

# Athletes' Guide



Holten  
2024



28 & 29 June





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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

### 28 June

- Swim Familiarisation Elite + Junior
- Bike Familiarisation Elite + Junior
- Sign in and registration Elite + Junior
- Briefing and race package distribution Elite + Junior

### 29 June

Race start Elite + Junior

## 1.3. Key contacts

- 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@triatlon.dk](mailto:peter.thygesen@triatlon.dk)
- Athlete Services: Susan Boode [athletesupport@triathlonholten.nl](mailto:athletesupport@triathlonholten.nl) +31629239054
- Europe Triathlon Office: [etu\\_hq@etu.triathlon.org](mailto:etu_hq@etu.triathlon.org) / +32478825456.

## 1.4. Contacts details

Stichting Triathlon Holten

Smidsbelt 6

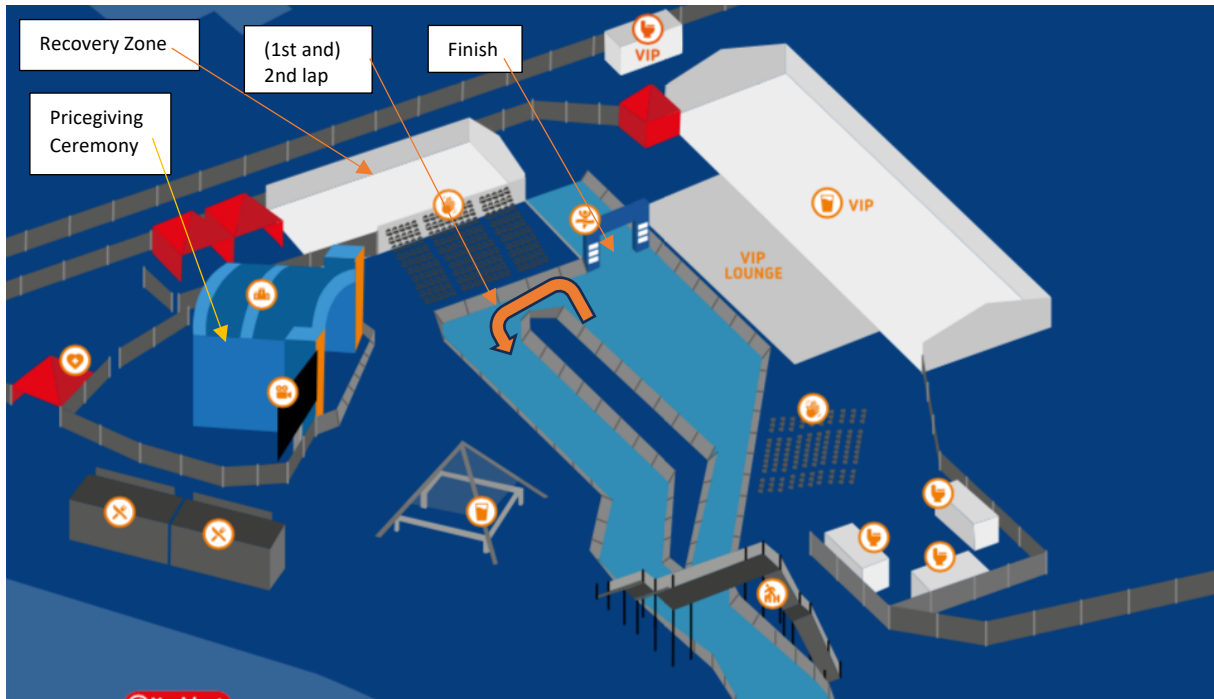
7451 BL Holten

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



## 2 Venue

### 2.1. Race venue



Finish Area "Kalfstermansweide", Zwartepad 7451 BJ Holten

### 2.2 Course familiarisation

#### Swim course:

June 28, 11:30 – 12:15

Elite + Junior

Location Domelaar

Witterietsweg/ Domelaarsweg

Markelo

Elite and Junior Athletes only. Follow (safety) instructions of the lifeguards.

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

#### Bike course:

June 28, 12:30 – 13:45

Elite + Junior

Start at Domelaar (Witterietsweg Markelo)

Finish at T2 Industriestraat, Holten

The bags you drop off at the Domelaar will be transported to T2 (bus from organisation)

#### Run course:

No familiarisation.



