

# Athletes Guide



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## 1. GENERAL INFORMATION

### 1.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

### 1.2. KEY DATES

30 June 2022:

- Sign in and Registration Junior Cup
- Swim Course and Bike Course Familiarization Junior Cup
- Briefing Junior Cup and Elite available online

1 July 2022:

- Junior Cup – Race
- Sign in and registration Elite
- Swim Course and Bike Course Familiarization Elite

2 July 2022:

- Race Elite

### 1.3. KEY CONTACTS

Name and contact details of:

- Point of Contact Organization: Folkert Visser: [f.visser@triathlonholten.nl](mailto:f.visser@triathlonholten.nl)
- Race Director: Anita Brinks: [a.brinks@triathlonholten.nl](mailto:a.brinks@triathlonholten.nl)
- Technical Delegate: Peter Thygesen : [peter.thygesen.triathlon@gmail.com](mailto:peter.thygesen.triathlon@gmail.com)
- Athlete Services: Susan Boode: [athletesupport@triathlonholten.nl](mailto:athletesupport@triathlonholten.nl) /0031629239054
- Europe Triathlon Office: [etu\\_hq@etu.triathlon.org](mailto:etu_hq@etu.triathlon.org) / +32478825456.

### 1.4. CONTACT DETAILS

Stichting Triathlon Holten

Smidsbelt 6

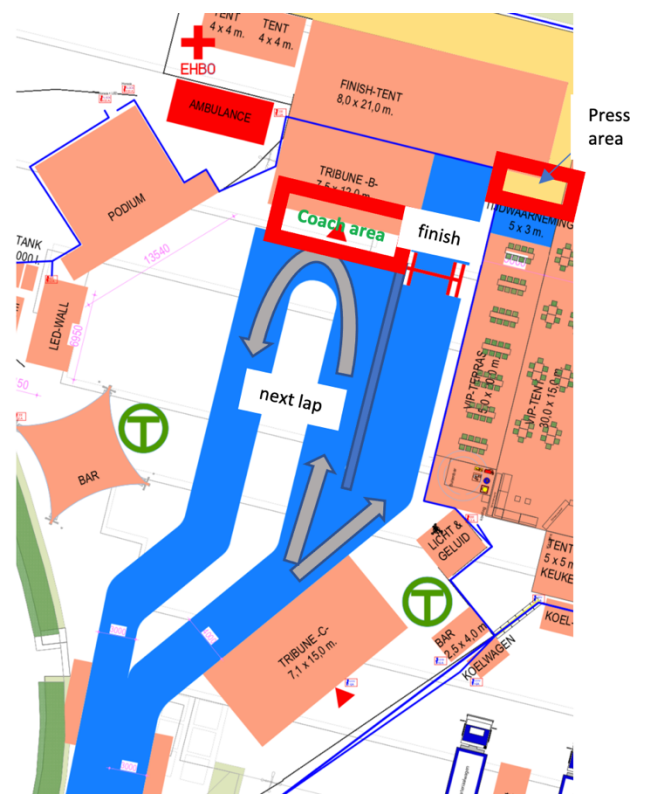
7451 BL Holten

[www.triathlonholten.nl](http://www.triathlonholten.nl) [info@triathlonholten.nl](mailto:info@triathlonholten.nl)

## 2. VENUE

### 2.1. RACE VENUE

Kalfstermansweide Holten ( Towncentre)



## 2.2 COURSE FAMILIARISATION

Location: Domelaar  
Adress: Witterietsweg/ Domelaarsweg Markelo



### Swim course open:

June 30, 19:00 – 19:45	Juniors, location Domelaar
July 01, 11:00 – 11:45	Elite, location Domelaar

This is the only option to swim at the Domelaar. At all other times it is strictly forbidden to swim in the Domelaar.

### Bike familiarisation

June 30, 19:45 – 20:45	Junior, location Domelaar (finish in town centre at T2-Industriestraat)
July 01, 12:00 – 13:15	Elite, location Domelaar (finish in town centre at T2- Industriestraat)

Bike course is available at GPX, QR code at coursemap. Bike familiarization can be done at any time.

**Run course:**

No familiarisation. The course will be available at GPX, check QR code coursemap

**2.3. ATHLETE'S LOUNGE**

Recovery area just behind the finish line with physiotherapist for massage.

The bags which you drop at TA1 will be transported to TA2.

