

SWIM GP

**SWIM GRAND PRIX
PORTUGAL**

**REGULATIONS
2026**

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Introduction

The Swim Grand Prix (Swim GP) is an open-water swimming event featuring a variety of races, held either entirely in the water in accordance with World Aquatics and FPN rules, or with starts, turn-arounds 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 and 200 m)

The event is organised by Associação Atleta Completo in partnership with 3Iron Sports and in collaboration with Cascais Municipality, Oeiras Municipality, Lisbon Municipality, the Portuguese Swimming Federation, the Lisbon Swimming Association, the Port Authorities of Cascais and Lisbon, and the Lisbon Port Authority

The Swim GP begins on Friday, July 17 with the opening of the athlete check-in and a press conference, and concludes on Sunday, July 19 at Pescadores Beach in Cascais with the prize-giving ceremony

Website:

www.swimgp.com

Contacts:

registrations@swimgp.com

Event Schedule

Friday, July 17

15:00	Press Conference	<i>Padrão dos Descobrimentos</i>
14:00 – 18:00	Athlete Check-in 20km and 10km	<i>Belém Dock</i>
16:00	Race Briefing 20km	<i>Padrão dos Descobrimentos</i>
17:00	Race Briefing 10km	<i>Padrão dos Descobrimentos</i>

Saturday, July 18

05:00 – 06:20	Athlete Check-in 10km (No last-minute changes, or registrations allowed)	<i>Torre Beach</i>
05:30 – 07:30	Athlete Check-in 20km (No last-minute changes, or registrations allowed)	<i>Padrão dos Descobrimentos</i>
06:35	Athlete Call 10km	<i>Torre Beach</i>
06:50	Event Anthem 10km	<i>Torre Beach</i>
07:00	Race Start 10km	<i>Torre Beach</i>
07:40	Athlete Call 20km	<i>Belém Dock</i>
07:50	Event Anthem 20km	<i>Belém Dock</i>
08:00	Race Start 20km Men	<i>Belém Dock</i>
08:05	Race Start 20km Women	<i>Belém Dock</i>
10:00 – 18:00	Athlete Check-in 5km, 3.8km, 1.9km, 1km and KIDS	<i>Pescadores Beach</i>
10:00 – 18:00	Merchandising and EXPO	<i>Pescadores Beach</i>
09:15	ETA First Athlete 10km	<i>Pescadores Beach</i>
09:30	Flower Ceremony 10km (depending on finish time for 3 rd athlete of each gender)	<i>Pescadores Beach</i>
11:15	ETA Last Athlete 10km	<i>Pescadores Beach</i>
11:30	Awards Ceremony 10km	<i>Pescadores Beach</i>
11:40	ETA First Athlete 20km	<i>Pescadores Beach</i>
13:00	Flower Ceremony 20km (depending on finish time for 3 rd athlete of each gender)	<i>Pescadores Beach</i>
16:25	Briefing KIDS	<i>Pescadores Beach</i>
16:30	Race Start KIDS	<i>Pescadores Beach</i>
17:00	Awards Ceremony KIDS	<i>Pescadores Beach</i>
17:30	ETA Last Athlete 20km	<i>Pescadores Beach</i>

Sunday, July 19

06:30 – 07:45	Athlete Check-in 3.8km (No last-minute changes, or registrations allowed)	<i>Pescadores Beach</i>
07:45	Briefing 3.8km	<i>Pescadores Beach</i>
08:00	Race Start 3.8km	<i>Pescadores Beach</i>
08:00 - 09:00	Athlete Check-in 5km (No last-minute changes, or registrations allowed)	<i>S. Pedro do Estoril Beach</i>
09:00	Briefing 5km	<i>S. Pedro do Estoril Beach</i>
09:15	Race Start 5km	<i>S. Pedro do Estoril Beach</i>
09:30 – 11:15	Athlete Check-in 1.9km (No last-minute changes, or registrations allowed)	<i>Pescadores Beach</i>
11:15	Briefing 1.9km	<i>Pescadores Beach</i>
11:30	Race Start 1.9km	<i>Pescadores Beach</i>
11:00 - 12:15	Athlete Check-in 1km (No last-minute changes, or registrations allowed)	<i>Pescadores Beach</i>
12:15	Briefing 1km	<i>Pescadores Beach</i>
12:30	Race Start 1km	<i>Pescadores Beach</i>
09:00 – 14:00	Merchandising and EXPO	<i>Pescadores Beach</i>
13:15	Awards Ceremony 5km, 3.8km, 1.9km and 1km Team Awards Ceremony for 20km, 10km and 5km and for 3.8km, 1.9km and 1km	<i>Pescadores Beach</i>

