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The Rota Tiburones invite you to visit us! Rota, a quaint beach town on the Atlantic Coast of Spain, is central to many attractions to include fiestas, bullfights, flamenco performances, festivals and fairs, or “ferias.” Sightseeing abounds with historic monuments, castles, churches and museums. Spanish gastronomy is healthy and child friendly restaurants, with inside and outside dining, are abundant. Guided visits to “bodegas” (wineries) are available for local Andalusian wine and sherry tasting. Rolling country-sides are rich in sunflowers, olive trees and flourishing vineyards.

This packet provides all the information you need to plan your trip for a swim meet in Rota. For more details about the Rota Tiburones please check out our website at

<http://eteamz.active.com/rotatiburones/>

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Tiburone Swim Meet Information

Pool Course

Indoor aquatic center, 25 meter, heated, seven lane pool. Fresh water, non-turbulent, single lane lines, deep and shallow ends with competition starting block at deep end.



Meet Eligibility

Open to all registered members of participating teams in accordance with EFSL Swim Code eligibility criteria.

Entry Limit / Restrictions

The number of swimmers per team is not limited. Competitors are limited to a maximum of three individual events and two relays.

Entry Submissions

Entries should be submitted electronically to the Rota Tiburone Statistician, Marty Koop @ mjkoop@rota.med.navy.mil and copied to the Rota Meet Director (TBD). In accordance with EFSL rules, all entries must be received no later than 36 hours prior to any swim meet. Late entries will not be accepted. Changes and substitutions will not be accepted after entry submission. Scratches will be permitted at any time.

Race Procedures

The Rota Tiburones employ "overhead starts" which require swimmers to remain in the pool until the swimmer in the next heat has left the starting block.

Officials / Timers

The number of officials and timers requested from each visiting team will be determined according to the number of teams participating.

Concessions

Food, snacks, and drinks will be available during the meet in the concession stand outside the pool. Either Dollars or Euros are accepted. Food and drinks (except water) are strictly prohibited in the pool area.

After the meet

The Rota Tiburones will be inviting all swim participants and families to after meet get togethers; either dinner at a local restaurant or barbeques at the park. Let's celebrate our swimmers!

Directions around Rota Naval Base / Places to Eat on and off Base

Before you come to our swim meet please log onto our website

<http://eteamz.active.com/rotatiburones/> to print detailed directions around Rota Naval Base, as well as directions to our favorite places to eat.

Contact Information

President	Jason Baltimore	BaltimoreJ@navsta.rota.navy.mil
Vice President	Pearl Cardiel-Santos	Pearl.Cardiel-Santos@eu.dodea.edu
Secretary	Maribel Bastidas	maribelbastida@aol.com
Treasurer	Gary Damaschi	damaschig@navsta.rota.navy.mil
Fund Raising Chairperson	Connie Thompson	Connie.Thompson@eu.dodea.edu
Statistician	Marty Koop	mikoop@rota.med.navy.mil
Supply Officer	Ann Knowles	Arkknowles@aol.com
Travel Coordinator	Jody Fleming	jodyjai@hotmail.com
Meet Director	Amy Rawls	karawls2@yahoo.com
Recruitment Coordinator	Paul Chavez	pvchavez@rota.med.navy.mil
Publicity Coordinator & Member at Large	Jen Koop	koopzoo@hotmail.com
Member at Large	Eva Chavez	eachavez@rota.med.navy.mil
Webmaster	Lisa Damaschi	lisa.varney@solelunalle.com
Head Coach	Dianna Baltimore	baltimoredianna@yahoo.com
Head Official	Sue Black	Buckeyeblack@aol.com
Stroke and Turn Officials	TBD	
Starter	Jason Baltimore	BaltimoreJ@navsta.rota.navy.mil
Head Timer	Gary Damaschi	damaschig@navsta.rota.navy.mil

Tourist Information

Rota's tourism website (in English) includes a wealth of information on lodging, local activities, restaurants, and much more. It can be found at www.turismorota.com/ENG/Alojamiento/Hoteles_Rota.htm.



Rota Accommodations

In addition to the tourism website, excellent accommodations can be found at the Navy's listing of local hotels at www.rota.navy.mil/navsta/files/lodging/hotels.html.

On-base accommodations include:

1) The Navy Lodge (34-956-82-2643). Website: www.rota.navy.mil/navsta/files/lodging.html. The Lodge is set up for families and there are no age restrictions. No orders are required.

2) Base Housing at the Bachelor Officers Quarters (BOQ). You need no cost orders and with these orders you cannot make reservations in advance. The BOQ accepts young adults between the ages of 12 and 18; they must be accompanied by an adult. Contact the Central Reservation Desk at 34-956-82-1871.

