



SWIM
CHALLENGE
CASCAIS '23

LIDL SWIM CHALLENGE CASCAIS

REGULATIONS

2023

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Introduction

LIDL Swim Challenge Cascais is an open water swimming event, some of which will be held exclusively in the water, and others with starts, returns and arrivals on land, at Praia dos Pescadores, in Cascais, all under FPN and ANL rules.

The event includes races of the following distances

- 5km
- 3.8km
- 1.9km
- 1km
- KIDS (400m and 200m)

The event is organized by 3Iron Sports in partnership with the Cascais City Council, Portuguese Swimming Federation, Lisbon Swimming Association and the Cascais Port Captaincy.

The LIDL Swim Challenge Cascais begins on Friday, September 22, with the opening of the secretariat and ends on Sunday, September 24, at Praia dos Pescadores, Cascais.

Website:

www.swim-challenge.com

Contacts:

inscricoes@3ironsports.com

Event Program

Friday, September 22

10:00 – 20:00	Opening of Race office for all races	<i>Pescadores Beach</i>
10:00 – 20:00	Merchandising & EXPO	<i>Pescadores Beach</i>

Saturday, September 23

10:00 – 20:00	Opening of Race office for all races	<i>Pescadores Beach</i>
10:00 – 20:00	Merchandising & EXPO	<i>Pescadores Beach</i>

Sunday September 24

06:30 - 07:30	Accreditation in the 3.8km Race Office (No last minute entries allowed)	<i>Pescadores Beach</i>
07:40	Briefing 3.8km race	
08:00	Start of 3.8km race	
08:30 - 09:30	Accreditation in the 1.9km Race Office (No last minute entries allowed)	
09:45	Briefing 1.9km race	
10:00	Start of 1.9km race	
09:30 - 10:30	Accreditation in the 5km Race Office (No last minute entries allowed)	
10:00 - 20:00	Merchandising and EXPO	
10:45	Briefing 5km race	
11:00	Start of 5km race	
13:30 - 14:30	Accreditation in the 1km Race Office (No last minute entries allowed)	
14:30	Awards Ceremony 5km, 3.8km and 1.9km races 20km, 10km, 5km Team Awards Ceremony	

14:00 - 16:00	Accreditation in the KIDS Race Office (No last minute entries allowed)	
14:45	Briefing 1km race	
15:00	Start of 1km race	
15:45	Briefing KIDS race	
16:00	Start of KIDS race	
16:30	Awards Ceremony for 1km and KIDS 3.8km, 1.9km and 1km Team Awards Ceremony	

Registrations

a) Prices and Registration Stages

		Stages				
		1st Stage	2nd Stage	3rd Stage	Last Minute	Team Discount
Race	Max. Participants	Until august 31st	Between september 1st and 14th	Between September 15 and 21 (september 21st at 12:59)	September 22 (on-site, only athletes with Masters in Open Waters swimming license)	Teams with 20 or more participants
5km	100	40€	50€	60€	90€	5%
3.8km	300	35€	45€	55€	70€	5%
1.9km	300	25€	35€	45€	60€	5%
1km	150	20€	30€	35€	50€	5%
KIDS	50	15€	15€	20€	20€	
EXTRAS						
Race License (See details)			Athletes licensed with Federação de Triatlo de Portugal		5€	
			Non-Licensed Athletes		10€	
Cancellation Insurance					20€	

- Entries must be made online at www.swim-challenge.com, until 12:59 on 21st September;
- A fee is associated to the registration fee indicated above - Payment Fee - charged by the registration platform - according to the payment method chosen at the time of online registration:

a) Multibanco Reference - max. 1,30€

b) MBWAY: max. 1,60

c) VISA: 0.30€ + 2.2% on transaction value + VAT

*Note: the final calculated rate is adjusted to a multiple of 10.

- Entries are only considered valid once payment is made and confirmed;
- Entries for each race will close on 21st September at 12:59, or on an earlier date if the entry limit for the respective race is reached;
- After this date, registrations are considered last minute and can only be made on September 22nd, in person, at the event Race Office, and **only by swimmers with a license in Masters Open Water swimming by the Portuguese Swimming Federation, or from their international counterparts** ;
- Last minute entries may only exist, if a race still has vacancies in the respective period and if the organization considers that it does not affect the operation of the event. They will only be considered valid with the respective payment made and confirmed;
- The athlete's class is defined by the age he/she will be on the 31st December of the current year.

b) Team Discount

The team discount is valid for a collective entry of 20 or more swimmers of the same club, provided that the entries are made during the normal entry period (last minute entries are not included).

