

# XXVI OPEN WATER SPANISH NATIONALS

**Dates:** 03<sup>rd</sup>, 04<sup>th</sup> and 05<sup>th</sup> of May 2024

**Place:** CEAR La Cartuja (Sevilla) – [MAP](#)

**Water temperature:** 20-23 °C

## Categories

<b>OPEN</b>	Men & Women	All ages
<b>Junior – 2</b>	Men & Women	2005-2006 // 19 & 18 years
<b>Junior – 1</b>	Men & Women	2007-2008 // 17 & 16 years
<b>Youth</b>	Men & Women	2009-2010 (2011*) / 15, 14 & 13 years

- ❖ All categories are OPEN for foreign swimmers.
- ❖ Swimmers born in 2011 can participate in Youth category (no ranking or medals).

## Program

<b>Friday, 03<sup>rd</sup> AM</b>	<b>Saturday, 04<sup>th</sup> AM</b>	<b>Sunday, 05<sup>th</sup> AM</b>
10K OPEN / JUNIOR – 2	TEAM RELAY (6K)	5K OPEN / YOUTH
7,5K JUNIOR – 1		

- ❖ 10K OPEN / JUNIOR-2 / 7,5K JUNIOR-1: joint start, male and female category respectively.
- ❖ 5K OPEN / YOUTH: joint start, male and female category respectively.

## Key dates

Entries	<b>17<sup>th</sup> April</b>
Official Trainings	<b>02<sup>nd</sup> May (Race Course)</b>
Technical Meeting	<b>02<sup>nd</sup> May (Venue)</b>
COMPETITION	<b>03<sup>rd</sup>, 04<sup>th</sup> and 05<sup>th</sup> May</b>

## Entries & Qualifying times

- All foreign swimmers must have their National Sports License with respective Federation (World Aquatics affiliated), valid for the current season 2023-2024. All swimmers must achieve the following 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

- Deadline for the submission of entries: **12:00 PM on 17<sup>th</sup> April 2024.**
  - By email ([rfen@rfen.es](mailto:rfen@rfen.es)), including the official form attached ([download](#)).
  - Late entries or incomplete official forms will not be accepted.
- Final lists of competitors will be published on **19<sup>th</sup> April 2024.**
- Entry fees shall be as decided by [RFEN rules](#):
  - 1 event: **18€**
  - 2 events: **27€**
  - Team relay: **19€ per team**

## Rules & Regulations

- The competition will be conducted under World Aquatics rules.
- Start list of all events will be done by RFEN and the organization.
- Final Teams Ranking: only Spanish competitors will be awarded with points according to their final race position.
- 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
Team Relay (6K)	OPEN	Mixed

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

## Technical information

**02<sup>nd</sup> of May 2024** - Technical Meeting (19:30 PM - CEAR “La Cartuja”)

		CHECK-IN	STARTS (Men & Women)
03 <sup>rd</sup> of May	10K OPEN /JUNIOR-2	08:00 - 09:15	10:00 (M) - 10:10 (W)
	7,5K JUNIOR-1		
04 <sup>th</sup> of May	Team Relay (6K)	09:30 - 10:45	11:30 - Mixed
05 <sup>th</sup> of May	5K OPEN / YOUTH	08:00 - 09:15	10:00 (M) - 10:10 (W)

## Trainings (Venue - CEAR “La Cartuja”)

	RACE COURSE TRAINING AREA *	TRAINING POOL - 50m **
02 <sup>nd</sup> of May	16:30 - 19:30	09:30 - 12:30
03 <sup>rd</sup> of May	08:00 - 09:30	16:30 - 19:30
04 <sup>th</sup> of May	08:00 - 10:45	
05 <sup>th</sup> of May	08:00 - 09:30	NOT AVAILABLE

\* Training Area (100m) available.

\*\* Training Pool (TBD): participants will be informed by mail in case of availability.

## Doping

It will be regulated according to the specific rules of the Spanish Antidoping State Agency, the Royal Swimming Spanish Federation and World Aquatics.

