

PORTUGAL OPEN MASTERS ARTISTIC SWIMMING CHAMPIONSHIP

LAGOS
POOL
COMPLEX

9th
TO
10th
MAY
2020



INVITATION

PORTUGAL OPEN MASTERS ARTISTIC SWIMMING CHAMPIONSHIP

Portuguese Swimming Federation has the pleasure to invite you to the Portugal Open Masters on May 9th-10th 2020.

VENUE

Piscina de Lagos
Complexo Desportivo de Lagos,
Rossio de S. João, 8600-302 Lagos



RULES

AGE CATEGORIES

Age shall be determined as of December 31 of the year of competition.

The competitors must be 20 in 2020. The average age of the competitors in a routine shall be determined by adding the ages of the actual swimmers, dividing by the number of swimmers (not including the reserves) and dropping any resulting fraction or decimal.

(For example, if the average age of a Team is 49.833, they would swim in the 35-49 age group).

There will be a category of 20 – 24 for solo/duet and team. Anyway, The swimmers who are less than 25 years old can participate in a team of any categories; categories will be defined based on the average age of the team. Men can participate. There will be a category "mixed duet" whatever the age of the participants. For all the other categories, men and women will compete together.

CATEGORIES

20-24	SOLO	20-24
25-29		25-29
30-39		30-39
40-49		40-49
50-59		50-59
60 - 69		60 - 69
70-79	DUET	70-79
80 and over		80 and over

with age determined by the average age of the competitors + mixed duet whatever the age of the participants

25-34	TEAM/TRIO	COMBINATION	20-24
35-49			25-39
50-64			40-64
65-79			65 and over
80 and over			

with age determined by the average age of the competitors.

Teams shall consist of a minimum of four (4) members and a maximum of eight (8) members. The Free Routine Combination shall consist of a minimum of four (4) members and a maximum of ten (10) members. There is no podium for technical or free routines, just for both together (50% + 50%).

Required elements for technical routine (see attached)

ENTRIES

No limitation in number of solos, duos, trios, teams, combos per category. For an optimized organization, 1 judge per club is requested to the club with less than 10 competitors, 2 judges are required for a club with more than 10 competitors. The fee to pay if you participate without judge (or only one judge for more than 10 competitors) is 50 euros. **The judges can swim too.**

FINANTIAL CONDITIONS

FEES

- 15€ for solo
- 25€ for duet and trio
- 10€ per swimmer for team/combo
- 50€ if the club has no judge

FPN VAT - 501 665 056

BANK DETAILS

Account name: Federação Portuguesa de Natação
 Bank Name: Banco Santander
 Bank Address: Rua Alves Redol 17/21,
 2600-099 Vila Franca de Xira, Portugal
 Account Number (IBAN):
 PT50 0018 0003 1333 0170 02088
 Swift Code: TOTAPTPL
 Ref: POR Master Open_ (Team name)

IMPORTANT DATES ENTRY

PRELIMINARY ENTRY: 31st January 2020

FINAL ENTRY: 9th April 2020

Please send your entry to mariana.marques@fpnatacao.pt
 no later than 31st January and 9th April

PRELIMINARY SCHEDULE

FRIDAY, 8th MAY

Training with music – it will be possible for each club to train with music. In your registration you must indicate if you want to have it. Schedule will be announced after preliminary entry.

SATURDAY, 9th MAY

SUNDAY, 10th MAY

12.00-12.30	Technical Meeting	8.00-9.00	Warm up – Trio/Teams
12.15-13.00	Warm up – Team/Trio	8.15-8.45	Technical Meeting
13h00	Parade of the Athletes	9.00-10.30	Trio/Teams– free routine – other ages
13.15-14.45	Team/Trio – technical routine	10.30-11.00	Warm up – Solo
14.45-15.15	Warm up - Solo	11.00-13.00	Solo – free routine
15.15-16.00	Solo – technical routine	13.00-13.30	Warm up – Free Routine Combination
16.00-16.30	Warm up - Duet	13.30-15.00	Free Routine Combination
16.30-18.30	Duet – technical routine	15.00-15.30	Warm up – Duet
18.30-19.00	Warm up – Team/Trio	15.30-17.30	Duet – free routine
19.00-20.30	Trio/Teams – free routine – some ages	17.30	Final Awards Ceremony
20.45	Awards Ceremony for Trio/Team		

The schedule may be adapted based on the number of competitors.

