



The Hague - Kijkduin  
**cross triathlon**

ITU World Championships 2013, July 13

**BEACH CHALLENGE**

**Athletes Guide**



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# 1 GENERAL INFORMATION

## 1.1 Introduction

The purpose of the Athletes Guide is to ensure that all athletes and Team Leaders are well informed about all procedures concerning the Kyocera 2013 Den Haag ITU Cross Triathlon World Championships.

The LOC has made every effort to ensure that the information contained in this Guide is correct and up-to-date. However, there may be last minute changes to information in this guide. These changes will be published on the event website (<http://www.beach-challenge.nl/wk/info?lang-en>) and on the notice board on the race venue.

Detailed information on the World Championships and side events of the Beach Challenge can also be found on our event website: <http://www.beach-challenge.nl>.

## 1.2 Event schedule

### Wednesday July 10

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#### **Azivo Kids Challenge**

If you bring your family, this is great fun for your kids (4-15 yrs)

#### **CUBE Beach Criterium**

Mountain bike beach race. Free entry for WC competitors (pre-registration on event website required)

### Thursday July 11

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#### **Royal Bike Tour in The Hague City Center**

A guided sightseeing tour to all the Royal spots, the Peace Palace and the historic City Center. We have a coffee stop at the famous [Lola Bikes & Coffee](#). Cost € 10 (including Coffee and cake at Lola's). We start at 09.30 in front of the NH Atlantic Hotel.

#### **Sea swim**

Recreational sea swim over 1 or 3 km. Free entry for WC competitors (pre-registration on event website required)

### Friday July 12

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#### **Bike course familiarization**

There will be a guided bike course familiarization, starting near the man tent in the beach

#### **Race pack handout**

Race packs can be collected in the main tent on the beach

#### **Photo shoot**

Photo shoot for all national teams (Elite, U23, Junior, Age groupers, Para's) at the merry-go-round on the Deltaplein

#### **Opening ceremony**

Opening ceremony on the Deltaplein

#### **Athletes briefing (Elite/U23/Junior and AG/para team leaders and coaches)**

Briefing in the NH Atlantic Hotel on the Deltaplein

### **Pasta party**

Pasta party in the main tent on the beach. Free entry for WC competitors. Extra tickets (10 euro p.p.) can be pre-ordered by email before July 8<sup>th</sup>

### **Beach Run**

Recreational Beach Run over 5 or 10km

## **Saturday July 13**

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### **Race pack handout**

Uncollected Race packs can still be collected in the main tent on the beach

### **World Championships (Paratriathlon, Junior, AG and Elite/U23)**

### **Recreational triathlon (Long, Short and Trio)**

### **Medal award ceremonies**

### **Afterparty**

## **1.3 Contact details**

Executive director	Frank Hamelink
Technical director	Martin Vermeer
ITU Technical delegate	Eugène Kraus

### **LOC Office contact details:**

Phone	+31646056071 (Eric Jansen)
E-mail	<a href="mailto:info@beach-challenge.nl">info@beach-challenge.nl</a>
Website	<a href="http://www.beach-challenge.nl">http://www.beach-challenge.nl</a>

# WINNING TECHNOLOGY

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### **NH Atlantic Den Haag**

Deltaplein 200  
2554 EJ DEN HAAG  
070 – 448 24 82  
[www.nh-hotels.com](http://www.nh-hotels.com)

## **2 VENUE**

### **2.1 Venue**

The Hague is the third largest city in the Netherlands, located on the shores of the North Sea. The beach is extremely popular for water sports and all kinds of sportive activities.

The Hague is also the political capital of the Netherlands. Most foreign embassies are located in the city and it is also known as the judicial capital of the United Nations, being the home of its primary judicial institutions, such as the International Criminal Court and the International Court of Justice.

The Hague is proud to be a sporting city with a strong focus on beach and water sports. This perfect site for the Kyocera 2013 Den Haag ITU Cross Triathlon World Championships, has in the past been used for several international sporting events, including the Swatch FIVB Beach Volleyball World Tour, the ISAF 470 World Sailing Championships, mountain bike races and since 1998 the Beach Challenge Cross Triathlon.

Beach Resort Kijkduin offers the dedicated area for the 2013 ITU World Championships Cross Triathlon. It has a fantastic beach, accompanied by a beautiful dune area. Along the beach you will find a lively boulevard offering a wide variety of excellent restaurants and beach cafés with a wonderful view of the North Sea.

Appendix 1 has a venue map which shows all the important locations for World Championships competitors.

### **2.2 Athletes lounge**

On the Deltaplein, in the finish area, there is an athletes lounge available to all athletes for recovering after the race.

### **2.3 Doping control**

Doping Control will be performed according to the ITU/WADA rules.

