

XXVI OPEN WATER SPANISH NATIONALS

Sevilla – 03.04.05 May, 2024



Team Leader's Meeting



PARTICIPATION

10K OPEN & JUNIOR-2		5K OPEN		6K TEAM RELAY
43 M	25 W	16 M	13 W	16
7,5K JUNIOR-1		5K YOUTH		
54 M	30 W	55 M	45 W	

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

COMPETITION CONTROL

Competition Director

SERGIO DE LA CALLE

Security Manager

ISRAEL GÓMEZ

Results Management

JOSE MANUEL ALMARZA

Electronic Timing Microchip

FAN

Doping Control

CELAD

General Coordination

JUAN ANTONIO LATORRE

KEY OFFICIALS

▶ Chief Referees:

- Manuel Castro - GALICIA
- Elena Griñón - ANDALUCIA

▶ Referees:

- Mónica Caneda - GALICIA
- Gemma Pous - CATALUÑA
- Romén Rodríguez - CANARIAS
- Guillermo Ruíz - ANDALUCIA

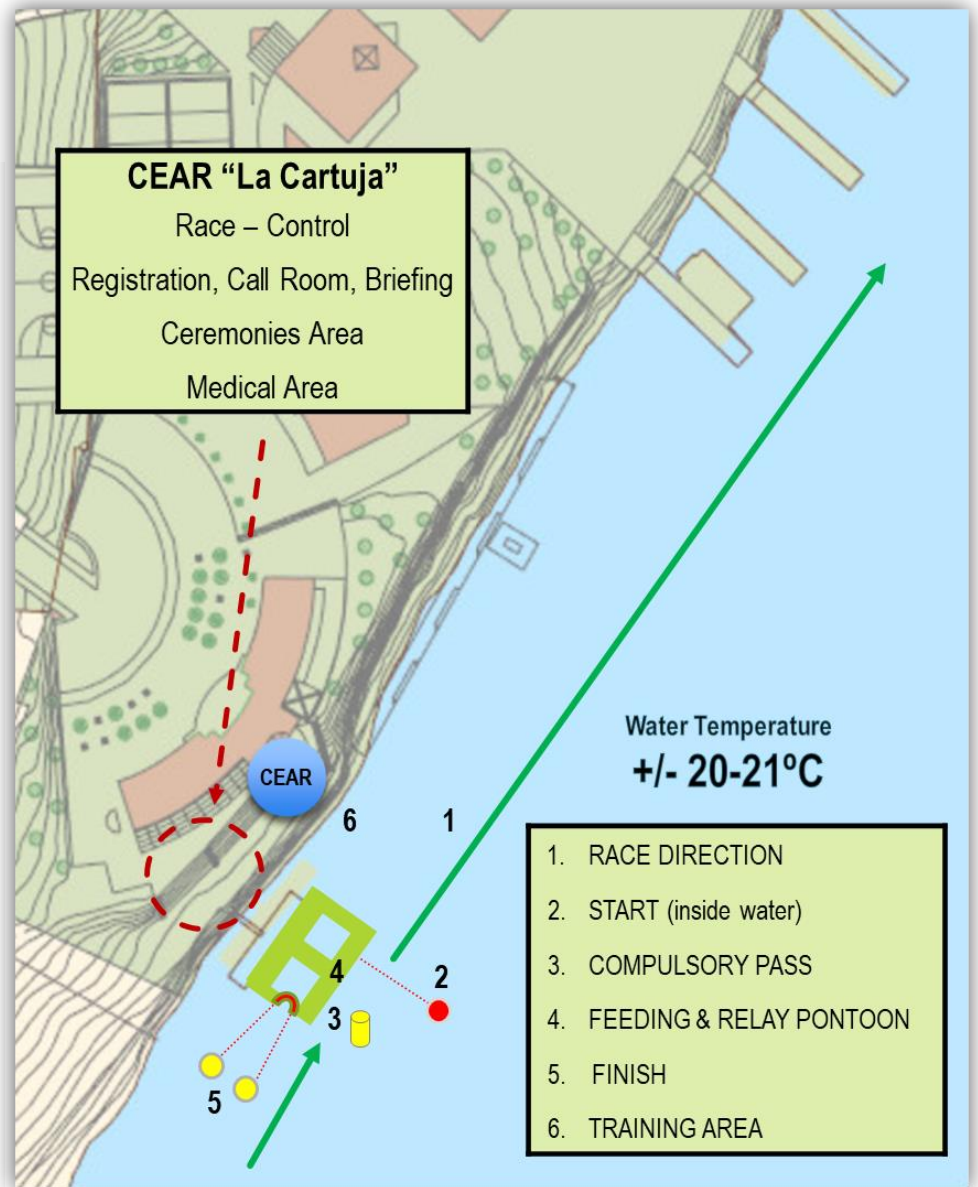
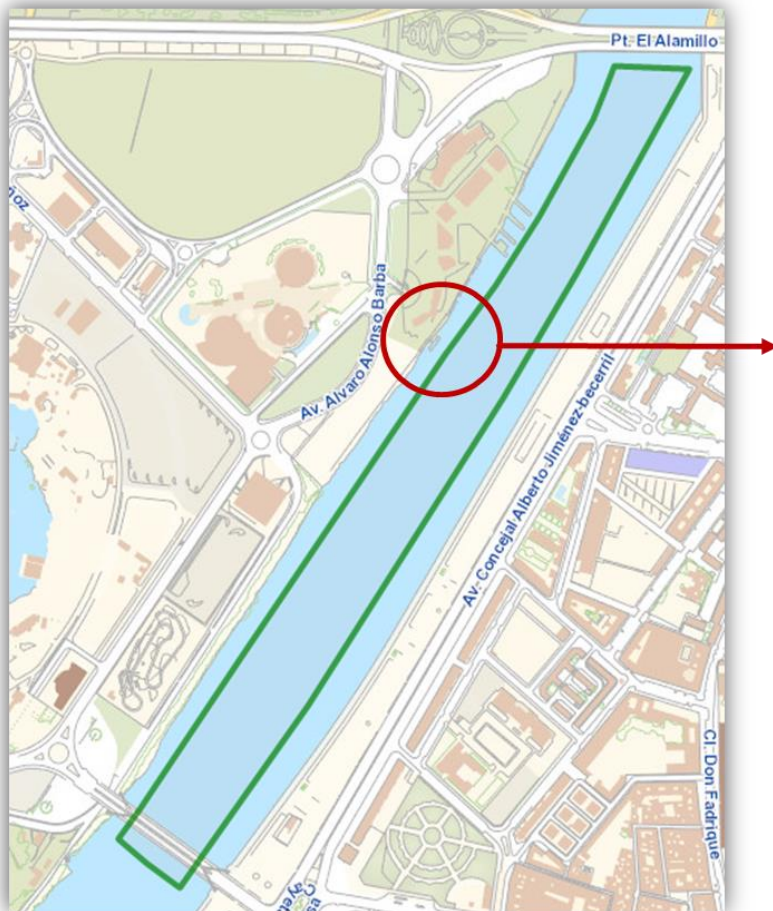
COMPETITION SCHEDULE