**2.4. ATHLETES' RACE PACKAGE**

Elite Briefing:

From 30 June 12:00 online available:

<https://briefings.triathlon.org/holten-elite>

Elite sign attendance list:

01 July 10:15-10:45 at Domelaar\* ( Witterietsweg Markelo)

Elite race package pick up:

01 July 10:15 -10:45 at Domelaar\*

Junior sign attendance list:

30 June 18:00 – 18:30 at the Domelaar ( Swimcourse)

Junior Race package pick up:

30 June 18:00 – 18:30 at the Domelaar

Junior briefing:

30 June 12:00 online available:

<https://briefings.triathlon.org/holten-juniors>

**2.5. DOPING CONTROL**

Location of the doping control site. Doping tests will be conducted according to TRI/WADA rules. The athletes must carry their identification to the doping control facilities.

**2.6. SECURITY**

Company: Veneberg Security. Point of contact Triathlon Holten: Bjorn van Beek

**2.7. LOC OFFICE**

Smidsbelt 6

7451 BL Holten

e-mail: [info@triathlonholten.nl](mailto:info@triathlonholten.nl)

### 3. ACCOMMODATION

Landal Twenhaarsveld

Landuwerweg 17

7451 SP Holten

Tel. +31-(0)548 36 14 58

[twenhaarsveld@landal.nl](mailto:twenhaarsveld@landal.nl) [www.landal.nl/twenhaarsveld](http://www.landal.nl/twenhaarsveld)

Landal Twenhaarsveld has self-catered holiday homes. There is a small grocery store, snackbar and restaurant.

Other holiday homes in Holten:

[www.delindenberg.nl](http://www.delindenberg.nl)

[www.buitenplaatsholten.nl](http://www.buitenplaatsholten.nl)

or check local tourism sites:

[www.beleefrijssenholtten.nl](http://www.beleefrijssenholtten.nl) [www.vindhetholten.nl](http://www.vindhetholten.nl)

Hotels, bed and breakfast:

Hotel and bed and breakfast bookings in and nearby Holten can be done at regular bookingsites like

[www.trivago.nl](http://www.trivago.nl) [www.booking.com](http://www.booking.com) or [www.bedandbreakfast.nl](http://www.bedandbreakfast.nl)

### 4. TRANSFER AND TRANSPORT

TRAIN: Transfer from Schiphol airport to Holten by train: [www.ns.nl](http://www.ns.nl), one way is EUR 22,60. Please notice: The first train leaves Holten on Sunday at 8:09 and arrives at Schiphol airport 9:53. If you are on an early flight you'd be advised to leave for Schiphol airport Saturday evening.

TRANSFER TO ACCOMMODATION: From Holten trainstation to your accommodation in Holten the organisation provides a transfer free of charge. Please send your travel details to

[athletesupport@triathlonholten.nl](mailto:athletesupport@triathlonholten.nl) or fill in the inquiry on

[https://www.triathlon.org/events/event/2022\\_europe\\_triathlon\\_cup\\_holten](https://www.triathlon.org/events/event/2022_europe_triathlon_cup_holten) (Local Info)

TOURING CAR: Book a touring car bus or shuttleservice large groups: [www.tcr.nl](http://www.tcr.nl)

Point of contact: Jan van Pijkeren. Phone: +31 572 35 35 35

LOCAL CAR RENTAL: [www.123busjehuren.nl](http://www.123busjehuren.nl)

### 5. ATHELETE'S SERVICES

#### 5.1. TRAINING FACILITIES



SWIM

Zwembad Twenhaarsveld

Landuwerweg 21

7461 SP Holten

<https://mijn.sportinrijssen-holten.nl/> Tel. +31 (0)548 – 36 16 55

Opening hours: 7h – 20h



BIKE

Holten is very suited for cycling. Only on the highway cycling is prohibited.



RUN

“De Sallandse Heuvelrug” is a forest for off-road running.

## 5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Village on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area. Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Emergency Phone: 112

Phone General Practice Centre Holten: +31548 363553

Closest hospital:

Deventer Hospital,  
Nico Bolkesteinlaan 75,  
7416 SE Deventer

## 5.3. BIKE MECHANICAL SERVICE

Bike Service Holten

Dorpsstraat 64

7451 BS Holten

0548-361323

Bloemendal Bike Totaal Holten

Smidsbelt 9

7451 BL Holten

Tel. +31 (0)548 – 657347

## 5.4. SHOPS

Grocery in Town Centre:

ALBERT HEIJN( Dorpsstraat 17) , COOP ( Dorpsstraat 20) and ALDI ( Zwartepad 14)

