

SWIM no limits

# SNL Experience

18 October 2026

## BRIEFING

swimnolimits.com

# 2026 Calendar

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SNL Cala Montgó
24/5/26
Cup



SNL Platja d'Aro
04/7/26
Cup

03

SNL Experience
18/10/26
Cup

04

SNL Winter
19/12/26

# QUICK LINKS

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- KEY LOCATIONS AND SCHEDULE
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- 5.4K COURSE
- 3K PASSAGE
- 5.4K TURN
- 3.3K SWIM
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- 1.5K COURSE MAP
- BUOYS AND REFRESHMENTS
- KIDS AND RELAYS
- WEATHER
- PLAN B

## WHAT DOES THE MONTGÓ EXPERIENCE ENTAIL?

Welcome to the SwimNoLimits Experience, the magnificent finale of the SwimNoLimits 2026 circuit season.

**After being unable to complete the crossing on the planned date, the Montgó Experience has been rescheduled for Sunday, October 18, when we will only conduct the swimming tests.**

The event preserves the complete sporting spirit of the race:

✅ Grand finale of the SwimNoLimits Cup 2026.

✅ Three stunning circular routes, entirely within the Montgrí Natural Park.

✅ An exceptional ambiance to conclude the swimming season in Cala Montgó.

✅ Award presentation for the crossing and the SwimNoLimits Cup 2026.

A concluding day to reunite, compete, relish the sea, and wrap up the SwimNoLimits 2026 season.

## GENERAL LOCATIONS AND PROGRAM:

📍 Cala Montgó Beach
– Village area, departure and arrival of the official crossings
– Free parking available.
– Entry: Google Maps

