



COMUNICADO Nº 37-13

13/12/2013

ÍNDICE

1. NATAÇÃO PURA
2. NATAÇÃO SINCRONIZADA
3. MASTERS
4. FEDERAÇÃO PORTUGUESA DE NATAÇÃO
5. RECORDES HOMOLOGADOS
6. DIVERSOS

1. NATAÇÃO PURA

Regulamento de Competições Nacionais 2013/2014

Tabela de MAC rectificada

Tendo sido detectada a falta do MAC para os campeonatos realizados em piscina de 25 metros pelas categorias júnior e sénior, na tabela de mínimos para a presente época, junto anexamos a mesma com a inclusão dos tempos em falta.

2. NATAÇÃO SINCRONIZADA

Campeonato Nacional de Inverno

Informamos que o **Campeonato Nacional de Inverno**, decorrerá de 11 a 13 de Abril 2013 na Piscina Municipal de Santarém,

3. MASTERS

Circuito Especialista Master

Já se encontram disponíveis na [área de competições Masters, do sítio da FPN](#), os rankings actualizados do Circuito Especialista Master.

4. FEDERAÇÃO PORTUGUESA DE NATAÇÃO

Encerramento dos Serviços, Natal e fim de ano

Informamos que na sequência da tolerância de ponto concedida aos Serviços, a FPN estará encerrada nos dias 24 e 31 de Dezembro.





5. RECORDES HOMOLOGADOS

Masters

Em anexo, Recordes Masters Homologados no V Memorial Luis Lopes da Conceição, que decorreu em Coimbra, no dia 07 de Dezembro de 2013.

6. DIVERSOS

a) Associação de Natacao de Aveiro

A Associação de Natacao de Aveiro, vai organizar nos próximos dias 14 e 15 de Dezembro, na Sede da Associação um Curso Elementar de Arbitragem de Natacao Pura. Mais informações em anaveiro@sapo.pt

b) Associação de Natacao do Distrito de Leiria

A Associação de Natacao do Distrito de Leiria, vai organizar nos próximos dias 4, 11 e 12 de Janeiro de 2014, nas Piscinas Municipais de Benedita, um Curso Elementar de Arbitragem de Natacao Pura. Mais informações em www.andl.pt

c) Seminário "Lidar Com o Discurso de Ódio Online e Offline"

O Instituto Português do Desporto e Juventude, o Comité Nacional da Campanha Movimento contra o Discurso de Ódio e o Sector da Juventude do Conselho da Europa, vão organizar nos próximos dias 16 e 17 de Dezembro, na Direcção Regional de Lisboa e Vale do Tejo do IPDJ, o Seminário "Lidar com o Discurso de Ódio Online e Offline". Mais informações em <http://www.odionao.com.pt/campanha-em-acao.aspx>

d) XX Mallorca Open Masters

Realiza-se em Palma de Maiorca, a 26 e 27 de Abril de 2014, o XX Mallorca Open de Masters. Mais informações: <http://www.esportsmasters.es/MOM/>

Pela FPN

António José Silva
Presidente



V Memorial Luiz Lopes da Conceição - Masters
Coimbra, 7-12-2013

Recordes Batidos por Prova

Todas as provas

Masc., 200m Livres

4. Série 2	Vitor Manuel Mavioso	56	SAD	2:24.38	RN G(55-59)	Esc G
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CAMPEONATOS NACIONAIS MASCULINOS

