

PARTICIPANT INFORMATION



30 JUNI 2019

Onderdeel van:

Partners



Index

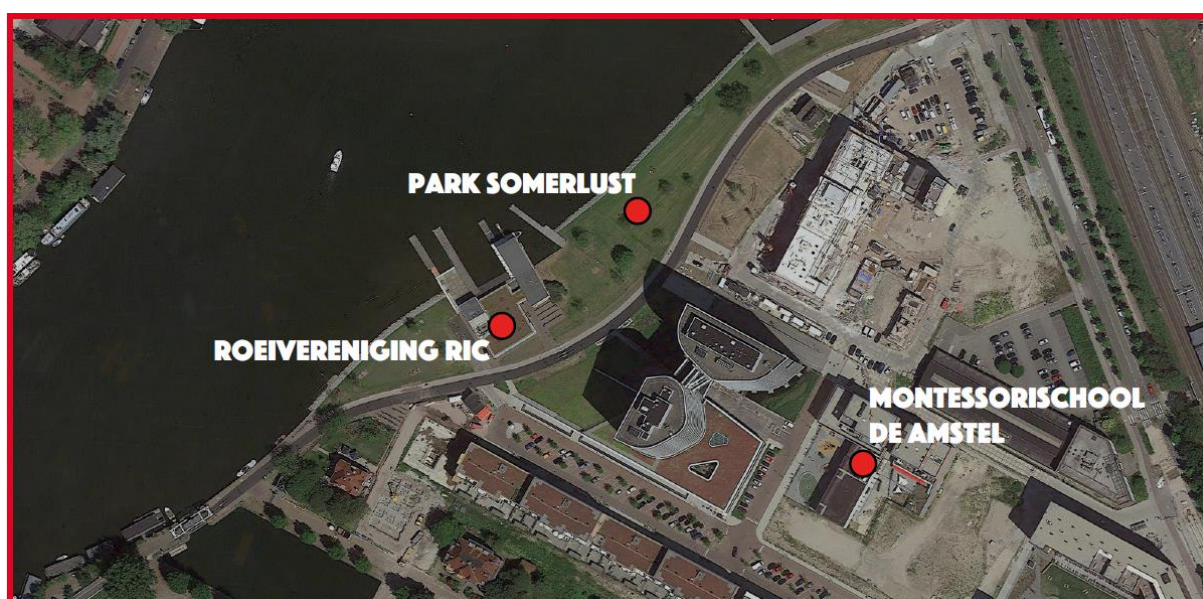
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Schedule

Saturday 29 juni 2019		
Time	Activity	Location
2 pm	Registration and Bike Check-in open	Park Somerlust
4 pm	Athletes Briefing (Dutch)	Montessorischool de Amstel
6 pm	Athletes Briefing (English)	Montessorischool de Amstel
6 pm	Registration and Bike Check-in closed	Park Somerlust

Sunday 30 juni 2019		
Time	Activity	Location
6 am	Last minute registration	RIC
6 am	Last minute bike check-in	Park Somerlust
8 am	Start Middle Distance	Park Somerlust
8:15 am	Last minute registration closed	RIC
8:15 am	Last minute bike check-in closed	Park Somerlust
10:30 am	Start Olympic Distance	Park Somerlust
12-30 – 13:00 am*	Award ceremony middle distance	Park Somerlust
13:00 – 13:30 am *	Award ceremony Olympic distance	Park Somerlust

* Estimated times



Race courses

Middle and Olympic Distance

Swim



Middle distance 1 lap, 1900 metre.
Olympic distance 1 lap, 1500 metre

Middle Distance: 2 laps, 45 km a lap

Olympic Distance: 1 lap 40 kilometer

Run



Middle Distance: 4 laps, (lap 5,25 km)
Olympische afstand: 2 laps (lap 5,25 km)

Laps Middle Distance:

- **Swim:** 1 lap, 1900m (total 1900m)
- **Fietsen:** 2 laps, 45 kilometer (total 90 km)
- **Lopen:** 4 laps, 5,25 kilometer (total 21 km)

Laps Olympic distance:

- **Zwemmen:** 1 lap, 1500m (total 1500m)
- **Fietsen:** 1 lap van 40 km (total 40 km)
- **Lopen:** 2 laps, 5,25 km (total 10,5 km)

Registration

In order to participate in TRIAMSTERDAM, you need to pick up your registration kit beforehand. You can pick up your kit at the registration desk in Rowing Club RIC, Korte Ouderkerkerdijk 32, 1096 AC te Amsterdam.

