

WE CONQUER THE SEA

SWIM GP
PORTUGAL

10 KM

21 SET



WELCOME

MESSAGE

Welcome to the 12th edition of Swim GP Portugal!

This year marks a truly international moment for SWIM GP Portugal, consolidating us as one of the biggest open water events in the world.

Our Lisbon-Cascais Crossing continues to grow in prestige and global reach, and this is a space to celebrate not only our historical heritage, but above all the determination and courage of the swimmers who challenge and surpass themselves with every stroke.

Since 1906, when the first Lisbon-Cascais competition welcomed its triumphant swimmers into the arms of King Carlos, the spirit of conquest continues to vibrate to this day.

This year's Crossing, which starts next to the imposing Monument to the Discoveries, will once again be the stage for extraordinary feats, as will the Oeiras-Cascais Crossing, a true Olympic marathon.



Jorge Paulo Pereira
Founder SWIM GRAND PRIX

These are epic routes that echo the great epics of our navigators and athletes of the past, raising the standard of what it means to excel.

In 2024, we celebrate not only the history of this event, but also the international recognition we have achieved by being named among the seven best open water competitions in the world. With 37 nationalities represented and 45 per cent of the swimmers coming from abroad, we once again broke the participation record.

This is undoubtedly a platform of excellence that attracts the world's swimming elite, including Olympians such as Leonie Beck and Angélica André, who will be among the big names competing in the SWIM GP events.

The Open Water Anthem, created in 2023, will be back to inspire us once again, celebrating each of the brave swimmers who face the grandeur of the sea. This song will be our salute to the athletes and the perfect tribute to the journey that each of you swimmers is about to undertake.

A special thank you to our dedicated team, the officials and our partners who make this extraordinary open water swimming festival possible.

Dear swimmers, this is your moment. Enjoy every stroke, every challenge that the sea offers you.
Overcome yourselves, celebrate yourselves and build memories that will live forever.

Let's conquer the sea, leave the land to others...

EVENT

SCHEDULE

FRIDAY, SEPTEMBER 20th

17:00

Briefing and Check-in

Lisboa, Padrão dos Descobrimentos

SATURDAY, SEPTEMBER 21st

06:00 – 07:30

Check-in at Race Office

Oeiras, Torre Beach

07:35

Athlete Call

Oeiras, Torre Beach

07:50

Opening Ceremony

Oeiras, Torre Beach

08:00

Start

Oeiras, Torre Beach

12:30

Award CEREMONY

Cascais, Pescadores Beach

SUNDAY, SEPTEMBER 22nd

13:15

Team Awards CEREMONY

20km + 10km + 5km

Cascais, Pescadores Beach

THE HOSTS

TRAVESSIA OEIRAS-CASCAIS

The Travessia Oeiras - Cascais is the first ever Marathon swim in this waters.

The event venue is in Cascais, a village with more than 650 years old.



Oeiras village is very nice to visit and with an important role in Portugal's history.



The crossing starts in Torre beach in Oeiras, around 15 minutes driving from Cascais.

You can find a lot of parking slots in Cascais, usually paid

For race morning traffic is not an issue, but be prepared for any unexpected situation and reach the start venue on time.

The best parking in Torre beach is near the Restaurant Train Carriage just in front our race office, where you will register.

PRE-SWIM

BRIEFING

FRIDAY
SEPTEMBER 20th

05:00 pm

Belém, Lisbon

Inside Padrão dos Descobrimentos monument auditorium

The briefing will be in Belém, an around 30 minutes drive from Cascais.

On Friday afternoon you can expect some traffic, so be prepared.

You can do your mandatory check-in and retrieve your swimmer's kit before the start of the briefing, so come early.

Near the monument you can find some paid parking spots available.

After the briefing we have a visit prepared to the top of the Discoveries monument. Don't miss it!



PRE-SWIM

CHECK-IN

Every swimmer must check in at the Race Office before the event.

**FRIDAY
SEPTEMBER 20th**

04:00pm to 05:00pm

Lisbon, Padrão dos Descobrimentos

**SATURDAY
SEPTEMBER 23rd**

06:00am to 07:30am

Oeiras, Torre Beach

Make sure you bring your Personal Identification as well as the registration confirmation email (with QR Code)

At check-in you will receive your athlete's kit, composed of:

Official Swim Cap

Mandatory use



Swimmer's Slingbag

for your personal belongings



Access Cards

To access the start area and exchange for you timing chip

For any inquiries or changes to your registration please head to the HELP DESK at the Race Office

RULES

SWIMMER

Read our race Regulations [here](#)

You are responsible for knowing all the rules.

Be ready for the great day!

This is just a small reminder of mandatory rules

- Swimmer safety buoy is mandatory. It can be any color, as long as it is bright and visible in the water



The organization will have buoys for sale at the race office

- Wetsuit is mandatory if the water temperature is under 18°C
- Preserve our waters. Any waste thrown out will lead to a DQ.

NICE TO KNOW

SWIMMER



20° / 21° C

Avg. Water Temperature
in September



22° C

Avg. Air Temperature
in September

PRE-RACE

- Be prepared with regular training sessions
- Nutrition is very important to swim longer distances. Prepare your daily routine with a coach
- Travel to Cascais and Oeiras in order to get a better acclimated with the course and the area.

