



ATHLETES SCRIPT
INDIVIDUAL & BUDDY
Edition
2025

Dear Athletes,

Welcome to the 2025 Beach Showdown Indoor Individual & Buddy Edition, a CrossFit® Licensed Event. Next weekend, you will compete on the heated sands of The Beach Aalsmeer. This briefing aims to provide you with 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

Organization

The Beach Showdown, powered and owned by CF Events
Blekersweg 17
7312GK APELDOORN, Netherlands
KvK-n°: 69193711
VAT-n°: NL 857776782B01
Insurance number: 00350071868
www.beachshowdown.com
info@beachshowdown.com

Follow us on Instagram & Facebook [@beachshowdown](https://www.instagram.com/beachshowdown)

Location

The final will take place at the indoor beach location in Aalsmeer. The Beach Aalsmeer is the largest indoor beach venue in the Netherlands. Three different fields will be set up for the final workouts: two on the beach and one in the hall. Shoes and bare feet are allowed during the workouts on the beach. The Beach has dressing rooms with showers and lockers, toilets, catering, and a kids' area. Don't forget your flip flops! ☺

THE BEACH AALSMEER

Oosteinderweg 247 A
1432 AT Aalsmeer
<https://www.beach.nl>

Parking

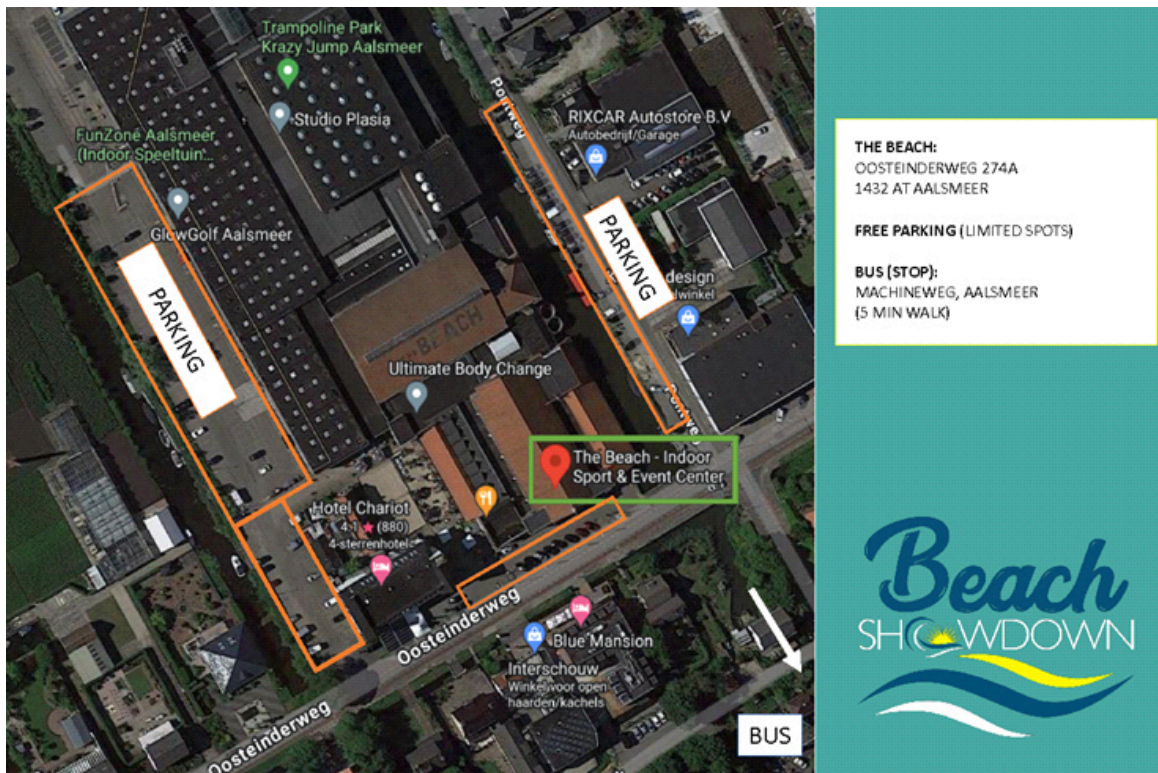
There is a parking area at the location with several spaces where you can park for free (see map). IMPORTANT! The number of parking spaces is limited, so we ask the athletes and spectators to carpool as much as possible.

