



SWIM
CHALLENGE
CASCAIS '22 **10**
ANOS



LIDL SWIM CHALLENGE REGULATIONS

2022



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1. INTRODUCTION

The Lidl Swim Challenge Cascais is an event composed of races in the swim sector, with starts, returns and arrivals on land, taking place at Praia da Ribeira, in Cascais:

- 3.8 km
- 1.9 km
- 1km
- KIDS (400m, 200m)

The event is organized by 3Iron Sports in partnership with the Cascais Municipality and the Portuguese Triathlon Federation.

The Race Office will be open from Saturday, May 21 to Sunday, May 22 at Praia da Ribeira.

Contacts:

Email: info@swim-challenge.com

Site: [**www.swim-challenge.com**](http://www.swim-challenge.com)

2. SCHEDULE AND EVENT PROGRAM

Schedule	Saturday, May 21st
16:00 às 20:00	Race Office Open (Accreditation, changes and last minute registrations)

Schedule	Sunday, May 22nd
06:30 to 07:30	Accreditation for the 3.8km race (no changes or last minute registrations allowed on race day)
07:30 to 09:30	Accreditation for the 1.9km race (no changes or last minute registrations allowed on race day)
07:45	Race Briefing 3.8 km
08:00	Race Start 3.8 km
09:30 to 10:30	Accreditation for the 1km race (no changes or last minute registrations allowed on race day)
09:45	Race Briefing 1.9 km
10:00	Race Start 1.9 km
10:45	Race Briefing 1 km
11:00	Race Start 1 km
12:00	Award Ceremony 3.8 km, 1.9 km e 1 km*
13:00 to 14:00	Accreditation for the KIDS races
14:15	Race Briefing KIDS
14:30	Race Start KIDS (400m, 200m)
15:40	Award Ceremony KIDS*

*Subject to the COVID constraints in place

3. REGISTRATION

The slots of all participating athletes depend on the presentation of a valid federation license (from the Triathlon Federation of Portugal, and the Portuguese Swimming Federation under the collaboration protocol for participation in open events), or alternatively, the purchase of a daily license at registration, valid only for the day of the event.

	1st Phase	2nd Phase	Last Minute		Club Discount Individual events
Conditions	Until April 30th	May 1st to May 13th	May 21st	May 22nd	10 or more athletes
3.8 km	20€	25€	35€	N/A	10%
1.9 km	15€	20€	30€	N/A	10%
1 km	10€	15€	25€	N/A	N/A
KIDS	10€	10€	15€	15€	N/A
Daily License	5€				N/A

Entries must be made exclusively on the race website, at **www.swim-challenge.com**, until 23:59 on 13 May.

At the time of registration, a cost will be added to the amounts referenced on the above table, for each transaction, depending on the method of payment:

ATM Reference - max. 1,00€ + IVA

MBWAY: max. 1,60€ + IVA

VISA: 0,30€ + 2% of transaction value

After this date, registrations will be considered last minute and can only be made on 22 May, at the race office. For the Kids' Race last minute registrations will be accepted also on the 22nd of May. The number of places may finish before the date and time indicated if the limit stipulated by the organization is reached, either for safety reasons or for the normal running of the race.

The Club Discount is valid for a collective entry of 10 or more swimmers of the same club, for the 3.8 km and 1.9 km races, provided that the entries are made during the normal entry period (last minute entries cannot be included). The KIDS and 1 km races are not included.

Entries are personal and non-transferable.

In case of cancellation request, there is no refund of registration fees.

Registration changes will only be accepted if made:

- Through the website: **www.swim-challenge.com**
- In person, only last minute registrations according to the above Table.

The organization is not responsible for the participation and possible injuries/accidents of a person who integrates unduly the event in substitution of a registered swimmer.

The total registration fee includes:

- Participation in the race
- Race cap
- Personal Accident Insurance (with purchase of a daily license)
- Finisher medal

4. GENERAL PROVISIONS

	3.8 km	1.9 km	1 km	KIDS
Minimum Age	15 y/o	15 y/o	14 y/o	9 y/o
Maximum Age	—	—		14 y/o
License	<ul style="list-style-type: none"> - No License (A) - FTP - FPN(B) <p>A) Without a license will be mandatory the purchase of a Daily Insurance in the amount of 5€.</p> <p>B) under the protocol of collaboration for participation in open races</p>			
Wetsuit Use	Allowed (C) Mandatory: athletes without FTP License	Allowed (C)		Allowed
	C) according to FTP rules			
Time Limit for Accreditation	07:30	09:30	10:30	14:00
Start	08:00	10:00	11:00	14:30
Time Limit for Race	120 min.	60 min.	45 min.	—
Minimum participants	—	—		—
Maximum Participants	250	250	100	50
Start	On land	On land		On land
Finish	On land	On land		On land
Laps	1 lap	1 lap	1 lap	400m: 2 laps 200m: 1 lap

