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SWIMRUN
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A CHALLENGE!!

SWIMRUN ALCUDIA MALLORCA

The Swimrun Alcudia is a race in pairs which combines different running stages with stages in open water, without interruptions or transitions. The swimming stage is done with sport shoes, so the use of pull buoy and mittens is allowed. Since 2005, the SwimRun has become a mass sport in Nordic countries.

The Swimrun Alcudia offers its participants the opportunity to outdo themselves in one of the most beautiful settings of the world, Alcudia. The event will be celebrated between Pollença and Alcudia bays, starting in Alcudia and finishing in Alcudia's Port.



A participation of 200 couples is expected in the event.

The itinerary goes through Alcudia's municipalities.

▀ **STARTING AND FINISHING DATE, SCHEDULE, LOCATION OR ITINERARY**

▀ **TITLE OF THE SPORT RACE: SWIMRUN ALCUDIA**

▀ **DATE OF THE EVENT: 25th of March 2017**

The race will start in Alcudia and will finish at Alcudia's Port.

Distance of the itinerary: **28 km Swim 4,7 km Run 23,3 km**

A participation of 200 couples is expected.

▀ **ITINERARY**

The race will start on Alcudia's market promenade.

The itinerary will go through coves, beaches and paths of Atalaya de Alcudia.

