



## 2024 Lake Constance open water crossing Friedrichshafen- Romanshorn

### Notice – conditions of participation

Lake Constance open water crossing – Friedrichshafen lido – Romanshorn lido  
Q11 (crossing, 11 km swimming)  
Q22 (crossing, 22 km swimming)



Date	Saturday, 3 <sup>rd</sup> August 2024
Starting fee	Q11: 279 euros per participant Q22: 429 euros per participant
Starting point	Q11: Friedrichshafen lido Q22: Friedrichshafen lido
Finishing point	Q11: Romanshorn lido Q22: Friedrichshafen lido
Car parking	Q11: Please use the car park & sanitary facilities at Friedrichshafen lido Q22: Please use the car park & sanitary facilities at Friedrichshafen lido
Pre-check-in & late registration	On Friday, 2 <sup>nd</sup> August 2023
Meeting point / check-in	Q11 5 a.m.: Friedrichshafen lido Q22 5 a.m.: Friedrichshafen lido
Briefing	Q11 5.30 a.m.: Friedrichshafen lido Q22 5.30 a.m.: Friedrichshafen lido
Starting time	Q11: 6 a.m. Q22: 6 a.m.
Distances	Q11: Approx. 11 km Q22: Approx. 22 km
Number of participants	Max. 250 persons (in total for both distances)



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Optionally bookable	Finisher shirt, 36 euros
	Sponser product pack, 10euros
	Swimming buoy, 36 euros
	Event cancellation insurance in case of illness with attestation.
Eligibility & conditions	Minimum age 14 years with parents' consent
	<p><b>Use of buoys will be mandatory</b> (a swimming buoy will be provided at the selling price of 36 euros or you can swim with your own buoy).</p> <p>Starting will take place in the water; all styles are permitted. Swimming in neoprene wetsuits is permitted. Bathing caps will be provided by the organiser and are mandatory, as they help to ensure visibility and safety.</p>
Further information	<p><b>Information mails containing links and</b> news or changes will be sent to all participants in the 3rd week and the final week prior to the start date. Please inform us immediately if you have not received any mail three weeks beforehand at the e-mail address you specified on registration.</p>
Time recording	<p>Time recording will be carried out using a Timit transponder that will be provided by the organiser. The transponders must be handled with care and returned following the event. A fee of 80 euros (cost of the transponder) will be charged in the event of loss or damage.</p>
Registration	<p>Registration will take place online via our homepage with a link to Raceresult from 01 October 2023. Inclusion in the starting list will take place once payment of the starting fee has been received. The closing date for registering is 15<sup>th</sup> July 2023. Late entries <b>(without T-shirts &amp; sponser kits)</b> will be possible the day before the event. If a high number of participants are set to take part, starting will take place in several groups spaced approx. 5 minutes apart. On registering, participants affirm that they are physically healthy. They also affirm that they are sufficiently fit to complete the target distance and that they are aware of the circumstances of swimming in open water.</p>
Evaluation classes	<p>S class (M/F) (sports class for CUP swimmers without neoprene)</p> <ul style="list-style-type: none"> <li>• Up to 39 years of age</li> <li>• 40 years of age and over (master class)</li> </ul> <p>Standard class (M/F)</p> <ul style="list-style-type: none"> <li>• Up to 23 years of age</li> <li>• Up to 29 years of age</li> <li>• Up to 49 years of age</li> <li>• Up to 59 years of age</li> </ul>