### 🗓️ SUNDAY OCTOBER 18

**8:30am** · Delivery of bibs at the Village on the beach. Long and Middle Distances.

**9:45 hrs** · Briefing on the platform.

**10:00 a.m.** · Long hike 5.4 km

**10:00 am** · Delivery of race numbers at the Village on the beach. Short Distance

**10:20 a.m.** · Medium hike 3.5 km

**12:00 PM** · Short crossing 1.5 km.

**1:00 p.m.** · Awards ceremony for the SNL Experience and SNL Cup 2026 cruise

**ROUTE 5,400 meters:**

**-Departure time 10:00h.**

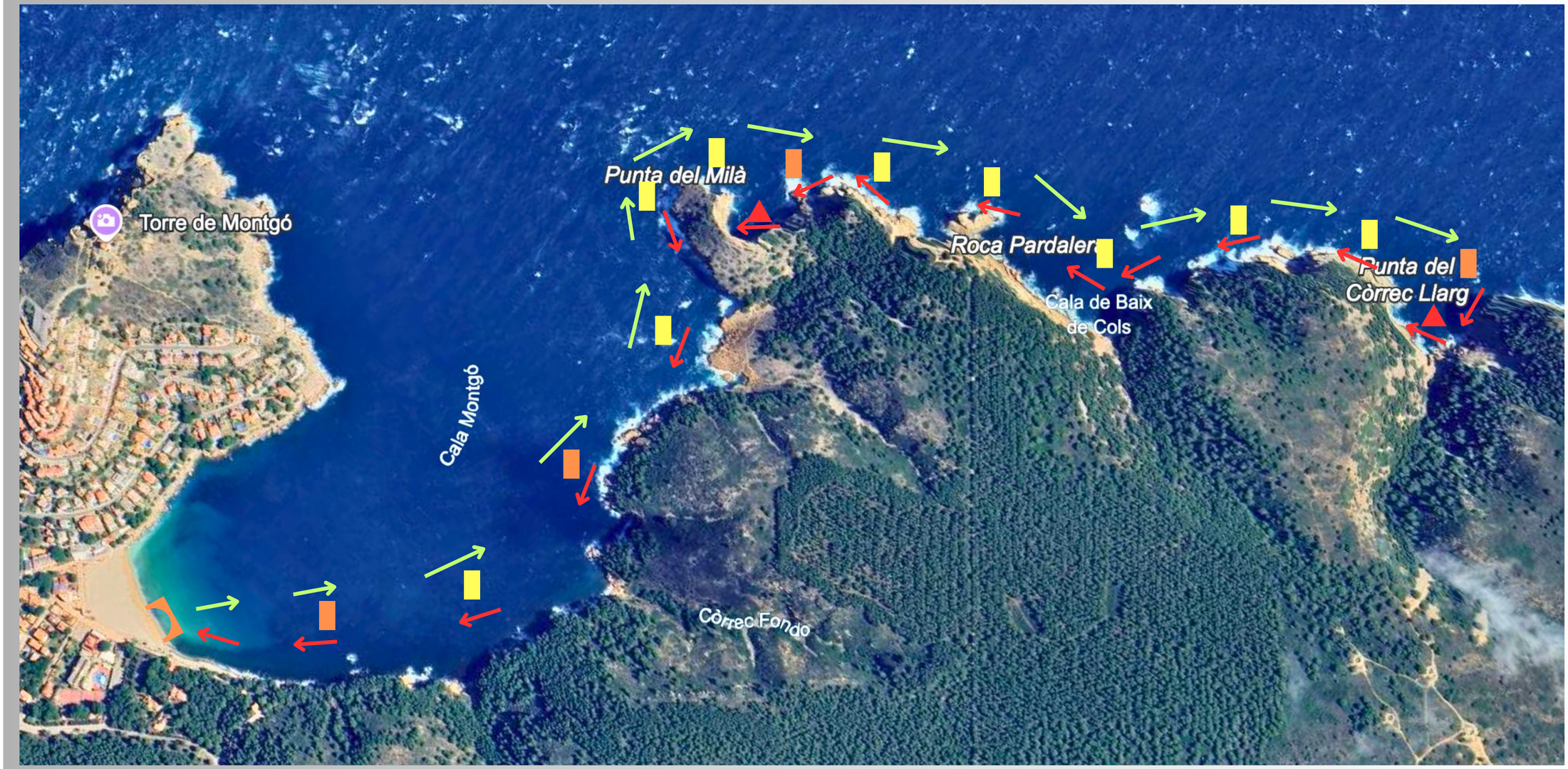
Buoy passage:
The buoys must always be kept to the right, as indicated by the arrows on the race map.
All buoys along the course:
**CYLINDRICAL YELLOW** Passage buoy, leave it to your right.

**ORANGE CYLINDER**
-1st. 1.5k turning buoy.
-2nd return point 3.3K. Always keep to the right, on the way out you do not access Cala Viuda.
-3era, piramidal roja 5.4k.

