



# OUTDOOR EDITION

# GENERAL INFO

**CrossFit**<sup>®</sup>  
LICENSED | 20  
EVENT | 24



## **DEAR ATHLETES**

Welcome to the 2024 Beach Showdown Outdoor Buddy Edition, a 2024 CrossFit® Licensed Event. Next weekend you and your buddy will compete on The Beach of Zandvoort. With this briefing we hope to give you all the information you need to prepare for the final.

**Some people want it to happen..**

**Some wish it would happen..**

**YOU make it happen..**

## GENERAL INFO

### Organisation

The Beach Showdown, powered and owned by CF Events  
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7314 BB APELDOORN, Netherlands  
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Follow us on Instagram & Facebook [@beachshowdown](https://www.instagram.com/beachshowdown)

### Location

The final will take place on Zandvoort beach. The Beach Showdown is an event licensed by the Zandvoort City Council and based at THE SPOT. Three different fields will be built in front of The Spot's buildings for the workouts. All workouts are on the beach and NOT in the water. We keep a close eye on the weather and inform the volunteers early if the schedule has to be adjusted due to bad weather. The Spot has small dressing rooms, (NO showers), toilets, catering and a drinking water point.

### THE SPOT

Strandafgang Barnaart 23a  
2041 KB Zandvoort, Netherlands  
[www.gotthespot.com](http://www.gotthespot.com)

# GENERAL INFO

## Parking

Parallel, all along the coastline, you will find plenty of PAYING parking spaces on the Boulevard. Parking at the boulevard cost 15 euro per day. Next to the venue is the lifeguard station where there is an absolute ban on parking. This year it's not possible to use the parking lot at the circuit, so make sure you will use the parking spots at the boulevard. The image below shows the different parking options. Make use of these parking spaces and abide by local traffic rules. The organization is not responsible for enforcing these rules (the police are and they will enforce them strictly) and will never intervene in violations. Keep in mind the neighborhood and other visitors who will also use these parking spaces. We recommend traveling together as much as possible.

## Public Transport

If you come by public transports, choose the following stops:

- Bus stop Zandvoort Circuit or Tjerk Hiddestraat (Lijn 84 & 81)
- Central station Zandvoort aan Zee

If you travel by public transport, we advise you to plan your route via [9292.nl](https://9292.nl)

The image consists of two satellite maps of Zandvoort. The left map shows a coastal area with several parking spots marked with 'P' and bus stops marked with 'BUS'. A white arrow points from a 'PARKING BOULEVARD' label to a specific spot. A 'STATION' label points to 'Zandvoort Station'. The right map shows a different section of the coastline with similar markers. A text box on the right provides specific details:

**THE SPOT:**  
STRANDAFGANG BARNAART 23A,  
2041 KB ZANDVOORT

**PARKING BOULEVARD:**  
BOULEVARD BARNAART, ZANDVOORT  
(ALONG THE N200, PARKING ZONE C  
= 15 EURO PER DAY)

**BUS (STOP):**  
ZANDVOORT CIRCUIT /  
TJERK HIDDESTRAAT (LIJN 84 & 81)

**STATION:**  
ZANDVOORT AAN ZEE,  
2041 AG ZANDVOORT

**Beach SHOWDOWN**

## BEACH RULES

The beach in front of the venue is a public beach where city rules apply:

- Dogs are **NOT** allowed between 9am and 7pm on the beach (Dogs are allowed at The Spot)
- Help keep the beach clean
- Watch your children carefully and do not leave them unsupervised on the waterfront
- It is forbidden to park in the spaces provided for the sea rescue team/ lifeguard station located right next to the venue on the Boulevard

Several information boards and flags with directions for swimming have been placed on the beach. It is wise to be aware of these signs. They are there for you!



As this is not a sports activity on or in the water, the organization can **NOT** be held responsible should accidents occur.

## ATHLETES BRIEFING

On Thursday August 29th at 08:00 AM, the workouts, flow and standards will be released on Competition Corner: [The 2024 Beach Showdown Outdoor Buddy Finals - Official 2024 CrossFit® Licensed Event Workouts | Powered by Competition Corner® | Official Site](#)

There will also be a live Q&A going on that evening at 20:00 where you can ask questions about the workouts. We will announce further details on this via our social media channels. If you have any questions, send ahead to [info@beachshowdown.com](mailto:info@beachshowdown.com) so we can already prepare our responses.

## Registration

Athletes can come and register from 08:00 on Saturday August 31st and Sunday September 1st. There are three time slots to register, these are divided by the heats of the first round. Watch your heat and make sure you register within the time block or earlier. On Saturday, you can already come and register for Sunday. Athletes who have ordered merchandise can pick it up at the information.

