



# OD & SPRINT



## PARTICIPANT INFORMATION

11 JULI 2026

Dear Triathlete,

Welcome to DTS HLMRMEER!

This year, we have laid the groundwork for a unique new Middle Distance race. As a participant in the Olympic or Sprint distance, you get to experience this too, as a brand-new, beautiful, and fast bike course awaits you this year as well.

Whether you're racing the Sprint, Olympic, or Middle Distance, one thing is certain: you're about to experience a truly unique event. Today is about more than just finishing times and results. It's about enjoying the experience, pushing your limits, and celebrating the sport together. Give it everything you've got, enjoy every moment, and make this a race day you'll never forget.

Please read this athlete guide carefully. It contains important information that will help you arrive at the start line fully prepared for your race.

We wish you the very best of luck. Most of all, enjoy your race!

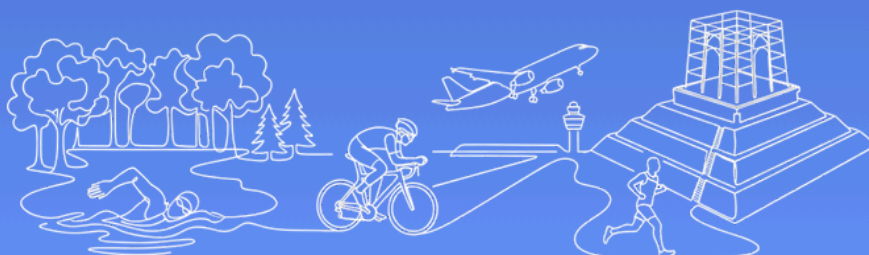
Kind regards,

A handwritten signature in white ink, appearing to read 'Lars Vreugdenhil', written in a cursive style.

Lars Vreugdenhil

# INHOUDSOPGAVE

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# DIRECTIONS & PARKING



DTS HLMRMEER takes place in and around the Haarlemmermeerse Bos in Hoofddorp. Parking is free for all participants and visitors. For navigation, use the following address:  
Paviljoenlaan 1  
2142 CR Cruquius

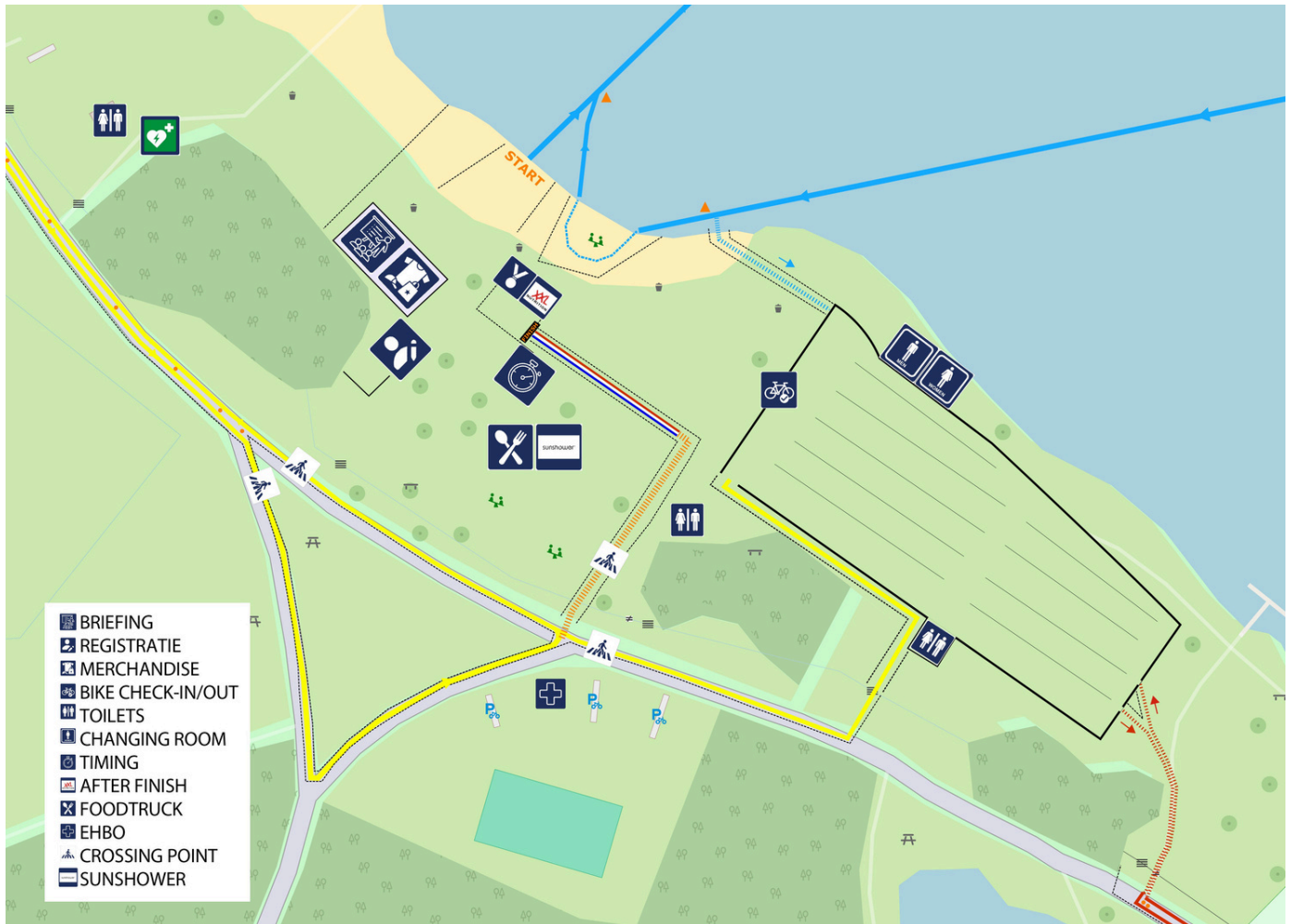
From the parking area, simply follow the orange DTS signs to the event village and registration.



