



MASTERS TEENS

THROWDOWN

ATHLETE SCRIPT 2026

TEAM EDITION

Dear Athlete!

**Congratulations on reaching
the finals of the Masters & Teens
Throwdown Teams of Two Edition,
2026!**

**This athlete script contains all the
information you need to prepare
for the finals on October 10 & 11.**

CONTENTS

GENERAL INFORMATION 4

LOCATION 5

PARKING 6

PUBLIC TRANSPORT 6

WORKOUTS 7

ATHLETE BRIEFINGS 7

COACHES 7

REGISTRATION 8

LEADERBOARD 8

SCORING 8

SEEDING AND RANKINGS 9

FLOW 9

RECOVERY ZONE 11

CHANGING ROOMS 12

VENUE MAP 13

BRIEFINGS 13

APPEALS 14

SCHEDULE 15

GENERAL INFORMATION

Masters & Teens Throwdown is
owned and hosted by

CF Events

Koning Lodewijklaan 752
7314 BB Apeldoorn
Netherlands

hello@mastersteensthrowdown.nl

KvK nr: 69193711

VAT nr: NL857776782B01

Insurance nr: 00350071868



LOCATION

The finals will take place at the
Maaspoort in Den Bosch.

Three different fields will be set up
inside the venue.

Maaspoort
Marathonloop 1
5235 AA
's Hertogenbosch

[Website](#)
[Google Maps](#)

PARKING

- Free parking is available directly next to the venue. Limited Electric vehicle (EV) charging is available on site. Availability cannot be guaranteed.

PUBLIC TRANSPORT

- Busses 6 / 8 / 9 bring you to/from Den Bosch Central Trainstation in approximately 20-25 minutes and a short walk.

WORKOUTS

The Official Rulebook with all workouts will be announced on October 2nd.

Please bring your own jump rope.

ATHLETE BRIEFINGS

Athletes will be briefed by our judges before each workout (read more under the section for "Flow" below).

COACHES

Coaches must purchase a spectator ticket. We will not allow coaches in the athlete only zones (including warm-up and recovery zone).

REGISTRATION

- Upon entering the venue, you will find the Registration Desk on your right hand side.
- Athlete registration opens at 10:00 on Saturday and remains open throughout the day.
- Bring a valid ID and make sure you have your QR code ready in the Circle21 app.

LEADERBOARD

The live Leaderboard will be available on Circle21.

SCORING

At Masters & Teens TD, we use the 100-point system. The points distributed is depending on number of teams in the division.

SEEDING AND RANKINGS

- Throughout the entire weekend, heat and lane assignments will be adjusted according to rankings.
- For the first three workouts on Saturday, seedings will be based on the rankings in the qualifier.
- For the three workouts on Sunday, seedings will be based on the leaderboard on Sunday morning.
- Heats and lane assignments will be updated throughout the weekend. Please check Circle21 for updates.

FLOW

- **30 minutes before your heat start, you will be allowed into the warmup area. Please remember this is a shared zone**

and we have a lot of athletes during the weekend, so be considerate.

- **10 minutes before your heat start, you must be present at the staging area and check in with athlete control.**
- **5 minutes before your heat start, you will be given a quick briefing by one of our head judges.**
- **2 minutes before your heat start, you will be guided onto the floor and to your assigned lane.**
- **Please remember: athlete control will not be able to answer any questions about the workouts. Time with your judge is limited, so make sure you ask all questions at the briefing.**

