

OPEN **B E L G I U M** **LAKES**

SEPTEMBER 19 & 20, 2026

ATHLETE GUIDE

READ CAREFULLY

OPEN BELGIUM LAKES

WELCOME TO LACS DE L'EAU D'HEURE, A
NATURAL GEM IN THE HEART OF
WALLONIA, AND THE SETTING FOR THE
COUNTRY'S LARGEST TRIATHLON.

A LIFE-SIZE PLAYGROUND TO
EXPERIENCE OPENLAKES,
BETWEEN PERFORMANCE,
FREEDOM AND WIDE OPEN
SPACES.

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WELCOME MESSAGE

DEAR TRIATHLETES, AND FUTURE TRIATHLETES,

IT IS WITH IMMENSE PLEASURE THAT MY TEAM WELCOMES YOU TO THIS 7TH EDITION OF OPENLAKES BELGIUM.

OVER THE YEARS, OPENLAKES HAS BECOME MUCH MORE THAN JUST A COMPETITION WEEKEND. IT'S A MUCH-ANTICIPATED EVENT THAT MARKS THE END OF THE SUMMER SEASON FOR MANY, AN OPPORTUNITY TO GET TOGETHER ONE LAST TIME BEFORE WINTER, TO SHARE MOMENTS WITH FRIENDS, FAMILY, AND CLUB MEMBERS.

WHETHER YOU ARE HERE FOR PERFORMANCE, TO DISCOVER A NEW DISTANCE, TO LIVE A NEW SPORTING EXPERIENCE ON THIS UNIQUE SITE OF THE EAU D'HEURE LAKES, WE HOPE YOU WILL HAVE A WEEKEND FULL OF EMOTIONS, CONVIVIALITY AND MEMORIES.

THIS EVENT IS THE RESULT OF THE WORK OF AN ENTIRE TEAM, NUMEROUS VOLUNTEERS, PARTNERS, AND PUBLIC INSTITUTIONS WHO STRIVE TO OFFER YOU AN EXPERIENCE THAT MEETS YOUR EXPECTATIONS. WE SINCERELY THANK THEM FOR THEIR COMMITMENT AND TRUST.

ON BEHALF OF THE ENTIRE ORGANIZING TEAM, I WISH YOU AN EXCELLENT WEEKEND, FILLED WITH PASSION AND SMILES SHARED WITH YOUR LOVED ONES.

SEE YOU VERY SOON AT THE STARTING LINE!



FLORIAN BADOUX
COURSE DIRECTOR
OPENLAKES BELGIUM

COURSES OPENLAKES **2027**

OPEN
LYON MÉTROPOLE
LAKES

REGISTRATIONS
01/10

GRAND PARC MIRIBEL JONAGE
MAY 15 & 16 - TB

OPEN
CHAMPAGNE
LAKES

REGISTRATION
IS OPEN!

YOU THERE
JUNE 19 &
20

OPEN
ATLANTIQUE
LAKES

REGISTRATIONS
07/10

ROYAN
SEPTEMBER 4 & 5 - TBC

OPEN
BELGIUM
LAKES

REGISTRATIONS
14/10

LAKES OF THE WATER
SEPTEMBER 18 & 19



PROGRAM

FRIDAY

14:00-20:00	OPENLAKES VILLAGE OPENING
14:00-15:00	SAFE SWIMMING TRAINING
16:00-20:00	BIB COLLECTION - HALF, TEENS & MY FIRST
17:00-18:00	SAFE SWIMMING TRAINING
19:00	BRIEFING HALF DISTANCE

SATURDAY

06:30-08:15	BIB COLLECTION - TEENS
06:30-08:30	BIB COLLECTION - MY FIRST
06:30-08:20	BIKE CHECK-IN - TEENS, MY FIRST
08:00-20:00	OPENLAKES VILLAGE OPENING
08:30	TEENS START
08:40	MY FIRST START - HANDISPORT - CONTINUOUS START
08:45	MY FIRST DEPARTURE - CONTINUOUS START
10:30-12:45	BIB COLLECTION - HALF
11:00-12:45	BIKE CHECK-IN - HALF
12:45	HALF-DISTANCE START - MEN'S PTO - MASS START
12:46	HALF-DISTANCE START - WOMEN'S PTO - MASS START
12:50	HALF-DISTANCE START - MEN'S CB - MASS START
12:55	HALF DISTANCE START - WOMEN'S CB - MASS START
12:56	HALF-DISTANCE START - HANDISPORT - MASS START
13:05	HALF-DISTANCE START - OPEN & RELAY - MASS START
16:00-18:30	BIB COLLECTION PROMO, OLYMPIC, (MINI) KIDS
20:00	AWARDS CEREMONY - HALF

PROGRAM

SUNDAY

07:00-08:30	BIB COLLECTION - PROMO
07:00-20:00	OPENLAKES VILLAGE OPENING
07:00-08:45	BIKE CHECK-IN - PROMO
09:00-13:00	BIB COLLECTION - OLYMPIC, KIDS & MINI-KIDS
08:50	PROMO START - HANDISPORT - MASS START
09:00	PROMO START - OPEN - CONTINUOUS START
10:00-12:00	BIKE CHECK-IN - KIDS & MINI-KIDS
12:00	AWARDS CEREMONY - PROMO
12:30-14:15	BIKE CHECK-IN - OLYMPIC
12:30	MINI-KIDS START - ROLLING START
13:00	KIDS START - ROLLING START
14:30	OLYMPIC START - HANDISPORT - CONTINUOUS START
14:40	OLYMPIC START - MEN - CONTINUOUS START
14:55	OLYMPIC START - WOMEN - CONTINUOUS START
18:00	AWARDS CEREMONY - OLYMPIC

DIRECTIONS

**WARNING: TRAFFIC WILL BE SEVERELY
DISRUPTED FOR THE DURATION OF THE EVENT.**

SATURDAY - 8:00 AM TO 7:00 PM

SUNDAY - 8:30 AM TO 5:30 PM

RECOMMENDATIONS

**ACCESS IS MANDATORY FROM BOUSSU-LEZ-WALCOURT TO REACH
THE VILLAGE**

- **PLAN YOUR ARRIVAL IN ADVANCE (WE ADVISE YOU TO ARRIVE 2 HOURS BEFORE DEPARTURE)**
- **PRIORITIZE CARPOOLING**
- **INFORM YOUR POTENTIAL AUDIENCE**
- **RECOMMEND WAZE AS YOUR GPS**

**ADDRESS: ROUTE DE LA PLATE TAILLE 99, 6440
FROIDCHAPELLE, BELGIUM**



**REGARDLESS OF THE TIME OF THE
WEEKEND, WE HIGHLY RECOMMEND
USING THE WAZE APP BY SCANNING
THE FOLLOWING QR CODE:**



**ON THE 4 MAIN AXES SURROUNDING
THE EAU D'HEURE LAKES (N53-N40-
N99-N5), SIGNAGE WILL BE PUT IN
PLACE SO THAT MOTORISTS HAVE
ACCESS TO THE OPENLAKES PARKING
LOT (PARKING LOT ON THE SLIDE
BELOW).**



DIRECTIONS

WEBSITE ADDRESS:
ROUTE DE LA PLATE TAILLE 99,
6440 FROIDCHAPELLE, BELGIUM

PARKING LOTS

- 1** P1 ATHLETES
- 2** P2 ATHLETES
- 3** VOLUNTEERS
- 4** VIP
- 5** MOBIL HOME



VILLAGE MAP

- 1** BIB NUMBER COLLECTION
- 2** MERCHANDISING
- 3** VILLAGE EXPO
- 4** RECOVERY ZONE
- 5** PODIUMS
- 6** BIKE PARK
- 7** FOOD TRUCKS
- 8** (MINI) KIDS' BIKE PARK
- 9** BARS
- 10** INFORMATION POINT
- 11** VIP





ESCAPADE

SPORTS AND NATURE

AT THE LAKES OF THE WATER OF HEURE

GOLDEN LAKES VILLAGE

Located on the shores of Lake PlateTaille, Golden Lakes brings together more than 150 villas and a 4-star hotel residence.

Treat yourself to a wellness break at the Cinq Mondes Spa and savor the bistronomic cuisine of our La Brasserie des Lacs. A unique natural setting in Belgium, in the heart of the Eau d'Heure Lakes, for a rejuvenating and unforgettable stay.

WWW.GOLDENLAKESVILLAGE.COM
WWW.GOLDENLAKESHOTEL.BE



Golden Lakes Village
 LES LACS DE L'EAU D'HEURE | ARDENNES



NATURE PARK AND NATURE BIKE

On the shores of the Lacs de l'Eau d'Heure, experience a Unique adventure park in Wallonia: 10 treetop adventure courses, zip lines over the lake, pendulum jump, Explor Game, Bike Park, Laser Game, electric scooters and much more.

And discoveries with family or friends in the natural setting of the most beautiful lakes in Belgium.

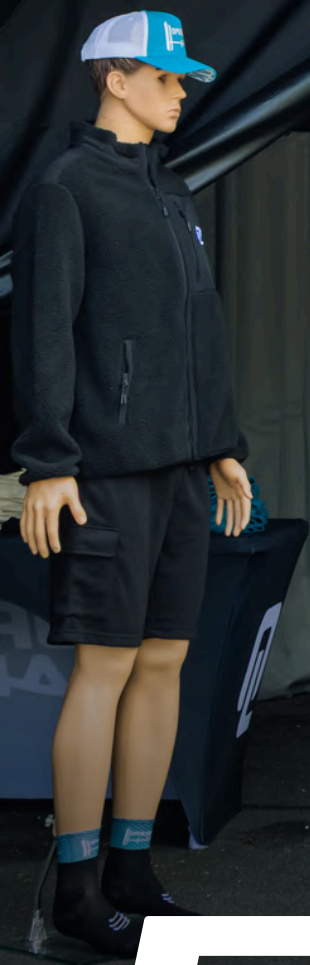
WWW.NATURAPARC.BE

OPENLAKES

MERCHANDISING

**COME AND DISCOVER THE BRAND NEW SPORTSWEAR
AND LIFESTYLE COLLECTION IN THE HEART OF THE
OPENLAKES VILLAGE!**

**CLOTHING
ACCESSORIES
MERCHANDISE**



5€

**REDUCTION
IN YOUR ATHLETE PACK**



12

BIB COLLECTION

FRIDAY

16:00-20:00 HALF, TEENS, MY FIRST

SATURDAY

06:30-08:15 TEENS
06:30-08:30 MY FIRST
10:30-12:45 HALF
16:00-18:30 OLYMPIC & PROMO

SUNDAY

7:00-08:30 PROMO
9:00-13:00 KIDS, MINI-KIDS
9:00-14:30 OLYMPIC

BEFORE THE RACE

A QR CODE WILL BE SENT TO YOU BY EMAIL THE WEEK OF THE RACE. YOU WILL NEED TO PRESENT THIS CODE WHEN COLLECTING YOUR RACE BIB.

- MAKE SURE YOU HAVE A VALID ANNUAL LICENSE, OR THAT YOU HAVE PURCHASED A ONE-DAY LICENSE ON YOUR REGISTRATION FORM.

