

# Manual for athletes and team managers



*Aegon Koninklijke-  
Holland Beker*



**COMPETE WITH  
THE BEST**

International Rowing Regatta

**24 & 25 JUNE 2017  
BOSBAAN AMSTERDAM  
THE NETHERLANDS**

**AEGON**

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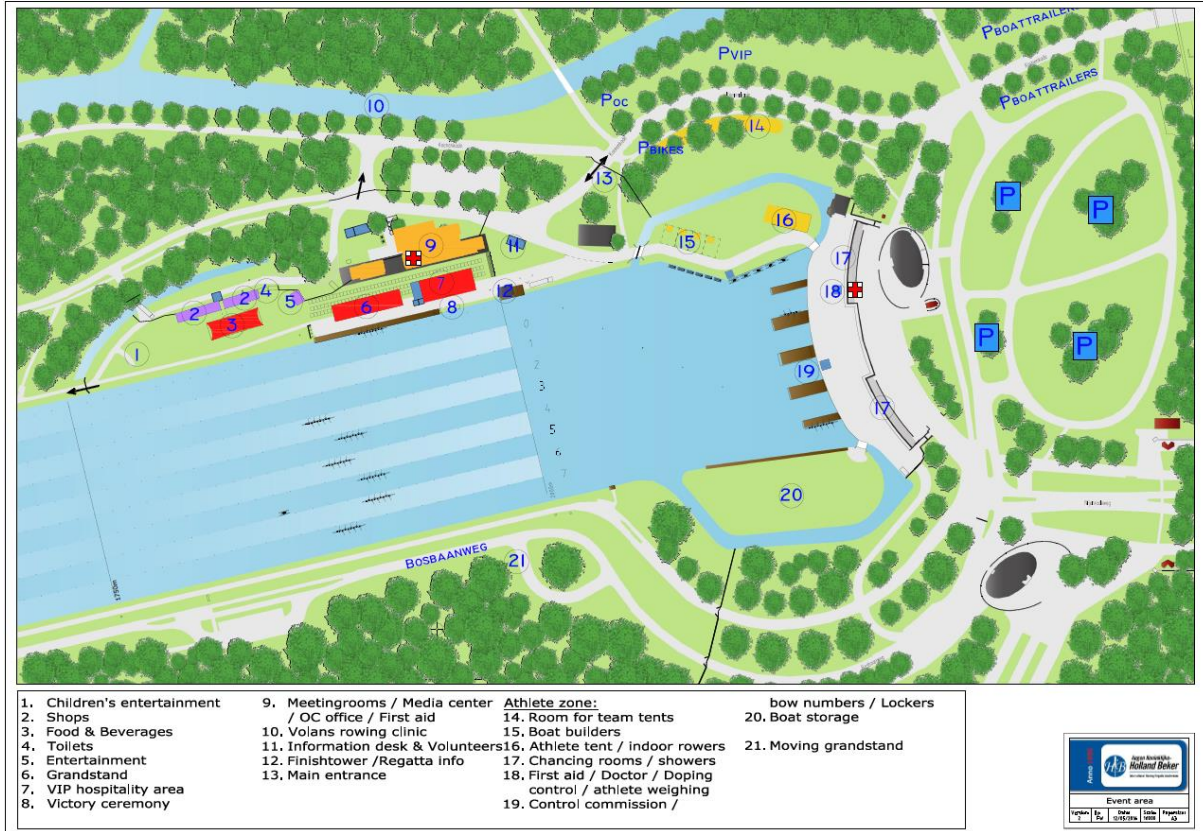
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Join the Regatta at [www.hollandbeker.nl](http://www.hollandbeker.nl) | #hollandbeker | @hollandbeker | Anno 1886



**MANUAL FOR ATHLETES AND TEAM MANAGERS**

**MAP OF THE ROWING COURSE; THE BOSBAAN**



**Welcome to the Aegon Koninklijke-Holland Beker Regatta 2017!**

In this manual you will find useful information for during your stay. If there are any problems, or things we can help you with, there will always be someone at the information desk in the hotel. In case of urgency you can call the regatta's athletes, accommodation and transport manager: Marlies Smulders (+31 652897458). We hope you will enjoy competing at our regatta and we wish you the best of luck!

