

OPEN WATER SWIMMING 2 KMS & 4 KMS

Address : Jaz Beach

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

CATEGORIES: Reference date, 22nd June 2019

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.

WEDNESDAY

8.00 am – 2 Km

9.00 am – 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.