In the registration kit you will find your Bib number and Tri-Sticker-Set. If you don't have these, you will not be able to enter the race.

You need to be able to identify yourself at the registration kit pickup. So be sure to take your passport, driverslicense or other official ID with you. If you registered with a valid license for a triathlon federation or one of the partner federations like NTB, KNWU and KNZB or federation of your country, you should also take a proof of license with you for registration pickup.

Important: We advise you to pick up your kit on Saturday June 29th and to check your bike the same evening. This makes for a smooth and careless morning on race day. **If you check in your bike, you also have to check in your helmet at the same time.** Registration and bike check-in are opened on Saturday from 14:00 h until 18:00 h. The transition zone will be guarded from this moment until the end of the event.

On Sunday June 30th the registration desk opens at 06:00 and is open until 08:15. You need to pick up you kit no later than 45 minutes before the start of your distance. We advise you to arrive 1.5 hours before the start to ensure smooth preparation.

Registration kit

Your registration kit consists of the following:

- Bib number
- Tri-Sticker set (helmet sticker, bike sticker, bag label)
- Swimcap
- If rented: MyLaps timing chip and ankle band

Important: The registration desk team will write your race number on your right arm. This is for quick identification in case of emergency. It is mandatory to have your race number on your right arm. If you do not have it, you cannot enter the race.

We also strongly advise you to write your personal information on the back of the Bib number.

BIB NUMBER and number band

We advise you to use a number band to wear your bib during the race. In case you don't have one, you can buy them at the registration desk.

During the bike you wear the bib on your back. During the run you wear the bib on the front. Be sure to move your bib from the back to the front in the transition from bike to run. If you don't, an official might stop you in your race. Save time and switch your bib!

Tri-Sticker set

Every contestant receives a tri-sticker set with stickers for around your bike seat-post, the front and sides of your helmet, and for your bag.

You need the stickers to identify your property when entering and exiting the transition zone.

Bike stickers

Put the bike sticker around the tube of your saddle. Make sure the number points to the back. The number needs to be readable from both the left and right side. Do not remove the bike sticker before exiting the transition zone.

Helmet sticker

Put the helmet sticker on the left, right and front of your helmet

Bag label

Attach the label to your bag. If you have a handle, use it to put the label around it for a better attachment. Make sure to put everything you don't need for the race in your bike bag. You can hand in your bag at the drop-off in a gym nearby. Though location is Markonstraat 1 in Amsterdam and is located about 100 meters from the registration. After the race you can pick up your bag in the same location by showing your bib number.

Important: Apart from the things you need during the triathlon, it is prohibited to have any other personal items in the transition zone. Objects and personal items not related to the race will be removed by the officials and given to the organisation. Anything removed can be picked up at the bag drop-off after the race.

Swimcap

It is mandatory to use the swim cap provided by the organisation for the complete length of the swim course.

Timing Chip

Timing of TRI AMSTERDAM is organized by MyLaps Timing. You need to wear the timing chip and band on your left ankle. Do not wear it somewhere else, because the timing system might not be able to read your chip. Chip failure by too much distance from the system is possible.

Racing individually? Make sure you wear your chip during every leg of the race.

Racing in a team? Your chip is your relay stick. Pass it on to your teammate when you are done with your part.

Important: All rental chips need to be returned after the race. You can drop your chip in the box situated after the finish. If you do not return the chip, an amount of € 10,- will be charged. Please note that these chips are programmed for one-time use and are not useable at other races.



Before the race

Parking

There is an option to park in the following location: Parking Hogeschool van Amsterdam, Amstelplein 5, 1097 DZ Amsterdam. This is paid parking.

Important: It is forbidden to park the car (for athletes and public) in the Amstelvlietstraat and the streets around the Amstelvlietstraat. So have a good look at the websites where you can park your car on race and registration day.

Important: The capacity of reserved parking is limited. In total there are around 400 places available. If all parking spots are taken, (paid) places are available in the nearby area.

Look at: <https://www.amsterdam.nl/parkeren-verkeer/parkeren-straat/> or <https://www.parkeren-amsterdam.com/> for all the parking spaces in the area.