Opening hours: mo – sat 8:00 - 20:00

## 6. COMPETITION SCHEDULE

### 6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
30-06	12:00		Athlete's briefing Online	<a href="https://briefings.triathlon.org/holten-elite">https://briefings.triathlon.org/holten-elite</a>
01-07	10:15	10:45	Athlete Registration	Domelaar
02-07	10:40	11:00	TA2 Check in	Industriestraat Holten
02-07	11:20	12:00	Athlete Lounge/ TA1 check in	Domelaar
02-07	12:30	12:50	Swim warm-up	Domelaar
02-07	12:50	12:55	Calling area	Domelaar
	13:00		Start Race	Domelaar
02-07	14:15	14:30	Award Ceremony	Finish Area Kalfstermansweide
02-07	14:20	14:45	Check out TA2	Industriestraat

### 6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
30-06	12:00		Athlete's briefing Online	<a href="https://briefings.triathlon.org/holten-elite">https://briefings.triathlon.org/holten-elite</a>
01-07	10:15	10:45	Athlete Registration	Domelaar
02-07	10:00	10:20	TA2 Check in	Industriestraat Holten
02-07	10:40	11:20	Athlete Lounge/ TA1 check in	Domelaar
02-07	11:30	11:50	Swim warm-up	Domelaar
02-07	11:50		Calling area	Domelaar
02-07	12:00		Race Start	Domelaar
02-07	13:15	13:30	Award Ceremony	Finish Area Kalfstermansweide
02-07	13:15	13:40	Checkout TA2	Industriestraat

### 6.3 JUNIORS WOMEN

DAY	START	END	ACTIVITY	LOCATION
30-06	12:00		Athlete's briefing Online	<a href="https://briefings.triathlon.org/holten-juniors">https://briefings.triathlon.org/holten-juniors</a>
30-06	18:00	18:30	Athlete Registration	Domelaar
01-07	18:10	18:30	TA2 Check in	Industriestraat
01-07	18:50	19:30	Athlete Lounge/ TA1 check in	Domelaar
01-07	19:45	20:05	Swim warm-up	Domelaar
01-07	20:05		Calling Area	Domelaar
01-07	20:15		Race Start	Domelaar
01-07	21:40	21:50	Award Ceremony	Finish Area Kalfstermansweide



01-07	21:30	21:55	Checkout TA2	Industriestraat
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#### 6.4 JUNIORS MEN

DAY	START	END	ACTIVITY	LOCATION
30-06	12:00		Athlete's briefing Online	<a href="https://briefings.triathlon.org/holten-juniors">https://briefings.triathlon.org/holten-juniors</a>
30-06	18:00	18:30	Athlete Registration	Domelaar ( Witterietsweg, Markelo)
01-07	17:30	17:50	TA2 Check in	Industriestraat
01-07	18:10	18:50	Athlete Lounge/ TA1 check in	Domelaar
01-07	19:00	19:20	Swim warm-up	Domelaar
01-07	19:20		Calling Area	Domelaar
01-07	19:30		Race Start	Domelaar
01-07	21:30	21:40	Award Ceremony	Finish Area Kalfstermansweide
01-07	21:05	21:30	Checkout TA2	Industriestraat

#### 6.5. COMPETITION RULES

The event follows the latest published Competitions Rules of World Triathlon (TRI).

#### 6.6. ATHLETE'S BRIEFING

The Athletes briefing will be (pre)recorded and available online one day before the race:

<https://briefings.triathlon.org/holten-elite>

<https://briefings.triathlon.org/holten-juniors>

#### 6.7. TIMING CHIPS

Timing chip will be given on race-day at TA2 together with your swim-cap. Decals, helm-numbers and other items will be handed out on 30 June after registration. Timing chip to be worn on the athletes left ankle.

#### 6.8. RESULTS

Results will be uploaded live at the World Triathlon official website [www.triathlon.org](http://www.triathlon.org).

#### 6.9. PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules

### 7. ACCREDITATION

The LOC will provide all the Organising Committee Members, TRI Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Info on when and where the accreditations will be distributed

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition..

All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

## 8. OTHER USEFUL INFORMATION

### 8.1. PAYMENT

The payment of the registration fee of EUR 85 for elite and EUR 65 for juniors preferable can to be done in advance. Please send an email with the amount, name of the federation and the athletes names to: [penningmeester@triathlonholten.nl](mailto:penningmeester@triathlonholten.nl).

