

REGULATION



DOURO BRIDGES

OPEN WATER



ASSOCIAÇÃO DE NATAÇÃO
DO NORTE DE PORTUGAL

REGULATION APPROVED BY PORTUGUESE SWIMMING FEDERATION

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1. DESCRIPTION

The **3rd Edition of "DOURO BRIDGES – Porto & Gaia – OPEN WATER"** is a swimming competition in the Open Water (**OW**) discipline, consisting of a ≈ 4.000 meters race for: **Open Water Affiliates, Masters Open Water Affiliates** and **Triathlon Affiliates**.

The **4KM** race (≈ 4.000 meters) is part of the **Portuguese Swimming Federation's 17th National Open Water Circuit Season 2023-2024**.

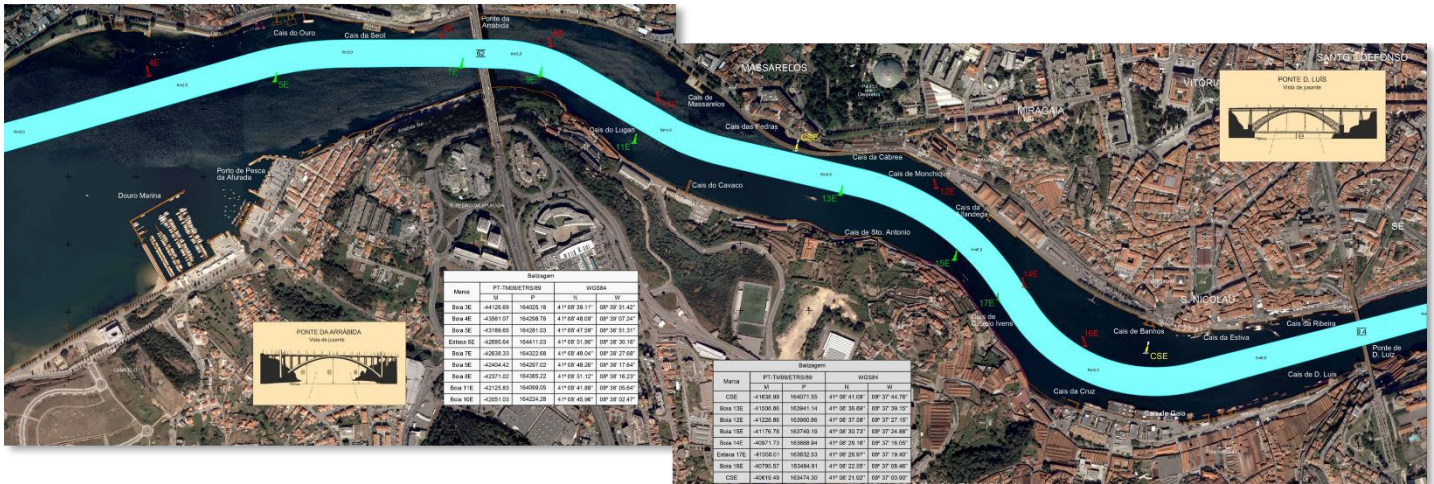
The competition will take place on **Sunday the 8th of September 2024** along the **Douro River**, between **Porto and Gaia Cities**.

The organisation responsibility lies with the **Northern Portugal Swimming Association (ANNP)**, **Gaia City Council** and **Porto City Council**, under the supervision of the **Portuguese Swimming Federation (FPN)** and in compliance with national and international regulations for Open Water and Triathlon.



2. START, ROUTE AND FINISH

This event, which is eligible for the **17th National Open Water Circuit Season 2023 – 2024**, is **≈4.000 meters** long, running along the **Douro River**, upstream – downstream, and organised in full compliance with the rules of the Douro Waterway (**VND**).



Definition of the Douro Waterway (VND) on the route.