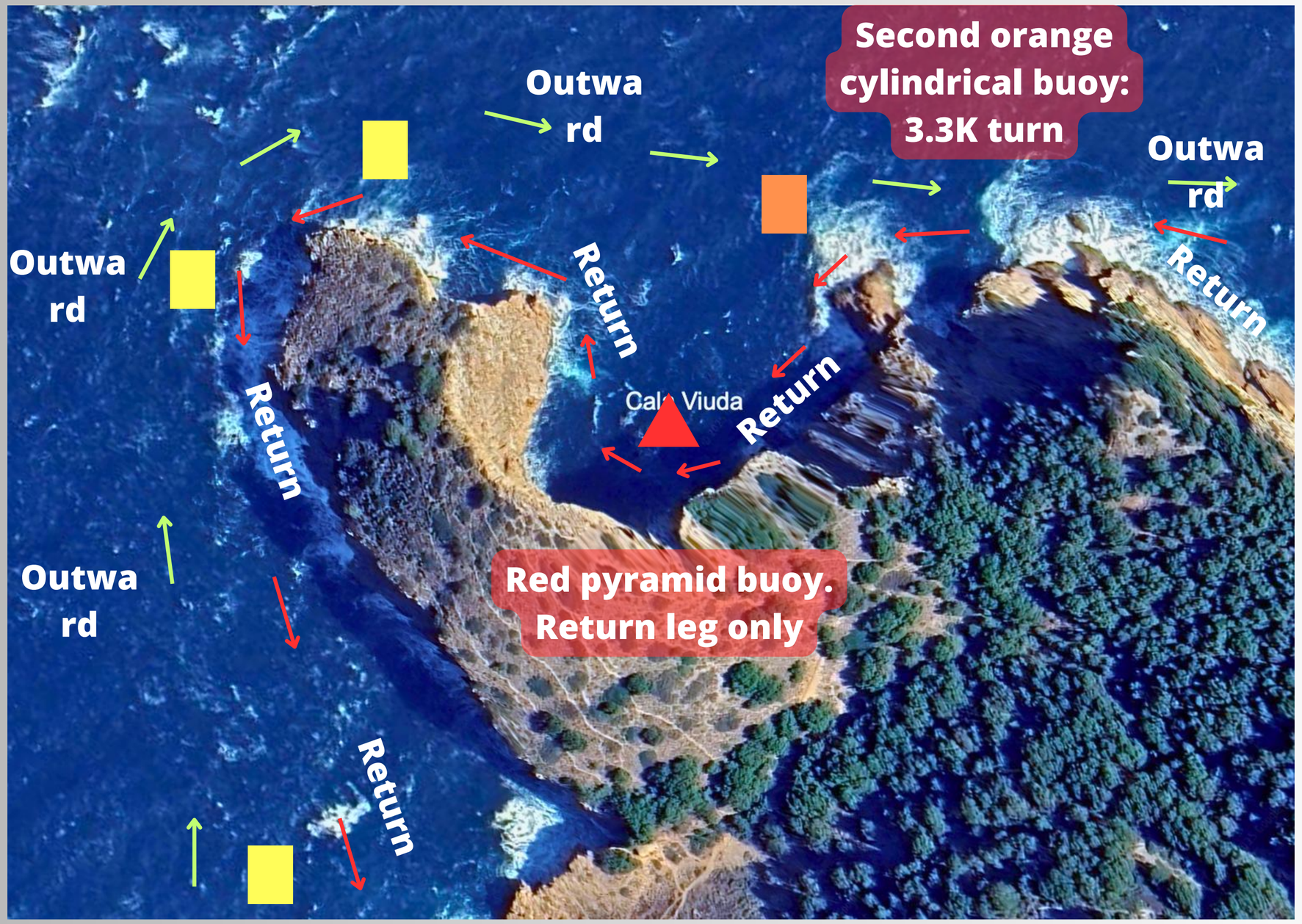
**RED PYRAMIDS. They are only considered on the return journey and are always kept to the right.**

**IMPORTANT, CUTTING TIME:**
Participants in the long journey have a **maximum of 1 hour to reach** the turning point and return of their route.
Swimmers who do not achieve this time will be transferred to the turning point of the middle distance circuit, from where they can continue swimming normally to the finish line.
In that case, the final time will not be considered for ranking or award purposes.

