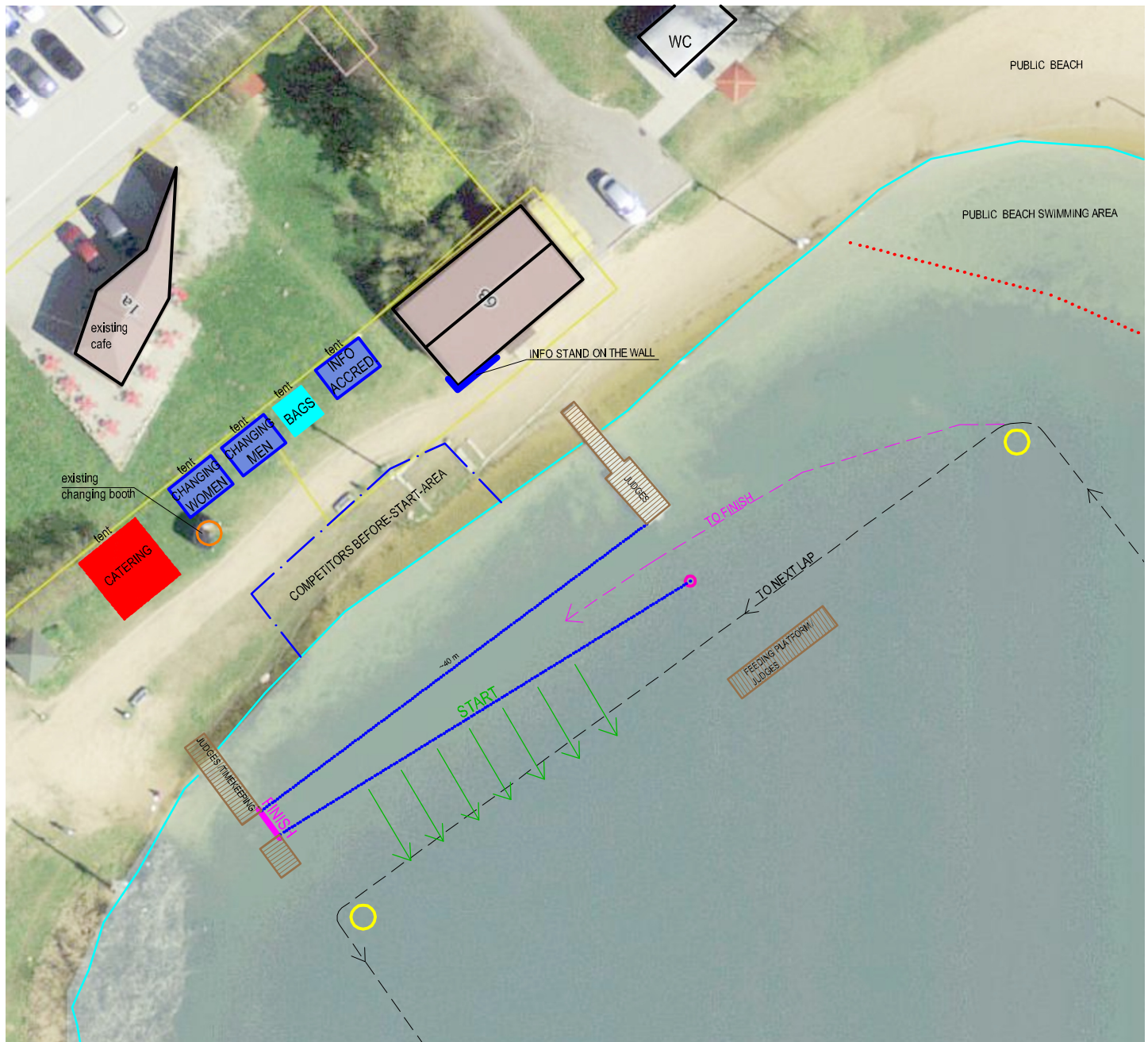


# NORDIC OPEN WATER SWIMMING CHAMPIONSHIPS

## 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 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) Gather on competitors before-start-area for final briefing (time will be announced on info stand)
- 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.

A special information-bulletin with guidelines to swimmers and coaches will also be sent to everyone before the competition.