



## Official rules of the XI Long Distance Asturias Cup

**General Frame and Organizing Body:** The *Asturias Cup* is a Long Distance Swimming competition that, promoted by the *Asociación de Amigos de la Ría de Navia*, is organised in accordance with the rules issued by the *Federation Internationale de Natation / FINA*, the *Ligue Européenne de Natation / LEN* and the *Royal Spanish Swimming Federation / RFEN* for the *open water swimming* contests. Consequently, the following clauses take into account such a set of regulations.

In other hand it should be noticed that this *X Asturias Cup-2009* is going to be held simultaneously to the *5<sup>th</sup>. Leg of the LEN Open Water Swimming Cup 2009* (contest organized, from the logistics viewpoint, by the above mentioned *Asociación de Amigos de la Ría de Navia* that has been so entrusted by LEN), melting both calls in a unified competition. It means that:

1. The swimmers registered by LEN for participating in the above mentioned 5<sup>th</sup>. Leg will result automatically registered for the X Asturias Cup, being considered to all the effects as full participants in this last competition;
2. The main referee named by LEN for the 5<sup>th</sup>. Leg -and adequately supported by the local team of referees (named in turn by the RFEN)- will play also as main referee of the unified competition;
3. There will be only two starts, one for all the boys the second one for all the girls;
4. There will be two different sets of rankings (each set with one results list for men and other separated result list for women). In the first set will appear all the qualified participants, irrespectively of having been registered, or not, for the LEN Leg (these will be the ***Asturias Cup Rankings***). In the second set will appear exclusively the swimmers registered by LEN (these will be the ***5<sup>h</sup> Leg Rankings***).
5. There are two classifications in the COPA ASTURIAS---Male and Female. Within each classification there are competitions for Junior, Senior and Master Categories. Within the Masters category there will be competitions for different age groups as decided by RFEN.

For further contacts with the Asturias Cup Organizing Committee there exist the following ways:

- Post address: **Apartado de Correos nº 5. - 33710 NAVIA (ASTURIAS) SPAIN**
- Phone numbers: **+34 985473018;**
- E-mail: **natacion@rianavia.com.**

**Place and date:** Navia (Asturias), Saturday, 8<sup>th</sup>. - August - 2009, at 17.00 hrs.

**Distance and characteristics:** The COPA ASTURIAS competition is swum over a circuit in a calm part of the river Navia which is marked by buoys set 800 meters apart. Together with the entrance and finishing swims of 60 meters and 140 meters respectively, 3 laps of the circuit are necessary to complete the COPA competition distance of 5 kilometers. Turns on the circuit must be swum on the outside of the buoys.

To complete the race, competitors must swim to the harbour and reach the finish platform.

### **Registration rules:**

**Age Limit:** Participants in the COPA ASTURIAS must have been born before 31st December 1993. (This age limit was established by RFEN) . All intending participants are requested to complete either Registration Form A or Registration Form B

**Registration form A:** This form should be completed by participants holding a current swimming license issued by RFEN or issued by any other swimming association recognized by RFEN.

Participants in the Master competitions should not complete this form. The form requests each competitor to furnish their name, date of birth, swimming license number and club name. It would be helpful if the registrations are completed by individual clubs in respect of each of their participants.

**Registration form B:** This form should be completed by participants who do not hold a current swimming license and by participants in the Master competitions.

**Proof of age:** In order to be registered as a Junior or Master competitor, it is necessary to provide proof of age.

**Registration Closure:** Completed forms should be lodged at the office of the Organising Committee no later than Wednesday 5th August.

**Categories sorting and competition results:** There will only be two lists of results (one for women and other for men) even though in each of them it will be noted the age group of every swimmer -**junior, senior, master** [individualizing, within the masters category, the sub-categories considered in RFEN regulations (**C30+**, ...)]. The criteria for settling the juniors and seniors group are the following:

- **Junior (men):** Born between 1<sup>st</sup> -January -1991 and 31<sup>st</sup> -December -1993
- **Junior (women):** Born between 1<sup>st</sup> -January -1992 and 31<sup>st</sup> -December -1993
- **Masters:** The *Asturias Cup's* Organizing Body admits as Master Swimmers all those who meet any of the two following conditions:
  - Possession of a **Master National Licence**, issued by the RFEN (or, alternatively, by any other National Swimming Association recognised by the Spanish Federation);
  - Not having the licence mentioned above, to be in possession of an ordinary licence from the RFEN (or, alternatively, from a National Association recognised by the Spanish one; see also the footnote 1 below) and, being born before 31<sup>st</sup> -December -1979 (included), have expressly asked to Descenso's Organizing Body to be included in such a category.

To request their registration in the Descenso, masters must fill in and sign a form -supplied by the *Descenso's Organizing Body*- with an **Individual Declaration of Fitness**.

### **Prizes and Trophies:**

**CASH AWARDS:** There are cash awards amounting to €800, €500 and €250 for the first 3 swimmers of each classification regardless of category

**LEN AWARDS:** In addition, LEN medals will be awarded to the first three female and the first three male swimmers who have entered the COPA LEN competition.

Six trophies will also be awarded to the first three swimmers in each classification who are not registered for the COPA LEN competition.

Awards will only be made in the male and female classifications.

**Medical Insurance:** As Clubs are legally obliged to provide medical&safety insurance to all their respective members, the Organizing Bodies decline any responsibility that might derive from the swimmers participation in the contest. Nevertheless the services of the opportune Medical and Safety/Rescue Teams will be in place.

\*\*\*\*\*

- For additional information, you can see on internet the web page **www.rianavia.es**
- The Organizers reserve all the rights to cancel, add or modify any of the points in this paper. Registration implies the full acceptance of these rules as a whole.

Navia, 30<sup>th</sup> - June - 2009