The discount does not apply to the KIDS competition.

The discount is limited to 1 race per athlete.

c) Multiple Race Registration

Athletes may participate in more than one race (5km, 3.8km, 1.9km and 1km).

d) Registration Fee Includes

The total registration fee includes:

- Participation in the race
- Race cap
- Finisher medal

e) Documents

For accreditation at the event secretariat, athletes will have to present their identification documents with photo and/or valid federation licenses.

f) Licenses

1. Federated Athletes

Competitions are intended for athletes with a valid license from the Portuguese Swimming Federation or from their international counterparts.

Athletes licensed as Masters by the FPN must be licensed in Open Water Masters or, alternatively, may participate as Non-Federates.

All athletes who are Federated in the Portuguese Triathlon Federation must acquire a Personal Accident Insurance at the time of registration, valid only for the day of the event.

All athletes that have a valid federation license to participate in the race must indicate at the moment of registration, which federation and license number they have.

It is the responsibility of the athlete to provide correct and valid information, as well as to ensure that their license (including the sports medical examination) is valid for the year in which the race takes place. In case of non-compliance, the organization is not responsible for accidents that may result from the athlete's participation in the race, nor for the reimbursement of the athlete's registration fee.

2. **Non Federated Athletes**

Athletes who do not possess a valid federation license to participate in the competition must acquire a Personal Accident Insurance at the time of registration, valid only for the day of the competition.

For these athletes, the organization provides a personal accident insurance as foreseen in the Decree-Law n.º 10/2009

g) Cancellation Insurance

When registering, the athlete may select the Cancellation Insurance option. This option allows the athlete to request the cancellation of the registration and the refund of the registration fee.

- This insurance does not include the return of the value of the insurance itself, the payment fee, or extra items purchased at the time of registration (including, but not limited to, the race insurance for athletes not federated in Open Water Master, the Portuguese Swimming Federation, or international counterparts).

The purchased and non-refundable items (merchandising only) will be delivered exclusively at the race office, upon presentation of proof of purchase.

This insurance is only valid for cancellation requests made until the 16th of September (one week before the event).

h) Reimbursement

Once the registration is confirmed, it is not possible to request its cancellation.

- A refund of the registration fee is only allowed for athletes who have purchased the cancellation insurance at the time of registration. (see details on Cancellation Insurance).

- There is no refund of the registration fee or any other amount paid by the athlete under any other circumstances, including, but not limited to, medical reasons.

i) Postponement of Registration

The request for postponement of registration for the following year's edition is only possible if the race in which the athlete is registered is postponed or cancelled due to force majeure reasons, and the athlete has picked up his/her kit on the day of the race.

- In this case, all extra items that have been purchased at the time of registration are delivered with the athlete's kit, at the race secretariat.
- Only the registration is transferable to the following year's edition (Insurance is not included).

The request for postponement of registration is only valid if made via email, within 60 days after the original date of the event.

j) Change of Registration

- Registrations are personal and non-transferable.

If an athlete wishes to cancel his/her registration, it cannot be exchanged or transferred to another athlete, even if both belong to the same team/club.

- The organization is not responsible for the participation and possible injuries/accidents of a person who improperly integrates the event in substitution of a registered swimmer.
- Should the organization identify an improper exchange of swimmers, those involved will be banned from the event and future editions.

k) Change of Entry Details

- Requests for changes to registration details will only be accepted if made by email, or in person at the race secretariat, until 22 September.
- The organization reserves the right to approve changes to registration details and/or request supporting documentation to make the same.

n) Medical Questionnaire

- All participants must fill in the "Relevant Medical Information" field in the online registration form (or in person, in case of last minute registrations) if they have any medical condition relevant to their participation in the event.

o) Term of Responsibility

- The acceptance of the Term of Responsibility (included in these regulations) at the time of online registration is mandatory for all events and replaces the paper Term of Responsibility.
- The completion and signature of the Term of Responsibility on paper is compulsory for last minute registrations of all events made at the event secretariat.

