

# Introduction

Dear athlete,

We just have to wait a little bit longer and then you will dive into the Weerwater. Ready for your adventure. Your race of the year. Your Challenge Almere-Amsterdam!

It won't be long before we kick-off with the 2023 Europe Triathlon Championships Long Distance Almere-Amsterdam. This is also the 42nd edition of our event: our race is the oldest Long Distance in Europe and the second oldest in the world. I can't describe how proud I am that you are part of it (again) this year!

This year we are really back to 'the old normal'. This means that you can prepare for a race with thousands of participants, but also tens of thousands of spectators along the courses. Everyone will cheer for you on your way to the finish line. Towards a moment to remember. Make sure you really enjoy it during race day: finishing in Almere is memorable and something you will hopefully never forget in your life. We are already looking forward to all the wonderful sports performances that will be delivered in the second weekend of September.



As always, Challenge Almere-Amsterdam is an event spread over several days and various side events. In addition to the Long Distance and Middle Distance, there is also a RABO Business Relay, Family Relay, No-Limit & Senior Challenge and Junior Challenge scheduled this year. Challenge Almere-Amsterdam belongs to everyone and is for everyone. And it's carried by the city; Almere. We - our organizing team and hundreds of volunteers - have worked hard for the past year to set up another wonderful event. We do this with passion, with enthusiasm and with love. You - as an athlete - will be the highlight of the race weekend. It's all about you. This will be your race!

As Race Director I would like to take this opportunity to thank you (once again) for participating in the 2023 Europe Triathlon Championships Long Distance Almere-Amsterdam. Your participation in our event - and your stay in our beautiful city - is greatly appreciated. By us as an organization and certainly by the hundreds of volunteers who will be ready to give you an unforgettable day

I would like to ask you to read this Athletes Guide carefully, because it contains all the information you need during the 2023 Europe Triathlon Championships Long Distance Almere-Amsterdam, but also in the days before the event. If you have any questions, you know where to find us. For now I want to wish you good luck with your final preparations and have fun during the 2023 Europe Triathlon Championships Long Distance Almere-Amsterdam.

We'll see you in September!

On behalf of all directors, other volunteers, sponsors and the municipality of Almere,  
Richard Belderok,  
Race Director

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The race management consists of Richard Belderok (40, race director), Jefry Visser (36, event director) and Jort Vlam (40, commercial director). All three grew up in Almere, started triathlon at a young age and as triathletes have all completed the Long Distance in Almere one or more times. In 2013, in collaboration with the board of the foundation, they supervised the transition from Holland Triathlon to **CHALLENGEALMERE-AMSTERDAM**. They are also involved in the organization of **CHALLENGEFAMILY** and the events of TRI HARD Series and Stichting Start2Finish in the Netherlands



**Team 2023 Europe Triathlon Championships Long Distance  
Almere-Amsterdam wishes good luck to all athletes!**

**2023 Europe Triathlon Championship Long Distance Almere-Amsterdam**

## Team CHALLENGE ALMERE-AMSTERDAM

The organization of CHALLENGE ALMERE-AMSTERDAM mainly runs on volunteers with a three-person board that manages a team of managers. These managers each manage a group of volunteers in their own field of expertise. Prior to the event, various volunteers are busy with the preparations throughout the year. For example, the managers meet every six to eight weeks to discuss organizational matters and take two weeks off to set up and break down the event. The race management and secretariat work weekly throughout the year in the **CHALLENGE ALMERE-AMSTERDAM** office. More than 700 volunteers help during the event.

Managers	Function
Richard Belderok	Race Director
Jort Vlam	Commercial director
Jefry Visser	Event director
Tim Moria	PR & Marketing
Jolanda Felix	Event manager Esplanade & Kunstlinie
Matthijs Wubs	Event Manager Courses
Niels van Mourik	Event Manager Esplanade
Corry Aarts	Secretary / Info stand
Debby van Dongen	Office manager/ Registration
Lianne van Dijk	Secretary / Info Stand
Bart Bockhoudt	Motorcycles
Arthur Lambregts	Motorcycles
Boudewijn Vlam	Water security
Carina Graman-van der Koogh	Green bags & massages
Debby Angenent	Volunteer administration
Derek Haenen	Running course
Frank Veltman	Start process
Gertjan Steltman	Accommodation & VIP
Harm-Anton Kiefte	Bike course
Henri Jacobs	Traffic control
Jelle Wiebenga	Bike course
Jeroen Fakkeldij	Transition Area
Judith Ettema	Athlete care

**2023 Europe Triathlon Championship Long Distance Almere-Amsterdam**

Marjan van Aken	Junior Challenge
Marjelke Paré	Athletes Lounge
Marlous Droog	Medical service
Shanna Weterings	Warehouse and Logistics
Richard Treffers	Corporate ambassador / sponsor affairs
Roy Philip	Food court
Walter Hubers & Hennie Mahn	Security & Event Control



## Contact information

### Local Organizing Committee

What	Contact
Race Director	Richard Belderok
Phone number information	+31(0)36 – 534 59 31
Information email	info@challenge-almere.com

### European Triathlon

What	Contact
Europe Triathlon Office	
Phone number information	+32 478825456
Information email	<a href="mailto:etu_hq@etu.com">etu_hq@etu.com</a>

### Europe Triathlon Team + Head Officials

First name	Last name	Role	Contact
Fritz	Schwarz	Europe Triathlon Technical Delegate	f.schwarz.aut@gmail.com
Hans	Geerts	Europe Triathlon Assistant Technical Delegate	
Dora	Rozsa	Europe Triathlon Head Referee	

### Emergency numbers

What	phone number
General emergency number	112
Police (no emergency, but police)	+31(0)900 – 8844
General practice center	+31(0)900 – 203 0 203

### Hotels

What	phone number
Leonardo Hotel Almere City Center	+31(0)36 – 527 45 00
Leonardo Hotel Lelystad City Center	+31(0)320 – 242 444
Best Western Hotel Almere	+31(0)36 – 303 62 00
Van der Valk Hotel Almere*	+31(0)36 – 800 08 00



Holiday Inn Almere	+31(0)36 - 205 70 00
Ibis Hotel Almere	+31(0)36 – 200 22 44
Bastion Hotel Almere	+31(0)36 – 536 77 55
NH Hotel Bussum	+31(0)35 – 695 99 11
Centerparcs De Eemhof	+31(0)36 – 522 91 00
Camping Waterhout	+31(0)36 – 547 06 32

### Shuttle service

\*On Saturday 9 September there is a shuttle service from Hotel Van der Valk to the venue. First departure will be at 5.30 AM every half hour, last shuttle will departure at 8.30 AM. Cost are € 6.- per person.

Please book your shuttle via [info@challenge-almere.com](mailto:info@challenge-almere.com).

### Cab

What	phone number
Taxi Salders	+31(0)36 – 533 99 99
Taxi Exclusief	+31(0)36 – 525 47 64

### Airports

What	phone number
Schiphol	+31(0)900 – 0141
Rotterdam The Hague Airport	+31(0)10 – 446 34 44

For questions about your flight or onboard services , please contact your airline.

[Click here for more information about airlines.](#)



# General information about the event

## Introduction

This Athlete Guide is important when preparing for your race. The main parts of this guide are:

- Contact details
- General event information
- Pre-race information
- Race day information
- Information after the race

**It is strongly recommended to attend the race briefing in the theater. For participants at the European Championship the briefing is compulsory.**

**Here you will find the most up-to-date information about the courses and about the rules and guidelines.**

The information in this Athlete Guide applies to all participants of the 2023 Europe Triathlon Championship Long Distance Almere-Amsterdam and all additional activities in the same week.

The most important information is for the 2023 Europe Triathlon Championship Long Distance Almere-Amsterdam. If there is other information that only applies to the open series rather than the Europe Triathlon Long Distance Championship series, it will be stated.

## Information desk

If you have any questions after reading this Athlete Guide, please contact our information desk. This can be found in the Theater during the 2023 Europe Triathlon Championship Long Distance, open series Long Distance and Middle Distance Almere-Amsterdam.

In the weeks leading up to the Europe Triathlon Championship Long Distance 2023 you can email [info@challenge-almere.com](mailto:info@challenge-almere.com) or call +31(0)36 – 534 59 31.

For questions about the competition rules, please contact the Technical Delegate (contact above).

## Lost and found

If you have found an object, you can hand it in at the information desk in the theater. If you have lost something, always report it to the information desk. All items are brought here.

## Ticket desk

At the ticket desk you can buy the following tickets:

Discounted parking Tickets, €6,50 for a day ticket.

Extra Carbo loading party tickets ( €17,50 under 12 years / €25 for adults).

## Engraving medals

At the ticket desk there is the possibility to register for engraving the medals.

The costs for this service are €15.00.





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2023 Europe Triathlon Championship Long Distance Almere-Amsterdam

## Schedule

### Thursday September 7

Time	Event	Place
11:30 am	Registration & Bike check-in open Junior Challenge	Theater & Transition Area
02:00 pm	Start Junior Challenge (Elite Junior)	Esplanade
02:02 pm	Start Junior Challenge (Rolling start)	Esplanade
03:00 pm	Swim course familiarization	Esplanade beach
03:00 pm	Registration & Bike check-in open Business & Family Relay	Theater & Transition Area
03:30 pm	Award ceremony Junior Challenge	Stadium
05:00 pm	Launch Family & Business Relay	Esplanade beach
07:30 pm	Award ceremony Family & Business Relay	Stadium

### Friday September 8

Time	Event	Place
08:30 am	Start Senior & No Limit Challenge	Van Rheeën Sport
11:00 am	Registration & Bike check-in Long distance	Theater & Transition Area
12:00 pm	Briefing Long Distance, including EC (English)*	Theater
01:00 pm	Briefing Middle Distance (English)*	Theater
01:30 pm	Registration & Bike check-in Middle Distance	Theater & Transition Area
02:00 pm	Briefing Long Distance (Dutch)*	Theater
04:00 pm	Briefing Middle Distance (Dutch)*	Theater
04:30 pm	Start Kids' Run 500 meters	Esplanade
04:40 pm	Start Kids' Run 1000 meters	Esplanade
05:00 pm	Start Kids' Run 2000 meters	Esplanade
05:00 pm	Registration & Uniform Check Elite European Championship	Theater
05:30 pm	Briefing Elite European Championship	Theater
05:30 pm	Start Carbo Loading Party	Theater
06:30 pm	Press conference European Championship Elite	Theater
08:00 pm	Closure registration	Theater
08:30 pm	Closure Transition Area	Transition Area

#### **2023 Europe Triathlon Championship Long Distance Almere-Amsterdam**

09:30 pm	End Carbo Loading Party	Theater
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\*including relay & aquabike briefing



## Saturday September 9

Time	Event	Place
06:00 am	Transition area open	Transition Area
06:30	Last minute registration Middle Distance only	Theater
07:00 am	Closure Transition Area for Long Distance Triathlon	Transition Area
07:10 am	Start Long Distance Triathlon - Elite Women	Esplanade beach
07:25 am	Start Long Distance Triathlon - Elite Men	Esplanade beach
07:27 am	Start Long Distance Triathlon - Para Triathlon (AG + Open)	Esplanade beach
07:30 am	Start Long Distance Triathlon - Age-groups EC Men 18-44 (Mass Start)	Esplanade beach
07:35 am	Start Long Distance Triathlon - Age-groups EC Men 45+ (Mass Start)	Esplanade beach
07:40 am	Start Long Distance Triathlon - Age-groups EC Women (Mass Start)	Esplanade beach
07:50 am	Start Long Distance Triathlon - Open Series (Mass Start)	Esplanade beach
07:52 am	Start Long Distance Triathlon - TriTogether & Long Distance Aquabike	Esplanade beach
08:30 am	Closure last minute registration	Theater
09:15 am	Closure Transition Area for Middle Distance Triathlon	Transition Area
09:35 am	Start Middle Distance Triathlon - Para Triathlon	Esplanade beach
09:40 am	Start Middle Distance Triathlon - AG Men, AG Women, Relay & Middle Distance Aquabike (Rolling Start)	Esplanade beach
03:10 pm	First finish Elite Men Long Distance European Championship	Finish Stadium
04:00 pm	First finish Elite Women Long Distance European Championship	Finish Stadium
11:20 pm	Last finisher	Finish Stadium

## Sunday September 10

Time	Event	Place
11:00 AM - 1:00 PM	Award ceremony Long & Middle Distance Triathlon & Aquabike	Finish Stadium



## Event venue

### Location map



## Accessibility Almere

The Esplanade is the event venue for the 2023 Europe Triathlon Championships Long Distance. All events take place on or around this site: Esplanade 10, 1315 TA Almere. For paratriathletes, the elevator to the Esplanade is located near the Expo, marked (1) on the map.