RACE

- Hydration every 20-30 minutes
- Continued nutrition to avoid moments of extreme fatigue and cramps.

RACE DAY

CHECKLIST

*Don't let stress **overtake** the moment. Be prepared in advance and visualize your race.*

- Event Swim Cap
Mandatory
- Goggles
Bring an extra pair just in case
- Wetsuit
OPTIONAL for water temperatures between 18°C and 21°C
MANDATORY for water temperatures under 18°C
- Swimsuit
- Vaseline
- Towel
- Bag for Personal Belongings
- Access Cards
- Nutrition
- Water to hydrate before the race
- Timing Chip
Given at the entrance to the start box

RACE DAY

MORNING

SCHEDULE

TIME	EVENT	LOCATION
06:00am – 07:30am	Check-in at the Race Office	Oeiras, Torre Beach

There's no need to add stress to your race morning. **Come to the Race Office on Friday, in Lisbon, before the briefing, and collect your kit there**

TIME	EVENT	LOCATION
06:00am – 07:30am	Cloakroom	Oeiras, Torre Beach
07:35am	Athlete Call	Oeiras, Torre Beach
07:50am	Opening Ceremony – Open Water Anthem	Oeiras, Torre Beach
08:00am	Start	Oeiras, Torre Beach

RACE DAY

MORNING

PRE-SWIM

A shuttle will be available on race morning to bring swimmers from Cascais to the Swim Start.

Please note there will only be 1 schedule available.

POST-SWIM

The shuttle will also be available after the race, departing from the venue in Cascais towards Oeiras (Torre Beach)

NOTE

Places are limited and swimmers will be given priority over supporters.

Specific schedules will be communicated closer to race day.



RESERVAR JÁ LUGAR NO SHUTTLE

RACE DAY

MORNING

CLOAKROOM

In Oeiras you will be able to leave your personal belongings with the organization so it can be taken to the finish line for you.

TIMING CHIPS AND ACCESS CARDS

Before the start make sure you collect your timing chip and your card with swimmers number. They will be given out before you enter the start box.

They should be wrapped around the wrist. The hand you chose should be the one to hit the finish line arch.

Without a timing chip you will have no results.

VISIBLE NUMBER - MARKER

Swimmers number will be marked on their hands (and shoulders if without wetsuit)

RACE DAY

COURSE



TIDES

HOUR	HEIGHT(m)	TIDE
05:01	3.90	High tide
10:51	0.60	Low tide
17:23	4.00	High tide

CUT OFF

Swimmers will have **4 hours and 15 minutes** to complete the course .

Throughout the course, swimmers will have 1 additional intermediate point of cut-off:

Km 7 - 11h00

The organization reserves the right to remove any swimmer left in the water past these cut-off times, as well as any swimmer who does not present technical and physical conditions to finish the race safely and within these times.

RACE DAY

COURSE

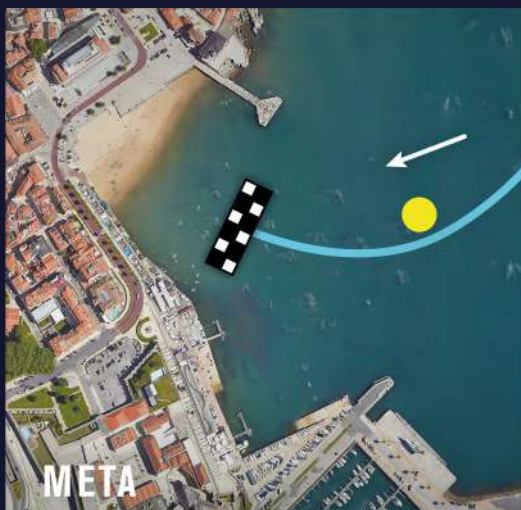
BUOYS

Buoys alternate colours every 500 meters

Km 5 buoy is marked

All buoys should be passed on the right, GIVING THE LEFT SHOULDER.

Exception for the first 2 buoys after the start in Oeiras, that must be passed giving the right shoulder, as well as the last buoy before the finish line.