No registration is valid without the acceptance of the Term of Responsibility.

n) Conditions for Participation

By registering for any of the events, the person responsible for each entry - the participant, coach (or parent/legal guardian if a minor) - acknowledges, understands and confirms that:

- It is the responsibility of each registered athlete to ensure that all information entered at registration is correct and valid;
- It is the responsibility of each registered athlete to select a race for which he/she meets all the requirements demanded by the organization. Any injury and/or accident resulting from the athlete's participation in a race where he/she does not meet these requirements is the athlete's responsibility;
- The athlete has prepared adequately, is fit to participate and that he/she possesses the physical and psychic robustness, necessary for the completion of the event;
- All the athlete's medical information provided at registration can be shared with the event's medical team, in order to safeguard the safety of all participants;
- The organization is not responsible for any damage or accident suffered or caused resulting from misconduct, negligence, violation or non-observance of the regulations in force and/or the indications of the arbitration and safety elements and rules (maritime police, firefighters, lifeguards and others);
- In the event of not meeting the time limit established for the race, the arbitration team may collect him/her from the water;
- For minors, the responsibility of their participation is exclusive to the entity they represent or their legal guardians in the case of individual registration;

The athlete accepts the conditions of this regulation and the term of responsibility whose text we reproduce below:

"By registering for this event the athlete (or the parent(s)/legal guardian(s) if a minor) acknowledges that participating in sporting events of this nature can be potentially dangerous and that he/she is aware that accidents may occur. Also declares to be in the necessary physical condition to participate and conclude the event he/she enrolled in, participating in it willingly and with full knowledge of its regulations and obligations arising therefrom, taking responsibility for his/her participation and not attributing responsibility to persons, companies or entities, involved directly or indirectly in the organization or promotion of the event, for any personal or material damage he/she may suffer during the course of his/her participation. He also gives his authorization for the organizing or promoting entity of the event to use his name and image in photos, videos or other means of image transmission."

Races and Courses

1. 3.8km



1 lap

Start: Pescadores Beach, Cascais
On land

Start: 08h00

Finish: Pescadores Beach, Cascais
On land

Buoys: 3 turning buoys
20 sign buoys at every 170 m

2. 1.9km



1 lap

Start: Pescadores Beach, Cascais
On land

Start: 10h00

Finish: Pescadores Beach, Cascais
On land

Buoys: 3 turning buoys
9 sign buoys

3. 5km



2 laps

Start: Pescadores Beach, Cascais
In the water

Start: 11h00

Finish: Pescadores Beach, Cascais
In the water

Buoys: 4 turning buoys
16 sign buoys at every 140 m

4. 1km



1 lap

Start: Pescadores Beach, Cascais
On land

Start: 15h00

Finish: Pescadores Beach, Cascais
On land

Buoys: 3 turning buoys
4 sign buoys at every 150 m

5. KIDS



400m

2 laps

Start: Pescadores Beach, Cascais
On land

Start: 16h00

Finish: Pescadores Beach, Cascais
On land

Buoys: 2 turning buoys

Turning Point: the athlete exits the water, walks a short distance on the sand and re-enters the water.



200m

1 lap

Start: Pescadores Beach, Cascais
On land

Start: 16h00

Finish: Pescadores Beach, Cascais
On land

Buoys: 2 turning buoys

General rules

PROVA	5km	3.8km	1.9km	1km	KIDS
Min. Age	14 y/o(Fem) 15 y/o(Masc)	14 y/o(Fem) 15 y/o(Masc)	14 y/o (Fem) 15 y/o(Masc)	12 y/o(Fem) 13 y/o(Masc)	9 years old
Max Age	-	-	-	-	14 years old
Race Licenses	<p>The races are intended for athletes with a valid license in the Portuguese Swimming Federation (in Masters Open Water) or in their international counterparts.</p> <p>Athletes without a valid License will have to purchase Personal Accident Insurance and complete the Medical Questionnaire at the time of registration.</p>				
Wetsuit	18 a 20°C				
Day	24 September				
Max Time for Accreditation	10:30	07:00	09:30	14:30	16:00
Briefing/ Athlete Call	10:45	07:40	09:45	14:45	15:45
Start Time	11:00	08:00	10:00	15:00	16:00
Start Locatiton	Cascais				
Start Tyoe	In the water	On land			
Finish Location	Cascais				
Finish Type	In the water	On land			
Cutoff	02h30	02h00	01h00	00h45	-
Aid Stations	-	-	-	-	-
Laps	2 laps	1 lap	1 lap	1 lap	400 m 2 laps 200 m 1 lap
Min. Participants	-	-	-	-	-
Max. Participants	100	300	300	150	50