Please note: The IJweg is closed, which means the parking area at Papa's Beach House is not accessible. Please use the designated parking area at Paviljoenlaan instead.



## Event area



## RACE DAY MAP

Download [HERE](#) the interactive OLYMPIC course map  
Sprint will race the same laps but 1 bike and 1 run lap

High temperatures are becoming increasingly common before and during triathlons. It is important that you, as an athlete, are well prepared for racing in hot conditions.

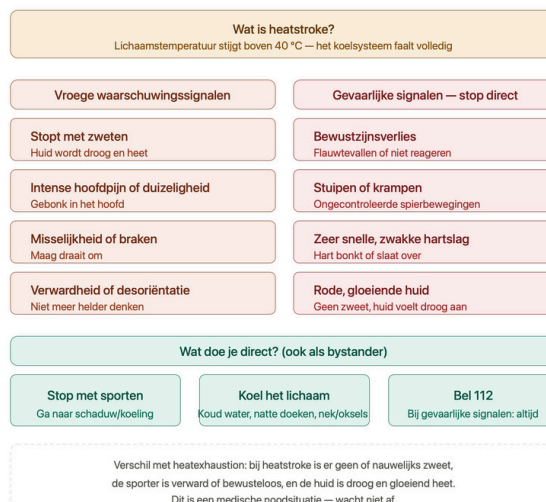
One of the most serious heat-related conditions that can occur during an endurance event is heat stroke. Below, we explain what it is, how to recognize it, and, most importantly, what to do if you or another athlete shows signs of heat stroke.

## Heat Stroke – What Is It and How Do You Recognize It?

Heat stroke occurs when the body's core temperature rises above 40°C (104°F) and it can no longer cool itself effectively. This is a medical emergency that can quickly lead to serious complications if left untreated.

### Early warning signs include:

- Stopping sweating despite still feeling extremely hot (a key warning sign)
- Severe headache
- Dizziness
- Nausea
- Confusion or difficulty thinking clearly



## Danger Signs – Stop Racing Immediately

If you experience any of the following symptoms, stop running immediately:

- Loss of consciousness
- Seizures
- A very rapid or irregular heartbeat
- Hot, dry skin with no sweating

## What to Do

Stop running and let a fellow athlete know you are not feeling well. Try to reach the nearest aid station; they can help cool you down. If you cannot make it, ask a fellow athlete to alert them, then quickly find shade and sit down. Medical personnel will reach you as soon as possible.

## What We Are Doing as the Organisers

If temperatures rise to extreme levels, we will implement a number of additional measures to help keep all athletes safe:

1. A pre-race briefing with the medical team and race coordinator, along with additional mountain bike medical teams deployed on the run course.
2. Regular announcements from the event commentators with practical advice, such as wearing sunglasses, staying well hydrated, and applying sunscreen frequently.
3. Sunscreen stations will be available throughout the event, where participants can apply sunscreen free of charge.
4. Every aid station will be equipped with coolers containing ice and cooling towels. All volunteers will receive clear instructions on how to recognise the signs of heat stroke, provide immediate cooling, alert the medical team, and, if necessary, call 112 without delay.
5. Additional water refill stations will be available throughout the event, allowing all participants to refill their bottles whenever needed.
6. At at least one aid station, sponges will be available to help you cool down during the race.
7. If temperatures reach 26°C (79°F) or higher, ice cubes and crushed ice will be available at at least one aid station. We will also provide resealable plastic bags that you can fill with crushed ice and carry with you while running. This allows you to cool key areas of your body, including your forehead, neck, chest (heart area), thighs, and both the inner and outer sides of your upper legs, helping to regulate your body temperature throughout the run.
8. On race day, we will monitor the WBGT (Wet Bulb Globe Temperature). The WBGT combines air temperature, humidity, solar radiation, and wind to provide a more accurate measure of heat stress than air temperature alone. Although the WBGT is also expressed in degrees Celsius (°C), it is not the same as the regular air temperature. If the measured WBGT reaches 30°C or higher, we will reduce the run course by 50% for both the Middle Distance and the Olympic Distance. This decision may be made at very short notice, including after the race has already started, if weather conditions require it to ensure the safety of all participants.

