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MIUS[®] 14 Set 15 2024 MADEIRA ISLAND ULTRA SWIM



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**XVII CIRCUITO NACIONAL
ÁGUAS ABERTAS
ÉPOCA 2023/2024**



ORGANIZATION



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MADEIRA ISLAND ULTRA SWIM

RULES - FUNCHAL, 14TH, AND 15TH SEPTEMBER 2024

1. ORGANIZATION

- Associação de Natação da Madeira / Madeira Swimming Association
- Federação Portuguesa de Natação / Portuguese Swimming Federation

OPEN WATER RACES: **10K** **7,5K** **5K** **3,5K** **1,5K** **0,5K**

2. PROGRAM – 1ST DAY

7,5K

Date: Saturday, 14th September 2024

Location: Câmara de Lobos (START) - *Image 1* → Cais da Cidade, Funchal (FINISH) - *Image 2*

Distance: **7.500 meters**

Time-limit: 3 hours 45 minutes

Number and Chip Registration: 08.00am to 08.45am – Câmara de Lobos

Briefing: 08.40am – Câmara de Lobos

RACE START: 09.00am

Cerimony Awards: Cais da Cidade, Funchal, 01.00pm - *Image 2*



Image 1. Câmara de Lobos

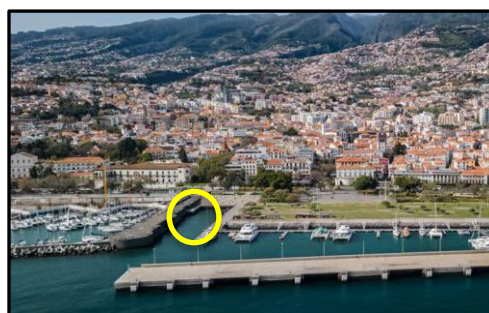


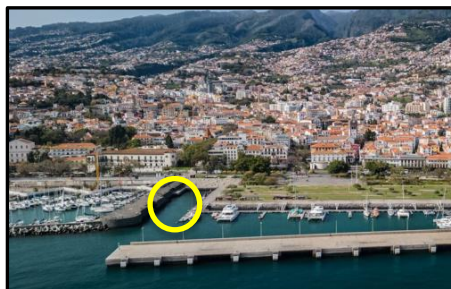
Image 2. Cais da Cidade (Funchal)

2.1 AGE GROUP - 7,5K	AGE		BIRTH DATE	
	MALE	FEMALE	MALE	FEMALE
AA15 (male)	15	14 - 15	2009	2009 - 2010
AA 14/15 (female)				
AA 16/17	16 - 17	16 - 17	2007 - 2008	2007 - 2008
AA 18/19	18 - 19	18 - 19	2005 - 2006	2005 - 2006
AA +20 (+ 20 years old)	+20	+20	+2004	+2004
Master AA1 (25 - 39)	25 - 39 years old		1999 - 1985	
Master AA2 (40 - 54)	40 - 54 years old		1984 - 1970	
Master AA3 (+ 55)	55 and older		1969 and older	

TABLE 1. AGE GROUP 7,5K

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Instituição de Utilidade Pública – Resolução n.º 424/2012, de 12 de junho de 2012

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3. PROGRAM – 1ST DAY**3,5K****Date:** Saturday, 14th September 2024**Location:** C. Balnear do LIDO POENTE (START) - *Image 3* → Cais da Cidade (FINISH) - *Image 2***Distance:** 3.500 meters**Time-limit:** 2 hours**Number and Chip Registration:** 09.30am to 10.15am – Complexo Balnear do LIDO POENTE**Briefing:** 10.10am – Complexo Balnear do LIDO POENTE**RACE START:** 10.30am**Cerimony Awards:** Cais da Cidade, Funchal, 12.45pm - *Image 2***Image 3.** LIDO POENTE**Image 2.** Cais da Cidade (Funchal)

3.1 AGE GROUP - 3,5K	AGE		BIRTH DATE	
	MALE	FEMALE	MALE	FEMALE
AA15 (male)	15	14 - 15	2009	2009 - 2010
AA 14/15 (female)				
AA 16/17	16 - 17	16 - 17	2007 - 2008	2007 - 2008
AA 18/19	18 - 19	18 - 19	2005 - 2006	2005 - 2006
AA +20 (+ 20 years old)	+20	+20	+2004	+2004
Master AA1 (25 - 39)	25 - 39 years old		1999 - 1985	
Master AA2 (40 - 54)	40 - 54 years old		1984 - 1970	
Master AA3 (+ 55)	55 and older		1969 and older	

