

Rules for MARNATON eDreams 2019

Distance XL (+10km)

The MARNATON eDreams events are held in exceptional, natural coastal environments, with some sections being part of a Natural Park and/or Nature Reserve. We must remind all participants of the importance of respecting the environment around us at all times, and therefore helping to protect it.

MARNATON requests everyone's cooperation in leaving no trace of our presence behind and, after the event, to leave the area in a better condition than we found it.

As an open water swimmer you respect and protect the environment.

1. Requirements for participants

- Individuals of any nationality may take part, federated or not, who are in good health and who have undertaken the appropriate training to take part in the challenge.
- Event authorised for people over the age of 18, from 2001.
- You must know and accept the conditions of these rules.
- You must have successfully completed all of the steps and met all of the requirements for signing up.
- Accept the disclaimer and declaration of physical fitness which appear on the registration form.
- All the information required in the registration process must be true. The organization won't be held responsible of falsehoods or errors that the participant might do at the time of registration.
- Registration for the event is personal and non-transferable and implies the acceptance of these rules.

2. Registration

You can only register via the Marnaton website at (www.marnatonedreams.com)

- **Closing date for registration:** up to 10 days to the date of the event or when the maximum number of participants has been reached.
- **It includes:**
 - Accident insurance.
 - Medical assistance during the journey (vessels with Rescue staff) and upon arrival (Field hospital with Medical staff).
 - Provisioning (every 3000m aprox.).
 - Transfer from the Finish point to the Starting point.
 - Swimming cap for the event.
 - Event t-shirt.
 - Sponsor Gift.
 - Massage Service at the Finish.
 - Cloakroom.
 - Chip ranking and timing.
 - Trophies for absolute winners and medals for winners of each category.

- **Management of withdrawals:** The organization offers the participant the possibility of hiring a cancellation insurance during the registration process. In case of not contracting this insurance there won't be any devolution **in any case**, including injuries, accidents, trips...etc.
- **Changing of name:** The organization offers a service for changing the name of a subscription for a 10€ fee to cover the paperwork until 20 days before the beginning.
- **Change to distance:** will be made as long as there are places left in the requested distance and only up to 20 days prior to the event. If the change is from short distance to long distance the difference in fee must be paid; if the change is from long distance to short distance no refund will be given.
- **Change to challenge:** Under no circumstance will we allow changes from one challenge to another, nor from this year or the following edition. The organization will offer all participants the possibility of having 50% of the registration fee repaid if they are unable to attend the next date specified by the organization.
- **Cancellation of the challenge:** if the organization has to cancel the challenge or change the course or timings due to adverse conditions or force majeure beyond its control, in no event will the registration fee be refunded. The event will not be postponed to another date nor will participants be refunded their registration fee.
- **Maximum number of places:** the organisation keeps 25 places for its commitments to sponsors and partners. The organisation reserves the right to increase or reduce the number of places for safety reasons or other reasons which may affect the smooth running of the race. In any event, any changes which be announced well in advance on the website and social networks.

3. Chip

It is compulsory to use the chip to participate in the event. The chip can be:

- **A white chip**, single-use and returnable: the organisation will provide it at a price of €3 (VAT included).
- **Yellow chip (Championchip)** When registering, you must specify the serial number on the form.
- If a participant loses his/her chip, he/she will not appear in the rankings even if he/she provides evidence and/or visual material showing his/her position and time. Nor will he/she have the right to overall or category prizes. No claims will be accepted in this respect.

4. Collection of swimmers bag

- To collect their bib number, the participant will need to show their ID CARD, PASSPORT or TAX ID CARD (original or photocopy).
- When collecting bib numbers you must collect: Cap, Chip, Event T-shirt, Wet Bag for the Cloakroom.

5. Cloakroom

The swimmer must use the Wet Bag, identified with their bib number, which the organisation will provide for them to keep their personal belongings. The Wet Bag must be left at the designated point before the start of the race.