RECOVERY ZONE

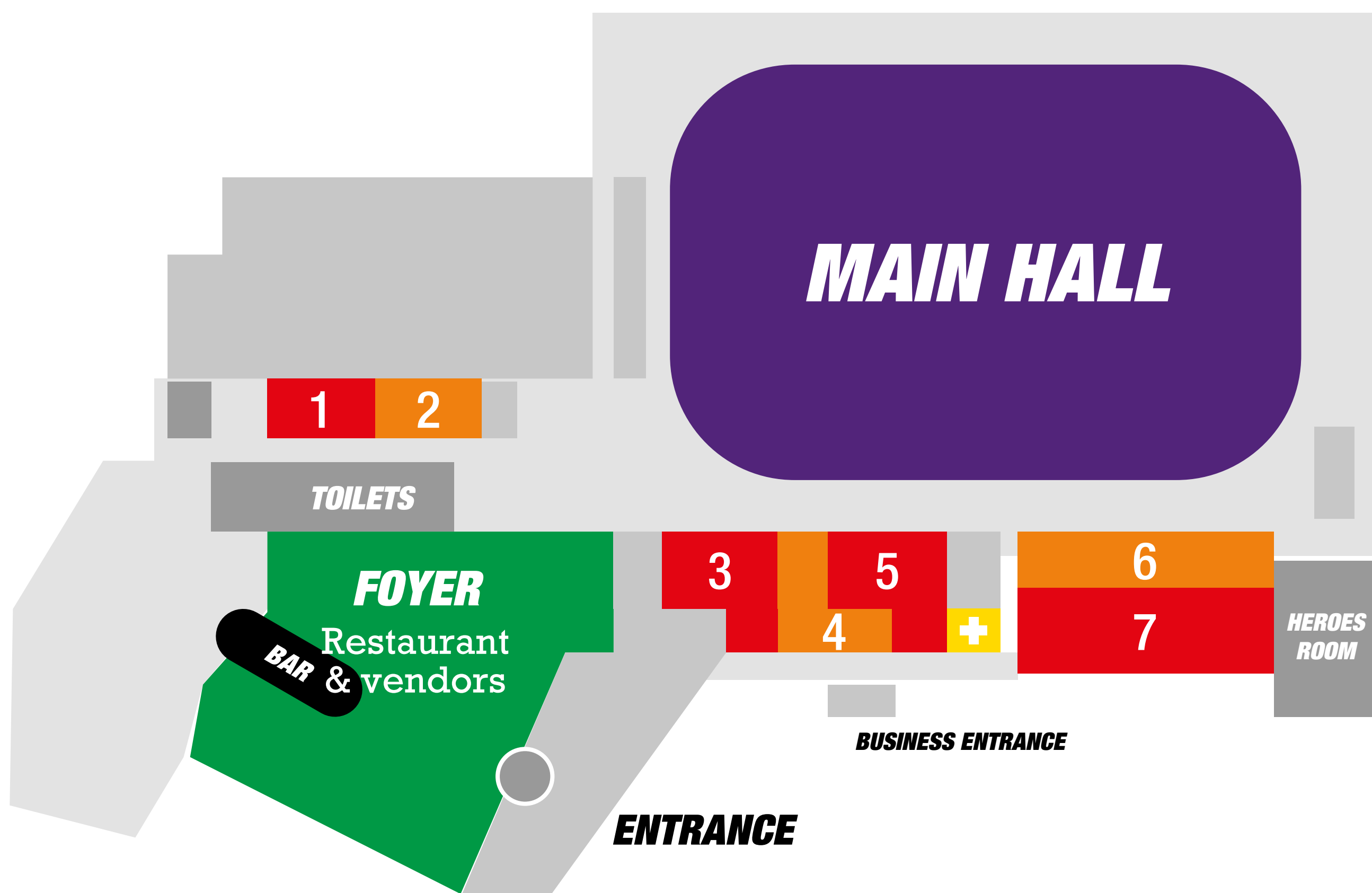
- The Recovery Zone will be managed by K Massage Sportif
- K Massage Sportif will offer Pressotherapy boots (warm and cold) and massage therapists
- Booking and payments for treatments are handled by K Massage Sportif on-site.