Hosting

We offer hosting to swimmers coming to Rota. Please contact our Travel Coordinator, Jody Fleming, via email at jodyjai@hotmail.com as early as possible if you are interested in staying with a Tiburone family. State the name, age, and sex of your swimmer(s). We will match them up with similar families in Rota. This is a great way to visit other teams.

Hotel Recommendations

There are many great deals in the area for hotels during the off season (i.e. non-summer months). A complete listing of hotels in the area can be found at:
<http://costa-ballena.costasur.com/en/hotels.html>

Playa De La Luz (Car Deals, Free Breakfast Buffet)

011-34-956-81-0500/0606

www.hotelpayadelaluz.com/english

The hotel is 200 meters from the beach. It's a typical Andalusian hotel and offers many complimentary services.



Hotel Playaballena

Phone 011-34-900-18-1351 (Central Booking) or 011-34-956-84-9044

www.playasenator.com or email reservas@playasenator.com (to inquire about special offers)

A popular four-star beach-side hotel with spectacular views over the Costa Ballena golf course. Packages for swim families may be arranged to include various meal options. Special offers are available for groups of 22 or more. To arrange bus transportation from this hotel to Rota Naval Base please contact our Travel Coordinator, Jody Fleming, via email at jodyjai@hotmail.com as early as possible.

Hotel Duque de Nájera (Airport Transportation, Car Deals, Free Breakfast Buffet)

011-34-956-84-6020 or 011-34-956-81-2472

www.hotelduquedenajera.com/english

The hotel has seventy-eight large double rooms and most of them have excellent sea views. Other services include air conditioning, swimming pool, television, gymnasium and conference rooms.

Gran Hotel Colon Costa Ballena

Phone 011-34-0870-273-1273 or 011-34-956-847-100 (direct)

<http://www.holidayhotels.com/hotel.php?HID=20050323133140768377>

A large, four-star hotel. It has 200 rooms; 40 of these are luxury suites. Other features: TV rooms, restaurant and café, gym, hair dresser, sauna, jacuzzi, indoor and outdoor pools, play area for kids, mini-golf course, and massage and beauty parlour.

Transportation to and from Rota

If you are flying into the Jerez Airport and you will require transportation from the airport we will do our best to accommodate your needs. If you are flying into Seville and not planning to rent a car, public transportation is available (by train and bus) to bring you within comfortable pick up distance of the base (see 'Directions to Rota from local airports' section). Please contact our Travel Coordinator, Jody Fleming, via email at jodyjai@hotmail.com as early as possible to arrange assistance.



Airports close to Rota

- Jerez de la Frontera Airport (airport code: XRY): 40 minutes from Rota.
- Seville Airport (airport code: SVQ): Approx. 1 hour and 15 minutes from Rota.
- Malaga airport (airport code: AGP): Approx. 3½ hours from Rota.

Airlines

Several airlines fly into Jerez de la Frontera and Seville airports. Local swim families often use the following airlines:

- (1) Iberia. Spain's international carrier. Website <http://www.iberia.com> (change the language by clicking the drop down menu next to "idioma").
- (2) Ryan Air. Known for budget fares. Please pay special attention to their weight limits. Website <http://www.ryanair.com>
- (3) Air Berlin. Website <http://www.airberlin.com>.
- (4) Lufthansa. Website <http://cms.lufthansa.com>.
- (5) Hapag-Lloyd. Website <http://www.hlf.de>.
- (6) Condor Air lines. Website <http://www2.condor.com>.
- (7) Thomas Cook. Website <http://www3.thomascook.de>.

Travel Agents

The following is a list of travel agents that can assist you with your air transportation. They all have employees that speak English.

- (1) Viajes Bahia Luz. Phone: 34-956-37-3559, Email: agencia@viajesbahialuz.com or rota@viajesbahialuz.com Website: www.viajesbahialuz.com/
- (2) Viajes Plaza Real Travel. Phone: 34-956-86-0805, Email: real@galileoesp.com.
- (3) Viajes Ecuador (Carlson Wagonlit). Phone: 34-956-84-3265, Email: rota@viajesecusdor.net.
- (4) Paco's Travel (Viajes Difran). Phone: 34-956-81-2389/2823, Email: rota@viajesdifran.es or booking@pacostravel.com Website: <http://www.pacostravel.com>

Rental Cars

The Navy Exchange rental car counter is located at the Air Terminal. Their number is 34-956-82-2675 (DSN 314-727-2675). Additional rental car companies are located off-base. Crown Rent a Car (located just outside the Rota gate) can be contacted by Email at reservations@crownhire.com. Please note that automatic cars are considered a luxury and will cost a bit more than the standard small car price (about \$30/day).

Commercial Taxis

Commercial taxis have access to the Naval Station. For taxi service from on-base to either another on-base location or to a location in Rota, call 34-956-82-2929. For taxi service to El Puerto de Santa Maria call 34-956-87-2555.