	Infantil B			Infantil A			Juvenil B			Juvenil A			Júnior								Senior/Absoluto			
	2001			2000			1999			1998			1997				1996				1995 e + velhos			
	TAC P50	TAC P25	MAC	TAC P50	TAC P25	MAC	TAC P50	TAC P25	MAC	TAC P50	TAC P25	MAC	TAC P50	TAC P25	MAC	MAC P25	TAC P50	TAC P25	MAC	MAC P25	TAC P50	TAC P25	MAC	MAC P25
50L							00:25.80	00:25.29	00:24.51	00:25.80	00:25.29	00:24.51	00:25.80	00:25.29	00:24.51	00:24.02	00:25.43	00:24.92	00:24.16	00:23.68	00:24.81	00:24.31	00:23.57	00:23.10
100L	01:04.89	01:03.59	01:01.65	01:01.65	01:00.41	00:58.56	00:58.94	00:57.76	00:55.99	00:57.86	00:56.70	00:54.97	00:56.24	00:55.11	00:53.43	00:52.36	00:55.43	00:54.32	00:52.66	00:51.60	00:54.07	00:52.99	00:51.37	00:50.34
200L	02:21.25	02:18.42	02:14.18	02:14.18	02:11.50	02:07.47	02:08.30	02:05.73	02:01.88	02:05.94	02:03.43	01:59.65	02:02.41	01:59.96	01:56.29	01:53.97	02:00.65	01:58.23	01:54.62	01:52.32	01:57.70	01:55.35	01:51.82	01:49.58
400L	05:00.89	04:54.87	04:45.84	04:45.84	04:40.13	04:31.55	04:33.31	04:27.84	04:19.64	04:28.29	04:22.93	04:14.88	04:20.77	04:15.55	04:07.73	04:02.78	04:17.01	04:11.87	04:04.16	03:59.27	04:10.74	04:05.73	03:58.20	03:53.44
800L							09:11.08	09:00.06	08:32.50	09:11.08	09:00.06	08:32.50	09:11.08	09:00.06	08:32.50	08:22.25	09:03.13	08:52.27	08:25.11	08:15.01	08:49.88	08:39.28	08:12.79	08:02.93
1500L	20:14.25	19:49.96	19:13.54	19:13.54	18:50.47	18:15.86	18:22.94	18:00.88	17:27.80	18:02.71	17:41.05	17:08.57	17:32.35	17:11.30	16:39.73	16:19.74	17:17.17	16:56.43	16:25.31	16:05.61	16:51.87	16:31.64	16:01.28	15:42.06
4x50 L																								
4x100 L	04:35.50	04:29.99		04:23.00	04:17.74		04:13.50	04:08.43		04:04.00	03:59.12													
4x200 L	10:00.00	09:48.00		09:32.00	09:20.56		09:12.00	09:00.96		08:52.00	08:41.36													
50C							00:29.94	00:29.34	00:27.85	00:29.94	00:29.34	00:27.85	00:29.94	00:29.34	00:27.85	00:27.29	00:29.51	00:28.92	00:27.45	00:26.90	00:28.79	00:28.22	00:26.78	00:26.24
100C	01:13.97	01:12.50	01:10.28	01:10.28	01:08.87	01:06.76	01:07.19	01:05.85	01:03.83	01:05.96	01:04.64	01:02.66	01:04.11	01:02.83	01:00.91	00:59.69	01:03.19	01:01.92	01:00.03	00:58.83	01:01.65	01:00.41	00:58.56	00:57.39
200C	02:39.86	02:36.66	02:31.86	02:31.86	02:28.83	02:24.27	02:25.20	02:22.30	02:17.94	02:22.54	02:19.69	02:15.41	02:18.54	02:15.77	02:11.61	02:08.98	02:16.54	02:13.81	02:09.72	02:07.12	02:13.21	02:10.55	02:06.55	02:04.02
50B							00:32.25	00:31.28	00:29.99	00:32.25	00:31.28	00:29.99	00:32.25	00:31.28	00:29.99	00:29.09	00:31.78	00:30.83	00:29.56	00:28.67	00:31.01	00:30.08	00:28.84	00:27.97
100B	01:23.97	01:21.45	01:19.77	01:18.32	01:15.97	01:14.40	01:14.88	01:12.64	01:11.14	01:13.51	01:11.31	01:09.84	01:11.45	01:09.31	01:07.88	01:05.84	01:10.42	01:08.31	01:06.90	01:04.89	01:08.70	01:06.64	01:05.27	01:03.31
200B	03:02.14	02:56.68	02:53.03	02:53.16	02:47.97	02:44.50	02:42.84	02:37.95	02:34.70	02:39.85	02:35.06	02:31.86	02:35.37	02:30.71	02:27.60	02:23.17	02:33.13	02:28.53	02:25.47	02:21.11	02:29.39	02:24.91	02:21.92	02:17.67
50M							00:27.69	00:26.86	00:25.76	00:27.69	00:26.86	00:25.76	00:27.69	00:26.86	00:25.76	00:24.98	00:27.04	00:26.22	00:25.14	00:24.39	00:26.38	00:25.58	00:24.53	00:23.79
100M	01:13.34	01:11.14	01:09.67	01:08.62	01:06.57	01:05.19	01:05.69	01:03.72	01:02.41	01:04.52	01:02.58	01:01.29	01:01.59	00:59.74	00:58.51	00:56.75	01:00.12	00:58.32	00:57.11	00:55.40	00:58.65	00:56.89	00:55.72	00:54.05
200M	02:42.23	02:37.36	02:34.11	02:34.31	02:29.68	02:26.60	02:27.72	02:23.29	02:20.33	02:25.08	02:20.73	02:17.83	02:19.80	02:15.61	02:12.81	02:08.83	02:16.51	02:12.41	02:09.68	02:05.79	02:11.89	02:07.93	02:05.30	02:01.54
100 E														01:02.35		00:57.99		01:01.45		00:57.15		00:59.96	00:55.76	
200E	02:42.92	02:39.66	02:34.77	02:34.77	02:31.68	02:27.03	02:27.98	02:25.02	02:20.58	02:25.27	02:22.36	02:18.01	02:21.20	02:18.37	02:14.14	02:11.45	02:19.16	02:16.38	02:12.20	02:09.56	02:15.77	02:13.05	02:08.98	02:06.40
400E	05:44.52	05:37.63	05:27.30	05:27.30	05:20.75	05:10.93	05:12.94	05:06.68	04:57.29	05:07.20	05:01.05	04:51.84	04:58.59	04:52.61	04:43.66	04:37.98	04:54.28	04:48.39	04:39.57	04:33.97	04:47.10	04:41.36	04:32.75	04:27.29
4x50 E																								
4x100E	05:15.00	05:08.70		04:57.00	04:51.06		04:46.00	04:40.28		04:35.00	04:29.50													

