



**TRAVESSIA LISBOA-CASCAIS**  
**&**  
**TRAVESSIA OEIRAS-CASCAIS**  
**REGULATIONS**  
**2023**

## Index

<b>Index</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>4</b>
<b>Event Program</b> .....	<b>5</b>
<b>Registration</b> .....	<b>7</b>
a) Registration fees and stages.....	7
b) Team Discounts.....	8
c) Application Requirements (20km and 10km).....	8
1. 20km.....	8
d) Multiple Race Registration- Competition and Extra-Competition.....	8
e) Registration includes.....	8
f) Documents.....	9
g) Licences.....	9
1. Federated Athletes.....	9
<b>2. Non - Federated Athletes</b> .....	<b>9</b>
<b>3. Kayaker</b> .....	<b>9</b>
h) Cancelation Insurance.....	9
<b>i) Reimbursement of Registration</b> .....	<b>9</b>
j) Postponement of Enrollment.....	10
k) Registration Exchange.....	10
l) Change of Registration Details.....	10
<b>m) Kayaker</b> .....	<b>10</b>
n) Medical Questionnaire.....	10
<b>o) Term of Responsibility</b> .....	<b>11</b>
n) Participation Conditions.....	11
<b>Race Courses</b> .....	<b>12</b>
1. 10km.....	12
2. 20km.....	12
<b>General Provisions</b> .....	<b>13</b>
<b>General Rules</b> .....	<b>15</b>
a) Racing Equipment.....	15
1. Swim Cap.....	15
2. Isothermic suit.....	15
3. Goggles.....	15
4. Chip.....	15
5. Markings / Tattoos.....	15
6. Watches.....	15
7. Inflatable Safety Device.....	15
8. Prohibited Gear.....	15
b) Kayak and Kayaker.....	16

1. Kayaks Characteristics.....	16
2. Kayak Support and Supplies Communications.....	16
3. Kayaker – Swimmer Support.....	16
c) Course Buoys.....	16
d) Start.....	17
e) Finish Line Arch.....	17
f) Swimmers Check -points.....	17
1. 20km.....	17
2. 10km.....	18
g) Timing.....	18
<b>1. Intermediate Time Control.....</b>	<b>18</b>
<b>Officials.....</b>	<b>18</b>
<b>Classifications.....</b>	<b>19</b>
a) Teams.....	19
<b>Awards.....</b>	<b>20</b>
<b>Additional Information.....</b>	<b>22</b>
<b>Cloakroom Tent.....</b>	<b>22</b>
<b>Athletes Transportation.....</b>	<b>22</b>
<b>Privacy and Security Policy.....</b>	<b>22</b>
<b>Protests.....</b>	<b>22</b>
<b>Other Cases.....</b>	<b>22</b>



## Introduction

The Travessia Lisboa Cascais 20km and Oeiras -Cascais 10km starts at Doca de Belém and Praia da Torre respectively, and both finishes at Praia dos Pescadores, in Cascais, all under World Aquatics and FPN rules.

The event includes races of the following distances

- o 20km
- o 10km

The event is organised by 3Iron Sports in partnership with the Cascais Town Council, Oeiras Town Council, Lisbon Town Council, Portuguese Swimming Federation, Lisbon Swimming Association, the Port Authorities of Cascais and Lisbon and the Lisbon Port Administration.

On Friday September 22, will be the opening of the athletes check-in and ends on Sunday September 24, at Praia dos Pescadores in Cascais with the award ceremonies.