## Contacts

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ACCOMMODATION	<b>VIAJES EL CORTE INGLÉS</b> Championships Official Agency <a href="mailto:eventosrfen@viajeseci.es">eventosrfen@viajeseci.es</a>

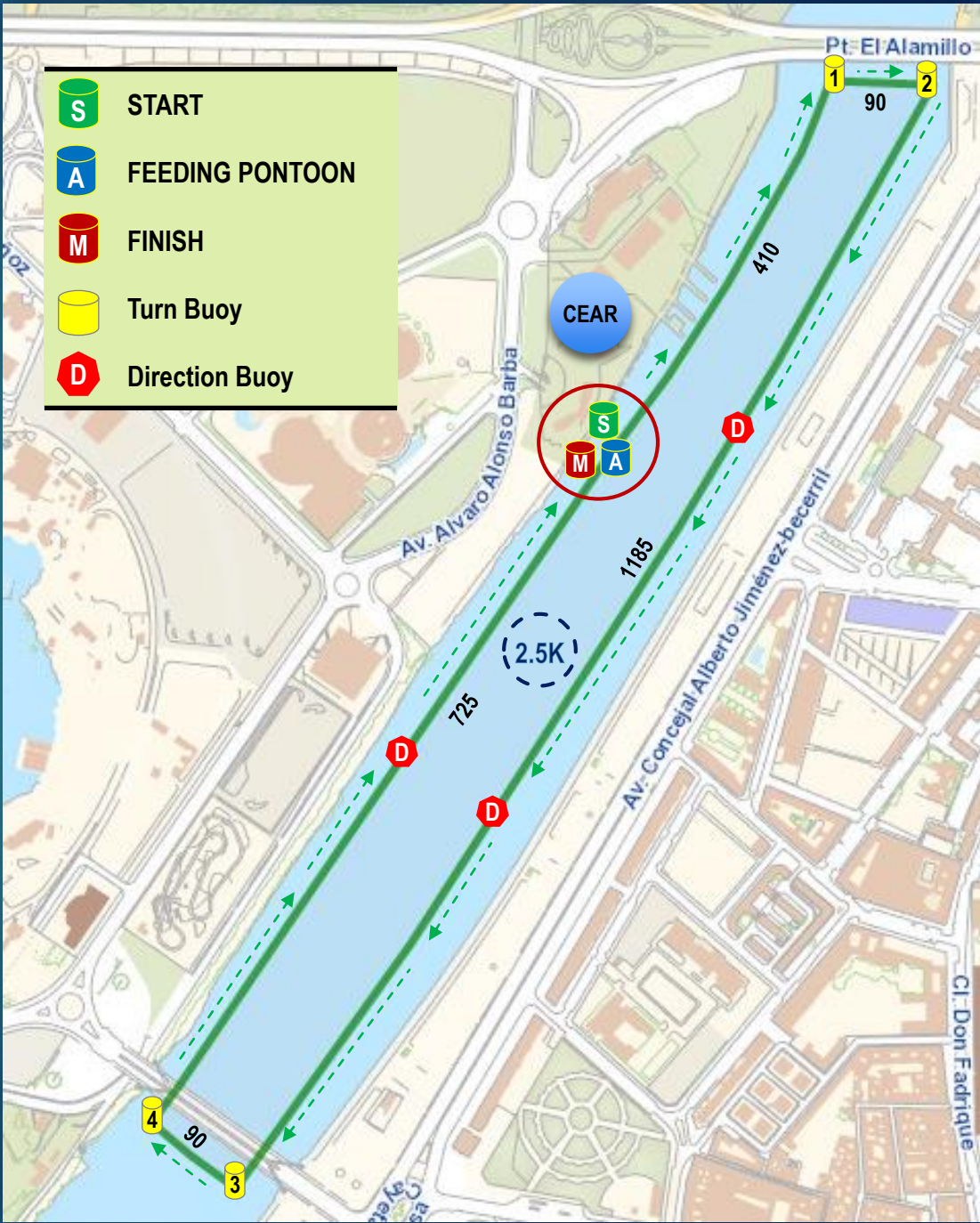




# RACE COURSE

## 5K-7.5K-10K

RACE COURSE DESCRIPTION				
	5K		7.5K	10K
	1st LAP	2nd LAP	3er LAP	4th LAP
Buoy-1	410	2910	5410	7910
Buoy-2	500	3000	5500	8000
Buoy-3	1685	4185	6685	9185
Buoy-4	1775	4275	6775	9275
FINISH	2500	5000	7500	10000



# TEAM RELAY RACE

## COURSE 6K

### RACE COURSE DESCRIPTION

#### 6K (4x1500m)

	1 <sup>st</sup> relay	2 <sup>nd</sup> Relay	3 <sup>rd</sup> Relay	4 <sup>th</sup> Relay
Buoy-1	330	1830	3330	4830
Buoy-2	420	1920	3420	4920
Buoy-3	1080	2580	4080	5580
Buoy-4	1170	2670	4170	5670
Relays - FINISH -	1500	3000	4500	6000

