

CALL DOCUMENTATION

Organizing committee

Venue

Competitions details

Accommodation

Training facilities

Other useful info

Forms

*always the Water
always the Friends!*

Navia's estuary - Aerial view from the north with some swimmers



*European OWS Junior Championships 2011
Navia, August 12 & 13th*

Executive Committee

- President: **Mr. Fernando Carpena Pérez**
(from Royal Spanish Swimming Federation)
- VicePresident: **Mrs. Natalia González Fernández**
(from Navia's Estuary Friends Association)
- LEN Bureau Delegate: **Mr. Ivan Varvodic**
- LEN OWS Tech. Committee Delegate: **Mr. Jean-Paul Narce**
- LEN Medical Delegate: **Dr. Naama Constantini**
- Head Referee: **Mr. Ciril Globocnick**
- Local support to the Referees: **Mr. Andrés García Ramos**
- Local support to Medical Services: **Mr. José Daguerre Galindo**
- Coordinator in Navia's Organizing Committee: **Mr. Juan I. Martínez Fdez.-Villamil**

Security Sub-committee

- Security Officer: **Mr. Eduardo Artime Criado**
- Safety & Emergency activities' coordinator: **Mr. Luis M. Martínez Fernández**
- Activities related to order coordinator: **Mr. Luis Barredo Rielo**
- Stewarding services coordinator: **Mr. Andrés A. Izaguirre Martínez**



Ayuntamiento
de Navia



AMIGOS DE LA RÍA DE NAVIA
MEDALLA DE PLATA DE ASTURIAS
PLACA DE PLATA AL MÉRITO DEPORTIVO



European OWS Junior Championships 2011
Navia, August 12 & 13th

Lowest part of Navia's estuary - General view



*European OWS Junior Championships 2011
Navia, August 12 & 13th*

General information on the races location

PLACE



Asturias-Oviedo (OVD) is the nearest airport (80 km./50 min.), with frequent daily connections with the Barcelona & Madrid international airports and also several international flights.

Navia is a small town in the northern Spain (Asturias province), at the Cantabric seaside. It is the economical center of a flourishing area with a population of, approximately, 30.000. The population pattern is geographically spread, thus the Navia's urban core has 5.000 inhabitants. The amount of people that develops its daily activity (labour, trade, leisure) in the urban core could be of 10000/12000. The region has a strong economical dynamism, mainly based in activities from the primary and secondary tiers which, in turn, implies a powerful local trade.

- In the primary segment, Navia is well known by its agriculture (corn, beans, ...) and milk production. It has also to be mentioned its forestry sector.
- In the secondary tier, there are in Navia some important factories: a cellulose pulp plant, a specialised shipyard, a milk and dairy factory, a carpentry and wood products manufacturer.

ESTUARY

Salty water, always calm, not choppy, and submitted to two different streams:

- The river current, going down towards the sea.
- The tide flows, entering from the sea in the upcoming part of the cycle and coming back to the sea when tide goes down – a global cycle of aprox. 12 hours; 6 going up and 6 down.

Both races (5km and 3km) will develop during the upcoming cycle, with the two streams mutually opposed. At the final part of the upcoming cycle (when the races have been programmed for) the resultant current is so weak that it comes almost to a standstill situation.

At the races time the minimum depth will be of 5 meters both days (12th & 13th of August) and an expected water temperature of 19-20 Celsius degrees.

