

Nordic Open Water Swimming Championships

Anne kanal. Tartu, Estonia

16th -17th of July 2016

Important information for participants

- Competition time schedule

Saturday 16th of July

8:00 - 9:30 5 km race accreditation in Estonian Swimming Federation`s info/accreditation tent

9:40 Call for 5 km swimmers to marshalling area. Race numbers marking and final briefing

10:00 5 km race start

~11:50 5 km award ceremony

12:00 – 13:30 3 km race accreditation in Estonian Swimming Federation`s info/accreditation tent

13:40 Call for 5 km swimmers to marshalling area. Race numbers marking and final briefing

14:00 3 km race 1st wave start – Estonian Youth Championships

14:03 3 km race 2nd wave start – Nordic / Estonian Masters Ch.

~16:30 3 km award ceremony

Sunday 17th of July

10:00 - 11:30 10 km race accreditation in Estonian Swimming Federation`s info/accreditation tent

11:40 Call for 10 km swimmers to marshalling area. Race numbers marking and final briefing

12:00 10 km race start

~15:00 10 km award ceremony

- Accreditation procedures

In accreditation tent one must sign the Release from Liability form and shall receive an envelope with start materials:

- 1) Two wristbands with timing chips. The chips must be attached to one`s wrists and should be returned after the finish (persons collecting the wristband will be present when leaving the water).
- 2) A numbered swimming cap that must be worn throughout the race
- 3) A numbered plastic bag for clothes and other personal belongings. A bag can be left to bags-tent for the time of competition.
- 4) Entry flyer to Atlantis nightclub for afterparty on Saturday evening

- The use of wet suit is regulated by the rules of Nordic Swimming Federation.

- Wetsuits may be worn in temperatures of less than 20 degrees of celsius for safety reasons.
- Wetsuits must be worn in temperatures of less than 18 degrees of celsius for safety reasons.

- The race

- Warming up is allowed from the start of accreditation until 40 minutes before the start in the area showed on the maps at the venue.
- Start shall be in the water. Swimmers should hold from the lane rope with one hand before the start signal.
- The course is marked with clearly visible buoys and 1,25 km (for 5 and 10K races) and 1,0 km (for 3 km race) laps shall be swum counter-clockwise as many times as needed.
- Finish corridor is marked with lane ropes and in order to finish the swimmer must touch the finish pad above the water level with one`s hand. After finishing the swimmers are not allowed to cool down in the race area. The timing chips should be returned and one can do the cool down swim whitout the race-numbered swimming cup in the public beach area.

- The feeding platform for team representatives will be in use only for 5 and 10 km races.
- Safety and judges crafts will be on the water during the competition.

