



**SWIM GP**

**SWIM GRAND PRIX  
PORTUGAL**

**REGULATIONS**

**2024**

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The Swim Grand Prix (Swim GP) is an open water swimming event with a variety of races, held exclusively in the water, complying with World Aquatics and FPN rules, or with starts, returns and finishes on land. The event is based in Cascais at Praia dos Pescadores, with starts in Lisbon - Belém, Oeiras -Praia da Torre, S.Pedro do Estoril, Praia do Tamariz in Estoril, Praia das Moitas in Monte Estoril and Cascais.

The event includes races over the following distances:

- 20km Travessia Lisboa - Cascais
- 10km Travessia Oeiras - Cascais
- 5km
- 3.8km
- 1.9km
- 1km
- KIDS (400 m e 200 m)

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

The Swim GP starts on Saturday 21 September with the opening of the race office and ends on Sunday 22 September at Praia dos Pescadores in Cascais with the award ceremonies.

**Website:**

[www.swimgp.com](http://www.swimgp.com)

**Contacts:**

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

## Event programme

### Friday, 20st September

<b>15:00</b>	Press Conference	<i>Padrão dos Descobrimentos</i>
<b>16:00</b>	Briefing and accreditation 20km	<i>Padrão dos Descobrimentos</i>
<b>17:00</b>	Briefing and accreditation 10km	<i>Padrão dos Descobrimentos</i>

### Saturday, 21st September

<b>06:00 – 07:30</b>	Accreditation at the 10km race office (No last minute changes or registrations allowed)	<i>Praia da Torre</i>
<b>07:00 – 08:30</b>	Accreditation at the 20km race office (No last-minute changes or registrations allowed)	<i>Padrão dos Descobrimentos</i>
<b>07:35</b>	Athletes Call 10km	<i>Praia da Torre</i>
<b>07:50</b>	Event Anthem 10km	<i>Praia da Torre</i>
<b>08:00</b>	Start 10km	<i>Praia da Torre</i>
<b>08:30</b>	Athletes Call 20km	<i>Doca de Belém</i>
<b>08:50</b>	Event Anthem 20km	<i>Doca de Belém</i>
<b>09:05</b>	Start 20km Men	<i>Doca de Belém</i>
<b>09:10</b>	Start 20km Woman	<i>Doca de Belém</i>
<b>10:30 - 20:00</b>	Opening of the race office 5km, 3.8km, 1.9km, 1km and KIDS	<i>Praia dos Pescadores</i>
<b>10:30 – 20:00</b>	Merchandising and EXPO	<i>Praia dos Pescadores</i>
<b>10:15</b>	Estimated arrival of the first athlete in the 10km race	<i>Praia dos Pescadores</i>
<b>10:30</b>	Flower ceremony for the 10km race (depending on the arrival time of the 3rd athlete in each gender)	<i>Praia dos Pescadores</i>
<b>12:15</b>	Expected arrival of the last athlete in the 10km race	<i>Praia dos Pescadores</i>
<b>12:30</b>	Award ceremony for the 10km race	<i>Praia dos Pescadores</i>
<b>12:45</b>	Expected arrival of the last athlete in the 20km race	<i>Praia dos Pescadores</i>
<b>14:00</b>	Flower ceremony for the 20km race (depending on the arrival time of the 3rd athlete in each gender)	<i>Praia dos Pescadores</i>
<b>14:30</b>	Briefing KIDS races	<i>Praia dos Pescadores</i>
<b>15:00</b>	Start KIDS races	<i>Praia dos Pescadores</i>
<b>15:30</b>	Award Ceremony KIDS races	<i>Praia dos Pescadores</i>
<b>17:30</b>	Expected arrival of the last athlete in the 20km race	<i>Praia dos Pescadores</i>