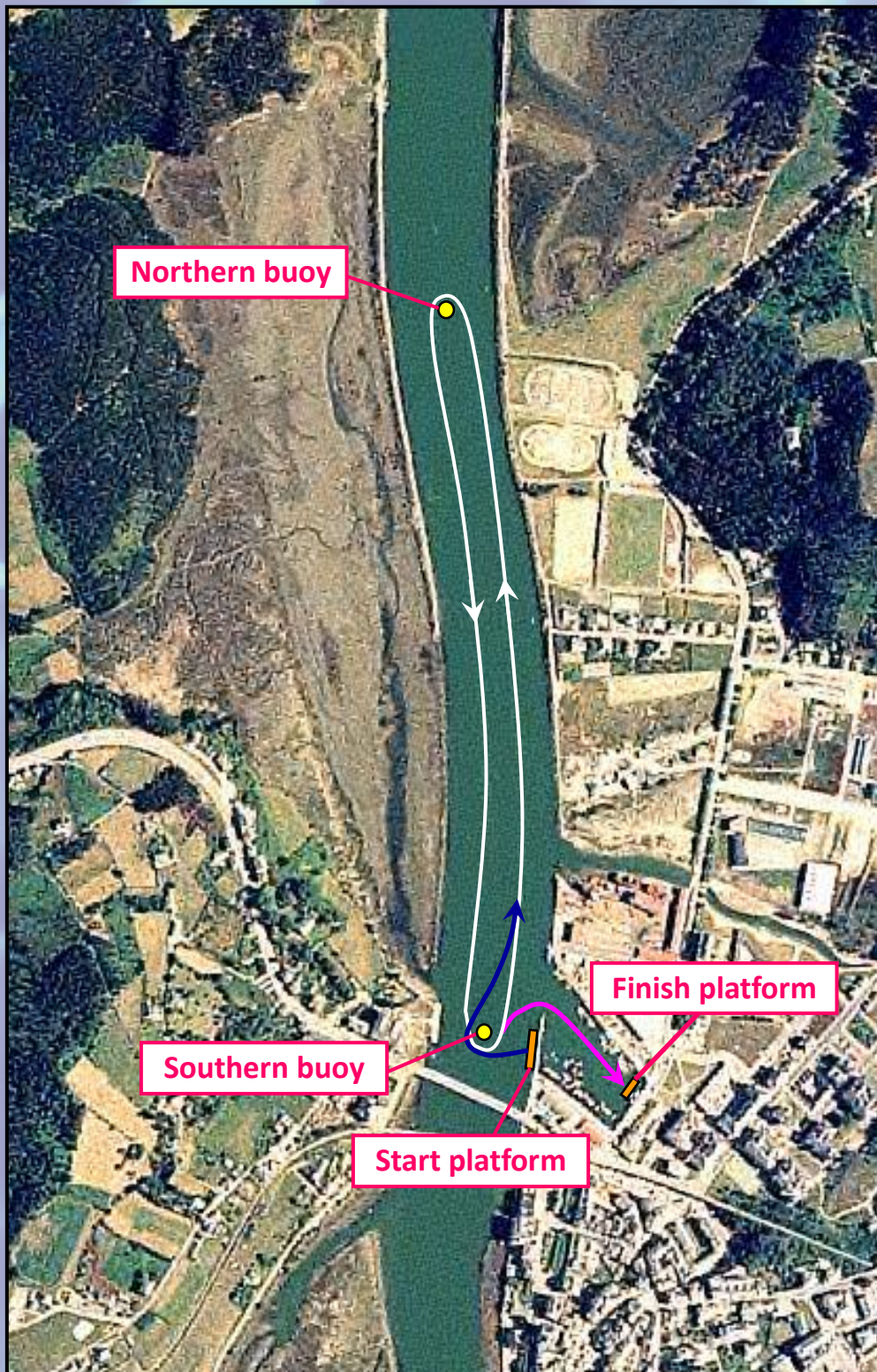
MEDICAL CARE

A General Hospital of the Spanish National Health System is only 2 km. far away from Navia. It is a modern hospital, built in 1986 and recently updated and refurbished.



