

HIGH TECH

TRIATHLON

1 September 2024

HIGH TECH
CAMPUS
EINDHOVEN



EINDHOVEN

GR&AT
Endurance

CYCLE TREND

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Introduction



Squadra Events and Super Sport Events are joining forces for the High Tech Triathlon in Eindhoven. On Sunday, September 1, 2024, the triathlon will take place on and around the grounds of the High Tech Campus.

A beautiful location for both athletes and spectators. The clear view of all three components makes this event a pleasure to watch.

In the morning at 9:45 am, the starting shot will be fired for the first starting series. Participants young and old will compete here for the places of honor or just for fun.

We wish all participants good luck and sporting pleasure!

With sporty regards,

Organization High Tech Triathlon

HIGH TECH
TRIATHLON



General Information

Latest information

The latest information about the High Tech Triathlon can be found on the High Tech Triathlon's Instagram and Facebook pages.

Rules and Regulations

The High Tech Triathlon strictly follows the official regulations of the Dutch Triathlon Federation (NTB). All participants are expected to be familiar with these regulations. For detailed information about the regulations and any updates, please visit the official website of the Dutch Triathlon Federation: [NTB Regulations](#).

Make sure you are well informed about all the rules to avoid any misunderstandings or sanctions during the competition. Good luck and enjoy the triathlon!

Liability

Participation in the High Tech Triathlon is entirely at your own risk, including any damage to personal property and materials. The organization is not liable for any damage not covered by the supplementary insurance of the Dutch Triathlon Federation. Participants should be aware of these terms and indemnify the organization from any claims.

Privacy Policy

If you participate in the High Tech Triathlon on September 1, 2024, you automatically give permission to the organization to publish your results with name and photos without name on social media. If you do not agree with this, you should send an email to info@hightechtriathlon.com before Augustus 31.

Traffic on the Course

The triathlon takes place on a traffic-free course. Everything is done to keep traffic on the course to a minimum. However, participants are expected to always remain alert and adhere to traffic rules.

Address for Registration and Start and finish

- Campus Wellness Center
- High Tech Campus 1
- 5656 AE Eindhoven
- **Emergency phone number on September 1:
0627135272**



Arrival Routes and Parking

Attention: The access gate from the highway (exit 32A) to the High Tech Campus is closed. Both for cyclists and motorists, only the Dommel gate on Professor Holstlaan is open

Arrival Routes for Cars from the Highway:

1. From any direction on the highway, take exit 33 Waalre.
 - a) From Venlo/Maastricht: At the traffic lights, turn left towards Waalre.
 - b) From Antwerp/Den Bosch/Tilburg: At the traffic lights, turn right towards Waalre.
2. After 400 meters, at the next traffic lights, turn right onto Burgemeester Mollaan.
3. Follow this road for about 1.5 km (go straight at both roundabouts) until you drive under the highway.
4. The road changes here to Prof. Holstlaan. The High Tech Campus is on your left.
5. Continue along the course until you reach the access gate. Here, volunteers will direct you to the parking garage.

Note: The High Tech Campus is normally accessible from the city!

Bike Arrival Route

Participants and visitors arriving by bike can enter the High Tech Campus grounds through the Northern Dommel Gate. This is the same entrance where cars enter.

Parking Garages:

Parking Garage 4 West and Parking Garage 4 East are available for both participants and visitors.

Attention: The maximum height for vehicles in the parking garage is 2.05 meters. Vehicles that are taller must be parked outside the grounds. This can be done in the nearby neighborhoods or in the Gennerperpark.

Program

The day program with the relevant times is listed below. This includes the final registration times, the time when checking in at the transition zone is possible, the briefing time, and the start time. Participants should report well in advance to the High Tech Campus wellness center. Approximately 10 minutes before the start, a briefing will be held at the swim start, which all participants are required to attend.