### 2.3. Athletes' lounge

The Athletes' lounge is in a Tent at T1 at the Domelaar. There are dressing rooms, toilets and drinking water.

The recovery zone is after the finish line. There is a massage therapist, First aid, water and fresh fruits.

### 2.4. Elite and Junior athletes' race package

Athletes' race packages will be provided after signing the attendance list and briefing.

Location Kulturhus Holten (Smidsbelt 6, same building as restaurant Tastoe)

Please make sure your entrée fee is paid, preferably by bank. The fee can be booked to Triathlon Holten: Account number NL60RABO 0328 5659 11 (BIC: RABONL2U) to the attention of Stichting Triathlon Holten.

#### Time Schedule:

Elite sign attendance list: 28 June 16:00-16:30

Elite Briefing: 28 June 16:30-17:00

Elite race package pick up: 28 June 17:00-17:30

Junior sign attendance list: 28 June 14:30-15:00

Junior briefing: 28 June 15:00-15:30

Junior Race package pick up: 28 June 15:30-16:00

### 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](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, snack bar and restaurant.



### **Other holiday homes or lodges near Holten:**

[www.buitenplaatsholten.nl](http://www.buitenplaatsholten.nl)  
[www.sallandshoeve.nl](http://www.sallandshoeve.nl)  
[www.mooitwentelodges.nl](http://www.mooitwentelodges.nl)  
[www.zichtoptwente.nl](http://www.zichtoptwente.nl)  
[www.depoppe.nl](http://www.depoppe.nl) ( near race start)

### **Hotels, bed and breakfast:**

[www.hetlossehoes.nl](http://www.hetlossehoes.nl)  
[www.hoogholten.nl](http://www.hoogholten.nl)

### **Useful sites:**

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

## **4 Transfer and Transport**

### **TRAIN**

Transfer from Schiphol airport to Holten by train: [www.ns.nl](http://www.ns.nl)

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 TRAINSTATION 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/1FAIpQLSeha19bEC06UQK0c8eCI2\\_MywOQlwKYvQoN4QGCFaftoADM7A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeha19bEC06UQK0c8eCI2_MywOQlwKYvQoN4QGCFaftoADM7A/viewform?usp=sf_link)

### **TOURING CAR & RENTALS**

Rental check [www.schipholairport.nl](http://www.schipholairport.nl)

Book a private touring car for large groups: [www.tcr.nl](http://www.tcr.nl) , +31 572 35 35 35

Local minibus rental: [www.123busjehuren.nl](http://www.123busjehuren.nl)

(Electric) bike rental: <https://www.biketotaal.nl/fietsenwinkel/bike-totaal-bloemendal-holten/fietsverhuur> or [janstamfiets.nl](http://janstamfiets.nl)



# 5 Athletes' 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 suitable for cycling. Only on the highway(A1) cycling is prohibited!

### RUN

Holten is very suitable for running. "De Sallandse Heuvelrug" has many possibilities for (offroad) running.

## 5.2. Medical services

First Aid and Emergency Medical Services will be available at T1 before the race and along the bike and run course 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 telephone number: **112**

Phone General Practice Centre Holten: **+31548 363553**

Closest hospital: Deventer Hospital, Nico Bolkesteinlaan 75 Deventer **+31570535353**

## 5.3. Bike mechanical service

Bike Totaal Bloemendal Holten

Smidsbelt 9

7451 BL Holten, tel. +31 (0)548 – 657347

Bike Service Holten

Dorpsstraat 64

7451 BS Holten, tel. +31 (0)548-361323

Contact: Athletes' Services Triathlon Holten: [athletesupport@triathlonholten.nl](mailto:athletesupport@triathlonholten.nl)



# 6 Competition schedule

## 6.1. Junior women

Day	Start	End	Activity	Location
28-06	14:30	15:00	Athletes' registration	Kulturhus
28-06	15:00	15:30	Athletes' Briefing	Kulturhus
28-06	15:30	16:00	Race Package Distribution	Kulturhus
29-06	08:00	08:15	TA2 check in	Industriestraat
29-06	08:40	09:05	TA1 Check in	Athletes' Lounge Domelaar
29-06	09:00	09:15	(Swim) warm up	Domelaar
29-06	09:15	09:25	Calling Area	Domelaar
29-06	09:30		Race Start	Domelaar
29-06	11:50	12:20	Check out T2	Industriestraat
29-06	11:20	11:35	Award Ceremony	Finish Area Zwartepad

