

INFORMAÇÃO 2 / INFORMATION 2

Alteração do número de séries eliminatórias por Sessão

Number of heats per event per session

Atendendo ao elevado número de inscritos, por forma a que o evento tenha as melhores condições possíveis para a obtenção de bons resultados desportivos dos seus participantes, e de forma a manter as premissas que estruturam o modelo organizativo da competição, a Associação de Natação de Lisboa decidiu alterar o número de séries a realizar por prova procurando:

1. Considerando o nível dos tempos de acesso assegurar similares condições de acesso a finais à maioria dos nadadores inscritos por prova;
2. Assegurar a melhor duração de cada sessão eliminatória de modo a não comprometer a qualidade da participação dos nadadores apurados para as finais;
3. Procurar facilitar uma mais fácil organização do tempo das equipas no cais da piscina

Estabelece-se ainda a seguinte quantificação de séries para cada prova e por cada sessão de eliminatórias (A/B)

Given the high number of participants, in order to ensure that the event has the best possible conditions for swimmers to obtain good sports results, and in order to maintain the premises that structure competition model, Lisbon Swimming Association decided to change the number of heats to be carried out per event seeking:

1. Considering the level of access times to ensure similar access conditions to finals per event.
2. Ensure the best possible duration of each elimination session and not compromise the quality for swimmers on finals.
3. Seek to ease teams schedule and try to minimize teams' time on the pool pier.

The following quantification of series is also established for each event and for each preliminary session (A/B):

| 1ª Jornada / Day 1 | | | | 2ª Jornada / Day 2 | | | |
|---------------------|---|-----------------------------------|-----------|---------------------|---|-----------------------------------|-----------|
| Prova /Event | | Nº de Séries / Number of Heats | | Prova /Event | | Nº de Séries / Number of Heats | |
| | | Sessão A | Sessão B | | | Sessão A | Sessão B |
| | | Session A | Session B | | | Session A | Session B |
| 400 Estilos / IM | M | 1 | 0 | 400 Estilos / IM | F | 1 | 0 |
| 800 Livres / Free | F | 1 | 0 | 1500 Livres / Free | M | 1 | 0 |
| 50 Mariposa / Fly | M | 6 | 10 | 50 Mariposa / Fly | F | 5 | 4 |
| 50 Bruços / Breast | F | 3 | 3 | 50 Bruços / Breast | M | 3 | 3 |
| 400 Livres / Free | M | 3 | 6 | 400 Livres / Free | F | 3 | 5 |
| 50 Livres / Free | F | 6 | 6 | 50 Livres / Free | M | 7 | 13 |
| 50 Costas / Back | M | 4 | 4 | 50 Costas / Back | F | 4 | 5 |
| 100 Costas / Back | F | 4 | 5 | 100 Costas / Back | M | 4 | 5 |
| 200 Mariposa / Fly | M | 3 | 2 | 200 Mariposa / Fly | F | 2 | 1 |
| 200 Bruços / Breast | F | 3 | 2 | 200 Bruços / Breast | M | 3 | 2 |
| 100 Livres / Free | M | 6 | 10 | 100 Livres / Free | F | 5 | 5 |
| 200 Livres / Free | F | 4 | 5 | 200 Livres / Free | M | 6 | 7 |
| 100 Bruços / Breast | M | 4 | 4 | 100 Bruços / Breast | F | 3 | 4 |
| 100 Mariposa / Fly | F | 3 | 3 | 100 Mariposa / Fly | M | 6 | 7 |
| 200 Costas / Back | M | 3 | 5 | 200 Costas / Back | F | 3 | 4 |
| 200 Estilos / IM | F | 3 | 5 | 200 Estilos / IM | M | 4 | 4 |

Evento Aprovado por:
Approved Event by:

Previsão de horários da Sessão A e B de eliminatórias

Provisional A & B preliminary heats timetable

1ª Jornada - Eliminatórias / Day 1 - Preliminaries

08.02.2025

Sessão A / Session A

Aquecimento/ Warm-up: 7:15 - 08:15

| | | | | | | | |
|-------|-----|-------------------|-------|--------------|---------|------|---------|
| 8:30 | 1. | 400m Medley | Men | Slower Heats | Abs/All | 0:06 | 1 Heat |
| 8:36 | 2. | 800m Freestyle | Women | Slower Heats | Abs/All | 0:10 | 1 Heat |
| 8:46 | 3. | 50m Butterfly | Men | Session A | Abs/All | 0:07 | 6 Heats |
| 8:53 | 4. | 50m Breaststroke | Women | Session A | Abs/All | 0:05 | 3 Heats |
| 8:58 | 5. | 400m Freestyle | Men | Session A | Abs/All | 0:15 | 3 Heats |
| 9:13 | 6. | 50m Freestyle | Women | Session A | Abs/All | 0:07 | 6 Heats |
| 9:20 | 7. | 50m Backstroke | Men | Session A | Abs/All | 0:07 | 4 Heats |
| 9:27 | 8. | 100m Backstroke | Women | Session A | Abs/All | 0:09 | 4 Heats |
| 9:36 | 9. | 200m Butterfly | Men | Session A | Abs/All | 0:09 | 3 Heats |
| 9:45 | 10. | 200m Breaststroke | Women | Session A | Abs/All | 0:11 | 3 Heats |
| 9:56 | 11. | 100m Freestyle | Men | Session A | Abs/All | 0:10 | 6 Heats |
| 10:06 | 12. | 200m Freestyle | Women | Session A | Abs/All | 0:12 | 4 Heats |
| 10:18 | 13. | 100m Breaststroke | Men | Session A | Abs/All | 0:08 | 4 Heats |
| 10:26 | 14. | 100m Butterfly | Women | Session A | Abs/All | 0:06 | 3 Heats |
| 10:32 | 15. | 200m Backstroke | Men | Session A | Abs/All | 0:10 | 3 Heats |
| 10:42 | 16. | 200m Medley | Women | Session A | Abs/All | 0:10 | 3 Heats |

10:55 Break and Warm-Up (25')

Sessão B / Session B

Aquecimento/ Warm-up: 10:55 - 11:20

| | | | | | | | |
|-------|-----|-------------------|-------|-----------|---------|------|----------|
| 11:20 | 3. | 50m Butterfly | Men | Session B | Abs/All | 0:13 | 10 Heats |
| 11:33 | 4. | 50m Breaststroke | Women | Session B | Abs/All | 0:04 | 3 Heats |
| 11:37 | 5. | 400m Freestyle | Men | Session B | Abs/All | 0:32 | 6 Heats |
| 12:09 | 6. | 50m Freestyle | Women | Session B | Abs/All | 0:08 | 6 Heats |
| 12:17 | 7. | 50m Backstroke | Men | Session B | Abs/All | 0:07 | 4 Heats |
| 12:24 | 8. | 100m Backstroke | Women | Session B | Abs/All | 0:12 | 5 Heats |
| 12:36 | 9. | 200m Butterfly | Men | Session B | Abs/All | 0:07 | 2 Heats |
| 12:43 | 10. | 200m Breaststroke | Women | Session B | Abs/All | 0:07 | 2 Heats |
| 12:50 | 11. | 100m Freestyle | Men | Session B | Abs/All | 0:18 | 10 Heats |
| 13:08 | 12. | 200m Freestyle | Women | Session B | Abs/All | 0:16 | 5 Heats |
| 13:24 | 13. | 100m Breaststroke | Men | Session B | Abs/All | 0:08 | 4 Heats |
| 13:32 | 14. | 100m Butterfly | Women | Session B | Abs/All | 0:06 | 3 Heats |
| 13:38 | 15. | 200m Backstroke | Men | Session B | Abs/All | 0:18 | 5 Heats |
| 13:56 | 16. | 200m Medley | Women | Session B | Abs/All | 0:18 | 5 Heats |

14:14 End of session

Evento Aprovado por:
Approved Event by:

2ª Jornada - Eliminatórias / Day 2 - Preliminaries

09.02.2025

Sessão A / Session A

Aquecimento/ Warm-up: 7:15 - 08:15

| | | | | | | | |
|-------|-----|-------------------|-------|--------------|---------|------|---------|
| 8:30 | 19. | 400m Medley | Women | Slower Heats | Abs/All | 0:06 | 1 Heat |
| 8:36 | 20. | 1500m Freestyle | Men | Slower Heats | Abs/All | 0:18 | 1 Heat |
| 8:54 | 21. | 50m Butterfly | Women | Session A | Abs/All | 0:06 | 5 Heats |
| 9:00 | 22. | 50m Breaststroke | Men | Session A | Abs/All | 0:04 | 3 Heats |
| 9:04 | 23. | 400m Freestyle | Women | Session A | Abs/All | 0:16 | 3 Heats |
| 9:20 | 24. | 50m Freestyle | Men | Session A | Abs/All | 0:09 | 7 Heats |
| 9:29 | 25. | 50m Backstroke | Women | Session A | Abs/All | 0:07 | 4 Heats |
| 9:36 | 26. | 100m Backstroke | Men | Session A | Abs/All | 0:09 | 4 Heats |
| 9:45 | 27. | 200m Butterfly | Women | Session A | Abs/All | 0:07 | 2 Heats |
| 9:52 | 28. | 200m Breaststroke | Men | Session A | Abs/All | 0:10 | 3 Heats |
| 10:02 | 29. | 100m Freestyle | Women | Session A | Abs/All | 0:09 | 5 Heats |
| 10:11 | 30. | 200m Freestyle | Men | Session A | Abs/All | 0:17 | 6 Heats |
| 10:28 | 31. | 100m Breaststroke | Women | Session A | Abs/All | 0:06 | 3 Heats |
| 10:34 | 32. | 100m Butterfly | Men | Session A | Abs/All | 0:11 | 6 Heats |
| 10:45 | 33. | 200m Backstroke | Women | Session A | Abs/All | 0:10 | 3 Heats |
| 10:55 | 34. | 200m Medley | Men | Session A | Abs/All | 0:13 | 4 Heats |

11:10 Break and Warm-Up (25')

Sessão B / Session B

Aquecimento/ Warm-up: 11:10 - 11:35

| | | | | | | | |
|-------|-----|-------------------|-------|-----------|---------|------|----------|
| 11:35 | 21. | 50m Butterfly | Women | Session B | Abs/All | 0:05 | 4 Heats |
| 11:40 | 22. | 50m Breaststroke | Men | Session B | Abs/All | 0:04 | 3 Heats |
| 11:44 | 23. | 400m Freestyle | Women | Session B | Abs/All | 0:29 | 5 Heats |
| 12:13 | 24. | 50m Freestyle | Men | Session B | Abs/All | 0:17 | 13 Heats |
| 12:30 | 25. | 50m Backstroke | Women | Session B | Abs/All | 0:09 | 5 Heats |
| 12:39 | 26. | 100m Backstroke | Men | Session B | Abs/All | 0:11 | 5 Heats |
| 12:50 | 27. | 200m Butterfly | Women | Session B | Abs/All | 0:04 | 1 Heat |
| 12:54 | 28. | 200m Breaststroke | Men | Session B | Abs/All | 0:07 | 2 Heats |
| 13:01 | 29. | 100m Freestyle | Women | Session B | Abs/All | 0:09 | 5 Heats |
| 13:10 | 30. | 200m Freestyle | Men | Session B | Abs/All | 0:21 | 7 Heats |
| 13:31 | 31. | 100m Breaststroke | Women | Session B | Abs/All | 0:09 | 4 Heats |
| 13:40 | 32. | 100m Butterfly | Men | Session B | Abs/All | 0:13 | 7 Heats |
| 13:53 | 33. | 200m Backstroke | Women | Session B | Abs/All | 0:15 | 4 Heats |
| 14:08 | 34. | 200m Medley | Men | Session B | Abs/All | 0:13 | 4 Heats |

14:21 End of session

Evento Aprovado por:
Approved Event by: