

# **XXIV OPEN WATER SPANISH NATIONALS**

**Banyoles – 20.21.22 May, 2022**



## **Team Leader's Meeting**



# PARTICIPATION

10K OPEN & JUNIOR-2		5K OPEN		5K TEAM RELAY
41 M	27 W	41 M	30 W	13 TEAMS
5K YOUTH		7,5K JUNIOR-1		
43 M	44 W	46 M	29 W	

**\* *M = Men / W = Women***

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# COMPETITION CONTROL

**Competition Director**

**SERGIO DE LA CALLE**

**Security Manager**

**FERNANDO IBÁÑEZ**

**Results Management**

**JOSE MANUEL ALMARZA**

**Electronic Timing Microchip**

**CHAMPIONCHIP**

**Doping Control**

**AEPSAD**

**General Coordination**

**ALBERT BUSQUETS**

**CN Banyoles**

# KEY OFFICIALS

## ► Chief Referees:

- José Elías de Caso – CATALUÑA
- Manuel Castro – GALICIA
- Anna García - CATALUÑA

## ► Referees:

- Israel Gómez – ANDALUCÍA
- Romén Rodríguez – CANARIAS
- Jordi Ruiz – CATALUÑA

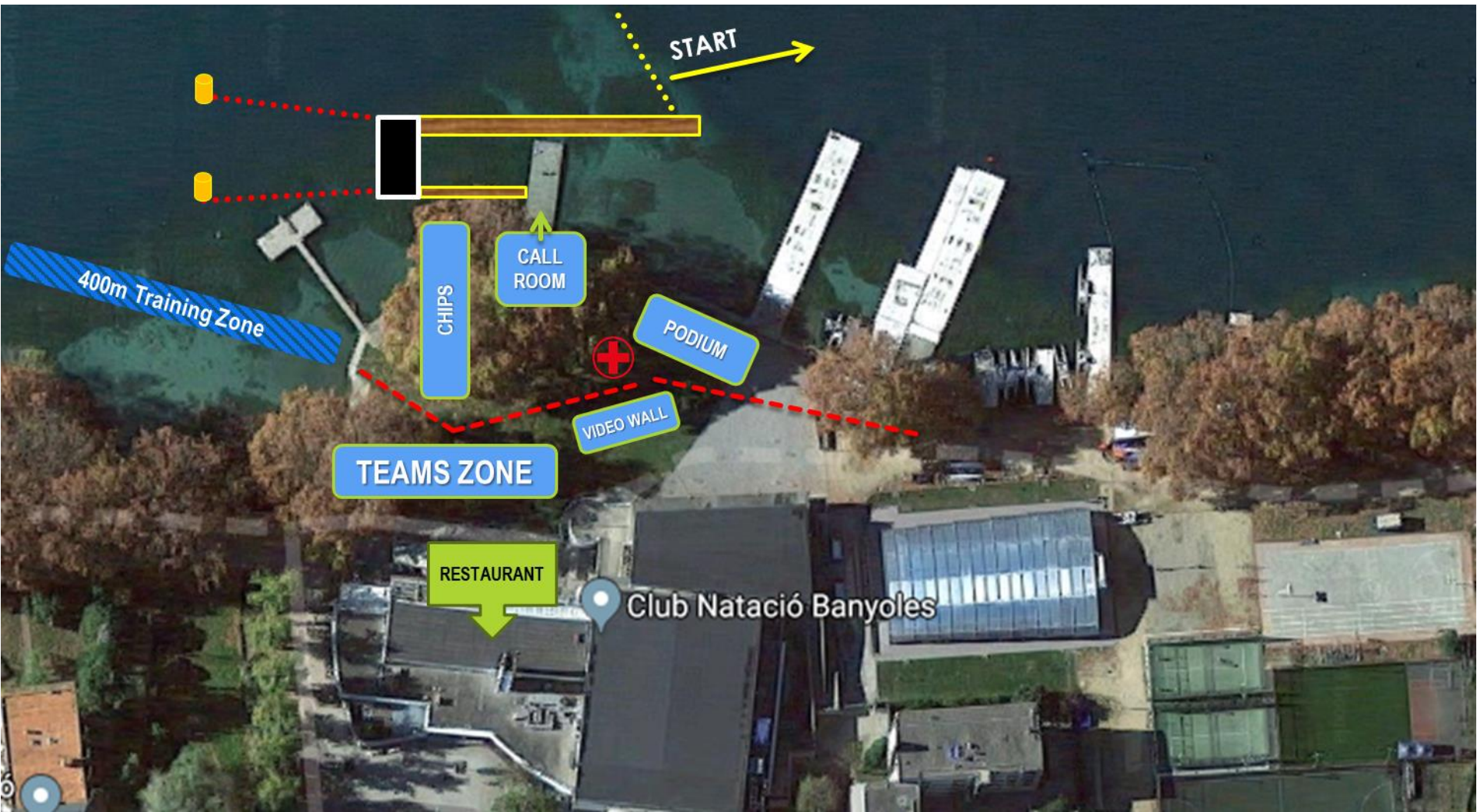
# COMPETITION SCHEDULE

Friday, 20th		Saturday, 21st		Sunday, 22nd	
10:00	10K - Men Open & Junior-2	10:00	5K Open - Men	10:00	5K Team Relay
10:10	10K - Women Open & Junior-2	10:10	5K Open - Women		
13:00	5K Youth - Men	11:45	7.5K Junior-1 - Men		
13:10	5K Youth - Women	11:55	7.5K Junior-1 - Women		

**\* Warm up at Race Course: 08:00-09:30**



# VENUE MAP



# TIMING – 5K-7.5K-10K

- ▶ **From 2 hours to 45 minutes before the start:**
  - **Microchip delivery zone, referees control...**
  - **Feeding poles validation**
- ▶ **30´ before: CALL ROOM (men & women together)**
- ▶ **20´ before MEN RACE: LAST BRIEFING (men & women together)**
- < 5´ FREE (swimsuits, vaseline, last instructions from coaches...) >**
- ▶ **10´ before: PRESENTATION**
- ▶ **START**

# START

- ▶ **Swimmers presentation**
- ▶ **Access to the pontoon**
- ▶ **Countdown from 2 minutes**
- ▶ **Inside the water**
- ▶ **One hand holding the rope (lane rope)**
- ▶ **START – according FINA rules**