CAMPEONATOS NACIONAIS FEMININOS

	Infantil B			Infantil A			Juvenil B			Juvenil A			Júnior								Senior/Absoluto			
	2002			2001			2000			1999			1998				1997				1996 e + velhas			
	TAC P50	TAC P25	MAC	TAC P50	TAC P25	MAC	TAC P50	TAC P25	MAC	TAC P50	TAC P25	MAC	TAC P50	TAC P25	MAC	MAC P25	TAC P50	TAC P25	MAC	MACP25	TAC P50	TAC P25	MAC	MACP25
50L							00:29.16	00:28.58	00:27.70	00:29.16	00:28.58	00:27.70	00:29.16	00:28.58	00:27.70	00:27.15	00:28.88	00:28.30	00:27.43	00:26.88	00:28.59	00:28.02	00:27.16	00:26.62
100L	01:10.01	01:08.61	01:06.51	01:07.56	01:06.20	01:04.18	01:05.71	01:04.40	01:02.43	01:03.87	01:02.59	01:00.68	01:02.64	01:01.39	00:59.51	00:58.32	01:02.03	01:00.79	00:58.93	00:57.75	01:01.41	01:00.19	00:58.34	00:57.18
200L	02:31.82	02:28.78	02:24.22	02:26.49	02:23.56	02:19.16	02:22.49	02:19.64	02:15.37	02:18.50	02:15.73	02:11.57	02:15.83	02:13.12	02:09.04	02:06.46	02:14.50	02:11.81	02:07.78	02:05.22	02:13.17	02:10.51	02:06.51	02:03.98
400L	05:19.80	05:13.41	05:03.81	05:08.58	05:02.41	04:53.15	05:00.17	04:54.16	04:45.16	04:51.75	04:45.91	04:37.16	04:46.14	04:40.42	04:31.83	04:26.40	04:43.33	04:37.67	04:29.17	04:23.78	04:40.53	04:34.92	04:26.50	04:21.17
800L	10:55.49	10:42.38	10:22.71	10:32.49	10:19.84	10:00.87	10:15.24	10:02.94	09:44.48	09:57.99	09:46.03	09:28.09	09:46.49	09:34.76	09:17.17	09:06.02	09:40.74	09:29.13	09:11.70	09:00.67	09:34.99	09:23.49	09:06.24	08:55.32
1500L							18:57.88	18:35.13	17:38.23	18:57.88	18:35.13	17:38.23	18:57.88	18:35.13	17:38.23	17:17.07	18:46.73	18:24.19	17:27.86	17:06.90	18:35.57	18:13.26	17:17.48	16:56.73
4x50 L																								
4x100 L	05:00.00	04:54.00		04:45.00	04:39.30		04:31.50	04:26.07		04:26.50	04:21.17													
4x200 L	10:45.00	10:32.10		10:16.00	10:03.68		09:48.00	09:36.24		09:37.50	09:25.95													
50C							00:33.24	00:32.58	00:30.92	00:33.24	00:32.58	00:30.92	00:33.24	00:32.58	00:30.92	00:30.30	00:32.92	00:32.26	00:30.61	00:30.00	00:32.59	00:31.94	00:30.31	00:29.70
100C	01:19.37	01:17.79	01:15.40	01:16.59	01:15.06	01:12.76	01:14.50	01:13.01	01:10.77	01:12.41	01:10.96	01:08.79	01:11.02	01:09.60	01:07.47	01:06.12	01:10.32	01:08.92	01:06.81	01:05.47	01:09.63	01:08.23	01:06.14	01:04.82
