

## RELAY SWIM CROSSING CORSICA-CAPRAIA

(33 KM)

1st - 4th June 2023

*"The sea unites the territories it separates"*

The Delegation of Capraia Island of the **Lega Navale Italiana**, together with **Abbracciamoli Onlus**, organize this **non-competitive** (i.e. not aimed at obtaining any record or primacy), and **inclusive** (i.e. in which both athletes and enthusiasts can participate, even with disabilities) relay swim crossing. In addition to being a unique and aggregative moment for the participants, the event aims to convey some messages dear and common to the two organizations:

- **raise awareness of the respect and protection of the marine environment:** with particular attention to the issue of microplastics and the risk of extinction of some species
- **promote inclusiveness in sport activities:** if everyone can participate, having to make sure that we always swim with the light, we must request to guarantee a minimum pace of 2.5 min/100m; in case of disability it will be possible to guarantee this step in pairs
- **represents an ideal bridge between two territories** once linked from a political and commercial point of view, and today linked by great friendships and a common sense of belonging, Corsica and Capraia, thus giving substance to A. Pope's saying "The sea unites the countries it separates"

### The program

The relay, over a total distance of 18 nautical miles (33 km), will involve 18 swimmers who will cover 30-minute sections in rotation, and will be organized as follows:

Thu 1st June: arrival in Capraia at 4.30pm

Fri 2nd June: departure for Macinaggio and overnight stay

Sat 3rd June: start of the crossing from Macinaggio at dawn (5:30); with expected arrival in Capraia not later than 9.00 pm

Sun 4th June: celebration lunch, departure from Capraia at 18:15

In case of adverse sea conditions, the departure for Macinaggio could be delayed up to 2 days.

### Requirements for swimmers

- have participated in at least **3 open water swimming events**, and at least 1 swim over a distance of no less than **5 km** (in a pool or open water)
- be able to keep a pace of **2.5min/100m for 30min**, or participate with another person with whom overall you can keep the required pace;
- have a **medical certificate** for competitive sports, or B1 equivalent for intensive cardiovascular sport activities
- contribute in advance to the expenses for the organization, divided equally among all the swimmers (about **250 euros** each)
- guarantee your availability for the period **1-6 June**
- be **18 years old** already
- do not suffer of **sea-sickness**

If you are interested in participating, write to [traversatacorsicacapraia\(at\)gmail.com](mailto:traversatacorsicacapraia(at)gmail.com), we will send you a **detailed description** and the link to the **online form**, that you must fill in **before 15th of March**.

For more information:

<https://www.leganavale.it/capraia-isola/evento/48096/TRAVERSATA-A-NUOTO-A-STAFFETTA-CORSICA-CAPRAIA>