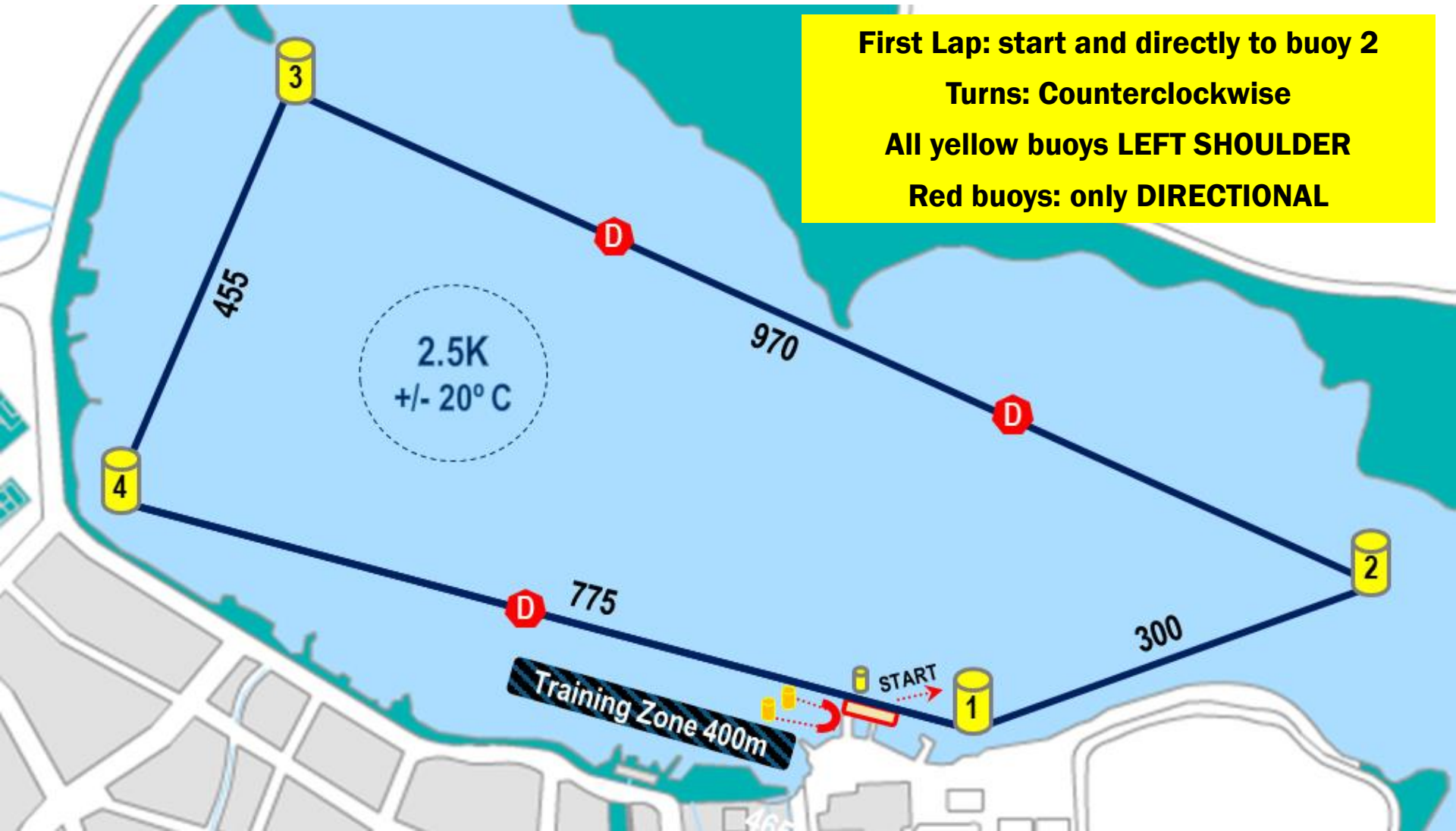
# WATER TEMPERATURE



- ▶ **19/05/2022**
- ▶ **23,1 °C**
- ▶ **NO WETSUIT**

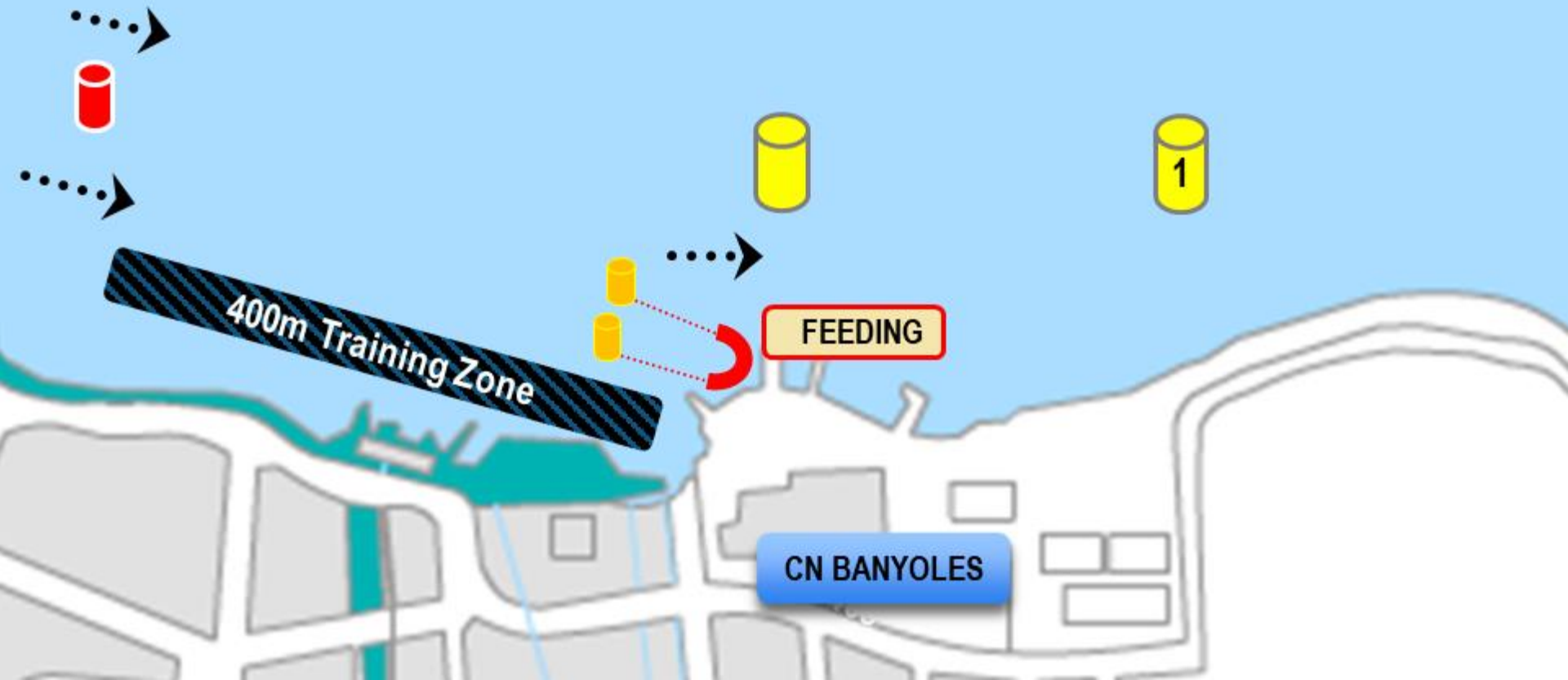
- ✓ **Official water temperature will be checked 2 hours before the start of the first race each day. All teams will be informed.**