RACE DAY

ATHLETES WILL BE REQUIRED TO PRESENT:
THEIR IDENTITY CARD

- THEIR LICENSE, IF THEY ARE LICENSED WITH A TRIATHLON FEDERATION
- IF THIS IS NOT THE CASE: THEY MUST SUBSCRIBE TO THE COMPETITION PASS SPECIFYING THEIR ABILITY TO PARTICIPATE IN COMPETITIVE TRIATHLON.

IMPORTANT :
PREPARE YOUR DOCUMENTS BEFORE ARRIVING AT THE SECRETARIAT

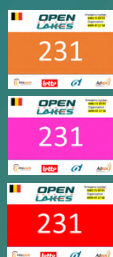
NOTES: IN CASE OF A LAST-MINUTE CHANGE, WE WILL DO OUR BEST TO ACCOMMODATE YOUR REQUEST (A FEE OF €10 WILL BE CHARGED TO MAKE THIS CHANGE).

A MEDICAL CERTIFICATE IS ONLY MANDATORY FOR UNLICENSED MINORS!

NO BIB NUMBER TRANSFERS OR CATEGORY CHANGES WILL BE PERMITTED THE WEEK BEFORE THE RACE OR ON RACE DAY FOR THE HALF MARATHON COMPETITION.

PACK ATHLETE

HALF ELITE - CB - OPEN



RACE NUMBER

- ELITE = ORANGE
- BELGIAN CHAMPIONSHIP = YELLOW
- OPEN = ROUGE

STICKER SHEET



- 1 STICKER TO STICK ON THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO STICK ON THE SEAT POST OF YOUR BIKE
- 1 STICKER FOR YOUR DEPOSIT BAG
- 1 STICKER FOR YOUR NUMBER 1 SUPPORTER!
- 1 STICKER BONUS



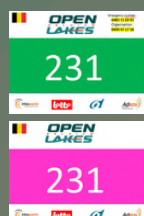
BRACELET ATHLETE



SWIMMING CAP

- GREEN FOR THE MEN'S ELITE HALF MARATHON
- BLUE FOR THE WOMEN'S ELITE HALF MARATHON
- YELLOW FOR THE MEN'S HALF CB
- ROSE FOR THE WOMEN'S HALF CB
- RED FOR THE HALF OPEN

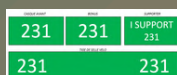
OLYMPIC



RACE NUMBER

- DO MAN = GREEN
- DO WOMAN = ROSE

STICKER SHEET



- 1 STICKER TO STICK ON THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO STICK ON THE SEAT POST OF YOUR BIKE
- 1 STICKER FOR YOUR NUMBER 1 SUPPORTER!
- 1 STICKER BONUS



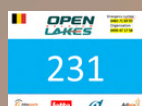
BRACELET ATHLETE



SWIMMING CAP

- GREEN FOR MEN
- PINK FOR WOMEN
- YELLOW FOR DISABLED SPORTS

PROMO



RACE NUMBER



STICKER SHEET

- 1 STICKER TO STICK ON THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO STICK ON THE SEAT POST OF YOUR BIKE
- 1 STICKER FOR YOUR NUMBER 1 SUPPORTER!
- 1 STICKER BONUS



BRACELET ATHLETE



SWIMMING CAP

PACK ATHLETE

MY FIRST



RACE NUMBER



STICKER SHEET

- 1 STICKER TO STICK ON THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO STICK ON THE SEAT POST OF YOUR BIKE
- 1 STICKER FOR YOUR NUMBER 1 SUPPORTER!
- 1 STICKER BONUS



BRACELET ATHLETE



SWIMMING CAP

TEENS



RACE NUMBER



STICKER SHEET

- 1 STICKER TO STICK ON THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO STICK ON THE SEAT POST OF YOUR BIKE
- 1 STICKER FOR YOUR NUMBER 1 SUPPORTER!
- 1 STICKER BONUS



BRACELET ATHLETE



SWIMMING CAP

KIDS



RACE NUMBER



STICKER SHEET

- 1 STICKER TO STICK ON THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO STICK ON THE SEAT POST OF YOUR BIKE
- 1 STICKER FOR YOUR NUMBER 1 SUPPORTER!
- 1 STICKER BONUS



BRACELET ATHLETE



SWIMMING CAP

MINI KIDS



RACE NUMBER



STICKER SHEET

- 1 STICKER TO STICK ON THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO STICK ON THE SEAT POST OF YOUR BIKE
- 1 STICKER FOR YOUR NUMBER 1 SUPPORTER!
- 1 STICKER BONUS



BRACELET ATHLETE



SWIMMING CAP

PACK ATHLETE

PRACTICAL INFORMATION

BIB NUMBER

IT MUST BE WORN ON THE BACK DURING THE CYCLING PORTION. DURING THE RUNNING PORTION, IT MUST BE VISIBLE ON THE FRONT OF THE BODY.

ETIQUETTE SAC AFTER RACE

THIS IS A LABEL PROVIDED TO ATHLETES PARTICIPATING IN THE HALF DISTANCE EVENT. IT MUST BE AFFIXED TO YOUR BAG. THIS BAG CANNOT BE LEFT IN THE TRANSITION AREA BUT MUST BE DROPPED OFF AT THE EXIT OF THE TRANSITION AREA, WHEN HEADING TO THE SWIM START. THIS BAG CAN BE COLLECTED AFTER THE RACE AT THE FINISH LINE REFRESHMENT STATION.

FRONT HELMET LABEL

MUST BE PLACED AT THE FRONT OF THE HELMET

TRANSITION PARK BOX LABEL

IT WILL NEED TO BE PLACED ON YOUR BOX. YOU CAN USE IT TO STORE YOUR RACING EQUIPMENT IN THE BIKE PARK.

WARNING: A BOX IS MANDATORY FOR THE HALF DISTANCE EVENT!

FORMAT MAX: 30 CM X 40 CM X 50 CM

FOR THE OTHER EVENTS, A BAG OF SIMILAR SIZE WILL ALSO BE ACCEPTED.

BICYCLE SEATPOST LABEL

MUST BE GLUED ONTO THE SADDLE COVER

SWIMMING CAP

YOU MUST WEAR THE SWIM CAP PROVIDED BY THE ORGANIZATION DURING THE SWIMMING PORTION.

BRACELET

THE BRACELET PROVIDED BY THE ORGANIZATION MUST BE WORN AT ALL TIMES DURING RACE DAY AND WILL ALLOW ACCESS TO THE AREAS RESERVED FOR ATHLETES.

CHRONO CHIP

IT MUST BE ATTACHED TO THE LEFT ANKLE USING THE VELCRO PROVIDED IN THE ATHLETE PACK. WITHOUT THIS CHIP, THERE WILL BE NO RANKING OR RESULTS.

IMPORTANT: THE TIMING CHIP MUST BE RETURNED AT THE FINISH LINE. OTHERWISE, A €50 FEE WILL BE CHARGED, SO PLEASE BE VIGILANT.

TRANSITION PARK

CHECK-IN

19/09

MFTE/TEENS 06:30-08:30

HALF 11:00-13:00

20/09

PROMO 07:00-08:45

(MINI) KIDS 10:00-12:00

OLYMPIC 12:30-14:45

CHECK-OUT

19/09

MFTE/TEENS 09:30-10:45

HALF 19:00-21:00

20/09

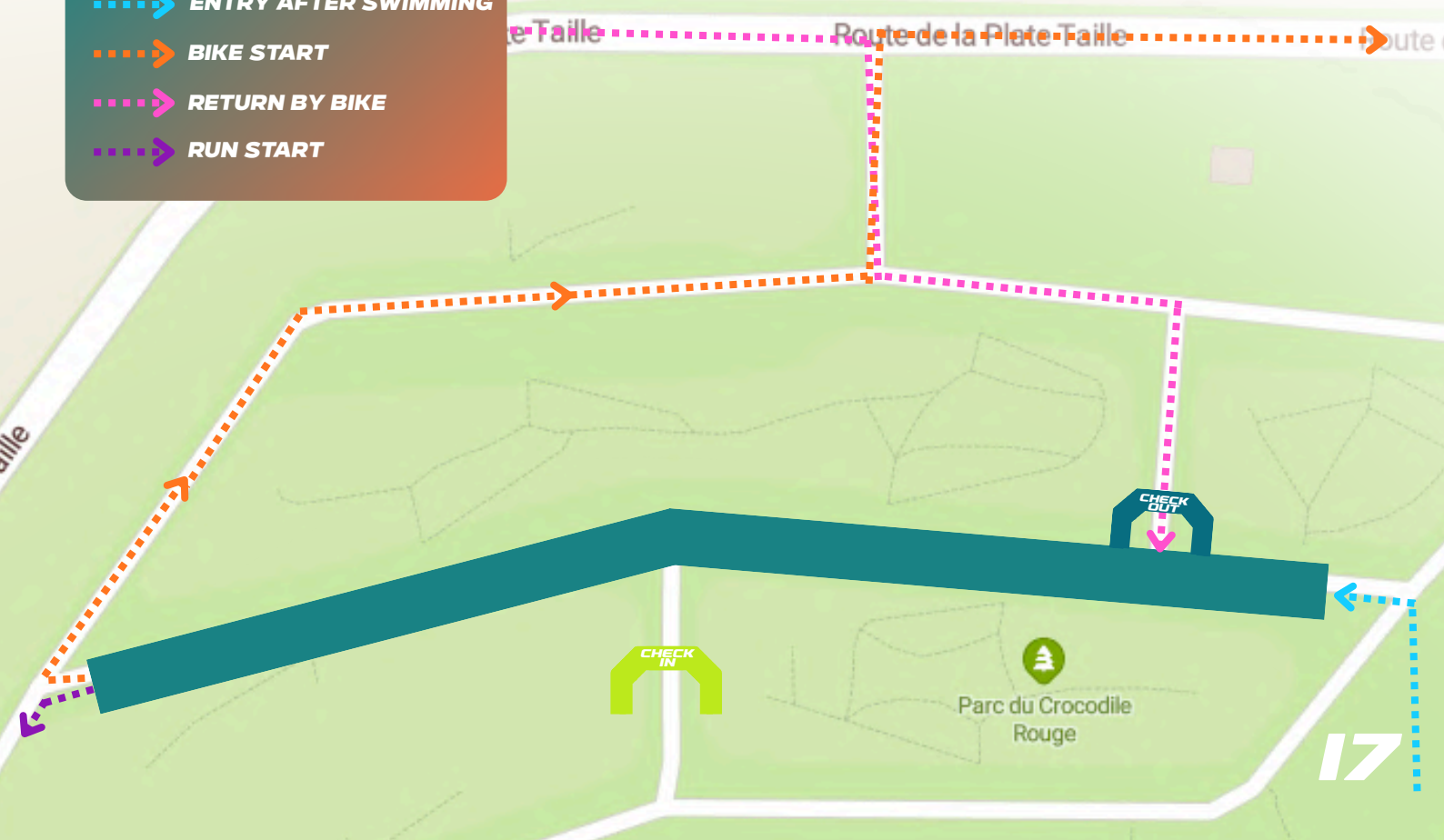
PROMO 11:30-12:15

(MINI) KIDS 13:30-14:30

OLYMPIC 17:30-19:30

TRANSITIONS

-➡ ENTRY AFTER SWIMMING
-➡ BIKE START
-➡ RETURN BY BIKE
-➡ RUN START



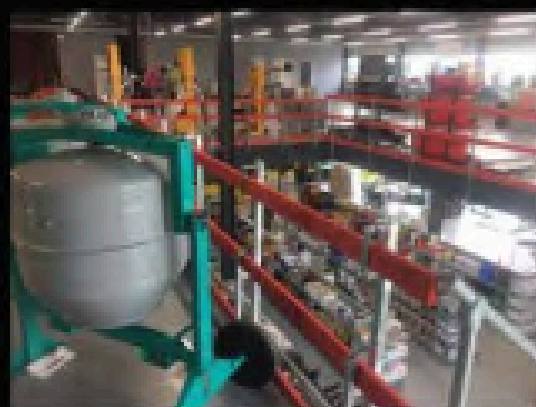
GROUP DELRUE

ACIER

ACCESSOIRES DU BATIMENT



RUE SAINT ROCH 22 - 7712 HERSEAUX - WWW.GROUPDELRUE.BE



CHECK-IN

DURING CHECK-IN, ATHLETES WILL BE REQUIRED TO:

PRESENT THE BICYCLE IN WORKING ORDER WITH THE LABEL ON THE SEAT POST

WEAR THE HELMET WITH THE NUMBERED TAG PROPERLY ADJUSTED TO THE HEAD AND THE CHIN STRAP FASTENED.