**TEAMCAPTAIN SPECIFIC INFORMATION**

**CREW CHANGES**

If there are any changes, please fill in complete Crew Change Forms and submit them immediately at the regatta office or send them to regatta@hollandbeker.nl. The regatta office is located in the Finish Tower (located at number 12), on the 1<sup>st</sup> floor.



## MANUAL FOR ATHLETES AND TEAM MANAGERS

### OPENING TIMES VENUE & TRAINING TIMES

There will be unofficial training opportunities From Monday June **19<sup>th</sup>** until Friday June **23<sup>rd</sup>**. These days before there will be no transportation and we advise to take the bus or a cab. You may also rent a bike. Please ask your hotel about bike rental opportunities. The distance between the Mercure hotel and rowing course is 6 km. On Saturday and Sunday there will be training opportunities until half an hour before the first start and after the last finish, unless published differently.

During training there will be no supervision.

### TEAM MANAGERS' MEETINGS

The team managers' meetings will take place on:

<u>Date</u>	<u>Time</u>	<u>Location</u>
Fri 23	6.00 PM	Regatta Course (Olympic Training Centre, ground floor)
Sat 24	6.00 PM	Regatta Course (Olympic Training Centre, ground floor)

### DRAWS

Draw Saturday: Friday evening, after team managers meeting

Draw Sunday: Saturday evening, after team managers meeting

Draws will be published at the finish tower and will be send by fax to the Mercure hotel. The draw is also available at [www.hollandbeker.com](http://www.hollandbeker.com)

### FAIRNESS AND LANE ASSIGNMENT

For the second time, in collaboration with FISA, the Holland Beker regatta will implement a novel way of lane assignment for selected events (24. LW 1x, 25. LM 1x, 26. W 2-, 27. LM 2-, 28. M 2-, 105. W 2-, 106. LM 2-, 107. M 2-, 119. W 1x, 120. M 1x, 121. M 2+, 122. LW 1x, 123. LM 1x). The crew with the best ranking in the previous round will have first choice for which lane that crew will use.

For more information on the procedure see the Holland Beker website, and on the Team Managers Meeting.



## MANUAL FOR ATHLETES AND TEAM MANAGERS

### WEIGHING PROCEDURE

The weighing procedure of the athletes will be according to the regulations of the FISA. On the map, you will find the weighing centre located at number 18. There will be an opportunity to test-weigh. Weighing starts 120 minutes before the first lightweight start.

The minimum weight of boats may be controlled at random in events that are ruled by the FISA rules of racing. Each team is responsible that his boat at least meets the minimum weight. The boat weighing centre is located in the athletes zone opposite of the pontoons and will be indicated there. There will be the opportunity to test-weigh.

- Note 1: In case of hot and dry weather boats become lighter in weight: please make sure to have the correct boat weight at all times.
- Note 2: Rental / Loan boats also need to meet the minimum weight: make please make sure to check this.

<u>Date</u>	<u>Boat weighing</u>	<u>Athletes weighing</u>
Fri 23	From 9 a.m.	From 9 a.m.
Sat 24	From 7 a.m.	From 2 hours before the first
Sun 25	From 7 a.m.	From 2 hours before the first

### IMPORTANT AND EMERGENCY TELEPHONE NUMBERS

Emergency number: **112** (nationwide)  
 Safety officer (land): Pieter Kooijman + 31 624207231  
 Safety officer (on water): Maikel van Dijk + 31 622270166

### MEDICAL SERVICE AT THE VENUE

Of course, first aid and medical service are available at the venue. Located at numbers 9 and 18 on the map, you will find first-aid posts with a qualified doctor and first aid assistance.

Medical officer: Maikel van Dijk + 31 622270166

### REGATTA MANAGEMENT

Regatta Manager: Rolf Denissen + 31 622 528 368

### DOPING CONTROL



#### **MANUAL FOR ATHLETES AND TEAM MANAGERS**

The Doping Control is located in the boathouse area near the first aid and medical service for athletes (number 18 on the map).

#### **DRINKING WATER**

In case of hot weather during the Holland Beker weekend, please make sure to hydrate. The quality of drinking water in the Netherlands is very high, therefore, it is safe to take tap water (e.g. from within the locker rooms). In addition, we have installed mobile water taps and they are located next to the finish tower and on the grass near the toilets.