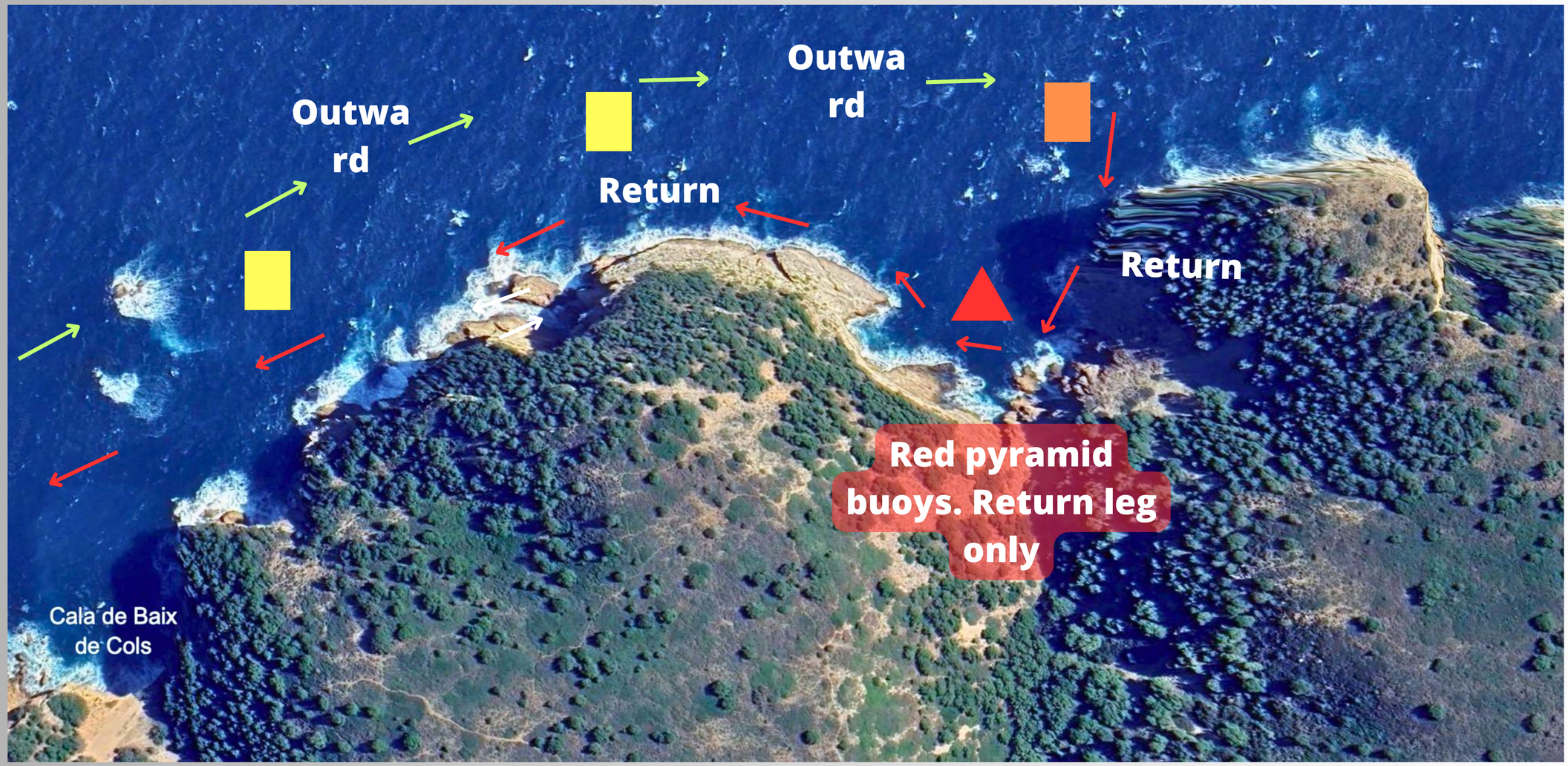
# 5,400-METRE COURSE:



# DETAIL OF THE 3.3K TURN BUOY PASSAGE FOR THE 5.4K COURSE:



# DETAIL OF THE 5.4K TURN BUOY:



## 3,300-METRE COURSE:

**– Start time: 10:20.**
The swim starts in the water. A countdown from 10 to 0 will be followed by a siren signalling the start.

