



**ITU
WORLD TRIATHLON
GRAND FINAL
ROTTERDAM**



ATHLETES GUIDE JUNIOR

15-16 SEPTEMBER 2017

MAIN SPONSORS



GLOBAL PARTNER



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HOST INSTITUTIONS





WELCOME

Rotterdam is proud being host to the ITU World Triathlon Grand Final, one of the most important triathlon events in the world and a great addition to the list of top sporting events organized here. In addition, this sports event gives an impulse to local economy and will motivate citizens to stay fit and healthy.

Rotterdam is not only a city of sports, it is also a city to discover. Rotterdam is a multicultural delta city holding more than 190 nationalities within its borders. Compared to other cities, the inhabitants are averagely young. The city is famous for its hands-on mentality, unique appearance and vibrant cultural life. Rotterdam offers a breeding ground for new ideas and invites people to make their ideas true: "Rotterdam. Make it happen."

The ITU World Triathlon Grand Final Rotterdam will give us the chance to show what Rotterdam has to offer to sports-fans all around the world, together with ITU, Rotterdam Topsport, athletes, coaches, visitors and our partners around the city. I wish all participants the best of luck.



Ahmed Aboutaleb,
Mayor of Rotterdam





ROB BAREL
Tournament Director
ITU World Triathlon Grand Final
Rotterdam 2017

World Champion Long Distance
triathlon: 1994

European Champion Middle Distance
triathlon: 1986, 1988, 1994

European Champion Olympic Distance
triathlon: 1985, 1986, 1987, 1988

European Champion cross triathlon:
2008

Dear Athletes,

As Tournament Director let me take this opportunity to welcome you to the ITU World Triathlon Grand Final Rotterdam 2017.

For the first time, the World Triathlon Grand Finals are held in the Netherlands. The Grand Finals will be organised in the city centre of Rotterdam which should produce some spectacular moments. We are delighted to welcome you to Rotterdam and we have done our very best to make this tournament as spectacular and epic yet comfortable and enjoyable as we can for all of you.

The city of Rotterdam is proud to be hosting the ITU World Triathlon Grand Final. For those who have some spare time: the city provides great possibilities for sightseeing, relaxing, dining, shopping and partying.

We have taken great care in selecting appropriate accommodations and we realize that optimal services such as transport service are key in your preparations.

Our aim is to provide four memorable days of action and entertainment to fans all around the world. Therefore, we appreciate your participation and commitment to the championship. Don't forget to share your best moments in Rotterdam via social media with hashtags #RotterdamTri.

If there is anything that we can do to improve this and future events, please feel free to let us know.

We wish all of you the best during the event!

Kind regards,

Rob Barel
Tournament Director
ITU World Triathlon Grand Final Rotterdam 2017



ERBEN WENNEMARS
Tournament Director
ITU World Triathlon Grand Final
Rotterdam 2017

World Champion Speedskating Sprint
2004 Nagano

World Champion Speedskating Sprint
2005 Salt Lake City

Bronze 1000m and team pursuit
Speedskating Olympics 2006 Turin

6 World Championship Speedskating
titles (2x 1000m, 1x 1500, 3x team
pursuit)

Dear All,

I'd like to offer a very warm welcome to all triathletes, spectators and media to this fantastic event the ITU World Triathlon Grand Final Rotterdam 2017.

Having been involved in the world of sport for a massive part of my life I'm extremely proud to be part of the organisation of this incredible event. Triathlon has grown a substantial amount and bringing this event to the Netherlands is a great opportunity to develop the sport here.

The great thing about the ITU Triathlon Championships is that everyone can participate. From professionals to beginners everyone has the possibility to take on the course that runs through the city centre of Rotterdam. Actually no one has the excuse to be on the side line. I think it is very important to get as many people as possible to experience how fun and challenging a triathlon can be.

I truly hope everyone manages to push their limits and if not this year, I hope this event aspirer's you to take part in the future.

Finally, enjoy the beautiful city of Rotterdam and the spectacle of ITU triathlon. Have a wonderful couple of days.

Kind regards,

Erben Wennemars,
Tournament Director
ITU World Triathlon Grand Final Rotterdam 2017

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1 GENERAL INFORMATION

1.1 KEY DATES JUNIOR

START TIME	END TIME	ACTIVITY	LOCATION
THURSDAY 14 SEPTEMBER			
13:30	15:00	Junior athletes' World Championship Briefing	Theater Lantaren Venster
FRIDAY 15 SEPTEMBER			
13:15	13:45	Junior Women transition 2 check in	T2 Elite
13:30	14:30	Junior Women athletes' lounge check in	T1 Elite
13:45	14:45	Junior Women transition 1 check in	T1 Elite
14:00	14:45	Junior Women swim warm up	Rijnhaven
15:00		Junior Women World Championship start	Rijnhaven
16:30	16:45	Junior Women WCH Medal Ceremonies	Finish
SATURDAY 16 SEPTEMBER			
06:15	07:15	Junior Men transition 2 check in	T2 Elite
06:30	07:30	Junior Men athletes' lounge check in	T1 Elite
06:45	07:45	Junior Men transition 1 check in	T1 Elite
07:00	07:45	Junior Men swim warm up	Rijnhaven
08:00		Junior Men World Championship start	Rijnhaven
09:15	09:30	Junior Men WCH Medal Ceremonies	Finish

