



Athletes Guide

June 29 – July 1, 2023



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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

29 June 2023:

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

30 July 2023:

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

1 July 2022:

- Elite Premium Cup - Race

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@triatlon.dk
- 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

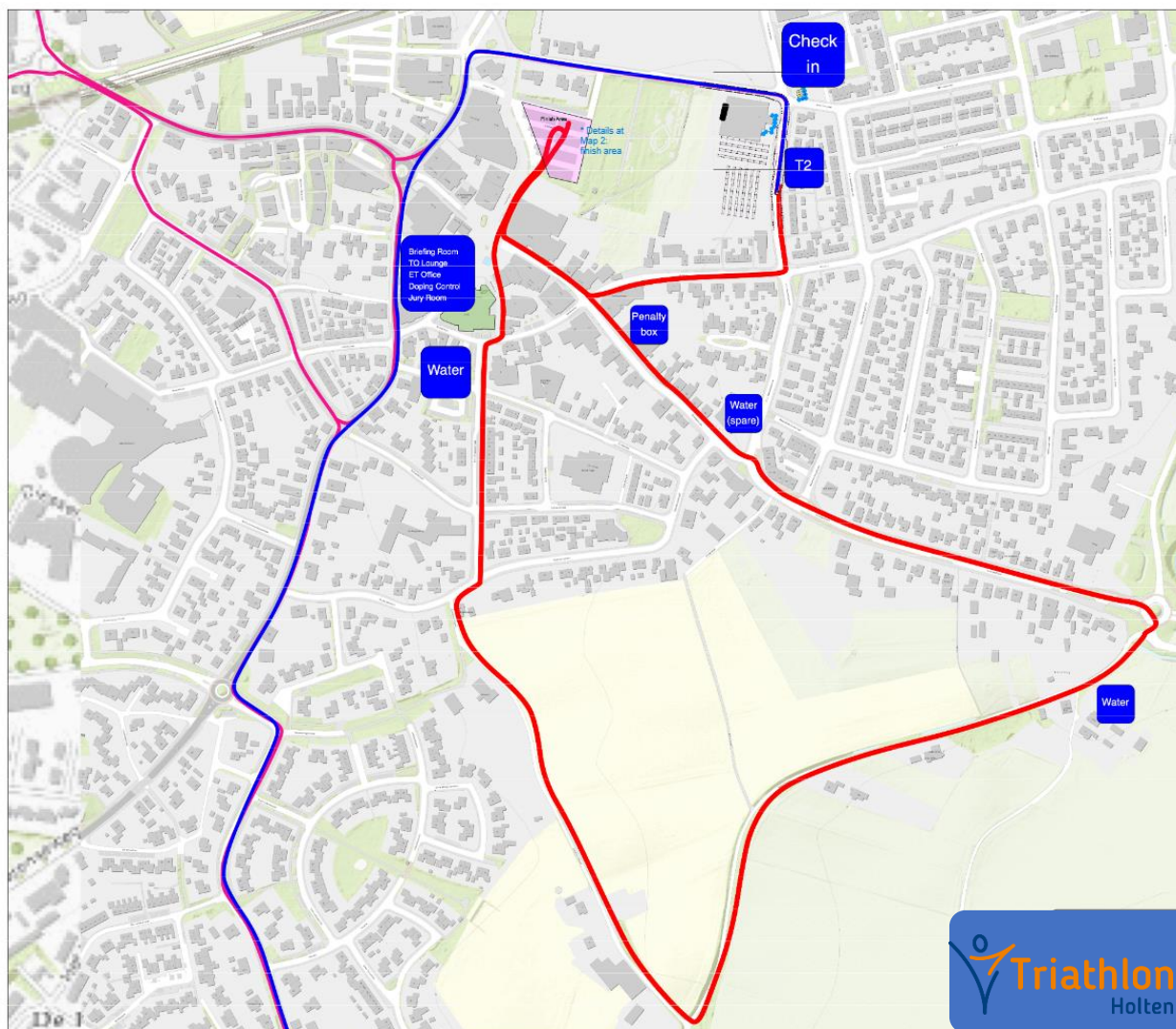
7451 BL Holten

www.triathlonholten.nl info@triathlonholten.nl

2. VENUE

2.1. RACE VENUE

MAP 1



Location: Domelaar
Adress: Witterietsweg/ Domelaarsweg Markelo

June 29, 19:00 – 19:45 Juniors, location Domelaar
June 30, 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. (coursemap page 11)

