



COMUNICADO Nº 05-16

05/02/2016

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1. NATAÇÃO PURA

a) Grupo PREPLON

Em função do incumprimento do processo de preparação definido para o Campeonato Europeu de Piscina Longa, O nadador Nathan Theodoris (LDC) encontra-se suspenso de todas as atividades definidas para este grupo. Agradecemos os contributos ativos para a resolução deste assunto, do treinador Fernando Teixeira e do Louletano Desportos Clube.

b) III Concentração de Nataação Pura

Informamos que a Concentração de Nataação pura que se encontrava prevista para o próximo dia 9 de Fevereiro para a Piscina da Póvoa de Varzim 15h, terá lugar na piscina de Campanhã.

c) Taça de Portugal – Formação

Em anexo a este comunicado pode ser consultada a classificação atual da Taça de Portugal – Formação.

d) Flanders Speedo Cup 2016 – 23/24 Jan 2016 (BEL) - 50m

Participaram 23 países

23/01/16				
PROVA	CLASS.	PRATICANTE	TEMPO	PARCIAIS / OBSERVAÇÕES
200 L	10 (74)	Mario Pereira	01:52.34	00:55.03



23/01/16

PROVA	CLASS.	PRATICANTE	TEMPO	PARCIAIS / OBSERVAÇÕES
	11 (74)	Diogo Carvalho	01:52.55	00:55.44
	27 (74)	Miguel Nascimento	01:56.59	00:55.14
	29 (74)	José Carvalho	01:57.48	00:56.95
	35 (74)	Guilherme Pina	01:58.33	00:58.10
50 M	28 (43)	Inês Henriques	00:29.78	
100 M	12 (44)	Nuno Quintanilha	00:56.16	
200 C	8 (34)	Francisca Azevedo	02:18.66	01:07.79
	12 (34)	Rita Frischknecht	02:21.36	01:07.89
	15 (34)	Victoria Kaminskaya	02:22.72	01:10.13
	8 (16)	Francisca Azevedo	02:21.19	01:08.06 - Final
200 B	3 (38)	Diogo Carvalho	02:16.68	01:05.94
	12 (38)	Alexis Santos	02:19.48	01:07.16
	28 (38)	João Vital	02:33.50	01:15.09
	8 (16)	Diogo Carvalho	02:17.56	01:05.68 - Final
100 B	4 (26)	Ana Rodrigues	01:12.01	
	10 (26)	Raquel Pereira	01:13.15	
	2 (16)	Ana Rodrigues	01:10.28	Final
200 E	1 (37)	José Lopes	02:05.41	00:58.39
	6 (37)	Nuno Quintanilha	02:07.97	01:00.61
	4 (16)	Gabriel Lopes	02:04.30	00:58.27 - Final
	6 (16)	Nuno Quintanilha	02:07.38	00:59.90 - Final
100 L	11 (82)	Ana Leite	00:57.38	
	32 (82)	Ana Rodrigues	00:59.79	
400 L	9 (58)	João Vital	04:00.77	00:27.53-00:57.58-01:58.80
	13 (58)	Guilherme Pina	04:03.65	00:28.27-00:59.09-02:01.38
	17 (58)	Miguel Nascimento	04:07.34	00:27.80-00:58.54-02:01.37
	29 (58)	Tomás Veloso	04:12.69	00:28.59-00:59.67-02:03.13
400 E	6 (23)	Victoria Kaminskaya	04:52.10	00:30.70-01:05.71-02:22.15
	8 (23)	Diana Durães	04:54.85	00:30.76-01:06.06-02:21.56
	5 (16)	Victoria Kaminskaya	04:48.69	00:30.20-01:04.53-02:19.53 - Final

FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIRO INSTITUCIONAL



FEDERAÇÃO PORTUGUESA DE NATACAO

PARCEIRO



23/01/16				
PROVA	CLASS.	PRATICANTE	TEMPO	PARCIAIS / OBSERVAÇÕES
	7 (16)	Diana Durães	04:54.17	00:30.94-01:06.08-02:21.35 - Final
100 C	7 (45)	Gabriel Lopes	00:57.32	
	8 (45)	Alexis Santos	00:57.71	
	12 (45)	Nhathan Theodoris	00:58.58	
	13 (45)	Diogo Carvalho	00:58.86	
	7 (16)	Gabriel Lopes	00:57.64	Final
	8 (16)	Alexis Santos	00:58.23	Final
200 M	8 (12)	Inês Henriques	02:21.07	01:07.14
	6 (8)	Inês Henriques	02:22.67	01:07.28 - Final
50 L	9 (79)	Miguel Nascimento	00:23.61	
	14 (79)	Mário Pereira	00:23.87	
50 C	4 (37)	Ana Leite	00:29.86	
	13 (47)	Francisca Azevedo	00:31.04	
	14 (47)	Rita Frischknecht	00:31.32	
	3 (16)	Ana Leite	00:29.56	Final
50 B	11 (38)	Diogo Carvalho	00:29.61	
800 L	3 (24)	Tamila Holub	08:46.89	01:03.40-02:09.47-04:21.58
	8 (24)	Diana Durães	08:57.81	01:04.58-02:12.37-04:28.51
	14 (24)	Inês Henriques	09:20.10	01:07.69-02:18.89-04:40.55
	15 (24)	Madalena Azevedo	09:20.17	01:07.59-02:18.78-04:41.71
	1 (7)	Guilherme Pina	08:23.14	01:00.30-02:03.52-04:10.75
4x100 L	3 (5)	Ana Leite	03:52.40	Final
		Ana Rodrigues		
		Rita Frischknecht		
		Diana Durães		
4x100 E	1 (6)	Gabriel Lopes	03:46.41	Final
		Diogo Carvalho		
		Nuno Quintanilha		
		Mário Pereira		

