



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

::: INFORMATION BULLETIN :::



Lago de Banyoles - 18.19.20th June, 2021



www.rfen.es

RULES

XXIII SPANISH OPEN WATER SWIMMING CHAMPIONSHIPS “OPEN” Season 2020-2021

1. **DATES:** 18th, 19th and 20th of June, 2021
2. **PLACE:** Lago de Banyoles (Girona)

3. CATEGORIES:

OPEN	Men & Women	All ages
Junior – 2	Men & Women	2002-2003 // 19 & 18 years
Junior – 1	Men & Women	2004-2005 // 17 & 16 years
Youth	Men & Women	2006-2007 (2008*) // 15, 14 & 13 years

**Swimmers born in 2008 can only participate in youth category.*

4. PROGRAM:

Friday, 18 th AM	Saturday, 19 th AM	Sunday, 20 th AM
10K OPEN 5K YOUTH	5K OPEN 7,5K JUNIOR-1	5K TEAM RELAY

5. ENTRIES

- 5.1. All foreign swimmers must have their National Sports License with respective Federation (FINA affiliated), valid for the current season 2020-2021. 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

- 5.2. Entries must be done according to the FINA General Rules for swimming (2020-2021) and RFEN General Rules.
- 5.3. Deadline for the submission of entries: **12:00 PM on 02th of June 2021.**
 - By email (rfe@rfe.es), including the official form attached ([download](#)).
 - Late entries or incomplete official forms will not be accepted.
- 5.4. Final lists of competitors will be published on **9th of June 2021.**

6. RULES OF COMPETITION

6.1. Start list of all events will be done 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**

11. COVID MEASURES

11.1. All swimmers and coaches will receive a document containing the following information:

- Personal medical situation.
- Location form.
- Declaration of responsibility.

11.2. Document must be filled in **72 hours before the competition** and sent to the Covid Compliance Manager (albertoindarte@rfen.es). Finally, it will be reviewed by the organization's medical officer.

11.3. With medical clearance each participant will receive an individual QR code to access the venue.

11.4. Covid Protocols will be available on the website in the weeks prior to the championships.

➔ **Entries application form must be sent to: rfen@rfen.es**

- Deadline: **12:00 PM on 02th of June 2021**
- Official form: [download](#)

➔ **Technical information: scalle@rfen.es**

➔ **Covid information: albertoindarte@rfen.es**

TECHNICAL INFORMATION

SCHEDULE			TECHNICAL MEETING	CHECK-IN	CALL ROOM	START	CEREMONY AWARDS	
Friday 18 th June.2021	10K OPEN	MEN	Thursday, 17 th 19:30	08:00-09:15	09:30	10:00	≈ 13:30	
		WOMEN				10:10		
5K YOUTH	MEN	11:00-12:15		12:30	13:00	≈ 14:30		
	WOMEN				13:10			
Saturday 19 th June.2021	5K OPEN	MEN		Thursday, 17 th 19:30	08:00-09:15	09:30	10:00	≈ 12:15
		WOMEN					10:10	
	7.5K JUNIOR-1	MEN			09:45-11:00	11:15	11:45	≈ 14:15
		WOMEN					11:55	
Sunday 20 th June.2021	5K TEAM RELAY	MIXTED	Thursday, 17 th 19:30	08:00-09:15	09:30	10:00	≈ 11:30	

TRAINING & WARM UP		RACE COURSE	400m. TRAINING ZONE
Thursday 17 th June.2021	AM	No available	10:00-13:00
	PM	17:30-20:00	17:30-20:00
Friday 18 th June.2021	AM	08:00-09:30	08:00-14:30
	PM	No available	17:30-20:00
Saturday 19 th June.2021	AM	08:00-09:30	08:00-14:30
	PM	No available	17:30-20:00
Sunday 20 th June.2021	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, 2021 until September 31st, 2021.

❖ 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.

