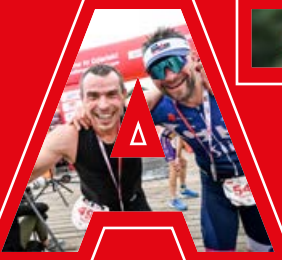
2024 ATHLETS GUIDE




























SWIM

BIKE

RUN

LOTTO

CHALLENGE GDAŃSK

POWERED BY PGE

Partners

Title Partner: LOTTO

Presenting Partner: PGE Polska Grupa Energetyczna

Home City: GDAŃSK

Gdański Ośrodek Sportu

Pomorskie

BROOKS

Trefl

NO LIMITS by ITAKA

BALL Official Standard

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TRANSGOURMET

RMF

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CHALLENGE WOMEN by BROOKS

PORT GDAŃSK

Specjalność Amber Browar Pomorza

energy EVENTS

LOTTO

CHALLENGE GDAŃSK

POWERED BY PGE

Welcome to the Family!



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PGE

CHALLENGE FAMILY

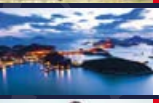
RACE CALENDAR 2024



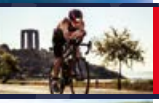
CHALLENGE GERAARDSBERGEN
BELGIUM, 1 JUN 2024 — **OLYMPIC**



OTSO CHALLENGE SALOU
SPAIN, 2 JUN 2024 — **MIDDLE**



CHALLENGE GUNSAN-SAEMANGEUM
KOREA, 2 JUN 2024 — **LONG**



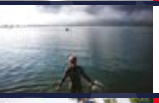
CHALLENGE GALLIPOLI
TÜRKIYE, 2 JUN 2024 — **MIDDLE**



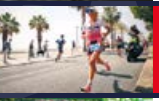
CHALLENGE WALES
WALES, 9 JUN 2024 — **MIDDLE**



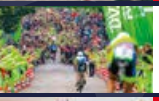
LOTTO CHALLENGE GDAŃSK
POLAND, 16 JUN 2024 — **MIDDLE**



CHALLENGE KAISERWINKL-WALCHSEE
AUSTRIA, 23 JUN 2024 — **MIDDLE**



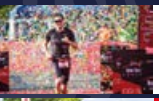
CHALLENGE CAGNES-SUR-MER
FRANCE, 30 JUN 2024 — **MIDDLE**



DATEV CHALLENGE ROTH
GERMANY, 7 JUL 2024 — **LONG**



SAIL CHALLENGE CAP QUEBEC
CANADA, 21 JUL 2024 — **MIDDLE OLYMPIC**



CHALLENGE NEW JERSEY STATE
USA, 21 JUL 2024 — **OLYMPIC**



CHALLENGE TURKU
FINLAND, 28 JUL 2024 — **MIDDLE**



CHALLENGE SANDEFJORD
NORWAY, 24 AUG 2024 — **MIDDLE**



CHALLENGE ISTANBUL
TÜRKIYE, 1 SEP 2024 — **OLYMPIC**



SAIL CHALLENGE ESPRIT MONTRÉAL
CANADA, 8 SEP 2024 — **MIDDLE OLYMPIC**



CHALLENGE SAMARKAND
UZBEKISTAN, 8 SEP 2024 — **MIDDLE**



CHALLENGE ALMERE-AMSTERDAM
NETHERLANDS, 14 SEP 2024 — **LONG MIDDLE**



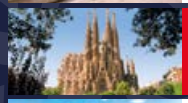
CHALLENGE SANREMO
ITALY, 22 SEP 2024 — **MIDDLE**



CHALLENGE VIEUX BOUCAU
FRANCE, 5 OCT 2024 — **MIDDLE OLYMPIC**



CHALLENGE PEGUERA MALLORCA
SPAIN, 19 OCT 2024 — **MIDDLE**



CHALLENGE BARCELONA TRIATHLON
SPAIN, 27 OCT 2024 — **OLYMPIC**



CHALLENGE CANBERRA
AUSTRALIA, 17 NOV 2024 — **MIDDLE OLYMPIC**



CHALLENGE FLORIANÓPOLIS
BRAZIL, 24 NOV 2024 — **MIDDLE**



CHALLENGE SALINAS
ECUADOR, TBC DEC 2024 — **MIDDLE**



CHALLENGE ISRAMAN
ISRAEL, 31 JAN 2025 — **LONG MIDDLE**



GALLAGHER INSURANCE CHALLENGE WANAKA
NEW ZEALAND, 15 FEB 2025 — **MIDDLE**



CHALLENGE CERRADO
BRAZIL, TBC APRIL 2025 — **MIDDLE**



ANFI CHALLENGE MOGÁN-GRAN CANARIA
SPAIN, 26 APRIL 2025 — **MIDDLE**



CHALLENGE TAIWAN
TAIWAN, 26 APRIL 2025 — **LONG MIDDLE**



CHALLENGE CESENATICO
ITALY, TBC MAY 2025 — **MIDDLE**



THE CHAMPIONSHIP
SLOVAKIA, 18 MAY 2025 — **MIDDLE**



CHALLENGE ST PÖLTEN
AUSTRIA, 25 MAY 2025 — **MIDDLE**



CHALLENGE MALAYSIA
MALAYSIA, TBC 2025 — **MIDDLE**

THE CHAMPIONSHIP SAMORÍN-SLOVAKIA

ALL RACES ARE QUALIFICATION RACES FOR THE CHAMPIONSHIP

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WELCOME

Welcome to Gdańsk!

Will we surpass the magic number of 1,000 people competing in Challenge Gdańsk 2024 this year? Only time will tell, but we really hope so. The start lists already boast names of athletes from 19 countries across Europe, as well as participants from the United States and even Australia.

It is worth noting that the 2022 edition of this event was awarded for the best finisher zone in the world – a rest area for competitors after the start, set up on the beach in Gdańsk-Brzeźno. Additionally, in 2021, Challenge Gdańsk was recognized as the premier competition globally, out of 42 events held in 35 countries across five continents.

Take a look at the event's program. Among the accompanying events will be Friday's Trefl Aquathlon for children and the charity women's run for the Pomeranian Hospice for Children – Challenge Women by Brooks, scheduled for Saturday at 6:00 pm.

It is a true joy and honor for Gdańsk to host such a multitude of sports competition enthusiasts. I wish all those who take up the challenge good luck on the route and lifetime results. Swim, cycle and run unhindered to the finish line. In your free time, enjoy the charms of our beautiful city. Take away the fondest memories, and do make sure to return!

Aleksandra Dulkiewicz
Gdańsk Mayor

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Ladies and Gentlemen

I would like to warmly welcome all participants of this year's edition of LOTTO Challenge Gdańsk powered by PGE. I hope that each of you will have the opportunity to experience unforgettable moments during sports competition.

I am grateful to the organizers for their commitment, initiative and excellent organization of the previous editions of the triathlon competition in Gdańsk. Thanks to them, the city has become an important point on the map of triathlon events and enjoys a well-deserved reputation among participants. Especially since LOTTO Challenge Gdańsk powered by PGE is a young event that has already gained recognition by winning awards for The Race of The Year 2021.

I wish all participants great experiences, sports spirit and satisfaction with their own achievements, as well as constant motivation to exceed their own limits.

Good luck!

Mieczysław Struk
Marshal of the Pomeranian Voivodeship





CHALLENGE FAMILY

Dear Athletes

Welcome to another edition of Challenge Gdańsk! It's great to be back at this great venue, so perfect for triathlon and to be able to spend time in this historic city. There is no doubt this will be an incredible two days of swim, bike and run and we are very much looking forward to continuing to work with the local team, community and stakeholders to continue to grow the race for the region.

Thank you for your passion and commitment to race Challenge Gdańsk and for your trust in Challenge Family. I also express my thanks to Leszek Paszkowski and Adam Greczyło and their team who have worked so hard to bring the event to you. And special thanks must go to the countless volunteers, local stakeholders, sponsors, as well as the local community for their support. Thank you for welcoming Challenge Family to your beautiful city.

Challenge Family is all about the athlete and I know you will experience this for yourself with the friendly and inclusive atmosphere that prevails at all our races around the globe and especially so here in Gdańsk. The community's warm hospitality, the fast course and perfect setting all combine to create an unforgettable race experience.

I wish you all the very best for your race and see you at the finish line!

Jort Vlam
CEO Challenge Family



NO LIMITS by ITAKA

Przeżyj niezwykłą przygodę!

Szukasz wrażeń i potrzebujesz adrenaliny, jesteś miłośnikiem sportu i cenisz kontakt z naturą?
NO LIMITS jest dla Ciebie! Unikatowe programy tworzone przez pasjonatów zapewnią Ci niezapomniane doświadczenia.

Dlaczego warto wybrać ofertę NO LIMITS?

- małe, kameralne grupy
- autorskie programy wycieczek tworzone przez grupę ekspertów
- trasy poza utartymi szlakami



GDAŃSK

WELCOME TO GDAŃSK

Ladies and Gentlemen

For the fourth time, we meet on the beach in Gdańsk – Brzeźno at the Challenge Gdańsk event. I am very happy that every year an increasing number of triathlon fans appear at the starting line in Gdańsk.

I especially warmly welcome those who have chosen Gdańsk as the place for their debut. The emotions accompanying this event will remain with you forever. Competition, hard training and discipline are the features that characterize amateurs of this difficult sport of triathlon, which is why, as an Olympic champion, I observe all triathlon competitors with great respect and appreciation.

Challenge Gdańsk is already a recognized brand on the triathlon map, the 2021 competition received the Race of The Year award, and a year later the Gdańsk finisher zone on our beach in Brzeźno was recognized as the best in the world. This is a great honor for the event, but also for the city of Gdańsk.

Sport is an important factor shaping modern societies. This becomes especially visible in the Olympic year, when in a few weeks we will all be cheering for the white and red team during the Olympic Games in Paris. Anyone who practices sports as an amateur can imagine the hardship and emotions that the Olympic athletes face during this event.

I wish everyone unforgettable experiences and many emotions, as well as achieving the expected results during Challenge Gdańsk!

Adam Korol
Director of the Office of the Mayor of Gdańsk for Sports

Gdańsk welcomes for the fourth time!

FOR THE FOURTH TIME, WE HAVE THE INCREDIBLE PLEASURE OF HOSTING YOU DURING THIS SPECIAL SPORTING EVENT IN GDAŃSK, WHICH WILL CAPTURE THE ATTENTION OF THE ENTIRE TRIATHLON WORLD FOR THREE DAYS.