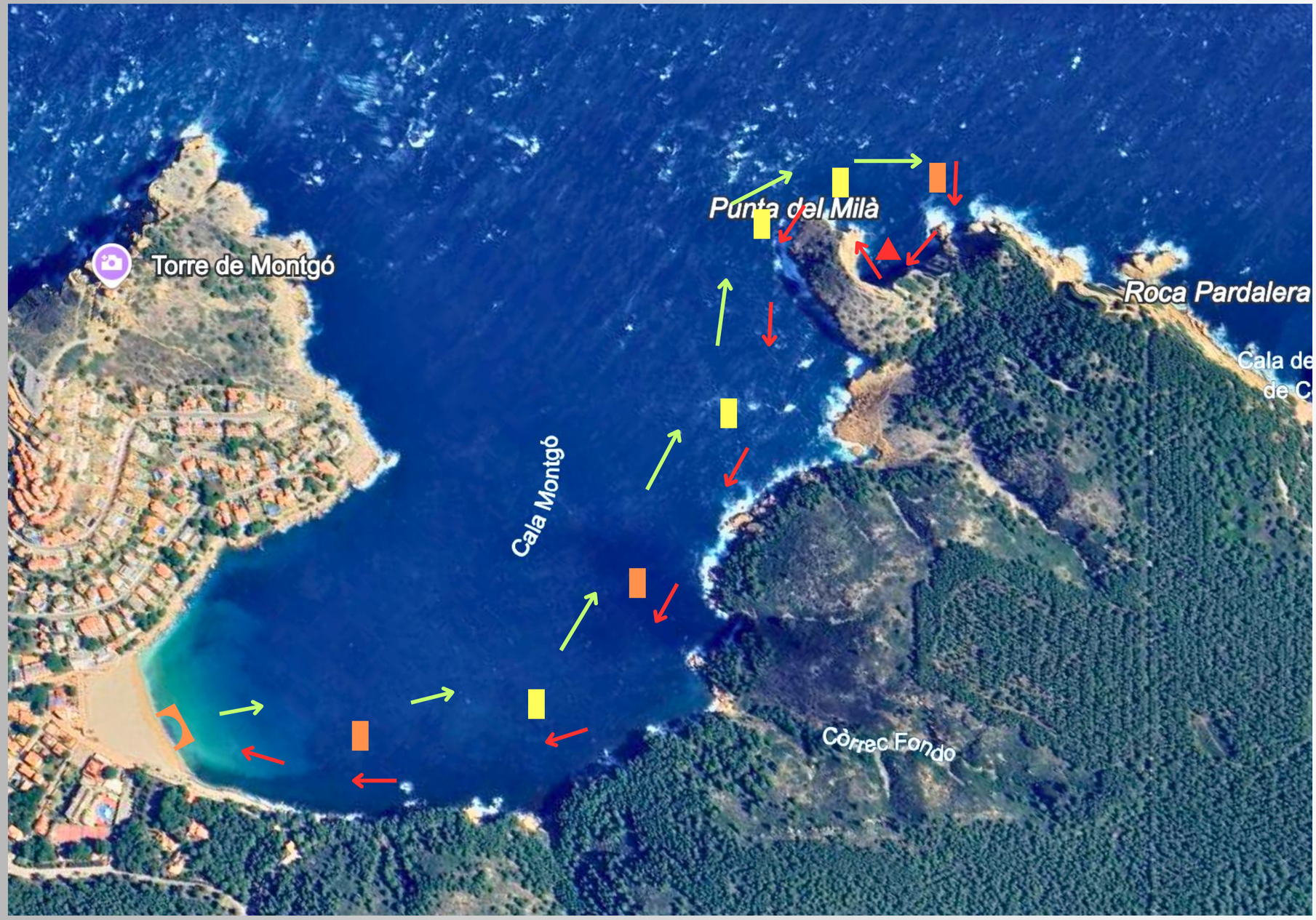
**Passing the buoys:**
– Always keep the buoys to your right, as shown by the arrows on the course map. The course uses the following buoys:
**YELLOW CYLINDRICAL BUOY:** Passage buoy; keep it to your right.

