



MIUS[®] 20 Set 21 2025

MADEIRA ISLAND ULTRA SWIM

• INFO: WWW.FPNATACAO.PT

**XVIII CIRCUITO NACIONAL
ÁGUAS ABERTAS
ÉPOCA 2024/2025**

REGISTER HERE: www.miusmadeira.com



FOTOGRAFO: PEDRO VASCONCELOS

ORGANIZATION



GOLDEN SPONSORS



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MADEIRA ISLAND ULTRA SWIM

RULES

FUNCHAL, 20TH, AND 21ST SEPTEMBER 2025

OPEN WATER RACES

0,5K 1,5K 5K 3,5K 10K 20K*

1. ORGANIZATION

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

2. MAIN SPONSORS

- Secretaria Regional de Turismo, Ambiente e Cultura
- Direção Regional de Turismo - Associação de Promoção da Madeira
- Direção Regional de Desporto
- Câmara Municipal do Funchal
- Frente MarFunchal
- Direção Regional de Desporto
- Câmara Municipal de Câmara de Lobos
- APRAM - Administração dos Portos da Região Autónoma da Madeira, S.A.
- Capitania do Porto do Funchal
- Marina da Baía do Funchal
- Serviço Regional de Proteção Civil da Madeira
- SANAS Madeira - Estação Salva-Vidas de Santa Cruz
- Instituto das Florestas e Conservação da Natureza, IP-RAM

Associação de Natação da Madeira

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

Complexo das Piscinas Olímpicas do Funchal - Beco dos Álamos – Santo António 9050-021 Funchal
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3. PROGRAM – 1st DAY

5K

Date: Saturday, 20th September 2025

Location: Doca do Cavacas (START) - *Image 1* → Cais da Cidade, Funchal (FINISH) - *Image 2*

Distance: 5.000 meters

Time-limit: 2 hours and 30 minutes

Number and Chip Registration: 08.30am to 09.40am – Doca do Cavacas

Briefing: 09.40am – Doca do Cavacas

RACE START: 10.00am

Cerimony Awards: Cais da Cidade, Funchal, 13.00pm - *Image 2*



Image 1. Doca do Cavacas

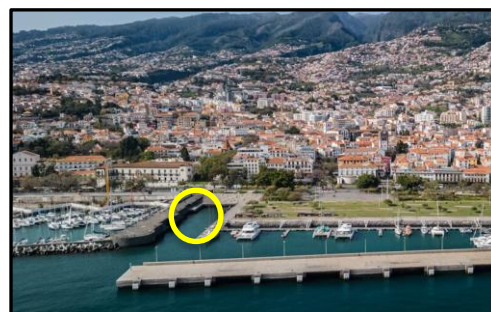


Image 2. Cais da Cidade (Funchal)

3.1 AGE GROUP - 5K	AGE		BIRTH DATE	
	MALE	FEMALE	MALE	FEMALE
AA15 (male)	15	14 - 15	2010	2010 - 2011
AA 14/15 (female)				
AA 16/17	16 - 17	16 - 17	2008 - 2009	2008 - 2009
AA 18/19	18 - 19	18 - 19	2006 - 2007	2006 - 2007
AA +20 (+ 20 years old)	+20	+20	+2005	+2005
Master AA1 (25 - 39)	25 - 39 years old		2000 - 1986	
Master AA2 (40 - 54)	40 - 54 years old		1985 - 1971	
Master AA3 (+ 55)	55 and older		1970 and older	

Table 1. AGE GROUP 5K



Image 3. Race Map - 5K

Associação de Natação da Madeira
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4. PROGRAM – 1st DAY

1,5K

Date: Saturday, 20th September 2025

Location: C. Balnear Barreirinha (START) - *Image 4* → Cais da Cidade, Funchal (FINISH) - *Image 2*

Distance: 1.500 meters

Time-limit: 1 hour

Number and Chip Registration: 08.30am to 10.40am – Complexo Balnear da Barreirinha

Briefing: 10.40am – Complexo Balnear da Barreirinha

RACE START: 11.00am

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



Image 4. Complexo Balnear da Barreirinha



Image 2. Cais da Cidade (Funchal)