Gdańsk joined the Challenge family in 2021, immediately raising the organizational bar for the entire series of events, as confirmed by numerous awards, including the most important one – Race of the Year. We have not rested on our laurels, and by listening to the voices of our race participants, we have endeavored to add new elements to each edition to make participating in Challenge Gdańsk an even more comfortable, better, and more memorable experience. It can be said that today Gdańsk proudly stands alongside Barcelona, Montreal, Amsterdam, Istanbul, and other cities around the world that annually host events under the Challenge Family banner.

Since its first edition, Challenge Gdańsk has basically been an event with its own character and unique atmosphere, with a kind of soul of its own. Competitors eagerly return to the Baltic Sea for subsequent editions of the event, associating it with a superbly prepared course, its characteristic features such as the changing swimming conditions in the Bay of Gdańsk, the passage through the tunnel under the Martwa Wisła, or past the amber football stadium, the serene run through the green Reagan Park, and the spectacular finish on the Brzeźno Pier. As the event has evolved, adding more attractions to its program, such as races for children, today Challenge Gdańsk is an event that can be attended by the whole multi-generation family, both as spectators and participants. This is the greatest strength of these competitions, and at the same time, a point that is particularly important to us as the Gdańsk Sports Center.

We do not forget about ecology, which should be mentioned here, as we opt for a multitude of solutions to protect the environment during the event, as well as to educate participants in this matter, with particular emphasis on the youngest.

I wish all the competitors taking part in Challenge Gdańsk 2024 good luck and perseverance in reaching your goal. Whether you are among the youngest participants taking part in children's races, a triathlon sprinter, a professional racing for the highest goals, or amateur pushing your own limits, we are rooting for you to complete the race in good health, with the best possible result, with satisfaction from your performance, and with beautiful memories that will make you return to Gdańsk next year. Good luck! See you at the finish line!



Leszek Paszkowski
Director of Gdańsk Sport Centre



Welcome to Gdańsk!

Welcome to Gdańsk, the city of Freedom and Solidarity! We are meeting at the LOTTO Challenge Gdańsk powered by PGE event for the fourth time and I look forward to each of these meetings with great pleasure. A year of hard work is behind us, because with each edition we want to provide you with better and better competition.

That's why I'm very happy that for the first time in our history, over 1,000 triathletes will appear at the start in Gdańsk, it's the best reward for us, but also motivation and fuel for hard work in the next year. Ultimately, we want two or three times as many players to appear in Gdańsk and we are working very hard on it.

This year we are putting great emphasis on athletes' experience, we want your emotions and experiences from participating in our event to be only positive and we want you to come back to us.

We have special souvenir Challenge Gdańsk postcards for you, which you can send directly from the finisher zone to your loved ones, thus sharing positive emotions. Just write them out and put them in the boxes located in the competition office – we will do the rest! On Monday, your postcards will go on the road!

For middle distance competitors, we are introducing two additional buffets on Sunday, which will be located in the transition zone. The first one after getting out of the water before you get to your bike, and the second one after the bike before you get out to the running stage. In total, you will have as many as 16 nutrition points over the middle distance!

Also for the first time this year, thanks to cooperation with other Challenge Family middle distance events, the winners of each age category will receive paid starting packages for competitions in the second part of the 2024 season. Sandefjord (Norway), Almere – Amsterdam (Netherlands), Sanremo are waiting for you (Italy), Peguera – Mallorca and Barcelona (Spain).

I would like to thank the city of Gdańsk and the Gdańsk Sports Center, our cooperation is getting better with each edition of the competition!

I would like to thank our Partners and Sponsors very much. It is thanks to them that our event can be carried out at such a high level. We create long-term relationships that pay off.

I would also like to thank our volunteers who work at the buffets along the competition route, as well as in the depository and at the finish line, to help you during the event. Give them a high five and share with them your joy at the start!

See you at the finish line!

Adam Greczyło
Race Director of
LOTTO Challenge Gdańsk powered by PGE

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At your e-package

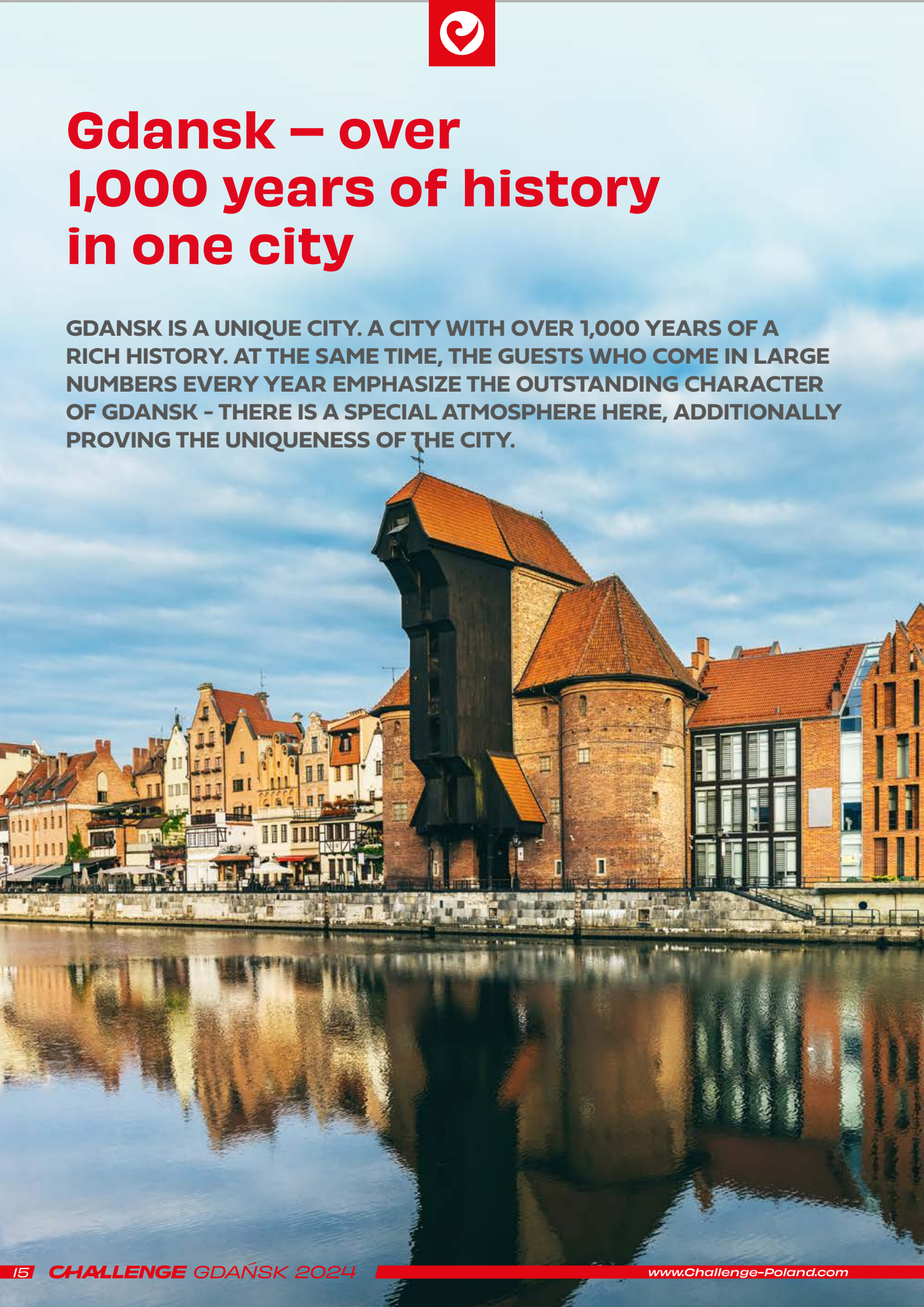
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to spend in our EXPO shop

SHOP RAX

Gdansk – over 1,000 years of history in one city

GDANSK IS A UNIQUE CITY. A CITY WITH OVER 1,000 YEARS OF A RICH HISTORY. AT THE SAME TIME, THE GUESTS WHO COME IN LARGE NUMBERS EVERY YEAR EMPHASIZE THE OUTSTANDING CHARACTER OF GDANSK - THERE IS A SPECIAL ATMOSPHERE HERE, ADDITIONALLY PROVING THE UNIQUENESS OF THE CITY.



Gdańsk

Gdansk is the capital of an agglomeration with over 1 million people. Together with Sopot and Gdynia, it forms the Tricity. Situated on the Baltic coast, full of magnificent gothic buildings, historic churches, interesting museums and charming streets full of amber, Gdansk invariably delights and fascinates. Symbol of the City – the God of the Sea – Neptune, looks from its pedestal every year at over 4 million people who visit the capital of Pomerania every year.



The strength of Gdansk's offer is determined by its numerous attractions. Among them, such iconic and popular object as the European Solidarity Centre built in the place where the largest civil initiative in Poland – Solidarity – was born during communism. Nearby, majestic shipyard cranes tower over the area and have become an inseparable element of the urban landscape. Just a few hundred meters away we will find the building of the Museum of the Second World War. If we go to Westerplatte, we can see the very place where World War II began. Gdansk is also well-known for amber and so you have a chance to visit a unique museum with over 1,000 items at display. All made with "the gold of the Baltic Sea".

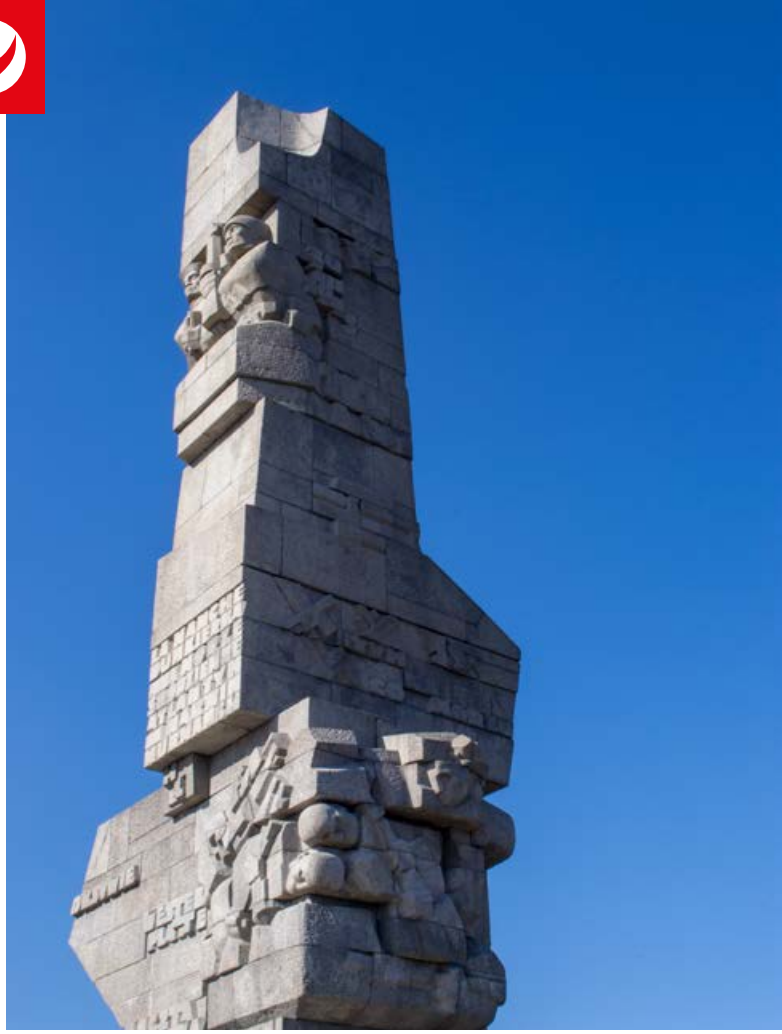
The Main Town area is full of shops, cafes, restaurants, beautiful tenement houses and charming streets. It is

there that we will find such wonderful and symbolic objects as Neptune's Fountain, St. Mary's Basilica, Artus Court, Uphagen's House, the Main Town Hall, the Crane – which is also the largest and oldest medieval, preserved port crane in Europe and wonderful city gates But that's not all. Nearby there is the massive, black block of the Gdansk Shakespeare Theatre, where William Shakespeare's plays are performed, but many other events also take place. The Main Town is the true heart of Gdansk with a unique character and atmosphere.