Registrations

Registration Fees and Slots

DAY	RACE	MAX ATHLETES	SLOTS / FEES		
Saturday, July 18	20km*	100	1 - 50	51 - 75	76 - 100
			150€	170€	200€
Saturday, July 18	10km	130	1 - 50	51 - 75	76 - 130
			85€	95€	100€
Sunday, July 19	5km	200	1 - 75	76 - 120	121 - 200
			45€	55€	60€
Sunday, July 19	3.8km	130	1 - 50	51 - 75	76 - 130
			35€	45€	50€
Sunday, July 19	1.9km	250	1 - 75	76 - 150	151 - 250
			20€	30€	35€
Sunday, July 19	1km	100	1 - 50	51 - 75	76 - 100
			15€	20€	25€
Saturday, July 18	KIDS (400m & 200m)	50	1 - 50		
			5€		

*Registrations for the 20km race close on June 30.

MANDATORY INSURANCE (SEE DETAILS)

Athletes federated in the Portuguese Triathlon Federation	Exempt
Non Federated Athletes	7€

EXTRA ITEMS

Cancellation Insurance		20€
<i>Just for the 20km race</i>	Kayak Renting	60€
	Kayaker Renting	120€
	Kayak + Kayaker Renting	180€

- Registrations must be made online at www.swimgp.com by 23:59 on July 15 (except for the 20km race, for which registration closes at 23:59 on June 30);
- In addition to the registration fee indicated above, a **payment fee** is charged by the registration platform, depending on the payment method chosen during online registration.
- Registrations are only considered valid once payment has been made and confirmed;
- Registration for each race closes on July 15 at 23:59 (registration for the 20km race closes on 30 June at 23:59), or earlier if the registration limit for the respective race is reached;
- The organisers reserve the right to increase the number of available slots in each race.
- An athlete's age group is determined by their age on 31 December of the current year.

Team Discount

The Team Discount is 5% and applies to group entries of 15 or more swimmers from the same club, provided that the entry is made at the time of registration and during the standard registration period (last-minute entries are not included).

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

The discount is limited to one race per athlete.

Registration Requirements (20km and 10km race)

For the 20km and 10km races, athletes must have completed an open-water race between 1 January 2020 and the registration deadline

20KM – TRAVESSIA LISBOA - CASCAIS

- Swimmers must have completed an open-water race of at least 10 km;
- Athletes must provide proof of these requirements when registering online. Failure to provide valid proof will result in the registration being invalidated.
- Athletes who have not provided proof of times at the time of registration must do so by the day of the race, either by email or in person at the race office.

10KM – TRAVESSIA OEIRAS - CASCAIS

- The organisers recommend that all swimmers taking part in the 10km race have previously completed an open-water race of at least

Registration Includes

The total registration fee includes:

- Race Entry
- Race Swim Cap
- Finisher's Medal
- Personal Accident Insurance for Kayakers (for the 20km race only)
- Personal Accident Insurance for Swimmers in all races. If federation insurance is presented and confirmed, the cost of the insurance will be deducted

Documents

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

Licenses

1. Federated Athletes

- The events are open to athletes holding a valid licence from the Portuguese Swimming Federation (FPN) or their respective international counterparts.
- Athletes licensed as Masters with the FPN must obtain a Masters Open Water licence or, alternatively, compete as non-federated
- All athletes holding a valid federation licence to participate in the event must state, at the time of registration, the 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 event takes place. In the event of non-compliance, the organisers accept no liability for accidents that may result from the athlete's participation in the event, nor for the refund of their entry fee.

2. Non Federated Athletes

- Athletes who do not hold a valid federation licence to participate in the event must take out Personal Accident Insurance at the time of registration, valid solely for the day of the event (the insurance is automatically added to the registration based on the athlete's indication of the status of their federation licence).
- For these athletes, the organisers provide personal accident insurance in accordance with Decree-Law No. 10/2009

3. Kayaker

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

4. Exemptions

- Athletes with a valid licence from the Portuguese Triathlon Federation are exempt from paying the insurance fee
- Athletes entering the KIDS category events are exempt from paying the insurance fee

