



## REGULATION 2019

### 1) GENERAL INFO:

In the summer period (June to September) the weather and sea conditions are normally calm. There are no particular tides and currents. The wind usually blowing is the mistral, which makes its appearance in the gulf starting at about 1.00 pm.

In the Gulf of Naples there are no special marine animals. There are no sharks or other similar animals. Rarely it is possible sightings of dolphins. In particulates times of the year, especially at Capri, it is possible the presence of jellyfish.

In the competition period (July) the weather conditions are strictly summer with clear skies and with an average atmospheric temperature: min. 20 - max 30.

In the competition period (July) the average water temperature is between 20 ° and 22 °. It is coldest at Capri and, gradually, more hot with the approach to Naples.

Water quality, issued by the Competent Authority: Campania Region. The same is issued only once a year, at the beginning of the season. The subsequent authorization is issued by Capitaneria di Porto, about a week before the race, confirming the validity of good water quality.

### 2) SWIMSUIT COMPETITION:

There are no restrictions on the use of any costume. In the case of particularly high temperatures (air-water) the use of wetsuits is highly discouraged.

It is allowed to use cap and goggles, gripper pliers - nose pads for the ears, as well as cover themselves with grease and/or gel.

It is forbidden to make use of wetsuit (diving suits), fins or respirator.

### 3) RACE COURSE:

From Capri (Marina Grande) to Naples: venue TBC 36 Km.

START: 40° 33' 24.73" N – 14° 14' 16.05" E – FINISH: TBC

Being a crossing, the race course is free and every swimmer can swim depending on his/her competition strategy, in relation to marine conditions, of any wind and/or currents.

Competitors with their own team must be able to calculate their own route, without the help of any other occupant of the boat, which, however, can provide simple directions.

One tip to keep in mind is that, at the start, to aim towards the north, then to the left, in the direction of Promontory of Miseno. Then in second part of the race you must swim to Napoli.

The final part of the competition will be mandatory, marked by buoys. Competitors must pass between the first two buoys. Then it will start a corridor of approximately 300 meters and will have to leave all the buoys on the right. At the end of the corridor there will be the finish line.

Once embarked on the corridor, the support boats will be external and will no longer get close to swimmers. At the last part of the competition, a guide boat will be ahead the first swimmer.

### 4) PROGRAM:

- 1) Arrival at the starting venue Marina Grande (Lido Le Ondine) at 8.00 am
- 2) Recognition and punching
- 4) Greasing
- 5) Coach boarding combined with their judges (SOLO and DUO then RELAYS) starting at 8.25 am
- 6) Presentation at 8:55 am
- 7) Start: 9:00 (SOLO and DUO), 9:10 (RELAYS)

### **5) START:**

The race starts at 9 am (9.10 am for the relays). The race starts it is permitted only from the water, about 50 meters from the shore, in front of the Lido Le Ondine - Marina Grande - Capri.

The line will be appropriately delineated by lane or similar stretched between two fixed points of a width such as to allow the alignment of all the swimmers.

The start will be the first for the SOLO and DUO category and, then, after 10 minutes for the RELAYS category.

For the relays: every team will start with only one competitor.

Competitors will be called and presented one at a time. They will be escorted to shore by some children, where they wait the other competitors. Once everyone is ashore, they will swim to the starting point, then countdown from 10 to 0 and race starts will be given with a gun and/or a sound signal.

### **6) FINISH:**

Prepared in water, about 30 meters from the beach. There will be a fixed goal to touch, easily detectable (wall or board), with the size of about meter 2 x 1,50 positioned at a maximum of cm. 40 above the water. Only when the swimmer has touched the finish line, the competition can be completed and only in that time the swimmer may be touched or helped by others.

For the relay's finish may occur with only one competitor, or, if there is agreement between all relays, all competitors participating together.

### **7) ESCORT BOAT:**

Must be able to accommodate, in addition to the driver, the judge, the coach or any other expert appointed by the competitor.

For the relay will be in the boat the other swimmers who are up to a maximum of six occupants including the driver and the coach.

The escort boats may assist the swimmers to not less than 300 m from the start.

The embarkation of the occupants will be, looking at the sea, from the small pier on the right, where the boats will approach them one by one. The indications on the shipment will be the exclusive competence of the organization's staff, whose decision will be final.

The embarkation of the occupants will follow the provisions of the O.C. starting at approximately 8:25. The race will be started even without the boarding is completed, in view of the fact that the boat will be close to the swimmer not before 300 meters from the start.

On board the boat, occupants will find the half-liter bottles of water to request to the driver.

On board the escort boat will also find food and drinks for the occupants, containing sandwiches, little cake and juice. For SOLO, food is for the driver, coach and judge. For the RELAYS, food is for the driver, coach and all the swimmers. On board there is water: SOLO: 6 liters, RELAYS: 24 liters. The technical supplies and drinks for swimmers are specific competence of the swimmers themselves.

### **8) JUDGES AND TIMING:**

A judges service is provided for each swimmer (SOLO and DUO category) for the RELAYS category there will be one judge every 4 relays.

For the SOLO and DUO category the judge will be on the swimmer escort boat.

