



PARTICIPANT INFORMATION

DTS OUDERKERK 2026

Date: 22 august 2026

Organized by
Amsterdam Sport Events



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Dear Triathlete,

Not long to go... and then you'll be standing at the start of DTS OUDERKERK 2026!

Whether you're aiming for a personal best, taking part in your very first triathlon, or competing in the relay with friends: we're delighted to have you with us.

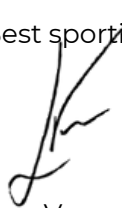
Behind the scenes, dozens of volunteers, traffic marshals, race officials, lifeguards, first-aiders and partners have been working hard for months to make sure everything is prepared down to the last detail. On Saturday, August 22, there's really only one thing left for you to do: enjoy your race.

In this participant information guide, you'll find everything you need to arrive at the start fully prepared. From parking and registration to the transition area, the course, race rules and the awards ceremony. Take some time to read through the information; good preparation makes a relaxed and enjoyable race day.

On behalf of the entire DTS team, we wish you a fantastic triathlon. Enjoy the atmosphere, cheer each other on and make it a day to remember.

See you at the Ouderkerkerplas!

Best sporting regards,

A stylized handwritten signature in black ink.

Lars Vreugdenhil

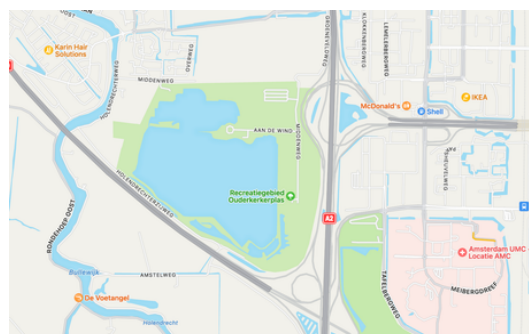
P.S. Don't forget that your supporters can follow you live via the free MYLAPS Sports Tracker app. Download in the App Store MSS LIVE (Mylaps Sports Service Live). And remember to smile at the camera every now and then... our photographers will be positioned all along the course!



THE LOCATION

DTS OUDERKERK takes place around the Ouderkerkerplas.

Address: Aan de Wind 10
1191 LD Ouderkerk aan de Amstel



PARKING

Parking at DTS OUDERKERK is free. The car park is located next to the event site. If the main car park is full, please follow the instructions of our traffic marshals. They will direct you to the additional parking spaces at the recreational area.

Openbaar vervoer

There are several options for travelling to DTS OUDERKERK by public transport. The nearest train station is Bijlmer ArenA Station. From there, you can take a bus towards the starting location. For personalised travel advice, please consult the following websites before your departure:

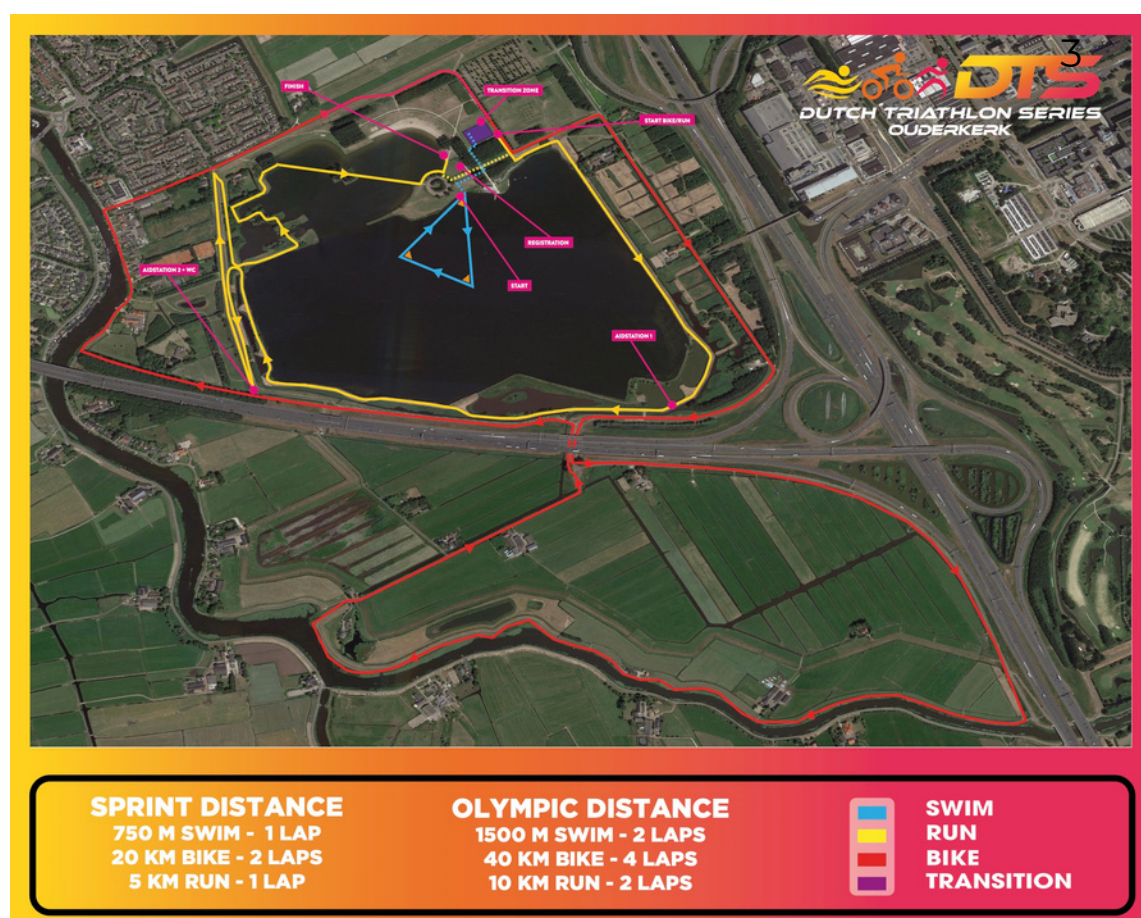
- www.9292ov.nl
- www.connexxion.nl
- www.gvb.nl
- www.maps.google.com

PROGRAM

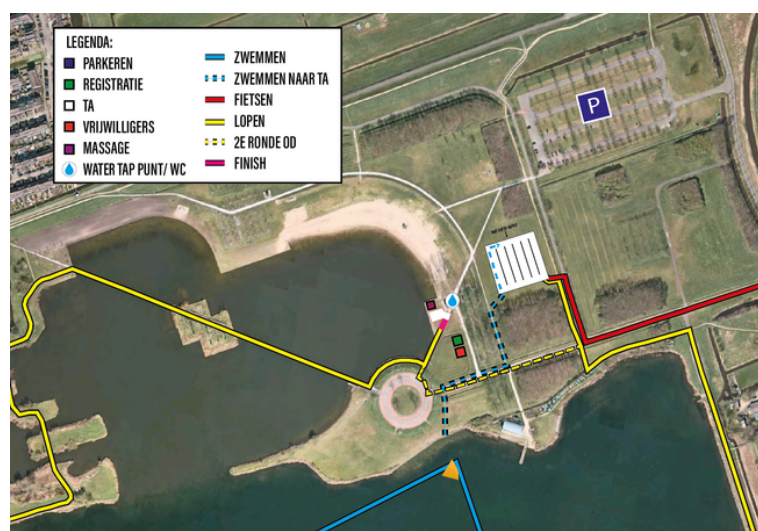
07:30u	Registration and bike Check-in open
09:00u	Wave 1: Olympic Distance Individual & Relay teams
10:30u	Wave 2: Olympic Distance
12:00u	Wave 3: Sprint Distance Rookie wave & Relay teams
13:00u	Wave 4: Sprint Distance
Circa 13:00u	Medal ceremony Olympic Distance
Circa 14:30u	Medal ceremony Sprint Distance

COURSE

SPRINT & OD



EVENTAREA





REGISTRATION

The registration kit you need to participate in DTS OUDERKERK can be collected before the start at the registration tent near the finish. The registration kit contains, among other things, your race number and accessories. If you do not have your registration kit, you will not be able to participate in the race.