# RACE COURSE 5K-7.5K-10K



# 5K-7.5K-10K RACES

**MANDATORY TO SWIM BETWEEN YELLOW BUOYS AND THE FEEDING PLATFORM**



# FEEDING PONTOON

- ▶ **Length: 42m**
- ▶ **Available in 7.5K and 10K races**
- ▶ **Access: after the women race start**
- ▶ **Coaches may not remain on the pontoon after their athletes have been refreshed (not enough space)**
- ▶ **Coaches must leave the pontoon after penultimate lap (2nd in 7.5K y 3rd in 10K)**
- ▶ **No banners, videos, photos, smoking or alcohol allowed on the pontoon**
- ▶ **Please leave the pontoon clean**

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# FEEDING PONTOON

With the aim of preserving the environment, the use of **BIO-DEGRADABLE CUPS** during the feeding process is compulsory. Any other container (bottles or plastic cups) is strictly forbidden. The organisation will provide the participants with the permitted cups.

In order to avoid dumping waste into the water, the use of **CHEERPACK GELS** during the race is recommended to be limited to the area of the feeding pontoon. Do not throw any waste into the water in any part of the course.





# FEEDING POLES

- ▶ **Length: 5m maximum extended**
- ▶ **No objects, rope or wire may hang off the end of feeding poles except flags**
- ▶ **Flags: not exceed the size of 30cm x 20cm**



# FINISH

## ► **Mandatory:**

- **Pass inside the funnel**
- **Touch the finish panel**
- **Competitors must finish with, at least, one chip to avoid disqualification**

## ► **Time limits:**

- **5K: + 15' from first swimmer (men and women)**
- **7.5K: + 30'**
- **10K: + 30'**

# TIMING - TEAM RELAY 5K

- ▶ **From 2 hours to 45 minutes before the start:**
  - Chips, referees control...
  - Four swimmers with the same race number and same cap
  - Only last swimmer with chip