DESCRIPTIVE MEMO

The aim of this descriptive memo is to describe the sport race

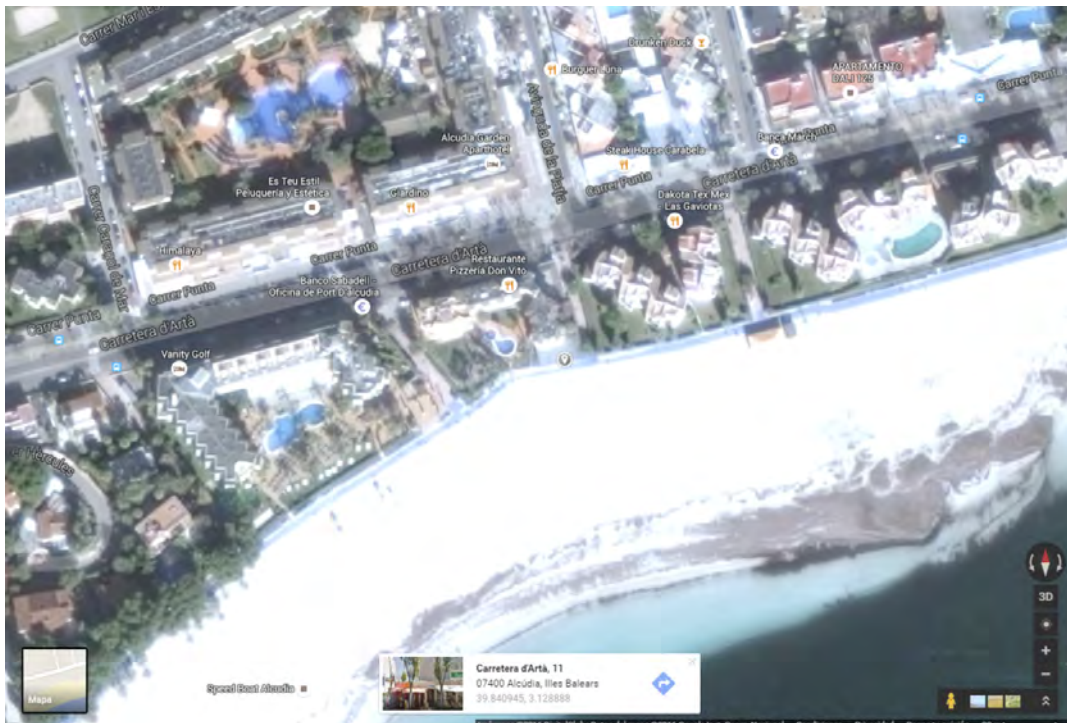
SWIMRUN ALCUDIA

The event will be celebrated on the 25th of March 2017

Starting location: Mare de Déu de la Victoria promenade



Finish line: beach promenade, at the Beach Garden



ITINERARIES

SECTOR 1 - 2 KM RUN - ALCUDIA - SA MARINA



SECTOR 2 - 0.350 KM SWIM - SA MARINA



ITINERARIES

SECTOR 3 - 1,150 KM RUN - BARCARÈS



SECTOR 4 - 0,230 KM SWIM - BARCARÈS



SECTOR 5 - 0.340 KM RUN - BARCARÈS



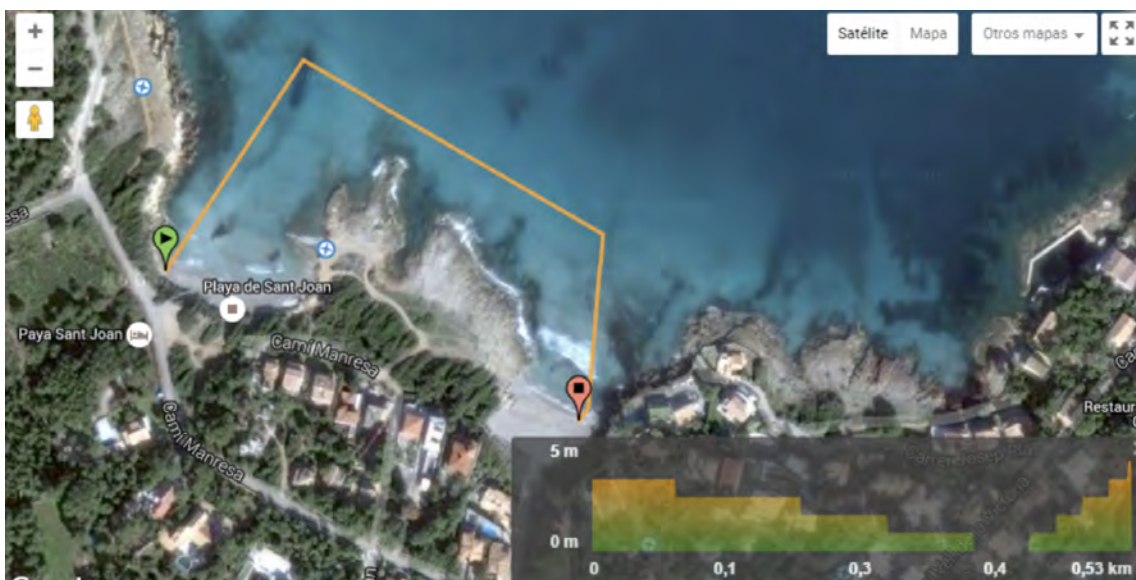