Public transport

The nearest train station is Amsterdam Amstel. Here you can transfer to GVB night bus 755 and get out at stop H.J.E. Wenckebachweg.

At 6:45 the metro starts running again. You can use metro 51, 53 and 54. Exit at stop Spaklerweg

To get a personal travel advice, check your trip on one of the following sites:

- www.9292ov.nl
- www.connexxion.nl
- www.gvb.nl
- www.maps.google.com

Check-in to transition zone

Every participant has an own reserved place in the transition zone. Before the race starts, find your label and place everything you need during the race at your spot. During bike check-in, think about the following:

- Make sure all required stickers are attached to your helmet and bike.
- Wear your helmet when entering the transition zone
- Your bike and helmet will be checked for safety. It is important that you have a safe and well functioning bike before you start the race. If your bike is considered unsafe by an official, the jury might not let you start the race. Safety is our number one priority. Unsafe bikes cannot enter the transition zone. **You check-in the bike and helmet at the same time.**
- You need to place your bike at the label corresponding with your start number and name. On the outsides of the bike racks you can find number ranges for that rack. Find your place using these signs.
- Your spot in the transition zone is based on the order of start numbers. Also, half distance and Olympic distance will have their own area. All relay teams will share an area (no matter the race distance).
- Take your time to orientate in the transition zone. Know where your bike is, know how to find the entrance and exits of the transition zone for a smooth transition.
- Everything you need during the race, you need to place next to your bike in a box or on a towel.

- Place personal items that you don't need during the race in your bag, they can **NOT** stay in the transition zone. Drop your bag off at the bag drop in the school nearby.

Wetsuit

There are ITU-competition rules for when you can wear a wetsuit. These rules also apply to TRI AMSTERDAM.

The water temperature will be measured on race day. This measurement will be the basis for any decisions made by the officials. Measurements made the days before the race are only an indication. Only the measurement on race day counts. Wetsuits are allowed per following rules:

Swim distance	Mandatory below:	Verboden:
1500m and shorter	15,9°C	22°C and above
Longer then 1500m	15,9°C	24,6°C and above

If you wear a wetsuit, make sure you wear your timing chip on your left ankle **UNDER** your wetsuit. This way the chance of losing your chip (and therefore your time) is minimised.

Important: To avoid mix-ups of wetsuits, we advise you to write your name in your suit.

Wetsuit testing or renting

It is possible to rent a wetsuit for TRI AMSTERDAM. You can also buy one instead. To assist you in the process of finding the right wetsuit, we will organise a wetsuit testing event. This event will be on Saturday June 29th from 14:00 to 17:00 near the swim start. This is also a moment to already pick up you rented suit.

What are the do's and don'ts of a wetsuit? How do you find the right fit? Our partner **Bijvoet Sport** will assist with all your questions and have 3 brands of suits available: **Blueseventy**, **Sailfish** and **Dare2tri**. He will also have some basic triathlon products available. For information send an email: info@bijvoetsport.nl.

Briefing

On Saturday June 29th there will be an extensive briefing. The briefing will be held in English and Dutch. The schedule of the briefing is as follows:

- 16:00 Dutch briefing
- 18:00 English briefing

Though the location of the briefing is in the gymnasium of Montessorischool de Amstel, Markonstraat 1 in Amsterdam. This is also the bag drop-off location.

On race day there will also be a short briefing. 30 minutes before the start of your race. During this briefing all the last and most important information concerning the race will be noted one last time. This is also the last moment we will communicate any changes or updates if relevant. The location of this briefing is next to the swim start.

Important: Every participant needs to be present at the briefing before the start of their race.

Warming up

Before the race you can do a warming-up, in the event area there will be a few Wattbikes, for warming up.



