

SOUTHERN WARRIORS

EVENT 1

4TH SEPTEMBER

ENDURANCE
DEVIL SWIM

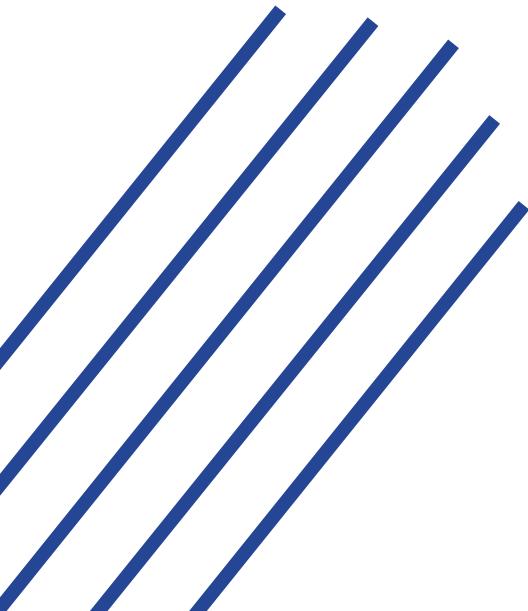
REGULAR

EVENT

350 M. SWIM

5000 M. RUN (6 LAPS)

TIME CAP: 60 MIN



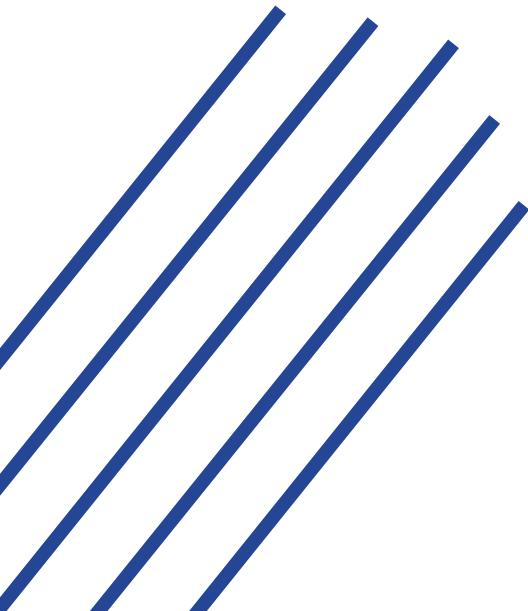
CALA DIAVOLO

MEDITERRANEAN PARADISE

EVENT

THE CHIPSET WILL MARK THE COMPLETED LAPS. IT'S SOLELY ATHLETE RESPONSIBILITY THE CORRECT EXECUTION OF THE WORKOUT. THE ABSENCE OF THE CHIPSET OR ANY LAPS NOT PERFORMED WILL INVALIDATE THE ENTIRE EVENT.

IF THE WEATHER CONDITIONS DO NOT ALLOW IT TO TAKE PLACE, THE ENTIRE WORKOUT WILL CONSIST OF THE RUN WHOSE DISTANCE WILL INCREASE TO 7000 METERS.