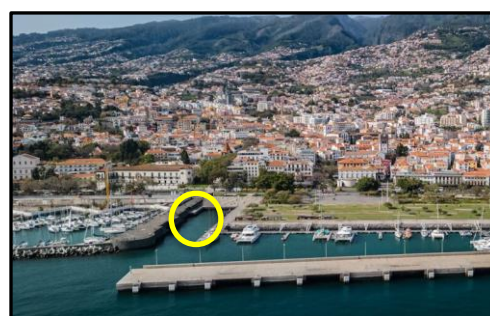
TABLE 2. AGE GROUP 3,5K**Image 4.** Lobo Marinho (Monk Seal) | MIUS, 2023

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4. PROGRAM – 1ST DAY**0,5K KIDS****Date:** Saturday, 14th September 2024**Location:** Cais da Cidade (START) → Cais da Cidade (FINISH) - *Image 2***Distance:** 500 meters **Time-limit:** 20 minutes**Number and Chip Registration:** 11.00am to 11.45am – Cais da Cidade, Funchal**Briefing:** 11.40am – Cais da Cidade, Funchal**RACE START:** 12.00pm**Cerimony Awards:** Cais da Cidade, Funchal, 12.30pm - *Image 2*

4.1 AGE GROUP - 0,5K	AGE		BIRTH DATE	
	MALE	FEMALE	MALE	FEMALE
AA8/10 (male) AA 8/9 (female)	8 - 10	8 - 9	2016 - 2014	2016 - 2015
AA11/12 (male) AA 10/11 (female)	11 - 12	10 - 11	2013 - 2012	2014 - 2013

TABLE 3. AGE GROUP 0,5K**5. PROGRAM – 2nd DAY****10K****Date:** Sunday, 15th September 2024**Location:** Cabo Girão, Fajã dos Padres (START) - *Image 5* → Cais da Cidade, Funchal (FINISH)**Distance:** 10.000 meters **Time-limit:** 4 hours**Number and Chip Registration:** 08.00am to 08.45am – Cabo Girão, Fajã dos Padres**Briefing:** 08.40am – Cabo Girão, Fajã dos Padres**RACE START:** 09.00am**Cerimony Awards:** Cais da Cidade, Funchal, 01.00pm - *Image 2***Image 5.** Fajã dos Padres**Image 2.** Cais da Cidade (Funchal)**Image 6.** This OPEN WATER race (10K) includes the Catamaran journey to the starting point area.

5.1 AGE GROUP - 10K	AGE		BIRTH DATE	
	MALE	FEMALE	MALE	FEMALE
AA15 (male) AA 14/15 (female)	15	14 - 15	2009	2009 - 2010
AA 16/17	16 - 17	16 - 17	2007 - 2008	2007 - 2008
AA 18/19	18 - 19	18 - 19	2005 - 2006	2005 - 2006
AA +20 (+ 20 years old)	+20	+20	+2004	+2004
Master AA1 (25 - 39)	25 - 39 years old		1999 - 1985	
Master AA2 (40 - 54)	40 - 54 years old		1984 - 1970	
Master AA3 (+ 55)	55 and older		1969 and older	

TABLE 4. AGE GROUP 10K

6. PROGRAM – 2nd DAY

5K

Date: Sunday, 15th September 2024Location: Doca do Cavacas (START) - *Image 7* → Cais da Cidade, Funchal (FINISH) - *Image 2*

Distance: 5.000 meters

Time-limit: 2 hours and 30 minutes

Number and Chip Registration: 09.00am to 09.45am – Doca do Cavacas

Briefing: 09.40am – Doca do Cavacas

RACE START: 10.00am

Cerimony Awards: Cais da Cidade, Funchal, 12.45pm - *Image 2*

Image 7. Doca do Cavacas

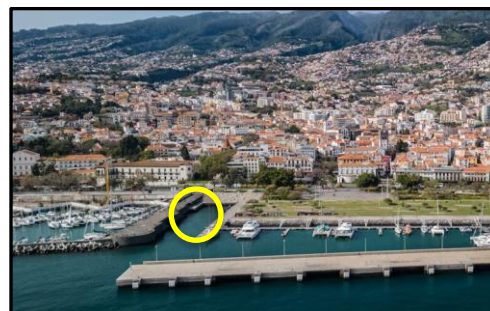


Image 2. Cais da Cidade (Funchal)