- Facilities

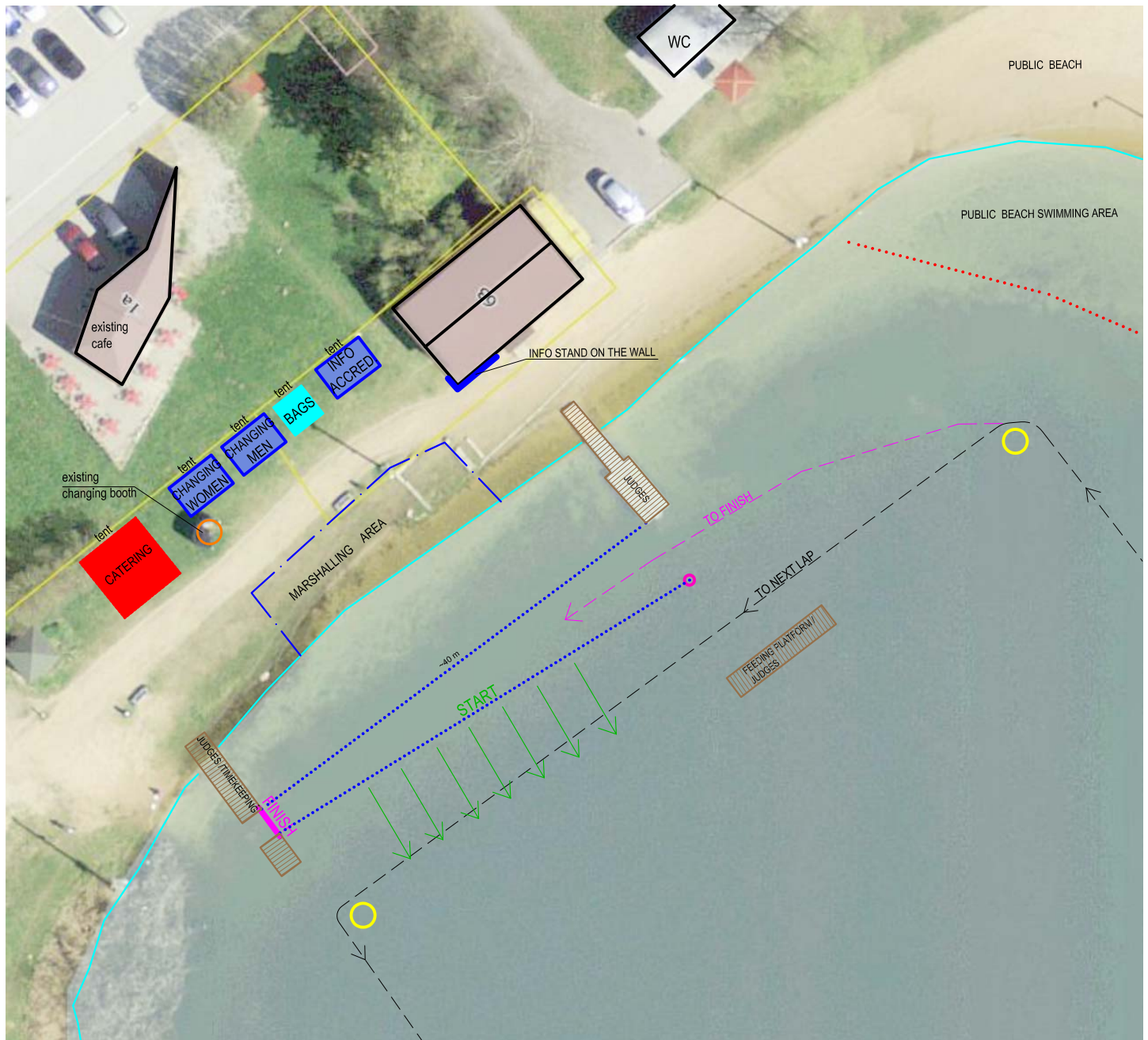
On the competition area there are changing tents for men and women, toilets and catering tent.

All the information with course maps can also be found on several info stands.