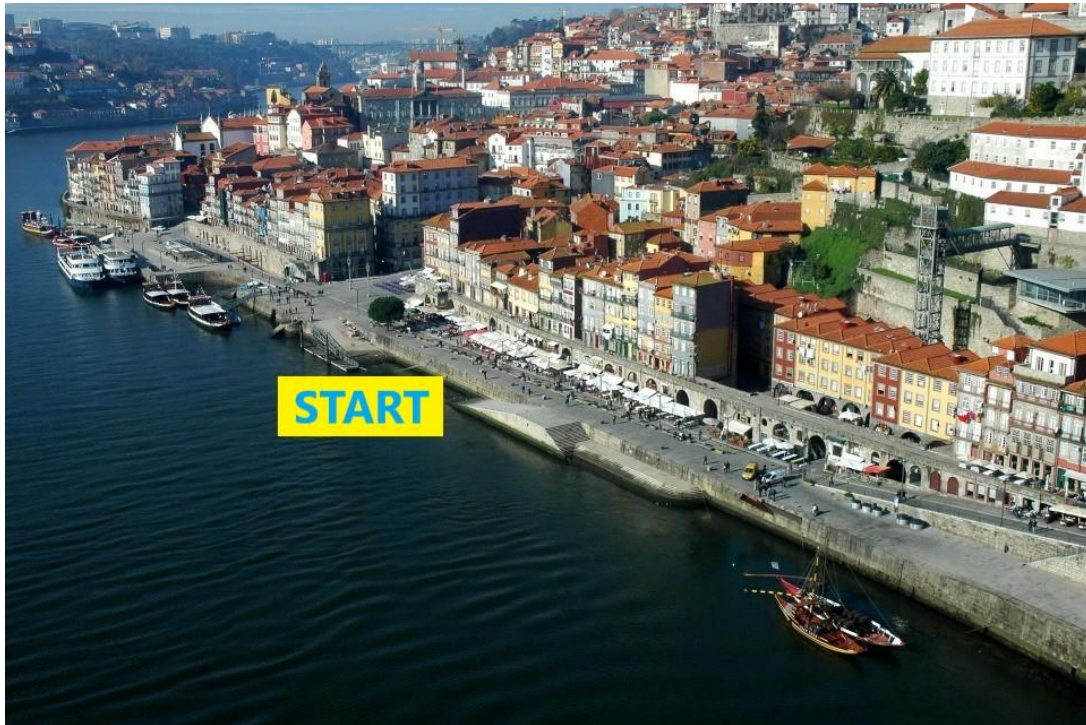


Calculation line to determine the approximate distance of the race. (17. LOCATION OF BUOYS AND SECTORS – Page 27)

Swimmers enter the water through the access ramp to the Douro River, at the Ribeira do Porto pier.



The starting line is organised in the Ribeira do Porto area, approximately 150 / 200 meters from the Dom Lu s I Bridge, facing the mouth of the Douro River (upstream – downstream), with the swimmers in the water.



The race finishes at the floating finish line on the beach next to the Douro Marina in V.N. de Gaia, in Canidelo.



3. SCHEDULE

Location and time of secretariat: Avenida Deocleciano Monteiro in V.N. de Gaia

- 07:00am to 12:30pm



Check-in location and time: Secretariat

- 07:00am to 08:30am

Location and time of departure for the start area: Douro Marina in V.N. de Gaia

- 08:40am (boats)

Briefing location and time: Ribeira do Porto pier

- 09:15am

Start location and time: Access Ramps to the Douro River at the Ribeira do Porto pier

- 09:30am

Finish location and limit time: Beach next to the Douro Marina in V.N. de Gaia

- 11:15am (01h45m)

4. INSTITUTIONAL PARTNERS

Administração dos Portos do Douro, Leixões e Viana do Castelo, S.A.

Administração Regional de Saúde do Norte, I.P.

Agência Portuguesa do Ambiente

Ágora – Cultura e Desporto do Porto, E.M.

Águas de Gaia, E.M., S.A.

Águas e Energia do Porto, E.M.

