



Triathlon
European Championships
Long Distance
ALMERE - AMSTERDAM



CHALLENGE
ALMERE-AMSTERDAM
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HOME OF
EUROPEAN 3,8 | 180 | 42,2 KM
TRIATHLON!

ATHLETE GUIDE

Introduction

Dear athlete,

Welcome to Almere! Well, almost at least, because it won't take long before you will race the 2022 Europe Triathlon Championships Long Distance Almere-Amsterdam. It's awesome that you're part of our 41st race edition and thus making triathlon history. Together we are going to make it a spectacular event!

Almere is a city that breathes triathlon and we will let you enjoy that magic in the second weekend of September. Of course during the European Championship Long Distance, but also during our very popular Middle Distance and the many side events we organize. These will be days full of triathlon spectacle, fun and hopefully great performances.

We have worked very hard in Almere to create an unforgettable triathlon for you this year. Not to forget about you, who have trained hard for a year in order to be as prepared as possible at the start, to reach the finish and maybe even improve a personal record. We do it all with passion. We all do it together.

As Race Director I would like to take this opportunity to thank you (once again) for your participation in 2022 Europe Triathlon Championships Long Distance Almere-Amsterdam. Your participation at our event - and your stay in our beautiful city - is highly appreciated. By us as an organization and certainly by the hundreds of volunteers who will be ready to give you an unforgettable day.

I would like to ask you to read this Athlete Guide carefully, because you will find all the information you need during 2022 Europe Triathlon Championships Long Distance Almere-Amsterdam, but also in the days before the event. If you have any questions, then of course you know where to find us. For now I want to wish you good luck with your final preparations and have fun during 2022 Europe Triathlon Championships Long Distance Almere-Amsterdam.

We'll see you in September!

On behalf of all managers, other volunteers, sponsors and the city of Almere,
Richard Belderok,
Race Director



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The race management consists of Richard Belderok (39, race director), Jefry Visser (35, event director) and Jort Vlam (39, commercial director). All three of them grew up in Almere, started the triathlon sport at a young age and as triathletes all completed the Long Distance in Almere once or even multiple times. In 2013, in collaboration with the board of the Holland Triathlon foundation, they supervised the transition from Holland Triathlon to **CHALLENGEALMERE-AMSTERDAM**. They are also involved in the organization of **CHALLENGEFAMILY** and the competitions of TRI HARD Series and Stichting Start2Finish in the Netherlands.



Team 2022 Europe Triathlon Championships Long Distance Almere-Amsterdam wishes good luck to all athletes!

2022 Europe Triathlon Championship Long Distance Almere-Amsterdam



Team **CHALLENGEALMERE-AMSTERDAM**

The organization of **CHALLENGEALMERE-AMSTERDAM** runs mainly on volunteers with a three-person board that manages a team of managers. These managers each manage a group of volunteers in their own field. Several volunteers are busy with the preparations throughout the year prior to the event. For example, the managers meet every six to eight weeks to discuss organizational matters and they take two weeks off to build up and break down the event. The race management and the secretariat are working throughout the year every week in the **CHALLENGEALMERE-AMSTERDAM** office. Over 800 volunteers are helping during the event.

Managers	Function
Richard Belderok	Race Director
Jort Vlam	Commercial Director
Jefry Visser	Operational Director
Tim Moria	Press
Arjan Schilder	Eventmanager
Danny Gorlee	Eventmanager Courses
Jolanda Felix	Eventmanager Esplanade & Kunstlinie
Matthijs Wubs	Eventmanager
Niels van Mourik	Eventmanager Esplanade
Emma Jayne Miolato	Intern Eventmanagement
Andrea Moneta	Intern Eventmanagement
Corry Aarts	Secretary / Info stand
Debby van Dongen	Office manager/ Registration
Lianne Van Dijk	Secretary / Info Stand
Andrè Postma	Volunteers administration
Arjan Dokman	Volunteers care
Bart Bockhoudt	Motards manager
Boudewijn Vlam	Water Security
Carina Graman-van der Koogh	Coordinator: Green bags & massages
Debby Angenent	Volunteers administration
Derek Haenen	Run course
Egon Oltmans	Infrastructure
Frank Veltman	Start procedure
Gertjan Steltman	Accommodation & VIP
Harm-Anton Kiefte	Bike course
Henri Jacobs	Traffic control
Jelle Wiebenga	Bike course
Jeroen Fakkeldij	Transition Area
Judith Ettema	Athletes care
Marjan van Aken	Junior Challenge
Marjelke Paré	Athletes Lounge
Marlous Droog	Medical services
Shanna Weterings	Warehouse & Logistics
Richard Treffers	Corporate ambassador / sponsor affairs
Roy Philip	Food court
Walter Hubers	Security & Event Control
Willem Westhoff	Esplanade & Event Support Team

Contact information

Local Organizing Committee

What	Contact
Race Director	Richard Belderok
Information phone number	+31(0)36 – 534 59 31
Information e-mail	info@challenge-almere.com

Europe Triathlon

What	Contact
Europe Triathlon Office	
Information phone number	+32 478825456
Information e-mail	etu_hq@etu.com

Europe Triathlon Team + Head Officials

First	Last	Role	Contact
Fritz	Schwarz	Europe Triathlon Technical Delegate	f.schwarz.aut@gmail.com
Michiel	van Niekerk	Europe Triathlon Assistant Technical Delegate	
Daan	Hoogland	Europe Triathlon Head Referee	

Emergency numbers

What	Phone number
General emergency number	112
Police (no emergency, but police)	+31(0)900 – 8844
General medical practice center	+31(0)900 – 203 0 203

Hotels

What	Phone number
Leonardo Hotel Almere City Center (f.k.a. Apollo Hotel)	+31(0)36 – 527 45 00
Leonardo Hotel Lelystad City Center (f.k.a. Apollo Hotel)	+31(0)320 – 242 444
Best Western Hotel Almere	+31(0)36 – 303 62 00
Van der Valk Hotel Almere	+31(0)36 – 800 08 00
Holiday Inn Almere	+31(0)36 - 205 70 00
Ibis Hotel Almere	+31(0)36 – 200 22 44
Bastion Hotel Almere	+31(0)36 – 536 77 55
NH Hotel Bussum	+31(0)35 – 695 99 11
Centerparcs De Eemhof	+31(0)36 – 522 91 00
Camping Waterhout	+31(0)36 – 547 06 32

Taxi

What	Phone number
Taxi Exclusief	+31(0)36 – 525 47 64
Taxi Salders	+31(0)36 – 533 99 99
Flevotax	+31(0)36 – 545 09 09

Airports

What	Phone number
Schiphol	+31(0)900 – 0141
Rotterdam The Hague Airport	+31(0)10 – 446 34 44

For questions about your flight or onboard services, please contact [your airline](#).

[Click here for more information about all airlines](#).

General event information

Introduction

This Athlete Guide is important for preparing for your race. The most important parts of this guide are:

- Contact information
- General event information
- Pre Race information
- Race information
- After Race information
- Supporters

It is strongly recommended to watch the race briefing online. This is where the most up-to-date information about the course and about the rules and guidelines is provided.

The information in this Athlete Guide applies to all participants in the 2022 Europe Triathlon championship Long Distance Almere-Amsterdam and the side events in the same week.

The main information is for the Europe Triathlon Championship Long Distance. If there is different information that applies only to the Open Long Distance series rather than to the Europe Championships series this will be stated.

Information desk

If you still have questions after reading this Athlete Guide, please contact our information desk. It can be found in the theatre during the 2022 Europe Triathlon Championship Long Distance, open series Long Distance and Middle Distance Almere-Amsterdam.

In the weeks prior to the 2022 Europe Triathlon Championship Long Distance, you can email info@challenge-almere.com or call +31(0)36 – 534 59 31.

For questions regarding the Competition Rules, please contact the Technical Delegate using the contact details mentioned above.

Medal engraving

At the information desk there is also the possibility to register for the engraving of the medals. The costs for this service are €12.50.

Lost and found

If you have found an object, you can deliver it to the information desk in the Theatre. If you have lost something, always report to the information desk. This is where all the items are brought.