### **2.4 Medical services**

First aid and emergency medical services at the venue will be available to anyone requiring medical assistance during and after the races.

A first aid medical tent is located in the finish area on the Deltaplein. Teams should ensure that they have appropriate medical insurance.

In case of a serious accident requiring immediate urgent medical attention (i.e. an ambulance), use the general emergency telephone number which is 112.

### **2.5 Physiotherapy services**

For help with small injuries we have physiotherapy services available in the first aid medical tent.

## **2.6 Bike mechanic**

A bike mechanic from [Hans Struijk bicycles](#) will be present for small bike repairs and parts shop on Friday afternoon (13-20hrs) and Saturday (9-16hrs) with a stand on the Deltaplein.

## **2.7 Information centre / LOC office**

The Information Centre and LOC Offices are located in the main tent.

Opening times are Friday July 12<sup>th</sup> from 12:00 till 20:00 and Saturday July 13<sup>th</sup> from 07:30 till 19:30.

## **2.8 Security**

During the swim, security will be maintained by lifeguards on rib boats at sea, along with volunteers on canoes who escort the athletes. The cycling and running course will be looked after by traffic control guards and volunteers. The Hague police will provide help where required.

# **3 ACCOMMODATION**

### **Event Hotel**

The official event hotel is the NH Atlantic Den Haag. It is located very near the finish area of the race. The hotel is wonderfully located at the sea and surrounded by dunes. The hotel also offers various possibilities for relaxation, such as a swimming pool, sauna and a beauty centre where you can enjoy a massage. Free storage of your bike in a secured room in the hotel is included.

For participants of the Cross Triathlon the hotel offers special rates in the week before the event. Please check out the event website for more details.

### **Other places to stay**

Close to the Kijkduin Beach Resort, you will find Kijkduinpark, a bungalow park and camping site. Here you can stay in one of two types of dune villas or in a dune chalet. If you are coming with a tent or caravan, a camping pitch at campgrounds is an excellent alternative. Camping Kijkduin Park, Machiel Vrijenhoeklaan, Den Haag

In addition to these accommodations in Kijkduin, The Hague has lots of other hotels and pensions, suitable for every wish and every budget. Detailed information on hotels, youth hostels, B&B's, camping sites et cetera can be found here: <http://en.denhaag.nl/en/visitors/staying-the-night.htm>. Or you contact one of the local tourist information offices in The Hague.

# **4 TRANSPORTATION**

All athletes, team officials and supporters can book their transfers to/from the airport to The Hague/Kijkduin Race Venue, Hotel Atlantic, The Hague City Center through us. More details can be found here: <http://www.beach-challenge.nl/airport-transfers>.

Athletes who require help in arranging transportation from their hotel to the venue on race day should contact the LOC office through email: [info@beach-challenge.nl](mailto:info@beach-challenge.nl). Please mention your start time and address of your hotel.

## 5 TRAINING

### Swim course

It is allowed to swim in the sea at all times, so you can train whenever you want. Beware that there can be a strong tidal current, so swim in a group and have someone on the beach keep an eye on you if the sea is rough.

### Bike course

Due to local regulations the bike course is not fully accessible the week before the race. Also, it is not allowed to cycle on the beach (although you probably won't get into trouble if you train on the beach in the early morning or evening, when there are no sunbathers). On Friday morning there is a guided bike familiarization session. Registration is not required, but we would appreciate an email to [info@beach-challenge.nl](mailto:info@beach-challenge.nl) if you want to join, so we have an estimate of the group size.

### Run course

The run course is fully accessible the week before the race. We try to have it marked as well as we can, but be prepared and take the course map with you. There is no guided familiarization session.

## 6 COMPETITION INFORMATION

### 6.1 Competition schedule

Wednesday July 10 <sup>th</sup>	
14:30	Azivo Kids Challenge
20:00	CUBE Beach Criterium
Thursday July 11 <sup>th</sup>	
09:30	Royal bike tour
19:30	Sea swim 1km
19:45: 00	Sea swim 3km
Friday July 12 <sup>th</sup>	
10:30	WC - Guided bike course familiarization
13:00- 20:00	WC - Race pack handout
16:00	WC - Photo shoot for all national teams
17:00	WC - Opening ceremony
17:00- 20:00	WC - Pasta party
18:00	WC - Briefing (Elite/U23/Junior athletes)
19:00	WC - Briefing (AG coaches and team leaders, Paratriathlon athletes)
19:30	Beach Run 5km
19:40	Beach Run 10km
Saturday July 13 <sup>th</sup>	
07:30	WC - Check-in Paratriathlon and Junior athletes
09:00	Recreational Short cross triathlon

