



## OPEN PORTUGAL

### 1. PLACE

**Venue:** Complexo Olímpico de Piscinas de Coimbra (50m x 10 lanes), Indoor

**Address:** Praça dos Heróis do Ultramar, 3030-327 Coimbra

**City:** Coimbra

**Judge & Starter:** Alexandre Fernandes & António Sampaio

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

### 2. DATE

4<sup>th</sup> to 7<sup>th</sup> of April 2024

### 3. PROGRAMME - TIMETABLE

4 April 2024 - 09:00 1ª JOURNEY - HEATS			5 April 2024 - 09:00 2ª JOURNEY - HEATS			6 April 2024 - 09:00 3ª JOURNEY - HEATS			7 April 2024 - 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 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

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4 April 2024 - 09:00 1ª JOURNEY - HEATS			5 April 2024 - 09:00 2ª JOURNEY - HEATS			6 April 2024 - 09:00 3ª JOURNEY - HEATS			7 April 2024 - 09:00 4ª JOURNEY - HEATS		
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
	<b>Protocol Ceremony</b>		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		<b>Protocol Ceremony</b>			<b>Protocol Ceremony</b>			<b>Protocol Ceremony</b>	
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
	<b>Protocol Ceremony</b>		21	4x100 Medley Youth	Mix		<b>Protocol Ceremony</b>			<b>Protocol Ceremony</b>	
				<b>Protocol Ceremony</b>							
4 April 2024 - 17:00 1ª JOURNEY - FINALS			5 April 2024 - 17:00 2ª JOURNEY - FINALS			6 April 2024 - 17:00 3ª JOURNEY - FINALS			7 April 2024 - 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 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
	<b>Protocol Ceremony</b>		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		<b>Protocol Ceremony</b>			<b>Protocol Ceremony</b>			<b>Protocol Ceremony</b>	
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
	<b>Protocol Ceremony</b>		21	4x100 Medley Open	Mix		<b>Protocol Ceremony</b>			<b>Protocol Ceremony</b>	
				<b>Protocol Ceremony</b>							

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#### 4. PARTICIPATION

National or foreign swimmers (Open only) who have fulfilled the admission criteria in the distances and techniques of the respective category, between 1<sup>st</sup> September 2023 and 17<sup>th</sup> of March 2024, can participate. The Men's 1500 freestyle and Women's 800 freestyle races are limited to a maximum of 30 participants (minimum of 12 in the Junior class). The 1500L Women's and Men's 800L races are limited to a maximum of 20 participants (minimum of 8 in the Junior category). There will be eliminatory rounds and final for the 10 best times.

The remaining individual races will be disputed in the knockout system and Absolute A and B Final (10+10 best times from the qualifying heats).

The Open relay races will be in the afternoon session in series system.

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.

#### 5. REGISTRATIONS

Registrations should be made by email to [inscricoes@fpnatacao.pt](mailto:inscricoes@fpnatacao.pt), using the respective invitation file that can be downloaded from the website [www.fpnatacao.pt](http://www.fpnatacao.pt), or by registering through the online registration platform at [www.swimrankings.net/manager/](http://www.swimrankings.net/manager/), until **19<sup>th</sup> March 2024**.

#### 6. ENTRY FEES

Individual Entry per event - 10,00 Euros

Relays Entry per event - 15,00 Euros

#### 7. ORGANISATION OF THE HEATS

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

In the individual events, Open and Absolute classification will be defined in the finals.

In relay races, Open and Absolute classification during the afternoon series.

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

## 9. ADMISSION CRITERIA STANDARDS

MALES		EVENTS	FEMALES	
P25M	P50M		P25M	P50M
00:23.86	00:24.66	<b>50 Freestyle</b>	00:27.57	00:28.22
00:51.96	00:53.91	<b>100 Freestyle</b>	00:59.40	01:00.88
01:54.73	01:59.11	<b>200 Freestyle</b>	02:08.42	02:12.33
04:06.41	04:16.03	<b>400 Freestyle</b>	04:31.76	04:39.70
08:45.04	09:02.52	<b>800 Freestyle</b>	09:25.66	09:42.27
16:45.20	17:18.06	<b>1500 Freestyle</b>	18:41.13	19:03.37
00:27.17	00:28.55	<b>50 Backstroke</b>	00:31.21	00:32.52
00:58.53	01:01.71	<b>100 Backstroke</b>	01:06.80	01:09.73
02:08.95	02:15.20	<b>200 Backstroke</b>	02:25.45	02:31.36
00:30.41	00:31.25	<b>50 Breaststroke</b>	00:34.94	00:35.88
01:05.73	01:08.71	<b>100 Breaststroke</b>	01:15.63	01:18.27
02:24.64	02:31.40	<b>200 Breaststroke</b>	02:43.83	02:51.07
00:25.73	00:26.15	<b>50 Butterfly</b>	00:29.64	00:30.14
00:57.14	00:58.36	<b>100 Butterfly</b>	01:05.28	01:06.80
02:08.72	02:12.71	<b>200 Butterfly</b>	02:25.96	02:32.03
02:09.38	02:14.58	<b>200 I. Medley</b>	02:25.96	02:30.59
04:40.54	04:49.87	<b>400 I. Medley</b>	05:12.08	05:21.47

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

MIXED	OPEN	
EVENT	P25M	P50M
<b>4x100 Medley</b>	04:08.94	04:16.23

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