### Sunday, 22nd September

<b>06:30 – 07:45</b>	Accreditation at the 3.8km race office (No last minute registrations allowed)	<i>Praia dos Pescadores</i>
<b>07:45</b>	Briefing 3.8km	<i>Praia dos Pescadores</i>
<b>08:00</b>	Start 3.8km	<i>Praia dos Pescadores</i>
<b>08:00 - 09:00</b>	Accreditation at the 5km race office (No last minute registrations allowed)	<i>Praia de S. Pedro</i>
<b>09:00</b>	Briefing 5km	<i>Praia de S. Pedro</i>
<b>09:15</b>	Start 5km	<i>Praia de S. Pedro</i>
<b>09:30 – 11:15</b>	Accreditation at the 1.9km race office (No last minute registrations allowed)	<i>Praia do Tamariz</i>
<b>11:15</b>	Briefing 1.9km	<i>Praia do Tamariz</i>
<b>11:30</b>	Start 1.9km	<i>Praia do Tamariz</i>
<b>11:00 - 12:15</b>	Accreditation at the 1km race office (No last minute registrations allowed)	<i>Praia das Moitas</i>
<b>12:15</b>	Briefing 1km	<i>Praia das Moitas</i>
<b>12:30</b>	Start 1km	<i>Praia das Moitas</i>
<b>09:00 – 18:00</b>	Merchandising and EXPO	<i>Praia dos Pescadores</i>
<b>13:15</b>	Awards ceremony for the 5km, 3.8km, 1.9km and 1km races Team Awards Ceremony for the 20km, 10km and 5km races and the 3.8km, 1.9km and 1km races	<i>Praia dos Pescadores</i>

## Registrations

### a) Registration Fees and Stages

				Stage 1	Stage 2	Stage 3	Team Discount	
Day	Race	Limitations		<i>From registration opening and 30 of April</i>	<i>From May 1 to July 31st</i>	<i>From August 1 to September 18th</i>	<i>Teams with more than 20 registrations</i>	
21st September	20km	Individuals	70	150€	170€	200€ <i>*registrations closing August 31st</i>	<b>Not applicable</b>	
	10km	120		80€	90€	100€	<b>5%</b>	
22nd September	5km	100		40€	50€	60€	<b>5%</b>	
	3.8km	130		35€	45€	55€	<b>5%</b>	
	1.9km	300		25€	35€	45€	<b>5%</b>	
	1km	120		20€	30€	35€	<b>5%</b>	
	KIDS	50		15€	15€	20€	<b>Not applicable</b>	
<b>EXTRA ITEMS</b>								
<b>Insurance</b> ( See <a href="#">details</a> )		Licenced athletes from <b>Federação de Triatlo de Portugal</b>					Included in registration	
		Non Licenced athletes					10€	

<b>EXTRA ITEMS</b>	
<b>Cancellation Insurance</b>	20€
<b>Kayak Renting</b> <i>(only 20km)</i>	60€
<b>Kayaker Service Renting</b> <i>(only 20km)</i>	120€
<b>Renting Kayak + Kayaker</b> <i>(only 20km)</i>	180€

- Registrations must be made online at [www.swimgp.com](http://www.swimgp.com) by 23h59 on 18th September (with the exception of the 20km race, which closes on 31st August at 23h00);

- The registration fee indicated above is associated with a fee - Payment Fee - charged by the registration platform - according to the payment method chosen when registering online:
  - a) Referência Multibanco - máx. 1,30€
  - b) MBWAY: 0,10€ + 1,2% on transaction value + IVA
  - c) VISA: 0,30€ + 2,2% on transaction value + IVA

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

- Registrations are only considered valid once payment has been made and confirmed;
- Registrations for each race close on 18th September at 23h59 (those for the 20km race close on 31st August at 23h59), or at an earlier date if the registration limit for the respective race has been reached;
- The athlete's age group is defined by their age on 31 December of the current year..

## b) Team Discount

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

The discount does not apply to the 20km race or the KIDS race.

The discount is limited to 1 race per athlete.

## c) Registration requirements (20km and 10km races)

The athlete must have finished an open water race between 01-01-2019 and the date of registration.

### 1. Race 20km – Travessia Lisboa - Cascais

- 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. Failure to provide valid proof will invalidate the registration.

Athletes who have not provided proof of their times when registering must do so by the day of the race, either by e-mail or in person at the race office.

### NOTE:

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

## d) Registration includes

The registration fee includes

- Race participation
- Swim cap
- Finisher medal
- Kayaker's Personal Accident Insurance (for the 20km race)



- Swimmer's Personal Accident Insurance for all events. If federative insurance is presented and confirmed, the value of the insurance will be discounted.
- Finisher T-shirt for the 20km and 10km race. The remaining races have a t-shirt when they check-in, which should be picked up at the race partner's store located at the Cascais Marina (600m from Cascais Bay). The last entries will be subject to the sizes in stock.

## e) Documents

To be accredited at the race office, athletes must present their photo ID and/or valid federation licences.