6.1 AGE GROUP - 5K	AGE		BIRTH DATE	
	MALE	FEMALE	MALE	FEMALE
AA15 (male) AA 14/15 (female)	15	14 - 15	2009	2009 - 2010
AA 16/17	16 - 17	16 - 17	2007 - 2008	2007 - 2008
AA 18/19	18 - 19	18 - 19	2005 - 2006	2005 - 2006
AA +20 (+ 20 years old)	+20	+20	+2004	+2004
Master AA1 (25 - 39)	25 - 39 years old		1999 - 1985	
Master AA2 (40 - 54)	40 - 54 years old		1984 - 1970	
Master AA3 (+ 55)	55 and older		1969 and older	

7. PROGRAM – 2nd DAY**1,5K****Date:** Sunday, 15th September 2024**Location:** C. Balnear Barreirinha (START) - *Image 8* → Cais da Cidade, Funchal (FINISH) - *Image 2***Distance:** 1.500 meters**Time-limit:** 1 hour**Number and Chip Registration:** 09.00am to 10.45am – Complexo Balnear da Barreirinha**Briefing:** 10.40am – Complexo Balnear da Barreirinha**RACE START:** 11.00am**Cerimony Awards:** Cais da Cidade, Funchal, 12.15pm - *Image 2***Image 8.** Complexo Balnear da Barreirinha**Image 2.** Cais da Cidade (Funchal)

7.1 AGE GROUP – 1,5K	AGE		BIRTH DATE	
	MALE	FEMALE	MALE	FEMALE
AA13/14 (male)	13 - 14	12 - 13	2010 - 2011	2011 - 2012
AA 12/13 (female)				
AA15 (male)	15	14 - 15	2009	2009 - 2010
AA 14/15 (female)				
AA 16/17	16 - 17	16 - 17	2007 - 2008	2007 - 2008
AA 18/19	18 - 19	18 - 19	2005 - 2006	2005 - 2006
AA +20 (+ 20 years old)	+20	+20	+2004	+2004
Master AA1 (25 - 39)	25 - 39 years old		1999 - 1985	
Master AA2 (40 - 54)	40 - 54 years old		1984 - 1970	
Master AA3 (+ 55)	55 and older		1969 and older	

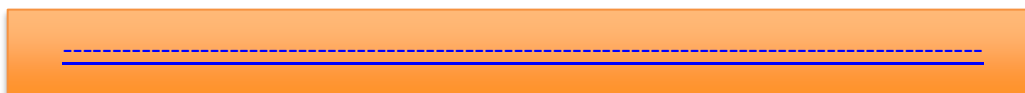
TABLE 6. AGE GROUP 1,5K

NOTE 1: If allowed by the organization can be accepted swimmers who do not belong to the mentioned age groups as <EXTRACOMPETITION> (non-award-winning classification) or belonging to the age group closest.

8. PARTICIPATION

- a) It is the participants' responsibility to understand all aspects of the competition rules.
- b) With the registration, the swimmer accepts the terms and conditions.
- c) Each swimmer is responsible to compete in good physical condition, and with sufficient training to undertake the distance in which he/she register to.
- d) Participants are obliged to follow the indications and instructions of race officials and public authorities.
- e) Race officials have the authority to disqualify any participant. Medical staff and/or the technical race director have the final decision on the withdrawal of a competitor given if he/she is deemed physically incapable of continuing the race without the risk of serious injuries or death. If any competitor decides to withdraw from the race at any time, it is his/her responsibility to report the decision to the information point located at the finish area and hand in his/ her number and/or timing chip immediately.
- f) The basic principles of the event are fairness and compliance of the rules and regulations. It is prohibited to neglect the rules with an intention to take an advantage. Competitors are not allowed to impede or endanger others and hinder the course of the race. Competitors must be polite to other competitors, volunteers, referees, and medical staff. Competitors must respect the environment and avoid pollution.

