. The Organiser reserves the right to introduce additional awards in their chosen categories.
8. Condition to receive the prize is to complete the triathlon and negative doping control result, if it is conducted. The winners of money awards will pay the tax in accordance with applicable regulations.
9. Competitors classified in the PRO category do not receive awards in the age category.

VII. CONDITIONS OF PARTICIPATION

1. Any person can participate in IRONMAN 5150 Warsaw who no later than on the competition day turns 18 years old.
2. The condition for admitting a competitor in the competition is a handwritten signature on the certificate of absence of contraindications for participation in the competition, which will be available in the Race Office.
3. Participants take part in the event at their own risk. Providing the Organiser with a correctly completed registration form and paying the entry fee means that the participant has considered and evaluated the nature, scope and extent of the risks of participation in the competition, including the risk of accidents, the risk of injuries or injuries (including death), as well damages for pecuniary and voluntarily decided to take that risk.
4. Participants are required to comply with the rules and instructions issued by the organisers and law enforcement.
5. The competition will be conducted according to the rules of the ITU.
6. The judges have the right to disqualify a competitor not complying to the rules contained in the Regulations.
7. Decisions of medical services, for the continuation of race, are final and irrevocable. Medical transport results in the disqualification of the competitor.
8. If a competitor decides to withdraw from the competition at any time of rivalry, he is obliged to report to the judges and the return of the chip. Failure to comply with the above principle may cause the disabling of the player to participate in WTC competitions.
9. The Organiser will provide participants with accident insurance for the amount of PLN 10,000. Each participant will be covered by insurance in the insurance against accidents occurring during the period of liability of the insurer in the Republic of Poland, involving bodily injury or health disorder, causing permanent injury or death of the insured. The policyholder pays the premium.

10. The cost of the entry fee, accommodation, commuting and self-catering, each participant covers on their own.

11. The competitor is obliged to return the chip at the end of the event when the bike is picked up from the change zone. In case of loss or take second chip before the start, the participant should pay an additional fee 50 PLN under pain of disqualification.

12. Please read carefully. This Release and Indemnity section contains a surrender of certain legal rights. Each participant hereby acknowledge and assume all of the risks of participating in the Event and agree as follows:

- **To release and not to sue** Organiser, WTC, any applicable federation and/or race sanctioning body, Event sponsors, Event organizers, Event promoters, Event producers, race directors, Event officials, Event staff, advertisers, administrators, contractors, vendors, volunteers, and all property owners and state, city, town, county, and other governmental bodies, and/or municipal agencies whose property and/or personnel are used and/or in any way assist in locations where the activities take place, and each of their respective parent, subsidiary and affiliated companies, assignees, licensees, owners, officers, directors, partners, board members, shareholders, members, supervisors, insurers, agents, employees, volunteers, contractors and representatives and all other persons or entities associated or involved with the activities (individually and collectively referred to in this Form as the "Released Parties"), with respect to any and all claims, liabilities, suits or expenses (including attorneys' fees and costs) (collectively referred to in this Form as "claim" or "claims") for any injury, damage, death, lost property, stolen property, disposed property, or other loss in any way connected with participant's enrollment or participation in the activities, including use of any equipment, facilities or premises, howsoever caused; negligence, whether passive or active, of the Released Parties; and/or any breach by the Released Parties of statutory duty. **Participant understands he/she agrees here to waive all claims he/she may have against the Released Parties and agree that neither participant, nor his/her estate, heirs, assigns or beneficiaries nor anyone else acting on his/her behalf, will make a claim against the Released Parties for any injury, damage, death or other loss participant may suffer; and**
- **To defend and indemnify** ("indemnify" meaning protect by reimbursement or payment) the Released Parties with respect to any and all claim/s brought by or on behalf of participant, participant's spouse, a family member, a co-participant or any other person, for any injury, damage, death, lost property, stolen property, disposed property, or other loss in any way connected with participant's enrollment or participation in the activities, including without limitation use of any equipment, facilities, or premises, howsoever caused; negligence, whether passive or active, of the Released Parties; and/or any breach by the Released Parties of statutory duty.

This Release and Indemnity section includes but is not limited to claims for personal injury or wrongful death (including claims related to emergency, medical, drug and/or health issues, response, assessment or treatment), property damage, loss of consortium, breach of contract or any other claim, including claims resulting from the negligence of Released Parties, whether passive or active.

13. In no event may participant (or anyone else on participant's behalf) without the prior written consent of WTC: (a) use any intellectual property of WTC and/or its affiliates, including, but not limited to, the IRONMAN®, 70.3®, Iron Girl®, IRONKIDS®, Velothon®, Cape Epic®, 5150®, and Rock 'n' Roll® marks and names, the "M-Dot" logo, "K-Dot" logo (collectively, the "WTC IP") and/or any words or marks that refer to, or are suggestive of, or confusingly similar to, the Event, any Event logo, Event name, Event location, Event date, or Event race distance (collectively, "Event IP"), or (b) sell, market, distribute, or produce any products, events, merchandise, websites, or services that are IRONMAN®-branded, 70.3®-branded, Event-branded, or branded or marked using (i) any Event logo, (ii) any Event name, (iii) any Event IP, or (iv) or any WTC IP (including without limitation the word "IRON" or any foreign translation thereof as a prefix for, or component of, any race, event, trade name, trademark,

organization name, club name, or brand of any kind, in each case in any way related to triathlon, triathletes, training, coaching, or any endurance sports).