❖ ACCOMMODATION ([link](#))

VENUE MAP



Banyoles



2021



CLUB NATACIÓ BANYOLES VENUE ZONES

Race Control

Athletes Changing Rooms / Showers

Registration, Call Room & Briefing

Award Ceremony Area

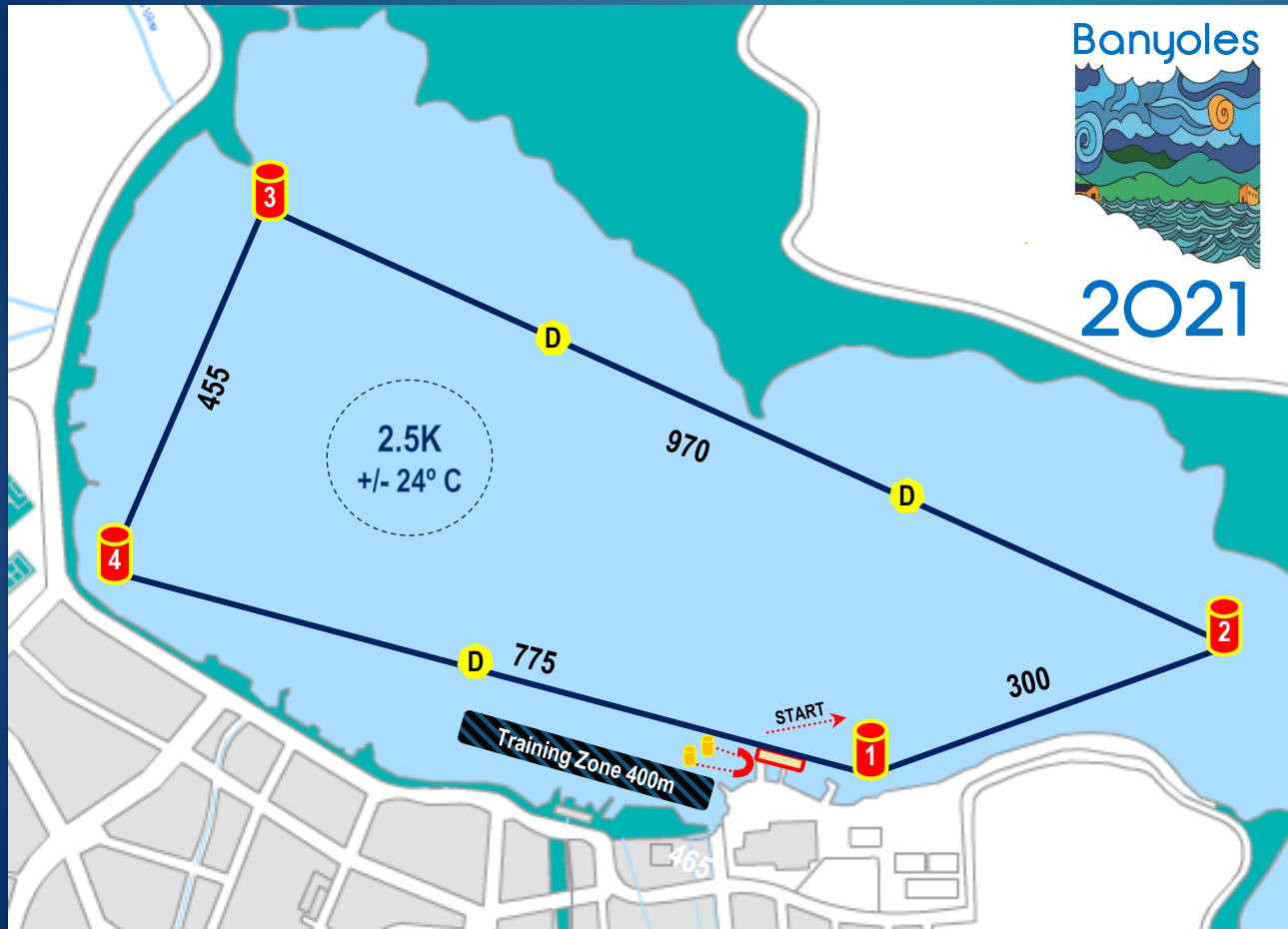
Medical Area

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	2	3	4	5	6
Buoy (1) 2	300	2800	5300	7800		
Buoy 3	1270	3770	6270	8770		
Buoy 4	1725	4225	6725	9225		
FINISH	2500	5000	7500	10000		

TEAM RELAY RACE COURSE



RACE COURSE DESCRIPTION

5K

LAP	1	2	3	4
Buoy (1) 2	300	1550	2800	4050
Buoy 3	725	1975	3225	4475
Buoy 4	1000	2250	3500	4750
FINISH	1250	2500	3750	5000