



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

30th July to 1st August 2021

3. Participation

Male swimmers – born in 2006 and older

Female swimmers – born in 2007 and older

Youth swimmers (males born in 2005 and 2006; females 2006 and 2007) may take part in a maximum of six (6) individual events, while Junior and Senior swimmers does not have limit events, if the swimmer has the minimum qualification standards according to the table below.

The number of foreigners in the 800 and 1500 Freestyle events will be limited to a maximum of 6 entries and the number of foreign swimmers in the fastest series cannot exceed that defined for participation in the finals.

Swimmers will be grouped by heats, according to entry times, regardless of the category to which they belong. If there is more than one swimmer with the same registration time, the attribution of lanes will be performed randomly by the competition program.

Note 1: It is mandatory to present a negative COVID-19 test 48 hours before the start of the competition or proof of taking the two doses of vaccine.

Note 2: The presence of the public will not be allowed and the number of staff per entity will respect a quota of 1 coach for every 4 swimmers, and the maximum number of companions per entity will be 6.

4. Entries

The entries must reach the organization until **22nd July 2021** 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 **1st August 2019 and 20th July 2021**.

5. Entry Fees

Individual Entry per event - 10,00 Euros

6. Events and Timetable

31 JUL 2021 – 09:00 2 ^a JOURNEY – 1 ^a SESSION		1 AUG 2021 – 09:00 3 ^a JOURNEY – 1 ^a SESSION	
9	200m Freestyle Men	23	400m I. Medley Men
10	200m Freestyle Women	24	400m I. Medley Women
11	50m Butterfly Men	25	50m Breaststroke Men
12	50m Butterfly Women	26	50m Breaststroke Women
13	200m Breaststroke Men	27	100m Freestyle Men
14	200m Breaststroke Women	28	100m Freestyle Women
	AWARD CEREMONY		AWARD CEREMONY

30 JUL 2021 – 16:30 1 ^a JOURNEY		31 JUL 2021 – 16:00 2 ^a JOURNEY – 2 ^a SESSION		1 AUG 2021 – 16:00 3 ^a JOURNEY – 2 ^a SESSION	
1	1500m Freestyle Women	15	400m Freestyle Men	29	1500m Freestyle Men
2	100m Breaststroke Men	16	400m Freestyle Women	30	200m Backstroke Women
3	100m Breaststroke Women	17	100m Backstroke Men	31	200m Backstroke Men
4	200m Butterfly Men	18	100m Backstroke Women	32	100m Butterfly Women
5	200m Butterfly Women		AWARD CEREMONY	33	100m Butterfly Men
	AWARD CEREMONY	19	200m I. Medley Men	34	800m Freestyle Women
6	50m Backstroke Men	20	200m I. Medley Women		AWARD CEREMONY
7	50m Backstroke Women	21	50m Freestyle Men		
8	800m Freestyle Men	22	50m Freestyle Women		
	AWARD CEREMONY		AWARD CEREMONY		

7. Awards

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

8. Contacts

Portuguese Swimming Federation

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

Minimum Standards

OPEN NATIONAL CHAMPIONSHIPS

LONG COURSE

2020/2021

SENIOR				
WOMEN		EVENTS	MEN	
SHORT COURSE	LONG COURSE		SHORT COURSE	LONG COURSE
2007 & OLDER			2006 & OLDER	
00:27.12	00:27.58	50 Freestyle	00:23.42	00:24.09
00:58.64	01:00.02	100 Freestyle	00:50.97	00:52.39
02:07.00	02:08.99	200 Freestyle	01:52.78	01:56.36
04:26.04	04:33.31	400 Freestyle	04:00.66	04:09.41
09:16.45	09:28.08	800 Freestyle	08:26.90	08:44.58
17:53.31	17:55.98	1500 Freestyle	16:22.58	16:28.61
00:30.93	00:31.99	50 Backstroke	00:26.62	00:28.00
01:06.03	01:08.58	100 Backstroke	00:57.21	01:00.21
02:23.08	02:29.42	200 Backstroke	02:06.11	02:12.25
00:34.60	00:35.18	50 Breaststroke	00:29.79	00:30.71
01:14.39	01:16.34	100 Breaststroke	01:04.47	01:06.78
02:40.92	02:46.09	200 Breaststroke	02:21.84	02:27.24
00:29.30	00:29.50	50 Butterfly	00:25.25	00:25.77
01:04.10	01:05.32	100 Butterfly	00:56.33	00:57.26
02:22.23	02:27.98	200 Butterfly	02:06.06	02:08.31
02:23.38	02:28.08	200 I. Medley	02:07.68	02:11.35
05:04.54	05:13.55	400 I. Medley	04:33.15	04:43.76

Entries

Entries online:

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

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.

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

5 minutes by car

Hotel Amazônia 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>