

bocaina



Date of the event

The open water swim of 15km across the Bocaina strait connecting the islands Lanzarote and Fuerteventura Travesía La Bocaina will be hold on the **19th of October**.

Requirements of participation

Swimming in groups is **OBLIGATORY** to go with neoprene Wetsuits and to use Vaseline and cream lotion is important.

The age requirement for the event is a minimum of 16 years in the day of the event.

For swimmers under 18 years authorization of their parents must be attached.

Please contact the organization by email info@b15active.com to require this form.

All participants must print and complete the Disclaimer and bring it signed to the briefing.

In case that a participant will be represented at the briefing by another person, a copy of the identification card of the swimmer must be presented as well.

Places limited

The minimum of places is **75**, 10 of them are reserved by the organization.

The maximum of places is **120**, 20 of them are reserved by the organization.

A temporary list of participants will be published after the closure of the registration.

The day and hour of the registration are crucially in case of more entries than places for the race. The registration is **non-transferable**.

A waiting list will be created to cover possible cancellations.

PARTICIPANT'S MODALITIES "RETO B15"

The "Reto B15" modality allows to participate individually, with or without neoprene, to choose the participant, being accompanied by a kayak at all times, either facilitated by the swimmer or contracting with the organization.

The time to make the La Bocaina crossing will be 7 hours, and the participant must choose a rhythm level, and be able to have an estimate of the level of the participant from the organization. He may be disqualified, in case he does not meet the established times. And you must comply with this regulation.

The time and number of stops for provisioning in "Reto B15" mode, is chosen by the participant coordinated with the accompanying kayak.

PLACES in "Reto B15" mode are limited. A Reserve list will be created.

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Formation of the swim groups

There will be between 25 and 45 participants in each group. The speed is the main factor in distribution of swimmers into the different swim groups. Swimmers have to choose a group, which they want to join (everyone can only choose one group), depending on their personal physical state. Please be aware that the speed slows down with the time spent in the water.

Important: Participant who cannot follow the rhythm of his/her group can be disqualified. Please see below the speed requirements of each group established by the organization.

"Fast" Group: For swimmers with the swim speed 46'- 48' per 3km. Expected finishing time (can be affected by the current weather conditions): 4 a 5 hrs. Approx.
(rhythm between 15'20" and 16'40" per 1000m = 1'32"-1'35" every 100m)

"Medium" Group: For swimmers with the swim speed 52'- 54' per 3km. Expected finishing time (can be affected by the current weather conditions): 5-6 hours. Approx.
(rhythm between 17'33" and 18' per 1000m = 1'45"-1'48" every 100m)

"Slow" Group: For swimmers with the swim speed 58'- 60' per 3km. Expected time finishing (can be affected by the current weather conditions): 6-7 hours. Approx.
(rhythm between 19'30" and 20' per 1000m = 1'57" - 2' every 100m)

Necessary & permitted material

Wetsuits & swimming glasses are obligatory. A swimming cap is provided by the organization.

It is recommended to prove all material a few days before the race to avoid last minute problems.

It is also important to use sun cream and Vaseline.

Start

The time will be measured in accordance with the starting times established by the organization.

Those swimmers who appears first after the starting signal of their group will be DISQUALIFIED.

Time limit

All participants must finish the race at last at **2:45 p.m.** or before, otherwise they will be disqualified.

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Early leaving of the race

Supporting boats will be advised and the swimmer will be hold out of the water.

Luggage transfer

Luggage will be identified by labels which each swimmer receives in his/her dorsal.

There will be a transfer service at the place of the start from 7:00 a.m. to 7:30 a.m.

All participants can pick up their luggage in Fuerteventura the same day from 13:00 p.m. to 3.30 p.m.

Direction and cancellation

The organization keeps the right to leave out of the race a swimmer whose health condition is not good, and the right to cancel the race for security reasons. In this case neither the entry fee nor other costs of the participants will be refunded.

Volunteers

Supporting boats or family members which want to collaborate are welcome.

Please contact sufficient time in advance the organization of TB2014 to get more details.

Modifications

This regulation can be changed by the organization at any time.

To make the registration means the participant agrees with these rules.

Complaints

All complaints will be accepted, but deposit of 30€ for each must be paid cash.

This deposit will only be paid back in case that the complaint is justified.

Complaints on behalf of the temporary classification are accepted only one hour after its publishing.