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FEDERACIÓ CATALANA DE NATACIÓ

SWIM no limits

SNL Platja d'Aro

July 4, 2026

BRIEFING

swimnolimits.com

Fem Esport!

Castell d'Aro Platja d'Aro · S'Agaró

2026 Calendar

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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
19/12/26

FAST ACCESS

Select the preferred option.

- LOCATIONS
  - BIB NUMBER ALLOCATION
  - TRAVEL 5.7K
  - 3.5K CROSSING
  - 1.5K CROSSING
  - PLAN B 3,500
  - CHILDREN AND RELAYS
  - METEOROLOGY
  - CIRCUIT IMAGE 5.7K
  - PHOTO CIRCUIT 3.5K
  - PHOTO CIRCUIT 1.5K
  - PLAN B 5.5K
  - SUPPLIES-PRIZES
  - OFFICIAL LODGING CALA GOGÓ CAMPING
  - PIVOT POINT 5.7K

Welcome to the SwimNoLimits Platja d'Aro Crossing. Please review the information below concerning the crossing.

LOCATIONS:

All SNL crossings are situated in regions of significant natural and scenic value; any misconduct in this context by a participant will lead to immediate disqualification, and the Maritime Unit of the Mossos d'Esquadra, responsible for security operations, will be duly informed.

Location: Camping Senia Cala Gogo, bib number pickup on Friday the 3th. Link here

The village area is situated at the starting and finishing point on Cavall Bernat beach. Link here

Suggested and complimentary parking area. Link here

SCHEDULES:

Bib collection: Credentials will be gathered at Camping Cala Gogó on Friday the 3rd from 6 PM to 8 PM (8 PM presentation of the crossing).

On the 4th, beginning at 7:00 a.m. in the village area situated at Cavall Bernat beach. (1.5k participants until 10:30 a.m.)

You must present your ID card, and for minors, you will need authorization from a parent or legal guardian.

Briefing: This will occur in the Village area at 8:20 a.m. for participants in the 3.2k and 5.7k races. The briefing for the 1.5k race is scheduled for 10:30 a.m. We will provide a detailed explanation of the sea conditions and any potential course modifications, the buoy locations, and address any questions you may have. Nevertheless, it is crucial that each swimmer reviews the course and buoy locations outlined in this document. As you are aware, our sport is entirely reliant on sea conditions. The highest safety standards will always be our foremost priority.

ROUTE 5,700 meters:

Departure time is 9:00 a.m.

The beginning will take place in the water, featuring a countdown 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.
- **Orange cylinder.** 1-Pivot point 1.5k. 2-Pivot point 5.7k
- **1-RED PYRAMIDAL.** They indicate the turning point and lead back behind the “dels musclos” rock. 2-Red pyramidal - positioned to the left.

The return trip is conducted along the coastline, ensuring that the buoys remain on the left side.