June 29, 19:45 – 20:45 Junior, location Domelaar (finish at T2-Industriestraat)

July 30, 12:00 – 13:15 Elite, location Domelaar (finish at T2- Industriestraat)

Bike course is available as GPX, QR code at [coursemap](#) (page 12/13). Bike familiarization can be done at any time.

No familiarisation. The course will be available as GPX, check QR code coursemap (page 14)

Recovery area just behind the finish line with physiotherapist for massage.
The bags which you drop at TA1 will be transported to Recovery Zone.

2.4. ATHLETES' RACE PACKAGE

Elite sign attendance list:	30 June 14:00-15:00 at Kulturhus (Smidsbelt 6, Holten)
Elite Briefing:	30 June 15:00-15:45 at Kulturhus
Elite race package pick up:	30 June 15:45-16:00 at Kulturhus

Junior sign attendance list:	29 June 16:30-17:00 at Kulturhus (Smidsbelt 6, Holten)
Junior briefing:	29 June 17:00-17:45 at Kulturhus
Junior Race package pick up:	29 June 17:45-18:00 at Kulturhus

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

Office is at het Kulturhus
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.beleefrijssenholt.nl www.vindhetholten.nl

Hotels, bed and breakfast:

Hotels in Holten:

www.hetlossehoes.nl

www.hoogholten.nl

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

Luxury lodges nearby Holten:

www.mooitwentelodges.nl

www.zichtoptwente.nl

*breakfast and meals possible approx. 3 km from race start 8 km from Holten Town Centre.

4. TRANSFER AND TRANSPORT

TRAIN: Transfer from Schiphol airport to Holten by train: www.ns.nl, one way is EUR 23,90. 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 or book a taxi or touring car.

TRANSFER TO ACCOMMODATION: From Holten train station to your accommodation in Holten the organisation provides a transfer free of charge. Please fill in the inquiry on

https://docs.google.com/forms/d/e/1FAIpQLSeha19bEC6UQKoC8eCI2_MywOQlwKYvQoN4QGCFaftoADM7A/viewform?usp=sf_link

For any questions contact athletesupport@triathlonholten.nl

LOCAL TOURING CAR: Book a private touring car large groups: www.tcr.nl , +31 572 35 35 35

LOCAL CAR RENTAL: www.123busjehuren.nl

(ELECTRIC) BIKE RENTAL: www.janstamfiets.nl or <https://www.biketotaal.nl/fietsenwinkel/bike-totaal-bloemendal-holten/fietsverhuur>

5. ATHLETE'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” has a lot of possibilities 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, tel. +31 (0)548-361323

Bloemendal Bike Totaal Holten
Smidsbelt 9
7451 BL Holten, tel. +31 (0)548 – 657347

5.4. SHOPS

Grocery in Town Centre: Coop (Dorpsstraat 20), Aldi (Zwartepad 14), Albert Heijn (temporary at crossing Larenseweg/ N332) * Opening hours: mo – sat 8:00 - 20:00

6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
30-06	14:00	15:00	Athlete's Registration	Kulturhus (Smidsbelt 6)
30-06	15:00	15:45	Athlete's Briefing	Kulturhus
30-06	15:45	16:00	Race Package Distribution	Kulturhus
01-07	10:15	10:35	TA2 Check in	Industriestraat Holten
01-07	10:55	11:35	Athlete Lounge/ TA1 check in	Domelaar
01-07	11:55	12:15	Swim warm-up	Domelaar
01-07	12:15	12:25	Calling area	Domelaar
01-07	12:30		Start Race	Domelaar
01-07	14:40		Award Ceremony	Finish Area Kalfstermansweide
01-07	14:25	14:50	Check out TA2	Industriestraat