## 6.2. Junior men

Day	Start	End	Activity	Location
28-06	14:30	15:00	Athletes' registration	Kulturhus
28-06	15:00	15:30	Athletes' Briefing	Kulturhus
28-06	15:30	16:00	Race Package Distribution	Kulturhus
29-06	08:25	08:40	TA2 check in	Industriestraat
29-06	09:05	09:30	TA1 Check in	Athletes' Lounge Domelaar
29-06	09:35	09:55	Swim warm up	Domelaar
29-06	09:55	10:05	Calling Area	Domelaar
29-06	10:10		Race Start	Domelaar
29-06	11:50	12:20	Check out T2	Industriestraat
29-06	11:35	11:50	Award Ceremony	Finish Area Zwartepad

## 6.3. Elite Women

Day	Start	End	Activity	Location
28-06	16:00	16:30	Athletes' registration	Kulturhus
28-06	16:30	17:00	Athletes' Briefing	Kulturhus
28-06	17:00	17:30	Race Package Distribution	Kulturhus
29-06	09:40	09:55	TA2 check in	Industriestraat
29-06	10:25	11:05	TA1 Check in	Athletes' Lounge Domelaar
29-06	11:25	11:45	Swim warm up	Domelaar
29-06	11:45	11:55	Calling Area	Domelaar
29-06	12:00		Race Start	Domelaar
29-06	14:40	15:10	Check out T2	Industriestraat
29-06	14:10	14:25	Award Ceremony	Finish Area Zwartepad





## 6.4. Elite men

Day	Start	End	Activity	Location
28-06	16:00	16:30	Athletes' registration	Kulturhus
28-06	16:30	17:00	Athletes' Briefing	Kulturhus
28-06	17:00	17:30	Race Package Distribution	Kulturhus
29-06	10:25	10:40	TA2 check in	Industriestraat
29-06	11:15	11:55	TA1 Check in	Athletes' Lounge Domelaar
29-06	12:25	12:45	Swim warm up	Domelaar
29-06	12:45	12:55	Calling Area	Domelaar
29-06	13:00		Race Start	Domelaar
29-06	14:40	15:10	Check out T2	Industriestraat
29-06	14:25	14:40	Award Ceremony	Finish Area Zwartepad

## 6.4. Competition rules

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

## 6.5. Athletes' briefing

The Athletes briefing will be after signing in and registration at Kulturhus Holten.

Location: Smidsbelt 6, Holten (same building as "Restaurant Tastoe" in Town centre)

There will be storage space for your bicycle in the hall of the Kulturhus

- Junior Athletes 28-06 at 15:00
- Elite Athletes 28-06 at 16:30

## 6.6. Timing chips

On race day athletes will be given a timing chip to be worn on the athletes' ankle. Athletes will pick up the timing chips and swim cap in the athletes' lounge ( at T1 – Domelaar) before the competitions, during their check-in procedure.

Decals, helm-numbers and other items (Race Package) will be handed out on 28 June after registration and briefing.

## 6.7. Results

Official results will be uploaded live at the World Triathlon official website

[www.triathlon.org](http://www.triathlon.org). For live coverage check [www.triathlonholten.nl](http://www.triathlonholten.nl)

## 6.8. Protest & appeals

Standard procedures will be followed according to the current 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 always carry the accreditation wristband and to show them upon request. Accreditation wristbands are mandatory to enter the venue. Accreditation wristbands will be provided at registration.

## 8 Other useful information

### 8.1. Language

Official language is Dutch. Most volunteers do speak English or German.

### 8.2. Population

The Netherlands approx. 17,7 Mln, Holten approx. 10.000 inhabitants

### 8.3. Currency

Euro

### 8.4. Time

Central European Summertime (UTC+2)

### 8.5 Electricity

CEE Type F

### 8.6 Water

Tap water is safe to drink

### 8.7 Payment Registration Fee

Payment of the registration fee of EUR 95 for elite and EUR 75 for juniors preferable can to be done in advance. 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.

For teams/ invoices: Please send an email with the amount, name of the federation and the athletes names to: [penningmeester@triathlonholten.nl](mailto:penningmeester@triathlonholten.nl).