24/01/16

PROVA	CLASS.	PRATICANTE	TEMPO	PARCIAIS / OBSERVAÇÕES
200 L	8 (55)	Diana Durães	02:04.68	01:00.50
	23 (55)	Francisca Azevedo	02:08.38	01:02.67
	25 (55)	Rita Frischknecht	02:08.64	01:03.20
	35 (55)	Madalena Azevedo	02:12.54	01:05.31
	43 (55)	Victoria Kaminskaya	02:15.67	01:06.20
50 M	4 (49)	Diogo Carvalho	00:25.17	
	12 (49)	Nuno Quintanilha	00:25.85	
	5 (16)	Diogo Carvalho	00:25.23	Final
100 M	24 (33)	Inês Henriques	01:05.29	
200 C	10 (41)	Gabriel Lopes	02:07.00	01:01.93
	11 (41)	João Vital	02:07.54	01:02.62
	13 (41)	Nathan Theodoris	02:09.53	01:03.22
	15 (41)	Alexis Santos	02:09.83	01:02.61
200 B	8 (20)	Raquel Pereira	02:38.68	01:16.64
	11 (20)	Ana Rodrigues	02:43.19	01:18.42
	7 (16)	Raquel Pereira	02:36.28	01:15.68 - Final
200 E	10 (38)	Victoria Kaminskaya	02:20.22	01:06.07
	22 (38)	Madalena Azevedo	02:28.91	01:10.36
100 L	12 (112)	Miguel Nascimento	00:51.81	
	16 (112)	Mário Pereira	00:52.02	
	21 (112)	Alexis Santos	00:52.70	
	66 (112)	Guilherme Pina	00:55.90	
400 L	1 (43)	Tamila Holub	04:17.92	00:30.31-01:02.47-02:08.04
	7 (43)	Diana Durães	04:21.65	00:30.43-01:03.00-02:09.48
	18 (43)	Inês Henriques	04:34.08	00:31.68-01:06.60-02:16.36
	7 (16)	Tamila Holub	04:21.59	00:30.39-01:02.93-02:08.79 - Final
	8 (16)	Diana Durães	04:24.89	00:30.39-01:02.90-02:10.29 - Final
400 E	3 (33)	João Vital	04:29.25	00:28.32-01:00.58-02:08.89
	5 (33)	Tomás Veloso	04:34.23	00:28.70-01:01.69-02:13.70
	1 (16)	João Vital	04:25.52	00:28.46-01:00.72-02:07.98 - Final
	6 (16)	Tomás Veloso	04:37.25	00:29.32-01:02.38-02:14.51 - Final

FORNECEDOR OFICIAL



WATER INSTINCT

PARCELOS INSTITUCIONAIS



Associação Portuguesa de Desportos

PARCELOS



24/01/16				
PROVA	CLASS.	PRATICANTE	TEMPO	PARCIAIS / OBSERVAÇÕES
100 C	11 (29)	Ana Leite	01:05.12	
	14 (29)	Francisca Azevedo	01:06.05	
	14 (29)	Rita Frischknecht	01:06.05	
200 M	2 (26)	Nuno Quintanilha	02:02.77	00:59.06
	3 (26)	Diogo Carvalho	02:03.18	00:58.95
	6 (26)	Miguel Nascimento	02:04.06	00:58.95
	7 (26)	José Carvalho	02:06.45	01:00.85
	3 (16)	Miguel Nascimento	02:00.39	00:57.35 - Final
	5 (16)	Diogo Carvalho	02:01.81	00:58.33 - Final
	6 (16)	Nuno Quintanilha	02:02.57	00:58.10 - Final
	8 (16)	José Carvalho	02:08.32	01:01.59 - Final
	50 L	10 (46)	Ana Leite	00:26.80
13 (46)		Diana Durães	00:27.31	
14 (46)		Ana Rodrigues	00:27.36	
35 (46)		Victoria Kaminskaya	00:28.76	
50 C	5 (53)	Alexis Santos	00:26.54	
	8 (53)	Nathan Theodoris	00:26.89	
	10 (53)	Gabriel Lopes	00:27.26	
	5 (16)	Alexis Santos	00:26.47	Final
	6 (16)	Nathan Theodoris	00:26.73	Final
50 B	4 (23)	Ana Rodrigues	00:33.14	
	9 (23)	Raquel Pereira	00:34.10	
	3 (16)	Ana Rodrigues	00:32.69	Final
1500 L	1 (6)	Tamila Holub	16:45.29	01:04.56-02:11.84-04:27.46-08:57.13
	4 (22)	Guilherme Pina	15:43.81	01:00.10-02:03.39-04:10.13-08:23.05
	6 (22)	João Vital	16:09.45	01:00.40-02:03.72-04:12.35-08:32.61

e) Regulamento de Competições Nacionais

No seguimento da circular nº38/15, informamos que foram feitas atualizações ao Regulamento de Competições Nacionais de Natação Pura, páginas 40 e 42 (atualizado no *site* da FPN).



Página 40, Ponto 4 – Nas provas de 50m haverá apenas Finais A e B

Página 42, Ponto 8 – Nas provas de 50m, 800m Livres Masculinos e 1500m Livres Femininos haverá classificação Júnior e Absoluta.

2. ÁGUAS ABERTAS

Campeonato Nacional de Longa Distância – Fase Final – Rio Maior, 20 Fev. 2016

Junto anexamos a lista dos nadadores apurados para disputar a fase final do Campeonato Nacional de Longa Distância.

3. FEDERAÇÃO PORTUGUESA DE NATAÇÃO

Encerramento dos Serviços

Informa-se que os Serviços da FPN estarão encerrados na terça-feira, dia 9 de Fevereiro.

4. FORMAÇÃO

a) Ação de Formação “+Natação com Futuro”

A FPN em parceria com as Associações Territoriais e a Forphysio, empresa portuguesa prestadora de cuidados de saúde, especializada na área de fisioterapia desportiva, vai organizar uma ação de formação com a temática “Aquecimento, Recuperação e Prevenção de Lesões na Nataação – Linhas orientadoras relativas ao estado complementar de treino no Nadador” no âmbito do projeto “+Natação com Futuro”.

Irá ser realizada uma ação de formação por Associação Territorial.

Mais informações relativas a datas e locais através do link: <http://www.fpnatacao.pt/prevencao-de-lesoes-na-natacao> ou para o email ncfuturo@forphysio.pt

Em anexo o Flyer da formação.

b) Curso Elementar de Arbitragem NS ANDS – Dezembro 2015/ Janeiro 2016

APTOS

Ana Isabel Domingues	Marta Filipa Vinagre
Luís Filipe Domingues	Patrícia Isabel Abegão





Luís Miguel Pirralho	Sílvia Arranzeiro Paulino
Maria Carolina Abegão	Sónia Ramos Santos
Mariana Castres Pereira	Susana Cristina Diz

5. NOVA FILIAÇÃO

Foi aprovada em 28/01/2016, a filiação do **Município de Tábua**, através da ANC, no âmbito do Programa “Portugal a Nadar”.