**Website:**

[www.swim-challenge.com](http://www.swim-challenge.com)

**Contacts:**

[inscricoes@3ironsports.com](mailto:inscricoes@3ironsports.com)

## Event Program

Friday, September 22		
10:00 – 20:00	Opening of the Race Office for all races	<i>Praia dos Pescadores</i>
10:00 – 20:00	Merchandising & EXPO	<i>Praia dos Pescadores</i>
15:00	Press Conference	<i>Padrão dos Descobrimentos</i>
16:00	Briefing 20km	<i>Padrão dos Descobrimentos</i>
17:00	Briefing 10km	<i>Padrão dos Descobrimentos</i>

Saturday, September 23		
07:30 – 08:30	Accreditation for the 10km (Not allowed any race change or last minute registrations)	<i>Praia da Torre</i>
08:00 – 09:30	Accreditation for the 20km (Not allowed any race change or last minute registrations)	<i>Padrão dos Descobrimentos</i>
8:55	Athletes call 10km	<i>Praia da Torre</i>
9:05	Open Water Anthem	<i>Praia da Torre</i>
9:15	Start 10km	<i>Praia da Torre</i>
10:00 – 20:00	Merchandising & EXPO	<i>Praia dos Pescadores</i>
10:00	Athletes call 20km	<i>Padrão dos Descobrimentos</i>
10:05	Open Water Anthem	<i>Padrão dos Descobrimentos</i>
10:15	Start 20km Men	<i>Padrão dos Descobrimentos</i>
10:18	Start 20km Women	<i>Padrão dos Descobrimentos</i>
11:25	Estimated arrival time of the first athlete in the 10km race	<i>Praia dos Pescadores</i>
13:15	Arrival forecast for the last athlete of the 10km race	<i>Praia dos Pescadores</i>
13:30	Award Ceremony 10km	<i>Praia dos Pescadores</i>
14:00	Estimated arrival time of the first athlete in the 20km race	<i>Praia dos Pescadores</i>
15:00	Award Ceremony 20km (depending on the arrival time of the 3rd athlete of each gender)	<i>Praia dos Pescadores</i>

<b>18:30</b>	Arrival forecast for the last athlete of the 20km race	<i>Praia dos Pescadores</i>
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## Sunday, September 24

<b>10:00 – 20:00</b>	Merchandising & EXPO	<i>Praia dos Pescadores</i>
<b>14:30</b>	Team Awards Ceremony for 20km; 10km; 5km	<i>Praia dos Pescadores</i>

## Registration

### a) Registration fees and stages

			Stages			
			1st Stage	2nd Stage	3rd Stage	Team Discount
Day	Race	Limit of athletes	<i>From registrations opening and August 30</i>	<i>From September 1st to 15th</i>	<i>From September 15th to 21st (september 21st at 12:59)</i>	<i>For Teams with 20 or more athletes</i>
23 September	20km	50	150€	170€	200€	<b>Not applicable</b>
	10km	100	70€	80€	90€	<b>5%</b>
<b>EXTRA</b>						
<b>Insurances</b> ( See <a href="#">details</a> )				From the <b>Federação de Triatlo de Portugal</b>		5€
				Athletes not registered in any Federation		10€
<b>Cancellation Insurance</b>						20€
<b>Kayak Renting</b> (só na prova de 20km)						60€
<b>Kayak Renting + Kayaker</b> (only 20km)						120€

- Registration must be made online at [www.swim-challenge.com](http://www.swim-challenge.com), until 12:59 on the 21st September;
- The registration fee indicated above is associated with a fee – **Payment Fee** – charged by the registration platform – according to the payment method chosen in the registration act online:
  - a) Reference Multibanco - máx. 1,30€
  - b) MBWAY: máx. 1,60€
  - c) VISA: 0,30€ + 2,2% over transaction value + IVA

*\*note: at the calculated final rate, an adjustment is made for a multiple of 10.*
- Registrations are only considered valid once payment is made and confirmed;
- Registration for each event closes on September 21st at 12:59, or on an earlier date, if the registration limit for the respective event is reached;

- The athlete's age group is defined by the age he will be on December 31<sup>st</sup> of the current year.

## **b) Team Discounts**

The Team Discount is valid for a collective registration of 20 or more swimmers from the same club, provided that they are made during the normal registration period (last minute registrations are not included).

## **c) Application Requirements (20km and 10km)**

The athlete must have completed an open water race between 01-01-2018 and the registration date.