Every year, Gdansk hosts one of the largest outdoor events in Europe – St. Dominic's Fair – an event with over 760 years of tradition. Additionally, it is worth mentioning the Baltic Sail International Sailing Rally, the FETA Open-Air Theater Festival, the Mozartiana Festival, Christmas Market and many other smaller, but equally attractive events.

Gdansk is a city where everyone will find something for themselves and to which they will be happy to return.

Discover it yourself!







GAMECHANGER 2.0

ABUS

Time shedule

FRIDAY – 14 JUNE 2024

TIME	ACTIVITY	PLACE
12:00 – 20:00	Race office	
12:00 – 14:30	Race office for TREFL Aquathlon Gdańsk	
12:00 – 20:00	Expo zone	
12:00 – 20:30	Bike check-in (sprint and olympic distance)	T1
14:00 – 14:45	Access to transition zone for Trefl Aquathlon Participants – preparing for start	T1
14:45	Race briefing for Trefl Aquathlon Participants	Grandstands
15:10	**START category 13–14 years and 15–17 years (400 m swim and 2000 m run)**	Gdańsk Brzeźno Beach
15:40	**START category 11–12 years (200 m swim and 1000 m run)**	Gdańsk Brzeźno Beach
16:00	**START category 9–10 years (100 m swim and 500 m run)**	Gdańsk Brzeźno Beach
16:20	**START category 7–8 years (50 m swim and 100 m run)**	Gdańsk Brzeźno Beach
17:00	TREFL Aquathlon Gdańsk award ceremony	Gdańsk Brzeźno Pier
18:00 – 19:00	Open Water Swim training with Aleksandra Kabelis, Piotr Biankowski and Marek Krawczyk	Gdańsk Brzeźno Beach
19:30	Race briefing for SPRINT and OLYMPIC distance	Live on our Facebook

SATURDAY – 15 JUNE 2024

TIME	ACTIVITY	PLACE
6:00 – 7:30	Access to transition only for SPRINT and OLYMPIC distance (bike check in possibility also)	
8:00 – 20:00	Expo zone	
8:00	**START – Sprint distance**	Gdańsk Brzeźno Beach
10:00	**START – Olympic distance**	Gdańsk Brzeźno Beach
10:00 – 17:30	Race office Challenge Women by Brooks	
10:00 – 20:00	Race office (only middle distance)	
13:00 – 14:00	Bike check-out (SPRINT and OLYMPIC distance)	T2
14:00	Award ceremony (SPRINT and OLYMPIC distance)	Gdansk Brzeźno Pier
16:00 – 20:30	Bike chek-in (only middle distance)	T1
17:30	Warm up before Challenge Women by Brooks with Aleksander Matusiński	Gdańsk – Brzeźno Pier
18:00	**START – Challenge Women by Brooks**	Gdańsk – Brzeźno Pier
19:00	Race briefing for middle distance (Polish)	Live on our Facebook
20:00	Race briefing for middle distance (English)	Live on our Facebook

SUNDAY – 16 JUNE 2024

TIME	ACTIVITY	PLACE
6:00 – 7:30	Access to transition zone for middle distance (bike check in not possible)	
8:00 – 14:00	Expo zone	
8:00	**START – middle distance – PRO Men**	Gdańsk Brzeźno Beach
8:02	**START – middle distance – PRO Women**	Gdańsk Brzeźno Beach
8:12	**START – middle distance – Age Group rolling start**	Gdańsk Brzeźno Beach
14:00 – 17:00	Bike check – out	T2
16:30	Time limit for middle distance	
16:15	Award ceremony for middle distance	Gdansk Brzeźno Pier

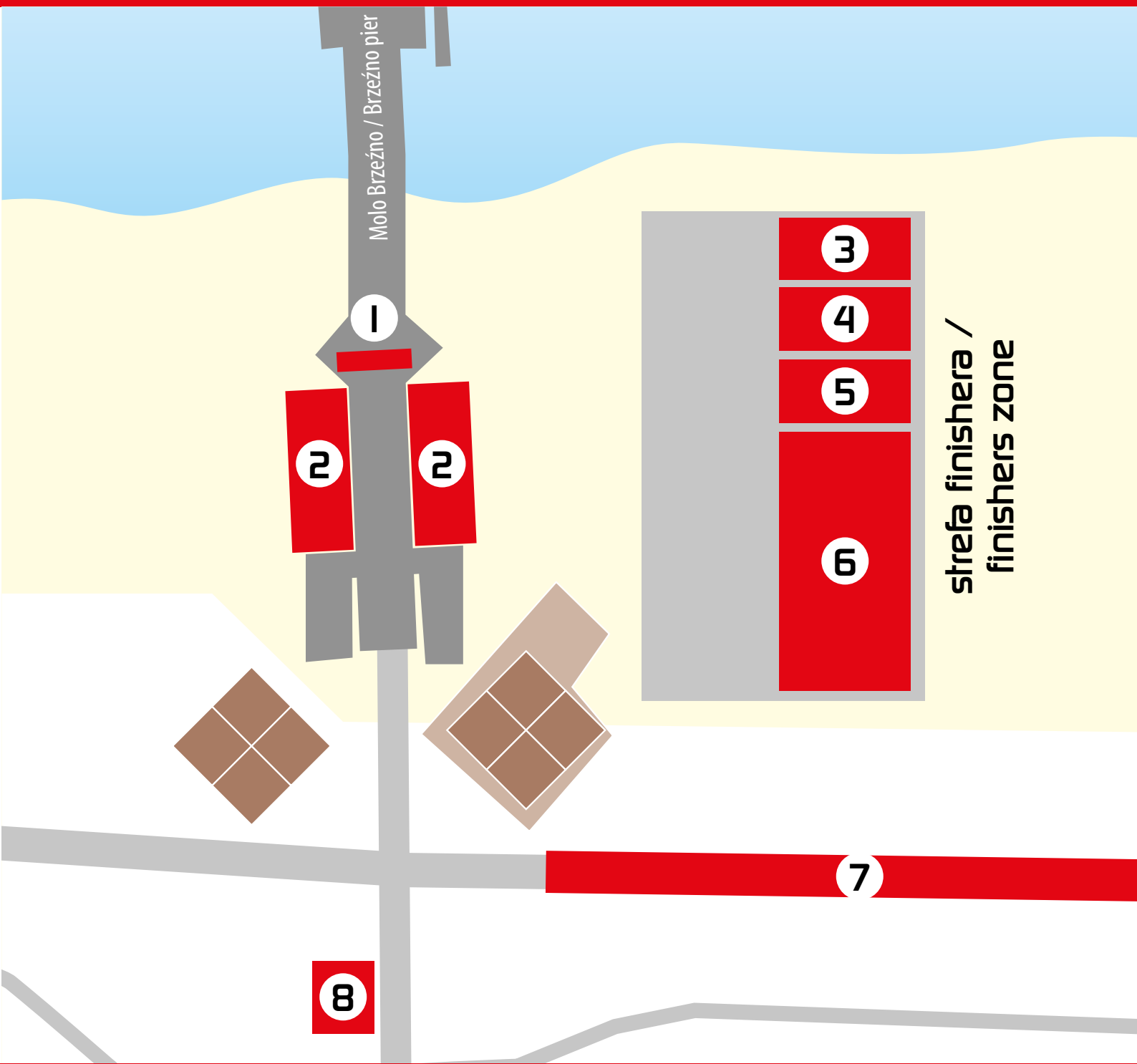
EVENT MAP



1. RACE OFFICE, FINISHERS ZONE
2. GETTING OUT OF THE WATER
3. TRANSITION ZONE
4. EXPO, BIKE SERVICE
5. CYCLE LOOP REVERSAL
6. PARKING
7. PARKING MOLO BRZEŹNO – ARRIVAL BY 6:15, DEPARTURE AFTER 14:00

TESLA TEST DRIVE

RACE OFFICE, EXPO, FINISHERS ZONE



1. FINISH
2. GRANDSTANDS
3. RACE OFFICE
4. DEPOSIT ,FINISHER T-SHIRT
5. MASSAGES (ONLY SUNDAY)
6. BUFFETS / REGENERATION MEAL
7. TRANSITION ZONE
8. EXPO ZONE


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Challenge Women by BROOKS

PICK UP YOUR RACE BIB

Pick up of your Challenge Women race bib at the race office in white tent at the right side of Gdansk Brzeźno pier:

- Friday, 14th of June 2024: 12:00 – 20:00
- Saturday, 15th of Juner 2024: 10:00 – 17:30

You can pick up your race bib only personally and you need to sign necessary document in the race office.

YOUR RACE KIT

In your race kit, the Challenge Women by Brooks participants will find:

- race bib
- timing chip (please return at the finish line)
- t-shirt (only for first 100 registered participants – bibs from 1 to 100)
- water at the finish line
- water bottle at the finish line

RACE

The race will take place in the Ronald Raegan Park in Gdansk – Brzeźno. The route was measured using GPS device. The route is about 5 km.

WARMP UP

From 17:15 at the stand close to the finish line warm up for all participants will be lead by coach **Aleksander Matusiński** and **Małgorzata Hołub Kowalik** – the Olympic champion 4×400 m in mix relay and Olympic silver medalist 4×400 m relay.