#### **BOW NUMBERS**

Every boat racing in any event need a bow number. Bow numbers are provided at the tent in the boathouse area (number 19 on the map)

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### TRAFFIC RULES ON ROWING COURSE

GENERAL: Infringement of the regulations can result in an official penalty, a warning, indicated by a yellow card. This yellow card shall remain in effect until the upcoming race has been rowed. A crew receiving two yellow cards which apply to the same race, for any infringement whatsoever, shall be excluded from the event.

### DURING TRAINING

Training rules will apply till 30 minutes before start of the first race and 15 minutes after approval of the last race of the day. Training rules will also apply on Friday.



### DURING RACING (normal weather conditions)

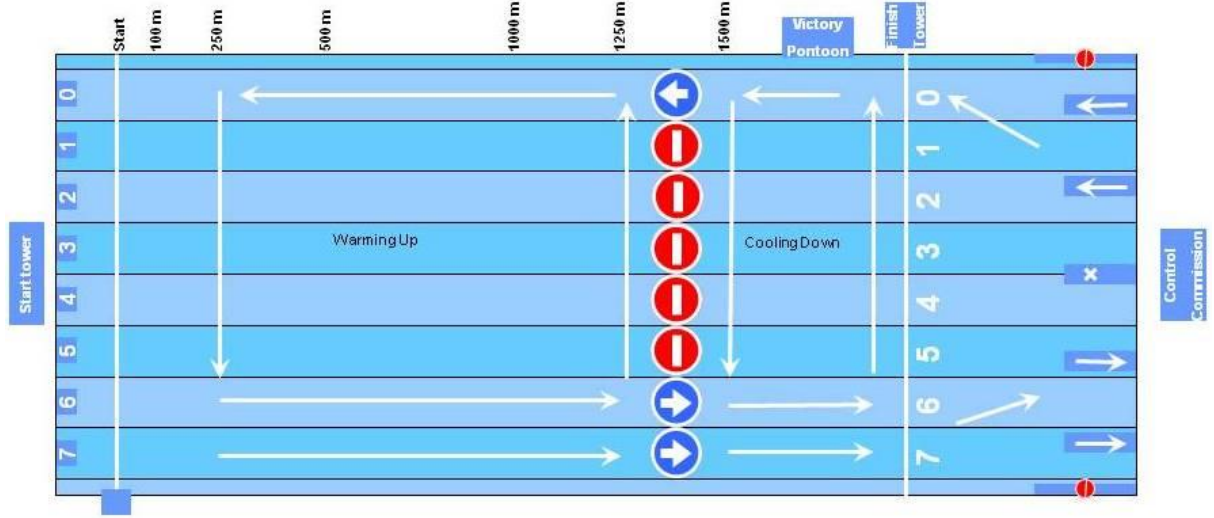
Traffic rules for racing will apply from 30 minutes before start of the first race until after the finish of the last race of the day.

Only the outgoing and incoming pontoons are used to enter or return from the water. The middle pontoon is only to be used when indicated by an official. The quays on the north and south side of the course are not to be used.

No crew is allowed to row towards the start or use the rowing course for warming up earlier than 45 minutes before the start of its event. All crews not involved in a race must always give way to those in a race and stop rowing at a distance of at least 250 meters. Cooling down is allowed as far as the 1500 meter line. Always cross lanes in right angles, and make way for the races. Crews should listen to the instructions of the marshals at all times.

During normal weather conditions lanes 1 – 6 will be used for races. Rowing towards the start must take place in lane 0, the lane closest to the finish tower. Crews should row in the direction of the finish using lane 7 (preferably) or 6, only if none of the racing crews are disturbed or hindered. Warming up and cooling down in lane 1 to 5 is strictly forbidden. In normal situations lane 7 is also in use by the umpire launches returning to the start.

