



# SWIMMER'S GUIDE 2019



## GENERAL DATA

**ORGANIZER:** A.D. Cíes - San Simón

**DATE:** 22 June, 2019

**CONTACT:**

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-At San Simón island: Sara: + 34 626 20 42 99 / Myriam: + 34 600 99 54 69

### 1.- MEETING BEFORE THE EVENT

On June 21, at 19.30pm, in the main Meeting Room at Hotel Bahía de Vigo, will take place the meeting previous to the event, to explain how it will be run.

There will be a presentation of the event, as well as the rules and regulations to be followed will be explained.

A bag with the swimming cap, t-shirt, and others will be handed at that time as well.

### 2.- REGULATIONS SUMMARY

The number of participants this year will be 110, for security reasons, the event will be monitored and only those participants who did register will be allowed to participate.

Participants do compromise to accept fully these regulations and any changes to the event for any reasons external to the will of the organization.

Registration in the event will imply to have read, understood and taken ownership of the following compromises:

- Certification of good health conditions and have passed the corresponding medical controls.
- Release the Organization from any responsibility by participating in the event (theft or lost of personal objects, danger of injuries, etc...)
- To give permission to the organization to use the participant`s image in different publications, posters, etc.. for promotional reasons of swimming water events. However, any participant not wishing the usage of his image for these purposes, could forbid the organization from doing so by writing his will to the following e-mail address: [info@batalladerande.com](mailto:info@batalladerande.com)

In agreement to the L.O. 15/1999, we inform you that your personal data will be part of a file under the responsibility of the organization whose aim is to manage the data for the swimming event Batalla de Rande 2018, as well as to inform the participant of future swimming editions.

Access rights, rectifications, cancellations and oposition to these rights, can be performed by writing to the e-mail address above mentioned, adding a copy of the DNI or Passport.

**It will be mandatory the usage of a wet swimming suit, swimming security buoy, googles and swimming cup, this one given by the organization, for the length of the event.**

Total time to complete the event will not be, in any case, over 10 hours.

In case of weather conditions adverse to the realization of the event, and/or risking the safety of the swimmers, the organization will be able to decide to change the course of the event or even its cancellation.