6. RECORDES HOMOLOGADOS

Masters

Em anexo, Recordes Homologados, obtidos no seguinte campeonato:

- X Open Internacional de Masters de Inverno, 30 e 31 de Janeiro

7. DIVERSOS

a) FINA Rules on the Prevention of the Manipulation of Competitions

Em anexo enviamos informação da FINA, sobre o assunto em referência.

b) Campeonatos da Europa – Londres 2016

Recebemos a informação do Diretor de Marketing e Comunicação do campeonato em assunto, de que, estão à venda *online* os bilhetes para a competição em:

<https://www.theticketfactory.com/euroaquatics/online/>

Pela FPN

António José Silva
Presidente





FÉDÉRATION
INTERNATIONALE
DE NATATION

FINA RULES ON THE PREVENTION OF THE MANIPULATION OF COMPETITIONS

Implementing provision of article V.C.4 of the FINA Code of Ethics

Approved by the FINA Bureau on 30 January 2016

INTRODUCTION

PMC 1 APPLICATION AND SCOPE

PMC 2 DEFINITIONS

PMC 3 VIOLATIONS

BAC 4 PROCEDURE

PMC 5 SANCTIONS

PMC 6 RECOGNITION OF DECISIONS

PMC 7 AMENDMENTS AND INTERPRETATION

INTRODUCTION

The integrity of sport depends on the outcome of sporting events and competitions being based entirely on the competing merits of the participants involved.

In furtherance of that objective, FINA has adopted these rules which are in harmony with the Council of Europe Convention on the Manipulation of Sports Competitions and the Olympic Movement Code on the Prevention of the Manipulation of Competitions.

The FINA Member Federations shall implement similar rules and regulations or incorporate these Rules into their rules, as modified appropriately for national level competition, in order to safeguard the integrity of competitions held under their respective jurisdictions.

PMC 1 APPLICATION AND SCOPE

PMC 1.1 These Rules shall apply to all Participants who participate, assist in or prepare Athletes to participate in FINA Competitions or Competitions of Major Event Organisations, provided that if a Major Event Organisation has its own rules on the prevention of the competition manipulation those rules shall apply to violations committed in relation with the competitions of the Major Event Organisation. Each Participant shall be automatically bound by, and be required to comply with, these Rules by virtue of such participation, assistance or preparation.

PMC 1.2 It shall be the personal responsibility of every Participant to make himself or herself aware of these Rules including, without limitation, what conduct constitutes a violation of the Rules and to comply with those requirements. Participants should also be aware that conduct prohibited under these Rules may also constitute a criminal offence and/or a breach of other applicable laws and regulations. Participants must comply with all applicable laws and regulations at all times.

PMC 1.3 Each Participant submits to the exclusive jurisdiction of the FINA Ethics Panel to hear and determine charges brought by FINA and to the exclusive jurisdiction of the Court of Arbitration for Sport in Lausanne to determine any appeal from the FINA Ethics Panel decision in accordance with the FINA Rules C 12.7 and C 12.11.4.

PMC 1.4 Notice under these Rules to a Participant who is under the jurisdiction of a Member Federation may be accomplished by delivery of the notice to the Member Federation concerned. The Member Federation shall be responsible for making immediate contact with the Participant to whom the notice is applicable.

PMC 2 DEFINITIONS

PMC 2.1 "Benefit" means the direct or indirect receipt or provision of money or the equivalent such as, but not limited to, bribes, gains, gifts and other advantages including, without limitation, winnings and/or potential winnings as a result of a wager; the foregoing shall not include official prize money, appearance fees or payments to be made under sponsorship or other contracts;

PMC 2.2 "Competition" means a FINA Competition or a Competition of a Major Event Organisation;

PMC 2.3 "Inside Information" means information relating to any Competition that a person possesses by virtue of his or her position in relation to a Competition, excluding any information already published or common knowledge, easily accessible to interested members of the public or disclosed in accordance with the rules and regulations governing the relevant Competition;

PMC 2.4 "Major Event Organisation" means any international multi-sport organisation that acts as the ruling body for any continental, regional or other international Competition.

PMC 2.5 "Member Federation" means the national federations affiliated to FINA in a country or a sport country recognised by FINA in accordance with C 7, C 8, C 9 and C 10.

PMC 2.6 "Participant" means any natural or legal person belonging to one of the following categories:

- a. "Athlete" means any person or group of persons, participating, or qualified to participate in a Competition;
- b. "Athlete Support Personnel" means any coach, trainer, manager, agent, team staff, team official, medical or paramedical personnel working with or treating Athletes participating in or preparing for a Competition, and all other persons working with the Athletes;
- c. "Official" means any person who is the owner of, a shareholder in, an executive or a staff member of the entities which organise and/or promote a Competition, as well as referees, jury members and any other accredited or engaged persons. The term also covers the executives and staff of the international sports organisation, or where appropriate, other competent sports organisation or club which sanctions a Competition.

PMC 2.7 "Sports Betting, Bet or Betting" means any wager of a stake of monetary value in the expectation of a prize of monetary value, subject to a future and uncertain occurrence related to a Competition.

PMC 3 VIOLATIONS

The following conduct shall constitute a violation of these Rules:

PMC 3.1 Betting

PMC 3.1.1 Betting in relation:

- a. to a Competition in which the Participant is directly participating; or
- b. to a Competition in the Participant's sport; or
- c. to any event of a multisport Competition in which he/she is a Participant.

PMC 3.2 Manipulation of Competitions

Directly or indirectly contriving or attempting to contrive the outcome or any other aspect of any Competition with the goal of obtaining a Benefit for oneself or for others.

PMC 3.3 Corrupt Conduct

Providing, requesting, receiving, seeking, or accepting a Benefit either to manipulate a Competition or any other form of corruption.

PMC 3.4 Misuse of Inside Information

PMC 3.4.1 Using Inside Information for the purposes of Betting, any form of manipulation of any Competition or any other corrupt purposes whether by the Participant or via another person and/or entity.

PMC 3.4.2 Disclosing Inside Information to any person and/or entity, with or without Benefit, where the Participant knew or should have known that such disclosure might lead to the information being used for the purposes of Betting, any form of manipulation of any Competition or any other corrupt purposes.

PMC 3.4.3 Giving and/or receiving a Benefit for the provision of Inside Information regardless of whether any Inside Information is actually provided.

PMC 3.5 Failure to report

PMC 3.5.1 Failing to report to FINA or other sports organisation concerned or a relevant disclosure/reporting mechanism or authority, at the first available opportunity, full details of any approaches or invitations received by the Participant to engage in conduct or incidents that could amount to a violation of these Rules.

