



TRAVERSIA ILLES MEDES - ESTARTIT

REGULATIONS



CLUB NÀUTIC ESTARTIT
El Port de les Illes Medes



1.- ORGANIZATION

The Club Nàutic Estartit, in collaboration with Club Natació Radikal Swim.

2.- GENERAL INFORMATION

Date: Saturday, June 21, and Sunday, June 22, 2025.

2.1.- LA BRAVA

- **Approximate distance:** 3.5 km.
- **Route:** Illes Medes to Club Nàutic Estartit.
- **Date:** June 22, 2025.
- Participants will be transported by boat to the starting point at Illes Medes. Boarding will be mandatory for all participants to access the start point from the water. The start will be from the sea.
- **Boarding time:** From 8:00 AM - Club Nàutic Estartit.
- **Start time:** 8:45 AM.
- **Time limit:** 2 hours. The organization reserves the right to modify the time limit and advance participants by a few meters depending on weather conditions or participants' pace.
- **Optional equipment:** Safety buoy.

2.2.- LA CLÀSSICA

- **Approximate distance:** 2 km.
- **Route:** Illes Medes to Club Nàutic Estartit.
- **Date:** June 22, 2025.
- Participants will be transported by boat to the starting point at Illes Medes. Boarding will be mandatory for all participants to access the start point from the water. The start will be from the sea.
- **Boarding time:** 10:15 AM - Club Nàutic Estartit.
- **Start time:** 11:00 AM.
- **Time limit:** 1 hour. The organization reserves the right to modify the time limit and advance participants by a few meters depending on weather conditions or participants' pace.
- **Optional equipment:** Safety buoy.
- La Clàssica is part of the Catalan Open Water Swimming Circuit (CCT) of the Catalan Swimming Federation. Scoring will be based on CCT regulations. Swimmers affiliated with the Catalan Swimming Federation must participate with the 2025-26 season license (valid from October 1).



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DE NATACIÓ



3.- PARTICIPATION

Any individual of any nationality born in or before 2006 can participate (recommended for 18+). Minors must present the Catalan Swimming Federation license and/or parental or guardian



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authorization in writing when collecting their race number. No minor will be allowed to participate without this signed authorization.

For "La Brava" (3.5K), participants are recommended to have completed a 3,000-meter swim or have a time under 40 minutes in 1,500 meters within the last two years.

All participants declare that they are physically and mentally fit to participate and do so under their responsibility. The organization, given the difficulty of the event (route, water temperature, etc.), advises against registering if not fully prepared to complete the swim.

3.1.- RACE NUMBER COLLECTION

- **Date:** Saturday, June 21, 2025, from 5:00 PM to 9:00 PM at the Village of Club Nàutic Estartit. A friend or family member can collect it with a photo or photocopy of the participant's ID.
- **Express collection:** Sunday, June 22, 2025, from 7:00 AM to 8:00 AM at the Village.

4.- EQUIPMENT

The organization recommends wetsuits as water temperatures in Costa Brava in June typically range from 19 to 21°C. Conditions may make the swim last over two hours. Wetsuits help prevent hypothermia and protect against jellyfish stings. Participants may also wear regular swimsuits at their own risk.

For safety and tracking, all participants must wear the provided swim cap, timing chip, and wristband. These will be given at race number collection.

- **Optional:** Safety buoy.
- **Permitted:** GPS watches.
- **Prohibited:** Flotation aids, assistance devices, MP3 players, or similar, as they may hinder hearing safety announcements.

4.1.- TIMING CHIP RENTAL

Swimmers who do not have a **ChampionChip timing chip (yellow model)** must rent one for the race. The rental costs **€3** and must be returned at the finish line. Rental must be requested during registration.

5.- REGISTRATION

- **Opens:** March 1, 2025.
- **Deadline:** June 13, 2025, at 11:59 PM or until participant limits are reached:
 - 400 participants for La Brava.
 - 400 participants for La Clàssica.

Swimmers must fill out the registration form, accept the rules, and follow all safety protocols. Registration is **personal and non-transferable**. Once completed, it cannot be transferred to another person.

Registration is completed online via the **Club Nàutic Estartit website** (<https://cnestartit.com/ca/travessia-de-natacio-illes-medes/>) by filling out the ChampionChip form and making the payment by credit or debit card.

