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**EUROPEAN JUNIOR  
OPEN WATER CHAMPIONSHIPS  
2022**

**Setubal, PORTUGAL  
3 to 5 of June 2022**

**INFO  
BULLETIN**

The Portuguese Swimming Federation has the honour and pleasure to invite you to the LEN European Junior Open Water Championships, in Setubal, Portugal (POR).

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## WELCOME MESSAGE

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On behalf of the European Junior Open Water Championships 2022 Local Organising Committee, I am delighted to welcome you to Setubal, Portugal and present to you the Competition Official Information Bulletin. We hope that this document provides you with all the important information to come and compete in one of the world's best and most beautiful venue.

Although this is the first time that an European Junior Open Water Championship is held in Portugal, the Portuguese Swimming Federation has already hosted several World Series in this venue, so it will certainly be a very successful event, and perhaps the first of many editions in the future.

For European Junior Open Water Championships 2022, we commit ourselves to aim higher than this and organize an event as amazing as possible and so we hope all of you may come to share with us such joy in this event where competition will be at its highest level.

We are all looking forward to meet you in Setubal in June!

**ANTÓNIO SILVA**  
**President of LEN**

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## EVENT CONTACT

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Should you have any questions or queries regarding the information provided in this document please feel free to contact the Portuguese Swimming Federation.

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## EVENT KEY DATES

May 6, 2022	Entries by Name, Accreditation, Visa, Accommodation, Travel Details
June 1 - 4, 2022	Official Training
June 2, 2022	Technical Meeting
June 3, 2022	Competition – 5k and 7,5k
June 4, 2022	Competition – 10k
June 5, 2022	Competition – 5k Relay

## ACCREDITATION

The Organizing Committee will produce accreditations with names and pictures. Please be so kind to send us pictures of your swimmers and staff in the best delays and no later than Friday, May 6<sup>th</sup> 2022.

## PARTICIPANTS

Meets are open to entries from all national member federations of LEN, for junior swimmers according with the subsequent table:

5k	Juniors 1	14/15 years old till 31 december 2022
7.5k	Juniors 2	16/17 years old till 31 december 2022
10k	Juniors 3	18/19 years old till 31 december 2022
5k Mixed Relay	Under 16	14 to 16 years old till 31 december 2022
5k Mixed Relay	Under 19	14 to 19 years old till 31 december 2022

## ENTRY PROCESS & PROTOCOL

### REGISTRATION

All National Teams registration, entries and accomodation will be done, by filling all the forms available in the LEN Event page.

### PROTOCOL

Costume Protocol - Swimwear worn shall be according to FINA by-laws BL 7 and BL 8

### TRAINING

The official period of stay for team delegations will be from May 31 to June 5 2022. Pre-competition training will take place at “Complexo Municipal de Piscinas das Manteigadas”, 50m swimming pool. Ocean training will also be a possibility on the afternoons. Team Leaders, at arrival, will choose which days they will attend the ocean training sessions.

TRAINING SCHEDULE WILL BE AS FOLLOWS:

DATE	MORNING PERIOD	VENUE	AFTERNOON PERIOD	VENUE
June 1	9h00 – 11h00	Swimming Pool	15h00 – 17h00 16h00 – 18h00	Ocean Swimming Pool
June 2	9h00 – 11h00	Swimming Pool	15h00 – 17h00 16h00 – 18h00	Ocean Swimming Pool
June 3	9h00 – 11h00	Swimming Pool	15h00 – 17h00 16h00 – 18h00	Ocean Swimming Pool
June 4	9h00 – 11h00	Swimming Pool	15h00 – 17h00 16h00 – 18h00	Ocean Swimming Pool

If the weather conditions do not favour outdoor training, a 25m indoor pool will be available.

During the Ocean Training Session on the day 2, afternoon, the course will be fully setup.

Please note that training schedule may be a subject to change by LOC.

All Team Leaders are advised to consult the available information board at the hotel on a daily basis.

## TECHNICAL / TEAM LEADERS` MEETING

The Technical Meeting will take place on Thursday the 2 of June at 17h00. At least one representative from each National Federation/Club must attend this meeting.

