



**DTS**  
**GRAND PRIX ZANDVOORT**



# **PARTICIPANT INFORMATION**

**13 JUNI 2026**



Dear triathlete,

SSaturday, June 13th, will be the first DTS race of this season. The Formula 1 Circuit Zandvoort is once again the scene of this legendary, yet unique race. Nowhere else in Europe can you swim in the North Sea or cycle on a Formula 1 circuit. If you haven't done it before, a legendary day awaits you.

Zandvoort is a tourist hotspot, and with good weather forecasts, it can get very busy, both on the way to Zandvoort and during your race. On the circuit, you don't have to worry about anything, but outside the circuit, pay close attention while swimming, cycling, and running, and make sure you cross the finish line safely and feeling great!

Please read this participant information carefully, as it contains important updates you do not want to miss.

You can find all further information here, so take the time to read everything thoroughly and start your day fully prepared.

Most importantly: have fun and enjoy your race!

Sporting regards,



Lars Vreugdenhil

***When we all give the POWER.  
We all give the BEST  
Every minute of an hour  
Don't think about the REST***



# TABLE OF CONTENTS

Accessibility	p.4
Program	p.6
Registration	p.9
Before the race	p.12
Course	p.15
The race	p.18
Info for relay teams	p.22
After the race	P.23
Additional information	P.24



# ACCESSIBILITY

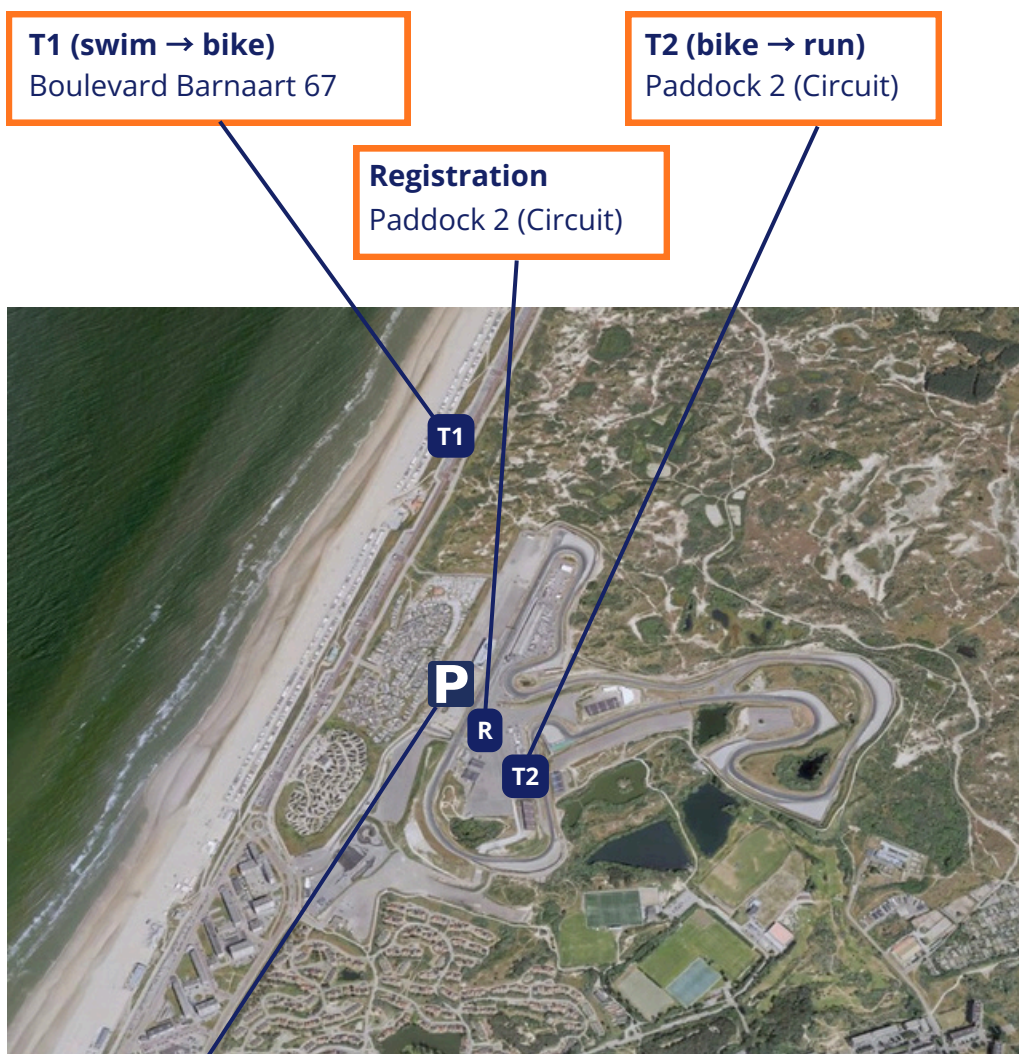
The DTS Grand Prix Zandvoort is organized at and around Circuit Zandvoort in Zandvoort.