## f) Licences

### 1. Federated Athletes

- The events are aimed at athletes with a valid licence from the Portuguese Swimming Federation or its international counterparts.
- Athletes licensed as Masters by the FPN must be licensed in Masters Open Water or, alternatively, participate as Non-Federated.
- All athletes with a valid federation licence to take part in the race must indicate at the time of registration which federation and licence number they hold.
- It is the athlete's responsibility 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 the event of non-compliance, the organisation is not responsible for any accidents that may result from the athlete's participation in the race, nor for reimbursing the athlete's registration fee.

### 2. Non-Federated Athletes

- Athletes who do not have a valid federation licence to take part in the race must purchase Personal Accident Insurance at the time of registration, valid only for the day of the race.
- For these athletes, the organisation provides personal accident insurance in accordance with Decree-Law no. 10/2009

### 3. Kayaker

- For the 20km race, the accompanying canoeist's personal accident insurance is included in the entry fee.

### 4. Exemptions

- Athletes with a valid licence from the Portuguese Triathlon Federation are exempt from paying insurance
- Athletes registering for the KIDS category are exempt from paying insurance.

## g) Cancellation Insurance

- When registering, the athlete can select the Cancellation Insurance option. This option allows them to request the cancellation of their registration and the refund of the registration fee.
- This insurance does not include the refund of the value of the insurance itself, the payment fee, or extra items purchased at the time of registration (including, but not limited to, race insurance for athletes not federated in Open Water Masters, in the Portuguese Swimming Federation, or international counterparts).

- Purchased non-refundable items (merchandising only) will be delivered exclusively to the race office, upon presentation of proof of purchase.
- This insurance is only valid for cancellation requests made by 14th September (1 week before the race)..

## **h) Registration refund**

- Once registration has been confirmed, it cannot be cancelled.
- A Registration fees may only be refunded to athletes who have purchased cancellation insurance at the time of registration (see details on Cancellation Insurance).
- There is no refund of the entry 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 to postpone registration to the following year's edition is only possible if the race in which the athlete is registered is postponed or cancelled for reasons of force majeure and the athlete has collected their kit on the day of the race.
- In this case, all extra items purchased at the time of registration will be handed in with the athlete's kit at the race office.
- Only the entry fee is transferable to the following year's edition (insurance is not included).
- A request to postpone an entry is only valid if made via email within 30 days of the original date of the race.

## **j) Change of registration**

- Registration is personal and non-transferable.
- If an athlete wishes to cancel their entry, it 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 joins the event in place of a registered swimmer.
- If the organisation identifies an improper exchange of swimmers, those involved will be banned from the race and future editions.

## **k) Change of Enrolment Details**

- Requests for changes to registration details will only be accepted if made by email by 18 September.
- The organisation reserves the right to approve changes to entry details and/or request supporting documentation to make them.

## **l) Kayaker**

- In the 20km race, athletes have the option of bringing their own canoeist and kayak, renting a kayak, just the canoeist service, or both, to fulfil the requirement of having a companion along the route.
- The accompanying canoeist's registration details must be filled in at the time of registration, or communicated to the organisation via email, by 23h59 on 14 September.
- Registration for the 20km race is only completed once the details of the accompanying canoeist have been confirmed.

## m) Medical Questionnaire

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

## n) Term of Responsibility

- Acceptance of the **Term of Responsibility** when registering online is compulsory for all races and replaces the paper term of responsibility.
- Completing and signing the paper Term of Responsibility is compulsory for last-minute entries for all races made at the race office.
- No entry is valid without acceptance of the Term of Responsibility.

## o) Conditions of Participation

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

- It is the responsibility of each registered athlete to ensure that all the information entered when registering is correct and valid;
- It is the responsibility of each registered athlete to select a race for which they meet all the requirements demanded by the organisation. Any injury and/or accident resulting from the athlete's participation in a race where they do not fulfil these requirements is the athlete's responsibility;
- The athlete has prepared adequately, is fit to take part and has the physical and mental strength necessary to complete the race;
- All the athlete's medical information provided at registration may 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 as a result of misconduct, negligence, violation or failure to observe the regulations in force and/or the instructions of the arbitration and safety elements and rules (maritime police, firefighters, lifeguards and others);
- In the eventuality that you do not meet the time limit set for the race, the refereeing team may retrieve you from the water;
- For minors, the responsibility for their participation lies solely with the organisation they represent or their legal guardians in the case of individual registration;
- The athlete accepts the conditions of these regulations and the disclaimer, the text of which is reproduced below:

"By registering for this event, the athlete (or their parent/legal guardian if they are a minor) recognises that taking part in sporting events of this nature can be potentially dangerous and that they are aware that accidents may occur. You also declare that you are physically fit enough to take part in and complete the race you have signed up for, and that you are taking part in it of your own free will and in full knowledge of its rules and obligations, taking responsibility for your participation and not holding any person, company or entity directly or indirectly involved in organising or promoting the event liable for any personal injury or material damage you may suffer during your participation. You also give your permission for the organiser or promoter of the event to use your name and image in photos, videos or other means of transmitting images."

## a) Saturday 21st September

### 1. 10km Travessia Oeiras - Cascais



Point to point; Tide to ebb

**Start:** Praia da Torre, Oeiras  
In the water

**Call:** 07:35

**Finish Line:** Praia dos Pescadores, Cascais  
In the water – Floating Arch

**Aid Stations:** 2

**Buoys:** alternating yellow and red colours; every 500 m (athletes must “give” their left shoulder to the buoy)



## 2. 20km Travessia Lisboa - Cascais



Point to point; Tide to ebb

**Start:** Doca de Belém, Lisboa  
In the water

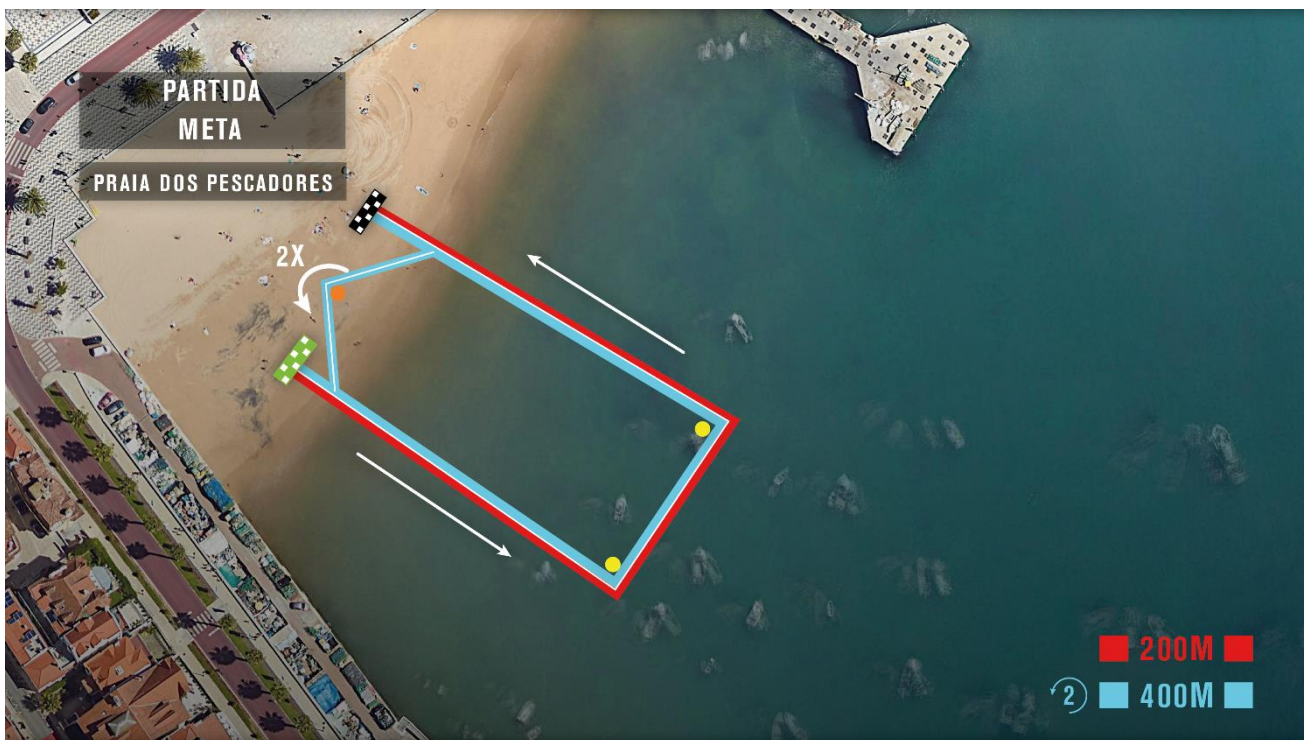
**Call:** 08:30

**Finish Line:** Praia dos Pescadores, Cascais  
In the water – Floating Arch

**Aid stations:** 4

**Buoys** alternating yellow and red colours; every 500 m (athletes must put their left shoulder to the buoy)

### 3. KIDS



#### 400m

2 laps

**Place:** Praia dos Pescadores, Cascais  
On the beach

**Start:** 15h00

**Finish:** Praia dos Pescadores, Cascais  
On the beach

**Buoys:** 2 buoys to go round to the right  
Return/Start of 2nd lap: the athlete leaves the water, walks a short distance on the sand and re-enters the water.

#### 200m

1 lap

**Place:** Praia dos Pescadores, Cascais  
On the beach

**Start:** 15h00

**Finish:** Praia dos Pescadores, Cascais  
On the beach

**Buoys:** 2 buoys to go round to the right

## b) Sunday 22nd September

### a. 3.8km



1 lap

**Place:** Praia dos Pescadores, Cascais

On the beach

**Start:** 08h00

**Finish:** Praia dos Pescadores, Cascais

On the beach

**Buoys:** 4 turning buoys

21 signaling buoys every 170 m, first "give" left shoulder, the others on the right shoulder

### b. 5km



Point to point

**Place:** Praia de S. Pedro, S. Pedro do Estoril

In the water

**Start:** 09:15

**Finish:** Praia dos Pescadores, Cascais

In the water - floating arch