**ORANGE CYLINDRICAL BUOY:** The first marks the 1.5K turn; keep it to your right. The second marks the 3.3K turn.

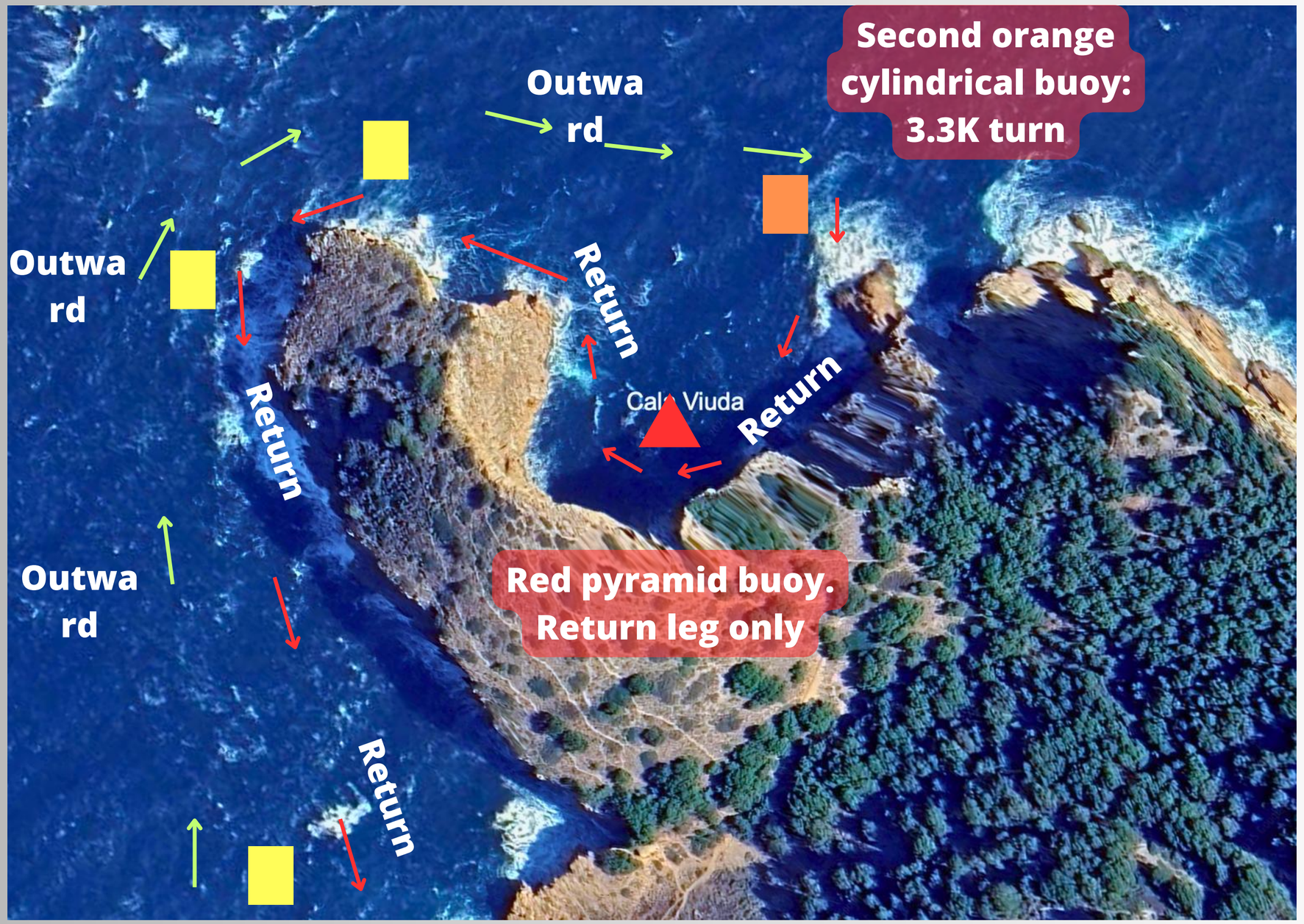
**RED PYRAMID BUOYS:** These count only on the return leg and must always be kept to your right.

**Safety boats:**
Safety boats will not act as guides. They will remain in the background to keep watch over all swimmers. Swimmers must navigate using the course markings set out by the organisers.

# 3,300-METRE COURSE:



# DETAIL OF THE 3.3K TURN BUOY:



## 1,500-METRE COURSE:

**– Start time: 12:00.**
The swim starts in the water. A countdown from 10 to 0 will be followed by a siren signalling the start.

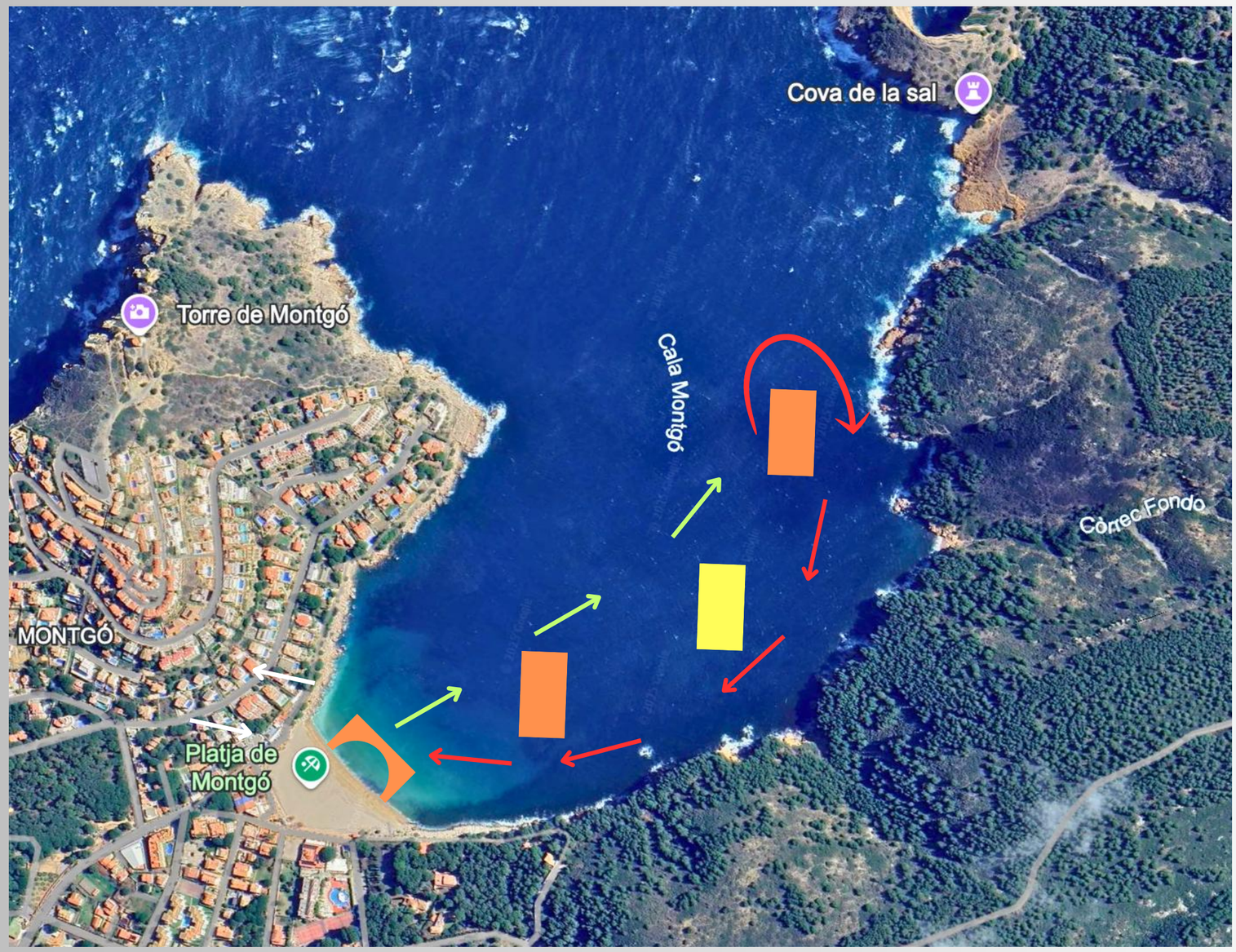
Passing the buoys:
– Always keep the buoys to your right, as shown by the arrows on the course map. The course uses the following buoys:
**YELLOW CYLINDRICAL BUOY:** Passage buoy; keep it to your right.