09:30	WC - Cross Triathlon Paratriathlon
10:00	WC - Cross Triathlon Junior men
10:10	WC - Cross Triathlon Junior women
11:00	Recreational Long and Trio cross triathlon
11:30	Medal award ceremony recreational Short triathlon
11:30	WC - Medal award ceremony Paratriathlon and Junior
12:15	WC - Cross Triathlon Age Groups (first start group, F18-F75 and M55-M75)
13:30	WC - Cross Triathlon Age Groups (second start group, M18-M50)
14:30	Medal award ceremony recreational Long triathlon
15:30	WC - Cross Triathlon Elite & U23 men
16:10	WC - Cross Triathlon Elite & U23 women
18:30	WC – Medal award ceremony Elite & U23
20:30	WC - Medal award ceremony Age Groups
20:30- 24:00	WC – Afterparty
22:30	Fireworks

## **6.2 Competition rules**

The ITU Cross Triathlon World Championships will follow the latest published Competitions Rules of the International Triathlon Union.

## **6.3 Insurance**

All athletes and team support personal must carry their own medical insurances.

## **6.4 Race pack distribution**

Athletes' race packets for all categories will be distributed in the main tent on the beach.

- Friday July 12<sup>th</sup> from 13:00 till 20:00 (all categories)
- Saturday July 13<sup>th</sup> from 07:00 till 13:30 (Age Group athletes only)

Athletes in the Elite, U23, Junior or Paratriathlon category who are unable to pick up their race packet and attend the briefing on Friday should contact the LOC office and the ITU Technical Delegate.

Athletes are required to show photo ID when collecting their race pack.

With the race pack you will receive the World Championships memento, a ticket for the pasta party on Friday and an accreditation card (Elite/U23/Junior/Para).

## **6.5 Briefings**

On Friday July 12<sup>th</sup> at 18:00 there will be a briefing in the NH Atlantic hotel for the Elite, U23 and Junior athletes and coaches. Please pick up your race pack before the briefing, since you need your accreditation card to enter.

On Friday July 12<sup>th</sup> at 19:00 there will be a briefing in the NH Atlantic hotel for Age Group team leaders and coaches and Paratriathlon athletes. Please pick up your accreditation card at the LOC office before the briefing, since you need this to enter. Countries who do not have an AG team manager can appoint one of the AG team athletes as pro forma team manager. Please inform the LOC who this will be before Friday 12<sup>th</sup>.

Age Group athletes will be briefed on Saturday July 13<sup>th</sup>, before the start.

## **6.6 Timing chips**

Athletes will receive a timing chip which must be worn around the ankle at all times during the race (swim included). Dutch athletes who have registered with a personal timing chip will not receive a chip since they can use their own.

Timing chips must be returned after finishing, you will find a container in the finish area.

Athletes in the Elite, U23, Junior and Paratriathlon category will receive their timing chip and swim cap at the pre-race check in, Age Group athletes will find their chip in the race pack.

## **6.7 Pre-race check in**

All athletes are required to attend the pre-race check in on Saturday, wearing their competition uniform. The check in is located in the main tent area on the beach, and is open 2 hours before every race. During check in there will be a uniform check and body markings will be placed.

Athletes in the Elite, U23, Junior and Paratriathlon category will receive their timing chip and swim cap at the pre-race check in, Age Group athletes will find their chip in the race pack.

Checking into the Transition Area is possible 1 hour before your race start is scheduled. If you are early, you can leave your bike with a guarded bike storage on the beach near Transition Area 1, called "Biesieklette". Here you can store your bike for a small price (1 euro).

## **6.8 Warm up**

It is possible to do a warm up lap in the sea before the start. Please do not use the course, but stay between the buoys and the beach.

## **6.9 Wheel station**

At the entrance of the 'Puinduin'-area, marked with a question mark "?" on the course maps, there will be a wheel station for your own spare wheels (no wheels will be supplied by the LOC). Athletes/coaches have to deliver their wheels at this wheel station at least 30 minutes prior to the start. The spare wheels need to be clearly tagged with country only (in case any athlete from that country is allowed to use it) or race number (for one athlete only).

The wheel station will be open and guarded between 8.30hr - 17.45 hrs, wheels left after closing time will be transported by the LOC to TA1 and stored.

## **6.10 Course information**

### **6.10.1 Start**

The start is a box start on the beach near the water line, roughly the swimming distance away from Transition area TA1. Whether the start is North or South of the Transition area will depend on the actual current and will be announced before the start in the Transition area and Main Tent area.

### **6.10.2 Swim course**

The swim course (1 lap) is marked with buoys which must be rounded on the sea side.

### **6.10.3 Transition T1**

The swim-bike transition for all categories is in Transition Area TA1. The Transition area has race numbers displayed on the bike racks.