Parent / child series

Serie	Register until	Check-in from	Briefing	Start
Parent/child serie 1	09.15	09.00	09.35	09.45
Parent/child serie 2	09.30	09.00	09.50	10.00

Business series

Serie	Register until	Check-in from	Briefing	Start
1/4 triathlon	10.45	10.00	11.20	11.30
1/4 triathlon team	10.45	10.00	11.20	11.30
1/8 Triathlon	10.45	10.00	11.20	11.35
1/8 Triathlon team	10.45	10.00	11.20	11.35

Program

Open series

Serie	Register until	Check-in from	Briefing	Start
1/8 triathlon beginners	09.45	09.30	10.20	10.30
1/4 triathlon serie 1	11.30	10.30	12.20	12.30
1/4 triathlon team	11.30	10.30	12.20	12.30
1/4 triathlon serie 2	12.30	11.30	13.20	13.30
1/4 triathlon serie 3	13.30	12.30	14.20	14.30
1/8 triathlon	14.30	13.30	15.20	15.30
1/8 triathlon team	14.30	13.30	15.20	15.30

Registration

Registration Office

Before the race starts, all participants must report to the organization. The registration point can be found in the Campus Wellness Center.

There, the participants' details are checked, and they receive their starting documents. It is helpful to have the starting number, mentioned in the email about the program book, on hand when registering.

Please note: If an NTB, KNZB, KNWU, or KNAU license number was provided during registration, this license will be checked upon registration. If the license cannot be shown, a day license must be purchased on the spot to participate. This costs 10 euros. This is also the case if a non-race NTB license has been provided.

Upon registration, participants also receive an envelope containing the following items:

- Bib Number
- Sticker with start numbers (for the bike, the helmet)
- Chip with ankle strap
- Swim cap (mandatory to wear)
- Bib number belt (if ordered in advance)

BIB number

Individual participants receive one bib number that is used for both cycling and running. For the trios, two bib numbers are available: one for the cyclist and one for the runner. During cycling, the bib number must be visible on the back, and during running, it should be on the front. It's convenient to use a bib number belt or elastic for this. On the day itself, a few bib number belts will be available for purchase for 20 euros (to be paid in cash). The sticker with the bib number should be stuck on the back of the bike, for example, on the saddle or the rear brake cable.

Changing Rooms, Showers, and Cloakrooms

This year, participants can use the facilities of the Campus Wellness Center. Since these spaces are limited in size, two tents have been set up in the starting area, which only participants have access to, for changing and leaving bags. There is a separate tent for men and one for women.

Please note: Do not leave any belongings in the changing rooms of the Campus Wellness Center.

Transition zone

Transition Zone Check-in and Check-out Times

To ensure everything runs smoothly and to avoid congestion in the transition zone, specific times have been set for check-in and check-out. This is also because some bike racks are used by multiple participants. Below you will find a table with the times per series when you can check in your items in the transition zone and when you should pick them up (check out).

Serie	Check-in from	Check out before
Parent/child series	09.00	11.45
1/8 beginners	09.00	13.00
Business series	10.00	15.00
Open series 1/4	10.30	18.00
Open series 1/8	13.30	18.00

Ensure you adhere to these times to keep everything running smoothly and organized for all participants.

Bike and Helmet Check

Upon entering the transition zone, participants' bikes and helmets will be checked. To ensure a smooth process and avoid unnecessary waiting, it's important that participants already have their helmets on, their bikes are in top condition, and the sticker with the start number is already attached to the bike.

After this check, the bike can be parked at the designated spot, and the cycling gear can be set up. The bike racks are numbered based on the start number, so it's easy to find the right spot.

Please note: Only items directly related to the triathlon are allowed in the transition zone. All other items can be placed in the cloakroom tents. This will be strictly monitored by the jury, and violations can lead to disqualification.

Please note: When picking up items, it's necessary to show the start number and hand in the timing chip. Without the chip, one will not be able to take their bike.



Important information

- Participants are required to gather in the starting area before the start.
- 10 minutes before the starting signal, there will be a briefing with the latest details about the race. The organization will indicate when participants can enter the water. Ensure you are ready behind the starting line 5 minutes before the start so that everything can begin on time.
- During the swim, the lifeguard team will be keeping an eye out. If you need assistance, raise your hand and shout. They are ready to help.
- Each participant will receive a swim cap from the organization, and it is mandatory to wear it.
- If the water is colder than 22°C, you may wear a wetsuit.
- After swimming, place your swimming gear, such as your wetsuit and goggles, by your bike in the transition zone.
- Cycling is not allowed in the transition zone.
- Before grabbing your bike, you must first put on and fasten your helmet. A helmet is mandatory for everyone.
- Emergency services on the course always have priority. Give them space.
- The athlete is responsible for counting the number of laps.