TIMING

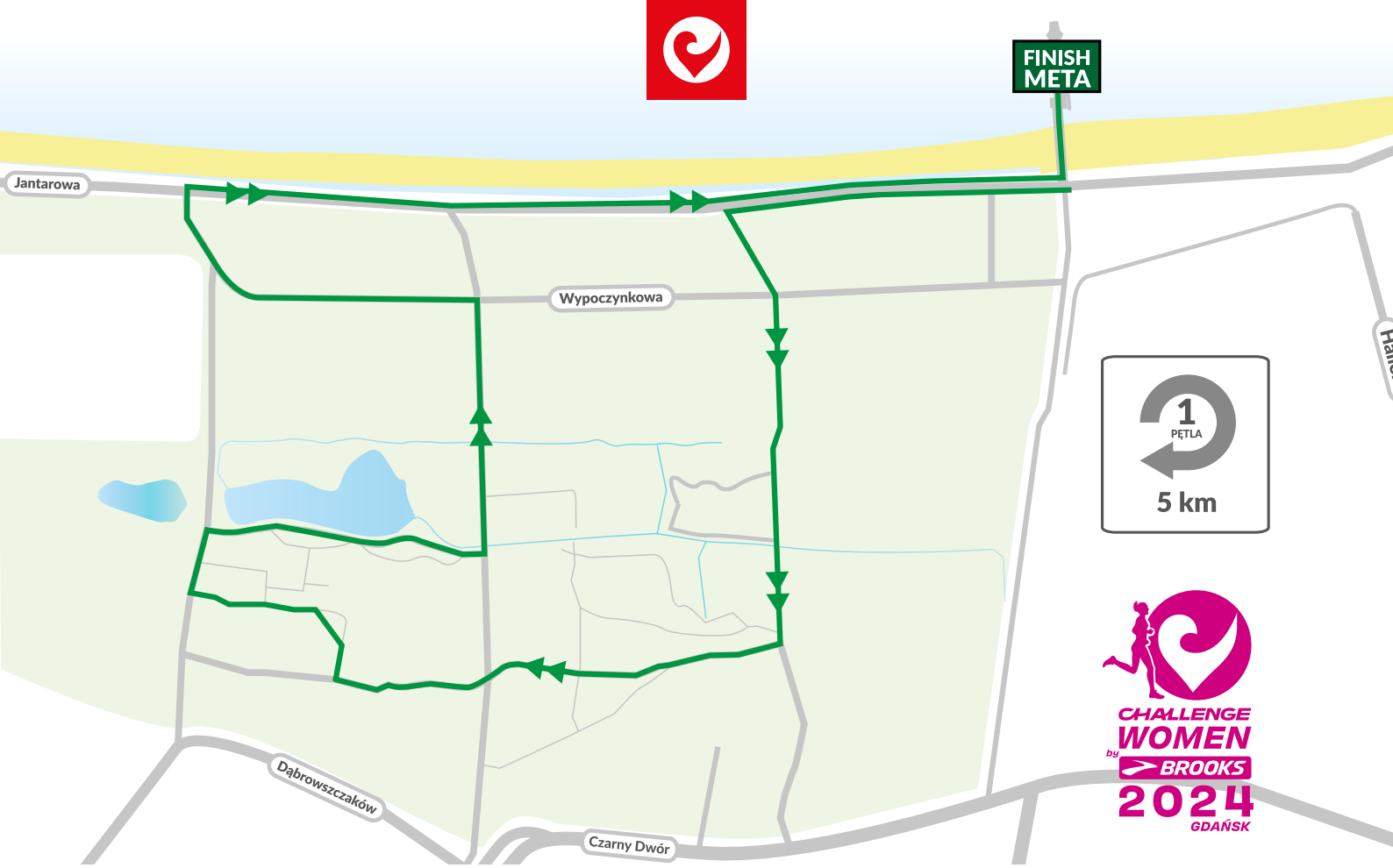
The timing will be provided by STS Timing company. Please plase your timing chip on your left shoes. After crossing finish line please return timing chip.

NAGRODY

The timing will be provided by STS Timing company. Please plase your timing chip on your left shoes. After crossing finish line please return timing chip.

BROOKS





COURSE Challenge Women

G d a ń s k



Information for triathletes

RACE OFFICE

- Friday 14 June 2024 – 12:00 – 20:00
- Saturday 15 June 2024 – 10:00 – 20:00

Race office is located in the white tent at the Gdansk – Brzeźno beach on the right side from the Pier.

To collect your race pack you will need to:
- show your ID with photo
- sign printed declaration

RELAYS
Race pack (bib number, stickers, etc.) might by collected by any person from relay.
Each of relay member MUST show up in the race office to pick up wristbrad and sign documents. You can do it at anytime when the race office is working. Its not obligatory that all relay members will come together at the same time.

EXPO ZONE

- Friday 14 June 2024 – 12:00 – 20:00
- Saturday 15 June 2024 – 8:00 – 20:00
- Sunday 16 June 2024 – 8:00 – 14:00

BIKE CHECK-IN

Sprint and Olympic distance:
- Friday 14 June 2024 – 12:00 – 20:30
- Saturday 15 June 2024 – 6:00 – 7:30

Middle distance:
- Saturday 15 June 2024 – 16:00 – 20:30

***Applies to all distances:**: At the entrance to transition zone athletes must have: bike – in safe and working order and with race number sticker attached, helmet with your race number, wrist band on your hand*

RACE DAY

Transition zone opening hours:
- Sprint and Olympic distance:
  Saturday 15 June 2024 – 6:00 – 7:30
- Middle distance:
  Sunday 16 June 2024 – 6:00 – 7:30
  (no possibility to check in your bike)

START FORMAT

Sprint and Olympic distance
rolling start 6 athletes every 10 seconds
- 8:00 Sprint distance (individual + relays)
- 10:00 Olympic distance (individual + relays)

Middle distance
PRO Men and PRO Women
- gun start at 8:00 (PRO M) and 8:02 (PRO W)

Age Group
- rolling start 4 athletes every 10 seconds starting at 8:12

AID STATIONS

Sprint distance:
- 1 aid station at run course

Olympic distance:
- 1 aid station at bike course (22 km)
- 2 aid stations at run course

Middle distance:
- 6 aid stations at bike course
  (2 km, 16 km, 33 km, 47km, 64 km, 78 km)
- 8 aid stations at run course aprox
  - every 2,5 km

BIKE COLLECTION FROM THE TRANSITION ZONE

Sprint and Olympic distance:
- 15 June 2024 between 13:00 – 14:00

Middle distance:
- 16 June 2024 between 14:00 – 17:00

***Applies to all distances:** To collect your bike you need to have bib number and wrist band on your hand.*

REMEMBER

At each stage:
- using electronic devices e.g. iPods, mobile phones, MP3, etc. is forbidden and may cause to disqualification
- asisting from spectators is not allowed and may lead do disqualification