The fee can be booked to Triathlon Holten: Account number NL60RABO 0328 5659 11 (BIC: RABONL2U) to the attention of Stichting Triathlon Holten.

Alternative payment of the fee can be made in cash during registration.

## 9. COURSE MAPS

### SWIM START



#### SWIM COURSE

Pontoon start

The Head Referee, with assistance from Technical Officials, who are assigned to the start, will start each race.

Number of laps: 1

Average water temperature: 19 °C; current water temperature is reported [here \(in Dutch\)](#).

An overview of the swim course and TA1 can be found in [this video](#).



### TRANSITION 1

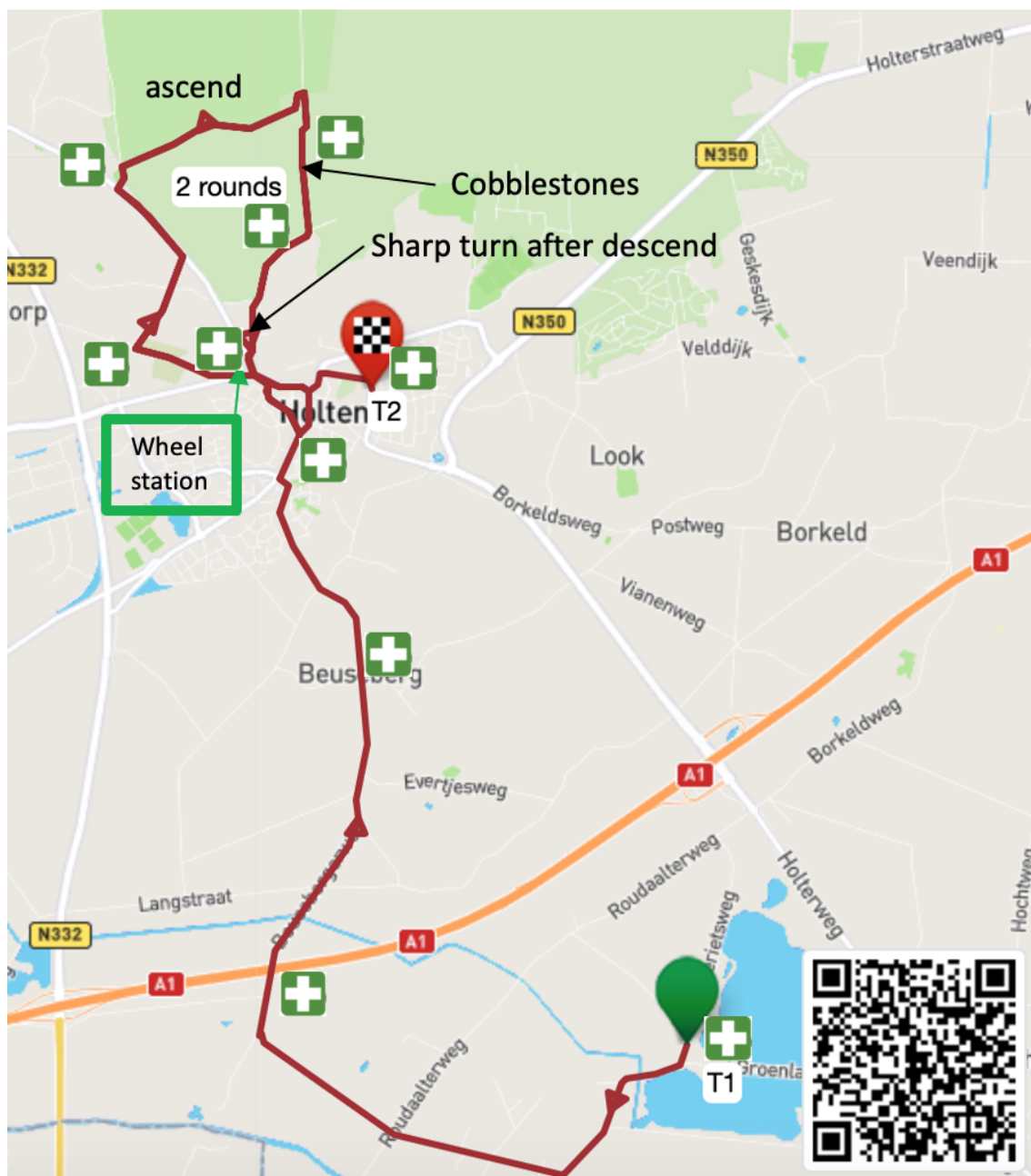
A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or

numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line. The bags which you drop at TA1 will be transported to TA2.

