

RULES ABOUT 5000 MT NOLI

1. The event is part of the Italian open water tour circuit.
2. The event is not competitive, but the competition route time of every single participant will be noted to determine a ranking in order to take part in the daily and circuit ranking.
3. The competition enrollment form and the signatory in connection with the instructions: state of good health, swimming ability, waiver, personal information, alternative route, registration fee and signature, are compulsory. The registration can be completed only on the website: www.italianopenwatertour.com.
4. The final acceptance of the registration is to the unquestionable discretion of the organization and is to be considered confirmed only with the publication of his/her own nominative on the starting list published on the website: www.italianopenwatertour.com.
5. The certificate of **Competitive** sporting activity fitness for swimming (or triathlon) in progress of validity is compulsory.
6. We recommend the swimmer wear a wetsuit (even if optional) in addition to a swimming cap and goggles. Moreover, swimsuits, short wetsuits, sleeveless swimsuits and long big swimsuits are allowed. Any other equipment is forbidden.
7. It's up to total discretion of the organization to require all the athletes to wear a wetsuit or restrict it if they consider it necessary to health protection connected to the water temperature. Temperatures below 18° and above 24° are to be considered and evaluated by the organization.
8. Different rankings are planned for the competitors taking part to the competition wearing wetsuits and standard swimsuits. "No wetsuit" ranking is only for those wearing standard swimsuits and wetsuit ranking is for all the others (jammer swimsuits, big swimsuits, wetsuits, etc.). For those who want to take part to the "natural" ranking (no wetsuit), they have to declare it when they take their race bag.
9. In order to be part of the category "no wetsuit" only standard traditional "slip" swimsuits for men and Olympic style (or two parts/ bikini) swimsuits for women are accepted.
10. The organization staff will check the correct implementation of the competition. The participants can be forced to leave the competition at any time to the unquestionable judgment of the organizers or doctors. The participants will be required to follow every other safety measure predisposed by the organization.
11. For organizational and safety reasons, the swimming competition will be limited to 250 swimmers.
12. Minimum age required to take part to the competition: 14 years old.
13. For the participants under 18 it's compulsory to have the consent of one of the parents, with two signatures (participant and person having parental authority) specifying the number and the type of document of recognition of the parent by means of copy of the same.
14. Once registered, enrollment fee cannot be returned.
15. The organization reserves the right to suspend or to modify the competition to its own unquestionable judgement for reasons or conditions that cannot guarantee safety conditions. In case of failure to carry out the competition because of bad weather conditions or other serious reasons, the amount paid as enrollment fee won't be returned, but a special prize will be given as a souvenir to remember the event.
16. Maximum time allowed for the competition: 2h.
17. All athletes must be equipped and use the safety balloon, connected to the body by a little rope.
18. Registrations will be closed on 9 September 2019 or to achieving 250 participants.
19. The disqualification for being unsportsmanlike is at unquestionable judgement of the organization.
20. The route is indicated by 7 big buoys on the left, in addition to the finishing corridor. The route must be completed two times with "Australian exit" at the finishing line between the first and second lap. Every swimmer has to carefully watch the route map noticing there aren't food or drink stations.
21. The athlete losing the chip during the competition will be disqualified. The 10 € deposit given at the moment of taking the race bag won't be returned.

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USEFUL TIPS FOR PARTICIPANTS

1. Adequate training in a swimming pool or trying to swim in open waters for at least 40/50 min.
2. Have a light breakfast, rich in sugars and poor in fats; don't drink alcoholic beverages before the competition.
3. For the swimmers not wearing wetsuits, we recommend lanolin and camphorated oil (both purchasable in a pharmacy).
4. Start moderately and try to find your own breathing rhythm before forcing the pace.
5. The safety balloon must be tied to the waist and kept at a distance of approximately a metre from the body, avoiding to use it as a life belt, since it increases the attrition with the water and it prevents moving forward.
6. In case of excessive breathlessness, stop and catch breath using the balloon as support.
7. Any possible request for help in the water to the closest rescue boats, must be performed maintaining aloft an outstretched arm and using the buoy to hold up.
8. The organizers decline any responsibility regarding thefts or loss of valuables, purses, watches, clothes, etc. in the race bags that you will receive upon enrollment during the race.