Cancellation Insurance

- When registering, athletes may select the **Cancellation Insurance** option. This option allows them to request the cancellation of their registration and a refund of the registration fee.
- This insurance does not cover the cost of the insurance itself, the payment fee, or any additional items purchased at the time of registration (including, but not limited to, race insurance for athletes not affiliated with the Portuguese Open Water Masters Swimming Federation or equivalent international bodies).
- Non-refundable items purchased (merchandise only) will be collected exclusively from the race office, upon presentation of proof of purchase.
- **This insurance is only valid for cancellation requests made by July 11 (one week before the race).**

Registration Refund

- Once your registration has been confirmed, it cannot be cancelled.
- Refunds of the entry fee will only be granted to athletes who purchased cancellation insurance at the time of registration. (see details on [Cancellation Insurance](#))
No refunds will be given for the registration fee or any other amounts paid by the athlete under any circumstances, including, but not limited to, medical reasons.

Registration Postponement

- A request to carry over registration to the following year's event is only possible if the race for which the athlete is registered is postponed or cancelled due to force majeure and the athlete has collected their race pack on the day of the race.
- In this case, any additional items purchased at the time of registration will be handed over with the race pack at the race office.
- Only the registration is transferable to the following year's event (neither the insurance nor any extra items purchased are included).
- Where these conditions apply, a request to postpone registration is only valid if made by email within 30 days of the original race date.

Registration Swap

- Entries are 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 or club.
- The organisers accept no liability for the participation or any injuries or accidents sustained by a person who takes part in the event improperly as a substitute for a registered swimmer.
- Should the organisers identify an unauthorised swap of swimmers, those involved will be banned from the event and from future editions.

Changing Registration Details

- Requests to change registration details (personal details or club/team affiliation) will only be accepted if submitted by email by July 15
- The organisers reserve the right to approve changes to registration details and/or request supporting documentation in order to process such changes.

Kayaker

- In the 20km race, athletes have the option of bringing their own paddler and kayak, hiring a kayak, hiring a paddler only, or both, in order to meet the requirement of having an accompanying person throughout the course.
- The accompanying kayaker's registration details must be provided at the time of registration, or communicated to the organisers via email, by 23:59 on June 30.
- Registration for the 20km race is only complete once the accompanying kayaker's details have been confirmed.

Timing Chip

- Timing chips are on loan. They must be returned to the organisers after the race. Otherwise, the athlete will be charged for a replacement (€80).

Medical Questionary

- All participants must complete the "Relevant Medical Information" section of the online registration form if they have any medical conditions that may affect their participation in the event.

Liability Waiver

- Acceptance of the [Liability Waiver](#) during the online registration process is mandatory for all exams and replaces the paper version of the Liability Waiver.
- No registration is valid without acceptance of the Liability Waiver.

Terms and Conditions

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

- It is the responsibility of each registered athlete to ensure that all information provided at the time of registration is correct and valid;
- It is the responsibility of each registered athlete to select an event for which they meet all the requirements set by the organisers. Any injury and/or accident resulting from the athlete's participation in an event where they do not meet these requirements is the athlete's responsibility;
- The athlete has prepared adequately, is fit to participate and possesses the physical and mental strength necessary to complete the event;
- All medical information provided by the athlete at the time of registration may be shared with the event's medical team in order to safeguard the safety of all participants;
- The organisers accept no liability for any injury or accident suffered or caused as a result of misconduct, negligence, breach or failure to comply with the regulations in force and/or the instructions of the officials and safety personnel (maritime police, fire brigade, lifeguards and others);
- In the event of failing to meet the time limit set for the race, the refereeing team may retrieve you from the water;
- For minors, responsibility for their participation lies solely with the organisation they represent or with their legal guardians in the case of individual registration;
- The athlete accepts the terms of these regulations and the liability waiver, the text of which is reproduced below:

“By registering for this event, the athlete (or their parent or legal guardian, if a minor) acknowledges that participating in sporting events of this nature can be potentially dangerous and that they are aware that accidents may occur. They also declare that they are in the physical condition required to participate in and complete the event for which they have registered, taking part of their own free will and with full knowledge of the rules and the obligations arising therefrom, accepting responsibility for their participation and not holding liable any persons, companies or entities directly or indirectly involved in the organisation or promotion of the event for any personal injury or material damage they may suffer during their participation. You also give your consent for the event organiser or promoter to use your name and image in photographs, videos or other media.”