European OWS Junior Championships 2011
Navia, August 12 & 13th

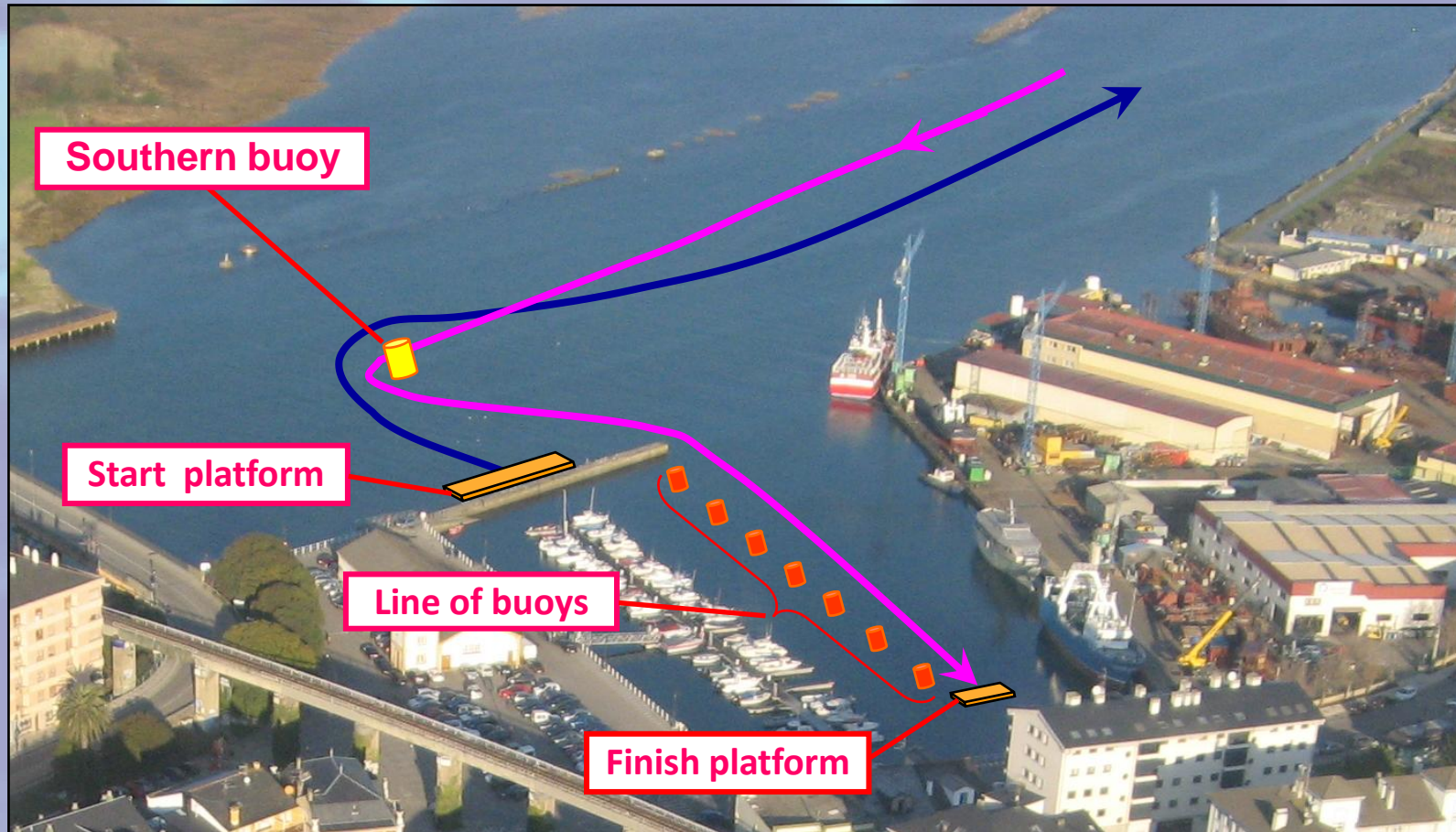
Men and women racecourse



- * Distance between the turning buoys (following the white lines): 800 m. So three (3) full laps to this circuit amounts to 4800 m. ($800 \times 2 \times 3 = 4800$)
- * Swimmers must go from the start platform to the southern buoy (60 m.) and turn clockwise around it (blue line), thus entering the circuit. After 3 counterclock laps (white line), they must leave the circuit and proceed to the finish platform inside the harbour (violet line: 140 m.)