Judging, Warnings, and Disqualification

The High Tech Triathlon follows the official rules of the NTB. NTB judges oversee compliance with these rules. Here are some important points to keep in mind:

- Instructions from the judges and organization staff must always be followed.
- Drafting is not allowed during cycling. There is strict monitoring for drafting behavior. Drafting means you are cycling closer than 3 meters to the side or 12 meters behind another participant (measured from front wheel to front wheel). If you overtake someone, it must be done within 30 seconds. If you are overtaken? Ensure you are out of the drafting position within 5 seconds.
- The most important thing is that everyone has a fun and sporting experience. So, be respectful to your fellow participants and behave sportingly.
- In case of violations, you can receive a time penalty. This penalty must be "served" in the penalty box in the transition zone before the end of that race segment. For more details about time penalties and the penalty box, [click here](#).

Cycle trend

Cycle Trend, our partner, is nearby the finish zone with their bus ready to address any bike issues. They also have some spare parts on hand for urgent cases.

If you have a problem with your bike, please visit the Cycle Trend bus.

CYCLE TREND



Water Quality

Good news about the swimming water! Waterschap De Dommel recently took water samples at the High Tech Campus Eindhoven, and the results are excellent. Both the intestinal bacteria and the blue-green algae are well below the allowed standard.

Thanks to the rainy summer, the water level is also high. In short, perfect conditions for swimming!

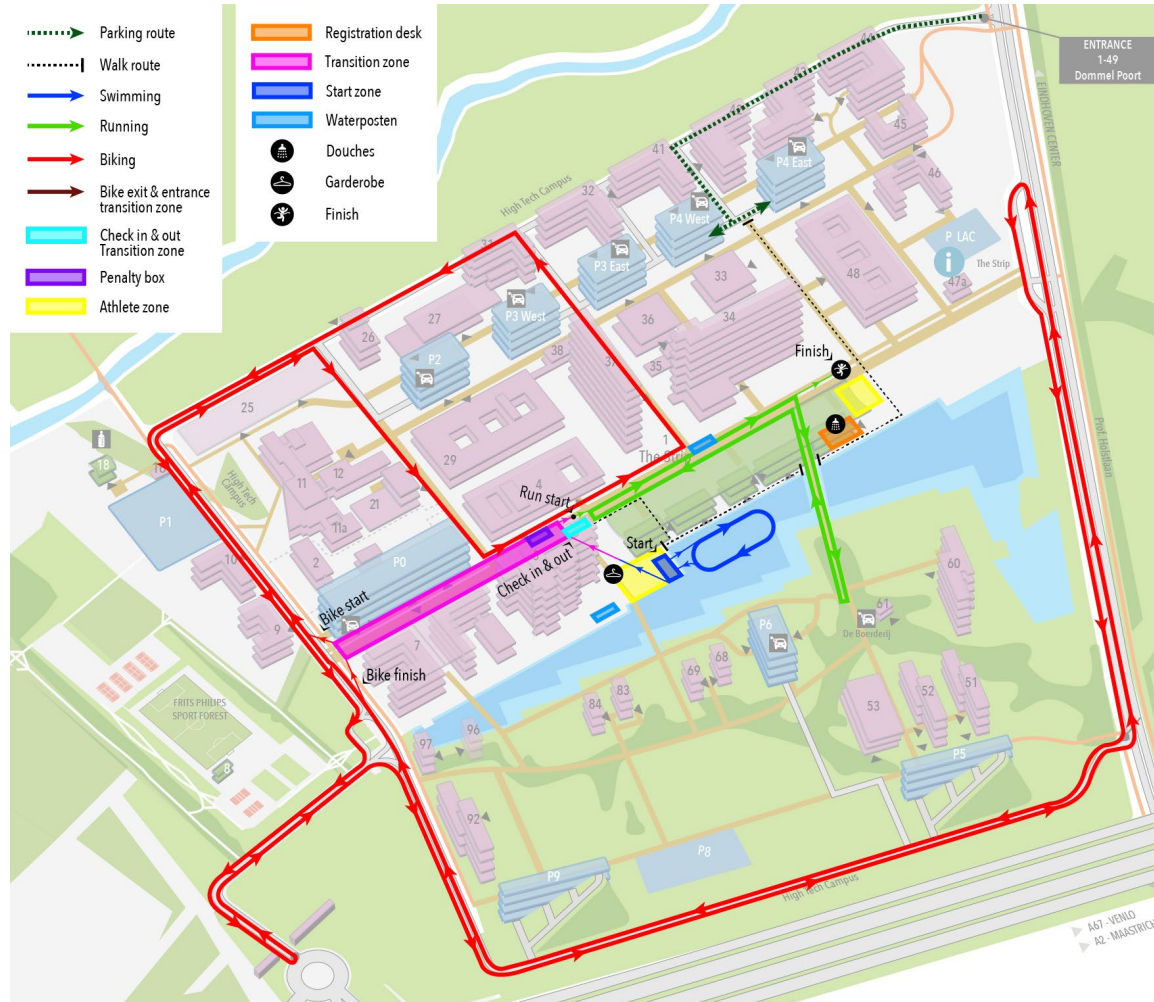
On the day of the competition, the final temperature measurement will be carried out. Based on that, it will be decided whether the swimming takes place with or without a wetsuit.



