



1. ORGANISATION

Club Natació Radikal Swim organises LA RADIKAL in collaboration with Club Nàutic Llafranc, Club Vela Calella, Club Atlètic Palafrugell, the Catalan Swimming Federation and Fundació Oncolliga Girona.

2. GENERAL INFORMATION

Dates: Saturday 10 and Sunday 11 October 2026.

2.1 LA RADIKAL 7.0

- Approximate distance: 7 km.
- Course: Platja d'en Calau (Calella de Palafrugell) – Illes Formigues – Platja de Llafranc.
- Date: 10 October 2026.
- Start time: 9.00 a.m.
- Start location: Platja d'en Calau (Calella de Palafrugell).
- Time limit: 3 hours. The organisation reserves the right to modify this time limit or move some participants forward along the course if weather or sea conditions, or the participants' pace, make this necessary for safety reasons.
- Mandatory equipment: safety buoy.
- The 7.0 race is part of the Catalan Open Water Swimming Circuit (Circuit Català de Travessies – CCT) of the Catalan Swimming Federation. Points will be awarded in accordance with the CCT regulations. Swimmers from clubs affiliated with the Catalan Swimming Federation must compete with the corresponding licence for the 2026-2027 season, valid from 1 October 2026. The 2025-2026 season licence, valid until 30 September 2026, will not be accepted.



2.2 LA RADIKAL 3.5

- Approximate distance: 3.5 km.
- Course: Platja de Llafranc – Calella de Palafrugell – Platja de Llafranc.
- Date: 10 October 2026.
- Start location: Platja de Llafranc.
- Start time: 9.45 a.m.
- Time limit: 2 hours. The organisation reserves the right to modify this time limit or move some participants forward along the course if weather or sea conditions, or the participants' pace, make this necessary for safety reasons.
- Mandatory equipment: safety buoy.



2.3 LA RADIKAL 2.0

- Approximate distance: 2 km.
- Course: Platja d'en Calau (Calella de Palafrugell) – Platja de Llafranc.
- Date: 10 October 2026.
- Start location: Platja d'en Calau (Calella de Palafrugell).
- Start time: 12.30 p.m.
- Time limit: 1 hour and 30 minutes. The organisation reserves the right to modify this time limit or move some participants forward along the course if weather or sea conditions, or the participants' pace, make this necessary for safety reasons.
- Mandatory equipment: safety buoy.
- The 2.0 race is part of the Catalan Open Water Swimming Circuit (Circuit Català de Travessies – CCT) of the Catalan Swimming Federation. Points will be awarded in accordance with the CCT regulations. Swimmers from clubs affiliated with the Catalan Swimming Federation must compete with the corresponding licence for the 2026-2027 season, valid from 1 October 2026. The 2025-2026 season licence, valid until 30 September 2026, will not be accepted.



2.4 RADIKAL KIDS

- Approximate distances: 50, 100, 200 or 600 m, depending on age.
- Course: Llafranc Bay.
- Date: 11 October 2026.
- Start time: 11.30 a.m.

2.5 LAST RADIKAL STANDING

- Approximate distance: 50 m per round, in knockout format.
- Course: Llafranc Bay.
- Date: 11 October 2026.
- Start time: 12.30 p.m.
- Approximate time limit: 45 min.
- Equipment: conventional swimsuit. Wetsuits are not permitted.

2.6 RADIKAL RELAYS

- Approximate distance: between 400 and 600 m per swimmer. The exact distance will be confirmed during the briefing.
- Course: Llafranc Bay.
- Date: 11 October 2026.
- Start time: 1.00 p.m.
- Expected duration: 1 hour.



3. PARTICIPATION

Any person may take part in the LA RADIKAL 7.0, 3.5 and 2.0 open-water swims, regardless of nationality, provided they meet the requirements set out in these regulations. The events are recommended for participants aged 18 and over. Participants under 18 must provide, when collecting their race bib, written authorisation from a parent or legal guardian and, where applicable, the corresponding federation licence. Under no circumstances may a minor start the race without first submitting this authorisation to the organisation.

To take part in the LA RADIKAL 7.0 and 3.5 swims, the organisation recommends having completed an open-water swim of 3,000 m or more within the previous two years, or being able to demonstrate a time of under 40 minutes for 1,500 m.

All participants declare that they are in the physical and mental condition necessary to undertake the race and accept that they participate under their own responsibility. Given the characteristics of the swims —distance, water temperature and possible adverse sea conditions— the organisation recommends not registering unless the participant has sufficient preparation to complete the chosen distance.