WEAR THE RACE NUMBER ON THE RACE NUMBER HOLDER, WITH 3 ATTACHMENT POINTS.

- **WEAR THE CHIP ATTACHED TO THE LEFT ANKLE USING THE VELCRO BRACELET PROVIDED IN THE ATHLETE PACK.**

OBLIGATION TO POSSESS A PLASTIC BOX (MAX. SIZE 30 CM X 40 CM X 50 CM) WITH A NUMBERED LABEL IN WHICH YOUR RACING EQUIPMENT WILL BE PLACED.

- **FOR OTHER DISTANCES, IF THERE IS NO CONTAINER, BELONGINGS CAN REMAIN ON THE GROUND.**
- **THE ATHLETES' EQUIPMENT MUST BE PLACED TO THE RIGHT OF THE BICYCLE.**

ONLY ATHLETES WHO PRESENT THEMSELVES WITH THEIR WRISTBAND WILL BE ABLE TO RETRIEVE THEIR PERSONAL BELONGINGS AND THEIR BICYCLE.

THIS TASK THEREFORE CANNOT BE DELEGATED TO A RELATIVE.



REGULATIONS

FOR ALL WEEKEND EVENTS, ATHLETES WILL BE REQUIRED TO COMPLY WITH THE RULES OF THE FRANCOPHONE TRIATHLON LEAGUE LF3 ([LINK TO THE REGULATIONS](#)).

DRAFTING NOT ALLOWED ON THE HALF **DRAFTING ALLOWED ON THE PROMO, OLYMPIC, TEENS & MFTE**

IN NON-DRAFTING EVENTS, AN ATHLETE MUST RIDE ON THE RIGHT SIDE OF THE ROAD IF THEY ARE THE FIRST TO REACH THIS POSITION, WITHOUT OBSTRUCTING OTHER PARTICIPANTS. WHEN TAKING UP THIS POSITION, AN ATHLETE MUST LEAVE ENOUGH SPACE TO ALLOW OTHER PARTICIPANTS NORMAL FREEDOM OF MOVEMENT WITHOUT CONTACT. THERE MUST BE SUFFICIENT ROOM FOR AN OVERTAKING MANEUVER.

IT IS THE RESPONSIBILITY OF AN ATHLETE WHO ENTERS A DRAFTING POSITION TO LEAVE IT AS QUICKLY AS POSSIBLE.

DRAFTING INVOLVES ENTERING THE SLIPSTREAM OF ANOTHER COMPETITOR. THE MINIMUM DISTANCE BETWEEN BIKES IS 12M X 3M. THIS MEASUREMENT IS TAKEN FROM THE FRONT EDGE OF THE FIRST WHEEL TO THE FRONT EDGE OF THE WHEEL IN FRONT OF IT. OVERTAKING IS ONLY PERMITTED ON THE LEFT SIDE.

AN ATHLETE IS CONSIDERED OVERTAKEN AS SOON AS ANOTHER ATHLETE'S FRONT WHEEL PASSES THEIR OWN, AND THEY MUST QUICKLY RELEASE THE PASS. ONCE OVERTAKEN, THE ATHLETE MUST RELEASE THE PASS WITHIN 5 SECONDS AND EXIT THE DRAFTING ZONE (12M) OR THEY WILL BE PENALIZED FOR DRAFTING. THE OVERTAKING ATHLETE HAS 25 SECONDS TO COMPLETE THEIR OVERTAKING MANEUVER.

PENALITES

PENALTY ZONE: IT IS LOCATED ON THE RUNNING SECTION, 20M AFTER THE TRANSITION AREA. ATHLETES MUST STOP AT THE PENALTY BOX IF THEY HAVE RECEIVED A BLUE CARD FROM THE OFFICIALS.

	Drafting (credit card)	Blocking (carte jaune)
Half	2 min.	30 sec.

CUT-OFF

THE TIMES BELOW INDICATE THE LATEST TIME TO FINISH AND START THE NEXT DISCIPLINE FOR HALF, PROMO AND OLYMPIC DISTANCE RACES.

IN THE CASE OF A WAVE START, THE TIME APPLIED WILL BE THAT AT THE TIME OF LAUNCHING.

LIMITS **HALF**, **OLYMPIC** & **PROMO**

	HALF	OLYMPIC		PROMO
		♂	♀	
Swimming	14h15	15h30	15h45	9h30
Swimming + Cycling	7:05 p.m.	17h40	17h55	10h45
Swimming + Cycling + Running	21:05	19h10	19h25	11:30

NO TIME LIMIT **MFTE**, **TEENS**, **KIDS**, & **MINI-KIDS**



THANK YOU TO HIGH SECURITY

OUR TRUSTED PARTNER FOR THIS EVENT



**ON-SITE SECURITY: Surveillance of administrative buildings & offices |
Reception & Reception |**

Shopping Centers & Retail | Construction Sites & Industrial Sites | Events | K9

MOBILE PATROL AND POST-ALARM TECHNOLOGY RESPONSE:

Electronic-mechanical security solutions & cybersecurity

 highsecurity.be  010 65 18 94  info@highsecurity.be | Follow us   

La solution pour votre sécurité.

SECURITY

ATHLETES: SAFETY FIRST, DON'T TAKE UNNECESSARY RISKS. MAKE SURE YOU GIVE YOUR RACE NUMBER TO YOUR EMERGENCY CONTACT.

IN THE EVENT OF AN INCIDENT, THE ORGANIZATION WILL CONTACT THE EMERGENCY SERVICE ON SITE DIRECTLY.

**IF YOU WITNESS AN ACCIDENT OR A HEALTH PROBLEM:
PLEASE CONTACT THE RACE EMERGENCY SERVICE LOCATED ON THE PARTICIPANT'S BIB.**

WHEN CONTACTING OUR EMERGENCY SERVICE, PLEASE:

- **STAY CALM**
- **BE SPECIFIC WHEN PROVIDING THE FOLLOWING INFORMATION:**
- **THE ATHLETE'S BIB NUMBER**
- **THE EXACT LOCATION (FOR EXAMPLE, THE WORDING OF A SIGNPOST)**
- **THE REASON FOR YOUR CALL**
- **THE PRESENCE OF WITNESSES**

Besoin d'aide urgente ?

App **112 BE**



- 1 Téléchargez l'App
- 2 Enregistrez-vous
- 3 Appelez-nous



112
SOS

Depuis 5 ans, vous pouvez aussi contacter les Centrales d'urgence via l'App 112 BE.

.be

SUPPLIES

VEIL



ISO



WATER



GELS



FRUIT
JELLIES



BANANAS



DIRTY

COURSE A PIED



ISO



WATER



COCA



GELS



FRUIT
JELLIES



FRUITS



DIRTY



SUGAR

NUMBER OF RESUPPLIES

	HALF	OLYMPIC	PROMO	MFTE	TEENS	KIDS ET MINI-KIDS
ROAD	4	2	0	0	0	0
BIKE	9	4	2	1	1	0

AFTER THE RACE

FOR EACH EVENT, WE INVITE ATHLETES TO JOIN US AT THE FINISH LINE REFRESHMENT AREA.

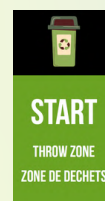
FOR THE KIDS AND MINI KIDS EVENTS, A "REFRESHMENT" BAG WILL BE DISTRIBUTED AT THE FINISH LINE.

NO CHILD WILL LEAVE THE FINISH LINE WITHOUT A PARENT PRESENT.

WASTE AREAS

DESIGNATED WASTE DISPOSAL AREAS WILL BE PROVIDED JUST BEFORE AND AFTER EACH AID STATION STOP. THESE AREAS WILL BE MARKED WITH SIGNS. LITTERING OUTSIDE OF THESE DESIGNATED AREAS WILL RESULT IN DISQUALIFICATION.

WARNING: ANY LITTER THROWN ON THE GROUND = DISQUALIFICATION



YOUR ECO-FRIENDLY CUP

YOUR NEW REFUELING REFLEX IN 2026

UPON EXITING THE TRANSITION AREA, I.E., AT THE START OF THE RUNNING RACE, YOU WILL RECEIVE A REUSABLE CUP TO USE AT ALL AID STATIONS.

A COLLAPSIBLE CUP, PRACTICAL AND ECO-FRIENDLY, ESSENTIAL FOR REFUELING AT ALL AID STATIONS.

ZERO CUPS GOAL!



TOGETHER, LET'S RUN CLEAN





Inspiré par les athlètes. Fondée sur la science.

6d Sports Nutrition

The choice of Bianchi Pro Triathlon Team ✓

Discover and enjoy* 20% off with the code "MIXED" ✓

www.6d.eu



(*Code valid only once per customer.)



CHECK-LIST

PRINT YOUR CHECKLIST SO YOU DON'T FORGET ANYTHING ON RACE DAY!