Autoridade Marítima Nacional

Batalhão Sapadores Bombeiros do Porto

Bombeiros Sapadores e Proteção Civil de V. N. de Gaia

Bombeiros Voluntários de Coimbrões

Câmara Municipal de Vila Nova de Gaia

Câmara Municipal do Porto

Capitania do Porto do Douro

Clínica Médica do Exercício do Porto

Douro Gaia Sport Club

Federação Portuguesa de Nataç o

Instituto de Ci ncias Biomédicas Abel Salazar

Paddling Center

SummerPriority

5. PARTICIPANTS

The competitive aspect is exclusive to athletes affiliated to the **Open Water** (OW Affiliates and Masters OW Affiliates) or **Triathlon** (Triathlon Affiliates) disciplines; holders of a valid sports licence from the **Portuguese Swimming Federation** (FPN), the **Triathlon Federation of Portugal** (FTP), or other federations affiliated to the World Aquatics, European Aquatics, World Triathlon or European Triathlon Union (ETU); as well as other swimmers invited by the organisation.

In the **Out of Competition** category, athletes holding valid sports licences in any discipline other than **Open Water** (OW Affiliates and Masters OW Affiliates), from the Portuguese Swimming Federation (FPN), the Triathlon Federation of Portugal (FTP), or other federations affiliated to the World Aquatics, European Aquatics, World Triathlon or European Triathlon Union (ETU); as well as other swimmers invited by the organisation.

6. PARTICIPATION CONDITIONS

By registering for the race, the participant assumes and accepts that:

- a) The organisation will not be held responsible for any damage suffered or caused as a result of failure to observe the national and international regulations in force and/or the instructions given by the organisers, officials and security personnel (maritime police, fire brigade, lifeguards and others);
- b) Has prepared adequately and is physically and mentally strong enough to complete the event;
- c) In the event of failure to comply with the time limit set for the race (**1 hour and 45 minutes**), the refereeing team may retrieve you from the water;
- d) The organisation may cancel the event for safety reasons, due to adverse weather and/or water conditions, or other situations that could clearly endanger the physical integrity of the participants, and the entry fee will not be refunded;
- e) You may be photographed and filmed during the event and these images may be made public or used by the organisation for promotional purposes;
- f) For age minors, their participation is the sole responsibility of the organisation they represent or their legal guardians in the case of individual registration;
- g) Entry to the race implies full knowledge of and agreement with the conditions of these regulation;
- h) **Failure to return or non-accidental damage to the chip allocated to each participant will incur a cost of €60.00, which will be the responsibility of the club / athlete.**

7. AGE GROUPS AND RANGES

7.1. OPEN WATER

a) For the purposes of **OW Affiliates classification**, the ages corresponding to each of the age groups are as follows, for men and women:

Groups	Birth Years	
	Women	Men
OW14/15	2009 – 2010	---
OW15	---	2009
OW16/17	2007 – 2008	2007 – 2008
OW18/19	2005 – 2006	2005 – 2006
OW20+	2004 and + older	2004 and + older

The age considered will be the age the swimmer on December 31st, 2024.

b) For the purposes of the **Masters OW Affiliates classification**, the ages corresponding to each of the age groups are as follows, for men and women:

Groups	Ranks	Birth Years
		Women / Men
Master A	25 – 29	1995 – 1999
Master B	30 – 34	1990 – 1994
Master C	35 – 39	1985 – 1989
Master D	40 – 44	1980 – 1984
Master E	45 – 49	1975 – 1979
Master F	50 – 54	1970 – 1974
Master G	55 – 59	1965 – 1969
Master H	60 – 64	1960 – 1964
Master I	65 – 69	1955 – 1959
Master J	70 – 74	1950 – 1954

Groups (cont.)	Ranks	Birth Years
		Women / Men
Master K	75 – 79	1945 – 1949
Master L	80 – 84	1940 – 1944
Master M	85 – 89	1935 – 1939
Master N	90 – 94	1930 – 1934
Master O	95 – 99	1925 – 1929
Master P	100 – 104	1920 – 1924

The age considered will be the age the swimmer on December 31st, 2024.

c) For the purposes of the **OW Open classification**, the ages corresponding to each of the age groups are as follows, for men and women:

Groups	Birth Years	
	Women	Men
OW14/AA20+ Master A to P	2010 and + older	---
OW15/AA20+ Master A to P	---	2009 and + older

The age considered will be the age the swimmer on December 31st, 2024.

d) For the purposes of **Out of Competition registration**, the ages corresponding are as follows, for men and women:

Groups	Birth Years	
	Women	Men
Geral	2010 and + older	2009 and + older

The age considered will be the age the swimmer on December 31st, 2024.