- a) The age group is defined by the age the swimmer will be on 31 December of the current year.
- b) The swimmers must present identification documents and federative licenses if required by the organization.
- c) The organization will ensure all the necessary support and security for the accomplishment and monitoring of the competition. For that, the organization will count on the support of the Cascais City Hall, Fire Brigade, ISN and the necessary canoeists. The organization will ensure the accompaniment by a doctor.
- d) It is the responsibility of each participant to ensure that their federation license is valid on the day of the competition (including a valid sports medical examination). In case of non-compliance, the entries of these swimmers will be rejected.
- e) The organization is not responsible for any damage or accidents that the participants suffer or cause during the competition due to misconduct, negligence or violation of any of the safety rules of the competition.
- f) The organization reserves the right to prevent the participation in the race or to collect during the course all the individuals that do not present technical and physical conditions to finish the race safely.
- g) The organization reserves the right to remove any swimmer from the water to ensure their safety and whenever one of the following conditions occurs:
 - Demonstration of extreme fatigue, dehydration, hypothermia, extremely slow pace, or any other sign that prevents the participant from swimming normally.
 - Swimmers who do not follow the safety instructions given by the organization.
 - Adverse weather and sea conditions.
- h) The organization reserves the right to prevent the participation in the race or to collect during the course of the race all individuals who behave unsportingly, endanger safety or disrespect the other participants, the public or members of the organization and referees. The attempt to participate in a race in which the athlete is not registered will be penalized with the suspension of the athlete for the following editions.
- i) The responsible party for each registration (made exclusively online at **www.swim-challenge.com**) must confirm (by choosing this option without which the registration process will not be finalized) that each athlete to be registered (or respective parent/legal guardian in the case of

underage athletes) accepts the conditions of this regulation and the term of responsibility whose text we reproduce below.

"By registering for this event the athlete (or parent/legal guardian if a minor) acknowledges that participating in sporting events of this nature can be potentially dangerous and is aware that accidents may occur. Also declares to be in the necessary physical condition to participate and conclude the event he/she enrolled in, participating in it willingly and with full knowledge of its regulations and obligations arising therefrom, taking responsibility for his/her participation and not attributing responsibility to persons, companies or entities, involved directly or indirectly in the organization or promotion of the event, for any personal or material damage he/she may suffer during the course of his/her participation. You also give your permission for the event organizer or promoter to use your name and image in photos, videos or other means of image transmission."

Acceptance of the disclaimer at the time of online registration is mandatory and replaces the paper disclaimer.

The completion and signature of the paper disclaimer is mandatory for last minute registrations made on the day and place of the event.

- j) In case of need and according to the number of participants and the weather and sea conditions, the organization may choose to hold separate starts by gender.
- k) The organization reserves the right to cancel/suspend the race (due to extremely adverse weather conditions or other extraordinary reasons). In these cases the organization will try to reschedule the race to a new date convenient for its accomplishment. If the race is rescheduled for a date that is more than 30 days after the original date, athletes who have collected their athlete's kit on the original race day, may request a voucher for the total amount of the registration for the next edition.
The organization reserves the right to adjust the distances of the races in case of extreme necessity (extremely adverse weather conditions or other extraordinary reasons), and also, to accumulate several races into one, and may therefore change the initial distance of the race not held on its original schedule.
- l) The organization reserves the right to change courses.
- m) All cases omitted in these regulations shall be resolved by the Race Director, and in accordance with the regulations of the FTP in force.

5. ARBITRATION

The arbitration of the race is ensured by the organization.

6. COURSES



3.8 km

1 lap of 3,800 m, with 3 turning buoys and 9 signal buoys on the course.

The start and finish line are held on land.



1.9 km

1 lap of 1,900 m, with 3 turning buoys and 2 buoys to pass in between.

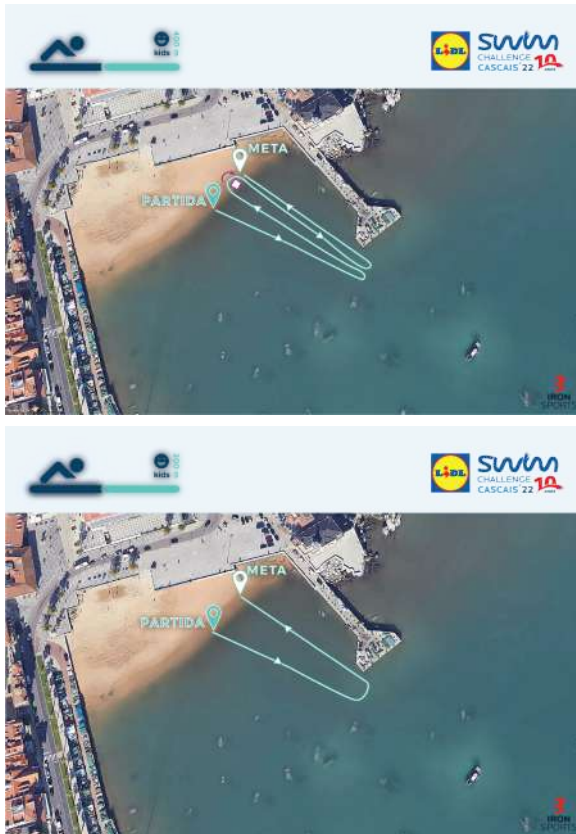
The start and finish line are held on land.