The Transition Area is located in the Lumière Park, 750 meters from the Esplanade.

## Public transport

Almere is a Green City. That means we care about the environment. Almere is very well served by public transport. From every station in the Netherlands there is a very fast and frequent connection to 'Almere Centrum'. If you are traveling within Europe, check out the travel options by train.

From Almere Centrum station it is only a 10-minute walk to the Esplanade.

Of course, the event location can also be reached by bus. The nearest bus stops are 'Passage' or 'Flevoziekenhuis'.

Visit <https://9292.nl/> for information about public transport to and from Almere Stad. **Day tickets are available for the bus.** More information about the day tickets can be found at

<https://www.allgobus.nl/en-gb/tickets/tickets-e-tickets>

The bus day tickets are for sale at the Food Court, but also in the allGo app, at the kiosk or at the vending machines in Almere center, stops Passage, Stadshuisplein and Flevoziekenhuis. The price is € 6,-

## By airplane

Almere is only a 25-minute drive from Amsterdam. The nearest airport is Schiphol. This international airport offers connecting flights to various destinations.

Almere is easily accessible by train from Schiphol, with several departures per hour.

## By car and parking

Almere is of course also easily accessible by car. **Please note** : paid parking applies in large parts of Almere. If you spend the night in one of the many hotels, holiday parks or elsewhere, ask about the parking options at this location.

The event location is best reached by car via the A6, exit 5 towards Almere Stad. At the end of the exit turn left onto Veluwedreef (S103) and follow the signs Almere Stad (Centrum). Then follow the signs to "Centrum" and turn left onto Cinemadreef. Then turn left before the red building in the direction of 'Centrum Zuid'. You are now in the center of Almere Stad.

For a navigation system use 'Stadhuisgarage' or 'Hennepveld' in Almere Stad. The advice is to follow the parking instructions of the municipality for the last 500 meters to P4 or P5. These car parks are located approximately 300 meters from the Esplanade. Please do not use the Hospitaalg garage/Hospitaal terrein car park to park.

**PLEASE NOTE:** There is paid parking in Almere Centrum, up to € 11.00 per day. However, there is limited capacity in the various parking garages. Parking discount cards are available for €6,50 at the Ticket desk in the Theatre.

## Free parking

If you want to park for free and be assured of a parking space, we recommend the following.

Park at the Fanny Blankers-Koen Sportpark (Marathonlaan 10, 1318 EE, Almere) or football club Almere City (Competitieweg 20, 1318 EA, Almere).

You will find the FBK Sportpark bus stop near these parking spaces. From here you travel in 10 minutes to the Esplanade with bus line M2. **Day tickets are available for the bus at the Ticket desk.**

The travel schedule for this bus stop can be found on the Keolis website:

[https://www.allgobus.nl/en-gb?\\_ga=2.215564244.257351288.1657701501-469071724.1657701501](https://www.allgobus.nl/en-gb?_ga=2.215564244.257351288.1657701501-469071724.1657701501)

## Rent a car

If you want to rent a car for one or more days, this is also possible. If you are traveling from Schiphol, there are several car rental companies at Schiphol Plaza.

When you want to rent a car in Almere, you can contact one of the companies below:

rental company	Website	Phone number
Diks car rental	<a href="http://www.diks.net">www.diks.net</a>	+31 (0)36 – 763 06 60
Autoradam	<a href="http://www.autoradam.nl">www.autoradam.nl</a>	+31 (0)88 – 035 12 12
Sixt	<a href="http://www.sixt.nl">www.sixt.nl</a>	+31 (0)36 – 545 26 16
Bo-rent	<a href="http://www.borent.nl">www.borent.nl</a>	+31 (0)36 – 534 50 40
Hertz	<a href="http://www.hertz.nl">www.hertz.nl</a>	+31 (0)36 – 549 77 88

## Cab

Would you rather be picked up by a taxi? Download the Uber app. Ordering an Uber is easy:

- Open the app and indicate where you want to go
- The app uses your location so drivers know where to pick you up
- You see a photo of the driver, the details of the vehicle and you can see on the map where the driver will arrive.
- You can pay with credit card, Android Pay, PayPal and more.
- You will receive a proof of payment by email



[Download Uber from the App Store](#)



[Download Uber from the Google Play Store](#)

In addition to Uber, there are also other taxi companies that are ready to transport you. If you want to be sure that a taxi is available, book in advance by emailing or calling.

Taxi company	E-mail	Phone number
Taxi Salders	peter@salders.nl	+31 (0)36 – 533 99 99
Taxi Exclusive	info@taxiexclusive.nl	+31 (0)36 – 525 47 64

## By bike

When you have arrived in Almere, enjoy and grab the bike! The event location is very easy to reach by bicycle. In addition, Almere has beautiful cycle paths, so you will not be bothered by other traffic.

## Expo

During the 2023 European Triathlon Championships Long Distance there will of course be an expo at our event area on the Esplanade. Various brands and suppliers will be present with a stand. You can go to all these brands with questions about the latest products, which in many cases you can also test and/or purchase. Have fun!

Opening hours:

Day	Date	Place	From	Until
Thursday	September 7	Esplanade	02:00 pm	7:30 pm
Friday	September 8	Esplanade	11:00 am	8:30 pm
Saturday	September 9	Esplanade	07:00 am	8:30 pm

## Food and drinks

This year, in addition to the Expo, there will also be a 'food & drink' court. Here you can follow the race via a live stream on a large screen, while enjoying the food and drinks from the food trucks.

In our food court you will find different types of food, from Italian dishes to grill and barbecue.

We use reusable cups, because we want to improve sustainability. You'll pay a deposit for the cup the first time you get a drink and you can return the cup at a later moment.



## Bike shop and maintenance

If repairs or adjustments to the bike are required before the race, we would like to refer you to bike shop **Van der Linde** : the local cycling partner. [www.vanderlindealmere.nl](http://www.vanderlindealmere.nl).

A bike mechanic will be present when you check in your bike. Pumps are available in the Transition Area. There is no technical assistance on the course, so bring your own tools.



## Massage and medical information

### Massage

After the competition, on September 9, athletes can get a massage. Of course you should have showered first.

### Medical

#### During the race

Write your medical details on the back of your bib number so that you can be helped quickly if help is needed. In addition to this information on the back of your bib number, you will also be given the option to create your Safe-ID profile. With the QR code on the back of your race number, medical services can quickly scan the code and quickly access basic medical information and allergies you've provided to get you the medical care you need when you need it.



If you need medical assistance on the course, report to an Official or a volunteer. The medical service has the right to refer participants to the hospital.

**NOTE: The athlete is responsible for being insured for this.**

### Insurance

Participants in the event declare that they have their own liability, accident and health insurance with the necessary coverage for their participation in the event. The Europe Triathlon and the LOC decline all responsibility in case of accident, fall, loss, theft, etc. **NOTE: Athletes are required to have health insurance for medical expenses.**

### Hospital information

In the unlikely event that an athlete has to go to hospital, he or she will go to the Flevoziekenhuis. The hospital is adjacent to the Esplanade event venue.

**NOTE: It is necessary that the person is insured for transport by ambulance.**



## Nutrition supply

### Powerbar

Powerbar: the official nutrition partner of the 2023 Europe Triathlon Championships Long Distance / **CHALLENGE ALMERE-AMSTERDAM**. Athletes in the Long Distance Triathlon and the Middle Distance Triathlon can use Powerbar gels and iso drinks on both the bike and the running course.



Powerbar has been at the forefront of supplying high-quality sports nutrition within the triathlon world for thirty years. These are the products/flavors we offer during the race:

- Energize Advanced Raspberry
- Energize Advanced Hazelnut Chocolate
- Energize Original Banana Punch
- Energize Original Cookies & Cream
- PowerGel Original Lemon Lime
- PowerGel Original Black Currant
- PowerGel Original Strawberry-Banana
- PowerGel Hydro Mojito
- ISOACTIVE Lemon



# Achieve distance through power

In a wetsuit, on a saddle or with running shoes – no matter what you do: For maximum power you need maximum energy. Perform even better with Powerbar and get the ultimate performance boost from our bars, gels and more.

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**2023 Europe Triathlon Championship Long Distance Almere-Amsterdam**



## Rules and penalties

The 2023 Europe Triathlon Championships Long Distance Almere-Amsterdam is sanctioned by the World Triathlon Competition Rules. It is the athlete's responsibility to be familiar with the competition rules.

Click [HERE](#) to view the World Triathlon Competition Rules.

Click [HERE](#) to view frequently asked questions about World Triathlon competition rules.

Please contact the Technical Delegate to clarify any rules. Any questions can be emailed to the contact details listed earlier in this Athlete Guide.

## Uniform Rules

At the 2023 Europe Triathlon Championship Long Distance Almere-Amsterdam, all athletes must comply with the approved color/size of the uniform of the National Federation. The uniform must comply with the rules of the World Triathlon uniform. Caps, helmets and number bands with logos are allowed. For more information, see Appendix F of the World Triathlon Competition Rules.

## Cards

Cards	Europe Triathlon Championships Long Distance & Middle Distance
Yellow card	1 minute penalty for Long Distance / 30 seconds for Middle Distance
Blue card	5 minutes time penalty *
Red card	disqualification

(\*) 3 blue cards = disqualification

## Anti-doping

Anti-doping rules, like competition rules, are sporting rules that create the conditions under which sport is practiced. Athletes and other persons involved in the event accept these rules as a condition of participation. All athletes are subject to Competition Testing by World Triathlon, the Athlete's National Federation, Anti-Doping Organizations or any other organization promoting events in triathlon.

**\*\* All athletes must ensure they have their official identification (photo ID) with them\*\***  
**Be sure to put it in your after-race bag (green bag).**

You can find more information about the anti-doping rules [HERE](#).

As an Age Group athlete participating in the Europe Triathlon Multisport Championship, you can become subject to doping control.

If you have been selected for Doping Control, someone will approach you to report this. You may be asked to go to the doping control before the race, for example after collecting your registration package or when checking in your bike in the transition area. The doping control supervisor and/or official will explain the procedure to you.

