

18 - 19 JULHO | JULY
PORTUGAL
2026

SWIM GP



SWIMMER GUIDE

TRAVESSIA
OEIRAS-CASCAIS



WELCOME

WELCOME TO THE 14TH EDITION OF SWIM GP PORTUGAL

More than a competition, this is a gathering of people who share the same passion for the sea, for challenge, and for pushing beyond their own limits. Here, every stroke tells a story of courage, commitment and resilience.

SWIM GP Portugal has earned its place among the world's most prestigious open water swimming events. Yet the true prestige of this event is measured not only by its international recognition or by the ever-growing number of countries represented.

Above all, it is reflected in the shared admiration for the courage of every swimmer who chooses to enter the water and embrace the unknown. Since 1906, these waters have welcomed men and women driven by a spirit of adventure and achievement. Today, that legacy lives on in every participant who accepts this challenge.

The Oeiras-Cascais Crossing begins at Praia da Torre, watched over by the imposing Fort of São Julião da Barra, a landmark steeped in centuries of history and the starting point of an unforgettable experience.

It is impossible to swim here without feeling the weight of history and, at the same time, the sense of freedom found in the very waters from which the great Portuguese explorers once set sail. Today, these same waters welcome athletes from every corner of the world, united by one universal language: a passion for swimming.

Once again, we are proud to welcome an extraordinary international community. Every flag represents a different culture. Every athlete brings a unique story. Yet, when the starting signal sounds, there is only one shared identity: that of those who have chosen to challenge their own limits.

The sea rewards those who respect it and inspires those who embrace its challenge with heart and soul.

Our sincere thanks go to our dedicated team, volunteers, public authorities, municipalities, sponsors and everyone whose commitment makes this event far more than a competition—it is an experience that will remain with you for a lifetime.

As you enter the water, feel the power of the ocean, the energy of those swimming beside you, and the privilege of being part of a truly unique moment.

May every stroke bring you not only closer to the finish line, but also closer to discovering your truest self.

Conquer the Sea... Leave the Land to Others.



Jorge Pereira
SWIM Grand Prix Founder



EVENT SCHEDULE

JULY 17

14:00 – 18:00

LISBON,
PADRÃO DESCOBRIMENTOS

SWIMMER CHECK-IN

15:00

LISBON,
PADRÃO DESCOBRIMENTOS

PRESS CONFERENCE

17:00

LISBON,
PADRÃO DESCOBRIMENTOS

RACE BRIEFING

JULY 18

05:00 – 06:20

OEIRAS,
TORRE BEACH

SWIMMER CHECK-IN

06:35

OEIRAS,
TORRE BEACH

ATHLETE CALL

06:50

LOEIRAS,
TORRE BEACH

EVENT ANTHEM

07:00

OEIRAS,
TORRE BEACH

RACE START

09:15

CASCAIS,
PESCADORES BEACH

ETA 1ST ATHLETE

09:30

CASCAIS,
PESCADORES BEACH

FLOWER CEREMONY

11:15

CASCAIS,
PESCADORES BEACH

ETA LAST ATHLETE

11:30

CASCAIS,
PESCADORES BEACH

AWARDS CEREMONY

JULY 19

13:15

CASCAIS,
PESCADORES BEACH

TEAM AWARDS CEREMONY (20KM + 10KM + 5KM)

HOST CITY

The Oeiras -Cascais Crossing is the most participated ever in Portugal.

The event's base is in Cascais, a fishing village more than 650 years old, a place chosen by European nobility to live. The Kings of Portugal and our President of the Republic lived here.

The town breathes history between the sea and the Serra de Sintra, a unique environment.



Oeiras is a town with a very important role in the history of Portugal, remembered for the Marquis of Pombal - Count of Oeiras. As well as visiting his palace, the town offers some very interesting family outings.

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

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

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

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



PRE RACE

BRIEFING

The briefing will be in Belém, an around 30 minutes drive from Cascais.
On Friday afternoon you can expect some traffic, so be prepared.
Near the monument you can find some paid parking spots available.

17:00

FRIDAY, JULY 17

LISBON,
PADRÃO DOS DESCOBRIMENTOS

Head inside the monument and make your way to the auditorium to attend the briefing.

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



MINHA
MELHOR
MARCA

Allan do Carmo

*Atleta Olímpico e Campeão
Mundial de Águas Abertas.*



Patrocinadora oficial do **SWIM GP**



PRE RACE

SWIMMER CHECK-IN

Every swimmer must check in at the Race Office before the event, having two options.

14:00 – 18:00

FRIDAY, JULY 17

LISBON,
PADRÃO DOS DESCOBRIMENTOS

OR

05:00 – 06:20

SATURDAY, JULY 18

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 Card**

Keep this until race morning. You will need it to exchange for your timing chip

- **Swimmer's Backpack**

for your personal belongings

- **Timing Chip**

Mandatory use on your wrist. Will only be given on race morning



**For any inquiries or changes to your registration, please head to the
RACE OFFICE**

RULES

SWIMMERS

All participants are responsible for knowing and following all event rules. This is just a reminder of some of the more important rules.

- Preserve our waters. Any waste thrown out by the swimmer or of the kayak will lead to a DQ.
- Wetsuit is recommended, and is mandatory for water temperatures under 18° C.
- You must wear the timing chip or you'll have no results
- The official swim cap must be worn. You can use other swim caps underneath it.



RULES

NICE TO KNOW



Avg. water temperature in July

15° / 18° C



Avg. air temperature in July

24° / 30° C

PRE RACE

- This is a hot time of year, so don't spend too long in your wetsuit.
- Hydrate out of the water, stay in the shade.
- 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 to get 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.