PMC 3.5.2 Failing to report to FINA or other sports organisation concerned or a relevant disclosure/reporting mechanism or authority, at the first available opportunity, full details of any incident, fact or matter that comes to the attention of the Participant (or of which the Participant ought to have been reasonably aware) including approaches or invitations that have been received by another Participant to engage in conduct that could amount to a violation of these Rules.

PMC 3.6 Failure to cooperate

PMC 3.6.1 Failing to cooperate with any investigation carried out by FINA or other sports organisation in relation to a possible breach of these Rules, including, without limitation, failing to provide accurately, completely and without undue delay any information and/or documentation and/or access or assistance requested by FINA or the competent sports organisation as part of such investigation.

PMC 3.6.2 Obstructing or delaying any investigation that may be carried out by FINA or other sports organisation in relation to a possible violation of these Rules, including without limitation concealing, tampering with or destroying any documentation or other information that may be relevant to the investigation.

PMC 3.7 Application of PMC 3.1 – 3.6

PMC 3.7.1 In determining whether a violation of these Rules has been committed, the following are not relevant:

- a. Except as to PMC 3.1.1(a), whether or not the Participant is participating in the Competition concerned;
- b. The outcome of the Competition on which the Bet was made or intended to be made;
- c. Whether any Benefit or other consideration was actually given or received;
- d. The nature or outcome of the Bet;
- e. Whether or not the Participant's effort or performance in the Competition concerned was (or could be expected to be) affected by the acts or omission in question;
- f. Whether or not the result of the Competition concerned was (or could be expected to be) affected by the acts or omission in question;
- g. Whether or not the manipulation included a violation of a technical rule of the respective sports organisation
- h. Whether or not the Competition was attended by the competent national or international representative of the sports organisation.

PMC 3.7.2 Any form of aid, abetment or attempt by a Participant that could culminate in a violation of these Rules shall be treated as if a violation had been committed, whether or not such an act in fact resulted in a violation and/or whether that violation was committed deliberately or negligently.

PMC 4 PROCEDURE

PMC 4.1 Any allegation or suspicion of a violation of these Rules shall be promptly reported to FINA for investigation and possible charge in accordance with these Rules.

PMC 4.2 Anonymous reporting will be facilitated. The anonymity of any reporting person(s) who desires to remain anonymous will be respected by the organisation to whom they report. The identity of any reporting person may only be disclosed if such disclosure is both necessary for the purposes of any investigation into an alleged violation of these Rules and the agreement in writing of the person to the disclosure of his or her identity has been obtained, or as may be required by law.

PMC 4.3 FINA may conduct an investigation into the activities of any Participant that it believes may have committed a violation of these Rules and may appoint one or more persons for this purpose. Such investigation may be conducted in conjunction with relevant competent national or international authorities (including criminal, administrative, professional and/or judicial authorities) and all Participants must cooperate fully with such investigations. FINA shall have discretion, where it deems it appropriate, to stay its own investigation pending the outcome of investigations conducted by other competent authorities.

PMC 4.4 By participation or assistance in a Competition, or preparing an Athlete for a Competition, each Participant shall be deemed to have agreed for the purposes of applicable data protection laws and other laws, and for all other purposes, to have consented to the collection, processing, disclosure or any other use of information

relating to his activities (including without limitation personal information) to the extent permitted under these Rules and shall confirm such agreement in writing upon demand.

PMC 4.5 Where following investigation FINA decides to charge a Participant with a violation of these Rules, FINA shall transfer any such matter to the FINA Ethics Panel for determination in accordance with FINA Rules C 12.7, C 12.9 – 12.11, C 24.6 – 24.8, and the FINA Code of Ethics.

PMC 4.6 The principle of confidentiality shall be strictly respected by all involved organisations and any persons concerned with respect to any report, investigation, hearing and determination of any alleged violation of these Rules until it is determined by FINA that any public disclosure of the matter should occur. Information with respect to such procedures shall only be exchanged with entities having a need to know.

PMC 4.7 In any case where FINA decides to charge a Participant with a violation under these Rules, the FINA Executive shall have a discretion, in circumstances where FINA considers that the integrity of the sport could otherwise be seriously undermined, to provisionally suspend the Participant pending the FINA Ethics Panel's expedited determination of the alleged violation. Alternatively, the Participant may accept a voluntary suspension from Competition provided that it is confirmed in writing to FINA. A voluntary suspension shall be effective only from the date of receipt of the Participant's written confirmation of such to FINA.

PMC 4.8 Where a provisional suspension is imposed, this shall be taken into consideration in the determination of any further period of suspension or other sanction which may be ultimately imposed on the Participant.

PMC 4.9 If a Participant retires whilst a disciplinary procedure under these Rules is underway, FINA shall retain jurisdiction to complete the relevant procedure and to impose any appropriate sanction. If the Participant retires before any disciplinary procedure has begun, FINA shall nevertheless have jurisdiction to conduct the relevant procedure and impose any appropriate sanction.

PMC 5 SANCTIONS

PMC 5.1 If the FINA Ethics Panel decides that a Participant has committed a violation of these Rules, the FINA Ethics Panel shall be entitled to impose sanctions in accordance with C 24.8 and C 24.9 and these Rules.

PMC 5.1.1 Financial Sanctions

The FINA Ethics Panel shall have discretion to impose a fine up to a maximum amount of the value of any Benefit received by the Participant as a result of, or in relation to, any violation(s) of these Rules.

PMC 5.1.2 Disqualification of Results

PMC 5.1.2.1 A violation of these Rules by an Athlete occurring during or in connection with a Competition in which the Athlete is participating may lead to disqualification of the Athlete and the annulment of all the Athlete's results

obtained in that Competition with all consequences, including but not limited to forfeiture of all titles, medals, ranking points and/or prizes.

PMC 5.1.2.2 Where any provision of these Rules has been violated by a member of a relay in swimming, or a team in open water swimming, or a duet or team in synchronised swimming or diving, the relay, duet or team may be disqualified from the Competition in question, with consequences including but not limited to forfeiture of all titles, medals, ranking points and/or prizes.

PMC 5.1.3 Education and Rehabilitation

The FINA Ethics Panel may direct, as a condition of eligibility to participate in the sport of Aquatics after any period of ineligibility imposed in respect of a violation of these Rules has expired, that a Participant complete an appropriate anti-corruption education or rehabilitation programme.