Note: Elite/U23 athletes use a different transition area for the swim-bike and bike-run transition, respectively Transition area TA1 and Transition area TA2 on the venue map.

### **6.10.4 Bike course**

The bike course for Junior/Paratriathlon athletes consists of 2 identical laps of about 5.4km. The bike course for Elite/U23/Age Groups athletes consists of 4 identical laps of about 6km.

The course is clockwise and of medium difficulty with some challenging stairs. Since a large part of the track is sandy beach, a lot of athletes use a wide (2.3 inch) tire with little or no profile.

### **6.10.5 Transition T2**

- Elite/U23 athletes use a different transition area for the swim-bike and bike-run transition, Transition Area TA2 on the venue map is used for the bike-run transition.
- Junior/Paratriathlon and Age Group athletes use the same transition zone for the swim-bike and bike-run transition, Transition Area TA1 on the venue map.

The transition area has race numbers displayed on the bike racks.

### **6.10.6 Run course**

The run course for Junior/Paratriathlon athletes consists of 2 identical laps of about 2.1km. The run course for Elite/U23/Age Groups athletes consists of 3 identical laps of about 3.1km.

The course is counterclockwise and leads through the dunes and over the beach.

### **6.10.7 Drink station**

During the run you will pass a drink station on the Deltaplein on each lap, just after Transition Area TA2, serving water and AA-drink.

### **6.10.8 Coach zone**

Near the exit of TA1 there will be a coach zone.

## **6.11 After the race**

All athletes are requested to remove their bike and other gear from the transition area directly after the race, since space is shared with races later on the day. If not, their bike and gear might be moved by LOC personnel.

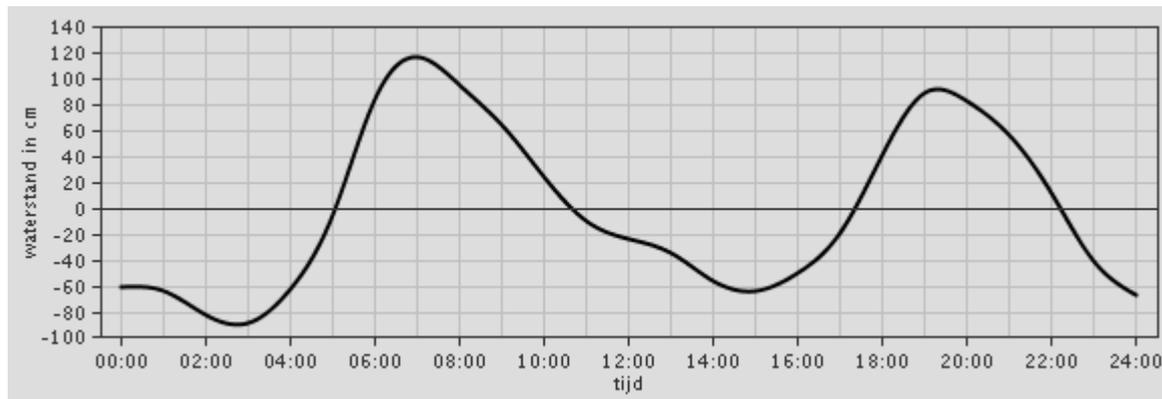
There will be guarded bike storage on the beach near Transition Area 1, called “Biesieklette”. Here you can store your bike for a small price (1 euro).

### **6.12 Weather conditions**

Weather in the Netherlands can be unpredictable even in mid summer. Average day temperature in July is about 17°, while at night it cools down to 12°. Wind direction is typically SW, less than 4 Bf. A shower of rain is not uncommon. The sea temperature is usually between 18 and 20° Celsius.

### **6.13 Tide conditions**

The North Sea tide in The Hague is significant; about 2 meters difference between high and low tide. Currents can be strong. On race day (July 13<sup>th</sup>) we expect the following tidal curve for The Hague:



The current flow is north until a few hours after high tide and south until a few hours after low tide, but this is dependant on wind conditions as well.

### **6.14 Results**

Intermediate and final results will be uploaded live at the event website [www.beach-challenge.nl](http://www.beach-challenge.nl). Results will be distributed after the race to the Team Leaders at the Information Centre.

### **6.15 Protests and appeals**

Standard procedures will be followed according to the ITU Competition Rules.

## **7 ACCREDITATION**

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are colourcoded and provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

Team leaders, coaches and Paratriathlon helpers can request an accreditation card by contacting the LOC office.

Elite/U23/Junior/paratriathlon athletes will receive an accreditation card with their race pack. To enter the briefings, please show your accreditation card.

Age group athletes do not receive an accreditation card. There is no AG athlete briefing on Friday, and on Saturday they will get access to the restricted areas with their bib number.

## **8 VISA PROCEDURE**

Please mail all the required information (Visa Support Letter Information), to Eric Jansen at [info@beach-challenge.nl](mailto:info@beach-challenge.nl), if a visa is required for your entrance in The Netherlands.

## **9 GENERAL INFORMATION**

### **Language**

Most Dutch people will speak and understand English or German.

### **Population**

The Netherlands has about 17 million inhabitants, of who 500.000 live in The Hague.

### **Currency**

The Netherlands is part of the euro zone. Major credit cards are accepted in most hotels, shops and restaurants.

### **Time**

The Hague time is (GMT +01:00).

### **Electricity**

The electric voltage is 220 volts.

### **Water**

Tap water is as clean as bottled water everywhere in The Netherlands and perfectly suitable for drinking.

### **Hospital**

The Hague has several hospitals, the closest is the Haga ziekenhuis (Leyweg 275, 2545 CH Den Haag, +31 70 210 0000).

### **Telephone connections**

The international prefix for The Netherlands is 31.

### **Local transport**

The Hague has a good public transport network, consisting of buses and trams. However, you need to purchase an OV-chipkaart to use it, which unfortunately requires some study to use. Check out <http://www.ov-chipkaart.nl/?taal=en> for more information.



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## 10 TOURIST INFORMATION

With 500.000 inhabitants The Hague is the third largest city in the Netherlands, located on the shores of the North Sea. The beaches are extremely popular for water sports and all kinds of sportive activities. The Hague is government seat of the Government and the King and Queen. The Hague is also the political capital of the Netherlands. Most foreign embassies are located in the city and it is also known as the judicial capital of the United Nations, being the home of its primary judicial institutions, such as the International Criminal Court and the International Court of Justice.

### History

The Hague originated around 1230, when [Floris IV](#), Count of Holland purchased land alongside a pond (now the [Hofvijver](#)) in order to build a hunting residence. In 1248 [William II, Count of Holland](#) and [Rex Romanorum](#), decided to extend the residence to a palace. He died in 1256 before this palace was completed, but parts of it were finished by his son [Floris V](#), of which the [Ridderzaal](#) (Knights' Hall), still extant, is the most prominent. It is still used for political events, such as the annual [speech from the throne](#) by the [monarch](#). From the 13th century on the counts of Holland used The Hague as their administrative centre and residence when in Holland.

Because of its history, the historical inner city of The Hague differs in various respects from the nearby smaller cities of [Leiden](#) and [Delft](#). It does not have a cramped inner city, bordered by canals and walls. Instead it has some small streets in the town centre that may be dated from the late [Middle Ages](#), and several spacious streets boasting large and luxurious 18th-century residences built for diplomats and affluent Dutch families. It has a large church dating from the 15th century, an impressive [City Hall](#) (built as such) from the 16th century, several large 17th-century palaces, a 17th-century [Protestant](#) church built in what was then a modern style, and many important 18th-century buildings. When the government started to play a more prominent role in Dutch society after 1850, The Hague quickly expanded. Many streets were specifically built for the large number of civil servants employed in the country's government and for the Dutchmen who were retiring from the administration and exploitation of the [Netherlands East Indies](#).

### Cityscape

City life concentrates around the [Hofvijver](#) and the [Binnenhof](#), where the Parliament is located. The city is becoming more student friendly with the introduction of a new campus in 2012 of [Leiden University](#) as well as [Leiden University College The Hague](#), which was established in 2010. The [Royal Conservatory of The Hague](#) and [The Royal Academy of Art](#) are also located there. The city has many [civil servants](#) and diplomats. In fact, the number and variety of foreign residents (especially the [expatriates](#)) makes the city quite culturally diverse, with many foreign [pubs](#), shops and cultural events.

If you want to learn more about the city's history and present look at:

[https://en.wikipedia.org/wiki/The\\_Hague](https://en.wikipedia.org/wiki/The_Hague)

If you are looking for ways to discover The City and other Tourist Information look at:

<http://www.denhaag.nl/en/residents/to/Sightseeing-in-The-Hague.htm>

# NIEUW

# VAN AA DRINK!

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[www.aa-drink.com](http://www.aa-drink.com)



## Kinderen in beweging tijdens de Azivo Kids Challenge

Azivo vindt het belangrijk dat kinderen meer bewegen. Dat is gezond, maar bovenal leuk. Daarom is Azivo sponsor van de Kids Challenge.

