



OPEN PORTUGAL

1. PLACE

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

Address: Av. Pierre de Coubertin, 1495-688 Cruz Quebrada

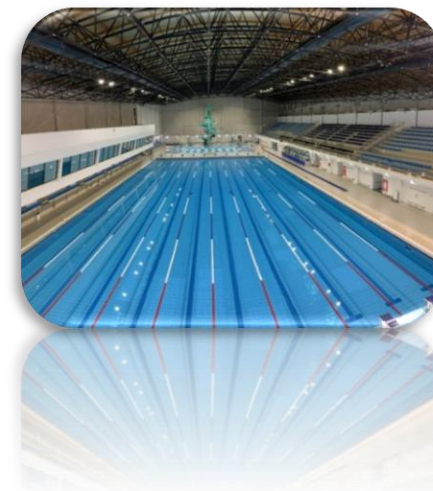
City: Lisbon

Doping: The international doping rules (WA, WADA) are applicable. Upon request swimmers must cooperate with representatives of the Portuguese official doping authority (ADoP) and be available for testing.

2. DATE

3rd to 6th of April 2025

3. PROGRAMME - TIMETABLE



3 April 2025 - 09:00 1ª JOURNEY - HEATS			4 April 2025 - 09:00 2ª JOURNEY - HEATS			5 April 2025 - 09:00 3ª JOURNEY - HEATS			6 April 2025 - 09:00 4ª JOURNEY - HEATS		
1	1500 Freestyle (SL)	F	11	1500 Freestyle (SL)	M	22	400 I. Medley	M	32	400 I. Medley	F
2	400 Freestyle	M	12	400 Freestyle	F	23	800 Freestyle (SL)	F	33	800 Freestyle (SL)	M
3	100 Backstroke	F	13	50 Breaststroke	M	24	50 Butterfly	M	34	200 Breaststroke	F
4	100 Backstroke	M	14	50 Breaststroke	F	25	50 Butterfly	F	35	200 Breaststroke	M
5	200 Butterfly	F	15	100 Butterfly	M	26	100 Breaststroke	M	36	100 Freestyle	F
6	200 Butterfly	M	16	100 Butterfly	F	27	100 Breaststroke	F	37	100 Freestyle	M

PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



PARCEIROS



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

+351 21 415 81 90/91

+351 21 419 17 39

secretaria@fpnatacao.pt



3 April 2025 - 09:00 1ª JOURNEY - HEATS			4 April 2025 - 09:00 2ª JOURNEY - HEATS			5 April 2025 - 09:00 3ª JOURNEY - HEATS			6 April 2025 - 09:00 4ª JOURNEY - HEATS		
	Protocol Ceremony		17	50 Backstroke	M	28	200 Freestyle	M	38	200 Backstroke	F
7	50 Freestyle	F	18	50 Backstroke	F	29	200 Freestyle	F	39	200 Backstroke	M
8	50 Freestyle	M		Protocol Ceremony			Protocol Ceremony			Protocol Ceremony	
9	4x200 Free Youth	F	19	200 I. Medley	M	30	4x100 Free Youth	M	40	4x100 Medley Youth	F
10	4x200 Free Youth	M	20	200 I. Medley	F	31	4x100 Free Youth	F	41	4x100 Medley Youth	M
	Protocol Ceremony		21	4x100 Medley Youth	Mix		Protocol Ceremony			Protocol Ceremony	
				Protocol Ceremony							
3 April 2025 - 17:00 1ª JOURNEY - FINALS			4 April 2025 - 17:00 2ª JOURNEY - FINALS			5 April 2025 - 17:00 3ª JOURNEY - FINALS			6 April 2025 - 16:00 4ª JOURNEY - FINALS		
1	1500 Freestyle (SR)	F	11	1500 Freestyle (SR)	M	22	400 I. Medley	M	32	400 I. Medley	F
2	400 Freestyle	M	12	400 Freestyle	F	23	800 Freestyle (SR)	F	33	800 Freestyle (SR)	M
3	100 Backstroke	F	13	50 Breastroke	M	24	50 Butterfly	M	34	200 Breastroke	F
4	100 Backstroke	M	14	50 Breastroke	F	25	50 Butterfly	F	35	200 Breastroke	M
5	200 Butterfly	F	15	100 Butterfly	M	26	100 Breastroke	M	36	100 Freestyle	F
6	200 Butterfly	M	16	100 Butterfly	F	27	100 Breastroke	F	37	100 Freestyle	M
	Protocol Ceremony		17	50 Backstroke	M	28	200 Freestyle	M	38	200 Backstroke	F
7	50 Freestyle	F	18	50 Backstroke	F	29	200 Freestyle	F	39	200 Backstroke	M
8	50 Freestyle	M		Protocol Ceremony			Protocol Ceremony			Protocol Ceremony	
9	4x200 Freestyle Open	F	19	200 I. Medley	M	30	4x100 Freestyle Open	M	40	4x100 Medley Open	F
10	4x200 Freestyle Open	M	20	200 I. Medley	F	31	4x100 Freestyle Open	F	41	4x100 Medley Open	M
	Protocol Ceremony		21	4x100 Medley Open	Mix		Protocol Ceremony			Protocol Ceremony	
				Protocol Ceremony							

PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



PARCEIROS



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

+351 21 415 81 90/91 +351 21 419 17 39 secretaria@fnatacao.pt



4. PARTICIPATION

National or foreign swimmers (only in the Open) may participate if they have fulfilled the admission criteria for distances and techniques in the respective category, between 1st January 2024 and 23rd of March 2025.

The 800m freestyle and 1500m freestyle events will have a fast heat in the afternoon, taking place the rest in the morning. The remaining absolute individual events will be held in the heats and Absolute Final A and B (10 + 10 best times from heats).

Each swimmer may only enter, throughout the four days, **seven** individual events.

In the finals the participation of foreign swimmers is limited to 3 swimmers in the A final and 3 in the B final.

WITHDRAWALS: for finals not later than 30 minutes after the respective event. The official form will be sent by email before the start of the competition.

5. REGISTRATIONS

Registrations should be made by email to inscricoes@fpnatacao.pt, using the respective invitation file that can be downloaded from the website www.fpnatacao.pt, or by registering through the online registration platform at www.swimrankings.net/manager/, until **25th March 2025**.

6. ENTRY FEES

Must be paid to the start of the competition. All teams and clubs can request an invoice.

- Individual Entry per event - 13,00€
- Relays Entry per event - 18,00€

7. ORGANISATION OF THE HEATS

In the individual events, the swimmers will be grouped by heats, according to the registration times, regardless of the category to which they belong. In the relay races, the teams will be grouped by heats,





according to the registration times. If there is more than 1 swimmer with the same entry time, the allocation of lanes will be done randomly by the race programme.

8. CLASSIFICATIONS AND AWARDS

There will be separate classifications by race.

In the individual events the classification will be defined in the finals.

In relay races the classification will be defined during the afternoon heats.

There will be prizes for the first classified in the Open classification.

9. ADMISSION CRITERIA STANDARDS

MALES		EVENTS	FEMALES	
P25M	P50M		P25M	P50M
00:23.62	00:24.50	50 Freestyle	00:26.95	00:27.75
00:51.19	00:53.50	100 Freestyle	00:58.79	01:00.50
01:55.20	01:58.25	200 Freestyle	02:08.54	02:11.50
04:05.94	04:15.00	400 Freestyle	04:32.44	04:37.25
08:38.82	08:49.00	800 Freestyle	09:10.50	09:19.00
16:19.58	16:47.50	1500 Freestyle	17:48.60	18:03.00
00:26.52	00:28.25	50 Backstroke	00:30.32	00:32.25
00:57.60	01:01.50	100 Backstroke	01:06.30	01:09.25
02:06.94	02:14.50	200 Backstroke	02:25.37	02:30.50
00:29.81	00:31.00	50 Breaststroke	00:34.54	00:35.50
01:06.33	01:08.25	100 Breaststroke	01:15.60	01:17.75
02:23.64	02:30.00	200 Breaststroke	02:46.07	02:49.75
00:25.39	00:26.00	50 Butterfly	00:29.94	00:30.00
00:55.93	00:58.00	100 Butterfly	01:04.54	01:06.25
02:08.07	02:12.25	200 Butterfly	02:27.78	02:30.50
02:09.10	02:14.25	200 I. Medley	02:24.69	02:29.75
04:38.63	04:47.75	400 I. Medley	05:11.66	05:20.00

PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



PARCEIROS





RELAYS - FEMALE		
EVENTS	OPEN	
	P25M	P50M
4x100 Freestyle	04:03.94	04:08.92
4x200 Freestyle	08:48.22	08:59.00
4x100 Medley	04:35.63	04:41.26
RELAYS - MALE		
EVENTS	OPEN	
	P25M	P50M
4x100 Freestyle	03:34.17	03:38.54
4x200 Freestyle	07:50.60	08:00.20
4x100 Medley	04:02.98	04:07.94

MIXED	OPEN	
EVENT	P25M	P50M
4x100 Medley	04:08.94	04:16.23

PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



PARCEIROS



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

+351 21 415 81 90/91

+351 21 419 17 39

secretaria@fpnatacao.pt