Schedule

Thursday, September 8

Time	Event	Location
09:30	Check-in open Junior Challenge	Transition Area
12:00	Start Junior Challenge (Elite Junior)	Esplanade
12:02	Start Junior Challenge (Rolling start)	Esplanade
13:00	Registration Business & Family Relay	Transition Area
14:00 - 16:00	Swim familiarization	Esplanade Beach
14:30	Award Ceremony Junior Challenge	Stadion
17:00	Start Family & Business Relay	Esplanade Beach
19:30	Award Ceremony Family & Business Relay	Stadium

Friday, September 9

Time	Event	Location
08:30	Start Senior & No-Limit Challenge	Van Rheezen Sport
11:00	Registration & Bike check-in Long Distance	Theater & Transition Area
13:30	Registration & Bike check-in Middle Distance	Theater & Transition Area
20:00	Registration closure	Theater
20:30	Transition Area closure	Transition Area

Saturday, September 10

Time	Event	Location
06:00	Transition Area open	Transition Area
07:00	Transition Area closure for Long Distance	Transition Area
07:10	Start Long Distance - Elite Men	Esplanade Beach
07:12	Start Long Distance - Elite Women	Esplanade Beach
07:15	Start Long Distance - Para Triathlon (AG + Open)	Esplanade Beach
07:25	Start Long Distance - Age-groups EC Men 18-44 (Mass Start)	Esplanade Beach
07:30	Start Long Distance - Age-groups EC Men 45+ (Mass Start)	Esplanade Beach
07:35	Start Long Distance - Age-groups EC Women (Mass Start)	Esplanade Beach
07:45	Start Long Distance - Open Series (Mass Start)	Esplanade Beach
07:50	Start Long Distance - TriTogether	Esplanade Beach
08:00	Transition Area closure for Middle Distance	Transition Area
08:18	Start Middle Distance - Para Triathlon	Esplanade Beach
08:20	Start Middle Distance - AG Men, AG Women, Relay (Rolling Start)	Esplanade Beach
15:15	First finish Elite Men Long Distance European Championship	Finish Stadium
16:00	First finish Elite Women Long Distance European Championship	Finish Stadium
22:45	Last finisher	Finish Stadium

Sunday, September 11

Time	Event	Location
11:00 - 13:00	Award Ceremony Long & Middle distance	Finish Stadium

2022 Europe Triathlon Championship Long Distance Almere-Amsterdam

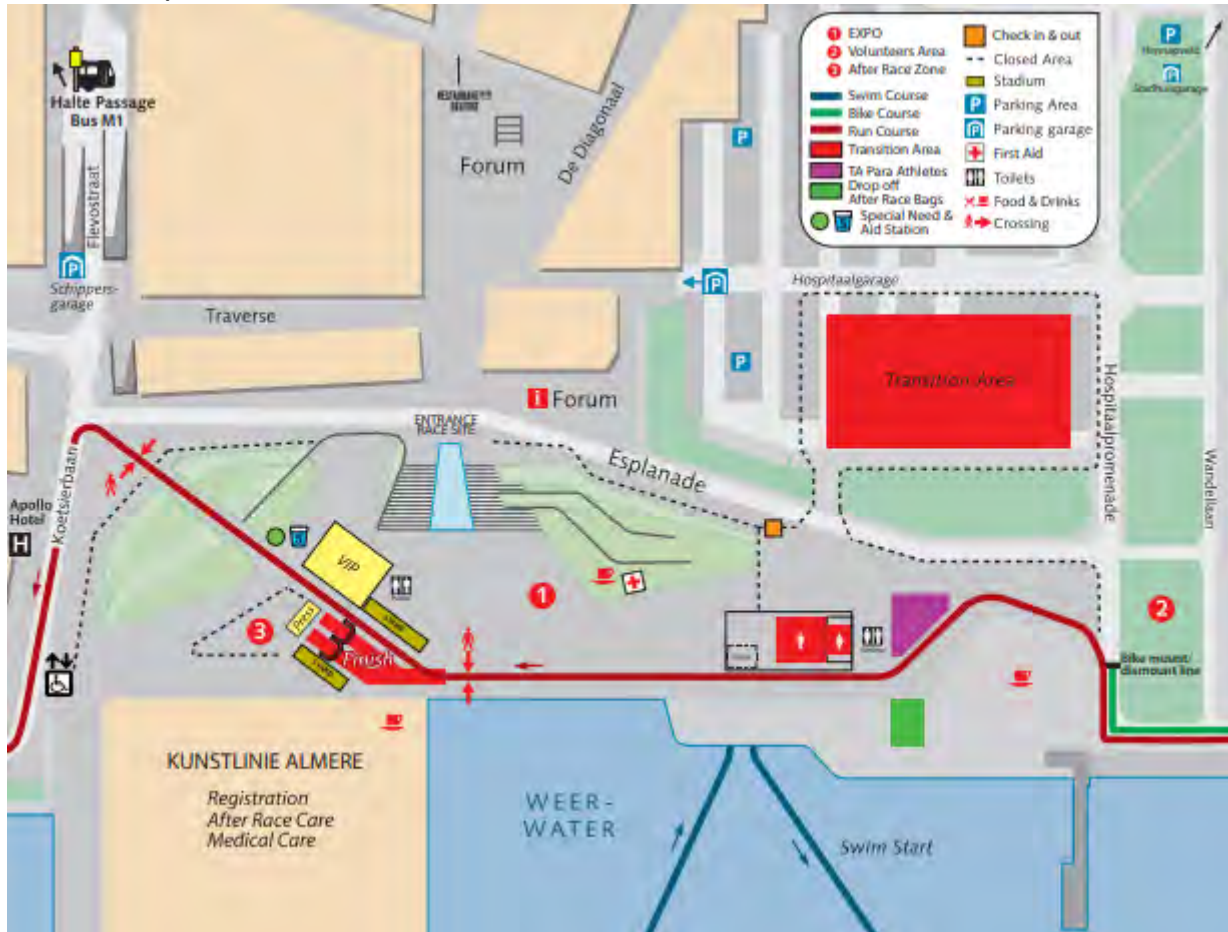


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Venue

Venue Map



Accessibility Almere

The Esplanade is the event venue for the 2022 Europe Triathlon Championships Long Distance. All events take place on or around this site: Esplanade 10, 1315 TA Almere. For paratriathletes, the elevator to access the Esplanade is marked on the left side of the map.

Public transport

Almere is a Green City. This means that we think about the environment. Almere is very easily accessible by public transport. From every station in the Netherlands there is a very fast and frequent connection to “Almere Centrum”. If you are traveling within Europe, take a look at the travel options by train.

From Almere Centrum station it is only a 10-minute walk to the Esplanade.

The event location is of course also accessible by bus. The nearest bus stop is “Passage” or “Flevoziekenhuis”.

Visit www.9292.nl for information about public transport to and from Almere Stad. **Day tickets are available for the bus.** More information about the day tickets can be found on <https://www.allgobus.nl/en-gb/tickets/purchasing-a-ticket>

The bus day tickets are for sale at the food court, but also in the allGo app, at the kiosk or at the vending machines in Almere center, stops Passage, Stadhuisplein and Flevoziekenhuis. The prize is €6,-

By plane

Almere is only a 25-minute journey from Amsterdam. The nearest airport is Schiphol. This international airport offers connecting flights to various destinations.

Almere is easily accessible by train from Schiphol with multiple departures per hour.

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By car and parking

Of course Almere is also easily accessible by car. **Please note** : paid parking applies in large parts of Almere. If you are staying overnight in one of the many hotels, holiday parks or elsewhere, ask about the parking options at this location.

The event location can best be reached by car via the A6, exit 5 in the direction of Almere Stad. At the bottom of the exit, turn left onto the Veluwedreef (S103) and follow the signs for Almere Stad (Centrum). Then follow the signs to "Centrum" and turn left onto Cinemadreef. Then turn left in front of the red building towards "Centrum Zuid". You are now in the center of Almere Stad.

For a navigation system, use "Stadhuisgarage" or "Hennepveld" in Almere Stad. The advice is to follow the parking instructions of the municipality for the last 500 meters to P4 or P5. These parking garages are located about 300 meters from the Esplanade. Please do not use the parking Hospitaalgarage/Hospitaalterrein for parking.

NOTE: There is paid parking in Almere Centrum, up € 11.00 a day. However there is limited capacity in the various parking garages. Discount parking tickets are available for € 6.00 at the Food court on the Esplanade.

Free parking

If you want to park for free and be assured of a parking space, we recommend the following.

Park at the Fanny Blankers-Koen Sportpark (Marathonlaan 10, 1318 EE, Almere) or the Almere City soccer club (Competitieweg 20, 1318 EA, Almere).

Near these parking spaces you will find the bus stop FBK Sportpark. From here you can travel to the Esplanade in 10 minutes with bus line M2. **Day tickets are available for the bus.** More information about the day tickets can be found on the page: <https://www.allgobus.nl/en-gb/tickets/purchasing-a-ticket>

The bus schedule for this bus stop can be found on the website of Keolis:

https://www.allgobus.nl/en-gb?_ga=2.215564244.257351288.1657701501-469071724.1657701501

Rent a car

If you want to rent a car for one or more days, this is also possible. If you travel from Schiphol, there are several car rental companies at Schiphol Plaza.

If you want to rent a car in Almere, you can contact one of the companies below:

Rental company	Website	Phone number
Diks Autoverhuur	www.diks.net	+31 (0)36 – 763 06 60
Autoradam	www.autoradam.nl	+31 (0)88 – 035 12 12
Sixt	www.sixt.nl	+31 (0)36 – 545 26 16
Bo-rent	www.borent.nl	+31 (0)36 – 534 50 40
Hertz	www.hertz.nl	+31 (0)36 – 549 77 88

Taxi

Would you rather be picked up by a taxi? Download the Uber app. Ordering an Uber is simple:

- Open the app and indicate where you want to go
- The app uses your location so drivers know where to pick you up
- You will see a photo of the driver, the details of the vehicle and you can see on the map where your driver will arrive.
- You can pay with credit card, Android Pay, PayPal and more.
- You will receive a proof of payment by email



[Download Uber via de App Store](#)



[Download Uber via de Google Play Store](#)

In addition to Uber, there are also other taxi companies that are ready to transport you. If you want to be sure that a taxi is available, make a reservation in advance by emailing or calling.

Taxi company	E-mail	Phone number
Taxi Exclusive	info@taxiexclusive.nl	+31 (0)36 – 525 47 64
Taxi Salders	peter@salders.nl	+31 (0)36 – 533 99 99
Flevotax	info@flevotax.nl	+31 (0)36 – 545 09 09

By bike

When you have arrived in Almere, enjoy and take the bike! The event location is very easy to reach by bike. In addition, Almere has beautiful cycling paths, so you will not be bothered by other traffic.