### 3.- ACCOMMODATION

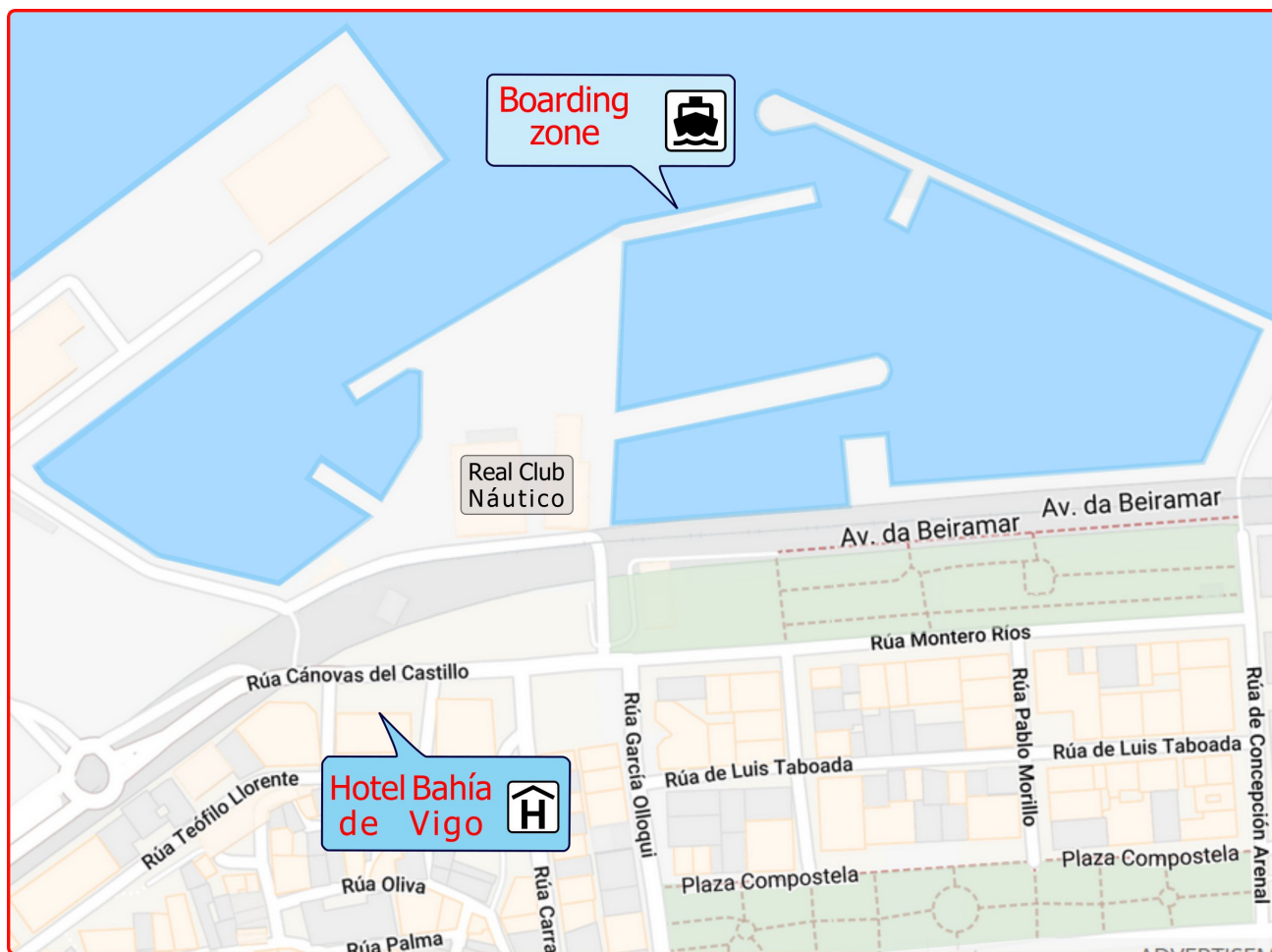
This year, the participants have the opportunity to stay at Hotel Bahía de Vigo, at Avenue Canovas del Castillo, 24, located 200 meters away from the boarding point to Islas Cíes.

Special prices for the swimmers and companions this year are:

- Double Room Individual Use (room and breakfast) 65,00 €
- Double Room (room and breakfast) 75,00 €
- VAT included

To apply for these tariffs, upon registration, please give the reference: BATALLA DE RANDE.

For reservations please call: + 34 986 226 700; send whatsapp to + 34 638 339 635, or by e-mail to: [reservas@hotelbahiadevigo.es](mailto:reservas@hotelbahiadevigo.es)



#### 4.- BOARDING AT VIGO

Meeting point and time is 07:30h on June, 22 at the dock next to Real Club Nautico de Vigo, boarding will be at 07:45h approximately.

On this boat, from NABIA COMPANY, will board swimmers, companions, volunteers as well as organization staff. Also, some logistics materials such as: kayaks, provisions, etc. may be loaded.

#### 5.- DISEMBARKMENT AT CIES

The boat will arrive at Islas Cías at 08:30h approx, and swimmers, companions, volunteers and staff will all disembark.

Kayaks will be at the beach divided in 5 groups by starting order of the groups 1, 2,3,4 and 5. Once all participants are prepared, the start of the event will take place as follows:

09:00h: 1st group (slow)

09:20h: 2nd group (intermediate 1)

09:40h: 3rd group (intermediate 2)

10:00h: 4th group (intermediate 3)