For the RELAYS category the judges will be on their own boats.

The test will have a manual timing.

### **9) CHANGING:**

For relay event are planned changing between competitors without any limits. Each competitor will have to swim at least a fraction of the crossing without any limitations in terms of time and distance.

The sequence of the components in the sea will be at the discretion of the team and may be changed at any time.

The changing must take place at sea. The competitor in water (A) will stop to swim and the next one (B) will be able to dive from the boat. Once in the water, the two swimmers will have to touch each other and the Competitor B will begin to swim, while the competitor A rise in the boat.

## **10) OTHER RULES:**

Will be subject to disqualification:

- Hinder, interfere and intentionally enter into contact with another swimmer;
- To touch or be touched, to be towed or rely on fixed or floating objects;
- Be accompanied in the water by other swimmers not participating in the race;
- Suppling food or beverage from the water and not by the escort boat;
- Take advantage of their position by the escort boat swimming in the wake of the establishment; the boat itself must always maintain a position at the side without ever stand in front of the swimmer and must not interfere with or damage the path of other swimmers.
- make changes in the manner different from what indicated (for the relay).

## **11) TIME LIMIT:**

The time limit is fixed in 10 hours but not later 7.10 p.m.

The Organizing Committee reserves the right, however, to terminate the competition before this limit kilter security conditions necessary for the performance.

If the competitor after 9.30 hours is not at a distance likely to finish in time the crossing, OC may order that the swim is ended and the swimmer must rise in the escort boat.

The decisions of the OC are communicated to the driver, to the coach and / or other competitors, in relation to the end of the swim are final, and any failure by the contestant will also result in penalties fee up to € 500.

## **12) MARINE WEATHER - CLIMATE AND SECURITY :**

- Minimum water temperature 16 degrees.
- Maximum water temperature: 31 degrees

In case of bad weather - marine, adverse weather or unsafe water, will convene a special committee made up of

1. Member of the Capitaneria
2. Organizing Committee

that will suit your skills to decide whether or not to suspend the race.

At the start of the race there will be the presence of a doctor.

During the swim there will be the presence of a medical boat with a doctor on board, supported by a boat of civil protection and / or Capitaneria di Porto .

At the finish, for all the duration of the event there will be an ambulance and another doctor.

The nearest hospital is "Loreto Mare" which is far about 3 km from the finish venue.

Upon arrival there will be first aid personal that will help swimmers providing support, water and towels. For relays, towels will be available only for the last swimmer.

Upon arrival will be available toilets and showers.

At relax area the O.C. besides water, also provides fruit juices, energy drinks (gatorade, powerade or similar). The O.C. also make available fresh fruit, sandwiches and / or pasta salad.

## **13) SECURITY COMMUNICATIOS:**

The Organizing Committee will monitor competitors in the water through some escort boats, as follows:

- Safety boats: Capitaneria and / or the Civil Protection
- Race Director
- Judges (2)
- Doctor
- Closing position boat

Communications at sea will take place through two instruments :

- (VHF emergency channel 16, in constant contact with the Harbour)
- Mobile phones of the occupants boat: driver and judge

In particular:

- In all the boats there are at least 1 phone (RELAY): driver, apart from those of the other occupants and at least 2 mobile phones (SOLO): driver and judge.
- The safety boats, the race director boat, and the doctor boat and the judge boats are also equipped with VHF.

Each judge of the race, on this escort boat, has the phone number of the referee and race director.  
 The race director has all the phone numbers of 2 representatives escort boats, with their lists of the driver.  
 Communications in case of emergency:

**SOLO:**

The judge note the emergency to the race director, and him, as needed, will alert by phone or VHF:

- Doctor;
- Representatives of the boats;
- Safety boats.

**RELAYS:**

the driver and/or other occupant note the emergency to race director, and him, as needed, will alert by phone or VHF:

- Doctor;
- Representatives of the boats;
- Safety boats.

**14) FINAL RESULTS AND AWARDS:**

At the end of the competition, in relation to the times, will be drawn up three final lists:

- SOLO
- RELAYS

If for any or all of the categories at the end of the time limit, no competitor will be crossing the finish line, it will be a classification in relation to the positions of competitors in the sea at that time.