Expo

During the 2022 European Triathlon Long Distance Championships there will of course also be an expo. As in all previous years, this expo is located at the event site at the Esplanade. Several brands and suppliers will be present with a booth, you can contact all these brands with questions about the latest products, which in many cases you can also test and/or purchase. Have fun!

Opening hours:

Day	Date	Location	From	Until
Thursday	September 8	Esplanade	11:00	19:30
Friday	September 9	Esplanade	08:00	20:30
Saturday	September 10	Esplanade	07:00	20:30

Food and drinks

This year there will also be a 'food & drink' court besides the Expo. Here you can watch our livestream on a big screen and enjoy all the food and drinks from our food trucks.

In our food court you will be able to find different varieties of food, from Italian dishes to grill and barbecue.



Bike partner

Bike shop and maintenance

If repairs or adjustments to the bike are still necessary before the race, we would like to refer you to bike shop **Van der Linde**: the local bike partner. www.vanderlindealmere.nl.

At bike check-in a Bike Mechanic will be available. In the Transition Area pumps are available. On the course there is no technical assistance, so bring your own tools.



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Bike rental

WIEL-RENT.nl is the official partner for bike rental during the 2022 Europe Triathlon Championships Long Distance. There will be a central location where rented bikes can be picked up.

Bikes that can be rented are:

- Giant aluminum (Shimano 105)
- Giant carbon (Shimano Ultegra)
- Giant carbon (Shimano Ultegra Di2)

[Bikes can be rented on the WIEL-RENT.NL website](https://www.wiel-rent.nl)

Select 2022 Europe Triathlon Championships Long Distance Almere as the pick-up location.



Massage and medical information

Massage

After the race, on 10th September, there is also an opportunity to get a massage. Of course, athletes should take a shower first.

Medical

During the race

Write your medical information on the back of your bib number so that you can be helped quickly if help is needed. Besides this information on the back of your bib, you will also be sent the option to create your Safe-ID profile. With the QR-code on the back of your bib, medical services can quickly scan the code and quickly get access to basic medical data and allergies you've provided to give you the medical care you need when needed.



If you need medical support on the course, please report to a Technical Official or a volunteer. The medical service has the right to refer participants to the hospital.

PLEASE NOTE: The athlete is responsible for being insured for this.

Insurance

Participants in the event certify that they have their own liability, accident and health insurance with the necessary coverage for their participation in the event. The Europe Triathlon and the LOC decline all responsibility in case of accident, fall, loss, theft, etc.

PLEASE NOTE: Athletes are required to have health insurance for medical expenses.

Hospital information

In the unlikely event that an athlete has to go to hospital, they must go to the Flevoziekenhuis. The hospital is adjacent to the Esplanade event location.

PLEASE NOTE: It is necessary that the person is insured for transport by ambulance.

Nutrition

Powerbar

Powerbar: the official nutrition partner of the 2022 Europe Triathlon Championships Long Distance / **CHALLENGEALMERE-AMSTERDAM**. Athletes on the Long Distance Triathlon and on the Middle Distance can use Powerbar gels and iso drinks on both the bike and run course.



Powerbar has been leading the way when it comes to supplying high-quality sports nutrition within the triathlon world for thirty years. These are the products/flavors we are providing during the race:

- PowerGel Green Apple
- PowerGel Strawberry-Banana
- PowerGel Blackcurrant
- PowerGel Vanilla
- Energize Original Chocolate
- Energize Original Banana Punch
- Energize Advanced Raspberry
- Energize Advanced Hazelnut Coco
- Isoactive Drink Lemon

Which nutrition is served at which aid station can be found under Race Information.

Rules and penalties

The 2022 Europe Triathlon Championships Long Distance Almere-Amsterdam is sanctioned by World Triathlon Competition Rules. It is the athlete's responsibility to be familiar with the competition rules.

To check World Triathlon Competition Rules, please click [HERE](#).

To check World Triathlon Rules FAQ, please click [HERE](#).

To clarify any rules, please contact the Technical Delegate. Any questions can be asked by email using the contact details mentioned earlier in the Athlete Guide.

Uniform Rules

At the Multisport Europe Championships, all athletes must comply with the approved National Federation uniform colour/format. The uniform must follow World Triathlon uniform rules. Hats, helmets and race belts with logos are allowed. For further information, please see the Appendix F of World Triathlon Competition Rule Book.

Cards

Cards	Europe Triathlon Championships Long Distance & Middle Distance
Yellow card	1 minute time penalty for Long Distance / 30 seconds for Middle Distance
Blue card	5 minute time penalty *
Red card	disqualification

(*) 3 blue cards = disqualification

Anti-doping

Anti-Doping Rules, like Competition rules, are sport rules governing the conditions under which sport is played. Athletes and other persons involved in the event accept these rules as a precondition to compete. All athletes are subject to Competition Testing by World Triathlon, the Athlete's National Federation, Anti-Doping Organizations or any other organization promoting Events in triathlon.

****All athletes must ensure they carry their official identification (Photo ID)**
Make sure you put it in your after race bag (green bag)**

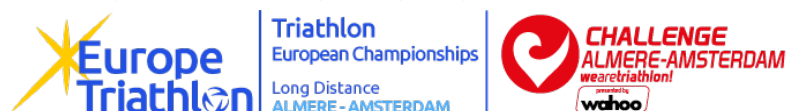
Further info on Anti-Doping Rules can be found [HERE](#).

As an Age-Group athlete participating in an Europe Triathlon Multisport Championship, you are subject to Doping Control.

If you are selected for Doping Control, someone will approach you to notify you. You may be asked to go for Doping Control even before the race, for example, after picking up your registration pack or when you check in your bicycle in the Transition Area. The Doping Control Chaperone and/or Officer will explain the procedure but you should be aware that you have certain rights and responsibilities.

You have the right to:

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- Appoint a representative of your choice to accompany you to Doping Control.
- Arrange an interpreter in case you do not have a good command of English (if required).
- Request additional information about the Doping Control procedure.
- Request a delay in reporting to the Doping Control Station for valid reasons. (These reasons may be to receive necessary medical care, locate a representative or fulfill a media commitment but you must have the consent of, and be in full view of, the Doping Control Officer or Chaperone.)
- Request necessary modifications if you have a disability.
- Note any concerns with the Doping Control process on the Doping Control Form.
- Request part “B” of your sample be analyzed to confirm a positive result.
- A fair hearing in compliance with the World Anti-Doping Code.

Your responsibilities include:

- Be aware of, and comply with, the World Anti-Doping Code and the World Triathlon Anti-Doping Rules.
- Be aware of which substances are not allowed and are included in the Prohibited List.
- Comply with requirements for Therapeutic Use Exemptions (TUE). A TUE allows you to take a substance included in the Prohibited List, if that is the only option available to you and you meet specific requirements. There are strict rules governing TUEs so it is best to check them before the event. As an Age-Group athlete you may apply for a retroactive TUE but it is not guaranteed, so you may want to request one no sooner than 30 days prior to racing.
- Report to the Doping Control Station immediately or within the required time slot specified by the Doping Control Chaperone.
- Control your sample until it is sealed in the sample collection kit.
- Ensure the sealed sample collection kit is secure and identified.
- Ensure all documentation is accurate.

You must carry with you a photo ID/passport when proceeding to the Doping Control Station. It is also a good idea to make sure that you have access to your National Federation manager’s phone number so that you can let him/her know that you have been selected for Doping Control.

If you have any questions about Anti-Doping procedures, please visit the World Triathlon Anti-Doping Stand at the Expo where our volunteers will clarify your doubts/questions. You can also check the Age-Group Anti-Doping section on www.triathlon.org.

An anti-doping Age-Group Q&A is available:

https://www.triathlon.org/multimedia/video/age_group_anti_doping_qa1

Water Quality (inland water)

The lake in which the swimming takes place is an inland sweet water lake with no open sewer exits.

Exact details on the water quality will be available soon. The water quality controls in July showed a very Good Water Quality: (E.coli <500 or Enterococci <200) with no potential visual pollution during sanitary check or forecasted heavy rain.

Pre-race information

Training options

Swim Familiarizations

There is one moment on which the official swim course can be tested:

Date	From	Until	Location
September 8	14:00	16:00	Weerwater

It is not allowed to swim the course outside of these times due to boats using the course outside of the event.

Bike Familiarization

As a large part of the bike course takes place on roads that are only closed for cyclists, not only is driving on the course dangerous due to cars not expecting you to bike there it is also illegal and you will risk a fine for biking on these roads. Please respect the road rules!

It is possible to ride the course on the closeby bike paths. The route that can be checked is:

<https://afstandmeten.nl/index.php?id=3274770&key=MRIMnCeYTziXw>

(it can be exported to a gpx or kml file by clicking on the export-button on the left hand side of the page)

On Sunday, August 28 a group bike familiarization is taking place. Gather at 10:00am in front of bike shop Van der Linde. After a closed group for the first 15km the group splits in three speeds: a fast group, a middle group and the rest. An aid station is provided halfway the course.

It is also possible to experience the bike course on Rouvy: <https://www.rouvy.com>



Run Familiarization

The run course partly runs over the Floriade Expo 2022 on the southside of the Weerwater, the world horticultural expo. This means that between kilometer markers 2 and 4 the road is blocked. A detour around this expo site is guiding the way (approximately 4k longer). Please, respect the detour as admittance to the Floriade Expo 2022 is only possible with a valid entry ticket and the exit on the East is only open for the event.