10.20h: 5th group(fast) + Gold group

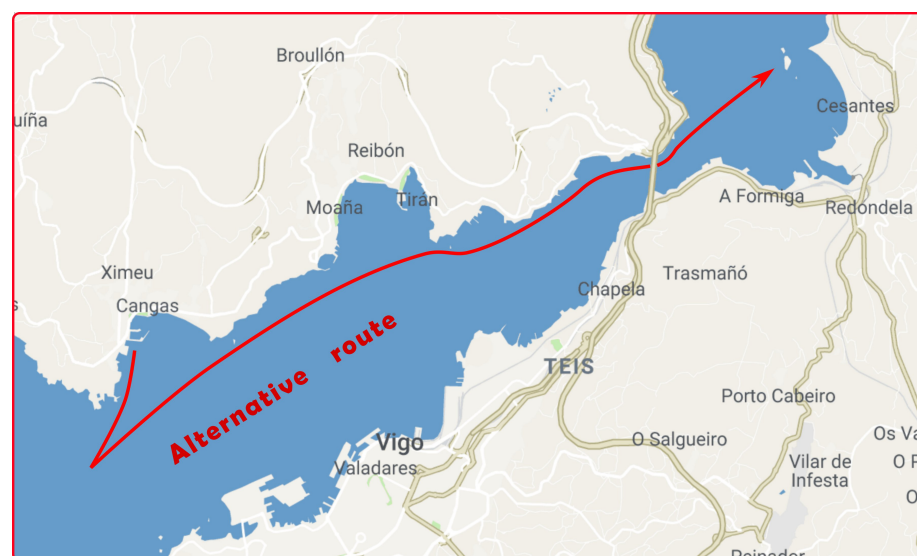
Each group will be accompanied by 2 boats and several kayaks, besides other supporting boats.

Participants will swim grouped in the area delimited by the vessels.

Swimmers will try not to swim far away from the kayaks.

Please remember latest date for a change of group is May, 15. You can check swim groups at [www.batalladerande.com](http://www.batalladerande.com)

#### 6.- ALTERNATIVE ROUTE



The organization has an alternative route in the event of adverse weather conditions. The starting point of this route will be the port of Cangas, towards Borneira signal point, going around it, and continuing with the main route towards San Simón island. Approximate distance for this alternative route is 20km.

## 7.- FEEDING

There will be one feeding vessel every 3.000 mts aprox. making a total of 7 feeding points. The first 4 will be mandatory, as we will be still swimming in groups.

Time allowed to feed will be max. 5 min.

Going through the last four feedings will be mandatory to control the swimmers, however, stopping to eat will be at the discretion of the swimmer, as at this stage swimming will be individually and not in group. Water, isotonic drinks, bananas, oranges, gels and bars will be provided. Bars and gels will be supplied by Nutrisport, in the images you can see the specific products that will be handed out.



## 8.- INDIVIDUAL SWIMMING

After the fourth feeding, it will be no longer mandatory to swim in group. Swimmers will be allowed to swim individually. Passing through the feeding stations still mandatory to control cap number but no need to stop to eat. Arrow below marks the start of the individual swim.

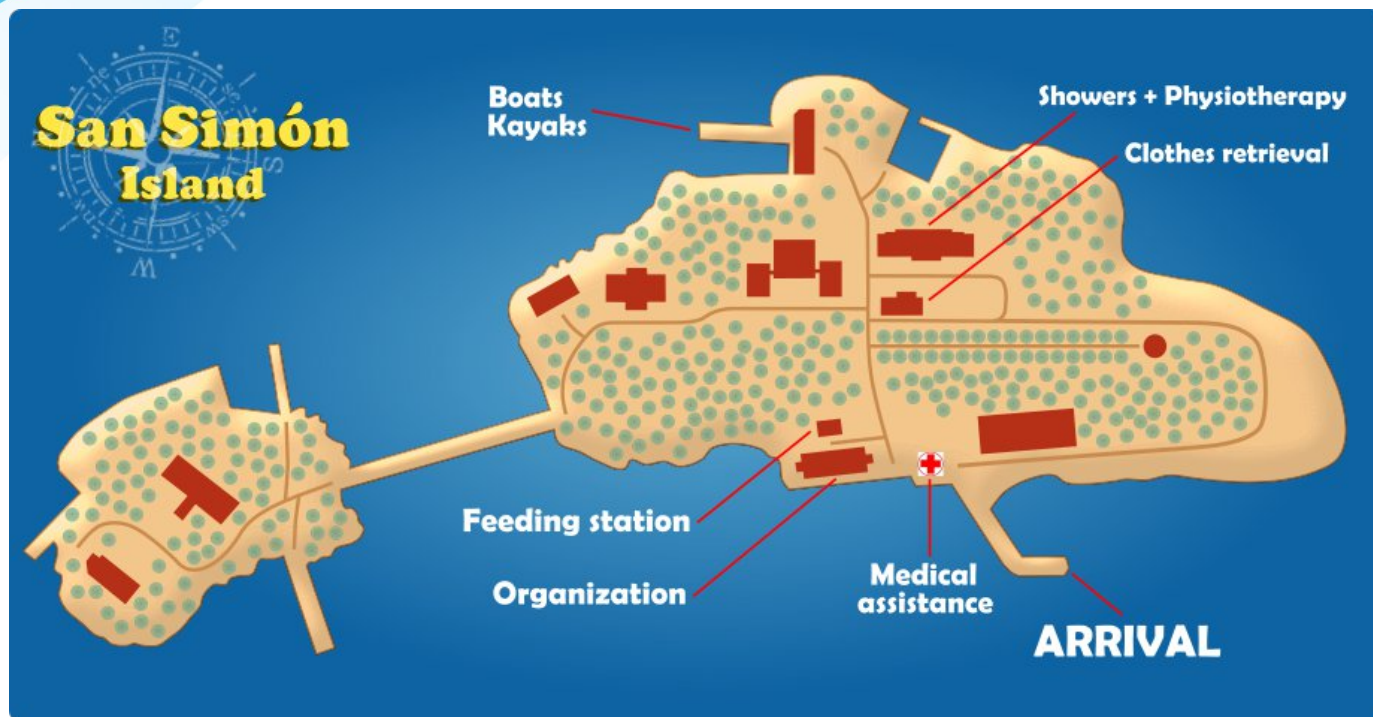
**Please exercise extreme caution during the individual swim.**



