

# MASTERS TEENS

THROWDOWN

**ATHLETE  
SCRIPT  
2026**

# ***Dear Athlete!***

**Congratulations on reaching the finals of the  
Masters & Teens Throwdown 2026!**

**With this briefing, we hope to give you all the  
information you need to prepare for the finals  
on February 14-15.**

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# **GENERAL INFORMATION**

Masters & Teens Throwdown is owned and hosted by

**CF Events**

Koning Lodewijklaan 752  
7314 BB Apeldoorn  
Netherlands

[hello@mastersteensthrowdown.nl](mailto:hello@mastersteensthrowdown.nl)

KvK nr: 69193711  
VAT nr: NL857776782B01  
Insurance nr: 00350071868



## ***LOCATION***

The finals will take place in ***Hall 12 (Tabaksfabriek)*** at the ***Van Nelle Fabriek***, Rotterdam.

Three different fields will be built in the hall for the workouts.

**Van Nelle Fabriek**  
**Van Nelleweg 1**  
**3044 BC Rotterdam**

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

## **PARKING**

- There is plenty parking space directly next to the venue. Parking fee: €8,- per day (or part of it). Limited Electric vehicle (EV) charging is available on site. Availability cannot be guaranteed.

## **PUBLIC TRANSPORT**

- Bus 38 brings you to/from Rotterdam Central Trainstation in 8 minutes and a short walk.

# **WORKOUTS**

The Official Rulebook with all workouts will be announced on February 6th.

## **ATHLETE BRIEFINGS**

- Rulebook will be available at [mastersteensthrowdown.nl/rulebook](http://mastersteensthrowdown.nl/rulebook).
- Athletes will be briefed by our judges team before of each workout (read more under the section for "Flow" below).

## **COACHES**

- Coaches will have to purchase a spectator ticket.
- We will not allow coaches in the athlete zones (warm-up, dressing rooms and recovery zone).
- Teen athletes are allowed to bring one adult for guidance and support. This can be a coach or a parent.

# **REGISTRATION**

- Registration for all athletes will be open on Friday, February 13 at 16.00 until 19.00 and all day on Saturday from 07.00.
- Bring your ID and the QR code you received in your email from Competition Corner upon registering your spot at the finals.
- If you can't find your QR code, it can be retrieved by logging into your account at Competition Corner. [Here's a quick guide on how.](#)
- When you enter the venue, follow your way in by going to the left into the larger hallway, where you will find the Registration Desk.

# **LEADERBOARD**

The live Leaderboard will be available on Competition Corner.

## **SCORING**

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

## **SEEDING AND RANKINGS**

- Through 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 Competition Corner for updates.

