

III Downstream swimming of the Tambre River

August 9, 2025

ORGANISED by the Outes Canoeing and Triathlon School and @s Fanequiñ@s, and with the collaboration of the Noia town council, Outes town council, Noia Civil Protection and Outes Civil Protection.

The **TEST** will be carried out in the waters of the Tambre River. It will consist of downstream swimming, without the help of any propulsion mechanism or breathing aid, to travel the last stretch of the Tambre River from the suspension bridge next to the pier of the Tambre Power Plant, municipality of Noia, to the facilities of the Outes Canoeing and Triathlon School, in Ponte Nafonso. The distance to travel is approximately 4,800 m. Support vessels will accompany the swimmers.

The **DEPARTURE** from the Central del Tambre will occur a few minutes after high tide, between 16:30 and 16:45. Participants will be transferred by bus from the Outes Canoeing and Triathlon School to the Tambre Power Plant.

BIBs will be delivered at the Outes Canoeing and Triathlon School, Ponte Nafonso, on the same test day between 3:00 p.m. and 3:45 p.m. All participants must present a valid identification document to collect their race number.

Anyone who turns 14 or older during 2024 and responsibly declares that they have sufficient capacity and experience to complete the route in similar tests can **PARTICIPATE**.

The use of a buoy, swimming goggles, swimming cap (the one provided by the organisation will be used), and *chip* (the one provided by the organisation will be used) will be **MANDATORY**.

The use of neoprene is **NOT mandatory**.

REGISTRATIONS will be **made** through the **Galitiming online platform** from June 1 until 11:59 p.m. on July 31. The registration price is **25 euros** and includes accident insurance, transfer from the *chip collection place* to the departure at the Tambre Power Station, hat, *chip* and refreshments on arrival. If registration is done **before July 15 at 11:59 p.m.**, it will also include the commemorative **t-shirt**.

At the time of registration, all people will accept that:

1. Registration is personal and non-transferable.
2. Your image and name will be used in the media and social networks to disseminate the celebration and test results and to promote future editions.
3. They will take care of the environment.
4. They know and accept these regulations.
5. They will always follow the organisation's instructions.
6. If circumstances require it, the time, route, and date can be changed, or the swim can be permanently cancelled. In case of definitive cancellation, the registration fee will **NOT be refunded**.

7. A payment order is issued in favour of **Galitiming** with a charge to the same bank account with which the registration was paid for 60 euros only if the chip is not returned at the end of the test.

PRIZES: a commemorative gift of the II Downstream swimming of the Tambre River will be given to the first three female and male swimmers. The delivery will be held in the arrival area, never before all participating people reach the finish line.

ABANDONMENT: If a person is unwell and considers that they cannot continue, they will wave one or both arms above their head as a distress signal. In the first instance, you will receive the support of the person from the organisation or the closest boat that will accompany you until the appropriate means of evacuation arrives. The people responsible for the organisation are authorised to promote the evacuation of a participating person if, in their opinion, they cannot complete the swim. In no case will a withdrawal be forced if two conditions are met: 1) the express desire of the participant to continue, 2) that the time spent does not exceed **three times** the time spent by the first participant who has gone through the same spot.