PMC 5.1.4 Costs

The FINA Ethics Panel may order a Participant it determines has committed a violation of these Rules to pay to FINA such amount as the FINA Ethics Panel thinks appropriate in respect of the costs and expenses of and incidental to any investigation, hearing and determination of the matter.

PMC 5.2 Aggravating and Mitigating Factors

PMC 5.2.1 In imposing sanctions in accordance with these Rules, the FINA Ethics Panel shall be entitled to consider the existence of any aggravating and/or mitigating factors.

PMC 5.2.2 Aggravating factors which may be considered by the FINA Ethics Panel shall include (without limitation and where applicable):

PMC 5.2.2.1 a failure to co-operate by the Participant with any investigation or requests for information;

PMC 5.2.2.2 any previous violations by the Participant;

PMC 5.2.2.3 the Participant receiving or being due to receive a significant Benefit in connection with the violation;

PMC 5.2.2.4 the violation affecting or having the potential to affect the course or result of a Competition;

PMC 5.2.2.5 the Participant displaying a lack of remorse (including, for example, refusing to take part in anti-corruption educational programs organised by FINA); and

PMC 5.2.2.6 any other aggravating factor the FINA Ethics Panel deems relevant.

PMC 5.2.3 Mitigating factors which may be considered by the FINA Ethics Panel shall include (without limitation and where applicable):

PMC 5.2.3.1 co-operation by the Participant with any investigation or requests for information;

PMC 5.2.3.2 a timely admission of a violation by the Participant;

PMC 5.2.3.3 the Participant's clean disciplinary record;

PMC 5.2.3.4 the youth or inexperience of the Participant;

PMC 5.2.3.5 the violation not having affected or not having the potential to affect the course or result of a Competition;

PMC 5.2.3.6 the Participant displaying remorse (including, for example, agreeing to take part in anti-corruption educational programs organised by FINA); and

PMC 5.2.3.7 any other mitigating factor the FINA Ethics Panel deems relevant.

PMC 5.3 Substantial assistance provided by a Participant that results in the discovery or establishment of a violation of these Rules by another Participant may be taken into account by the FINA Ethics Panel to reduce any period of ineligibility or limit any other sanction which may be imposed under these Rules.

PMC 5.4 If a Participant violates any prohibition on participation in a Competition imposed in accordance with these Rules, such Participant shall be disqualified immediately from the relevant Competition and the period of ineligibility originally imposed in accordance with these Rules shall recommence from the date of such violation.

PMC 5.5 These Rules shall continue to apply to any ineligible Participant and any violation committed during a period of ineligibility shall be treated as a distinct violation and separate proceedings shall be brought against the Participant in accordance with these Rules.

PMC 5.6 Reinstatement

Once the period of the Participant's ineligibility has expired, he or she will become automatically re-eligible to participate in the sport of Aquatics provided that he or she has:

PMC 5.6.1 completed to FINA's satisfaction any official betting and anti-corruption education or rehabilitation programme imposed on him or her as a sanction by the FINA Ethics Panel;

PMC 5.6.2 has paid, in full, any fine imposed under these Rules and/or any order of costs made against him or her by the FINA Ethics Panel; and

PMC 5.6.3 has agreed to subject himself or herself to any reasonable and proportionate monitoring of his or her future activities in connection with the sport of Aquatics as FINA may reasonably consider necessary given the nature and scope of the violation that he or she has committed.

PMC 6 RECOGNITION OF DECISIONS

Final decisions of a Major Event Organisation or other sport organisation in relation to a Participant that are within the Major Event Organisation's or other sport organisation's jurisdiction and based on the same or similar rules as these Rules may be recognised and respected by FINA upon receipt of notice of the same. Any disciplinary process, so far as determining a Participant's sanction beyond the sanction imposed by the Major Event Organisation is concerned, shall be determined by FINA Ethics Panel in accordance with these Rules.

PMC 7 AMENDMENTS AND INTERPRETATION

PMC 7.1 These Rules may be amended from time to time by the FINA Bureau.

PMC 7.2 Rules on the prevention of the manipulation of Competitions are, by their nature, Competition rules governing the conditions under which the sport of Aquatics is to be held. They are not intended to be subjected to or limited by the requirements and legal standards applicable to criminal proceedings or employment matters. The policies and standards set out in these Rules as a basis for the fight against corruption and manipulation in the sport of Aquatics represent a broad consensus of those with an interest in fair sport and should be respected by all courts and adjudicating bodies.

PMC 7.3 Other than where reference is made to FINA Rules set out hereunder, these Rules shall be interpreted as an independent and autonomous text and not by reference to existing law or statutes.

PMC 7.4 The headings and sub-headings in these Rules are for convenience only and shall not be deemed to be part of the substance of these Rules or to affect in any way the language of the provisions to which they refer.

PMC 7.6 If any Rule or provision of these Rules is held to be invalid, unenforceable or illegal for any reason, it shall be deemed to be deleted and the Rules shall otherwise remain in full force and effect.

PMC 7.7 These Rules have come into full force and effect on 30 January 2016.

AÇÃO DE
FORMAÇÃO

AQUECIMENTO, RECUPERAÇÃO E PREVENÇÃO DE LESÕES NA NATAÇÃO

Linhas orientadoras relativas ao estado
complementar de treino do Nadador



FORMADORES:
FISIOTERAPEUTAS FPN:

Hugo Pinto
Nuno Pina
Renata Amaral

PREÇO
50,00€

+INFO EM:

E-mail: NCFUTURO@FORPHYSIO.PT
Site: [HTTP://WWW.FPNATACAO.PT/PREVENCAO-DE-LESOES-NA-NATACAO](http://WWW.FPNATACAO.PT/PREVENCAO-DE-LESOES-NA-NATACAO)

Formação atribui 1,5UC para revalidação do TPTD.



INSTITUTO PORTUGUÊS DO
DESPORTO E JUVENTUDE, I.P.