An anti-doping Age-Group Q&A is available:

[https://www.triathlon.org/multimedia/video/age\\_group\\_anti\\_doping\\_qa1](https://www.triathlon.org/multimedia/video/age_group_anti_doping_qa1)

## Water quality (domestic)

The lake that is used for swimming is an inland freshwater lake, with no open sewage outlets.

Exact details about the water quality will follow shortly. The water quality checks in July showed very good water quality: (E.coli <500 or Enterococci <200) with no potential visual contamination during sanitation or predicted heavy rain.

View the swimming water profile of the Weerwater here:

[http://www2.zuiderzeeland.nl/data/gmaps/zwemwater/zwemwaterprofiel\\_Weerwater2014.pdf](http://www2.zuiderzeeland.nl/data/gmaps/zwemwater/zwemwaterprofiel_Weerwater2014.pdf)

# Pre-race information

## Training options

### Test Swim course

There is one moment when the official swim course can be tested and there is surveillance on the swim course:

Date	Start time	Place
September 7	3:00 pm	Swim start, Esplanade, Weerwater

Outside of this swim test, there is no surveillance and swimming is at your own risk, boats are sailing at our course and swimming outside this recy time is not recommended.

### Bike Course familiarization

Since much of the bike course takes place on roads that are closed to cyclists, it is not only dangerous to ride on the track because cars don't expect you to ride there, it is also illegal and you risk a fine for cycling on these roads. Please respect the traffic rules!

It is possible to ride the course on the nearby bike paths. The route is: <https://distancemeten.nl/index.php?id=3438912> (this can be exported to a gpx or kml file by clicking the export button on the left side of the page )

The TRI2One Coaching bike course recy will be ridden on **Sunday 27 August**. The meeting time and point is at 10:00am at bike shop Van der Linde in Almere Stad. After cycling the first 15 kilometers in one group, the group is split into three groups/speeds: a fast group (35+ km per hour), an intermediate level group (30 km per hour) and the rest. There is an aid station halfway.



On **Wednesday 6 September**, a lap will be cycled together to explore the most technical sections of the bike course. The pace will be low. The lap will be 35 - 45 kilometers. The meeting point and time is at 10:00am at bike shop Van der Linde in Almere Stad.

It is also possible to experience the course on Rouvy:

<https://www.rouvy.com>

- 35km: <https://my.rouvy.com/virtual-routes/detail/93995>
- 54km: <https://my.rouvy.com/virtual-routes/detail/82276>



**2023 Europe Triathlon Championship Long Distance Almere-Amsterdam**

## Run Course familiarization

The run course is accessible all year round and can be explored. The route can be found here:

<https://distancemeten.nl/index.php?id=3344802>

(this can be exported to a gpx or kml file by clicking the export button on the left side of the page)

On **Thursday, September 7**, a lap of the run course will be run together. The pace is low so that everyone has the chance to view the course properly. The meeting point and moment is at 10:00am at bike shop Van der Linde in Almere Stad.

## Starters Guide

Is this your first triathlon or are you simply looking for helpful tips to become a better athlete? The international triathlon website Triathlon Today, in cooperation with Challenge Family, created a number of starter guides. In these guides you will find tips and tricks for the swim, bike, run and triathlon in general. You can download them for free with this link! <https://challenge-almere.com/race-information/thechampionship/>

## Registration / collect race package

Only registered athletes are allowed to pick up their package at the specified time.

Bicycles are **not** allowed in the Kunstlinie Theater and can be parked, at your own risk but under supervision, in the temporary bike parking on the Esplanade. Leaving bicycles on or in the car is not recommended.

### Open series

If you don't have a national federation license, you paid for a day license when you signed up. This is not tangible proof and you do **not have** to take it with you. Show the Active.com confirmation email that will be resent / sent in the days before the event. One member of the TriTogether team gets to collect the items for the team. If the team has indicated that it will participate under a triathlon license, that license holder must in any case be present.

**ATTENTION** : Keep your proof of identity and possibly a federation license at hand. The volunteers look up your bib number by scanning your confirmation email, you will receive a wristband with this number. Subsequently, the registration data will be checked and you will receive an envelope with your competition equipment and the competition bags.

### Time slot

Registration takes place on the basis of a time slot in the cloakroom of the main hall in the Theater. The schedule for this is:

Date	By	Until	Event	Place
September 7	11:00 am	01:00 pm	Registration Junior Challenge	Theater
	01:00 pm	03:00 pm	Registration Senior & No Limit Challenge	Theater
	03:00 pm	04:30 pm	Registration Business & Family Relay	Theater
September 8	11:00 am	08:00 pm	Registration Long Distance Agegroup & Open (Triathlon&Aquabike)	Theater
	01:30 pm	08:00 pm	Registration Middle Distance (Triathlon&Aquabike)	Theater
	05:00 pm	05:30 pm	Registration Elite Long Distance (Overgooi meetingroom)	Theater
September 9	06:30 pm	08:30 pm	Registration Middle Distance (Triathlon&Aquabike)	Theater

**There is no possibility for Long Distance athletes to collect the registration pack on race day.**

### Briefings

Briefings will again be given live in the Great Hall of the Theater this year. The schedule is as follows:

Time	Event	Place
12:00 pm	Briefing Long Distance (English)*	Theater
01:00 pm	Briefing Middle Distance (English)*	Theater
02:00 pm	Briefing Long distance (Dutch)*	Theater
04:00 pm	Briefing Middle distance (Dutch)*	Theater
05.30 pm	Briefing Elite European Championship (meeting room Overgooi)	Theater

**2023 Europe Triathlon Championship Long Distance Almere-Amsterdam**

\*including briefings Aquathlon & Relays

## Timing

During the race, your split times are recorded with a MyLaps ProChip. This is attached to a soft strap and fastened with Velcro. The chip must be worn on the left ankle during all parts of the race. The MyLaps ProChip is supplied as standard when registering.

You will receive the chip in your race equipment envelope.

**NOTE:** You must hand in this chip at the check-out of the Transition Area. Without a chip it is not possible to retrieve your belongings! If the chip is returned to another location or if the chip is lost, an amount of 25 euros will be charged.

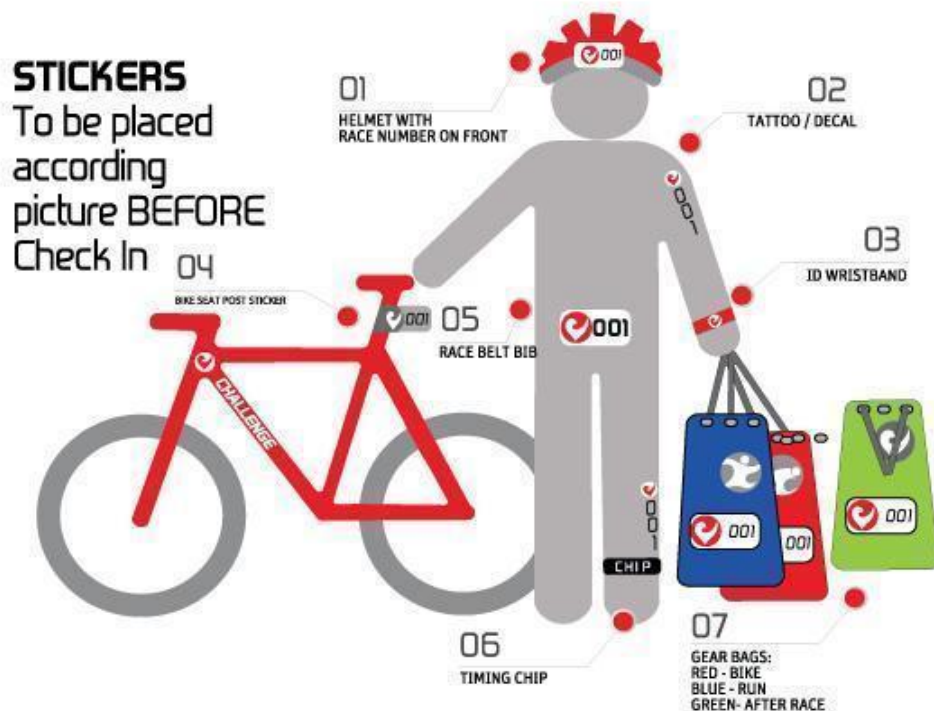


## Race Pack

During the registration procedure you will receive all race items you need during the race weekend:

Items	Elite	Para	Age Group Triathlon	Open (LD+MD)	Comments
<b>Bib number</b>	1	1	1	1	Mandatory during cycling and running segment
<b>Stickers</b> 3x helmet 1x bicycle 1x bag 3 reserve for bags	1 set	1 set	1 set	1 set	Helmet: front and sides Bicycle: seat post under the saddle
<b>Body stickers</b>	2x	2x	2x	2x	1 arm / 1 leg
<b>Category decal</b>	-	-	1x	-	Apply to the back of the calf
<b>Swimming cap</b>	1x	1x	1x	1x	Mandatory during swim segment
<b>Transition bags</b>	1x Red 1x Blue 1x Green	1x Red 1x Blue 1x Green	1x Red 1x Blue 1x Green	1x Red 1x Blue 1x Green	Red - cycling gear Blue - running gear Green – stuff for after the event
<b>Personal Needs Bags</b>	These bags are handed out on request at the bike check-in tent. White = Bike Personal needs / Orange = Run Personal needs				
<b>Accreditation</b>	wrist band	wrist band	wrist band	wrist band	No access to the venue without it
<b>Safety pins</b>	Opt.	Opt.	Opt.	Opt.	

Check in the diagram above whether these items are actually present and report any deviations to the registration desk.



## Transition bags

At registration you will receive different colors of transition bags:

**Red bag** : Contains all loose bicycle accessories (all parts that cannot be attached to the bicycle). No loose items may be left with the bicycle in the transition area. You hang this bag on the coat rack near your bib number in the transition tent. The red bag hangs on the lower hook. After the transition, hang the bag back in its original place.

**Blue bag** : contains all the essentials for running. It is not allowed to put it next to your bike. You hang this bag above the red bag in the transition tent. After the transition, hang it back in the same place.

**Green bag** : This is where you put clean, dry clothes and other things you need after the finish. **You hand in this bag just before the start at the swim start on the beach just before the entrance to the starting areas** and may NOT be hung on the coat rack. Loose green bags are removed. Handing in a bicycle pump in the green bag is **FORBIDDEN**. You can leave this separately at the green bag drop-off, and collect it together with your green bag after the race. Leaving it behind is at your own risk. Advice: use your extra 'supporter' sticker to mark your bicycle pump. After the race, the green bags are available in the theater. The red and blue bags can be collected afterwards in the transition tent.

## Personal needs bags and location

Personal needs bags are only available for the Long Distance.

White bag: Personal needs for the bike course

**Orange bag** : Personal needs for the running course

On request, the Personal Needs bags are handed out at the bike check-in tent and returned to the green bag drop-off, then they go to the Personal needs station (near coach post/aid station 1) for bicycles (before the Havenkom Almere Haven - kilometers 8 and 94) and the Personal need station (near coach post) for running (at the end of the Esplanade after the aid station).

Personal needs are indicated with signs and organized according to bib number.

Please note that the bags will not be returned after the event.



## Check-in bike and equipment

**Mandatory for ELITE, PARA, AGE-GROUP and OPEN Series Long Distance (including Aquabike) and highly recommended for Middle Distance**

**Location :** Transition Area

**Date and time :** Friday 8 September 2023 - 11:15 am - 8:30 pm

**Bring over:**

- Helmet with sticker, on your head
- Bike with sticker – please note there is no bike check-in on race day
- Trisuit
- Red bag – cycling gear
- Blue bag – running gear

All of the above, except your uniform/trisuit, must remain in the transition area.