Address:

Circuit Zandvoort

Burgemeester van Alphenstraat 108

2041 KP Zandvoort



**T1 (swim → bike)**  
Boulevard Barnaart 67

**T2 (bike → run)**  
Paddock 2 (Circuit)

**Registration**  
Paddock 2 (Circuit)

We recommend parking at the circuit grounds. The cost for a full day is €18.00. Please note that you need to purchase your parking ticket online in advance via [this LINK](#)

The nearest train station is Zandvoort station. From there, you can walk or cycle to the start location.

Please note that there are **TWO** transition zones. It is important to prepare for this properly.

T1 is located on the boulevard. This is where your bike, cycling shoes, and helmet will be.

T2 is located in the middle of the paddock, close to registration. This is where you transition from bike to running. Make sure you place your running shoes (and possibly socks), as well as a cap and nutrition, there before you walk your bike up to the boulevard.

**IMPORTANT!** Keep track of your time. Only the first starting wave can use the emergency access road as a shortcut to quickly reach the start and T1. From 09:00 onwards, this road will be used exclusively for the race. For safety reasons, no participants or visitors are allowed to use this route after that time. From 09:00, EVERYONE must walk or cycle via the main entrance of the circuit to reach the start and T1. This is a distance of 1.8 km, so plan your timing carefully to ensure you arrive at the briefing on time.



Route from T2 to T1

## Algemeen

07:30 uur	Registration open
07:45 uur	Bike Check-in open
09:00 uur	<b>Wave 1: OLYMPIC DISTANCE (NON STAYER)</b>
10:30 uur	<b>Wave 2: OLYMPIC DISTANCE + RELAY TEAMS (NON STAYER)</b>
12:00 uur	<b>Wave 3: SPECIAL OLYMPICS</b>
12:00 uur	<b>Wave 3: SPRINT ROOKIE WAVE + SPRINT RELAY</b>
13:30 uur	<b>Wave 4: SPRINT RECREATIONAL WAVE</b>
13:35 UUR	<b>Wave 4: KPN SPRINT</b>
14:00 uur	Medal ceremony Olymic Distance
15:00 uur	Medal ceremony Sprint Distance
15:30 uur	Medal ceremony KPN
16:00 uur	T2 closed

**Please note:** during the 2026 edition, all waves, both Sprint and Olympic, are NON-DRAFTING. This means you are not allowed to cycle directly behind another participant. You must keep a minimum distance of 12 meters from the rider in front of you.

Our officials will strictly monitor this rule. If you are caught drafting, it may result in disqualification.

Want to know exactly what is and isn't allowed? Make sure to carefully read the detailed race rules in our [General Terms and Conditions](#) beforehand.



## Briefing times & walk to the start

<b>07:30 uur</b>	Registration open
<b>08:30 uur</b>	Briefing for <b>wave 1</b> at T1 & walk to the swim start (= 1500 m walk along the beach)
<b>09:00 uur</b>	Wave 1: Olympic Distance (non-stayer)
<b>10:00 uur</b>	Briefing for <b>wave 2</b> at T1 & walk to the swim start (= 1500 m walk along the beach)
<b>10:30 uur</b>	Wave 2: Olympic Distance + relay teams (non-stayer)
<b>11:30 uur</b>	Briefing for <b>wave 3</b> at T1 & walk to the swim start (= 750 m walk along the beach)
<b>12:00 uur</b>	Wave 3: Special Olympics
<b>12:00 uur</b>	Wave 3: Sprint rookie wave + relay teams
<b>13:00 uur</b>	Briefing for wave 4 at T1 & walk to the swim start (= 750 m walk along the beach)
<b>13:30 uur</b>	Wave 4: Sprint Distance
<b>13:35 UUR</b>	Wave 4: KPN Sprint

The briefing takes place at T1 on the boulevard. After that, there is no time to go back to T2, so make sure to place your shoes there in advance before cycling or walking to the boulevard.

Keep in mind the additional walking or cycling time required to reach T1.



# ONZE PARTNER



# REGISTRATION



## Registration & Starterskit

You can collect your registration kit at the registration tent on Paddock 2, located in the middle of Circuit Zandvoort. Park near the main grandstand and walk with your bike through the tunnel to Paddock 2. Our tents are easy to find.