To retrieve their bag, which is looked after by the event organisers near to the finish, the swimmer must show their cap and their bib number.

The bags in the cloakroom will be watched over at all times. The organisation will not be held responsible for the misplacement or loss of the swimmers' personal belongings. To prevent this from happening, please do not place any valuable items in the cloakroom bags which the swimmers have to leave on the beach.

6. Transport

Swimmers will travel between the finish line and the starting point on buses and/or boats. The transport timetables will be published and reported well in advance on the website.

7. Compulsory technical kit

All participants are obliged to wear the following items, which may be checked at the starting point and/or any point of the race.

Compulsory kit:

- Bathing suit.
- Swimming goggles.
- Cap provided by the organisation with your bib number.
- Chip provided by the organisation, worn correctly (ankle).

Optional material:

- Swimming wetsuits are highly recommended. However, participants may swim without wetsuits if they submit the following form (PDF) showing that they are able to swim for 4 hours without a wetsuit in water of below 17°C. They must submit the form (PDF) when they collect their swimmer's bag.
- If the water temperature is below 17°C the organisation reserves the right to enforce the use of wetsuits or to place any swimmers who are not wearing a wetsuit on the short swims.
- Buoy: permitted.

Additionally, the organisation advises that you also bring the following items:

- Vaseline or oil to avoid abrasion.
- Sun-cream, preferably anti-jellyfish.
- Whistle

The organisation may add more compulsory items which are not included in this section. In that event, participants will be given plenty of warning via the website or an email.

8. Starting Point

Starts will take place according to the selected group. The order will be as follows:

- Group 0 swimming rhythm 22'/km
- Group 1 swimming rhythm 20'/km
- Group 2 swimming rhythm 18'/km
- Group 3 swimming rhythm 16'/km
- Group 4 swimming rhythm 14'/km

There will be a chip control point and timing mat at the start, another at the halfway point of the challenge and another at the finish. If swimmers do not pass the check point at any of the points they will be disqualified and will therefore not appear in the rankings.

9. Operation

- Half of the route will be neutralised. It is compulsory for swimmers to swim within the limits established by the support in place for each group. Therefore, each team will have at least one leading kayak, 2 side kayaks (2 on the right side and 2 on the left side) and 2 sweeper kayaks at the group's rear. There will also be a support and supply vessel and a safety vessel.
- Swimmers who swim outside of these limits will receive a warning. Any swimmer that receives 3 warnings will be disqualified and must board the vessel.
- From the halfway point of the challenge and without regrouping, once the support vessel has sounded the horn the challenge will no longer be neutralised and each swimmer may set their own specific pace.

10. Route and Buoys

The part of the route which will be carried out in groups and in a neutralised manner will NOT be marked with buoys by the organisation.

The second half of the route will be marked with buoys every 500 m., adding additional signs at the more difficult points which are harder to navigate. The swimmers must always swim between the yellow MARNATON buoys and the coast, to guarantee their safety.

So that the event runs smoothly, the organisation reserves the right to fully and/or partially change where it places the buoys, in the event of currents and/or the wind making it necessary to change the original route. You will be informed of these changes beforehand, in the briefing.

11. Support Vessels and Kayaks

The swimmers will be monitored from kayaks and support vessels, to ensure their safety.

11.1. Kayaks

At all times the swimmers must follow the line of kayaks which will guide them throughout the crossing.

All kayaks are marked with brightly-coloured lifejackets attached to help the swimmers to swim in the right direction.

11.2. Support Vessels

The motorised support vessels, marked with a BLUE flag, will supervise the event, but always from a safe distance. There will be general-purpose support vessels to cover safety during the crossing, and vessels which have medically-trained crews; these are marked with a WHITE flag with a RED CROSS.

12. Refreshments

The organisation will supply food and drinks, including water, isotonic drinks, bananas and gels during the challenge and at the finish area.

During the first half there will be feeding stations every 40 minutes with a duration of 2 minutes. The support vessels and kayaks will be in charge of supplying food and drinks.