TRI
SERIES

HARD
NETHERLANDS

Datum: 11 mei 2019

TRI BOSBAAN

Afstanden: Sprint

Datum: 2 juni 2019

TRI HLMRMEER

Afstanden: Sprint & OD

Datum: 16 juni 2019

TRI GRAND PRIX ZANDVOORT

Afstanden: Sprint & OD (NK 40+)

Datum: 22 & 23 juni 2019

TRI ROTTERDAM

Afstanden: Sprint & OD

Datum: 30 juni 2019

TRI AMSTERDAM

Afstanden: OD & Half

Datum: 18 augustus 2019

TRI NIJMEGEN

Afstanden: Sprint

Datum: 31 augustus 2019

TRI OUDERKERK

Afstanden: Sprint (NK) & OD

Datum: 28 september 2019

TRI BOSBAAN

Afstanden: Sprint



WWW.TRIHARD.NL

The race

The distance for the middle distance are:

Part	Distance
Swim	1.9 kilometers - 1 lap
Bike	90 kilometers – 2 laps
Run	21 kilometers – 4 laps

For the Olympic Distance the distances and the laps:

Part	Distance
Swim	1.5 kilometers - 1 lap
Bike	40 kilometers – 1 lap
Run	10.5 kilometers – 2 laps

Bag drop off

On race day you can drop your bag at the Montessorischool de Amstel. Look at the map in this document (it is a 3 minute walk from the transition and swim start)

The Swim

- You will swim 1 lap of 1.5 kilometers or 1.9 kilometers.
- It is mandatory to wear the swimcap provided by the organisation.
- The swim will have a rolling start. For the Half Distance, every 2 seconds 1 athlete will start. For the Olympic Distance, every 1 second 1 athlete will start.
- The line at the swimstart is divided in blocks and marked with estimated swim times. You can choose a spot in the group that fits your swimming level and speed. Be realistic in choosing this spot.
- Your time will start when you pass the timing mat, which is situated just before you enter the water. There is no need to push around or get in front of the line when you are not the best swimmer.
- At the front of the group there is a reserved space for pro-athletes, speedy amateurs and other serious contestants that think they have a chance for a podium spot. Do you think you can grab a top-3 spot? Make sure you position yourself in this group.

Transition from swim to bike

- After the swim you can already roll down your wetsuit to above your hips. You can only take off the wetsuit completely when you are at your bike.
- You can change at your spot in the transition zone.
- Nudity is not allowed in the transition zone. Transition will have a tent for changing clothes in this situation.
- Put your helmet on before taking your bike off the rack.
- Check if your timing chip is still on your ankle. If not, notify an official and find the registration desk to get a new chip.
- Make sure to wear your bib on your back.
- **Important:** Cycling in the transition zone is not allowed. Only after passing the wooden plank (which marks the end of the transition zone) you can get on your bike and cycle.

The bike

- The bike lap consists of one lap of 38.5 kilometers or two laps of 45 kilometers.
- Wearing a helmet is mandatory.
- Drafting is not allowed. You need to have at least 12 meters distance between you and your competitor in front of you. You can overtake, of course. Overtaking is not allowed in 'no passing zones' which will be marked by red banners.
- When cycling, stay on the right side of the road as much as you can. Realise that you can be overtaken at any moment. It is prohibited to hinder other participants (blocking).
- **New rule:** In case you break these rules, the officials can show you a card. Blue card (drafting) means a 2 minute penalty (OD) or a 5 minute penalty (HD). Yellow card (blocking) means a 15 second penalty (OD) or a 1 minute penalty (HD). You need to stop for the mentioned time the next time you arrive at a 'penalty box'. If you do not stop for penalties, the penalty will be changed to a disqualification with immediate effect. There will be 2 penalty boxes on the Olympic Distance course and 2 or 3 penalty boxes on the Half Distance course (see the map). Penalty boxes will be announced 100 meters in advance with a bright yellow banner.
- **Important:** Every participant of TRI AMSTERDAM is part of traffic. In any case you need to follow instructions by traffic supporters or the organisation if given any. Also please realise that emergency vehicles like police, fire brigade and ambulance ALWAYS have priority on the road. Safety first.
- In case emergency vehicles need to enter the race route to get to their destination, it is possible that you will be stopped mid race. Emergency services have priority on the road.

Transition from bike to run

- You need to get off your bike before passing the wooden plank (which marks the beginning of the transition zone) to get in to the transition zone.
- Place your bike back in the correct spot. Find your spot by looking at the race numbers.
- Place your bike on the rack first, then take off your helmet.
- Leave your bike and properties behind in an orderly fashion.

The run

- The run consists of 2 laps of 2.63 kilometers or 4 laps of 1.31 kilometers.
- Your upper body needs to be covered during the run.
- After the last lap, you can enter the finish street. It is your own responsibility that you run the right amount of laps. If you cross the finish line with too few run laps, you will be disqualified.
- **Important:** Every participant of TRI AMSTERDAM is part of traffic. In any case you need to follow instructions by traffic supporters or the organisation if given any. Also please realise that emergency services ALWAYS have priority on the road. Safety first.