If you ordered a finisher's shirt, you can collect it directly from the registration tent as well. If you ordered Lock-Lace laces and/or a race number belt during registration, these will be included in your envelope.

Important: The registration desk opens at 7:30 AM. We recommend arriving 1.5 hours before your start time so you have enough time to prepare for your race.

If you are starting in the OD at 10:30 AM, please make sure you arrive around 9:00 AM. If you are starting in the Rookie Race at 12:00 PM, we recommend arriving around 10:30 AM.

You can collect your registration kit up to 30 minutes before the start of your wave. Changes can be made at the registration desk up to 45 minutes before the start of your wave.

You will be required to show a valid ID when collecting your race kit. Participating under someone else's name is not permitted.

REGISTRATIONKIT

The registration kit contains the following items:

- Race number / BIB
- Sticker sheet (helmet sticker, bike sticker and bag sticker)
- MYLAPS timing chip with corresponding ankle strap
- XXL energy gel

Optional, if ordered during registration:

- Race number belt
- Lock-Lace laces
- Finisher's shirt

FINISHERSHIRT

Ordered finisher's shirts must be collected by the participant at the registration desk. If you would like your finisher's shirt to be sent by post upon request, an additional fee of €15 will apply.

RACENUMBERBELT AND BIBNUMBER

To secure your BIB number, we recommend wearing a race number belt. If you do not have one yet, you can purchase one at the registration desk for €15.

The race number must be attached to the race number belt. It must be worn during both the cycling and running sections.

During the bike section, the race number must be worn on your back (mandatory), and during the running section, it must be worn on your abdomen (mandatory).



STICKERSHEET

All participants will receive a sticker sheet with stickers for their bike, helmet and, if applicable, their bag.

BIKE STICKER

Attach the bike sticker to the seat post with the number facing backwards. 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 area. When entering and leaving the transition area, officials will check that the number on your bike matches your BIB number.

HELMET STICKER

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

SWIMCAP

During the swim section, wearing the swim cap provided by the organisation is mandatory. You may wear your own swim cap, but it must be worn UNDER the organisation's swim cap and must not be visible.

TIMINGCHIP

Timing at DTS OUDERKERK is provided by MYLAPS. You must wear the timing chip with the corresponding strap around your LEFT ankle (to prevent it from coming into contact with your bike chain). It is important that you do not wear the chip anywhere else, as the timing system may fail if the chip is too far from the timing mat. Individual participants must wear the timing chip throughout the entire race. Relay team participants will receive one timing chip per team, which must be passed on to the next team member after each discipline.

Below is an example of how the chip should be attached to the supplied strap:



Important: All rented timing chips and straps must be returned after the race. This can ONLY be done during Bike Check-Out.

A lost timing chip will incur a €25 replacement fee. In this case, the €25 fee must be paid immediately by the participant at Bike Check-Out by card.

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.

Visit Sunshower.eu to learn more.





BEFORE THE RACE

LOCKERS

Rent a locker from Lock-Moby and keep your valuables safely stored during the event. This way, you can focus on your race with peace of mind – without worrying about your phone, keys or wallet. The organisation is not ultimately responsible for the safekeeping of personal belongings.

✓ Reserve your locker now via the link below:

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

💰 Cost: €8.50 rental fee + €10 deposit (the deposit will be refunded when the locker is returned).

TRANSITION AREA

The transition area is located on the grass field behind the finish chute. The transition area is open from 7:30 AM to 4:00 PM.

Make sure you set up your equipment in time and familiarise yourself with the transition area to ensure your race runs as smoothly as possible. Portable toilets are available in the transition area for emergencies. There is also a permanent toilet building near the transition area and behind the finish line, with outdoor taps for filling your water bottle.

We recommend arriving 1.5 hours before your start time so you have enough time to prepare for your race. If you are starting in the OD at 10:30 AM, please make sure you arrive around 9:00 AM. If you are starting in the Rookie Race at 12:00 PM, we recommend arriving around 10:30 AM. etc.

PLEASE NOTE! In the transition area, you can assume that your bike and personal belongings are safe. It is a secured area that is only accessible to participants.

