

Event description

Relay swim crossing
CORSICA-CAPRAIA (33 km)

“The sea unites the countries it separates”

June 1st-4th (6th) 2023

v1.3

The **Delegation of the Lega Navale Italiana of Capraia Isola**, together with **Abbracciamoli Onlus**, organizes a relay swim crossing between Corsica and the Island of Capraia from 1st to 4th June 2023 (with **possible extension until 6th June**). A **non-competitive** swim, not aimed at obtaining any record or primacy, and **inclusive**, in which both athletes and enthusiasts can participate, even with disabilities.



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

Please Note: in the event of adverse weather and sea conditions, the departure for Macinaggio could be delayed up to 2 days (so as to return from Capraia to the mainland at the latest on Mar 6).

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
- **representing 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"

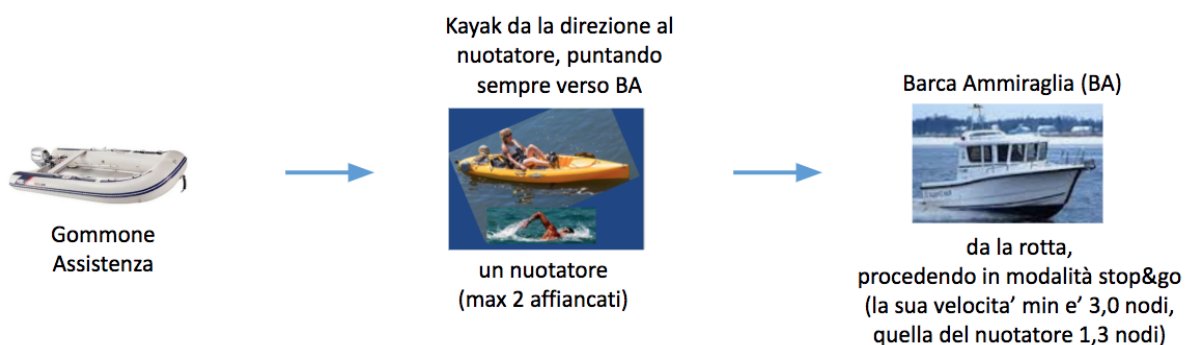
More than the event itself, the route will be interesting, made up of meetings, knowledge, training, exchanges, moments of sociality.

The path of the relay

The chosen route is the one between **Macinaggio beach (42.961931° N, 9.451588° E)**, and the **Port of Capraia (43.052308°N, 9.837906°E)**, for a total of **18 miles**. The presence of currents that can reach 1 knot in the center of the Corsica channel will allow swimmers with a pace of at least 2.5 min/100m to cover the route in **15 hours** (but some will have much lower paces). Leaving at around 5.30am, you should arrive by 8.30pm. This gives us a margin of at least 45 min on the sunset time. In fact, at the beginning of June there are 15 hours and 45 minutes of light (considering 30 minutes between dawn and dusk).

Service fleet

The assistance fleet will consist of 1 flagship boat, 1 kayak, 1 dinghy, for the assistance of the swimmer at sea, and 3 support sailboats that will take care of the transport of the other swimmers.



Ferry crossing

The support boat will be equipped with an **AIS** transmission and reception system, including an **anti-collision warning system**, which will therefore allow:

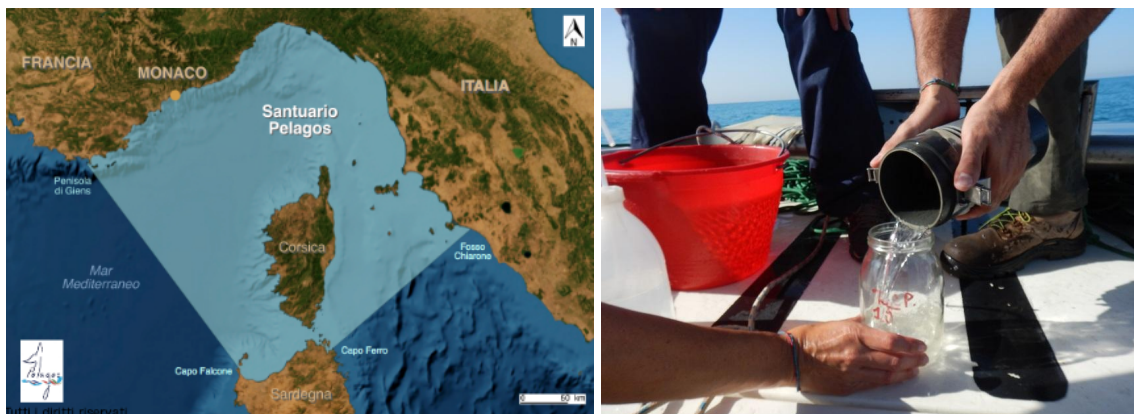
- Monitor the transit of ferries and other AIS-equipped vessels (ferries, cargo ships and fishing vessels)
- Report your presence

- Anticipate any collisions and, if necessary, correct the group's course to avoid them

Furthermore, it will be possible to monitor the traffic scenario through applications such as: VesselFinder and Marine Traffic.