\ [www.azivo.nl](http://www.azivo.nl)

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## 11 Appendix 1: VENUE MAP



MAIN TENT AREA	Information centre / LOC office
	Race pack handout
	Pre-race check-in all categories (uniform check, body marking)
TRANSITION AREA 1	Dressing facilities
	All categories: swim – bike transition
	All categories except Elite/U23: bike – run transition
TRANSITION AREA 2	Elite/U23 only: bike – run transition
GOTCHA BEACH CLUB	Afterparty
FINISH AREA	VIP area
	Athletes lounge
	First aid station
	Doping control
	Toilets
NH ATLANTIC HOTEL	ITU office
	Press room
	Athlete briefings
	Press conference

## 12 Appendix 2: COURSE MAP JUNIOR/PARATRIATHLON

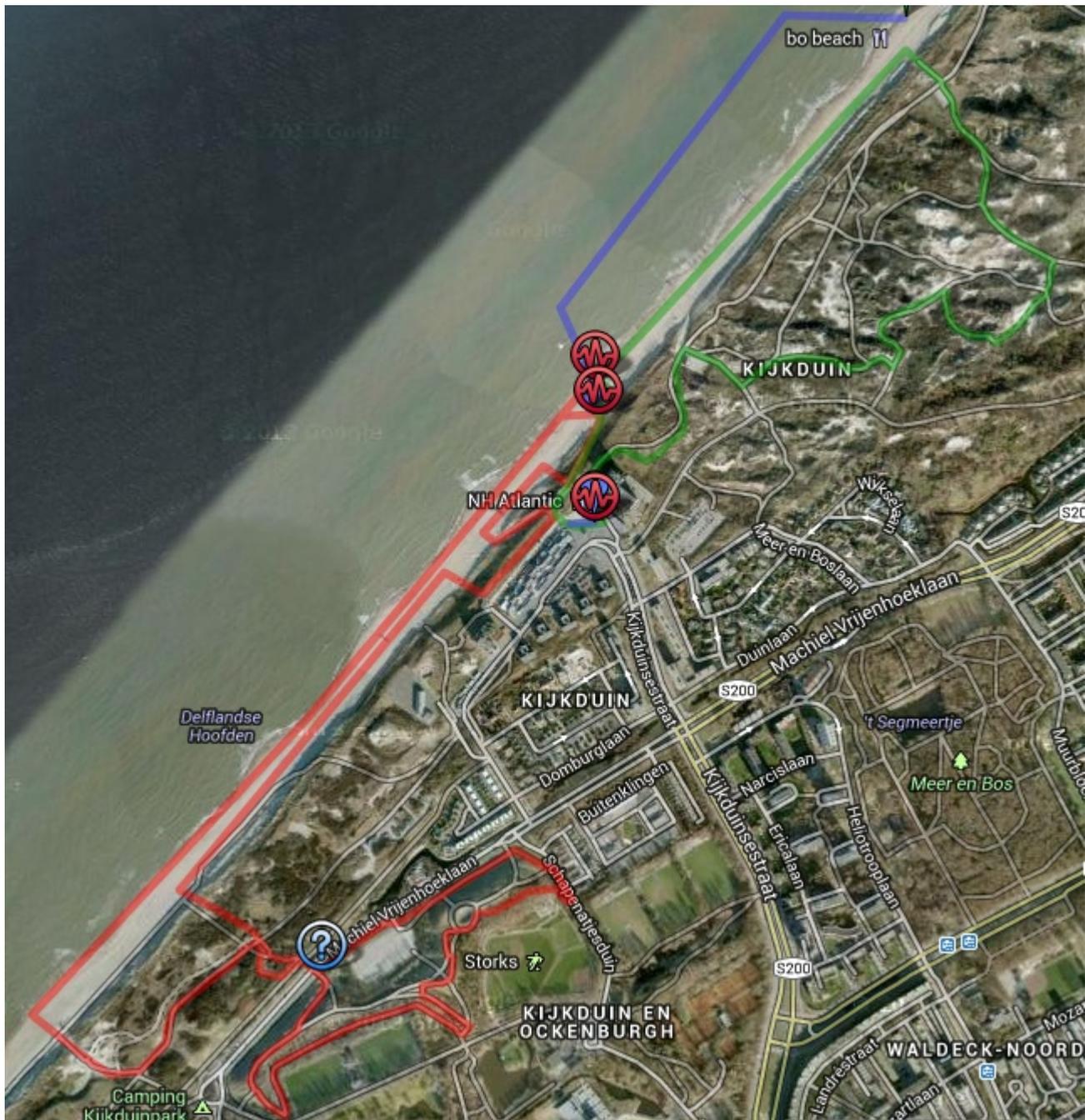


**Swim:** The start is on the beach. The swim course (1 lap) is marked with buoys which must be rounded on the sea side.

**Bike:** The bike course consists of 2 identical laps (clockwise). The purple line in the map is a shortcut for the paratriathlon.