Races and Courses

Saturday, July 18

10KM TRAVESSIA OEIRAS – CASCAIS



Point-to-point; on the ebb

Start: Torre Beach, Oeiras

In the water

Athlete Call: 06:35

Finish: Pescadores Beach, Cascais

In the water – floating finish line

Aid Stations: 2

Buoys: alternating between yellow and red; every 500 m (athletes must pass the buoy on their left)

20KM TRAVESSIA LISBOA - CASCAIS



Point-to-point; on the ebb

Start: Belém Dock, Lisboa

In the water

Athlete Call: 07:40

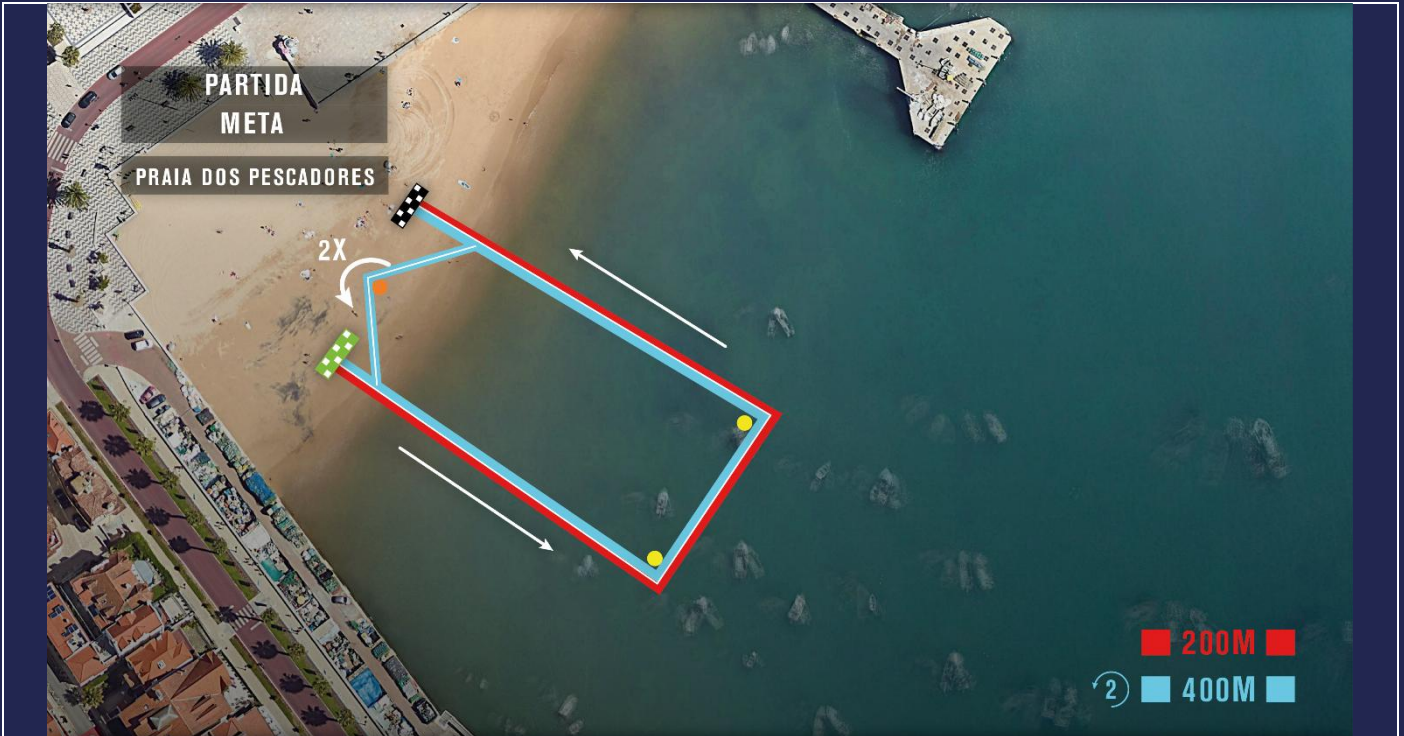
Finish: Pescadores Beach, Cascais

In the water – floating finish line

Aid Stations: 4

Buoys: alternating between yellow and red; every 500 m (athletes must pass the buoy on their left)

KIDS



400m
 2 laps
Start: Pescadores Beach, Cascais
 On land
Schedule: 17h00
Finish: Pescadores Beach, Cascais
 On land
Buoys: 2 Buoys to pass on the right
Turning Point/Start of 2nd Lap: The swimmer gets out of the water, runs a short distance along the beach and gets back into the water.