- The organization will ensure all the necessary support and safety for the running and monitoring of the race. For that, the organization will count on the support of the Cascais City Hall, Lisbon Swimming Association; Maritime Police, Fire Brigade, ISN and the necessary canoeists. The organization will ensure the accompaniment by a specialized medical team
- The organization is not responsible for any damage or accidents that the participants may suffer or cause during the competition due to misconduct, negligence or violation of any of the safety rules established for the competition.
- The organization reserves the right to prevent participation in the race or to collect during the course all individuals who do not present technical and physical conditions to finish the race safely.
- The organization reserves the right to remove any swimmer from the water to ensure their safety and whenever one of the following conditions occurs:
 - Demonstration of extreme fatigue, dehydration, hypothermia, extremely slow pace, or any other sign that prevents the participant from swimming normally.
 - Swimmers who do not follow the safety indications of the organization.
 - Adverse weather and sea conditions.
 - Cancellation of the accompanying canoeist for the 20km ultramarathon race.
- The organization reserves the right to prevent participation in the race or to collect during the course of the race all individuals who have unsportsmanlike conduct, endanger safety or disrespect other participants, the public or members of the organization and arbitration. Attempting to participate in a race in which he/she is not registered is penalized with the suspension of the athlete for the following editions.
- In case of need and according to the number of entrants and the weather and sea conditions, the organization may choose to hold separate starts by gender.
- The organization reserves the right to modify/cancel/suspend/ stop the race (due to extremely adverse weather conditions or other force majeure reasons). In these cases, the organization will try to reschedule the race to a new date convenient for its accomplishment. If the race is rescheduled, athletes who have collected their athlete's kit on the original race day, may request a postponement of their registration for the next edition. Athletes eligible for a postponement must make their request within 60 days of the original event date.
- The organization reserves the right to adjust the race distances in case of extreme necessity (extremely adverse weather conditions or other force majeure reasons), and also to cumulate several races into one, with the possibility of cumulating the distances into one.
- The organization reserves the right to adjust the distances of the races in case of extreme necessity (extremely adverse weather conditions or other force majeure reasons), and also to accumulate several races into one, and may therefore change the initial distance of the race not held on its original schedule.

The organization reserves the right to change the courses and distances of all the races.

a) Race Equipment

1. Swim Caps

It is compulsory to wear the official race cap provided by the organization at the moment of accreditation.

2. Wetsuit

Is allowed according to FPN rules, if sea water temperature is less than 20°C. If the water temperature is less than 18°C, the use of the wetsuit is compulsory.

The water temperature will be calculated by measuring the water in 3 distinct points along the course, the official temperature being defined with the lowest measurement.

(i) Suit construction: The wetsuits made of textile material shall not extend beyond the wrists, neck and ankles, respecting in all other requirements the specifications of the wetsuits for the pool.

*Note: Isothermal suits are suits that produce thermal insulation. Isothermic suits for both men and women must cover the torso, back, shoulders and knees, but may not extend beyond the neck, ankles and wrists.

(ii) Socks and collars: the use of socks and collars is optional for all races, provided they do not help in the propulsion of the athlete.

3. Goggles

The use of glasses is optional.

4. Chip

compulsory. The chips will be given by the organization before entering the start box.

5. Marking / Tattoos

(i) The athletes that do not wear thermal suit will be marked with the respective numbers in the back, arms and hands.

(ii) The athletes wearing thermal suit will be marked with the respective numbers on the hands.

6. Watches

The use of a watch is allowed.

7. Prohibited equipment

swimmers are not allowed to use inflatable safety devices or auxiliary materials or objects for buoyancy, propulsion and breathing such as, but not limited to: pullbuoys, fins and snorkel

b) Buoys

All course marker buoys must be circumvented as indicated (both on the race map and in the explanation during the pre race briefing) under penalty of disqualification.

c) Start

1. on land

The athletes will have to present themselves at the start box on land to control their "athlete number" in a delimited area - before entering the water.

No participant can enter the start zone without checking his "athlete number".

2.In the water

Once all athletes have been accounted for, and after the race briefing, they will be directed into the water.

- Access to the control box closes 10 minutes before the start time. No athlete may enter the water after the control box time closes.
- After the mini -briefing on site, the starting shot, will be given with all athletes present lined up.
- In the starting zone the clock will start counting at the established time, with or without the presence of all registered athletes.

