



LAKES CHALLENGE HARD SWIM REGULATIONS

1. The Lakes Challenge consists of 5 stages: Monate (VA), Leggiuno (VA), Maccagno (VA), Caldonazzo (TN) and Peschiera del Garda (VR).
2. The races to get access to the HARD SWIM ranking are: Monate 5K, Leggiuno 7K, Maccagno 6K, Caldonazzo 5K, Peschiera del Garda 5K.
3. Only the sum of the scores of at least 4 stages allows inclusion in the final general ranking.
4. It is also possible to register for a single stage of the Lakes Challenge by competing only for the rankings of the day.
5. Registrations regarding the state of good health, swimming ability, discharge of liability, personal data, alternative route, registration fee and signature, must be filled out. Registration can only be done through the www.italianopenwatertour.com website .
6. The final acceptance of the registration is at the sole discretion of the Organization and is to be considered confirmed only with the publication of one's name in the starting list published on www.italianopenwatertour.com .
7. A valid sport medical certificate of fitness for competitive activity, especially swimming (triathlon and water polo are also accepted) is mandatory.
8. Athletes from the age of 14 are accepted after filling out the appropriate form for minors to be downloaded at the time of registration.
9. In addition to the use of a swim cap and goggles, the use of swimsuits, wetsuits, long john wetsuits, jammers and racing swimsuits is also allowed. Everything else is forbidden.
10. There will be differentiated rankings for competitors who will participate with wetsuits and traditional swimsuits. The ranking "natural" is reserved for the athletes using only the traditional fabric swimsuit, the general ranking will be for the ones competing wearing a wetsuit or any other kind of set-ups (jammers, racing swimsuits, wetsuits etc etc.) Those who want to participate in the "natural" ranking (without wetsuit) must ratify it before the actual start of the race .
11. To be placed into the "without wetsuit" category, only traditional fabric swimsuits are accepted: briefs for men and "Olympic" style one -piece (or two-pieces) for women.
12. It is at the total discretion of the organization that all athletes will be made to use or not to use a wetsuit if it is considered a necessary condition due to the temperature of the water. Temperatures that require an assessment by the Organization are those below 18°C and those above 24°C.
13. If the Organization decrees the mandatory use of the wetsuit for a stage, the scores of the Natural ranking will be frozen for that stage
14. There are maximum times beyond which the Organization will notify the swimmer to get onto the assistance vehicles to return to the finish line. The maximum times are: 4K: 2h; 5K: 2h30'; 6K: 2h45'; 7K: 3h.
15. There is a time gate at the middle of the race (in terms of kilometers) consisting of half the maximum time specified for that distance (for example in the 5000m the gate will be at 2500m after 1h15').
16. Participants may be forced to leave the event at any time at the sole discretion of the organizers or doctors. Participants will be required to follow any additional security measures declared by the organization.
17. The cancelled or suspended stage is considered without valid time, therefore without points, for the purposes of the final ranking of the Lakes Challenge.
18. Once the registration has been made, the fee cannot be refunded (see conditions accepted at the time of registration).
19. The organization reserves the right to modify the event at its sole discretion for reasons or conditions that cannot guarantee safety conditions. For the purposes of the Challenge ranking, reference is made according to the registered race.
20. Disqualification for unsportsmanlike behavior is at the sole discretion of the Organization
21. The top three in each ranking are awarded, in addition to the stage prizes, during the final evening event that will be convened at the end of 2025.
22. The HARD SWIM stage rankings planned for the stages of the Lakes Challenge are the general, natural, OVER40, OVER50 and OVER 60 ones.



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23. The final HARD SWIM rankings planned for the 2025 Lakes Challenge are the general, natural, OVER40 and OVER50 ones.
24. In the event of an equal score in the final ranking, the criteria for proclaiming the winner will be, in this order: the number of stages in which you participated, the number of times you featured in the “natural” ranking, the overall number of registrations ,the best placements in the longest HARD SWIM.
25. In case of non-attendance at the stage award ceremonies, the winners lose the acquired right to Trophies and Prizes, as collection by proxy is not allowed.