BEFORE THE RACE

- ☐ COLLECT YOUR RACE NUMBER FROM THE REGISTRATION DESK, BRINGING YOUR ID CARD AND LICENSE IF NEEDED.
- ☐ FAMILIARIZE YOURSELF WITH THE ROUTE AND THE START/TRANSITION AREAS.
- ☐ GO TO THE BIKE PARK FOR CHECK-IN
- ☐ CHECK YOUR TIRE PRESSURE
- ☐ PUT YOUR DRINKS/NUTRITION IN PLACE ON YOUR BIKE
- ☐ DISTRIBUTE YOUR RACE NUMBER CORRECTLY ACROSS ALL YOUR ACCESSORIES

SWIMMING CHECKLIST

- ☐ SECURELY ATTACH YOUR CHIP TO YOUR LEFT ANKLE
- ☐ YOUR SWIMSUIT (IF NEEDED)
- ☐ YOUR SWIMMING CAP IS INCLUDED IN YOUR ATHLETE PACK
- ☐ YOUR SWIMMING GOGGLES

RUNNING CHECK-LIST

- ☐ YOUR RUNNING SHOES AND SOCKS
- ☐ YOUR RACE NUMBER HOLDER OR SAFETY PINS
- ☐ YOUR CAP/VISOR
- ☐ NUTRITION/EXTRA FLASKS
- ☐ YOUR SUNSCREEN
- ☐ YOUR SUNGLASSES

CHECK-LIST VELO

- ☐ YOUR BIKE HELMET
- ☐ YOUR CYCLING SHOES AND SOCKS
- ☐ YOUR BICYCLE PUMP
- ☐ YOUR GPS WATCH
- ☐ YOUR REPAIR KIT
- ☐ ADDITIONAL NUTRITION
- ☐ YOUR SUNSCREEN
- ☐ YOUR SUNGLASSES
- ☐ YOUR RACE NUMBER

THE MOST IMPORTANT

- YOUR SMILE
- YOUR MOTIVATION
- TON COURAGE



BOOK YOUR WETSUIT DIRECTLY FROM YOUR RUNNER ACCOUNT FOR €45

**AVAILABLE ON THE DAY OF THE
EVENT AT THE EXHIBITORS'
VILLAGE STAND:**

- **INFINITRI (FOR HUUB COMBINATIONS)**
- **UTS (FOR ORCA OR MAKO SUITS)**

**A DEPOSIT OF €100 WILL BE
REQUIRED, REFUNDED UPON RETURN
OF THE SUIT.
LIMITED OFFER, SUBJECT TO STOCK
AVAILABILITY.**

RESERVE



AWARDS CEREMONY

HALF

- TOP 5 ELITE MEN & WOMEN
(ONLY ATHLETES COMPETING IN THE ELITE CATEGORY ARE ELIGIBLE FOR PRIZE MONEY)
- TOP 5 MEN & WOMEN (OPEN)
- EACH 1ST MAN & WOMAN OF EACH CATEGORY

HALF - BELGIAN CHAMPIONSHIP

- TOP 3 MEN & WOMEN
- TOP 3 MEN & WOMEN IN EACH CATEGORY

RELAY

1ST MEN'S, WOMEN'S & MIXED TEAM

OLYMPIC & PROMO

TOP 3 MEN & WOMEN
EACH 1ST MAN & WOMAN IN EACH
CATEGORY

CATEGORIES

JUNIOR	18-19 YEARS OLD
ESPOIR	20-23 YEARS OLD
SENIOR	24-29 YEARS OLD
	40-49 YEARS OLD
MASTER A	50-59 YEARS OLD + 60 YEARS
MASTER B	OLD + 70 YEARS OLD
MASTER C	
MASTER D	





ON THE OCCASION OF
L'openlakes

September 19 and 20, 2026



AT THE PARK OF
CROCODILE ROUGE

20% OFF

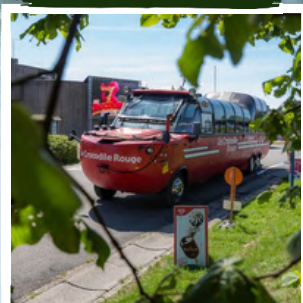
across all our activities*!

OPEN
BELGIUM
LAKES

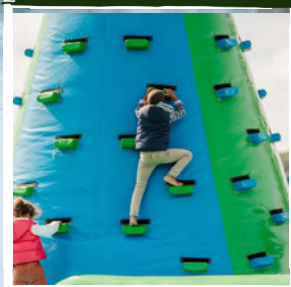


CROCODILE ROUGE
LACS DE L'EAU D'HEURE

AMPHIBUS



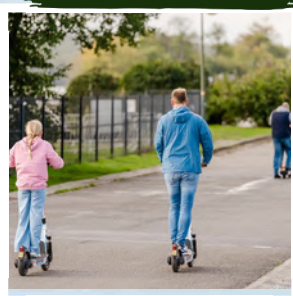
INFLATABLE CASTLES



CROCO EXPRESS



SCOOTERS

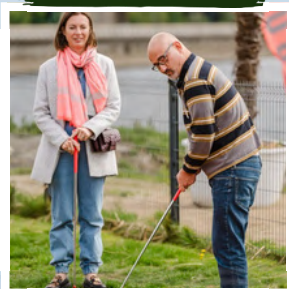


*Enjoy
-20% off all
our activities*!*

SACRO VISITS



MINI-GOLF



E-BIKE



CITY BIKE



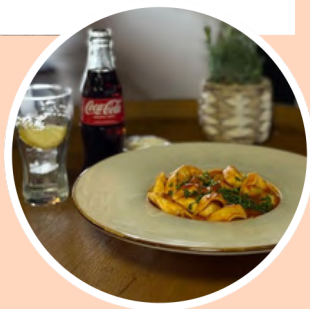
* Valid only on the activities mentioned on this poster with the code EVENT20.

Open on weekends



Ô Barrage
by **belicious**

TAKE THE TIME TO SAVOR!



FRIDAY EVENING 18/09

ATHLETES' MEALS

Belpasta semi-wholemeal pasta
Provençal sauce with seasonal vegetables from
our own farm



RESERVATIONS REQUIRED



info@parcducrocodilerouge.be



Feeling a little peckish?



Hot burgers and snacks



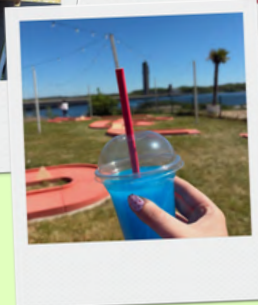
Crispy fries



Cold drinks



Ice creams and sweets



**MANY ROADS WILL BE CLOSED...
BUT WE WILL BE OPEN!**

H A N D I S P O R T



HANDISPORT

OPENLAKES OPENS 4 OF ITS EVENTS TO DISABLED ATHLETES, INDIVIDUALLY OR IN RELAYS, BY TEAM.

THANKS TO ITS PLAYERS, THE NATIONAL LOTTERY SUPPORTS OUR DISABLED ATHLETES AND ALLOWS THEM TO BENEFIT FROM THE BEST CONDITIONS TO EXCEL AND ACHIEVE THEIR GOALS.



SUPPORT THE ASBL LEG'S GO

SINCE 2015, THE NON-PROFIT ORGANIZATION LEG'S GO HAS BEEN OFFERING REVERSE INCLUSION TRAINING, WHERE ABLE-BODIED AND DISABLED ATHLETES TRAIN TOGETHER.

IN ADDITION, LEG'S GO FUNDS SPORTS PROSTHESES FOR ACCIDENT VICTIMS, WHICH ARE OFTEN VERY EXPENSIVE AND NOT REIMBURSED.

SUPPORT LEG'S GO BY MAKING A DONATION VIA THE FOLLOWING LINK:



**MAKE A
DONATION**

**LEARN MORE ABOUT THE NON-
PROFIT ORGANIZATION LEG'S GO**



A close-up photograph of two women celebrating their finish in a triathlon. The woman on the left, with grey hair and sunglasses, is biting into a medal. The woman on the right, with brown hair and glasses, is also smiling and holding a medal. Both are wearing race bibs and lanyards. The background is a blurred teal wall.

MY FIRST

TRIATHLON EXPERIENCE

MY FIRST

SWIM - ZOOM



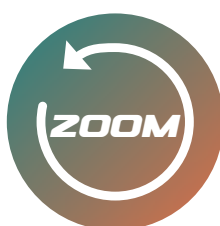
Yellow
swimming cap



Handisport Start
Continuous Funnel Start



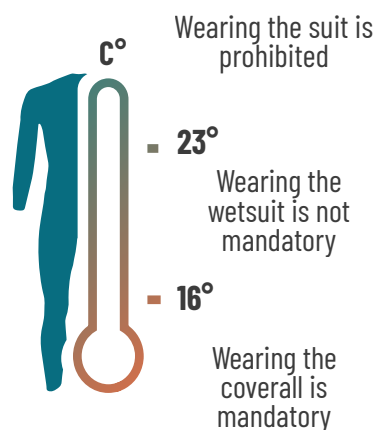
MFTE start
Continuous start funnel



1 lap of 200m



No warm-up in the water
before the start



*The swimsuit cannot be removed
before the transition area*

Supervised training on Fridays
from 2:00 PM to 3:00 PM and from
5:00 PM to 6:00 PM

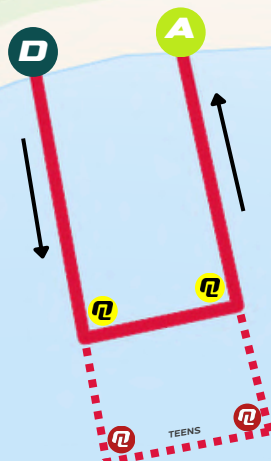
OPEN
BELGIUM
LAKES

Parc du Crocodile
Rouge

D DEPARTURE

A ARRIVAL

CROSSING BUOYS



MY FIRST

BIKE - 13 KM



DRAFTING event
TT bikes are
not allowed



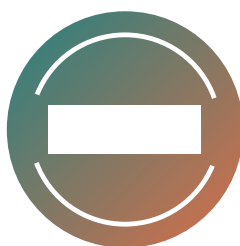
A 13km loop around the Eau
d'Heure Lakes



