



Open de Portugal / ASTRALPOOL

Introduction: The competition will be organized with prelims in the morning and finals in the afternoon.

Location: Coimbra Municipal Olympic Pools Center

Local information: <https://www.cm-coimbra.pt/>

Date: 28th to 31st of March 2026

Participation:

- **Participants:** National or foreign swimmers (only in the Open) may participate if they have fulfilled the admission criteria for distances and techniques in the respective category, between 1st January 2025 and 17th of March 2026.
- **800m and 1500m freestyle events:** Fast heat in the afternoon, remaining events in the morning.
- **Individual Events:** Prelims system and Absolute Final A (top 10 absolute – juniors and seniors), B (next 10 times, seniors only) and C (next 10 times, juniors only).
- **WITHDRAWALS:** for finals not later than 30 minutes after the respective event. The official form will be sent by email before the start of the competition.

Program:

Mar 28 – 9:30 AM	Mar 29 – 9:30 AM	Mar 30 – 9:30 AM	Mar 31 – 9:30 AM
1500 Free Fem	1500 Free Mas	800 Free Fem	800 Free Mas
400 Free Mas	400 Free Fem	400 Medley Mas	400 Medley Fem
100 Back Fem	50 Breast Mas	50 Fly Fem	200 Breast Mas
100 Back Mas	50 Breast Fem	50 Fly Mas	200 Breast Fem
200 Fly Fem	100 Fly Mas	100 Breast Fem	100 Free Mas
200 Fly Mas	100 Fly Fem	100 Breast Mas	100 Free Fem
50 Free Fem	50 Back Mas	200 Free Fem	200 Back Mas
50 Free Mas	50 Back Fem	200 Free Mas	200 Back Fem
4x200 Free Fem	200 Medley Mas	4x100 Free Fem	4x100 Medley Mas
4x200 Free Mas	200 Medley Fem	4x100 Free Mas	4x100 Medley Fem
	4x100 Medley Mixed		
Mar 28 – 5:00 PM	Mar 29 – 5:00 PM	Mar 30 – 5:00 PM	Mar 31 – 4:30 PM
100 Back Fem	50 Breast Mas	50 Fly Fem	200 Breast Mas
100 Back Mas	50 Breast Fem	50 Fly Mas	200 Breast Fem
200 Fly Fem	100 Fly Mas	100 Breast Fem	100 Free Mas
200 Fly Mas	100 Fly Fem	100 Breast Mas	100 Free Fem
1500 Free Fem	1500 Free Mas	800 Free Fem	800 Free Mas
Medals	Medals	Medals	Medals
400 Free Mas	400 Free Fem	400 Medley Mas	400 Medley Fem
50 Free Fem	50 Back Mas	200 Free Fem	200 Back Mas
50 Free Mas	50 Back Fem	200 Free Mas	200 Back Fem
Medals	200 Medley Mas	Medals	Medals
4x200 Free Fem	200 Medley Fem	4x100 Free Fem	4x100 Medley Mas
4x200 Free Mas	Medals	4x100 Free Mas	4x100 Medley Fem
Medals	4x100 Medley Mixed	Medals	Medals
	Medals		

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Admission Criteria

- Participation: Swimmers and relay teams (1 per club, age group, and sex) who have obtained the Qualifying Time (QT), presented in Admission Criteria Standards, in the respective distances and techniques, may participate.
- Each swimmer may only enter, throughout the four days, **seven** individual events.
- Finals: Participation of up to 2 foreign swimmers in Final A and 2 in Final B.

Registrations

- Registrations should be made by email to inscricoes@fpnatacao.pt, using the respective invitation file that can be downloaded from the website www.fpnatacao.pt, or by registering through the online registration platform at www.swimrankings.net/manager/, until **17th March 2026**.

Entry Fees

- Must be paid to the start of the competition. All teams and clubs can request an invoice.
 - Individual Entry per event - 15,00€
 - Relays Entry per event - 20,00€

Specific Rules

- In individual events, swimmers will be grouped into heats according to entry times, regardless of category.
- In relay events, teams will be grouped into heats according to entry times.
- If there is more than one swimmer or club with the same entry time, lane assignment will be random.

Rankings and Awards

- There will be separate rankings by event and category:
 - Juniors, Seniors SUB 21, Absolute, and Open.
- In individual events:
 - The Junior classification will be in finals A and C.
 - The Open, Senior SUB 21, and Absolute classification will be in finals A and B.
- In relay events:
 - The Junior classification will be defined in the morning heats.
 - The Open and Absolute classification will be defined in the afternoon heats.

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- There will be awards for the top three finishers in:
 - Juniors, Seniors SUB 21, and Absolute.
 - The first place in the Open classification.
- Note: Sub21 (Seniors) and Junior classification:
 - It will be defined in Final A.
 - If not sufficient, the classification will be defined in Final B for Seniors Sub21.

If not sufficient, the classification will be defined in Final C for Juniors.

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Admission Criteria Standards

Long Course		
Women	Events	Men
00:28,18	50 Free	00:24,75
01:00,83	100 Free	00:53,86
02:10,76	200 Free	01:58,69
04:34,36	400 Free	04:10,96
09:15,14	800 Free	08:42,38
18:06,27	1500 Free	16:40,81
00:32,37	50 Backstroke	00:28,43
01:08,97	100 Backstroke	01:01,07
02:28,84	200 Backstroke	02:15,41
00:35,37	50 Breaststroke	00:31,33
01:17,82	100 Breaststroke	01:09,12
02:48,53	200 Breaststroke	02:31,08
00:29,93	50 Butterfly	00:26,10
01:06,82	100 Butterfly	00:58,14
02:29,17	200 Butterfly	02:11,95
02:30,66	200 I.M.	02:15,44
05:15,00	400 I.M.	04:49,59
04:12,08	4x100 Free	03:41,84
09:14,11	4x200 Free	08:21,77
04:39,48	4x100 Medley	04:06,47
Mixed	4x100 Medley	04:22,98

Short Course		
Women	Events	Men
00:27,59	50 Free	00:23,98
00:59,11	100 Free	00:51,97
02:06,96	200 Free	01:54,42
04:24,77	400 Free	04:02,47
08:57,28	800 Free	08:28,17
17:39,33	1500 Free	16:00,49
00:31,06	50 Backstroke	00:26,99
01:06,27	100 Backstroke	00:58,14
02:23,53	200 Backstroke	02:07,16
00:34,97	50 Breaststroke	00:30,43
01:15,39	100 Breaststroke	01:05,83
02:40,89	200 Breaststroke	02:24,69
00:29,62	50 Butterfly	00:25,76
01:05,94	100 Butterfly	00:56,94
02:24,78	200 Butterfly	02:08,50
02:25,26	200 I.M.	02:08,80
05:04,66	400 I.M.	04:35,56
04:00,38	4x100 Free	03:30,41
08:43,54	4x200 Free	07:49,10
04:24,54	4x100 Medley	03:48,46
Mixed	4x100 Medley	03:59,46

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