Getting there

The interactive map provided on the link below shows how to get from the hotels in the city to the swim locations

<https://www.google.com/maps/d/u/0/viewer?mid=1g2DGV0UcgnQJTSGQk0dyvgXftCRFZ-xZ&ll=52.36369767726422%2C5.216154706546532&z=13>

Registration / package pick-up

Only registered athletes are allowed to pick up their package at the designated time.

Bikes are **not** allowed in the Kunstlinie (Theater) and can be parked, at your own risk but with a guard, in the temporary bicycle storage next to the bike check-in. Leaving bicycles on or in the car is not recommended.

2022 Europe Triathlon Championship Long Distance Almere-Amsterdam



Open series

If you do not have a license from the national federation, you paid for a day license when you registered. This is not tangible proof and therefore you do not have to bring it with you. Show the Active.com confirmation email which will be (re)sent to you in the days before the event.

One member of the TriTogether team may collect the items for the team. If the team has indicated that it participates under a triathlon license, then at least that licensee must be present.

IMPORTANT: Have your proof of identity and - in case of the Open Series - possibly a federation license ready. The volunteers will look up your start number for the Open Series by scanning your confirmation email, this number will be written on your right hand and you will be given an accreditation wristband. The registration details will then be checked and you will receive an envelope with your race supplies and the competition bags.

Time slot

Registration takes place based on a time slot in the **Kleine Zaal** in the Theater. The schedule for this is:

Date	From	Until	Event	Location
September 8	09:00	11:00	Registration Junior Challenge	Theater
	12:00	15:00	Registration Senior & No Limit Challenge	Theater
	13:00	16:30	Registration Business & Family Relay	Theater
September 9	11:00	20:00	Registration Long Distance	Theater
	13:30	20:00	Registration Middle Distance	Theater
September 10	05:30	07:30	Registration Middle Distance	Theater

There is no package pick up on race day for Long Distance athletes

Briefings

This year's briefings will take place **online**. During the briefing you will receive the latest information regarding the registration process, weather conditions, the course and regulations.

You are requested to watch the Briefing so that you receive all the necessary information.

The briefing will be available the day before the event at the below link: <https://briefings.com/almere>

Otherwise it will also be possible to follow it on Challenge Family's Youtube channel:

<https://www.youtube.com/c/ChallengeFamilyTriathlon>

Timing

During the race, your split times are recorded using a MyLaps ProChip. This is attached to a soft strap and fastened with Velcro. The chip must be worn on the left ankle during all parts of the race. When registering, the MyLaps ProChip is included by default.

Elite: the MyLaps ProChip will be distributed on race day morning

Age-Group/Para/Open: You will receive the chip during the Transition Zone check-in.

IMPORTANT:

At the Transition Area check-in, your start number with QR code will be scanned. Make sure the start number is scanned correctly. Otherwise it is unfortunately not possible to register your times correctly. Your chip number is linked to your bib number. You will then receive a blue chip with a strap. At the Transition Area check-out, you must hand in this chip again. Without a chip it is not possible to recover your stuff! An amount of 25 euros will be charged if the chip is returned to a different location or if the chip is lost.

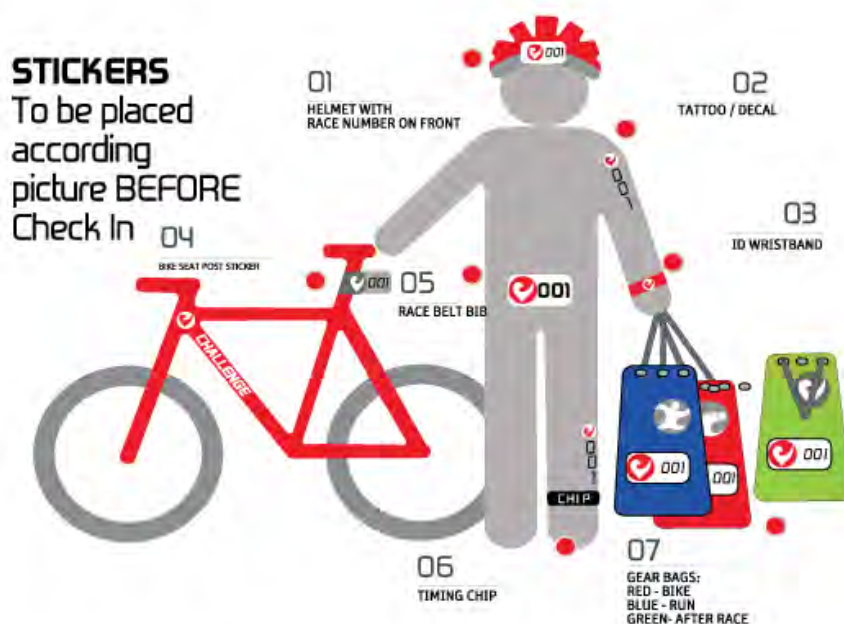


Race Pack

During the registration procedure you will receive all the race items that you need during the race weekend:

Items	Elite	Para	Age-Group Triathlon	Open (LD+MD)	Comments
Bib number	1	1	1	1	Mandatory during run segment
Stickers <ul style="list-style-type: none"> • 3x helmet • 1x bike • 1x bag • 3 spare for gear bags 	1 set	1 set	1 set	1 set	Helmet: front and sides Bike: seat post under the saddle
Body Decals	2x	2x	2x	2x	1 arm / 1 leg
Category Decal	-	-	1x	-	Apply on the back of your calf
Swim Cap Decal	-	1x	1x	-	Apply on the swim cap
Swim Cap	-	1x	1x	1x	Mandatory during swim segment
Change bags	1x Red 1x Blue 1x Green	1x Red 1x Blue 1x Green	1x Red 1x Blue 1x Green	1x Red 1x Blue 1x Green	Red - cycling gears Blue - running gears Green - post event clothes
Special Need Bags	These bags will be distributed on request on race day when you drop the green bag before the event. White = bike special needs // Orange = run special needs				
Accreditation	Card	Card	Wristband	Wristband	No access to venue without it
Safety pins	Opt.	Opt.	Opt.	Opt.	

Check in the diagram below whether these items are actually present and report deviations to the registration desk in the Kleine Zaal.



2022 Europe Triathlon Championship Long Distance Almere-Amsterdam

Transition bags

When you register you receive different colored transition bags:

Red bag : Contains all loose bike accessories (all parts that cannot be attached to the bike). In the Transition Area, no loose items may be left near the bike. You hang this bag on the coat rack at your start number in the change tent. The red bag will hang on the bottom hook. After the change, you return the bag back to its original place.

Blue bag : Contains all running essentials. It is not allowed to put it next to your bike. You hang this bag above the red bag in the change tent. After the switch you hang it back in the same place.

Green bag : This is where you put clean dry clothes and other things you need after the finish. You hand in this bag just before the start in the change tent and may NOT be hung on the coat rack. Loose green bags are removed. Handing in a bicycle pump in the green bag is **FORBIDDEN** . These can be left separately at the green bag drop-off, after check-out you can pick it up again. Leaving it behind is at your own risk. Advice: use your extra 'supporter' sticker to mark your bicycle pump.

After the race, the green bags are available at the athletes care. The red and blue bags can be picked up in the change tent after you have finished.

Special need bags and locations

Only for Long Distance, Special need bags are available.

White bag : Special need on the bike course

Orange bag : Special need on the running course

On request, the Special Needs bags are provided and then returned at green bag drop-off, it then goes to the Special needs station (near coach post/aid station 1) for cycling (in front of the Havenkom Almere Haven - kilometers 8 and 94) and the special need station (near coach post) for running (at the end of the Esplanade after the aid station).

Special needs are marked with signs, and organized by start number.

Note that the bags are not returned after the event.

Bike and gear check-in

Mandatory for ELITE, PARA, AGE-GROUP and OPEN WAVE Long Distance and strongly advised for Middle Distance

Place: Transition Area

Date and time: Friday 09 September 2022 11:15-20:00

What to bring

- Helmet with sticker on your head
- Bicycle with sticker - note there is no bike check-in on race-day
- Uniform
- Red bag – bike gear
- Blue bag – run gear

All the above, except your uniform, must stay in the transition. You can however still access your red and blue bags on Saturday morning and make changes to the contents.

Timing chips will be distributed when entering transition. Bike covers are allowed during the night unless wind conditions prohibit this.

Race day information

Long Distance Triathlon

Cut-off times

Race	Swim	Bike	Run
Long Distance	After 2 hours and 15 minutes (from your official start)	13:30 lap 1 17:45 lap 2	22:00 (start last lap) 22:45 (finish)

RACE DAY TRANSITION CHECK IN **(NO BIKE CHECK IN)**

Bikes will NOT be permitted to enter the transition area on race morning.

You will not be allowed to remove your bike from the transition area until the start of the bike portion of the race.

Bike technicians and bike pumps will be available in the transition area on race morning.

On race day, a final race suit, wetsuit and body decals check will take place upon your arrival to the transition zone.

You will have access to the transition zone and gear tent for last minute preparations.

It is encouraged that you bring any nutrition items you wish to carry with you on race morning and add these to your gear bags as opposed to leaving it overnight.

Place: Transition Area

Date and time:

Long Distance Triathlon - Saturday 10 September 2022 - 06:00 - 07:00

What to bring

- Swim equipment
- Uniform and body decals check
- Timing chip
- Green bag – street wear
- Special needs bags
- Any nutrition/ liquid that you want to leave on your bike
- Any nutrition/ liquid that you want put in special needs bag

Age-Group athletes must deposit their streetwear bag (green) at the bag drop area prior to proceeding towards the start area.

Athletes will not be allowed back in transition until 19:00.