**Please note!** You cannot start the race without your registration kit.

## Make sure you arrive on time.

The registration desk opens at 07:30. From collecting your kit to the briefing, you will need at least 1.5 hours.

The briefing takes place approximately 30 minutes before your start, on the boulevard next to T1.

After that, we will walk together to the swim start:

Sprint: 750 meters

Olympic Distance: 1500 meters

Changes can be submitted up to 1 hour before your wave.

## Registratie kit



Mylaps timingchip + enkle strap.

Stickers (bike, helmet en bag)



Swimcap

Startnummer

To attach your race number, it is recommended to wear a race belt. If you don't have one yet, you can purchase one for €15 at the merchandise tent.



# REGISTRATION



## Race number

Your race number must be clearly visible during both the cycling and running segments:

- Bike: race number on your back (mandatory)
- Running: race number on your front (mandatory)
- Attach your number to a race belt or elastic band.

## Sticker Sheet

Each participant receives stickers for:

- your bike
- your helmet
- your bag/trash bag

## Bike Sticker

Attach the sticker to the seat post with the number facing backwards. The number must be clearly visible from both sides.

Only remove the sticker after you have checked out of the transition zone. During check-in and check-out, it will be verified that your bike matches your BIB number.

## Helmet Sticker

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

## Bag Transport T1 → T2

After the swim, place your wetsuit and other belongings in the bag you receive during registration.

Attach the bag sticker clearly visible on the bag (preferably on the bottom). Leave the bag at your spot in the transition zone. We will transport your belongings from T1 to T2. After the finish, you can collect your bag at the designated baggage area near the finish line.

We recommend to write your name and phone number inside your wetsuit at home.

## Swim Cap

Wearing the official swim cap provided by the organization is mandatory during the swim.

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



# REGISTRATION

## Timing Chip

Timekeeping is managed by MYLAPS. Always wear the timing chip on your LEFT ankle using the provided strap.

Do not wear the chip anywhere else, as this may result in your time not being recorded.

For relay teams, one chip per team is used and passed on after each segment.

### Important:

- You must return the chip when collecting your bike after the race.
- Without returning the chip, you will not be allowed to take your bike.
- In case of loss, a €25 fee will be charged (card payment only).

Make sure the chip is securely fastened with the Velcro strap. If in doubt, ask for assistance at the registration desk. The participant is always responsible for wearing the chip correctly.

	<b>1. Open the strap</b> Open the Velcro of the ankle strap so the strap is completely loose.
	<b>2. Place the chip</b> Place the chip onto the strap with the round pins facing up. Make sure the MYLAPS logo is readable.
	<b>3. Pull the strap through the chip</b> Thread the end of the strap through the opening in the chip, from bottom to top.
	<b>4. Fold back and secure</b> Fold the strap back over the chip and fasten the Velcro securely to the strap.
	<b>5. Check the fit</b> Make sure the chip is securely fastened and cannot move. The strap should be snug, but not too tight.
	<b>6. Wear on left ankle</b> Wear the strap around your left ankle, just above the ankle bone. The chip should be facing outward. You are ready!



# BEFORE THE RACE



## Transition Zones

Please note: there are TWO transition zones

Good preparation is essential. During the DTS GP Zandvoort, you will use two different transition zones:

- T1 – Boulevard: This is where your bike, helmet, and cycling gear will be.
- T2 – Paddock: This is where you transition from cycling to running. Make sure to place your running shoes, socks (if needed), cap, sunglasses, and nutrition here in advance.

**So make sure you go to T2 first before heading to T1 with your bike.**

Important: allow enough travel time  
From 09:00 onwards, the emergency access road will be closed to participants and visitors due to the race. Only the first start wave is allowed to use this route.

After 09:00, everyone must enter via the main entrance of the circuit to reach T1. This is approximately 1.8 km by foot or bike. Plan accordingly to ensure you arrive at the briefing on time.

## Briefing

The briefing starts 30 minutes before your wave, next to T1 on the boulevard. After that, we will walk together along the beach to the swim start.

## Transition Zone Check-in

When entering the transition zone:

- wearing a helmet is mandatory;
- your bike and helmet stickers must be attached;
- your bike and helmet will be checked for safety.

Our officials will check, among other things:

- properly functioning brakes;
- handlebar end plugs;
- a correctly fastened helmet.

**Safety comes first. An unsafe bike will not be allowed into the transition zone.**

Place your bike in T2 in the rack at your race number. In T1, there are no assigned race numbers—you can choose your own spot in a row indicated by the DTS crew.