Cetacean sighting and sampling for microplastic analysis

In a unique setting: the **Pelagos Sanctuary** (www.sanctuaire-pelagos.org/), an area characterized by high levels of biodiversity, especially for the number of large pelagics, including turtles, cartilaginous fish and marine mammals. Despite its high ecological value, the area is subjected to multiple forms of anthropic impact, including fishing, pollution, collisions with boats, with serious risks for the health of this delicate ecosystem. The swimming crossing intends to be the spokesperson for some important messages to protect the environment that hosts it. In collaboration with CNR researchers, moments of observation and recognition of large pelagics are carried out during the crossing and water samples are taken to check for the presence of microplastics.



We will ideally unite two islands linked by great friendship

Capraia and Corsica. The bond remains strong, unbreakable. The result of a coexistence lasting almost 300 years (from 1481 to 1768) linked to the common belonging to the republic of Genoa, an occupation far from being only domination. Cultural exchanges and mutual teachings. And then the language, that language that is still spoken in Corsica today (among the over 100 translated by Google), and that which is no longer spoken in Capraia (the last person who spoke "Capraiese" fluently disappeared in 2017), but of which there are still vivid memories (some old Capraiesi understand it), detailed documentation (the book by Tina Santini Lolli "Capraia d'altri tempi") and rare recordings (kept by the Accademia della Crusca): a Mediterranean language in which Italian (that of Dante), Genoese and French intertwine.

We will also represent a bridge linking two large natural marine parks:

- Parco Nazionale Arcipelago Toscano (Italy)
www.islepark.it
- Parc naturel marin Cap Corse et Agriate (France)
<https://parc-marin-cap-corse-agriate.fr>

Costs and sponsorships

At the moment we have estimated around **4,500 euros** for the organization costs, which include: rental of the flagship boat, reimbursement of medical expenses, creation of event t-shirts for the participants, the galley, insurance coverage, reimbursement of expenses for the support boats, dinner and overnight stay in Macinaggio, video production. The support dinghy and the sailboats will be made available free of charge by LNI Capraia members. Transport costs to/from Capraia and subsistence costs in Capraia for swimmers and their companions (overnight stays and lunches/dinners) are the responsibility of the individual participants.

The organization costs will be divided among the 18 swimmers, with a participation fee currently estimated at approximately **Euro 250**, to be paid in two tranches: a deposit of Euro 100 to be paid once confirmation of one's selection has been received, and in any case by 15 April; a balance to be paid by May 31st, once the go-ahead has been given on May 30th (in case of bad forecasts, the event could be cancelled).

We are in fact looking for sponsorships to cover part of the costs.

Previous similar crossings in the region

- Alessandro Bossini (Giglio) - 7 isole in 6gg (2010)
https://www.lanazione.it/cronaca/2010/08/31/377763-sette_isole_giorni.shtml
- Lionel Cardin e Pierluigi Costa (Elba) - da Bastia a Chiessi (Elba), in 26 ore (Luglio 2013)
<http://www.messaggeridelmare.it/messaggeri-del-mare-26-ore-a-nuoto-da-bastia-a-chiessi-per-salvare-il-mar-tirreno/>
- Vittorio Bardini, Davide Chiaverini, Mario Corrias, Giulio Del Bravo, Lucilla Mancini e Guido Nelli, staffetta dalla Meloria a Capraia 70 km in 17 ore circa (29 Luglio 2018)
<https://www.quilivorno.it/news/meloria-capraia-a-nuoto-limpresa-non-impossibile-di-6-livornesi/>
- Giorgio Riva, traversata in solitaria da Capraia all'Elba, 27 maggio 2023 (annuncio)

Requirements for swimmers

These are the requirements to be able to participate in the crossing:

- 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**

Schedule

Feb 15th	Call for Participation issue of swimmers, sponsors and partners
Mar 2nd	in-depth webinar on the event
Mar 15th	deadline for sending expressions of interest
Mar 30th	selection of swimmers, sponsors and partners
Apr 6th	press conference in Livorno to launch the event
Apr 15th	deadline for payment of the participation fee (100 euros)
Apr 30th	briefing with all participants
May 30th	final confirmation of the event (based on the weather forecast)
May 31st	deadline for payment of the balance of the participation fee (about 150 euros)
Jun 1st	arrival in Capraia
June 3rd-5th	possible dates of the crossing

As the number of swimmers is limited to 18, in the event of a higher number of applications, the organization will make a **selection of the participants at its sole discretion**, which will in any case take into consideration the date on which the interest in participating was expressed and the date of payment of the deposit of the participation fee. However, a **reserve list** will be communicated, which will be used in the event of non-payment of the balance of the participation fee within the established deadlines.

So if you want to apply to participate in this exciting swim and you meet the above requirements, [fill out the form by March 15th](https://form.jotform.com/direttivoInicapraia/traversata-corsica-capraia2023) which you can find at this link:

<https://form.jotform.com/direttivoInicapraia/traversata-corsica-capraia2023>

We will communicate the list of selected swimmers (and reserve list) by March 30th.

You will then have until April 15th to pay the deposit of the participation fee.