**Buoys:** at start 2 buoys to turn right

11 signalling buoys every 300 m, to "give" on the left shoulder



**c. 1.9km**



Point to point

**Place:** Praia do Tamariz, Estoril  
On the beach

**Start:** 11:30

**Finish:** Praia dos Pescadores,  
Cascais

On the beach

**Buoys:** 2 turning buoys  
and 5 signalling buoys every 300  
m, to be on the left shoulder

**d. 1km**



Point to point

**Place:** Praia das Moitas  
In the water

**Start:** 12:30

**Finish:** Praia dos Pescadores,  
Cascais

On the beach

**Buoys:** 2 turn buoys and 2  
signalling buoys every 300m, to  
be on the left shoulder



## General Rules

RACE	20km	10km	5km	3.8km	1.9km	1km	KIDS
<b>Minimum Age</b>	18	18	14 (Fem) 15 (Masc)	14 (Fem) 15 (Masc)	14 (Fem) 15 (Masc)	14 (Fem) 15 (Masc)	9
<b>Mximum age</b>	-	-	-	-	-	-	14
<b>Licences</b>	The races are aimed at athletes with a valid licence from the Portuguese Swimming Federation (in Masters Open Water) or their international counterparts.						
	Athletes without a valid licence must purchase Personal Accident Insurance and complete the Medical Questionnaire at the time of registration.						
<b>Use of wetsuit</b>	18 a 21°C	18 a 21°C	18 a 20°C	18 a 20°C	18 a 20°C	18 a 20°C	18 a 20°C
<b>Date</b>	21 set.	21 set.	22 set.	22 set.	22 set.	22 set.	21 set.
<b>Acreditation</b>	07:00-08:30	06:00-07:30	08:00-09:00	06:30-07:45	09:30-11:15	11:00-12:15	10:30-14:30
<b>Briefing/ Athletes call</b>	08:30	07:35	09:00	07:45	11:15	12:15	14:30
<b>Start schedule</b>	09:15	08:00	09:15	08:00	11:30	12:30	15:00
<b>Place</b>	Lisboa	Oeiras	S. Pedro	Cascais	Estoril	Cascais	Cascais
<b>Kind of start</b>	In the water			On the beach			
<b>Finish</b>	Cascais	Cascais	Cascais	Cascais	Cascais	Cascais	Cascais
<b>Kind of Finish line</b>	In the water			On the beach	On the beach	In the water	On the beach
<b>Time limit to complete the race</b>	08h00	04h00 (at 8 km)	02h30	02h00	01h00	00h45	-
<b>Aid Stations</b>	Before departure for the 20km, 5km and 10km (by boat); 13.5km and 17km (on platform)	3km; 6,5km;	-	-	-	-	-
<b>Laps</b>	Point to point	Point to point	Point to point	1 lap	Point to point	Point to point	400 m 2 laps 200 m 1 lap
<b>Minimum number of participants</b>	-	-	-	-	-	-	-
<b>Maximum number of participants</b>	70	120	100	130	300	120	50

- The organisation will provide all the support and security needed to hold and monitor the race. To this end, the organisation will have the support of Cascais Town Council, Oeiras Town Council and Lisbon Town Council, the Lisbon Swimming Association; the Maritime Police, the Fire Brigade, the ISN and the necessary canoeists. The organisation will ensure that a specialised medical team accompanies the event.