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**TRANSPORT AND ACCOMMODATION SPECIFIC INFORMATION**

**MERCURE AMSTERDAM AIRPORT**

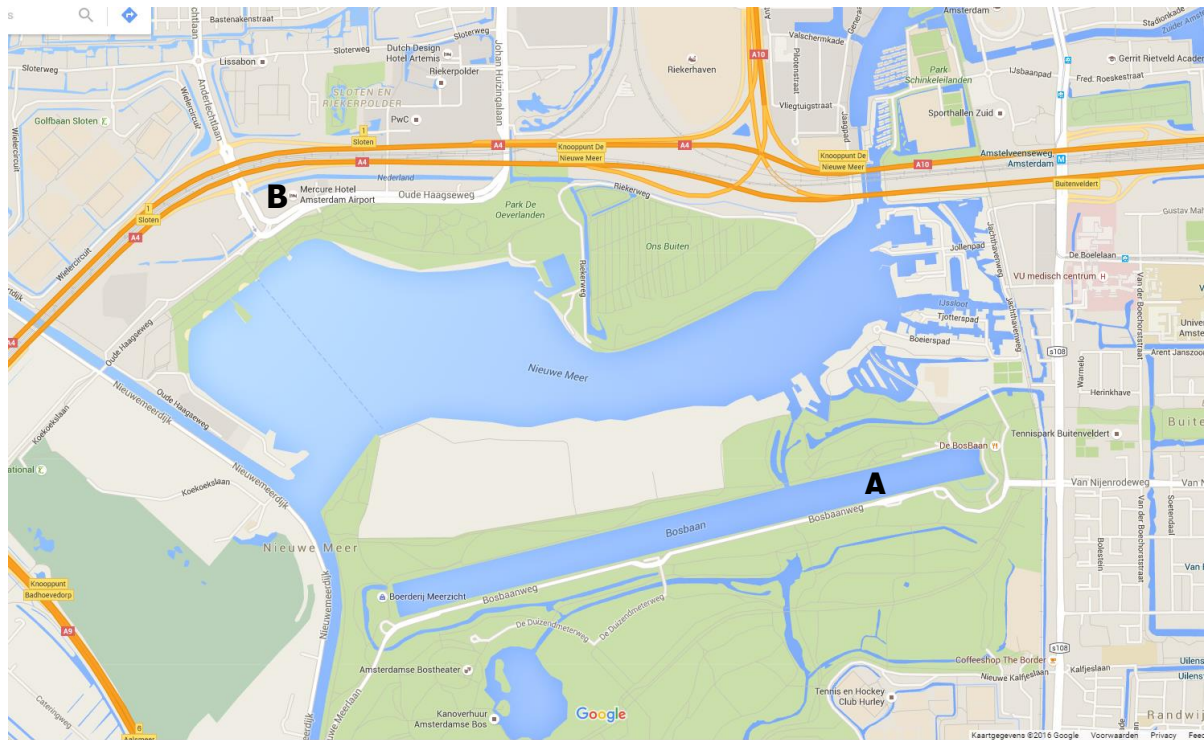
Mercure is a luxury 4-star hotel located in Southern Amsterdam, 9 km from the centre and only 8 km from the airport. The hotel counts 152 guest rooms and offers the highest level of service for all their guests.

Facilities: Business centre, restaurant, bar, terrace, 24h reception, fitness centre. For this event there will also be a regatta information desk in the hotel.

Mercure offers a shuttle service between Schiphol airport and hotel. *If you wish to use this service to the airport, make sure to make a reservation at the reception desk at the Mercure.*

We also have vans to pick you up from the airport. If you would like to use this facility please send an e-mail to [hotelreservations@hollandbeker.nl](mailto:hotelreservations@hollandbeker.nl)

From the hotel you can reach Amsterdam City Centre by Bus 197. For more information, please ask at the hotel reception or Holland Beker service desk.



- A = Rowing course
- B = Mercure Amsterdam Airport Hotel



**MANUAL FOR ATHLETES AND TEAM MANAGERS**



**Location Shuttlebus Mercure Amsterdam Airport**



**AMSTERDAM SCHIPHOL AIRPORT**

**SHUTTLE-BUS MERCURE**

Busstop: Platform A9-A13

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**LET GOOD THINGS HAPPEN** Mercure  
 mercure.com

MERCURE Amsterdam Airport  
 Oude Haagsweg 20  
 NL 1066 BW Amsterdam  
 Tel : +31 20 512 6767



**MANUAL FOR ATHLETES AND TEAM MANAGERS**

**Mercure Amsterdam Airport Shuttle Time Schedule**

You are very welcome to use our free shuttle to the Mercure hotel Amsterdam Airport from busstop A9 at Schiphol.