Limits

Because of bridges, boats, personnel and volunteers, there are some limits to the different parts of the race. These limits are very doable and we expect everyone to pass within the limits.

The limits for the Half Distance are:

- Swim: at 9:30 you need to be out of the water
- Bike: at 11:45 you need to have passed the 45 kilometer point
- Bike: at 13:45 you need to have finished the bike course
- Run: at 15:00 you need to have passed your second lap

The limits for the Olympic Distance are:

- Swim: at 11:45 you need to be out of the water
- Bike: at 13:45 you need to have passed the 30 kilometer point
- Run: at 15:00 you need to have entered your last (second) lap

Important: Should it happen that you cannot reach the limits, the organisation will take you out of the race. A swoop car will take you back to the event area.

Aid stations:

TRIAMSTERDAM has a couple of different aid stations along the route. The specific locations are marked on the map in the document.

On the bike route you will find:

Aid Station at Train station Abcoude

- after 24 kilometer for the OD
- after 31 kilometer for the HD (first lap)
- after 76 kilometer for the HD (second lap)

This aid stations will offer the following:

- Bottles with water
- Bottles with sports drink

Coach Aid Station at Park Somerlust

- after 45 kilometer for the HD (first lap)
- after 90 kilometer for the HD (second lap)

Important: special aid stations are places where a coach, family, friends or other supporter can hand food or drinks to you. Carefully plan the handoff with them if you would like to make use of the special aid stations. Special aid stations are open for everyone and will be marked for participants 100 meters in advance. Please note that the other 2 aid stations will have plenty supplies for the race.

The run route will have two aid stations per lap. These stations are for every runner, no matter your race distance.

The first aid station is at the 2,5 kilometer point (halfway). This aid stations will offer the following:

- Cups with water
- Cups with sports drink
- Bananas and oranges

- Torq Energy gels
- Sponges with water

The other aid station is at the event location near the finish, where you will go to lap 2, 3 and 4. This aid stations will offer the following:

- Cups with water
- Cups with sports drink
- Sponges with water

Important: We want to be nice to the environment around our aid stations (and of course the rest of the route). To help you keep the route clean, every aid station will be followed by a trash zone. Please leave your trash in this area, which spans from 100 meter before to 200 meters after an aid station. If you throw away trash in any other area, you will receive a warning by officials. If you do not clean up your trash, you will get a yellow card penalty (time penalty 15 sec. OD or 60 sec. HD).

Extra information for relay teams

This info is only relevant to participants in a relay team.

Every team has only one timing chip. This chip is the 'relay stick' during the race. The chip and band need to be transferred from ankle to ankle when teammates meet to change roles in the race. There is a special 'relay area' in the transition zone for team chip exchanges.

In the registration kit are three bib numbers. Every team member has their own number, because of identification in the transition zone and safety during the race. The swimmer also needs to have it's number written on his or her right hand. The cyclist will carry the number on the back. The runner will carry the number on the front.

Swimmer

The timing chip should be carried on the left ankle. After your swim, run to relay area in the transition zone. Find your teammate and pass your chip on.

Cyclist

Make sure your helmet is clipped on your head and your bib number is on the back. Wait for your teammate at the relay area. First receive the timing chip and attach it around your left ankle. Then find your bike at your spot in the transition zone and start your race. After the bike course, first put your bike on the rack, then take off your helmet. Now find the relay area and pass the chip on to your teammate for the run.

Runner

Wear your bib number on the front. Find the relay area in the transition zone. Wait there until your teammate positioned it's bike on the bike rack. You will receive the timing chip after that. Put the chip and band around your left ankle and start your run.

Finish

A team can finish together. Teammates can find their way to the side of the race route and wait for their runner. If you plan on finishing together, please pay attention to the other participants that might still be racing.

After the race

Medal

After finishing, every participant will receive a finisher medal. After receiving your medal, please walk to the after-finish-area for refreshments and to keep room for fellow participants that still need to cross the finish.

Medal ceremony

The medal ceremony will be held after the race. There will be medals for number 1, 2, and 3 in the following categories:

Half and Olympic Distance for men and women:

- Overall top three
- Under 23 years old
- 23 - 29 years old
- 30 - 39 years old
- 40 - 49 years old
- 50 - 59 years old
- 60 years and older

Relay Teams for the OD and HD will not be categorised by teams of men, women or mixed. All relay teams of the same distance are in the same pool.