Friday, 03rd		Saturday, 04th		Sunday, 05th	
10:00	10K - Men Open & Junior-2	11:30	6K Team Relay	10:00	5K Open - Men
	7.5K Junior-1 - Men				5K Youth - Men
10:10	10K - Women Open & Junior-2			10:10	5K Open - Women
	7.5K Junior-1 - Women				5K Youth - Women

- **Warm up:**
 - **08:00-09:30 (03rd and 05th Race Course and Training Area)**
 - **09:30-11:00 (04th only Training Area)**

VENUE MAP

CEAR “La Cartuja”



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 WAQ rules**



WATER TEMPERATURE

- ▶ **08:00 / 02 May**
- ▶ **21,4°C**
- ▶ **NO WETSUIT**



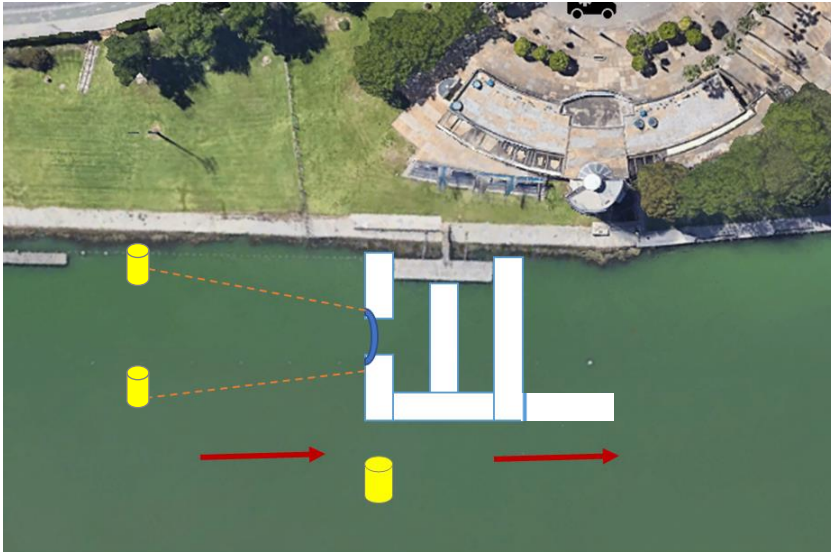
- ✓ Official water temperature will be checked 2 hours before the start of the first race each day. All teams will be informed.