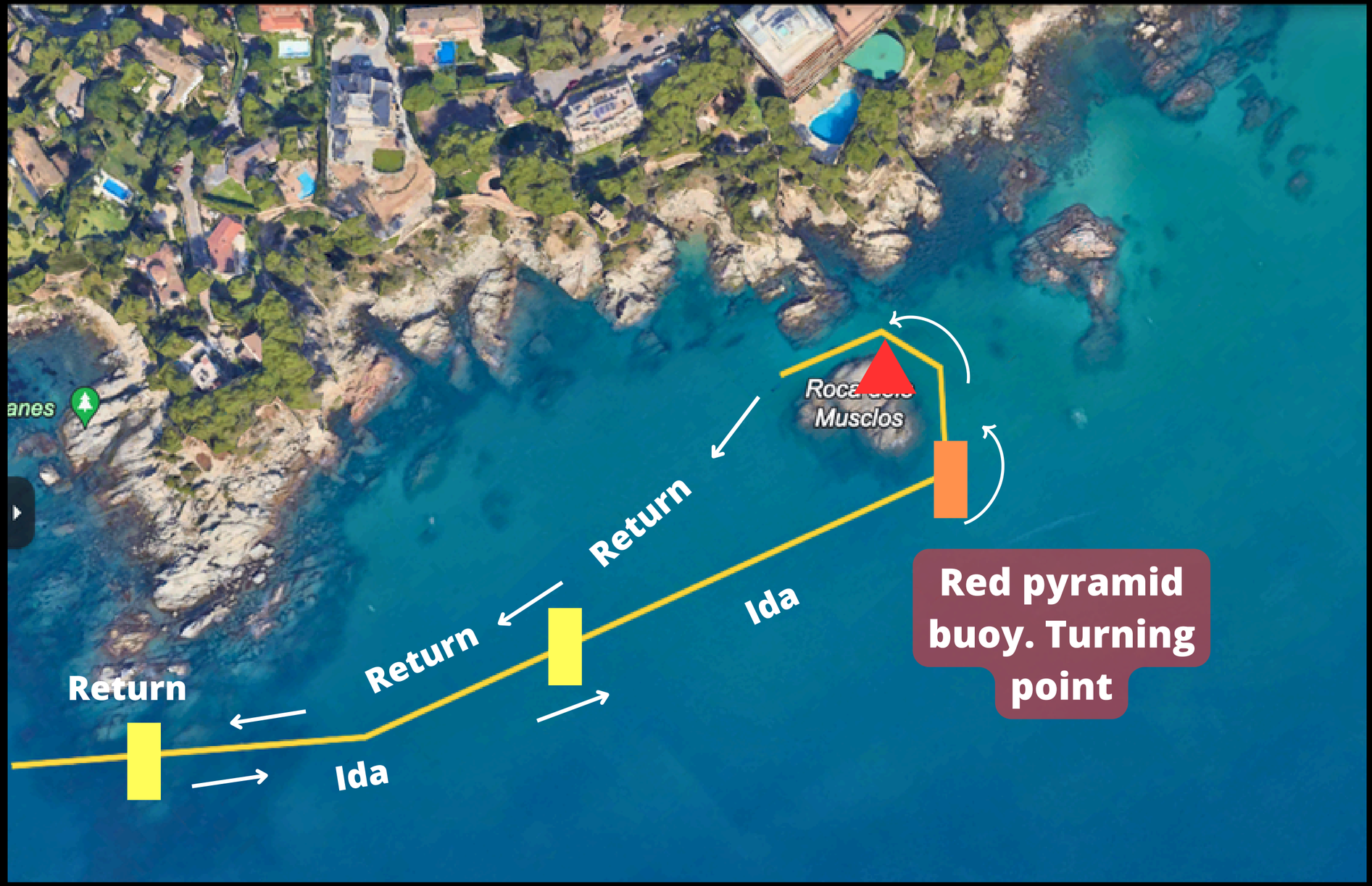
Safety boats:

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

DISTANCE 5,700 meters:



DETAIL TURNING POINT 5,700 meters:



3,500-meter ROUTE:

-Departure time 9:20 AM.

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

Buoy transit:
The buoys will consistently be positioned to the left, as shown by the arrows on the race map.
All buoys throughout the course:

- **YELLOW CYLINDER.** Passage buoy, keep it on your left.
- **ORANGE CYLINDRICAL.** Turn buoy, 1.5 km route. Keep to the left.

RED CYLINDRICAL AND PYRAMIDAL BUOYS. Indicate the turning and return point; you navigate between the two.

Safety boats:
The safety boats will not perform guiding tasks and will stay in the background, ensuring complete oversight of the swimmers. Instead, it will be the swimmers who navigate the circuit designated by the organization.

3,500-meter ROUTE:



1,500-meter COURSE:

-Departure time 11:00 AM.
The beginning will take place in the water, featuring a countdown 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:

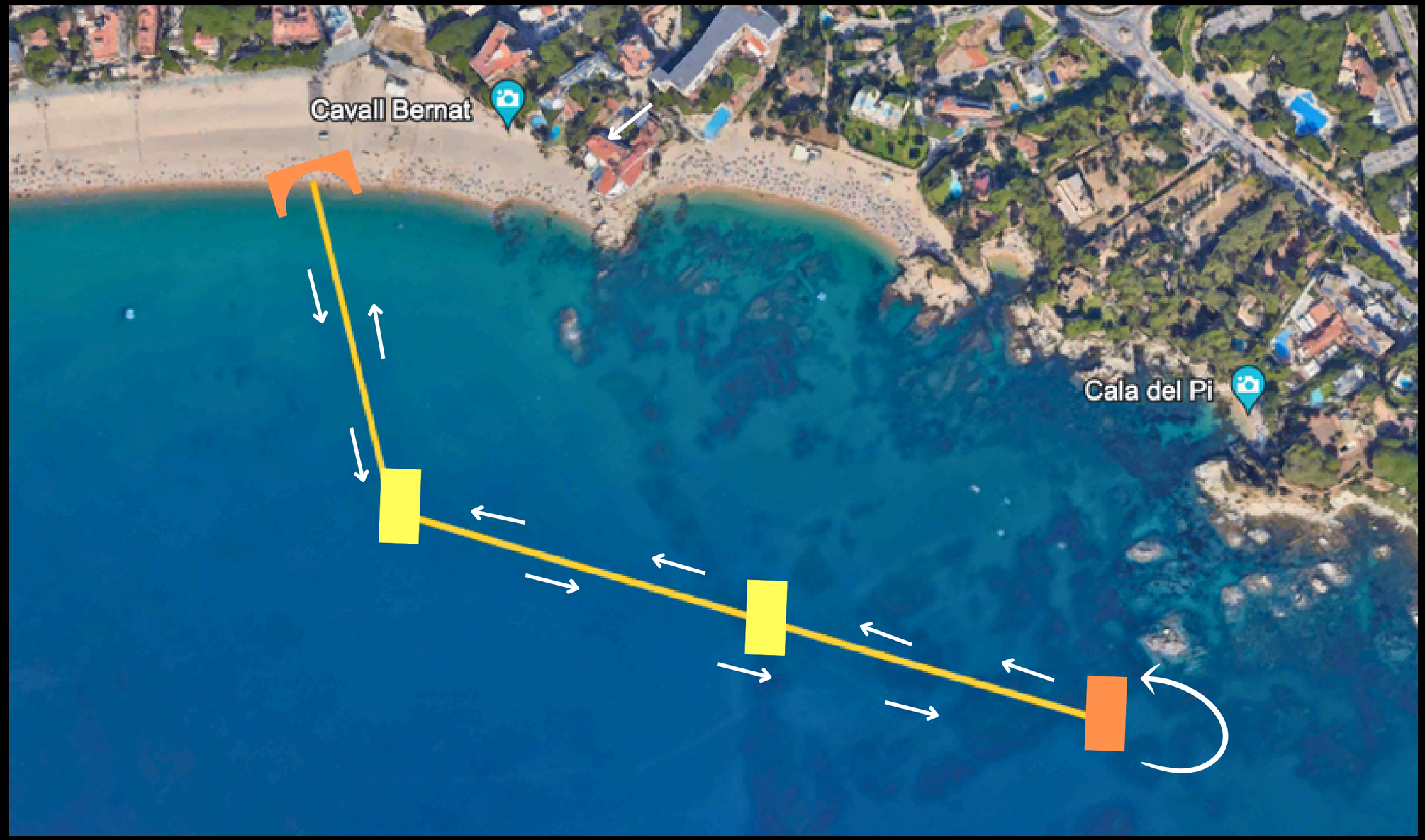
- **YELLOW CYLINDER.**
- The buoy is located to your left.

- **CIRCULAR ORANGE.**
- Turning buoy and return point. It is located on your left.