Timing Chips are included in the Competition Essentials Envelope , except for Elite Athletes who receive them with their swim cap on race day. Bike covers are allowed at night, unless the wind condition prohibits it.

# Race day information

## Long Distance Triathlon

**Please note:** this year the Transition Area is located in the Lumière Park. This park is located on the Weerwater and is 750 meters from the swim start. Keep in mind that you leave on time from the Transition Area to the swim start.

## Long Distance Triathlon

### Cut off times

Event	Swim	Bike	Run
Long distance	After 2 hours and 15 minutes (from your official start)	2:05 pm round 1 5:50 pm round 2	22:05 (start last lap) 23:20 (finish)

### RACE DAY TRANSITION CHECK IN **(NO BIKE CHECK-IN)**

Bicycles are NOT allowed in the transition area on race morning.

You may not remove your bike from the transition area before the start of the bike portion of the race.

Bicycle technicians and bicycle pumps will be available in the transition area on race morning.

On the race day, a final check of the uniform (trisuit), wetsuit and body decals will take place upon arrival in the transition area.

For last minute preparations you have access to the transition area and the transition tent.

It is recommended that you bring any food items you wish to bring with you on the morning of the race and add them to your transition bags rather than leaving them overnight.

**Location :** Transition Area

**Date and time :** Long Distance Triathlon - Saturday September 9, 2023 - 6:00 AM - 7:00 AM

### Take

- Swimming equipment
- Uniform and body decals check
- Timing chip
- Green bag – street wear
- Personal needs bags
- All food/liquid that you want to leave on the bike
- All food/liquid you want to put in your Personal needs bag

Age-Group athletes must deposit their street-wear (green) bag at the drop area before heading to the starting area.

Athletes are not allowed to return to the transition area to pick up their gear until after 5:30 pm.

Only registered athletes with ID wristbands or accreditation cards are allowed to enter the transition area.

### Glasses

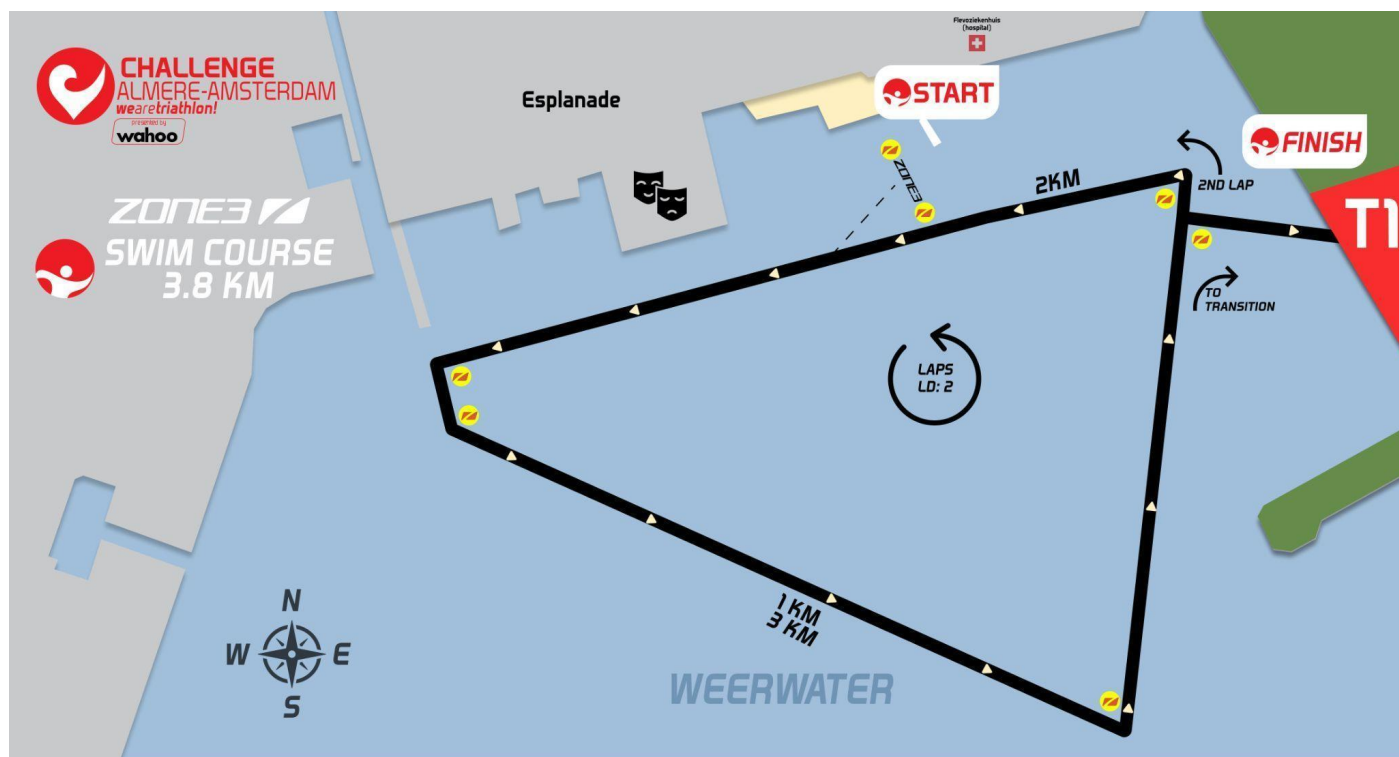
Glasses must be labeled with the bib number of the athletes. There will be a table for the glasses at the swim start and exit. If possible, we would like to encourage athletes to leave their glasses in the transition bag to prevent the glasses from getting lost or broken during transport. Alternatively, you can also put a spare pair of glasses in your transition bag in case something goes wrong when leaving your glasses at the start of the swim. Event organizers and

volunteers are not responsible for lost, stolen or damaged glasses.

## The courses

Swimming: 2 laps - 3.8km  
Cycling: 2 laps – 180 km  
Running: run-up (1800 metres) + 4 laps - 42.2km

### Swim course



#### Swim warm-up

There is no swim warm-up possible.

#### Swim start procedure

##### Elite Long Distance (water start)

- 1) All Elite athletes are called to enter the water in order of start number.
- 2) Athletes are requested to remain in the area behind the starting line, which consists of bodyboards.
- 3) As soon as the start horn sounds, the bodyboards turn away and the start is clear.
- 4) The start takes place in the direction of the theater and counterclockwise.

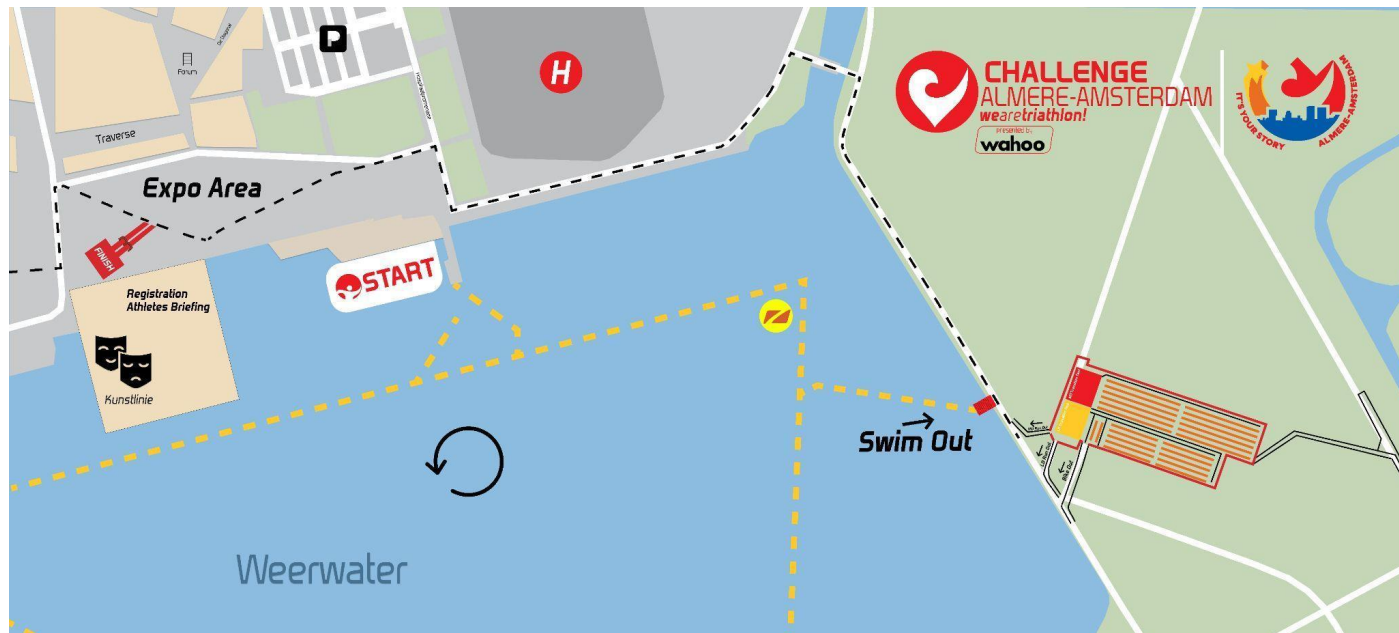
##### Age-Group / Open wave (mass start)

- 1) Access to the starting area via Esplanade
- 2) Athletes must enter their designated calling room/start area 10 minutes prior to their start.
- 3) Before entering the water, you pass a MyLaps mat to register your presence .