SECTOR 6 - 0.650 KM SWIM - BARCARÈS



SECTOR 7 - 0.950 KM RUN - MANRESA



SECTOR 8 - 0.530 KM MANREA - MAL PAS



SECTOR 9 - 2.070 KM RUN - MAL PAS



SECTOR 10 - 0.820 KM SWIM - PUENTE DE HIERRO S'ILLOT - S'ILLOT



ITINERARIES

SECTOR 11 - 8.320 KM RUN - S'ILLOT - ALCANADA



SECTOR 12 - 0.720 KM SWIM - ALCANADA



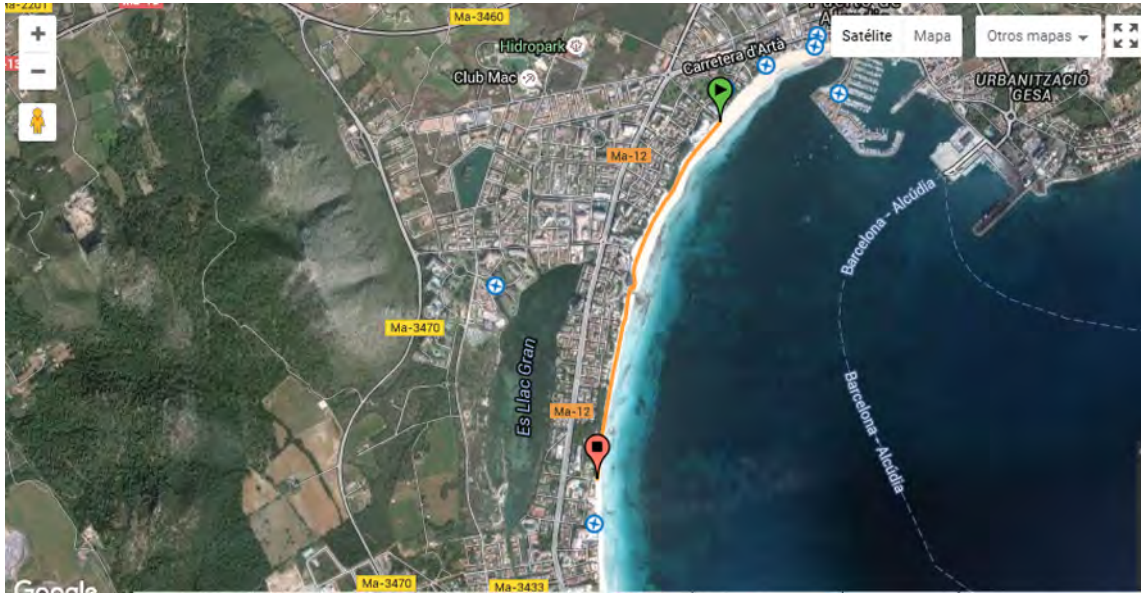
SECTOR 13 - 3.170 KM RUN - ALCANADA - PLAYA DE ALCUDIA



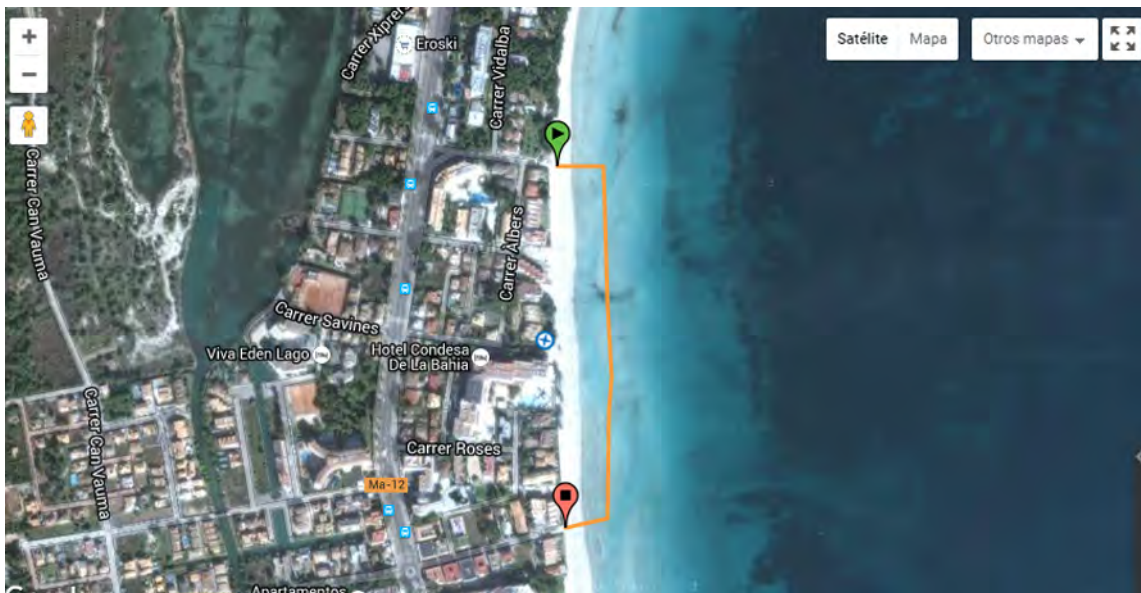
SECTOR 14 - 0.800 KM SWIM - PLAYA DE ALCUDIA



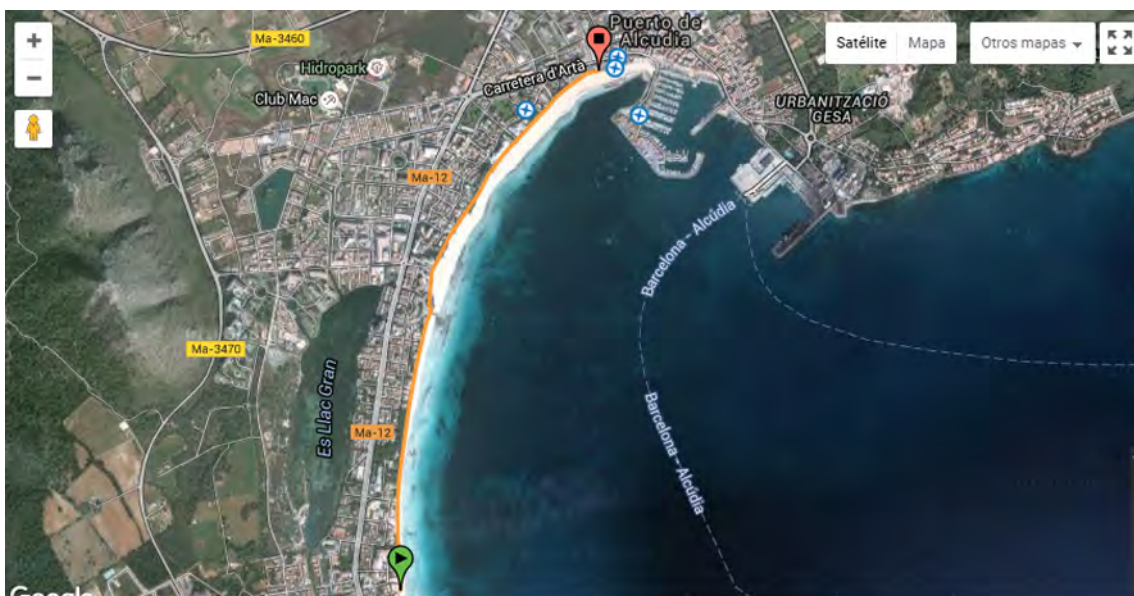
SECTOR 15 - 2.1 KM RUN - PLAYA DE ALCUDIA