Outside the transition area, you should always keep an eye on your bike. Do not leave it unattended anywhere. Make sure you can always keep it within sight!

CHECK-IN TRANSITION AREA

Before the race, place all the equipment you need in the transition area at the position corresponding to your race number.

Before checking your bike into the transition area, the following must be taken care of:

- All stickers must be attached to your helmet (3) and bike (1).
- Your helmet must be on your head and securely fastened with the safety clip.

Your bike and helmet will then be checked for safety.

It is important to make sure you have a bike in good working order before the start of the race. It does not have to be a road bike. A city bike, MTB or traditional Dutch “granny bike” is also permitted, provided it is in good condition. Electric bikes are strictly prohibited.



Our race officials will check the brakes, whether the ends of the handlebars are fitted with plugs, and whether your helmet strap is tight enough. Bikes that are not in good condition will not be allowed into the transition area. Your bike must be placed on the rack at the position corresponding to your race number. At the ends of the transition area, you will find signs indicating where the different race numbers are located in the transition area.

WETSUIT RENTAL

For each triathlon, it is possible to rent a wetsuit from our partner Dare2tri for €55. Wetsuit rental is arranged through the Mylaps (Njuko) registration form. If you did not rent a wetsuit during registration, you can still rent one by ordering through the following link:

Dutch Triathlon Series 2026: Last-Minute Wetsuit Rental

Dare2Tri will send the wetsuit to you by post approximately one week before the race. A return label will be included so that you can (and must) return the wetsuit yourself within one week after the race.

You cannot return your used wetsuit to the event organisation.

WETSUIT

During this summer period, the water temperature averages between 19 and 23°C, so wearing a wetsuit is not mandatory. A wetsuit provides additional buoyancy, which can result in a faster swim time, and is therefore commonly worn during a triathlon.

If you have never swum in a wetsuit before, we advise against using one for the first time during this race. Make sure you have practised swimming in your wetsuit beforehand. This is also why rental wetsuits are sent to you one week before the race.

If the water temperature drops below 16°C, a wetsuit is mandatory. At DTS, wetsuits are prohibited if the water temperature exceeds 24°C.

We measure the water temperature during the week leading up to the race and publish the results on our social media channels. The water temperature will also be measured on race day, and this measurement is decisive.

BRIEFING

A briefing will take place 15 minutes before the start of each wave. During this briefing, the most important race information will be repeated. Any changes or updates will also be communicated during the briefing.

The briefing will take place on the grass field in front of the registration tent.

Important: Every participant must attend the briefing before their start wave.

WARMING - UP

After the briefing, there will be an opportunity to warm up in the water until the starter asks all participants to line up at the starting line.

XXL NUTRITION





THE RACE

DISTANCE

OLYMPIC distance

Swim: 1500 meter (2 laps)

Bike: 40KM en 4 laps (38,4 km)

Run: 10 kilometer (2 laps)

SPRINT distance

750 meter (1 lap)

19,2 kilometer (2 laps)

5 kilometer (1 lap)

HOW LONG DO YOU HAVE / CUT-OFF TIMES

Only in exceptional circumstances will we enforce cut-off times at DTS.

Sprint: We may remove you from the race and not allow you to start the run if you arrive at T2 2 hours after the start, having completed the cycling section and being ready to begin the run.

Olympic Distance: We may remove you from the race and not allow you to start the run if you arrive at T2 3 hours after the start, having completed the cycling section and being ready to begin the run.

SWIM

Wearing the swim cap provided by the organisation is mandatory. This is a water start, meaning that all participants will line up in a single line between the two starting buoys, wait for the starting signal, and then begin their race. The Olympic Distance consists of 2 laps, while the Sprint consists of 1 lap of 750 meters.

TRANSITION SWIM → BIKE

- You can change at your bike in the rack. There is no changing tent.
- It is not permitted to be completely naked in the transition area.

Important: Cycling is prohibited in the transition area. You may only mount your bike and start cycling once you have completely crossed the line at the end of the transition area.