9. ONLINE REGISTRATIONS



DEADLINE: September 6th, 2024

PARTICIPATION COST:

- 10K	- 35€
- 7,5K	- 25€
- 5K	- 15€
- 3,5K	- 10€
- 1,5K	- FREE
- 0,5K	- FREE

NOTE: €60.00 will be charged to you if you lose or damage the chip race.



10. CLASSIFICATIONS AND <TIME LIMITS>

OPEN RACE: According to age groups tables, all swimmers will be considered.

- To obtain classification, you must complete the <time limit> set.

10km: 4 hours	 	7,5K: 3 hours 45 minutes	 	5K: 2 hours and 30 minutes
3,5km: 2 hours	 	1,5K: 1 hour	 	0,5K: 20 minutes

11. AWARDS

		0,5K	1.5K	3,5K	5K	7,5K	10K
ELITE	AA8/10 (male)  AA 8/9 (female)	1 st , 2 nd , 3 rd					
	AA11/12 (male)  AA 10/11 (female)	1 st , 2 nd , 3 rd					
	AA13/14 (male)  AA 12/13 (female)		1 st , 2 nd , 3 rd				
	AA15 (male)  AA 14/15 (female)		1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd
	AA 16/17 		1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd
	AA 18/19 		1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd
	AA +20 		1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd
	+ OVERALL  		1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd
	MASTERS	Master AA1 (25 – 39) 		1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd
Master AA2 (40 – 54) 			1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd
Master AA3 (+55) 			1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd
+ OVERALL  			1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd

SCHEDULE AWARDS:

SATURDAY: 0,5K (12.30pm) | 3.5K (12.45pm) | 7,5K (01.00pm)

SUNDAY: 1,5k (12.15pm) | 5K (12.45pm) | 10K (01.00pm)



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Image 9. FINISH (pier) for all the races, Funchal.

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12. CIRCUIT (10K AND 7,5K)

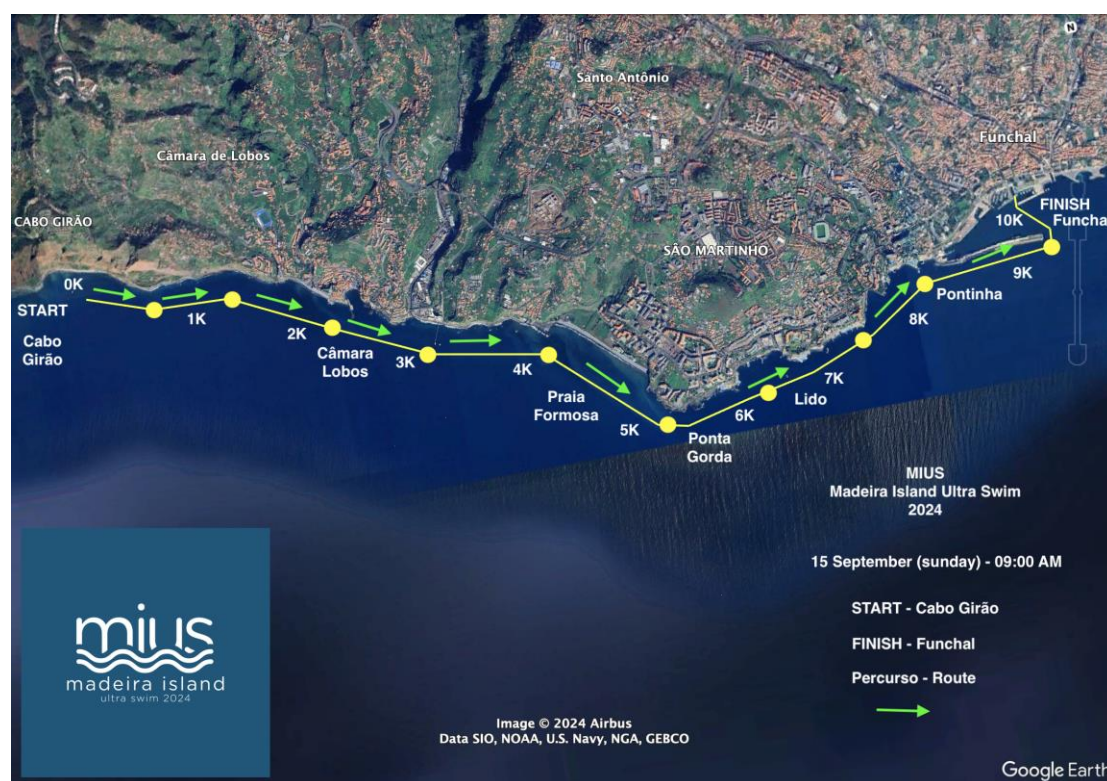


Image 10. Croqui: **10K** - MADEIRA ISLAND ULTRA SWIM (MIUS), 2024.