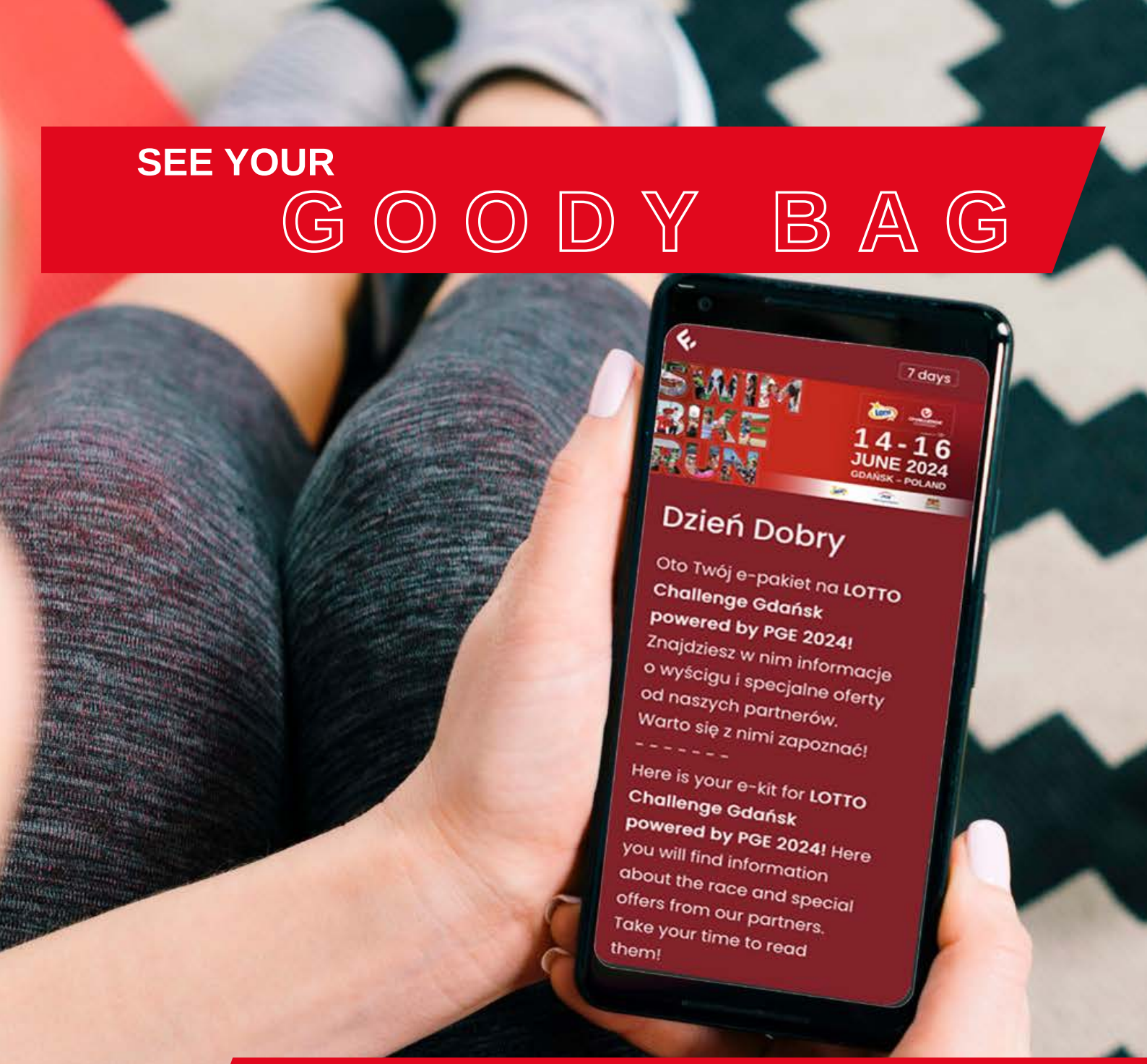
LIVE RESULTS

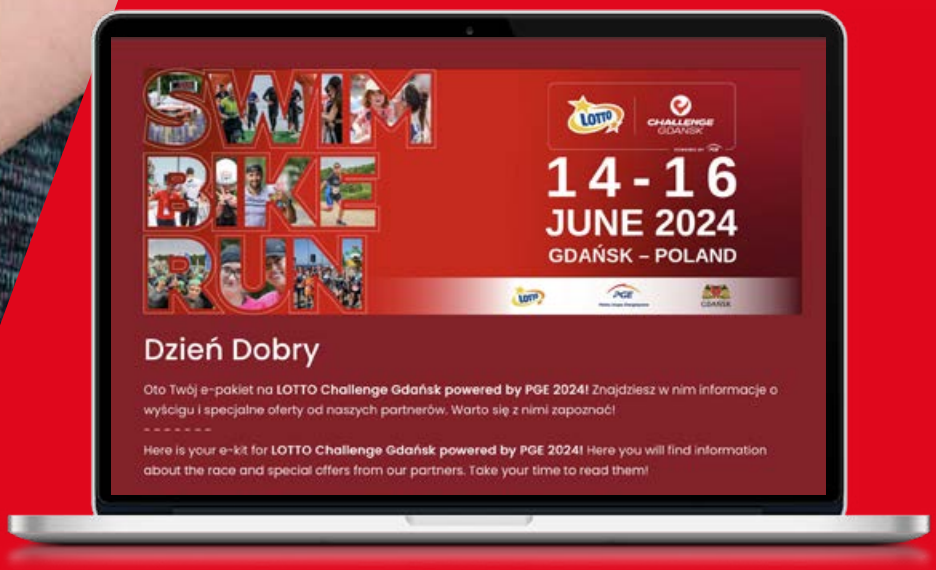
Live results will available at
www.challenge-family.live

MEDALS AND FINISHER T-SHIRTS

You will receive your medal immediately after crossing the finish line. Your finisher T-shirt you can collect at the finisher zone but you need to have your medal and bib number.

SEE YOUR GOODY BAG



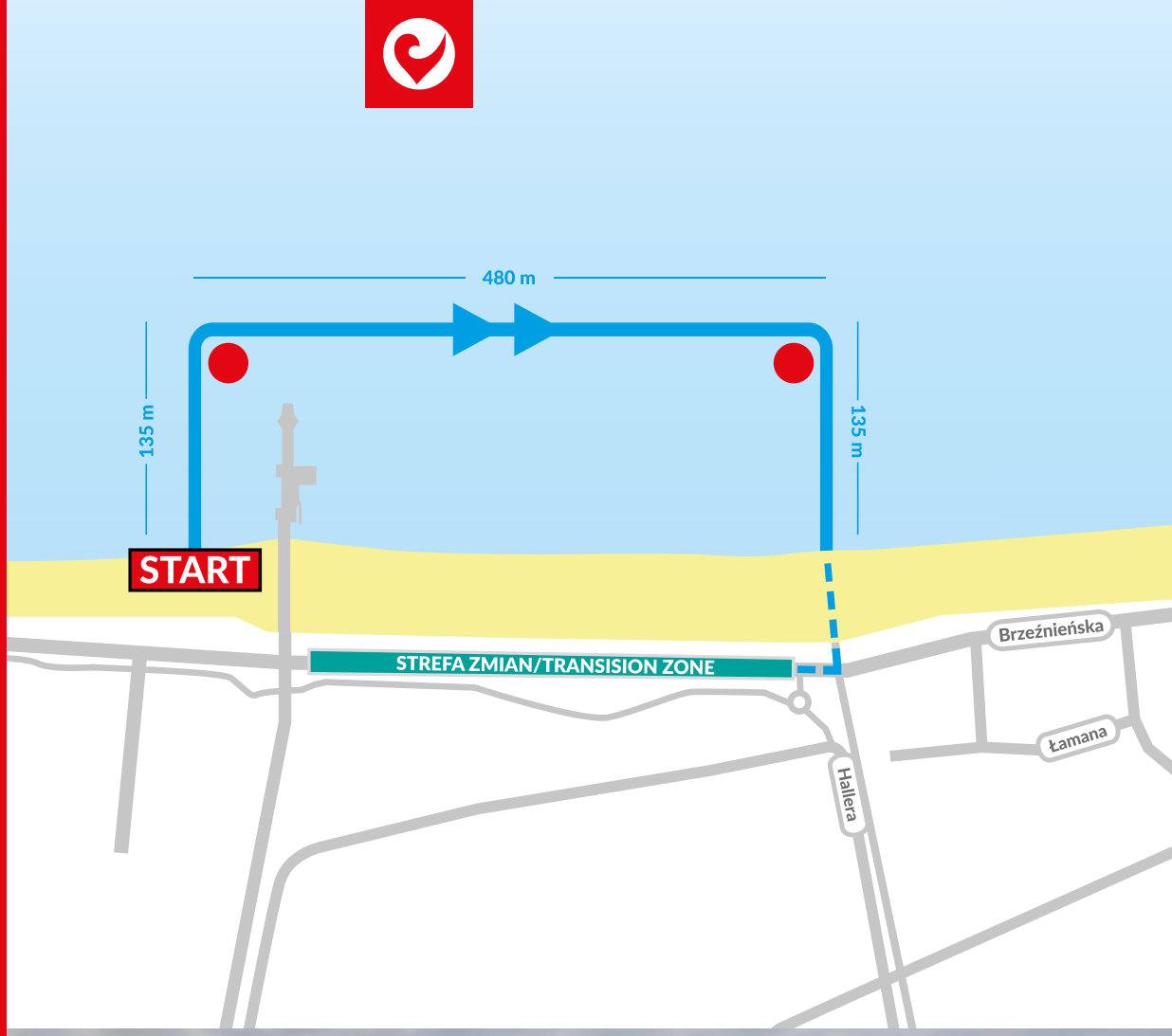


You will find there offers from race partners and important information about our event.

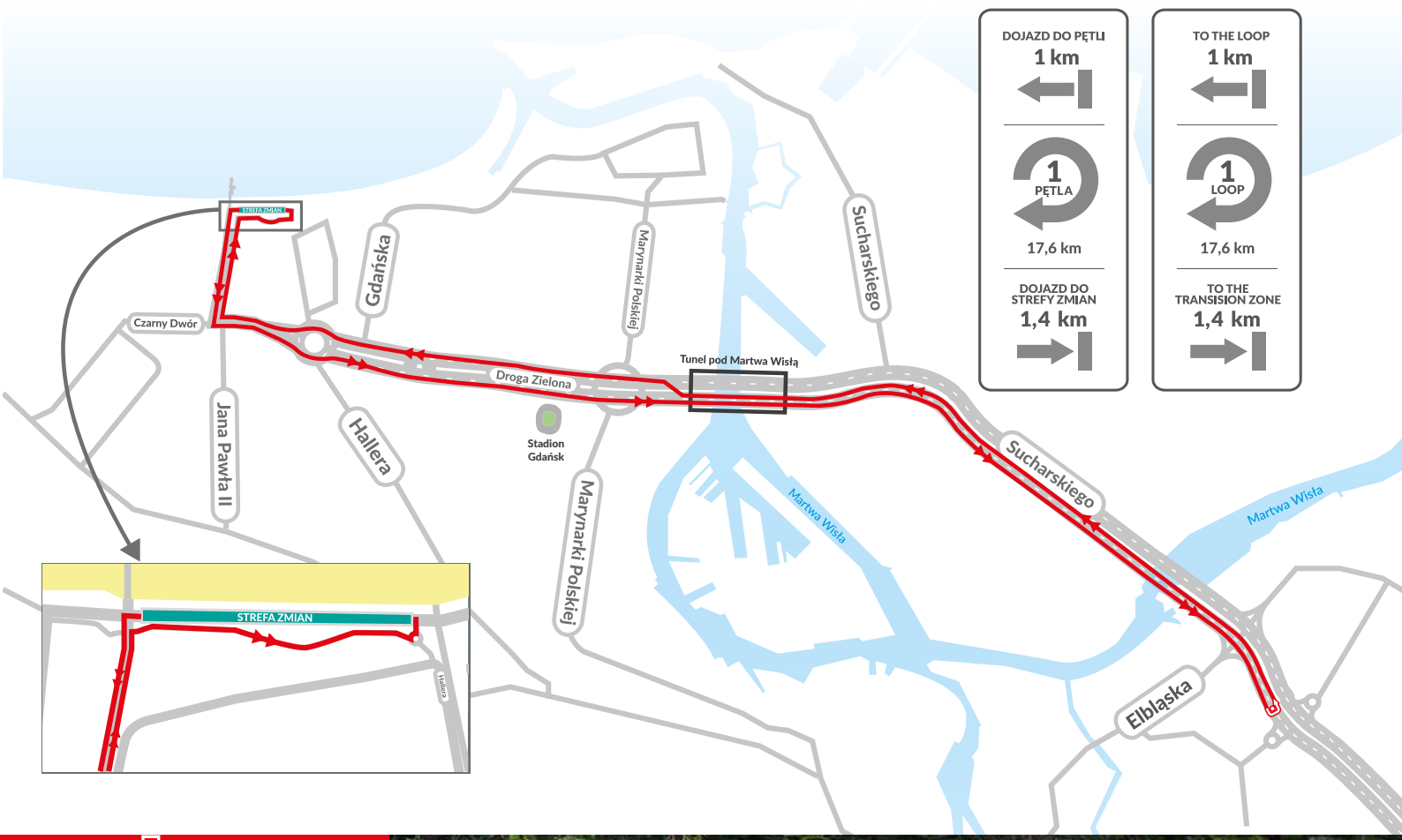
If you didn't get an email with access to your e-kit please ask our staff at the race office.