7.2. TRIATHLON

a) For the purposes of the **Triathlon Affiliates classification**, the ages corresponding to each of the age groups are as follows, for men and women:

Groups	Ranks	Birth Years
		Women / Men
Youth	18 – 19	2005 – 2006
AG 20 – 24	20 – 24	2000 – 2004
AG 25 – 29	25 – 29	1995 – 1999
AG 30 – 34	30 – 34	1990 – 1994
AG 35 – 39	35 – 39	1985 – 1989
AG 40 – 44	40 – 44	1980 – 1984
AG 45 – 49	45 – 49	1975 – 1979
AG 50 – 54	50 – 54	1970 – 1974
AG 55 – 59	55 – 59	1965 – 1969
AG 60 – 64	60 – 64	1960 – 1964
AG 65 – 69	65 – 69	1955 – 1959
AG 70 – 74	70 – 74	1950 – 1954
AG 75 – 79	75 – 79	1945 – 1949
AG 80 – 84	80 – 84	1940 – 1944
AG 85 – 89	85 – 89	1935 – 1939
AG 90 – 94	90 – 94	1930 – 1934
AG 95 – 99	95 – 99	1925 – 1929
AG 100 – 104	100 – 104	1920 – 1924

The age of an athlete is determined from January 1st until December 31st, 2024.

8. FURTHER INFORMATION

- a) Safety and support throughout the race is the organisers responsibility and will be provided by various vessels, at least: 8 (eight) to 10 (ten) motorised boats, 1 (one) water scooter, 11 (eleven) kayaks and 5 (five) Stand Up Paddle (SUP) boards, in accordance with the **General Regulation of the Portuguese Swimming Federation** and the **Emergency and Coordination Plan of DOURO BRIDGES - Porto & Gaia - OPEN WATER**.
- b) In addition to the support boats referred to in the previous point, the organisation will provide the participants with at least the following resources: 2 (two) ambulances and their staff; 1 (one) doctor; 1 (one) support boat equipped with first aid and paramedic services.
- c) The organisation will not be responsible for accidents or damage that participants suffer or may suffer during the race. Likewise, the organisation will not be held responsible for any damage or accidents that participants may cause during the race as a result of poor sportsmanship or disrespect for the rules in force.
- d) The organisation reserves the right to prevent anyone from taking part in the race, or to stop them along the way, if they do not have the technical and physical conditions to finish the race safely.
- e) **It is compulsory to** show your identity card and a sports licence from the Portuguese Swimming Federation (FPN), the Triathlon Federation of Portugal (FTP), or another, if the organisation requires it.
- f) Swimmers will be marked with their number on their back, shoulders and hands, in accordance with the World Aquatics Regulations.
- g) One hour before the start of the competition, the water temperature will be measured in the middle of the course and in two other places along the course, at a depth of 40 cm (Triathlon 60 cm). This measurement will be supervised by a committee formed by a referee, a member of the organising committee and a coach who volunteers for this purpose during accreditation.

9. EQUIPMENT

9.1. OPEN WATER

- a) **Textile suits** may not extend beyond the shoulders, neck and ankles, and all other requirements comply with the specifications for swimming pool suits.
- b) **Wetsuits** are suits that provide thermal insulation. Isothermal suits, for both men and women, must cover the torso, back, shoulders and knees. But they must not extend beyond the neck, ankles and wrists.
- c) **The use of wetsuits is permitted**, depending on the water temperature conditions on the day of the race.
- d) If the water temperature on the day of the race is **equal to or higher than 20°C**, the **use of wetsuits is not permitted**.
- e) If the water temperature on the day of the race is **equal to or higher than 18°C and lower than 20°C**, the **use of wetsuits is optional**.
- f) If the water temperature on the day of the race is **below 18°C**, not included, **the use of wetsuits is compulsory**.
- g) The use of any propulsion, buoyancy or breathing aids **is not permitted**.
- h) Athletes are obliged to wear the official race cap provided by the organisation.
- i) All these rules also apply to swimmers in the Masters OW Groups.
- j) In the **Out of Competition** condition, **the use of isothermal suits and buoyancy aids (buoy for Open Water swimming) is permitted**.