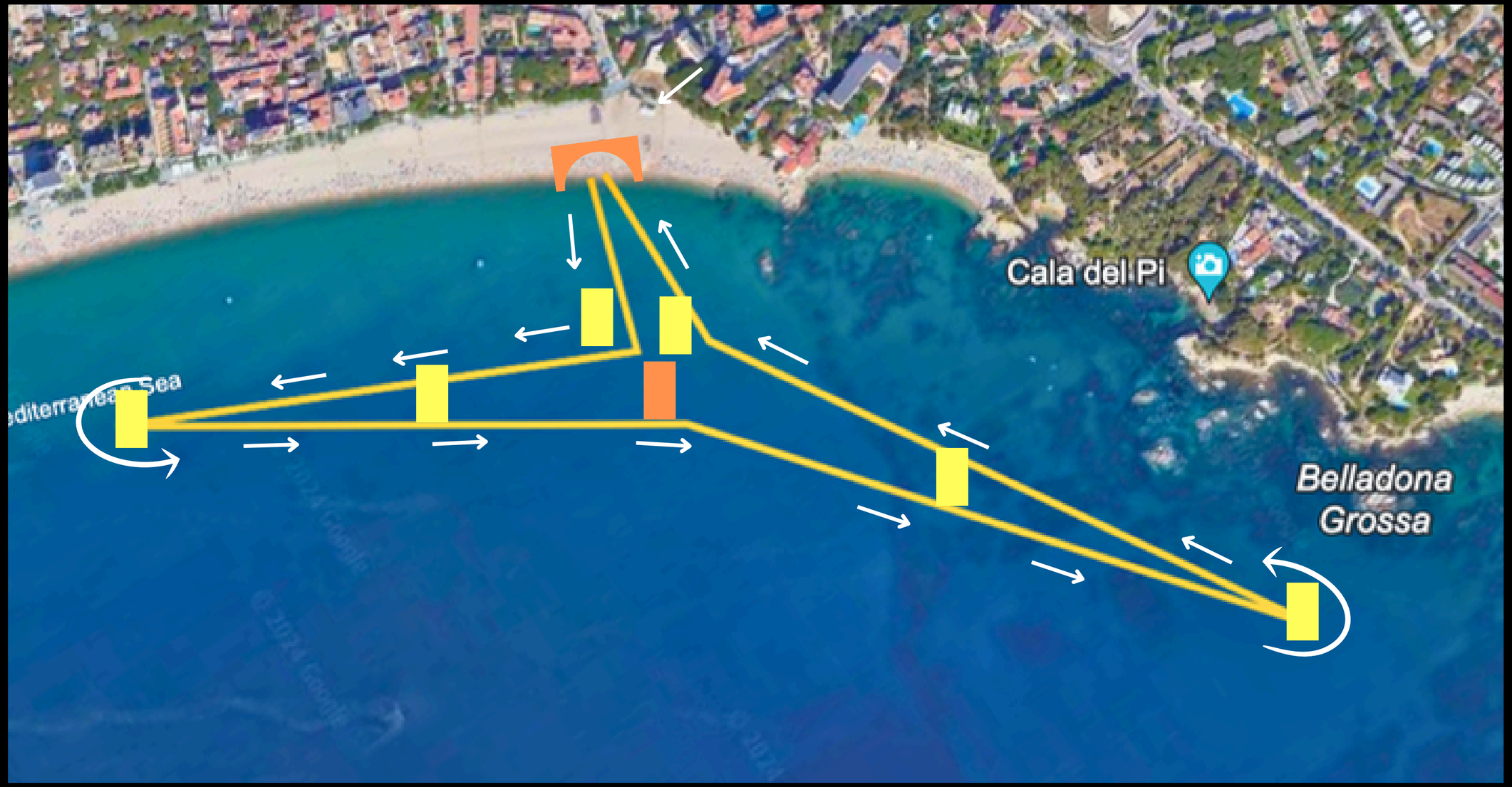
The return trip is conducted along the coastline, consistently keeping the buoys on the left, until reaching the finish line again.

Safety boats:
The safety boats will not perform guiding tasks and will stay in the background, ensuring complete oversight of the swimmers. Instead, it will be the swimmers who navigate the circuit designated by the organization.