1.2 KEY DATES EVENT

THURSDAY 14 SEPTEMBER:	
12:00 – 18:00	Triathlon Village (Expo, Food & Drinks)
18:00 – 21:00	Opening ceremony / Pasta Party
FRIDAY 15 SEPTEMBER:	
08:00 – 20:00	Triathlon Village (Expo, Food & Drinks)
09:00 – 12:00	Elite Paratriathlon World Championships
11:00 – 14:00	Open Paratriathlon World Championships
15:00 – 16:00	Junior Women World Championships
17:00 – 19:00	U23 Men World Championships
SATURDAY 16 SEPTEMBER:	
08:00 – 20:00	Triathlon Village (Expo, Food & Drinks)
08:00 – 09:00	Junior Men World Championships
10:00 – 12:00	U23 Women World Championships
13:06 – 15:00	Elite Men World Championships
15:51 – 18:15	Elite Women World Championships
SUNDAY 17 SEPTEMBER:	
07.30 – 14.30	Age Group World Championships Olympic Distance
08:00 – 20:00	Triathlon Village (Expo, Food & Drinks)
12:30 – 17:00	Age Group World Championships Sprint Distance
16:30 – 19:30	Open Race Sprint Distance
19:00 – 22:00	Closing Party (Age Group Medal Ceremonies)

1.3 KEY CONTACTS

TITLE	NAME	PHONE
ITU Team Leader	Gergely Markus	tbc
ITU Co-Technical Delegate	Sarah Taylor	tbc
ITU Co-Technical Delegate	Thanos Nikopoulos	tbc
ITU Assistant Technical Delegate	Dag Oliver	+ 316 14 66 29 39
ITU Assistant Technical Delegate	Eriketti Margari	tbc
ITU Assistant Technical Delegate	Sander Verheuvell	+ 316 51 23 36 94
ITU Medical Delegate	Dr Jan Verstuyft	+ 316 15 66 29 45
ITU Series Manager	Kris Gemmel	tbc
LOC Event Manager Services	Eva van Groningen	+ 316 55 59 66 24
LOC Event Manager Operations	Kim Joosten	+ 316 15 48 36 46
LOC Race Director	Mike Wilde	+ 491 51 54 95 70 92
LOC Race Office		+316 14 66 28 61
LOC Travel Management Hotels	Gitta Hanrath	+316 14 66 29 25
LOC Travel Management Transport	Danique van Bueren	+31 88 24 28 32 8
LOC Medical Coördinator		+316 14 66 29 32

1.4 EVENT ORGANIZER

Address: TIG Sports
Valschermkade 30
1059 CD Amsterdam

Phone: +31(0) 20 57 090 60
Fax: +31(0) 20 57 090 61
Email: Triathlon@tigsports.nl

1.5 HOST NATIONAL FEDERATION

Address: Nederlandse Triathlon Bond
Postbus 1267
3430 BG Nieuwegein

Phone: +31(0) 30 75 137 70
Fax: +31(0) 30 75 137 71
Email: info@triathlonbond.nl

2.2 FACILITIES

Facilities including an athletes' lounge at T1 adjacent to the swim start and an athlete lounge/recovery area at the finish area. Toilet and changing facilities are available at both locations. Sealed bottles of water will be offered to the athletes before and after the race in the athletes' facilities.

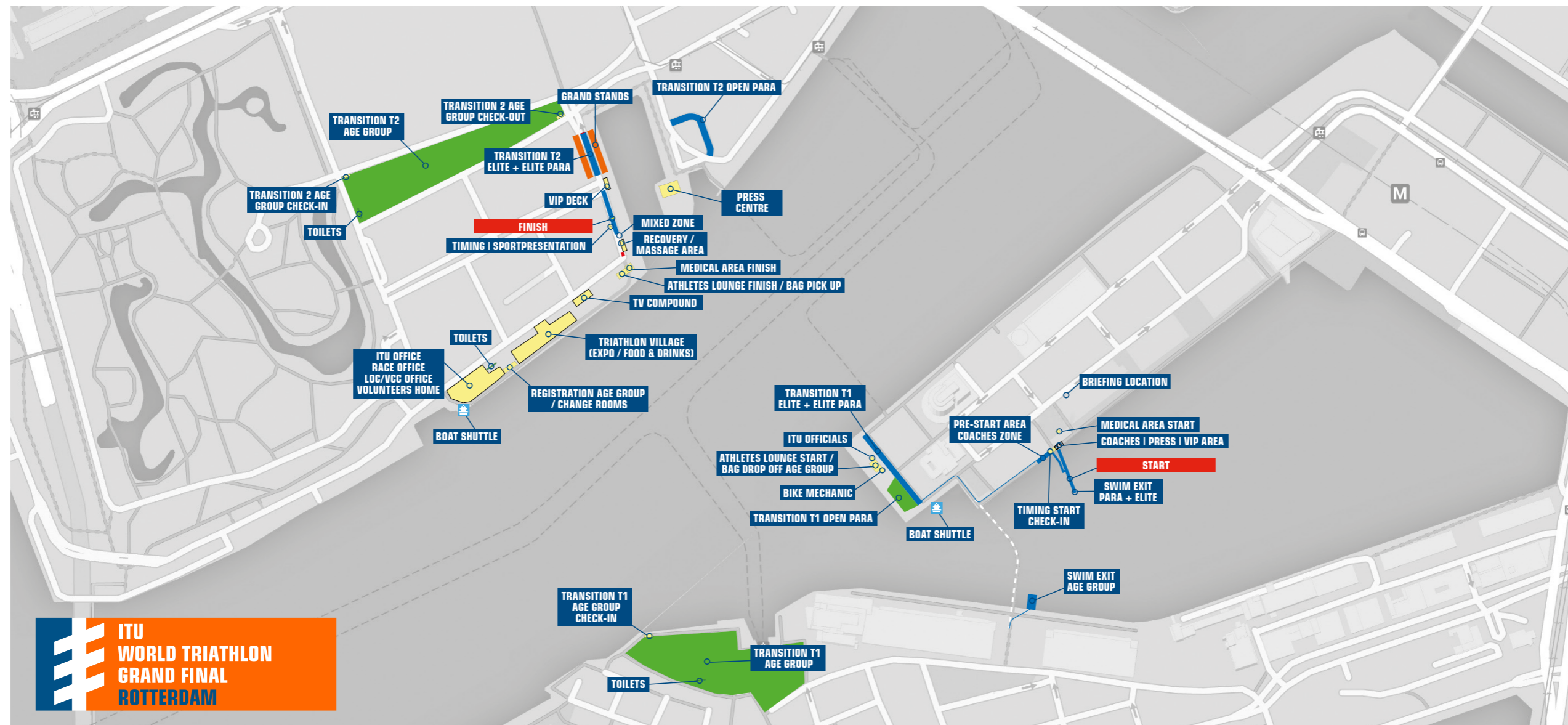
Opening times are:

DATE	FROM	TO	ACTIVITY	LOCATION
Friday 15 September	13:30	14:30	Junior Women athletes' lounge check in	T1 Elite (Rijnhaven)
Saturday 16 September	06:30	07:30	Junior Men athletes' lounge check in	T1 Elite (Rijnhaven)

2 VENUE

The venue is split between Kop van Zuid and Veerhaven (distance is 3km by road or 600m by boat).

2.1 VENUE MAP



2.3 DOPING CONTROL

Doping Control will be performed according to WADA/ITU and Dutch Anti-Doping regulations. Information about the Doping control venue will be updated at a later stage.

2.4 MEDICAL SERVICES

First AID and Emergency Medical Services will be available to anyone requiring medical assistance at venue on September 14th till September 17th, before and during competition hours as well as during course familiarisations.

Medical and paramedic personnel will be available throughout competition and swim familiarisation times. Several ambulances will be available to provide emergency transfer to the hospital. A Medical Tent will also be provided on site at the start and finish area. If you require medical assistance during your stay in Rotterdam but away from the venue, then Dutch National Health Service will provide emergency treatment for anyone in the Netherlands, irrespective of whether they reside in the Netherlands. In a medical emergency, dial 112 and ask for ambulance service. This number is free of charge from any telephone.

Emergencies can be dealt with at any hospital with an A & E (Accident & Emergency) department. At A&E departments, be prepared to wait for up to 2-3 hours during busy periods before being given treatment if your medical complaint is not too serious.

Further medical resources including dentistry can be found below:

HOSPITAL	
Main hospital: Erasmus MC 's-Gravendijkwal 230 3015 CE Rotterdam	2nd hospital: Havenziekhuis Rotterdam Haringvliet 2 3011 TD Rotterdam
DOCTOR	
Port Health Centre B.V. Willemsplein 571 3016 DR ROTTERDAM Phone: +31 (0)10 - 2 411 100	
DENTIST	
Tandartspraktijk Willemskade Willemskade 19 3016DM Rotterdam Phone: +31 (0) 10-4137911	
PHYSIOTHERAPIST AND MESSAGES	
Make a Move Houtlaan 20a 3016 DA Rotterdam Phone physiotherapy: +31 (0)10 766 00 77	Messages: book here