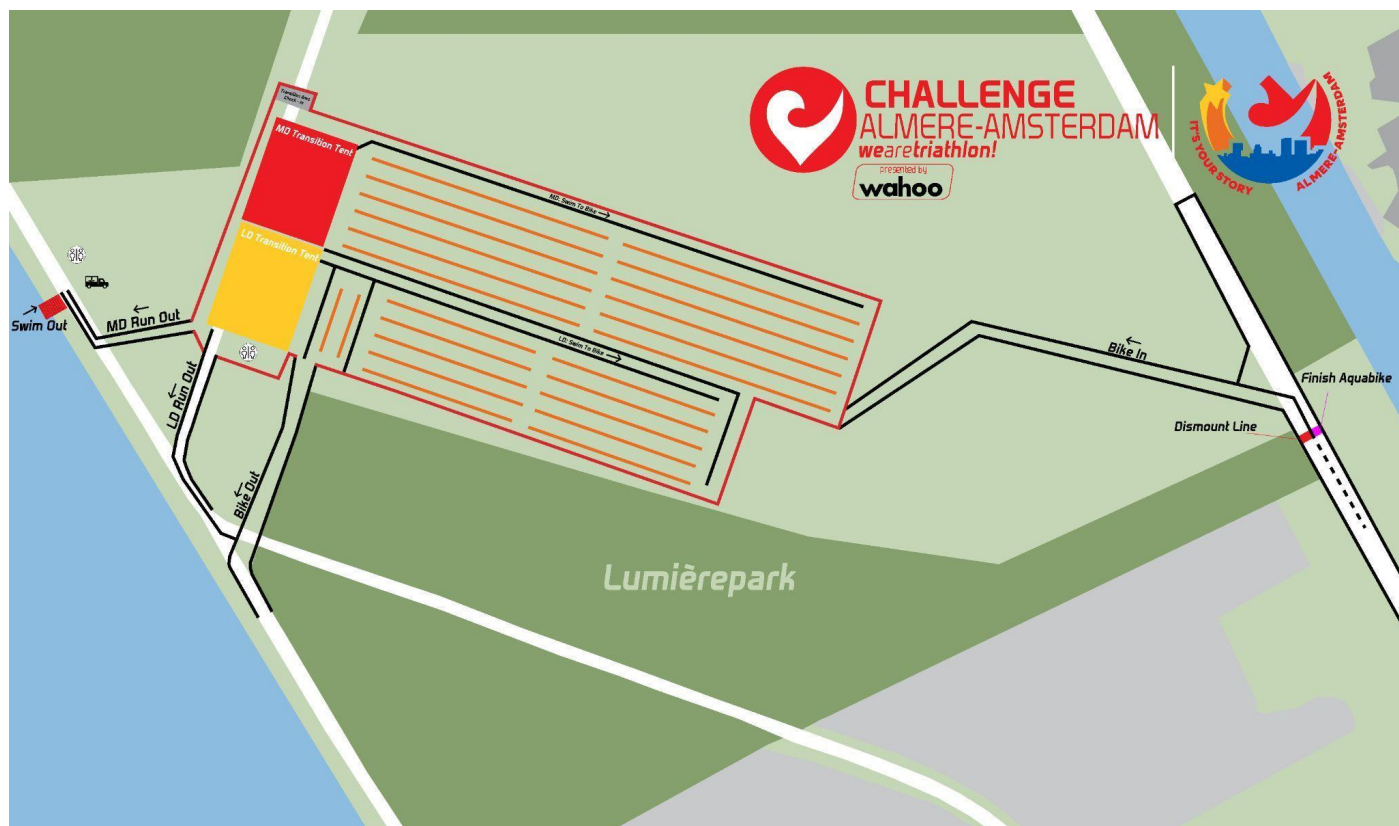
## Swimming cut-off times

Race	Swimming
Long distance	After 2 hours and 15 minutes (from your official start time)

## Transition from swim to bike



## Overview transition area



## Bike Course

The bike course consists of a 90-kilometer round that is ridden in a clockwise direction.

Participants in the Long Distance and Aquabike ride this round twice (180 km).

A detailed map and GPX files for your GPS device can be found at this link:

<https://distancemeten.nl/index.php?id=3438912>

(click the export button on the left to export the track to gpx or kml)

Please note that the route (partly) is over roads that are normally not accessible to cyclists. Cycling on these roads is only allowed on race day! On other days, use must be made of the bicycle paths (next to the house) .

### Bike course



### Bike Penalty Boxes

There are 2 Bike Penalty Boxes along the course : at km 50 and at km 90. It is important that if you receive a blue or yellow card during the bike segment, you must stop at the **NEXT** penalty box.

**2023 Europe Triathlon Championship Long Distance Almere-Amsterdam**



## Bike Aid Station

Each bike lap has four aid stations. In the picture of the bike course you can see where the aid stations are located. They are about 25km (14 miles) apart.

The power supply is supplied in the following order:

**FOOD** : Half bananas, Powerbar Energize bar

**GEL** : Powerbar EnergyGel

**ISO** : Sports drink; Powerbar Isoactive Lemon - Bottle 750ml

**WATER** : 750ml bottle

Each aid station has a toilet, both on the bike and running course.



Volunteers at the aid stations wear vests with the product they provide.

## Coach area

The coach area on the bike course is located approximately one kilometer before the Havenkom in Almere Haven. The coach area can be reached by public transport bus (bus line M1 towards Haven Centrum). The coach area is signposted. Only within this area may coaches offer their own nutrition to the Elite athletes. A Personal Needs area has been set up nearby for Age Group athletes .

## Litter Zone

Please note that rubbish may only be disposed of 200 meters before and after an aid station. Do not pollute the rest of the course with your waste. If you throw away materials such as cups, sponges, water bottles or empty containers, you risk disqualification. This rule applies to both the cycling and running courses.

## Cycling cut-off times

Race	Bike
Long distance	14:05 lap 1 5:50 p.m. lap 2

## Relays

Relay teams on the Open Middle and Open Long Distance can change in the transition tent.



## Run Course

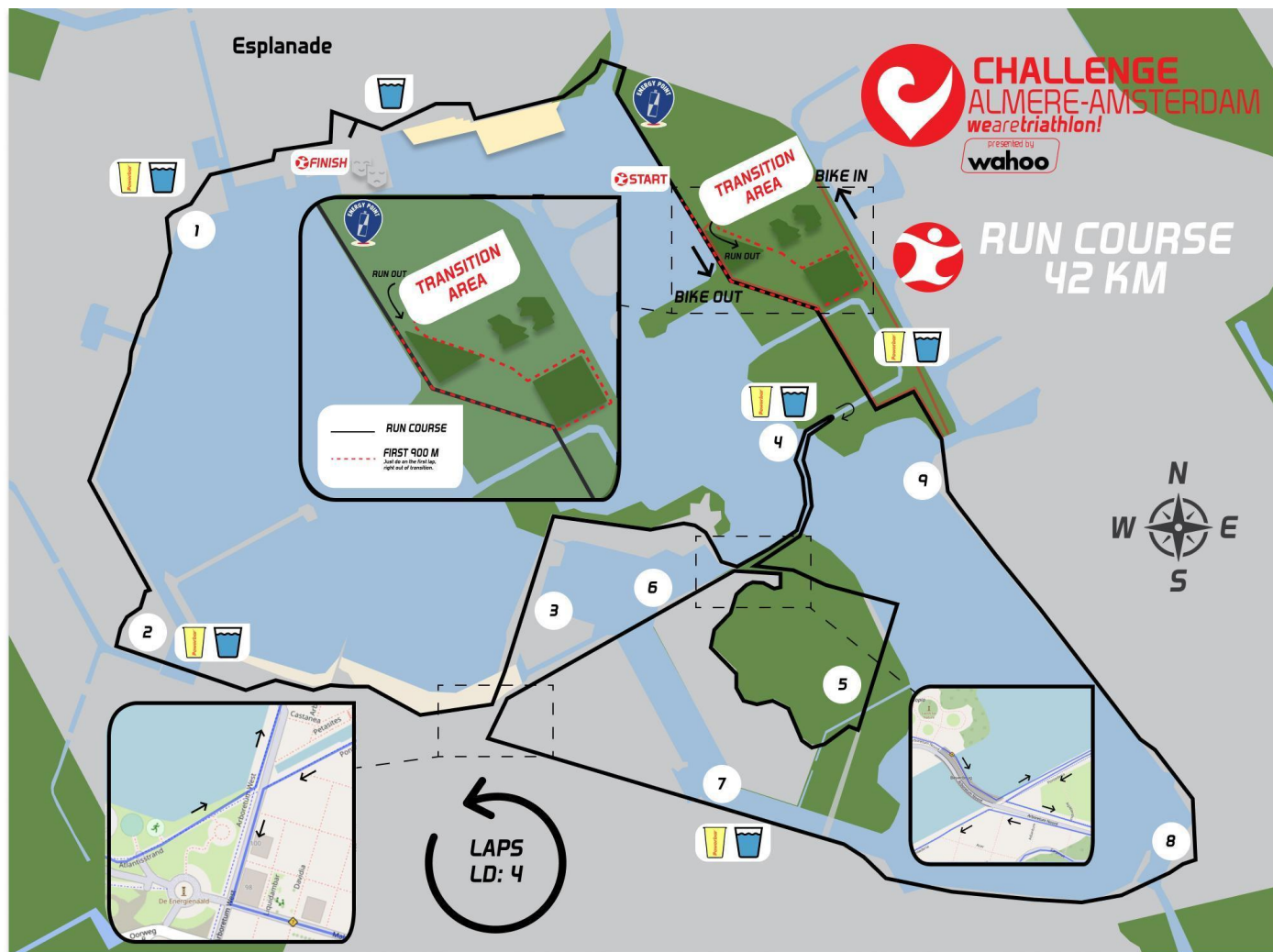
The run course consists of a run-up of 1800 meters, followed by 4 laps of 10.1 kilometers around the Weerwater in Almere. The round must be completed four times by the Long Distance participants. Counting the laps is the responsibility of the athletes themselves. The entire loop is paved.

A detailed map and GPX files for your GPS device can be found at this link: <https://distancemeten.nl/index.php?id=3344802> (lap excluding the leading piece)

(this can be exported to a gpx or kml- file by clicking the export button on the left side of the page)

**Please note** the run-up consists of a short 900m lap in the Lumière Park, followed by a 900m run to the stadium. After these 1800 meters in total, you start counting your 4 laps.

### Run course



### Run Penalty Box ( Only for ELITE & Para triathlon)

The Run Penalty Box is located on the Meeresteinkade, at the end of the running round, just before the Esplanade .

## Run Aid Station

The running course has five aid stations, about 1.5km (1 mile) apart.

Power is provided in the following order:

**GEL** : Powerbar EnergyGel

**FOOD** : currant buns, bananas, oranges, Powerbar Energize bar

**ISO** : Sports drink; Powerbar Isoactive Lemon - paper cup

**COLA** : Cola – paper cup

**WATER** : Water – paper cup

A sixth aid station is located on the Esplanade and only serves water.

Each aid station has a toilet, both on the bike and run course.



Volunteers at the aid station wear vests with the product they provide.

## Coach area

The coach area for the run course is located on the Koetsierbaan, below the Leonardo hotel.

The coach area is clearly marked with signs. Only within this area may coaches offer the ELITE athletes' own nutrition.

This is not allowed in other locations.

Personal Needs area nearby equipped.

## Litter Zone

Please note that rubbish may only be disposed of 200 meters before and after an aid station. Do not pollute the rest of the course with your waste. If you throw away materials such as cups, sponges, water bottles or empty containers, you risk disqualification. This rule applies to both the bike and run courses.

## Cut-off times run

Race	Run
Long Distance Triathlon	10:05 pm (start last lap) 11:20 pm (finish)

## Long Distance Aquabike

For the Aquabike, the information and the courses for swimming and biking are the same as for the Long Distance Triathlon.

When biking there is a split just before the transition area, on the left half of the road the participants of the triathlon get off before the dismount line. The finish of the Aquabike is on the right-hand side of the road; this is marked with beach flags. After the finish you can park your bike in the transition area and then walk to the finish on the Esplanade. Here you can finish under the red arch (your time stops immediately after cycling) and you will receive your T-shirt and medal here.

**2023 Europe Triathlon Championship Long Distance Almere-Amsterdam**

## Long Distance Relay

Relay participants are using the transition tent. A special waiting area has been set up here, where participants can wait for their swimmer/biker to return from their swim or ride. When transitioning, the timing chip should be handed over and put on the ankle of the next athlete. Relay participants have access to the transition tent throughout the day, but they are asked to be careful not to interfere with other athletes.

Teams can finish together. Just before the stadium, at the bridge across from the theater, the swimmer and cyclist can join the runner and finish the last hundred meters together.

## Middle Distance Triathlon

### Cut off times

Race	Swim	Bike	Run
Middle Distance	After 1 hour and 25 minutes (from the last start)	4:00 pm	7:00 pm

### RACE DAY TRANSITION ZONE CHECK-IN

Bicycle technicians and bicycle pumps will be available in the transition area on race morning.

For last minute preparations you have access to the transition area and the transition tent.

