

OPEN WATER SWIMMING 2 KMS & 4 KMS

Site: 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 54 years old

E: From 65 to 69 years old

B: From 35 to 44 years old

D: From 55 to 64 years old

F: Over 70 years old

COMPETITION SCHEDULE:

Warm-up ½ hour before the start.

FRIDAY

8.00 am

PRACTICAL INFORMATION:

Briefing: Thursday, July, 7th (7.00 pm) - Yellow Praia Hotel - Diogo Cão room

2 distances: 2 km and 4 km

2km: 2 laps

4km: 4 laps

The open water competition is a freestyle proof.

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



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

Info & results: www.medigames.com

