



XXII SPANISH OPEN WATER SWIMMING CHAMPIONSHIPS OPEN **5K-7.5K-10K & TEAM EVENT**

INFORMATION BULLETIN



Estany de Banyoles - 14.15.16th June, 2019



www.rfen.es

RULES

XXII SPANISH OPEN WATER SWIMMING CHAMPIONSHIPS “OPEN”

Season 2018-2019

1. **DATES:** 14th, 15th and 16th of June, 2019

2. **PLACE:** Estany de Banyoles (Girona)

3. **CATEGORIES:**

OPEN	Men & Women	All ages
Junior – 2	Men & Women	2000-2001 // 19 y 18 years
Junior – 1	Men & Women	2002-2003 // 17 y 16 years
Youth	Men & Women	2004-2005 // 15 y 14 years

4. **PROGRAM:**

Friday, 14 th AM	Saturday, 15 th AM	Sunday, 16 th AM
5K OPEN 7.5K JUNIOR-1	5K YOUTH 10K OPEN	5K TEAM RELAY

5. **ENTRIES**

5.1. All foreign swimmers must have their National Sports License with respective Federation affiliated to FINA, valid for the current season 2018-2019, and swimmers must achieve the next qualifying times:

FEMALE	CATEGORY	MALE
1500 LC		1500 LC
17:45.00	OPEN	16:30.00
17:55.00	JUNIOR - 2	16:45.00
18:15.00	JUNIOR - 1	17:20.00
18:50.00	YOUTH	18:05.00

5.2. Entries must be done according to the FINA General Rules for swimming (2018-2019) and RFEN General Rules.

5.3. Deadline for the submission of entries: **12:00 noon on 29th of May 2019.**

- By email (rfen@rfen.es), including the official form attached ([download](#)).
- Delayed entries or uncompleted official forms will not be accepted.

5.4. Final lists of competitors will be published at **12:00 noon on 5th of June 2019.**

6. **RULES OF COMPETITION**

6.1. Start list of all events will be fixed by RFEN and the organization.

7. POINTS

7.1. Only Spanish competitors will be awarded with points according to their final race position.

8. MEDALS

8.1. Medals will be awarded to the competitor placed first, second and third:

10K & 5K	OPEN	Men & Women
10K	Junior – 2	Men & Women
7.5K	Junior – 1	Men & Women
5K	Youth	Men & Women
5K Team Relay	OPEN	Mixed

8.2. National Teams will not be awarded with medals in relay events.

9. TEAMS RANKING (only Spanish Swimming Teams)

10. ENTRY FEES

10.1. Entry fees shall be as decided by [RFEN rules](#).

- 1 event: **15€**
- 2 events: **23€**
- Team relay: **16€ per team**

- ➔ Entries application form must be sent to: rfen@rfen.es
 - Deadline: **12:00 noon on 29th of May 2019**
 - Official form: [download](#)
- ➔ Technical information: jcadens@rfen.es & ricardobarreda@rfen.es

TECHNICAL INFORMATION

SCHEDULE			TECHNICAL MEETING	CHECK-IN	BRIEFING	START	CEREMONY AWARDS
Friday 14 th June.2019	5K OPEN	MEN	Thursday, 13 th at 19:40	08:30-09:15	09:45	10:00	≈ 13:45
		WOMEN		08:40-09:25		10:10	
	7.5K JUNIOR-1	MEN		10:00-10:45	11:15	11:30	
		WOMEN		10:10-10:55		11:40	
Saturday 15 th June.2019	5K YOUTH	MEN		08:10-08:45	09:00	09:15	≈ 13:30
		WOMEN		08:20-08:55		09:25	
	10K OPEN	MEN		09:30-10:15	10:30	10:45	
		WOMEN		09:40-10:25		10:55	
Sunday 16 th June.2019	5K TEAM RELAY	MIXTED		08:30-09:15	09:45	10:00	≈ 11:20

TRAINING & WARM UP		RACE COURSE	400m. TRAINING ZONE
Thursday 13 th June.2019	AM	No available	10:00-13:00
	PM	18:00-19:30	16:00-20:00
Friday 14 th June.2019	AM	08:00-09:30	08:00-14:00
	PM	19:00-20:00	16:00-20:00
Saturday 15 th June.2019	AM	08:00-09:30	08:00-14:00
	PM	No available	15:30-20:00
Sunday 16 th June.2019	AM	08:00-09:30	08:00-12:00

❖ RACE COURSE:

- Individual events: 2.5K race course (5K: 2 laps, 7.5K: 3 laps & 10K: 4 laps)
- Relay event: 1.25K race course

❖ TIME CAP:

- According to Open Water FINA rules 2017-2021. [Rule 6.17 – THE RACE](#)
- In all events, time limits shall apply as follows from the finish time of the first swimmers: 15 minutes per 5K (or part thereof) up to a maximum time limit of 120 minutes.

❖ SWIMWEAR AND WETSUITS:

- According the agreements published by F.I.N.A. (**BL 8 SWIMWEAR, FINA BY LAWS**).
<https://www.fina.org/content/fina-approved-swimwear>
Valid period since January 1st, 2019 until December 31st, 2019.

❖ ANTIDOPING

- It will be regulated according to the specific rules of the Spanish Antidoping State Agency, the Royal Spanish Swimming Federation and F.I.N.A.

❖ SAFETY AND SECURITY

- It will be guaranteed by Club Natació Banyoles and Cruz Roja Española.

❖ ACCOMMODATION ([link](#))

VENUE MAP



Banyoles



2019



CLUB NATACIÓ BANYOLES VENUE ZONES

Race Control

Athletes Changing Rooms / Showers

Registration, Call Room & Briefing

Award Ceremony Area

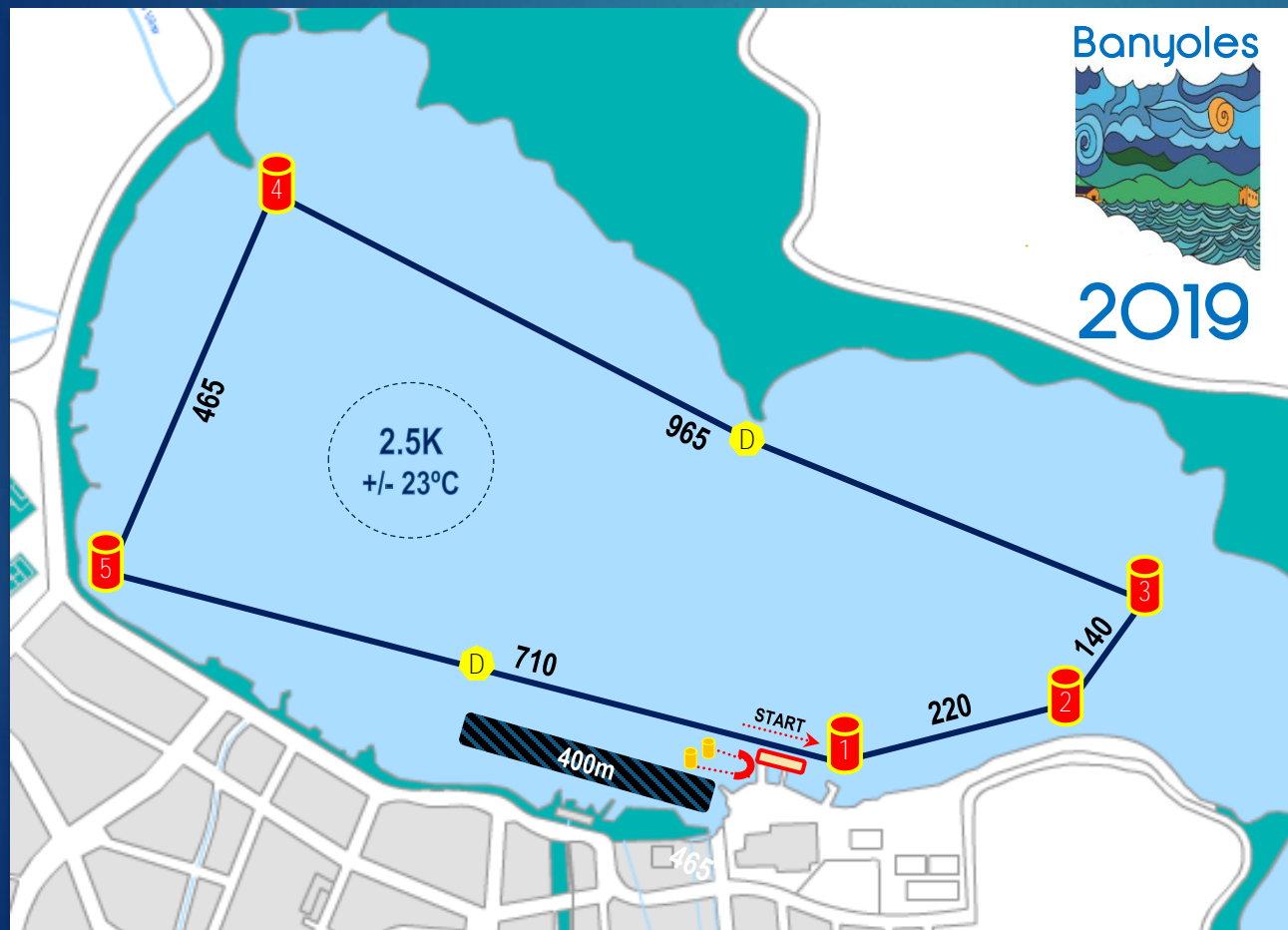
Medical Area

Start (inside water) & Finish

Feeding & Relay Pontoon

400m. Training Zone (lake)

