



SWIM GP

**SWIM GRAND PRIX
PORTUGAL**

**REGULATIONS
2025**

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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 Pescadores Beach, with starts in Lisbon - Belém, Oeiras - Torre Beach, S. Pedro do 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 Atleta Completo Association in partnership with 3Iron Sports and 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 July 19th with the opening of the race office and ends on Sunday July 20th at Pescadores Beach in Cascais with the award ceremonies.

Website:

www.swimgp.com

Contacts:

registrations@swimgp.com

Event Schedule

Friday, July 18th		
15:00	Press Conference	<i>Padrão dos Descobrimentos</i>
15:00 – 18:00	Accreditation for 20km and 10kmm races	<i>Belém Dock</i>
16:00	Briefing 20km	<i>Padrão dos Descobrimentos</i>
17:00	Briefing 10km	<i>Padrão dos Descobrimentos</i>

Saturday, July 19th		
08:00 – 09:30	Accreditation at the 10km race office (No last-minute changes or registrations allowed)	<i>Torre Beach</i>
08:30 – 10:30	Accreditation at the 20km race office (No last-minute changes or registrations allowed)	<i>Padrão dos Descobrimentos</i>
09:45	Athletes Call 10km	<i>Torre Beach</i>
10:00	Event Anthem 10km	<i>Torre Beach</i>
10:10	Start 10km	<i>Torre Beach</i>
10:40	Athletes Call 20km	<i>Belém Dock</i>
10:50	Event Anthem 20km	<i>Belém Dock</i>
11:00	Start 20km Men	<i>Belém Dock</i>
11:05	Start 20km Woman	<i>Belém Dock</i>
12:00 – 19:30	Opening of the race office 5km, 3.8km, 1.9km, 1km and KIDS	<i>Pescadores Beach</i>
12:00 – 19:30	Merchandising and EXPO	<i>Pescadores Beach</i>
12:25	Estimated arrival of the first athlete in the 10km race	<i>Pescadores Beach</i>
12:40	Flower ceremony for the 10km race (depending on the arrival time of the 3rd athlete in each gender)	<i>Pescadores Beach</i>
14:25	Expected arrival of the last athlete in the 10km race	<i>Pescadores Beach</i>
14:40	Award ceremony for the 10km race	<i>Pescadores Beach</i>
14:40	Expected arrival of the last athlete in the 20km race	<i>Pescadores Beach</i>
16:00	Flower ceremony for the 20km race (depending on the arrival time of the 3rd athlete in each gender)	<i>Pescadores Beach</i>
16:30	Briefing KIDS races	<i>Pescadores Beach</i>
17:00	Start KIDS races	<i>Pescadores Beach</i>
17:30	Award Ceremony KIDS races	<i>Pescadores Beach</i>
19:25	Expected arrival of the last athlete in the 20km race	<i>Pescadores Beach</i>

Sunday, July 20th

06:30 – 07:45	Accreditation at the 3.8km race office (No last minute registrations allowed)	<i>Pescadores Beach</i>
07:45	Briefing 3.8km	<i>Pescadores Beach</i>
08:00	Start 3.8km	<i>Pescadores Beach</i>
08:00 - 09:00	Accreditation at the 5km race office (No last minute registrations allowed)	<i>S. Pedro Beach</i>
09:00	Briefing 5km	<i>S. Pedro Beach</i>
09:15	Start 5km	<i>S. Pedro Beach</i>
09:30 – 11:15	Accreditation at the 1.9km race office (No last minute registrations allowed)	<i>Pescadores Beach</i>
11:15	Briefing 1.9km	<i>Pescadores Beach</i>
11:30	Start 1.9km	<i>Pescadores Beach</i>
11:00 - 12:15	Accreditation at the 1km race office (No last minute registrations allowed)	<i>Pescadores Beach</i>
12:15	Briefing 1km	<i>Pescadores Beach</i>
12:30	Start 1km	<i>Pescadores Beach</i>
09:00 – 14:00	Merchandising and EXPO	<i>Pescadores Beach</i>
13:15	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>Pescadores Beach</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 June 15</i>	<i>From June 16 to July 16</i>	<i>Teams with more than 20 registrations</i>
July 19th	20km	120	150€	170€	200€ <i>*registrations close June 30</i>	Not applicable
	10km	140	80€	90€	100€	5%
July 20th	5km	170	40€	50€	60€	5%
	3.8km	120	35€	45€	55€	5%
	1.9km	200	20€	30€	40€	5%
	1km	100	15€	20€	25€	5%
July 19th	KIDS	50	5€	7€	10€	Not applicable
EXTRA ITEMS						
Ensurance (See details)		Licenced athletes from Federação de Triatlo de Portugal				Included in registration
		Non Licenced athletes				7€

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

- Registrations must be made online at www.swimgp.com by 23h59 on July 16th (with the exception of the 20km race, which closes on June 30th at 23h59);

