



PARTICIPANT INFORMATION

DTS HLMRMEER 2025

Date: 12 JULY 2025

Organized by
Amsterdam Sport Events



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FOREWORD

Dear Triathlete,

It's almost July 12 and that means the second DTS race of this season: DTS HLMRMEER!

It promises to be a hot day so make sure you come perfectly prepared at the start. Therefore read this participant information carefully. Hot weather means drinking a lot of water in the days before, and taking extra salt to prevent cramps during the run. Our nutrition partner XXL has a great range and offers everything you need for a good race. Order a pack of hydra sticks with electrolytes for more energy and to support your fluid balance to get extra salt in advance. That way you are better prepared for a lot of sweating. Don't forget to check your bike again to make sure everything is in order. So that you don't get any unpleasant surprises at the last minute.

Good preparation is half the race!

See you Saturday!

With kind regards,,

Lars Vreugdenhil

When we all give the POWER.

We all give the BEST

Every minute of an hour

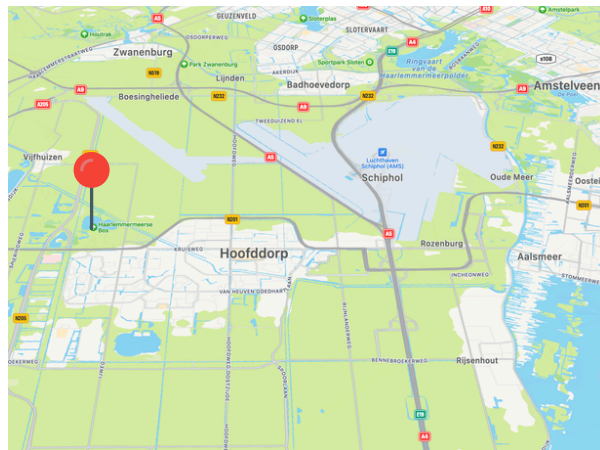
Don't think about the REST



THE LOCATIE

The Haarlemmermeerse Bos is a 115 hectare park-like area around the recreational lake which is located northwest of Hoofddorp. The Forest was officially opened to the public in 1979. Since then, the Haarlemmermeerse Bos has developed into a regional attraction for day trippers, walkers, groomers, cyclists, boot campers, swimmers, surfers, dog owners, horse riders and anglers. The Bos is extra beautiful in construction because the Floriade took place here in 2002.

Address:
Haarlemmermeerse Bos
Hoofddorp



ACCESSIBILITY AND PARKING

Parking at DTS HLMRMEER is free. For navigation to the car park:
Paviljoenlaan 1 in Cruquius. From the car park: follow the orange Dutch Triathlon Series signs.



With public transport

There are various options for traveling to DTS HLMRMEER by public transport. The nearest train station is Hoofddorp station. You can transfer to buses here 300 and 340 and then get off at the Overbos stop. This stop is located at the entrance to the Haarlemmermeerse Bos.

Before you leave, you can consult the following websites for personal advice:

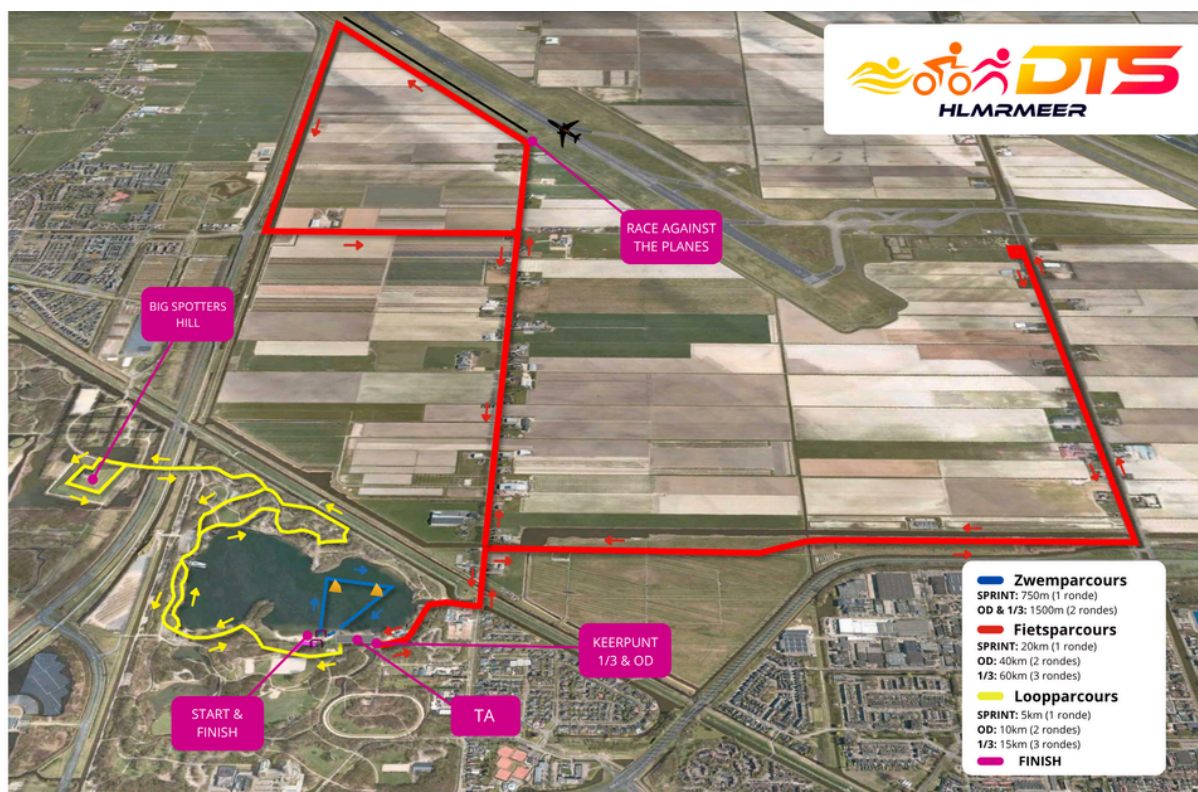
- www.9292ov.nl
- www.connexxion.nl
- www.gvb.nl
- www.maps.google.com



PROGRAM

07:00	Registration and Bike Check-in Open
08:30	Wave 1: OneThird ($\frac{1}{3}$) Distance Individual & relay
10:30	Wave 2: Olympic Distance individual & relay
12:00	Wave 3: Sprint Distance Individual - Rookie wave & relay teams
13:00	Wave 4: Sprint Distance Individual - Recreational wave
13:15	Medal Ceremony OneThird ($\frac{1}{3}$) Distance
13:45	Medal Ceremony Olympic Distance
15:00	Medal Ceremony Sprint Distance
16:30	Transition zone closed and bikes no longer guarded

RACE COURSE





REGISTRATION

The registration kit you need to participate in DTS HRLMRMEER can be picked up before the start at the registration tent behind the finish. In the registration kit you will find, among other things, a start-number (bib), Timing Chip and accessories. If you do not own these, you will not be able to participate in the race. Also bring a valid ID to ID yourself at the desk upon request!

Important: The registration desk is open from 7.00 am. You can pick up the registration kit up to 30 minutes before the start of your wave. It is advisable to be present at least one hour in advance. You can pass on changes at the desk up to 30 minutes before the start of your wave.

Registration Kit

The registration kit contains the following items:

- Start number
- Sticker sheet (helmet sticker, bicycle sticker, bag label)
- Swim cap
- MyLaps timing chip with velcro strap for your ankle.

Optional if ordered during registration:

- bib/race-number band
- Lock Lace Laces
- Finisher shirt

Finisher shirt

Ordered and paid Finisher Shirts must be collected by the participant at the registration desk. Sending a finisher shirt by post on request costs €10. (€5 postage + €5 handling).