Public Transport

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

- Bus stop Machineweg, Aalsmeer (Lijn 171) 5 minutes walk

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



Beach Rules

The beach is an indoor sports accommodation where the following rules apply:

- Dogs are **not** allowed
- Own **food** is only allowed in the athlete and crew area
- Help keep the beach **clean**
- Do **not** sit on the edge of the beach field and do not hang in the nets
- Watch your **children** carefully and do not leave them unsupervised

Competition Info

Athletes Briefing

On Thursday February 13th at 08:00 AM, the workouts, flow and standards will be released on Competition Corner: [The 2025 Beach Showdown Indoor FINALS - Individual & Buddy Workouts | Powered by Competition Corner® | Official Site](#)

There will also be a Q&A on our stories on Thursday, February 13th, where you can ask questions about the workouts. On Friday, February 14th, around 19:30, there will be a live briefing on our socials (this will be recorded and available on our social media afterwards). We will announce further details via our social media channels. If you have any questions, please send them ahead to info@beachshowdown.com so we can prepare our responses in advance.

Registration

Athletes can come and register from 08:00 AM on Saturday, February 15th. There are three time slots for registration, which are divided by the heats of the first round. Please check your heat and make sure you register within your designated time block or earlier.

TIME	HEATS
08:00 - 08:45	HEAT 1 - 4
08:45 - 09:30	HEAT 5 - 7
09:30 - 10:15	HEAT 8 - 11

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.](#)

Upon entrance, you are asked to go to the registration desk at the back of the venue (check the event map). You can register here and pick up your nameplate, goodie bag, and t-shirt. Once your registration is processed, you will receive your access band. These access bands are personal and may not be transferred under any circumstances. If you lose your access band, you will also lose access to the competition/athlete area.

Final Planning

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 2025 Beach Showdown Indoor FINALS - Individual & Buddy 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!](#)

Competition Rules

- 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.

General Timetable & Heats

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

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

Event Map

You can find all the important locations for the event on this map. Only athletes and crew are allowed to enter the 'ATHLETE AREA.' This is the only way to access the warm-up area, dressing rooms, and Competition Fields 1 & 2. Competition Field 3 is located in a separate area. During the event, you can visit the information desk for any questions!



Food & drinks


During the event, food and drinks will only be available for purchase from the venue. You are welcome to bring your own food and drinks, but they are only allowed to be consumed in the athlete area. The Beach offers a special events menu featuring healthy and nutritious dishes.

Please respect the venue and consume your own food only in the athlete area. Eating outside this designated area is not allowed. Failure to follow this rule may result in being asked to leave the athlete area.

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

Spectators need to buy a ticket before in the online shop or at the door. Invite all your friends, family and CrossFit buddies to come and support you! As an athlete, you can use the promo code "Kim25" to get an extra 25% discount for your family and friends!

 **Tip:** Choose a group tickets! With this promo code, the cost per ticket drops to less than €10 per person. Perfect for bringing along a big group to cheer you on!

 [Purchase your tickets here!](#)

First AID

First aid will be available during the event. The first aid room is located next to the dressing rooms. Please pay close attention during the workouts on the beach and be cautious—workouts on the beach can be tough!

Merchandise

You can get your Beach Showdown merchandise at the information desk in front of the 'Athlete 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 or dm via our social media channel Instagram @beachshowdown

SEE YOU AT THE BEACH