3.1 RACE BIB COLLECTION

Race bib collection will take place on Friday 9 October 2026, from 5.00 p.m. to 9.00 p.m., at the designated tents on Llafranc beach. A race bib may also be collected by another person —friend, family member or companion— upon presentation of an image or photocopy of the registered participant's ID document. An express collection service will also be available on Saturday 10 October in the morning, in Llafranc:

RACE BIB INFORMATION	LA RADIKAL 7.0	LA RADIKAL 3.5	LA RADIKAL 2.0
Location	Llafranc	Llafranc	Llafranc
Race bib collection	7:00 h – 7:45 h	8:15 h – 9:00 h	9:30 h – 10:30 h
Issue resolution	7:00 h – 7:45 h	8:15 h – 9:00 h	9:30 h – 10:30 h

4. EQUIPMENT

The organisation recommends wearing a wetsuit, as water temperatures on the Costa Brava in October are usually between 20 and 21 °C. Sea conditions may mean that the swim, particularly the 7.0, lasts more than two hours. A wetsuit helps reduce the risk of hypothermia and also provides protection against possible jellyfish stings. Nevertheless, participants who wish to do so may compete in a conventional swimsuit, under their own responsibility.

For safety reasons and to ensure participants can be properly monitored, during all swims it is mandatory to wear the swim cap provided by the organisation, the identification wristband and the timing chip: white if rented, or yellow if personally owned.

These items will be provided by the organisation when the race bib is collected, except for personally owned yellow chips, which each swimmer must bring on race day.

The use of a safety buoy is mandatory for all participants as a protective and visibility measure during the race.

The use of watches or aquatic GPS devices is permitted. Flotation, propulsion or assistance equipment is not permitted. The use of waterproof MP3 players, earphones or similar devices that could prevent participants from hearing safety instructions and warnings is also strictly prohibited.



4.1 RENTAL CHIP (WHITE) / OWN CHIP (YELLOW)

Participants who do not have their own Championship timing chip —yellow in colour— must rent a white chip for the swim in which they take part. The rental chip must be returned at the finish. Chip rental must be requested when registration is completed and carries an additional cost of €3.

Participants who have not booked chip rental in advance and who do not have their own yellow chip on race day must pay €10 to obtain a rental chip.

5. REGISTRATION

Registration opens on 5 January 2026 and closes on 2 October 2026 at 11.59 p.m., provided the maximum number of participants set by the organisation has not already been reached:

- LA RADIKAL 7.0: 600 participants.
- LA RADIKAL 3.5: 500 participants.
- LA RADIKAL 2.0: 550 participants.

To take part in any of the swims, participants must complete the registration form and accept both these regulations and the event safety protocol.

Registration for LA RADIKAL is personal and non-transferable. Once completed, participation rights may not be assigned or transferred to another person. Completing registration implies full acceptance of these regulations and the event safety rules.

Registration will be completed through the Radikal Swim website (www.radikalswim.com), using the Championship registration form and the credit or debit card payment gateway. Registration will be confirmed once the corresponding payment has been made.

Registration includes:

- The right to take part in the swim.
- Safety and assistance resources during the race: support boats, aquatic lifeguards, kayaks and medical resources (SVA, SVB and PMA).
- Refreshments during the swim (7.0) and at the finish.
- Special price for participation in the additional activities scheduled for Saturday 10 and Sunday 11 October 2026.
- Breakfast on Sunday 11 October 2026: hot chocolate and croissants.
- Official LA RADIKAL 2026 swim cap.
- Official LA RADIKAL 2026 gift.
- Finisher badge.
- Free event photographs.
- Swim briefing on Friday 9 October at 8.00 p.m.
- Support from the Radikal Angels Swimmers during the swims.
- Bag-drop service at the finish. Participants are advised not to leave valuables, watches, mobile phones or other valuable belongings. The organisation accepts no responsibility for loss or theft.
- Physiotherapy service after the swims.
- Discounts on accommodation in the municipality of Palafrugell.
- Accident insurance.