Startnummer and startnummerbelt

To confirm your start-number, it is recommended to wear a race-number belt. If you don't have this yet, you can purchase it for €15 at the registration desk. The start number must be attached to the start number band or to an elastic band. The start number must be worn during the cycling and running part. While cycling you wear the start number on your back (mandatory) and while walking you wear the start number on your stomach (mandatory).

Stickersheet

All participants receive a sticker sheet with stickers for the bike, the helmet and possibly for a bag.

Bike sticker

Attach the bike sticker to the seat post with the number pointing to the rear. The number must be clearly visible from the left and right sides. Do not remove the bike sticker until you have checked out of the transition area. When checking in and checking out in the transition zone, it is checked whether your number on your bike matches your BIB number.



Helmet sticker

Stick the sticker on the left, right and front of the helmet.

Bag label

Attach the sticker to your bag and put all your personal belongings that you will not need during the race in your bag. Your bag may remain at your place during your race in the transition area. It is safe there, but as an organization we cannot be held responsible for missing personal belongings that are not related to the triathlon (e.g. clothing, mobile phone, car keys, etc.). If you want to be safe you can rent a locker for €8,50 with Lock-Moby.

Swim cap

During the swim it is mandatory to wear the DTS swim cap. It is allowed to wear your own swimming cap, but it may only be UNDER the swim cap of the organization and not be visible.

Timing chip

Timing during DTS HLMRMEER is provided by MyLaps. You must wear the timing chip with velcro strap on your LEFT ankle (so that it cannot touch your bicycle chain). It is important that you do not carry the chip elsewhere, as the time registration may fail in that case due to the distance between the chip and the mat being too great. Individual participants keep the timing chip on during the entire competition. Participants in a team receive a timing chip per team that must be passed on after each part.

Important: All rented chips must be returned after the race. It's **MANDATORY** to hand in your chip and the strap when you leave the transition area when you go to check-out your bike. No chip means no bike! With a lost chip - in any way - you have to pay € 25 immediately (pin). So please make sure you attach your chip correctly to your ankle with the strap. There is only 1 good way and the velcro always works. If you have any doubts, ask at the registration desk how to properly attach the chip to your ankle.





BEFORE THE RACE

Transition area

The transition area is located along the water opposite the finish line. The transition area is open from 07:00 to 16:30.

Check-in transition area

Before the race, you place all your necessary gear in the transition area at your number. When checking in your belongings, keep the following in mind:

- Make sure the necessary stickers are applied to the helmet and bike;
- Wear a helmet when entering the transition area;
- Your bike and helmet are checked for safety. It is important to ensure that you have a properly working bike before the start of the race. It doesn't have to be a racing bike. A city bike in good condition is also allowed. Our jury checks the brakes, whether there are caps on the handlebar brackets and whether the helmet strap is tight enough.

The moment your bike is not considered safe, the jury will not let you start, safety comes first. Bicycles that are not in good condition will not be allowed in the transition area.

- The bike must be placed in the bike rack that belongs to your start wave and start number. At the ends of the transition area you will find signs indicating which start numbers are where in the transition area. At your place in the transition area, there is also a label with your start number on it.

Toilets

There are a number of permanent toilets at DTS HLMRMEER that you can find at the beginning of the finish street. In addition, we place two dixies and a pee cross right next to the transition zone. Feel free to ask the crew where the toilets are.

Wetsuit

During DTS HRLMRMEER we use the following rules for the use of wetsuits.

Swimming distance	Minimum:	Mandatory under:	Prohibited:
Up to and including 1500m	13°C (under the 13°C = RBR)	15.9°C	24°C and above

The water temperature measured on the day of the event is decisive. Any measurements prior to the event are indicative and are not a reliable basis for the expected temperature during the competition. The timing chip should be attached to the left ankle UNDER the wetsuit. This prevents the chip from coming loose when you take off the wetsuit.

Important: To avoid mixing up the wetsuits, we recommend that you put your name in your wetsuit.



Blue-green algae

With the current high temperatures, blue-green algae regularly occur throughout the country, especially in stagnant inland waters. The Haarlemmermeerse plas is equipped with a pipe system with holes that lies over the bottom of the lake. Water and air are constantly blown through this system, so that the cold water from the depths is blown upwards and constantly mixes with the surface water. As a result, there is much less chance of blue-green algae. At the moment (July 4, confirmed by the forest management) the swim water quality is OK and without risk.

Blue Algae?

Safety comes first, so if health risks arise due to an excess of blue-green algae (measured by an official organisation), the swimming part will be replaced for an extra running part. It will then be called a Run Bike Run. The first run will have a distance equivalent in time to the swim portion. So the sprint runs a shortened lap of 2.5KM, the OD runs 1 standard lap of 5KM and the $\frac{1}{3}$ will run 7.5KM.

Briefing

A briefing will take place 15 minutes before the start of each wave. During this briefing, the most important matters relating to the competition will be reiterated. In addition, any changes will be communicated during this briefing. The briefing takes place at the large course map near the swim start.

Important: Every participant must be present at the briefing prior to his or her start wave.

Warming-up

Before the briefing there is an opportunity to swim and warm-up, until the organizer asks all participants to line up at the starting line and start the briefing. It's a land start which means everyone lines up at the starting line on the beach and waits for the starting gun to start and then their race starts.

THE RACE

Distances

OneThird ($\frac{1}{3}$) Distance

Swimming: 1500 meters - 2 laps

Cycling: 57.5 kilometers - 3 laps.

Running: 15 kilometers - 3 laps

Olympic Distance

Swimming: 1500 meters - 2 laps

Cycling: 38 kilometers - 2 laps

Running: 10 kilometers - 2 laps

Sprint Distance

Swimming: 750 meters - 1 lap

Cycling: 19 kilometers - 1 lap

Running: 5 kilometers - 1 lap



Heat protocol

Due to the high temperatures on Saturday 12 July, we will act according to the heat protocol. This means that we will offer extra water stations and sponges on the running course. The running course consists of 1 lap of 5KM. The OD does the lap 2 times and the $\frac{1}{3}$ Distance does the lap 3 times.

KM 1 = **XXL HYDRATION ZONE** - water, sports drink & sponges

KM 3 = water & sponges

KM 4.3 = **XXL HYDRATION ZONE** - water, sports drink & sponges

KM 5 = **FINISH SPRINT DISTANCE = VIP RECOVERY STATION XXL**

KM 5 - turning point for OD and $\frac{1}{3}$ = water, orange & sponges

KM 6 = **XXL HYDRATION ZONE** - water, sports drink & sponges

KM 8 = water & sponges

KM 9.3 = **XXL HYDRATION ZONE** - water, sports drink & sponges

KM 10 = **FINISH OLYMPIC DISTANCE = VIP RECOVERY STATION XXL**

KM 10 = water, orange & sponges (turning point for $\frac{1}{3}$)

KM 11 = **XXL HYDRATION ZONE** - water, sports drink & sponges

KM 13 = water & sponges

KM 14.3 = **XXL HYDRATION ZONE** - water, sports drinks & sponges

KM 15 = **FINISH $\frac{1}{3}$ DISTANCE = VIP RECOVERY STATION XXL**

NUTRITION

If the temperature is around 30 degrees, the running for the $\frac{1}{3}$ distance can be shortened to 10 KM (2 laps instead of 3). This will only be determined on the day itself, in consultation with the medical service, and will be announced during the briefing at 08:15.



The swimming part

- Wearing the swimming cap issued by the organization is mandatory.
- It's a land start meaning everyone lines up at the start line on the beach and waits for the starting gun, then rushes into the water to start the swim part.

Transition from swim to bike

- You can change clothes at your bike in the rack.
- It is not allowed to stand naked in the transition area. In the transition area there is a changing tent where you can change in this case.
- Before you remove your bike from the rack, your helmet must be on and fastened.
- Before you leave, check that your timing chip is still wearing. If this is not the case, please report this to someone from the organization so that they are aware of this.
- Make sure you wear your bib number on your back.

Important: It is forbidden to cycle in the transition area. Only when you have completely passed the bar at the end of the transition area can you get on and start cycling.