4.1 AGE GROUP – 1,5K	AGE		BIRTH DATE	
	MALE	FEMALE	MALE	FEMALE
AA13/14 (male)	13 - 14	12 - 13	2011- 2012	2012 - 2013
AA 12/13 (female)				
AA15 (male)	15	14 - 15	2010	2010 - 2011
AA 14/15 (female)				
AA 16/17	16 - 17	16 - 17	2008 - 2009	2008 - 2009
AA 18/19	18 - 19	18 - 19	2006 - 2007	2006 - 2007
AA +20 (+ 20 years old)	+20	+20	+2005	+2005
Master AA1 (25 - 39)	25 - 39 years old		2000 - 1986	
Master AA2 (40 - 54)	40 - 54 years old		1985 - 1971	
Master AA3 (+ 55)	55 and older		1970 and older	

TABLE 2. AGE GROUP 1,5K



Image 5. Race Map - 1,5K

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5. PROGRAM – 1ST DAY

0,5K KIDS

Date: Saturday, 20th September 2025

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 11.40am – 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*

5.1 AGE GROUP - 0,5K	AGE		BIRTH DATE	
	MALE	FEMALE	MALE	FEMALE
AA8/10 (male) AA 8/9 (female)	8 - 10	8 - 9	2015 - 2017	2016 - 2017
AA11/12 (male) AA 10/11 (female)	11 - 12	10 - 11	2013 - 2014	2014 - 2015

TABLE 3. AGE GROUP 0,5K



Image 6. Race Map - 0,5K Kids

6. PROGRAM – 2nd DAY

10K

Date: Sunday, 21st September 2025

Location: Cabo Girão, Fajã dos Padres (START) - *Image 7* → Cais da Cidade, Funchal (FINISH)

Distance: 10.000 meters

Time-limit: 4 hours

Number and Chip Registration: 08.00am to 08.40am – Onboard Catamaran

Briefing: 08.40am – Cabo Girão, Fajã dos Padres – Onboard Catamaran

RACE START: 09.00am

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

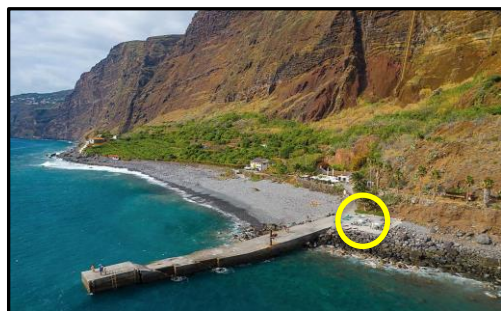


Image 7. Fajã dos Padres

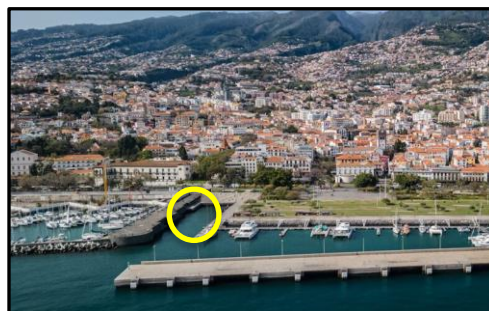


Image 2. Cais da Cidade (Funchal)



Image 8. This OPEN WATER race (10K) includes the Catamaran journey to the starting point area. **BOAT EXIT: 8.00am**

6.1 AGE GROUP - 10K

	AGE		BIRTH DATE	
	MALE	FEMALE	MALE	FEMALE
AA15 (male)	15	14 - 15	2010	2010 - 2011
AA 14/15 (female)				
AA 16/17	16 - 17	16 - 17	2008 - 2009	2008 - 2009
AA 18/19	18 - 19	18 - 19	2006 - 2007	2006 - 2007
AA +20 (+ 20 years old)	+20	+20	+2005	+2005
Master AA1 (25 - 39)	25 - 39 years old		2000 - 1986	
Master AA2 (40 - 54)	40 - 54 years old		1985 - 1971	
Master AA3 (+ 55)	55 and older		1970 and older	