Every year, we receive many questions about the information published on Zwemwater.nl. The website often displays a large red "Negative Swimming Advice" warning, which can be misleading and unnecessarily alarming. This is currently the case again.

We completely understand that many people stop reading after seeing this warning. However, in this case it is important to read the additional explanation and review the latest water quality measurements.

*This swimming location has been classified as 'Poor' based on the four-year water quality assessment and therefore receives a negative swimming advice. This classification does not reflect the current water quality. If there are any issues with the current water quality, these will be clearly indicated above and on-site. As a result, it is possible for two different advisories to apply simultaneously. A four-year classification of 'Poor' means there is a higher statistical risk of stomach or intestinal complaints compared to locations classified as 'Excellent'.*

When you open the latest water quality measurements, you will see that the most recent sample was taken on 22 June and that the measured levels of E. coli and intestinal enterococci were very low, indicating good current water quality.

Intestinal enterococci (often referred to as faecal indicator bacteria) are bacteria that naturally occur in the intestines of humans and animals. They are generally harmless themselves but are used as one of the primary indicators of the hygienic quality of swimming and drinking water.

Together with E. coli, intestinal enterococci are closely monitored at official swimming locations. Elevated levels may indicate contamination and the possible presence of harmful pathogens. For this reason, the current status of designated swimming waters is regularly monitored and published.

Based on the most recent water quality test from 22 June, both the E. coli and intestinal enterococci levels are very low.

This means that the current water quality at the Haarlemmermeerse Bos is excellent and fully suitable for swimming.

## Haarlemmermeerse Bos Plas

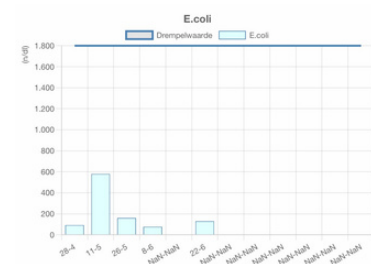
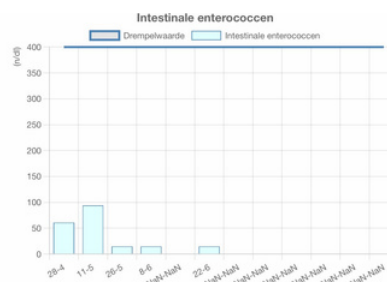
<< Deel

Algemeen Meetgegevens Waarschuwing

### Negatief zwemadvies

Negatief zwemadvies (vanaf 30-04-2026)

Zwemmen ontvallen vanwege onvoldoende waterkwaliteit. Grote kans op maag- / darmklachten. Deze zwemwaterlocatie is ingedeeld in de 4-jaars waterkwaliteitsklasse Slecht en heeft daardoor een negatief zwemadvies. Dit gaat NIET over de actuele kwaliteit van het water. Als daar iets mee aan de hand is, wordt dat hierboven en ter plaatse aangegeven. Het kan dus zijn dat er voor deze zwemwaterlocatie twee maatregelen gelden. Bij de 4-jaars waterkwaliteitsklasse Slecht is de kans op maag- of darmklachten groter dan bij Uitstekend



Overzicht van de gemeten waarden van het huidige jaar.

# EVENT SCHEDULE

07:00 uur	Registration en bike check-in open
07:30 uur	Expo en foodcourt open
08:00 uur	<b>WAVE 1: MIDDLE DISTANCE SOLO &amp; RELAY TEAMS</b>
10:30 uur	<b>WAVE 2: OLYMPIC DISTANCE SOLO &amp; RELAY TEAMS</b>
12:30 uur	<b>WAVE 3: SPRINT DISTANCE SOLO &amp; RELAY TEAMS</b>
14:00 uur	Medal ceremony Olympic & Sprint Distance + Middle Distance 1-2-3 Overall
15:00 uur	Medal ceremony Middle Distance Agegroups
17:00 uur	Transition closed. Bikes are no longer guarded



# ZAFIRO HOTELS



# ZAFIRO

HOTELS



# REGISTRATION

## Registration & Race pack

Collect your race pack at the Registration Tent. After presenting a valid photo ID, you will receive your race pack, which includes:

- A timing chip
- A sticker sheet
- An official swim cap
- Your bib number

Although our team prepares every race pack with great care, we kindly ask you to check the contents before leaving the registration area to ensure everything is included.

**Important:** You cannot start the race without your race pack.

## Finisher Shirt

If you pre-ordered a finisher shirt during registration, it will either be included in your race pack or can be collected at the Merchandise Tent.

If you would like your finisher shirt to be mailed after the event, a €15 shipping and handling fee will apply.

## Race pack



Mylaps timingchip + ankle strap.