NO refueling



135m of elevation
gain



Route closed to traffic

OPEN
BELGIUM
LAKES

D DEPARTURE

A ARRIVAL



MY FIRST

RUN- 3 KM



100% stabilized
path



1 loop of 3km



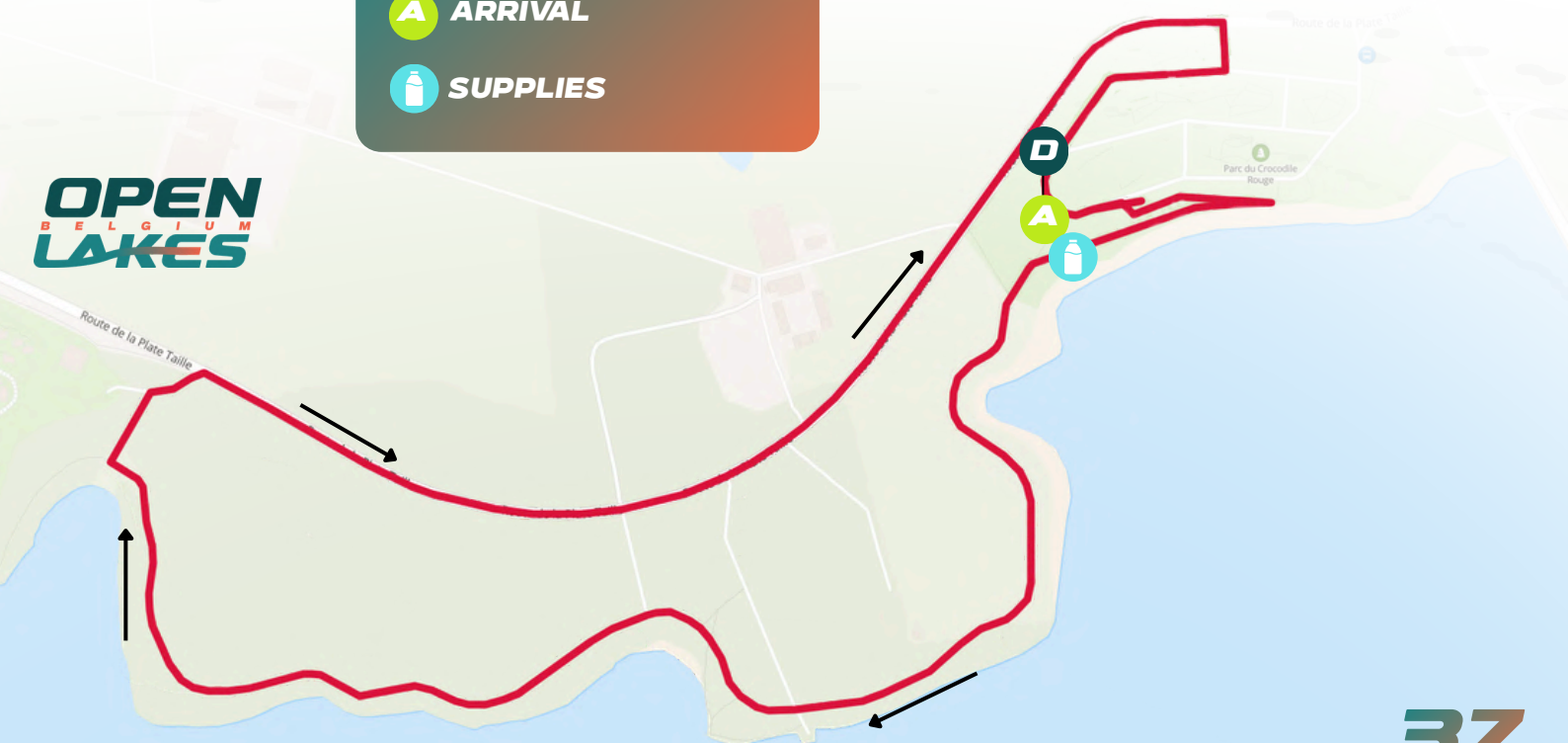
1 refueling

D DEPARTURE

A ARRIVAL

 SUPPLIES

OPEN
BELGIUM
LAKES





TRIATHLETE

TEENS

SWIM - 400M



Neon Green
Swimming Cap



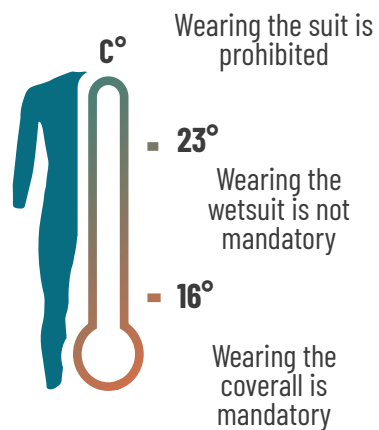
TEENS Start
Continuous Funnel Start



1 lap of 400m



No warm-up in the water
before the start



The swimsuit cannot be removed before the transition area

Supervised training on Fridays
from 2:00 PM to 3:00 PM and from
5:00 PM to 6:00 PM

OPEN
BELGIUM
LAKES

D DEPARTURE

A ARRIVAL

CROSSING BUOYS



TEENS

BIKE - 13 KM



DRAFTING event
TT bikes are
not allowed



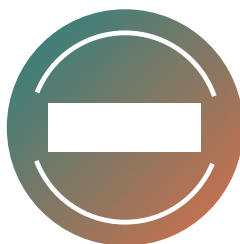
A 13km loop around the Eau
d'Heure Lakes



NO refueling



135m of elevation
gain



Route closed to traffic

OPEN
BELGIUM
LAKES

D DEPARTURE

A ARRIVAL



40

TEENS

RUN - 3 KM



100% stabilized
path



1 loop of 3km



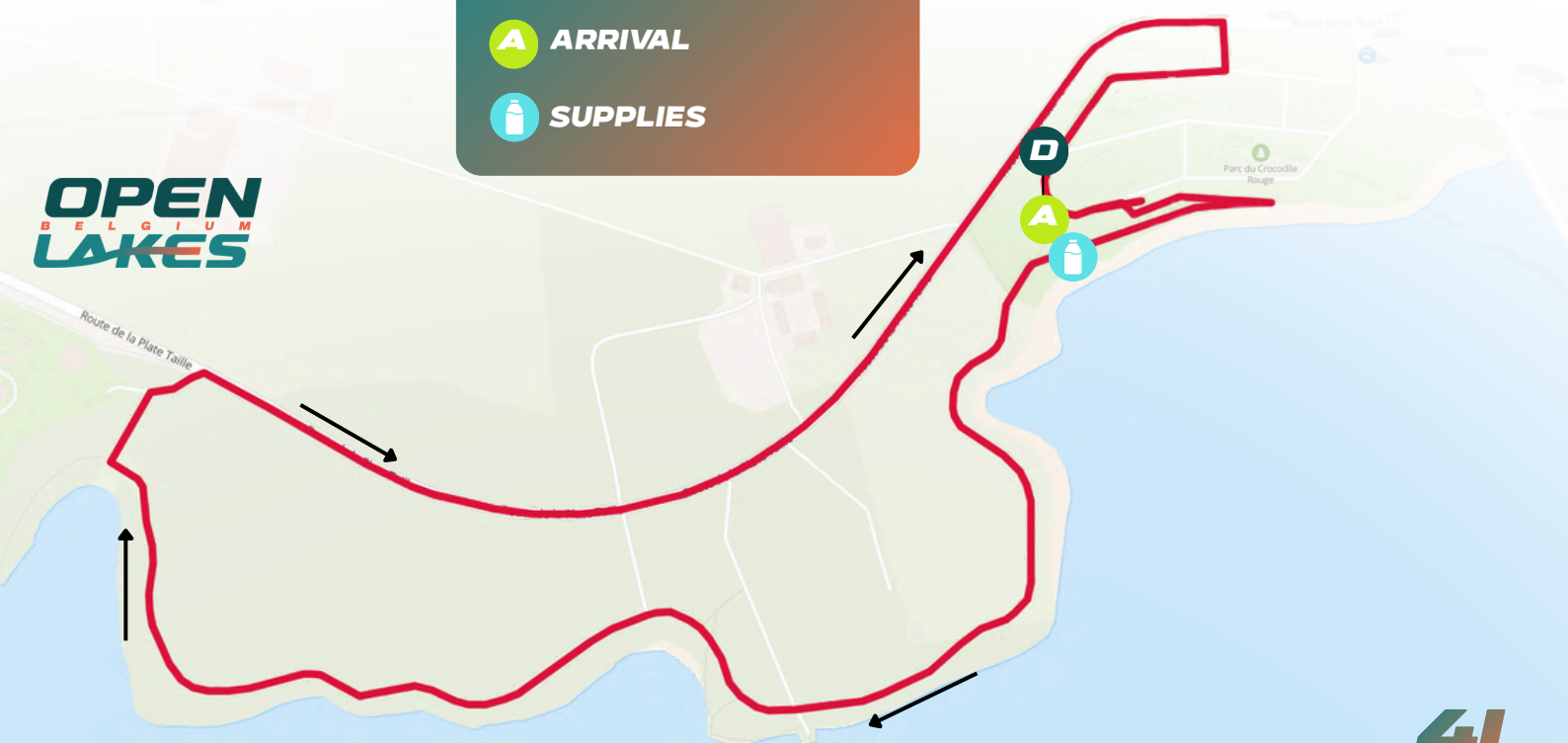
1 refueling

D DEPARTURE

A ARRIVAL

 SUPPLIES

OPEN
BELGIUM
LAKES



HALF



RANKINGS

BRONZE EVENT

42

OPENLAKES LIVE

- WATCH THE PROMO, OLYMPIC & HALF RACES LIVE
- EXPERT COMMENTARY BY LA CHAÎNE DU TRIATHLON
- FOLLOW ALL THE KEY MOMENTS IN REAL TIME
- SUPPORT YOUR FRIENDS AND FAMILY FROM ANYWHERE
- RELIVE YOUR RACE AFTER CROSSING THE FINISH LINE
- EXPERIENCE OPENLAKES AS IF YOU WERE THERE

OPEN
B E L G I U M
LAKES

LA CHAÎNE
DU TRIATHLON

JOIN US LIVE ON THE FACEBOOK PAGES OF LA CHAÎNE DU TRIATHLON
AND OPENLAKES

SWIM - 1900 M



ELITE MEN
Neon Green Swimming Cap



ELITE WOMEN
Sky Blue Swimming Cap



CB MEN'S
YELLOW Swimming Cap



CB WOMEN'S
PINK Swimming Cap



OPEN & HANDISPORT & RELAY
RED Swimming Cap



ELITE MEN'S Mass Start



Women's Elite Mass Start



CB Men's Mass Start



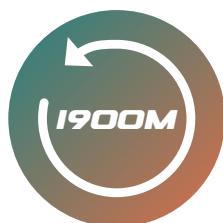
CB Women's Mass Start



Handisport Mass Start



OPEN & RELAY Mass Start



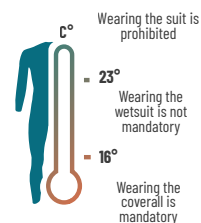
1 tour de 1900m



Cut off



Warm-up allowed up to 30 minutes before the start



The swimsuit cannot be removed before the transition area

Supervised training on Fridays
from 2:00 PM to 3:00 PM and from
5:00 PM to 6:00 PM