- The organisation is not responsible for any damage or accidents that participants suffer or cause during the race as a result of misconduct, negligence or violation by the participant of any of the safety rules laid down for the competition.
- The organisation reserves the right to prevent all individuals from taking part in the race or to stop them along the route if they do not have the technical and physical conditions to finish the race safely.
- The organisation reserves the right to remove any swimmer from the water to guarantee 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 organisation's safety instructions.
  - Adverse weather and sea conditions.
  - Withdrawal of the accompanying canoeist from the 20km ultramarathon race.
- The organisation reserves the right to prevent participation in the race or to collect during the race all individuals who behave in an unsportsmanlike manner, put safety at risk or disrespect other participants, the public or members of the organisation and referees. Attempting to take part in a race in which you are not registered will be penalised with the athlete being suspended for subsequent editions.
- If necessary and depending on 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 reasons of force majeure). In these cases, the organisation will try to reschedule the race for a new date convenient for the event. If the race is rescheduled, athletes who have collected their athlete's kit on the original race day may request that their registration be postponed to the next edition. Athletes eligible for a postponement must make their request no later than 60 days after the original date of the event.
- The organisation reserves the right to adjust race distances in the event of extreme necessity (extremely adverse weather conditions or for other reasons of force majeure), or to combine several races into one, and may therefore change the starting distance of the race not held at its original time.
- The organisation reserves the right to change the routes and distances of all races.

## a) Swimmers Race Equipment

### 1. Swim Cap

It is compulsory to wear the official race cap provided by the organisers at the time of registration.

### 2. Wetsuit

It is permitted under FPN rules if the sea water temperature is below 20°C. If the water temperature is below 18°C, the use of a wetsuit is compulsory.

Exceptionally, for the 20km and 10km races, the use of a wetsuit is permitted if the water temperature is below 21°C.

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

Suit construction: Textile suits may not extend beyond the wrists, neck and ankles, and all other requirements comply with the specifications for swimming pool suits.

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

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

### 3. Goggles

optional

### 4. Chip

mandatory use. Chips are given out by the organisers before entering the start box, except for the Kids race.

### 5. Markings / Tattoos

- (i) Athletes not wearing wetsuits will be marked with numbers on their backs, arms and hands.
- (ii) Athletes wearing wetsuits will be marked with numbers on their hands.

### 6. Watch

the use of a watch is permitted

### 7. Dispositivo de Segurança Insuflável

not permitted in the 20km, 3.8km, 1.9km and 1km races. Compulsory in the 10km and 5k races.

### 8. Prohibited equipment

swimmers are not allowed to use materials or objects that aid buoyancy, propulsion and breathing, such as, but not limited to: pullbuoys, fins and snorkels.

## b) Kayak and Kayaker

- Athletes who choose to hire a kayak, with or without a kayaker, must be present at the start area on the day of the race 30 minutes before the athletes are called to collect their gear (8:00).
- Canoeists will only be able to access the start area and the water by presenting the identification card given to them at registration.
- All kayaks must be identified with their athlete number sticker, which will be given at the time of accreditation.

### **1. Kayaks characteristics**

- Sit on top single-seater or two-seater
- Maximum length of 3.6 metres

### **2. Kayak communications and aid stations**

- The kayaker must have a means of mobile communication, be reachable and have a power-bank system that allows them to recharge their mobile phone, as well as mobile phone protection for the water.
- For fuelling purposes, the kayaker may carry a Feeding Stick to bring the drinks and food closer to the athlete without them coming into contact with the boat. This extender is the responsibility of the kayaker and must have the following characteristics:
  - may not exceed 5 metres
  - there has to be at least 1 cup at the Feeding stick
  - there must be no dangling wires or anything that the swimmer could get hold of or create a risk of embarrassment
- Refuelling for the 20km race is carried out exclusively by the kayaker, who is authorised to collect the refuelling he wants at the Aid Stations, or be accompanied by the selection of refuelling chosen by the athlete at the start of the race, to be carried in the kayak;
- Athletes' support teams or individual refuellers will not be allowed to be at the fixed aid stations. The organisation will be solely responsible for delivering refuelling to the athletes or, in the case of the 20km race, to the canoeists accompanying the athletes.