In the start zone, the clock will start to run at the established time, with or without the presence of all registered athletes.

The athlete must be at the start zone.

d) FINISH LINE

1. On land

The finish is only considered when the athlete crosses with his/her torso the imaginary perpendicular line to the finish line present under the finish arch.

2.In the water

It is only considered when the athlete touches the finishing structure with his hand.

e) Timing

An electronic timekeeping system will be used, with electronic stations at the start and finish line to record the passage of the athletes according to their number.

Referees

The event will be refereed by the ANL, in accordance with the regulations of the World Aquatics and the Portuguese Swimming Federation for the same type of competition.

Classifications

The age considered for the classifications is the age of the athlete on the 31st December of the year in which the competition takes place.

a) Individual

The individual classification will be divided as follows

1. **Female Absolute**
2. **Male Absolute**
3. **Male Age Group**
4. **Female Age Group**

Race	Age Group		Year of Birt
	Female	Male	
KIDS 400m	KIDS I (13 to 14 anos)		2009 to 2010
	KIDS II (11 to 12 anos)		2011 to 2012
KIDS 200m	KIDS III (9 to 10 anos)		2013 to 2014
•1km •1.9km •3.8km •5km	14-15	-	2008 to 2009
	-	15	2008
	16-17		2006 to 2007
•1km •1.9km •3.8km •5km	18-19		2004 to 2005
	20-24		1999 to 2003
	25-34		1989 to 1998
	35-44		1979 to 1988
	45-54		1969 to 1978
	55-64		1959 to 1968
	65-74		1949 to 1958
	75-84		1939 to 1948
	>85		Until 1938
•5km	Águas Abertas 20+		Before 2003

b) Teams

- The team classification is divided into 2 groups, according to the race distances.

WOWSA Portugal Champion	Open Tri Champion
20km; 10km; 5km	3.8km; 1.9km; 1km

- The classification of each group exists for teams that competed with 5 or more athletes in the respective races.
- Only athletes who finish the race and are classified score points for the respective team classification.
- The team classification is obtained by adding the points obtained by each element of the team, according to its rank in each race, in the following table:

RANK	POINTS
1st	50 points
2nd	49 points
3rd	48 points
4th	47 points
...	...
After the 50th place, each participant gets 1 point	

- All athletes finishing the race will receive a participation medal.

The following will be awarded at the prize-giving ceremony:

RACE	Male Absolute	Female Absolute	Age Groups (Male& Female)	Teams
5km	1st, 2nd 3rd	1st, 2nd 3rd	1st	1st, 2nd, 3rd
3.8km	1st, 2nd 3rd	1st, 2nd 3rd	1st	1st, 2nd, 3
1.9km	1st, 2nd 3rd	1st, 2nd 3rd	1st	
1km	1st, 2nd 3rd	1st, 2nd 3rd	-	
KIDS 400m	-	-	1st, 2nd 3rd	-
KIDS 200m	-	-	1st, 2nd 3rd	-

Additional information

a) Cloakroom

- The organization will provide a cloakroom for the athletes' personal items.
- In the case of the races that start in Belém and Oeiras, this space will be available at the start point, being later transported by the organization to the finish line - inside the EXPO, in front of Praia dos Pescadores - , where it may be picked up.
- In the remaining races, the cloakroom will be permanently located in the EXPO, in front of Praia dos Pescadores.
- No items left in the cloakroom after opening hours will be sent by mail to the athletes.

Privacy and Security Policy

- The data collected for registration purposes is managed by the company providing the registration service, following its Privacy and Data Protection policy.
- By registering, the participant assumes to know and accept its Privacy and Data Protection Policy.
- Participants are guaranteed, under the terms of the law, access to their data, and may request in writing to the organization to update, correct or delete it.

Protests

- The organization will accept all protests made in writing (by the person responsible for the registration or the individual athlete) and provided that up to 15 minutes after the publication of the results. They must be submitted in writing by the person responsible for the entry or the individual athlete;
- The presentation of a protest implies the payment of an amount of 20€, refundable in case it receives a favorable decision;
- Whenever a protest is presented, an Appeal Jury will be constituted, composed by the Race Director and the Referee Judge;
- The Appeal Jury will meet and deliberate immediately, and its decision cannot be appealed.

Omitted Cases

Any cases omitted in these Rules will be solved by the Organization.