RACE COURSE 5K-7.5K-10K

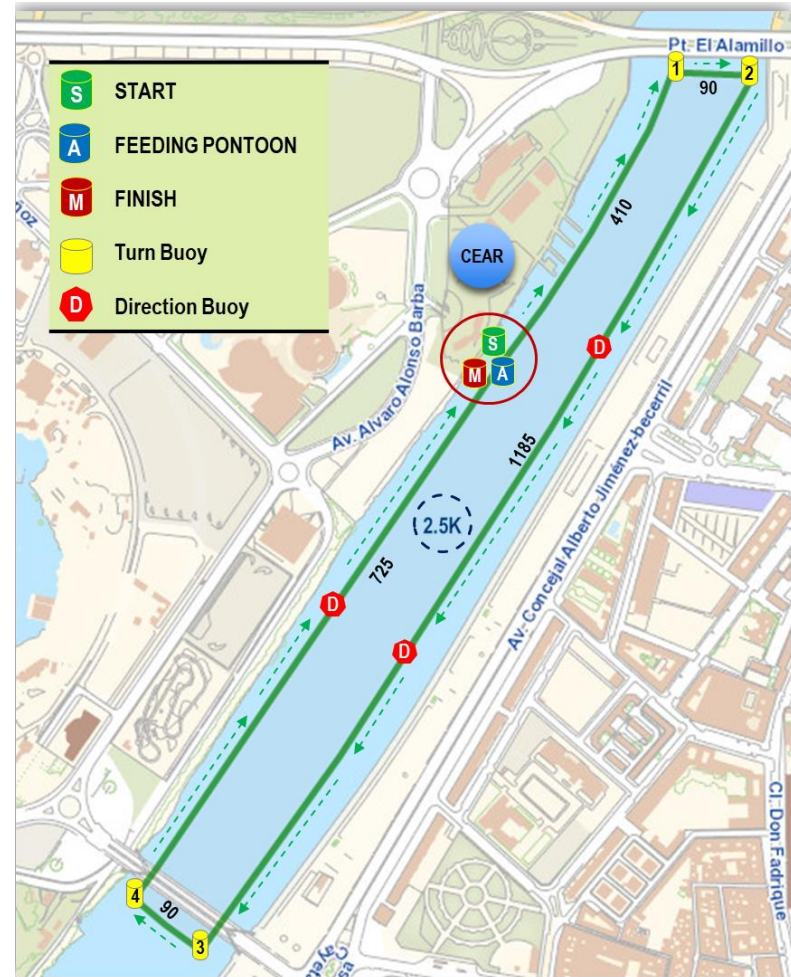
Turns: Clockwise

All yellow buoys RIGHT SHOULDER

Red buoys: only DIRECTIONAL



**INTERMEDIATE LAPS:
MANDATORY TO SWIM BETWEEN YELLOW
BUOY AND THE FEEDING PLATFORM**



FEEDING PONTOON

- ▶ **Length: 45m**
- ▶ **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 and 3rd in 10K)**
- ▶ **No banners, videos, photos, smoking or alcohol allowed on the pontoon**
- ▶ **Please leave the pontoon clean**



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.