CALA DIAVOLO

MEDITERRANEAN PARADISE

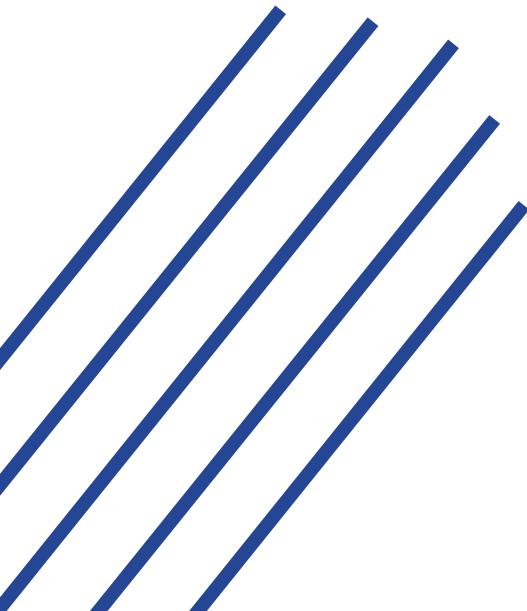
CHECK IN

**WARRIORS HQ
C.DA SANTO STEFANO N.C.
MONOPOLI (BA)**

**FRIDAY 3TH SEPTEMBER
FROM 6 TO 8 PM**

**SATURDAY 4TH SEPTEMBER
FROM 5:30 TO 6:30 AM**

**FOR THOSE WHO CANNOT CHECK IN ON FRIDAY, IT
WILL ALSO BE POSSIBLE TO CHECK IN ON SATURDAY
MORNING FROM 5:30 TO 6:30 SENDING AN EMAIL AT
INFO@SOUTHERNWARRIORS.EU**



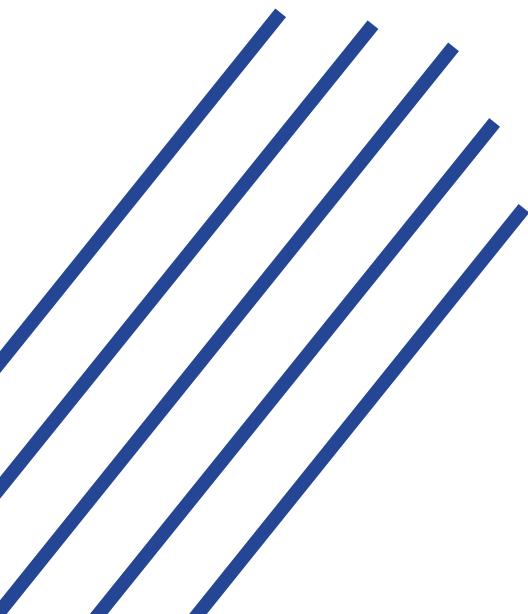
CHIP

FRIDAY EVENING, AT THE ATHLETES' CHECK-IN, AN IDENTIFICATION NUMBER (TEMPORARY TATTOO) AND A CHIPSET WILL BE ASSIGNED TO EACH ATHLETE.

THE ID MUST BE PLACED ON THE ATHLETE'S SHOULDER; THE CHIPSET ON THE ATHLETE'S ANKLE.

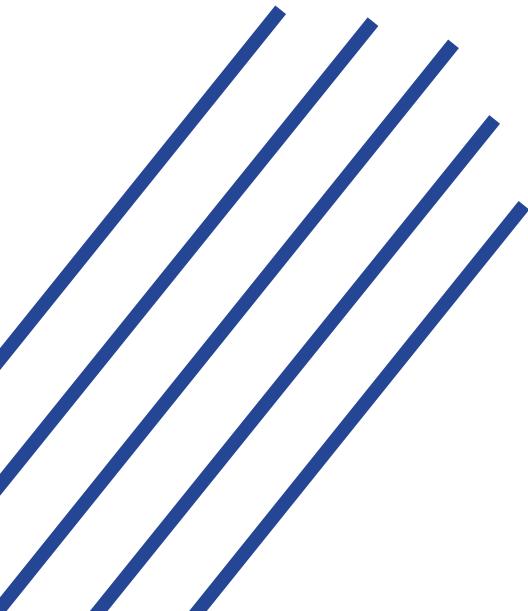
IT WILL BE THE COMPLETE ATHLETE'S RESPONSIBILITY TO SHOW UP ON SATURDAY MORNING WITH BOTH CORRECTLY WORN.

THE ATHLETE WITHOUT CHIPSET WILL BE EXCLUDED FROM EVENT 1.



LOGISTICS

AT CHECK IN, THE ATHLETE WILL BE ABLE TO DELIVER THEIR RUNNING SHOES TO THE ORGANIZATION. THIS WILL BE PLACED INSIDE A NUMBERED BAG (BEARING THE ATHLETE NUMBER). ONCE THE ATHLETE HAS FINISHED SWIMMING AND REACHED THE COMPETITION FIELD FOR THE RUNNING PHASE, HE WILL FIND THE BAG WITH HIS NUMBER AND HIS SHOES INSIDE SO THAT HE CAN CHANGE FOOTWEAR FOR THE ASSIGNED RUNNING KM.