200m
 1 lap
Start: Pescadores Beach, Cascais
 On land
Schedule: 17h00
Finish: Pescadores Beach, Cascais
 On land
Buoys: 2 Buoys to pass on the right

Sunday, July 19

3.8KM



1 lap
Start: Pescadores Beach, Cascais
 On land
Schedule: 08h00
Finish: Pescadores Beach, Cascais
 On land
Buoys: 4 turning buoys
 21 marking buoys at each 170 m, to pass on the right

5KM



Point-to-point
Start: S. Pedro do Estoril Beach, S. Pedro do Estoril
 In the water
Schedule: 09:15
Finish: Pescadores Beach, Cascais
 In the water
Buoys: 2 turning buoys
 11 marking buoys at each 300 m, to pass on the right

1.9KM



1 lap
Start: Pescadores Beach, Cascais
 On land
Schedule: 11:30
Finish: Pescadores Beach, Cascais
 On land
Buoys: 2 turning buoys
 5 marking buoys at each 300 m, to pass on the right

1KM

1 lap

Start: Pescadores Beach, Cascais
On land

Schedule: 12:30

Finish: Pescadores Beach, Cascais
On land

Buoys: 2 turning buoys and 2 marking buoys at each 300m, to pass on the right

General Conditions

RACE	20km	10km	5km	3.8km	1.9km	1km	KIDS
Min. Age	18 y/o	18 y/o	14 y/o (Women) 15 y/o (Men)	14 y/o (Women) 15 y/o (Men)	14 y/o (Women) 15 y/o (Men)	14 y/o (Women) 15 y/o (Men)	9 y/o
Max Age	-	-	-	-	-	-	14 y/o
Licenses	The events are open to athletes holding a valid licence with the Portuguese Swimming Federation (in the Open Water Masters category) or with their respective international counterparts.						
	Athletes without a valid licence will be required to take out personal accident insurance and complete the medical questionnaire at the time of registration						
Wetsuit Mandatory Use	18 to 21°C	18 to 21°C	18 to 20°C	18 to 20°C	18 to 20°C	18 to 20°C	18 to 20°C
Date	July 18	July 18	July 19	July 19	July 19	July 19	July 18
Check-in	05:30-07:30	05:00-06:20	08:00-09:00	06:30-07:45	09:30-11:15	11:00-12:15	12:00-16:30
Briefing/ Athlete Call	07:40	06:35	09:00	07:45	11:15	12:15	16:30
Schedule Start	08:00	07:00	09:15	08:00	11:30	12:30	17:00
Start Location	Lisboa	Oeiras	S. Pedro	Cascais	Cascais	Cascais	Cascais
Start Type	In the water			On land			
Finish Location	Cascais	Cascais	Cascais	Cascais	Cascais	Cascais	Cascais
Finish Type	In the water			On land			
Cut off	08h00	03h00 (at km 7)	02h30	02h00	01h00	00h45	-
Aid Stations	Before the Start, 5km and 10km (on boat); 13,5km and 17km (on floating 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
Min. Participants	-	-	-	-	-	-	-
Max Participants	100	130	200	130	250	100	50

- The organisers will provide all the necessary support and safety measures to ensure the event runs smoothly and is properly supervised. To this end, the organisers will be supported by Cascais Municipal Council, Oeiras Municipal Council and Lisbon Municipal Council, the Lisbon Swimming Association, the Maritime Police, the Fire Brigade, ISN and the necessary canoeists. The organisers will ensure that a specialist medical team is on hand to provide support.
- The organisers accept no liability for any injury or accident suffered or caused by participants during the event as a result of misconduct, negligence or a breach by the participant of any of the safety rules laid down for the competition.
- The organisers reserve the right to prevent anyone from taking part in the race or to remove from the course any participants who do not have the technical and physical ability to complete the race safely.
- The organisers reserve the right to remove any swimmer from the water to ensure their safety and whenever any of the following conditions apply:
 - Signs of extreme fatigue, dehydration, hypothermia, an extremely slow pace, or any other sign preventing the participant from swimming normally.
 - Swimmers who do not follow the organisers' safety instructions.
 - Adverse weather and sea conditions.
 - Withdrawal of the accompanying canoeist from the 20km ultra-marathon event.
- The organisers reserve the right to prevent participation in the event or to remove, during the course of the event, any individuals who display unsportsmanlike behaviour, endanger safety, or show disrespect towards other participants, the public, or members of the organising committee and the referees. Any attempt to participate in an event for which one is not registered will result in the athlete being suspended from future editions.
- If necessary, and depending on the number of entrants and the weather and sea conditions, the organisers may decide to hold separate starts for each gender.
- The organisers reserve the right to modify, cancel, suspend or halt the event (due to extremely adverse weather conditions or other circumstances beyond their control). In such cases, the organisers will endeavour to reschedule the event for a new date suitable for its staging. If the event is rescheduled, athletes who have collected their race kit on the original race day may request to defer their entry to the next edition. Athletes eligible for a deferral must submit their request within 30 days of the original event date.
- The organisers reserve the right to adjust the distances of the races in cases of extreme necessity (such as extremely adverse weather conditions or other circumstances beyond their control), and also to combine several races into a single event, which may result in a change to the original distance of any race not held according to its original schedule.
- The organisers reserve the right to change the routes and distances of all races.