BIKE

- Wearing a helmet is mandatory.
- Drafting is not permitted. You must remain at least 12 metres behind the participant in front of you. Overtaking is, of course, permitted.
- You are responsible for completing the correct number of laps. If it is determined after the race that you completed fewer laps than required, you will be disqualified.
- If you get a flat tyre, you must replace it yourself with a new one. Make sure you carry all the necessary spare equipment, as well as a multitool and pump/CO₂ cartridge. You are not allowed to receive outside assistance during a triathlon, and the organisation cannot and will not pick you up. These are international rules, so please keep this in mind for other triathlons as well.

Important: If you are too close to the participant in front of you, you will be considered to be drafting. You will receive a warning from the race official on the motorcycle. If you are observed doing this again, you will be disqualified. We do not have a penalty tent. If you receive two or more warnings, DSQ will be recorded next to your name in the results. It is not possible to file a protest. The decisions of the race officials and the organisation are final and binding.



Important: Overtaking on the right is strictly prohibited and will result in a DSQ by the race officials.

Important: The course has very little traffic, with only local residents permitted to travel to and from their homes.

You must always follow the instructions of the traffic marshals, the organisation and any emergency services. If emergency services need to enter the course to reach their destination, the race may be briefly paused to allow them to pass. Emergency services always have priority over the race.

There are several homes along the dike next to the Amstel, and the residents have been granted an exemption by us allowing them to drive their cars along the course when necessary.

Therefore, you may occasionally encounter a car on this short section of the course. Please keep this in mind by looking well ahead and adjusting your speed accordingly.

Important: There are two NO PASSING ZONES. When you see a START NO PASSING ZONE sign, overtaking is prohibited from that point onward. These zones are located under the viaducts and near the transition area at the end of the lap. After passing the END NO PASSING ZONE sign, overtaking is permitted again.

TRANSITION BIKE → RUN

- You must dismount before crossing the line at the entrance to the transition area.
- Place your bike in the correct position in the transition area. Your helmet may only be unfastened after you have placed your bike on the rack.

RUN

Please note! 80% of the running course is off-road!

XXL Nutrition is a partner of DTS and will take good care of you during the run. They will be ready with a fully equipped aid station, offering high-quality products to help you keep going at full power.

You may only dispose of empty gels or other waste immediately before and after the aid station, so our team can clean it up for you. At all other locations along the running course, as well as along the cycling course, disposing of waste is strictly prohibited. You will be immediately disqualified if you do so.

If it is particularly sunny and the temperature reaches 25°C or higher, we will set up a second aid station with water and sponges along the running course.

After completing your first lap (Sprint) or final lap (OD), you will be directed into the finish area. You are responsible for completing the correct number of laps.



EXTRA INFO FOR RELAY TEAMS

A team has one timing chip and 3 identical BIB numbers. The timing chip essentially serves as the “relay baton.” The timing chip must be handed over and secured around the left ankle of the next team member before they can begin the next discipline.

During the race, one BIB number must be worn by the cyclist on their back and one by the runner on their abdomen. The swimmer only needs their BIB number to enter and exit the transition area.

Swimmer:

The timing chip must be worn around the ankle. After the swim, follow the designated route to the transition area. At the position where your team’s bike is located, hand the timing chip over to the cyclist like a relay baton.

Cyclist:

Wait for the swimmer at the bike in the transition area. Keep your bike in the rack until the swimmer has handed over the timing chip and it has been secured around your ankle. Make sure your helmet is on your head and fastened, and wear the BIB number on your back. After the cycling section, first place your bike in the designated position before handing the timing chip over to the runner.

Runner:

Wait for the cyclist at your team’s designated position in the transition area. Wear the BIB number on your abdomen!

Once the cyclist has placed their bike in the designated position, they can hand the timing chip over to you. Secure the timing chip around your ankle before starting the run. Make sure your BIB number is clearly visible on your abdomen at the finish.

Finish:

A team may cross the finish line together. When the team’s runner enters the finish area, the other two team members may join the runner so that all three team members can cross the finish line together.

There will be a separate awards ceremony for Relay teams for each distance. The three fastest teams will take the podium and go home with a beautiful trophy.