# FLOW

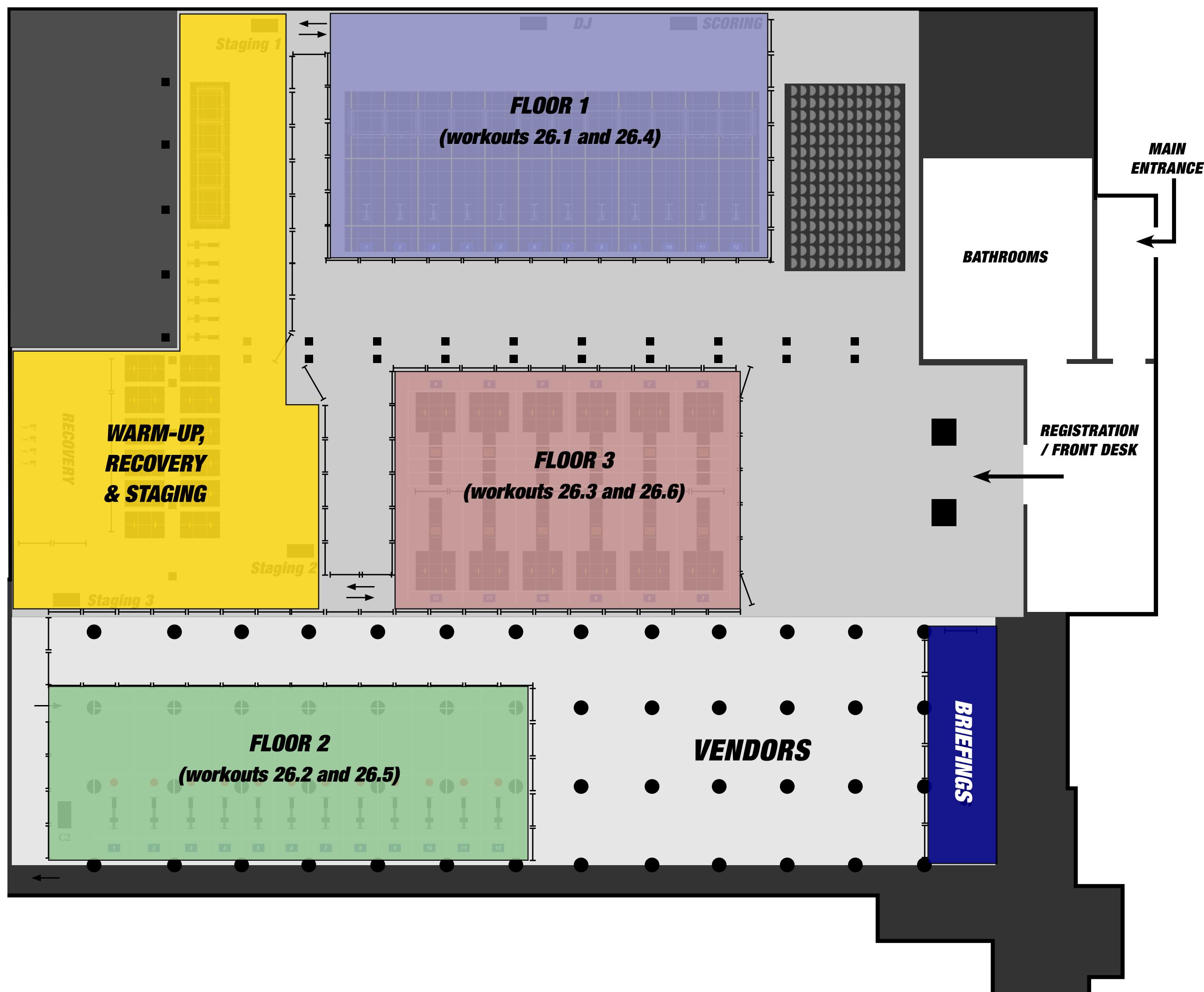
- **40 minutes** before your heat start you will be invited to a briefing for that specific workout (check map for location). This is where we give you some good advice and where you can ask questions.
- **30 minutes** before your heat start, you will be allowed into the warmup area. Please remember this is a shared zone and we have a lot of athletes during the weekend, so be mindful.
- **10 minutes** before your heat start, you must be present at the staging area and give your name to the athlete control.
- **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 & Oerkracht
- K Massage Sportif will provide Pressotherapy boots (warm and cold) and massage therapists
- Oerkracht (Advanced Wim Hof Methode Instructor) will provide guided ice baths to experience the health-promoting effects of it.
- Booking and payments for treatments are handled by K Massage Sportif and Oerkracht on-site.



# 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 this page.
- It is not possible to appeal a no-rep call. A call made on the field stays on the field. Only issues of a technical nature can be appealed.
- Each athlete can only submit an appeal two (2) times. This number does not include appeals that are approved.

Go to your [CC Dashboard](#) to submit an appeal.