The bike part

- Wearing a helmet is mandatory.
- Staying is not allowed. You must stay at least 12 meters behind your predecessor. Overtaking is of course allowed.
- You are responsible for driving the correct number of laps. If afterwards it appears that you have completed fewer laps, you will be disqualified.

Important: If you are too close to your predecessor, you are drafting. You can get a warning for this from one of the 7 officials on motor-bikes. If this is observed more often with you you will be disqualified. We don't have a penalty tent. With 2 or more warnings, DSQ will appear after your name in the results. It is not possible to register a protest. Jury and organization decision are binding

Important: Overtaking on the right is strictly prohibited and will be penalized by the jury with a DSQ.

Important: As a participant in DTS HLMRMEER you are simply a participant in traffic. You must at all times follow the instructions of the traffic controllers, the organization and any emergency services. If emergency services have to enter the route to reach their destination, the race can be briefly stopped for this. Emergency services always have priority over the race.



Volgend jaar nog sneller?

**Watt
cycling**



Train Smarter. Get Faster.

WATTCYCLING | PILATES | HIIT | YOGA | TRX | PERSONAL TRAINING

AmstelGym

The Race Against the Plane - Powered by WattCycling

It's back! The famous 'The Race Against the Plane'. The beautiful and fast cycling course also goes right along the famous Polderbaan, one of the most used runways at Schiphol. Cycling while planes land or take off right next to you is a phenomenal experience. Together with Wattcycling we go one step further, because on that part of the cycling course your time is measured by Mylaps for 1 kilometer. Banners clearly indicate when the measurement of the kilometer starts and when it is over. It is a race within the race. For 1 kilometer you can give everything you have to set the fastest kilometer cycling time. Participants in the Sprint get 1 chance, the OD cycles 2 laps and therefore has 2 chances and for the $\frac{1}{3}$ distance your time is measured 3 times. There will be a separate awards ceremony for The Race Against the Planes, so make sure to get on stage and grab those great prizes offered by WattCycling!

Transition from bike to run

- You must have dismounted before you pass the beam when entering the transition area.
- Place your bike at the correct spot in the transition area.
- Your helmet may only be removed once you have placed the bike in the rack.



The running part

- At the end of your last lap you will be led into the finish area. You are responsible for running the correct number of rounds.
- Two aid stations have been set up on the running course where water and sports drinks are provided. You are only allowed to dump empty gels or other waste just before and just after a transition area (so that our team can pick it up and throw it away for you. At every other place on the run - but also the bike course! - you are not allowed to throw away any waste. **You will be immediately disqualified if you do!**

Additional information for relay teams

A team has one timing chip. This chip actually counts as a 'relay baton'. The timing chip must be transferred and attached to the teammate's left ankle before he/she can start the next event. There are three start numbers in the registration kit. Each team member has his own start number, because you can only enter the transition area on presentation of your start number. During the race, one bib number must be worn by the cyclist (on the back) and the other bib number must be worn by the runner (on the stomach).

Swimmer

The timing chip should be worn around the ankle. After swimming you walk via the indicated route to the transition area. The timing chip is exchanged with the cyclist at the place of the bike in the transition area.

Cyclist

Make sure the helmet is on your head and fastened and wear the bib number (on your back). Wait for the swimmer by the bike in the transition area. Leave your bike in the rack until the swimmer has transferred the timing chip and it is attached to your ankle. After cycling, you first put your bike in the designated place before the timing chip can be transferred to the runner.

Runner

Wear your bib number on the front. Wait for the cyclist at your start number in the transition area. After the cyclist has parked his bike in the intended position, the cyclist can transfer the timing chip. Place the timing chip on your ankle before you start walking. Make sure that the start number (on your stomach) is clearly visible at the finish.

Finish

A team can finish together. When your team's runner enters the finish zone, the other two team members may join the runner so that the finish can be crossed together.



AFTER THE RACE

Medals

After the finish everyone receives a cool medal. There is also everything that you really feel like, such as sweets, fruit and drinks.

Massage

After your finish, our sports masseurs are ready to give you a well-deserved and free massage.