**Run:** The run course consists of 2 identical laps (counter clockwise).

## 13 Appendix 3: COURSE MAP AGE GROUPS



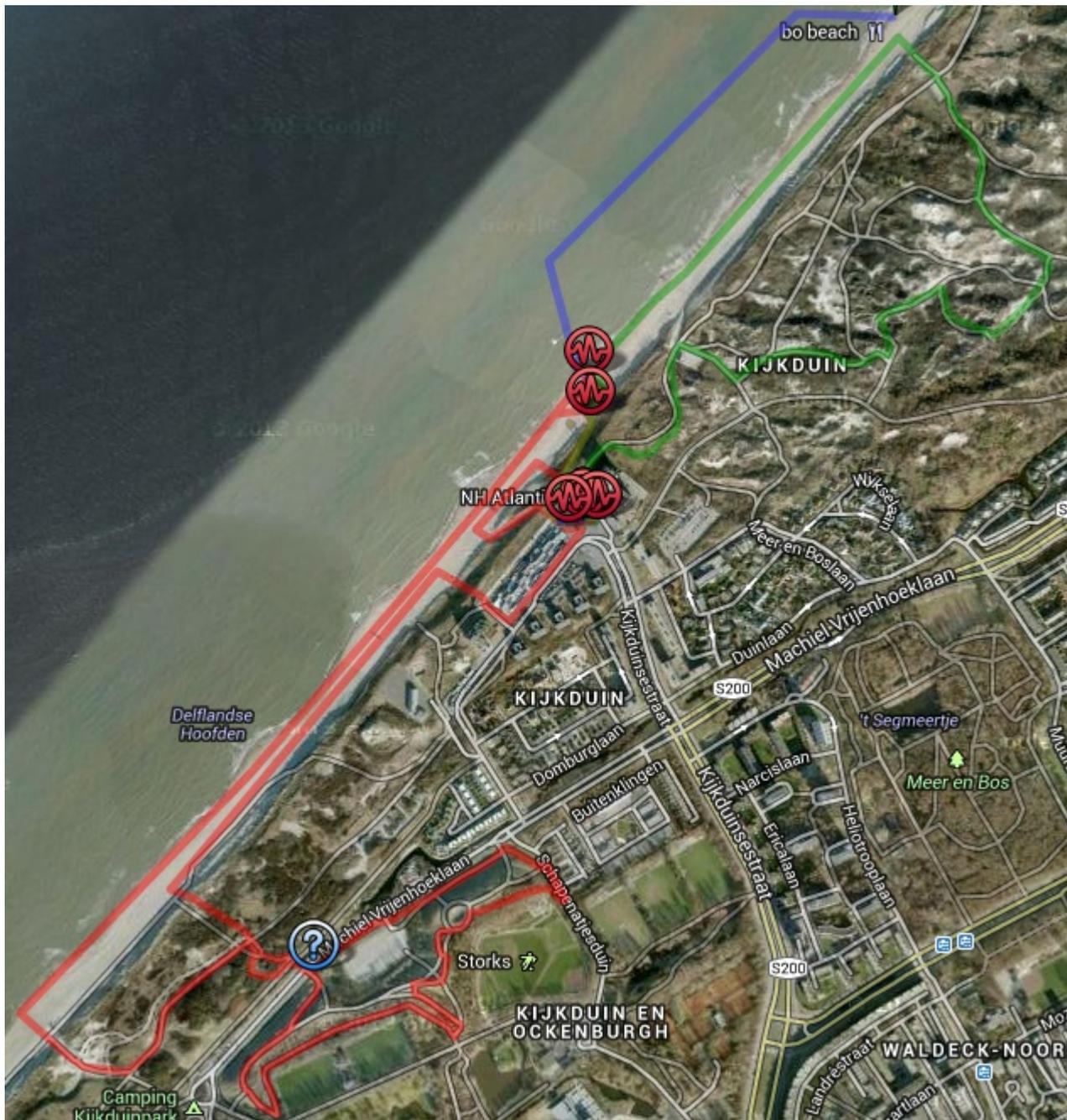
**Swim:** The start is on the beach. The swim course (1 lap) is marked with buoys which must be rounded on the sea side.

**Bike:** The bike course consists of 4 identical laps (clockwise).

For the Age group athletes the bike course starts and ends on the beach in Transition Area 1 (TA1).