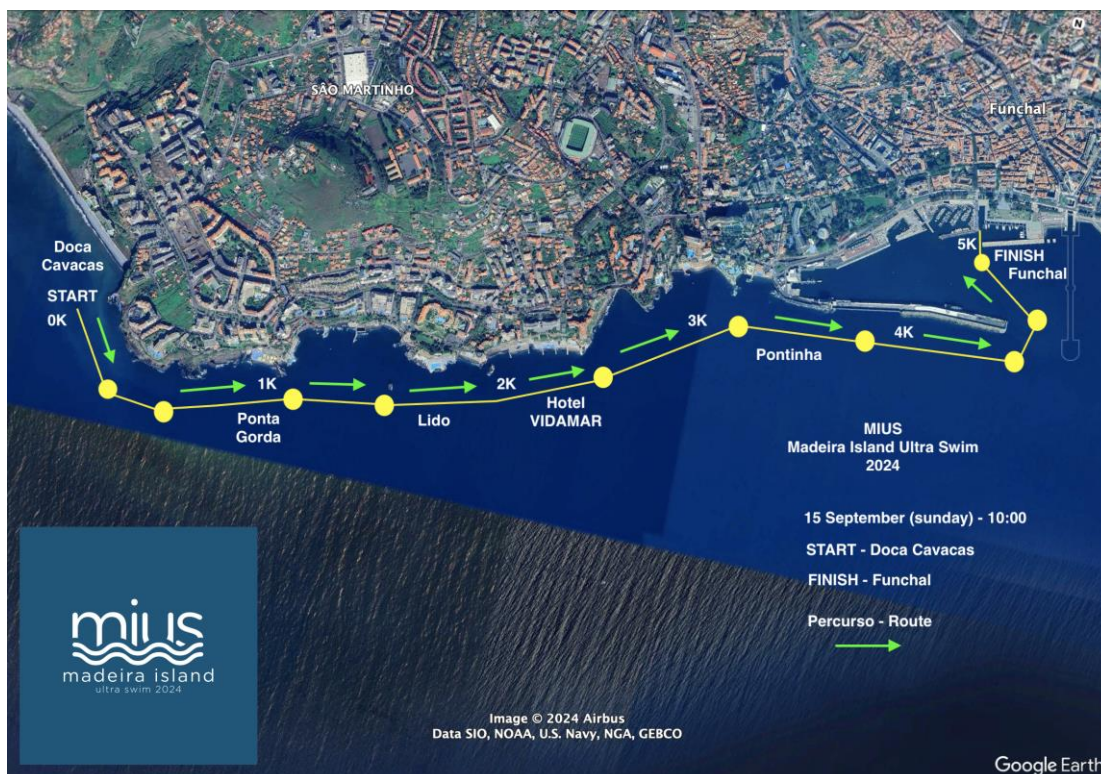


Image 11. Croqui: **7,5K** - MADEIRA ISLAND ULTRA SWIM (MIUS), 2024.

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CIRCUIT (5K AND 3,5K)

Image 12. Croqui: **5K** - MADEIRA ISLAND ULTRA SWIM (MIUS), 2024.Image 13. Croqui: **3,5K** - MADEIRA ISLAND ULTRA SWIM (MIUS), 2024.