European OWS Junior Championships 2011
Navia, August 12 & 13th

Swimming paths at the start and finish of the 5 km competition



- Start (blue line): from the platform, go to the southern buoy and turn clockwise around it (i.e., leaving it on your right)
- Finish (violet line): when completing the third lap, and after turning counter-clockwise around the southern buoy, proceed to the finish platform, located inside the harbour.

European OWS Junior Championships 2011
Navia, August 12 & 13th



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PLACA DE PLATA AL MÉRITO DEPORTIVO

Information on men and women races (5 km; Friday, 12th of August)

START

It will be in the water, holding to the start platform, with 75 cm allocated to each swimmer (the water depth is of 5+ meters). The positioning for the start will be from a drawn that will take place in the technical meeting. The start of the race will be signalled with a horn.

BUOYS

There will be 2 kinds of buoys along the course:

- Two turning, compulsory ones. They will be yellow, cylindrical and 1.5 meters tall. These will be positioned in each extreme of the course, 800 meters apart. They must go around them counterclock wise. There will be a referee positioned by each of them.
- Several directional buoys (red and spherical; 60 cm diameter) placed on the estuary's axe every 100 m in between the compulsory ones (so there will be 7 of these; they have not been represented in the previous picture). They are mere references for swimmers and service boats.

FINISH

The finish will be a passing through swim under a vertical panel (see right). The lane approaching to the finish line will be marked by a rope with small buoys.

All swimmers will be provided with a transponder to be fixed to one of their wrists. To register their arrival they must touch the panel with this wrist.

SAFETY BOATS

Stationary kayaks will be arranged along the circuit, leaving a central corridor of, at least, 60 meters width (see bottom right), each of them visually controlling a section of the circuit.

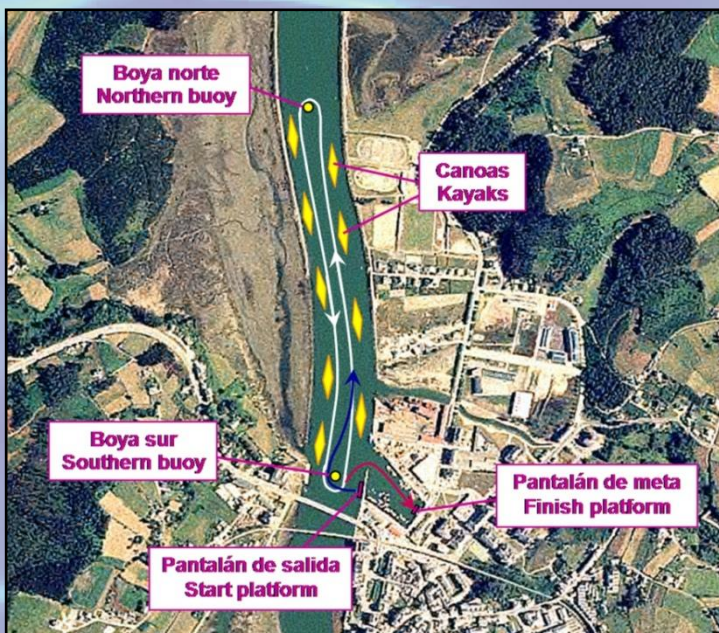
There will be 4 safety boats, moving up and down inside the corridor, as needed, for assisting any swimmer in men/women races. There will be also a leading boat. Some of the kayaks and all the safety boats will have a lifeguard in its crew. Other boats (press, VIP,...) will stay outside the track.

The safety boats, kayaks and shore will all be communicating via a radio network specific for safety purposes.

There will be a medical team on shore, with several doctors and nurses, and also an ambulance on site.

TIMING

- Swimmer's presentation: 15.10 pm.
- Men's start: 15.30 pm.
- Women start: 15.40 pm.
- Estimated end time: 17.00 pm. (high tide forecasted at 17.20 pm.)
- Trophies' ceremony: 18.00 pm.