14. Participant grants to Organiser, WTC and their respective affiliates, designees, assignees, and sponsors the right and permission to photograph, film, record and/or otherwise capture in any media the name, image, voice, written statement, photograph and/or visual likeness of participant and/or participant's family members (collectively "images"), with right to sublicense, during the activities or otherwise, without compensation, for use for any purpose and in any media throughout the world in perpetuity, including but not limited to use in broadcasts, photographs, publications, podcasts, webcasts, motion pictures, brochures, CDs, DVDs, internet websites, television, and/or in any related commercial, informational, educational, advertising, or promotional materials. Participant understands that all ownership and copyright rights in the images will be owned by WTC, its assignees, or its designees and participant waives any inspection or approval rights. Participant understands and agrees that his/her name, bib number and race results will be available to the public during and after the Event.

VIII. REGISTRATION AND FEE

1. Registrations for the IRONMAN 5150 Warsaw will be accepted via the registration form available on the SlotMarket.pl.

2. On-line registration will be accepted until 31/05/2018.

3. Limit of the participants in the IRONMAN 5150 Warsaw Triathlon is 1500 people. The organiser reserves the right to early closure of the registration in case of reaching the limit.

4. The registration shall be deemed to provide a properly filled in registration form and paid the fee in the amount specified by these rules.

5. The registration fee must be paid through the transaction service. All data provided in payments are made on a secure encrypted site.

6. The fee is to be paid during the registration process, otherwise the registration will be cancelled.

7. The entry fee for taking part in the 5150 Warsaw, depending on of order of registration:

- 85 Euro – first 500 starting kits;

- 100 Euro - second 500 starting kits;

- 120 Euro – last 500 starting kits.

8. The entry fee is paid in the polish currency. The equivalent calculated at fixed rate of 4.50 PLN / 1 Euro. If a significant increase in the Euro exchange rate will appear, the Organizer reserves the right to increase the conversion.

9. To ensure that your registration and payment process has been completed, you should receive a confirmation email.

10. It is not possible to transfer the fee paid to another participant or any other year.

11. The resignation from the competition should be submitted in writing to the following address: info@5150warsaw.com. The amount of reimbursement of fee depends on the date of the notification of resignation:

- until 4 months prior to race day (until 14th February 2018): 50% refund of the entry fee;
- until 45 days prior to race day (until 30th April 2020): 25% refund of the entry fee;
- after 45 days to race day: no refund.

11. The IRONMAN 5150 Warsaw competition does not participate in Transfer Politics.

IX. STARTING KIT

1. As part of the entry fee, each IRONMAN 5150 Warsaw participant receives:

- accident insurance for an amount of 10,000 PLN,
- bib numbers,
- swimming cap,
- wristband,
- 3 bags – deposit bag, T1 and T2 bags,
- backpack with the logo of the event,
- commemorative IRONMAN 5150 Warsaw finisher T-shirt,
- beverages and fruits on nutrition points and finish area,
- a medal at the finish line,
- coupon for the Welcome Banquet (June 9th 2018),
- IRONMAN 5150 Warsaw Triathlon information folder,
- gifts from sponsors and partners of the event.

2. The basis for receiving a starting kit is signing the certificate for the absence of contraindications for participating in the competition and verification of the data based on an identity document.

3. Each athlete is obliged to pick up their starting kits on their own.

4. A wristband will be given to the athlete by a volunteer while picking up the starting kit.

5. The Race Office will be open on June 13th 2020 (Saturday), 10 am – 7 pm.

NOTE: On June 14th 2020 the Race Office will be closed.

6. Starting kit that are not claimed in the Race Office opening hours will not be distributed or sent at a later date.

7. Welcome Banquet will be held on June 13th 2020 in 2 pm – 6 pm. The basis to receive a meal is a coupon that is included in the starting kit.

X. PROTECTION OF PERSONAL DATA

1. Pursuant to the Act on Protection of Personal Data of 29 August 1997, (Journal of Laws 2016 item 922) we announce that the controller of personal data of participants of IRONMAN 5150 Warsaw is SE Group Sp. z o.o. Ul. Zimowa 31a / 28 05-515 Nowa Iwiczna and World Triathlon Corporation. In relation to some participant data WTC and IRONMAN, Germany GmbH, Höchster Strasse 90, 65835

Liederbach, Germany are joint controllers. For all processing of personal data by WTC and IRONMAN Germany GmbH please see [\[IRONMAN Privacy Policy\]](#).

2. Personal data of participants of IRONMAN 5150 Warsaw will be processed for the purpose of organizing and conducting the race, appointment of the winner and issuance, acceptance and appraisal of the awards and other activities related to the business activity and will not be shared with other recipients.

