



Summer National Championship – Artistic Swimming PORTUGAL OPEN

Santo António dos Cavaleiros | 5th to 7th of July | 2019

Training Schedule – Music Training:

Thursday, 4th July 2019

Order	Club/ Federation	Schedule	Duration (min)
1	PORTUGAL	10h00-10h05	5
2	GESL	10h05-10h40	35
3	MODV + Indv. ANL	10h40-11h10	30
4	CNA	11h10-11h35	25
Break 5'			
5	VS	11h40-11h50	10
6	AVQA	11h50-12h10	20
7	NCALP'39	12h10-12h13	2'30
8	AMINATA	12h13-12h48	35
9	CRM	12h48-13h03	15
Break for lunch			
10	BHS	14h15-14h28	12'30
11	OSCN	14h28-15h08	40
12	ZPCH	15h08-15h28	20
13	PORTINADO	15h28-15h48	20
Break 7'			
14	CFP	15h55-16h25	30
15	BRASS	16h25-16h40	15
16	FOCA	16h40-17h15	35
17	CESI	17h15-17h23	7'30

Note: All clubs or Federations can use the surrounding space inside the pool to warm up 30 minutes before the start of the training with musical accompaniment. They can also use the same free space up to 15 minutes after training with musical accompaniment as long as they do not interfere with the training of the following clubs/Federations.



Moradia Complexo do Jamor, Estrada da Costa, 1495-688 Cruz Quebrada

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In case you can not attend the training with music, you must inform the National Technical Director of Portugal, Mariana Marques, as far in advance as possible. The contact can be made directly to the number +351 913582629 or by email mariana.marques@fpnatacao.pt.

PARCEIROS INSTITUCIONAIS



PATROCINADOR PRINCIPAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



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