TABLE 4. AGE GROUP 10K



Image 9. Race Map – 10K

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7. PROGRAM – 2nd DAY

3,5K

Date: Sunday, 21st September 2025

Location: C. Balnear do LIDO POENTE (START) - *Image 10* → Cais da Cidade (FINISH) - *Image 2*

Distance: 3.500 meters

Time-limit: 2 hours

Number and Chip Registration: 09.00am to 10.15am – Complexo Balnear do LIDO POENTE

Briefing: 10.15am – Complexo Balnear do LIDO POENTE

RACE START: 10.30am

Cerimony Awards: Cais da Cidade, Funchal, 12.30pm - *Image 2*



Image 10. LIDO POENTE

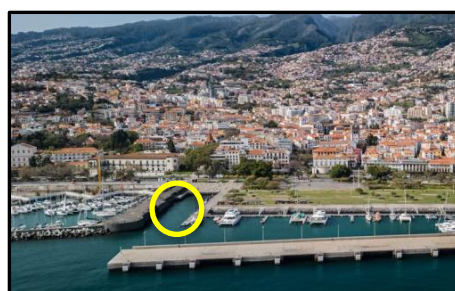


Image 2. Cais da Cidade (Funchal)

7.1 AGE GROUP - 3,5K	AGE		BIRTH DATE	
	MALE	FEMALE	MALE	FEMALE
AA15 (male)	15	14 - 15	2010	2010 - 2011
AA 14/15 (female)				
AA 16/17	16 - 17	16 - 17	2008 - 2009	2008 - 2009
AA 18/19	18 - 19	18 - 19	2006 - 2007	2006 - 2007
AA +20 (+ 20 years old)	+20	+20	+2005	+2005
Master AA1 (25 - 39)	25 - 39 years old		2000 - 1986	
Master AA2 (40 - 54)	40 - 54 years old		1985 - 1971	
Master AA3 (+ 55)	55 and older		1970 and older	

TABLE 5. AGE GROUP 3,5K



Image 11. Race Map – 3,5K

MADEIRA ISLAND ULTRA SWIM 2025

8. PROGRAM – 1ST DAY

20K ULTRA SWIM

Date: Saturday, 20th September 2025

Location: Ponta de Sol (START) - Image 12 → Cais da Cidade, Funchal (FINISH) - Image 2

Distance: 20.000 meters

Time-limit: 8 hours

Number and Chip Registration: 07.30am to 07.45am – Ribeira Brava

Briefing: 07.45am – Ribeira Brava

RACE START: 08.00am



Image 12. Ponta de Sol

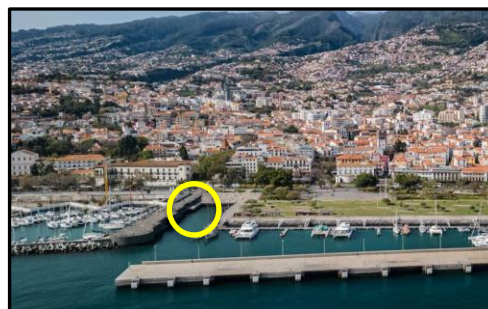


Image 2. Cais da Cidade (Funchal)

8.1 AGE GROUP 20K	AGE		BIRTH DATE	
	MALE	FEMALE	MALE	FEMALE
OVERALL	15 and older	14 and older	2010 and older	2011 and older

TABLE 6. AGE GROUP 20K

8.2 CONDITIONS:

- Registration limited to 5 participants.
- Requires special conditions for participation. Registration subject to approval.
- It is mandatory to present a SPORTS CURRICULUM.



Image 13. Race Map – 20K

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

9. 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 for competing in good physical condition, and with sufficient training to undertake the distance at which he/she registers 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.

10. ONLINE REGISTRATIONS

<https://multicrono.pt/atletas/inscricao-mius-2025/>

DEADLINE: September 12th, 2025

PARTICIPATION COST:

- 20K	- BY INVITATION
- 10K	- 40€
- 5K	- 20€
- 3,5K	- 15€
- 1,5K	- 5€
- 0,5K	- 5€

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

11. 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.

