



PORTUGUESE OPEN - NATIONAL CHAMPIONSHIPS

YOUTH NATIONAL CHAMPIONSHIPS

1. Place

Venue: Complexo de Piscinas do Jamor (50m x 10 lanes) Indoor

Address: Avenida Pierre de Coubertin, 1495-751 – Cruz Quebrada

City: Cruz Quebrada, Oeiras

Nearest airport: Lisbon

2. Dates

26/29 July 2018

3. Participation

Male swimmers – born in 2003 and older

Female swimmers – born in 2004 and older

Youth swimmers (males born in 2002 and 2003; females 2003 and 2004) may take part in a maximum of five (5) individual events, while Junior and Senior swimmers can compete in seven (7) events, if the swimmer has the minimum qualification standards according to the table below.

The Portuguese Open will hold heats in the morning sessions and B & A finals (in this order) in the afternoon sessions, except for the 800m and 1500m Freestyle. In these events, the slower heats will be held in the morning and the faster heat will take place in the afternoon. In the events mentioned there will be a maximum quote of six (6) swimmers for the non-Portuguese swimmers and the number of non-Portuguese swimmers in the fastest heat may not exceed the established for participation in the finals.

At the Portuguese Open, a maximum of two (2) to four (4) foreigner swimmers will be allowed to swim in each final (A & B). We will take this decision after we receive all the entries for the Open.

4. Entries

The entries must reach the organization until **17th July 2018** by e-mail, through the entry editor. An electronic invitation file will be at disposal for the interested Teams.

Entry times for all individual events must be equal or better than the relevant Entry Time Limit (see-attached table) and must have been obtained between **20th July 2017 and 15th July 2018**.

5. Entry Fees

Individual Entry per event - 5,00 Euros

Relays Entry per event - 15,00 Euros

6. Events and Timetable

26 JUL 2017 – 09:00 DAY 1 – HEATS		27 JUL 2017 – 09:00 DAY 2 – HEATS		28 JUL 2017 – 09:00 DAY 3 – HEATS		29 JUL 2017 – 09:00 DAY 4 – HEATS	
1	1500m Free Men (slow heat)	15	400m Ind. Medley Men	27	100m Butterfly Women	39	200m Butterfly Women
2	800m Free W (slow heats)	16	400m Ind. Medley Women	28	100m Butterfly Men	40	200m Butterfly Men
3	50m Butterfly Men	17	200m Freestyle Men	29	200m Breaststroke Women	41	100m Freestyle Women
4	50m Butterfly Women	18	200m Freestyle Women	30	200m Breaststroke Men	42	100m Freestyle Men
5	100m Breaststroke Men	19	50m Breaststroke Men	31	50m Freestyle Women	43	200m Ind. Medley Women
6	100m Breaststroke Women	20	50m Breaststroke Women	32	50m Freestyle Men	44	200m Ind. Medley Men
7	50m Backstroke Men	21	200m Backstroke Men	33	100m Backstroke Women	45	1500m Free W. (slow heat)
8	50m Backstroke Women	22	200m Backstroke Women	34	100m Backstroke Men	46	800m Free M (slow heats)
9	4x200m Free M. (Youth)	23	4x100m Free M. (Youth)	35	400m Freestyle Women	47	4x100m Medley W. (Youth)
10	4x200m Free W. (Youth)	24	4x100m Free W. (Youth)	36	400m Freestyle Men	48	4x100m Medley M. (Youth)

26 JUL 2017 – 17:00 DAY 1 – FINALS		27 JUL 2017 – 17:00 DAY 2 – FINALS		28 JUL 2017 – 17:00 DAY 3 – FINALS		29 JUL 2017 – 16:00 DAY 4 – FINALS	
11	4x50m Freestyle Men	15	400m Ind. Medley Men	27	100m Butterfly Women	45	1500m Free W. (fast heat)
12	4x50m Freestyle Women	16	400m Ind. Medley Women	28	100m Butterfly Men	46	800m Free M (fast heat)
1	1500m Free Men (fast heat)	17	200m Freestyle Men	29	200m Breaststroke Women	39	200m Butterfly Women
2	800m Free W. (fast heat)	18	200m Freestyle Women	30	200m Breaststroke Men	40	200m Butterfly Men
3	50m Butterfly Men	Award Ceremony		Award Ceremony		Award Ceremony	
4	50m Butterfly Women	19	50m Breaststroke Men	31	50m Freestyle Women	41	100m Freestyle Women
Award Ceremony		20	50m Breaststroke Women	32	50m Freestyle Men	42	100m Freestyle Masc.
5	100m Breaststroke Men	21	200m Backstroke Men	33	100m Backstroke Women	43	200m Ind. Medley Women
6	100m Breaststroke Women	22	200m Backstroke Women	34	100m Backstroke Men	44	200m Ind. Medley Men
7	50m Backstroke Men	Award Ceremony		35	400m Freestyle Women	Award Ceremony	
8	50m Backstroke Women	25	4x100m Freestyle Men	36	400m Freestyle Men	49	4x100m Medley Relay W.
Award Ceremony		26	4x100m Freestyle Women	Award Ceremony		50	4x100m Medley Relay M.
13	4x200m Freestyle Men	Award Ceremony		37	4x50m Medley Relay W.	Award Ceremony	
14	4x200m Freestyle Women	Award Ceremony		38	4x50m Medley Relay M.	Award Ceremony	
Award Ceremony		Award Ceremony		Award Ceremony		Award Ceremony	

7. Meet Procedure

Heats – competitors shall be placed according to the international rules.