Only registered athletes with ID wristbands or accreditation cards may enter the transition zone.

Eye Glasses

Glasses must be labeled with the athlete's race number. There will be a glasses table at the swim start and exit.

Athletes are encouraged to leave eyeglasses at the exit in transition if possible, to prevent lost or broken glasses during transport. Alternatively keep a backup pair in your gear bag if you leave your glasses at the start line and rely on volunteers to move your glasses to the swim exit. Event organizers and volunteers are not responsible for lost, stolen or damaged glasses.

The courses

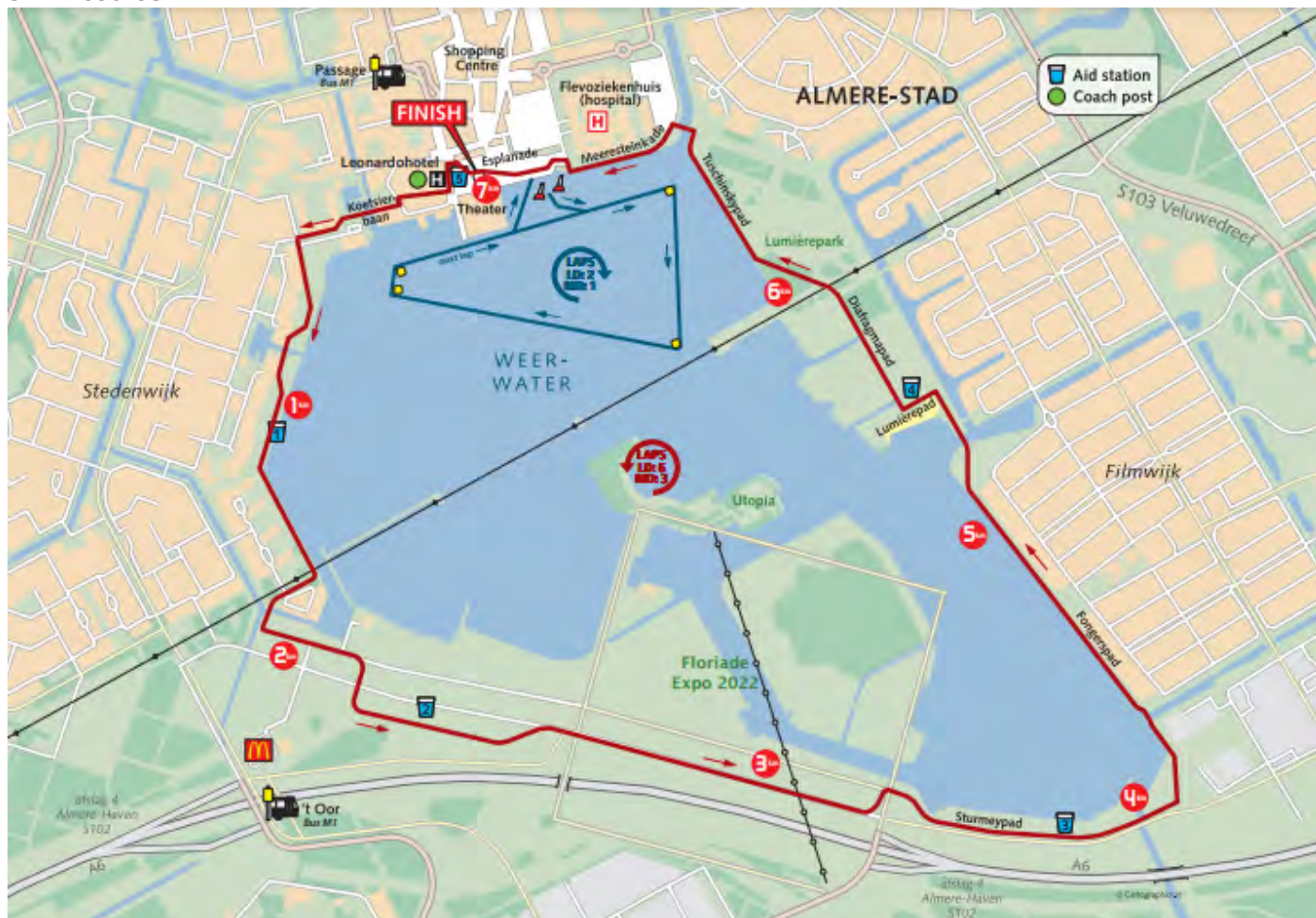
Swim: 2 laps - 3.8k

Bike: 2 laps – 181,5k

Run: 6 laps - 42.2k

Swimming

Swim course



Swim warm-up

No swim warm-up is possible

Swim start procedure

Elite Long Distance (water start)

- 1) All Elite athletes are called to enter the water in order of bib number.
- 2) Athletes are requested to stay in the area behind the start line, which is made up of bodyboards.
- 3) As soon as the starting horn/gun sounds, the bodyboards turn away and the start is clear.
- 4) The start takes place in the direction of the hospital. The lap is clockwise.

Age-Group / Open wave (rolling start)

- 1) Access to the start area via Esplanade (accessible via Transition Area)
- 2) Athletes must enter their specific calling room/starting corral 10 minutes prior to their start.
- 3) Before entering the water, pass a MyLaps mat to register your presence.

2022 Europe Triathlon Championship Long Distance Almere-Amsterdam



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Start	Block#	Format	Category	Swim Cap
07:10	1	LD Triathlon	ELITE MEN	Gold
07:12	2	LD Triathlon	ELITE WOMEN	Silver
07:15	3	LD Triathlon	Paratriathlon	Depending on category
07:25	4	LD Triathlon	EC serie AG M18-44	Blue
07:30	5	LD Triathlon	EC serie AG M45+	White
07:35	6	LD Triathlon	EC serie AG F20+	Yellow
07:45	7	LD Triathlon	Open series Men	Red
			Open series Women	Pink
07:50	8	LD Triathlon	TriTogether	Green

Cut-off time swim

Race	Swim
Long Distance	After 2 hours and 15 minutes (from your official start)

Transition swim to bike



Para athletes

The transition location for the Para Triathlon (indicated in purple in the picture above) is located at the side of the Transition Area.

Participants in the ParaTriathlon do not have to go into the changing tent to change, but do so at the bicycle.

Biking

The bike course consists of a 90 kilometer lap that is ridden in a clockwise direction.

Participants in the Long Distance ride this round twice (181,5km in total).

A detailed map and GPX files for your GPS device can be found on this link:

<https://afstandmeten.nl/index.php?id=3125248>

(click on the button Export on the left hand side to export the course to gpx or kml)

2022 Europe Triathlon Championship Long Distance Almere-Amsterdam



Please note that the route (partly) goes on roads that are normally inaccessible to cyclists. **Cycling on these roads is only allowed on race day!** On other days, use must be made of the bicycle paths. Check the Bike Familiarization topic earlier in the Athlete Guide for reconnaissance course.

Bike course



Bike Penalty Boxes

There are 2 Bike Penalty Boxes along the course, at km 40 and at km 90. For the second lap, they are at km 130 and km 175.

It is important to note that if you receive a blue or yellow card during the bike segment, you have to stop at the NEXT penalty box.

Bike Aid Station

Each bike lap has four aid stations. In the picture of the bike course you can see where the aid stations are located. They are about 22.5 kilometers apart.

The power supply is provided in the following order:

FOOD : Half bananas, Powerbar Energize bar – Chocolate, Hazelnut Coco, Raspberry, Banana Punch

GEL : Powerbar EnergyGel – Blackcurrant, Green Apple, Vanilla, Strawberry-Banana

ISO : Sports drink; Powerbar Isoactive Lemon - Bottle 750ml

WATER : 750ml bottle

Each aid station has a toilet, both on the cycling and running course.



Volunteers on the aid station wear vests with the product they are providing.

Coach area

The coach station on the bike course is located about one kilometer before the Havenkom in Almere Haven. The coach area can be reached by public transport bus (bus line M1 to Haven Centrum). The coach area is indicated by signs. Only within this area accredited coaches are allowed to offer their own nutrition to Elite athletes. For Age Group athletes a special needs area is prepared closeby.

Littering Zone

Please note that waste may only be disposed of 200 meters before and after any aid station. Do not pollute the rest of the course with your waste. If you are noticed that you are throwing away materials such as cups, sponges, water bottles or empty gel packs, you risk disqualification. This rule applies to both the cycling and running courses.

Cut-off time bike

Race	Bike
Long Distance	13:30 lap 1 17:45 lap 2

Relays

Relay teams on the Open Middle and Open Long Distance transition in the change tent, on the location marked “Relay” on the graphic above. The timing chip is handed from the biker to the runner.

