



**PARTICIPANT INFORMATION**

# **DTS OUDERKERK 2025**

Datum: 30 augustus 2025

Organized by  
Amsterdam Sport Events





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Dear Triathlete,

DTS OUDERKERK will take place on Saturday, August 30. We are happy that you will join us with about 900 other triathletes. A new record in participants for our race in Ouderkerk, which shows how popular triathlon is becoming. We love to see that and of course will do everything to offer you a fantastic day with a great result; you passing our finish line with that great smile on your face!

Like our first two DTS events this year we hope again for a nice sunny day on Saturday the 30th. We swim in the large side of the lake, so that we are assured of beautiful and clear water.

The roadwork on the A9 is still in full swing, but this edition we can use the viaducts again and can offer you the 10K bike loop. So the Sprint will bike 2 laps and the OD will do 4.

In this Participant Information we try to provide you with all relevant information as accurately as possible to make your race a wonderful day. Therefore, read it carefully.

On behalf of the entire team and all volunteers of DTS, we wish you a great triathlon.

With kind regards,

Lars Vreugdenhil





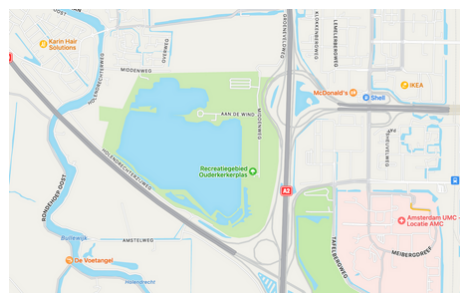
## THE LOCATION

DTS OUDERKERK is organized around the Ouderkerkerplas.

Address:

Aan de Wind 10

1191 LD Ouderkerk aan de Amstel



## BEREIKBAARHEID EN PARKEREN

Parking at DTS OUDERKERK is free. The parking lot is located next to the event area.

*With public transport*

There are various options for traveling to DTS by public transport. The nearest train station is Bijlmer Arena 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.

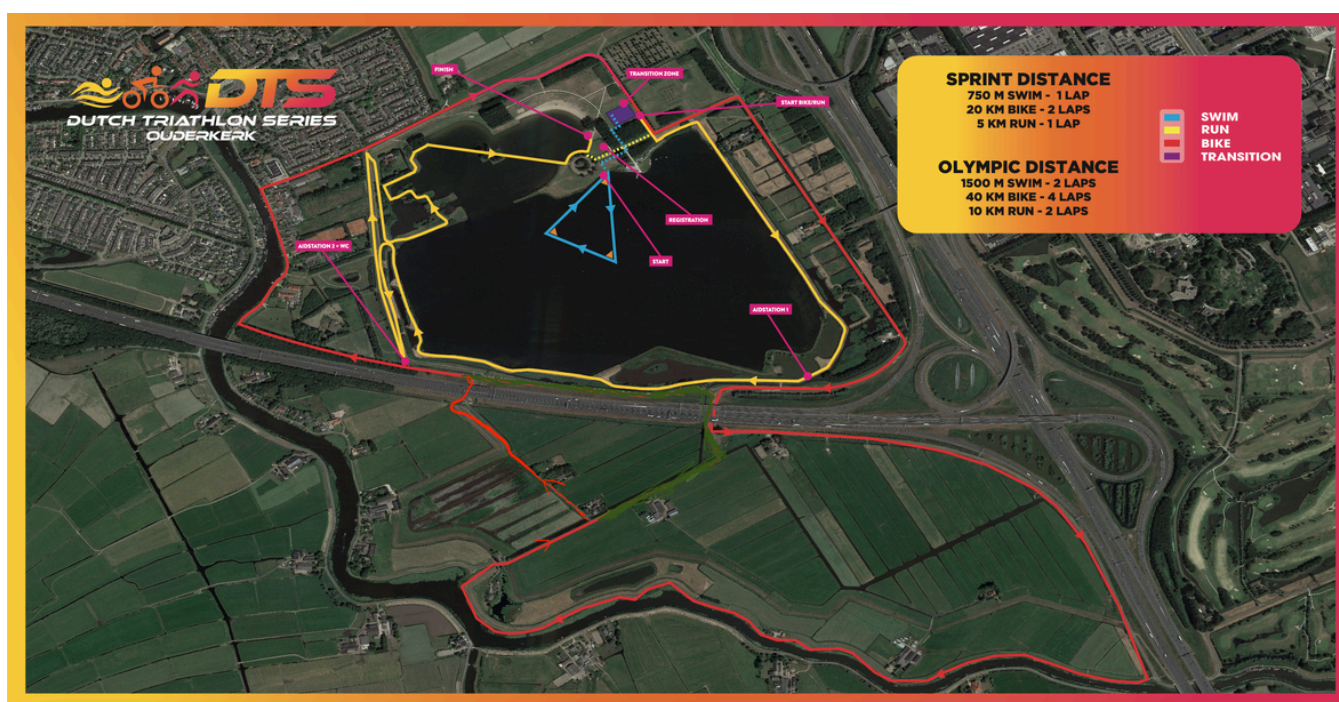
Before you leave, you can consult the following websites for personal advice:

- [www.9292ov.nl](http://www.9292ov.nl)
- [www.connexxion.nl](http://www.connexxion.nl)
- [www.gvb.nl](http://www.gvb.nl)
- [www.maps.google.com](http://www.maps.google.com)

## PROGRAM

|                 |   |
|-----------------|---|
| 07:30 uur       | Registration en bike Check-in open                        |
| 09:00 uur       | Wave 1: Olympic Distance Individual & Relay teams         |
| 10:30 uur       | Wave 2: Olympic Distance (+ DTS Team- & Solo Competition) |
| 12:00 uur       | Wave 3: Sprint Distance Rookie wave & Relay teams         |
| 13:00 uur       | Wave 4: Sprint distance                                   |
| Circa 13:00 uur | Award ceremony Olympic Distance                           |
| Circa 14:30 uur | Award ceremony Sprint Distance                            |









## REGISTRATION

The registration kit you need to participate in DTS OUDERKERK 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 and accessories. If you do not own these, you will not be able to participate in the competition.

**Important:** The registration desk opens at 7:30 AM. We recommend arriving 1.5 hours before your start to ensure you have enough time to prepare for your race. If you're starting in the 10:30 AM OD, please arrive around 9:00 AM. If you're starting in the 12:00 PM Rookie race, we recommend arriving around 10:30 AM. Etc, etc. You can pick up your registration kit up to 30 minutes before the start of your wave. Small changes, like birthdate, can be submitted at the desk up to 45 minutes before the start of your wave. We ask for a valid ID when picking up your race kit, and participating under someone else's name is not permitted.

### 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 anklet

Optional if ordered during registration:

- bib 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 €11. (€6 stamps + €5 handling).

### Startnumber and startnumberbelt

To confirm your start number, it is recommended to wear a startnumberbelt. If you don't have one 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 running you wear the start number on the front (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.).

### Swim cap

During the swimming part it is mandatory to wear the silicone swim cap of the organization. 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 registration during DTS OUDERKERK is provided by MyLaps. You must wear the timing chip with valcro 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 when you go to check-out your bike. If you lost your chip - in any way - you have to pay € 25 immediately by pin. Make sure you attach your chip correctly to your ankle with the strap. There is only one good. If you have any doubts, ask at the registration desk how to properly attach the chip to your ankle but check out the pictures below.





## BEFORE THE RACE

### LOCKERS

Rent a locker from Lock-Moby and securely store your valuables during the event. This way, you can focus on your race with peace of mind – without worrying about your phone, keys, or wallet. The organizers are not ultimately responsible for the security of personal belongings.

✓ Reserve your locker now via the link below:

👉 [Reserve je locker via Lock-Moby](#)

💰 Cost: €8.50 rental + €10 deposit (the deposit will be refunded upon return)

### Transition area

The transition area is open from 07:30 to 16:00. Make sure you have your gear ready on time and go through the transition area carefully to ensure that your race runs as smoothly as possible. Inside the Transition area there are Dixies and close to the transition area and behind the finish there is also a concrete toilet block with outside taps for filling your water bottle.

### Check-in transition area

Before the race, you place all your necessary gear in the transition area on your spot. 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 officials are checking the brakes, whether there are caps on the handlebar brackets and whether the helmet fits your head and the strap is tight enough. The moment your bike is not considered safe, the official 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 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.

### Wetsuit

At DTS OUDERKERK 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 race. 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.





### RENT A WETSUIT

For every triathlon it is possible to rent a wetsuit from our partner Dare2Tri for €55. Renting a wetsuit is done via the registration form of Mylaps (Njuko). Did you not rent a wetsuit during your registration? Then you can still rent and order it via this link: [Dutch Triathlon Series 2025: Wetsuits Verhuur](#)

Dare2tri will send the wetsuit by post approx a week before the race and you have to return it yourself by post again within a week after the race. You will receive a return label.

### BRIEFING

A briefing will take place 20 minutes before the start of each wave. During this briefing, the most important matters regarding the race will be explained again. In addition, any changes will be communicated during this briefing. The briefing takes place in front of the registration tent.

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

### WARMING-UP

After the briefing there is an opportunity to swim in until the starter asks all participants to line up at the starting line.

## **THE RACE**

### DISTANCES

#### ***Olympic Distance.***

Swimming: 1500 meters (2 laps)

Cycling: 38.4K (4 laps)

Running: 10K (2 laps) Partly unpaved!

#### ***Sprint Distance***

750 meters (1 lap)

19.2 K (2 laps)

5 K(1 lap) Partly unpaved!

### SWIM PART

Wearing the swimming cap issued by the organization is mandatory. It is a water start which means that everyone is lined up between the 2 starting buoys, waits for the starting gun and then starts their race.

### SWITCH FROM SWIMMING TO CYCLING

- You can change clothes with your bike in the rack. We don't have a changing tent.
- It is not allowed to be completely naked in the transition area.

**Important:** There are three NO PASSING ZONES. If you see a **START NO PASSING ZONE** sign, overtaking is prohibited from that point onward. This is under the overpasses and near the transition zone at the end of the lap. After the **END PASSING ZONE** sign, overtaking is permitted again.



**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.
- Drafting is not allowed. This is a non-stayer race! You must stay at least 12 meters behind your predecessor. Overtaking is of course allowed.
- You are responsible for racing the correct number of laps. If afterwards it appears that you have completed fewer laps, you will be disqualified (DSQ).

**Important:** If you are too close to your predecessor, you are drafting. You can get a warning for this from the official on the motorcycle. 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 behind your name in the results. It is not possible to put in a protest. Officials and organization decisions are binding

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

**Important:** As a participant in DTS OUDERKERK you are 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. The bike course are partly closed roads but all residents receive a traffic exemption to drive from and to their houses, so you mind find some cars on the course. Please always pay attention to other traffic. They also will pay attention to you.

### Transition from bike to run

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

### The running part

- 80% of the running course is unpaved!
- At the end of your first (Sprint) or last (OD) lap you will be led into the finish area. You are responsible for running the correct number of rounds. 1 for sprint and 2 for OD.
- **XXL Nutrition** is a DTS partner and will take good care of you during your run. They have a fantastic aid station ready with the best products to help you get back on track. You may only dispose of empty gels or other waste just before and just after the aid station (so our team can clean it up for you). You may not throw away any litter anywhere else along the running course—including the cycling course! You will be immediately disqualified if you do so! If it's really sunny and the temperature is 23 degrees or above, we'll set up a second aid station with water and sponges along the running course.





### Additional information for relay teams

A team has only one timing chip in total. 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 is also only 1 bib number in the registration kit. During the race, the bib number must be worn by the cyclist on the back and must be worn by the runner on the front. Make sure you have a startnumberbelt to use and make it a swift transition.

#### *Swimmer*

The timing chip should be worn around the ankle. After swimming you run 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 at your bike in the transition area. Leave your bike in the rack until the swimmer has handed you the timing chip and it is attached to your ankle. After cycling, you first put your bike at your spot in the rack before the timing chip and race belt with bib nr can be transferred to the runner.

#### *Runner*

Wear your bib number on the front. Wait for the cyclist at your number in the transition area. After the cyclist has parked his bike in the intended position, the cyclist can transfer the timing chip and bib nr. Place the timing chip on your ankle before you start running. 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.

### HEAT PROTOCOL

During DTS OUDERKERK we can expect high temperatures. In addition to the permanent water taps on the event site, we then will place two aidstations on the run course. At 1.2KM/6.2 and 3KM/8KM. We have water, and sponges, so there will be enough opportunity to cool down, hydrate and take good care of yourself.



## AFTER THE RACE

### You'r all winners!

After the finish everyone receives a cool medal. There is also everything that you really feel like, such as sweets, fruit and drinks from XXL. If you ordered a finisher shirt during your registration, you can (only) pick it up at the registration tent. This can be done before your race.

### Mylaps Chip

Important: All rented chips must be returned at the end of the race ONLY during the Bike check-out. A lost chip costs €25 and must be reimbursed immediately with a pin (and before the bike can be checked out!)

### MASSAGE

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

### AWARD CEREMONY

Besides the overall-winners for the men's, women's and relay teams, there are prize ceremonies for these 3 Age Groups.

- 14 Sprint-16 OD till 29 years
- 30 - 39 years
- 40 - 49 years
- 50 - 59 years
- 60+

Sprint Award Ceremony: 13:00

Olympic Award Ceremony: 14:30

### STAY AROUND

We try to do the podium ceremony as soon as possible. We regret that participants have already gone home while we want to put them in the spotlight on stage. Honorary prizes will not be forwarded, also for that reason! Not sure but feel like you'r on the podium? Then check at the Mylaps tent and ask if they can tell you if you are 1,2 or 3 in your AG.

### GET YOUR ACTION PHOTO'S!

During your race 5 photographers are making action photo's on different parts of the courses. For only €22,50 you can buy your set off photo's in high resolution. You can check on this link your photo's. Only enter your name or BIB number on this page and be amazed about your own performance :

**<https://www.dutchtriathlons.nl/uitslagen---foto-s-dts-ouderkerk>**





### CHECKOUT TRANSITION AREA

The transition area is guarded until 4:00 PM. After the race you can pick up your bike and other belongings in the transition area and you must also hand in your Mylaps chip and velcro at that time. You can only enter through the bike check-in/check-out and on presentation of your bib number. You can only check out your bike and bag if your bib number matches the number on your bike and... yes again; you hand in your chip!. When leaving the transition area, make sure you have taken all your belongings with you. Your place in the transition area is a safe place to leave your other gear/bag while you race. However, we, the organization, are under no circumstances responsible for missing, lost and/or stolen property. It is always at your own risk.

### RESULTS

The results of the competition can be found on the website of DTS OUDERKERK. Click on the link and see the standings during the day. Mylaps uploads the results several times a day. All Sprint waves are combined for the result and the same applies to the two Olympic Distance waves. so it could be that a No. 1 from the first wave is beaten by a faster triathlete who starts in a later wave.

### LOST AND FOUND

Lost and found items can be handed in during the event and picked up at the registration desk. If you have lost something during the day, please send an e-mail to [info@dtseries.nl](mailto:info@dtseries.nl). If we have found your belongings, you can pick them up at our office in Aalsmeer.

### MEDICAL SUPPORT

A professional medical team from 't Witte Kruis ensures the safety and health of participants and spectators during the DTS OUDERKERK. A permanent first aid station has been set up on the event site. In addition, there are several mobile first aid posts on the course and there are always 2 boats from the rescue team near the swimmers.

Report calamities immediately to the nearest first aid station or someone else in the organisation. 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.

**Have a Wonderful day and a great race. Good luck!**

Team DTS

Extra note: When registering for a DTS race, you always agree to our General Terms and Conditions online. The regulations are also briefly and clearly described in these General Terms and Conditions. Tip: read these (again) so that you know what the rules are and what you have agreed to: <https://www.dutchtriathlons.nl/terms-and-conditions/>