**Location :** Transition zone

**Date and time :** Middle Distance Triathlon - Saturday September 9 , 2023 - 06:30 - 9:15 am

### Bring over

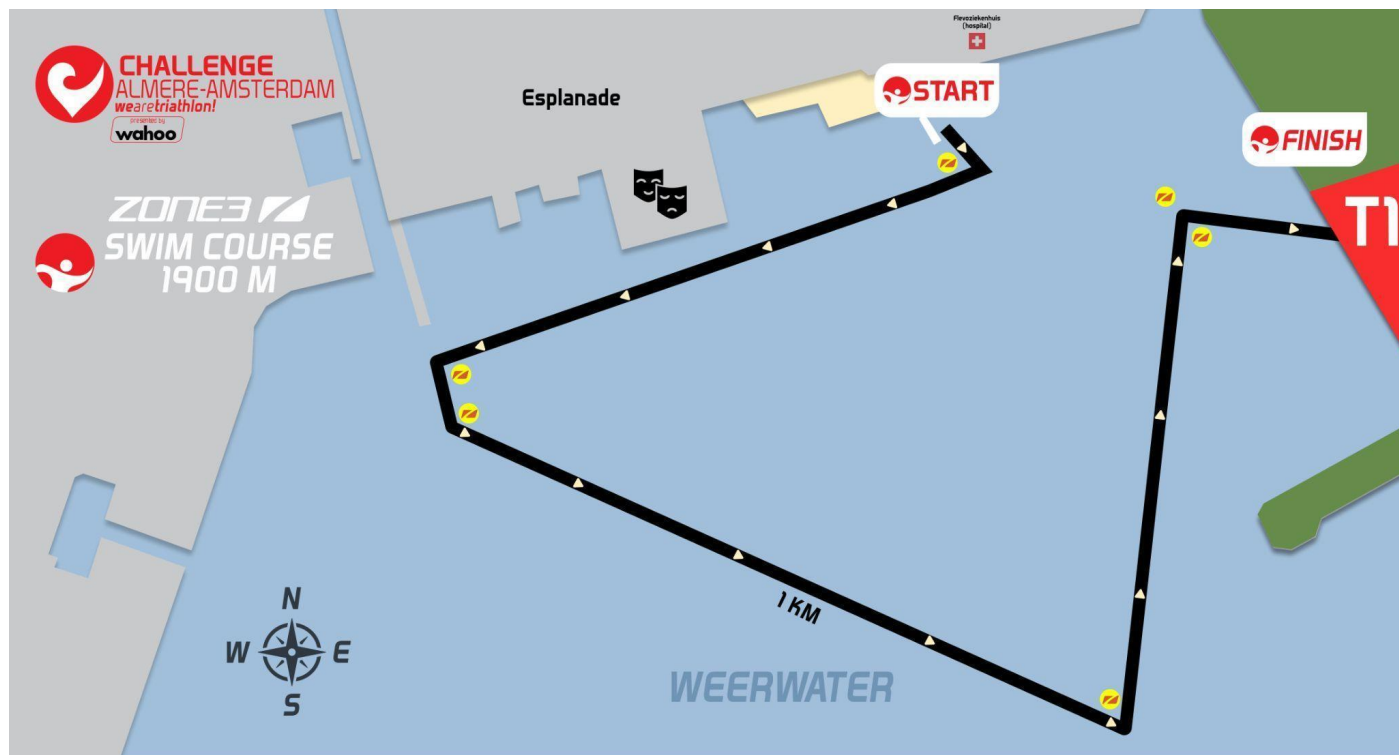
- Helmet with sticker, on your head
- Bicycle with decal
- Uniform
- Red bag – cycling gear
- Blue bag – running gear
- Green bag – street wear
- Swimming equipment
- All food/liquid you want to leave on your bike

Age-group athletes must deposit their street-wear bag (green) at the drop area before heading to the starting area. Middle Distance Athletes are not allowed back in the Transition Area until 2:30 PM to pick up their bikes. Only registered athletes with wristbands are allowed to enter the transition area.

## The courses

Swimming: 1 lap – 1.9 km  
Cycling: 1 lap – 94 km  
Running: Approach 900 meters + 2 laps – 21.1 km

### Swim course



### Swim warm-up

A swim warm-up is not possible before the start.

### Swim start procedure

#### Age-Group / Open series (rolling start)

- 1) Access to the starting area via Esplanade
- 2) Athletes must enter their designated calling room/starting area 10 minutes prior to their start.
- 3) Before entering the water, you will pass a MyLaps mat and your time will start .

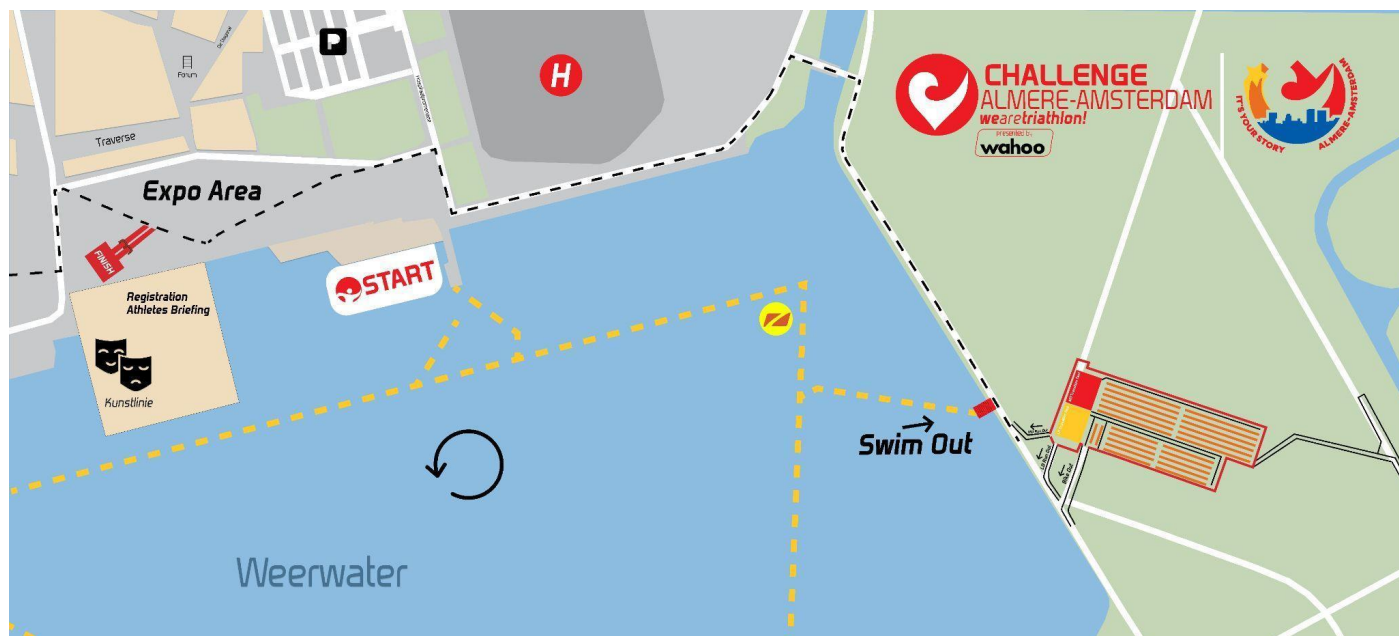
Start	Block#	Format	Expected swim time
09:35 am		Paratriathlon	
09:40 am	1	MD Triathlon & Aquabike	Less than 30 minutes
09:50 am	2	MD Triathlon & Aquabike	30-34 minutes
10:00 am	3	MD Triathlon & Aquabike	35-40 minutes
10:10 am	4	MD Triathlon & Aquabike	More than 40 minutes

### 2023 Europe Triathlon Championship Long Distance Almere-Amsterdam

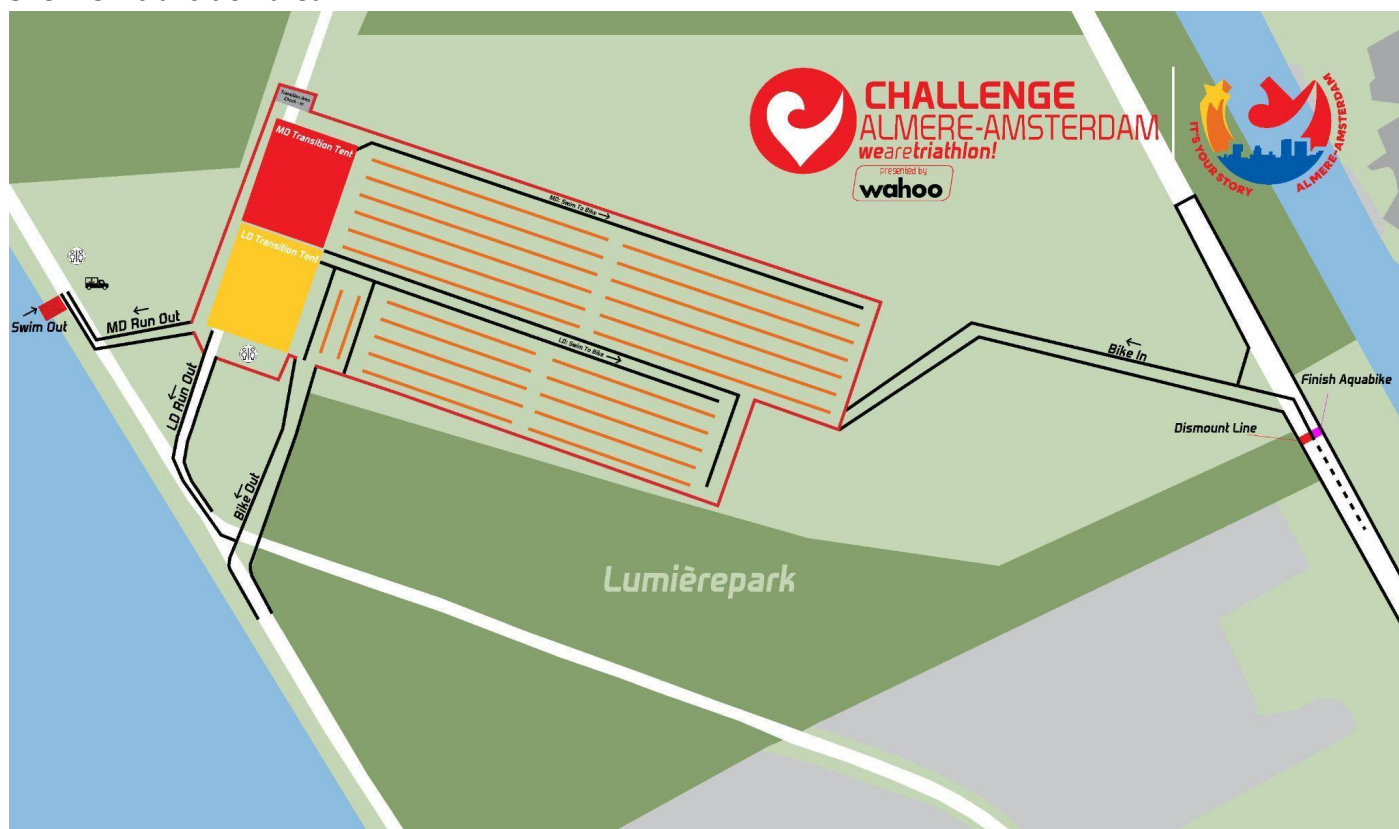
## Cut off time swim

Race	Swimming
Middle Distance	After 1 hour and 15 minutes (from the last start)

## Transition from swim to bike



## Overview transition area



## 2023 Europe Triathlon Championship Long Distance Almere-Amsterdam





## Bike course

The bike course consists of a 94 kilometer lap that is ridden in a clockwise direction. Participants in the Middle Distance ride this lap once (94 km).