Federação Portuguesa de Natacao





Campeonato Nacional de Longa Distancia - Fase Final
Rio Maior, 20-2-2016

1 - 20. Fevereiro 16

20-02-2016 - 10:00

Prova 1	3000m Livres				14 - 15 anos
20-02-2016 - 10:00					Lista inscritos
Camp Nac Longa Distancia Absoluto	34:04.38	Alexandre Valdagua Coutinho	ASSSCC	Rio Maior	13-04-2013
Camp Nac Longa Distancia Juv B	34:04.66	Diogo Manuel Marques	ASSSCC	Rio Maior	13-04-2013
Camp Nac Longa Distancia Absoluto	37:25.43	Mariana Cunha Guerra	ASSSCC	Coimbra	03-03-2012
Camp Nac Longa Distancia Juv B	37:25.43	Mariana Cunha Guerra	ASSSCC	Coimbra	03-03-2012
Camp Nac Longa Distancia Juv A	37:54.47	Beatriz Paulo Ranito	SCP	Rio Maior	26-04-2014

Lugar	Nome	Ano	Licença	Clube	Tp inscrição
<u>Juvenis B, Femin.</u>					
1	Mariana Amaral Mendes	02	123959	Assoc Desp Rec Colegio Int Monte Maior	38:24.14
2	Ana Sequeira Florindo	02	124198	Clube Nautico Academico/Urgicentro-Sanfil	39:31.04
3	Catia Iordan Agostinho	02	127312	Clube Natacao de Rio Maior	39:55.83
4	Maria Margarida Belo	02	126587	Sporting Clube de Portugal	40:09.72
5	Leonor Camacho Fernandes	02	126576	Sporting Clube de Portugal	40:37.82
6	Constanca Filipa Rodrigues	02	118480	Benedita Sport Club Natacao	40:46.81
7	Rita Morgado Vieira	02	127318	Clube Natacao de Rio Maior	40:54.33
8	Carolina Ferreira Reis	02	118566	Clube Nautico Academico/Urgicentro-Sanfil	42:22.15
9	Angela Filipa Ribeiro	02	122115	Clube Aquatico Pacense	43:51.18
10	Mafalda Pacheco Cunha	02	121589	Clube Fluvial Portuense	44:09.16

Juvenis B, Masc.

1	Diogo Coelho Jose	01	124207	ASSS Columb Cantanhedense	35:08.52
2	Diogo Santos Cardoso	01	122969	Assoc Desp Rec Colegio Int Monte Maior	35:15.75
3	Tiago Miguel Vilhena	01	118484	Clube de Natacao de Faro	35:19.39
4	Andre Gouveia Costa	01	123368	Condeixa Aqua Clube	36:16.62
5	Joao Carvalho Diz	01	119859	Clube Nautico Academico/Urgicentro-Sanfil	36:28.04
6	David Matias Cristino	01	127872	Associacao Naval Amorense	37:18.20
7	Rafael Alcantara Aires	01	125130	Associacao Naval Amorense	37:18.34
8	Jose Maria Pereira	01	126579	Sporting Clube de Portugal	37:27.94
9	Edgar Filipe Santos	01	127750	Associacao Naval Amorense	37:52.70
10	Goncalo Silva Marques	01	124635	Clube Nautico Academico/Urgicentro-Sanfil	38:31.63



Campeonato Nacional de Longa Distancia - Fase Final
Rio Maior, 20-2-2016

Prova 2 20-02-2016	5000m Livres				15 anos e mais velhos Lista inscritos
Camp Nac Longa Distancia Absoluto	54:39.91	Mario Andre Bonanca	SCP	Rio Maior	26-04-2014
Camp Nac Longa Distancia Juv B	58:40.78	Paulo Bruno Janeiro	CNLA	Oeiras	11-04-2009
Camp Nac Longa Distancia Juv A	58:48.65	Tiago Cunha Costa	SCP	Coimbra	18-04-2015
Camp Nac Longa Distancia Jun17	54:46.23	Guilherme Filipe Pina	BSCN	Coimbra	18-04-2015
Camp Nac Longa Distancia Jun18	55:08.20	Rafael Lourenco Gil	ANAM	Rio Maior	26-04-2014
Camp Nac Longa Distancia Sen	54:39.91	Mario Andre Bonanca	SCP	Rio Maior	26-04-2014
Camp Nac Longa Distancia Absoluto	57:53.99	Florbela Cavaco Machado	ASSSCC	Rio Maior	13-04-2013
Camp Nac Longa Distancia Juv A	1:00:41.73	Florbela Cavaco Machado	ASSSCC	Coimbra	09-04-2011
Camp Nac Longa Distancia Jun16	59:30.20	Florbela Cavaco Machado	ASSSCC	Rio Maior	14-04-2012
Camp Nac Longa Distancia Jun17	57:53.99	Florbela Cavaco Machado	ASSSCC	Rio Maior	13-04-2013
Camp Nac Longa Distancia Sen	58:38.87	Angelica Maria Andre	CFP	Povoa de Varzim	01-03-2014

Lugar	Nome	Ano	Licença	Clube	Tp inscrição
<u>Juvenis A, Femin.</u>					
1	Sara Sofia Alves	01	111234	ASSS Columb Cantanhedense	1:02:59.58
2	Diana Penas Ezequiel	01	126685	Benedita Sport Club Natacao	1:09:16.02
3	Catarina Miguel Silva	01	120341	Clube de Natacao de Faro	1:11:07.46
4	Ines Alves Martins	01	112126	Clube Fluvial Portuense	1:11:16.93
5	Anabela Corte Teles	01	120109	Clube Desportivo Sao Roque	1:13:48.31
6	Celeste Santos Ricardo	01	121325	Associacao Naval Amorense	1:15:30.06

Juvenis A, Masc.

1	Lucas Pereira Bastos	00	117492	Clube Nautico Academico/Urgicentro-Sanfil	59:34.05
2	Diogo Leal Dantas	00	123594	Sporting Clube de Portugal	1:00:13.49
3	Pedro Guilherme Ferreira	00	119408	Clube Nautico de Miranda do Corvo	1:00:43.60
4	Filipe Miguel Santo	00	118247	Sporting Clube de Portugal	1:00:56.31
5	Diogo Barbosa Nunes	00	110529	Clube Fluvial Portuense	1:01:08.42
6	Nuno Correia Sousa	00	110484	Clube Fluvial Portuense	1:02:57.21
7	Daniel Nogueira Catalao	00	127075	Soc. Filarm. Uniao Artistica Piedense	1:03:01.56

Juniores, Femin.