During the second half of the route feeding stations will be located on vessels assigned by the organisation, which will be anchored along the route and will be duly identified with flags and YELLOW helium balloons.

The swimmers may not climb into the refreshment boats, although they may lean on them. In each case the swimmer will freely decide whether to stop or carry on ahead up to the next stop.

It is not compulsory to stop for refreshments, but it is recommended.

Under no circumstances may the participant throw the wrapping or containers from drinks and food provided into the sea. Such behaviour will result in disqualification.

13. Withdrawal

If a Participant decides to withdraw, we recommend:

1. Requesting help by lifting one or both arms.
2. The closest Kayak will assist you while you wait to be picked up.

The organisation reserves the right to force the swimmer to withdraw from the event:

- Whenever a swimmer shows signs of extreme tiredness, dehydration, hypothermia, is swimming at an extremely slow pace or has any abnormal symptoms which prevent them from swimming normally.
- If the swimmer fails to comply with any of the regulations which govern these rules (see section on Disqualifications)
- When the obligatory cut-off time at the start of each event has passed.

14. Evacuation

In the event of adverse conditions and/or force majeure, the organisation will be forced to cancel the event and evacuate all participants.

15. Penalties

TYPE OF FAULT	PENALTIES
Disposing of rubbish in unauthorised areas or any kind of behaviour which does not respect the natural environment	Disqualification
Unsporting behaviour towards other athletes or the organisation	Disqualification
Lack of compulsory equipment	Disqualification
Participating in the event without having signed up	Expulsion and a ban on participating in future events
Participating with someone else's bib number	Disqualification
Not passing the obligatory chip control points (starting point, end point, mid-point if any)	Disqualification Time penalties will be decided depending on the seriousness of the infringement.
Not following the route marked out by the organisation	Disqualification
Failure to assist another person	Disqualification
Withdrawal without informing the organisation of your withdrawal	Ban on participating in future events
Not following orders from stewards or medical staff	Disqualification
Climbing into a support vessel, kayak or refreshment boat	Disqualification
Exceeding the maximum permitted swimming time	Disqualification and should give up the event in a boat of the organization

The organisation reserves the right to penalise any form of behaviour not contained on the above list of faults which violates the provisions of these rules.

16. Change to the route(s) and/or suspension of the crossing.

For reasons of force majeure beyond its control, the organisation reserves the right to suspend, divert, neutralise or change the event's time slots and/or courses and refreshments. (See PDF of alternative plans).

This decision will be taken by a technical committee, agreeing with maritime authorities taking into account safety. As well as respecting the conditions to which the permits are subject.

They can be reason for plan B or cancellation:

1. Wave of a significant height of more than 0.8 meters.
2. Winds of more than 15 knots (no gusts). Whenever the direction of the wind affects the route.
3. Visibility less than one nautical mile.
4. Jellyfish plague.
5. Electrical storm.
6. Any other reason that the organization believes that does not guarantee the safety of the participants or the security measures.

17. Ranking System

When the event is over, the swimmer will have half an hour for possible changes to and/or disputes over the ranking before prizes are awarded.

17.1. Event

Each participant will be ranked according to the time it took them to reach the finish line.

17.2. MARNATON eDreams Cup by VW California

Event which counts for the Cup, using the following formula:

Distance XL (+10km): (Winners time/ swimmers time) *1200= n^o points

Distance L (between 10km and 5km): (Winners time / swimmers time) *1000 = n^o points

Distance M (between 5km and 3km): (Winners time / swimmers time) * 800 = n^o points

Distance S (less than 3km): (Winners time / swimmers time) * 600 = n^o points

The result of the classification of the Cup will be the sum of the score of the different races of the MARNATON circuit, adding up to only the four best scores obtained. Therefore, if you participate in all the races, the worst score will be dismissed.

17.3. 2019 categories

Trophies will be given to the first three overall finishers.

The first three overall finishers (male and female) will be excluded from the ranking in their age categories.