A detailed map and GPX files for your GPS device can be found at this link:

<https://distancemeten.nl/index.php?id=3438914>

(click the Export button on the left to export the course to gpx or kml)

Please note that the route (partly) is over roads that are normally not accessible to cyclists. Cycling on these roads is only allowed on race day! On other days, the (adjacent) cycle paths must be used.

## Bike course



## Bike Penalty Boxes

There are 2 Bike Penalty Boxes on the course: at 50 and at 90 km.

**2023 Europe Triathlon Championship Long Distance Almere-Amsterdam**



It is important that if you receive a blue or yellow card during the bike segment, you must stop at the **NEXT** penalty box.

## Bike Aid Station

Each bike lap has four aid stations. In the picture of the bike course you can see where the aid stations are located. They are about 25 kilometer (14 miles) apart.

The power supply is supplied in the following order:

**FOOD** : Half bananas, Powerbar Energize bar

**GEL** : Powerbar EnergyGel

**ISO** : Sports drink; Powerbar Isoactive Lemon - Bottle 750ml

**WATER** : 750ml bottle

Each aid station has a toilet, both on the bike and running course.



Volunteers at the aid stations wear vests with the product they provide.

## Coach area

The coach area on the bike course is located approximately one kilometer before the Havenkom in Almere Haven. The coach area can be reached by public transport bus (bus line M1 towards Haven Centrum). The coach area is signposted. Only within this area may coaches offer their own food to the athletes.

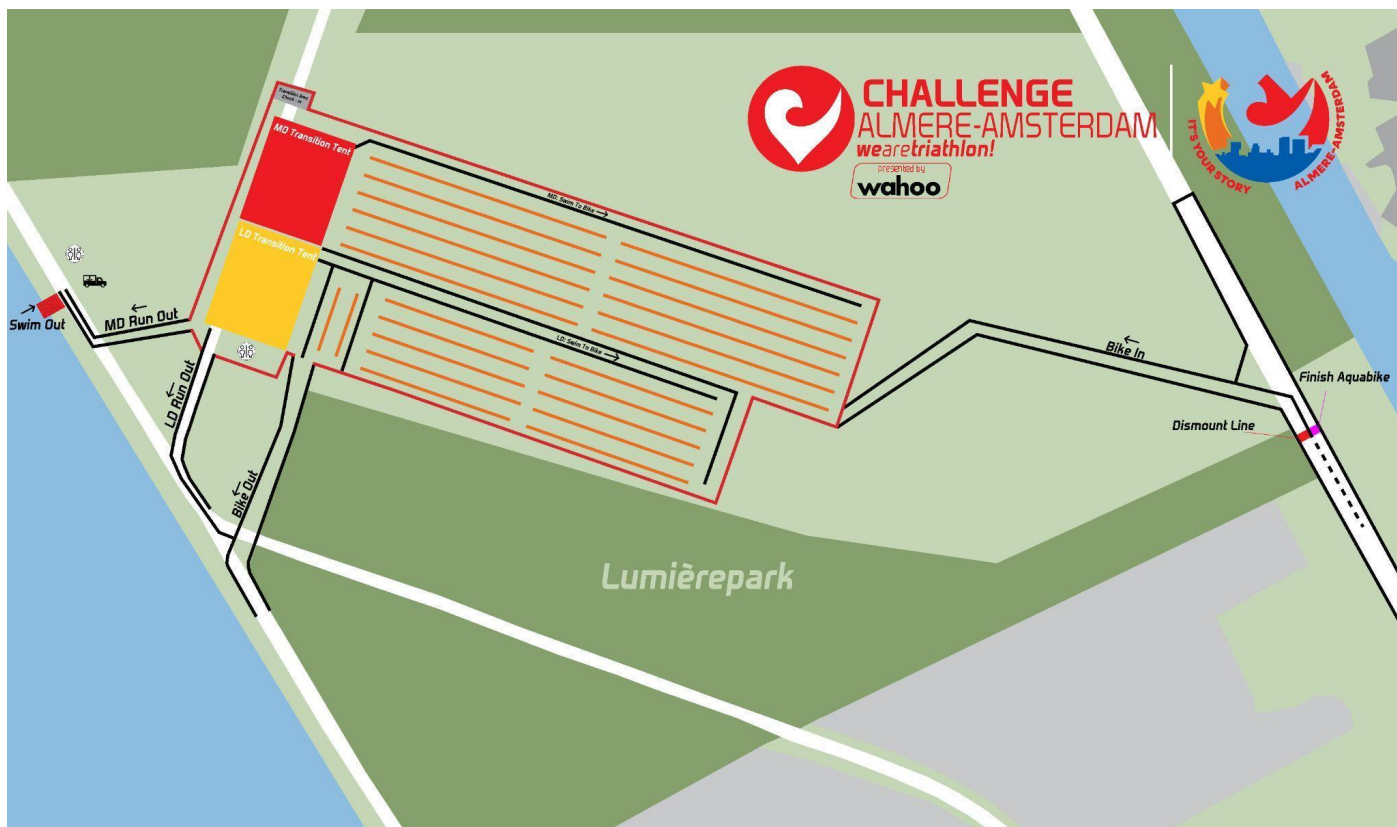
## Litter Zone

Please note that rubbish may only be disposed of 200 meters before and after an aid station. Do not pollute the rest of the course with your waste. If you throw away materials such as cups, sponges, water bottles or empty gels, you risk disqualification. This rule applies to both the cycling and running courses.

## Bike cut-off times

Race	Cut-off
Middle Distance	4:00 pm

## Transition from bike to run



## To run

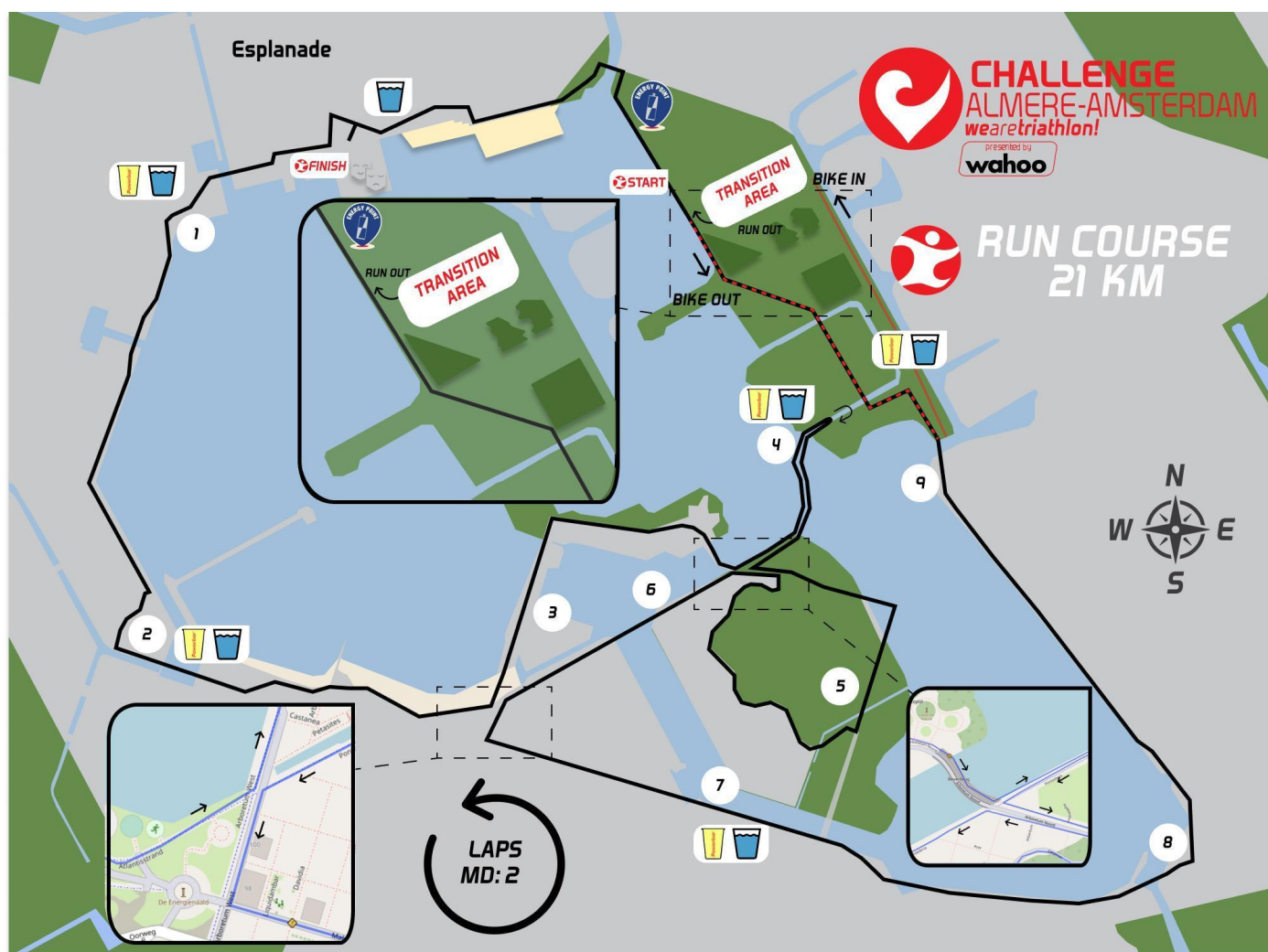
The run course consists of a run to the Esplanade (900 meters) followed by two laps of 10.1 kilometers around the Weerwater in Almere. The round leads in a counter-clockwise direction, passing through the modern center of the city and over the former Floriade site. The round is run twice by the participants of the Middle Distance. Counting the laps is the responsibility of the athletes themselves. The entire loop is paved.

A detailed map and GPX files for your GPS device can be found via this link:

<https://distancemeten.nl/index.php?id=3344802>

(click the Export button on the left to export the course to gpx or kml).

## Run course



## Run Aid Station

The run course has five aid stations, about 1.5km (one mile) apart.  
Power is provided in the following order:

- GEL** : Powerbar EnergyGel
- FOOD** : currant buns, bananas, oranges, Powerbar Energize bar
- ISO** : Sports drink; Powerbar Isoactive Lemon - paper cup
- COLA** : Cola – paper cup
- WATER** : Water – paper cup

A sixth aid station is located on the Esplanade and only serves water.  
Each aid station has a toilet, both on the bike and run course.



Volunteers at the aid station wear vests indicating the product they provide.

### Coach area

The coach area for the run course is located on the Koetsierbaan, below the Apollo/Leonardo hotel.  
The coach area is clearly signposted. Only within this area may coaches offer the athletes their own nutrition. This is not allowed in other locations.

### Litter Zone

Please note that rubbish may only be disposed of 200 meters before and after an aid station. Do not pollute the rest of the course with your waste. If you throw away materials such as cups, sponges, water bottles or empty gels, you risk disqualification. This rule applies to both the bike and run courses.

### Running cut-off times

Race	Run
Middle Distance Triathlon	19:00

## Middle Distance Aquabike

For the Aquabike, the information and the courses for swimming and biking are the same as for the Middle Distance Triathlon.

When cycling there is a fork just before the transition zone, on the left half of the road the participants of the triathlon get off before the dismount line. The finish of the Aquabike is on the right-hand side of the road, which is marked with beach flags. After the finish you can put your bike in the transition area and then walk to the finish on

the Esplanade, here you can finish under the red arch (your time stops immediately after cycling) and here you get your T-shirt and medal awarded.