## BIKE COURSE

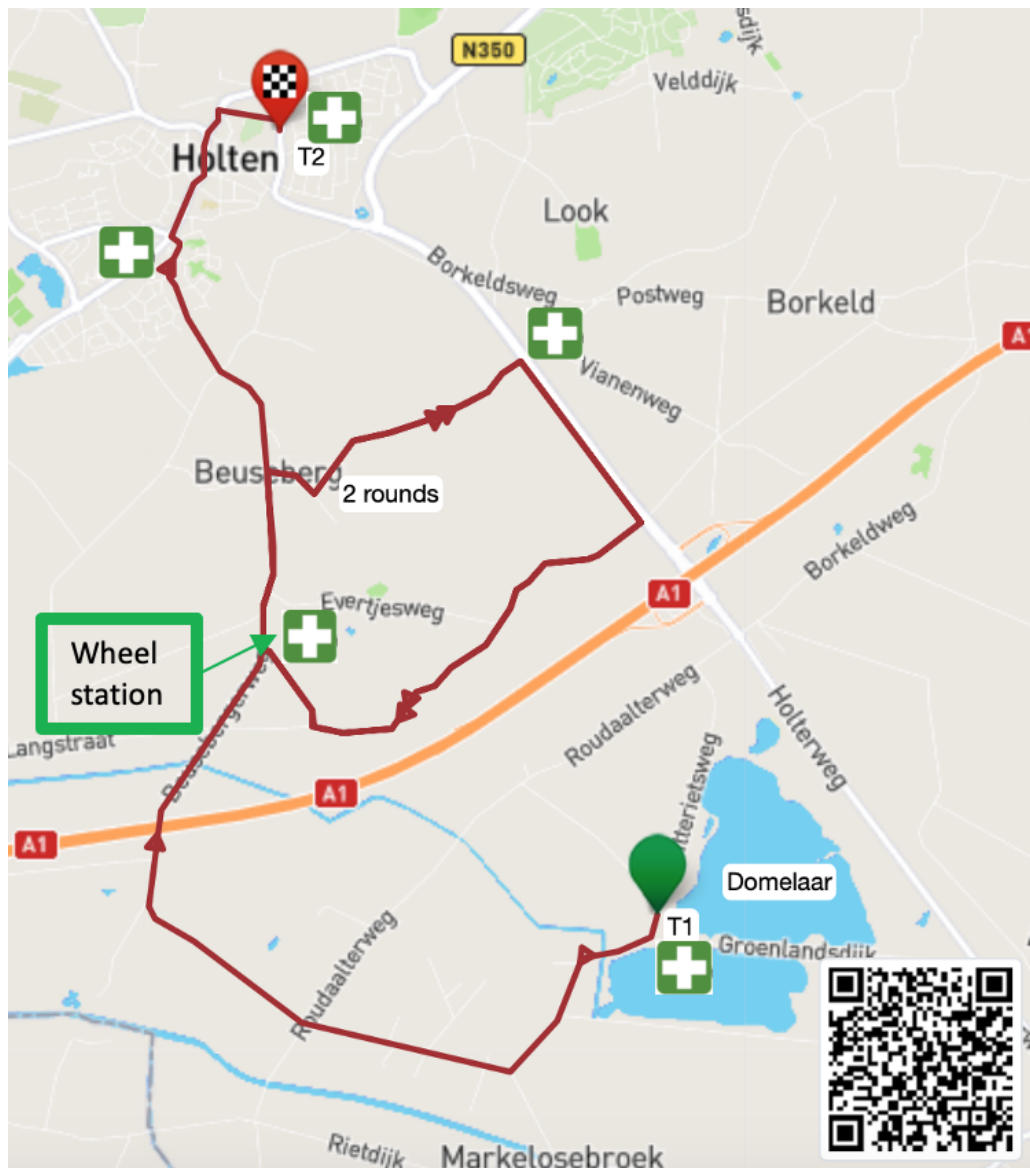
**Bike Course Elite:** <https://www.routefabriek.nl/routekaart/12434/6117/1>

Number of laps: 2



**Bike Course Juniors:** <https://www.routeabriek.nl/routekaart/12432/5418/1>

Flat, number of laps: 2



#### TRANSITION 2

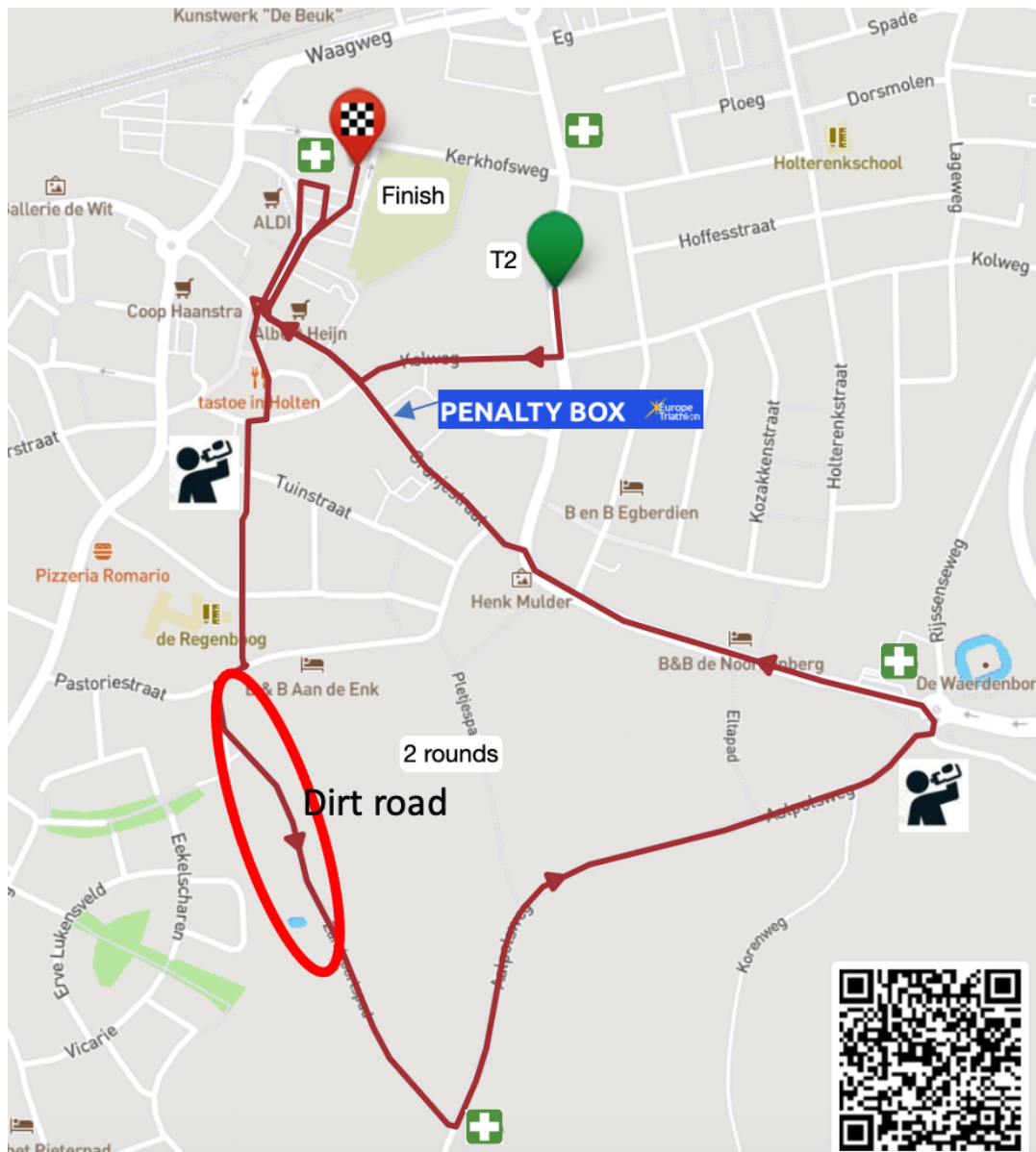
Location: Industriestraat Holten.

The transition zone is positioned on the street with serial zones for males and females.

Running shoes may be placed beside the rack or in the bin.

## RUN COURSE

Map Run course: <https://www.routefabriek.nl/routekaart/12433/768/1>



### 10. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

At the moment there are no specific Covid measurements. Please check the most up to date information here: [www.rivm.nl](http://www.rivm.nl).

Triathlon Holten Covid-19 concept paper can be found at the website of World Triathlon or [Triathlon Holten](http://TriathlonHolten.nl).

COVID Pre-event questionnaire can be found at the website of World Triathlon or [Triathlon Holten](http://TriathlonHolten.nl). The pre-event questionnaire (also available at registration) will be mandatory and needed at registration.

We are looking forward to see you in Holten.

Good Luck !