Ayuntamiento de Navia



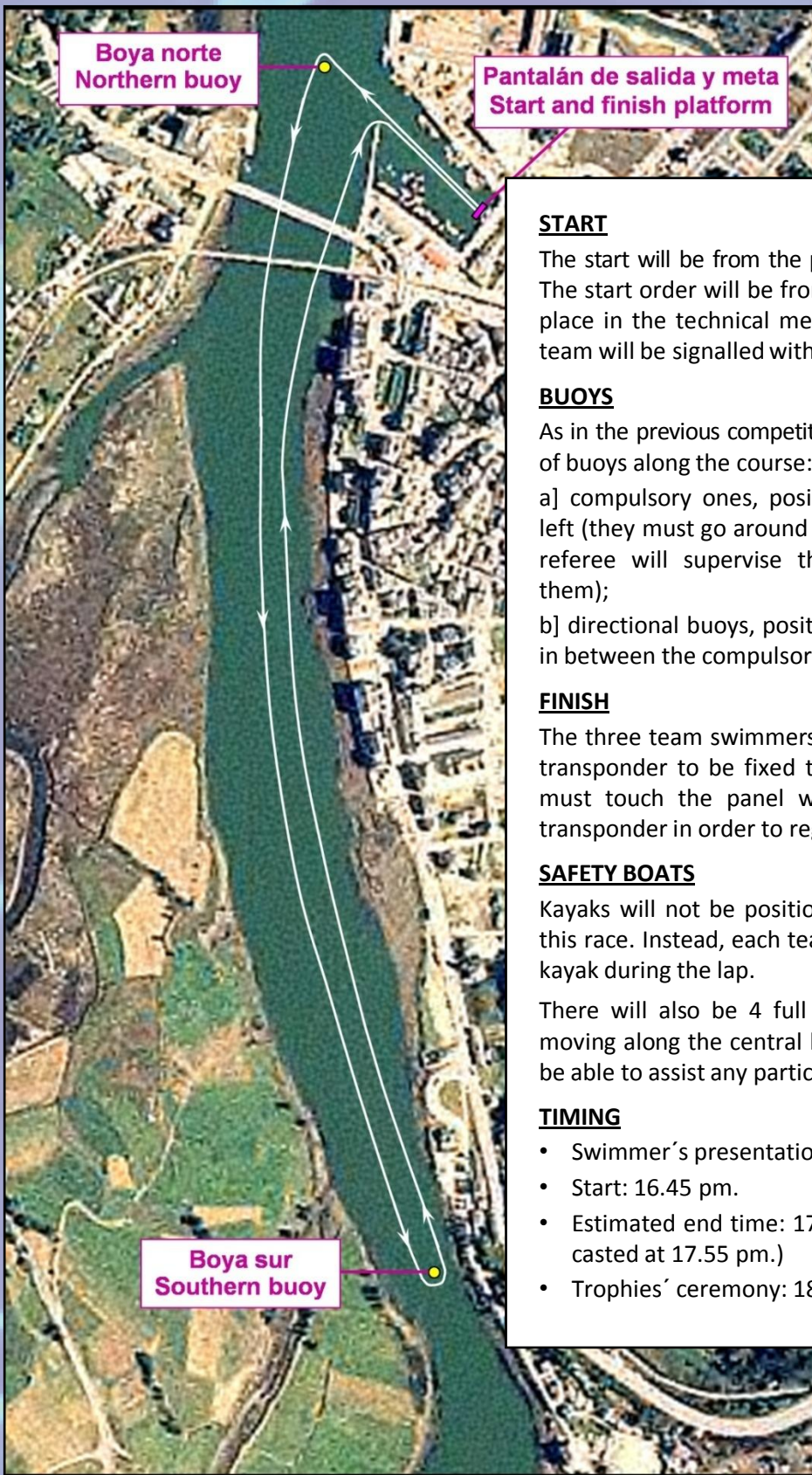
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European OWS Junior Championships 2011

Navia, August 12 & 13th

Time trial race for National Teams (3 km; Friday, 12th of August)

Course and specific information



START

The start will be from the platform (depth is 5+ m). The start order will be from a drawn that will take place in the technical meeting. The start of each team will be signalled with a whistle.

