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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
- Race Director: Anita Brinks: a.brinks@triathlonholten.nl
- Technical Delegate: Peter Thygesen: peter.thygesen.triathlon@gmail.com
- Athlete Services: Susan Boode: athletesupport@triathlonholten.nl /0031629239054
- Europe Triathlon Office: etu_hq@etu.triathlon.org, /+32478825456.

1.4. CONTACT DETAILS
Stichting Triathlon Holten
Smidsbelt 6
7451 BL Holten
www.triathlonholten.nl info@triathlonholten.nl

2. VENUE

2.1. RACE VENUE
Kalfstermansweide Holten (Towncentre)
2.2 COURSE FAMILIARISATION

Location: Domelaar
Address: 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

<table>
<thead>
<tr>
<th>Elite Briefing:</th>
<th>From 30 June 12:00 online available:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elite sign attendance list:</td>
<td>01 July 10:15-10:45 at Domelaar* (Witterietsweg Markelo)</td>
</tr>
<tr>
<td>Elite race package pick up:</td>
<td>01 July 10:15-10:45 at Domelaar*</td>
</tr>
</tbody>
</table>

<p>| 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 |</p>
<table>
<thead>
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</table>

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
3. ACCOMMODATION

Landal Twenhaarsveld
Landuwerweg 17
7451 SP Holten
Tel. +31-(0)548 36 14 58
twenhaarsveld@landal.nl 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
www.buitenplaatsholten.nl
or check local tourism sites:
www.beleefrijssenholten.nl www.vindhetinholten.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 www.booking.com or www.bedandbreakfast.nl

4. TRANSFER AND TRANSPORT

TRAIN: Transfer from Schiphol airport to Holten by train: 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 or fill in the inquiry on 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
Point of contact: Jan van Pijkeren. Phone: +31 572 35 35 35

LOCAL CAR RENTAL: www.123busjehuren.nl

5. ATHELETE’S SERVICES

5.1. TRAINING FACILITIES

SWIM
Zwembad Twenhaarsveld
Landuwerweg 21
7461 SP Holten
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

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

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<td>Race Start</td>
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6.3 JUNIORS WOMEN

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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.

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. 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 Elite: [https://www.routefabriek.nl/routekaart/12434/6117/1](https://www.routefabriek.nl/routekaart/12434/6117/1)

Number of laps: 2
**Bike Course Juniors:** [https://www.routefabriek.nl/routekaart/12432/5418/1](https://www.routefabriek.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.
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.
Triathlon Holten Covid-19 concept paper can be found at the website of World Triathlon or Triathlon Holten.
COVID Pre-event questionnaire can be found at at the website of World Triathlon or Triathlon Holten. 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!