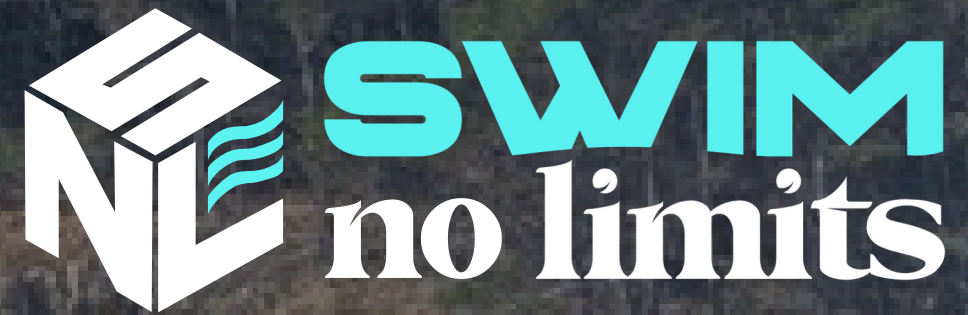




Cala Montgo

May 24, 2026

BRIEFING

swimnolimits.com

2026 Calendar

Connect with us on Instagram.

Become a member of the WhatsApp community.

01

SNL Cala Montgó
24/5/26 Cup

02

SNL Platja d'Aro
04/7/26 Cup

03

SNL Experience
3-4/10/26 Cup

04

SNL Winter Season
19/12/26



FAST ACCESS

Select the preferred option.

- LOCATIONS
- BIB NUMBER ALLOCATION
- 5K RACE
- 5K CIRCUIT IMAGE
- 5K PIVOT POINT
- 5K CAVERN
- 3K RACE
- 3K PHOTO CIRCUIT
- CAVE TUNNEL 3K
- 1.5K RACE
- PHOTO CIRCUIT 1500
- SUPPLIES-PRIZES
- TIMING SYSTEM -
- METEOROLOGY



Welcome to the SwimNoLimits Cala Montgó Crossing. Please review the information below concerning the crossing.

LOCATIONS: All SNL swims take place in regions of exceptional natural and scenic significance. In this instance, we will be swimming in the Medes Natural Reserve and the Montgrí Massif. Consequently, it is imperative that we take extra precautions to protect the environment and minimize any impact. Any misconduct by a participant will lead to immediate disqualification, and the Mossos d'Esquadra Maritime Unit, responsible for security, will be promptly informed.

Village area location, bib collection on the 24th, departure and arrival at Cala Montgó.

[Link here](#)

Official WECAMP lodging status at Cala Montgó and bib pickup on the 23th.

[Link here](#)

Suggested complimentary parking zone

[Link here](#)



SCHEDULES:

Bib collection: Credentials can be picked up at Camping WECAMP Cala Montgó on Saturday the 23rd from 6 PM to 8 PM and on the 24th starting at 7 AM in the village area near the beach.

IMPORTANT: You must present the QR code of the credential sent to you via email, and for minors, an authorization from a parent or legal guardian is required.

BRIEFING:

The event is set to take place in the Village area at 8:30 a.m.

We will offer a detailed description of the sea conditions, any possible route adjustments, the positions of the buoys, and will respond to any questions or concerns you might have.

As all open water swimmers know, our sport is completely dependent on sea conditions, which can fluctuate greatly. The top priority will always be to ensure the highest level of safety.



5,000-meter COURSE:

-Departure time is **9:00 a.m.**

The beginning will take place in the water, utilizing a countdown format from 10 to 0, accompanied by a siren that will signal the start.

Buoy transit:

The buoys should consistently be maintained on the left side, as shown by the arrows on the race map. All buoys along the course:

YELLOW CYLINDRICAL passage buoy, keep it on your left.

RED CYLINDRICAL. 1st. 1.5k turning buoy. 2nd 5k return point. Always maintain them on your left.

RED PYRAMIDALS. They indicate the turning and return point of the 3k circuit.

The return trip traces the coastline defined by the cliff; the passage through the cave occurs on the way back.