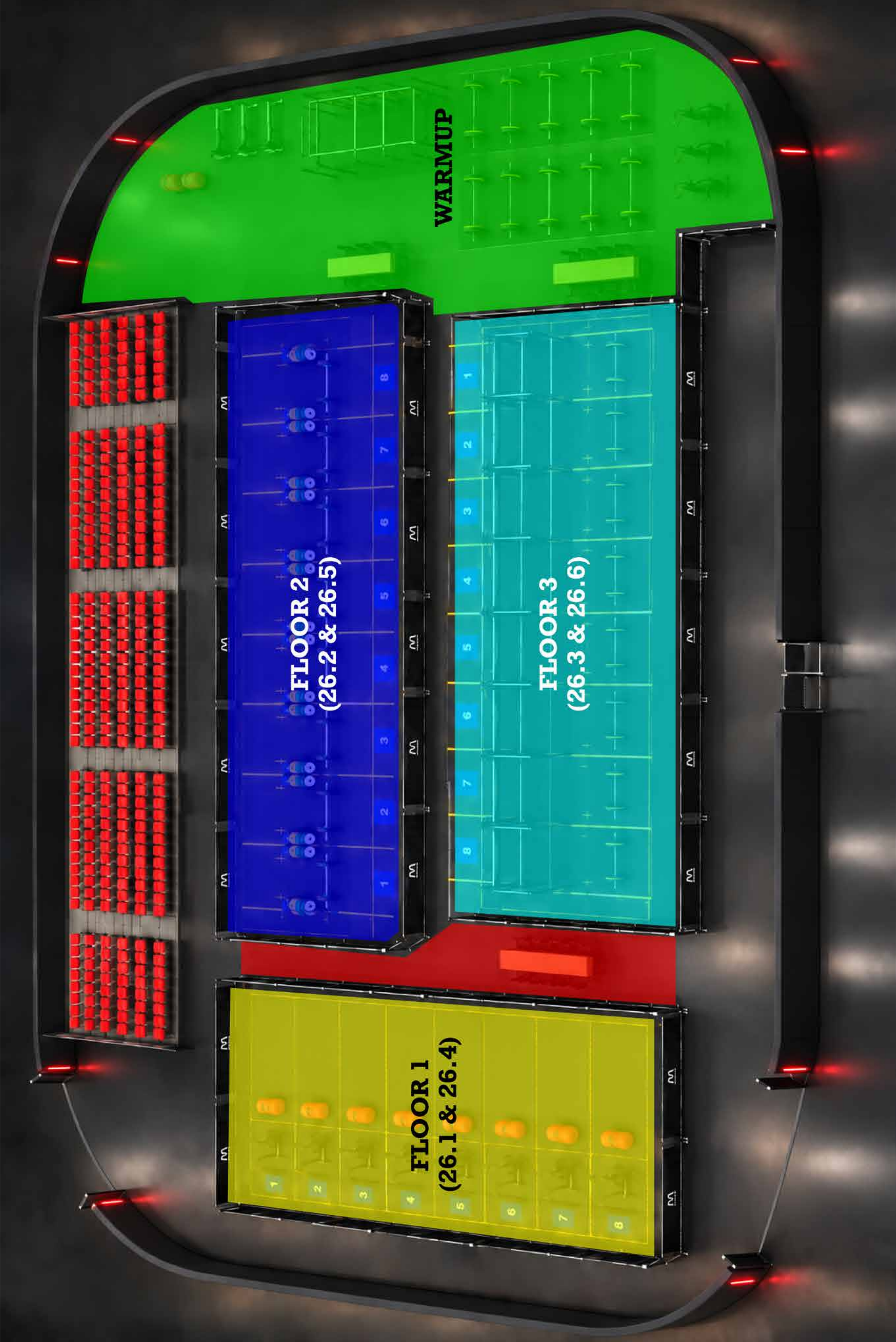
CHANGING ROOMS

- Changing rooms with showers are available for all athletes.
- Signs on site will show which changing rooms are in use.
- Bring your own towel and keep your valuables with you.

BUILDING MAP



VENUE MAP



APPEALS

- Only athletes can submit appeals to the administration.
- Athlete can only appeal their own score and performance.
- Appeals will only be accepted via the appeals form on Circle21.
- It is not possible to appeal a no-rep call. A judging call made on the field stays on the field. Only issues of a technical nature can be appealed.
- Each athlete may submit a maximum of two (2) appeals. This number does not include appeals that are approved.

Go to your Circle 21 dashboard to submit an appeal.

SCHEDULE

GENERAL OVERVIEW

SATURDAY, OCT 10

10.00	Doors open
11.00-17.30	Workouts 26.1, 26.2 and 26.3

SUNDAY, OCT 11

08.00	Doors open
09.00-16.10	Workouts 26.4, 26.5 and 26.6
16.30	Awards ceremony

All times are subject to change.

Always check the Circle21 app or website on the day for the latest schedule, so you're on time for warm-up and athlete check-in.

SCHEDULE BY DIVISION (subject to change)

RX M/M 70+			
SAT	26.1	26.2	26.3
	<i>15.30-15.57</i>	<i>13.15-13.42</i>	<i>11.00-11.25</i>
SUN	26.4	26.5	26.6
	<i>13.45-14.08</i>	<i>11.40-12.11</i>	<i>09.00-09.28</i>

RX M/M 80+			
SAT	26.1	26.2	26.3
	<i>16.00-16.12</i>	<i>13.45-13.57</i>	<i>11.30-11.40</i>
SUN	26.4	26.5	26.6
	<i>14.19-14.25</i>	<i>12.14-12.28</i>	<i>09.34-09.45</i>

RX M/M 90+			
SAT	26.1	26.2	26.3
	<i>16.15-16.27</i>	<i>14.00-14.12</i>	<i>11.45-11.55</i>
SUN	26.4	26.5	26.6
	<i>14.36-14.42</i>	<i>12.31-12.45</i>	<i>09.51-10.02</i>

