



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

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.
- 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

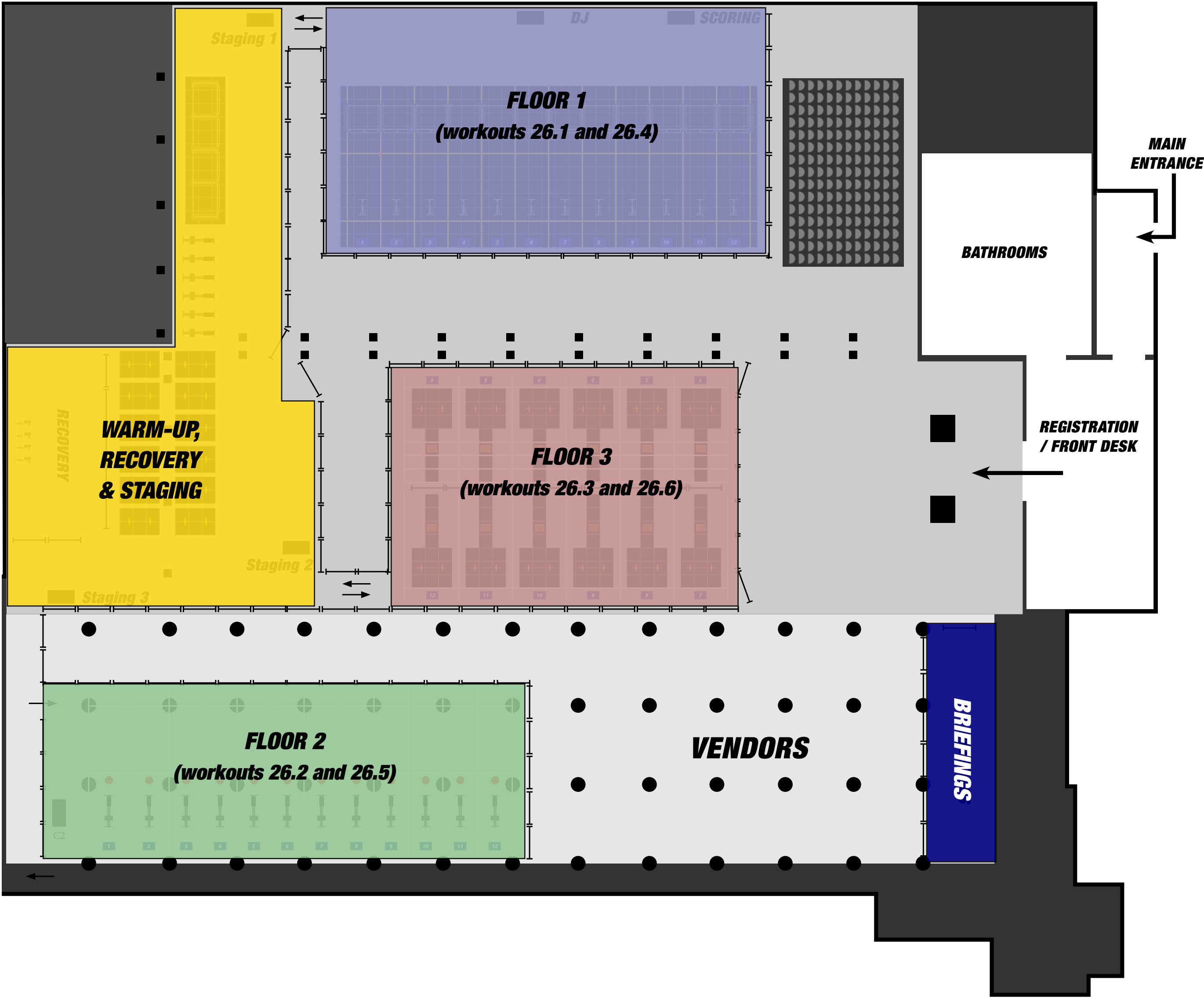
- **40 minutes** before your heat start you will be invited to a briefing for that specific workout (check map for location). This is where we give you some good advice and where you can ask questions.
- **30 minutes** before your heat start, you will be allowed into the warmup area. Please remember 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	<i>26.1</i>	<i>26.2</i>	<i>26.3</i>
	08:00-08:11	10:40-10:52	-
SUN	<i>26.4</i>	<i>26.5</i>	<i>26.6</i>
	09:39-09:52	12:39-12:49	15:44-15:56
TEEN BOYS 15-16			
SAT	<i>26.1</i>	<i>26.2</i>	<i>26.3</i>
	08:15-08:26	10:57-11:09	-
SUN	<i>26.4</i>	<i>26.5</i>	<i>26.6</i>
	09:58-10:11	12:53-13:03	15:59-16:11
TEEN BOYS 17-18			
SAT	<i>26.1</i>	<i>26.2</i>	<i>26.3</i>
	08:30-08:41	11:14-11:26	13:00-13:05
SUN	<i>26.4</i>	<i>26.5</i>	<i>26.6</i>
	10:14-10:27	13:07-13:17	16:16-16:28
TEEN BOYS 19-20			
SAT	<i>26.1</i>	<i>26.2</i>	<i>26.3</i>
	08:45-08:56	11:29-11:41	13:06-13:10
SUN	<i>26.4</i>	<i>26.5</i>	<i>26.6</i>
	14:30-14:43	08:00-08:10	11:10-11:22