▶ **30´ before: CALL ROOM**

▶ **20´ before: LAST BRIEFING**

**< 5´ FREE (swimsuits, vaseline, last instructions from coaches...) >**

▶ **10´ before: PRESENTATION**

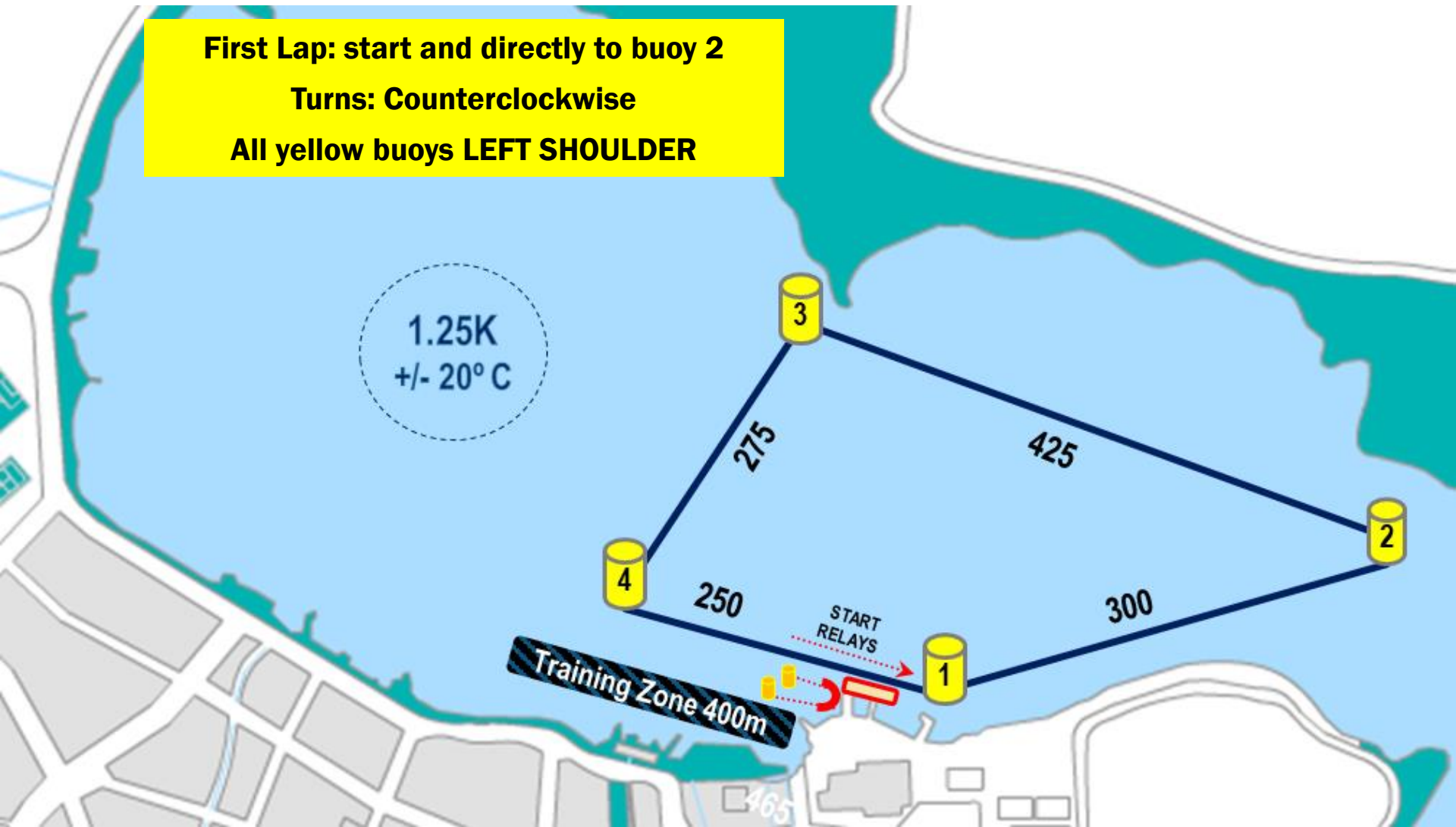
▶ **START**

# TEAM RELAY 5K

**First Lap: start and directly to buoy 2**

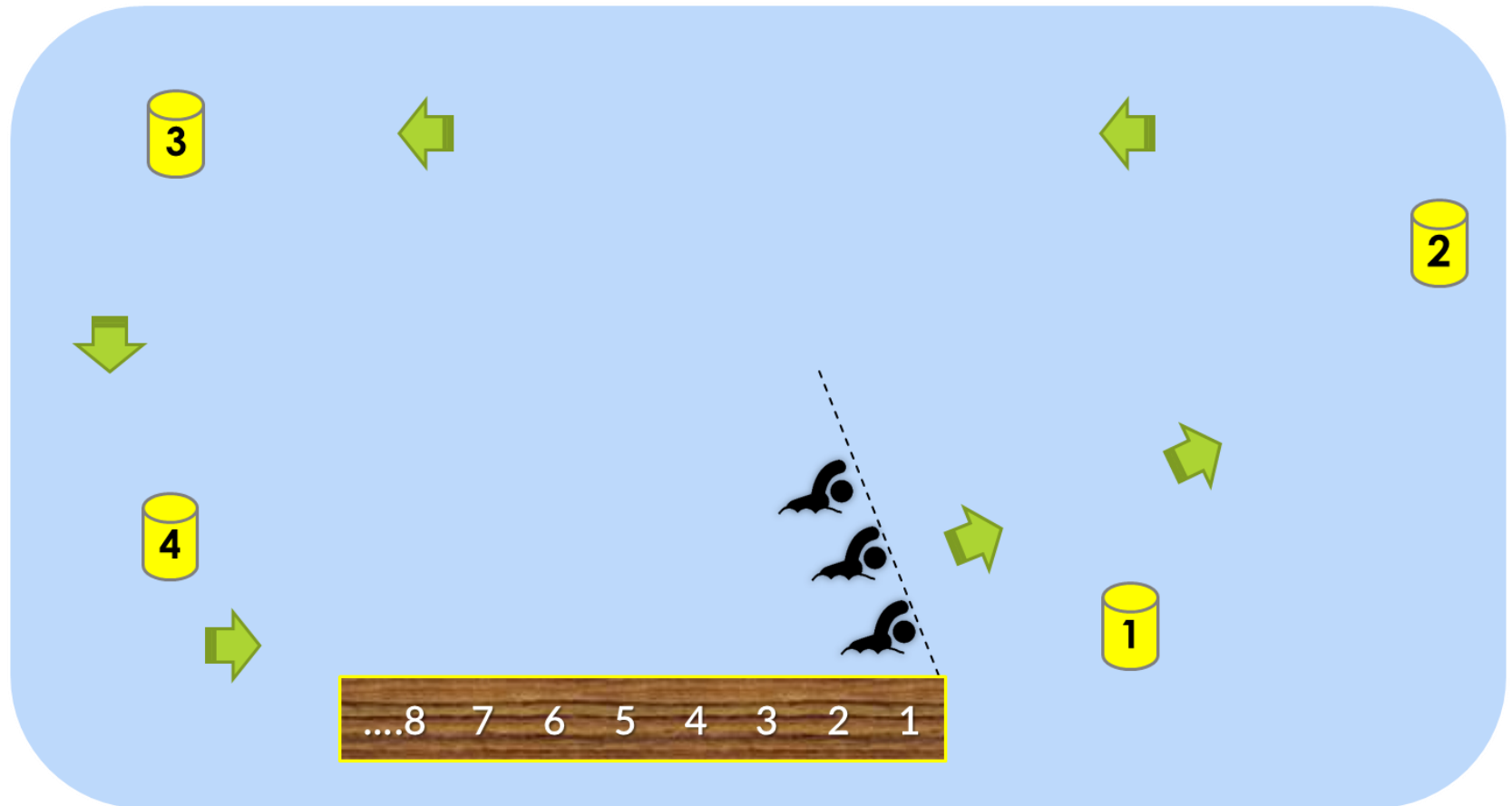
**Turns: Counterclockwise**

**All yellow buoys LEFT SHOULDER**



# TEAM RELAY 5K

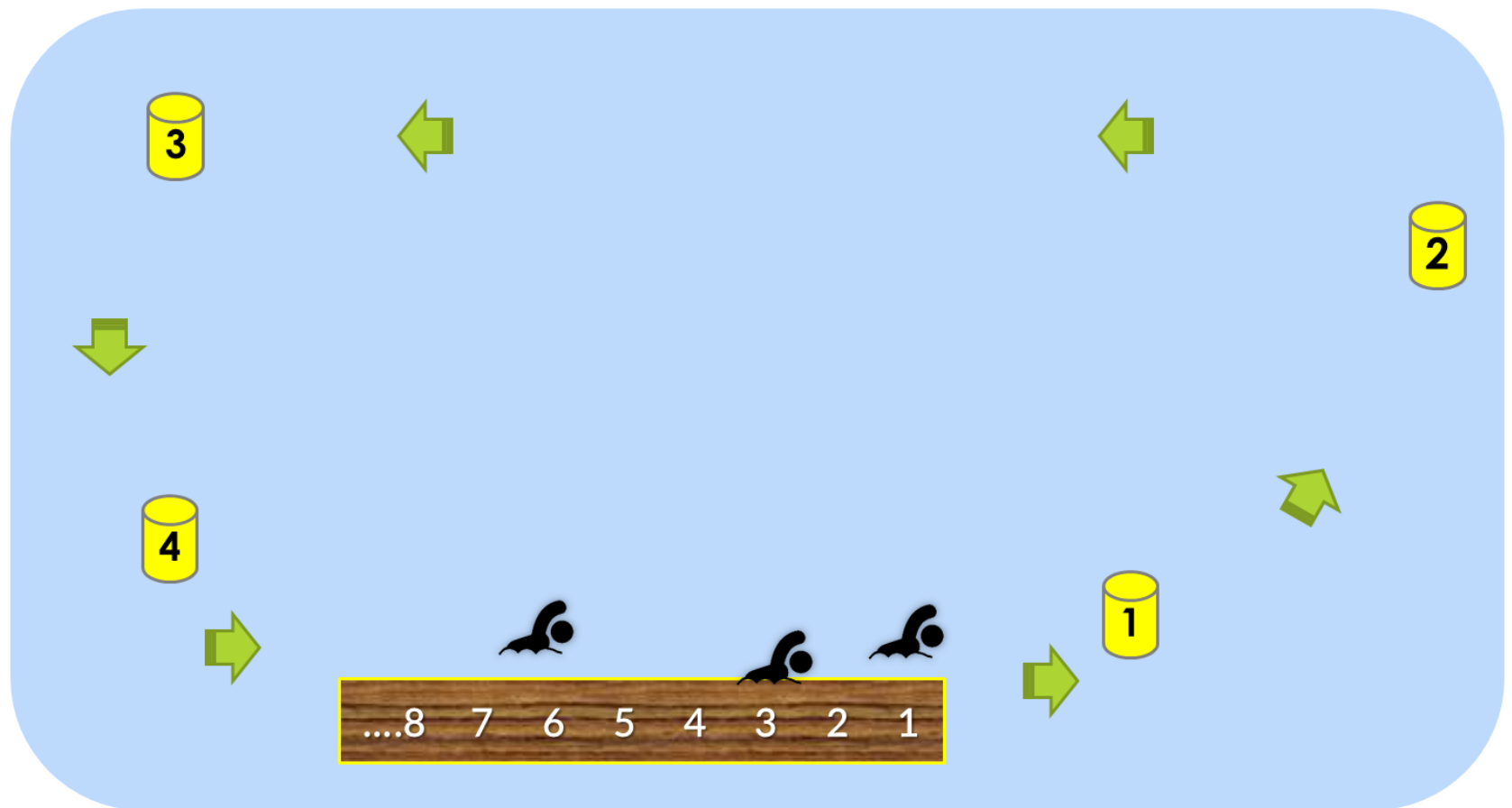
## START





# TEAM RELAY 5K

## 2<sup>ND</sup>-3<sup>RD</sup>-4<sup>TH</sup> RELAY



# TEAM RELAY 5K

## FINISH

### ► **Mandatory:**

- **Pass inside the funnel**
- **Touch the finish panel**
- **Competitors must finish with at least one chip to avoid disqualification.**

# SAFETY & SECURITY

- ▶ **Referees boats:**