# 9 Course maps



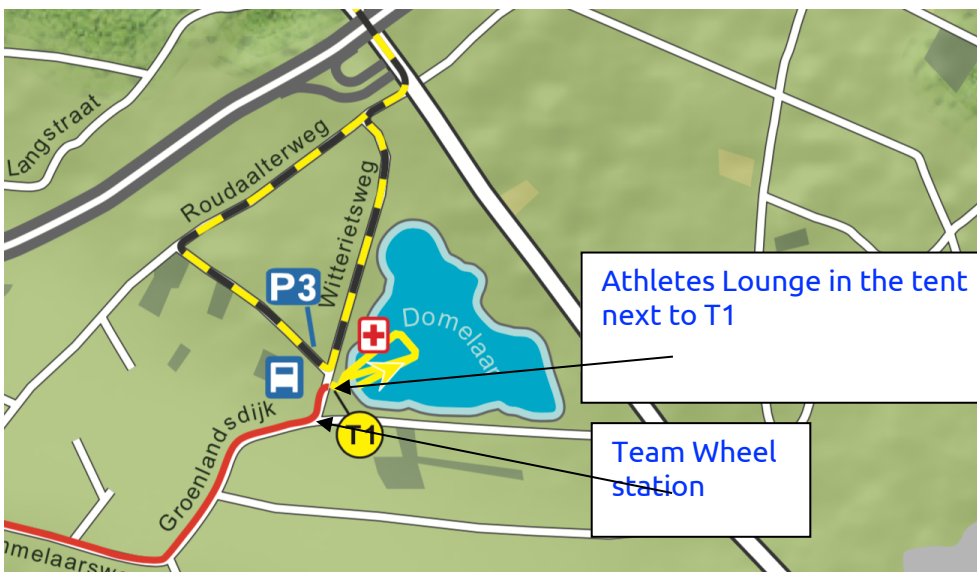
General Overview



## SWIM COURSE

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

Number of laps: 1 Lap of 750 meter



Swim course



## 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.

## BIKE COURSE

The bike course is mostly flat. The course starts with a connection of approx. 7 km followed by 2 laps of approx. 6 km. Then a connection of approx. 500 meters to T2. Total distance 20 km.

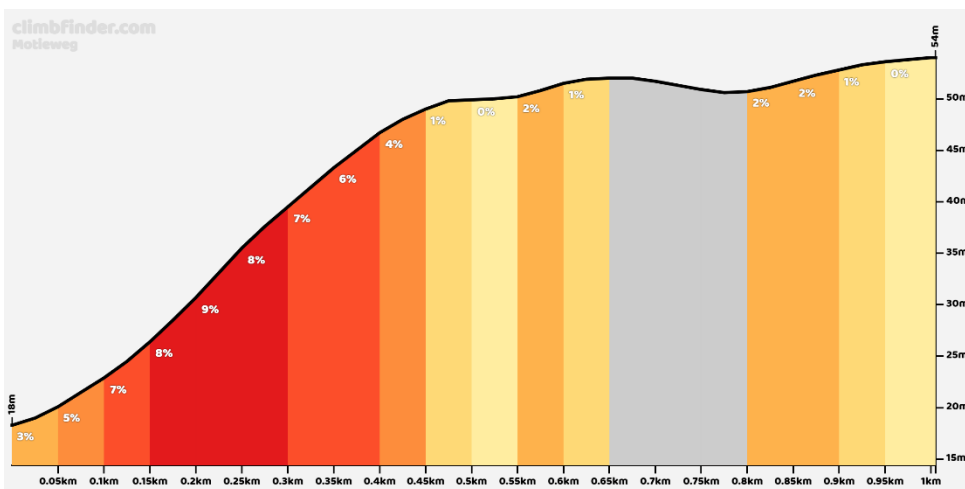
Both laps include a short climb at the "Motieweg". This climb boasts an average gradient of 3,7% during 1 kilometre. The descent road has cobblestones and an average descent of 2,6% during approx. 2,6 kilometres.

Be careful: After the descent there is a sharp turn to the left immediately followed to a sharp turn to the right.

Wheel stations: 2 (see map)



Bike course



Climb Motieweg



## TRANSITION 2

Location: Industriestraat Holten

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

After the bike leg is completed athletes rack their bikes and move on the running course.