Finals – The 10 best times from the morning heats, shall swim in the A final. Swimmers ranked from 11th through 20th place in the heats shall swim in B final. There will be a C final for the 10 best youth Portuguese times from the morning heats.

All finalists must report to the designated call facility at least 15 minutes prior to the advertised time for their final.

They shall remain in the call facility until taken on to the poolside for their race by the appointed official.

There will be a maximum of 2 reserves selected for each Open final.

Any individual swimmer or a relay team qualified but not wishing to take part in a final shall withdraw (on the official format) within (30) minutes after the conclusion of each morning event. **Otherwise, a fine of 100 Euros will be charged.**

The constitution of the Relays must be delivered (on the official Form) to the Competition Secretariat, 30 minutes before the Finals beginning.

8. Awards

The first place of each event shall be awarded with a medal.

9. Contacts

Portuguese Swimming Federation

Email: secretaria@fpnatacao.pt Tel + 351 214 158 190 / 91 /93 / 99

Minimum Standards

OPEN NATIONAL CHAMPIONSHIPS LONG COURSE 2017/2018

WOMEN		EVENTS	MEN	
S.C. 25M	L.C. 50M		S.C. 25M	L.C. 50M
00:27.68	00:28.30	50 Freestyle	00:24.07	00:24.54
00:59.49	01:00.81	100 Freestyle	00:52.38	00:53.70
02:08.33	02:11.14	200 Freestyle	01:54.85	01:57.02
04:31.49	04:37.96	400 Freestyle	04:03.51	04:10.56
09:23.95	09:31.01	800 Freestyle	08:16.31	08:32.16
17:30.16	17:56.69	1500 Freestyle	16:24.99	16:47.48
01:51.27	01:54.26	4x50 Freestyle	01:38.94	01:40.96
04:03.94	04:08.92	4x100 Freestyle	03:34.17	03:38.54
08:48.22	08:59.00	4x200 Freestyle	07:50.60	08:00.20
00:31.30	00:32.27	50 Backstroke	00:27.26	00:28.35
01:06.68	01:09.17	100 Backstroke	00:58.63	01:00.94
02:25.53	02:30.13	200 Backstroke	02:09.00	02:14.08
00:35.15	00:35.70	50 Breaststroke	00:30.40	00:30.96
01:15.89	01:17.70	100 Breaststroke	01:05.63	01:08.12
02:42.55	02:46.92	200 Breaststroke	02:25.19	02:29.43
00:29.85	00:29.96	50 Butterfly	00:25.78	00:26.02
01:05.77	01:06.94	100 Butterfly	00:57.26	00:58.01
02:26.46	02:29.12	200 Butterfly	02:08.98	02:10.87
01:08.40	---	100 Medley	00:59.87	---
02:25.90	02:29.21	200 Medley	02:09.30	02:13.87
05:07.00	05:18.50	400 Medley	04:39.87	04:46.92
02:05.49	02:08.05	4x50 Medley	01:51.01	01:53.27
04:35.63	04:41.26	4x100 Medley	04:02.98	04:07.94

Entries and Results

Entries online:

<https://www.swimrankings.net/manager/>

Online results:

<http://www.fpnatacao.pt/Resultados/provas1718/11cnjuvabsOPEN>

Payment of entry Fees

Once we receive the entries we will issue a pro-forma invoice for the fees payment that can be paid by bank transfer or in cash upon arrival at the competition office.

Useful Information

Unfortunately we will not be able to assist the Teams with accommodation. If needed we suggest you to contact our travel agency **Cosmos** to help you with accommodation and transportation: joao.botelho@cosmos-viagens.pt

However we can inform you that the nearest hotels to the Swimming-pool are:

5 minutes by car

Hotel Amazónia Jamor – <http://www.amazoniahoteis.com/jamor>

Hotel Solplay (Linda-a-Velha) – <http://www.solplay.pt/en/menu/1053/home.aspx>

10/15 minutes by car

Hotel Riviera (in Carcavelos) – <http://www.rivierahotel.pt/en/>

Hotel Praia-Mar (in Carcavelos) - <http://www.hotelpraia-mar.com/index.php/en>