Sticker sheet (bike, helmet en bag)



Swimcap



Bib number

To wear your race bib, we recommend using a race belt. If you do not already have one, you can purchase a race belt at the Merchandise Tent for €15.



# REGISTRATION

## Bib number

Your bib number must be clearly visible during both the bike and run sections of the race.

- Bike: Wear your race bib on your back (mandatory).
- Run: Wear your race bib on the front (mandatory).

Attach your race bib to a race belt or an elastic strap.

## Sticker sheet

Each participant will receive a sticker sheet with stickers for:

- Your bike
- Your helmet
- Your gear bag

## Bike sticker

Attach the bike sticker to your seat post, with the race number facing towards the rear of the bike. The number must be clearly visible from both sides.

## Helmet sticker

Place the helmet stickers in a clearly visible position on the left side, right side, and front of your helmet.

Do not remove the stickers until you have checked out of the transition area. During both bike check-in and check-out, officials will verify that your bike matches your race bib number.

## Swimcap

Wearing the official event swim cap during the swim is mandatory.

You may wear your own swim cap underneath the official event swim cap, but it must not be visible.

Wear your race bib clearly visible on the front of your body when entering the transition area.



## Timingchip

Timing is provided by **MYLAPS**.

Always wear your timing chip securely around your left ankle using the supplied ankle strap throughout the race.

**Do not wear the timing chip anywhere else. Wearing it in any other location may prevent your race times from being recorded correctly.**

For relay teams, one timing chip is used per team. The chip must be passed on to the next team member at the end of each race segment.

### Important:

- Return your timing chip when you collect your bike after the race.
- Your bike will not be released until the timing chip has been returned.
- A €25 replacement fee applies if the chip is lost. Card payments only.

Please make sure your timing chip is securely fastened to the ankle strap using the velcro closure. If you are unsure whether it is attached correctly, ask for assistance at the Registration Desk.

The participant is solely responsible for wearing the timing chip correctly throughout the race.

## Stappenplan bevestiging chip:

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



# XXL NUTRITION



## Check-in transition area

When entering the transition area, you must:

- Wear your helmet.
- Ensure your bike and helmet stickers are attached.
- Present your bike and helmet for the mandatory safety inspection.

Our officials will check, among other things:

- Properly functioning brakes
- Handlebar end plugs
- A correctly fitted and securely fastened helmet

Safety is our top priority. Every type of bike is welcome at DTS—even your grandmother's city bike! However, every bike must pass a basic safety inspection. Your brakes must work properly, and the bike must not have any sharp or protruding parts that could pose a safety risk. Bikes that do not meet the safety requirements will not be permitted in the transition area.

Don't forget to bring your helmet when checking in your bike. Your helmet is mandatory and will be inspected at the same time as your bike. Middle Distance athletes must bring both their bike and helmet for Friday check-in.

After completing check-in, rack your bike at the position corresponding to your race bib number.

Before leaving the transition area after setting up your equipment, make sure you take your race bib with you. You will need it later and on race day to re-enter the transition area.

To ensure the security of all bikes, only athletes who can present their race bib will be allowed access to the transition area.

## Timing Chip

Wear your timing chip around your left ankle throughout the entire race. Before the start, check that the chip is securely fastened to the ankle strap.

Return the timing chip immediately after finishing when you collect your bike.

## Important During the Race

- The use of earphones, headphones, or any music devices is not permitted.
- Carrying a mobile phone during the race is not allowed.

Please leave valuables in your car, a locker, or with your supporters.



## Valuables

The organisers of DTS HLMRMEER, Amsterdam Sport Events, cannot be held responsible for lost or stolen personal belongings during the event.

However, we do everything we can to provide a safe and secure environment for all participants.

During DTS HLMRMEER, we are once again partnering with **Lock-Moby**, allowing you to focus entirely on your race without worrying about your valuables.

With a Lock-Moby locker, you can:

- Safely store your valuables (wallet, car keys, mobile phone, etc.)
- Secure the locker to your gear bag for added safety

Price: €8.50 rental fee + €10.00 refundable deposit

Your deposit will be automatically refunded once the locker is returned.

Lock-Moby will be located next to the Registration Tent, where you can collect and return your locker.

If you have any questions, please feel free to contact

[info@lock-moby.com](mailto:info@lock-moby.com)



Reserve your locker here:

<https://buy.stripe.com/9B6bj0cfv9slgTjelifUQ05>



## Wetsuit

Whether a wetsuit is mandatory, allowed, or prohibited depends on the official water temperature on race day. Measurements taken before race day are only indicative.

Wear your timing chip around your left ankle underneath your wetsuit. This helps prevent the chip from coming loose when removing your wetsuit in transition.

**Tip: Write your name inside your wetsuit to avoid mix-ups after the swim. (Do not do this if you are using a rental wetsuit).**

## Wetsuit Rental

Don't have a wetsuit? You can rent one through Dare2Tri via [this link](#). Your wetsuit will be shipped directly to your home.

You can place your order with Dare2Tri up to 10 days before race day.