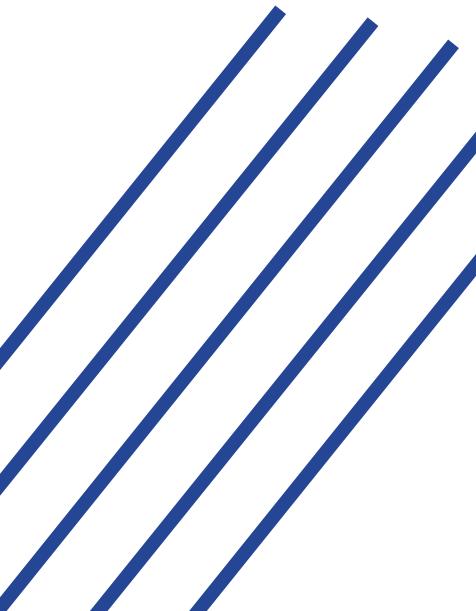
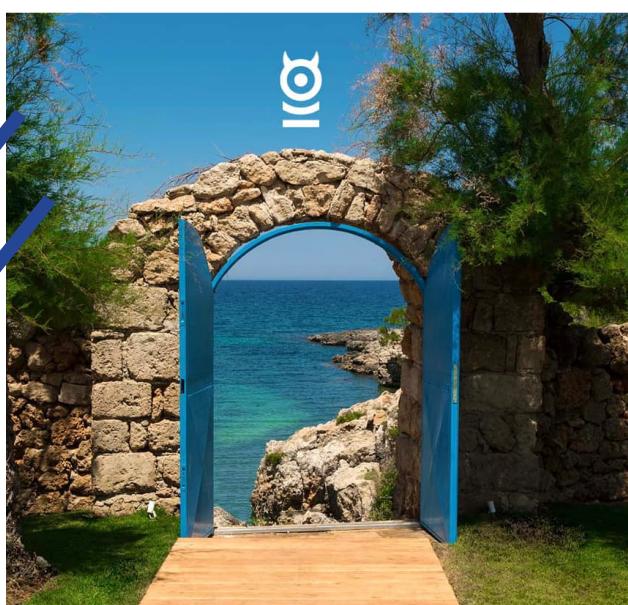
FLOW

THE ATHLETE, WEARING THE DETECTION CHIPSET, AT THE TIME INDICATED IN THE TIMELINE WILL HAVE TO BE AT CALA DIAVOLO (ABOUT 400 METERS FROM THE SOUTHERN WARRIORS COMPETITION AREA - THE POSITION IS IN ANY CASE WELL INDICATED AND WILL BE REPORTED ON SOCIAL MEDIA CHANNELS).

AT THE START, THE ATHLETE WILL HAVE TO GO THROUGH THE « DOOR ON THE SEA » (SEE ATTACHED IMAGE). HE WILL THEN HAVE TO GET INTO THE WATER.

HE/SHE WILL THEN HAVE TO SWIM TO REACH PORTO MARZANO.

THE PATH WILL BE DELIMITED BY BUOYS. THE ATHLETE MUST ALWAYS KEEP THE BUOYS TO HIS/HER LEFT.



FLOW

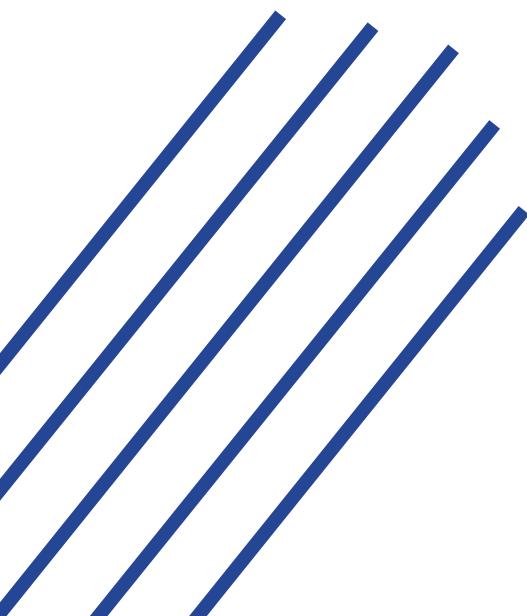
ONCE THE SWIMMING PART IS FINISHED, HE/SHE WILL REACH THE COMPETITION FIELD, WHICH IS LOCATED 300 M FROM THE EXIT FROM THE WATER.