20km: 8 hours | **10K:** 4 hours | **5K:** 2 hours and 30 minutes
3,5km: 2 hours | **1,5K:** 1 hour | **0,5K:** 20 minutes

TABLE 7. TIME LIMITS

11. AWARDS

		0,5K	1.5K	3,5K	5K	10K	20K
ELITE	AA8/10 (male)	1 st , 2 nd , 3 rd					
	AA 8/9 (female)						
	AA11/12 (male)	1 st , 2 nd , 3 rd					
	AA 10/11 (female)						
	AA13/14 (male)		1 st , 2 nd , 3 rd				
	AA 12/13 (female)						
	AA15 (male)		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 14/15 (female)						
	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	
	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	
	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	
	+ 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	PARTICIPATION
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	
	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	
	+ 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	PARTICIPATION

TABLE 8. AWARDS

SCHEDULE AWARDS:

SATURDAY: 0,5K (12.30pm) | 1.5K (12.45pm) | 5K (01.00pm)

SUNDAY: 3,5k (12.30pm) | 10K (12.45pm)

12. CIRCUITS (20K AND 10K)



Image 13. Race Map: **20K** - MADEIRA ISLAND ULTRA SWIM (MIUS), 2025.



Image 9. Race Map: **10K** - MADEIRA ISLAND ULTRA SWIM (MIUS), 2025.

CIRCUITS (5K AND 3,5K)

Image 3. Race Map: **5K** - MADEIRA ISLAND ULTRA SWIM (MIUS), 2025.Image 11. Race Map: **3,5K** - MADEIRA ISLAND ULTRA SWIM (MIUS), 2025.

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

Image 5. Race Map: **1,5K** - MADEIRA ISLAND ULTRA SWIM (MIUS), 2025.Image 6. Race Map: **0,5K** - MADEIRA ISLAND ULTRA SWIM (MIUS), 2025.

NOTE 2: The CIRCUITS can be changed.

13. FEEDING POINTS

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

- 5K | 10K

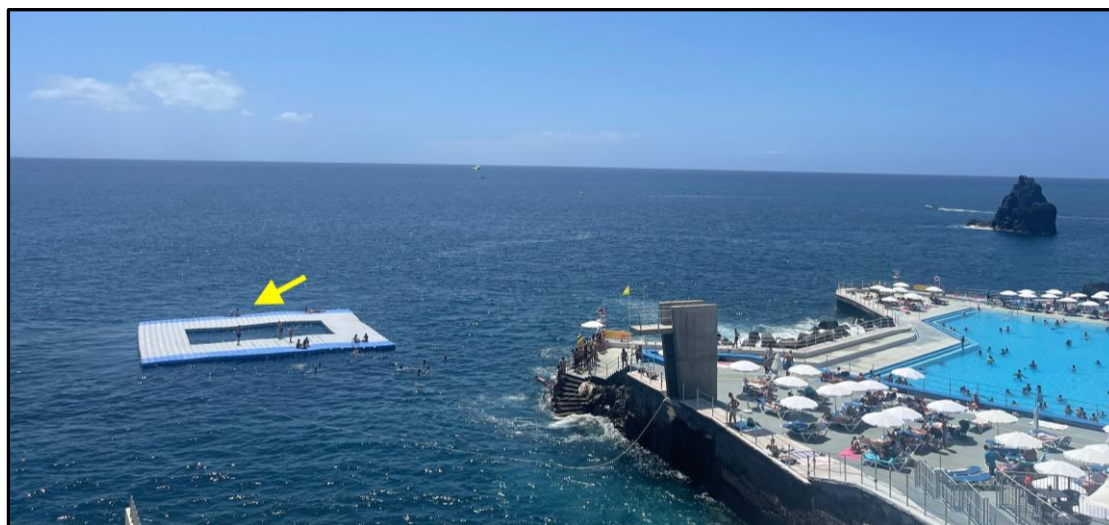


Image 14. Feeding Point – Complexo Balnear do LIDO, Funchal.

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/>>

ORGANIZATION  	GOLDEN SPONSORS   MAIN SPONSORS    	SPONSORS      PARTNERS         MEDIA PARTNERS     
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MADEIRA ISLAND ULTRA SWIM

FUNCHAL, 20TH, AND 21ST SEPTEMBER 2025

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 Funchal.

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
