



PARTICIPANT INFORMATION

DTS BOSBAAN 2026

Date: 26 September
2026

Organized by Amsterdam
Sports Events



TABLE OF CONTENTS

FOREWORD	P.3
THE VENUE	P.4
ACCESSIBILITY AND PARKING	P.4
PROGRAM	P.4
COURSE	P.5
REGISTRATION	P.6
BEFORE THE GAME	P.9
SWIM START	P.11
THE RACE	P.13
AFTER THE RACE	P.17



Welcome to DTS BOSBAAN 2026!

It is truly amazing we close the Dutch Triathlon Series season with an unprecedented record-breaking edition. On Saturday, 26 September, an impressive 1,250 participants will gather at the starting line for the Sprint and Olympic distances at the iconic Bosbaan.

Before you is the participant information for DTS BOSBAAN. This document is of significant importance, and we kindly request that you read it thoroughly and in its entirety prior to race day. It encompasses all the essential details regarding the program, parking, registration, transition area, start procedure, courses, and race regulations.

Thorough preparation guarantees that on race day, you are fully aware of your designated locations and what to anticipate. This enables you to arrive at the starting point well-equipped and at ease, allowing you to fully enjoy your race.

Behind the scenes, in collaboration with our volunteers, partners, officials, emergency services, and all others involved, we are diligently striving to ensure another exceptional race day. With a record-breaking 1,250 participants, it is poised to be a spectacular and athletic "FINISH" of the DTS season.

We wish you success, abundant enjoyment, and, most importantly, an extraordinary race at DTS BOSBAAN 2026!

See you on September 26 at the Bosbaan!

Best sporting regards,

A handwritten signature in black ink, appearing to read 'Lars Vreugdenhil'.

Lars Vreugdenhil

P.S. Remember that your supporters can follow you live through the complimentary MYLAPS Sports Tracker app. Download MSS LIVE (MYLAPS Sports Service Live) from the App Store. And remember to smile for the camera from time to time... our photographers will be stationed throughout the course!



THE VENUE

DTS BOSBAAN takes place at the Bosbaan in the Amsterdamse Bos.

Address:

Bosbaan 10

1182 AG Amstelveen



PARKING

Parking for DTS BOSBAAN incurs a fee. The car park is situated at the entrance of the Bosbaan, in proximity to the event site. Should the main car park reach capacity, please adhere to the guidance of our traffic marshals, who will direct you to the supplementary parking areas.

Public transportation

There are various options for traveling to DTS BOSBAAN via public transportation.

The closest train station is Amsterdam Zuid. From that point, you can board a bus heading to the starting location. For tailored travel guidance, please consult the following websites prior to your departure:

- www.9292ov.nl
- www.connexxion.nl
- www.gvb.nl

PROGRAM – PLEASE NOTE! SOME WAVES HAVE UPDATED START TIMES. THE TIMES LISTED BELOW ARE THE ACCURATE START TIMES FOR EACH WAVE.

The start time indicated in your registration confirmation email has been updated for Wave.

7:00	Registration for bike check-in is now open.
08:30	Wave 1: Olympic Distance (previously 09:00 AM)
09:45	Wave 2: Olympic Distance Individual and Relay Teams (previously 10:30 AM)
11:00	Wave 3: Olympic Distance
12:15	Wave 4: Sprint Distance Rookie wave (previously 12:00 PM)
13:00	Wave 5: Recreational Sprint Distance
13:45	Wave 6: Sprint Distance Recreational and Relay Teams
Approximately 1:30 PM	Medal Ceremony for Olympic Distance
Approximately 3:30 PM	Medal Ceremony for Sprint Distance

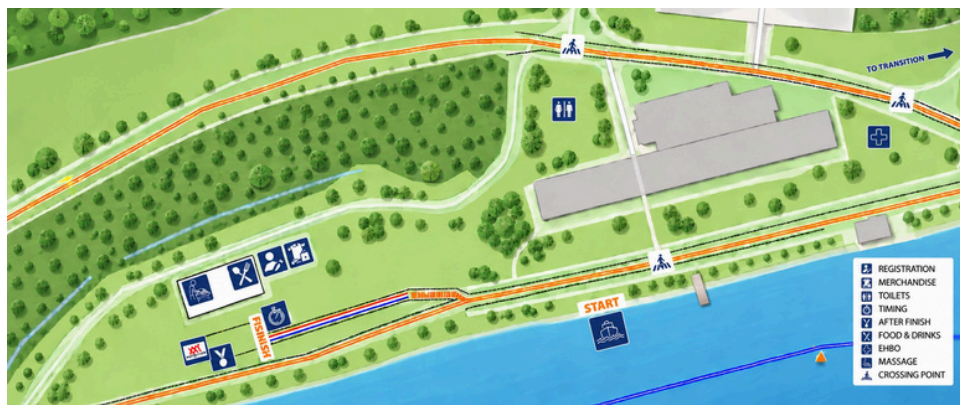


COURSE SPRINT & OD

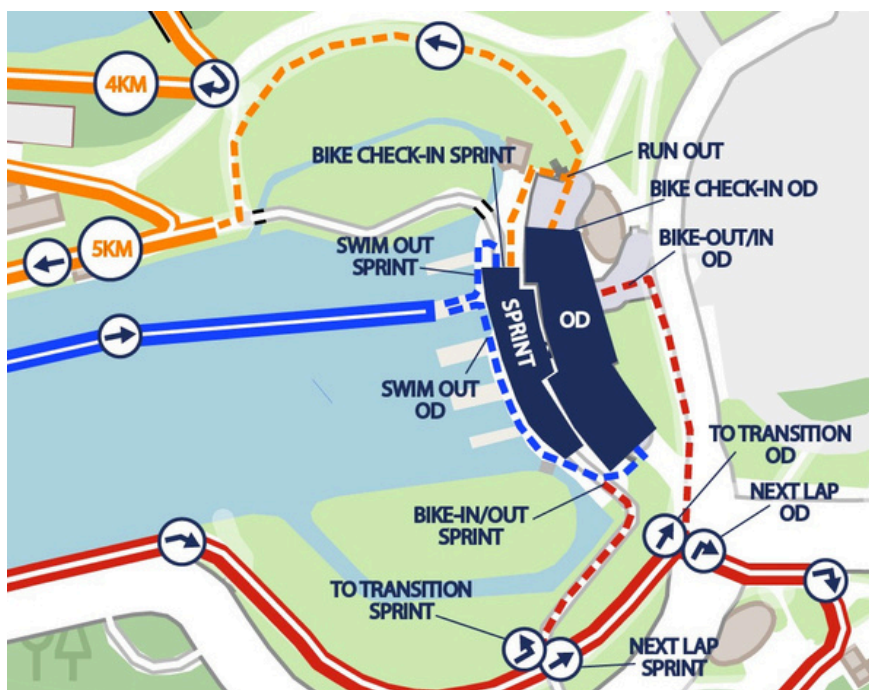




EVENT VENUE



TRANSITION AREA



REGISTRATION

The registration kit required for participation in DTS BOSBAAN can be collected at the registration tent located near the finish line prior to the event's commencement. This kit contains a race number and various accessories, among other items. Without these, participation in the race is not permitted. If you ordered a finisher shirt, it can also be collected at the registration tent. Additionally, if you ordered Lock-Lace laces and/or a race number band during registration, these items will be included in your envelope.



Important: The registration desk opens at 7:00 AM. We recommend arriving 1.5 hours prior to your start time to allow ample preparation for your race. If you are participating in the 08:30 OD, please ensure your arrival around 7:00 AM. For those starting in the 12:15 Rookie race, we suggest arriving around 10:45 AM.

NEW for this race: You **MUST** arrive at the departure point at the jetty 35 minutes prior to your start for the briefing and transport to the swim start! We will depart precisely 30 minutes before each start, and you certainly do not want to miss that boat!

You may collect your registration kit up to 45 minutes prior to the commencement of your wave. Additionally, modifications can be made at the counter up to 45 minutes before your wave begins. A valid ID is required when retrieving your race kit. Participation under another individual's name is prohibited.

REGISTRATION PACKAGE

The registration kit includes the following items:

Start number/BIB

- Sticker sheet (helmet decal, bicycle sticker, and bag label)
- Mylaps timing chip with a corresponding Velcro ankle strap.
- XXL gel

Optional if you selected this during your registration:

race number wristband;

Lock Lace shoelaces;

Finishershirt.

FINISHERSHIRT

Ordered finisher shirts must be retrieved by the participant at the registration desk.

Requesting the shipment of a finisher shirt by post incurs a fee of €15.

START NUMBER BAND AND START NUMBER

To affix your race number, it is advisable to use a race number belt. If you do not possess one, you may acquire it for €15 at the merchandise tent. The race number must be secured to the race number belt.

The race number must be displayed during the cycling and running segments.

During the cycling segment, it is mandatory to display the race number on your back, while in the running segment, the race number must be worn on your stomach. Relay teams require only one race number band.



STICKER SHEET

All participants will receive a sticker sheet featuring stickers for the bike, the helmet, and optionally for a bag.

BIKE STICKER

Affix the bike sticker to the seat post with the number facing backward. The number must be clearly visible from both the left and right sides. Do not remove the bike sticker until you have checked out of the transition zone. During the check-in and check-out process in the transition zone, it will be confirmed that the number on your bike corresponds with your BIB number.

HELMET STICKER

Affix the sticker to the left, right, and front of the helmet.

SWIMCAP

During the swimming segment, wearing the organization's swim cap is mandatory. Wearing your own swimming cap is allowed; however, it must be placed beneath the organization's swim cap and should not be visible.

TIMING

Timekeeping during the DTS BOSBAAN is facilitated by MyLaps. Participants are required to wear the timing chip secured with the provided strap around their LEFT ankle to prevent contact with the bike chain. It is crucial to avoid wearing the chip in any other location, as this may result in time registration failures due to excessive distance between the chip and the mat. Individual participants must retain the timing chip for the duration of the competition. Teams are allocated one timing chip, which must be transferred after each event.

Below is an illustration of how the chip should be affixed to the enclosed strap:

	1. Maak het bandje los Open het klittenband van het enkelbandje zodat het bandje volledig los is.		3. Haal het bandje door de chip Steek het uiteinde van het bandje door de opening in de chip, van onder naar boven.		5. Controleer de bevestiging Controleer of de chip goed vastzit en niet kan verschuiven. Het bandje moet stevig, maar niet te strak zitten.
	2. Plaats de chip Leg de chip met de ronde pinnen omhoog op het bandje. Zorg dat de MYLAPS-tekst leesbaar is.		4. Vouw terug en zet vast Vouw het bandje terug over de chip en bevestig het klittenband stevig op het bandje zelf.		6. Draag om de linker enkel Bevestig het bandje om je linker enkel, net boven het knobbeltje. De chip moet naar buiten gericht zijn. Je bent klaar!

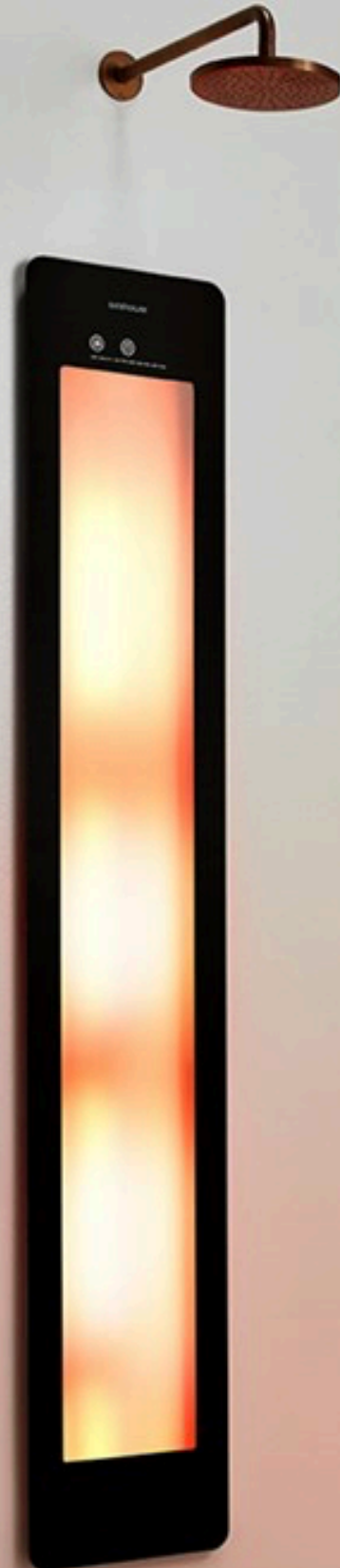
Important: All rented chips and wristbands must be returned following the race. This can ONLY be accomplished during the Bike check-out. A lost chip incurs a fee of €25. In such an event, this €25 must be paid immediately by the participant at the Bike check-out using a debit card.

**Three disciplines. One entity.
Every detail matters.**

Performance is dictated by the nuances, even beyond your training. Sunshower's infrared technology enhances blood circulation, accelerates recovery, and enables you to begin with renewed vigor. Furthermore, UV light promotes the natural synthesis of vitamin D in your body, which is vital for maintaining healthy muscles, robust bones, and an effective immune system. Recover more intelligently.

Enhance your performance. Precisely what you require for the Dutch Triathlon Series.

Visit [Sunshower.eu](https://www.sunshower.eu) for additional information.





BEFORE THE GAME

LOCKERS

Rent a locker from Lock-Moby to securely store your valuables throughout the event.

This approach allows you to concentrate on your race with peace of mind, free from concerns about your phone, keys, or wallet. The organization is not ultimately liable for the protection of personal belongings.

Secure your locker now through the link provided below:

[Reserve your locker through Lock-Moby.](#)

Fees: €8.50 rental + €10 deposit (the deposit is refundable upon return)

TRANSITION AREA

The transition zone for the SPRINT is situated on the rowing deck, while the transition zone for the OD is located one floor above, on the plaza in front of the De Bosbaan restaurant. This transition zone is accessible and secured from 07:00 to 16:00. Please ensure that your gear is prepared in advance and take the time to familiarize yourself with the transition area to facilitate a smooth race experience. Portable toilets are provided in the transition zone for emergencies during the race. Additionally, the rowing deck features changing rooms equipped with showers and toilets, which are available for your use before, during, and after your race. You may also refill your water bottles in the changing rooms. We recommend arriving 1.5 hours prior to your start time to allow ample preparation for your race. **A separate email will be sent to you regarding the briefing and start procedure, and it is imperative that you report to the assembly point 35 minutes before your scheduled start.**

Important: In a transition zone, you can be assured that your bicycle and personal belongings are secure. This is a designated area accessible solely to participants. Outside the transition zone, it is imperative to remain vigilant regarding your bike. Do not leave it unattended at any location. Ensure that you maintain a careful watch over it!

CHECK-IN TRANSITION ZONE

Before the race, position all your essential gear in the transition zone adjacent to your assigned bib number. Prior to checking in your bike, the following items must be organized:

All stickers have been affixed to the helmet (3) and the bike (1).

Your helmet is positioned on your head and securely fastened.

Your bicycle and helmet are subsequently inspected for safety.

It is essential to verify that your bicycle is in proper working order prior to the commencement of the race. It need not be a racing bike; a city bike, mountain bike (MTB), or Dutch-style bicycle is acceptable, provided it is well-maintained. Naturally, electric bicycles are not allowed. Our officials will inspect the brakes, ensure that caps are present on the handlebars, and confirm that your helmet strap is sufficiently secure. Bicycles that do not meet these standards will be denied entry to the transition zone.



The bicycle should be positioned in the designated area of the rack that corresponds to your race number.

At the boundaries of the transition zone, you will encounter signs indicating the location of each bib number within the area. At your designated position in the transition zone, a clip displaying your bib number is provided.

RENT A WETSUIT

For each triathlon, participants can rent a wetsuit from our partner, Dare2tri, for €55. Wetsuit rentals are processed through the Mylaps (Njuko) registration form. If you have not yet secured a wetsuit during your registration, you can still rent and order one using this link:

[Dutch Triathlon Series 2026: Last-Minute Wetsuit Rental](#)

The wetsuit will be dispatched to you by Dare2Tri via postal service approximately one week prior to the race. It will include a return label, allowing you to return it yourself within one week following the race. Please note that you cannot return your used wetsuit to the organization.

WETSUIT USE

During this period, the water temperature averages between 18 and 21 degrees, making a wetsuit non-essential. However, it offers additional buoyancy, resulting in quicker swim times, which is why it is frequently utilized in triathlons. If you have never swum in a wetsuit before, we recommend against using one for this competition without prior experience. Ensure that you have consistently practiced in your wetsuit. This is why you receive the rental wetsuit a week in advance.

If the water temperature falls below 16 degrees, a wetsuit is required, while at DTS, a wetsuit is not permitted if the water temperature exceeds 24 degrees. We assess the water temperature during the week preceding the race and share this information on our social media channels @dutchtriathlonseries. On race day, the temperature is measured again, and that reading is conclusive.

Last week, OmegamWater conducted tests on the swimming water quality of the Bosbaan, and the results were highly favorable. There were no indications of blue-green algae or fecal bacteria. Therefore, we can look forward to a pleasant and safe swim on September 26.



SWIM START

For this 15th edition at the Bosbaan, I aim to create something extraordinary. I (Lars) like a good party so now and then, and since my birthday is on September 25th, I intend to make the 26th particularly memorable. For several years, I have envisioned an idea that I find truly exciting, and this edition presents the ideal opportunity to bring it to fruition.

THE FLOATING BOILER ROOM EXPERIENCE - Theme: BETTER OFF ALONE

In a manner reminiscent of the beginning!
The most effective warm-up ever!

For each starting wave, a 275 m² floating club sets sail. We refer to it as The Floating Boiler Room Experience! With your entire starting wave aboard, you navigate directly across the Bosbaan to your designated starting position.

Behind the DJ booth stands a figure who requires no introduction: DJ JURGEN, the one and only, the mastermind behind the global hit "BETTER OFF ALONE."

And honestly, what song is more fitting for a triathlon?
As soon as you immerse yourself in the water, as an individual triathlete, you are entirely on your own.
Certainly, you can complete a triathlon independently.

However, that does not imply you must undertake everything independently.

We will conduct the briefing collaboratively.
We are collaborating on the Floating Boiler Room project.
We embark on the journey to the beginning together.
And after that... you are better off alone.

So: increase the volume. Raise your hands. Allow the adrenaline to surge.
For thirty minutes, you celebrate alongside your wave, only to plunge into the water at the height of the course.

SO DO NOT MISS THAT BOAT!

Ensure your presence at the boarding point 35 minutes prior to your scheduled departure.
That is where you embark for your wave and sail to the starting point.

DJ Jurgen. Your initial wave. The BOSBAAN.
One floating boiler room.
Guns goes off and...
YOU'R BETTER OFF ALONE!



BRIEFING

The race briefing occurs on the pontoon en route to the swim start. Please ensure you arrive no later than Be prepared at the jetty by the pontoon 35 minutes prior to your start time (refer to the map).



Please ensure your timely arrival, as the pontoon departs for the swimming start 30 minutes prior to your start. Should you miss the boat, you will be required to walk, and you certainly do not want to miss this boat!

The briefing will be conducted in Dutch. Following the Dutch briefing, the organizer will address the English-speaking participants in English and respond to any inquiries.

Pontoon configuration:

8:00	Wave 1: Olympic Distance
09:15	Wave 2: Olympic Distance Individual & Relay Teams
10:30	Wave 3: Olympic Distance
11:45	Wave 4: Sprint Distance Novice Wave
12:30	Wave 4: Recreational Sprint Distance
13:15	Wave 5: Sprint Distance Recreational and Relay Teams

SWIM START

Sprint: swimming begins at 750 meters

Olympic distance (OD): swimming begins at 1,500 meters.

Upon arrival at the designated starting position, all participants are requested to enter the water and make their way to the starting line. The starting signal will subsequently be issued by the organizer from the rescue brigade boat.

Upon the sound of the starting gun, swim directly towards the head of the Bosbaan, maintaining ample space around you. If you encounter difficulties in the water and require assistance from the lifeguards, raise a clenched fist above your head. This signal indicates that you need help, and the lifeguards will respond promptly.

Important: Every participant must arrive at the pontoon punctually. If you are too late, you will be required to walk 750 meters or 1500 meters to reach the swimming start.

Why buy endurance sports supplements from XXL Nutrition?

- **High-quality ingredients:** As a specialist in sports nutrition, we only use high-quality ingredients that support your performance and recovery. Our endurance sports supplements are carefully formulated and specifically designed for prolonged exercise, helping you get the most out of every training session or race.
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- **XXLNUTRITION.com**





THE RACE

THE DISTANCE

	Olympic Distance	Sprint Distance
Swimming:	1500 meters	750 meters
Cycling:	43 km (5 laps)	26 kilometers (3 laps)
Running:	10 kilometers (2 laps)	5 kilometers (1 lap)

WHAT IS THE ALLOWED DURATION FOR COMPLETION / DEADLINES

Cutoff Times in DTS will be utilized only in exceptional circumstances.

Sprint: We reserve the right to disqualify you from the race and prohibit you from commencing the run if you arrive at T2 two hours after the start (having completed the cycling segment and wishing to begin the run).

Olympic Distance: You may be disqualified from the race and barred from commencing the run if you arrive at T2 three hours after the start (having completed the cycling segment and wishing to begin the run).

THE SWIM

The use of the swimming cap provided by the organization is compulsory. This event features a water start, meaning that all participants will lie in a single line between the two starting buoys, await the starting gun, and then commence their race.

TRANSITION FROM SWIMMING TO CYCLING

You may change by your bike at the rack. There is no changing tent available.

• Standing completely naked in the transition zone is prohibited. Please use a towel to cover yourself while changing, if necessary.

Important: Cycling is not permitted in the transition zone. You may only mount your bike and commence cycling after you have completely passed the barrier at the end of the transition zone.

THE BIKE PART

The use of a helmet is mandatory.

Drafting is prohibited. You must maintain a distance of at least 12 meters behind the vehicle ahead.

Overtaking is, of course, allowed.

- You are personally accountable for completing the requisite number of laps. Should it be determined subsequently that you have completed fewer laps, you will be disqualified.
- You must change a flat tire independently. Therefore, ensure you have all necessary spare parts, a multi-tool, and a pump or CO2 cartridge on hand. Outside assistance is prohibited during a triathlon, and the organizing body cannot and will not provide support. These are international regulations, so consider this for other triathlons as well.

Important: Riding too closely to the competitor ahead constitutes drafting. You will receive a warning from the motorcycle jury for this infraction. Should this behavior persist, disqualification will ensue. Please note that there is no penalty tent available. Accumulating two or more warnings will result in a disqualification (DSQ) notation next to your name in the results. Protests are not permitted. The decisions made by the jury and the organization are final and binding.



Important: Overtaking on the right is strictly forbidden and will result in disqualification by the jury.

Important: The cycle paths in the Amsterdamse Bos will be closed to other cyclists and pedestrians during the race; however, we cannot ensure that no other road users will access the course. As a participant in DTS BOSBAAN, you are engaging in traffic. It is imperative that you adhere to the directives of traffic controllers, the organizing committee, and any emergency services at all times. Should emergency services require access to the route to reach their destination, the race may be temporarily halted. Emergency services will always take precedence over the race.

Important: There is one NO PASSING ZONE. Upon encountering a START NO PASSING ZONE sign, overtaking is prohibited from that point forward. This zone is situated at the base of the Bosbaan, prior to entering a technical section. Once you pass the END NO PASSING ZONE sign, overtaking is once again permitted.

TRANSITION BIKE → RUN

Dismount prior to crossing the barrier at the entrance to the transition zone.

Position your bicycle in the designated area of the transition zone. You may only remove your helmet after securing your bicycle in the rack.

THE RUN PART

XXL Nutrition collaborates with DTS to ensure your well-being during your run. At the fully equipped aid station, they provide high-quality products to help you maintain your energy and continue your journey.

You may only dispose of empty gels or other waste immediately before and after the aid station, allowing our team to clean it up for you. Disposing of waste at any other locations along the running or cycling course is strictly prohibited. Violation of this rule will result in immediate disqualification. The designated waste disposal zone is marked by the signs START TRASHZONE and END TRASHZONE.

If the weather is exceptionally sunny and the temperature attains 25°C or above, we establish a second aid station equipped with water and sponges along the running route.

Upon completing your initial lap (Sprint) or final lap (OD), you will be directed to the finish area.

You are accountable for finishing the appropriate number of rounds.



RELAY TEAMS / RELAY TEAMS

A team possesses one timing chip and three identical bib numbers. The chip functions as the 'baton.' It must be transferred and affixed to the teammate's left ankle prior to their commencement of the subsequent event.

During the race, the cyclist must display one bib number on their back and the runner must wear one on their abdomen. The swimmer is required to have their bib number solely for entering and exiting the transition zone.

Swimmer:

The timing chip must be affixed to the ankle. After swimming, proceed along the designated route to the transition area. In the transition area, at the location where 'your' bike is secured, pass the chip to the cyclist as if it were a relay baton.

Cyclist:

Wait for the swimmer by the bicycle in the transition area. Keep your bicycle in the rack until the swimmer has transferred the timing chip and it is secured to your ankle. Ensure that your helmet is properly positioned and fastened, and display your race number on your back. After cycling, first place your bicycle in the designated area before the timing chip can be passed to the runner.

Runner:

Wait for the cyclist at your designated number in the transition zone. Affix the race number to your abdomen! Once the cyclist has secured their bike in the assigned location, they may transfer the timing chip. Position the timing chip on your ankle prior to commencing your run. Ensure that the race number on your abdomen is clearly visible at the finish line.

Finish

A team can complete the race collectively. When a runner from your team reaches the finish zone, the other two members may accompany the runner to cross the finish line together.

A distinct awards ceremony is held for Relay teams based on distance. The three fastest teams will ascend the podium and depart with a splendid trophy.

Zafiro Hotels

The Zafiro Hotels logo consists of a stylized, blue, wave-like symbol above the word 'ZAFIRO' in a large, blue, sans-serif font. Below 'ZAFIRO', the word 'HOTELS' is written in a smaller, blue, sans-serif font.

ZAFIRO HOTELS

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7 nights · Half Board Plus · Professional coaching · €1,250 p.p.

Start your 2027 season stronger than ever.

More info and bookings: lars@DTSeries.nl



AFTER THE RACE

Upon completion, each participant is awarded a stunning medal. Additionally, there are numerous refreshments available that you may desire at that moment, including candy, fruit, and recovery drinks from XXL Nutrition. If you pre-ordered a finisher shirt during registration, it can be collected exclusively at the registration tent. It is advisable to do this prior to your race, right when you retrieve your start envelope.

MYLAPS TRANSPONDER

Important: All rented chips must be returned after the race SOLELY during the Bike check-out. A lost chip incurs a fee of €25, which must be reimbursed immediately via debit card (and prior to the bike check-out!).

MASSAGE

Upon completion, our sports masseurs are prepared to provide you with a complimentary and well-deserved massage.

AWARD CEREMONY:

In addition to the overall winners among men, women, and relay teams, there will be an awards ceremony for these age groups.

- 14 Sprint & 16 OD for individuals up to 29 years of age
- 30 to 39 years old
- 40 to 49 years old
- 50 to 59 years old
- 60+ years

AWARD CEREMONY:

OD: Approximately 13:30 - the three OD waves converge to produce a singular outcome.

Sprint: Approximately 15:30 - the three SPRINT waves merge to yield a unified result.

Consequently, there is no distinct Rookie wave result.

STAY AT THE AREA

We strive to conduct the award ceremony promptly at each event. We regret that some participants may have departed before we can recognize them on the podium. Consequently, honorary prizes will not be mailed. Unsure if you may have won a prize? Please visit the Mylaps tent and inquire whether you have secured a spot on the podium. It is possible that you are among the top three, but someone in the subsequent wave may have outpaced you. Therefore, please refrain from cheering until both waves have completed their runs.



CHECKOUT EXCHANGE AREA

The transition zone remains secured until 4:00 PM. Following the race, you may retrieve your bicycle and other personal items from the transition zone, and you are required to return your Mylap chip at that time. Access is permitted solely through the bike check-in/check-out tent, contingent upon the presentation of your race number. You may only retrieve your bicycle and bag when your race number corresponds with the number on your bicycle, and you have returned your chip. Upon exiting the transition zone, please ensure that you have collected all your belongings. Your designated area in the transition zone serves as a secure location for your remaining items while you compete. However, the organization assumes no responsibility for any missing, lost, or stolen property. All items are stored at your own risk. To ensure the safety of your belongings, consider renting a locker (refer to the section above titled “before the race”).

RESULTS

The race results are available on the DTS BOSBAAN website. Click the link to view the standings throughout the day as well. Mylaps updates the results multiple times daily. All Sprint waves are aggregated for the final outcome, and the same is true for the two Olympic Distance waves. Consequently, it is possible for a competitor finishing first in the initial wave to be surpassed by a quicker triathlete starting in a subsequent wave.

LOST AND FOUND

Lost and found items may be submitted during the event and retrieved at the registration desk. If you misplace an item throughout the day, please email info@dtseries.nl. Should we locate your belongings, they can be collected at our office in Badhoevedorp.

MEDICAL ASSISTANCE

A professional medical team from 't Witte Kruis guarantees the safety and health of both participants and spectators during DTS BOSBAAN. A permanent first aid station has been established on the event grounds. Additionally, several mobile first aid stations are positioned along the course, and two rescue brigade boats consistently accompany the swimmers.

Report emergencies without delay to the nearest first aid station or another member of the organization. Staff members should respond to the scene of the emergency as swiftly as possible. We urge all participants to adhere to the directives of medical personnel in all situations.

By registering for a DTS race, you automatically consent to our General Terms and Conditions available online.

The regulations are succinctly and clearly outlined in these General Terms and Conditions. It is advisable to review them once more to ensure your understanding of the rules and your agreements: [General Terms and Conditions](#).

Wishing you the best of luck, and most importantly, enjoy yourself!