



Elba Swim 647

edition #7



ELBA SWIM 647, 19-20 Ottobre 2024

Passion for open waters

Saturday, October 19, 2024

The event consists of 3 routes that can be done individually:

- **Elba Swim 647 – distance 12.000 meters¹**
The course starts from the waters in front of Ghiaie Beach (Viale delle Ghiaie, Portoferraio, LI) towards Scoglietto di Portoferraio and heads towards Capo Enfola. After a rest stop, it continues towards Marciana Marina. The maximum time to complete this segment, which starts at 10:00 AM, is 4:30 hours.
- **Elba Swim 647 Middle – distance 6.000 meters¹**
The course starts from the waters in front of Enfola Beach (north) towards Marciana Marina. The maximum time to complete this segment, which starts at around 11:15 PM, is 3:15 hours.
- **Elba Swim 647 OneThird – distance 3.500 meters¹**
The course starts from the waters in front of Paolina Beach (north) towards Marciana Marina. The maximum time to complete this segment, which starts at around 12:15 PM, is 2:15 hours.

Sunday October 20 2024

Elba Swim 647 1k*3, consists of a triangular course with 3 buoys marking a 1,000-meter swim. This course will be completed by teams of 3 swimmers, each swimming one lap. After completing the first lap, the swimmer will pass the “baton” to their teammate, who will then swim 1,000 meters and pass the baton to the final swimmer. In total, 3 laps must be completed. The relay team that swims the 3,000 meters in the shortest time will be the winner. Teams can be female, male, or mixed.

Registrations for the relay can be made from 7:30 PM on 18/10/2024 until 5:00 PM on 19/10/2024 at the Abbracciamoli accreditation point at the Hotel Marinella (contact Cristina).

For all courses

Swimming in any style is allowed, but the use of fins, pull buoys, snorkels, paddles, and webbed gloves is not permitted. Wetsuits and rubber swimsuits are allowed.

The minimum age to participate, with the written consent and signature on the appropriate form provided by the organization, from a parent (or guardian), is 12 years old by the end of 2024. There is no maximum age limit for participation

Each swimmer must demonstrate fitness (through a valid competitive medical certificate) to be able to participate in the swim.

The distance might not be exact



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Regulations

1. The event is organized by Abbracciamoli ONLUS.
2. The event is non-competitive, but the manual timing of each participant will be recorded to determine a ranking at the end of the day.
3. Completing the registration form (online) and agreeing to the terms regarding: good health status, swimming ability, liability waiver, personal data, alternative course, registration fee, and signature, is mandatory. Registration/ Enrollment can be done at www.abbracciamoli.it.
4. Final acceptance of the registration is at the sole discretion of the Organization and is considered confirmed only when the participant's name is published on the starting list at www.abbracciamoli.it.
5. In addition to the use of a cap and goggles, the swimmer is advised to use a wetsuit, although it is optional. Swimsuits, sleeveless wetsuits, and tech suits are also allowed.
6. It is at the sole discretion of the organization to mandate the use of wetsuits for all athletes if deemed necessary for health protection related to water temperature. Temperatures requiring evaluation by the Organization are those below 18°C and above 24°C.
7. The organization's staff will monitor the correct conduct of the swim. Participants may be forced to abandon the event at any time at the sole discretion of the organizers or the doctor if conditions warrant it. Participants must follow any additional safety measures set by the organization.
8. For organizational and safety reasons, the swim will be limited to a total of 150 swimmers.
9. Minimum participation age: 12 years
10. For minor participants (under 18 years old), parental consent is mandatory, with signatures from both the participant and the guardian, specifying the number and type of a parent's identification document along with a copy of it.
11. Registration fees:

Elba Swim 647 e Elba Swim 647 Middle	Elba Swim OneThird	Elba Swim 1k*3 (team fee)
€60,00	€40,00	€55,00

Once registration is completed, the fee will not be refunded.

12. The organization reserves the right to suspend or modify the event at its sole discretion for reasons or conditions that cannot ensure safety. In case of cancellation due to poor weather conditions or other serious causes, the registration fee will not be refunded. However, participants will still receive a commemorative item for the event.
 13. Maximum completion times:
- | Elba Swim 647
distance 12.000 meters | Elba Swim 647 Middle
distance 6.000 meters | Elba Swim 647 OneThird
distance 3.500 meters | Elba Swim 647 1k*3
distance 3.000 meters |
|---|---|---|---|
| 4:30 hours | 3:15 hours | 2:15 hours | 2 hours |
14. Registrations will close on October 17, 2024, or when the maximum number of participants is reached (accepted and with the fee paid).
 15. The organization reserves the right to disqualify participants for unsportsmanlike behavior.
 16. The course details for each segment are explicitly stated. A refreshment point is provided for Elba Swim 647 at Scoglio della Nave (or an intermediate point if using an alternative route).
 17. The race goodie bag includes: buoy, cord, supplement, water, label for the buoy and for the supply bag (only for the 12,000 meters course).
 18. During the swim, it is mandatory to wear the buoy.



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Awards

The following will be awarded:

- 1st, 2nd, and 3rd place for each distance, both female (F) and male (M)
- 1st place relay team for 1k*3

Useful Tips for Participants

- Prepare adequately by training in a pool or practicing open water swimming for at least 60/70 minutes.
- Have a light breakfast high in sugars and low in fats; do not drink alcohol before the race.
- For swimmers without a wetsuit, we recommend using lanolin and camphor oil (available at pharmacies).
- Start moderately and find your breathing rhythm before pushing the pace.
- The safety buoy should be tied at the waist and kept about 1 meter from the body, avoiding using it as a lifebuoy as it increases water resistance and undermines progress.
- In case of excessive fatigue, stop and catch your breath using the buoy for support.
- If you need to request assistance in the water, signal the nearest service boats by raising one arm and using the signaling buoy for support.
- The organizers decline all responsibility for theft or loss of valuable items, wallets, watches, clothes, etc., contained in the race bags handed over for safekeeping during the race.