



PORTUGUESE OPEN - NATIONAL CHAMPIONSHIPS

YOUTH NATIONAL CHAMPIONSHIPS

1. Place

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

2. Dates

26/29 July 2012

3. Participation

The following age groups are allowed to enter the competition: **Junior** (men 94 & 95; women 96 & 97) and **Senior** (men 93 and older; women 95 and older).

Each club/national team will be able to enter as many swimmers as they wish, but always following the present rules.

Each swimmer may take part in a maximum of SEVEN individual events, provided that the swimmer has the minimum qualification standards according to the table below.

The **Portuguese Open** will held heats in the morning sessions and A & B finals (in this order) in the afternoon sessions, except for the 800m and 1500m Freestyle. In these events the slower heats will be held in the morning and the faster heat will take place in the afternoon.

At the Portuguese Open, a maximum of two (2) foreigner swimmers will be allowed to swim in each final (A & B).

4. Entries

The entries must reach the organization till **17th July 2012** by e-mail, through the entry editor. An electronic invitation file will be sent to 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 **26 July 2011 and 16 July 2012**.

5. Entry Fees

Individual Entry per event - 5,00 Euros

Relays Entry per event - 15,00 Euros

5. Events and Timetable

26 JUL 2012 – 09:00 DAY 1 – HEATS		27 JUL 2012 – 09:00 DAY 2 – HEATS		28 JUL 2012 – 09:00 DAY 3 – HEATS		29 JUL 2012 – 09:00 DAY 4 – HEATS	
1	1500m Free Men (slow heat)	15	400m Ind. Medley Men	27	100m Butterfly Women	39	200m Butterfly Women
2	800m 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	Award Ceremony - Youth		Award Ceremony - Youth	
8	50m Backstroke Women	22	200m Backstroke Women	33	100m Backstroke Women	45	1500m Free W. (slow heat)
Award Ceremony - Youth		Award Ceremony - Youth		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)
Award Ceremony - Youth		Award Ceremony - Youth		Award Ceremony - Youth		Award Ceremony - Youth	

26 JUL 2012 – 17:00 DAY 1 – FINALS		27 JUL 2012 – 17:00 DAY 2 – FINALS		28 JUL 2012 – 17:00 DAY 3 – FINALS		29 JUL 2012 – 16:00 DAY 4 – FINALS	
11	4x50m Freestyle Men	15	400m Ind. Medley Men	27	100m Butterfly Women	45	1500m 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	800m 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	

6. Meet Procedure

Heats – competitors shall be placed as follows:

- If one heat, it shall be seeded as a final and swum only during the final session.
- If two heats, the fastest swimmer shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, etc.
- If three heats, the fastest swimmer shall be placed in the third heat, next fastest in the second, next fastest in the first. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc.
- If four or more heats, the last three heats of the event shall be seeded in accordance with the above rule. The heat preceding the last three heats shall consist of the next fastest swimmers; the heat preceding the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the spearhead system.

Finals – The 8 best times from the morning heats, shall swim in the A final. Swimmers ranked from 9th through 16th place in the heats shall swim in B final.

All finalists must report to the designated call facility at least 15 minutes prior to the advertised time for their final.

They shall remain in the call facility until taken on to the poolside for their race by the appointed official.

There will be a maximum of 2 reserves selected for each Open final.

Withdrawals for the Finals must be reported (on the official Form) to the Competition Secretariat, 30 minutes after the conclusion of each morning event.

The constitution of the Relays must be delivered (on the official Form) to the Competition Secretariat, 30 minutes before the Finals beginning.

7. Awards

Gold, silver and bronze Medals for the first, second and third qualified in each event.

Minimum Standards

OPEN NATIONAL CHAMPIONSHIPS

LONG COURSE

2011/2012

Women		Men
00:28.20	50m Freestyle	00:24.70
01:01.00	100m Freestyle	00:53.50
02:12.00	200m Freestyle	01:57.00
04:38.00	400m Freestyle	04:10.50
09:35.00	800m Freestyle	08:45.00
18:40.00	1500m Freestyle	16:48.00
01:56.00	4x50m Freestyle	01:42.50
04:14.00	4x100m Freestyle	03:43.00
09:10.00	4x200m Freestyle	08:10.00
00:32.50	50m Backstroke	00:28.80
01:09.50	100m Backstroke	01:02.00
02:29.50	200m Backstroke	02:15.00
00:36.50	50m Breaststroke	00:31.50
01:18.00	100m Breaststroke	01:09.00
02:50.00	200m Breaststroke	02:30.00
00:30.50	50m Butterfly	00:26.50
01:08.00	100m Butterfly	00:58.40
02:29.50	200m Butterfly	02:10.50
02:31.00	200m Ind. Medley	02:14.00
05:19.00	400m Ind. Medley	04:50.00
02:10.00	4x50m Medley Relay	01:55.00
04:47.00	4x100m Medley Relay	04:13.00