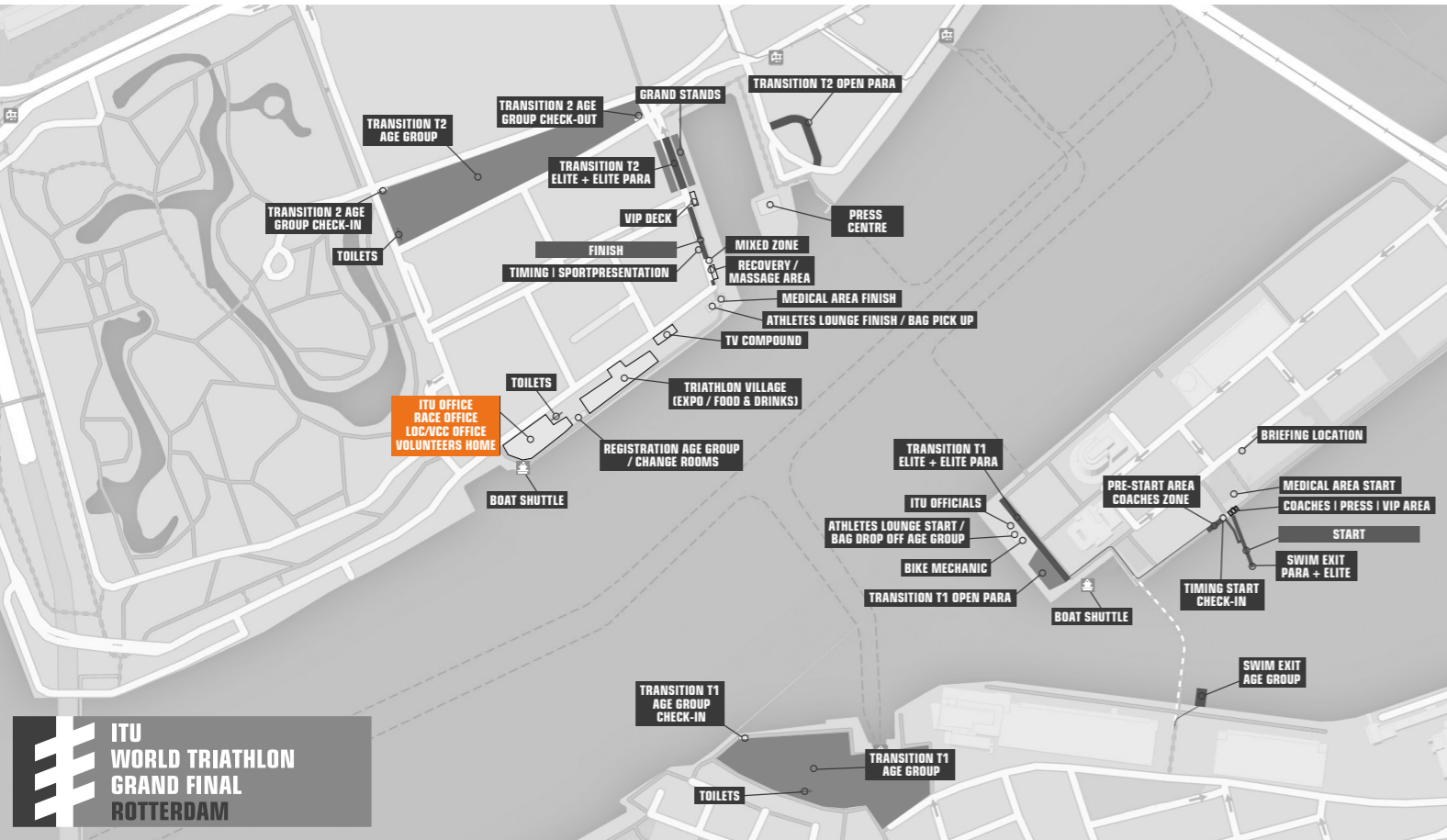
2.5 BIKE MECHANIC SERVICE

There will be a bike mechanic service in the EXPO at the venue, which will be open from 12:00 – 18:00 on Thursday 14 September and from 08:00 – 20:00 from Friday 15 September till Sunday 17 September. Bike Mechanic Support will also be available 30 minutes prior to and during bike familiarisations and check ins at the T1 Transition zones. If you need help outside these hours please contact the LOC Office.

TIME	ACTIVITY	LOCATION
THURSDAY 14 SEPTEMBER		
12.00 - 18.00	Expo	Expo
14:00 - 17:15	Elite/ Open Paratriathlon bike familiarization PTVI-PTS5-PTS4-PTS3-PTS2	Check-in Elite's/ Open T1
	Elite/ Open Paratriathlon bike familiarization PTWC	
	U23 bike course familiarization	
	Elite/junior bike course familiarization 1 Check-in Elite's/Open T1	
FRIDAY 15 SEPTEMBER		
07:00 - 10:45	Elite Paratriathlon transition 1 check in (PTVI,PTS2,PTS3,PTS4,PTS5)	T2 Elite
	Elite Paratriathlon transition 1 check in (PTWC)	
	Open Paratriathlon transition 1 check in 1 Check-in T1 Elite	
08:00 - 20:00	Expo	Expo
13:30-16:45	Junior Women, U23 Men	Check-in T1 Elite
SATURDAY 16 SEPTEMBER		
06.30 - 07:45	Check-in Junior Mens Sprint 1 Check-in T1 Elite	Check-in T1 Elite
08:30-09:45	Check-in U23 women OD	
11:30-12:50	Check-in Grand Final Elite men OD	
14:30-15:50	Check-in Grand Final Elite women OD	Expo
08:00 - 20:00	Expo	
15.00 - 18.00	Check-in Age Group World 2 Check-in T1 AG	
SUNDAY 17 SEPTEMBER		
10:00-13:00	AG OD World Championships Start	Check-in T1 AG
14:00-16:00	AG SD World Championship Start	
08:00 - 15:00	Expo	Expo

2.6 RACE OFFICE

The race office is located at the main Venue on the Westerkade and is open from 9:00 until 18:00.



Phone Race office: +316 14 66 28 61

Opening Hours Table

DAY	OPEN	CLOSED
Monday 11 September	12:00	18:00
Tuesday 12 September	09:00	18:00
Wednesday 13 September	09:00	18:00
Thursday 14 September	09:00	18:00
Friday 15 September	09:00	18:00
Saturday 16 September	09:00	18:00
Sunday 17 September	09:00	18:00

ITU offices and ITU media are located in the same building.

3. OFFICIAL HOTEL

The event has 25 official hotels ranging from 3 to 5 stars, all located in the city centre of Rotterdam with easy access to the start and finish location.

All ITU staff are staying at the IBIS City Centre Rotterdam Hotel, all official briefings and meetings are held at various locations. The nearest train station is Rotterdam Centraal.

For all your accommodation and travel enquiries, please visit <http://eventstay.nl/en> or email Gitta Hanrath at Gitta@tigsports.nl.

4. AIRPORT TRANSFERS

Transportation to and from airports can be arranged by the LOC.

This service must be booked by submitting the official booking form online via the following link: <https://aethonchauffeur.nl/triathlon/>

Prices depend on the transportation vehicle and airport from which you will be transported. You will receive an invoice after a reservation has been made. The transport will only be confirmed after payment is received by bank transfer.

Elite Athletes and Elite Coaches will receive €10,- discount per person per transfer. Please specify the number of Elite Athletes/Coaches travelling in your group on the online reservation form.

Deadline for reservations is the 4th of September 2017.

If you have any transfer queries please contact

Danique van Buren

Email: triathlon@aethonchauffeur.nl

Phone: +31 (0) 88 2428328

5. TRAINING

5.1 SWIM TRAINING

Swimming Pool 'Van Maanenbad' will be used for Elite, U23, Juniors, Elite Para, Open Para and Age Group World Championships swim training. The outside 25m swimming pool is at your disposal, the pool has 6 lanes and is available from Monday 11th September till Sunday 17th September 2017. The water temperature will be around 20 degrees Celsius.

National Federations have been able to book timeslots for their Elite Athletes. There will also be some timeslots available for general age group use. The time table will be available on the website of the Grand Final after September 7th. Free entrance will be granted to athletes/coaches with accreditation card/wristband only. Training in the swimming pool is at their own risk.