## 9.- ARRIVAL AT THE ISLAND OF SAN SIMÓN

Upon arrival, swimmers will be welcomed by the volunteers and part of the staff, who will take them to the recovery area where they can have hot and cold drinks, food and take a shower. We will also have a masseur and therapist in place. Masseur and therapists are few in number, we beg you to request their services as soon as possible and only in justified cases.





## 10.- STAY AT SAN SIMÓN ISLAND

Once the race is closed, a dinner will be held at aprox. 20:30 h with participants, volunteers and staff. During the dinner a trophy commemorative of Batalla de Rande – Trofeo Carlos Conde will be given.

Those not wishing to stay for dinner at the island, will have the chance to return to Vigo by bus at 20:30h.

After dinner, swimmers, companions and volunteers will be able to return to Vigo by bus departing at 23:30h.

## 11.- WEATHER

On June 22, dawn will be at 06:59 h and sunset at 22.15 h.

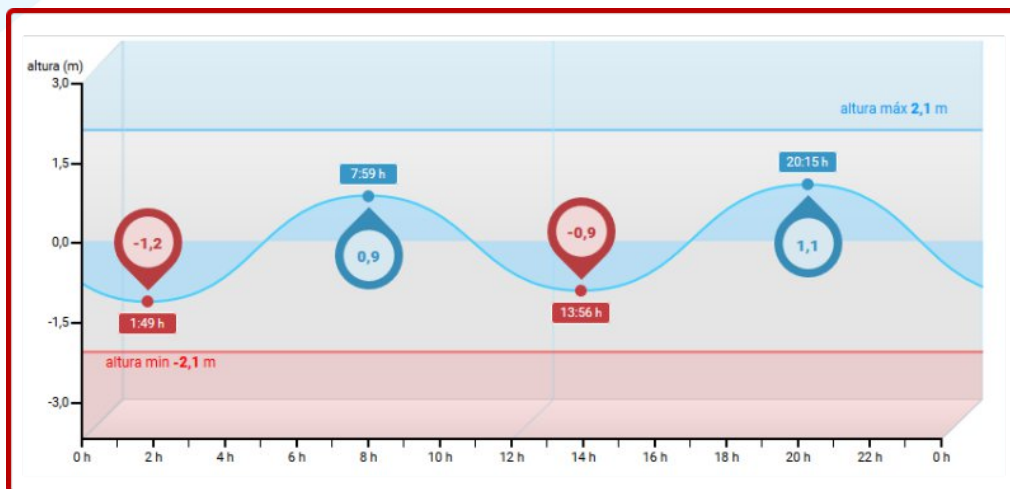
On the graphic tides for that day, the first low tide will be at 01:49 h and the next one at 13:56 h. The first high tide will be at 07:59 h and the following one at 20:15 h.

We will have 15 hours and 16 minutes of sun light.

Solar transit will be at 14.37h.

Tide coefficient will be 54 (medium) so amplitude of tides and current flow will be medium.

Taking as reference average level of the sea water, waves height will be -1,2 m, 0,9 m, -0,9 m, and 1,1 m.



Water temperature usually falls between 14°C and 19°C. Mean of the water temperature of the last four years close to the event date is 17,7°C.

Some links to check the weather forecast and water temperature:

<http://torallamar.herokuapp.com/>

<http://www.meteogalicia.es/web/prediccion/localidades/localidadesIndex.action>

<http://www.meteogalicia.es/web/prediccion/maritima/maritima.action>

<http://www2.meteogalicia.es/galego/observacion/plataformas/plataformas.asp>

## 12.- COMPANIONS

Swimmer companions wishing to go to Islas Cíes from Vigo, can board the boat that leaves at 07:45 h, and come back to Vigo on the boat that leaves the islands at 11:30 h with part of the event staff.

From Vigo, at 14:00 h, there will be a bus leaving from Hotel Bahía de Vigo that will go to the port of Cesantes, where they can take another boat to San Simón island.

Those companions not wishing to stay for dinner at the island, will have the chance to return to Vigo by bus at 20:30 h.

Please note on the island there are no bars or restaurants, companions should have a lunch before departing by bus or take its own food to the island.

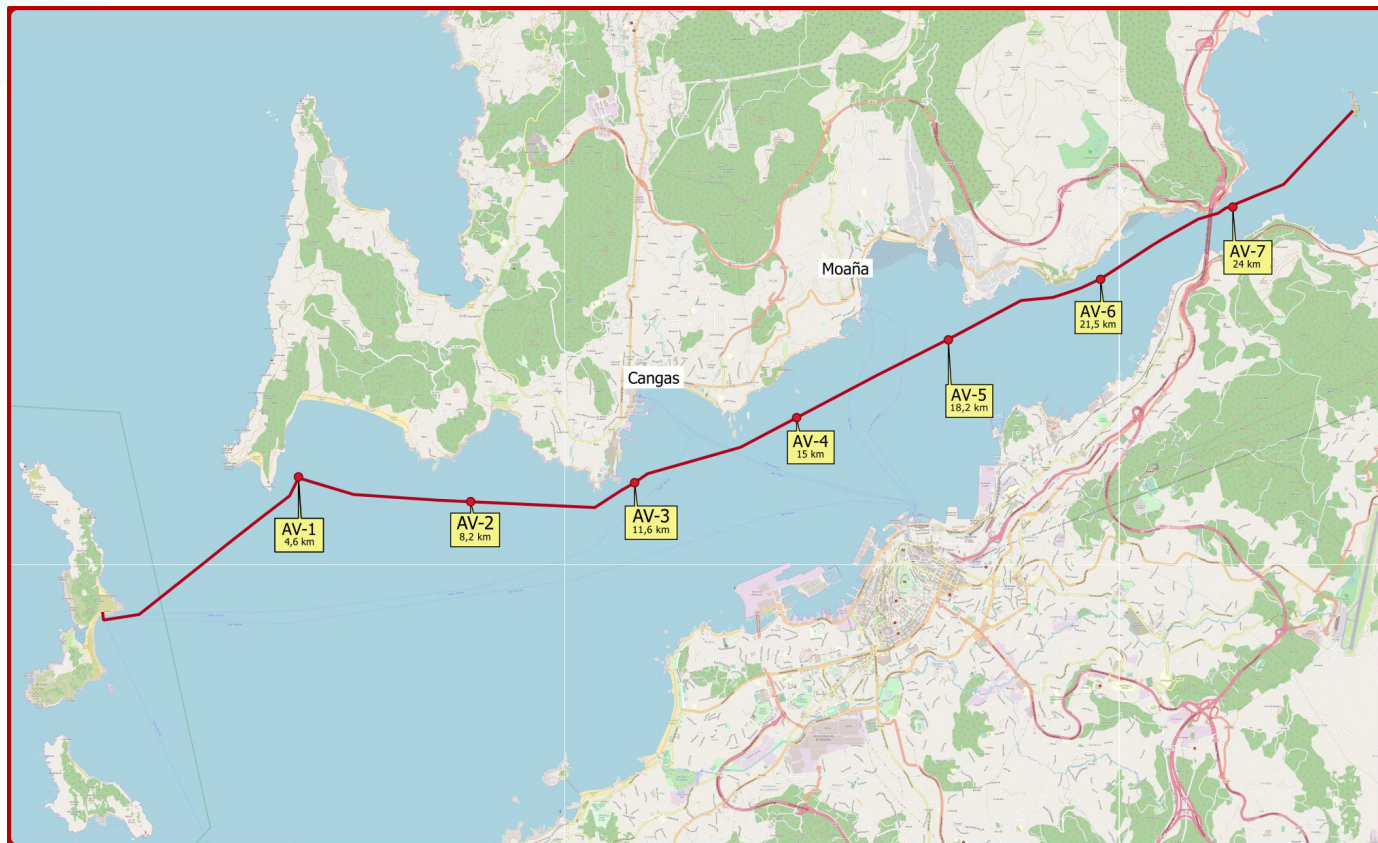
All boats and buses are free of charge. A guided tour of the island is also offered free of charge.