OPEN
LAKES
BELGIUM



D DEPARTURE

A ARRIVAL

⌘ CROSSING BUOYS

HALF



RANKINGS

BRONZE EVENT

BIKE - 92 KM



NON-DRAFTING Event
TT bikes are allowed



2 loops of 46km



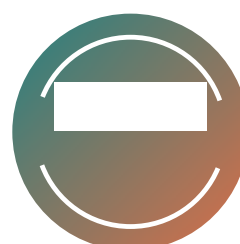
2 refueling stops
per lap



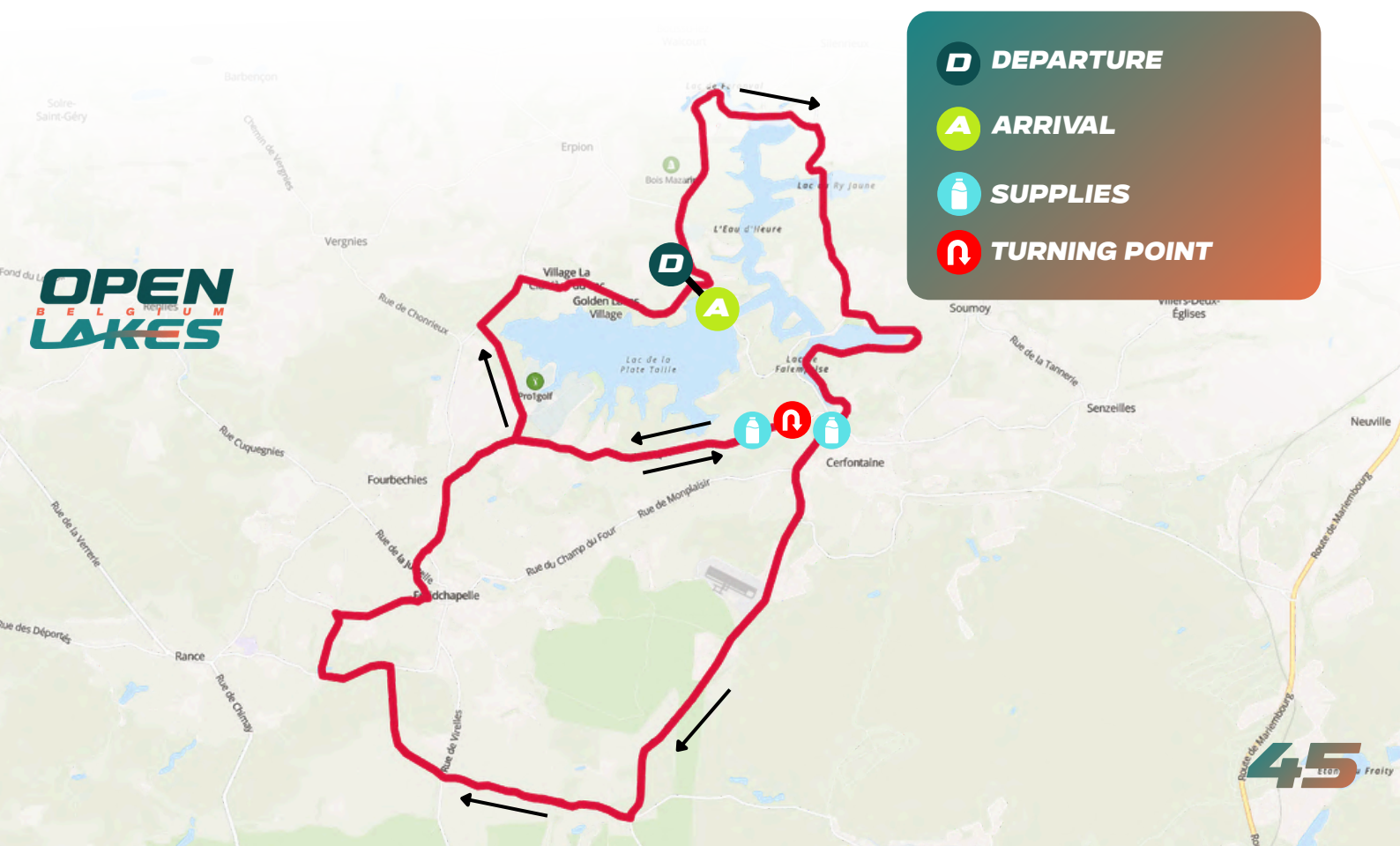
Cut off (Swimming +
Cycling)



550m of
elevation gain



Route closed to traffic



HALF



RANKINGS

BRONZE EVENT

RUN - 21 KM



100% bitumen



3 loops of 7km
Along the Plate Taille Lake



3 refueling stops
per lap



Latest time to start the 3rd
round CAP



Cut off (Swimming + cycling
+ running)



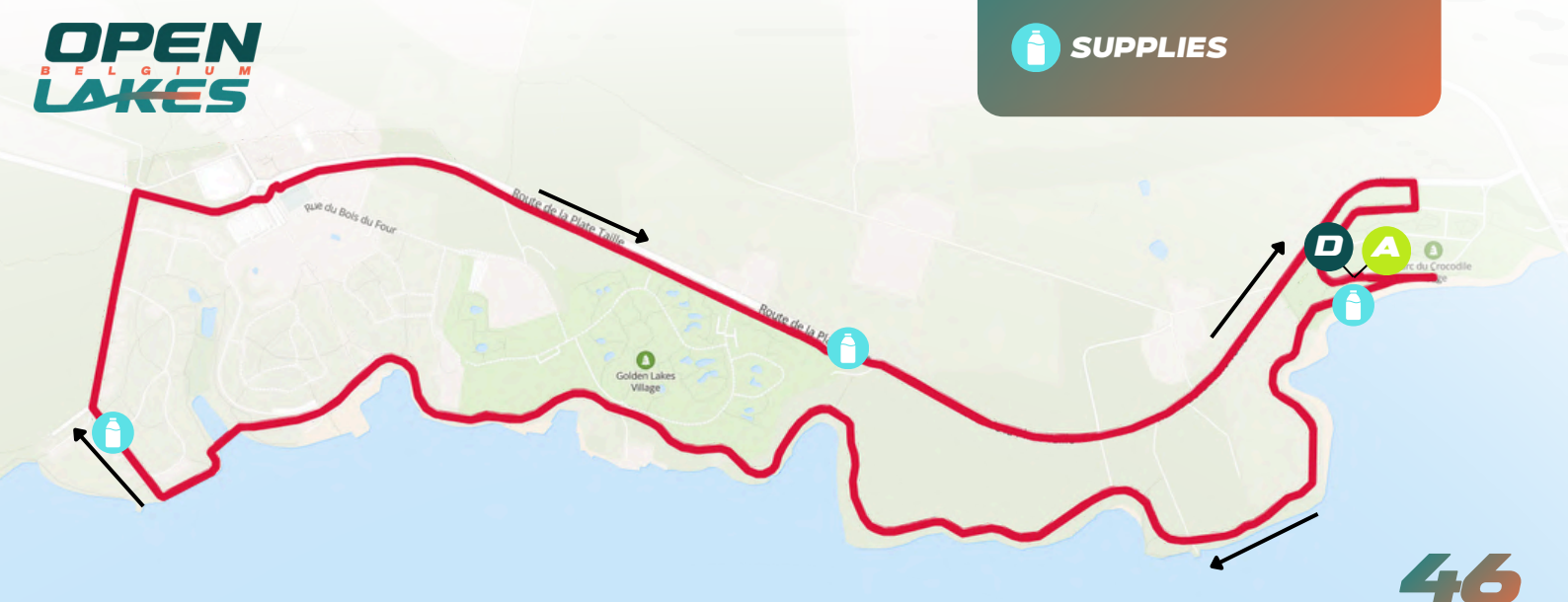
150m D+

OPEN
BELGIUM
LAKES

D DEPARTURE

A ARRIVAL

SUPPLIES



HALF

RELAY

THE START WILL BE AT 1:05 PM, AT THE SAME TIME AS THE OTHER PARTICIPANTS OF THE HALF OPEN. IT WILL TAKE PLACE FROM THE BANKS OF THE CENTRE D'ACCUEIL DE LA PLATE TAILLE AT THE LACS DE L'EAU D'HEURE.

IN PRINCIPLE

- A TEAM OF **TWO** OR **THREE** ATHLETES
- EACH ATHLETE ON THE TEAM MUST COMPLETE **AT LEAST ONE DISCIPLINE (SWIMMING, CYCLING, OR RUNNING)**
- IN THE CASE OF A TEAM OF TWO ATHLETES, ONE OF THEM WILL THEREFORE HAVE TO COMPLETE **TWO DISCIPLINES**.
- ATHLETES MUST PRESENT:
- THEIR **IDENTITY CARD**
- THEIR **LICENSE**, IF THEY ARE LICENSED WITH A TRIATHLON FEDERATION
- OTHERWISE, THEY WILL BE REQUIRED TO HAVE SUBSCRIBED TO THE **COMPETITION PASS** SPECIFYING THEIR ABILITY TO DO TRIATHLON IN COMPETITION.

IN PRACTICE

- THE "RELAY" MUST **TAKE PLACE IN THE TRANSITION PARK** AT THE LOCATION ASSIGNED TO THE TEAM.
- **ONLY** TEAMMATES PASSING THE "BATON" ARE ALLOWED IN THE TRANSITION AREA
- THE ELECTRONIC CHIP ACTS AS A "RELAY" AND MUST BE PLACED CONSECUTIVELY ON THE LEFT ANKLE OF EACH RELAYER.

PERFORMO



PROMO

SWIM - 500M



Sky Blue Swimming Cap



Handisport Start
Continuous Funnel Start



PROMO Departure
Continuous Departure Funnel



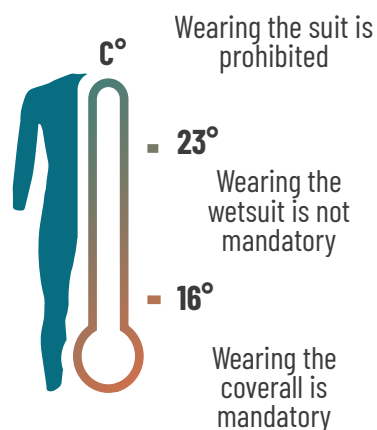
1 tour de 500m



Maximum time



Warm-up allowed up to 30
minutes before the start



*The swimsuit cannot be removed
before the transition area*

Supervised training on Fridays
from 2:00 PM to 3:00 PM and from
5:00 PM to 6:00 PM

OPEN
BELGIUM
LAKES

D DEPARTURE

A ARRIVAL

CROSSING BUOYS



PROMO

BIKE - 21 KM



DRAFTING event
TT bikes not allowed



1 loop of 21km



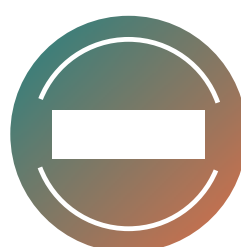
NO refueling



Maximum time
(Swimming + Cycling)



340m of
elevation gain



Route closed to traffic

D DEPARTURE

A ARRIVAL

 SUPPLIES

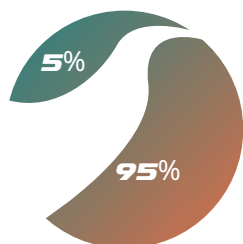
OPEN
BELGIUM
LAKES



50

PROMO

RUN - 5 KM



5% of the way
95% bitumen



1 loop of 5km



2 refueling points



Maximum time (Swimming +
cycling + running)



25m D+

OPEN
BELGIUM
LAKES

D DEPARTURE

A ARRIVAL

 SUPPLIES



51

VISITWallonia.be



Chaque **virage** est
une **découverte**

© WBT - Martin Dellicour

Que vous soyez en quête de défis sportifs ou de balades contemplatives, explorez des paysages variés, des vallées secrètes aux villages de caractère. Entre effort et émerveillement, vivez la Wallonie à votre rythme !

Trouvez votre prochaine aventure sur [VISITWallonia.be](https://www.visitwallonia.be)



Tout pour s'évader !

KIDS

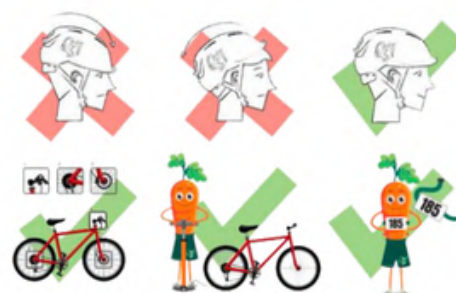
RACES



TRANSITIONS COURSE

BEFORE THE CYCLING SECTION

- I PUT MY HELMET ON MY HEAD AND CLOSE IT PROPERLY.
- I PUT ON MY SHOES.
- I PUT ON MY RACE NUMBER BELT (OR A T-SHIRT WITH MY RACE NUMBER). YOU CAN'T RIDE OR RUN SHIRTLESS! THE RACE NUMBER IS PLACED ON THE BACK.
- I TAKE MY BIKE AND PUSH IT TOWARDS THE PARK EXIT. I DON'T RIDE IN THE PARK!



IN THE PARK, I FOLLOW THE INSTRUCTORS' INSTRUCTIONS TO POSITION MY EQUIPMENT AND MY BIKE.