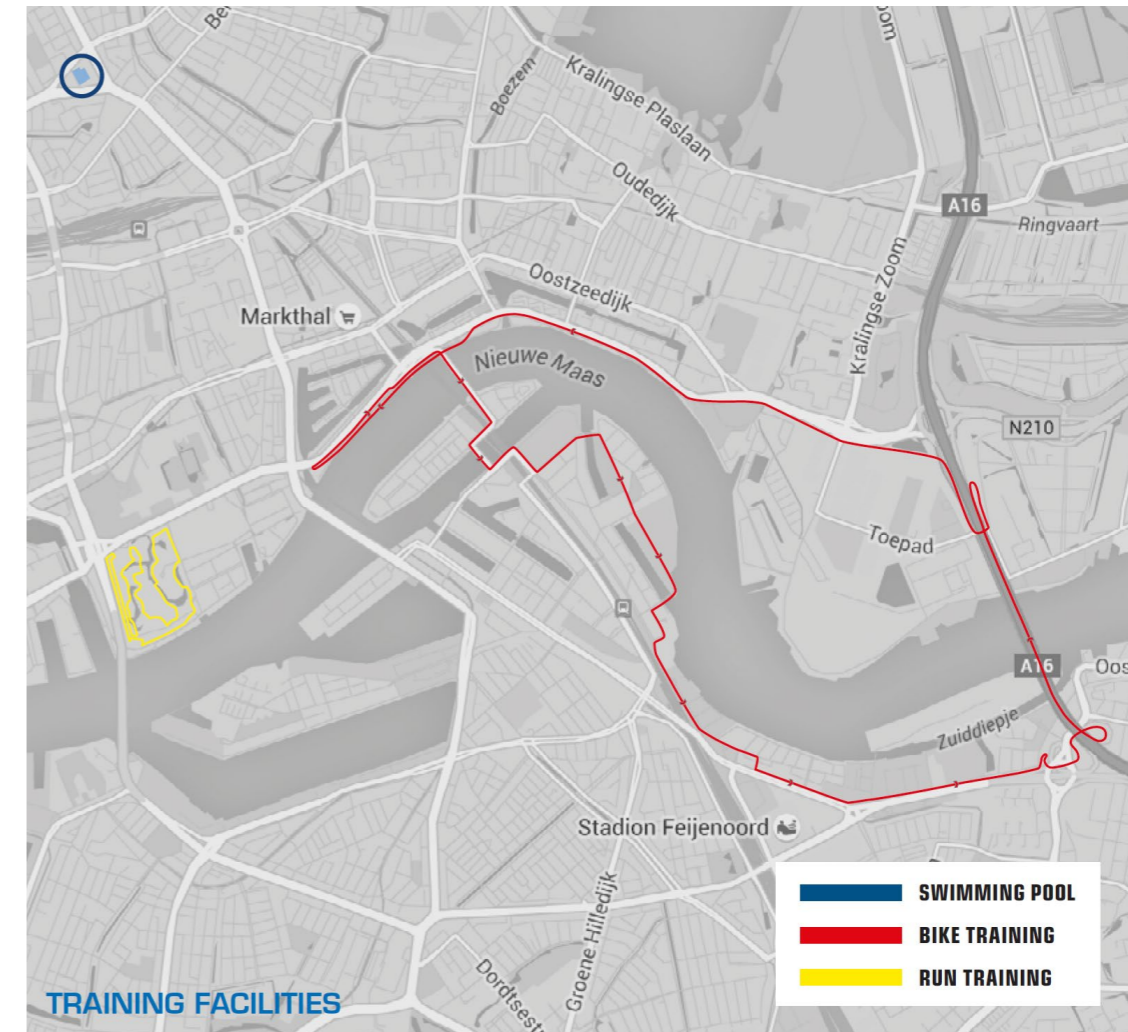
Pre- and after competition swimming is available at the following times:

DATE	TIME SLOT	COMMENTS
Monday 11 September	08:00 - 11:00 13:00 - 16:00	6 lanes, full pool
Tuesday 12 September	08:00 - 11:00 13:00 - 16:00	6 lanes, full pool
Wednesday 13 September	08:00 - 11:00 13:00 - 16:00	6 lanes, full pool
Thursday 14 September	08:00 - 11:00 13:00 - 16:00	6 lanes, full pool
Friday 15 September	08:00 - 11:00 13:00 - 16:00	6 lanes, full pool
Saturday 16 September	08:00 - 11:00 13:00 - 16:00	6 lanes, full pool
Sunday 17 September	08:00 - 10:00	2 lanes

Location: Van Maanenbad
Van Maanenstraat 8
3038 CZ Rotterdam
[Google maps](#)

5.2 BIKE AND RUN TRAINING

The ITU World Triathlon Grand Final Rotterdam takes place in a very scenic but busy city. We recommend using the Age Group bike course for bike training and 'Het Park' for run training. The AG bike course is located on wide cycling paths and quiet roads. You are riding in normal traffic conditions which means other cyclist and cars can be on road. [Please be careful, in The Netherlands we ride on the right side of the road.](#) The Park offers more than 4 km of paved and gravel paths. GPS files of the AG bike course can be downloaded on the event website.



Click [here](#) for the GPS track for bike training cours.

5.3 COURSE FAMILIARISATION

5.3.1 SWIM FAMILIARISATION

The swim course familiarisation will take place in the Rijnhaven at:

15:00 – 16:00 Thursday 14 September 2017.

Athletes must report to the athletes lounge in order to register for swim familiarisation. Only accredited people will be granted access to the Athlete lounge.

During the swimming course familiarisation there will be lifeguards and a medical service available. Please note: Swimming in the Rijnhaven outside of the swim familiarisation at any time is forbidden due to safety.

5.3.2. BIKE FAMILIARISATION

The bike familiarisation takes place at:

16:15 – 17:15 Thursday 14 September 2017

Start is at Transition T1 on Kop van Zuid, finish at Transition T2.

5.4 ATHLETES BRIEFING

The athletes briefing will take place on Thursday 14 September from 13:30 – 15:00 at LantarenVenster.

