

Long-distance swimming

Long-distance swimming is practiced in open waters, such as rivers, lakes, open sea, or even pools.

It is divided into four categories according to the distance covered: up to 5 km, up to 15 km, up to 25 km, and over 25 km.

This discipline was contested for the first time in the 2008 Olympic Games in Beijing with the men's and women's 10 km open water marathon.

Italian version

25/07/2012