General Rules

Race Equipment

ITEM	DESCRIPTION
SWIM CAP	<ul style="list-style-type: none"> You must wear the official race cap provided by the organisers at the time of registration.
WETSUIT	<ul style="list-style-type: none"> Wetsuit use is permitted under FPN rules if the sea temperature is below 20°C. If the water temperature is below 18°C, the use of a wetsuit is mandatory. Exceptionally, for the 20km and 10km races, the use of a wetsuit will be permitted if the water temperature is below 21°C. <p>The water temperature is calculated by taking measurements at three different points along the route, with the official temperature being set as the lowest of these readings.</p> <ol style="list-style-type: none"> <u>Suit design:</u> Textile suits must not extend beyond the wrists, neck and ankles, whilst complying with all other requirements set out in the specifications for swimming pool suits. <i>*Note: Wetsuits are suits that provide thermal insulation. Isothermal suits, for both men and women, must cover the torso, back, shoulders and knees, but must not extend beyond the neck, ankles and wrists.</i> <u>Socks and collars:</u> the use of socks and collars is optional for all events, provided they do not aid the athlete's propulsion
TIMING CHIP	<ul style="list-style-type: none"> Mandatory use. Chips will be issued by the organisers before entering the Start area, except for the Kids' race (the Kids' race does not use chips). Chips must be worn on the wrist for the 20km, 10km and 5km races. For all other races, they must be worn on the ankle.
MARKINGS / TATTOOS	<ul style="list-style-type: none"> Athletes who do not wear a thermal suit will have their numbers marked on their backs, arms and hands. Athletes who wear a thermal suit will have their numbers marked on their hands.
WATCH	<ul style="list-style-type: none"> Allowed
INFLATABLE SAFETY DEVICE (BUOY)	<ul style="list-style-type: none"> Forbidden in the 20km, 3.8km, 1.9km, 1km and KIDS races. Mandatory use for the 10km and 5km races.
PROHIBITED EQUIPMENT	<ul style="list-style-type: none"> Swimmers are not permitted to use any aids for buoyancy, propulsion or breathing, such as, but not limited to: pull buoys, fins and snorkels

Start Box Card

- All athletes will receive an access card for the start area when they collect their race pack from the race office.
- The card will state the race in which the athlete is entered and their respective race number.
- Athletes registered for more than one race will receive one card for each race.
- The card must be presented and handed to the member of staff at the entrance to the start box
- Athletes who do not hand in this card will not be permitted to take part in the respective race.
- For the 5km race, there will be two start boxes, separated by gender.
- In the 5km race, access to the start pens closes 10 minutes before the race start time. Athletes who present their card after this deadline will not be permitted to participate.

Kayak and Kayaker

- Athletes who choose to hire a kayak, with or without a paddler, must be present in the Start area on the day of the race 30 minutes before the scheduled call-up time to collect their equipment (06:30).
- Kayakers will only be allowed access to the start area and the water upon presentation of the identification card issued at the time of accreditation.
- All kayaks must be identified with the official sticker bearing the respective athlete's number, which will be provided at the entrance to the start box

Kayaks Characteristics

- Single-seater or two-seater *sit-on-top*
- Maximum length of 3.6 metres

Kayak Support Communications and Aid Stations

- The kayaker must have a mobile communication device, be contactable, and have a power bank to recharge their mobile phone, as well as a waterproof case for the phone.
- For the purpose of feeding, the kayaker may carry a feeding stick to bring food and drink to the athlete without the athlete coming into contact with the boat. This extension pole is the canoeist's responsibility and must have the following characteristics:
 - it must not exceed 5 m in length
 - it must have at least one cup at the end
 - it must not have any hanging wires or anything the swimmer could grab hold of, or which creates a risk of entanglement
- The Aid Stations for the 20km race are managed exclusively by the canoeist, who is authorised to collect the supplies they deem necessary from the Supply Stations, or to be accompanied by the selection of supplies chosen by the athlete at the start of the race, to be carried in the kayak;
- At fixed Aid Stations, support teams for athletes or individual Aid Stations will not be permitted; the organisation is solely responsible for delivering supplies to the athletes or, in the case of the 20km race, to the kayakers accompanying the athletes.