### **1. 20km**

- The swimmer must have finished an open water race with a minimum distance of 10km;

The athlete must provide proof of these requirements when registering online. The lack of valid proof corresponds to the invalidity of the registration. Athletes who have not presented proof of results when registering, must do so by the day of the race, via email, or in person at the race office.

#### **NOTE:**

The organisation recommends that all swimmers participating in the 10km race have completed an open water race with a minimum distance of 5km.

## **d) Multiple Race Registration**

- On September 23rd, athletes are limited to participating in only one race (20km or 10km)

## **e) Registration includes**

- Race participation
- Swim cap
- Finisher medal
- Personal accidents insurance for the Kayaker (only 20km)

## **f) Documents**

For accreditation at the race office, athletes will have to present their identification documents with photo and/or valid federative licences.



## g) Licences

### 1. Federated Athletes

- Competitions are intended for athletes with a valid licence from the Portuguese Swimming Federation or their international counterparts.
- Athletes licensed as Masters in FPN must be licensed in Open Waters Masters or, alternatively, participate as Non-Federated
- 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 licence to participate in the race must indicate at the moment of registration, which federation and licence number they have.
- It is the responsibility of the athlete to provide correct and valid information, as well as to ensure that their licence (including the sports medical examination) is valid for the year in which the race takes place. In case of non-compliance, the organisation is not responsible for accidents that may result from the athlete's participation in the event, nor for the reimbursement of the athlete's registration fee

### 2. Non - Federated Athletes

- Athletes who do not have a valid federation licence to participate in the race must acquire a Personal Accident Insurance at the time of registration, valid only for the day of the race.
- For these athletes the organisation provides a personal accident insurance as foreseen in the Decree-Law n.º 10/2009

### 3. Kayaker

- For the 20km race, the personal accident insurance for the accompanying kayaker is included in the registration fee.

## h) Cancellation Insurance

- When registering, the athlete can 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 insurance itself, the payment fee, or extra items purchased at 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 16th September (one week before the race)

## i) Reimbursement of Registration

- Once registration has been confirmed, it is not possible to request cancellation.
- A refund of the entry fee is only permitted for athletes who have purchased cancellation insurance at 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

## **j) Postponement of Enrollment**

- The request for postponement of the 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, up to 60 days after the original date of the race.

## **k) Registration Exchange**

- Entries are personal and non-transferable.
- If an athlete wishes to cancel his/her registration, the same cannot be exchanged or transferred to another athlete, even if both belong to the same team/club.
- The organisation is not responsible for the participation and possible injuries/accidents of a person who improperly integrates the event in substitution of a registered swimmer.
- If the organisation identifies an improper exchange of swimmers, those involved will be banned from the event and future editions.

## **l) Change of Registration Details**

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

## **m) Kayaker**

- In the 20km race, athletes have the option to rent a kayak, only the kayaker, or both, to fulfil the requirement of having an accompanying element along the route.
- The registration details of the accompanying kayaker must be filled in at registration, or communicated to the organisation via email, by 11.59pm on 21 September.
  - The registration for the 20km race is only complete when the data of the accompanying kayaker is confirmed.

## **n) Medical Questionnaire**

- It is mandatory to fill in the Medical Questionnaire for all non federated athletes who register for the 20km and 10km races. The same will be available online at registration.
- 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](#) (incincluded in this Regulations) the online registration is compulsory for all events and replaces the paper disclaimer.
- The completion and signature of the Term of Responsibility in paper is compulsory for the last minute registrations of all races made at the Race Office.
- No registration is valid without the acceptance of the Term of Responsibility.

## n) Participation Conditions

By entering any of the races, 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 organisation. 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 organisation 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 parent/legal guardian if a minor) acknowledges that participating in sporting events of this nature can be potentially dangerous and 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 organisation 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 organising or promoting entity of the event to use his name and image in photos, videos or other means of image transmission."