Location: Lantaren Venster
Otto Reuchlinweg 996
3072 MD Rotterdam
[Google maps](#)

6. COMPETITION INFORMATION

6.1 COMPETITION SCHEDULE

WOMEN		
FRIDAY 15 SEPTEMBER		
13:15	13:45	Junior Women transition 2 check in
13:30	14:30	Junior Women athletes' lounge check in
13:45	14:45	Junior Women transition 1 check in
14:00	14:45	Junior Women swim warm up
15:00		Junior Women World Championship start
16:30	16:45	Junior Women WCH Medal Ceremonies
18:10	18:20	Elite Men WTS Medal Ceremonies
MEN		
SATURDAY 16 SEPTEMBER		
06:15	07:15	Junior Men transition 2 check in
06:30	07:30	Junior Men athletes' lounge check in
06:45	07:45	Junior Men transition 1 check in
07:00	07:45	Junior Men swim warm up
08:00		Junior Men World Championship start
09:15	09:30	Junior Men WCH Medal Ceremonies
18:20	18:30	Elite Women WTS Medal Ceremonies

6.2 COMPETITION RULES

The ITU World Triathlon Grand Final Rotterdam will follow the latest published Competition Rules from the International Triathlon Union

6.3 FIELD OF PLAY (FOP)

Swim 750m/ Bike 20km/ Run 5km



SWIM COURSE 750M

1 LAP - 750M

CYCLE COURSE 20KM

1 T1 - T2 - 3,4KM

3 LAPS - 5,2KM

RUN COURSE 5KM

2 LAPS - 2,5KM

TO FINISH LINE

S

F

T1

T2

W

A

P

START

FINISH

TRANSITION 1

TRANSITION 2

WHEEL STATION

AID STATION

PENALTY BOX

6.3.1 START

The Start area is on Kop van Zuid. Athletes will start from a pontoon. The Race Referee with the assistance of ITU Technical Officials, will start each race.

6.3.2 SWIM COURSE (1 LAPS OF 750M)

The swim takes place in the Rijnhaven with a dive start from the pontoon. All athletes will swim one laps in clockwise direction.

The athletes have the option to leave their last-minute gear at the T1 Athlete Lounge inside a personalised transition bag and the LOC will transport those bags back to the T2 Athlete Lounge Finish. Additionally, all swim gears left at T1 following the athletes exit will be transported back to the T2 Athletes Lounge.

During September, the water temperature in Rijnhaven is expected to be around 18°C.

6.3.3 BIKE COURSE (3,4KM + 3X 5,2KM)

The point to point portion of the bike course will have athletes riding alongside the water on a concrete path and cobblestones and crossing the Erasmusbrug on a 2,5 m wide cycling path. Once athletes reach the loops the course will have the full street width. The loops are on an technical advanced course with narrow streets and many turns and corners. The surface is mainly asphalt and partly smooth cobblestones.

6.3.4 WHEEL STATIONS

There will be two wheel stations along the course. One stationary and one mobile. The Mobile Team wheel station is located post Transition 1, before entering the Erasmusbrug. The moto will follow the field after the last athlete and become stationary on Parklaan near Transition 2. The other stationary wheel station is located on Calandstraat post Transition 2, right hand side.

6.3.5 RUN COURSE (2 LAPS OF 2,5KM)

The run course is a 2.5km flat course on parts of the bike course near Veerhaven. Each athlete will complete two laps.

6.3.6 AID STATIONS / LITTERING AREAS

There will be three AID stations on the course – one close to Transition exit, one on Parkkade and one on Parklaan, about 100m ahead of transition.

All AID stations are located on the left hand side.

A littering zone will be attached to each AID station and these areas will also serve during the bike course.

6.3.7 PENALTIES

The penalty box is located immediately to the transition and finish chute on the left hand side.

6.4 TRANSPORT

Accredited athletes and coaches/staff will be able to use the boat shuttle on race day between start and finish locations.

6.5 WEATHER CONDITIONS

September is an unpredictable month in the Netherlands, it can be very hot but it can also be cold. The average temperature is 18 degrees Celsius. Average sunshine time per day is 5 hours. Rain is possible. [Click here for a complete weatherforecast.](#)

6.6 RESULTS

Results will be uploaded live to the ITU's official website: www.triathlon.org. All the Results information will be distributed to the Team Leaders at the LOC Office.

6.7 PROTESTS

Standard procedures will be followed according to the ITU Competition Rules

6.8 TIMING CHIP

Timing chips need to be handed in straight after the race. In case an athlete fails to hand in their timing chip the athlete will be charged with a fine of €80.

7. ACCREDITATION

An official accreditation according to the ITU Event Operational and Technical Requirements will be provided by the LOC to all registered Athletes, Coaches, Technical Officials, Journalists, Medical Team, etc.

Note that coaches and medical teams need to register via their NF on the ITU online registration. No accreditation will be handed over if the names are not on the ITU list.

Accreditation will be distributed post-briefing. For those wishing to access the training sessions at the swimming pool, the accreditation card will be handed over based on identification at the Race office during opening hours.

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are number-coded. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

8. SPECIAL EVENTS

8.1 OPENING CEREMONY

The Opening Ceremony will be held in the Laurenskerk on Thursday 14th of September. This Opening Ceremony is mainly for Age Group but all Elite, U23, Junior and Para athletes are invited too. The Opening Ceremony & Pasta Party can only be attended if you have filled out the RSVP form. Please [click here](#) to fill out the RSVP form before 7th September 2017 (this is needed due to size capacity of the Church).



The Laurenskerk is the only remnant of the medieval Rotterdam city centre. The Church has become a multifunctional location during the past decade, where concerts, symposia, parties and corporate functions have been held. A perfect location to open the ITU World Triathlon Grand Final 2017. The opening ceremony also includes the Walk of Nations and the pasta party for all athletes. The opening ceremony will start at 17:30 and ends at 21:00.