## Preparation for your race day

	Step 1:	Step 2:	Step 3:	Step 4:
<b>Be present 1.5 hours before your start</b>	<ul style="list-style-type: none"> <li>• Check in at the registration desk and collect your starter kit.</li> <li>• Attach your stickers and race number.</li> <li>• Put on your timing chip.</li> </ul>	Go directly to T2 (Paddock)	Go to T1 (Boulevard)	Report 30 minutes before the start for the briefing and the walk to the start.
		Prepare and place: <ul style="list-style-type: none"> <li>• running shoes</li> <li>• socks (if needed)</li> <li>• cap/sunglasses</li> <li>• nutrition</li> </ul>	10–15 minutes walking or cycling. Make sure you are in T1 at least 45 minutes before the start.	

### Timingchip

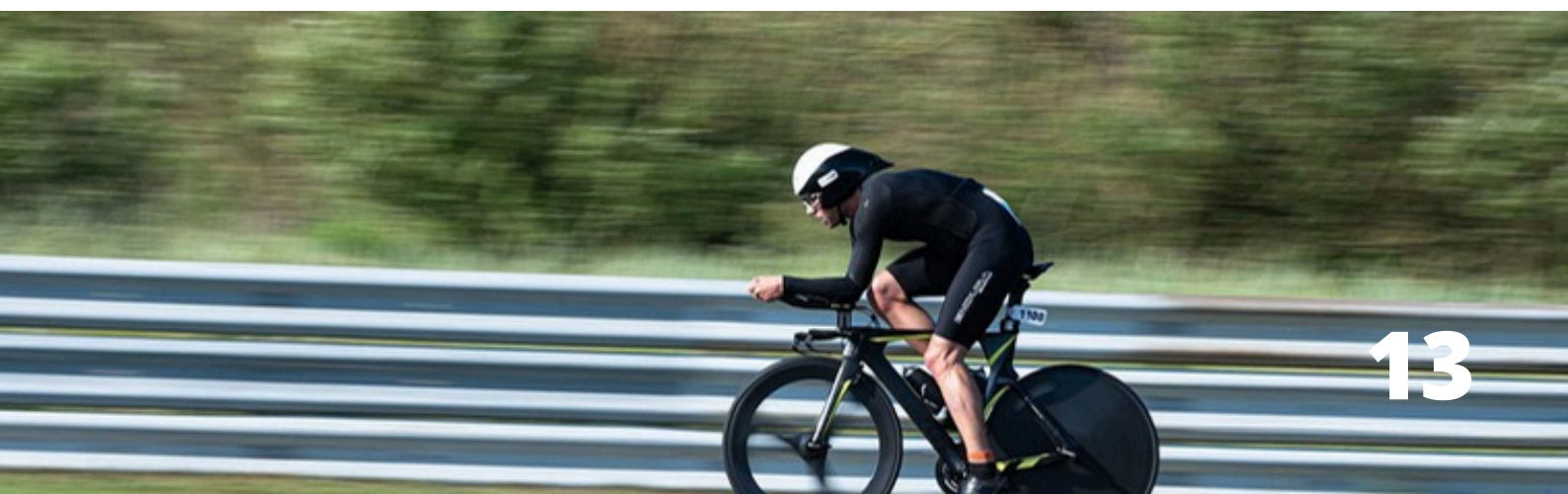
Wear the timing chip on your left ankle throughout the entire race. Make sure it is securely fastened before the start.

Return the chip immediately after the race when collecting your bike.

### Important during the race

- Wearing earbuds, headphones, or listening to music is not allowed.
- Carrying a phone during the race is prohibited.

Therefore, leave valuable items in your car, a locker, or with supporters.



## Valuable Belongings

The DTS organization, Amsterdam Sport Events, is not responsible for lost items during the event, but we do everything we can to keep things as safe as possible. We will transport your wetsuit from T1 to the paddock in the bag provided, so you don't have to return to T1 to collect it. Near the registration tent, you will find the collection point for all bags with wetsuits. For safety, write your name inside your own wetsuit (not in a rented wetsuit).

During the DTS Grand Prix Zandvoort, we are once again partnering with **Lock-Moby**, so you can fully focus on your race without worrying about your valuables.