ZAFIRO HOTELS



ZAFIRO

HOTELS





HEAT PROTOCOL

During DTS OUDERKERK, there is a possibility of high temperatures. In addition to the permanent free water refill points at the event site, we will provide a second aid station with sponges along the running course if temperatures reach 25°C or higher. Aid station 1 will be located after 1.2 km / 6.2 km, and aid station 2 after 3 km / 8 km, providing plenty of opportunities to cool down and take good care of yourself.

We will provide water and, in warm weather, sponges.

AFTER THE RACE

After the finish, everyone will receive a beautiful medal. There will also be plenty of things you'll be craving at that point, such as sweets, fruit and recovery drinks from XXL Nutrition. If you ordered a finisher's shirt during registration, you can collect it exclusively at the registration tent. The easiest option is to collect it before your race, when you pick up your registration envelope.

Mylaps Chip

Important: All rented timing chips must be returned after the race ONLY during Bike Check-Out. A lost timing chip will incur a €25 replacement fee, which must be paid immediately by card before the bike can be checked out.

Massage

After your finish, our sports massage therapists will be ready to give you a well-deserved and complimentary massage.

Medal ceremony:

In addition to the overall winners in the men's, women's and relay categories, there will be an awards ceremony for the following age groups:

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

OD: Approximately 1:00 PM – both OD waves will be combined into one overall result.

Sprint: Approximately 2:30 PM – both SPRINT waves will be combined into one overall result.

There will therefore be no separate Rookie wave results.

STICK AROUND AND ENJOY THE VIBE

We aim to hold the awards ceremony as soon as possible after each event. We are disappointed when participants have already gone home while we would like to celebrate their achievements on the podium. For this reason, prizes are not sent out afterwards.

Not sure whether you have won a prize but think you may have finished on the podium? Stop by the MYLAPS tent and ask if they can tell you whether you have secured a podium place.

It is possible that you are in the top three after your wave, but that a participant in the following wave finishes with a faster time. So hold off on celebrating until both waves have finished! ;)



CHECKOUT TRANSITION AREA

The transition area is secured until 4:00 PM. After the race, you can collect your bike and other belongings from the transition area. At that time, you must also return your MYLAPS timing chip.

You can only enter through the Bike Check-In/Check-Out tent and by showing your race number. Your bike and bag can only be checked out if your race number matches the number on your bike and you return your timing chip.

Before leaving the transition area, make sure you have collected all your belongings.

Your designated spot in the transition area is a safe place to leave your other belongings or bag while you are racing. However, the organisation is not responsible under any circumstances for missing, lost and/or stolen belongings. All items are left at your own risk.

If you want to make sure your belongings are stored securely, we recommend renting a locker (see "Before the Race" above).

RESULTS

The race results will be available on the DTS OUDERKERK website. Click the link to view the live standings during the day as well. MYLAPS uploads updated results several times throughout the day. All Sprint waves will be combined into one overall result, and the same applies to the two Olympic Distance waves. This means that the winner of the first wave may be overtaken by a faster triathlete starting in a later wave.

LOST AND FOUND

Gevonden voorwerpen kunnen gedurende het evenement worden ingeleverd en worden opgehaald bij de registratiebalie. Mocht je gedurende de dag iets zijn kwijtgeraakt, stuur dan een e-mail naar info@dtseries.nl. Mochten wij je spullen gevonden hebben, kun je deze ophalen bij ons kantoor in Badhoevedorp.

MEDICAL SUPPORT

A professional medical team from 't Witte Kruis will also be on hand during DTS OUDERKERK to ensure the safety and well-being of participants and spectators. A dedicated first-aid station will be set up at the event site. In addition, several mobile first-aid stations will be located along the course, and two lifeboats from the lifeguard service will always accompany the swimmers. Report emergencies immediately to the nearest first-aid station or another member of the organisation. Staff will make their way to the scene of the emergency as quickly as possible. We ask all participants to follow the instructions of medical personnel at all times.

When registering for a DTS race, you agree online to our General Terms and Conditions. The regulations are also clearly and concisely described in these General Terms and Conditions. Tip: Please read them again so that you know the rules and understand what you have agreed to: [General Terms and Conditions](#)

Good luck, and most importantly, have fun!