Directions to Rota from local airports

Directions from Jerez Airport to Rota

Exit the airport and follow road over overpass. Enter main road on your left and continue straight and around one traffic circle. Merge left onto the highway. Shortly, you will come to the city of Jerez de la Frontera where you continue straight through the traffic light. The city is on your left. You will pass auto dealers, Leroy Merlin, and several bodegas (all on your right) including Croft bodega (winery). Continue straight and watch for a small sign indicating you must exit right towards Rota. (If you go under an overpass, you've gone too far and must make the next exit and go around circle to return). Travel around traffic circle and continue straight for 3-4 miles. Watch for small sign indicating you must again exit right (CA 614) towards Rota. (Note: If there is construction just continue to follow the signs toward Rota). Travel straight over rolling hills and past several vineyards and a prison on your left. Eventually, you will come to a T in the road in which you must make a right (onto A 491). Pass a Galp gas station and watch for a sign indicating, again, you must exit right (CA 603 Rota (sur)), and again, do not go under the overpass. Continue straight until a T in the road, the Rota gate to the naval base immediately on your left.



Directions from Rota to Jerez Airport

From the Rota gate of Rota Naval Base, make an immediate right on the perimeter road that circumnavigates the base (CA 603). Continue until the first opportunity to exit right (onto A491), following the perimeter of the base. Pass a Galp station and continue straight until km. 15.5, and then make a left (CA 614) towards Jerez de la Frontera. Continue straight for 10-15 minutes passing a prison on your right. Continue straight until a small sign indicating you must turn right towards Jerez de la Frontera. Travel straight passing large construction area and into the city. Continue around circle making a left turn just before the city descending and merging onto the perimeter road of the city. Signage will indicate direction "NIV Sevilla". The city should be on your right. Merge with traffic and be careful of changes in flow of traffic due to construction. Continue straight and pass several bodegas/wineries (including Croft) and Leroy Merlin on your left. You will leave the city behind as you continue straight into a rural setting. The road will become a highway for a short period. Watch for signs to the "aeropuerto". Exit right towards airport. Watch for small sign and enter parking lot on your left. Take a ticket. The first 30 minutes is free. If necessary, pay for parking with euros at the walk up machine.

Directions from Seville Airport to Rota

From Seville, you may take the train, bus, or car to Rota.

By train

Connecting to the local train station take the train South to El Puerto de Santa Maria. From here, the base is a 15-minute drive. Be sure to plan ahead for transportation from the train station.

By bus

Take the bus all the way to Rota. The bus station in Rota is located just outside the main Rota gate.

By car

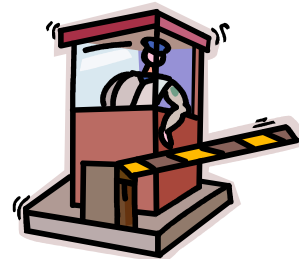
Follow signs to Seville out of the airport to Cadiz N-IV. Watch closely for a right exit to Cadiz IV. Stay in the left lane of exit to Cadiz IV instead of the right lane to Seville Ave. de la Palmera. Follow A4 through toll (5 Euros) continuing to exit Jerez Sur/Los Barrios. Turn right off the exit. Pass La Cartuja monastery on your left. At circle, make a left turn towards small town of El Portal. Continue straight thru town and past sanitation works. Pass another small town and old sugar factory on the left (there may be stork nests perched at top of building). The road eventually comes to a large traffic circle. Make a left at the circle and continue through commercial area. Remain in your right lane. You will see Toys R Us on the left and El Paseo Mall on the right. Make a right at the corner of the mall at traffic circle onto A491. Follow this road around the base (on your left) until you see CA603 (the Rota exit). Exit to the right and you will cross over A491. Follow straight [the base will still be on your left] until you come to a traffic circle where you make a left to go to the Rota Naval Base gate.

Directions from Rota to Seville Airport (by car)

Exit Puerto gate and make first left turn. Make a left at the first traffic circle (toward A491). Make a right onto the A491 and continue until large traffic circle at El Paseo Mall. Make a left at the traffic circle and continue to third traffic circle where you'll make a right. This turn is easy to miss, so watch for the small (two lane) road and a small sign for "El Portal." (Landmarks for this turn: As you approach this circle, you'll notice the large Osborne Bull and Tio Pepe man at the top of the hill. You'll also see the local water park, Aqua Sherry. A bright sign for "Hotel Club" is on your right. There is also a restaurant "venta" and nursery "viveros.") After making the right, continue on for some distance to the end of the road. You'll pass the sewage treatment plant on the right. At El Portal, notice the stork nests on the old sugar mill and the wrought iron factory on the right. Continue straight until traffic circle at the very end of the road. At the end, make a right at the traffic circle. Pass the La Cartuja monastery on your right. Shortly after, make a left onto the autopista, (A4 towards Seville). Seville is 84 km. Continue Straight on the A-4. At the toll (5 euros), pay with a credit card (tarjeta de credito) or euro cash (watch for green lights). Pass the town of Dos Hermanas, and stay in the right lane while following signs for "Todos direcciones" to Cordoba. Continue and follow signs to Cordoba. Look for the airplane and Aeropuerto sign. Stay in the right lane and exit at "aeropuerto." "Llegadas" are arriving flights. "Salidas" are departing flights. If necessary, take a ticket and pay for parking with euros at the walk up machine.