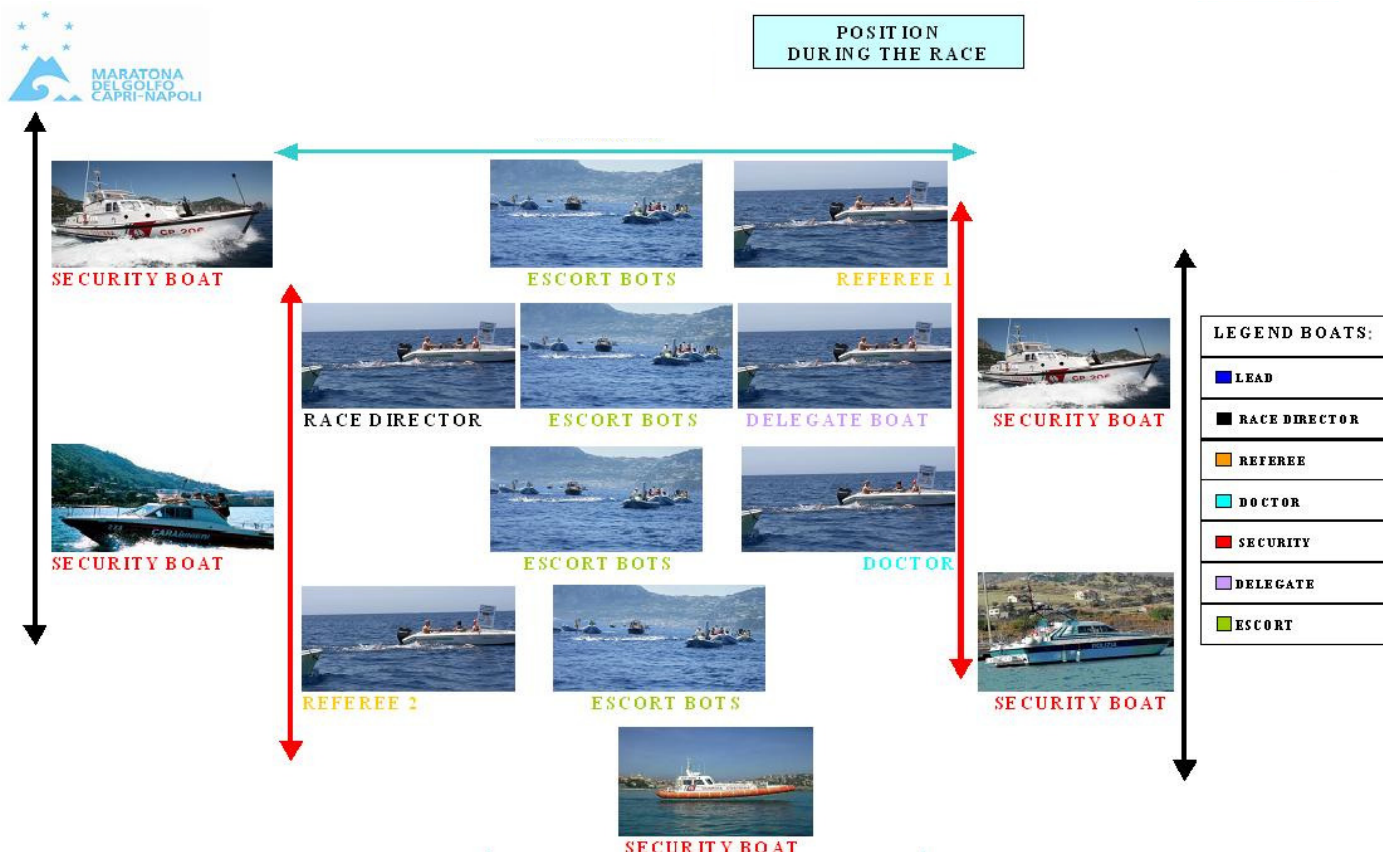
The final results will be available on the official website of the competition: [www.caprinapoli.com](http://www.caprinapoli.com).

There will be not copies of the competition results at the end of the competition.

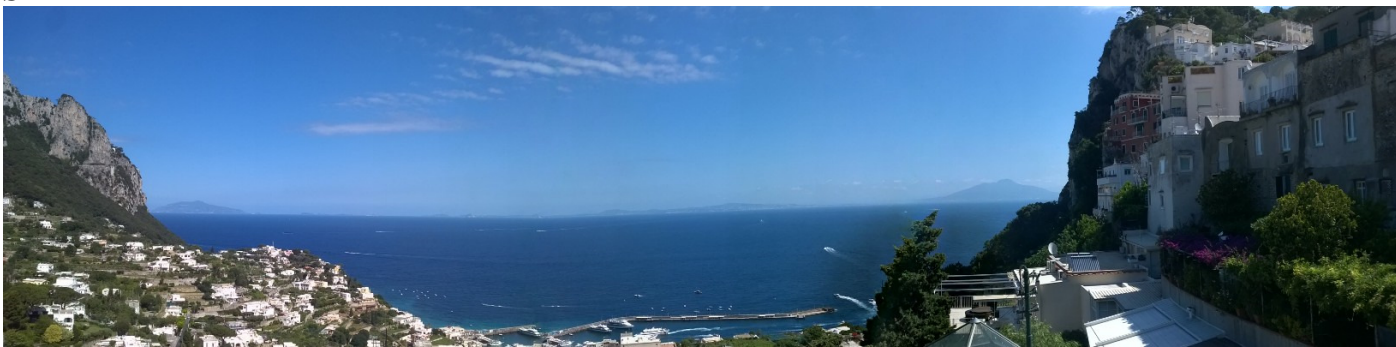
All participants, before or after the competition, will receive gadgets. Each participant will also receive a medal and a certificate of participation.

The O.C. reserves will make further awards for different categories or for special performances.

**SECURITY PLAN**



## START



**RACE ROUTE:** info, images and details available at the pre-race technical meeting

**FINISH:** info, images and details available at the pre-race technical meeting