Please note: Due to the ongoing warm weather, the water temperature may exceed 23°C, which could result in a non-wetsuit swim.

Swimming distance up to 1900m:  
minimum: 13°C (under 13°C = RBR)  
Mandatory under: 15,9°C  
Prohibited: Above 23°C

## Race Briefing

The race briefing will take place 15 minutes before each start wave at the stage on the main beach.

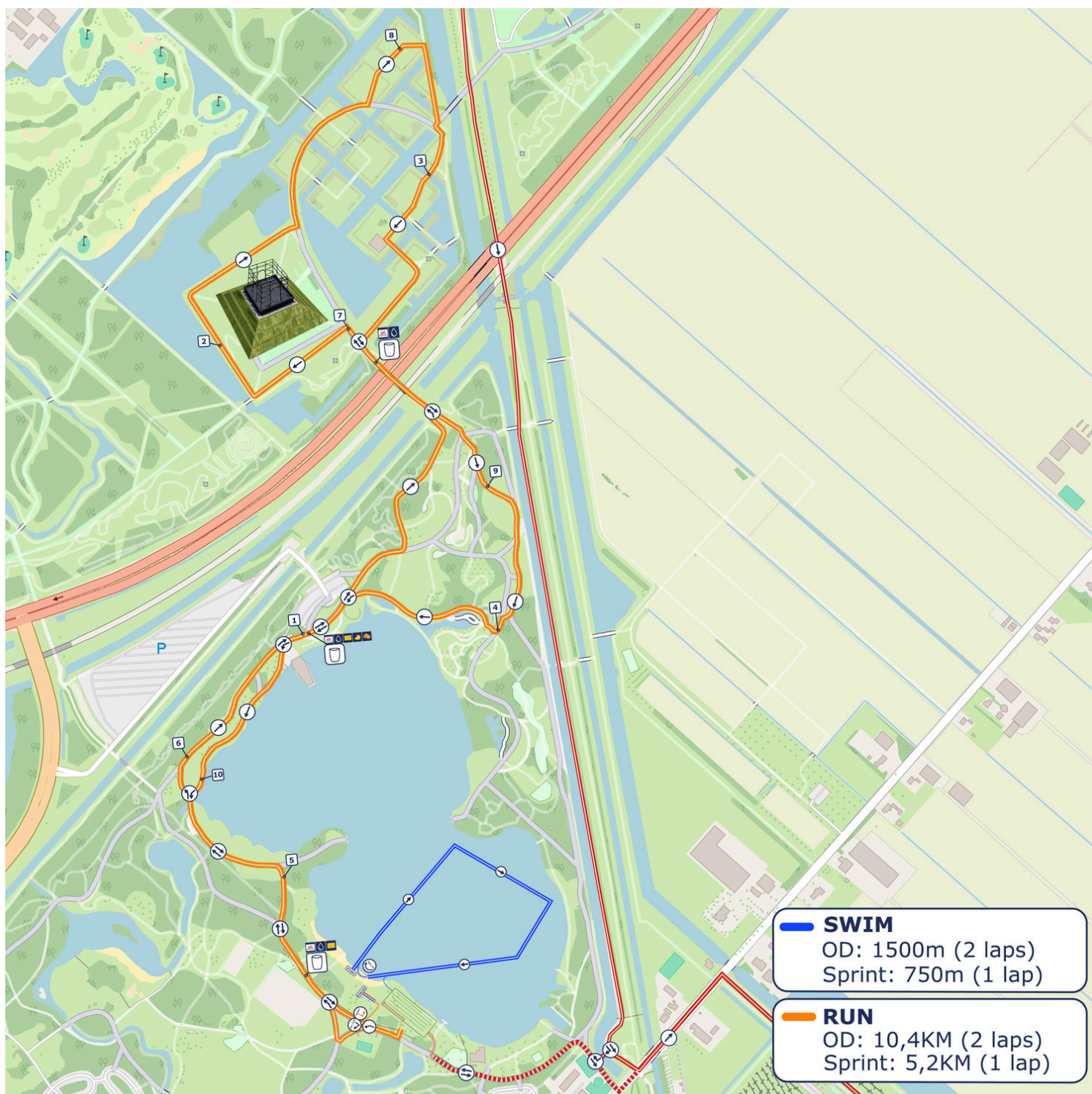
Attendance is mandatory for all athletes. During the briefing, we will share the most important race information, safety instructions, and any last-minute updates.

## Warm-up

Take your time to warm up before your start. You are welcome to enter the water for a short swim warm-up before your race. The organisation will call all athletes out of the water shortly before their start wave.

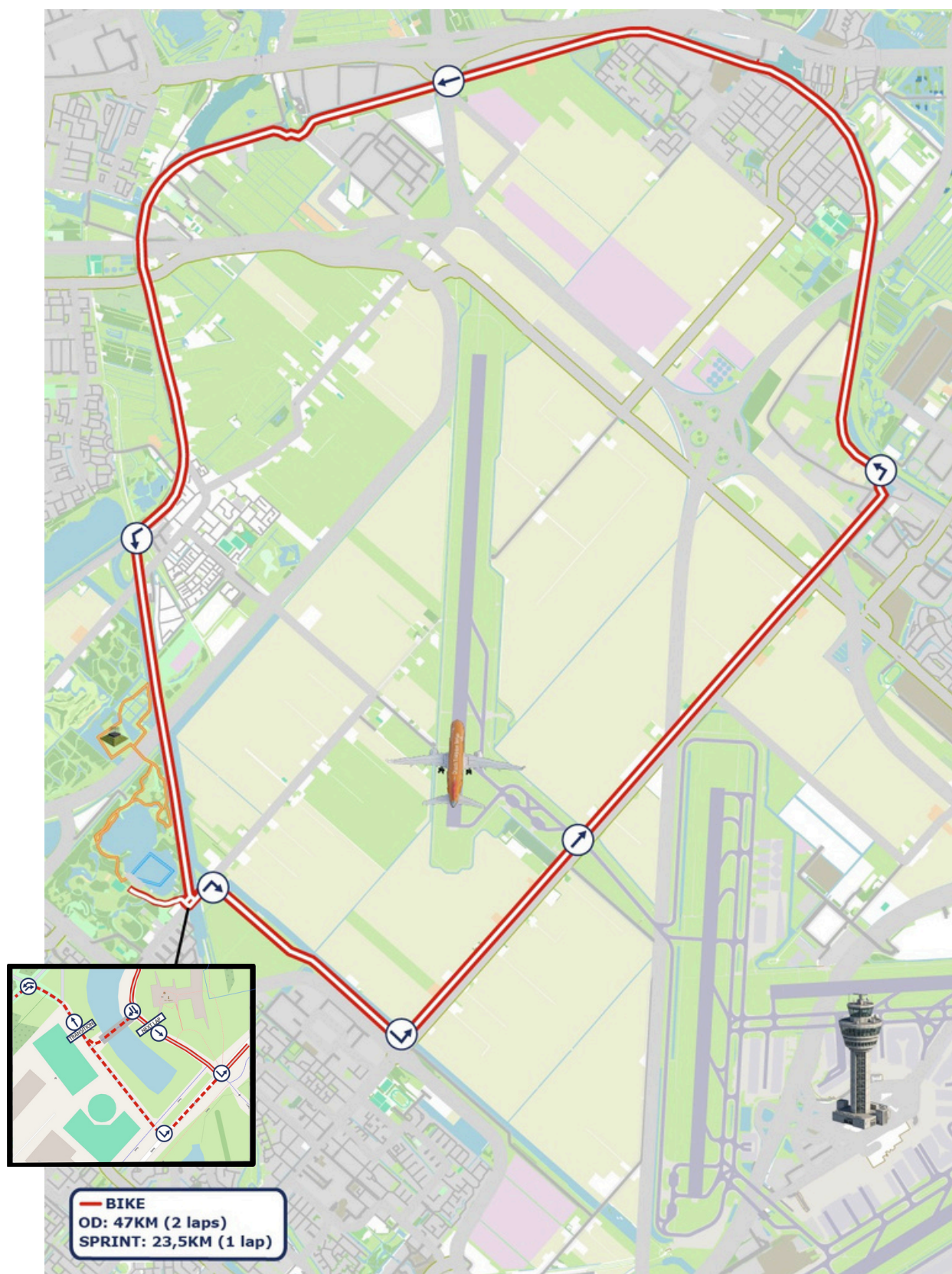


# COURSE



## RACE DAY MAP

Download [HERE](#) the interactive OLYMPIC course map  
Sprint will race the same laps but 1 bike and 1 run lap



## RACE DAY MAP

Download [HERE](#) the interactive OLYMPIC course map  
Sprint will race the same laps but 1 bike and 1 run lap

# SUNSHOWER



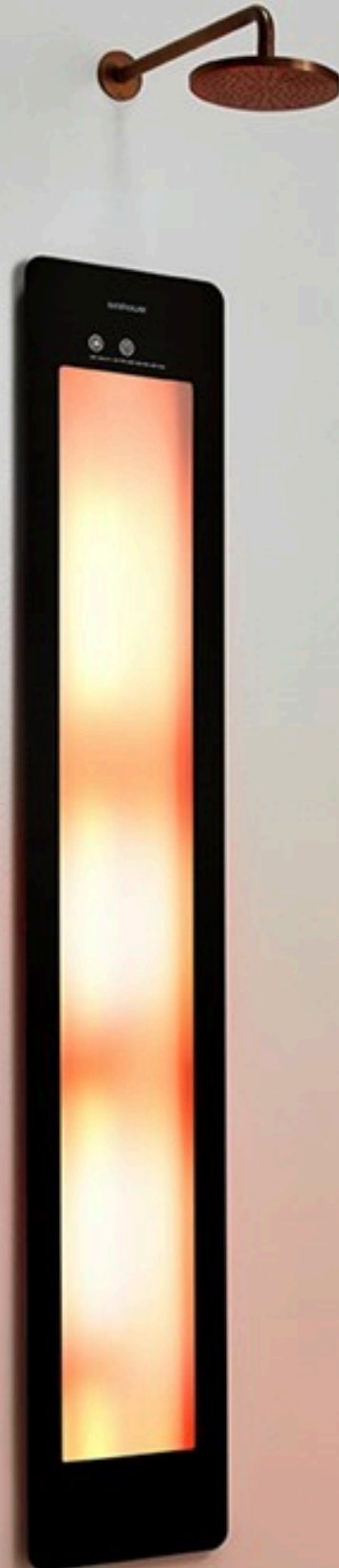
## Three Disciplines. One Body. Every Detail Matters.