9.2. TRIATHLON

- a) **100% textile suits** must not have any rubberised **material** such as polyurethane or neoprene. They must not cover any part below the elbow or below the knees.
- b) **Isothermal suits** are suits that produce thermal insulation and cannot be thicker than 5mm in any area of the garment. Both male and female wetsuits can cover any part of the body except the face, hands and feet. When compulsory, the thermal suit must cover at least the torso.
- c) **The use of wetsuits is permitted**, depending on the water temperature conditions on the day of the race.
- d) If on the day of the race the water temperature is **22°C or higher**, **for the Junior category, the use of wetsuits is not permitted.**
- e) If the water temperature on the day of the race is **equal to or higher than 24.6°C**, **for all AG Groups, the use of wetsuits is not permitted.**
- f) If the water temperature on the day of the race is **equal to or less than 15.9°C**, **for all Triathlon classes, the use of wetsuits is compulsory.**
- g) The use of any propulsion, buoyancy or breathing aids **is not permitted.**
- h) Athletes are obliged to wear the official race cap provided by the organisation.

10. REGISTRATION AND FEES

- a) Entries are limited to **400 swimmers**. If the number of registrations increases, the ANNP will adjust the logistics to meet the new needs.
- b) Each swimmer can only enter one of the categories / age groups, in accordance with 7. AGE GROUPS AND RANGES – Page 12 to 14 of these Regulation.
- c) Entries must be made by **September 1st, 2024**, or earlier if the maximum number of entrants is reached.
- d) Entries must be made through the **Link**:
- <https://multicrono.com/aa/dourobridges2024>
- e) Payment must be made by MBWay, or Credit Card, following the instructions given during the enrolment process.
- f) The registration fee for each athlete is **€20**, within the **regular period** between the date of official communication of the opening of the registration period and **August 25th, 2024**.
- g) Swimmers registered for the **FPN's 17th National Open Water Circuit Season 2023 – 2024** have a **25% reduction** on the registration fee, it's made **within the regular period**, between the date of official communication of the opening of the registration period and **August 25th, 2024**.
- h) After the regular registration deadline of **August 25th, 2024**, if it's found that the total number of places available has not been filled, an **extraordinary deadline** will be created between **August 26th, 2024** and **September 1st, 2024**, with a registration fee of **€30** per athlete.

11. CLASSIFICATION

The official individual podiums are ordered by classification: **Open Water (OW Open and OW Groups / Ranks); Triathlon (Groups / Ranks)**, all for men and women.

As an **Out of Competition, there will be no classification or podium**. Only the time recorded by each athlete on the course will be available.

12. PRIZES AND OFFERS

a) Trophies are awarded to the top three **OW Open** finishers by gender:

- **4 KM OW Open**
 - OW14/OW20+ and Master A to P (Women)
 - OW15/OW20+ and Master A to P (Men)

b) Medals are awarded to the top three finishers in each of the **OW Groups / Ranks** below:

- **4 KM OW Affiliates**
 - OW14/15 (Women)
 - OW15 (Men)
 - OW16/17 (Women and Men)
 - OW18/19 (Women and Men)
 - OW20+ (Women and Men)
- **4 KM Masters OW Affiliates**
 - Master A to P (Women and Men)

c) Medals are awarded to the top three finishers in each of the **Triathlon Groups / Ranks** below:

- **4 KM Triathlon Affiliates**
 - Youth (Women and Men)
 - AG 20 – 24 to AG 100 – 104 (Women and Men)



Image and colour may not match definitive version.

c) **All participating swimmers** who finish the race within the time limit set for its completion (**1 hour 45 minutes**) receive the "**FINISHER**" award.



Image and colour may not match definitive version.

d) **All participating swimmers** receive an event cap, which **must be worn during the race**.



Open Water Affiliates



Triathlon Affiliates



Out of competition

Image and colour may not match definitive version.

13. TIME LIMIT

The estimated race time is between 40 minutes and 50 minutes for the first third of swimmers and between 1 hour and 1 hour and 15 minutes for the last third of swimmers.

