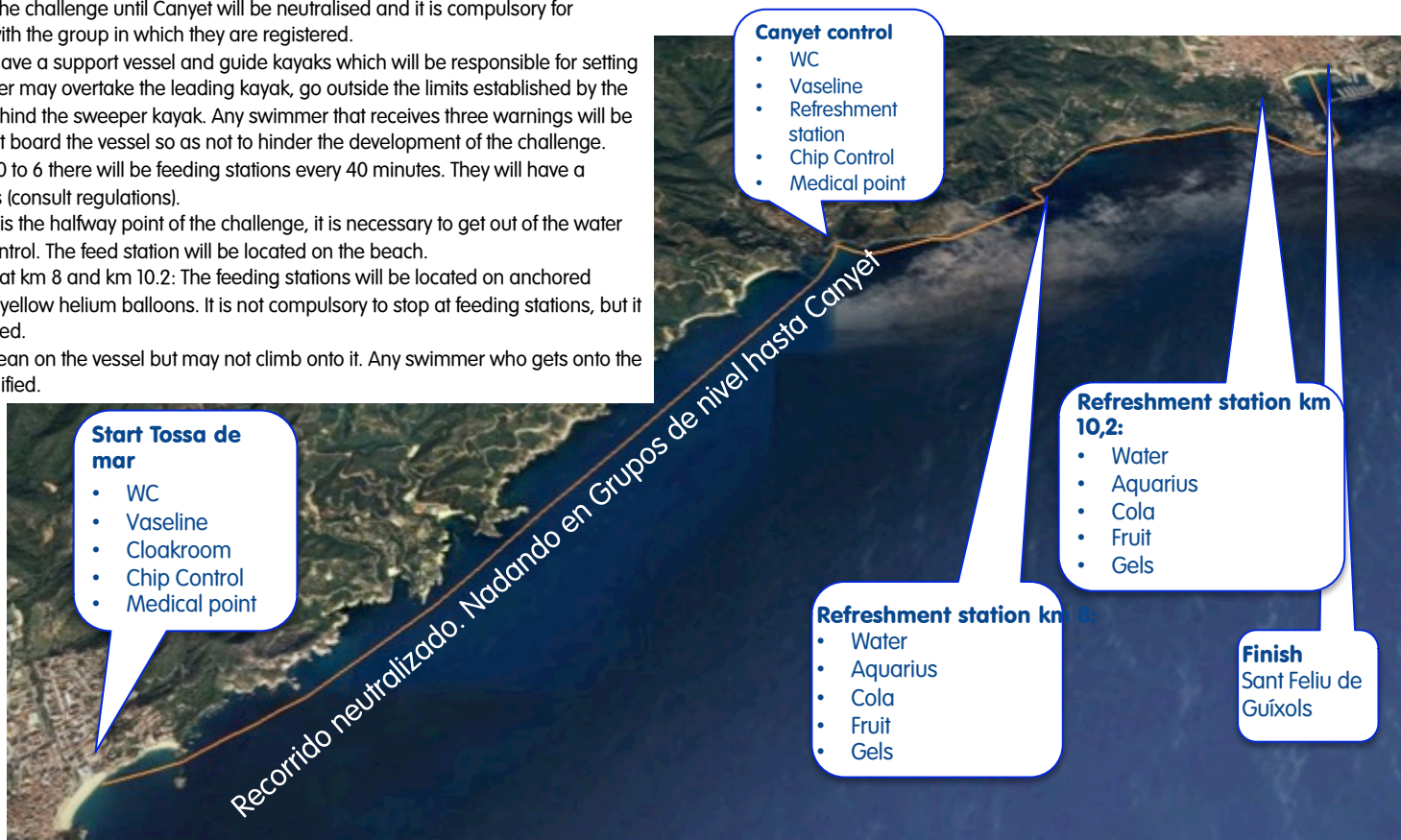


ROUTE MAP 12km

- The start will be given in Tossa de Mar from 8:00 and every 12 minutes from that time forward for the different groups. The slowest group will be the first to start.
- The first 6 km of the challenge until Canyet will be neutralised and it is compulsory for swimmers to swim with the group in which they are registered.
- Each group will have a support vessel and guide kayaks which will be responsible for setting the pace. No swimmer may overtake the leading kayak, go outside the limits established by the side kayaks or fall behind the sweeper kayak. Any swimmer that receives three warnings will be disqualified and must board the vessel so as not to hinder the development of the challenge.
- From kilometres 0 to 6 there will be feeding stations every 40 minutes. They will have a duration of 2 minutes (consult regulations).
- In Canyet, which is the halfway point of the challenge, it is necessary to get out of the water and pass the chip control. The feed station will be located on the beach.
- Feeding stations at km 8 and km 10,2: The feeding stations will be located on anchored vessels, identified by yellow helium balloons. It is not compulsory to stop at feeding stations, but it is highly recommended.
- Swimmers may lean on the vessel but may not climb onto it. Any swimmer who gets onto the vessel will be disqualified.



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