Safety boats:

The safety boats will not perform guiding tasks and will stay in the background, ensuring complete oversight of the swimmers. It will be the responsibility of the swimmers to navigate the circuit designated by the organization.

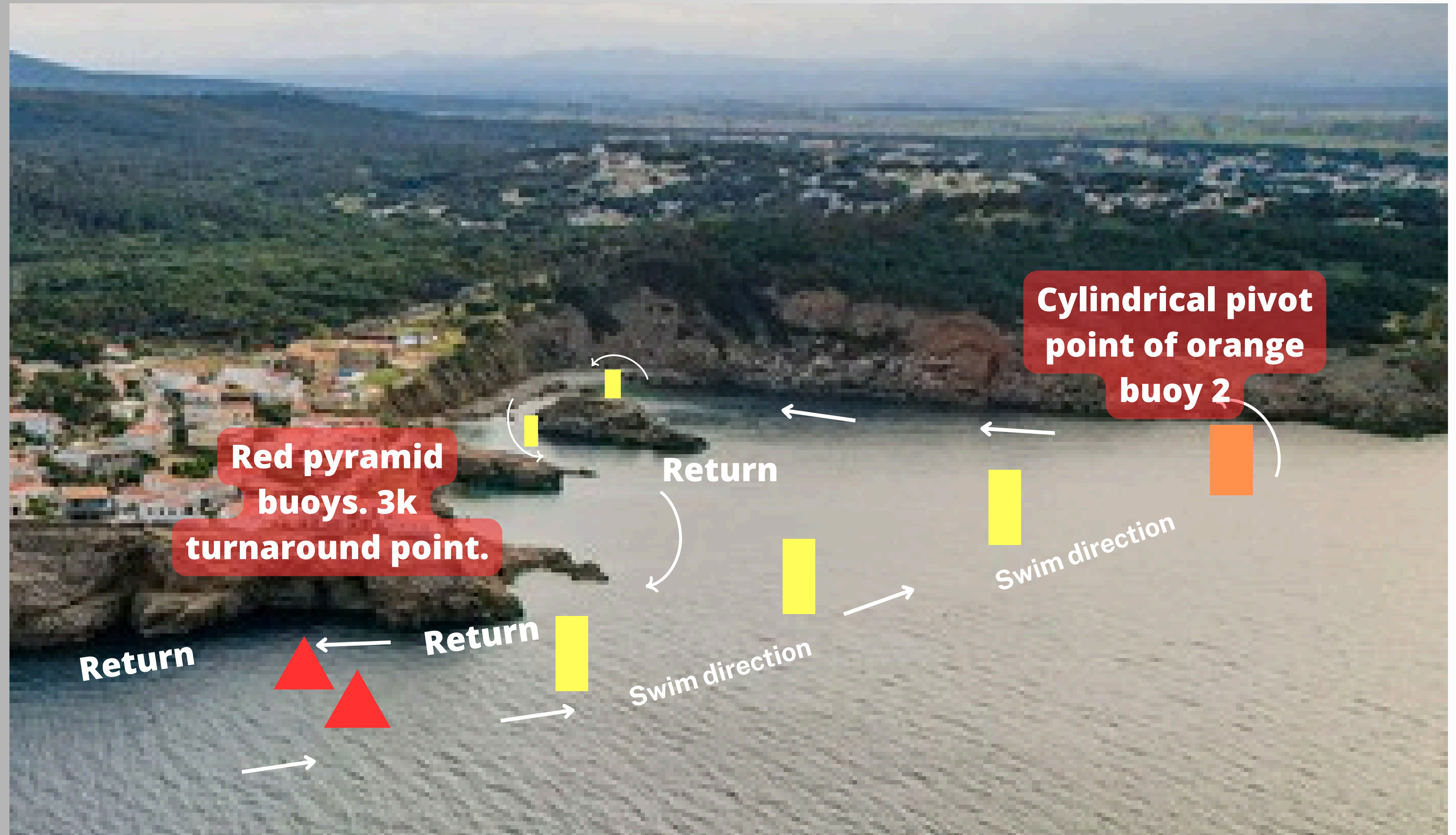


5,000-meter COURSE:



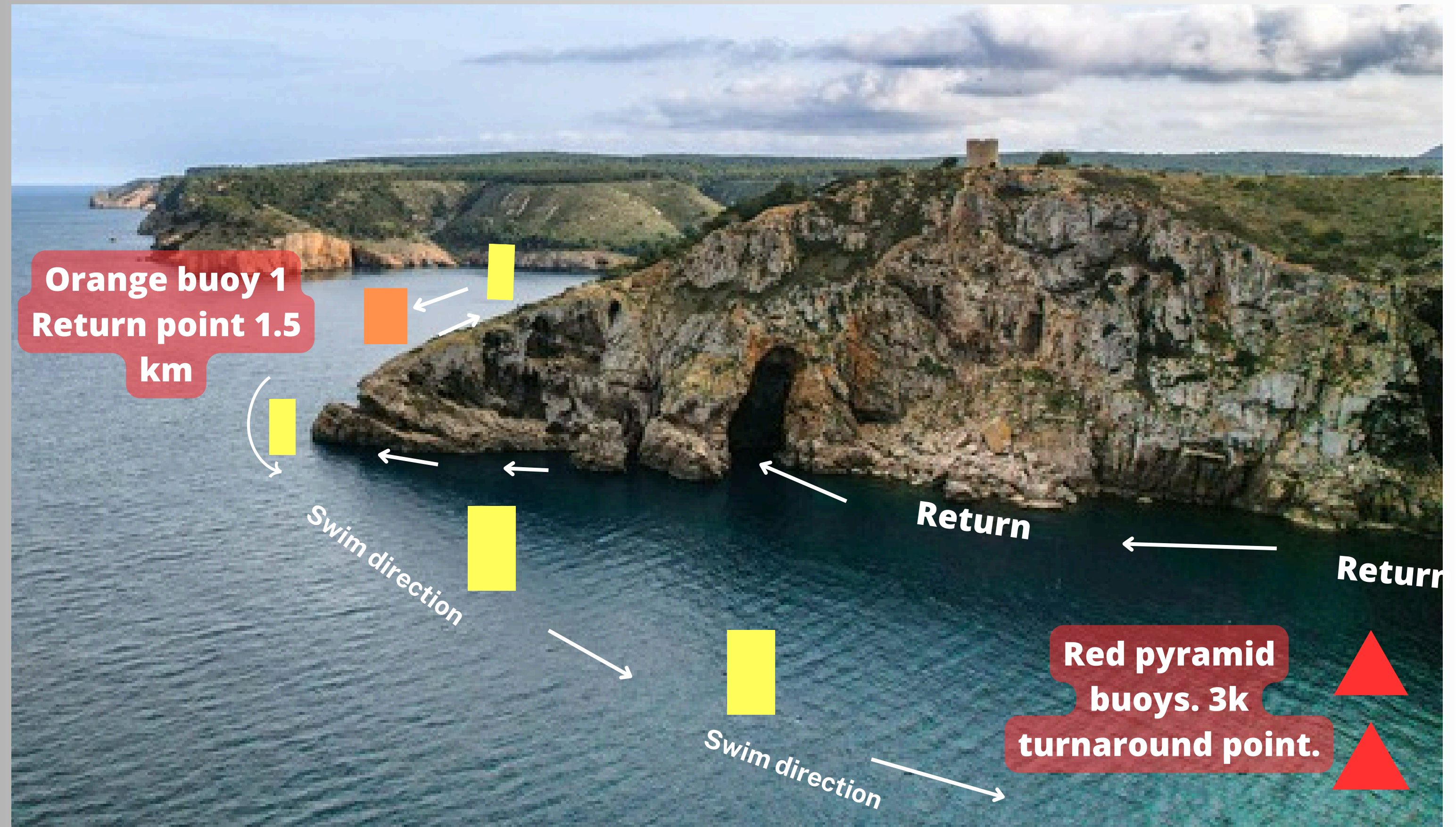


TURNING POINT DETAIL 5,000 meters:





DETAIL OF THE CAVE PASSAGE 5,000 meters:





3,000-meter COURSE:

-Departure time is 9:30 a.m.