The top three, both men and women, of each age category will receive a medal.

The category trophies and medals will only be collected during the event's awards ceremony.

- Overall

- JUNIOR (born in or after 2002)
- +18 (born between 2001 and 1990)
- +30 (born between 1989 and 1980)
- +40 (born between 1979 and 1970)
- +50 (born between 1969 and 1960)
- +60 (born in or before 1959)
- NON-WETSUIT*

*Non-Wetsuit Category

- In order to be eligible for this ranking it should be specified upon registration and presented the certificate for swimming without neoprene.
- In the moments leading up to the start, the organisation will count the participants to verify, along with the chip control, the number of swimmers that are actually participating in this ranking.
- In this category, no flotation material or full-body swimsuits are allowed.
- Participants who chose to swim this category will be automatically out of their group age.

18. Disclaimer and Declaration of Physical Fitness

- Registering for the event implies the participant's acceptance of the rules and that they are properly prepared for the crossing, being aware of the severe weather conditions which can be found in the area where the race is being held. Consequently, the participant holds harmless the organisation for any possible health problems which may arise as a result of their participation in the race.
- Participants registered in the event understand that they are taking part in the competition voluntarily and at their own risk and, therefore, they release the Organisers of the event of all liabilities and agree not to bring any cases against the organisers, partners, sponsors and other participants, or to make any claim of civil liability against the foregoing parties. For this purpose, when registering, the participant must tick the box to accept the disclaimer to complete their registration.
- The organisation recommends that all swimmers do a 3000m test in a swimming pool. Ideally this will be completed in less than 60 minutes, and no more than 70, to be able to successfully complete the crossing.
- The organisation does not recommend participating in the event if the result of the 3000m test in the swimming pool is a time over 70 minutes.
- The organization recommends that all the participants have an annual medical stress test/review.
- In recent years, with the popularity of outdoor and long-distance sports, sadly, the number of deaths among the participants is rising; this is why the organization insists on taking the strictest precautions.
- Please remember that the challenge insurance does not cover conditions such as heart attacks.

19. Medical questionnaire

All participants must complete a questionnaire about Medical information. In the case of answering affirmatively any of the questions, to be able to participate it will be indispensable to upload the required medical certificate to the platform.

- The certificate must be completed by a qualified doctor, with signature and number of collegiate.
- It will specify the tests that the doctor has estimated that by age or risk have been carried out.
- The participant declares that all the information presented in the medical certificate is true.
- The participant declares that all information appearing on the medical certificate is accurate.

20. Changes to the rules

If the organisation considers it to be necessary, it may change these rules. Due notice of the changes will be given to the participants. Registration implies acknowledgement and acceptance of these rules.

21. Image rights

The organizing body reserves the right to use any type of photograph, film or recording that it takes, as long as it is related to participation in the event. The organizing body exclusively reserves the right over the image of the MARNATON challenges, as well as of the audio-visual, photographic and journalistic exploitation of the competition.

In accordance with the provisions of article 21 of Law 34/2002 on Information Society Services and Electronic Commerce (Servicios de la Sociedad de la Información y el Comercio Electrónico), we request your consent to carry out marketing communications which we consider may be of interest to you, by email or by any any other method of equivalent electronic communication.

Any media or marketing project will have to have the organization's prior express consent in writing. Otherwise, all legal actions will be taken that are considered to be relevant.

22. Data protection

Data protection. In compliance with the provisions of the General Ruling of *Data Protection 976/2016*, MM MARNATON 2008 S.L. (hereinafter referred to as MARNATON) with Tax Identification Code: B64835390, informs you that the personal data that you provided on the registration form on the website: www.marnatonedreams.com is incorporated into an automated file which MARNATON is responsible for; the purpose of this file is to administer and manage your participation in the event.

In any case, you may withdraw your consent at any given time and exercise your rights of access, rectification, cancellation and objection, by writing for this purpose to MARNATON using the email address eventos@marnaton.com.