

# MARNATON KIDS

## RULES

### Registration

Registration on the [website www.marnatonedreams.com](http://www.marnatonedreams.com)

**You need to sign up via the website. Remember: once you are on the beach, YOU WILL NOT BE ABLE TO SIGN UP.**

**The participation is limited to a maximum of 100 kids, less in Cadaqués than the limit is 200.**

### What do I need to do to take part?

- 1) Do the registration on the [website www.marnatonedreams.com](http://www.marnatonedreams.com).
- 2) For every child on the beach to be accompanied by an adult, a person responsible for them during the event. When necessary, the organisation must be able to contact the adult, so they must be on the beach.
- 3) If both parents of a MARNATON Kid are swimming in the MARNATON, they must assign the responsibility of the child to a third person, providing the relevant information to the organisation when registering.
- 4) Under no circumstances will a MARNATON Kid who does not meet any of the above requirements be allowed to take part.

### We recommend...

- A good breakfast, preferably three hours before you start.
- Don't get nervous when you're starting the race.
- Relax while you swim and try to enjoy the race.
- Respect your fellow swimmers: Don't push or pull them. It's better to gain a friend than to win a race.
- Don't forget to put on your sun cream half an hour before the race starts. Although we don't expect there to be jellyfish, if you have a repellent cream, all the better.
- Swimming trunks or a swimsuit (not beach shorts).
- If you're used to swimming with them, bring your goggles!
- Don't forget to bring your towel for after your swim.
- Neoprene wetsuits are allowed. "Feeling the cold" is no longer an excuse.

### How far will I swim?

Depending on your age group, you should swim a distance ranging from 50 m to 400 m. We hope that you decide to sign up with your friends, and also enjoy the experience of swimming in the sea!

### 2019 Categories

<b>CATEGORIES:</b>	<b>AGES:</b>	<b>BORNS:</b>	<b>DISTANCE:</b>
<b>GÒBITS</b>	<b>5-7</b>	<b>2013 and 2012</b>	<b>50M</b>
<b>ESCORPONES</b>	<b>7-9</b>	<b>2011 and 2010</b>	<b>100M</b>
<b>BARRACUDES</b>	<b>9-11</b>	<b>2009 and 2008</b>	<b>200 M</b>
<b>DOFINS</b>	<b>11-13</b>	<b>2007 and 2006</b>	<b>400 M</b>

### Presentation of trophies

At the finish point participants will receive their medal and t-shirt for taking part.

Good luck to everyone! Enjoy the sea!