- Safely store your valuables (wallet, car keys, phone, etc.)
- Attach the locker to your sports bag for extra security
- Can be shared with 2 people.
- 

Special offer: €1 discount on reservations until May 24 with the code DTSZANDVOORT2026

Costs: €8.50 rental + €10 deposit  
(The deposit will be automatically refunded after returning the locker)

Reserve your locker here:

[Book your locker](#)

Lock-Moby lockers are located near the registration tent on the paddock.  
For questions, feel free to contact: [info@lock-moby.com](mailto:info@lock-moby.com)



## Wetsuit

During the DTS GP Zandvoort, the official World Triathlon rules for wetsuit use apply. Whether a wetsuit is mandatory, allowed, or prohibited depends on the water temperature on race day. Earlier measurements are only indicative.

Attach your timing chip to your left ankle UNDER your wetsuit. This prevents the chip from coming loose when removing your wetsuit.

Tip: write your name inside your wetsuit to avoid mix-ups (do not do this on a rented wetsuit).

## Wetsuit rental

Don't have a wetsuit yet? You can rent one via Dare2Tri. It will be delivered to you by mail.

You can arrange this until Monday, June 1 via the link in the participant portal.

Alternatively, you can order directly through Dare2Tri via their own [link](#) up to 7 days before the race.

Swim distance up to 1500m:

Minimum: 13°C (below 13°C = RBR)

Mandatory wetsuit: below 15.9°C

Forbidden: 22°C and above

## Briefing

A mandatory briefing takes place 30 minutes before each start wave at T1 on the boulevard. Here, we will go over the most important race guidelines and any last-minute updates.

After the briefing, we will walk together along the beach to the swim start:

- Sprint: 750 meters
- Olympic Distance: 1500 meters

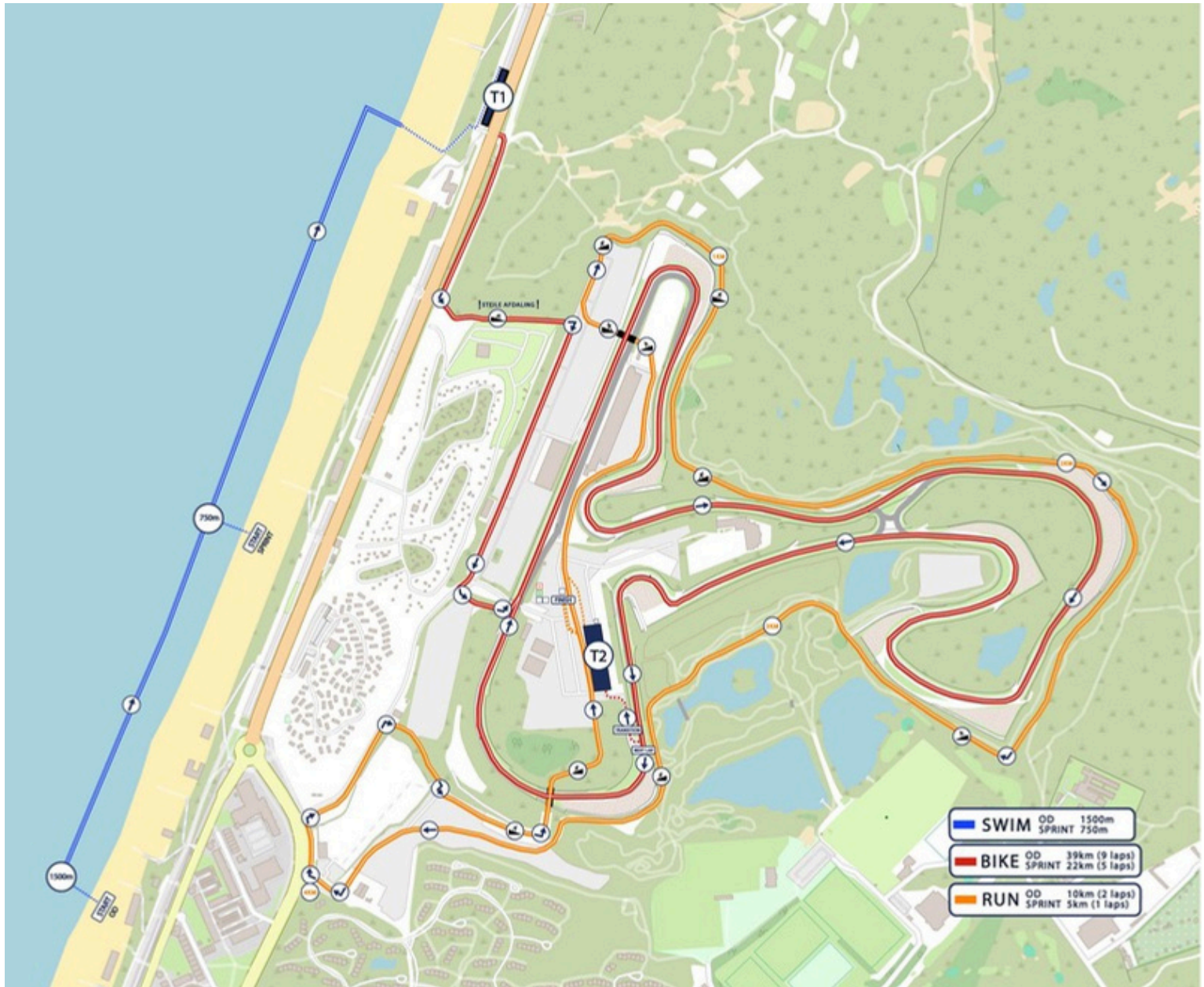
All participants must attend the briefing of their respective wave.