- 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
- Registrations are only considered valid once payment has been made and confirmed;
- Registrations for each race close on July 16th at 23h59 (those for the 20km race close on June 30th 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 until July 12th (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 July 16th.
- 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 kayaker and kayak, renting a kayak, just the kayaker service, or both, to fulfil the requirement of having a companion along the route.
- The accompanying kayaker registration details must be filled in at the time of registration, or communicated to the organisation via email, by 23h59 on July 12th.
- 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 July 19th

1. 10km Travessia Oeiras - Cascais



Point to point; Tide to ebb

Start: Torre Beach, Oeiras

In the water

Athlete Call: 09:45

Finish Line: Pescadores Beach, 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: Belém Dock, Lisboa

In the water

Athlete Call: 10h40

Finish Line: Pescadores Beach, 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

Start Location: Pescadores Beach, Cascais
On the beach

Start: 17h00

Finish: Pescadores Beach, 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

Start Location: Pescadores Beach, Cascais
On the beach

Start: 17h00

Finish: Pescadores Beach, Cascais
On the beach

Buoys: 2 buoys to go round to the right

b) Sunday July 20th



a. 3.8km

1 lap

Start Location: Pescadores Beach, Cascais

On the beach

Start: 08h00

Finish: Pescadores Beach, Cascais

On the beach

Buoys: 4 turning buoys

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



b. 5km

Point to point

Start Location: S. Pedro Beach, S. Pedro do Estoril

In the water

Start: 09:15

Finish: Pescadores Beach, 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

1 lap

Start Location: Pescadores Beach, Cascais
On the beach

Start: 11:30

Finish: Pescadores Beach, Cascais
On the beach

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



d. 1km

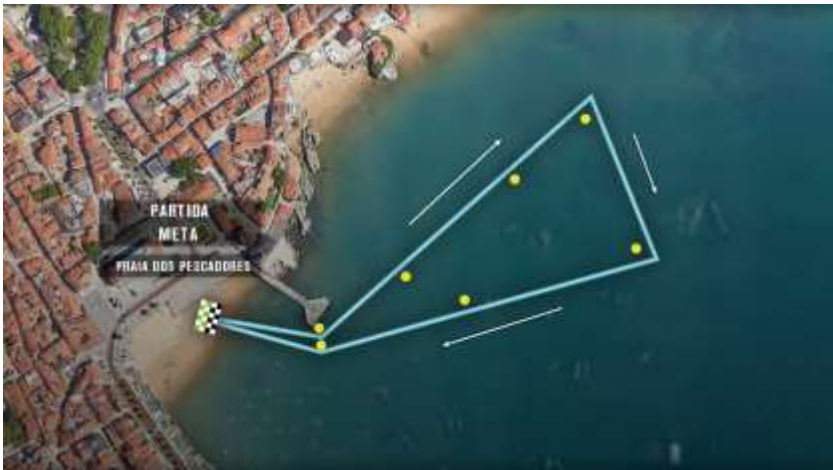
1 lap

Start Location: Pescadores Beach, Cascais
On the beach

Start: 12:30

Finish: Pescadores Beach, 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
Minimum Age	18	18	14 (Fem) 15 (Masc)	14 (Fem) 15 (Masc)	14 (Fem) 15 (Masc)	14 (Fem) 15 (Masc)	9
Mximum age	-	-	-	-	-	-	14
Licences	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.						
Use of wetsuit	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
Date	July 19	July 19	July 20	July 20	July 20	July 20.	July 19
Acreditation	08:30-10:30	08:00-09:30	08:00-09:00	06:30-07:45	09:30-11:15	11:00-12:15	12:00-16:30
Briefing/ Athletes call	10:40	09:45	09:00	07:45	11:15	12:15	16:30
Start schedule	11:00	10:10	09:15	08:00	11:30	12:30	17:00
Place	Lisboa	Oeiras	S. Pedro	Cascais	Cascais	Cascais	Cascais
Kind of start	In the water			On the beach			
Finish	Cascais	Cascais	Cascais	Cascais	Cascais	Cascais	Cascais
Kind of Finish line	In the water			On the beach			
Time limit to complete the race	08h00	03h00 (at 7 km)	02h30	02h00	01h00	00h45	-
Aid Stations	Before departure for the 20km, 5km and 10km (by boat); 13.5km and 17km (on platform)	3km; 6,5km;	-	-	-	-	-
Laps	Point to point	Point to point	Point to point	1 lap	1 lap	1 lap	400 m 2 laps 200 m 1 lap
Minimum number of participants	-	-	-	-	-	-	-
Maximum number of participants	120	140	170	120	200	100	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) Start Box Card

- All athletes will receive a start box access card when they check-in at the race office.
- The card will indicate the race the athlete's registered in and they're respective BIB number.
- For athletes registered in more than one race, they should receive one card for each race.
- The card must be showed and delivered to the member of the organization at the entrance of the start box.
- Athletes that do not present this card will not be allowed to participate in the respective race
- In the 5km event, there will be 2 start boxes, separated by gender
- In the 5km event, the access to the start box closes 10 minutes before the race start time. Athletes that present their card after this time limit will not be allowed to compete.