ON THE COMPETITION FIELD, HE/SHE WILL FIND THE BAG CARRYING HIS/HER ATHLETE'S NUMBER WITH THE RUNNING SHOES PREVIOUSLY DELIVERED INSIDE.

THE ATHLETE MAY USE (ROCK) SHOES FOR SWIMMING.

ANY OTHER EQUIPMENT (EG FINS / WETSUITS) WILL NOT BE ALLOWED.

SWIMMING GOGGLES ARE PERMITTED.

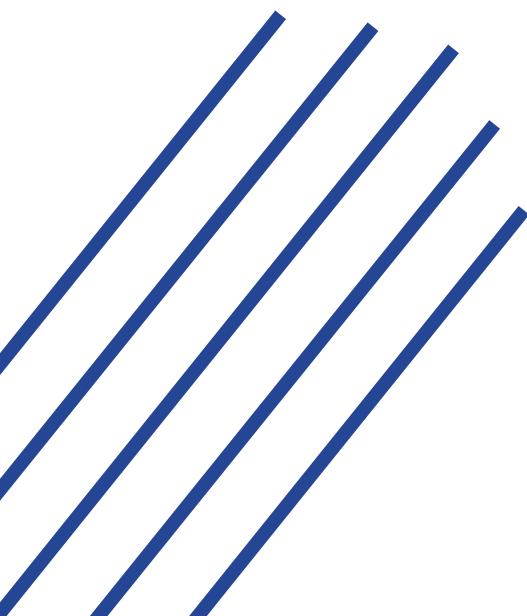


INFO

**WE RECOMMEND THE USE OF SWIMMING SHOES
SUITABLE FOR CLIFF AND ROCKY GROUND.**

SWIMMING GLASSES ARE ALLOWED.

**FINS OR ANY OTHER EQUIPMENT AIMING TO
FACILITATE THE SWIMMING PART IS STRICTLY
FORBIDDEN.**

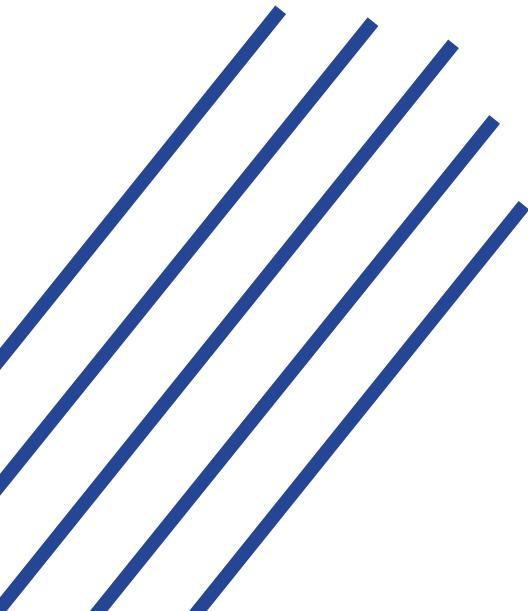


INFO

THE ATHLETES WILL WAIT IN THE AREA IN FRONT OF THE DOOR, IN GROUPS (HEATS) OF 30 PEOPLE.

EVERY 10 SECONDS THE ATHLETES WILL WALK THROUGH THE DOOR AND GO DOWN TO THE SEA.

PASSING THE STARTING CABLE WILL ACTIVATE THE CHIPSET.



ROUTE INFO