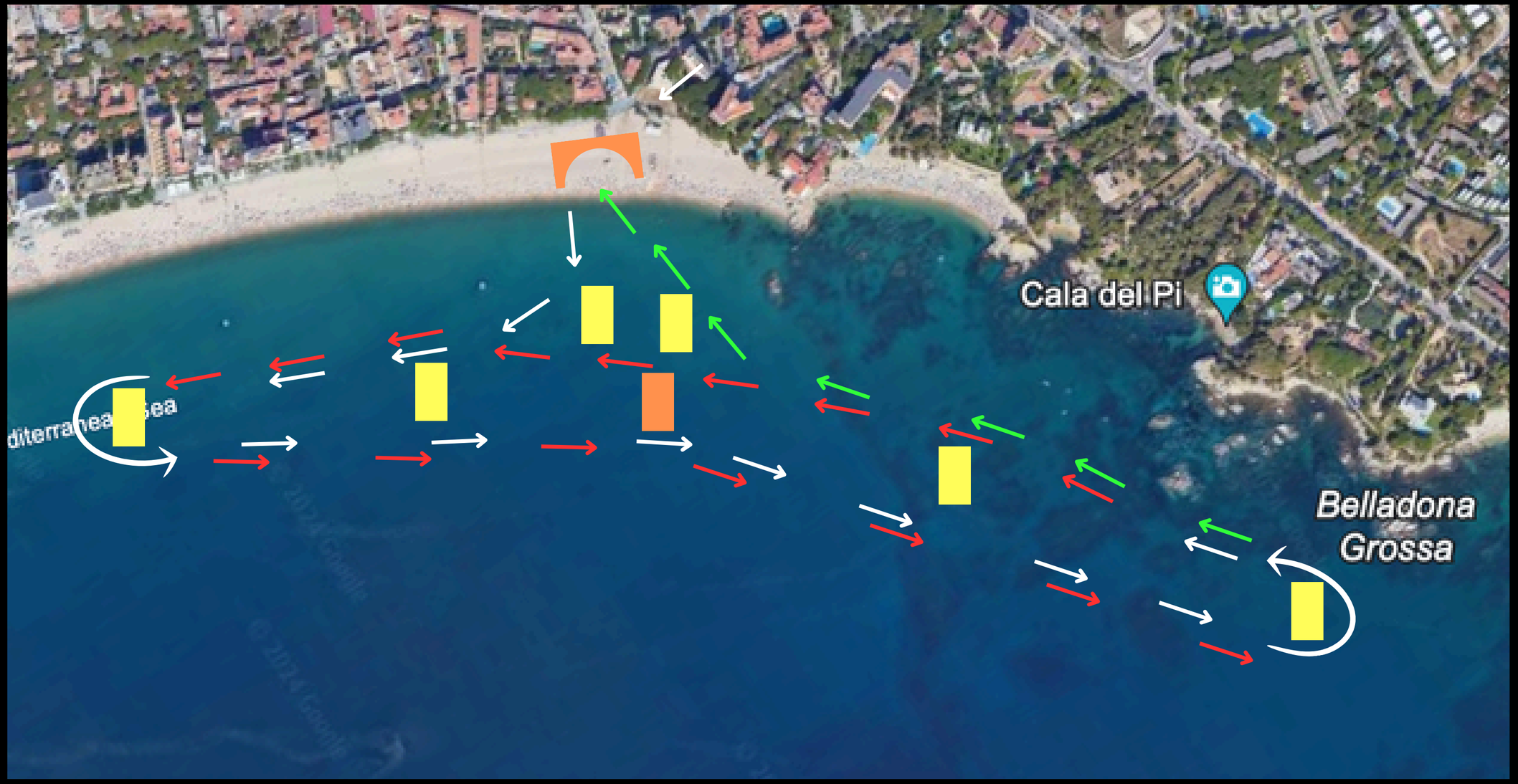
1,500-meter COURSE:



PLAN B: 3,500 meters



PLAN B: 5,500 meters. (Two laps around the circuit)
1- White arrows begin. 2- Red arrows reverse. 3- Green arrows and finish line.



Safety float:
In Swim No Limits crossings, **the use of a safety buoy is always required**, as outlined in the race regulations that participants accept upon registration.
Any swimmer who fails to wear the required buoy will have their bib number removed and will be disqualified.
The buoy will be used voluntarily only during the children's crossings and reliefs, which will consistently take place on the beach.

Silicone cover:

Wearing the swim cap provided by the organizers is mandatory during the race, and you must complete the event while wearing it. Not adhering to this requirement may lead to disqualification.

Supplies:
There is no specific resupply point on the water; however, boats and kayaks will be transporting bananas and water. Simply raise your hand, and we will assist you!
Upon arrival, we will provide watermelon, melon, bananas, hazelnut cream sandwiches, nuts, sweets, along with water, cola, and an isotonic drink.

Awards presentation:

The awards ceremony is scheduled to take place at the Beach Village at around 1 pm

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.

CHILDREN'S CROSSINGS AND RELAYS:

At the conclusion of the three competitive distances, the children's crossings and team relays will occur, both of a Solidarity nature.

REGISTRATION:

They can be completed in person at the bib collection tent, on the day of the event and the day prior during collection hours.

KIDS DISTANCES: 100 to 200 meters.

RELAY DISTANCES: Each participant completes one lap of a 400-meter track.
(Four participants per team)

We do not swim by ourselves!

Sponsors 2026





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ZONE3

Ajuntament de L'Escala

JOE WEIDER VICTORY ENDURANCE BY WEIDER

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Thank you!

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

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