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
30-06	14:00	15:00	Athlete's Registration	Kulturhus (Smidsbelt 6)
30-06	15:00	15:45	Athlete Briefing	Kulturhus
30-06	15:45	16:00	Race Package Distribution	Kulturhus
01-07	11:05	10:25	TA2 Check in	Industriestraat Holten
01-07	11:45	12:25	Athlete Lounge/ TA1 check in	Domelaar
01-07	12:55	13:15	Swim warm-up	Domelaar
01-07	13:15	13:25	Calling area	Domelaar
01-07	13:30		Race Start	Domelaar
01-07	14:55		Award Ceremony	Finish Area Kalfstermansweide
01-07	15:20	15:45	Checkout TA2	Industriestraat

6.3 JUNIORS WOMEN

DAY	START	END	ACTIVITY	LOCATION
29-06	16:30	17:00	Athlete's Registration	Kulturhus Holten (Smidsbelt 6)
29-06	17:00	17:45	Athlete Briefing	Kulturhus
	17:45	18:00	Race Package Distribution	
30-06	17:30	17:50	TA2 Check in	Industriestraat
30-06	18:10	18:50	Athlete Lounge/ TA1 check in	Domelaar
30-06	18:55	19:15	Swim warm-up	Domelaar
30-06	19:15	19:25	Calling Area	Domelaar
30-06	19:30		Race Start	Domelaar
30-06	21:45	21:55	Award Ceremony	Finish Area Kalfstermansweide
30-06	21:20	22:00	Checkout TA2	Industriestraat

6.4 JUNIORS MEN

DAY	START	END	ACTIVITY	LOCATION
29-06	16:30	17:00	Athlete's briefing	Kulturhus (Smidsbelt 6)
29-06	17:00	17:45	Athlete Registration	Kulturhus
	17:45	18:00	Race Package Distribution	Kulturhus
30-06	18:10	18:30	TA2 Check in	Industriestraat
30-06	18:50	19:30	Athlete Lounge/ TA1 check in	Domelaar
30-06	19:55	20:15	Swim warm-up	Domelaar
30-06	20:15	20:25	Calling Area	Domelaar
30-06	20:30		Race Start	Domelaar
30-06	21:55		Award Ceremony	Finish Area Kalfstermansweide
30-06	21:45	22:15	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 after signing in and registration at Kulturhus Holten:

Smidsbelt 6, Holten (same building as "Restaurant Tastoe" in Towncentre)

* Juniors 29-06 at 17:00

* Elite 30-06 at 15:00

There will be a room available to store your bicycle.

6.7. TIMING CHIPS

Timing chip and swimcap are distributed in Athletes Lounge (near TA1 at Domelaar) at race-day.

Decals, helm-numbers and other items will be handed out on 29 or 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, triathlon technical officials, athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official accreditation wristband. Only accredited people will be allowed to access certain venue areas. Accreditation wristbands provide access to specific areas of the competition.

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

8. OTHER USEFUL INFORMATION

8.1. PAYMENT

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.