Performance is built on the details, even beyond your training sessions.

Sunshower's infrared technology stimulates blood circulation, supports faster recovery, and helps you arrive at the start line with fresh legs. In addition, the UV light promotes your body's natural production of vitamin D, which is essential for healthy muscles, strong bones, and a resilient immune system.

Recover smarter. Perform stronger.  
Exactly what you need for the Dutch Triathlon Series (DTS).

**Visit [Sunshower.eu](http://Sunshower.eu) to learn more.**



## Afstanden:

*Olympic distance:*

Swim: 1500 meters (2 laps)

Bike: 47 kilometer (2 laps)

Run: 10 kilometer (2 laps)

*Sprint distance:*

Swim: 750 meter (1 lap)

Bike: 23,5 kilometer (1 lap)

Run: 5 kilometer (1 lap)

## Swim

- Wearing the official event swim cap is mandatory.
- The race starts with a beach start. All athletes will line up behind the start line on the beach. At the starting signal, you will run into the water.
- Depending on your race distance, you will swim one or two laps of 750 metres. During each lap, keep the orange buoys on your right-hand side.
- Olympic Distance only: After completing the first lap, you will make an Australian Exit. Exit the water, run around the playground structure, and re-enter the water to begin your second lap.
- After your first lap (Sprint Distance) or second lap (Olympic Distance), swim towards the Swim Exit, which will be clearly marked with DTS beach flags.

## Transition 1: Swim to Bike

After completing the swim, make your way to your designated spot in the transition area to prepare for the bike part.

## Important

- Change your clothing at your own transition spot or in one of the changing tents.
- Your helmet must be on and securely fastened before you remove your bike from the rack.
- During the bike leg, your race bib must be clearly visible on your back.
- Check that your timing chip is still securely attached to your left ankle.

Lost your timing chip?

Report it immediately to a crew member at the transition exit. You will receive a replacement chip so your race time can continue to be recorded. A €25 replacement fee will be charged for any lost timing chip.

## Please Note

- Cycling is not permitted inside the transition area.
- You may only mount your bike after you have completely crossed the mount line.



## Bike

- Wearing a helmet is mandatory throughout the entire bike leg.
- Both the Olympic Distance and Sprint Distance are non-drafting races. You must maintain a minimum distance of 12 metres from the rider in front of you at all times. Overtaking is permitted, but it must always be done on the left-hand side.
- You are responsible for completing the correct number of bike laps. Failure to complete the required number of laps will result in disqualification (DSQ).

## Lap counting

(OD) After completing the first 23.5 km lap, you will reach a split marked with the signs "Transition" and "Next Lap". Follow the "Next Lap" signs and continue straight to begin your second lap. After completing your second and final lap, follow the "Transition" signs and turn right towards the transition area.

(Sprint) After completing one 23.5 km lap, follow the "Transition" signs and turn right towards the transition area.

TRANSITION



## Important instructions

Reduce your speed whenever you encounter rough road surfaces or situations that require extra caution.



Always follow the instructions of:

- Traffic marshals
- Event staff
- Emergency services

Emergency vehicles always have priority. If necessary, the race may be temporarily neutralised or stopped.



You must also follow all instructions given by our motorcycle officials at all times.



## Drafting Rules

If you ride too closely behind another athlete, you are considered to be drafting.

- First offence: Warning
- Repeated drafting: Disqualification (DSQ)

There is no penalty tent at this event. After multiple warnings, a DSQ will be issued immediately. All decisions made by the officials and the race organisation are final and binding. If you are disqualified, you may still be allowed to finish the race. Overtaking on the right is strictly prohibited and will result in immediate disqualification (DSQ).



## Transition 2: Bike → Run

- Dismount your bike before reaching the dismount line when entering the transition area.
- Return your bike to your designated rack position.
- Only unfasten your helmet after your bike has been securely racked.

## Run

You will complete one lap (SPRINT) or two laps (OD) of the run course. After completing your first of second and final lap, you will be directed towards the finish line. You are responsible for completing the correct number of laps. Failure to complete all required laps will result in disqualification (DSQ).

## XXL Aidstation

During each lap of the run course, you will pass three XXL Nutrition aid stations. 2 of them you will pass twice per round so you have 5x an aidstation per 5K lap.