It is forbidden to introduce and use **GELS/CHEER PACKS** during the race. **Failure to comply with these rules will result in disqualification and will be subject to a penalty.**



FEEDING POLES

- ▶ **Length: 5m maximum extended**
- ▶ **Flags shall be of fabric material with no hard edges and without any weight or other items added.**
- ▶ **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 6K

- ▶ **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**

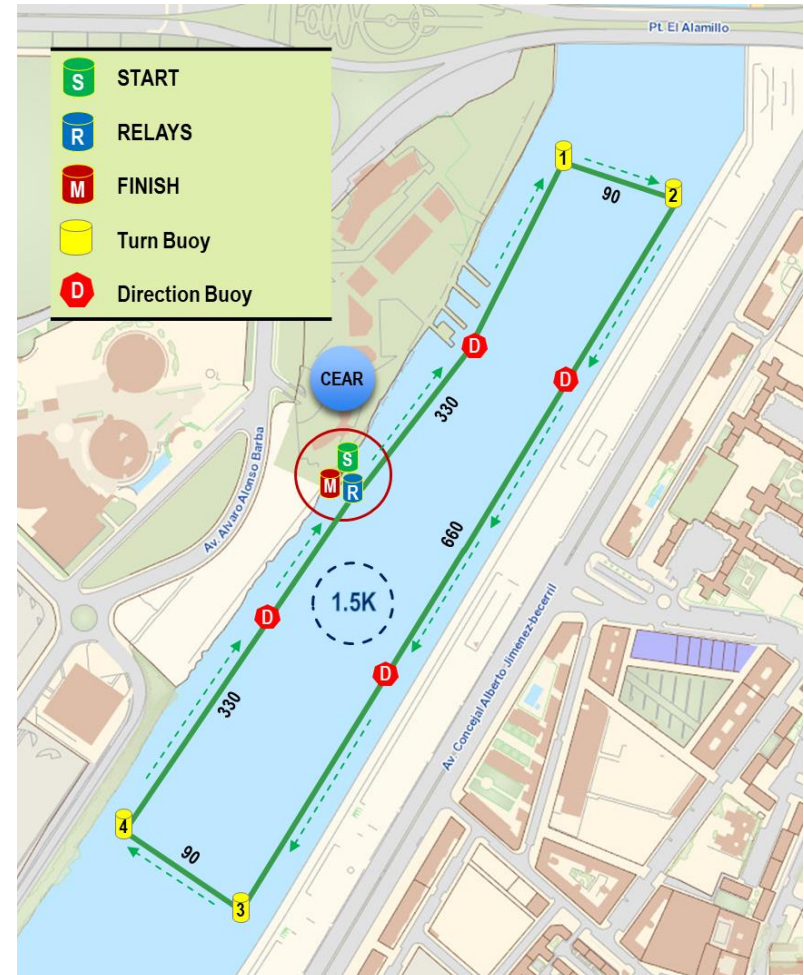
TEAM RELAY 6K

Turns: Clockwise

All yellow buoys RIGHT SHOULDER

START

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- ▶ **Access to the pontoon**
- ▶ **Countdown from 2 minutes**
- ▶ **Inside the water**
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- ▶ **START – according WAQ rules**



TEAM RELAY 6K

2ND-3RD-4TH RELAY



TEAM RELAY 6K

FINISH

▶ **Mandatory:**

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

▶ **Time limits:**

- **6K Relay: + 30' from first team**

SAFETY & SECURITY

- ▶ **Referees boats:**
 - **6 Referees**
 - **4 Turn buoy**
- ▶ **Security boats: 4**
- ▶ **Organization / TV: 4**
- ▶ **Ambulance and medical services (land)**
- ▶ **Evacuation point: DEPARTURE/FEEDING PONTOON**

EMERGENCY PROTOCOL

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

MEDAL CEREMONY



Friday, 03rd		Saturday, 04th		Sunday, 05th	
13:00	10K-7,5K Men & Women	13:00	6K Team Relay	11:45	5K Men & Women

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

DOPING CONTROL

- ▶ **Spanish Commission for the Fight against Doping in Sports (CELAD)**
- ▶ **Swimmers will need ID / Passport for doping control for the duration of the championships**
- ▶ **Place: ANTIDOPING AREA (tower)**

WITHDRAWALS & RELAYS COMPOSITION

- ▶ **NO LATER THAN 60'** before the session starts
- ▶ **SPANISH CLUBS: APP**
- ▶ **FOREIGN TEAMS:**
 - Email (Sergio de la Calle): scalle@rfen.es
 - Data: name, race number, event.

RESULTS & BROADCASTING

▶ **LIVE PROVISIONAL RESULTS:**



▶ **RTVE PLAY (10K - 7,5K)**



rtve play

▶ **Web RFEN (6K Relay - 5K)**



!!GOOD LUCK!!