Getting Base Access

Base access for everyone is a critical part of our swim meets. As U.S. Military, family members, and Civilians we are guests of the Kingdom of Spain at the Rota Naval Station, thus we are tenants with limited privileges. The Tiburones work through Spanish Navy Security to get guest access to the Base. When we are in heightened force protection postures, visitor passes are not granted and activities both on and off-base are limited.



There are several ways to obtain base access for swim meets.

Option (1):

No cost orders to Rota. This will allow unescorted access to the Rota Naval Station. Orders must specify NEX and housing privileges in order to use housing, shopping, rental cars, etc. Upon arrival to Rota orders will need to be stamped either at the Rota terminal (if arriving by military flight) or at the Rota gate (if arriving by commercial flight).

Option (2):

If you are with the U.S. Military or Civilian and have leave papers – they will be stamped at the Rota terminal upon arrival (for military flights) or at the Rota gate (if arriving by commercial flight) and you will be granted access to the base. **YOU MUST HAVE YOUR LEAVE PAPERS FOR ACCESS ON AND OFF BASE.**

Option (3):

Social Pass. Please contact our Travel Coordinator, Jody Fleming, via email at jodyjai@hotmail.com at least two (2) weeks before arriving to arrange for visitor passes for our swim meets. You will need to provide a list of all attendees with full name (as it appears on the passport), nationality, and passport numbers for each adult/child in your group. Any Non U.S. Citizens from a Non-European Union Country will need to fax or send a physical copy of their passport so it may be verified. Families/groups will be assigned a sponsor to provide base access and you must be escorted on and off base by your sponsor. All MWR facilities are open to you, but base shopping, housing, and rental cars are not. On the day of the meet Tiburone representatives will be at the gate assisting you through security. Any personal rental cars can be parked at the front gate.

Local Activities while in Rota

MWR Information, Tickets and Tours (ITT)

MWR offers tours and activities for groups. For information on local fiestas, tapa hopping, flamenco shows, horseback riding on the beach, horse shows, and bullfights (generally April through September) call 34-956-82-3101 or x3101 (on base) or visit the website at <http://www.rotamwr.com/facilities/itt/index.htm>.



Day trips

Possibilities for day trips abound and include Cadiz, Cordoba, Sevilla, Tarifa, Gibraltar, the white towns (historic Arcos and Ronda) and Jerez de la Frontera, home of Spanish sherry and flamenco. Rota is located just north of the ancient city of Cadiz and about 1 1/2 hours north of Tarifa (the windsurfing capital of the world). If you have a little more time, it might be worth the four-hour drive and an overnigher to spend some time along the southern coast of Portugal. Information and scheduled tours are available through MWR ITT. If you have a group of 15 people or more any trip in the local area can be arranged along with bus pick up from your hotel. Contact Jorge Torres at ittrota2@rotamwr.com or contact our Travel Coordinator, Jody Fleming, at jodyjai@hotmail.com with questions or to request a specific tour. Cost varies on size of bus.

Golf

- (1) Ballena Golf: <http://www.BallenaGolf.com>. Playa Ballena hotel is located next to this golf course. See 'Rota Accommodations' section.
- (2) On Rota Naval Base: <http://www.rotamwr.com/facilities/golf/index.htm>

Sailing

- (1) Rota: Rota Marina: Telephone 956-840-069, FAX 956-813-811.
- (2) Puerto de Santa Maria: Marina Escuela de Vela: Telephone 956-81-2092.

Commissary and Navy Exchange (NEX) shopping

Because this is a Spanish base, be aware that unless you are traveling on orders with a statement authorizing commissary and NEX (AAFES) privileges, you will not be able to access any of those resale facilities. No exceptions to this rule are granted. One way to get around this issue is to have someone else shop for you. Spanish stores also carry many similar items for reasonable prices.

Gas information

Gas in Spain on the economy is approximately \$4 per gallon vice \$2.64 per gallon on base for authorized shoppers. Gas coupons for your rental car in Spain are not an option. The reason is because gas coupons in Spain have to be ordered months in advance, are sold only to personnel stationed here (sponsors), and are registered to specific vehicles with a license plate tracking system.