1	Beatriz Paulo Ranito	99	116593	Sporting Clube de Portugal	1:03:53.15
2	Maria Beatriz Dias	99	108045	Scalabswim-CN Santarem	1:03:55.75
3	Mariana Pinto Angelo	99	116788	Associacao Academica de Coimbra	1:05:39.76
4	Mariana Silva Ramos	00	120720	Sporting Clube de Portugal	1:06:06.09
5	Ines Figueira Santos	00	111277	Soc. Filarm. Uniao Artistica Piedense	1:07:12.57
6	Ana Miguel Reis	00	108089	Clube Nautico Academico/Urgicentro-Sanfil	1:07:16.68
7	Eva Guerreiro Carvalho	99	111392	Soc. Filarm. Uniao Artistica Piedense	1:07:53.43
8	Sara Lopes Barbosa	00	118181	Clube Aquatico Pacense	1:08:56.25

Juniores, Masc.

1	Guilherme Filipe Pina	98	107450	Benedita Sport Club Natacao	55:05.15
2	Joao Alexandre Vital	98	110165	Sporting Clube de Portugal	55:34.91
3	Diogo Manuel Marques	98	118567	ASSS Columb Cantanhedense	56:55.87
4	Tiago Cunha Costa	99	120725	Sporting Clube de Portugal	57:30.76
5	Jose Paula Carvalho	98	111450	Soc. Filarm. Uniao Artistica Piedense	58:23.62
6	Tiago Filipe Campos	99	116573	Scalabswim-CN Santarem	58:26.21
7	Joao Daniel Machado	99	109714	Soc. Filarm. Uniao Artistica Piedense	58:59.13



Campeonato Nacional de Longa Distancia - Fase Final
Rio Maior, 20-2-2016

Prova 2, 5000m Livres

Seniores, Femin.

1	Angelica Maria Andre	94	15497	Clube Fluvial Portuense	58:50.86
2	Vania Soares Neves	90	12380	Clube Fluvial Portuense	1:02:24.30
3	Maria Joao Fernandes	97	102092	Clube Fluvial Vilacondense	1:05:26.55
4	Sofia Prates Silvestre	95	121320	Associacao Naval Amorense	1:05:33.78
5	Margarida Messias Ribeiro	98	110544	Gesloures-Gestao Equip. Sociais, EM	1:07:39.81
6	Rita Verissimo Damasceno	98	105071	Clube Nautico Academico/Urgicentro-Sanfil	1:08:35.59

Seniores, Masc.

1	Rafael Lourenco Gil	96	105234	Soc. Filarm. Uniao Artistica Piedense	55:32.24
2	Alexandre Valdagua Coutinho	97	102769	ASSS Columb Cantanhedense	55:49.91
3	Mario Andre Bonanca	90	12773	Sporting Clube de Portugal	56:04.19
4	Vasco Miguel Gaspar	90	26500	Soc. Filarm. Uniao Artistica Piedense	56:10.77
5	Hugo Alberto Ribeiro	88	23114	Individual ANNP	56:43.97
6	Tiago Silva Oliveira	94	15465	Clube Fluvial Portuense	57:38.51

MEMORANDUM

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Uruguay

First Vice President
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Kuwait

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Italy

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Honorary President
MUSTAPHA LARFAOUI
Algeria

Executive Director
CORNEL MARCULESCU

TO: ALL FINA MEMBER FEDERATIONS

DATE: 04 February 2016

FROM: FINA Office, Lausanne

RE: FINA Rules on the Prevention of the Manipulation of Competitions

Dear Sirs,

We have the pleasure to forward you the FINA Rules on the Prevention of the Manipulation of Competitions approved by the FINA Bureau on 30th January 2016 in Budapest (HUN).

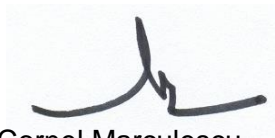
This document can also be found through the FINA website:

http://www.fina.org/sites/default/files/fina_rules_on_the_prevention_of_the_manipulation_of_competitions_final_30.01.2016.pdf

Please note that these new Rules, effective immediately, are implementing article V.C.4 of the FINA Code of Ethics (http://fina.org/sites/default/files/fina_codeofethics.pdf) and are applicable to all FINA Family, including but not limited to athletes, athlete support personnel, referees, judges, officials, executives, staff members as well as any accredited or engaged persons in relation with competitions. Consequently, we kindly ask you to inform your members accordingly.

Should you have any question, please do not hesitate to contact the FINA Office.

Yours sincerely,



Cornel Marculescu
FINA Executive Director

CM/kj

Recordes Batidos por Prova

Todas as provas

Masc., 50m Livres

13. Série 21	Paulo Paula Carvalho	61	SFUAP	29.12	RN G(55-59)	Esc G
27. Série 16	Alberto Vaz Correia	55	SAD	30.92	RN H(60-64)	Esc H

Masc., 100m Livres

13. Série 21	Paulo Paula Carvalho	61	SFUAP	59.97	RN G(55-59)	Esc G
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Masc., 200m Livres

1. Série 8	Vitor Manuel Mavioso	56	SAD	2:31.63	RN H(60-64)	Esc H
1. Série 10	Paulo Paula Carvalho	61	SFUAP	2:21.20	RN G(55-59)	Esc G
17. Série 16	Adriano Miguel Niz	86	GDNVNF	1:54.11	RN B(30-34)	Esc B

Masc., 400m Livres

1. Série 8	Jaime Carlos Bento	61	SAD	5:09.23	RN G(55-59)	Esc G
1. Série 8	Vitor Manuel Mavioso	56	SAD	5:11.27	RN H(60-64)	Esc H
1. Série 10	Rodrigo Marques Costa	76	CNLA	4:29.07	RN D(40-44)	Esc D
1. Série 10	Paulo Paula Carvalho	61	SFUAP	4:48.71	RN G(55-59)	Esc G
1. Série 11	Adriano Miguel Niz	86	GDNVNF	4:03.15	RN B(30-34)	Esc B

Masc., 50m Costas

5. Série 2	Leonel Sousa Gomes	30	SAD	1:15.88	RN M(85-89)	Esc M
5. Série 6	Vitor Manuel Mavioso	56	SAD	37.81	RN H(60-64)	Esc H
21. Série 7	Paulo Paula Carvalho	61	SFUAP	35.12	RN G(55-59)	Esc G
21. Série 8	Adriano Miguel Niz	86	GDNVNF	27.07	RN B(30-34)	Esc B
29. Série 4	Vitor Manuel Mavioso	56	SAD	37.27	RN H(60-64)	Esc H

Masc., 100m Costas

21. Série 2	Jose Antonio Sacadura	40	SAD	1:54.01	RN K(75-79)	Esc K
21. Série 7	Paulo Paula Carvalho	61	SFUAP	1:10.78	RN G(55-59)	Esc G
21. Série 8	Adriano Miguel Niz	86	GDNVNF	57.20	RN B(30-34)	Esc B