Programme

TIME	WHAT	LOCATION
17:00-18:00	Walk of Nations	Square Markthall
18:00-19:00	Opening Ceremony	Laurenskerk
19:00-21:00	Pasta Party	Laurenskerk

The opening ceremony will start with a Walk of Nations. The Walk of Nations will finish in front of the Laurenskerk. Before entering the Laurenskerk for the Openings Ceremony there will be a registration desk, please be aware that registration can take a couple of minutes. At the registration desk, we ask you to show your accreditation. You will receive one dinner voucher and 2 drink coins at entry.

Location: Laurenskerk
 Grotekerkplein 27
 3011 GC Rotterdam
[Google maps](#)

8.2 AFTER PARTY ELITE

On Saturday 16th September 2017 an After Party will be facilitated for all Elite, U23, Junior and Para athletes. More information will be available closer to the Event date.

Time: 21:30 till late

8.3 CLOSING PARTY

On Sunday all Elite, U23, Junior and Para athletes are invited to the Closing Party as well. The Closing Party can only be attended if you have filled out the RSVP form. Please [click here](#) to fill out the RSVP form before 7th September 2017. If the Closing Party isn't sold out after the 7th September, Friends & Family will be able to buy tickets for the Closing Party as well (this will be announced through the event website).

The closing party will be held in the Maassilo on Sunday 17th of September. The Maassilo, originally build in 1906, is a former grain storage and grain elevator in the Maasharbour Rotterdam. Since 2004 it has been in use as a nightlife and event venue. This unique and industrial location is going to be the scene of the closing party of the ITU World Triathlon Grand Final Rotterdam. The closing party will also include the medal ceremonies for the Age Group athletes. The closing party starts at 19:00 and finishes at 22:00.

Location: Maassilo
 Maashaven Zuidzijde 1-2
 3081 AE Rotterdam
[Google maps](#)

Athletes who have registered for the Closing Party will receive a public transportation card for Sunday.

8.4 TV COVERAGE

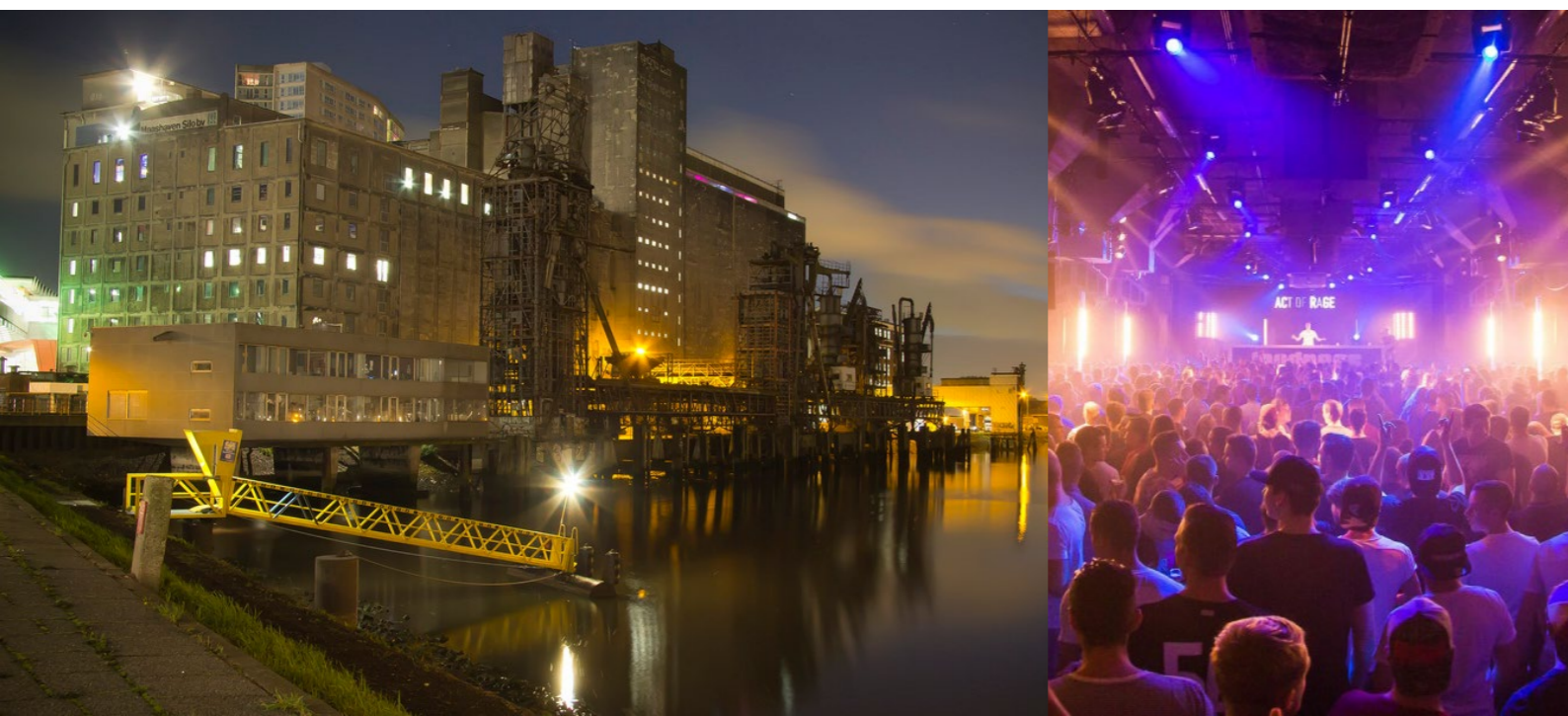
Both Elite races will be live broadcasted by Dutch broadcaster 'NOS'.