Award ceremony

the 1/3 around 13:15, OD 13:45 and the SPRINT around 15:00,

In the following categories there is an award ceremony for numbers 1, 2 and 3:

- Triathlon individual men 14-29, 30-39, 40-49, 50-59 and 60+ & Overall;
- Triathlon individual women 14-29, 30-39, 40-49, 50-59 and 60+ & Overall;
- Triathlon Relay, a podium ceremony overall with participation of at least 5 teams
- DTS Team Competitions Ambitious
- WattCycling Kilometer fastest woman and fastest man Sprint, OD and 1/3.

We do not send honorary prizes on request! Make sure you are present at the podium ceremony.

Check-Out Transition Area

After the race you can pick up your bike and other belongings in the transition area. You can only enter through the bike check-in/check-out tent by showing your bib number. You can only check out your bike and bag when your bib number matches the number on your bike and you hand in the Mylaps timing chip and band. When leaving the transition area, make sure you have taken all your belongings with you.

Results

The results of the race will be posted on the DTS HLMRMEER website as soon as possible after the last finisher.

Lost and found

Lost and found items can be returned during the event and collected at the registration desk. If he has lost something during the day, please send an e-mail to info@dtseries.nl. If we have found your stuff, you can pick it up at our office in Aalsmeer.



Medical support

A professional medical team from Witte Kruis ensures the safety and health of participants and spectators during the DTS HLMRMEER. A permanent first aid station has been set up on the event site. In addition, there are several mobile first aid stations on the course.

The Heemstede rescue brigade ensures safety on the water.

Report calamities immediately to the nearest first aid station or someone else in the organization. Employees go to the scene of the emergency as quickly as possible. We request all participants to follow the instructions of medical personnel in all cases.

Catering

There is a Food Truck on the event site. Enjoy a tasty snack and drink before and after your race on our big terrace. You can pay everywhere with cash or debit card.

Merchandise

Dutch Triathlon Series has nice and handy shirts, caps, hoodies, buffs, start number bands and lock lace laces for sale in the merchandise stand next to the registration. Don't forget to check our latest new collection trisuits and bike jersey's. New sample collection has just arrived and it looks Awsome!

Good luck and have fun!

Team DTS.

below we show you the triathlon rules one more time. Just read them (again) to refresh your knowledge and know what you're up to!



COMPETITION RULES

The Dutch Triathlon Series (DTS) works with its own team of judges who ensure that the competition is conducted according to the rules. Participants must adhere to our regulations. DTS judges have the power to disqualify participants who do not comply with the rules as described below.

- Participants must at all times follow the instructions of traffic controllers and police officers and must be alert to available means of transport.
- Comply with the applicable traffic rules at all times (unless otherwise indicated by traffic controllers and police officers) and understand that the course is open to the public and traffic. The areas closed to traffic can also be used during the event by emergency services and vehicles associated with the event. Therefore, adhere to the traffic rules at all times. Driving is on the right.
- The DTS medical team has the right to withdraw athletes from the competition if they deem it inappropriate to continue.
- We ask all participants to behave in a good and sporting manner, and to treat other participants, event staff and volunteers with courtesy and respect.
- Disposing of waste is only allowed in waste zones. The waste zones are located around the aid stations and are clearly marked. If a competitor throws waste outside this zone, he or she will be disqualified.
- If a participant chooses to withdraw from the competition, he/she must inform the jury as soon as possible. If this is not complied with and a search and rescue operation is initiated, the associated costs will be claimed from the relevant participant if he/she is at home or in a hotel/accommodation at that time.
- The organization of DTS reserves the right to change regulations, course and locations at any time. However, the participants must be informed of this before the start of the competition, unless the change is directly related to the safety of the athletes.
- Wearing headphones or earplugs is not allowed in the swimming, cycling and running segments.
- Participants (m/f) in the DTS are not allowed to go bare-chested on the cycling and running course. Each participant must familiarize himself with the course, it is his own responsibility to follow the correct route (except for deviating instructions from traffic controllers, police officers and organization).
- DTS reserves the right - when the weather conditions so require - to give the race the Duathlon status, with a view to the safety of the participant. There will be no (partial) refund of registration fees. If the weather conditions are so bad that the safety of the participants in a duathlon cannot be guaranteed, the organization of DTS can choose to cancel the event in its entirety. In the event of cancellation, the registration fee will not be refunded.
- The starting numbers issued must be visible during the entire cycling and running segment.

