



Key Information for Open Water Event

Date

February 18th, 2023

Location

Las Catalinas Beach Town.

Playa Danta, Guanacaste

Distances

1600 and 3200 meters

Participant Capacity

Max of 300 persons

Cost of Registration:



1600m: \$93.00

3200m: \$93.00

What does my registration include?

<div></div> <div>Event T-Shirt</div>	<div></div> <div>Timing Chip</div>	<div></div> <div>Pasta dinner</div>	<div></div> <div>Assistance teams at the start and finish of the competition</div>
<div></div> <div>EMS service during the competition</div>	<div></div> <div>Policy against accident, death and permanent disability</div>	<div></div> <div>Medal (for those who complete 100% of the competition)</div>	<div></div> <div>Live music and recreational activities during the day</div>
<div></div> <div>Parking and security for your vehicle</div>	<div></div> <div>Showers and Sanitary Services</div>	<div></div> <div>Products and or sponsor information</div>	<div></div> <div>Reusable cup</div>

Divisions

- For a division to be open there must be a minimum of eight people registered in that age group. People registered in divisions without at least 8 individuals will be placed in the category immediately below
- The categories are established using your age on December 31, 2022.

Male	Female
Age 12-14 (only 1600m)	Age 12-14 (only 1600m)
Age 15-17	Age 15-17
Age 18-24	Age 18-24
Age 25-29	Age 25-29
Age 30-34	Age 30-34
Age 35-39	Age 35-39
Age 40-44	Age 40-44
Age 45-49	Age 45-49
Age 50-54	Age 50-54
Age 55-59	Age 55-59
Age 60-64	Age 60-64
Age 65+	Age 65+

Security and Safety

- The Aquatic Rescue Aquatic Unit of the Red Cross, along with the Public Force, Tourist Police and Private Security will be in charge of providing security to the participants and the general public during the event.
- Specifically during swimming, the lifeguards of the Red Cross Aquatic Rescue Aquatic Unit will be on kayaks, jet skis and motor boats.

Rules and Regulations

- The Open Water event will be subject to its own competition regulations, which will be announced on the day of the Technical Talk (before the event).



Awards

- All participants who complete 100% of the open water course according to the registered distance will receive a medal
- The top 3 finishers in each category will receive additional awards, including products from our sponsors

Collecting Competition Packets

- You can collect your competition packet Friday, February 17, 2023 from 2:00 p.m. to 9:00 p.m. in the main hall of the Hotel Santarena in Las Catalinas.

Open Water Technical Talk

- The Open Water Technical Talk will take place on Friday, February 17, 2023 at 7:15pm at Las Catalinas.
- The Technical Talk will cover topics and questions related to marking the route, regulations, schedules, and other specifics of the events.

Schedule for Friday, February 17th, 2023

All activities take place in Las Catalinas

Time	Activity
De 2:00pm a 9:00pm	Pickup Competition Packets
De 4:00pm a 5:00pm	Guided Swimming Training
De 5:00pm a 6:00pm	Recreational activity for kids
De 6:00pm a 8:00pm	Pasta Dinner
7:15pm	Open Water Technical Talk

Schedule for Saturday, February 18th, 2023

All activities take place in Las Catalinas

Time	Activity
6:00am	Deliver Competition Packet, receiving competition number
6:45am	Competition Packet Delivery and competition number marking ends
7:00am	Brief Explanation of the Competition
7:15am	3200m Race Starts
7:20am	1600m Race Starts
12:00pm	Live Music
2:30pm	Special Activity for Kids
3:00pm	Registration for the Kids Run
3:30pm	Start of the Kids Run
4:30pm	Awards Ceremony

Course Descriptions and Details

1600 Meter Race

- Course Distance: 1600 meters
- Number of Laps: One
- Course Markings: Yellow buoys
- Assistance Posts: Two (start and finish)
- Safety Team: Kayaks, boats, lifeguards

3200 Meter Race

- Course Distance: 1600 meters
- Number of Laps: Two
- Course Markings: Yellow buoys
- Assistance Posts: Two (start and finish)
- Safety Team: Kayaks, boats, lifeguards