RX M/M 100+			
SAT	26.1	26.2	26.3
	<i>16.30-16.42</i>	<i>14.15-14.27</i>	<i>12.00-12.10</i>
SUN	26.4	26.5	26.6
	<i>14.53-14.59</i>	<i>12.48-13.02</i>	<i>10.08-10.19</i>

SCHEDULE BY DIVISION (subject to change)

RX M/M 110+			
SAT	26.1	26.2	26.3
	<i>16.15-16.27</i>	<i>14.00-14.12</i>	<i>11.45-11.55</i>
SUN	26.4	26.5	26.6
	<i>14.36-14.42</i>	<i>12.31-12.45</i>	<i>09.51-10.02</i>

RX M/F 60+			
SAT	26.1	26.2	26.3
	<i>14.30-14.42</i>	<i>12.15-12.27</i>	<i>16.45-16.55</i>
SUN	26.4	26.5	26.6
	<i>12.45-12.51</i>	<i>10.25-10.39</i>	<i>15.00-15.11</i>

RX M/F 70+			
SAT	26.1	26.2	26.3
	<i>14.45-14.57</i>	<i>12.30-12.42</i>	<i>17.00-17.10</i>
SUN	26.4	26.5	26.6
	<i>13.00-13.06</i>	<i>10.42-10.56</i>	<i>15.15-15.26</i>

RX M/F 80+			
SAT	26.1	26.2	26.3
	<i>14.30-14.42</i>	<i>12.15-12.27</i>	<i>16.45-16.55</i>
SUN	26.4	26.5	26.6
	<i>12.45-12.51</i>	<i>10.25-10.39</i>	<i>15.00-15.11</i>

SCHEDULE BY DIVISION (subject to change)

RX M/F 90+			
SAT	26.1	26.2	26.3
	<i>14.15-14.27</i>	<i>12.00-12.12</i>	<i>16.30-16.40</i>
SUN	26.4	26.5	26.6
	<i>12.30-12.36</i>	<i>10.08-10.22</i>	<i>14.45-14.56</i>

RX M/F 100+			
SAT	26.1	26.2	26.3
	<i>14.00-14.12</i>	<i>11.45-11.57</i>	<i>16.15-16.25</i>
SUN	26.4	26.5	26.6
	<i>12.15-12.21</i>	<i>09.51-10.05</i>	<i>14.30-14.41</i>

RX M/F 110+			
SAT	26.1	26.2	26.3
	<i>14.15-14.27</i>	<i>12.00-12.12</i>	<i>16.30-16.40</i>
SUN	26.4	26.5	26.6
	<i>12.30-12.36</i>	<i>10.08-10.22</i>	<i>14.45-14.56</i>

RX F/F 70+			
SAT	26.1	26.2	26.3
	<i>16.45-16.57</i>	<i>14.30-14.42</i>	<i>12.15-12.25</i>
SUN	26.4	26.5	26.6
	<i>15.10-15.16</i>	<i>13.05-13.19</i>	<i>10.23-10.34</i>

SCHEDULE BY DIVISION (subject to change)

RX F/F 80+			
SAT	26.1	26.2	26.3
	<i>17.00-17.12</i>	<i>14.45-14.57</i>	<i>12.30-12.40</i>
SUN	26.4	26.5	26.6
	<i>15.27-15.33</i>	<i>13.22-13.36</i>	<i>10.38-10.49</i>

RX F/F 90+			
SAT	26.1	26.2	26.3
	<i>17.00-17.12</i>	<i>14.45-14.57</i>	<i>12.30-12.40</i>
SUN	26.4	26.5	26.6
	<i>15.27-15.33</i>	<i>13.22-13.36</i>	<i>10.38-10.49</i>

RX F/F 110+			
SAT	26.1	26.2	26.3
	<i>17.00-17.12</i>	<i>14.45-14.57</i>	<i>12.30-12.40</i>
SUN	26.4	26.5	26.6
	<i>15.27-15.33</i>	<i>13.22-13.36</i>	<i>10.38-10.49</i>

INTERMEDIATE M/M 60+			
SAT	26.1	26.2	26.3
	<i>11.00-11.12</i>	<i>15.30-15.42</i>	<i>13.15-13.25</i>
SUN	26.4	26.5	26.6
	<i>09.00-09.06</i>	<i>14.13-14.27</i>	<i>11.30-11.41</i>

SCHEDULE BY DIVISION (subject to change)

INTERMEDIATE M/M 70+			
SAT	26.1	26.2	26.3
	11.15-11.42	15.45-16.12	13.30-13.55
SUN	26.4	26.5	26.6
	09.17-09.40	14.30-15.01	11.45-12.11