The time limit for the race is **1 hour and 45 minutes**. At any time after this time limit, the organisation, in agreement with the referee and safety judge, may remove swimmers still in the race from the water for safety reasons.

14. PRIVACY AND SECURITY POLICY

- a) The data collected for the purposes of registration and control of the race is managed by the Associação de Natação do Norte de Portugal and its service providers, in compliance with and respect for the **General Data Protection Regulation** (GDPR).
- b) By registering, the participant agrees to be aware of and accept the GDPR.
- c) Participants are guaranteed access to their data under the terms of the law and may request in writing that the organisation update, correct or delete it.

15. FURTHER INFORMATION

Further clarification of these Regulation should be sent by e-mail to:

info@annp.pt

Any cases not covered by the **DOURO BRIDGES - Porto & Gaia – OPEN WATER** regulation will be resolved by the Race Director in accordance with the **Regulations of the Portuguese Swimming Federation** and the **Triathlon Federation of Portugal** in force.

16. TOP 10 OPEN WATER (OPEN)

16.1. WOMEN

2022	Name	Team	Time	BRT
	Mafalda Sofia Rosa	Clube de Nataç�o de Rio Maior	37:38:00	
	Joana Francisca Rodrigues	Condeixa Aqua Clube	42:03:70	
	Helena Nunes Rodrigues	Condeixa Aqua Clube	43:10:50	
	Maria Lu�s S�	Clube Fluvial Portuense	43:27:30	
	Carolina Santos Silva	Individual Triatlo	43:35:10	
	Matilde Alves Florencio	Condeixa Aqua Clube	43:36:40	
	Daniela Magalh�es Lopes	GD Nataç�o Famalic�o	43:38:50	
	Mariana Coelho Santos	Lagoa	43:47:10	
	Rebecca Correia Francis	Lagoa	44:31:50	
Rita Sofia Nunes	Clube de Nataç�o Col�gio Efanor	44:31:08		

2023	Name	Team	Time
	Mafalda Sofia Rosa	Clube de Nataç�o de Rio Maior	41:11:10
	Marta Andr� Aguilar	Clube N�utico Acad�mico	44:52:70
	Daniela Magalh�es Lopes	GD Nataç�o Famalic�o	44:54:70
	V�nia Soares Neves	Viana Nataç�o Clube	45:04:70
	Margaux Verger Gourson	Clube Fluvial Portuense	45:50:40
	Joana Francisca Rodrigues	Condeixa Aqua Clube	45:55:80
	Francisca Macedo Lopes	Clube Fluvial Vilacondense	46:00:50
	Helena Nunes Rodrigues	Condeixa Aqua Clube	46:01:00
	Bruna Martins Riesenberger	Laranjeiro	46:18:10
Maria Lu�s S�	Clube Fluvial Portuense	46:20:30	

