

ATHLETE GUIDE

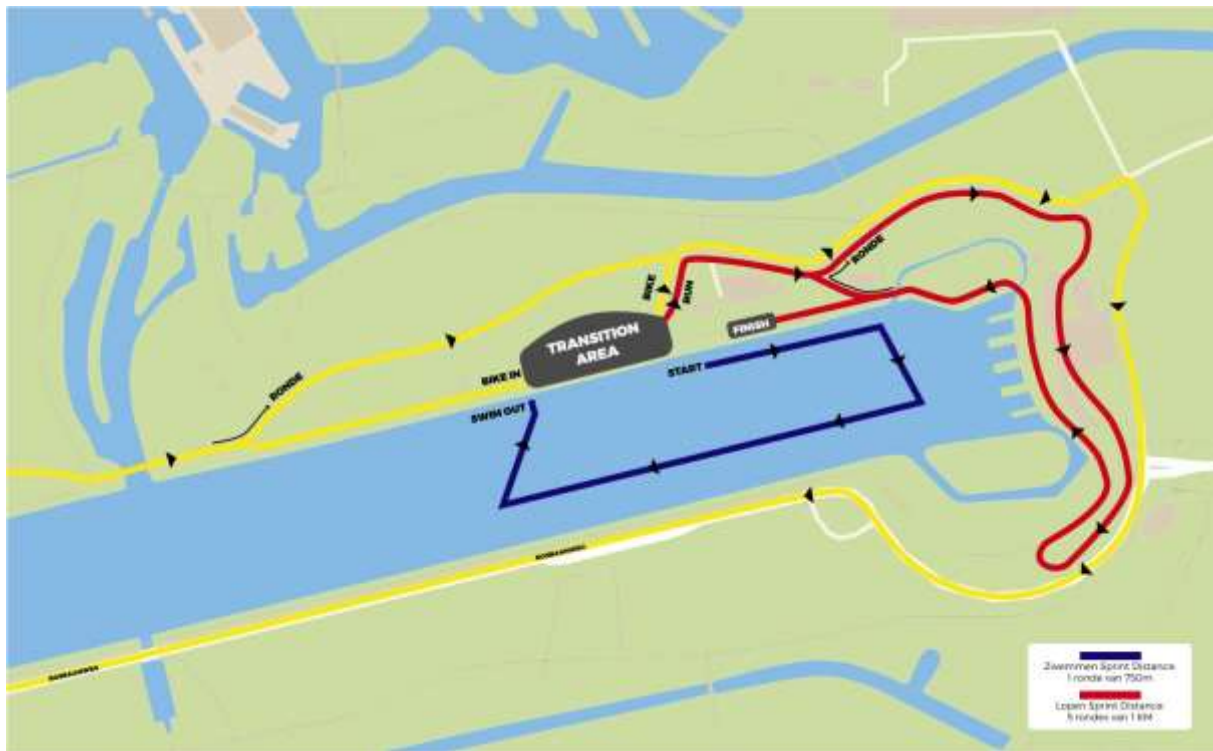


Program

Saturday September 28th 2019	
Time	Activity
8:30 – 15:30	Registration and Bike Check-in open
10:00	Wave 1: Start of Sprint Afstand individual
10:45	Wave 2: Start of Sprint Afstand individual
11:30	Wave 3: Start of Sprint Afstand individual
12:15	Wave 4: Start of Sprint Afstand individual
13:00	Wave 5: Start of Sprint Afstand individual
13:45	Wave 6: Start of Sprint Afstand individual
13:45	Wave 6: Start of Sprint Afstand relay teams
14:30	Wave 7: Start of Sprint Afstand individual
15:15	Wave 8: Start of 'Open Amsterdam Championship'
15:45	Award ceremony Sprint Afstand
16:00	Wave 9: Start of Strongerthanever Challenge
16:45	Award ceremony 'Open Amsterdam Championship'
18:00	Award ceremony Strongerthanever Challenge
18:15	Supervised transition area removed

Courses

Swim- and run course



Fietsparcours



- **Swim:** 1 lap of 750 meter
- **Bike:** 4 laps of 5 kilometer
- **Run:** 5 laps of 1 kilometer

Registration

In order to be able to participate in TRI BOSBAAN, you need to pick up your registration kit before the start at the registration tent at the building of the Koninklijke Nederlandse Roeibond, Bosbaan 8.

In this registration kit you will find your bib number and accessories. If you do not have these in your possession, you will not be able to participate in the race.

You will need to identify yourself when picking up your starting permit. Please bring a passport, identity card or driver's license. If you have indicated that you have a valid licence number from the NTB, KNWU, KNZB or Athletics Union, you must submit this at the registration desk.

Important: the registration desk is open from 8:30hr. You need to pick up your registration kit at least 30 minutes before the start of your wave. It is recommended to be present one and a half hours in advance. It is possible to report mutations at the desk up to 30 minutes before the start of your wave.

Parking

Parking at De Bosbaan is free of charge.

You can park at the public car park for free. If there is no more space left, you can park in the closest district as well.

Public transport

The nearest train station is Amsterdam Zuid. Here you can change to bus 66 and Connexion buses 170 and 172. You need to get off then at the Van Nijenrodeweg / Amstelveenseweg stop. This stop is located at the main entrance of Amsterdamse Bos.

If you come by metro, you will have the following options:

- Metro 50, metro stop Amstelveenseweg. From here it is a ten minute walk in the direction of Amstelveen.
- Metro 51, metro stop Van Nijenrodeweg. From here it is a ten minute walk to the Amsterdamse Bos via the Van Nijenrodeweg.

For personal advice you can consult the following websites before your departure:

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

Transition area

Important! The transition area will be used twice. This means there is a specific time period for each wave in which you have to check in and check out.

Please make notice of the schedule below and keep this in mind when you are planning your day.

Wave	Check-in	Check-out	Start
Wave 1	8:30 – 9:45	Before 12:00	10:00
Wave 2	8:30 – 10:30	Before 12:45 uur	10:45
Wave 3	8:30 – 11:15	Before 13:30	11:30
Wave 4	8:30 – 12:00	Before 14:15	12:15
Wave 5	12:00 – 12:45	Before 18:30	13:00
Wave 6	12:45 – 13:30	Before 18:30	13:45
Wave 7	13:30 – 14:15	Before 18:30	14:30
Open Amsterdams Kampioenschap	14:15 – 15:00	Before 18:30	15:15
Strongerthanever Challenge	14:15 – 15:45	Before 18:30	16:00

* If you don't check out your bike in time, we will move your bike to an other area. In this case please ask one of our volunteers.

Showering and changing clothes

After the race you can use the showers and changing rooms on the rowing deck.