**3**  
**IRON**  
**SPORTS**  
Race Courses

## 1. 10km



Point to point; ebb tide

**Start:** Praia da Torre, Oeiras

In the water

**Athletes call:** 08:55

**Finish:** Praia dos Pescadores, Cascais (In the water)

**Aid stations:** 3

**Buoys:** alternating colour between orange and red; every 500 m (athletes must leave it in their right hand). Black buoy for 5km

## 2. 20km



Point to point; ebb tide

**Start:** Doca de Belém, Lisboa

In the water

**Athletes call:** 10:00

**Finish:** Praia dos Pescadores, Cascais (In the water)

**Aid stations:** 5

**Buoys:** alternating colour between orange and red; every 500 m (athletes must leave it in their right hand). Black buoys for 5km; 10km; 15km

## General Provisions

RACE	20km	10km
Minimum age	18	18
Maximum age	-	-
Licences	The competitions are intended for athletes with a valid licence from the Portuguese Swimming Federation or their international counterparts.	
	Athletes without a valid Licence must purchase Personal Accident Insurance and fill in the Medical Questionnaire at registration	
Use of isothermic suit	Compulsory under 18°C May use if under 21°C	Compulsory under 18°C May use if under 21°C
Date	Sep. 23	Sep. 23
Accreditation time limit	09:45	08:45
Briefing	10:00	08:55
Starts	10:15	09:15
Place of departure	Lisboa	Oeiras
Start	Inside the water	
Place of finish	Cascais	Cascais
Finish line	Inside the water	
Time limit to complete	08h00	03h45 (at 7 km) 04h45 total (14:00 local time)
Aid Stations	5km; 10km; 12,5km; 15km; 17,5km;	2km; 4,5km; 7km
Laps	Point to point	Point to point
Mínimo de Participantes	-	-
Maximum Participants	50	100

- The organisation will ensure all the necessary support and safety for the accomplishment and monitoring of the race. For that, the organisation will have the support of the Cascais Town Hall, Oeiras Town Hall and Lisbon Town Hall, Lisbon Swimming Association; Maritime Police, Fire Brigade, ISN and the necessary canoeists. The organisation will ensure the accompaniment by a specialised medical team.
- The organisation 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 organisation 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 organisation 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 organisation 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 organisation.
- Adverse weather and sea conditions.
- Cancellation of the accompanying canoeist for the 20km ultramarathon race.
- The organisation 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 organisation and arbitration. Attempting to participate in a race in which he/she is not registered is penalised 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 organisation may choose to hold separate starts by gender.
- The organisation 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 organisation 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 organisation reserves the right to adjust race distances 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 organisation reserves the right to change the courses and distances of all the races.

## a) Racing Equipment

### 1. Swim Cap

It is compulsory to wear the official race cap provided by the organisation at the time of accreditation.

### 2. Isothermic suit

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

Exceptionally, for the 20 and 10km races, it will be allowed the use of an isothermal suit if the water temperature is inferior to 21°C.

The water temperature is calculated by measuring the water in 3 different points along the course, being defined as the official temperature with the lowest measurement.

(i) Suit construction: Textile suits must not extend beyond the wrists, neck and ankles, in all other respects respecting the specifications for swimming pool suits.

*\*Note: Iso-thermal suits are suits that provide thermal insulation. Isothermal suits, both for men and women, should cover the torso, back, shoulders and knees, but cannot extend beyond the neck, ankles and wrists.*

Socks and collars: the use of socks and collars is optional for all the races, as long as they do not help in the propulsion of the athlete

### 3. Goggles

Optional.

### 4. Chip

Compulsory. Chips are given out by the organisation before entering the start box.

### 5. Markings / Tattoos

- (i) Athletes who do not wear thermal suits will be marked with the respective numbers on the back, arms and hands.
- (ii) Athletes wearing isothermal suits will be marked with the respective numbers on their hands.

### 6. Watches

Permitted

### 7. Inflatable Safety Device

is prohibited in the 20km race; the use in the 10km race is mandatory.

### 8. Prohibited Gear

Swimmers are not allowed to use flotation, propulsion and breathing aids such as, but not limited to: pull buoys, fins and snorkels

## **b) Kayak and Kayaker**

- Athletes who choose to rent a kayak, with or without a kayaker, must, on race day, be present at the starting area 30 minutes before the athletes' call time to pick up their gear.
- The canoeists will only be able to access the starting area and the water by presenting the identification card given at the moment of accreditation.
- All kayaks must be identified with the respective athlete number sticker, which will be given at the time of accreditation.

### **1. Kayaks Characteristics**

- Sit on top monoplace or dual-place
- Maximum length 3,6m

### **2. Kayak Support and Supplies Communications**

- The kayaker must have a means of mobile communication, be contactable and have a power-bank system that allows recharging the mobile phone, as well as protection for the mobile phone in the water.
- For the purpose of refuelling, the kayaker shall carry a refuelling stick (Feeding Stick) to bring the drinks and food closer to the athlete, without the athlete coming into contact with the boat. This extender is the kayaker's responsibility and must have the following characteristics:
  - Cannot exceed 5 m length
  - To have at least 1 glass
  - there must be no dangling strings or anything that the swimmer can hold on to or that creates a risk of entanglement
- The supplies for the 20km race are provided exclusively by the kayaker, who is authorised to collect the supplies he wishes at the supply stations, or to be accompanied by the supply selection chosen by the athlete at the start of the race;
- The presence of athlete's support teams or individual supplies in the fixed supplies will not be allowed, being the organisation's exclusive responsibility to deliver supplies to the athletes or, in the case of the 20km race, to the kayakers that accompany the athletes.

### **3. Kayaker – Swimmer Support**

- The kayaker must always keep up with the athlete at his or her own speed, without leading, keeping at his or her side, at a distance that does not influence his or her performance. He can, however, talk to the swimmer and give indications that support his navigation to the buoys on the course.
- It is not allowed for the athlete to lean on the boat, which implies disqualification

## **c) Course Buoys**

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



## d) Start

- 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 ticking at the established time, with or without the presence of all registered athletes.

## e) Finish Line Arch

The arrival of the athlete is only considered at the athlete's touch, with the hand, on the arrival structure

## f) Swimmers Check -points

- The control posts are crossing points and are located in places outlined by the organisation. Each of these controls will be responsible for the organisation.
- Not passing through one or more checkpoints will lead to the disqualification of the participant.
- Withdrawals must be made at the checkpoints. In the event of an accident or injury in which the participant is unable to continue and cannot reach a checkpoint, he must activate the rescue operation, being rescued by the organisation.

### 1. 20km

Check -points	Distance Km	4.5km/h	4.0 km/h	3.5km/h	3.0 km/h	2.5km/h	Check-point closure
<b>Pedrouços</b>	0	00:1:20* 10:15	00:1:30* 10:15	00:01:43* 10:15	00:02:00* 10:15	00:02:24* 10:15	—
<b>Alto da Boa Viagem</b>	5km	01:06:40 11:21:40	01:15:00 11:30:00	01:25:43 11:40:43	01:40:00 11:55:00	02:00:00 12:15:00	—
<b>INATEL Oeiras</b>	10km	02:13:20 12:28:20	02:30:00 12:45:00	2:51:26 13:06:26	03:20:00 13:35:00	04:00:00 14:15:00	15:30
<b>Carcavelos (river's estuary)</b>	12,5km	02:46:40 13:01:40	03:07:30 13:22:30	3:34:17 13:49:17	04:10:00 14:25:00	05:00:00 15:15:00	—
<b>S. Pedro do Estoril</b>	15 km	03:20:00 13:35:00	03:45:00 14:00:00	4:17:09 14:32:09	05:00:00 15:15:00	06:00:00 16:15:00	16:15
<b>S. João do Estoril</b>	17,5	03:53:20 14:08:20	04:22:30 14:37:30	4:40:00 15:05:00	05:50:00 15:36:00	07:00:00 17:15:00	17:15