BRT: Best Recorded Time

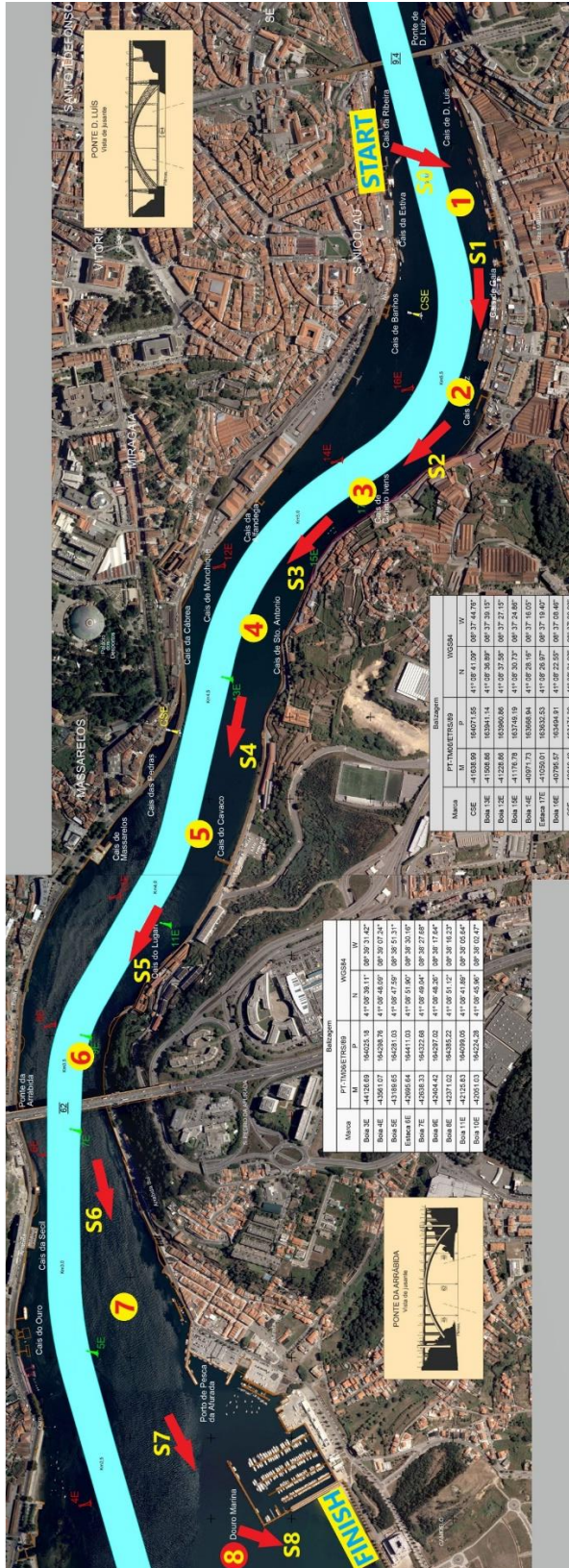
16.2. MEN

2022	Name	Team	Time	BRT
	Tiago Filipe Campos	Clube de Nataç�o de Rio Maior	36:38:00	
	Hugo Alberto Ribeiro	Leix�es Sport Clube	36:39:10	
	Jos� Paulo Lopes	Sporting Clube de Braga	37:49:80	
	Ricardo Matias Santos	CPFZ-Nataç�o	38:55:30	
	Marcos Vila Cid	Individual Espanha	40:14:20	
	Jo� Maria Sousa	Sporting Clube de Braga	40:18:40	
	Gonçalo Gualberto B�rbara	Lagoa	40:19:80	
	Diogo Barbosa Nunes	Clube de Nataç�o Col�gio Efanor	40:43:10	
	Gustavo Pires Marques	Clube Uni�o 1919	40:58:90	
Rodrigo Costa Borges	Clube Fluvial Portuense	40:59:50		

2023	Name	Team	Time
	Tiago Filipe Campos	Clube de Nataç�o de Rio Maior	39:12:30
	Hugo Alberto Ribeiro	Leix�es Sport Clube	40:18:80
	Francisco Rodrigues Amaral	Futebol Clube do Porto	43:07:70
	Diogo Barbosa Nunes	Clube de Nataç�o Col�gio Efanor	43:20:70
	Jo� Maria Sousa	Sporting Clube de Braga	43:22:30
	Jos� Miguel Marques	Condeixa Aqua Clube	43:26:00
	Marcos Vila Cid	Individual Espanha	43:27:50
	Marco Dimitar Oliveira	Clube N�utico Acad�mico	43:29:50
	Tiago Andr� Canelas	Clube Fluvial Portuense	43:39:10
Alexandre Ramos Gonç�lves	Sporting Clube S�o Jo� de Ver	44:06:70	

BRT: Best Recorded Time

17. LOCATION OF BUOYS AND SECTORS



CAPTION	
Sector 0 (S0): Between START and Buoy 1	Sector 1 (S1): Between Buoy 1 and Buoy 2
Sector 2 (S2): Between Buoy 2 and Buoy 3	Sector 3 (S3): Between Buoy 3 and Buoy 4
Sector 4 (S4): Between Buoy 4 and Buoy 5	Sector 5 (S5): Between Buoy 5 and Buoy 6
Sector 6 (S6): Between Buoy 6 and Buoy 7	Sector 7 (S7): Between Buoy 7 and Buoy 8
Sector 8 (S8): Between Buoy 8 and FINISH	