Includes:

- Participation in the swim.
- Boat transport to Illes Medes (starting point).
- Support teams (boats, lifeguards, kayaks, ambulances, and medical services).
- Pre- and post-swim refreshments.
- Special-price access to additional activities on June 21-22.
- Official swim cap and gift.



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- Free event photos.
- Race briefing on June 21 at 8:00 PM.
- Support from Radikal Angels Swimmers.
- Bag check at the finish line.
- Physiotherapy service post-swim.
- Accident insurance.

5.1.- PREUS

La Brava:

- March 1-31: €44 (max 100 spots).
- April 1-30: €48 (max 100 spots).
- May 1-June 13: €52 (until full).

La Clàssica:

- March 1-31: €24 (max 100 spots).
- April 1-30: €26 (max 100 spots).
- May 1-June 13: €29 (until full).

5.2.- CANCELLATION SERVICE

For an additional €10, participants can request a refund via email: travessia@cnestartit.com.

- **Until May 25, 2025:** 100% refund.
- **Until June 8, 2025:** 50% refund.
- **After June 9, 2025:** No refund.

Does not cover route changes or event cancellation due to weather.

5.3.- REGISTRATION MODIFICATIONS:

Changes can be requested up to 20 days before the event for a €10 fee via travessia@cnestartit.com.

6.- CATEGORIES D'EDAT

Category	Men & Women	Year of Birth
General	All ages	All years
Juniors	Up to 17	2006 or later
Masters +30	30-39	1995-1986
Masters +40	40-49	1985-1976
Masters +50	50-59	1975-1966
Masters +60	60-69	1965-1956
Masters +70	70+	1955 or earlier

All ages are included in the general category.

The age considered is the one completed within the year, from January 1 to December 31, 2025.

Trophies will be awarded to the first-place male and female finishers in both races (La Brava & La Clàssica) among Club Nàutic Estartit members.



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7.- SAFETY MEASURES

Kayakers and motorized support boats will accompany swimmers, maintaining a safe distance at all times. Safety teams will guide participants, and specialized support crews will be available to assist in case of emergency.

8.- REFRESHMENTS

L'organització facilitarà l'avituellament als participants de les travessies a l'inici de la travessia (líquid) i en finalitzar les travessies (líquid i sòlid). Els participants que ho desitgin podran portar el seu propi avituellament per utilitzar-lo durant la prova, transportant-lo dins de la seva boia de natació obligatòria.

9.- FINISH LINE

All rented timing chips must be returned upon finishing. Withdrawn swimmers must notify organizers and return the chip.

10.- OBLIGATION TO COMPLETE THE CHALLENGE

The organizers reserve the right to end the swim for any participant if necessary to ensure their safety.

Below are some of the reasons why the organization's safety team may decide to terminate a participant's swim and require them to board a support boat:

- Deterioration of sea conditions that put participants at risk.
- Any swimmer showing signs of extreme fatigue, dehydration, hypothermia, an excessively slow pace, or any other condition that prevents them from swimming normally.
- Swimmers who do not follow safety instructions from the organizers or who swim outside the designated safety limits marked by the kayaks.
- Any swimmer who signals for help by raising one or both arms.
- Any participant exceeding the official time limit.

The volunteers aboard the support boats will prioritize the safety of all swimmers and may require any participant to exit the water if necessary to protect their well-being.

11.- EVENT MODIFICATIONS

In the event of adverse sea conditions or other hazards (such as jellyfish swarms or strong currents), the organizers reserve the right to modify the course and select one of the predetermined alternative routes. If the swim cannot be conducted safely, even with an alternative route, the event will be canceled, and registration fees will not be refunded under any circumstances. The event will not be rescheduled for another date.

12.- BAG STORAGE

Swimmers can leave their belongings at the bag drop area located at the Moll Central, between the arrival zone and the boarding area.

Participants who need warm clothing for the boat ride to the Medes Islands can use the clothing transport service, which will ensure that all personal items are returned to the finish area after swimmers have started the race.

13.- ESTARTIT XPERIENCE

Registration opens: April 1, 2025.