AFTER THE CYCLING SECTION

- I DROP OFF MY BIKE
- I SIMPLY TAKE OFF MY HELMET AND PLACE IT IN MY BIN (I DON'T THROW IT!).
- I TURN MY BELT AROUND TO PUT MY RACE NUMBER ON MY STOMACH (EXCEPT FOR PARTICIPANTS WEARING T-SHIRTS)
- I'M HEADING STRAIGHT FOR THE RUNNING SECTION AND TOWARDS THE FINISH LINE!

MANAGEMENT

EVENTS SUPERVISED BY QUALI'3 TEAM

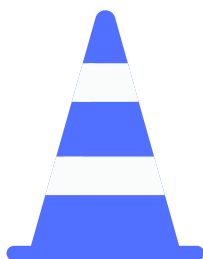
YOUR CHILDREN ARE IN GOOD HANDS WITH THE QUALI'3 TEAM, WHICH GUIDES YOUR FUTURE CHAMPIONS FROM THE SECRETARIAT TO THE FINISH LINE.

QUALI'3 TEAM IS A TRIATHLON CLUB LOCATED IN FARCIENNES

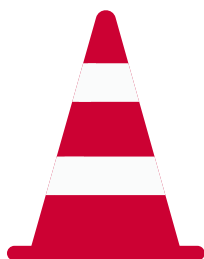
[LEARN MORE](#)



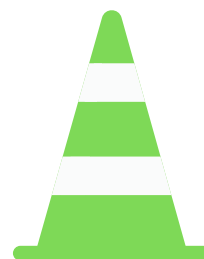
SIGNAGE TO FOLLOW



WHEN THE ATHLETE COMES OUT OF THE WATER, HE MUST FOLLOW THE BLUE COLORED CONES TO GET TO THE BIKE PARK.



WHEN THE ATHLETE LEAVES THE BIKE PARK, HE MUST FOLLOW THE RED COLORED CONES TO GET TO THE BIKE CIRCUIT.



DURING THE RUN, THE ATHLETE MUST FOLLOW THE GREEN CONES.



MINI KIDS

MINI KIDS

SWIM - 50M



RED swimming cap



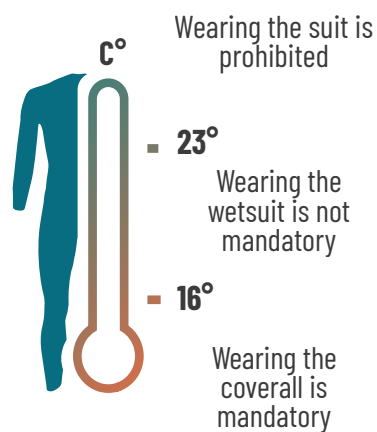
Rolling Start
1 child/3 seconds



1 lap of 50m



No warm-up in the water
before the start



*The swimsuit cannot be removed
before the transition area*

OPEN
BELGIUM
LAKES

D DEPARTURE

A ARRIVAL

P PASSING BUOY

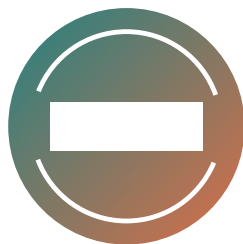


MINI KIDS

BIKE - 2 KM



15m of elevation
gain



Route closed to traffic



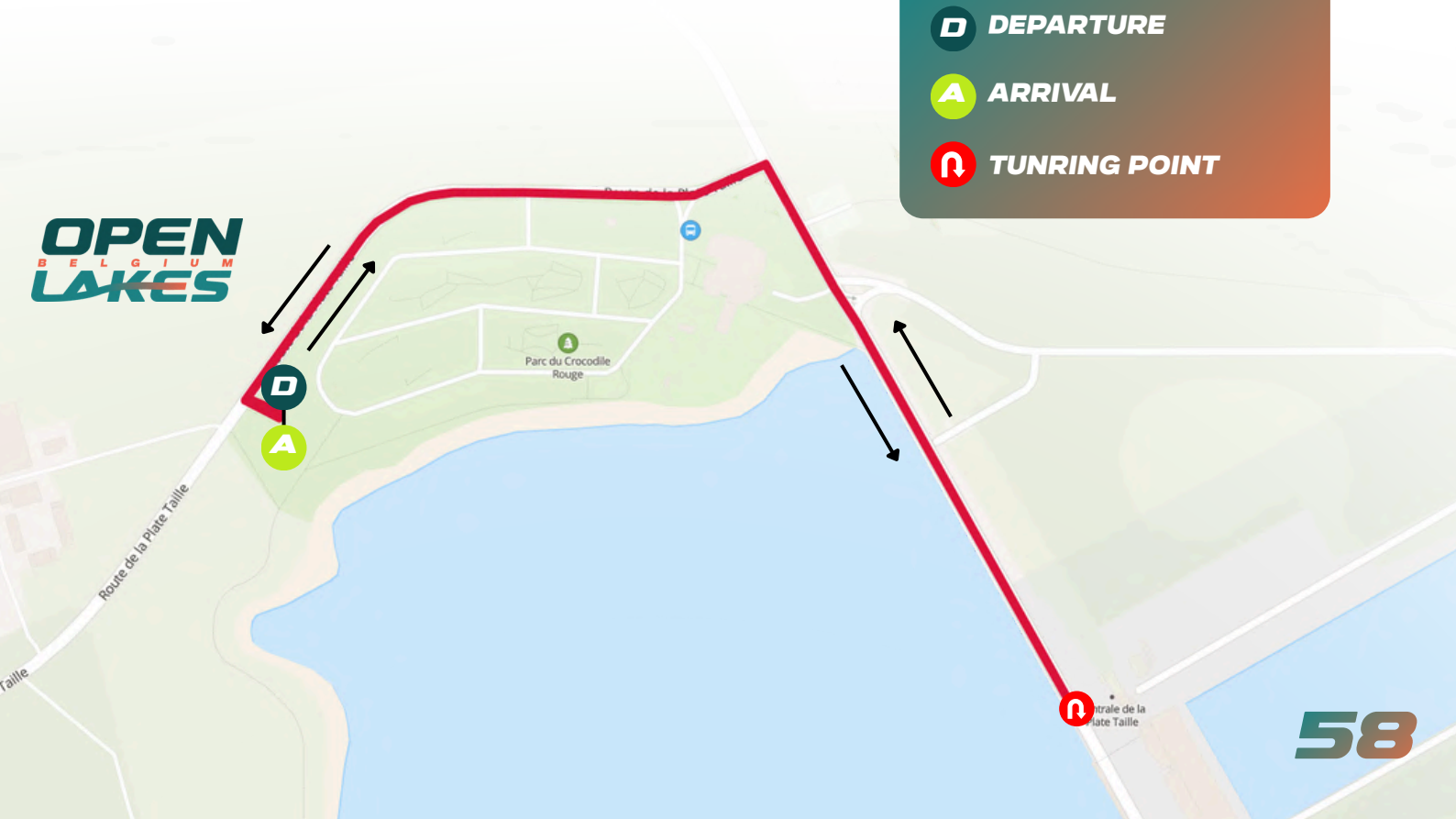
1 loop of 2km

OPEN
BELGIUM
LAKES

D DEPARTURE

A ARRIVAL

T TURNING POINT



MINI KIDS

RUN- 400 M



100% stabilized
path



1 loop of 400m

OPEN
BELGIUM
LAKES

Route de la Plate Taille

D DEPARTURE

A ARRIVAL

Parc du Crocodile
Rouge

KIDS



KIDS

SWIM - 150M



Sky Blue Swimming Cap



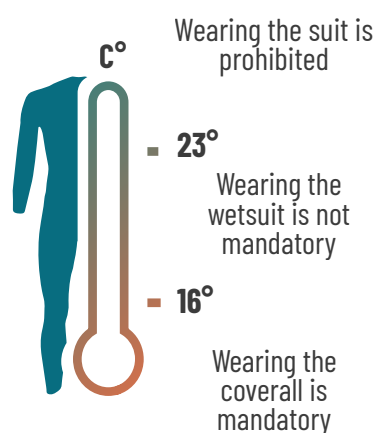
Rolling Start
5 children/5 seconds



1 lap of 150m



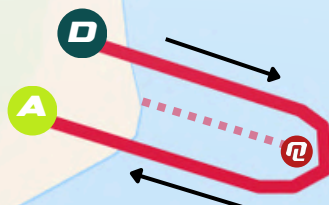
No warm-up in the water
before the start