5.1 PRICES

LA RADIKAL 7.0		
05/01 – 05/03	Maximum 100 registrations	69 €
06/03 – 05/05	Maximum 100 registrations	72 €
06/05 – 05/08	Maximum 100 registrations	75 €
06/08 – 02/10	Until places are sold out	79 €
LA RADIKAL 3.5		
05/01 – 05/03	Maximum 100 registrations	66 €
06/03 – 05/05	Maximum 100 registrations	69 €
06/06 – 05/08	Maximum 100 registrations	71 €
06/08 – 02/10	Until places are sold out	75 €
LA RADIKAL 2.0		
05/01 – 05/03	Maximum 100 registrations	41 €
06/03 – 05/05	Maximum 100 registrations	44 €
06/05 – 05/08	Maximum 100 registrations	47 €
06/08 – 02/10	Until places are sold out	50 €

- Radikal Relays
Registration fee:
 - €8 per person for participants registered in any of the LA RADIKAL 7.0, 3.5 or 2.0 events; €15 per person for participants not registered in any of these events.
To qualify for the reduced price, the registration confirmation number for the 7.0, 3.5 or 2.0 must be provided.
- Last Radikal Standing
Registration fee:
 - €5 per person for participants registered in LA RADIKAL 7.0, 3.5 or 2.0.
 - €15 per person for participants not registered in any of the 7.0, 3.5 or 2.0 events.
 - To qualify for the reduced price, the registration confirmation number for the 7.0, 3.5 or 2.0 must be provided.
- Radikal Kids
Registration fee:
 - Reverse ticketing (pay-what-you-want). Proceeds will be donated to Fundació Oncolliga Girona, in accordance with the conditions set out in section 13 of these regulations.

5.2 CANCELLATION SERVICE

The organisation offers an individual cancellation service at an additional cost of €10. If a participant is unable to take part for personal reasons and has purchased this service, they may request a refund of the registration fee by emailing radikal@radikalswim.com. Refunds will be made according to the following deadlines:

- Up to 31 August 2026: 100% refund of the registration fee.
- From 1 to 15 September 2026: 50% refund of the registration fee.
- From 16 September 2026 onwards: no refund will be made.



The cancellation service does not cover changes to the course or cancellation of the event for reasons beyond the organisation's control. In such cases—including adverse weather conditions or other unforeseen circumstances not attributable to the organisation—the registration fee will not be refunded.

The cancellation service cannot be purchased for Radikal Relays, Last Radikal Standing or Radikal Kids, and no registration fee refunds will be made for these events. For Radikal Kids, proceeds will be donated to Fundació Oncolliga Girona under the terms set out in section 13.

5.3 REGISTRATION CHANGE OR AMENDMENT SERVICE

The organisation may process changes or amendments to a registration up to 20 days before the swims, subject to a €20 administration fee. Requests must be sent to radikal@radikalswim.com.

6. AGE CATEGORIES

The male and female age categories for the LA RADIKAL 7.0, 3.5 and 2.0 swims are as follows:

Category	Age	Year of birth
General	All ages	All years
Juniors	Up to 17 years	2009 and later
Masters +30	30-39 years	1996-1987
Masters +40	40-49 years	1986-1977
Masters +50	50-59 years	1976-1967
Masters +60	60-69 years	1966-1957
Masters +70	70-79 years	1956-1947
Masters +80	80 years or older	1946 and earlier

* All participants, regardless of their age category, are also included in the overall classification. Age will be determined by the age the participant turns during 2026, between 1 January and 31 December.

7. SAFETY MEASURES

Swimmers will be accompanied by kayaks and support boats. Motorised boats will maintain an appropriate safety distance at all times, which may vary depending on sea conditions.

The organisation's kayaks will be clearly identified and their crews will wear high-visibility vests to make them easy to identify and to guide swimmers.

There will also be general support boats and boats carrying personnel specialised in assisting athletes at sea.

The number of kayaks and boats may vary according to the final number of participants and race conditions, with the aim of ensuring safety.

8. REFRESHMENTS

The organisation will provide liquid refreshments during the LA RADIKAL 7.0 swim and liquid and solid refreshments at the finish of all three races. Participants who wish to do so may carry their own refreshments inside the mandatory swimming safety buoy.

9. FINISH

At the finish, participants using a rented white chip must return it. The organisation cannot guarantee the correct classification of any participant who finishes without the timing chip properly fitted or identifiable.

If a participant withdraws, they must inform the organisation immediately for safety reasons and, where applicable, return the rented white chip.



10. TERMINATION OF PARTICIPATION FOR SAFETY REASONS

The organisation reserves the right to end any swimmer's participation whenever it considers this necessary to ensure their safety.

Among other circumstances, the organisation may instruct a participant to leave the race and board a support boat in the following cases:

- Deterioration of sea conditions that could put participants' safety at risk.
- Signs of extreme fatigue, dehydration, hypothermia, an excessively slow pace or any other circumstance that prevents the participant from continuing to swim normally and safely.
- Failure to follow the organisation's safety instructions or leaving the safety limits marked by the kayaks and support boats.
- Making the distress signal by raising one or both arms.
- Exceeding the time limit established for the race.