200C	02:50.55	02:47.14	02:42.02	02:44.56	02:41.27	02:36.34	02:40.08	02:36.87	02:32.07	02:35.59	02:32.48	02:27.81	02:32.60	02:29.54	02:24.97	02:22.07	02:31.10	02:28.08	02:23.55	02:20.67	02:29.60	02:26.61	02:22.12	02:19.28
50B							00:37.48	00:36.36	00:34.86	00:37.48	00:36.36	00:34.86	00:37.48	00:36.36	00:34.86	00:33.81	00:36.40	00:35.31	00:33.85	00:32.84	00:36.04	00:34.96	00:33.52	00:32.51
100B	01:30.88	01:28.15	01:26.34	01:26.96	01:24.35	01:22.61	01:23.83	01:21.31	01:19.64	01:22.26	01:19.79	01:18.15	01:21.48	01:19.03	01:17.40	01:15.08	01:19.13	01:16.75	01:15.17	01:12.92	01:18.34	01:15.99	01:14.43	01:12.19
200B	03:16.18	03:10.30	03:06.37	03:07.73	03:02.09	02:58.34	03:00.96	02:55.53	02:51.91	02:57.58	02:52.25	02:48.70	02:55.89	02:50.61	02:47.09	02:42.08	02:50.81	02:45.69	02:42.27	02:37.41	02:49.12	02:44.05	02:40.67	02:35.85
50M							00:32.01	00:31.05	00:29.77	00:32.01	00:31.05	00:29.77	00:32.01	00:31.05	00:29.77	00:28.88	00:31.09	00:30.16	00:28.91	00:28.05	00:30.78	00:29.86	00:28.63	00:27.77
100M	01:20.07	01:17.67	01:16.07	01:15.98	01:13.70	01:12.18	01:12.07	01:09.91	01:08.46	01:10.72	01:08.60	01:07.18	01:10.05	01:07.95	01:06.54	01:04.55	01:08.03	01:05.99	01:04.62	01:02.69	01:07.35	01:05.33	01:03.98	01:02.07
200M	02:57.26	02:51.94	02:48.40	02:47.57	02:42.54	02:39.19	02:38.22	02:33.47	02:30.31	02:35.26	02:30.61	02:27.50	02:33.78	02:29.17	02:26.10	02:21.71	02:29.35	02:24.87	02:21.88	02:17.62	02:27.87	02:23.43	02:20.48	02:16.26
100 E														01:10.70		01:05.75		01:10.00		01:05.10		01:09.31	01:04.46	
200E	02:51.12	02:47.70	02:42.57	02:45.12	02:41.82	02:36.86	02:40.62	02:37.40	02:32.58	02:36.11	02:32.99	02:28.31	02:33.11	02:30.05	02:25.45	02:22.55	02:31.61	02:28.58	02:24.03	02:21.15	02:30.11	02:27.11	02:22.60	02:19.75
400E	06:02.88	05:55.62	05:44.74	05:50.15	05:43.15	05:32.64	05:40.60	05:33.79	05:23.57	05:31.05	05:24.43	05:14.50	05:24.68	05:18.19	05:08.45	05:02.28	05:21.50	05:15.07	05:05.43	04:59.32	05:18.32	05:11.95	05:02.40	04:56.35
4x50 E																								
4x100E	05:45.00	05:38.10		05:25.00	05:18.50		05:25.00	05:18.50		05:03.50	04:57.43													