SWIM COURSE

SPRINT 750 m





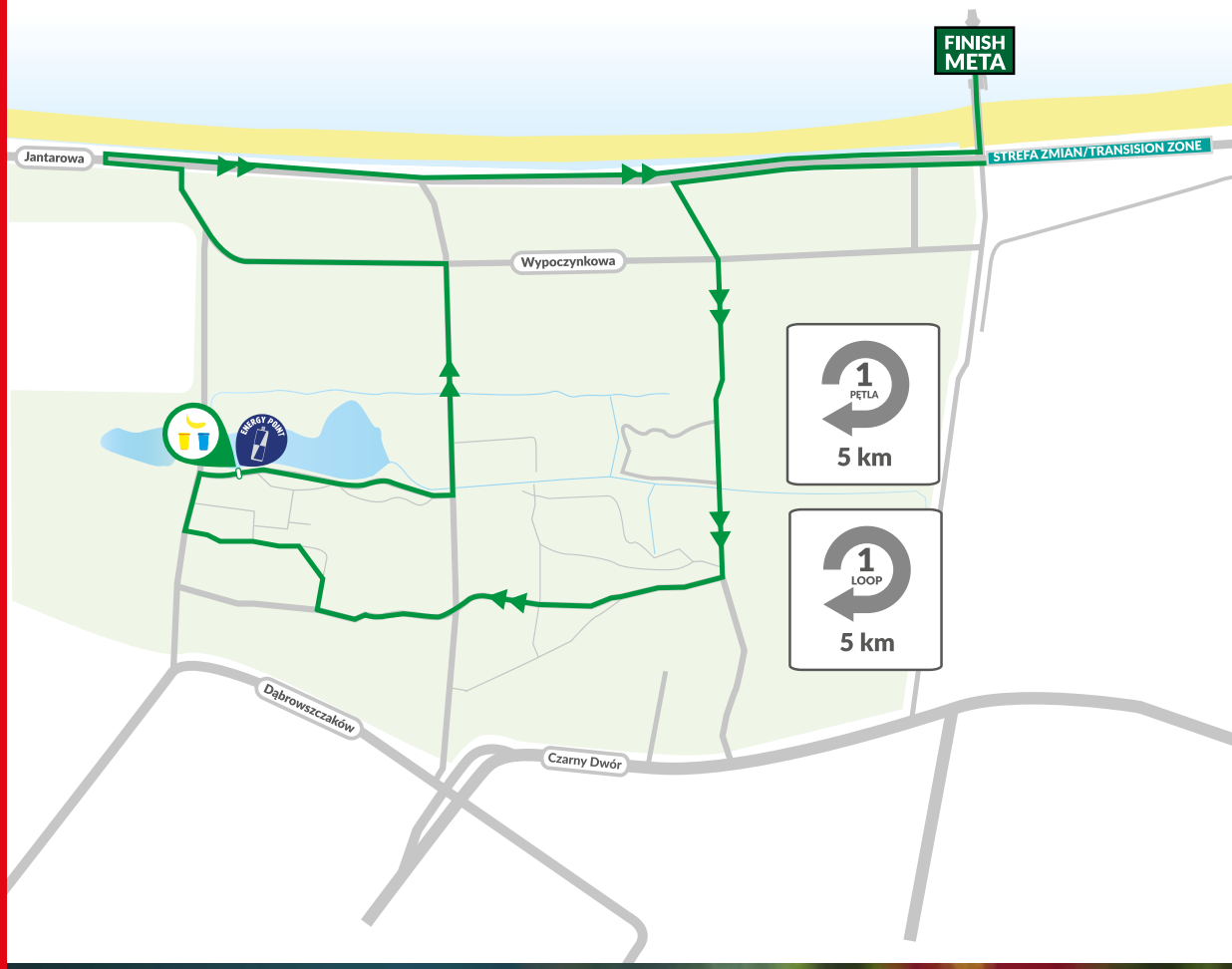


BIKE COURSE SPRINT



RUN COURSE

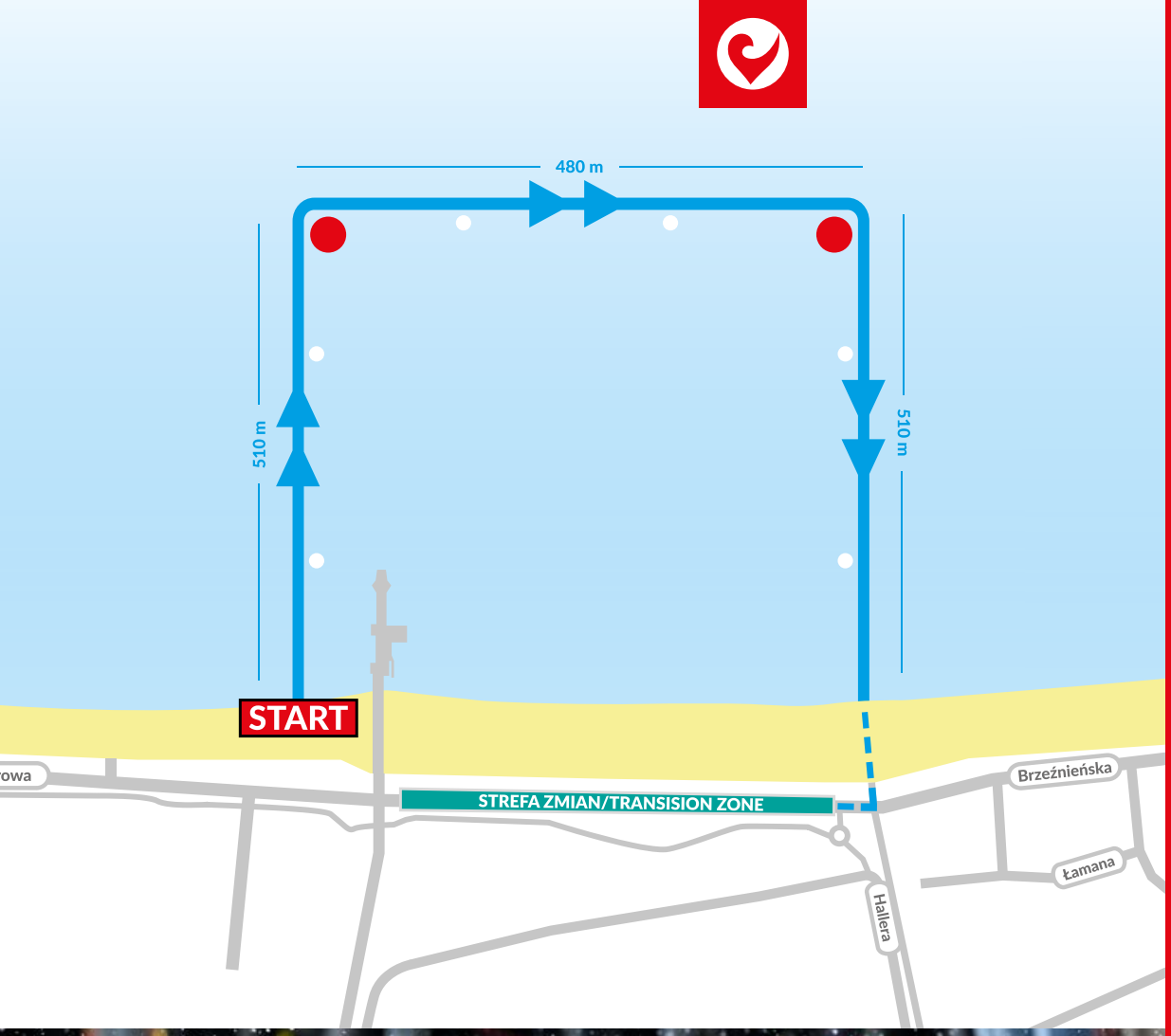
SPRINT 5 km



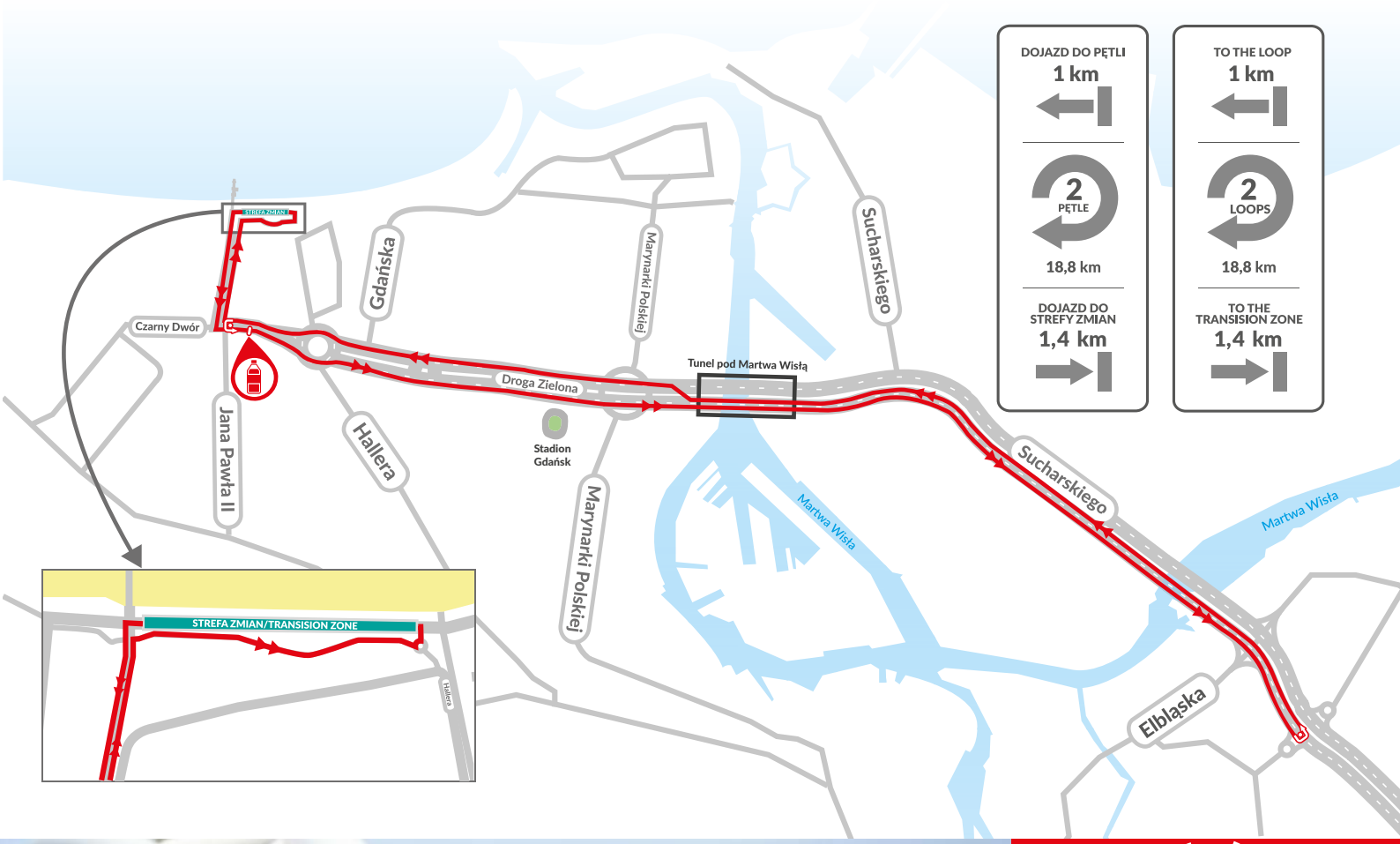


SWIM COURSE

OLYMPIC 1500 M





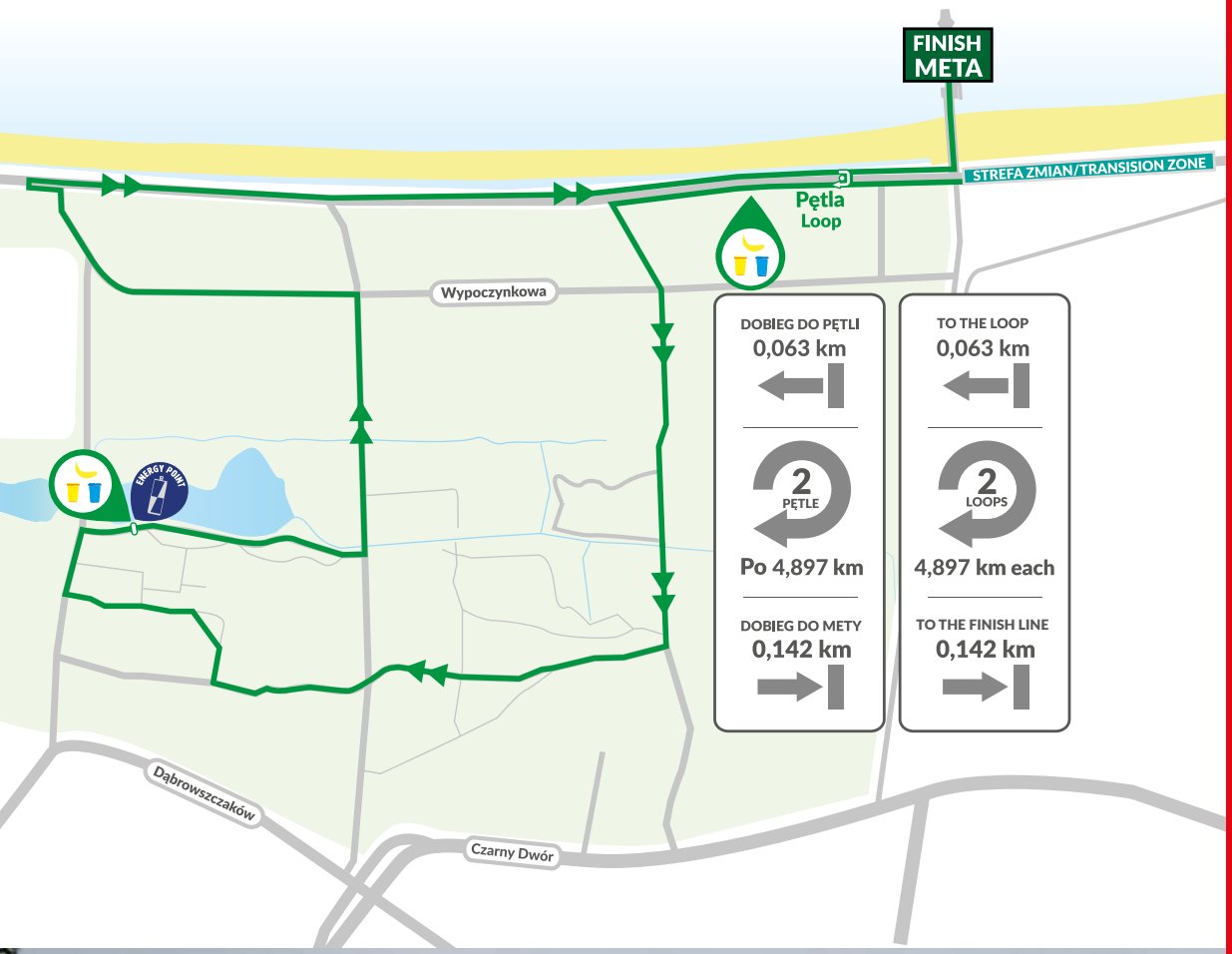




BIKE COURSE OLYMPIC 40km

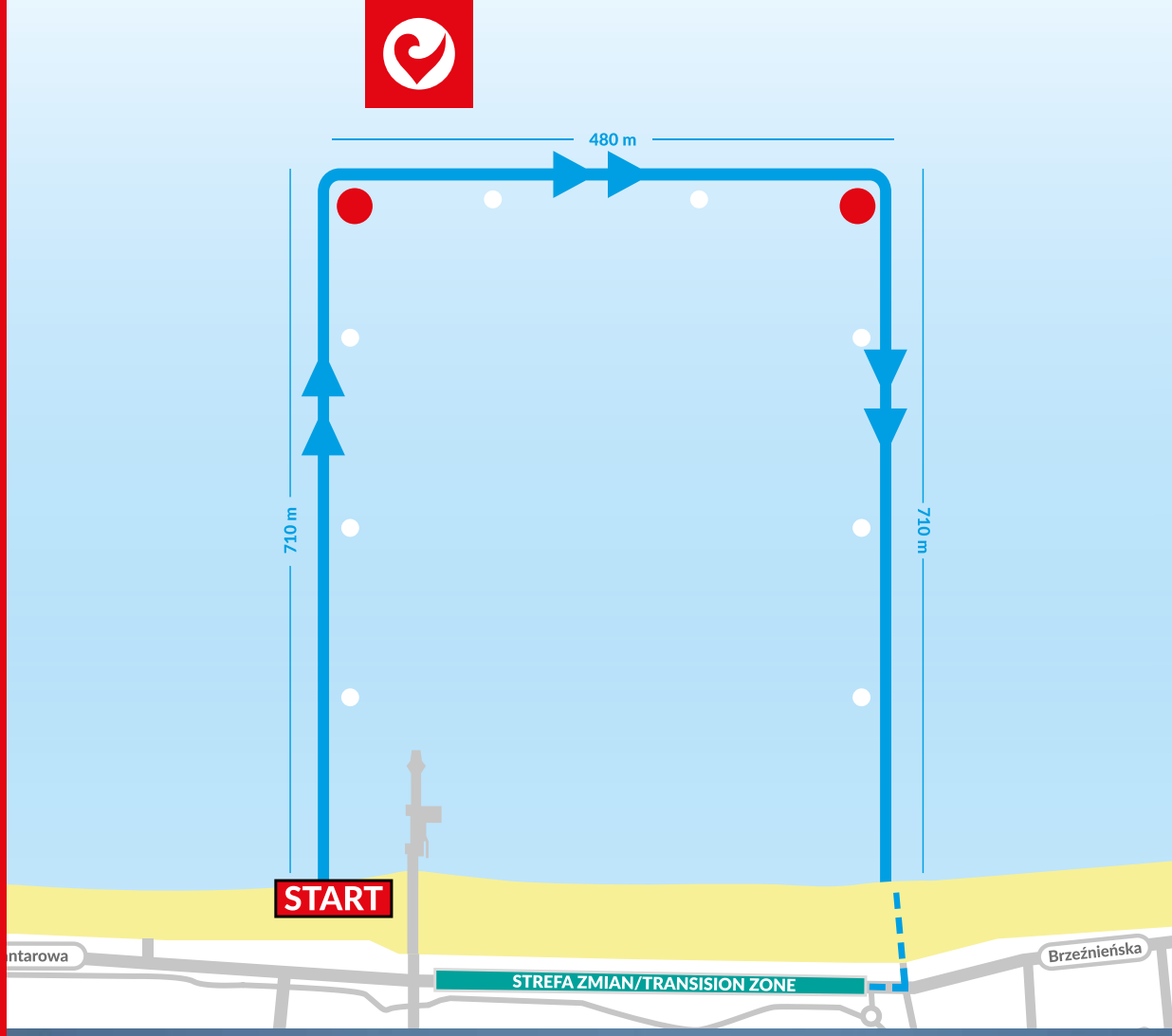
RUN COURSE

OLYMPIC 10 km

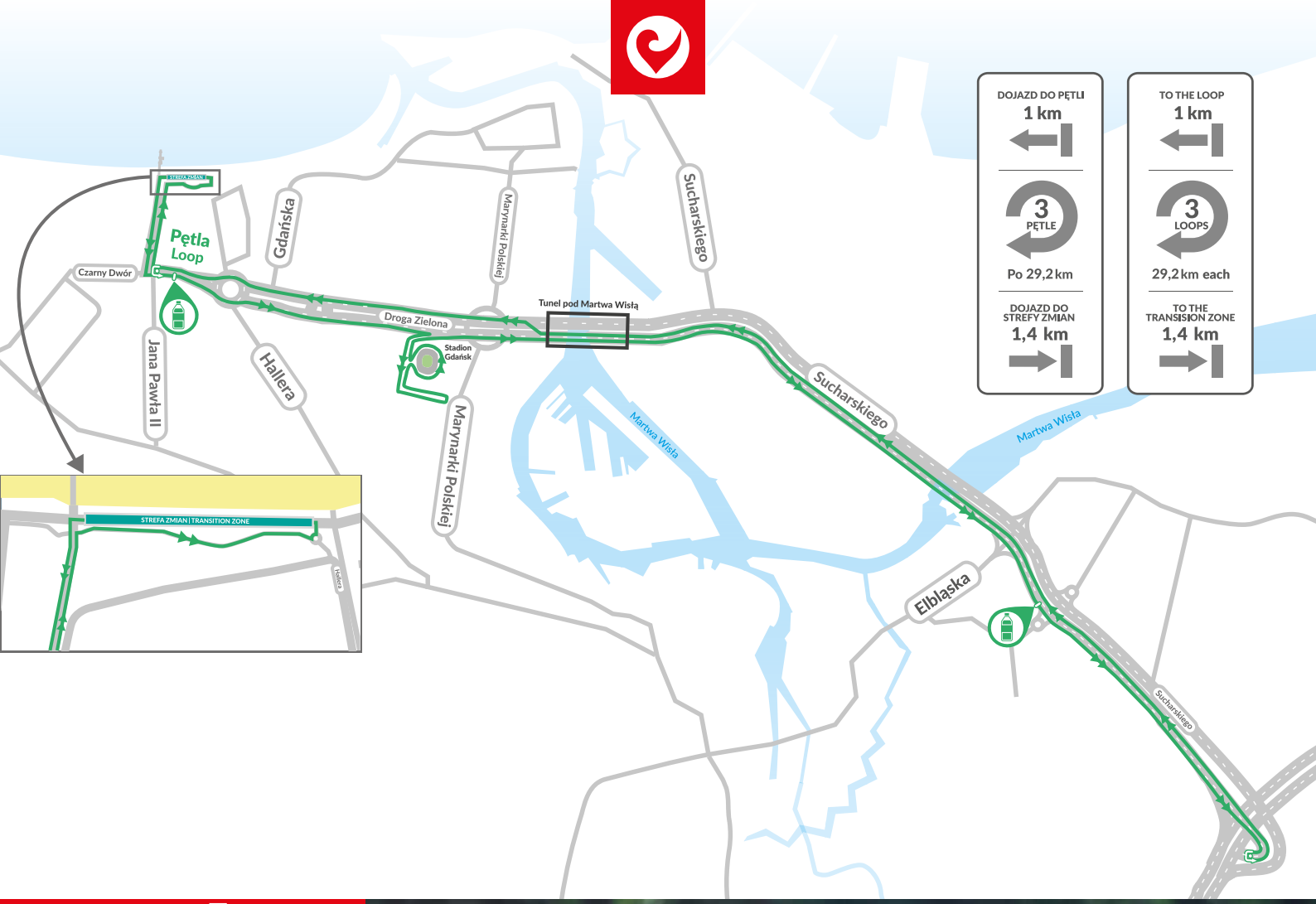




SWIM COURSE 1900 m MIDDLE





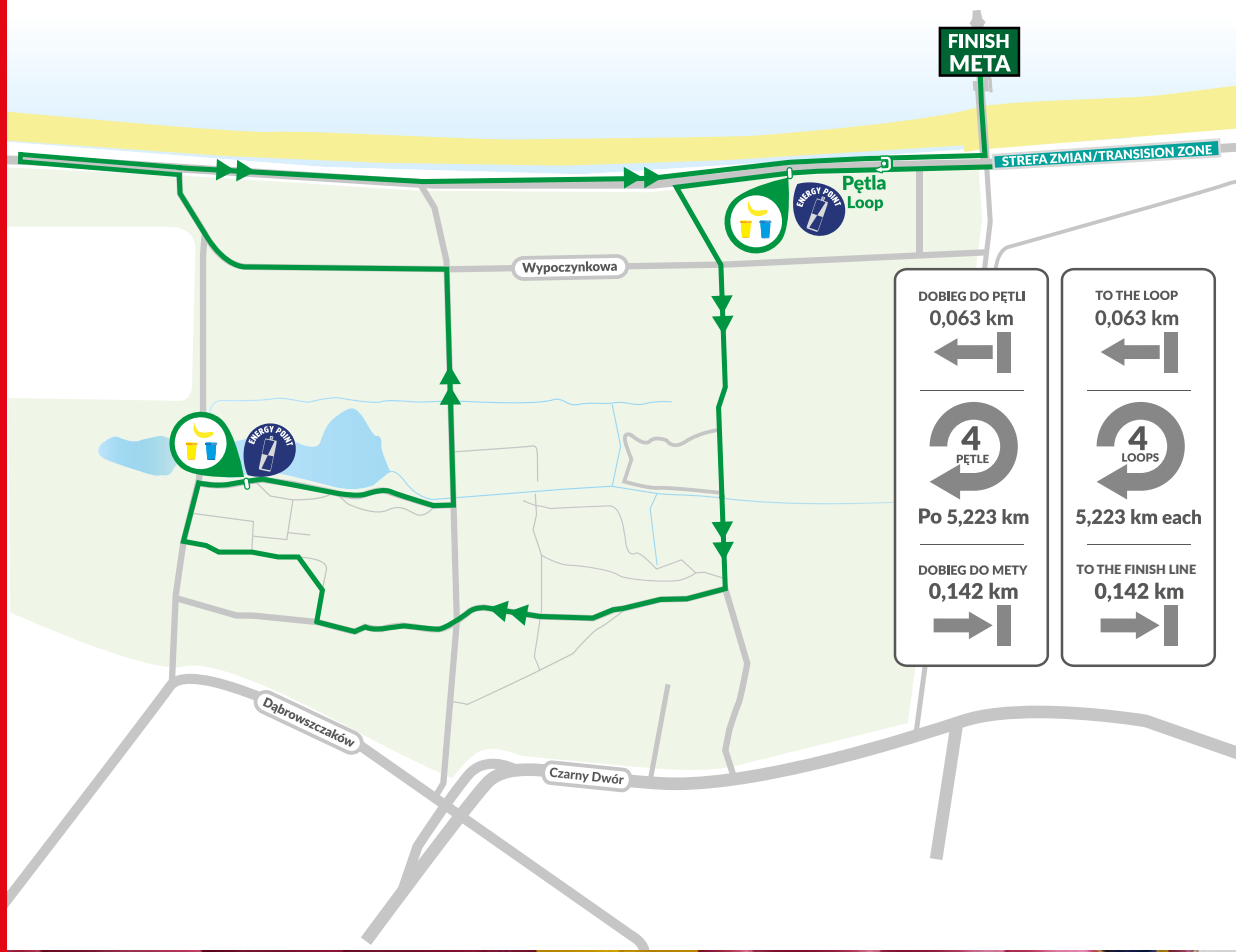


BIKE COURSE 90 KM



RUN COURSE

MIDDLE 21 km





DRIVING RULES in the TUNNEL

- Driving is bidirectional along one tunnel line (pipe). Stay in the right lane. Overtake only on the left side.
- The road in the tunnel will be divided by U-21 vertical signs. Do not enter the opposite lane otherwise you risk disqualification.
- When entering and exiting the tunnel, be ready to change from daylight to artificial lighting and vice versa. Remember! It may take a while for your eyes to adapt.
- If you are using a GPS watch, you will lose the signal when entering a tunnel. The watch will get the signal back just after you leave the tunnel . Don't focus your attention on adjusting the watch. Watch the road carefully.
- In case of the accident in the tunnel, overtaking is prohibited. Be careful, slow down and pay attention to the audio announcements made by the tunnel staff.
- Take care of your own and other participants' safety!




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Magnez pomaga w prawidłowym funkcjonowaniu mięśni (2009; 7(9):1216)
SUPLEMENT DIETY

BUFFET PLAN

SATURDAY - SPRINT / OLYMPIC DISTANCE

BIKE

(only Olympic Distance)

Water | Isotinic drink | Fruits | Toilet | Trash zone

RUN

Water | Isotinic drink | Fruits | Isotinic drink

Red Bull | water | Toilet | Trash zone



BUFFET PLAN

SUNDAY - MIDDLE DISTANCE

Sunday - Middle distance

TRANSITION ZONE T1

Water, Isotinic drink, Gels, Power bars, Red Bull, Fruits, Trash zone

BIKE