Boat personnel and volunteers will look after participants' safety and may order a participant to withdraw whenever they consider this necessary to protect the swimmer's wellbeing.

11. MODIFICATION OF THE RACE

In the event of rough seas or other adverse phenomena —such as a large presence of jellyfish, currents or other circumstances that may affect safety— the organisation reserves the right to modify the course and activate one of the planned alternative routes. If the swim cannot be held with adequate safety guarantees, the organisation may cancel it. In this case, the registration fee will not be refunded and the event will not be postponed to another date.

12. CLOTHING TRANSPORT SERVICE

The organisation provides a clothing transport service for participants in the 7.0 and 2.0 swims, from Calella de Palafrugell to Llafranc. Participants are advised not to place valuables in the transport bags, as the organisation accepts no responsibility for loss or theft.

For the 3.5 swim, participants may leave their belongings at the bag-drop service in Llafranc.

Radikal Relays, Last Radikal Standing and Radikal Kids will not have a bag-drop service.

13. RADIKAL KIDS

- Location: Llafranc beach.
- Day: Sunday 11 October 2026.
- Time: 11.30 a.m.

Participants

Parents or legal guardians declare that minor participants are in suitable physical and mental condition to take part in the race and authorise their participation under their responsibility. The organisation recommends not registering any minor who is not sufficiently prepared to complete the corresponding distance.

Equipment

The organisation recommends the use of swimming goggles and a wetsuit. For safety and monitoring reasons, the official swim cap provided by the organisation must be worn. In this race, auxiliary training, flotation or propulsion equipment that helps the participant complete the course is permitted.

Registration

- Registration period: from 1 February to 2 October 2026 at 11.59 p.m., provided the participant limit has not already been reached. If places are still available, last-minute registrations may be accepted on Sunday 11 October at the race bib collection area in the Llafranc event village.
- How to register:
 - Complete the registration form available on the Radikal Swim website (www.radikalswim.com).
 - Acceptance of the race regulations and safety protocol is mandatory. Payment will be made by credit or debit card through the payment gateway.



- Registration will be considered complete once payment has been made.
- Price: reverse ticketing (pay-what-you-want). Proceeds will be donated to Fundació Oncolliga Girona.

Registration includes:

- The right to take part in the swim.
- Assistance during the race.
- Official Radikal Kids swim cap.
- Refreshments at the end of the swim.
- Commemorative gift.
- Access to the additional activities scheduled during the weekend of 10 and 11 October 2026.

Race bib collection

Race bibs will be handed out on Sunday 11 October at the Llafranc event village from 11.00 a.m.

Distances and categories

The categories, ages and distances are as follows:

- Pre-benjamins: 7-8 years (2019-2018) – 50 m.
- Benjamins: 9-10 years (2017-2016) – 100 m.
- Alevins: 11-12 years (2015-2014) – 200 m.
- Infantiles: 13-16 years (2013-2010) – 600 m.

Note: age will be determined by the age the participant turns during 2026, between 1 January and 31 December.

Safety measures

- Swimmers will be accompanied by kayaks, support boats and the Radikal Angels Swimmers.
- Motorised boats will maintain an appropriate safety distance at all times, which may vary depending on sea conditions.

Refreshments

At the end of the swim, the organisation will provide refreshments for all Radikal Kids participants.

14. LAST RADIKAL STANDING

- Location: Llafranc beach.
- Day: Sunday 11 October 2026.
- Time: 12.30 p.m.

Participants

- Price: €5 per person for participants registered in any of the LA RADIKAL 7.0, 3.5 or 2.0 distances.
- For participants not registered in these races, the price is €15. These amounts do not include the €3 chip rental fee, if required.

Equipment

- The use of swimming goggles is recommended.
- The official swim cap provided by the organisation must be worn.
- Wetsuits are not permitted.

Registration

- Registration period: from 1 February to 2 October 2026 at 11.59 p.m., provided the maximum number of participants set by the organisation has not already been reached.
- How to register:
 - Complete the registration form available on the Radikal Swim website (www.radikalswim.com).



- Acceptance of the race regulations and safety protocol is mandatory.
- Payment will be made by credit or debit card through the payment gateway.
- Registration will be considered complete once payment has been made.

Registration includes:

- The right to take part in Last Radikal Standing.
- Official Last Radikal Standing swim cap.
- Assistance during the race.
- Refreshments at the end of the competition.

Categories and prizes

- Categories:
 - Women's overall.
 - Men's overall.
 - Women's Masters.
 - Men's Masters.