TIME	ACTIVITY
08:00 – 08:45	HEAT 1 – 4
08:45 – 09:30	HEAT 5 – 7
09:30 – 10:00	HEAT 8 – 10
14:00 – 18:00	EARLY REGISTRATION SUNDAY EVENT

Make sure you have the following with you:

- proof of registration (QR-code);
- photo ID.

Your QR code will be scanned at the entrance. Make sure you have this open on your phone in advance! [Here you can read how to find the QR code in Competition Corner.](#)

After entrance, you can go to the registration desk at the entrance of the Spot (Check the event map). You can register here and pick up your nameplate. When your registration is processed, you will receive your access band. These access bands are personal and may not be passed on under any circumstances. If you lose the access band, you will also lose access to the competition/ athlete area.

## COMPETITION RULES

After receiving this briefing, you will be able to check your day schedule, heat and lane number and the time of the workouts and locations via Competition Corner:

[The 2024 Beach Showdown Outdoor Buddy Finals - Official 2024 CrossFit® Licensed Event Schedule | Powered by Competition Corner ® | Official Site](#)

If you don't know how, follow the instructions via this link <https://help.competitioncorner.net/en/articles/2549689-how-do-i-view-my-heat-schedule>

You also can download all final information at our [Beach Showdown website!](#)

### How it works on the competition floor

- Only 'active' athletes will have access to the warming-up area. You will have access 30 minutes prior before the start of your heat.
- Check-in on the right field at the staging spot (check-in) 10 minutes before the start of your heat. At staging, you will receive your scorecard. Check if your team name, heat and lane number are correct. Once you are staged, stay in the designated waiting area to receive a final briefing.

#### **BASICALLY:**

***If your heat start at 9 am, you will have access to the warmup zone at 8:30 am and you must present yourself at 8:50 am at staging***

- During the transition time, you will be sent onto the field where you will take your place at the assigned lane numbers starting position. There you will hand over your score card to the judge.
- The competition field is not the place and time to ask all sorts of questions. Prepare well beforehand and if something is still not clear, your judge will be happy to help you further.
- When your workout is over you, sign your scorecard and leave the competition zone ASAP. The scorecard stays with your judge and is collected for processing.
- If you bring personal equipment, make sure you take everything back when you are done.
- Don't worry about chalk blocks, we provide (liquid) magnesium.

#### **BE ON TIME...**

If you are too late, the heat will start without you. If there is an opportunity to schedule you in another heat of the same divisions, this will be considered by the competition manager. If there is no place, you will receive a ZERO score.

# EVENT INFO

## General Timetable & Heats

Below you see the general timetable. The heats can be found in the extra attachment in this email and via [competition corner](#). During the final, all schedules can be found at the information desk. Check your start times and be on time for your heat!

TIME	ACTIVITY
08:00 – 10:00	ATHLETE REGISTRATION
09:00 – 11:30	ROUND 1 WORKOUTS
11:30 – 12:15	BREAK
12:15 – 14:45	ROUND 2 WORKOUTS
14:45 – 15:30	BREAK
15:30 – 18:00	ROUND 3 WORKOUTS
18:00 – 18:30	PRIZE CEREMONY

## Event Map

You can find all the important places during the event on this map. During the event you can come to the information desk for all your questions!





## EVENT INFO

### Food & Drinks

During the day/weekend, you will only be able to get food and drinks sold by the venue. You can of course bring your own food and drinks. The spot has a special events menu with healthy and nutritious dishes. There is also a special lunch deal for athletes. If it is very busy at The spot, you can go to the adjacent beach bars for a good lunch or drink (Club Nautique).

Will you also stay for a nice meal and a drink after the event? The spot has a special dinner deal for athletes and their spectators. You can order your beach burger via this link: <https://thespot.eventgoose.com/event/reserveer-je-beach-showdown-burger-2>

Keep the beach and the area around the venue clean, there are plenty of waste bins available. Trash belongs in the bin and not around it. Help us make and keep it a clean event!

### Spectators

Entry is free for all visitors all weekend. Invite all your friends, family and CrossFit buddies to come and support you.

### First AID

The 'Rode Kruis' aid workers will be present during the event. You can find the first aid room near Field 1. Pay close attention during the workouts on the beach and be careful, workouts on the beach are tough!

### Merchandise

You can get your Beach Showdown merchandise at the information desk in front of the 'Media/crew area'.

### Questions?

We hope to have informed you enough with this briefing for the final. If there are any questions please send an email to [info@beachshowdown.com](mailto:info@beachshowdown.com) or dm via our social media channel Instagram @beachshowdown