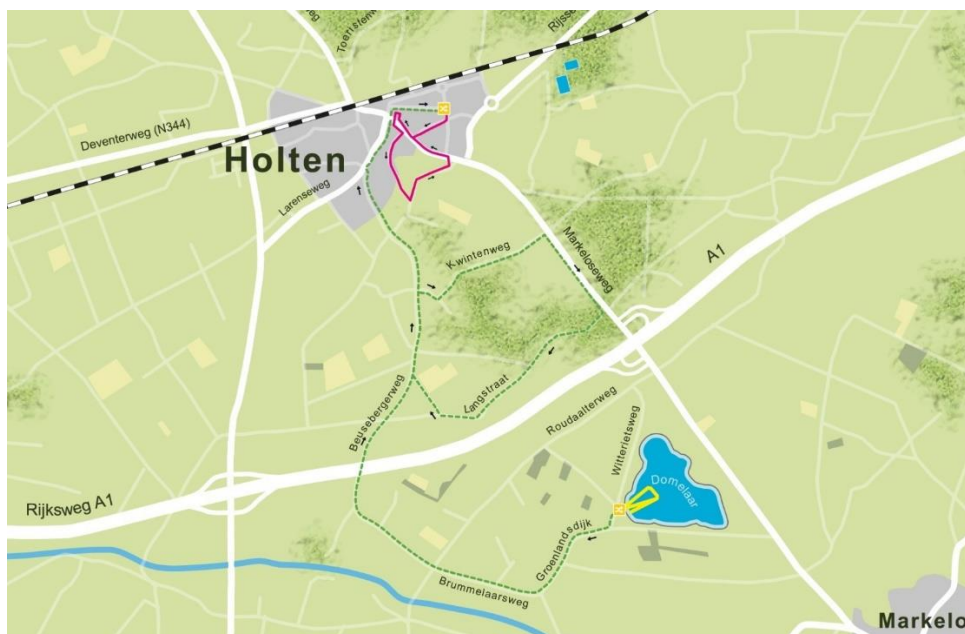
Alternative payment of the fee can be made in cash during registration.

9. COURSE MAPS

ELITE PREMIUM CUP:



JUNIOR CUP:



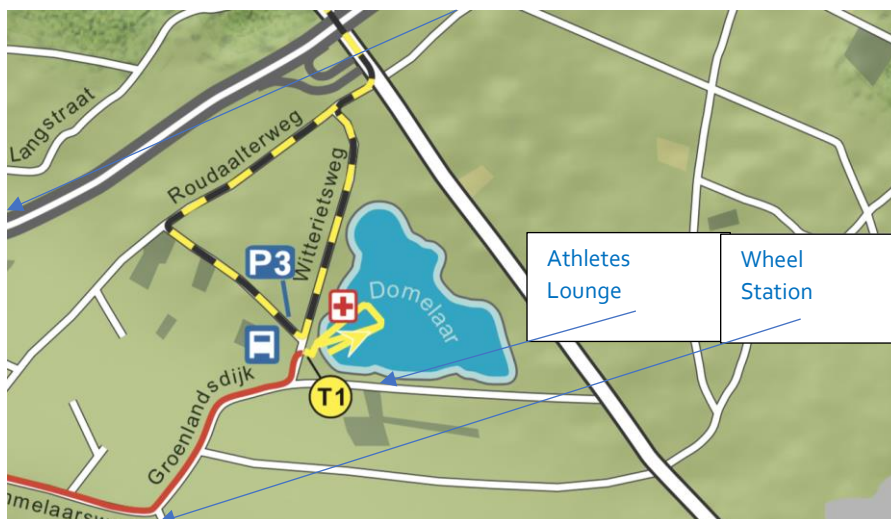


SWIM COURSE

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



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 you drop at TA1 will be transported to the Recovery Area.**