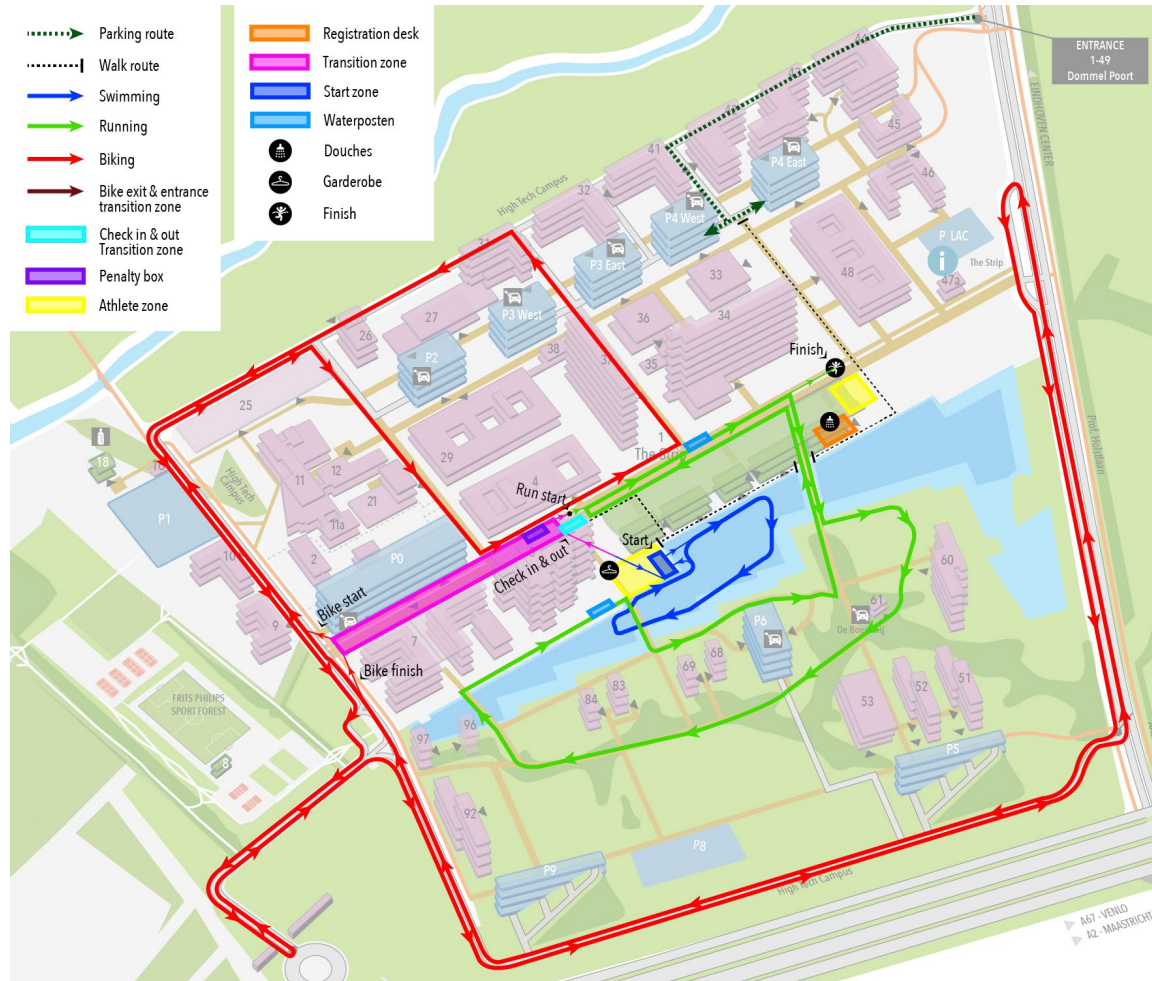
Distances and Laps per Series

Serie	Swimming	Cycling	Running
Parent / child	150m (1 lap)	7km (1 lap)	1km (1 lap)
1/8 triathlon	500m (1 lap)	20km (3 laps)	5km (2 laps)
1/4 triathlon	1000m (2 laps)	40km (6 laps)	10km (4 laps)

Course Parent/Child Triathlon



Course 1/8 en ¼ triathlon



Swim Course

Serie	Number of laps	Distance
Ouder / kind	1	150m
1/8 triathlon	1	500m
1/4 triathlon	2	1km

The swimming segment takes place in the water near the High Tech Campus. The lifeguard brigade will be monitoring during the swim. If you need assistance, raise your hand and shout, so they can assist you quickly.

Please note: Be cautious when entering and exiting the water. The concrete slope can be slippery, and there might be stones on the bottom.

Please note: When exiting the water, swim around the fences and be mindful of the concrete edge.

Swim Course Parent/Child Triathlon

For the parent/child triathlon, the swimming distance is 150m. The swim start is directly in the water, and the course is out and back.

During the swim, participants will swim clockwise, so make sure to stay on the left side of the buoys.

Swim Course 1/8 and 1/4 Triathlon

The swim start takes place in the water. Participants will swim clockwise, so they should stay on the left side of the buoys. Participants of the 1/8 triathlon will swim one lap and then proceed to the transition zone, as indicated by an arrow on the course map. Participants of the 1/4 triathlon will swim an additional lap before returning to the transition zone.

Bike Course

Serie	Number of laps	Distance
Parent / child	1	7km
1/8 triathlon	3	20km
1/4 triathlon	6	40km

The cycling segment primarily takes place on the grounds of the High Tech Campus. Although the cycling course is almost entirely traffic-free, it's important to adhere to the traffic rules. This means: stay as far to the right as possible. And remember, emergency services always have the right of way.