SWIMMING RULES

During the event, a participant must have the swimming cap obtained at registration. This must be worn at all times when the competitor is in the water.

Any adjustments to the swimming segment will be communicated during the participant briefing based on the prevailing weather conditions, water temperature and any changes in swimming distance.



- Flippers, paddles, snorkels and flotation devices are prohibited.
- Swimming or diving goggles may be worn.
- If a competitor receives assistance during the swim segment (for example from canoeists or lifeguards) this may lead to disqualification.
- The organization of the event has the right to move the swimming course, shorten it or cancel the swimming part if the weather conditions, water temperature or general water condition so require.

BIKE RULES

- Drafting is not allowed. The 'draft zone' is a 12-metre-long, 3-metre-wide rectangle (one and a half meters on both sides from the front wheel) between the frontmost point of the front cyclist and the cyclist behind it. An overtaking action (completely crossing the draft zone) must be completed within 20 seconds. Subsequently, the overtaken athlete must have disappeared from the draft zone of the former athlete within 5 seconds.
- The bib numbers may not be reduced or otherwise modified. The number must be worn on the back with bicycles.
- Wearing a safe bicycle helmet is mandatory.
- The bicycle helmet must be attached with the chin strap before the bicycle is removed from the rack. Subsequently, the helmet may not be released again until the bicycle is in the rack after the bicycle part.
- Individual guidance is not allowed. The bike course is closed to support vehicles. A participant may not seek or accept help from spectators, supervisors or third parties, with the exception of official technical support from the organization or within the coaching posts.
- A participant is responsible for the condition and possible repair of the bicycle. The bicycle must be properly maintained and in a ready-to-ride condition before the start of the event. The participant must be able and prepared to carry out any necessary repairs himself, accepting help with this can lead to disqualification. This excludes the possibility of working with spare wheels or spare bicycles. When the bicycle is checked in, a basic technical check is carried out, during which only bicycles that meet the requirements are admitted to the transition zone. The helmet must be checked in at the same time as the bicycle and may then only leave the transition zone during and after the race.
- Cyclists are expected to follow the instructions and directions of all race officials and authorities. Participants are allowed to walk with the bicycle if this is necessary.
- Competitors must keep to the right as much as possible on the course. Overtaking must take place on the left.
- Penalties for drafting, dangerous driving and unsportsmanlike conduct are determined by the judges and may result in disqualification.
- The organization of the event has the right to move or shorten the cycle course if weather conditions or course conditions require this.

RUNNING RULES

- The bib numbers may not be reduced or otherwise modified. The number should be worn on the front of the body when walking.
- Competitors must walk to the right as much as possible so that passing on the left remains possible.
- Individual guidance on the course (in the form of non-participating runners, cyclists or other vehicles) is not allowed. Accepting food or other attributes is not allowed outside the coach station and may lead to disqualification.



- The organization of the event has the right to move or shorten the running course if weather conditions or course conditions require this.

MEDALS

- At DTS every finisher receives a beautiful medal.
- For different Age Groups and Overall Women's, Men's and Relay teams. we have honorary prizes.
- Participants can always visit the Mylaps stand inform if he/she has won a prize.
- 1 st , 2 nd and 3 rd prizes are awarded exclusively at the podium ceremony at the event.
- Prices will NOT be sent afterwards on request.. You need to be present at the ceremony!
- Results are during the day online and can be found via www.dutchtriathlons.nl.

FINISHER SHIRTS

- Ordered and paid for Finisher Shirts must be collected by the participant at the registration desk
- Sending a finisher shirt by post on request costs €10. (€5 postage + €5 handling)