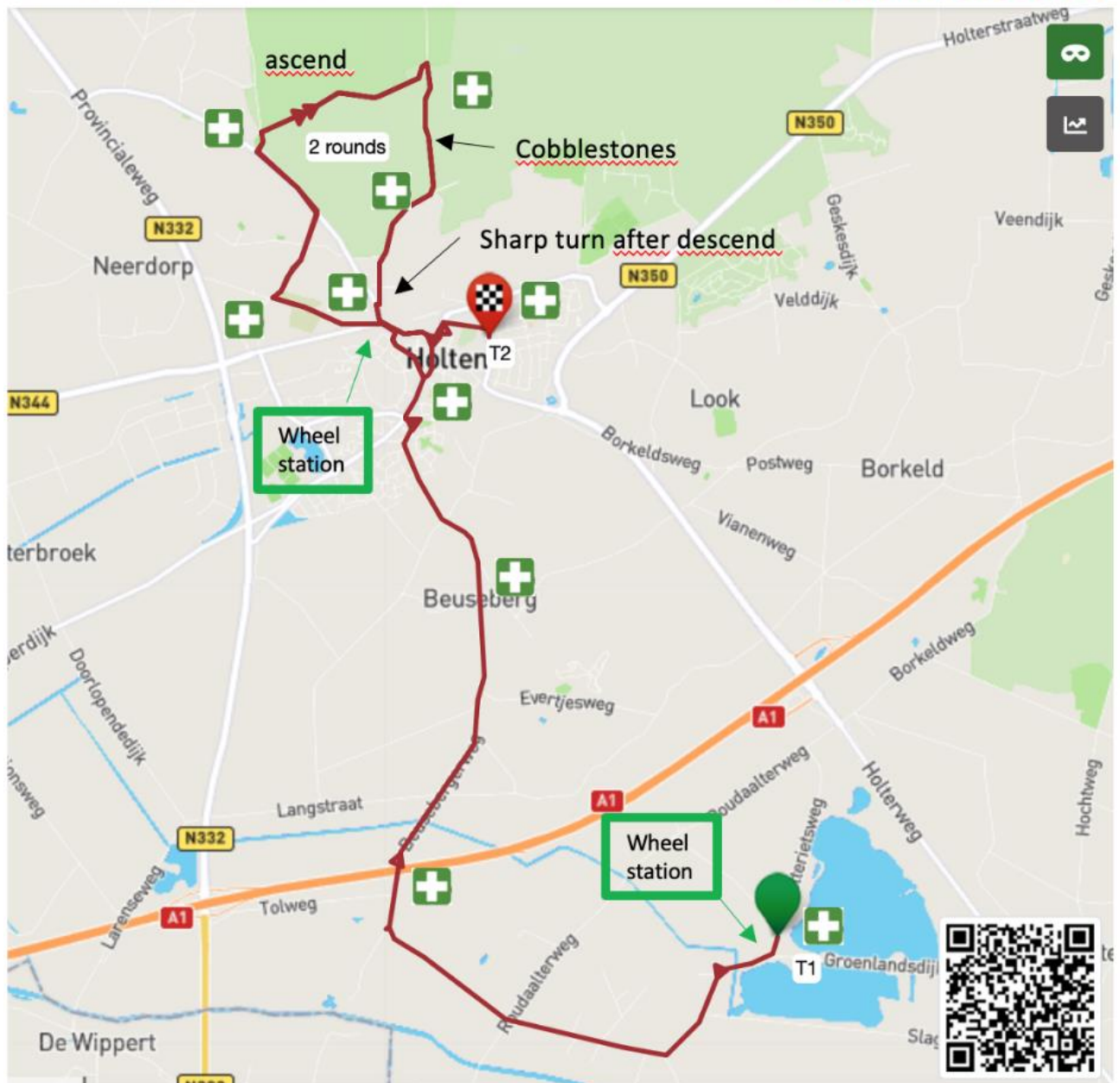
Elite Premium Cup:

Flat and hilly, number of laps: 2

2023_TriHo_Bike Elite

20 km

Routeabriek



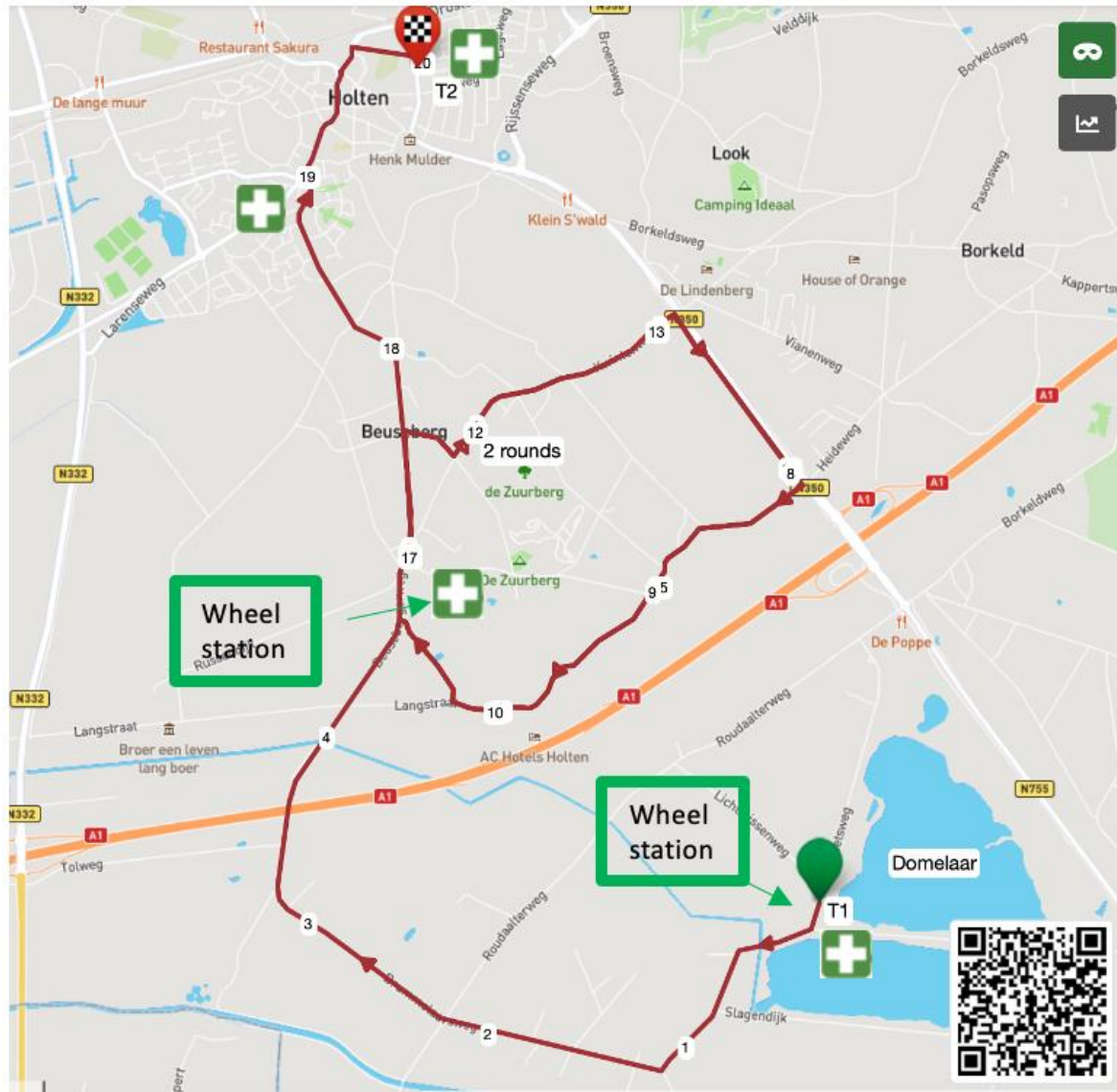
Junior Cup:

Flat, number of laps: 2

2023_TriHo_Bike Junior Cup

20.0km

RouteFabriek



TRANSITION 2

Location: Industriestraat Holten

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

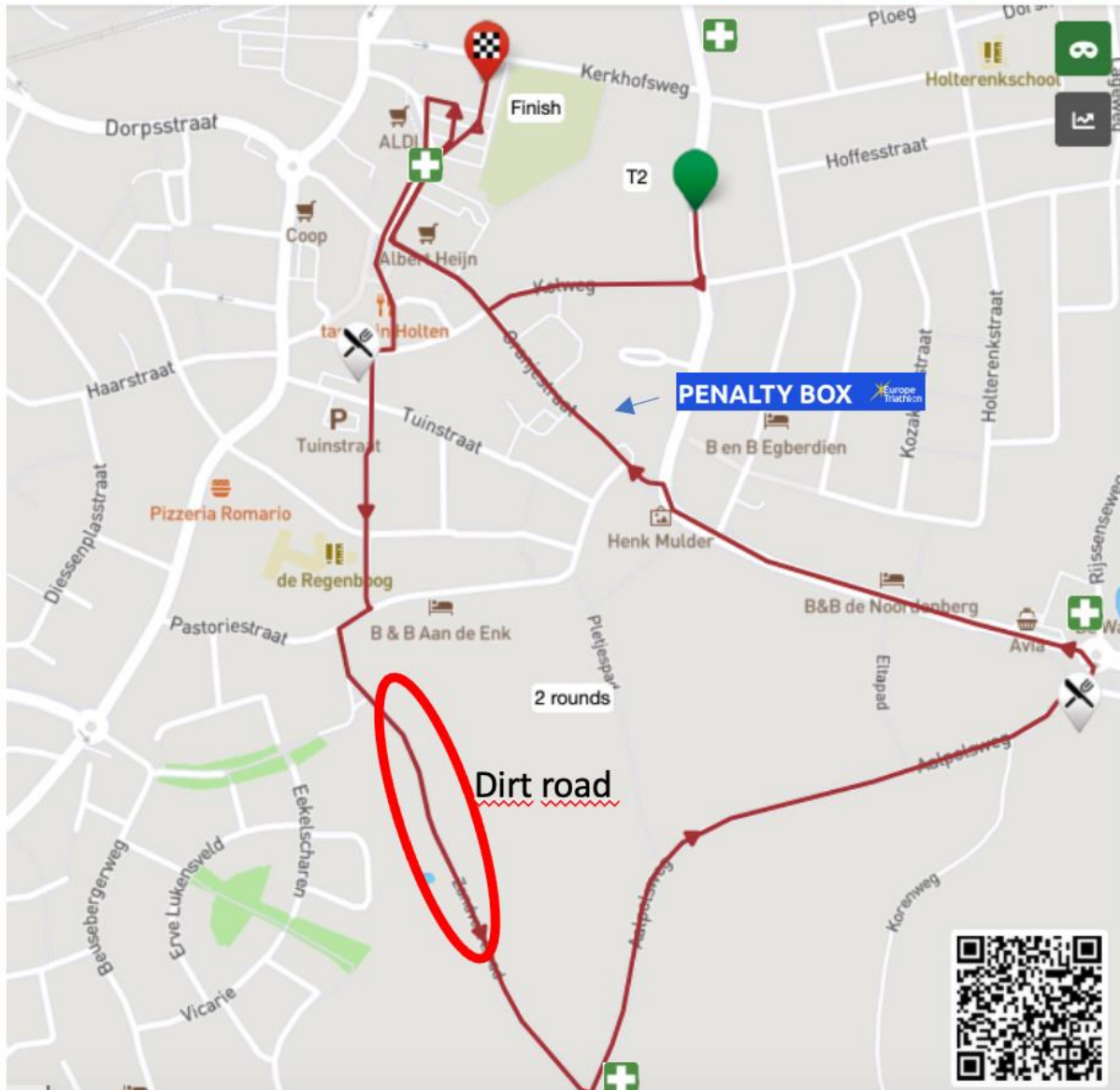
The ride from T2 to T1 is in groups and with motor guidance. This will take approximately 20 minutes.

RUN COURSE

Run course: Flat course: A connection of 250 meter, 2 Laps of 2,5 km, 250 to finish line

2023_TriHo_Run

Rouletfabriek



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

Good luck!