

setubalbay



INTERNATIONAL SWIM MARATHON PORTUGAL

June 26th 2010



MESSAGE FROM THE FINA PRESIDENT



Dear Friends,

On FINA's behalf, it is my great pleasure to welcome all the swimmers, coaches, managers, judges and delegates from the FINA Member Federations to this race of the 2010 FINA 10km Marathon Swimming World Cup edition, taking place in Setúbal (POR).

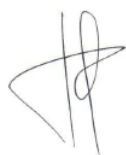
Nine races in three continents are scheduled for this 2010 series. As in the past years – in 2009, 264 competitors from 39 nations were classified -, I strongly believe that the level of participation will again be high and the fight emotive.

Thanks to the effort and work of the Swimming Federation of Portugal as well as the Organising Committee our best athletes will find the optimal conditions for memorable performances. Moreover, the engagement of the local authorities, sponsors and media representatives is a key factor for the success of this competition in particular and for the promotion of this discipline in general. On this occasion, I would like to express my gratitude to all those involved in the organisation of this event.

From July 15-23, 2010 another major rendezvous is scheduled: the 6th FINA World Open Water Swimming Championships to take place in Lac St-Jean, Roberval (CAN). Canada has a solid reputation in open water swimming, so the hosting of this competition in Roberval is a reward for this commitment.

FINA, together with the National Federations and Organisers of the 2010 FINA 10km Marathon Swimming World Cup, has always one main objective: to provide the best possible conditions and promotion for the performances of our marathon swimmers.

I wish all the luck to the participants and the best to win.



Dr. Julio C. Maglione
FINA President

MESSAGE FROM THE PORTUGUESE SWIMMING FEDERATION PRESIDENT



Dear Friends,

We are glad to host you at the 5th edition of the Setubal Bay International Swim Marathon to be held in Setúbal.

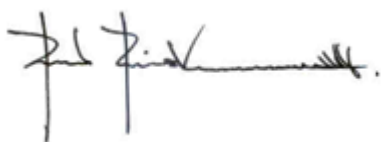
On behalf of the Portuguese Swimming Federation I have the pleasure to invite all the athletes, coaches and officials to Setubal.

It will be a real pleasure for the Portuguese Swimming Federation to show you the famous Portuguese hospitality and our commitment to sporting excellence.

The Portuguese people possess an unsurpassed passion for open water sport, due to our distinct maritime heritage and Setúbal offers a beautiful natural environment, with the race taking place on a natural bay of the Sado river.

In the past we have proudly received the best swimmers in the world and this event help to promote open water sport throughout our country, gathering more fans and young swimmers to this aquatic discipline.

I wish success to all participants and wonderful memories for our guests in the lovely city of Setúbal.



Paulo Frischknecht

Portuguese Swimming Federation President

MESSAGE FROM THE SETÚBAL CITY MAYOR



Dear Friends,

I wish to welcome all the swimmers that will take part on the fifth edition of the Setubal Bay International Swim Marathon, the third race of the 2010 FINA Marathon Swimming World Cup. Setubal Bay has a natural beauty scenario for the most important Open Water competition organized in Portugal.

We can expect a successful event, has it happened in the previous events, with the presence of the major international athletes.

We are aware of the importance and responsibility this event has to Setúbal city and to Portugal. Its success will be a major feature for the promotion of sport in general and Open Water in

specific, reinforcing the successful organizational skills and the hospitality the local community and our country is known for.

I wish all the best to the swimmers, coaches, managers, referees, guests and public that will contribute to the success of this competition.

Welcome to Setúbal and to Setubal Bay International Swim Marathon.



Maria das Dores Meira
Setúbal City Mayor



Setubal Bay International Swim Marathon.2010
Portugal
FINA 10km Marathon Swimming World Cup



GENERAL INFORMATION

DATE: Saturday, June 26th 2010

PLACE: The competition will take place at the Portuguese Coast in the beautiful Setúbal Bay, located 40km far from Lisbon, direction south.

RULES: The event will be conducted in accordance with FINA Marathon Swimming World Cup Rules and FINA Open Water Swimming Rules.

COURSE: The event will be held in Atlantic Waters along a 10 km course (**2,0 Km rectangle – 5 laps**). Water temperature will be approximately between 18-19° C. Start & finish will be adequately marked. The waters depth will be between 2 and 25 meters.

