



Saturday 28th July: LEN European Open Water Swimming Cup Leg 4 & XX OPEN WATER SWIMMING ASTURIAS CUP

13:00-14:00: Swimmers' gathering at the *Nave Municipal El Puerto*. Identification, numbering and last technical meeting.

14:30: LEN swimmers' presentation

15:05: Men's start

15:15: Women's start

18:00: Expected completion time

18.15: Awards' ceremony

18:00-21:00: LXI Descenso stickers' distribution at the *Nave Municipal El Puerto*.

Sunday 29th July: LXI Descenso a Nado de la Ría de Navia

10:00-12:30: LXI Descenso stickers' distribution at the *Nave Municipal El Puerto*.

11:00: Swimmers' and traditional folk groups' parade around Navia

12:00: Swimmers' and popular folk groups' parade towards the Church

13:00: Church offering to Santa María de la Barca, Navia's patron saint

14:00: Collective brotherhood lunch ("Comida de Hermandad"). Swimmers, traditional folk groups and guests have lunch together on the upper floor of the supermarket Familia.

15:15 -17:45: Bus transfer to 2400m and 5000m start point. To catch the bus, go to Explanada de El Peñascón in El Espín across the river, opposite to the harbour.

17:00: Queens' float parade (plus bagpipers, charanga bands, popular folk groups...)

18:00: 1100m swimmers' gathering at the park located next to the start point.

18:30: 1100m race start

18:35: 2400m race start

18:45: 5000m women's race start

19:10: 5000m men's race start

20:00: *Romería asturiana*: celebration in honour of our swimmers with popular folk music where traditional sausage breadrolls will be distributed in exchange for the #bonoviverianavia18. Location: Parque Alfonso Iglesias.

22:00: Awards' ceremony, followed by the traditional "fiesta del nadador" (party in honour of our swimmers). Location: harbour.