BUOYS

As in the previous competition, there will be 2 kinds of buoys along the course:

- compulsory ones, positioned as shown in the left (they must go around counterclock wise and a referee will supervise the passing by each of them);
- directional buoys, positioned every 200 meters in between the compulsory ones.

FINISH

The three team swimmers will be provided with a transponder to be fixed to their wrists. All three must touch the panel with the wrist with the transponder in order to register their team arrival.

SAFETY BOATS

Kayaks will not be positioned along the circuit in this race. Instead, each team will be followed by a kayak during the lap.

There will also be 4 full equipped safety boats, moving along the central line of buoys in order to be able to assist any participant.

TIMING

- Swimmer's presentation: 16.30 pm.
- Start: 16.45 pm.
- Estimated end time: 17.45 pm. (high tide forecasted at 17.55 pm.)
- Trophies' ceremony: 18.30 pm.



European OWS Junior Championships 2011
Navia, August 12 & 13th

Accommodation in Navia

Very important: August is high season in Navia. Therefore, you must ensure you meet the deadlines for booking your accommodation. Even then, we may not be able to guarantee your first choice of accommodation. As stated before, bookings will be strictly dealt with on a **first come, first served** basis.

Prices below are **full board PER ROOM PER NIGHT** (€).- In the case of booking a room or/and an apartment that will not be used to its maximum capacity, please contact us for prices. **Extras** such as minibar, phone,... are **not included**.

Hotel PALACIO ARIAS (www.palacioarias.es)



Twin room	200
Twin superior room	240
Triple room	270
4 People apartment	350



Outskirts

La Colorada quarter, 1km from the centre. A shuttle bus provided by the organizing committee will be available at regular intervals, both ways linking the hotels, swimming pool and town centre.

Hotel BLANCO (www.hotelblanco.net)



Single standard room	140
Twin Standard room	200
Twin Superior room	240
Triple Superior room	300



Ayuntamiento de Navia

Hotel LAS CASONAS D'AVELLANEDA (www.casonasdeavellaneda.com)



Twin room	180
Triple room	250



European OWS Junior Championships 2011
Navia, August 12 & 13th

Training facilities

Navia's Swimming Pool



25m x 12,5m pool, a 10m x 6m auxiliary pool and a 22 m² paddling pool

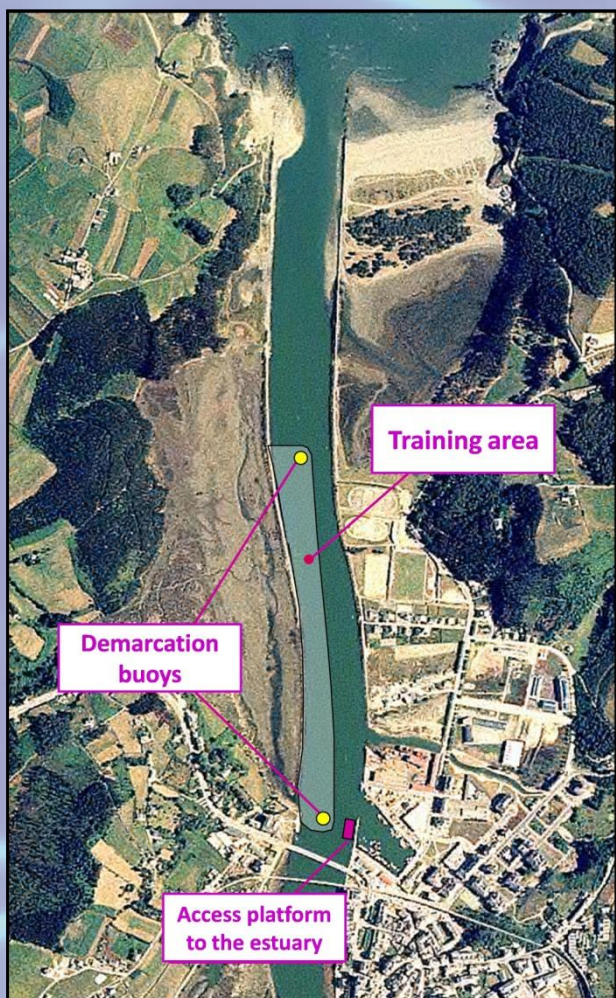
On August 10th & 11th the pool will be available from 9.00am to 18.00pm exclusively for the Delegations participating in the European Junior OWS Championships. The forecasted time schedule for the shuttle bus between La Colorada (Avellaneda and Blanco Hotels) and the pool are included in the following page



