

SWIMMERS' INSTRUCTIONS - LXI DESCENSO

1. ARRIVAL TRANSPONDERS

A **10 Euros fee** will be required to collect the Descenso transponder. The 10 Euros will be returned to you when you leave the water.

The transponder **must be placed on your wrist. When you get to the finish panel, you must touch it with that wrist.**

It is compulsory to touch the finish panel with the transponder wrist; otherwise you may not be classified.

2. NUMBERING

If you have taken part in the LEN Cup 2018/ XX Asturias Cup competition on Saturday 28th, you will be assigned the same number for the Descenso, so please do not rub the stickers off.

Otherwise, you will be given a number and a set of stickers to be transferred on your shoulder plates, top arms and your back hands.

If you have trouble in doing so, you may as well mark your number with an undeletable thick pen.

Every swimmer is responsible for the transferring of their number.

Please notice that the area must be completely clean, and free of creams, vaseline or any other similar.

The sticky side of the number goes over the skin. Once the sticker is in position, you must wet it in order for the protection paper to peel off.

SWIMMERS MUST GET TO THE START POINT WITH THE NUMBERS ALREADY ON.

THERE WILL BE NO WAITING IN THE START AREA FOR THE SWIMMERS WITHOUT THE STICKERS ON.



3. HOW TO GET TO THE START POINTS:

1100m RACE: You will get to this start point on your own following the map on the right. It is a walking distance of 10 minutes from the harbourside. **You must be there at 18:00.**

•2400m and 5000m RACE: There is a shuttle bus from 15:15, every 15 minutes, until 17:45. To catch the bus, go to *Explanada de El Peñascón* in *El Espín* (see map) across the river, 5 min walk from the harbour.

If you are swimming the 5000m women you shouldn't wait for the last bus as you will not make it on time for



the start.

To get on the bus you need to hand out the voucher in your swimmers' pack to the driver.

Please, do not wait to get to the start point on the last bus, as it may be very full.

At both start areas there will be tents for waiting, and sanitary services.

4. **PERSONAL BELONGINGS SERVICE:**

You will get to the start point in your normal clothing.

Once there, you need to go to the personal belongings' services and leave your bag previously marked with the sticker given to you.

You need to mark your bag as if it were hand luggage. (See picture)



You will be able to collect your belongings at the Logistics Centre (Nave Municipal El Puerto) once you complete the race.

5. **SWIMSUITS**

- 5000m, 2400m (first start) and 1100m (first start): you must wear just ONE swimsuit, made of one or two pieces, no zippers. It mustn't cover your neck, go over your shoulders or down your ankles. All swimsuits must comply with the **FINA regulations**. It is completely forbidden to wear neoprenes.
- 2400m (second start) and 1100m (second start): neoprenes are allowed.

6. **RACECOURSE – COMPULSORY BUOYS**

Descenso racecourse must be done swimming on the right hand side of the river, see map 1.

As you can see in *map 1*, there are **three big yellow buoys** in the racecourse (by the 3000m, 2400m and the 1700m). Swimmers in the 5k will get to these buoys half way down the river and must swim in between the buoys and the right hand shore passing them on their **left shoulder**. This also applies to swimmers in the 2400m race, passing the second big yellow buoy on their **left shoulder**.

These three yellow buoys will be under the surveillance of a referee and not passing them in the indicated way will mean your disqualification.

In the last part of the racecourse there will be a line of red buoys, guiding you and separating you from the boats, so you must leave them on your left shoulder too.

There is a final big yellow buoy signalling the entrance to the harbourside. **THIS TIME, YOU MUSTN'T GET CLOSE TO IT OR TRY TO BORDER IT. THIS JUST SIGNALS THE ENTRANCE TO THE HARBOUR AND YOU DO NOT NEED TO PASS IT.**

7. **SEQUENCING**

In the 5k race, the start for women will be at 18.45, and for men at 19.10.

8. **SHOWERS**

There will be showers available at the Logistics Center. We kindly ask you to take a brief shower as there will be quite a lot of participants.

9. **COMPLAINTS**

After the race, we will publish the provisional act of classification. Until they get revised and approved by the Chief Referee, this Act will be considered just provisional. Any Club or National Federation noticing any error and wanting to put it forward to the Jury must do so before the start of the Trophies ceremony.

Complaints must be done filling in the official form, appendix II of the Descenso Regulations, available at www.rianavia.com and paying a 20 Euros fee.

10. **#VIVERIANAVIA18**

As a complimentary present, you will get:

- A voucher to attend the Brotherhood lunch with swimmers, traditional folk groups and guests. You can also have lunch at your hotel if you wish to.
- A voucher for a soft drink and chorizo bread roll at the end of the competition.

11. **MEDALS**

At the end of the race, each swimmer finishing the competition will get a commemorative medal.

12. SWIMMERS PARADE AND OFFERING

At 11:30 all the swimmers taking part in the LXI Descenso will gather at the Logistics Center prior to the Swimmers Parade.

If you belong to one of the LEN Cup teams and wish to take part in the Swimmers' Parade, we have prepared for you a banner with the name of your country on it so everyone knows who you are.

The Parade starts at 12:00 and goes around Navia with all the folk groups and authorities. It ends at 13:00 at our Catholic Church where most teams will do an offering to our Patron in there. It is not a mass service.

Also, if you like to do an offering you are very welcome. It doesn't matter if you can speak Spanish or not, we will understand what you mean. An offering can be something as symbolic as your swimming cap, doesn't need to be very grand or expensive.

For us, at the organisation, it is one of the most special moments of this weekend of OWS. So, we will be very honoured if you decide to join us and we hope you will like it too.

MAP 1 - DESCENSO RACECOURSE