**Departure Mercure Hotel**

- 06.00
- 06.30
- 07.00
- 07.30
- 08.00
- 08.30
- 09.00
- 10.00
- 11.00
- 11.30
- 17.00
- 18.00
- 18.30
- 19.00
- 19.30
- 20.00
- 20.30
- 21.00
- 22.00
- 23.00
- 23.30

- Between 12.00 and 17.00 on request, please contact the hotel
- Tussen 12.00 en 17.00 op aanvraag, gelieve contact op te nemen met het hotel

**Departure Schiphol Airport A9**

- 06.15
- 06.45
- 07.15
- 07.45
- 08.15
- 08.45
- 09.15
- 10.15
- 11.15
- 11.45
- 17.15
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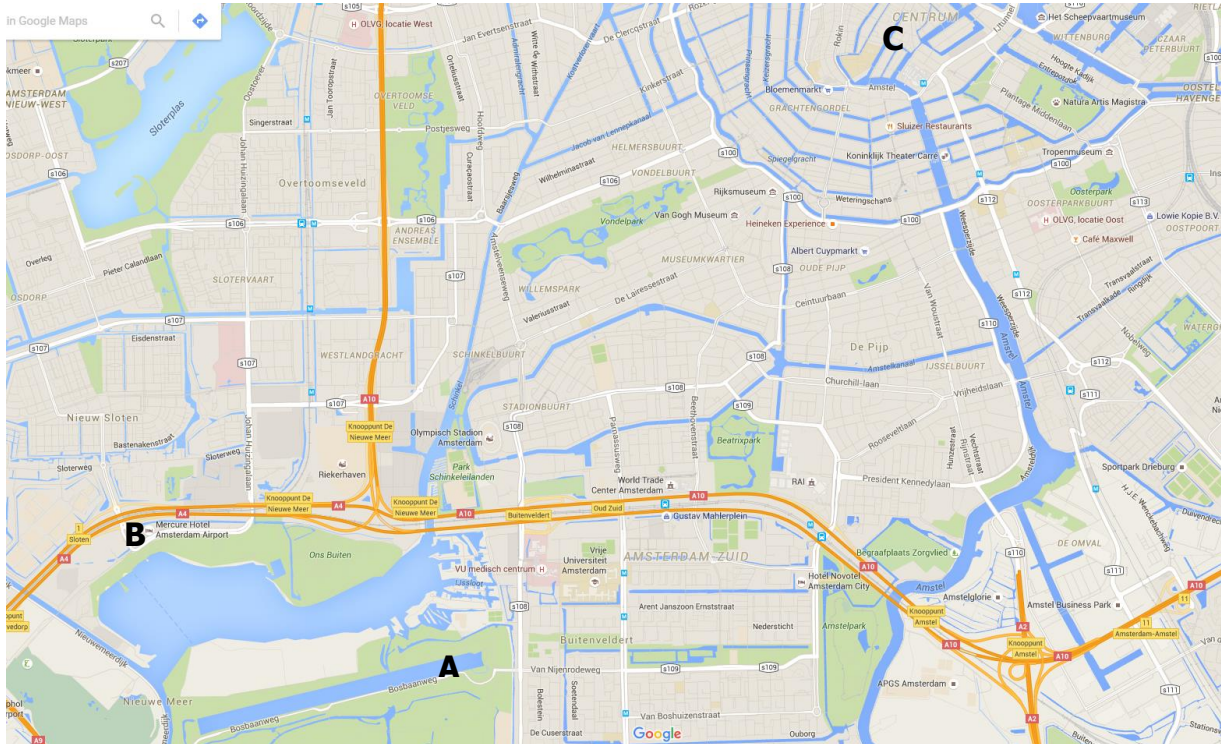
- Between 12.00 and 17.00 on request, please contact the hotel
- Tussen 12.00 en 17.00 op aanvraag, gelieve contact op te nemen met het hotel

Tussen 0.00u en 06.00u rijdt er geen shuttle van en naar het hotel.  
 No time to waste? U kunt ook gebruik maken van Bus 195, 197 of 69. Deze bussen vertrekken elke 10/15 min vanaf Platform B9-11. U vindt het hotel tegenover de halte: Anderlechtlaan.  
 Between 0:00 and 06:00 there is no shuttle service to the hotel or airport  
 No time to waste? You can use public transport: Bus 195, 197 or 69. These buses depart every 10/15 minutes from platform B9-11. You will find the hotel across the street from busstop: Anderlechtlaan.