The swimsuit cannot be removed before the transition area

OPEN
BELGIUM
LAKES

Route de la Plate Taille



D DEPARTURE

A ARRIVAL

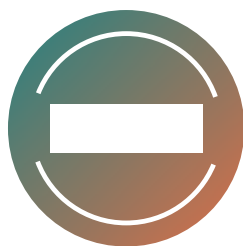
PB PASSING BUOY

KIDS

BIKE - 5 KM



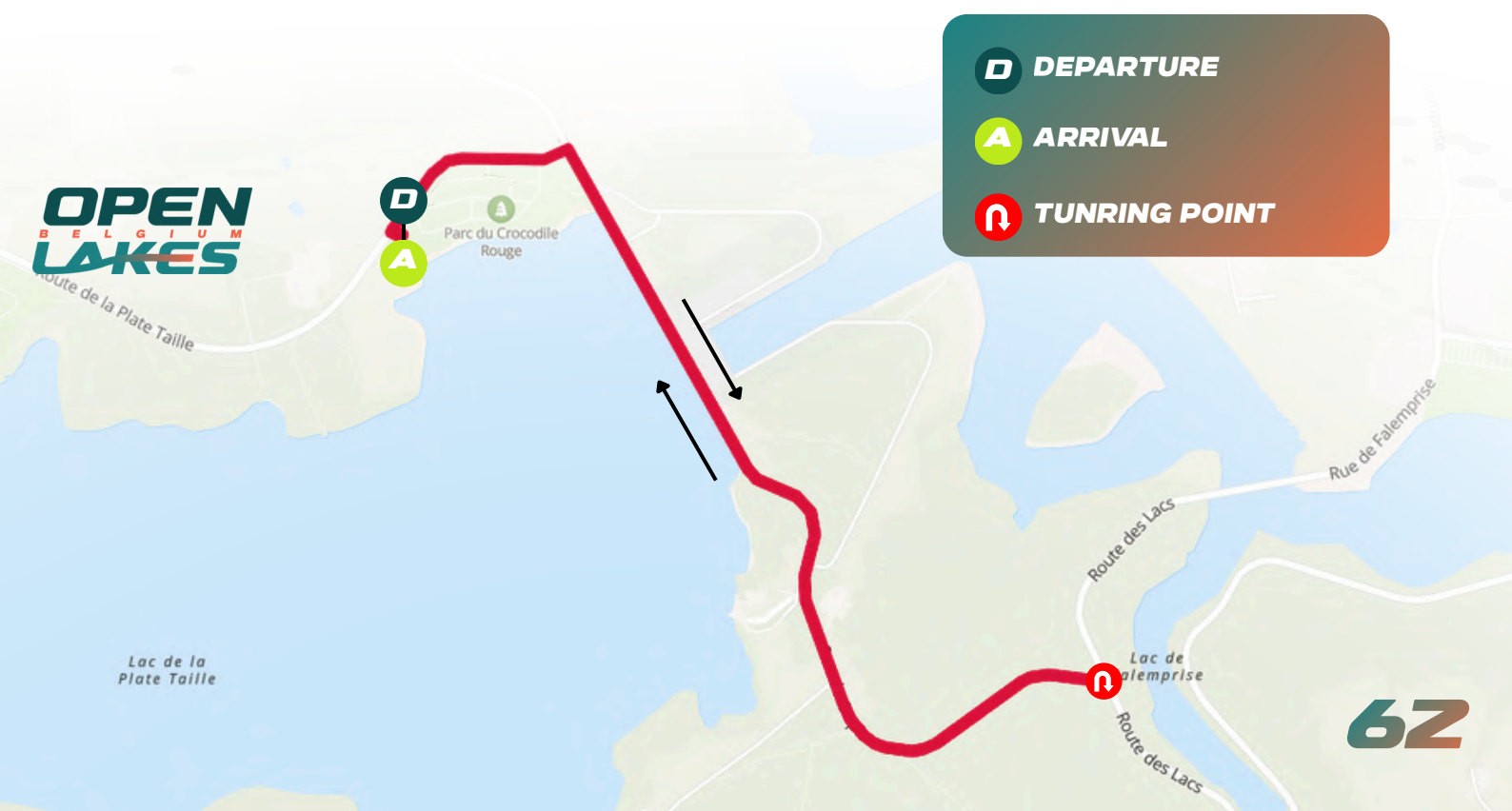
50m of elevation
gain



Route closed to traffic



1 loop of 5km



KIDS

RUN - 1 KM



100% stabilized
path



1 loop of 1km

OPEN
BELGIUM
LAKES

- D** DEPARTURE
- A** ARRIVAL
- U** TURNING POINT





OLYMPIC

OLYMPIC

SWIM - 1500 M



DO HANDISPORT Yellow Swimming Cap



DO MEN'S NEON GREEN Swimming Cap



DO WOMEN'S NEON GREEN Swimming Cap



Handisport Start
Funnel Start



Men's Start
Funnel Start



Women's Start
Funnel Start



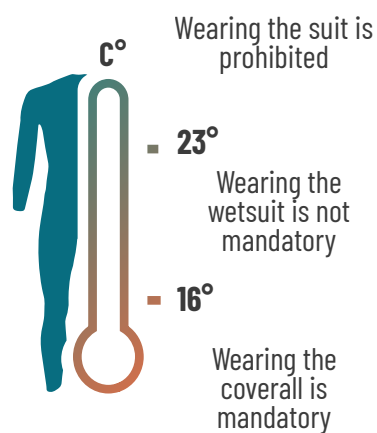
1 tour de 1500m



Men's Cut Off/
Women



Warm-up allowed up to 30
minutes before the start



The swimsuit cannot be removed before the transition area

Supervised training on Fridays
from 2:00 PM to 3:00 PM and from
5:00 PM to 6:00 PM

OPEN
LAKES
BELGIUM



D DEPARTURE

A ARRIVAL

B CROSSING BUOYS

OLYMPIC

BIKE - 42 KM



DRAFTING event
TT bikes not allowed



2 loops of 21km



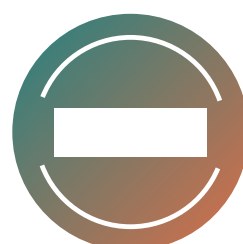
1 refueling stop per
lap



Cut-off (Swimming +
Cycling) Men Women



680m of
elevation gain



Route closed to traffic

D DEPARTURE

A ARRIVAL

S SUPPLIES

OPEN
BELGIUM
LAKES



66

OLYMPIC

RUN – 10 KM



100% bitumen



2 loops of 5km
Along the Plate Taille Lake



2 refueling stops
per lap



Cut-off (Swimming + Cycling
+ Running)
Men
Women



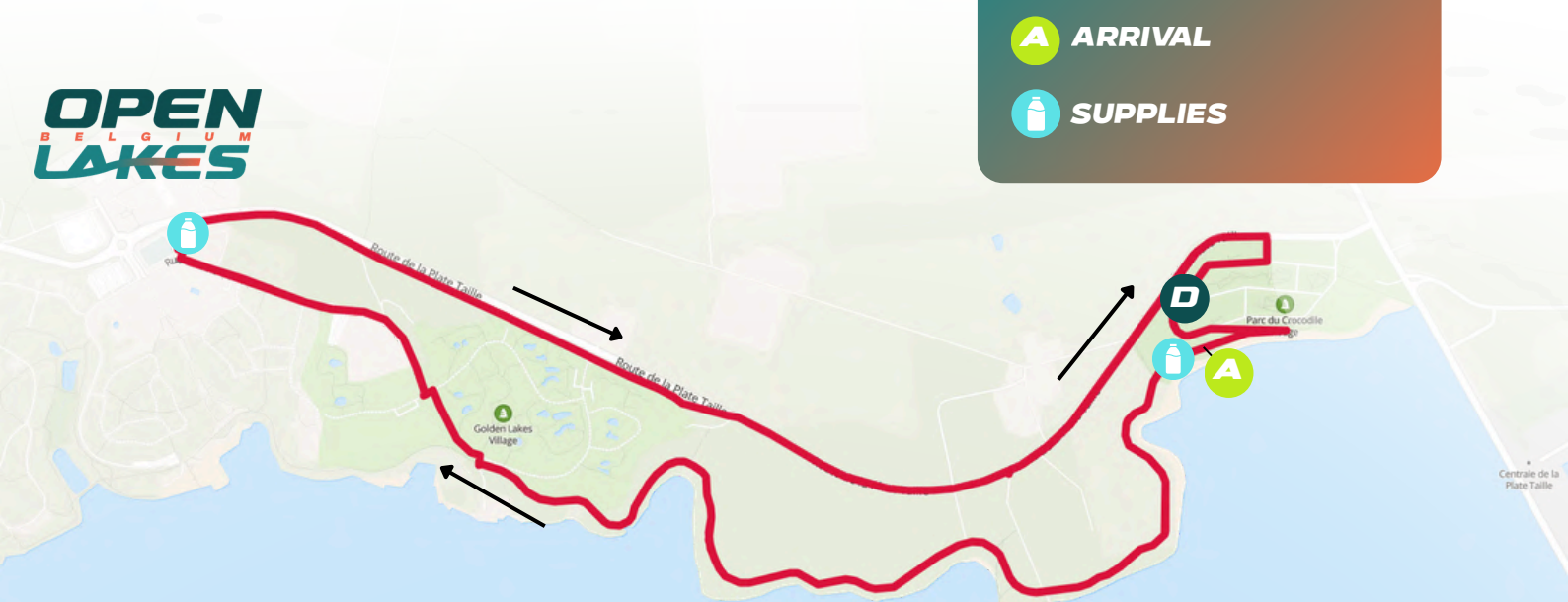
50m D+

OPEN
BELGIUM
LAKES

D DEPARTURE

A ARRIVAL

 **SUPPLIES**



GROUPE **WANTY**



INFRASTRUCTURE



DÉCONSTRUCTION



BÂTIMENT



ÉLECTRICITÉ



EAU



**INDUSTRIE
& CIRCULARITÉ**

Partner in the greatest sporting emotions



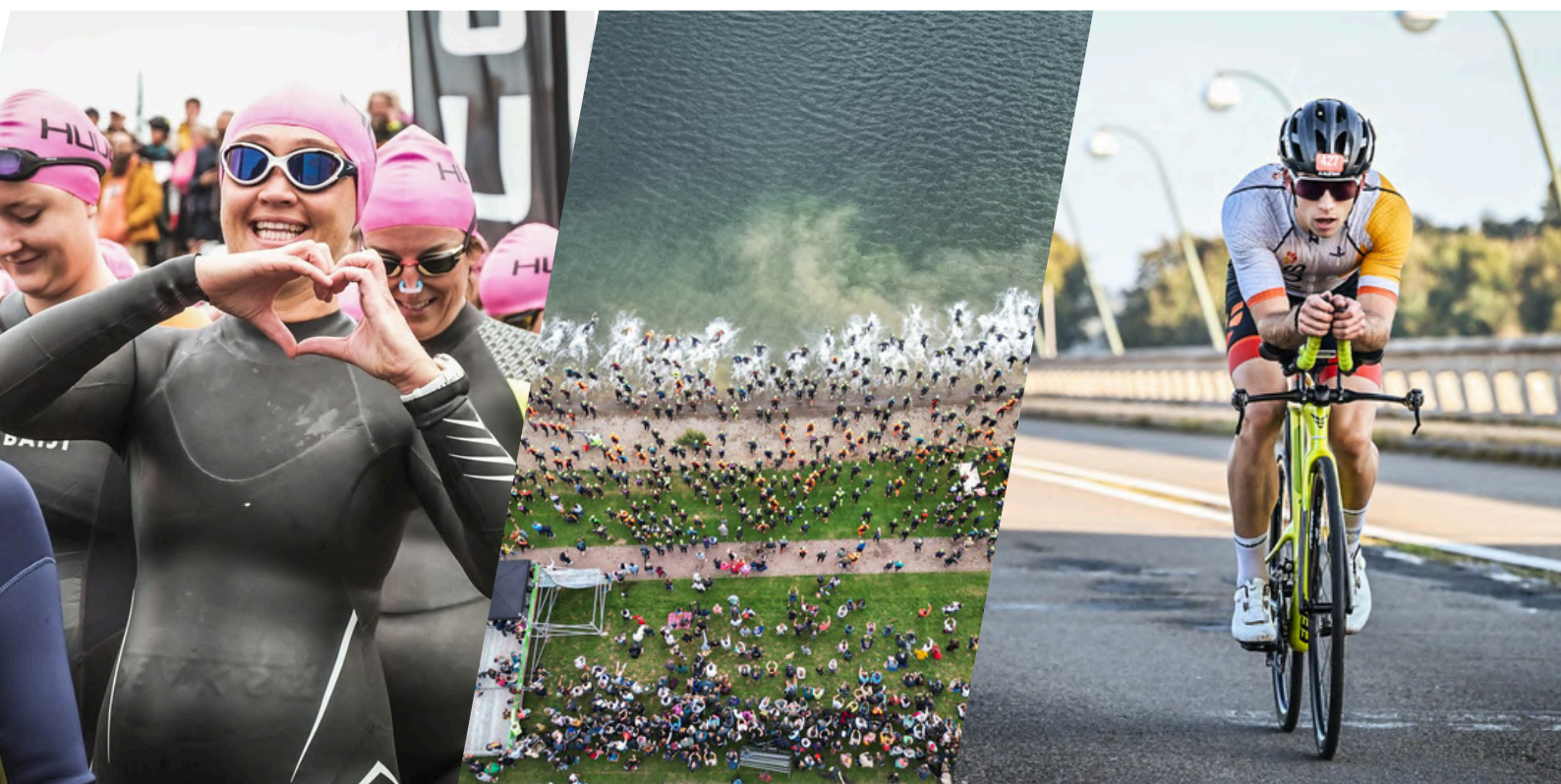
♥ **Self-improvement**

♥ **Performance Inquiry**

www.wanty.eu



ALWAYS REMEMBER YOUR RACE
get your personal pictures on SPORTOGRAF.COM



F TH T TH
S E P O R T O G R A F . C O M
F L A T

OUR PARTNERS