8.5 MASSAGE

If you need a massage before or after the race, we recommend you go to 'Make a Move'. Especially for participating athletes, Make a Move offers a 25% discount during the Grand Final. Please find discounted prices below:

30 min = €30,-
 60 min = €55,-

If you would like to book yourself a massage you can do so [via the following link](#).



8.6 ROTTERDAM TRI & TASTE

Rotterdam Tri & Taste is an initiative of the LOC in cooperation with well-known restaurants in Rotterdam's city centre. You will receive a discount of 15% on the total bill at the participating restaurants.



9. ABOUT ROTTERDAM

9.1 CITY STATISTICS

Population of Rotterdam: 610 thousand, which makes it the second biggest city in the Netherlands. The Rotterdam, Amsterdam, The Hague, Utrecht Metropolitan area, often referred to as the 'Randstad', is home to more than 7 million people.

9.2 TIME ZONE IN SEPTEMBER

Central European Summer Time (CEST).

9.3 WEATHER

The weather in Rotterdam in mid-September is typically around 18 degrees Celsius. The days are getting shorter as fall approaches with the sunset around 20:00 and the sunrise around 07:00.

Weather in Rotterdam in mid-September is typically cooler than most of the summer. Average monthly precipitation in September is 8,7 cm. The recorded average water temperature in Rotterdam in mid-September is 18 degrees Celsius.

9.4 BANKS

Most banks are open between 09:00-18:00. 24-hour Automatic Teller Machines (ATMs) can be found at numerous places around the city.

9.5 CITY TRANSPORTATION

Rotterdam has good public transport with buses, trams and metro's. Via <http://9292.nl/en> you can easily find the fastest way via public transport to your destination.

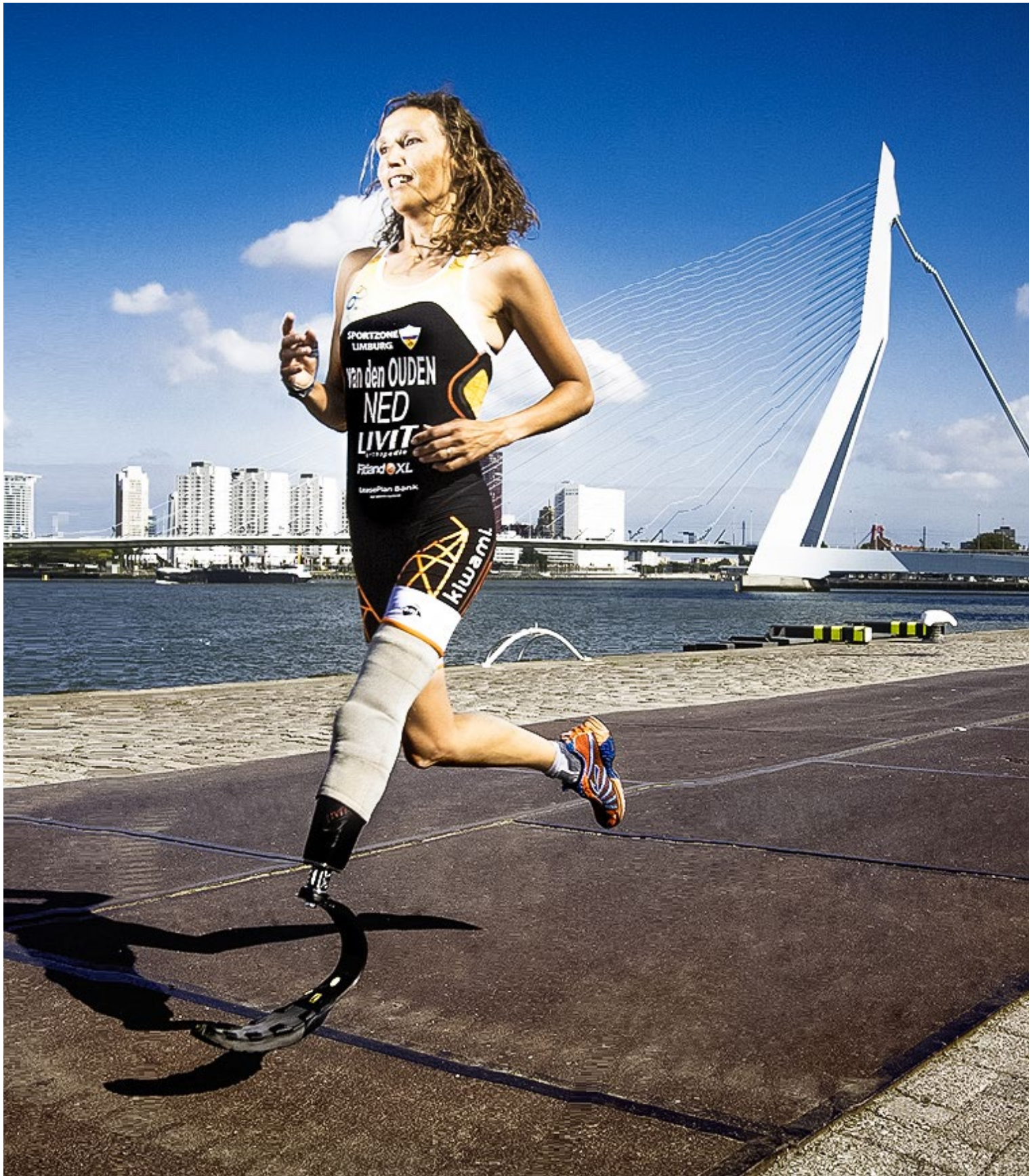
The closest public transport stations are:

To the Expo:

- Vasteland, accessible via tramline 4, 7 and 8;
- Leuvehaven, accessible via metroline D and E;

To the start:

- Wilhelminaplein, accessible via busline B11 and B16;
- Wilhelminaplein, accessible via tramline 12, 20, 23, 24 and 25;
- Wilhelminaplein, accessible via Metroline D and E;



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