Kayaker Monitoring

- The kayaker must always keep pace with the swimmer, without taking the lead, staying alongside them at a distance that does not affect their performance. They may, however, speak to the swimmer and give instructions to help them navigate to the course buoys..
- The athlete is not permitted to hold onto the boat; doing so will result in disqualification.

Course Buoys

All course marker buoys must be passed around as indicated (both on the race map and in the explanation given during the briefing prior to the races), failing which the athlete will be disqualified.

Start

On land

- Athletes must report to the land Start Zone to have their “athlete number” checked in a designated area – before entering the water.
- No participant may enter the Start Zone without having their “athlete number” checked.

On the water

- Once all athletes have been accounted for, and following the race briefing, they will be directed to the water.
- Access to the control box closes 10 minutes before the start time. No athlete may enter the water after the control box has closed.
- Following the on-site mini-briefing, the starting signal will be given with all registered athletes lined up.
- In the start area, the clock will begin counting down according to the established schedule, regardless of whether all registered athletes are present.

Finish

On land

- It is only valid when the athlete’s torso crosses the imaginary line perpendicular to the finish line located beneath the finish arch

On the water

- It is only valid when the athlete touches the finish line with their hand

Checkpoints

- Checkpoints are points along the route and are located at sites designated by the organisers. A representative of the organisers will be present at each of these checkpoints.
- Failure to pass through one or more checkpoints will result in the participant's disqualification.
- Withdrawals must be made at the checkpoints. In the event of an accident or injury where the participant is unable to continue and cannot reach a checkpoint, they must activate the rescue operation and will be rescued by the organisers.

20KM TRAVESSIA LISBOA - CASCAIS

Checkpoint	Distância Km	6km/h	4.5 km/h	3.5km/h	3.0 km/h	2.5km/h	Cut-off
Pedrouços	0	00:01:00* 08:00:00	00:1:20* 08:00:00	00:01:43* 08:00:00	00:02:00* 08:00:00	00:02:24* 08:00:00	—
Alto da Boa Viagem	5km	00:50:00 08:50:00	01:06:40 09:06:40	01:25:43 09:25:43	01:40:00 09:40:00	02:00:00 10:00:00	—
INATEL Oeiras	10km	01:40:00 09:40:00	02:13:20 10:13:20	2:51:26 10:51:26	03:20:00 11:20:00	04:00:00 12:00:00	12:15
Carcavelos (river's mouth)	12,5km	02:05:00 10:05:00	02:46:40 10:46:40	3:34:17 11:34:17	04:10:00 12:10:00	05:00:00 13:00:00	—
S. Pedro do Estoril	15 km	02:30:00 10:30:00	03:20:00 11:20:00	4:17:09 12:17:09	05:00:00 13:00:00	06:00:00 14:00:00	14:00
S. João do Estoril	17,5	02:55:00 10:55:00	03:53:20 11:53:20	5:00:00 13:00:00	05:50:00 13:50:00	07:00:00 15:00:00	15:00
Cascais	20,7	03:27:00 11:27:00	04:36:00 12:36:00	5:55:21 13:55:21	06:54:00 14:54:00	08:16:48 16:16:48	—

10KM TRAVESSIA OEIRAS - CASCAIS

Checkpoint	Distância Km	4.5km/h	4.0 km/h	3.5km/h	3.0 km/h	2.5km/h	Cut-off
Torre Beach	0	00:1:20* 07:00:00	00:1:30* 07:00:00	00:01:43* 07:00:00	00:02:00* 07:00:00	00:02:24* 07:00:00	—
Carcavelos (river's mouth)	2,0	00:26:40 07:26:40	00:30:00 07:30:00	00:34:17 07:34:17	00:40:00 07:40:00	00:48:00 07:48:00	—
S. Pedro do Estoril	4,5	01:00:00 08:00:00	01:07:30 08:07:30	01:17:09 08:17:09	01:30:00 08:30:00	02:07:12 09:07:12	—
S. João do Estoril	7	01:33:20 08:33:20	01:45:00 08:45:00	2:00:00 09:00:00	02:20:00 09:20:00	02:48:00 09:48:00	10:00
Cascais	10	02:13:20 09:13:20	02:30:00 09:30:00	2:51:40 09:51:40	03:20:00 10:20:00	04:00:00 11:00:00	11:15

Timing

- An electronic timing system will be used. At the checkpoints, there will be an electronic station that will record athletes' passage according to their race number.
- In addition to the electronic timing system at the refreshment stations, there will also be electronic/manual timing at the safety checkpoints located at certain strategic points along the route.