  - **2 Chief referees**
  - **2 Referees**
  - **1 Turn buoy (3 additional from land)**
- ▶ **Security boats: 3**
- ▶ **Organization / TV: 4**
- ▶ **Ambulance and medical services (land)**
- ▶ **Evacuation point: DEPARTURE/FEEDING PONTON**

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# EMERGENCY PROTOCOL

- ▶ **Signal for help to the closest boat (kayak or boat)**
- ▶ **Support until the rescue boat arrives**
- ▶ **Transfer to the evacuation point (departure pontoon)**
- ▶ **Medical services evaluation**
- ▶ **If necessary, transfer to the closest hospital**

*\*10K –Kayaks support*

# MEDAL CEREMONY

Friday, 20th		Saturday, 21st		Sunday, 22nd	
13:15	10K Open Men & Women	12:00	5K Open Men & Women	11:30	5K Team Relay
14:30	5K Youth Men & Women	14:15	7.5K Junior-1 Men & Women		

- ▶ **Only two warnings, be aware**
- ▶ **Please, wear full team kit on the podium**



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# **DOPING CONTROL**

- ▶ **Spanish Agency for the Protection of Health in Sports (AEPSAD)**
- ▶ **Swimmers will need ID / Passport for doping control for the duration of the championships.**
- ▶ **Place: LOCKER ROOM AREA**

# WITHDRAWALS & RELAYS COMPOSITION

- ▶ **No later than 60' before the session starts**
- ▶ **SPANISH CLUBS: APP**
- ▶ **FOREIGN TEAMS:**
  - **Go to the competition desk**
  - **Or email (Sergio de la Calle): [scalle@rfen.es](mailto:scalle@rfen.es)**
- ▶ **LIVE PROVISIONAL RESULTS:**
  - ▶ **FRIDAY / SATURDAY / SUNDAY**

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**!!GOOD LUCK!!**

