

SCHEDULE 12km.

Day	Time	Activity	Location
Friday 28 th of June	17:00 to 20:00	Swimmers Collect Bags	Juli Garreta Garden
	19:00	Briefing (mandatory)	Juli Garreta Garden
Saturday 29 th of June	6:30	Swimmers transferred to Tossa de Mar	Juli Garreta Garden
	7:48	Start Team 22'/km (2,7km/h)	Tossa de Mar
	8:00	Start team 20'/km (3km/h)	Tossa de Mar
	8:12	Start team 18'/km (3,3km/h)	Tossa de Mar
	8:24	Start team 16'/km (3,7km/h)	Tossa de Mar
	8:36	Start team 14'/km (4,3km/h)	Tossa de Mar
	10:00	Refresment Station and Chip control	Canyet
	11:00	Time limit for passing through Refresment Station 1	Punta d'en Bosch (8000m)
	11:00	First swimmer finishes	Playa Sant Feliu de Guixols
	12:10	Time limit for passing through Refresment Station 2	Cala Vigatà (10200m)
13:00	Last swimmer finishes	Playa Sant Feliu de Guixols	
12:00 to 15:00	<i>Butifarrada</i>	Juli Garreta Garden	
14:30	Awards Ceremony	Juli Garreta Garden	

Note: On Friday will be obligatory the attendance to the briefing and also to collect the competitor's bag. No swimmer's bag (chip, hat and gifts) will be delivered on Saturday.

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