TRANSPORT: Transfer from and to Lisbon Airport to the City of Setúbal will be provided by the O.C. during official dates (here bellow). **Out of those dates transportation will be on participant's responsibility.**

LODGING: Accommodation and board expenses according to FINA Marathon Swimming World Cup 2010 Event Guidelines.

- The first 5 men and the first 5 women classified in the 10km competitions at the previous year's FINA World Championships / FINA Open Water Swimming World Championships and, if applicable, the previous year's Olympic Games.
- The first 5 men and the first 5 women classified from the previous year's Series.
- At least one male and one female swimmer from each of the HMF's of the Series.
- Up to 20 male/female additional swimmers. In this number shall be included a minimum of 1 swimmer per Federation and 1 appointed representative per participating federation (total 40 people: 20 male/female swimmers and 20 representatives)."

The lodging will be in:

Esperança Centro Hotel

Address Av. Luisa Todi, 220

2900-452 Setúbal/Portugal

Tel + 351 265 521780 Fax +351 265 521789

E-mail: esperanca@lunahoteis.com website: www.lunahoteis.com.





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Portugal
FINA 10km Marathon Swimming World Cup



Reservations to be done through the Portuguese Swimming Federation.
For extra reservations prices for Bed & Breakfast will be per person/per day:

Single – 110.00 Euros
Twin – 85.00 Euros
Price for individual Meal - 15,00 Euros

To be paid by bank transfer by June 11th 2010

Bank Details as follows:

Account name - Federação Portuguesa de Nataçãõ
Bank Name - Banco Santander
Bank Adress – Rua Alves Redol 17/21, 2600-099 Vila Franca de Xira - Portugal
Account Number (IBAN) – PT50 0018 0003 1333 0170 02088
Swift Code- TOTAPTPL
Ref^a - Person Name

Official Dates, for Transportation and Hotel Reservation

Arrival –June 21st 2010
Departure –June 27th 2010

Dates to Note:

Friday, May 14th 2010 – Preliminary Entry & Booking Form
Friday, June 11th 2010 – Final Entry Form + Travel Form + Hotel Payment (if necessary)

SCHEDULE:

Friday, June 25th

14:30 – Technical meeting for coaches, delegates and swimmers
17:30 – Technical meeting for Senior Officials
20:30 – Reception and dinner for Team Managers and Officials

Saturday, June 26th

A 2km Age Group Race will take place during the morning.

14:30 – Warming-up
15:30 – Federations and Swimmers Presentation
16:00 – 10 Km MEN START
16:10 – 10 Km WOMEN START
18:45 – (Aprox.): Awards and Closing ceremony
19:00 – Prize money will be paid in OC office





Setubal Bay International Swim Marathon.2010 Portugal FINA 10km Marathon Swimming World Cup



TRAINING: Participants will have a training area in the Setubal Bay

Times for training will be: **From 10:00 to 12:00 from Wednesday, June 23rd to Friday, June 25th**

During the training period, coaches will be responsible for their swimmers. Swimmers will not be allowed to swim outside the marked area or out of the settled timetable.

A long course swimming pool (water temperature 22-24^o C) and/or a short course swimming pool (water temperature 26-27^o C) will also be available for training.

PRIZE MONEY: The total prize money available is of **20.000 U.S.** dollars, to be distributed as follows:

MEN	PLACE	WOMEN
2.500	1	2.500
2.000	2	2.000
1.500	3	1.500
1.200	4	1.200
1.000	5	1.000
800	6	800
600	7	600
400	8	400

ENTRY VISA TO PORTUGAL

Please contact local Portuguese Embassy or Consulate and let us know if you need any kind of assistance on this matter. When needed please send us in due time information including: complete name – nationality - date of birth – passport number with valid date.

ADDITIONAL INFORMATION

Competition website: www.mun-setubal.pt/setubalbay/

Event Representative: Paulo Frischknecht (NF President, FINA Bureau Member)

Organizing Committee President: Luís Liberato Baptista

Tel: + 351 265 793980 Fax: + 351 265 793989 e-mail:luis.liberato@mun-setubal.pt

Portuguese Swimming Federation

Address: Moradia do Complexo do Jamor

Estrada da Costa

1495-688 Cruz Quebrada

Portugal

Tel: + 351 21 4158190/91

Fax + 351 21 4191739

e-mail: secretaria@fpnatacao.pt

website – www.fpnatacao.pt



Setubal's Outskirts



COURSE DESIGN

Setubal Bay 10 Km course – 2.000 meters (5 laps) rectangle

