



**PORTUGUESE OW OPEN  
CHAMPIONSHIPS – SUMMER  
5KM – 3KM MASTERS**

2018/ 2019



## PORTUGUESE OW OPEN

### 5KM and 3KM MASTERS – Summer

#### 1. LOCATION

Barragem do Rabagão - Montalegre

#### 2. DATE

29 june 2019

#### 3. PROGRAM

| EVENT                           | AGE GROUPS             | SCHEDULE |
|---------------------------------|------------------------|----------|
| <b>SATURDAY 29 DE JUNE 2019</b> |                        |          |
| <b>5km</b>                      | Overall and Age Groups | 10h00    |
| <b>3km</b>                      | Masters                | 11h30    |
| <b>4 x 1250m</b>                | Overall and Masters    | 15h30    |

#### 5Km Event

Check-in: 08h00 – 09:30

Briefing: 09h45

Start: 10h00

#### 3Km Event (masters)

Check-in: 09h30 – 11:15

Briefing: 11h15

Start: 11h30

#### 4 x 1250m Relay Event

Check-in: 13h00 – 15h00

Briefing: 15h15

Start: 15h30

#### 4. PARTICIPATION

Swimmers affiliated to FPN congener Federations, registered with FINA.  
According to the following ages until the end of December 2019:

| 2005 | 2004 | 2003 | 2002 | 2001 | 2000 | 1999 + OLDER |
|------|------|------|------|------|------|--------------|
| 14   | 15   | 16   | 17   | 18   | 19   | 20 e + older |
| 5km  |      |      |      |      |      |              |

#### 5. Participation Conditions

It is important that all Competitors read the 'Participation conditions' entering the competition.

By submitting and paying for entries online the competitors confirms that he/ she has read, understood and agrees to abide by this code.

I am aware of the need to seek appropriate medical advice if I have any concerns as to the stat of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in the Open Water Swimming event or any other associated activities.

Accordingly, I hereby certify that I am physically fit and well to participate in the Open Water Portuguese Championships.

I am aware of and appreciate the inherent risks involved in such a competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.

I undertake at all times to use my best endeavors and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk or injury.

I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.

I acknowledge that the organizers of the Portuguese Open Water Championships cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.

I hereby agree to abide by and be governed by the rules of the Meet information, Portuguese Swimming Federation and all other laws and restrictions applicable.

It is possible to use isothermal fact by the water temperature, but not by any auxiliary means of propulsion, fluctuation or respiration.

For events with water temperature equal to 20°C or higher, wetsuits are not allowed. Textile suits cannot go beyond the shoulders, neck and ankles, respecting in all other requirements the specifications of the suits for the pool.

For events with temperature equal to 18°C or higher, and below 20°C, the wetsuit is optional.

The wetsuit is mandatory when water is below 18 ° C, not included.

Regarding these rules, wetsuits are suits that produce thermal isolation. The isothermal suits, for both man and woman, have to cover the Chest, Back, Shoulders and Knees. But they cannot extend beyond the neck, ankles and wrists.

These rules also apply to swimmers in the Masters category.

(FINA By Laws, valid as of 29.08.2016; BL 8 SWIMWEAR -BL 8.4; BL 8.5; BL 8.6)

A participant may be photographed and filmed during the event, and these images may be published, disclosed or used by the Portuguese Swimming Federation for promotional purposes.

It is mandatory to present the Identity Card and the federative license, if the organization so requires.

## 6. ENTRIES

Entries must be sent by e-mail to [inscricoes@fpnatacao.pt](mailto:inscricoes@fpnatacao.pt) / [daniel.viegas@fpnatacao.pt](mailto:daniel.viegas@fpnatacao.pt) (scanned and signed copy). The deadline for receipt of these ends on June 19, 2019.

The entry forms are available on the following links:

- <http://fpnatacao.pt/evento.php?codigo=523>
- <https://www.swimrankings.net/index.php?page=CalendarDetail&CalendarId=103463196>

Closing date of entries is on **June 19, 2019.**

## 7. PRIZES

Medals will be awarded to the top 3 finishers of each absolute event in the Open regime of Portugal.

The first three categories (of each gender) will be awarded medals:

**5km:** - Age Groups

- Open

**3km Masters:** Medals will be awarded to the top three runners of each echelon and genre in the Open regime. A medal shall be awarded to the national champion of each step and gender.

**1x1250 relay event:** Medals will be awarded to the top three runners of masters teams, and overall winners.

## 8. CLAIMS / PROTESTS

In all national competitions the complaints or protests will be accepted by the organization until 30 minutes after the publication of the results of each event.

They must be submitted in writing, on their own form, by the club delegate or individual swimmer in accordance with the following procedure:

a) Complaint with the Referee

Acceptance of the protest implies the obligation to accompany you with a 20 € deposit, refundable in the case of the same host favorable decision.

b) The decision of the Referee Judge may be appealed to the Appeal Jury.

Acceptance of the protest implies the obligation to accompany you with 100 € deposit, refundable in the case of the same host favorable decision.

c) The Jury of Appeal shall meet immediately, and its decision shall not be subject to appeal, as provided in GR 9.3.2 of the FINA Regulation.

d) If the cause of the complaint or protest is based on facts prior to the competition, the complaint or protest must be submitted before the start of the competition.

e) Protests regarding matters of law should be formalized in accordance with the provisions of article 160 of the General Regulations of the NPF.

The Appeals Jury will be constituted by:

a) Member of the Direction of the FPN or Delegate of the FPN to the test.

b) Technical officer of the FPN to the test.

c) Delegate of the National Arbitration Council  
(not a member of the referee team of the event)