



## PORTUGUESE OPEN - NATIONAL CHAMPIONSHIPS

### YOUTH NATIONAL CHAMPIONSHIPS

#### 1. Place

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

Address: Beco dos Álamos - Santo António, 9020-021 Funchal

City: Funchal, Madeira Island

Nearest airport: Madeira International Airport

#### 2. Dates

1/4 August 2019

#### 3. Participation

Male swimmers – born in 2004 and older

Female swimmers – born in 2005 and older

Youth swimmers (males born in 2003 and 2004; females 2004 and 2005) 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 **22<sup>th</sup> July 2019** 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 **26<sup>th</sup> July 2018 and 21<sup>th</sup> July 2019**.

#### **5. Entry Fees**

Individual Entry per event - 5,00 Euros

Relays Entry per event - 15,00 Euros

## 6. Events and Timetable

| 1 AUG 2019 – 09:00<br>DAY 1 – HEATS |                             | 2 AUG 2019 – 09:00<br>DAY 2 – HEATS |                        | 3 AUG 2019 – 09:00<br>DAY 3 – HEATS |                         | 4 AUG 2019 – 09:00<br>DAY 4 – HEATS |                           |
|-------------------------------------|-----------------------------|-------------------------------------|------------------------|-------------------------------------|-------------------------|-------------------------------------|---------------------------|
| 1                                   | 1500m Free Men (slow heats) | 15                                  | 400m Ind. Medley Men   | 27                                  | 100m Butterfly Women    | 39                                  | 200m Butterfly Women      |
| 2                                   | 1500m 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                                  | 800m Free W. (slow heats) |
| 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)  |

| 1 AUG 2019 – 17:00<br>DAY 1 – FINALS |                            | 2 AUG 2019 – 17:00<br>DAY 2 – FINALS |                        | 3 AUG 2019 – 17:00<br>DAY 3 – FINALS |                         | 4 AUG 2019 – 16:00<br>DAY 4 – FINALS |                          |
|--------------------------------------|----------------------------|--------------------------------------|------------------------|--------------------------------------|-------------------------|--------------------------------------|--------------------------|
| 11                                   | 4x50m Freestyle Men        | 15                                   | 400m Ind. Medley Men   | 27                                   | 100m Butterfly Women    | 45                                   | 800m 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                                    | 1500m Free W. (fast heat)  | 18                                   | 200m Freestyle Women   | 30                                   | 200m Breaststroke Men   | 40                                   | 200m Butterfly Men       |
| 3                                    | 50m Butterfly Men          | <b>Award Ceremony</b>                |                        | <b>Award Ceremony</b>                |                         | <b>Award Ceremony</b>                |                          |
| 4                                    | 50m Butterfly Women        | 19                                   | 50m Breaststroke Men   | 31                                   | 50m Freestyle Women     | 41                                   | 100m Freestyle Women     |
| <b>Award Ceremony</b>                |                            | 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         | <b>Award Ceremony</b>                |                        | 35                                   | 400m Freestyle Women    | <b>Award Ceremony</b>                |                          |
| 8                                    | 50m Backstroke Women       | 25                                   | 4x100m Freestyle Men   | 36                                   | 400m Freestyle Men      | 49                                   | 4x100m Medley Relay W.   |
| <b>Award Ceremony</b>                |                            | 26                                   | 4x100m Freestyle Women | <b>Award Ceremony</b>                |                         | 50                                   | 4x100m Medley Relay M.   |
| 13                                   | 4x200m Freestyle Men       | <b>Award Ceremony</b>                |                        | 37                                   | 4x50m Medley Relay W.   | <b>Award Ceremony</b>                |                          |
| 14                                   | 4x200m Freestyle Women     | <b>Award Ceremony</b>                |                        | 38                                   | 4x50m Medley Relay M.   | <b>Award Ceremony</b>                |                          |
| <b>Award Ceremony</b>                |                            | <b>Award Ceremony</b>                |                        | <b>Award Ceremony</b>                |                         | <b>Award Ceremony</b>                |                          |

## 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 11<sup>th</sup> through 20<sup>th</sup> 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](mailto:secretaria@fpnatacao.pt) Tel + 351 214 158 190 / 91 /93 / 99

# Minimum Standards

## OPEN NATIONAL CHAMPIONSHIPS

### LONG COURSE

2018/2019

| WOMEN    |          | EVENTS                  | MEN      |          |
|----------|----------|-------------------------|----------|----------|
| S.C. 25M | L.C. 50M |                         | S.C. 25M | L.C. 50M |
| 00:27.69 | 00:28.19 | <b>50 Freestyle</b>     | 00:24.04 | 00:24.92 |
| 00:59.57 | 01:00.66 | <b>100 Freestyle</b>    | 00:52.29 | 00:53.63 |
| 02:08.60 | 02:10.94 | <b>200 Freestyle</b>    | 01:54.59 | 01:56.94 |
| 04:31.22 | 04:36.53 | <b>400 Freestyle</b>    | 04:03.96 | 04:10.88 |
| 09:24.06 | 09:31.77 | <b>800 Freestyle</b>    | 08:15.49 | 08:30.68 |
| 17:31.92 | 17:54.48 | <b>1500 Freestyle</b>   | 16:24.57 | 16:51.20 |
| 01:51.27 | 01:54.26 | <b>4x50 Freestyle</b>   | 01:38.94 | 01:40.96 |
| 04:03.94 | 04:08.92 | <b>4x100 Freestyle</b>  | 03:34.17 | 03:38.54 |
| 08:48.22 | 08:59.00 | <b>4x200 Freestyle</b>  | 07:50.60 | 08:00.20 |
| 00:31.30 | 00:32.25 | <b>50 Backstroke</b>    | 00:27.32 | 00:28.32 |
| 01:06.79 | 01:09.09 | <b>100 Backstroke</b>   | 00:58.48 | 01:00.89 |
| 02:25.10 | 02:29.34 | <b>200 Backstroke</b>   | 02:08.46 | 02:13.96 |
| 00:35.01 | 00:35.66 | <b>50 Breaststroke</b>  | 00:30.31 | 00:30.95 |
| 01:15.69 | 01:17.77 | <b>100 Breaststroke</b> | 01:05.83 | 01:08.06 |
| 02:43.74 | 02:46.66 | <b>200 Breaststroke</b> | 02:24.40 | 02:29.76 |
| 00:29.85 | 00:29.93 | <b>50 Butterfly</b>     | 00:25.81 | 00:26.08 |
| 01:05.67 | 01:06.44 | <b>100 Butterfly</b>    | 00:57.23 | 00:58.20 |
| 02:26.50 | 02:28.80 | <b>200 Butterfly</b>    | 02:08.57 | 02:11.02 |
| 02:25.51 | 02:29.09 | <b>200 Medley</b>       | 02:09.37 | 02:13.65 |
| 05:09.44 | 05:18.97 | <b>400 Medley</b>       | 04:39.69 | 04:46.31 |
| 02:05.49 | 02:08.05 | <b>4x50 Medley</b>      | 01:51.01 | 01:53.27 |
| 04:35.63 | 04:41.26 | <b>4x100 Medley</b>     | 04:02.98 | 04:07.94 |

## **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.