- Swim Cap
Mandatory to use the event swim cap
- Goggles
Bring an extra pair
- Wetsuit
OPTIONAL if water temperatures are between 18°C and 21°C
MANDATORY if water temperatures are under 18°C
- Safety Buoy
Mandatory use
- Swimsuit
- Vaseline
- Towel
- Bag for Personal Belongings
- Swimmer Card
To exchange for your timing chip
- Timing Chip
Will be given before race start
- Nutrition





RACE DAY

JULY 17

14:00 – 18:00

LISBON,
PADRÃO DESCOBRIMENTOS

SWIMMER CHECK-IN

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

JULY 18

05:00 – 06:20

OEIRAS,
TORRE BEACH

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CASCAIS,
PESCADORES BEACH

AWARDS CEREMONY

RACE DAY

SHUTTLES

PRE RACE

A shuttle will be available on race morning to bring swimmers from Cascais to the Swim Start in Oeiras (Torre Beach).
Please note that there will **only be 1 schedule available**.

POST RACE

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.
Schedules may be adjusted until race day.
Shuttles will only make trips from Cascais to Oeiras. Supporters will not be transported back from Lisbon to Cascais.



RESERVE YOUR SPOT ON THE SHUTTLE NOW

RACE DAY

SWIMMER CARD

Do not forget to bring your swimmer card, given out with the rest of your swimmer's kit.

You will need to it to exchange for your timing chip

TIMING CHIPS

Before the start make sure you collect your timing chip. They will be given out at the Race Office tent before the start.

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.

The chip is a loan and must be returned after the race. If it is not returned, the swimmer will be charged 80€.

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.

Keep everything in a single bag, to avoid loose items like jackets or shoes or other personal valuables to get separated.

NUMBER MARKINGS

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



COURSE



CUT-OFF

Swimmers will have 4 hours and 5 minutes to complete the course.
Throughout the course, swimmers will have 1 additional intermediate point of cut-off:

KM 7 – 10h00

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.



COURSE

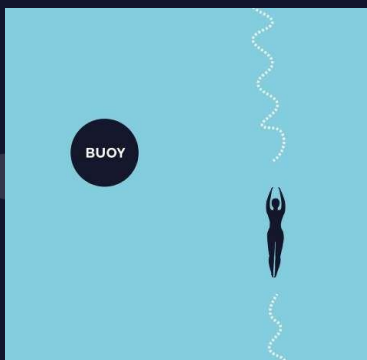
BUOYS

Buoys with alternating colors will be present every 500m.

At km 5 you will also have A marker buoys.

All buoys should be passed on the right.

The only exception is the first buoy after the start, where the right shoulder must be given to the buoy, as well as the last buoy before the finish line.



COURSE

AID STATIONS

KM 3

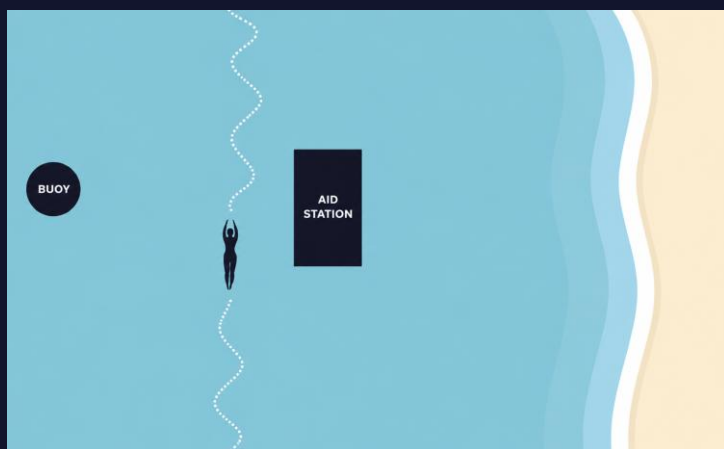
KM 6.5

on a platform

At each aid station, a team of volunteers will be present to distribute nutrition. This will be given out using feeding sticks.

The swimmer must approach the platform and collect the nutrition being handed by the volunteer without leaning on the platform.

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



WATER

GELS

BANANA

COLA DRINK

ONLY ON THE
LAST AID STATION

CONTROL CHECKPOINTS

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

START

KM 2

KM 4.5

KM 7

FINISH

RACE DAY

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 some recovery nutrition.





EMERGENCY PROTOCOL

- Always follow the organization instructions.
- Always be aware of “where you are” in the course.
- If any doubts ask the organization.
- For any meteorologic abrupt change, always 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 YOUR KAYAKER AND THE
ORGANIZATION!**

POST RACE

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 will also be available.

Your personal belongings that you left at race start will be available here as well. Enjoy EFTEKTS's hot and cold baths as well as BRAHMI's massage service.

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 recovery area.

Make sure not to miss the Award Ceremony!



SPORTS RECOVERY CENTRE

CRYOTHERAPY, CONTRAST THERAPY, RED AND INFRARED THERAPY, SAUNAS & COMPRESSION THERAPY

effekt
DIVE INTO YOURSELF

30% OFF
CODE: SWIMGP30

AGENDA JÁ
BOOK NOW

Válido até 31 de outubro 2026 - Valid until October 31 2026

POST RACE

RESULTS & AWARD CEREMONY

You will be able to follow the results live on our [website](#).

The Award Ceremony will take place at Pescadores Beach, at 11:30.

The overall first 3 Men and Women will be awarded, and then the first Man and Woman for each age group.

The Teams Award Ceremony for the combination of 3 races 20km - 10km - 5km will be on Sunday 19th at 13h15 at the same place in Cascais.



**FOLLOW US ON SOCIAL MEDIA AND BE READY FOR
2027!**



CONTRA CAPA