Approach section from transition zone to bike course.

After exiting the transition zone, you mount your bike. You follow the road straight ahead towards the cycling course. At the end of this street, you turn right and you are on the cycling course.

Bike course

Once you turn right onto the bike course, you begin your bike lap(s). After completing these lap(s), turn right again to return to the transition zone.

Running Course

Serie	Number of laps	Distance
Ouder / kind	1	1 km
1/8 triathlon	2	5 km
1/4 triathlon	4	10 km

The running section takes place entirely on the premises of the High Tech Campus.

Running Lap parent / child

During the parent-child triathlon, as you exit the transition zone, you begin your running lap. Once you have completed 1 full lap (and you are back at the transition zone), continue straight ahead towards the finish line.

Running Lap 1/8 en 1/4

Once you leave the transition zone, you start your running laps. After completing your designated number of laps, whether it's 2 (for the eighth) or 4 (for the quarter) laps, and you return to the transition zone, head towards the finish line.

Relay teams

- For relay teams in the eighth and quarter triathlon, the distances are the same as for individual participants.
- The transitions for relay teams take place in a designated area within the transition zone.
- During each transition, the timing chip must be passed on to the next team member and securely attached around their ankle.
- The other team members can gather near the finish line of the running course to cross the finish line together with the runner. However, it's important to ensure that you don't hinder individual participants while doing so.