Running

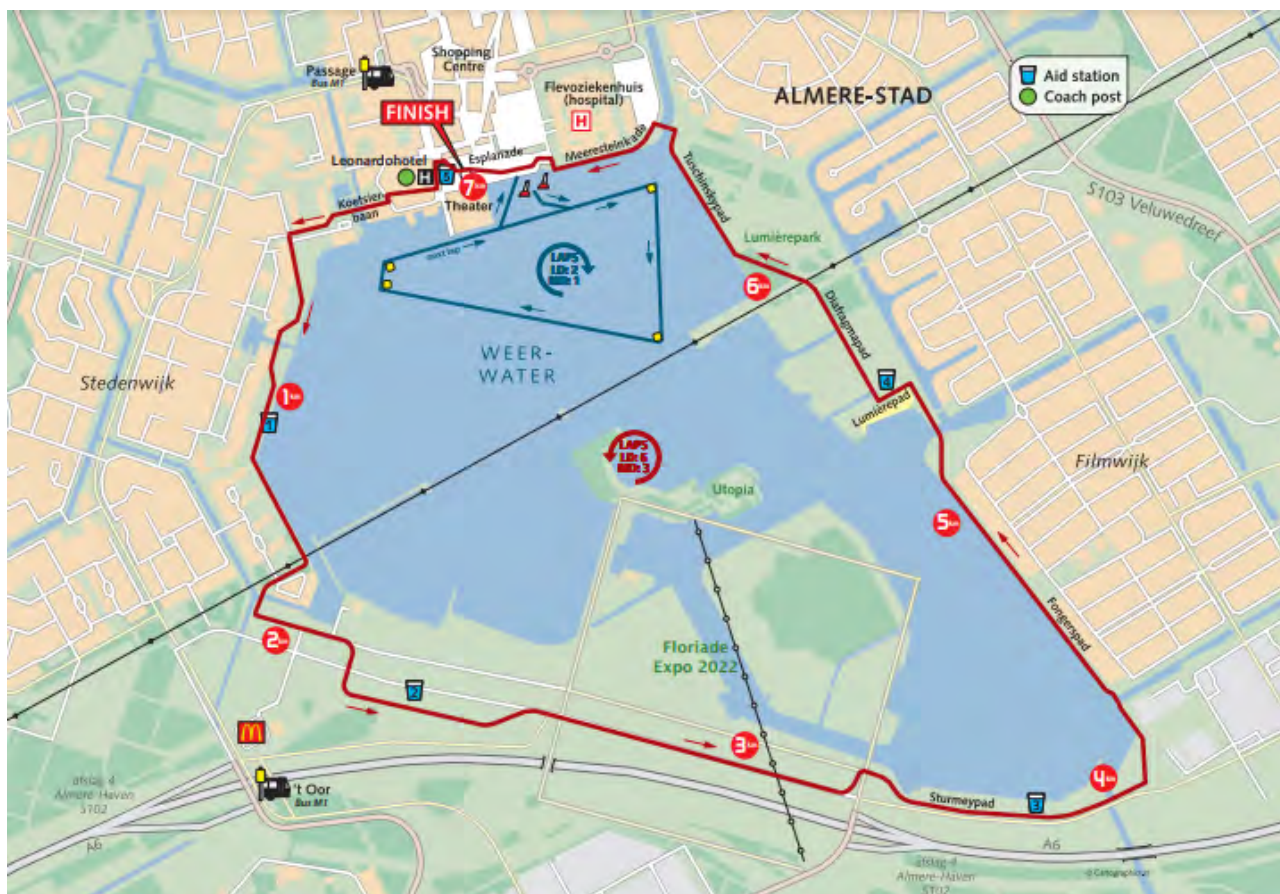
The running course consists of a lap of 7 kilometers around the Weerwater in Almere. The lap is counterclockwise and takes you through the modern city center and the nature surrounding the lake. The lap is run six times by participants in the Long Distance. Counting the laps is the responsibility of athletes themselves. The complete run lap is paved.

A detailed map and GPX files for your GPS device can be found on this link:

<https://afstandmeten.nl/index.php?id=3291410&key=MRaBGjSWCb00k>

(click on the button Export on the left hand side to export the course to gpx or kml)

Run course



Run Penalty Box (ELITE/Para triathlon ONLY)

The Run Penalty Box is located on the Meeresteinkade, at the end of the run lap, just before the dismount line

Run Aid Station

The running course has four aid stations, approximately 1.5 kilometers apart.

The nutrition is provided in the following order:

FOOD : currant buns, bananas, oranges, Powerbar Energize bar – Chocolate, Hazelnut Coco, Raspberry, Banana Punch (*)

GEL : Powerbar EnergyGel – Blackcurrant, Green Apple, Vanilla, Strawberry-Banana (*)

ISO : Sports drink; Powerbar Isoactive Lemon – paper cup

COLA : Cola – paper cup

WATER : Water – paper cup

*) Flavors depending on best efforts, possibly difficult at busy moments

A fifth aid station is located on the Esplanade, this only serves water.

Each aid station has a toilet, both on the cycling and running course.

AID STATION RUN



Volunteers on the aid station wear vests with the product they are providing.

Coach area

The coach area for the run course is located on the Koetsierbaan, below the Apollo/Leonardo hotel.

The coach area is clearly indicated with signs. Only within this area accredited coaches are allowed to offer their own nutrition to Elite athletes. This is not allowed in other locations.

For Age Group athletes a special needs area is prepared closeby.

Littering Zone

Please note that waste may only be disposed of 200 meters before and after any aid station. Do not pollute the rest of the course with your waste. If you are noticed that you are throwing away materials such as cups, sponges, water bottles or empty gel packs, you risk disqualification. This rule applies to both the cycling and running courses.

Cut-off time run

Race	Run
Long Distance Triathlon	22:00 (start last lap) 22:45 (finish)

2022 Europe Triathlon Championship Long Distance Almere-Amsterdam



Middle Distance Triathlon

Cut-off times

Race	Swim	Bike	Run
Middle Distance	After 1 hour and 15 minutes (of last start)	14:30	17:30

RACE DAY TRANSITION CHECK IN

Bike technicians and bike pumps will be available in the transition area on race morning.

You will have access to the transition zone and gear tent for last minute preparations.

Place: Transition Area

Date and time:

Middle Distance Triathlon - Friday 9th September 2022 - 13:30 - 20:00

What to bring

- Helmet with sticker on your head
- Bicycle with sticker
- Uniform
- Red bag – bike gear
- Blue bag – run gear
- Green bag – street wear
- Swim equipment
- Any nutrition/ liquid that you want to leave on your bike

Timing chips will be distributed when entering transition.

Age-Group athletes must deposit their streetwear bag (green) at the bag drop area prior to proceeding towards the start area.

Middle Distance Athletes will not be allowed back in transition until 14:30.

Only registered athletes with ID wristbands or accreditation cards may enter the transition zone.

The courses

Swim: 1 lap – 1.9k
 Bike: 1 lap – 96,5k
 Run: 3 laps – 21.1k

Swimming

Swim course



Swim warm-up

Swim warm-up is not possible before the start.

Swim start procedure

Age-Group / Open wave (rolling start)

- 1) Access to the start area via Esplanade (accessible via Transition Area)
- 2) Athletes must enter their specific calling room/starting corral 10 minutes prior to their start.
- 3) Before entering the water, pass a MyLaps mat to register your presence.

Start	Block#	Format	Expected swim time
8:18		MD Para Triathlon	
8:20	1	MD Triathlon	Less than 30 min
8:30	2	MD Triathlon	30-34 min
8:40	3	MD Triathlon	35-40 min
8:50	4	MD Triathlon	More than 40 minutes

Serie	Swim Cap
Para Open Series	White
Age Group Men	Orange
Age Group Women	Purple
TriTogether	Green

Cut-off time swim

Race	Swim
Middle Distance	After 1 hours and 15 minutes (from last start)

2022 Europe Triathlon Championship Long Distance Almere-Amsterdam



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Transition swim to bike



Biking

The bike course consists of a 96,5 kilometer lap that is ridden in a clockwise direction. Participants in the Middle Distance ride this round once (96,5km).

A detailed map and GPX files for your GPS device can be found on this link: <https://afstandmeten.nl/index.php?id=3174860&key=MRcQvQuPYKOVw>
(click on the button Export on the left hand side to export the course to gpx or kml)

Please note that the route (partly) goes on roads that are normally inaccessible to cyclists. **Cycling on these roads is only allowed on race day!** On other days, use must be made of the bicycle paths.

Bike course



Bike Penalty Boxes

There are 2 Bike Penalty Boxes along the course, at km 40 and at km 90.

It is important to note that if you receive a blue or yellow card during the bike segment, you have to stop at the NEXT penalty box.

Bike Aid Station

Each bike lap has four aid stations. In the picture of the bike course you can see where the aid stations are located. They are about 22.5 kilometers apart.

The power supply is provided in the following order:

FOOD : Half bananas, Powerbar Energize bar – Chocolate, Hazelnut Coco, Raspberry, Banana Punch

GEL : Powerbar EnergyGel – Blackcurrant, Green Apple, Vanilla, Strawberry-Banana

ISO : Sports drink; Powerbar Isoactive Lemon - Bottle 750ml

WATER : 750ml bottle

Each aid station has a toilet, both on the cycling and running course.



Volunteers on the aid station wear vests with the product they are providing.

Coach area

The coach station on the bike course is located about one kilometer before the Havenkom in Almere Haven. The coach area can be reached by public transport bus (bus line M1 to Haven Centrum). The coach area is indicated by signs. Only within this area accredited coaches are allowed to offer their own nutrition to athletes.