SCHEDULE BY DIVISION *(prel)*

TEEN GIRLS 13-14			
SAT	<i>26.1</i>	<i>26.2</i>	<i>26.3</i>
	10:40-11:06	08:00-08:27	-
SUN	<i>26.4</i>	<i>26.5</i>	<i>26.6</i>
	13:39-14:11	16:36-17:00	10:21-10:48
TEEN GIRLS 15-16			
SAT	<i>26.1</i>	<i>26.2</i>	<i>26.3</i>
	10:55-11:21	08:15-08:44	-
SUN	<i>26.4</i>	<i>26.5</i>	<i>26.6</i>
	13:23-13:52	16:22-16:46	10:04-10:33
TEEN GIRLS 17-18			
SAT	<i>26.1</i>	<i>26.2</i>	<i>26.3</i>
	11:10-11:21	08:32-08:44	13:30-13:41
SUN	<i>26.4</i>	<i>26.5</i>	<i>26.6</i>
	13:23-13:36	16:22-16:32	10:04-10:16
TEEN GIRLS 19-20			
SAT	<i>26.1</i>	<i>26.2</i>	<i>26.3</i>
	11:25-11:36	08:49-09:01	13:30-13:41
SUN	<i>26.4</i>	<i>26.5</i>	<i>26.6</i>
	13:07-13:20	16:08-16:18	09:47-09:59

SCHEDULE BY DIVISION *(prel)*

RX MALE 30-34			
SAT	26.1	26.2	26.3
	15:40-15:51	18:47-18:59	10:30-10:35
SUN	26.4	26.5	26.6
	14:46-14:59	08:14-08:24	11:25-11:37

RX MALE 35-39			
SAT	26.1	26.2	26.3
	15:55-16:36	19:04-19:46	10:36-10:53
SUN	26.4	26.5	26.6
	15:02-15:47	08:28-09:06	11:40-12:22

RX MALE 40-44			
SAT	26.1	26.2	26.3
	16:45-17:26	13:40-14:22	10:54-11:11
SUN	26.4	26.5	26.6
	15:50-16:35	09:10-09:48	12:25-13:07

RX MALE 45-49			
SAT	26.1	26.2	26.3
	17:30-18:11	14:25-15:07	11:12-11:29
SUN	26.4	26.5	26.6
	16:38-17:23	09:52-10:30	13:10-13:52

SCHEDULE BY DIVISION *(prel)*

RX MALE 50-54			
SAT	26.1	26.2	26.3
	18:15-18:56	15:10-15:52	11:44-11:57
SUN	26.4	26.5	26.6
	08:00-08:45	11:15-11:53	14:10-14:54
RX MALE 55-59			
SAT	26.1	26.2	26.3
	18:45-19:11	15:40-16:07	11:58-12:06
SUN	26.4	26.5	26.6
	08:32-09:01	11:43-12:07	14:42-15:11
RX MALE 60-64			
SAT	26.1	26.2	26.3
	19:15-19:26	16:12-16:24	12:21-12:26
SUN	26.4	26.5	26.6
	09:07-09:20	12:11-12:21	15:14-15:26
RX MALE 65+			
SAT	26.1	26.2	26.3
	19:30-19:41	16:27-16:39	12:27-12:30
SUN	26.4	26.5	26.6
	09:23-09:36	12:25-12:35	15:29-15:41

SCHEDULE BY DIVISION *(prel)*

RX FEMALE 30-34			
SAT	26.1	26.2	26.3
	13:40-13:51	16:45-16:57	09:00-09:09
SUN	26.4	26.5	26.6
	12:51-13:04	15:54-16:04	09:32-09:44
RX FEMALE 35-39			
SAT	26.1	26.2	26.3
	13:55-14:06	17:00-17:12	09:07-09:17
SUN	26.4	26.5	26.6
	12:35-12:48	15:40-15:50	09:17-09:29
RX FEMALE 40-44			
SAT	26.1	26.2	26.3
	14:10-14:36	17:15-17:42	09:15-09:25
SUN	26.4	26.5	26.6
	12:03-12:32	15:12-15:36	08:47-09:14
RX FEMALE 45-49			
SAT	26.1	26.2	26.3
	14:25-14:51	17:30-17:57	09:23-09:33
SUN	26.4	26.5	26.6
	11:47-12:16	14:58-15:22	08:32-08:59

SCHEDULE BY DIVISION *(prel)*

RX FEMALE 50-54			
SAT	26.1	26.2	26.3
	14:55-15:06	18:00-18:12	09:43-09:59
SUN	26.4	26.5	26.6
	11:31-11:44	14:44-14:54	08:17-08:29

RX FEMALE 55-59			
SAT	26.1	26.2	26.3
	15:10-15:21	18:15-18:27	09:43-09:59
SUN	26.4	26.5	26.6
	11:15-11:28	14:30-14:40	08:00-08:12

RX FEMALE 60-64			
SAT	26.1	26.2	26.3
	15:25-15:36	18:32-18:44	10:09-10:22
SUN	26.4	26.5	26.6
	10:49-11:02	13:35-13:45	16:48-17:00

RX FEMALE 65+			
SAT	26.1	26.2	26.3
	12:55-13:06	10:19-10:31	15:39-15:54
SUN	26.4	26.5	26.6
	10:33-10:46	13:21-13:31	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