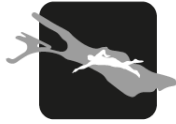
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	<ul style="list-style-type: none"><li>• Up to 69 years of age</li><li>• Over 70 years of age</li></ul>
Speed classes (to be indicated on registering)	I: 2.5 kph II: 3.0 kph III: 3.5 kph IV: 4.0 kph
Registration Closing date for registering Late entry Cancellation	<p>Participants have the right to withdraw (without stating reasons) up to six weeks before the event takes place, in which case the registration fee will be refunded minus a processing fee of</p> <p>Q11: 100 euros Q22: 160 euros.</p> <p>No refund is possible if you withdraw after the six-week period.</p> <p>If booked (see information), the "all-inclusive package" applies up to one day before the event takes place. For Q11 and Q22.</p>
Conditions	<p>The instructions of the competition management, the helpers and the rescue services must be followed under all circumstances. Each swimmer must remain a sufficient distance away from the other swimmers so that they are not hindered.</p> <p><b>Raising an arm indicates that a swimmer cannot continue swimming or requires help.</b></p> <p>Lake Constance district DLRG (German Lifeguard Society) staff will be present in the finish area and along the course. The swimmers will be accompanied by DLRG boats, canoeists and SUP paddlers.</p> <p>Participants are aware that they take part at their own risk. They are aware of the risks to life, limb or health due to drowning, hypothermia, burning, lightning strike, accidents involving other swimmers or watercraft and other dangers in open water. The event can be cancelled by the organiser due to poor weather conditions (storm warning) such as thunderstorms, heavy rain or a water temperature of less than 15 degrees without any refund of the starting fee.</p> <p>The organiser accepts no liability for lost items or theft. The participants expressly release the organiser and its vicarious agents from liability for any damage that they may incur and from any claims for damages.</p> <p>The organiser reserves the right to reject registrations without stating the reason or to issue a ban on starting.</p> <ul style="list-style-type: none"><li>• No earplugs from mobile phones, MP3 players, Walkmen, etc. may be worn when swimming.</li></ul>



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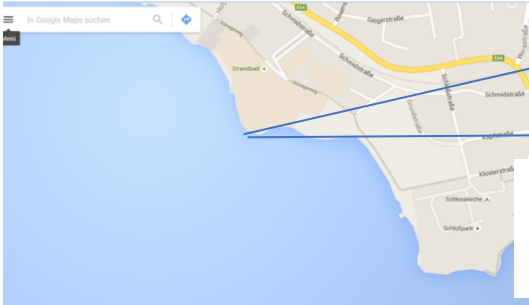
	<ul style="list-style-type: none"><li>• Swimmers may not use any aids that would make swimming easier.</li><li>• Being accompanied by a helper while swimming is not permitted.</li><li>• The time limit for the Q11 distance is 6 hours.</li><li>• The time limit for the long distance is 10 hours.</li></ul>
Safety/medical care	Lake Constance district DLRG staff will be on hand to ensure sporting and medical safety at the event.
Transport of clothing/ return transport	Return transport will be organised. The distance from the landing area to the ferry is around 2.5 km. The return ticket is included in the registration fee.
Catering	Catering will be provided after swimming. Of course, each swimmer can also bring along his/her own food and drinks.
General information concerning participation	Each participant will be presented with a digital certificate with their individual time after completing the course. By registering, each participant authorises the organiser to publish the data and photographs collected and stored as part of the event and to permit third parties to publish these personal data and photographs. The data provided during registration may be used. The organiser reserves the right to implement changes at short notice. All changes and additions will be displayed as soon as possible at <a href="http://www.bodensee-openwater.com">www.bodensee-openwater.com</a> .
Organiser	Organiser: Bodensee Openwater e.V. Contact: Patrick Boche, Jörg Baumann Mail: <a href="mailto:swim@bodensee-openwater.com">swim@bodensee-openwater.com</a> Internet: <a href="http://www.bodensee-openwater.com">www.bodensee-openwater.com</a> Tel.: Patrick Boche +49 174 / 9802370 Jörg Baumann +49 163 / 7474057



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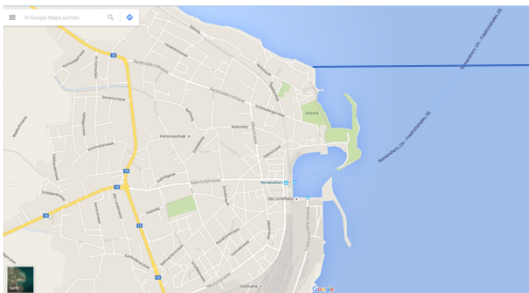
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## Overview / distances Q11 & Q22



Q11&Q22 start

Q22 finish



Q11 finish

HAFENSTADT



ROMANSHORN

