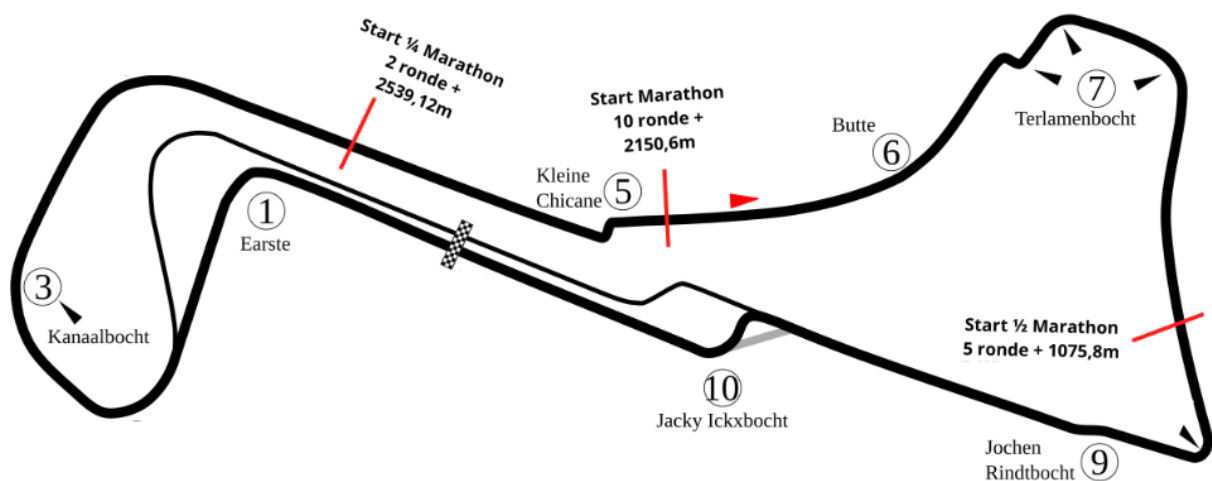


Morning Schedule Participants

- **9:30 – 10:15**
Club representative: collection of transponders, helmet covers, and race numbers for youth/senior marathon
- **10:15 – 10:30**
Hand in of start cards for youth/senior marathon
- **10:50**
Be present at the starting line
- **11:00 – Start**
 - Marathon: Youth & Senior Women
 - Marathon: Youth & Senior Men
- **12:45**
End of Youth/Senior Marathon + award ceremony



Afternoon Schedule Participants

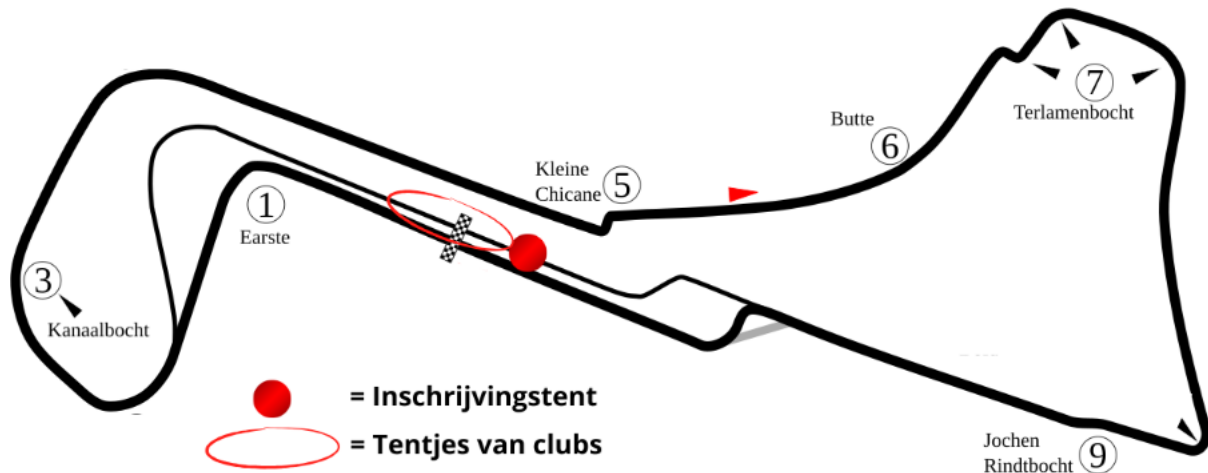
- **11:30 – 13:00**
Participants (¼ marathon, ½ marathon, marathon fitness & masters):
collection of transponders, helmet covers, and race numbers
(for scholieren/cadetten, this is done by the club representative)
- **12:30 – 12:45**
Scholieren & cadetten: hand in start cards
- **12:45**
Opening of the road course for afternoon participants
- **13:20**
Be present at the starting line
- **13:30 – Start**
 - ¼ marathon
 - ½ marathon
 - Marathon fitness & Masters
- **After finishing their race:**
 - Award ceremony Belgian Championship ¼ marathon (scholieren & cadetten)
 - Award ceremony ¼ marathon –18 & +18 (each participant receives a medal)
 - Award ceremony ½ marathon –18 & +18 (each participant receives a medal)
- **16:15**
End of the marathon + award ceremony marathon fitness/masters
(each marathon participant receives a medal)

After your race:

Return your transponder and race number/helmet cover.