NORDIC OPEN WATER SWIMMING CHAMPIONSHIPS

16th-17th of July, Anne kanal, Tartu, ESTONIA

START-FINISH AREA MAP

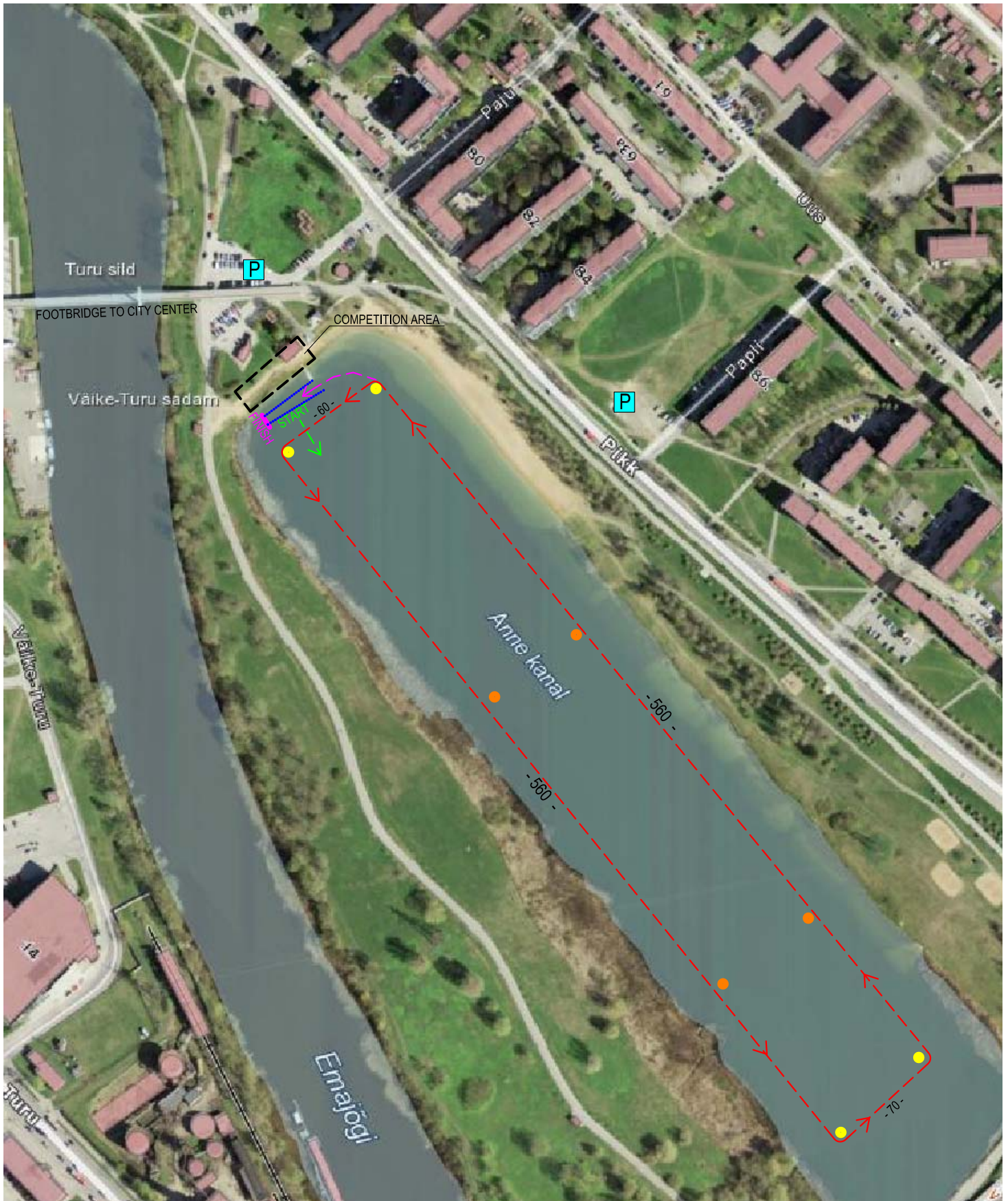


- 1) Confirm your participation at INFO / ACCREDITATION tent by signing the Release from Liability form and collect your timing chips , swimming cap etc.
- 2) Take a look at the information stand and remind yourself about race course and possible other important notices
- 3) Use the changing tents if needed.
- 4) Do your warm-up if needed (allowed area will be indicated on info stand).
- 5) Use the changing tents if needed.
- 6) Give your clothes bag to bag-tent
- 7) When called, go to marshalling area for race numbers marking and final briefing (Calling shall start 20 min before the start)
- 8) Do your final preparations and focus.
- 9) START and SWIM and FINISH according to rules.
- 10) When leaving the water, please return the timing chips and collect your clothes-bag.