## Warm-up

Because we walk together along the beach to the swim start, there is limited time for a warm-up in the water. Use the walk to the start as your warm-up.



# PARCOURS



# SUNSHOWER



## Three disciplines. One body. Everything matters.

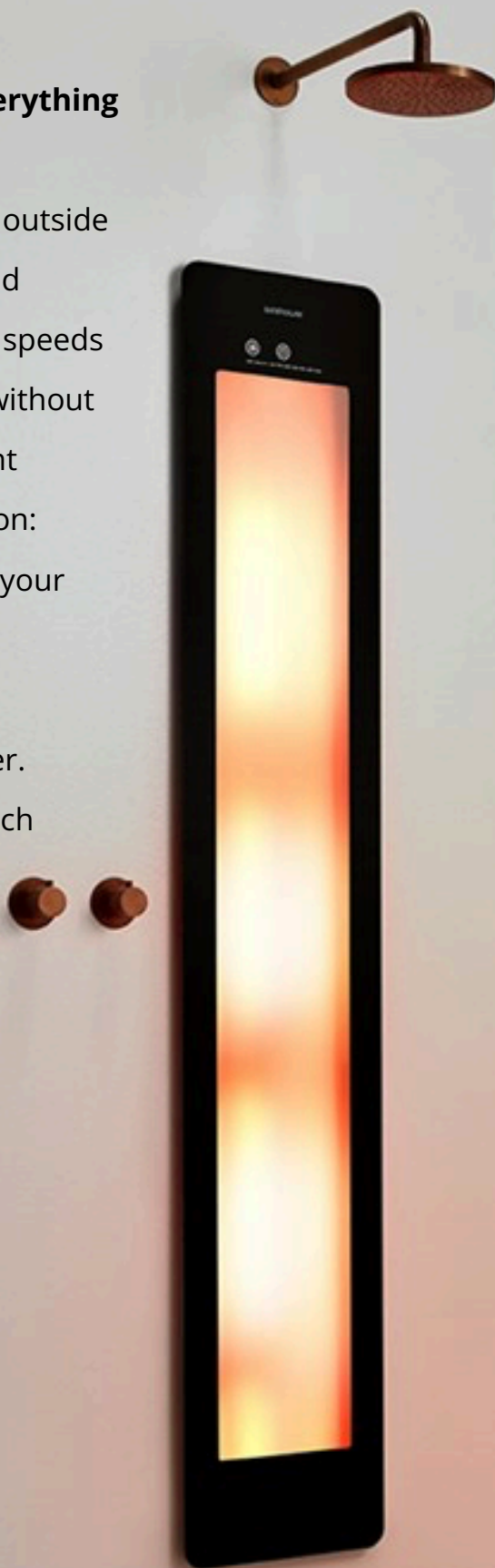
Progress lies in the details — also outside your training. Sunshower's infrared stimulates your blood circulation, speeds up recovery, and helps you start without heavy legs. In addition, the UV light supports your vitamin D production: essential for muscles, bones, and your immune system.

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

**Win a Sunshower Combi at  
DTS Haarlemmermeer!**

**Also check out:**

**[Sunshower website](#)**



## Distances:

### *Olympic Distance*

- Swim: 1500 meters (parallel to the shore)
- Bike: 39 kilometers (9 laps)
- Run: 10 kilometers (2 laps)

### *Sprint Distance*

- Swim: 750 meters (parallel to the shore)
- Bike: 22 kilometers (5 laps)
- Run: 5 kilometers (1 lap)

## Swim

- Wearing the official swim cap provided by the organization is mandatory.
- The race starts with a beach start: all participants line up behind the start line on the beach and run into the water after the starting signal.
- You will swim around the water scooter before continuing parallel to the shoreline.