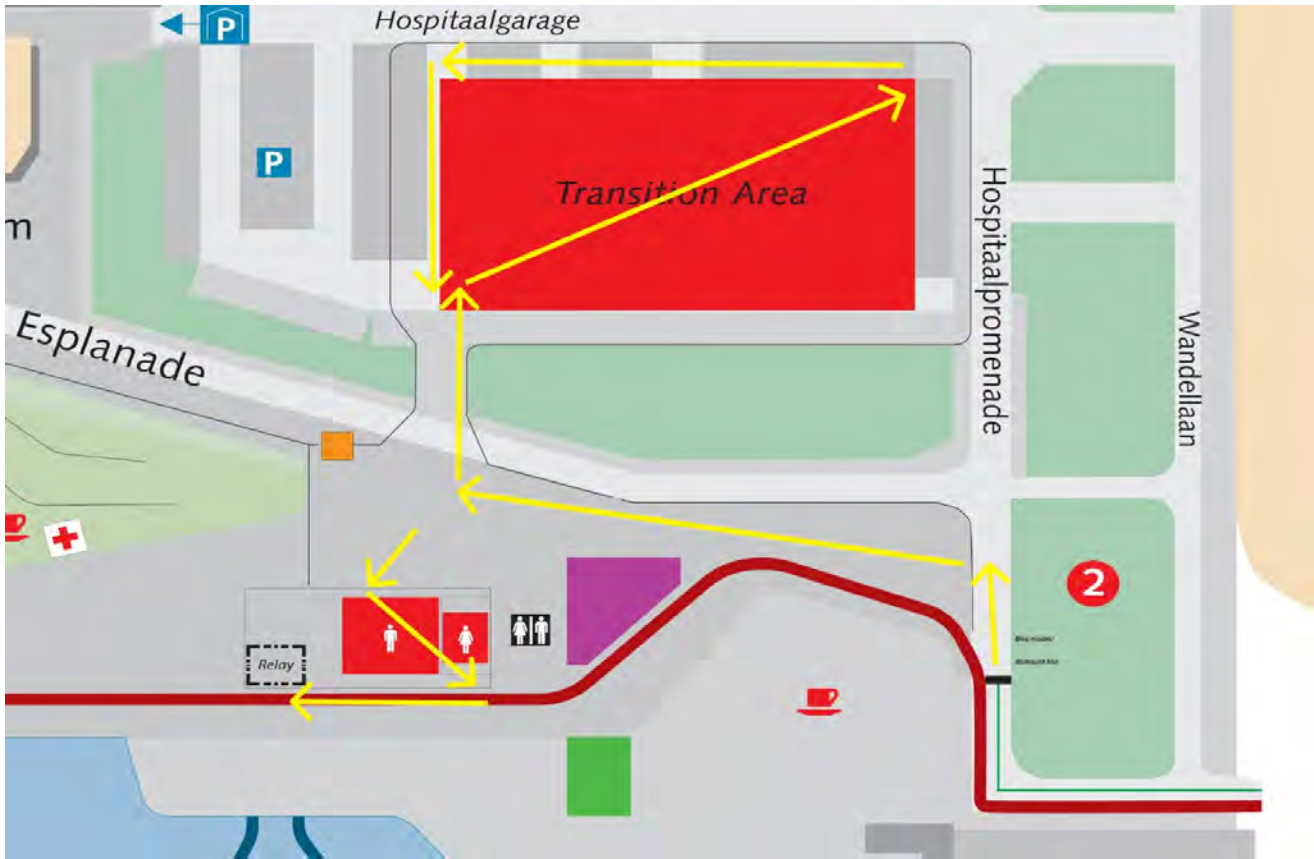
Littering Zone

Please note that waste may only be disposed of 200 meters before and after any aid station. Do not pollute the rest of the course with your waste. If you are noticed that you are throwing away materials such as cups, sponges, water bottles or empty gel packs, you risk disqualification. This rule applies to both the cycling and running courses.

Cut-off time bike

Race	Bike
Middle Distance	14:30

Transition bike to run



Running

The running course consists of a lap of 7 kilometers around the Weerwater in Almere. The lap is counterclockwise and takes you through the modern city center and the nature of the forest surrounding the lake. The lap is run three times by participants in the Middle Distance. Counting the laps is the responsibility of athletes themselves. The complete run lap is paved.

A detailed map and GPX files for your GPS device can be found on this link:

<https://afstandmeten.nl/index.php?id=2806453&key=MR/sg/UTfJ1Lc&lang=uk>

(click on the button Export on the left hand side to export the course to gpx or kml)

Run course



Run Aid Station

The running course has four aid stations, approximately 1.5 kilometers apart.

The nutrition is provided in the following order:

FOOD : currant buns, bananas, oranges, Powerbar Energize bar – Chocolate, Hazelnut Coco, Raspberry, Banana Punch

GEL : Powerbar EnergyGel – Blackcurrant, Green Apple, Vanilla, Strawberry-Banana

ISO : Sports drink; Powerbar Isoactive Lemon – paper cup

COLA : Cola – paper cup

WATER : Water – paper cup

A fifth aid station is located on the Esplanade, this only serves water.

Each aid station has a toilet, both on the cycling and running course.



Volunteers on the aid station wear vests with the product they are providing.

Coach area

The coach area for the run course is located on the Koetsierbaan, below the Apollo/Leonardo hotel.

The coach area is clearly indicated with signs. Only within this area coaches are allowed to offer their own nutrition to athletes. This is not allowed in other locations.

Littering Zone

Please note that waste may only be disposed of 200 meters before and after any aid station. Do not pollute the rest of the course with your waste. If you are noticed that you are throwing away materials such as cups, sponges, water bottles or empty gel packs, you risk disqualification. This rule applies to both the cycling and running courses.

Cut-off time run

Race	Run
Middle Distance Triathlon	17:30

Business- and Family Relay

Event	Date	Start	Location
Registration open	September 8, 2022	13:00	Kleine Zaal (Family Relay), VIP (Business-Relay)
Transition area open	September 8, 2022	15:00	Transition Area
Business-Relay start	September 8, 2022	17:00	Esplanade Beach
Family-Relay start	September 8, 2022	17:02	Esplanade Beach
Award Ceremony	September 8, 2022	19:30	Finish stadium

RACE DAY TRANSITION CHECK IN

Bikes are only permitted to enter the transition area on race day.

Bike technicians and bike pumps will be available in the transition area on race morning.

You will have access to the transition zone and gear tent for last minute preparations.

Place: Transition Area

Date and time: Business Relay - Thursday 8th September 2022 15:00 - 16:30

What to bring

- Helmet with sticker on your head
- Bicycle with sticker
- Uniform
- Swim equipment
- Any nutrition/ liquid that you want to leave on your bike

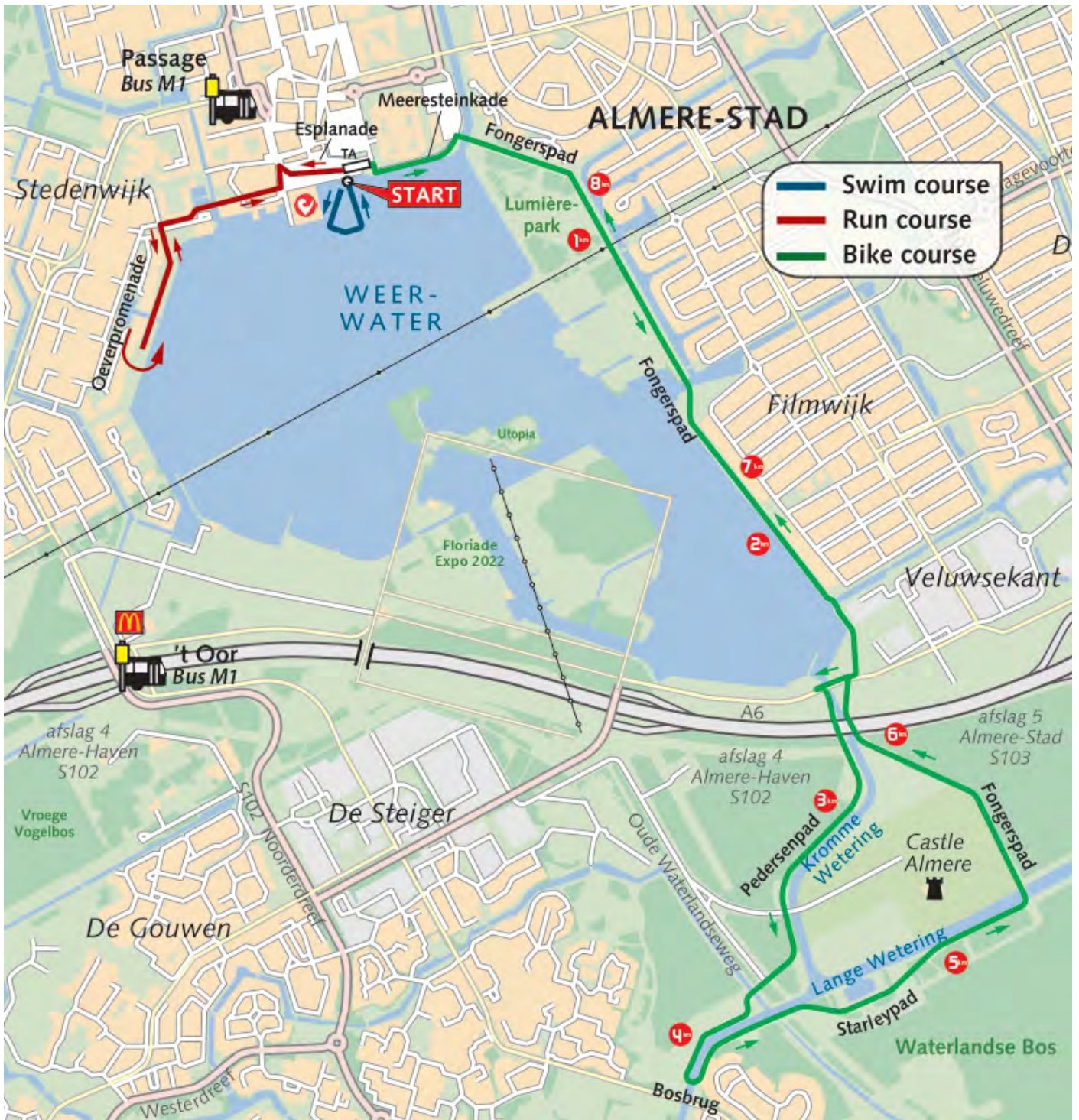
Timing chips will be distributed when entering transition.