1 km

1 lap of 1,000 m, with 3 turning buoys and 2 buoys to pass in between.

The start and finish line are held on land.



KIDS

1 lap for the KIDS 200 m race, 2 laps for the KIDS 400 m.

The start and finish line are held on land.

In the case of the KIDS 400 m, to start the second lap, the athlete must leave the water, run a short distance on the sand and then re-enter the water.

7. GENERAL RULES

- a) Swimmers are not permitted to use auxiliary materials or objects for flotation, propulsion and breathing such as, but not limited to:
- Pullbuoy;
 - Fins;
 - Snorkel.
- b) It is mandatory to wear the cap provided by the organization.
- c) Athletes not wearing wetsuits will be marked with numbers on their back, arms and hands. Athletes wearing a wetsuit will be marked with numbers on their hands and caps.
- d) For races where the water temperature is less than 24.5°C the wetsuit is optional. It is mandatory when the water temperature is less than 16°C. The wetsuits made of textile material cannot go beyond the shoulders, neck and ankles, respecting in all other requirements the specifications of the wetsuits for the pool.
- *Note:** Wetsuits are suits that produce thermal insulation. Wetsuits, both for men and women, must cover the torso, back, shoulders and knees, but cannot extend beyond the neck, ankles and wrists.
- e) All signal buoys on the course must be circumvented as indicated (both on the race map and in the explanation during the briefing before the race) under penalty of disqualification.
- f) The finish, when done on land, is only considered when the athlete crosses with the torso the imaginary perpendicular line to the finish line present under the finish line gate.
- g) The swimmers may participate in more than one of the LIDL Swim Challenge races but at the moment of registration they will have to choose the main one, participating in the others as extra competition. In the extra competition races they will not be included in the final individual/collective classification and will not have the right to the prizes listed in the section "Prizes" of the respective regulations (with the exception of the participation medal).
- h) In case of protest, this will have to be presented in writing to the referee, up to 15 minutes after the end of the respective competition.

8. COVID-19 PROCEDURES

Given the evolving pandemic situation in Portugal, the organization reserves the right to introduce specific rules, which may include, but are not limited to:

- Mandatory wearing of mask during the whole period the athlete is in the race venue;
- Presentation of proof of complete vaccination or negative COVID19 Antigen / PCR test at the athlete's responsibility.

9. INDIVIDUAL RANKINGS

The following classifications will be generated:

- General individual
- Individual female
- Men's individual
- Absolute collective classification by relay
- By categories, according to the following table:

Race	Category	Year of Birth	
		Male	Female
400m	KIDS I	2008 to 2009	
	KIDS II	2010 to 2011	
200m	KIDS III	2012 to 2013	
3.8 km 1.9 km 1 km	14-16 (1km)	2006 to 2008	
	15-16 (3.8km & 1.9km)	2007 to 2006	
	17-18	2004 to 2005	
	19-24	1998 to 2003	
	25-34	1988 to 1997	
	35-44	1978 to 1987	
	45-54	1968 to 1977	
	55-64	1958 to 1967	
	65-74	1948 to 1957	
	75-84	1938 to 1947	
	85 and >	Up to 1937	

10. TEAM RANKINGS

The team classification exists for teams competing with five or more athletes throughout the event (3.8 km, 1.9 km races; KIDS 200; KIDS 400; with and without wetsuits). Only athletes that finish the race and are classified score points for the team classification.

In the 3.8 km and 1.9 km races, this classification is obtained by adding the points obtained according to the athlete's rank, as exemplified in the following table:

Rank	Points
1st	50
2nd	49
3rd	48
...	...

From the 50th place on, 1 point will be awarded per participant.

The team with the most points is deemed the winner.

For the KIDS competition this classification is obtained by adding the points obtained according to the number of participants in each category (KIDS I, II and III), as exemplified in the following table:

Rank	Points
1st	number of participants
2nd	number of participants -1
3rd	number of participants -2
...	...

The team with the most points is deemed the winner.

11.AWARDS

The following will be awarded at the prize-giving ceremony:

	Abs Male	Abs Female	Teams	Age Groups
3.8 km	1st, 2nd, 3rd	1st, 2nd, 3rd	1st, 2nd, 3rd	1st
1.9 km	1st, 2nd, 3rd	1st, 2nd, 3rd		1st
1 km	1st, 2nd, 3rd	1st, 2nd, 3rd	--	--
KIDS 400	--	--	1st, 2nd, 3rd	1st, 2nd, 3rd
KIDS 200	--	--		1st, 2nd, 3rd