3. A participant has the right to access their data and correct them. Providing personal data and consent to their processing is optional, but necessary to achieve the said objectives. Failure to provide the data or lack of consent to their processing prevents participation in 5150 Warsaw. Please note that the expressed consent may be withdrawn at any time but the withdrawal will not result in the reimbursement of the entry fee. Please be advised that expressed consent may be revoked at any time.

4. Personal data of participants IRONMAN 5150 Warsaw will be used in accordance with the conditions laid down in the Act on Protection of Personal Data of 29 August 1997, (Journal of Laws 2016 item 922).

5. Processing of participants' data, in connection with participation in the IRONMAN 5150 Warsaw includes publication of the name and surname, year of birth, participant's club with the name of the town in which he resides - in every way in which the project will be published.

6. All information on participants obtained by the organiser and included in a start form will be stored electronically and in any case will be used in accordance with the Act on Protection of Personal Data of 29 August 1997, (Journal of Laws 2016 item 922). The organiser will not disclose these information to any third party.

7. The organiser reserves the right to conduct with each of the participants in the interview, taking pictures and filming him for the purposes of advertising, promotion, use on the Internet or on the radio and television broadcasts and other commercial needs.

8. The organiser reserves the right to free use worldwide of any photos, footage, interviews and audio recordings showing the race participants. They can be used by the Promoter by placing on media such as CD-ROM, DVD, catalogues and media, on websites, in newspapers and exhibitions, as well as for the promotion - advertising related to the activities carried out by the organiser.

XI. COMPLAINTS

1. A written protest regarding the non-compliant behavior of competitors, non-compliance with the provisions of the provisions in other matters related to competition or judges' decisions may be submitted within 5 minutes. from the end of the competition (the last competitor running in) at the head referee with a deposit paid to the competition office in the amount of USD 50 (ITU Rules art. 12.7a).

2. Complaints concerning matters related to the 5150 Warsaw, should be submitted in writing together with the reasons to the contractor to: SE Group Sp. z o.o., ul. Czapli 31a, 02-781 Warsaw, with a note "IRONMAN 5150 Warsaw - Complaint", within 7 days from the date of the event - directly or by registered mail (postmark date decides).

3. Complaints received after the deadline specified in paragraph 1 of this section shall not be considered.

4. Complaints about the IRONMAN 5150 Warsaw will be settled by the organiser within 30 days of their receipt.
5. The Organiser's decision on a complaint regarding the IRONMAN 5150 Warsaw will be final.

XII. CLOSING REMARKS

1. These rules apply to all participants of the 5150 Warsaw.
2. At the venue it is prohibited to bring drugs, illegal performance-enhancing substances and alcohol. Participants are prohibited from taking such drugs and substances, both before and during the competition, under threat of exclusion from it. If a participant is found to violate the above prohibition, the organiser reserves the right to prevent him to participate in a competition or exclude him in the course of it.
3. No participant may use measures or actions to increase efficiency. Participants may be required to undergo testing before and after the event. If a participant is called upon to control, it is required to appear for control.
4. Rules of medical control are in accordance with the rules and policies applicable at the WTC and apply to all participants. In addition, if necessary, they other regulations can be used, not valid for the ITU.
5. Each participant of the triathlon is obliged to take part in competition in the swimming cap submitted in the starting kit, put the starting number while cycling: on the back over the buttocks, under the saddle and on the bicycle helmet; during the run: in front, at waist level - under penalty of disqualification.
6. The organiser provides emergency medical care on the course and on the finish of the competition.
7. The organiser provides water security during the competition in the water.
8. The organiser provides changing rooms and a deposit.
9. The organiser does not take responsibility for the items lost during the event
10. The organizer assumes no responsibility for the improperly placed bicycle or bag in the change zone. Each participant is obliged to properly suspend the bike and the bag without any additional markings provided by the organizer on your start number .
11. The Organizer takes responsibility only for lost or stolen equipment, i.e. bike, helmet, bike shoes and swimsuit. Athletes are solely responsible for any other additional equipment (e.g. bike computers, watches, goggles) left in the transition zone.
12. In case of theft or damage to equipment, each participant is obliged to report this fact to the Organiser representative in the transition zone and the police. Reports will be accepted by the Organiser only until receiving the equipment and leaving the transition zone by a competitor.
13. The results will be published on the Event website www.5150warsaw.com and circulated in the media.
14. The Organiser reserves the right to cancel or modify the Event without giving reasons. Triathlon will be held regardless of weather conditions. In case of swim cancellation, the competition will be limited to the other two stages - cycling and running.

15. The Organiser has the right to change the rules contained in these Regulations provided that they notify all participants of these changes in writing or during a technical briefing before the start. The absence of technical check doesn't exempt the participant from complying with these Regulations on this check-in.

16. In matters not covered by regulations the Organiser has the final word.

17. Each of Organiser and WTC may assign these Regulations to other entity/s or individual/s ("assignees") at any time, and any such assignment will grant assignees the full rights and protections accorded in these Regulations, consistent with Organizer's, WTC's and other Released Parties' rights and protections under these Regulations.