**ORANGE CYLINDRICAL BUOY:** The second turn buoy for the 1.5K course; keep it to your right.

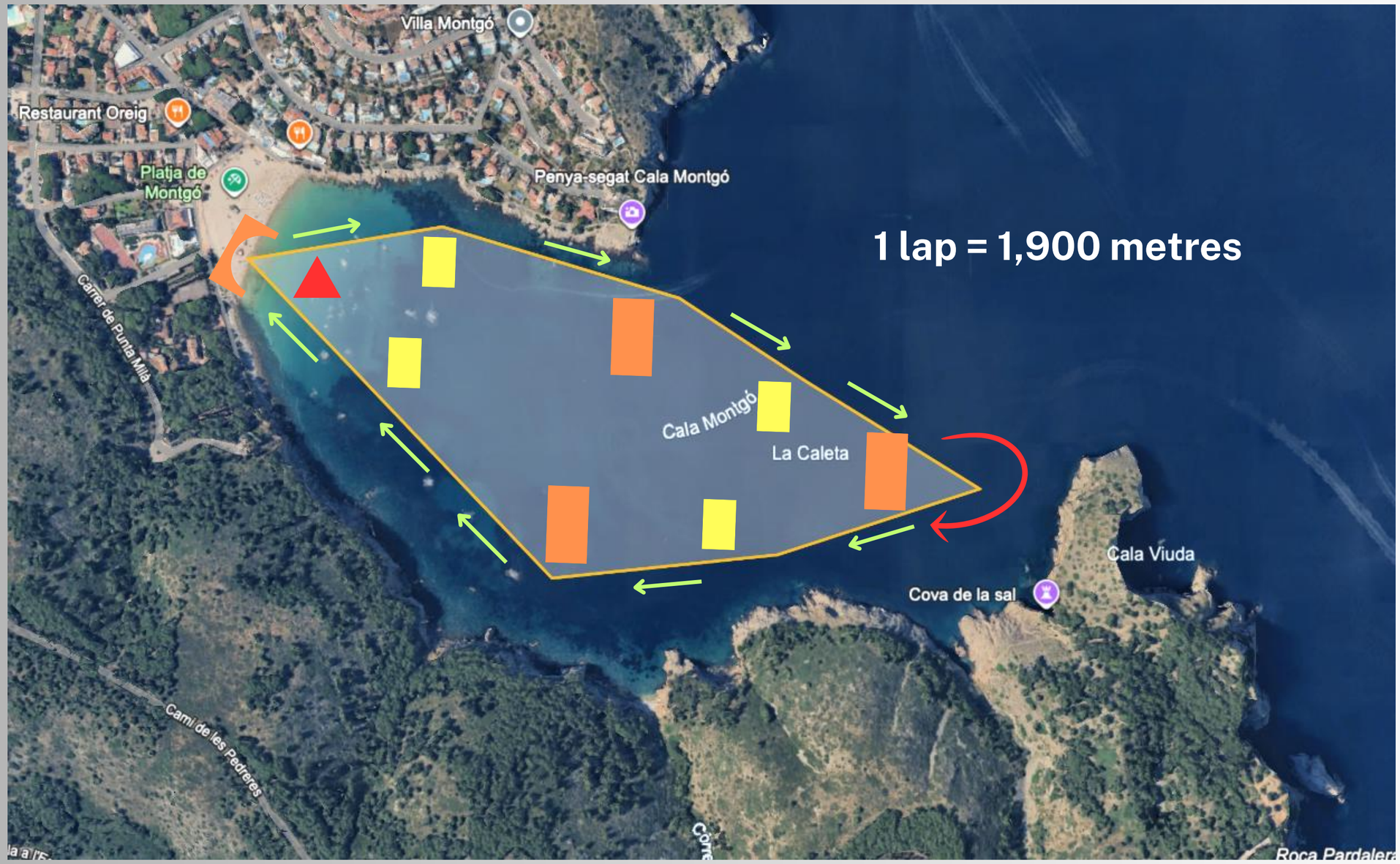
On the way back, follow the coastline and keep the buoys to your right until you reach the finish.

**Safety boats:**
Safety boats will not act as guides. They will remain in the background to keep watch over all swimmers. Swimmers must navigate using the course markings set out by the organisers.

# 1,500-METRE COURSE:



# PLAN B COURSE: middle distance, two laps; long distance, three laps.



# PLAN B COURSE: short distance, one lap. 1,500 metres



# 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.

**– Safety buoy:**

For SwimNoLimits swims, a safety buoy is mandatory, as stated in the event rules accepted at registration. The only exceptions are the kids' swims and relays. Any swimmer without the required buoy will have their bib removed and will be excluded from the results.

**– Refreshments:**

There is no designated refreshment station in the water, but the safety boats will carry bananas and water. Just raise your hand if you need us. At the finish, there will be watermelon, melon, bananas, hazelnut-spread sandwiches, nuts, sweets, water, cola and isotonic drinks.

# We never swim alone!

## Sponsors 2026






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Ajuntament de Torroella de Montgrí

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Ajuntament de Castell d'Aro Platja d'Aro S'Agaró

# Thank you!

If you are interested in working with us, please get in touch:

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