The Courses

Swim: 380m

Bike: 7km

Run: 2km



2022 Europe Triathlon Championship Long Distance Almere-Amsterdam



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After race information

After Race Care

After the finish, many volunteers are ready to guide you, when necessary. First you will receive your medal and your finisher shirt. If you need medical support at that time, volunteers will be on hand to guide you to the medical aid station in the theater.

Inside the theater there is a buffet for the athletes with various types of food and drinks.

The green after-race bag that you have prepared for the race is available at the theater. Make sure you have attached the sticker with your bib number on the green after-race bag in advance.

After the race you'll return your timing chip at the bike checkout.

Massage

After the race, on 10th September, there is also an opportunity to get a massage. Of course, athletes should take a shower first.

Transition Zone Check-Out

You'll find the bike check-out point at the Esplanade, next to 'Bobbie Beer'. After the race you will be asked to pick up your bike from the Transition Area. The TA is only accessible to athletes with a participant wristband. You can only check out your bike if you have your bib number with you.

Check-out will start Saturday 17:30 for Long Distance Triathlon, and Saturday 14:30 for Middle Distance (earlier if all bikes are in).

Return timing chip:

You will receive a timing chip for the timekeeping. At the Transition Zone check-out, you must hand in this chip again. Without a chip it is not possible to take your stuff!

An amount of 25 euros will be charged if the chip is returned to a different location or if the chip is lost.

Athletes are requested to pick up their helmet and the red and blue bag in addition to their bicycle. This is possible .

Withdrawal

In the event that you have not been able to complete your race, you are obliged to inform someone from the organization or a technical official as soon as possible. Even if you withdraw during the race, you won't be allowed to pick up your bike prior to Saturday 17:30 for Long Distance Triathlon, and Saturday 14:30 for Middle Distance.



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1,9 KM
SWIM

90 KM
BIKE

21 KM
RUN



Prize Money, Points and Awards

2022 - European Championship Long Distance prize money and points breakdown

Rank	LD Triathlon	CHALLENGEFAMILY WORLD BONUS POINTS
1	€5.000,-	500
2	€4.000,-	450
3	€3.000,-	350
4	€2.000,-	250
5	€1.600,-	200
6	€1.400,-	150
7	€1.200,-	120
8	€800,-	90
9	€600,-	60
10	€400,-	30

In addition to the event prize money, an end-of-season [World Bonus](#) based on ranking will be paid five deep across both men and women. Ranking will be decided through a points system based on placings earned.

Elite

For the top three Elite men and women on the European Championship and for the top three Elite men and women on the Dutch Championship a flower ceremony is held in the finish stadium on Saturday, September 10 as soon as these athletes have finished.

Fastest local athletes

The fastest male and female athletes from Almere on the Long Distance receive the [annual Ruud Graman award and the Joop Visscher-award](#) respectively. This will be awarded as soon as both have finished on Saturday, September 10 in the finish stadium.

Age groups

In the Long Distance European Championship serie, awards can be won in the following categories: 20-24, 25-29, 30-34 and further per 5 year category.

Dutch athletes in the European Championship serie are also eligible for the Dutch Championship Age Group Championships.

In the Open Age Group, awards can be won in the following categories in the Long and Middle Distance: <23, 24-39, 40 and further 5 year category.

Award Ceremony

Europe Triathlon Long Distance, Open Long Distance and Middle Distance Triathlon

The Awards Ceremony will take place on the Esplanade square.

Times for Medal ceremonies on Sunday, September 11 is:

11:00 Long and Middle Distance Triathlon

For each Age-Group an award awaits for the top 3 finishers in these categories.

The top 6 will also receive an invitation to **CHALLENGEFAMILY THECHAMPIONSHIP**.

If you can not attend the medal ceremony, your Team Manager or one of your team mates should pick up your medal at the end of the ceremony.

Finish pictures and results

Photos will be taken by Marathon Photos . There will be a personal link with pictures sended by mail to all athletes in the days after the race, where you can buy these pictures. The results of the race are available on our website:

<https://challenge-almere.com/>

Lost and found

If you have found an object but can't locate the owner, you can deliver it to the information desk in the Theater. If you have lost something, always report to the information desk. This is where all the found items are brought. For spectators

LIVE results

LIVE split times can be followed via the app and the website: <http://live.challenge-almere.com>

Closing words

The organization, managers, officials and the more than 700 volunteers of the 2022 European Triathlon Long Distance Championships wish everyone a fantastic race and many (personal) records.

See you at the finish line!

RACE CALENDAR 2021/2022



All races are qualification races for The Championship



EVENT	RACE DISTANCE	COUNTRY	MONTH	DATE	YEAR	<input checked="" type="checkbox"/>
CHALLENGE BUDVA MONTENEGRO	MIDDLE	MONTENEGRO	OCTOBER	10	2021	<input type="checkbox"/>
CHALLENGE PEGUERA MALLORCA	MIDDLE	SPAIN	OCTOBER	16	2021	<input type="checkbox"/>
CHALLENGE FLORIANOPOLIS	MIDDLE	BRAZIL	DECEMBER	5	2021	<input type="checkbox"/>
INTEGRITY HOMES CHALLENGE WANAKA	MIDDLE	NEW ZEALAND	FEBRUARY	19	2022	<input type="checkbox"/>
IPPG CHALLENGE VIETNAM	MIDDLE	VIETNAM	MARCH	TBC	2022	<input type="checkbox"/>
CHALLENGE SHEPPARTON	MIDDLE	AUSTRALIA	APRIL	3	2022	<input type="checkbox"/>
CHALLENGE SALOU	MIDDLE	SPAIN	APRIL	3	2022	<input type="checkbox"/>
ANFI CHALLENGE MOGÁN GRAN CANARIA	MIDDLE	CANARY ISLANDS	APRIL	23	2022	<input type="checkbox"/>
CHALLENGE TAIWAN	FULL/MIDDLE	TAIWAN	APRIL	23	2022	<input type="checkbox"/>
CHALLENGE RICCIONE	MIDDLE	ITALY	MAY	1	2022	<input type="checkbox"/>
CHALLENGE CANCUN	MIDDLE	MEXICO	MAY	1	2022	<input type="checkbox"/>
CHALLENGE LISBOA	MIDDLE	PORTUGAL	MAY	7	2022	<input type="checkbox"/>
CHALLENGE SAMORIN/THE CHAMPIONSHIP	MIDDLE	SLOVAKIA	MAY	22	2022	<input type="checkbox"/>
CHALLENGE ST PÖLTEN	MIDDLE	AUSTRIA	MAY	29	2022	<input type="checkbox"/>
CHALLENGE MADRID	MIDDLE	SPAIN	JUNE	5	2022	<input type="checkbox"/>
CHALLENGE HERNING	MIDDLE	DENMARK	JUNE	11	2022	<input type="checkbox"/>
SKODA CHALLENGE GERAARDSBERGEN	MIDDLE	BELGIUM	JUNE	12	2022	<input type="checkbox"/>
CHALLENGE GDAŃSK	MIDDLE	POLAND	JUNE	19	2022	<input type="checkbox"/>
CHALLENGE KAISERWINKL-WALCHSEE	MIDDLE	AUSTRIA	JUNE	26	2022	<input type="checkbox"/>
CHALLENGE MOSCOW	MIDDLE	RUSSIA	JUNE	26	2022	<input type="checkbox"/>
CHALLENGE VANSBRO	MIDDLE	SWEDEN	JULY	3	2022	<input type="checkbox"/>
DATEV CHALLENGE ROTH	FULL	GERMANY	JULY	3	2022	<input type="checkbox"/>
CHALLENGE TURKU	MIDDLE	FINLAND	JULY	31	2022	<input type="checkbox"/>
CHALLENGE DAVOS	MIDDLE	SWITZERLAND	AUGUST	27	2022	<input type="checkbox"/>
CHALLENGE ALMERE-AMSTERDAM	FULL/MIDDLE	NETHERLANDS	SEPTEMBER	10	2022	<input type="checkbox"/>
CHALLENGE BLED	MIDDLE	SLOVENIA	SEPTEMBER	TBC	2022	<input type="checkbox"/>
CHALLENGE SALOU	MIDDLE	SPAIN	OCTOBER	2	2022	<input type="checkbox"/>
CHALLENGE PEGUERA MALLORCA	MIDDLE	SPAIN	OCTOBER	15	2022	<input type="checkbox"/>
CHALLENGE GUNSAN-SAEMANGEUM	MIDDLE	KOREA	OCTOBER	TBC	2022	<input type="checkbox"/>
CHALLENGE BUDVA MONTENEGRO	MIDDLE	MONTENEGRO	OCTOBER	TBC	2022	<input type="checkbox"/>
CHALLENGE MALAYSIA	MIDDLE	MALAYSIA	OCTOBER	TBC	2022	<input type="checkbox"/>
CHALLENGE FLORIANOPOLIS	MIDDLE	BRAZIL	DECEMBER	TBC	2022	<input type="checkbox"/>

TRIATHLON **TODAY** *Your News Our Passion*



WWW.TRI-TODAY.COM

**We will cover this spectacular race so after the finish
you will find race reports and interviews on our website!**