Trash zone, Water, Isotinic drink, Fruits, Power bars, Gels, Isotinic drink, Water, Toilet, Trash zone

TRANSITION ZONE T2

Water, Isotinic drink, Gels, Power bars, Red Bull, Fruits, Trash zone

BIEG / RUN

Water, Isotinic drink, Fruits, Power bars, Gels, Cookies, Isotinic drink

Cola, Red Bull, Water, Sponges and ice, Toilet, Trash zone

1/2 LITRA PIWA ZAWIERA 25 GRAMÓW CZYSTEGO ALKOHOLU ETYLOWEGO

SPRZEDAŻ ALKOHOLU OSOBOM DO LAT 18 JEST PRZESTĘPSTWEM



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POMORZA

THECHAMPIONSHIP 2024

SLOTS

CHALLENGEGDANSK is one of the 37 qualifying race for THECHAMPIONSHIP in total there are 72 qualifying slots for the 2024 edition of THECHAMPIONSHIP.

- One slot for each of the top six (6) finishers in each male and female age group at CHALLENGEFAMILY middle distance races.
- Slots will roll down in each category up to 12th place.
- Qualifiers will have four (4) weeks to confirm their spot after the qualifying race.
- Qualifiers will recieve their slot by e-mail after the race.
- Qualified competitors will receive their slot and all information by e-mail to the address provided during registration.

Challenge Family Professional Athlete Slots

- One slot for each of the top six (6) male professional finishers at all CHALLENGEFAMILY middle distance races in the qualification period (6 slots per race).
- One slot for each of the top six (6) female professional finishers at all CHALLENGEFAMILY middle distance racesin the qualification period (6 slots per race).
- Slots will not roll down.





THE CHAMPIONSHIP

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jubitom.com
jubitomluxury.com
ballwatch.pl

COMPETITION

#TriEmocjezBALL

Do not return your chip just beyond the finish line, you will do it in the finisher area on the beach. A valuable watch from the Swiss brand BALL is to be won in the competition. How can this be done?