Phone: +31 (0)20 5126767  
 Mercure Hotel Amsterdam Airport  
 Oude Haagseweg 20, 1066 BW  
 Amsterdam

## MANUAL FOR ATHLETES AND TEAM MANAGERS



- A = Rowing course
- B = Mercure Hotel
- c = City Centre

## AMSTERDAM

While you're staying in Amsterdam for the Holland Beker regatta, there are a lot of things you can do to make your trip unforgettable.

At the regatta service desk in the hotel you can find maps of Amsterdam, information for trips and the possibility to rent a bike.



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### OTHER USEFUL INFORMATION

#### Concerning hotel:

- The Mercure hotel has a large parking area with 350 spaces.
- The hotel offers free WiFi throughout the hotel
- The hotel is a non-smoking area
- There are safes in the hotel in which you can put your personal belongings.
- The gym; the gym is open from 06:00 – 21:00.

#### Concerning rowing course/regatta

- From Monday June 19<sup>rd</sup> until Friday June 23<sup>rd</sup>, a Holland Beker representative will be present on the venue for questions about the Holland Beker (see the schedule below). Please do not hesitate to contact them on the venue or by phone: 010-3074677.
- As from Saturday, June 24<sup>th</sup>, there will be an information desk at the rowing course for any questions regarding the regatta (number 11 on the map).
- The venue offers the possibility to use indoor rowing machines (number 18 on the map).
- The Organising Committee is providing a deposit system for the storage of personal belongings (number 19 on the map).
- Cars can be parked at the controlled PARKING AREA next to the main entrance.
- The LOST AND FOUND service is located at the information desk (number 11 on the map).

#### Concerning Amsterdam:

- There is a shopping mall 1,2 km from the rowing course (Gelderlandplein) where you can find a supermarket, souvenir shops and a lot more.
- The public transport in Amsterdam is organised by the GVB. You can find information about travelling by bus/train/tram at the hotel.
- You will get in the centre of Amsterdam by metro or bus. This will take you 15 minutes.

### MEALS IN THE HOTEL

Both lunch and dinner are warm meals and adjusted to the rowers' diet. Drinks served during meals are included in the residence. Any other consumed drinks are charged to your own account.

Time-schedule for the meals:





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<b>Date</b>		<b>Breakfast</b>	<b>Lunch hotel</b>	<b>Dinner hotel</b>
Thu	2	06.00-10.30	12.00-15.00	17.00-21.00
Fri	3	06.00-10.30	12.00-15.00	17.00-21.00
Sat	4	06.00-10.30	12.00-15.00	17.00-21.00
Sun	5	06.00-10.30	12.00-15.00	17.00-21.00

All day at the course?! At the breakfast-buffet on Saturday and Sunday there will be lunch bags and drinks so you can prepare your own take-away lunch. You can also buy your lunch at the rowing course, this is not included in the hotel price.



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### INFORMATION CONCERNING TRANSPORTATION

This year there will be vans for your transportation between the rowing course and the hotel. The small vans can seat 8 people at a time and will be driving approximately every 15 minutes.

Transportation from hotel to the Bosbaan takes approximately 15 minutes (in normal circumstances). Please take into account that due to traffic jams the vans may have some delay between 07.00-09.30 and 16.00-19.00.

<b>Date</b>		<b>First vans leaving from hotel</b>	<b>Last vans leaving from rowing course</b>
Sat	24	2 hours before first start	19:00
Sun	25	2 hours before first start	19.00

\* The first van will leave approximately 120 minutes before the first start of the racing day.

On Sunday transportation from the Bosbaan to Schiphol Airport is also available during the day.

Transportation manager: René Hillege (+31 6 464 122 13)  
Joep van Drunen (+31 6 137 256 06)

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We would like to see you again on the  
**Koninklijke - Holland Beker Regatta 2018!**

30 June & 1 July 2018  
Bosbaan - Amsterdam