## Transition: Swim → Bike (T1)

After the swim, go to your spot in the transition zone to prepare for the cycling segment.

### Important:

- You must change at your own bike position.
- Your helmet must be on and fastened before removing your bike from the rack.
- During the bike segment, your race number must be visible on your back.
- Check that your timing chip is still securely attached to your ankle.

**Lost your chip? Report this immediately to the crew at the exit of the transition zone. You will receive a new chip so your race time can still be recorded. A fee of €25 will be charged afterwards for a lost chip.**

### Please note!

- Cycling in the transition zone is not allowed.
- You may only mount your bike after fully crossing the mount line, once you have crossed the boulevard.



## Bike

- Wearing a helmet is mandatory.
- All waves are NON-DRAFTING. You must keep a minimum distance of 12 meters from the rider in front of you. Overtaking is, of course, allowed.
- You are responsible for completing the correct number of bike laps. Too few laps = disqualification.

### Lap Counting

From T1 on the boulevard, you will first cycle approximately 5 km. After that, you will have completed about three-quarters of a lap of the circuit and will pass the timing mat for the first time at the turn-off towards T2.

**Tip: No bike computer? Use elastic bands around your wrist and remove one after each lap.**

## OLYMPIC:

- You will pass the timing mat a total of 9 times.
- After the 9th passage, you turn off directly towards T2.
- Total cycling distance: 39 km.

## SPRINT:

- You will pass the timing mat a total of 5 times.
- After that, you turn off towards T2.
- Total cycling distance: 22 km.

ROUND	Passing the timing mat (lap count)
1	4.7 km
2	9 km
3	13.2 km
4	17.5 km
5	21.7 / 22km at T2
6	26 km
7	30 km
8	34.5 km
9	38.7 / 39km at T2



# THE RACE

## Bike Segment

Important rules:

- No drafting!
- If you ride too close to the rider in front of you, you are drafting. Officials will strictly enforce this.
  - First violation: warning
  - Repeated drafting: disqualification (DSQ)
- There is no penalty tent. Multiple warnings will result in an immediate DSQ. Decisions made by the jury and organization are final.
- Overtaking on the right side is strictly forbidden and will lead to immediate disqualification.

Traffic rules:

Always follow instructions from:

- traffic controllers
- event staff
- emergency services

Emergency services always have priority. If necessary, the race may be temporarily stopped.



## Transition: Bike → Run (T2)

- Dismount before the dismount line when entering the transition zone.
- Place your bike back in your assigned spot.
- Only unfasten your helmet after your bike is securely racked.

## Run

After your final lap, you will be guided towards the finish. During the run, you are also responsible for completing the correct number of laps. Too few laps will result in disqualification.

### XXL Aid Stations

During the run, you will pass the XXL Nutrition aid stations:

- Sprint (5 km): 2 times
- Olympic Distance (10 km): 4 times

Here we provide, among other things:

- XXL Nutrition sports nutrition
- Water

## Trash Zones

To keep the course and the natural surroundings of Circuit Zandvoort clean, special trash zones are in place at every aid station.

- From 100 meters before to 100 meters after an aid station, you are allowed to dispose of empty gels, cups, and other waste.
- Outside of these zones and the transition areas, it is strictly forbidden to throw away any waste.
- 

As parts of the course run through a Natura 2000 protected area, we ask all participants to handle waste responsibly and help keep the course clean.

The start and end of each trash zone are indicated by the following signs:



## Additional Information for Relay Teams

A relay team shares one timing chip. This chip acts as your team's baton and must be passed on to the next team member at each transition.

**Important:** the timing chip must first be securely attached to the left ankle of the next participant before they are allowed to start.

Relay teams receive in their registration kit:

- 1 timing chip
- 3 race numbers (one per team member)

Each participant must have their own race number to access the transition zone.

### Swimmer

- Wear the timing chip on your ankle during the swim.
- After the swim, follow the designated route to the relay transition area.
- In the designated relay changeover zone, hand over the timing chip to the cyclist.

### Cyclist

- Wear your race number visibly on your back.
- Make sure your helmet is on and fastened before starting.
- Wait at your bike until the swimmer has handed over the timing chip.

### After the bike:

- First place your bike back in the rack.
- Then pass the timing chip to the runner.