Waste Disposal Rules During the Race

To keep the High Tech Campus area clean and protect the environment, specific waste disposal rules are in place during the race. The jury will monitor this and may issue time penalties if necessary.

- During cycling, absolutely no waste should be discarded.
- While running, a designated waste zone is set up around the water stations. The beginning and end of this zone are marked with the signs shown below. You may dispose of your waste here, preferably in the designated containers.

DROP ZONE



**END
DROP ZONE**



Support during and after the race

DRINQ Smartpacks

Before the race in the starting area and during the race, water will be provided in DRINQ Smartpacks, sponsored by Dolphin. Below you'll find instructions on how to drink from these Smartpacks.

To drink from the Drinq Smartpack, first remove the tab. During the race, a volunteer will have already removed this tab for you. Then, you can drink by squeezing the packaging. The most effective way to do this is by pressing on the top of the packaging with your index and/or middle finger.



Finishzone

After crossing the finish line, various refreshments are available for participants. You can hydrate yourself with water and replenish your energy levels with licorice, pretzel sticks, and fresh fruit.

In addition, there will be sports drinks from Gold Nutrition offered by <https://www.wielervoeding.nl/>



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After the Finish

- After completing the race, there will be post-race care available for you in the finish zone. This zone is exclusively reserved for participants, allowing you to recover and enjoy the provided facilities in peace.
- If you have pre-ordered a medal and/or finishers shirt, don't forget to pick them up. You can collect your medal(s) and/or finishers shirt by presenting your race number at the designated stand.
- Lastly, we will spotlight the top performers of the day with a special awards ceremony. The top three finishers of the individual distances, both for men and women, as well as the teams, will be honored for their achievements. We invite everyone to be present for this moment and celebrate the successes of these athletes together!

Awards Ceremony Times

- Parent/child 11.00
- Business series 14.00
- 1/4 en 1/8 open series 17.00

Collecting Items from Transition Zone

After completing the race, we kindly ask you to promptly retrieve your bike and other belongings from the transition zone. You can find more details about this in the "Transition Zone" section, where the check-in and check-out times per series are also provided.

When collecting your items, your start number and chip will be checked to match the sticker on your bike. Therefore, make sure to have these with you. The transition zone will be supervised until 5:00 PM. After this time, there will be no more supervision, and you will be responsible for your belongings.

Timing and Results

The full results will be posted on the triathlon's website, hightechtriathlon.com, as soon as possible after the race. For timing, SQM time Chips will be used. You need to attach the chip to your left ankle, and an ankle strap will be provided.

Please note: If you did not order an ankle bracelet for your chip when you registered, you must provide one yourself.

Please note: Chips must be returned at the transition zone. No Chip = no bike.



Onze trotse sponsors

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Tips

Here are some important tips and rules for participating in the event:

- **Punctuality:** Make sure you arrive at the event well ahead of time.
- **Course Knowledge:** Know in advance how many laps you need to swim, bike, and run. Familiarize yourself with any approach or exit routes.
- **Orientation:** Explore the start and finish points of the bike and run courses. Know where the finish line is.
- **Safety:** Always wear a helmet while cycling and ensure your brakes are properly adjusted.
- **Race Number:** Attach the race number provided by the organizers to a race number belt (bring your own).
- **Transition Area:** Familiarize yourself with the transition area. Know the entrances and exits for both biking and running.
- **Swim Gear:** During the swim, do not wear socks, fins, or paddles. Allowed items include goggles, earplugs, and nose clips.
- **Bike Protocol:** Upon returning to the transition area, put on your helmet and secure it before retrieving your bike. Biking within the transition area is prohibited.
- **Prohibited Items:** Headsets, mobile phones, and glass containers are not allowed during the race.
- **Traffic Rules:** Always adhere to traffic rules, especially staying to the right.
- **Transition Area Exit:** Dismount your bike before entering the transition area, and hang your bike first before removing your helmet.
- **Running:** Put on your running shoes; running barefoot is not allowed.
- **Clothing:** Ensure your race attire is appropriate. No open zippers or exposed upper body.

Success and enjoy the race!



Good Luck!

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