c) 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.

d) 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.

e) 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.

f) 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

g) 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
Pedrouços	0	00:01:00* 11:00:00	00:1:20* 11:00:00	00:01:43* 11:00:00	00:02:00* 11:00:00	00:02:24* 11:00:00	—
Alto da Boa Viagem	5km	00:50:00 11:50:00	01:06:40 12:06:40	01:25:43 12:25:43	01:40:00 12:40:00	02:00:00 13:00:00	—
INATEL Oeiras	10km	01:40:00 12:40:00	02:13:20 13:13:20	2:51:26 13:51:26	03:20:00 14:20:00	04:00:00 15:00:00	15:15
Carcavelos (foz rio)	12,5km	02:05:00 13:05:00	02:46:40 13:46:40	3:34:17 14:34:17	04:10:00 15:10:00	05:00:00 16:00:00	—
S. Pedro do Estoril	15 km	02:30:00 13:30:00	03:20:00 14:20:00	4:17:09 15:17:09	05:00:00 16:00:00	06:00:00 17:00:00	17:00
S. João do Estoril	17,5	02:55:00 13:55:00	03:53:20 14:53:20	5:00:00 16:00:00	05:50:00 16:50:00	07:00:00 18:00:00	18:00
Cascais	20,7	03:27:00 14:27:00	04:36:00 15:36:00	5:55:21 16:55:21	06:54:00 17:54:00	08:16:48 19:16:48	—

2. 10km

Checkpoint	Km	4.5km/h	4.0 km/h	3.5km/h	3.0 km/h	2.5km/h	Checkpoint closing time
Torre Beach	0	00:1:20* 10:10:00	00:1:30* 10:10:00	00:01:43* 10:10:00	00:02:00* 10:10:00	00:02:24* 10:10:00	—
Carcavelos (foz rio)	2,0	00:26:40 10:36:40	00:30:00 10:40:00	00:34:17 10:44:17	00:40:00 10:50:00	00:48:00 10:58:00	—
S. Pedro do Estoril	4,5	01:00:00 11:10:00	01:07:30 11:17:30	01:17:09 11:27:09	01:30:00 11:40:00	02:07:12 12:17:12	—
S. João do Estoril	7	01:33:20 11:43:20	01:45:00 11:55:00	2:00:00 12:10:00	02:20:00 12:30:00	02:48:00 12:58:00	11:00
Cascais	10	02:13:20 12:23:20	02:30:00 12:40:00	2:51:40 13:01:40	03:20:00 13:30:00	04:00:00 14:10:00	12:15

h) 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)		2011 - 2012
	KIDS II (11 a 12 anos)		2013 - 2014
KIDS 200m	KIDS III (9 a 10 anos)		2015 - 2016
•1km •1.9km •3.8km •5km	14-15	-	2010-2011
	-	15	2010
	16-17		2008 - 2009
•1km •1.9km •3.8km •5km •10km •20km	18-19		2005 - 2007
	20-24		2001-2005
	25-34		1991-2000
	35-44		1981 - 1990
	45-54		1971 - 1980
	55-64		1961 - 1970
	65-74		1951 - 1960
	75-84		1941 - 1950
•5km •10km	>85		Until 1940
	Open Water`s 20+		Born before 2005

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 ^o	50
2 ^o	49
3 ^o	48
4 ^o	47
...	...
From 50th place, 1 point per swimmer	

- 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 ^o (M + W)	1 ^o , 2 ^o 3 ^o	1 ^o , 2 ^o 3 ^o	1 ^o , 2 ^o 3 ^o	1 ^o , 2 ^o 3 ^o	-	
10km	-			1 ^o , 2 ^o 3 ^o	1 ^o , 2 ^o 3 ^o	1 ^o	1 ^o , 2 ^o , 3 ^o
5km	-			1 ^o , 2 ^o 3 ^o	1 ^o , 2 ^o 3 ^o	1 ^o	
3.8km	-			1 ^o , 2 ^o 3 ^o	1 ^o , 2 ^o 3 ^o	1 ^o	
1.9km	-			1 ^o , 2 ^o 3 ^o	1 ^o , 2 ^o 3 ^o	1 ^o	1 ^o , 2 ^o , 3 ^o
1km	-			1 ^o , 2 ^o 3 ^o	1 ^o , 2 ^o 3 ^o	-	
KIDS 400m	-			-	-	1 ^o , 2 ^o 3 ^o	-
KIDS 200m	-			-	-	1 ^o , 2 ^o 3 ^o	-

Additional Information

a) Cloakroom

- The organisation will provide a cloakroom for athletes' personal items.
- In the case of races starting in Belém, Oeiras and S. Pedro do Estoril 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 Pescadores Beach - where it can be picked up.
- For the rest of the races, the cloakroom will be permanently located at the EXPO, in front of Pescadores Beach.
- 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 Pescadores Beach 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 bus stop at Av. 25 de Abril in Cascais ([see location](#)).

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.