Masc., 50m Mariposa

3. Série 7	Luis Lopes Santos	59	CFP	32.99	RN G(55-59)	Esc G
19. Série 5	Oswaldo Roseira Mateus	76	CDN	27.42	RN D(40-44)	Esc D
19. Série 5	Paulo Paula Carvalho	61	SFUAP	31.24	RN G(55-59)	Esc G

Masc., 100m Mariposa

19. Série 3	Vitor Manuel Mavioso	56	SAD	1:14.23	RN H(60-64)	Esc H
19. Série 5	Paulo Paula Carvalho	61	SFUAP	1:06.21	RN G(55-59)	Esc G

Masc., 100m Estilos

9. Série 8	Vitor Manuel Mavioso	56	SAD	1:17.57	RN H(60-64)	Esc H
9. Série 12	Paulo Paula Carvalho	61	SFUAP	1:10.25	RN G(55-59)	Esc G

Masc., 200m Estilos

23. Série 3	Vitor Manuel Mavioso	56	SAD	2:49.94	RN H(60-64)	Esc H
23. Série 8	Adriano Miguel Niz	86	GDNVNF	2:07.93	RN B(30-34)	Esc B
23. Série 8	Rodolfo Pereira Nunes	73	CAP	2:19.04	RN D(40-44)	Esc D

Masc., 4 x 50m Livres

15. Série 3	Sport Alges e Dafundo	SAD	2:03.53	RN 5(240-279)	Cat 5
Luis Alexandre Salgueiro, Vitor Manuel Mavioso, Alberto Vaz Correia, Herlander Felga Ribeiro					
15. Série 6	Sport Alges e Dafundo	SAD	1:46.44	RN 3(160-199)	Cat 3
Pedro Lobato Rijo, Tiago Freitas Teles, Emilio Nuno Frischknecht, Jorge Eduardo Faria					

Femin., 100m Livres

16. Série 6 Elena Nikolaevna Kraeva 61 ADRCIMM 1:19.77 RN G(55-59) Esc G

Femin., 200m Livres

2. Série 9 Carla Santa Barbara 75 FCP 2:19.30 RN D(40-44) Esc D

16. Série 6 Elena Nikolaevna Kraeva 61 ADRCIMM 2:44.90 RN G(55-59) Esc G

Femin., 400m Livres

16. Série 6 Elena Nikolaevna Kraeva 61 ADRCIMM 5:32.63 RN G(55-59) Esc G

Femin., 50m Costas

6. Série 4 Elena Nikolaevna Kraeva 61 ADRCIMM 39.27 RN G(55-59) Esc G

7. Série 4 Elena Nikolaevna Kraeva 61 ADRCIMM 37.07 RN G(55-59) Esc G

7. Série 6 Patricia Diogenes Pereira 69 SAD 36.01 RN E(45-49) Esc E

30. Série 2 Elena Nikolaevna Kraeva 61 ADRCIMM 36.84 RN G(55-59) Esc G

Femin., 100m Costas

6. Série 4 Elena Nikolaevna Kraeva 61 ADRCIMM 1:19.42 RN G(55-59) Esc G

6. Série 5 Susana Maria Mateus 89 CNLA 1:08.93 RN A(25-29) Esc A

Femin., 50m Bruços

10. Série 10 Ana Moura Relvas 56 AAC 43.26 RN H(60-64) Esc H

Femin., 100m Bruços

26. Série 5 Ana Moura Relvas 56 AAC 1:39.93 RN H(60-64) Esc H

26. Série 7 Joana Marques Maia 91 CNMAIA 1:15.90 RN A(25-29) Esc A

Femin., 100m Mariposa

4. Série 2 Carolina Santos Silva 86 CNMAIA 1:07.83 RN B(30-34) Esc B

Femin., 100m Estilos

24. Série 6 Elena Nikolaevna Kraeva 61 ADRCIMM 1:24.17 RN G(55-59) Esc G

Femin., 200m Estilos

8. Série 3 Elena Nikolaevna Kraeva 61 ADRCIMM 3:01.29 RN G(55-59) Esc G

Femin., 4 x 50m Livres

14. Série 3 Associacao Academica de Coimbra AAC 2:24.64 RN 4(200-239) Cat 4

Eugenia Maria Cunha, Ana Moura Relvas, Maria Margarida Urbano, Carolina Figueiredo Brinca

14. Série 4 Clube de Natacao da Maia CNMAIA 2:00.78 RN 1(100-119) Cat 1

Carolina Santos Silva, Rita Claudia Fougo, Joana Marques Maia, Catia Santos Ramalho

Femin., 4 x 50m Estilos

30. Série 1 Sport Alges e Dafundo SAD 3:10.00 RN 5(240-279) Cat 5

Isabel Maria Raimundo, Maria Felix Ferreira, Rita Mendonca Gomes, Ana Maria Ferreira

30. Série 3 Clube de Natacao da Maia CNMAIA 2:10.26 RN 1(100-119) Cat 1

Carolina Santos Silva, Joana Marques Maia, Rita Claudia Fougo, Ana Mafalda Oliveira

Misto, 4 x 50m Livres

22. Série 4 Sport Alges e Dafundo SAD 2:14.59 RN 5(240-279) Cat 5

Antonio Bessone Basto, Patricia Prista Graca, Ana Maria Ferreira, Vitor Manuel Mavioso

22. Série 5 Futebol Clube do Porto FCP 1:55.65 RN 3(160-199) Cat 3

Pedro Alexandre Sousa, Maria Fernanda Goncalves, Claudia Vanessa Bras, Manuel Duran Santos

22. Série 5 Clube Fluvial Portuense CFP 2:03.89 RN 4(200-239) Cat 4

Jose Augusto Vaz, Luis Lopes Santos, Maria Teresa Brandao, Rita Cabral Guimaraes

Misto, 4 x 50m Estilos

7. Série 2 Sport Alges e Dafundo SAD 3:19.53 RN 6(280-319) Cat 6

Herlander Felga Ribeiro, Isabel Maria Raimundo, Antonio Bessone Basto, Maria Felix Ferreira

7. Série 4 Clube Fluvial Portuense CFP 2:23.40 RN 4(200-239) Cat 4

Carlos Guimaraes Goncalves, Luis Lopes Santos, Maria Teresa Brandao, Rita Cabral Guimaraes