Results

The results will be published on the website off TRI AMSTERDAM at the latest a hou rafter the last finisher: www.triamsterdam.com

Aid station after finish

After finishing TRI AMSTERDAM and receiving your medal, you can walk on to the aid station. This aid station serves fruits, drinks and sweet snacks!

Check-out transition

After your race, you can pick up your bike and race items from transition. You can only enter and exit via the bike check-in/check-out tent. You also need your bib number as verification to enter or exit. You can only check out your bike if the numbers of your bib, bag stickers and bike stickers correspond. Please do not remove any stickers before leaving the event.

Make sure you have all your personal belongings when leaving the transition area.

Massage

It is possible to get a massage for free after your race. The massage tables are situated in the post-finish area.

Recovery LAB

Beside a massage you can check out the new product Recovery LAB. More information www.recoverylab.nl.

Lost and found

Found items can be returned to the registration desk during the event. If you lost anything and did not find it, please send us an email to info@tri.amsterdam. If we found your belongings you can pick them up at our office in Ouderkerk aan de Amstel.

Medical support

A first aid team from the Red Cross will care for the safety and health of all participants and supporters. The event area will have a first aid post. On the bike and run course, mobile first aid stations will care for the participants.

If you see any disturbance or calamity, please notify the first aid staff or someone from the organisation as soon as possible. Our staff will find it's way to the location as quickly as we can. We ask all participants and supporters to follow any instructions given by medical staff in any situation.

Shower and dressing room

After the race you can shower and change in the dressing rooms of the gymnasium of Montessorischool de Amstel, Markonstraat 1 in Amsterdam. Please note that capacity is limited. Shower as long as needed, but please no longer, so all participants have the possibility to freshen up.

Swimming:

- ☐ swimsuit/tritop/bathing suit/trisuit
- ☐ swimming goggle
- ☐ bath cap
- ☐ towel
- ☐ wetsuit

Cycling:

- ☐ bicycle
- ☐ bottle included drinks
- ☐ bicycle pump
- ☐ spare tire/ tube
- ☐ bike repair kit
- ☐ tire lights
- ☐ cycling shoes
- ☐ bikehelmet
- ☐ bikeshirt
- ☐ socks
- ☐ sport- or sunglasses
- ☐ cycling gloves

Run:

- ☐ running pants
- ☐ T-shirt/ shirt
- ☐ socks
- ☐ running shoes
- ☐ hat/ sweating band
- ☐ shoelace
- ☐ long tight
- ☐ arm and leg sleeves
- ☐ shirt with long sleeves
- ☐ rain jacket
- ☐ cap/ headband
- ☐ sport clothes

Ice skating:

- ☐ Ice skates
- ☐ gloves (required)
- ☐ cap

General:

- ☐ training suit
- ☐ extra T-shirt or sweater
- ☐ extra socks
- ☐ extra shoes
- ☐ toiletpaper
- ☐ bib numberband
- ☐ safety-pin
- ☐ towel(s)
- ☐ shampoo
- ☐ programbook/ starter
- ☐ license/identification
- ☐ money
- ☐ vaseline
- ☐ talcum powder (in your shoes)
- ☐ Sunscreen (waterproof)
- ☐ heart rate monitor
- ☐ waterproof (sport) watch
- ☐ flipflops



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HARD
NETHERLANDS

Datum: 11 mei 2019

TRI BOSBAAN

Afstanden: Sprint

Datum: 2 juni 2019

TRI HLMRMEER

Afstanden: Sprint & OD

Datum: 16 juni 2019

TRI GRAND PRIX ZANDVOORT

Afstanden: Sprint & OD (NK 40+)

Datum: 22 & 23 juni 2019

TRI ROTTERDAM

Afstanden: Sprint & OD

Datum: 30 juni 2019

TRI AMSTERDAM

Afstanden: OD & Half

Datum: 18 augustus 2019

TRI NIJMEGEN

Afstanden: Sprint

Datum: 31 augustus 2019

TRI OUDERKERK

Afstanden: Sprint (NK) & OD

Datum: 28 september 2019

TRI BOSBAAN

Afstanden: Sprint



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