



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

27th to 30th July 2022

3. Participation

Male swimmers – born in 2007 and older

Female swimmers – born in 2008 and older

Youth swimmers (males born in 2006 and 2007; females 2007 and 2008) may take part in a maximum of six (6) individual events, while Junior and Senior swimmers may have a maximum of seven (7) individual events.

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.

4. Entries

The entries must reach the organization until **19th July 2022** 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 September 2020 and 17th July 2022**.

5. Entry Fees

Individual Entry per event - 10,00 Euros

Relays Entry per event - 15,00 Euros





27 th JULY 2022 – 09:00 DAY 1 – HEATS		28 th JULY 2022 – 09:00 DAY 2 – HEATS		29 th JULY 2022 – 09:00 DAY 3 – HEATS		30 th JULY 2022 – 09:00 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)
27 th JULY 2022 – 17:00 DAY 1 – FINALS		28 th JULY 2022 – 17:00 DAY 2 – FINALS		29 th JULY 2022 – 17:00 DAY 3 – FINALS		30 th JULY 2022 – 16:00 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	Award Ceremony		Award Ceremony		Award Ceremony	
4	50m Butterfly Women	19	50m Breaststroke Men	31	50m Freestyle Women	41	100m Freestyle Women
Award Ceremony		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	Award Ceremony		35	400m Freestyle Women	Award Ceremony	
8	50m Backstroke Women	25	4x100m Freestyle Men	36	400m Freestyle Men	49	4x100m Medley Relay W.
Award Ceremony		26	4x100m Freestyle Women	Award Ceremony		50	4x100m Medley Relay M.
13	4x200m Freestyle Men	Award Ceremony		37	4x50m Medley Relay W.	Award Ceremony	
14	4x200m Freestyle Women	Award Ceremony		38	4x50m Medley Relay M.	Award Ceremony	
Award Ceremony		Award Ceremony		Award Ceremony		Award Ceremony	

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✉ +351 21 419 17 39

✉ secretaria@fnatacao.pt



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

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Minimum Standards

OPEN NATIONAL CHAMPIONSHIPS

2021/2022

SENIOR				
WOMEN		EVENTS	MEN	
SHORT COURSE	LONG COURSE		SHORT COURSE	LONG COURSE
2008 & OLDER			2007 & OLDER	
00:27.68	00:28.11	50 Freestyle	00:24.04	00:24.53
00:59.19	01:00.47	100 Freestyle	00:52.28	00:53.65
02:07.81	02:10.40	200 Freestyle	01:54.40	01:56.71
04:29.70	04:36.03	400 Freestyle	04:02.70	04:09.67
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
00:31.21	00:32.14	50 Backstroke	00:27.20	00:28.37
01:06.45	01:08.93	100 Backstroke	00:58.36	01:01.02
02:24.33	02:29.28	200 Backstroke	02:08.34	02:13.99
00:35.06	00:35.69	50 Breaststroke	00:30.22	00:30.94
01:15.41	01:17.57	100 Breaststroke	01:05.66	01:08.15
02:42.69	02:47.29	200 Breaststroke	02:24.42	02:29.86
00:29.72	00:29.81	50 Butterfly	00:25.83	00:26.12
01:05.28	01:06.17	100 Butterfly	00:57.24	00:58.13
02:25.60	02:26.33	200 Butterfly	02:08.47	02:10.56
02:24.57	02:28.26	200 I. Medley	02:08.98	02:13.21
05:06.36	05:16.57	400 I. Medley	04:37.73	04:44.98

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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.

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