# **SCHEDULE**

## **GENERAL OVERVIEW**

### ***FRIDAY, FEB 13***

**16.00-19.00 Pre-Registration**

### ***SATURDAY, FEB 14***

**07.00                   Doors open**

**08.00-19.30           Workouts 26.1, 26.2 and 26.3**

**16.30                   Awards Intermediate Divisions**

### ***SUNDAY, FEB 15***

**07.00                   Doors open**

**08.00-17.30           Workouts 26.4, 26.5 and 26.6**

**18.00                   Awards RX & Teens**

## SCHEDULE BY DIVISION (prel)

### TEEN BOYS 13-14

SAT	26.1	26.2	26.3
	08:00-08:11	10:40-10:52	-
SUN	26.4	26.5	26.6
	09:39-09:52	12:39-12:49	15:44-15:56

### TEEN BOYS 15-16

SAT	26.1	26.2	26.3
	08:15-08:26	10:57-11:09	-
SUN	26.4	26.5	26.6
	09:58-10:11	12:53-13:03	15:59-16:11

### TEEN BOYS 17-18

SAT	26.1	26.2	26.3
	08:30-08:41	11:14-11:26	13:00-13:05
SUN	26.4	26.5	26.6
	10:14-10:27	13:07-13:17	16:16-16:28

### TEEN BOYS 19-20

SAT	26.1	26.2	26.3
	08:45-08:56	11:29-11:41	13:06-13:10
SUN	26.4	26.5	26.6
	14:30-14:43	08:00-08:10	11:10-11:22

## SCHEDULE BY DIVISION (prel)

### TEEN GIRLS 13-14

SAT	26.1	26.2	26.3
	10:40-11:06	08:00-08:27	-
SUN	26.4	26.5	26.6
	13:39-14:11	16:36-17:00	10:21-10:48

### TEEN GIRLS 15-16

SAT	26.1	26.2	26.3
	10:55-11:21	08:15-08:44	-
SUN	26.4	26.5	26.6
	13:23-13:52	16:22-16:46	10:04-10:33

### TEEN GIRLS 17-18

SAT	26.1	26.2	26.3
	11:10-11:21	08:32-08:44	13:30-13:41
SUN	26.4	26.5	26.6
	13:23-13:36	16:22-16:32	10:04-10:16

### TEEN GIRLS 19-20

SAT	26.1	26.2	26.3
	11:25-11:36	08:49-09:01	13:30-13:41
SUN	26.4	26.5	26.6
	13:07-13:20	16:08-16:18	09:47-09:59

## SCHEDULE BY DIVISION (prel)

### RX MALE 30-34

SAT	26.1 15:40-15:51	26.2 18:47-18:59	26.3 10:30-10:35
SUN	26.4 14:46-14:59	26.5 08:14-08:24	26.6 11:25-11:37

### RX MALE 35-39

SAT	26.1 15:55-16:36	26.2 19:04-19:46	26.3 10:36-10:53
SUN	26.4 15:02-15:47	26.5 08:28-09:06	26.6 11:40-12:22

### RX MALE 40-44

SAT	26.1 16:45-17:26	26.2 13:40-14:22	26.3 10:54-11:11
SUN	26.4 15:50-16:35	26.5 09:10-09:48	26.6 12:25-13:07

### RX MALE 45-49

SAT	26.1 17:30-18:11	26.2 14:25-15:07	26.3 11:12-11:29
SUN	26.4 16:38-17:23	26.5 09:52-10:30	26.6 13:10-13:52

## SCHEDULE BY DIVISION (prel)

### RX MALE 50-54

SAT	26.1 18:15-18:56	26.2 15:10-15:52	26.3 11:44-11:57
SUN	26.4 08:00-08:45	26.5 11:15-11:53	26.6 14:10-14:54

### RX MALE 55-59

SAT	26.1 18:45-19:11	26.2 15:40-16:07	26.3 11:58-12:06
SUN	26.4 08:32-09:01	26.5 11:43-12:07	26.6 14:42-15:11

### RX MALE 60-64

SAT	26.1 19:15-19:26	26.2 16:12-16:24	26.3 12:21-12:26
SUN	26.4 09:07-09:20	26.5 12:11-12:21	26.6 15:14-15:26

### RX MALE 65+

SAT	26.1 19:30-19:41	26.2 16:27-16:39	26.3 12:27-12:30
SUN	26.4 09:23-09:36	26.5 12:25-12:35	26.6 15:29-15:41

