



# EUROPEAN OPEN WATER SWIMMING CUP FINAL LEG (LEN)



## LARNACA, CYPRUS 3-4 October 2015



Dear Friends,

The Cyprus Swimming Federation is pleased to invite you to participate in the **European Open Water Swimming Cup Final Leg (LEN)** to be held in Larnaca, Cyprus, on 3-4 October 2015.

### **ORGANISERS**

The event is organised by the Cyprus Swimming Federation with the support of the Municipality of Larnaca.

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### **LOCATION**

Open sea area in front of Phinikoudes Beach, City of Larnaca.

The city of Larnaca is located on the southern coast of Cyprus, with a population of approximately 95,000 and is the third largest city after Nicosia and Limassol. It is home to the island's largest airport, Larnaca International Airport, which is located on the outskirts of the city to the south with excellent road links to the whole of the island. Larnaca also has the island's second largest commercial port and a marina, which are two of the four official entry points by sea into Cyprus.

Larnaca Salt Lake is a distinctive and picturesque landmark, consisting of a network of four salt lakes of different sizes, with an overall surface area of 2.2km<sup>2</sup>, located just off the road leading to the airport. It is considered one of the most important wetlands of Cyprus and has been declared a special protected area and is a prominent domain for wild birds. The lake is home to 85 species of water birds and is a primary migratory passage through Cyprus. It is visited by flocks of pink flamingos that reside there from November until the end of March.

The city also has a number of other landmarks, which include the Church of Saint Lazarus; the Catacomb of Phaneromeni Church; Hala Sultan Tekke; Kamares Aqueduct and the Fort of Larnaca. Additionally, Larnaca has a Municipal Theatre and an Art Gallery.

The beautiful seafront promenade, Phinikoudes, is not only lined with palm trees, but also an array of popular seafood restaurants, bars and cafés predominantly visited by tourists.

### **RULES**

The event will be conducted in accordance with FINA Open Water Swimming Rules and LEN Rules and Regulations.

### **ELIGIBILITY**

Men and women, 15 years and older.

### **DISTANCE**

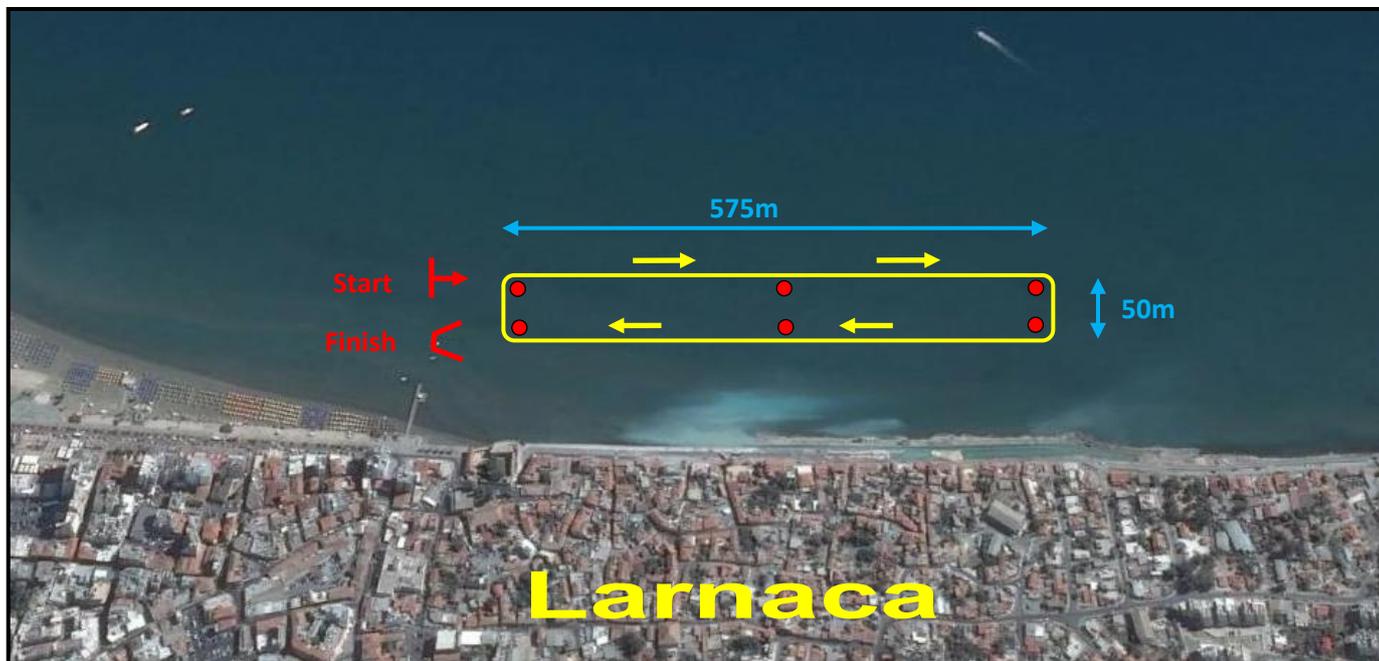
5 km individual time trial for men & women  
10 km individual for men & women

## COURSE

1250m long clearly marked as per the diagram below

Water temperature expected between 23°-26° C

The water depth will be between 2 and 4 meters



## SCHEDULE

### Friday, 02/10/2015

19.00 Technical Meeting

### Saturday, 03/10/2015

06.45 Registration and warm-up for 10km

07.30 Registration closing

07.40 Last briefing

07.50 Swimmers' presentation

08.00 Start of 10km race for men

08.10 Start of 10km race for women

12.30 Awards ceremony

### Sunday, 04/10/2015

06.45 Registration and warm-up for 5km time trial

07.30 Registration closing

07.40 Last briefing

07.50 Swimmers' presentation

08.00 Start of 5km time trial race for men and women

12.30 Awards ceremony

## PRIZES

Medal for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place athletes in 5km and 10km men and women.