**Run:** The run course consists of 3 identical laps (counter clockwise).

## 14 Appendix 4: COURSE MAP ELITE/U23

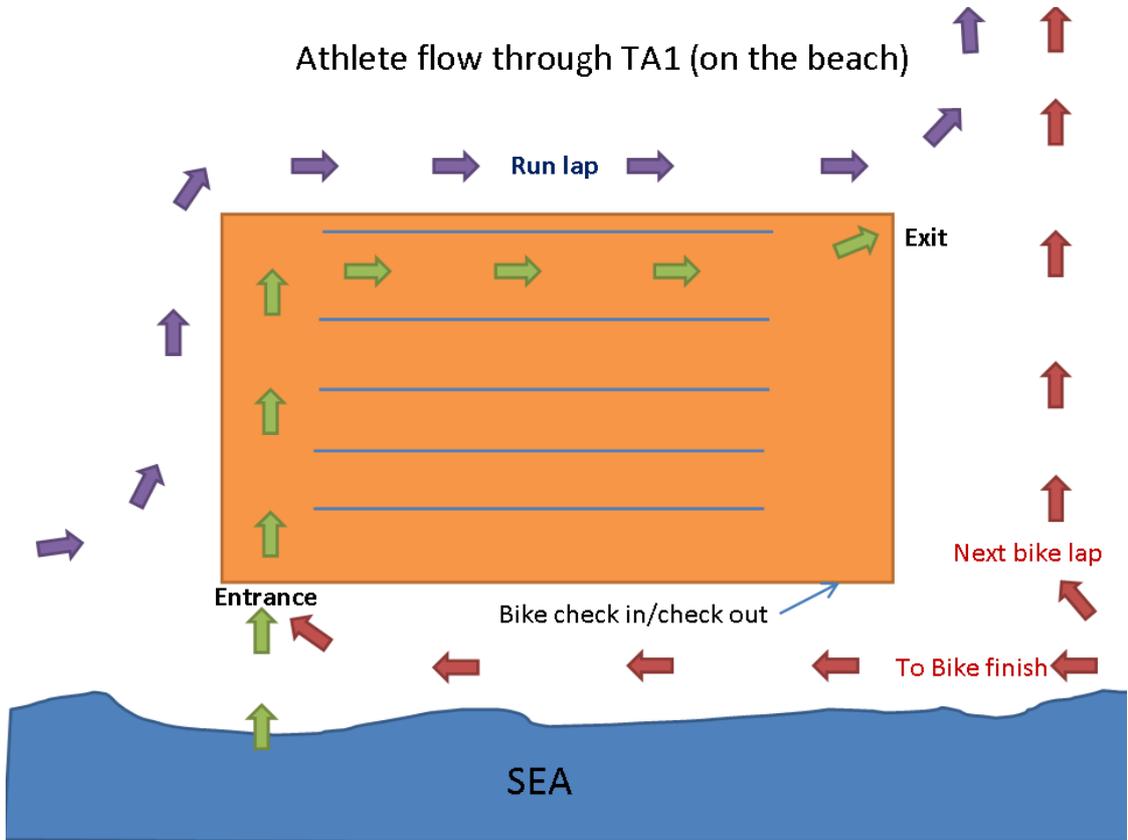


**Swim:** The start is on the beach. The swim course (1 lap) is marked with buoys which must be rounded on the sea side.

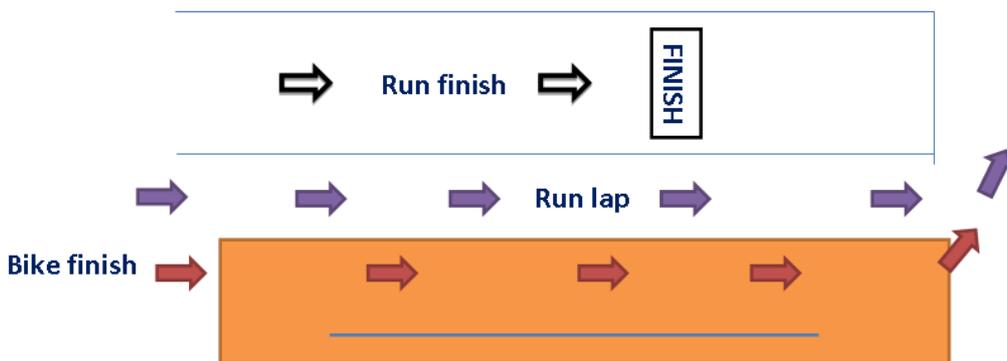
**Bike:** The bike course consists of 4 identical laps (clockwise).  
For the Elite and U23 athletes the start is in TA1, but the finish of the bike course is in Transition Area (TA2) near the finish area.

**Run:** The run course consists of 3 identical laps (counter clockwise).

# 15 Appendix 5: TRANSITION ZONE LAYOUT



Athlete flow through TA2 (Elite/U23)



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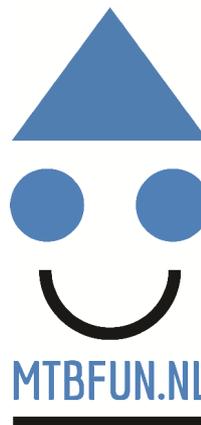
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