

OPEN WATER SWIMMING

2 KMS & 4 KMS

Sportstätte: Praia de Monte Gordo

Monte Gordo

The following information can change. Please check the modification on our website and directly at the Games Centre.

CATEGORIES: Reference date, 3rd July 2022

A: Under 35 years old

C: From 45 to 55 years old

E: From 65 to 70 years old

B: From 35 to 45 years old

D: From 55 to 65 years old

F: Over 70 years old

COMPETITION SCHEDULE:

Warm-up ½ hour before the start.

FRIDAY

2 km

4 km

PRACTICAL INFORMATION:

2 distances : 2 km and 4 km

The open water competition is a freestyle proof.

The distance can be adapted to weather and sea conditions the day of the competition.

- Between 16 ° and 18 °, Neoprene or polyurethane and bonnet combinations are **mandatory**.
- Between 18 ° and 20 °, Neoprene or polyurethane combinations are **optional**.
- Over 20 °, Neoprene or polyurethane combinations are **prohibited**.

Medals award ceremony directly on site at the end of the event.