Any participant aged 30 or over, i.e. born in 1996 or earlier, will be considered a Masters participant. Age will be determined by the age the participant turns during 2026, between 1 January and 31 December.

Race bib collection

Race bibs will be handed out on Sunday 11 October at the Llafranc event village from 11.00 a.m.

Distance

50 m competition in knockout rounds until only one swimmer remains.

Safety measures

- Swimmers will be accompanied by kayaks and support boats.
- Motorised boats will maintain an appropriate safety distance at all times, which may vary depending on sea conditions.

15. RADIKAL RELAYS

- Location: Llafranc beach.
- Day: Sunday 11 October 2026.
- Time: 1.00 p.m.

Distance



Each swimmer will cover an approximate distance of between 400 and 600 m. The exact distance will be confirmed during the race briefing.

Participants

- Price per participant:
 - €8 for participants registered in any of the LA RADIKAL 7.0, 3.5 or 2.0 distances.
 - €15 for participants not registered in these races.
- Participation is mandatory in teams of 4 people.

Equipment

- The use of swimming goggles and a wetsuit is recommended.
- For safety and participant monitoring reasons, the official swim cap provided by the organisation must be worn.

Registration

- Registration period: from 1 February to 2 October 2026 at 11.59 p.m., provided the participant limit set by the organisation has not already been reached.
- How to register:
 - Complete the registration form available on the Radikal Swim website (www.radikalswim.com).
 - The race regulations and safety protocol must be accepted.
 - Payment will be made by credit or debit card through the payment gateway.
 - Registration will be considered complete once payment has been made.
- **Registration fee:**
 - €8 per participant if all team members are registered in one of the LA RADIKAL 7.0, 3.5 or 2.0 distances.
 - €15 per participant for team members who are not registered in any of the LA RADIKAL 7.0, 3.5 or 2.0 distances.
- Registration includes:
 - The right to take part in Radikal Relays.
 - Official Radikal Relays swim cap.
 - Assistance during the race.
 - Refreshments at the end of the race.
 - Entry into the exclusive prize draw for participants.

Race bib collection

Race bibs will be handed out on Sunday 11 October at the Llafranc event village from 11.00 a.m.

Categories and prizes

- Categories:
 - Women's relay.
 - Men's relay.
 - Mixed relay. To be considered a mixed team, there must be at least one member of each gender.
- Prizes will be awarded to the top three teams in each category.

Safety measures

- Swimmers will be accompanied by kayaks and support boats.
- Motorised boats will maintain an appropriate safety distance at all times, which may vary depending on sea conditions.

16. PERSONAL DATA

In accordance with Regulation (EU) 2016/679 of 27 April 2016 on the protection of natural persons with regard to the processing of personal data (GDPR), and Spanish Organic Law 3/2018 of 5 December on Personal Data



Protection and the guarantee of digital rights (LOPDGDD), Club Natació Radikal Swim, tax ID number G65585697, informs participants that:

- Personal data provided through registration forms and the channels made available by Radikal Swim will be processed under the responsibility of Club Natació Radikal Swim.
- The data will be processed, among other purposes, for the following:
 - Managing participation in LA RADIKAL and associated activities.
 - Managing and processing information related to the race, including results, times, photographs and videos, where applicable.
 - Producing participation statistics to improve the organisation and the experience of future editions.
 - Providing information about activities, services, partnerships or sponsorships related to Radikal Swim, in accordance with applicable regulations and the participant's consent preferences.
- Completing registration entails processing the data necessary to manage participation in the event. Where a purpose requires specific consent, this will be requested separately.
- Participants may exercise their rights of access, rectification, erasure, objection, restriction of processing and data portability, as well as withdraw consent where consent is the legal basis for processing, by sending a request to radikal@radikalswim.com.

17. AUTHORISATION FOR THE USE OF IMAGES

In accordance with Article 18.1 of the Spanish Constitution and Spanish Organic Law 1/1982 of 5 May on civil protection of the right to honour, personal and family privacy and one's own image, Club Natació Radikal Swim regulates the use of images obtained during the event under the following terms:

By completing registration for LA RADIKAL, participants or, in the case of minors, their parents or legal guardians, authorise the use of images in which they may be identifiable, captured during activities organised by Club Natació Radikal Swim, for the purposes and channels indicated below:

- Official websites.
- Films and audiovisual materials intended for public dissemination.
- Photographs intended for magazines or other publications.
- Presentations and digital media.
- The club's or competition's social media channels.
- Graphic, informational or promotional material.

The use of these images will be limited to informational, communication or promotional purposes related to Radikal Swim activities, without prejudice to the rights recognised by applicable regulations.