Ayuntamiento de Navia



Training at estuary



Recommended time windows

- 10th of August: 13.00pm to 15.30pm
(low tide: 09.20am
high tide: 15.40pm)
- 11th of August: 14.00pm to 16.30pm
(low tide: 10.15am
high tide: 16.35pm)

For these periods the organizing committee will arrange the presence of some safety and service boats at the training area (see left)

*European OWS Junior Championships 2011
Navia, August 12 & 13th*

Additional general information

Technical meeting: Thursday, 11th at 18.00 hrs. (“El Liceo” Cultural Hall; Maestro Sama St., 9).

Party offered honouring the European Championships participants: Saturday, 13th at 20.30 hrs.

Other celebrations: On the same weekend, on the 14th of August, it will be held in Navia the 54th occasion of the *Descenso a Nado de la Ría (Navia’s Estuary Downstream Swimming Event)*. This OWS race was created in 1958 and yearly held since then. It is a great contest, won historically by swimmers from France, Germany, Holland, Portugal, United Kingdom and Spain. Besides, it is a global event with significant cultural and festive/folks components. It owns the official recognition as “*Fiesta de Interés Turístico*” granted by the Spanish Public Administration.

Thus, in that days, Navia will be as well the scenery of other acts and ceremonies and the organizing committee is very pleased of inviting you to. Let us summarize it as follows:

- Thursday, 11th at 24.00 hrs.: *Descenso’s opening ceremony* followed by the *commemorative ball*;
- Saturday, 12th at 22.30 hrs.: *VI Noite Folk* de Navia (a Celtic Folk Festival);
- Sunday, 14th: Descenso’s day has a lot of activities –in the morning, *parade of swimmers and bagpipers*, all together, by Navia streets; *fraternity lunch* (always together); a big *festival in the afternoon with the Queen & Ladies floats*; the *Descenso’s race* itself at 18.30 hrs. and , finally, the *closing party*.

Of course, we would be very honoured if the swimmers from the European OWS Junior Championships could join the Descenso. To help towards it, the organizing committee offers you the opportunity of extending your stay in Navia up to 15th of August (Monday) without any additional costs (hotel room & meals for the extra stay will be on us). More information in www.rianaavia.es (or e-mailing natacion@rianaavia.com).

Significant dates to take into account

- **Wednesday, 15th of June:** Deadline for submitting the *Preliminary Entry Form*;
- **Tuesday, 12th of July:** Deadline for submitting the Preliminary Booking Form (with a 50% deposit)
- **Tuesday, 2nd of August:** Deadline to submit both the *Final Entry Form* and the *Form for Delegates and Details on Travel and Hotel Booking* and deposit the remaining payment.

La Colorada ↔ Navia shuttle bus time table

August 10 th (Wednesday)		August 11 th (Thursday)	
La Colorada → Navia	Navia → La Colorada	La Colorada → Navia	Navia → La Colorada
08.45 → 08.55	11.00 → 11.10	08.45 → 08.55	11.00 → 11.10
09.30 → 09.40	11.45 → 11.55	09.30 → 09.40	11.45 → 11.55
10.15 → 10.25	12.30 → 12.40	10.15 → 10.25	12.30 → 12.40
13.00 → 13.10	15.30 → 15.40	14.00 → 14.10	16.45 → 16.55
15.00 → 15.10	17.30 → 17.40		
17.45 → 17.55	20.00 → 20.10	17.45 → 17.55	20.00 → 20.10
August 12 th (Friday)		August 13 th (Saturday)	
La Colorada → Navia	Navia → La Colorada	La Colorada → Navia	Navia → La Colorada
08.45 → 08.55	11.00 → 11.10	08.45 → 08.55	11.00 → 11.10
09.30 → 09.40	11.45 → 11.55	09.30 → 09.40	11.45 → 11.55
14.15 → 14.25	18.45 → 18.55	15.00 → 15.25	19.15 → 19.25
Other buses will be arranged for specific purposes (f.i.: attendance to the closing party)			