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COURSE MAP: 5 and 10 km races

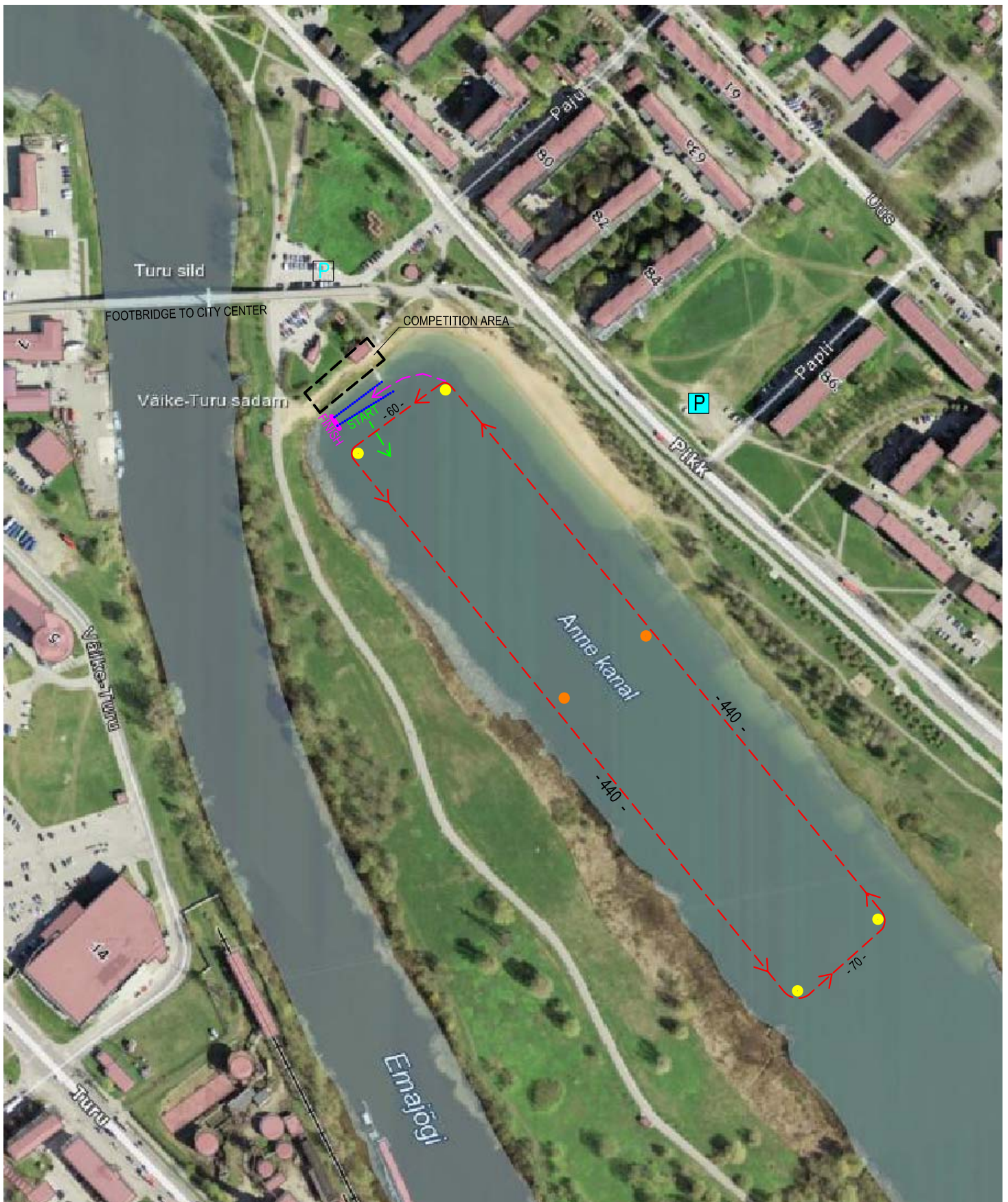


5 km and 10 km races will be swum on a 1,25 km lap: 5 km - 4 laps and 10 km - 8 laps

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COURSE MAP: 3 km race



3 km race will be swum on a 1,0 km lap: 3 km - 3 laps