## SCHEDULE BY DIVISION (prel)

### RX FEMALE 30-34

SAT	26.1 13:40-13:51	26.2 16:45-16:57	26.3 09:00-09:09
SUN	26.4 12:51-13:04	26.5 15:54-16:04	26.6 09:32-09:44

### RX FEMALE 35-39

SAT	26.1 13:55-14:06	26.2 17:00-17:12	26.3 09:07-09:17
SUN	26.4 12:35-12:48	26.5 15:40-15:50	26.6 09:17-09:29

### RX FEMALE 40-44

SAT	26.1 14:10-14:36	26.2 17:15-17:42	26.3 09:15-09:25
SUN	26.4 12:03-12:32	26.5 15:12-15:36	26.6 08:47-09:14

### RX FEMALE 45-49

SAT	26.1 14:25-14:51	26.2 17:30-17:57	26.3 09:23-09:33
SUN	26.4 11:47-12:16	26.5 14:58-15:22	26.6 08:32-08:59

## SCHEDULE BY DIVISION (prel)

### RX FEMALE 50-54

SAT	26.1 14:55-15:06	26.2 18:00-18:12	26.3 09:43-09:59
SUN	26.4 11:31-11:44	26.5 14:44-14:54	26.6 08:17-08:29

### RX FEMALE 55-59

SAT	26.1 15:10-15:21	26.2 18:15-18:27	26.3 09:43-09:59
SUN	26.4 11:15-11:28	26.5 14:30-14:40	26.6 08:00-08:12

### RX FEMALE 60-64

SAT	26.1 15:25-15:36	26.2 18:32-18:44	26.3 10:09-10:22
SUN	26.4 10:49-11:02	26.5 13:35-13:45	26.6 16:48-17:00

### RX FEMALE 65+

SAT	26.1 12:55-13:06	26.2 10:19-10:31	26.3 15:39-15:54
SUN	26.4 10:33-10:46	26.5 13:21-13:31	26.6 16:33-16:45

**SCHEDULE BY DIVISION (prel)****INTERMEDIATE MALE 30-34****SAT****26.1****26.2****26.3****09:00-09:11      11:44-11:56      13:56-13:58****INTERMEDIATE MALE 35-39****SAT****26.1****26.2****26.3****09:00-09:26      11:44-12:11      13:59-14:04****INTERMEDIATE MALE 40-44****SAT****26.1****26.2****26.3****09:15-09:41      11:59-12:26      14:05-14:11****INTERMEDIATE MALE 45-49****SAT****26.1****26.2****26.3****09:30-09:56      12:14-12:41      14:12-14:18**

**SCHEDULE BY DIVISION (prel)****INTERMEDIATE MALE 50-54****SAT****26.1****26.2****26.3****10:00-10:11    12:44-12:56    14:32-14:37****INTERMEDIATE MALE 55-59****SAT****26.1****26.2****26.3****10:15-10:26    13:01-13:13    14:38-14:40****INTERMEDIATE MALE 60-64****SAT****26.1****26.2****26.3****10:15-10:26    13:01-13:13    14:49-14:53****INTERMEDIATE MALE 65+****SAT****26.1****26.2****26.3****10:15-10:26    13:01-13:13    14:50-14:55**

**SCHEDULE BY DIVISION (prel)****INTERMEDIATE FEMALE 30-34**

SAT	26.1	26.2	26.3
	11:40-11:51	09:04-09:16	15:05-15:15

**INTERMEDIATE FEMALE 35-39**

SAT	26.1	26.2	26.3
	11:55-12:06	09:19-09:31	15:13-15:23

**INTERMEDIATE FEMALE 40-44**

SAT	26.1	26.2	26.3
	12:10-12:21	09:34-09:46	15:21-15:31

**INTERMEDIATE FEMALE 45-49**

SAT	26.1	26.2	26.3
	12:25-12:36	09:49-10:01	15:29-15:39

**SCHEDULE BY DIVISION (prel)****INTERMEDIATE FEMALE 50-54****SAT****26.1****26.2****26.3****12:40-12:51 10:04-10:16 15:39-15:51****INTERMEDIATE FEMALE 55-59****SAT****26.1****26.2****26.3****12:55-13:06 10:19-10:31 15:39-15:51****INTERMEDIATE FEMALE 60-64****SAT****26.1****26.2****26.3****12:55-13:06 10:19-10:31 15:56-16:01**