Tent setup

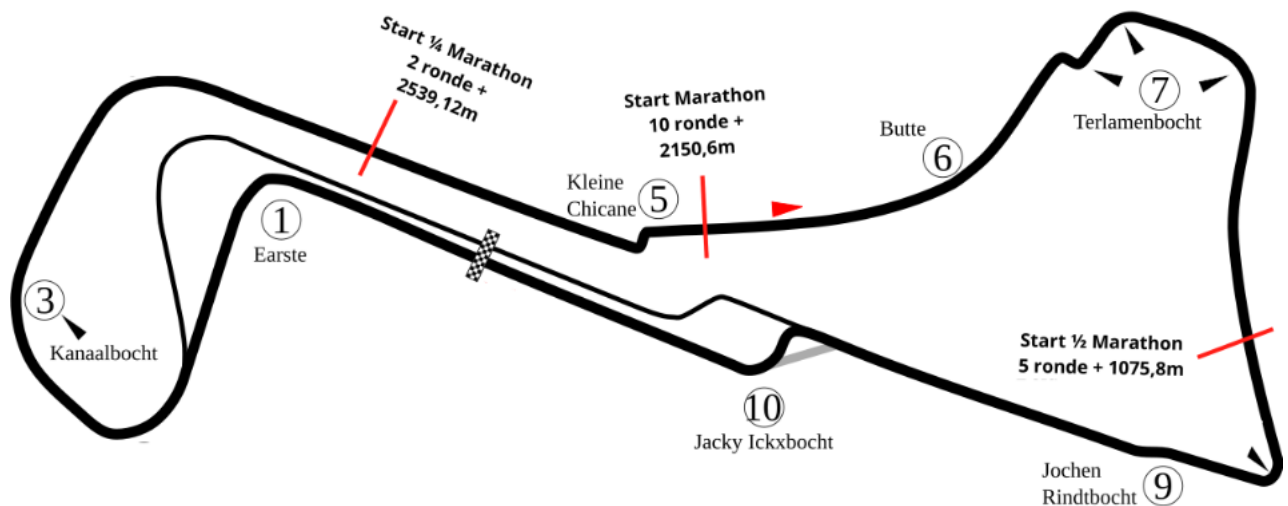
Participants/clubs may set up their tents in the pit lane.



Starting Line and Number of Laps

Be at the starting line **10 minutes in advance!**

Make sure to allow enough time to skate to the starting line.



Participants are responsible for counting their own laps.

The lap counter only shows the number of laps for the leading group in each category.

Finish

After finishing, you must leave the course at the end of the finish line (turn right there to return via the pit lane).

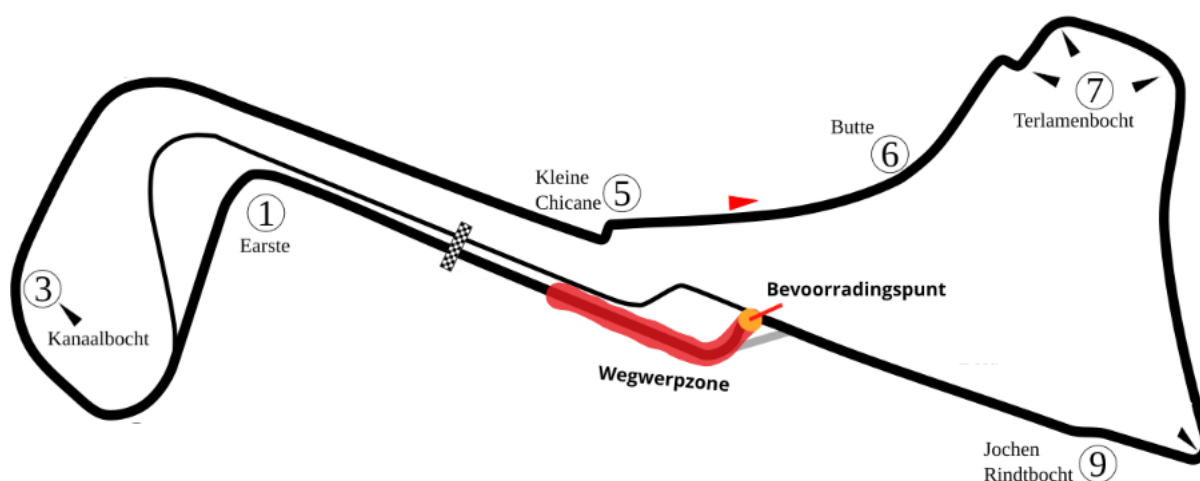
Protection

All participants are required to wear a helmet. Participation without a helmet is not allowed.

Additional protective equipment (elbow, knee, and wrist guards) is recommended, especially for children, youth, and fitness skaters.

Refreshment zone

- All participants are responsible for their own refreshments.
- Drinks may be handed over in the second-to-last corner.
- Bottles may only be discarded between this corner (second-to-last corner) and a few meters before the finish line. It is strictly forbidden to throw bottles elsewhere.
- The entire circuit is monitored. If this rule is violated, a penalty will be imposed.



Sanitary Facilities

**Douchen na
de wedstrijd?
Het kan!**



Showers and toilets are available.