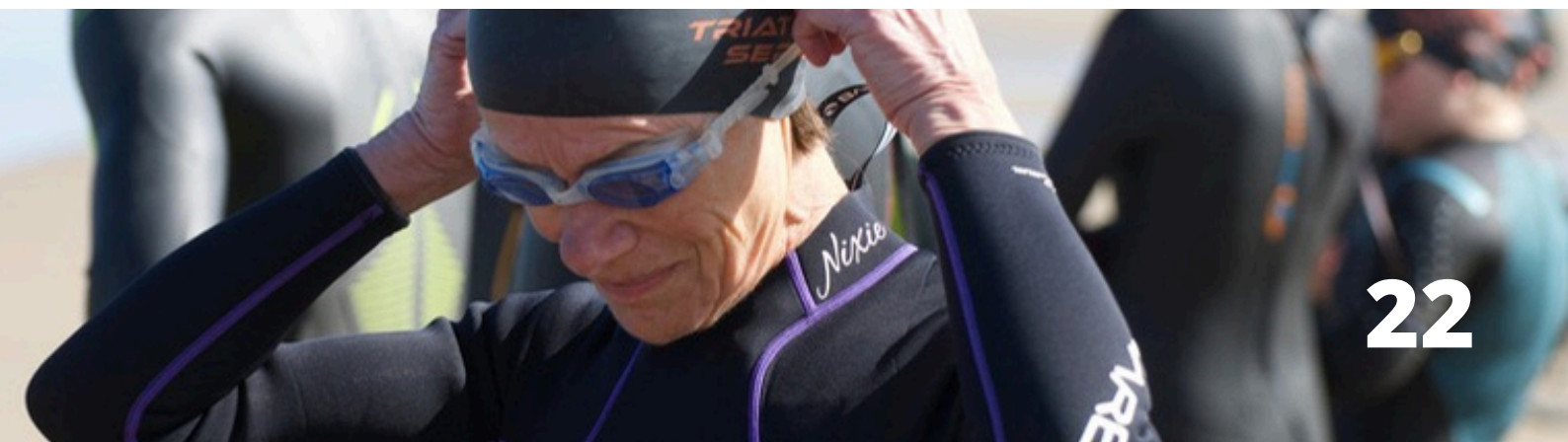
### Runner

- Wear your race number visibly on your front.
- Wait at your relay spot in the transition zone.
- Only start once the timing chip is correctly attached to your ankle.
- Make sure your race number is clearly visible at the finish.

### Finish

Relay teams are allowed to finish together.

When the runner reaches the finish area, the other team members may join so you can cross the finish line together.



# AFTER THE RACE

## Medal

After the finish, you will receive a beautiful medal. Congratulations — you've earned it!

If you ordered a finisher shirt during registration, you will receive it at the registration desk with your envelope or you can collect it there.

## Free Massage

After the finish, our four sports masseurs will be ready to give you a well-deserved free massage.

## Results

Race results are updated throughout the day on the MYLAPS website. A QR code is available at the red MYLAPS tent next to the finish line.

## Award Ceremony

- Olympic Distance: 14:00
- Sprint (Rookie & Recreational = 1): 15:00

Prizes will be awarded to the 1st, 2nd, and 3rd place overall, as well as in the following Age Groups (Men/Women):

- 14–29 years
- 30–39 years
- 40–49 years
- 50–59 years
- 60+ years
- Relay teams (men and women overall)

Please note: awards will not be sent afterwards, so you must be present at the ceremony to receive your prize!



## Transition Zone Check-out

After the race, you can collect your bike and other belongings from the transition zone.

You can only enter via the bike check-in/check-out tent and upon presentation of your race number. You may only check out your bike and bag once you have returned your timing chip and Velcro strap, and your race number matches the number on your bike.

Before leaving the transition zone, make sure you have collected all your belongings. If you have lost your timing chip, you must first pay a €25 fee (card only) before you can take your bike with you.

## Lost & Found

Lost items can be handed in and collected at the registration desk during the event.

If you have lost something during the day, please send an email to [info@dtseries.nl](mailto:info@dtseries.nl). If your belongings are found, you can collect them at our office in Badhoevedorp.



# EXTRA INFO



## Medical Support

A professional medical team from 't Witte Kruis will ensure the safety and health of participants and spectators during the DTS GP Zandvoort.

An on-site first aid station (EHBO) is available at the event area. In addition, the Katwijkse Reddingsbrigade will be present during the swim segment, monitoring everything closely from the water.

Report any emergencies immediately to the first aid station or a member of the organization.

Staff will respond to the incident as quickly as possible.

All participants are requested to follow the instructions of medical personnel at all times.



# READY?

KijFor more information, as well as the General Terms and Conditions and regulations, please visit: [Dutch Triathlon Series website](#)

Good luck and have fun!

Team DTS