<b>Cascais</b>	20,7	04:36:00 14:51:00	05:10:30 15:25:30	5:55:21 16:10:21	06:54:00 17:09:00	08:16:48 18:31:48	—
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## 2. 10km

Check-point	Distance Km	4.5km/h	4.0 km/h	3.5km/h	3.0 km/h	2.5km/h	Check-point closure
<b>Praia da Torre</b>	0	00:1:20* 9:15	00:1:30* 9:15	00:01:43* 9:15	00:02:00* 9:15	00:02:24* 9:15	—
<b>Carcavelos (foz rio)</b>	2,0	00:26:40 9:41:40	00:30:00 9:45:00	00:34:17 9:49:17	00:40:00 9:55:00	00:48:00 10:03:00	—
<b>S. Pedro do Estoril</b>	4,5	01:00:00 10:15:00	01:07:30 10:22:30	01:17:09 10:32:09	01:30:00 10:45:00	02:07:12 11:22:12	—
<b>S. João do Estoril</b>	7	01:33:20 10:48:20	01:45:00 11:00:00	2:00:00 11:15:00	02:20:00 11:35:00	02:48:00 12:03:00	13:00
<b>Cascais</b>	10	02:13:20 11:28:20	02:30:00 11:45:00	2:51:40 12:06:40	03:20:00 12:35:00	04:00:00 13:15:00	14:00

## g) Timing

- An electronic time control system will be used that will register the arrival of the athletes according to their number.

In addition to the existing control at the petrol stations, there will also be manual control of passing registration at security checkpoints which will be at some strategic points along the route.

### 1. Intermediate Time Control

For 20km race control, there is timing at 5km, 10km, and 15km

## Officials

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

## Classifications

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

The individual classification will be divided as follows:

1. **Absolute Woman**
2. **Absolute Men**
3. **Men's Age Groups**
4. **Woman's Age Groups**

Race	Age-groups		Born
	Feminino	Masculino	
•10km •20km	18-19		2004 to 2005
	20-24		1999-2003
	25-34		1989-1998
	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
•10km	Open Water 20+		Born before 2003

### a) Teams

- The team classification includes the classifications of the 20km, 10km and 5km races (LIDL Swim Challenge Cascais).

WOWSA Portugal Champion
20km; 10km; 5km

- The classification of each group exists for teams that competed with five or more athletes in the respective events.

- Only athletes that 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, as exemplified in the following table:

RANK	POINTS
1°	50
2°	49
3°	48
4°	47
...	...
<b>From 50th place, 1 point per swimmer</b>	

- The Team with more points will win.

## Awards

- All athletes finishing the race will receive a participation medal.
- The following athletes will be awarded prizes at the prize-giving ceremony:

RACE	Title	Overall MEN	Overall WOMAN	AG (W.&M.)	Teams
20km	1° (M + W)	1°, 2° 3°	1°, 2° 3°	-	1°, 2°, 3°
10km	-	1°, 2° 3°	1°, 2° 3°	1°	

## Additional Information

### Cloakroom Tent

- The organisation 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 organisation 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.

### Athletes Transportation

- The organisation will provide athletes who participated in the 10km and 20km races with transport from the finish line area at Praia dos Pescadores in Cascais, and the starting point of each race.
- This service will be available in two moments: before the start of the races, and from the arrival of the first athlete of the 10km race, until 30 minutes after the end of the awards ceremony.
- The meeting point of the transport will be at the pillory in front of Praia dos Pescadores and the 50th Police Station.

### 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 organisation to update, correct or delete it.

### Protests

- All protests made in writing (by the person responsible for the registration or the individual athlete) and up to 15 minutes after the publication of the results will be accepted by the organisation. They must be submitted in writing by the person responsible for the registration or the individual athlete;
- The presentation of a protest implies the payment of an amount of 20€, refundable in case it receives a favourable 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, not being its decision subject to appeal.

### Other Cases

The cases omitted in these Regulations will be resolved by the organisation on a case by case basis.