Ayuntamiento de Navia



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European OWS Junior Championships 2011
Navia, August 12 & 13th

Preliminary Entry Form

Federation:		Federation code:	
Address:		E-mail:	
Contact person:		Phone:	Fax:

COMPETITORS		TEAM EVENT	TEAM STAFF	
Male	Female	Mixed	Male	Female
		YES or NOT		
<p><u>LEN and LEN TOWSC remind you that each participating swimmer must be personally attended to by his/her coach or another member of his/her delegation during each race</u></p>				

Name of President or General Secretary:

.....

Signature

Federation stamp

Date:

Please, fill in this form and send a copy, not later than **15th June** to:

➔ asociacion@rianavia.com; fax: +34 985473921 and also to the LEN Office: ➔ lenoffice@len.eu; fax: +352 2744916428

European OWS Junior Championships 2011

Navia, August 12 & 13th



Preliminary Booking Form

Federation:		Federation code:	
Address:		E-mail:	
Contact person:		Phone:	Fax:

Travel arrangements		Accommodation choice									
		Palacio Arias				Blanco			Avellaneda		
Arrival date	Departure date	Twin	Twin Superior	Triple	Appart.	Single	Twin	Twin Superior	Triple Superior	Twin	Triple

Please, fill in this form and send a copy, before **Tuesday, 12th of July** with a bank deposit of 50%, to:

Asociación de Amigos de la Ría de Navia / E-mail: asociacion@rianavia.com; Fax: +34 985473921)

/ Postal address: Apartado de correos 5 - 33710 NAVIA (SPAIN)

INFORMATION FOR THE BANK TRANSFER

Addressee : Asociación de Amigos de la Ría de Navia

IBAN (International bank account number) : ES09 2048 0037 6003 4002 5074

BIC / SWIFT CAJASTUR : CECAESMM048

Bank commercial name&address: cajAstur, C/ Regueral, 17.- 33710 NAVIA (SPAIN)

European OWS Junior Championships 2011
 Navia, August 12 & 13th



Final Entry Form

Federation:		Federation code:	
Address:		E-mail:	
Contact person:		Phone:	Fax:

SWIMMERS ENTRY				
Nr.	FAMILY NAME	Given Name	Sex	Year of birth

LEN and LEN TOWSC remind you that each participating swimmer must be personally attended to by his/her coach or another member of his/her delegation during each race

Each Federation medical officer must sign a certification of medical fitness to compete and ability to complete such an event in open water conditions for all the above swimmers

Doctor's name:

Signature and Federation stamp

PARTICIPATION IN TEAM EVENT? (mixed)	YES or NOT
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Please, fill in this form and send a copy, not later than **2nd August** to asociacion@rianavia.com; fax: +34 985473921 and also to the LEN Office: lenoffice@len.eu; fax: +352 2744916428

S Junior Championships 2011
Navia, August 12 & 13th



Form for Delegates and Details on Travel and Hotel Booking

Federation:		Federation code:	
Address:		E-mail:	
Contact person:		Phone:	Fax:

	FAMILY NAME	Given name	Function	Hotel	Room type (1, 2, ... beds)	Arrival and departure details			
						Arr. date	Flight	Dep. date	Flight
STAFF									

	Names	Hotel	Room type	Arrival and departure details			
				Arr. date	Flight	Dep. date	Flight
SWIMMERS							

Please, fill in this form and send a copy (and with the remaining payment) not later than **2nd August**, to:
 ➔ asociacion@rianavia.com; fax: +34 985473921 and also to the LEN Office: ➔ lenoffice@len.eu; fax: +352 2744916428

European OWS Junior Championships 2011
 Navia, August 12 & 13th