Between L'Escala and L'Estartit lies one of the most stunning stretches of the Catalan coastline—the Montgrí Coast. This landscape is characterized by breathtaking rock formations



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sculpted by the crashing waves. The Estartit Xperience offers a unique opportunity to explore this coastline in a safe and organized way.

13.1.- PROGRAM

Saturday, June 21, 2025

- **9:15 AM - Meeting point & swim preparation**
 - **Location:** Club Nàutic Estartit (Activity Center).
- **9:45 AM - Briefing**
 - Detailed explanation of the course.
 - Introduction of safety teams and assignment of "Angel Swimmers" (support swimmers).
- **10:00 AM - Boarding & start of the swim**
 - Participants will be grouped based on pace and distance as indicated during the online registration process.
 - Available pace groups for registration:
 - **2'20" / 100m**
 - **2'10" / 100m**
 - **2'00" / 100m**
 - **1'50" / 100m**
 - **1'40" / 100m**
 - **1'30" / 100m**
 - The organizers reserve the right to adjust the groups to ensure a safe and well-balanced swimming experience, optimizing both the swim dynamics and the overall safety of all participants.
 - Participants will be transported by boat to their designated starting points according to their chosen distance.
- **12:00 PM - End of the experience & post-swim refreshments.**

13.2.- ROUTE

This is a **one-way swim**. Participants will be transported by boat from **Club Nàutic Estartit** to the designated start points and will swim back to the finish line.

- **1.8 km:** Illa del Dui → CNE
- **3 km:** Racó del Rossinyol → CNE
- **4.1 km:** Golf de la Morisca → CNE
- **5 km:** Cala Ferriol → CNE

Once swimmers reach the finish line at **El Molinet**, they will be transported back to the **Activity Center at Club Nàutic Estartit**. Continuing to swim beyond this point will **not** be allowed.

13.3.- MANDATORY EQUIPMENT

- **Open-water safety buoy** (required for all participants).

13.4.- ALTERNATIVE PLANS & WEATHER CONDITIONS

Updated information will be provided as the event date approaches.



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13.5.- REGISTRATION

Registration opens: April 1, 2025.

Limited to **50 participants**—early registration is strongly recommended.

Registration fee: €20, which includes:

- Changing facilities and personal item storage.
- A souvenir gift.
- Access to locker rooms and showers.
- Safety infrastructure for the swim: 1 support boat per group and Angel Swimmers (support swimmers).
- Insurance coverage.

Limited spots available—don't wait until the last minute to register!

14.- PERSONAL DATA PROTECTION

In accordance with Organic Law 15/1999 (December 13) on the Protection of Personal Data (LOPD) and Law 34/2002 (July 11) on Information Society Services and Electronic Commerce, Club Nàutic Estartit (NIF: G17066150) informs you, and you accept, that:

- Personal data provided via registration forms on the website <https://cnestartit.com/ca/travessia-de-natacio-illes-medes/> will be incorporated into an **automated file** managed by **Club Nàutic Estartit**.
- This data will be treated confidentially and used for the following purposes:
 - Managing your participation in **Club Nàutic Estartit swimming events**.
 - Administering and processing event information, including **timing results, photos, and videos**.
 - Conducting statistical analysis to improve future event organization and participant experience.
 - Promoting or advertising activities, services, and products of **event sponsors and partner organizations**.
- By completing registration, you **expressly consent** to the use of your personal data for these purposes.
- You may revoke this consent at any time and exercise your **rights of access, rectification, cancellation, and opposition** by sending a request to info@cnestartit.com.

15.- IMAGE RIGHTS AUTHORIZATION

According to Article 18.1 of the Spanish Constitution and Law 5/1982 (May 5) on the Right to Honor, Personal and Family Privacy, and Personal Image, Club Nàutic Estartit requests the consent of participants (or the parents/legal guardians of minors) to publish images in which they are clearly identifiable.

By registering for the event, participants or their parents/legal guardians accept that **photos or videos** of them (or their children) taken during activities organized by **Club Nàutic Estartit and Radikal Swim** may be used in the following formats:

- **Official event websites**
- **Publicly available video footage**
- **Photographs for magazines or other publications**
- **Digital presentations**



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- **Social media accounts of the club or event**
- **Promotional materials**

This consent is granted **exclusively for informational, advertising, or promotional purposes** related to **Club Nàutic Estartit activities**.