Refereeing

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

Rankings

The age taken into account for the rankings is the age the athlete will be on 31 December of the year in which the event takes place.

a) Individual

The individual ranking will be divided as follows:

1. Overall Women
2. Overall Men
3. Age Groups Women
4. Age Groups Men

Race	Age Group		Year of Birth
	Women	Men	
KIDS 200m	KIDS III (9 to 10 y/o)		2016 - 2017
KIDS 400m	KIDS II (11 to 12 y/o)		2014 - 2015
	KIDS I (13 to 14 y/o)		2012 - 2013
•1km •1.9km •3.8km •5km	14-15	-	2011 - 2012
	-	15	2011
	16-17		2009 - 2010
•1km •1.9km •3.8km •5km •10km •20km	18-19		2007 - 2008
	20-24		2002 - 2006
	25-34		1992 - 2001
	35-44		1982 - 1991
	45-54		1972 - 1981
	55-64		1962 - 1971
	65-74		1952 - 1961
	75-84		1942 - 1951
	>85		Até 1941
•5km •10km	Open Water 20+		Born before 2006

b) Teams

- The team classification is divided into two groups, based on the distances of the races.

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

- The team rankings apply to teams that fielded five or more athletes in the respective events.
- Only athletes who finish the event and are ranked contribute to their team's ranking.
- The team ranking is calculated by adding up the points earned by each team member, based on their rank in each event, as illustrated in the table below:

RANK	POINTS
1st	50 points
2nd	49 points
3rd	48 points
4º	47 points
...	...
	From 50th place onwards, 1 point is awarded per participant

- The team with the most points is declared the winner.

Awards

- All athletes who complete the race will receive a participation medal.
- The following finishers will be awarded prizes at the awards ceremony:

RACE	Overall Men	Overall Women	Age Groups (Women and Men)	Teams
20km	1st, 2nd 3rd	1st, 2nd 3rd	-	1st, 2nd, 3rd
10km	1st, 2nd 3rd	1st, 2nd 3rd	1st	
5km	1st, 2nd 3rd	1st, 2nd 3rd	1st	
3.8km	1st, 2nd 3rd	1st, 2nd 3rd	1st	1st, 2nd, 3rd
1.9km	1st, 2nd 3rd	1st, 2nd 3rd	1st	
1km	1st, 2nd 3rd	1st, 2nd 3rd	-	
KIDS 400m	-	-	1st, 2nd 3rd	-
KIDS 200m	-	-	1st, 2nd 3rd	-

Further Information

Cloakroom

- The organisers will provide a cloakroom for athletes' personal belongings.
- For races starting in Belém, Oeiras and S. Pedro do Estoril, this space will be available at the start area and will subsequently be transported by the organisers to the finish line – inside the EXPO, in front of Pescadores Beach – where items can be collected.
- For all other races, the cloakroom will be permanently located at the EXPO, in front of Pescadores Beach.
- Any items left in the cloakroom after closing time will not be posted to the athletes.

Athlete Shuttles

- The organisers plan to provide transport for athletes who took part in the 20km, 10km and 5km races from the finish area at Pescadores Beach in Cascais to the start 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 timetables will be communicated to athletes closer to race day.
- The meeting point for the transport will be at the bus stop on Av. 25 de Abril, in Cascais ([see location](#))

Privacy and Security Policy

- The data collected for registration purposes is managed by the company providing the registration service, in accordance with its Privacy and Data Protection Policy.
- By registering, participants confirm that they are aware of and accept the Privacy and Data Protection Policy.
- Participants are guaranteed access to their data in accordance with the law and may request in writing that the organisation update, correct or delete it.

Protests

- The organisers will accept all protests submitted in writing (by the person responsible for registration or the individual athlete) provided they are received within 15 minutes of the results being published. They must be submitted in writing by the person responsible for registration or the individual athlete;
- The submission of a protest entails the payment of a fee of €20, which is refundable if the protest is upheld;
- Whenever a protest is lodged, an Appeals Panel shall be constituted, comprising the Race Director and the Referee;
- The Appeals Panel shall meet and deliberate immediately, and its decision shall be final and not subject to appeal.

Cases Not Covered

Any matters not covered by these Regulations shall be resolved by the Organisation.