## Middle Distance Relay

Relay participants are using the transition tent. A special waiting area has been set up here, where participants can wait for their swimmer/biker to return from their swim or ride. When transitioning, the timing chip should be handed over and put on the ankle of the next athlete. Relay participants have access to the transition tent throughout the day, but they are asked to be careful not to interfere with other athletes.

Teams can finish together. Just before the stadium, at the bridge across from the theater, the swimmer and cyclist can join the runner and finish the last hundred meters together.





# WWW.TRI-TODAY.COM

**Triathlon Today wishes all athletes success ! After the race, you will find race reports and interviews on our website.**



# Post race information

## Post-race care

After the finish, many volunteers are ready to guide you, if necessary. First you receive your medal and your finisher shirt. If you need medical assistance at that time, volunteers will be on hand to escort you to the medical aid station in the theater.

Inside the theater there is a buffet for the athletes with various types of food and drinks.

The green street-wear bag you prepared before the race is available at the theater. Make sure you have put the sticker with your bib number on the green street-wear bag beforehand.

After the race you hand in the timing chip at the bike checkout.

## Massage

After the race on September 9, there is a possibility for a massage. Of course, athletes must first be showered.

## Transition Zone Check Out

You can find the bike check-out in the Lumière Park. After the race you will be asked to pick up your bike at the Transition Area. The TA is only accessible to athletes with a participant wristband. You can only check out your bike if you have your bib number and your time registration chip with you.

Check-out takes place on Saturday from 4:00 PM for the Middle Distance (this can only be done earlier if all cyclists have already arrived) and from 5:50 PM for the Long Distance.

## Hand in timing chip

You will receive a Pro chip for timekeeping. At the Transition Area check-out, you must return this chip. It is not possible to take your belongings with you without a chip!

If the chip is returned to another location or if the chip is lost, an amount of 25 euros will be charged.

Athletes are requested to collect their helmet and the red and blue bags in addition to their bicycle. This is possible immediately after you are done.

## To report

In the event that you have not been able to complete your race, you are obliged to notify someone from the organization or a technical official as soon as possible. Also, if you withdraw during the race, you may not pick up the bike before Saturday 4:00 PM for Middle Distance or 5:50 PM for Long Distance Triathlon.

## Prize money and points

2023 - European Championship Long Distance prize money and points.

Rank	LD Triathlon	<b>CHALLENGEFAMILY WORLD BONUS POINTS</b>
1	€5,000	500
2	€4,000	450
3	€3,000	350
4	€2,000	250
5	€1,600	200
6	€1,400	150
7	€1,200	120
8	€800,-	90
9	€600,-	60
10	€400,-	30

In addition to the prize money from the event, there will be a [World Bonus at the end of the season](#) based on the rankings paid for both men and women. The ranking is determined by means of a points system based on placements achieved.

### Elite

The Top 3 men and women in the European Championship and the Top 3 men and women in the Dutch Championship will be briefly honored in the finish stadium on Saturday 9 September as soon as possible after the finish of the third athlete.

### Fastest local athletes

[Ruud Graman award and the Joop Visscher award](#) respectively.

These athletes will be honored as soon as they enter the finishing stadium on Saturday 9 September.

### Age groups prizes

In the Long Distance European Championship series, prizes can be won in the following categories: 20-24, 25-29, 30-34 and beyond by 5 years category. For each Age-Group, a prize awaits for the top 3 finishers in these categories.

Dutch participants in the European Championship are also eligible for the Age Group titles for the Dutch Championship.

In the Open Age Group, prizes can be won in the following Long and Middle Distance categories: <24, 25-29, 30-34 and beyond 5 years category.

Aquabike Age Group prizes can be won in the following Long and Middle Distance Categories: <29, 30-39 and beyond 10 years category.

## Award Ceremony

The award ceremony will take place on the Esplanade on Sunday 10 September at 11:00 am.

**CHALLENGEALMERE-AMSTERDAM** is one of the qualifying races for **THECHAMPIONSHIP** in total there are 72 qualifying slots for the 2023 edition of **THECHAMPIONSHIP**

### Challenge Family Agegroup Athlete Slots

- One slot for each of the top six finishers in each male and female age group at **CHALLENGEFAMILY** full distance and middle distance races.
- Slots will roll down in each category up to 12th place.
- Qualifiers will have four weeks to confirm their spot after the qualifying race.
- Qualifiers will receive their slot by email after the race.

### Challenge Family Professional Athlete Slots

- One slot for each of the top six (6) male professional finishers at all Challenge Family full distance and middle distance races in the qualification period (6 slots per race).
- One slot for each of the top six (6) female professional finishers Challenge Family full distance and middle distance races (6 slots per race).
- Slots will not roll down.

Find out more about **THECHAMPIONSHIP**: <https://thechampionship.de/>

If you are unable to attend the award ceremony, your team manager or one of your teammates must collect your medal at the end of the ceremony.

## Finish photos and results

Photos are taken by Pix4U. The photo package of Pix4U can be purchased via the following link:

<https://pix4u.com/PixWeb/event/Challenge-Almere?lg=en>

The results of the race can be found on our website: <https://challenge-almere.com/>

## Lost and found

If you have found an object, but cannot find the owner, you can hand it in at the information desk in the Theater. If you have lost something, always report it to the information desk. This is where all lost and found items are brought.



**REMEMBER TO SMILE** 😊

**A great effort deserves a great memory**

Pix4U will be there for you, to capture your  
best moments.



## For spectators

### LIVE

The race can be followed all day on the Youtube channel of Challenge Almere-Amsterdam with English commentary by Belinda Granger.

Omroep Flevoland provides the broadcast via their regional TV channel with Dutch commentary and can be viewed live on TV throughout the Netherlands.

### LIVE results

LIVE split times can be followed in the app and on the website: <http://live.challenge-almere.com>

## Happy Birthday!

During the competition weekend (7 to 10 September) we celebrate the birthdays of the following participants:

In het wedstrijdweekend (7 t/m 10 september) vieren we de verjaardag van de volgende deelnemers:

<b>7 September:</b> Thorsten Kreutzer Markus Perolles Jeroen Van Hees Cosmo Vloedbeld Kai Cepa Olivier Luijckx Tijn Hoendervangers Reinier Bunnik Egger Josef Isaac Martinez López	<b>8 September:</b> Hans Havinga Nico Verkade Koen Van Der Kouwe Christopher Batty Jim Simons Kevin Keijzer
<b>9 September:</b> Rinze Kramer Dave Schobben Hugo Heimendinger Sandra Griffon Patrick Kroonen Chris King Douglas Vieweg Warren Kilborn Michael Holland Marc Marc Koen Hondelink	<b>10 September:</b> Peter Lijten Kevin Heurckmans Ioanna Relf Robin Courtens Emile Schrijver Ewout Roeloffs

## Closing words

The organization, managers, officials and the more than 700 volunteers of the 2023 Europe Triathlon Championships Long Distance Almere-Amsterdam wish everyone a fantastic race and many (personal) records.

See you at the finish!



# RACE CALENDAR 2023/2024

	<b>CHALLENGE LONDON</b> ENGLAND, 6 AUG 2023	MIDDLE
	<b>CHALLENGE DAVOS</b> + SWITZERLAND, 26 AUG 2023	MIDDLE
	<b>CHALLENGE COQUIMBO-LA SERENA</b> CHILE, 3 SEP 2023	MIDDLE
	<b>CHALLENGE ISTANBUL</b> TÜRKIYE, 3 SEP 2023	OLYMPIC
	<b>CHALLENGE ALMERE-AMSTERDAM</b> NETHERLANDS, 9 SEP 2023	LONG MIDDLE
	<b>CHALLENGE SAMARKAND</b> UZBEKISTAN, 17 SEP 2023	MIDDLE
	<b>CHALLENGE SANREMO</b> ITALY, 24 SEP 2023	MIDDLE
	<b>CHALLENGE SANTA MARTA</b> COLOMBIA, 8 OCT 2023	MIDDLE
	<b>CHALLENGE BARCELONA TRIATHLON</b> SPAIN, 8 OCT 2023	OLYMPIC
	<b>CHALLENGE PEGUERA MALLORCA</b> SPAIN, 14 OCT 2023	MIDDLE
	<b>CHALLENGE VIEUX BOUCAU</b> FRANCE, 21 OCT 2023	MIDDLE
	<b>CHALLENGE EGNAZIA TRI</b> ITALY, 21 OCT 2023	MIDDLE
	<b>CHALLENGE FLORIANÓPOLIS</b> BRAZIL, 19 NOV 2023	MIDDLE
	<b>CHALLENGE CANBERRA</b> AUSTRALIA, 26 NOV 2023	MIDDLE
	<b>CHALLENGE SALINAS</b> ECUADOR, 10 DEC 2023	MIDDLE
<b>2024</b>		
	<b>INTEGRITY HOMES CHALLENGE WANAKA</b> NEW ZEALAND, 17 FEB 2024	MIDDLE
	<b>CHALLENGE MALAYSIA</b> MALAYSIA, 3 MAR 2024	MIDDLE
	<b>BCI CHALLENGE PUERTO VARAS</b> CHILE, 17 MAR 2024	MIDDLE
	<b>ANFI CHALLENGE MOGÁN GRAN CANARIA</b> SPAIN, 20 APRIL 2024	MIDDLE
	<b>CHALLENGE CERRADO</b> BRAZIL, 21 APRIL 2024	MIDDLE
	<b>CHALLENGE TAIWAN</b> TAIWAN, 27 APRIL 2024	LONG MIDDLE
	<b>CHALLENGE RICCIONE</b> ITALY, TBC MAY 2024	MIDDLE
	<b>EKOÏ CHALLENGE FRÉJUS</b> FRANCE, MAY 2024	MIDDLE
	<b>THE CHAMPIONSHIP</b> SLOVAKIA, 19 MAY 2024	MIDDLE
	<b>CHALLENGE ST PÖLTEN</b> AUSTRIA, 26 MAY 2024	MIDDLE
	<b>CHALLENGE GUNSAN-SAEMANGEUM</b> KOREA, TBC JUN 2024	LONG MIDDLE
	<b>OTSO CHALLENGE SALOU</b> SPAIN, 2 JUN 2024	MIDDLE
	<b>CHALLENGE WALES</b> WALES, 9 JUN 2024	MIDDLE
	<b>SKODA CHALLENGE GERAARDSBERGEN</b> BELGIUM, TBC JUN 2024	MIDDLE
	<b>LOTTO CHALLENGE GDAŃSK</b> POLAND, 16 JUN 2024	MIDDLE
	<b>CHALLENGE KAISERWINKL-WALCHSEE</b> AUSTRIA, 23 JUN 2024	MIDDLE
	<b>CHALLENGE VANSBRO</b> SWEDEN, 29 JUN 2024	MIDDLE
	<b>CHALLENGE CAGNES-SUR-MER</b> FRANCE, 30 JUN 2024	MIDDLE
	<b>DATEV CHALLENGE ROTH</b> GERMANY, 7 JUL 2024	LONG
	<b>CHALLENGE TURKU</b> FINLAND, TBC 2024	MIDDLE

[www.challenge-family.com](http://www.challenge-family.com) #wearetriathlon #allabouttheathlete

ALL RACES ARE QUALIFICATION  
RACES FOR THE CHAMPIONSHIP



2023 Europe Triathlon Championship Long Distance Almere-Amsterdam