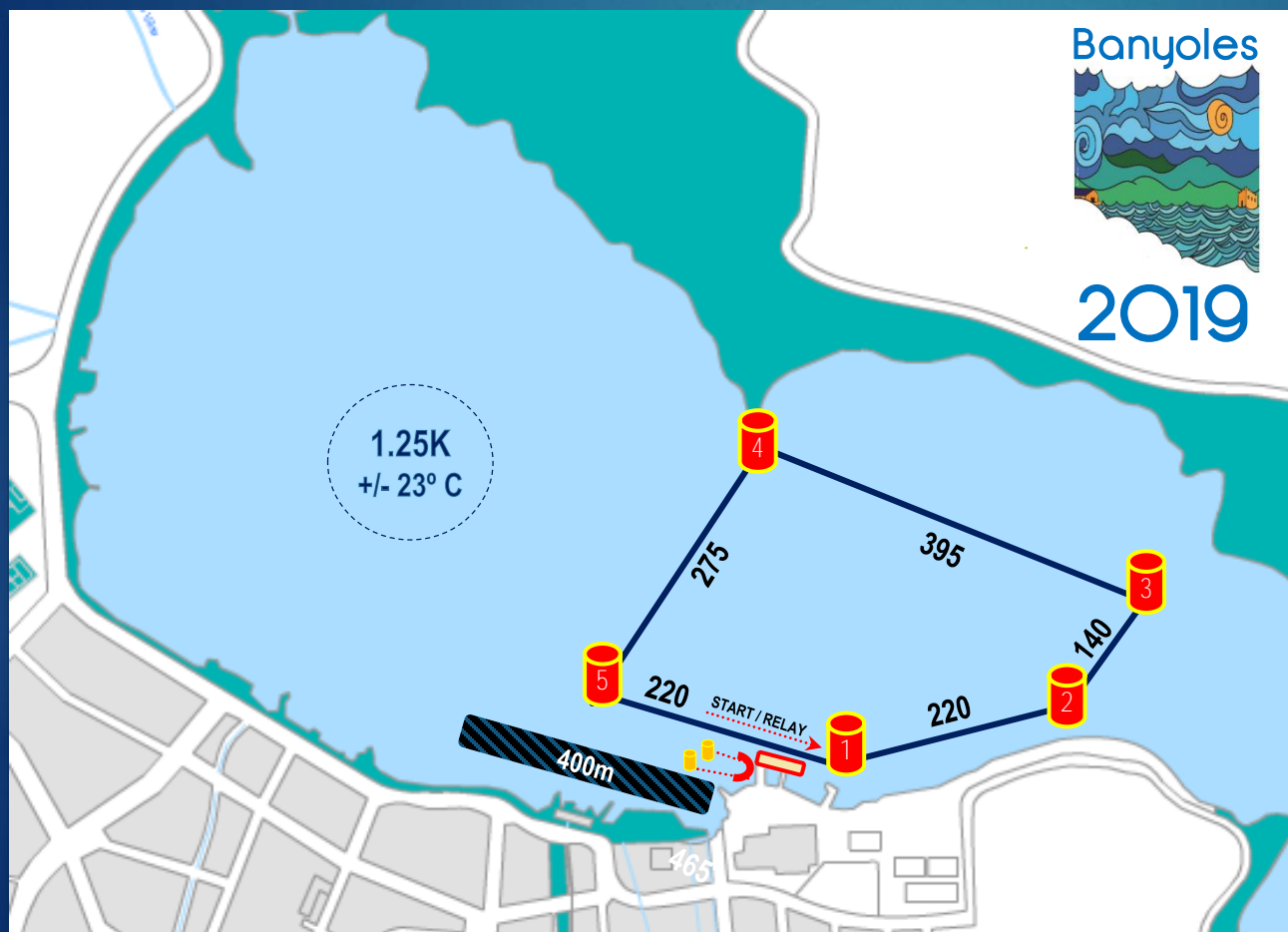
5K-7.5K-10K RACE COURSE



RACE COURSE DESCRIPTION

LAP	5K		7.5K	10K
	1 ^a	2 ^a	3 ^a	4 ^a
Buoy (1) 2	220	2720	5220	7720
Buoy-3	360	2860	5360	7860
Buoy-4	1325	3825	6325	8825
Buoy-5	1790	4290	6790	9290
FINISH	2500	5000	7500	10000

TEAM RELAY RACE COURSE



RACE COURSE DESCRIPTION

5K (4x1.25K)

LAP	1 ^a	2 ^a	3 ^a	4 ^a
Buoy (1) 2	220	1470	2720	3970
Buoy-3	360	1610	2860	4110
Buoy-4	755	2005	3255	4505
Buoy-5	1030	2280	3530	4780
FINISH	1250	2500	3750	5000