RACE DAY

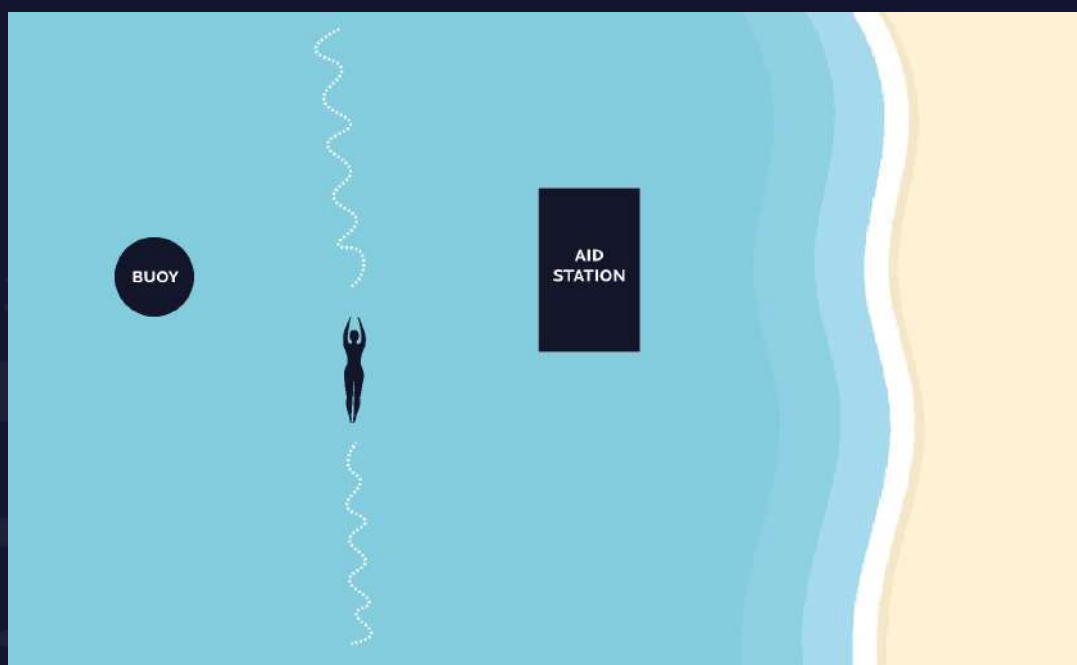
COURSE

AID STATIONS

KM 3

KM 6.5

The swimmer must approach the aid station platform to retrieve nutrition from a volunteer, without touching or leaning on the platform itself.



We recommend swimmer hydration and nutrition every 20 minutes, avoiding extreme fatigue

RACE DAY

COURSE

AID STATIONS

In each aid station the following products will be available:

- Water
- Gels
- Banana
- Barras
- Isotonic Drink
- Cola Drink
(only on the last aid station)

CONTROL CHECKPOINTS

START

KM 2

KM
4.5

7

FINISH

Control checkpoints exist between buoys and organization boats. Swimmers are obliged to pass here. Not doing so will lead to a DQ.

Control points will overlap with aid stations. While passing in the checkpoint is mandatory, using the respective aid station is not.

RACE DAY

COURSE

FINISH LINE

Arriving at the bay swimmers must cross the finish line by tapping their hand **with the timing chip** on top of the floating finish line. Please make sure to use the hand with your timing chip.

After passing the finish line, swimmers must make their way towards the beach to receive their finisher medals and t-shirts as well as recovery nutrition.



 **tfsports**

SWIM GP

***THIS IS THE SHIRT
WAITING FOR YOU
AT THE FINISH LINE!***

10KM



RACE DAY

COURSE

EMERGENCY PROTOCOL

Always follow the organization instructions.

Be always aware of “where you are” in the course. If any doubts ask the organization.

For any meteorologic abrupt change, allways watch the organization boats, kayaks or paddle for possible instructions

Our medical team is on the sea with a large contingent accompanied by a team that follows the entire race on land for rapid extraction in the event of an emergency.

In Cascais, the organisation has a fully equipped advanced medical post

IF YOU DO NOT WISH TO CONTINUE THE SWIM YOU
MUST INFORM THE NEAREST KAYAKER OR BOAT BY
WAVING YOUR HANDS!

RACE DAY

RECOVERY

After reaching land, swimmers can take the public cheers and then walk to the recovery tent where will be served recovery products and hot drinks. Toilets are also available.

Enjoy EFFEKT's personalised experience here, with hot and cold baths tailored to the characteristics and needs of each swimmer, designed to minimise post-race fatigue and promote muscle regeneration.

If you do not feel good be the first to say so. We have our advanced medical area just aside.

After feeling recovered, swimmers can leave the tent. Pay attention to the Award Ceremony

[instagram.com/effekt_dive_into](https://www.instagram.com/effekt_dive_into) 

CENTRO
DE RECUPERAÇÃO
FÍSICA

CRIOTERAPIA, TERAPIA DE CONTRASTE, SAUNA
DE INFRAVERMELHOS, TERAPIA DE COMPRESSÃO

effekt

DIVE INTO YOURSELF

15% DESCONTO
CÓDIGO: SWIMGP15

Marca já
a tua sessão



RACE DAY

RESULTS

LIVE RESULTS

You will be able to follow the results live, in the Lap2Go event page.

Check out the live broadcast on SportTV and our YouTube Channel for an even better experience!



AWARD CEREMONY

The Award Ceremony will take place at Pescadores Beach, from 12:30pm.

The first 3 Men and Women will be awarded first, than the age groupers

Teams Award Ceremony for the group of 3 races 20km -10km -5km will be on Sunday 22nd at 1:15pm at the same place in Cascais.

AFTER RACE

DAY AFTER

ENJOY THE MOMENT!
SEE YOU IN 2025!

Follow us on social media and be ready for 2025
registrations opening!



Check out the live broadcast video in our YouTube channel
[here!](#)

Check results at:
swimgp.com

3
IRON
SPORTS