The beginning will take place in the water, utilizing a countdown format from 10 to 0, accompanied by a siren that will signal the start.

Buoy transit:

The buoys should consistently be maintained on the left side, as shown by the arrows on the race map. All buoys along the course:

YELLOW CYLINDER. Passage buoy, keep it on your left.

RED CYLINDRICAL. 1st. Turning buoy of the 1.5k. It should be kept on your left.

RED PYRAMIDALS. They indicate the turning point and the return along the cliff line.

Follow the coastline outlined by the cliff; the journey through the cave occurs on the return trip.

Safety boats:

The safety boats will not perform guiding tasks and will stay in the background, ensuring complete oversight of the swimmers. It will be the responsibility of the swimmers to navigate the circuit designated by the organization.

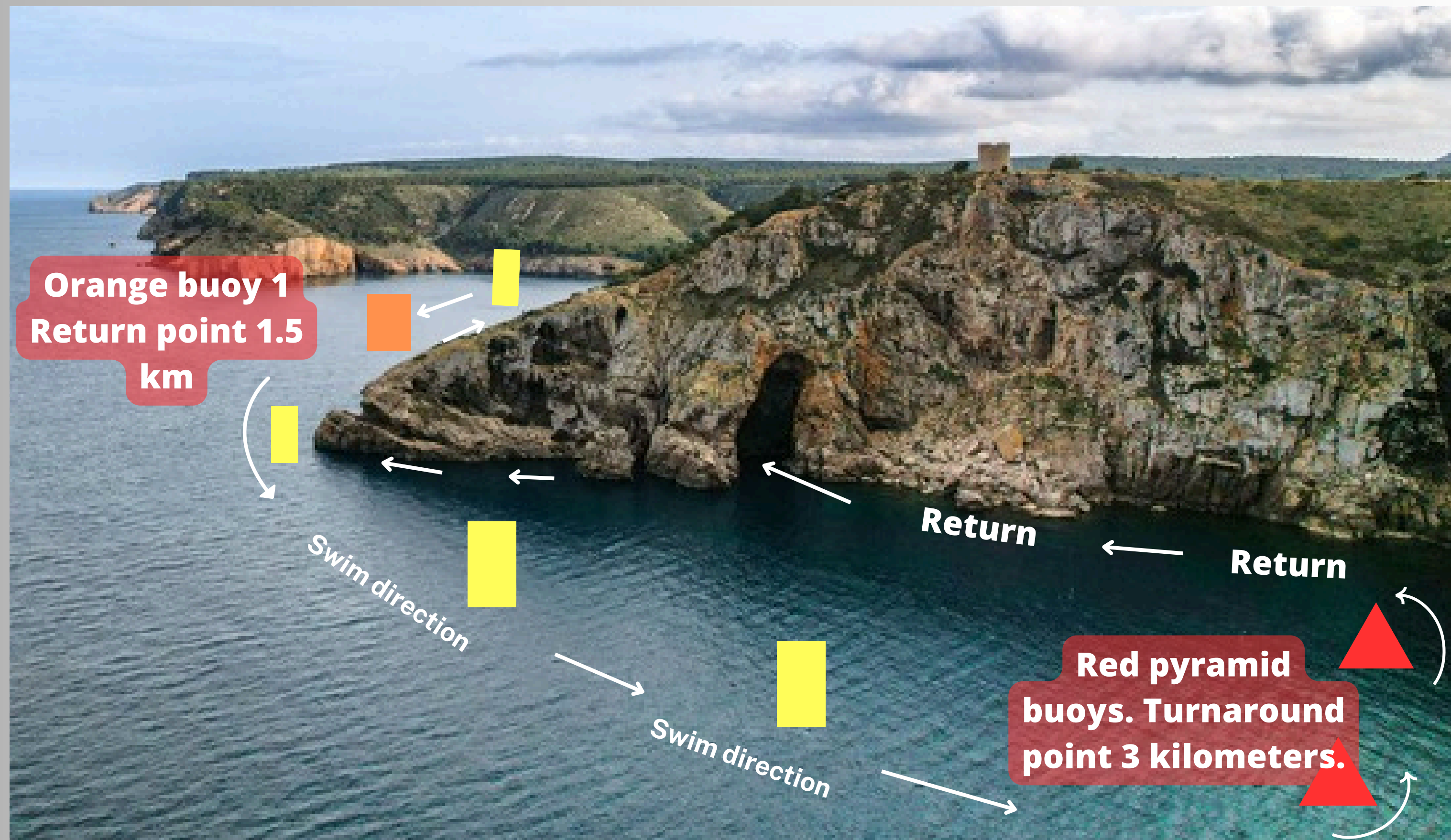


3,000-meter COURSE:





DETAIL OF THE PASSAGE THROUGH THE CAVE: 3,000 meters





1,500-meter COURSE:

-Departure time 11:00 AM.

The beginning will take place in the water, utilizing a countdown format from 10 to 0, accompanied by a siren that will signal the start.

Buoy transit:

The buoys should consistently be maintained on the left side, as shown by the arrows on the race map. All buoys along the course:

YELLOW CYLINDER. Passage buoy, keep it on your left.

RED CYLINDER. 1.5k turning buoy. It remains on your left side.

The return journey is made along the coastline, consistently keeping the buoys on the left until reaching the finish line.

Safety boats:

The safety boats will not perform guiding tasks and will stay in the background, ensuring complete oversight of the swimmers. It will be the responsibility of the swimmers to navigate the circuit designated by the organization.



1,500-meter COURSE:





Safety float:

In Swim No Limits open water swims, the use of a safety buoy is mandatory at all times, as outlined in the race regulations accepted during registration, with the exception of the Kids open water swims and relays. Any swimmer who fails to wear the required buoy will have their race number confiscated and will be disqualified.

-Supplies:

There is no specific aid station on the water; however, boats and kayaks will provide bananas and water. Simply raise your hand, and we will assist you! Upon arrival, we will offer watermelon, melon, bananas, hazelnut spread sandwiches, nuts, sweets, along with water, cola, and sports drinks.

Awards presentation:

The awards ceremony will occur on the stage situated in the Village area at the finish line; monitor the real-time rankings on: **[Link here](#)**



TIMING SYSTEM - OPERATIONAL MECHANISM

1. QR code bracelet

Each participant will don a wristband featuring a distinct QR code. It is crucial to wear it snugly and in plain sight.



2. Water discharge

- **Honor the existing sequence in which the water exits.**
- **Cross-country races are won by swimming rather than running on the sand.**

3. Arrival and examination

- **Upon arrival, you will encounter a corridor lined with fences.**
- **Proceed to the scanning point.**
- **Our team will scan the QR code on your wristband using a scanner.**

4. Important

- **Avoid altering the wristband or taking it off prior to scanning.**
- **Maintains a steady wrist and concentrated gaze for improved reading.**
- **Should you encounter any issues, please inform the staff in the arrival area without delay.**
- **Upon completion, dispose of your wristband at the recycling station situated beyond the checkpoint.**



WEATHER OUTLOOK:

Current forecasts indicate a highly favorable morning for the crossing: predominantly clear skies, no rain anticipated between 9:00 and 13:00, and mild temperatures ranging from 13 to 22°C.

The wind will be gentle to moderate from the south-southeast, creating favorable conditions for swimming.

The **water** temperature stays cool, approximately **17–17.5°C**, so we suggest using neoprene for enhanced thermal comfort.

Should there be any notable alterations to the forecast, we will convey them through this same channel. However, as of today, we anticipate being able to enjoy the crossing under favorable conditions.

To keep up with the latest breaking news, become a member of our WhatsApp community:





We do not swim by ourselves!

Sponsors 2026





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 **sènia**



Ajuntament de
Torroella de Montgrí

WE CAMP
wecamp Cala Montgó





Thank you very much!

If you are keen on partnering with us, please feel free to reach out to us:

-Mail:
info@swimnolimits.com

-Web:
www.swimnolimits.com