The aid stations provide the following:

- Aid Station 1: Water and sponges (plus ice cubes when temperatures exceed 26°C)
- Aid Station 2: XXL Nutrition, water, and banana/orange
- Aid Station 3: Water

## Trashzone:

To help keep both the race course and the natural surroundings of the Haarlemmermeerse Bos clean, designated litter zones are in place at every aid station.

- You may dispose of empty gel wrappers, cups, bottles, and other race waste from 100 metres before to 100 metres after each aid station.

Discarding litter outside these designated litter zones or the transition area is strictly prohibited.

As parts of the course pass through a protected natural area, we kindly ask all participants to dispose of their waste responsibly and help us keep the course clean for everyone.



## Additional information Relay Teams

Each relay team uses one timing chip, shared by all team members.

The timing chip serves as your team's relay baton and must be passed to the next team member at every transition.

**Important:** The timing chip must be securely fastened around the next team member's left ankle before they are allowed to start their race segment.

As part of the race pack, relay teams will receive:

- 1 timing chip
- 3 race bibs (one for each team member)

Each team member must have their own race bib to gain access to the transition area.



## Swimmer

- Wear the timing chip around your left ankle during the swim.
- After completing the swim, follow the marked route to the Relay Transition Zone.
- In the designated relay exchange area, pass the timing chip to the cyclist.

## Cyclist

- Wear your race bib clearly visible on your back.
- Make sure your helmet is on and securely fastened before you start.
- Wait with your bike until the swimmer has handed over the timing chip.

*After the bike part:*

- First, return your bike to its designated rack position.
- Then hand the timing chip over to the runner in the designated relay exchange area.

## Runner

- Wear your race bib clearly visible on the front of your body.
- Wait at your designated relay exchange point in the transition area.
- Do not start until the timing chip has been securely fastened around your left ankle.
- Make sure your race bib is clearly visible as you cross the finish line.

## Finish

Relay teams are welcome to cross the finish line together. Once the runner enters the finish chute, the other team members may join them so you can celebrate your achievement and cross the finish line as a team.

# AFTER THE RACE

## Medal

After crossing the finish line, you will receive your finisher's medal.

Congratulations, you've earned it!

If you pre-ordered a finisher shirt during registration, it will either be included in your race pack or can be collected at the Merchandise Tent.

If you would like your finisher shirt to be mailed after the event, a €15 shipping and handling fee will apply.

## Free massage

Free Sports Massage

After crossing the finish line, six professional sports massage therapists will be waiting to provide you with a well-deserved complimentary sports massage to help you recover after your race.

## Results & live tracking

Your race can be followed live using the **MYLAPS Sports Tracker**.

Download the MYLAPS Sporthive Live Events app from the App Store or Google Play, and let your family and friends follow your progress and cheer you on throughout the race.

## Medal ceremony

*Olympic Distance: 2:00 PM*

*Sprint Distance (Rookie & Recreational = 1): 2:00 PM*

Awards will be presented to the 1st, 2nd, and 3rd Overall finishers, as well as to the top three men and women in the following Age Groups:

- 14-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60+ years

Awards will also be presented to the Overall Men's Relay Team and Overall Women's Relay Team.

**Please note:** Awards will not be mailed after the event. Winners must be present at the awards ceremony to receive their prize.



## Transition Area Check-Out

After the race, you can collect your bike and personal belongings from the transition area. The transition area will remain secured until 5:00 PM.

Access to the transition area is only possible via the Bike Check-in/Check-out Tent and upon presentation of your race bib. Please make sure your race bib is clearly visible to the crew.

You may only check out your bike and gear bag when:

- You return your timing chip and ankle strap.
- Your race bib number matches the number on your bike.

Before leaving the transition area, please check carefully that you have collected all of your belongings.

If your timing chip has been lost, a €25 replacement fee must be paid (card payments only) before your bike can be released.

## Medical Support

A professional medical team from 't Witte Kruis will be on-site throughout DTS HLMRMEER to ensure the safety and well-being of both participants and spectators.

A fully equipped Medical Centre will be available in the event village. In addition, the Heemstedse Reddingsbrigade will provide water safety during the swim and closely monitor all swimmers throughout the race.

In the event of an emergency, please report it immediately to the Medical Centre or notify any member of the event organisation. Our medical team will respond as quickly as possible.

All participants are required to follow the instructions of the medical staff at all times.

## Lost & Found

Lost property can be handed in and collected at the Registration Tent during the event. If you discover that you have lost an item after the event, please email [info@dtsseries.nl](mailto:info@dtsseries.nl). If your belongings have been found, they can be collected from our office in Badhoevedorp.



# READY?

For more information, as well as the General Terms & Conditions and Competition Rules, please visit: [www.dutchtriathlons.nl](http://www.dutchtriathlons.nl)

The General Terms & Conditions can be found here: [General Terms & Conditions](#)

These links are also available at the bottom of our website. By registering for the event, you confirm that you have read and accepted the applicable terms and conditions and competition regulations.

Good luck and have fun!

Team DTS