FINA REQUIRED ELEMENTS FOR MASTERS TECHNICAL ROUTINES

GENERAL REQUIREMENTS

SUPPLEMENTARY ELEMENTS MAY BE ADDED

1. Unless otherwise specified in the description of an element:

- ⬢ All figures or components thereof shall be executed according to the requirements described in this Appendix.
- ⬢ All elements shall be executed high and controlled in uniform motion with each section clearly defined.
- ⬢ All elements must be performed parallel to the judges.

2. Time limits as in FINA MAS 4.1:

- ⬢ Technical Routines Solo ————— 1 minute 30 seconds
- ⬢ Free Routines Solo ————— 2 minutes 30 seconds
- ⬢ Technical Routines Duet and Mixed Duet — 1 minute 40 seconds
- ⬢ Free Routines Duet and Mixed Duet ————— 3 minutes
- ⬢ Technical Routines Teams/Trios ————— 1 minute 50 seconds
- ⬢ Free Routines Teams/Trios ————— 4 minutes
- ⬢ Free Combination ————— 4 minutes

There shall be no minimum time limit. Maximum Time Limits: there shall be an allowance of fifteen (15) seconds plus the allotted time for Technical Routines, Free Routines and Combination.

3. Swimwear shall be black and the competitor shall wear a white cap.

SOLO REQUIRED ELEMENTS

Elements 1 to 5 **MUST** be performed in the order listed.

Element 6 may be performed at any time during the routine.

1. FISHTAIL

from a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional).

2. SPLIT POSITION

followed by a walkout front or walkout back.

3. SPINNING 180°

From a Bent Knee Position, a Spin 180° is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.

4. TRAVELLING BALLET LEG COMBINATION

Beginning in a Back Layout Position to include any 2 of the following positions – Bent Knee Back Layout, right; Bent Knee Back Layout, left; Ballet Leg, left; Ballet Leg, right; Flamingo Position, left; Flamingo Position, right; Ballet Leg Double.

5. BARRACUDA BENT KNEE

From the Back Pike Position with the legs perpendicular and the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A Vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust.

6. TWO (2) FORMS OF PROPULSION

Must include Egg Beater travelling sideways and/or forward (arms optional)

FINA REQUIRED ELEMENTS FOR MASTERS TECHNICAL ROUTINES

GENERAL REQUIREMENTS

DUET REQUIRED ELEMENTS

Elements 1 to 5 **MUST** be performed in the order listed

Elements 6 – 7 may be executed at any time during the routine

Routines for Duet 1 to 6 as above for Solo

7. JOINED ACTION

Where the swimmers are connected (touching) in some manner to perform on of the following:

- ⬢ A connected figure or a connected float or connected stroking
- ⬢ Action must be performed simultaneously. Minor action is permitted.
- ⬢ Stacks, lifts, platforms, throws are not permitted.

With the exception of the DECK WORK and ENTRY and as noted in the JOINED ACTION, all elements, required and supplementary, **MUST** be performed simultaneously and facing the same direction by both swimmers, Variation in propulsion and direction facing are permitted during pattern changes.

TEAM/TRIO REQUIRED ELEMENTS

Elements 1 – 5 **MUST** be performed in the order listed

Elements 6 – 9 may be executed at any time during the routine

Routines for Team 1 to 7 as above for Duet

8. CADENCE ACTION

Identical movements performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and nor separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.

9. PATTERNS

must show a circle and straight line. Elements may be performed when in the circle or the straight-line patterns.

With the exception of the **DECK WORK, ENTRY, CADENCE** and as noted in the JOINED ACTION, all elements, required and supplementary, **MUST** be performed simultaneously and facing the same direction by all swimmers. Swimmers need not face the same direction in the circle pattern. Variation in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except in the description of the elements.