### **3. Kayaker Support**

- The kayaker must always keep up with the athlete at their speed, without leading, staying at their side at a distance that does not interfere with their performance. They can, however, talk to the swimmer and give indications to help them navigate the course buoys.
- Athletes are not allowed to lean on the boat, which will result in disqualification.

## **c) Buoys on course**

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

## **d) Start**

### **1. On the beach**

- Athletes must present themselves at the start box on land to check their "athlete number" in a delimited area - before entering the water.
- No participant may enter the start area without checking their "athlete number".

## 2. In the water

- Once all the 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 closing time of the control box.
- After the mini-briefing on site, the starting gun will be fired with all the athletes present lined up.
- At the start area, the clock will start ticking at the established time, with or without all registered athletes present.

## e) Finish line

### 1. On the beach

- It is only considered when the athlete crosses the imaginary perpendicular line to the finish line under the finish line arch with their torso.

### 2. In the water

- It is only considered when the athlete touches the finish area of the floating finish arch with their hand

## f) Checkpoints

- The checkpoints are crossing points and are located in places outlined by the organisation. At each of these checkpoints there will be an official from the organisation.
- Failure to pass through one or more checkpoints will lead to disqualification.
- Any 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, they must activate the rescue operation and be rescued by the organisation.

### 1. 20km Travessia Lisboa - Cascais

Checkpoints	Km	6km/h	4.5 km/h	3.5km/h	3.0 km/h	2.5km/h	Checkpoint closing time
<b>Pedrouços</b>	0	00:01:00* 9:15	00:1:20* 9:15	00:01:43* 9:15	00:02:00* 9:15	00:02:24* 9:15	—
<b>Alto da Boa Viagem</b>	5km	00:50:00 10:05:00	01:06:40 10:21:40	01:25:43 10:40:43	01:40:00 10:55:00	02:00:00 11:15:00	—
<b>INATEL Oeiras</b>	10km	01:40:00 10:55:00	02:13:20 11:28:20	2:51:26 12:06:26	03:20:00 12:35:00	04:00:00 13:15:00	15:30
<b>Carcavelos (foz rio)</b>	12,5km	02:05:00 11:20:00	02:46:40 12:01:40	3:34:17 12:49:17	04:10:00 13:25:00	05:00:00 14:15:00	—
<b>S. Pedro do Estoril</b>	15 km	02:30:00 11:45:00	03:20:00 12:35:00	4:17:09 13:32:09	05:00:00 14:15:00	06:00:00 15:15:00	15:15

<b>S. João do Estoril</b>	17,5	02:55:00 12:10:00	03:53:20 13:08:20	4:40:00 14:05:00	05:50:00 14:35:00	07:00:00 16:15:00	16:15
<b>Cascais</b>	20,7	03:27:00 12:42:00	04:36:00 13:51:00	5:55:21 15:10:21	06:54:00 15:39:00	08:16:48 17:31:48	—

## 2. 10km

Checkpoint	Km	4.5km/h	4.0 km/h	3.5km/h	3.0 km/h	2.5km/h	Checkpoint closing time
<b>Praia da Torre</b>	0	00:1:20* 8:00	00:1:30* 8:00	00:01:43* 8:00	00:02:00* 8:00	00:02:24* 8:00	—
<b>Carcavelos (foz rio)</b>	2,0	00:26:40 8:26:40	00:30:00 8:30:00	00:34:17 8:34:17	00:40:00 8:40:00	00:48:00 8:48:00	—
<b>S. Pedro do Estoril</b>	4,5	01:00:00 9:00:00	01:07:30 9:07:30	01:17:09 9:17:09	01:30:00 9:30:00	02:07:12 10:07:12	—
<b>S. João do Estoril</b>	7	01:33:20 9:33:20	01:45:00 9:45:00	2:00:00 10:00:00	02:20:00 10:20:00	02:48:00 10:48:00	11:00
<b>Cascais</b>	10	02:13:20 10:13:20	02:30:00 10:30:00	2:51:40 10:51:40	03:20:00 11:20:00	04:00:00 12:00:00	12:15

## g) Timing

- An electronic time control system will be used. At the checkpoints there will be an electronic station that will record the passage of athletes according to their number.
- In addition to the electronic checkpoints at the petrol stations, there will also be electronic/manual checkpoints at security checkpoints at strategic points along the route.