Go to the BALL green tent, where there will be a monitor and a stand to read your chip. After reading the chip, the athletes time appears on the monitor.

Show your smile, sadness, satisfaction, endorphin outbreak or other emotions related to your result at LOTTO Challenge Gdańsk powered by PGE. Take a picture of your emotions, and then put the photo on your Instagram and Facebook profiles marked LOTTO Challenge Gdańsk powered by PGE and BALL Watch Poland, be sure to use #TriEmocjezBALL

The jury will evaluate the best photos and then Internet users will decide who will win the valuable BALL watch.



CHALLENGE GDANSK
PRO ATHLELTES START LIST

Bib	Surname	Name	Category	State
1	Kacper	Stępniak	PRO M	Poland
2	Ognjen	Stojanovic	PRO M	Serbia
3	Marcel	Bolbat	PRO M	Germany
4	Kurt	McDonald	PRO M	Australia
5	Jesper	Svensson	PRO M	Sweden
6	Finn	Große-Freese	PRO M	Germany
7	Renning	Elischer	PRO M	Germany
8	James	Scott – Farrington	PRO M	Great Britain
9	Emmanuel	Lejeune	PRO M	Belgium
11	Dehan	Louw	PRO M	Republic of South Africa
12	Bartosz	Banach	PRO M	Poland
13	Niklas	Ludwig	PRO M	Germany
14	Michael	Raelert	PRO M	Germany
15	Calvin	Dräger	PRO M	Germany
16	Tomasz	Marcinek	PRO M	Poland
17	Per	van Vlerken	PRO M	Germany
18	Tobias	Vinther	PRO M	Denmark
21	Rosie	Weston	PRO W	Great Britain
22	Julia	Skala	PRO W	Germany
23	Sarissa	De Vries	PRO W	Netherlands
24	Nicole	Valentine	PRO W	United States
25	Ewa	Komander	PRO W	Poland
26	Clarie	Hann	PRO W	Great Britain
27	Maaike	Vooren	PRO W	Netherlands

PARNTERS

Title Partner

LOTTO

Presenting Partner

PGE
Polska Grupa Energetyczna

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Strategic Partner

Pomorskie

Main Partner

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Main Partner

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kontakt@transgourmet.pl
infolinia: 0 800 467 322

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CHALLENGE
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SEE YOU
21 - 22 june
2025



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