

SWIMMING

Site : Complexo Municipal de Piscinas

Vila Real de Santo Antonio

The following information can change. Please check the modification on our website and directly at the Games Centre.

CATEGORIES: Reference date, 3rd July 2022

A: Under 35 years old

C: From 45 to 54 years old

E: From 65 to 69 years old

B: From 35 to 44 years old

D: From 55 to 64 years old

F: Over 70 years old

COMPETITION SCHEDULE:

Each day, meeting 1 hour before the competition (Swimming pool available for warm-up)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10.00 am	10.00 am		2.30 pm	10.00 am
100m backstroke	400m freestyle		100m breast	200m freestyle
100m freestyle	50m butterfly (cat E&F)		50m freestyle	4 x 100m relay
	100m butterfly			200m medley

PRACTICAL INFORMATION:

Relays:

3 age categories minimum have to be represented within a team.

1 accompanying person allowed per relay.

25m swimming pool - 8 lines

Don't forget your badge, it will be requested at the swimming-pool entrance.

Accompanying people can compete, but they will not be ranked.

