



BODENSEE OPEN WATER

2025 Lake Constance open water crossing Meersburg - Constance

Notice – conditions of participation


Lake Constance open water crossing – Meersburg Therme lido – Constance horn lido
Q5 (crossing, 5 km swimming)
Q10 (crossing, 10 km swimming)



Date	Saturday, 28 th June 2025
Starting fee	Q5: 160€ per participant / late registration 180€ (day before) Q10: 240€ participant / late registration 270€ (day before)
Starting point	Q5: Constance horn lido Q10: Meersburg Therme lido
Finishing point	Meersburg Therme lido
Car parking	Q5: Please use the car park & sanitary facilities at Constance horn lido Q10: Please use the car park & sanitary facilities at Meersburg Therme lido
Pre-check-in late registration	On Friday, 27 th June 2025 (Meersburg Therme lido) On Friday, 27 th June 2025 (Meersburg Therme lido)
Meeting point	Q5: 5.15 a.m.: Constance horn lido Q10: 4.45 a.m.: Meersburg Therme lido
Briefing	Q5: 5.35 a.m.: Constance horn lido Q10: 5.00 a.m.: Meersburg Therme lido
Starting time	Q5: 6.00 a.m. Constance horn lido Q10: 5.15 a.m. Meersburg Therme lido
Distances	Q5: Approx. 5 km Q10: Approx. 10 km
Number of participants	Max. 500 persons (in total for both distances)



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Optionally bookable	Finisher shirt, BOW Hoodie, BOW Bottle
	Sponser product pack
	Swimming buoys
	Ferry ticket Constance-Meersburg
Eligibility & conditions	Minimum age 14 years with parents' consent
	Use of buoys will be mandatory (a swimming buoy will be provided at the selling price of 35 € on the day of the event or you can swim with your own buoy).
	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.
Further information	Information mails containing links and news, or changes will be sent to all participants in the 2 nd week and the final week prior to the start date. Please inform us immediately if you have not received any mail one week beforehand at the e-mail address you specified on registration.
Time recording	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 85 euros (cost of the transponder) will be charged in the event of loss or damage.
Registration	Registration will take place online via our homepage from 01 October 2024. Inclusion in the starting list will take place once payment of the starting fee has been received. The closing date for registering is 13 th June 2025. Late entries (without T-shirts & sponser kits) will be possible on the day of the event. 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.
Evaluation classes	S class (M/F) (sports class for CUP swimmers without neoprene) <ul style="list-style-type: none">• Up to 39 years of age & 40 years of age and over (m. class) Standard class (M/F) <ul style="list-style-type: none">• Up to 23 years of age• Up to 29 years of age• Up to 49 years of age• Up to 59 years of age• Up to 69 years of age• Over 70 years  <p>International OPEN WATER MAJORS</p>



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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	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 Q10: 100€ Q5: 50€ No refund is possible if you withdraw after the six-week period. If booked (see information), the "all-inclusive package" applies up to one day before the event takes place. For Q10.
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. Raising an arm indicates that a swimmer cannot continue swimming or requires help.</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. 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. 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">• No earplugs from mobile phones, MP3 players, Walkman, etc. may be worn when swimming.• Swimmers may not use any aids that would make swimming easier.• Being accompanied by a helper while swimming is not permitted.• The time limit for the long distance is 5 hours.



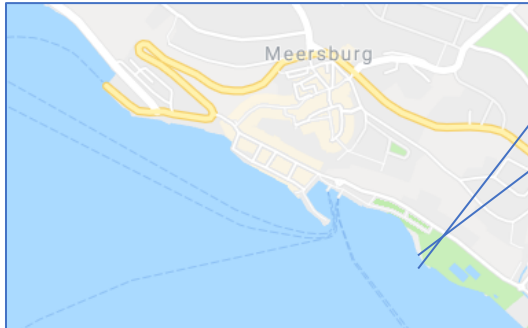
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Safety/medical care	Lake Constance district DLRG staff will be on hand to ensure sporting and medical safety at the event.
Transport of clothing/ return transport	Return transport of cloth will be organised. The distance from the landing area to the ferry is around 2 km. The return ticket can be booked
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 www.bodensee-openwater.com .
Organiser	Organiser: Bodensee Openwater e.V. Contact: Patrick Boche, Jörg Baumann Mail: swim@bodensee-openwater.com Internet: www.bodensee-openwater.com Tel.: Patrick Boche +49 174 / 9802370 Jörg Baumann +49 163 / 7474057



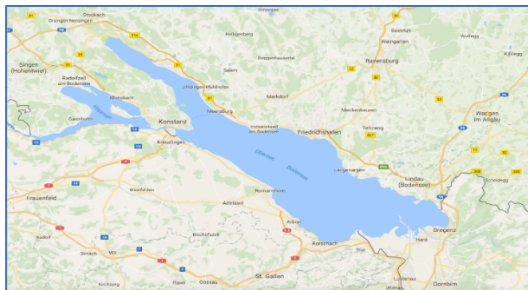
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Overview / distances Q5 & Q10



10 km start

5 & 10 km finish



5 km start