SECTOR 16 - 0.6 KM - SWIM - PLAYA DE ALCUDIA



SECTOR 17 - 3.220 KM RUN - PLAYA DE ALCUDIA



ITINERARY DATA

SECTOR 1	2KM	RUN	ALCUDIA - SA MARINA
SECTOR 2	0.350KM	SWIM	SA MARINA
SECTOR 3	1.150KM	RUN	BARCARÈS
SECTOR 4	0.230KM	SWIM	BARCARÈS
SECTOR 5			BARCARÈS
SECTOR 6	0.650KM	SWIM	BARCARÈS
SECTOR 7	0.950KM	RUN	MANRESA
SECTOR 8	0.530KM		MANRESA - MAL PAS
SECTOR 9	2.070KM	RUN	MAL PAS
SECTOR 10	0.820KM	SWIM	PUENTE DE HIERRO S'ILLOT - S'ILLOT
SECTOR 11	8.320KM	RUN	S'ILLOT - ALCANADA
SECTOR 12	0.720KM	SWIM	ALCANADA
SECTOR 13	3.170KM	RUN	ALCANADA - PLAYA DE ALCUDIA
SECTOR 14	0.800KM	SWIM	PLAYA DE ALCUDIA
SECTOR 15	2.100KM	RUN	PLAYA DE ALCUDIA
SECTOR 16	0.600KM	SWIM	PLAYA DE ALCUDIA
SECTOR 17	3.220KM	RUN	PLAYA DE ALCUDIA

RUN 23.320 KM

SWIM 4.7 KM

TOTAL RUN/SWUM - KM 28.020 KM

ITINERARY IN IMAGES



 ITINERARY IN IMAGES



 ITINERARY IN IMAGES



 OFFICIAL HOTEL



INSRIPTION BY TEAMS

- Teams will be formed by two people.
- Incriptions are by teams, that is, one single inscription per team.
- The prices of the inscriptions are per team.
- The teams can be women's, men's or mixed. There will be prizes for the three best runners of each category.

SERVICES

- Accommodation: the official hotel of the race is the Alcudia Garden of Puerto de Alcudia.
- Pick up of the race belt at the official hotel the previous afternoon of the race from 2:00 pm to 6:00 pm
- Briefing the previous afternoon of the race at 6:00 pm
- The organising company will take the participants from the official hotel to the starting location.
- There will be cloakroom service available.
- Controls and provisioning. Different control points will be installed in the itinerary. There will be food and beverage for participants at the arrival.
- Physiotherapy. There will be physiotherapy service at the arrival.
- Showers. There will be showers available at the hotel.
- There will be medical service available during the itinerary.
- Each participant will be provided with a civil liability insurance and accident insurance.

REGULATIONS

- Participants must wear the compulsory material during the race. Controls will be done from the starting location to the finish line.
- Failure to comply with this norm will entail the automatic disqualification of the team.
- The two members of the team must be together at all times, and there cannot be more than 10 metres between them.
- All participants are obliged to help any participant that is in an emergency situation and to warn the organising company.
- Any buoyancy or propulsion aid system must be a maximum size of 100cm x 60cm, and must be worn during the race at all times, from the beginning to the finish line.
- The use of any mechanical or automatic aid is forbidden.



▀ OPEN CIRCUIT

- The running stages will be open, so you may meet followers of the race. Mutual respect is encouraged.
- The race is celebrated in sensitive natural spaces (sea, beaches, promenades, tracks). Respect for the environment is encouraged (littering is forbidden).

▀ COMPULSORY EQUIPMENT

- Wetsuit, one per person.
- Goggles, one pair per person.
- Swimrun shoes, one pair per person.
- Water whistle, one per person.
- Chip, one per person.
- Race hat compulsory in all the stages in open sea , provided by the organising company, one per person.

▀ OPTIONAL EQUIPMENT

- Mobile.
- Waterproof buoy or similar for security in the sea and for carrying the mobile, one per team.
- Belt pouch for carrying the equipment and provisioning (one per team).
- Clothespin to hold the waterproof buoy during the running stages.
- Rope/elastic band to keep feet together in the water (maximum length 10m).
- Gel/energetic bar.
- Buoyancy or propulsion aid system (mitten, pull buoy).



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