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CIRCUIT (1,5K AND 0,5K)

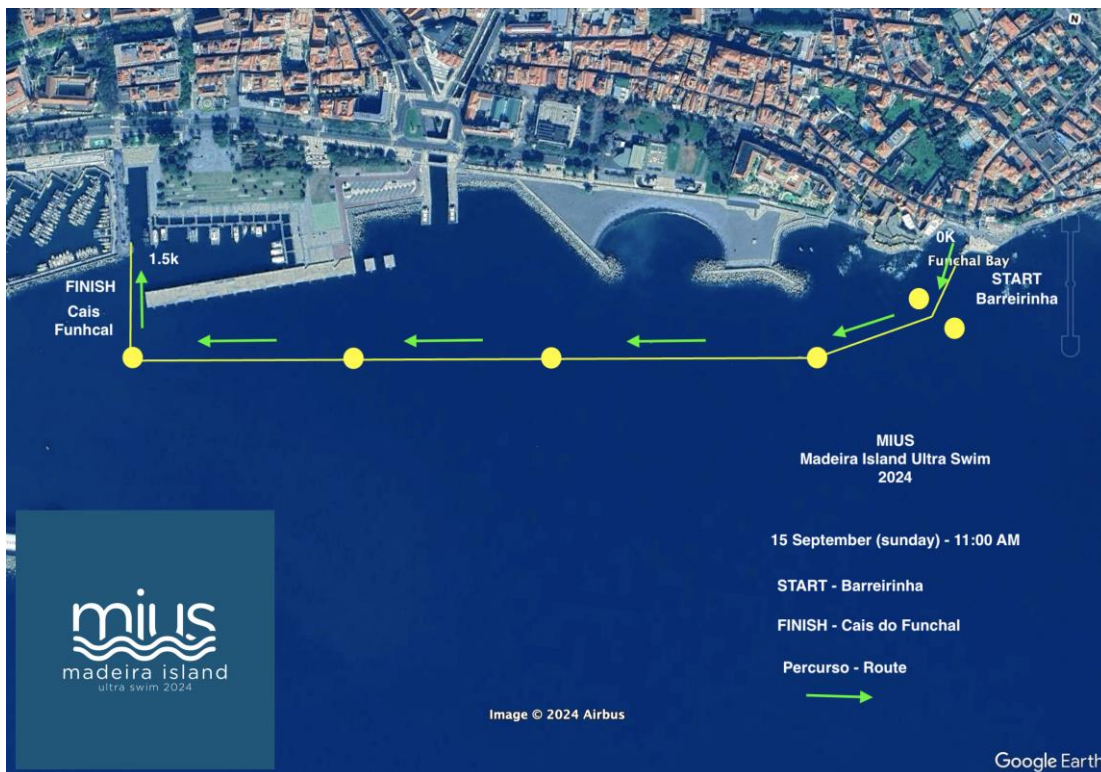


Image 14. Croqui: **1,5K** - MADEIRA ISLAND ULTRA SWIM (MIUS), 2024.



Image 15. Croqui: **0,5K** - MADEIRA ISLAND ULTRA SWIM (MIUS), 2024.

NOTE 2: The CIRCUITS can be adapted.

13. FEEDING POINTS

PROGRAM: One (1) in Complexo Balnear do LIDO:

- 5K | 7.5K | 10K



Image 16. Feeding Point – Complexo Balnear do LIDO, Funchal.

14. OFFICIALS

Madeira Swimming Association (Associação de Natação da Madeira) responsibility.

- MultiCrono <<https://multicrono.com/v1/>> will be responsible for all the results.

15. OTHER CASES

Other cases will be resolved by the **ORGANIZATION**:

Madeira Swimming Association (Associação de Natação da Madeira)

<<https://www.anatacaodamadeira.pt>>

Portuguese Swimming Federation (Federação Portuguesa de Natação).

<<https://fpnatacao.pt/>>

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MADEIRA ISLAND ULTRA SWIM

RULES - FUNCHAL, 14TH, AND 15TH SEPTEMBER 2024

CONSENT / PERSONAL INFORMATION / YOUNG PERSON

NAME OF RESPONSIBLE ADULT: _____

NAME OF CHILD: _____

BIRTH DATE: _____ EMERGENCY CONTACT: _____

RELATIONSHIP: _____

I except full responsibility of the above child whilst attending OPEN WATER (OW) swimming at Porto Santo.

I declare that I am a competent athlete and that there are no medical reasons why I should not participate in the open water swim session. I agree to participate at my own risk the extent of which I fully appreciate. I accept that no liability whatsoever will attach to the session organisers for any injury, death, loss and/or any other claim whatsoever and howsoever arising by reason of my participation in the open water swim session. I agree for my details to be held electronically (ex. online results) for the purpose of open water sessions and future events (ex. photographs).

SIGNATURE

PRESENTE DAY

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