### 1. Intermediate Timing

To control the 20km race, there is timing at 5km, 10km and 15km.

## Referees

The event is refereed by ANL and complies with the regulations of World Aquatics and the Portuguese Swimming Federation for the same type of event.

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

## a) Individuals

The individual classification will be as follows:

1. Professionals Men and Woman (if existing)
2. Women's Overall
3. Men's Overall
4. Men's Age - group
5. Women's Age - group

Race	Age - group		Born
	Womens	Men	
KIDS 400m	KIDS I (13 a 14 anos)		2010 a 2011
	KIDS II (11 a 12 anos)		2012 a 2013
KIDS 200m	KIDS III (9 a 10 anos)		2014 a 2015
•1km •1.9km •3.8km •5km	14-15	-	2009 a 2010
	-	15	2009
	16-17		2007 a 2008
•1km •1.9km •3.8km •5km •10km •20km	18-19		2004 a 2006
	20-24		2000-2004
	25-34		1990-1999
	35-44		1980 a 1989
	45-54		1970 a 1979
	55-64		1960 a 1969
	65-74		1950 a 1959
	75-84		1940 a 1949
	>85		Até 1939
•5km •10km	Open Water`s 20+		Born before 2004

## b) Teams

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

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

- The classification of each group exists for teams that competed with five or more athletes in the respective events.
- Only athletes who finish the race and are classified score points in the respective team classification.
- The team classification is obtained by adding up the points obtained by each team member, according to their rank in each race, as shown in the following table:

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

- The team with more points is the winner



## Awards

- All swimmers who finish the race will receive a participation medal.
- The following will be honored at the awards ceremony:

RACE	Title	PRO M	PRO W	Overall M	Overall W	Age - Groups M/W	Teams
20km	1 <sup>o</sup> (M + W)	1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	-	1 <sup>o</sup> , 2 <sup>o</sup> , 3 <sup>o</sup>
10km	-			1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	1 <sup>o</sup>	
5km	-			1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	1 <sup>o</sup>	
3.8km	-			1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	1 <sup>o</sup>	1 <sup>o</sup> , 2 <sup>o</sup> , 3
1.9km	-			1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	1 <sup>o</sup>	
1km	-			1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	-	
KIDS 400m	-			-	-	1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	-
KIDS 200m	-			-	-	1 <sup>o</sup> , 2 <sup>o</sup> 3 <sup>o</sup>	-

## Additional Information

### a) Cloakroom

- The organisation will provide a cloakroom for athletes' personal items.
- In the case of races starting in Belém, Oeiras, S. Pedro do Estoril, Monte Estoril and Praia das Moitas, this space will be available at the starting point and will then be transported by the organisation to the finish line - inside the EXPO, in front of Praia dos Pescadores - where it can be picked up.
- For the rest of the races, the cloakroom will be permanently located at the EXPO, in front of Praia dos Pescadores.
- No items left in the cloakroom after opening hours will be sent by post to the athletes.

### b) Swimmers Shuttle

- The organisation plans to provide athletes taking part in the 20km, 10km and 5km races with transport from the finish line at Praia dos Pescadores in Cascais to the starting point of each race.
- This service will be available at two times: before the start of the races, and between the arrival of the first athlete in each race and the end of the awards ceremony. More specific times will be communicated to athletes closer to the day of the race.
- The transport will meet at the pillory in front of Praia dos Pescadores and the 50th PSP Police Station.

## Privacy and Security Policy

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

## Protests

- All protests made in writing (by the person responsible for registration or the individual athlete) will be accepted by the organisation, provided that they are made within 15 minutes of the publication of the results. They must be submitted in writing by the person responsible for registration or the individual athlete;
- Filing a protest requires the payment of €20, which is refundable if the protest receives a favourable decision;
- Whenever a protest is lodged, a Jury of Appeal will be set up, made up of the Race Director and Judge Referee;
- The Jury of Appeal will meet and deliberate immediately, and its decision cannot be appealed.

## Missing cases

Any cases not covered by these Regulations will be resolved by the Organisers.