INTERMEDIATE M/M 80+			
SAT	26.1	26.2	26.3
	11.45-11.57	16.15-16.27	14.00-14.10
SUN	26.4	26.5	26.6
	09.51-09.57	15.04-15.18	12.15-12.26

INTERMEDIATE M/M 90+			
SAT	26.1	26.2	26.3
	11.45-11.57	16.15-16.27	14.00-14.10
SUN	26.4	26.5	26.6
	09.51-09.57	15.04-15.18	12.15-12.26

INTERMEDIATE M/M 100+			
SAT	26.1	26.2	26.3
	11.00-11.27	15.30-15.57	13.15-13.40
SUN	26.4	26.5	26.6
	09.00-09.23	14.13-14.44	11.30-11.56

SCHEDULE BY DIVISION (subject to change)

INTERMEDIATE M/M 110+			
SAT	26.1	26.2	26.3
	<i>11.30-11.42</i>	<i>16.00-16.12</i>	<i>13.45-13.55</i>
SUN	26.4	26.5	26.6
	<i>09.34-09.40</i>	<i>14.47-15.01</i>	<i>12.00-12.11</i>

INTERMEDIATE M/F 60+			
SAT	26.1	26.2	26.3
	<i>13.45-13.57</i>	<i>11.30-11.42</i>	<i>16.00-16.10</i>
SUN	26.4	26.5	26.6
	<i>12.00-12.06</i>	<i>09.34-09.48</i>	<i>14.15-14.26</i>

INTERMEDIATE M/F 70+			
SAT	26.1	26.2	26.3
	<i>13.30-13.42</i>	<i>11.15-11.27</i>	<i>15.45-15.55</i>
SUN	26.4	26.5	26.6
	<i>11.45-11.51</i>	<i>09.17-09.31</i>	<i>14.00-14.11</i>

INTERMEDIATE M/F 80+			
SAT	26.1	26.2	26.3
	<i>13.45-13.57</i>	<i>11.30-11.42</i>	<i>16.00-16.10</i>
SUN	26.4	26.5	26.6
	<i>12.00-12.06</i>	<i>09.34-09.48</i>	<i>14.15-14.26</i>

SCHEDULE BY DIVISION (subject to change)

INTERMEDIATE M/F 90+			
SAT	26.1	26.2	26.3
	<i>13.15-13.27</i>	<i>11.00-11.12</i>	<i>15.30-15.40</i>
SUN	26.4	26.5	26.6
	<i>11.30-11.36</i>	<i>09.00-09.14</i>	<i>13.45-13.56</i>

INTERMEDIATE M/F 100+			
SAT	26.1	26.2	26.3
	<i>13.15-13.27</i>	<i>11.00-11.12</i>	<i>15.30-15.40</i>
SUN	26.4	26.5	26.6
	<i>11.30-11.36</i>	<i>09.00-09.14</i>	<i>13.45-13.56</i>

INTERMEDIATE F/F 60+			
SAT	26.1	26.2	26.3
	<i>12.00-12.12</i>	<i>16.30-16.42</i>	<i>14.15-14.25</i>
SUN	26.4	26.5	26.6
	<i>10.08-10.14</i>	<i>15.21-15.35</i>	<i>12.30-12.41</i>

INTERMEDIATE F/F 70+			
SAT	26.1	26.2	26.3
	<i>12.15-12.27</i>	<i>16.45-16.57</i>	<i>14.30-14.40</i>
SUN	26.4	26.5	26.6
	<i>10.23-10.29</i>	<i>15.38-15.52</i>	<i>12.45-12.56</i>

SCHEDULE BY DIVISION (subject to change)

INTERMEDIATE F/F 80+			
SAT	26.1	26.2	26.3
	<i>12.30-12.42</i>	<i>17.00-17.12</i>	<i>14.45-14.55</i>
SUN	26.4	26.5	26.6
	<i>10.38-10.44</i>	<i>15.55-16.09</i>	<i>13.00-13.11</i>

INTERMEDIATE F/F 90+			
SAT	26.1	26.2	26.3
	<i>12.15-12.42</i>	<i>16.45-17.12</i>	<i>14.30-14.55</i>
SUN	26.4	26.5	26.6
	<i>10.23-10.44</i>	<i>15.38-16.09</i>	<i>12.45-13.11</i>

TEEN 12-15 M/M			
SAT	26.1	26.2	26.3
	<i>16.15-16.27</i>	<i>14.00-14.12</i>	<i>11.45-11.55</i>
SUN	26.4	26.5	26.6
	<i>14.36-14.42</i>	<i>12.31-12.45</i>	<i>09.51-10.02</i>