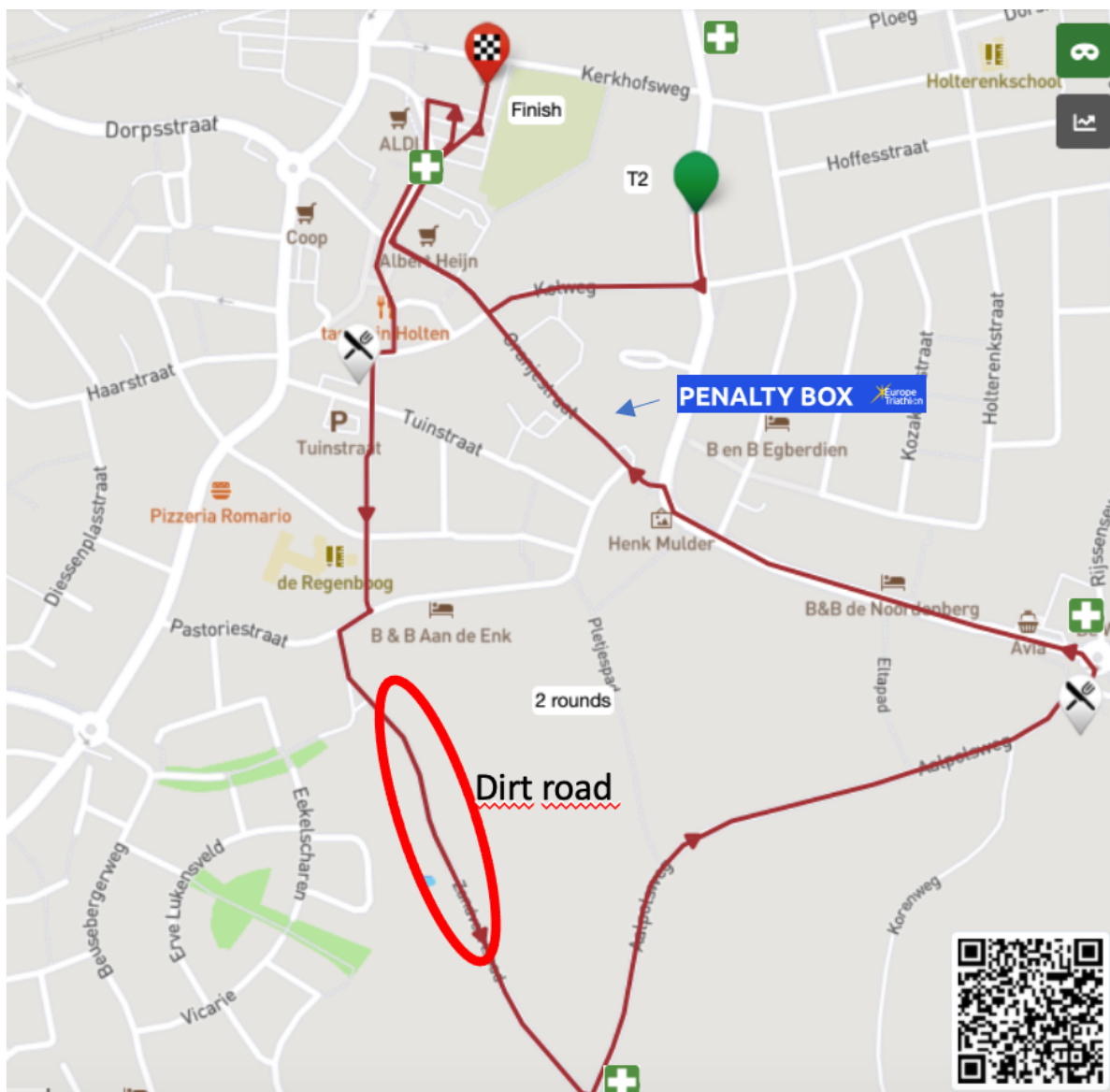
## RUN COURSE

The running course is mostly flat with asphalt. One dirt road ( 500 meters)

After a connection of 250 meters you run 2 laps of 2,5 and 250 meter to the finish line.

Penalty box and aid stations see map.

Number of laps: 2



Run course