

# XXIV OPEN WATER SPANISH NATIONALS

## WORLDS & EUROPEANS SPANISH TRIALS

**Dates:** 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> May 2022

**Place:** Lago de Banyoles (Girona) – [VIDEO LINK](#)

### Categories

<b>OPEN</b>	Men & Women	All ages
<b>Junior – 2</b>	Men & Women	2003-2004 // 19 & 18 years
<b>Junior – 1</b>	Men & Women	2005-2006 // 17 & 16 years
<b>Youth</b>	Men & Women	2007-2008 (2009*) // 15, 14 & 13 years

- ❖ All categories are OPEN for foreign swimmers.
- ❖ Swimmers born in 2009 can only participate in youth category.

### Program

<b>Friday, 20<sup>th</sup> AM</b>	<b>Saturday, 21<sup>st</sup> AM</b>	<b>Sunday, 22<sup>nd</sup> AM</b>
10K OPEN / JUNIOR – 2	5K OPEN	TEAM RELAY (5K)
5K YOUTH	7,5K JUNIOR – 1	

### Key dates

Entries	<b>4<sup>th</sup> of May</b>
Official Training	<b>19<sup>th</sup> of May</b>
Technical Meeting	<b>19<sup>th</sup> of May</b>
COMPETITION	<b>20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> of May</b>

## Entries & Qualifying times

- All foreign swimmers must have their National Sports License with respective Federation (FINA affiliated), valid for the current season 2021-2022. All swimmers must achieve the following qualifying times:

<b>FEMALE</b>	<b>CATEGORY</b>	<b>MALE</b>
<b>1500 LC</b>		<b>1500 LC</b>
17:45.00	<b>OPEN</b>	16:30.00
17:55.00	<b>Junior – 2</b>	16:45.00
18:15.00	<b>Junior – 1</b>	17:20.00
18:50.00	<b>Youth</b>	18:05.00

- Deadline for the submission of entries: **12:00 PM on 4<sup>th</sup> of May 2022.**
  - 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 **06<sup>th</sup> of May 2022.**
- Entry fees shall be as decided by [RFEN rules](#):
  - 1 event: **15€**
  - 2 events: **23€**
  - Team relay: **16€ per team**

## Rules & Regulations

- The competition will be conducted under FINA 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.

<b>10K &amp; 5K</b>	OPEN	Men & Women
<b>10K</b>	Junior – 2	Men & Women
<b>7.5K</b>	Junior – 1	Men & Women
<b>5K</b>	Youth	Men & Women
<b>Team Relay (5k)</b>	OPEN	Mixed

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

## Technical information

### 19<sup>th</sup> of May 2022 - Technical Meeting (19:30 PM)

		CHECK-IN	STARTS (Men & Women)
20 <sup>th</sup> of May	10K OPEN /JUNIOR-2	08:00 - 09:15	10:00 (M) - 10:10 (W)
	5K YOUTH	11:00 - 12:15	13:00 (M) - 13:10 (W)
21 <sup>st</sup> of May	5K OPEN	08:00 - 09:15	10:00 (M) - 10:10 (W)
	7,5K JUNIOR-1	09:45 - 11:00	11:45 (M) - 11:55 (W)
22 <sup>nd</sup> of May	Team Relay (5K)	08:00 - 09:15	10:00 - Mixed -

## Trainings (Venue - CN Banyoles)

	RACE COURSE	400m TRAINING ZONE	POOL (25m)
19 <sup>th</sup> of May	16:30 - 19:30	Available AM - PM	<i>Not available</i>
20 <sup>th</sup> of May	08:00 - 09:30		12:00 - 14:00
21 <sup>st</sup> of May			11:00 - 13:00 / 17:00 - 20:00
22 <sup>nd</sup> of May			<i>Not available</i>

**Pool Training 50m** (Girona, 25km from de venue). Free available → [RESERVATION](#) / [MAP](#)

## Doping

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

## Covid Protocol

*It will be updated soon on website.*

## Contacts

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