The companions must register as such on our website through the registration form for companions. Deadline: May, 15. Limited to one companion per swimmer until the available seats are completed.

The attendance of the companions at the awards dinner will cost € 25 if aged over 12 years, € 8 for children aged 12 or under. Deadline to register for dinner: May, 15 (registration in the accompanying person's registration form).



### 13.- ROUTE AND FEEDING STATIONS



### 14.- SWIM TIMETABLE

FEEDING TIMETABLE											
GROUP	Pace 100 m	Start 0,0	AV-1 4,6	AV-2 8,2	AV-3 11,6	AV-4 15,0	AV-5 18,2	AV-6 21,5	AV-7 24,0	Finish 27,0	Time in the sea Hours
6 - Green	02:00	9:00	10:32	11:49	13:02	14:15	15:24	16:35	17:30	18:35	9:35
5 - Orange	01:55	9:20	10:48	12:02	13:12	14:22	15:28	16:37	17:30	18:32	9:12
4 - Yellow	01:43	9:40	10:58	12:05	13:09	14:12	15:12	16:14	17:02	17:58	8:18
3 - Red	01:30	10:00	11:09	12:08	13:04	14:00	14:53	15:47	16:30	17:20	7:20
2 - Blue	01:20	10:20	11:21	12:14	13:04	13:55	14:42	15:31	16:10	16:55	6:35
1 - Gold	01:20	10:20	11:21	12:14	13:04	13:55	14:42	15:31	16:10	16:55	6:35

SWIM TIME BETWEEN FEEDING STATIONS											
GROUP	Pace 100 m	Start 0,0	AV-1 4,6	AV-2 8,2	AV-3 11,6	AV-4 15,0	AV-5 18,2	AV-6 21,5	AV-7 24,0	Finish 27,0	Effective time swimming Hours
6 - Green	02:00	0:00:00	1:32:00	1:12:00	1:08:00	1:08:00	1:04:00	1:06:00	0:50:00	1:00:00	9:00
5 - Orange	01:55	0:00:00	1:28:10	1:09:00	1:05:10	1:05:10	1:01:20	1:03:15	0:47:55	0:57:30	8:37
4 - Yellow	01:43	0:00:00	1:18:58	1:01:48	0:58:22	0:58:22	0:54:56	0:56:39	0:42:55	0:51:30	7:43
3 - Red	01:30	0:00:00	1:09:00	0:54:00	0:51:00	0:51:00	0:48:00	0:49:30	0:37:30	0:45:00	6:45
2 - Blue	01:20	0:00:00	1:01:20	0:48:00	0:45:20	0:45:20	0:42:40	0:44:00	0:33:20	0:40:00	6:00
1 - Gold	01:20	0:00:00	1:01:20	0:48:00	0:45:20	0:45:20	0:42:40	0:44:00	0:33:20	0:40:00	6:00