## COMPETITION PROGRAMME

TBC

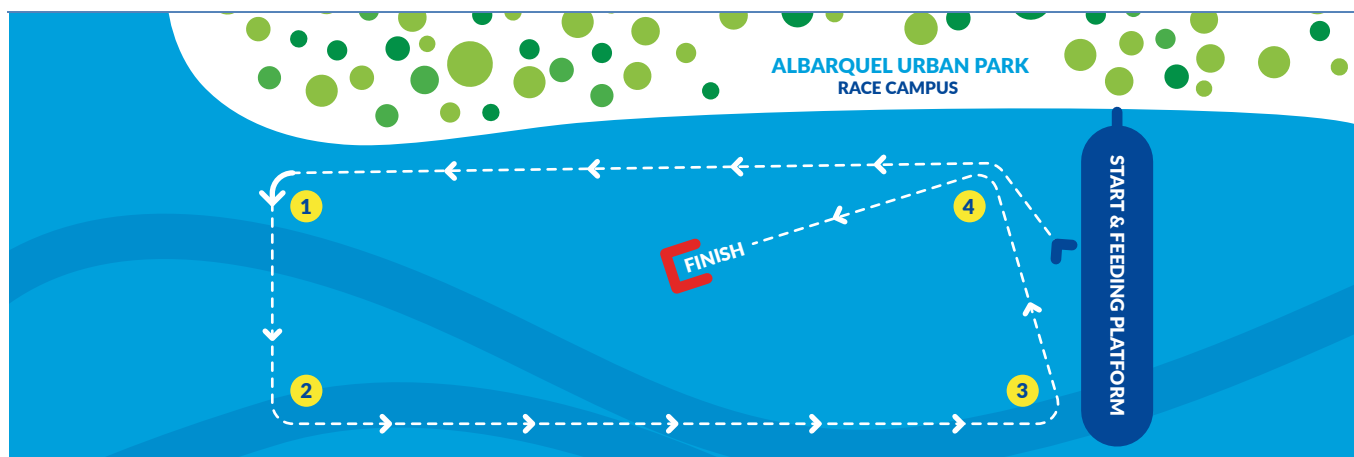
Awarding ceremonies will take place at the competition venue, immediately after the race.

All announcements, instructions, and commands during the event will be in English.

## COURSE INFORMATION

The Competition will be organized on a 2.5K course, swimmers must complete 2, 3 or 4 laps.

For the relay the Course will be changed to a 1.25k lap.



The details on this event will be communicated in the Technical Meeting.





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## WEATHER INFORMATION

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The average air & water temperatures in Setubal for the month of June are:

The average minimum temperature (usually the minimum temperature is noted during the night) in Setúbal in June is 17.0°C (62.6°F). June is a dry month with an average of 16mm (0.6in) rain. It rains on average a total of 5 days. The average maximum daytime temperature lies around 26.0°C (78.8°F).

If you enjoy looking at a blue sky and love the sun than this is a great time to go to Setúbal with 301 hours of sun.

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## RULES

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Please note that all the events in the will be conducted according to latest FINA Rules, in force at the time event. And also, with European Juniors Open Water Championships Rules:

<http://www2.len.eu/wp-content/uploads/2019/05/21-EUROPEAN-OPEN-WATER-SWIMMING-JUNIOR-CHAMPIONSHIPS.pdf>

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## VISA REQUIREMENTS

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All visitors to Setubal, Portugal should have a valid visa for their entry and stay in the country.

The Portuguese Swimming Federation will facilitate an entry visa to Portugal for all participants and coordinate all the required procedures upon receipt of (a) electronic copies of a valid passport (at least for 6 months from the entry date), (b) date of arrival and (c) country of residence. All information should reach the Portuguese Swimming Federation no later than May 06 2022.

For additional information on whether a Visa is needed for entry into the Setubal, Portugal please visit <http://www.sef.pt/portal/v10/PT/asp/page.aspx> Please note that application for Visa may take up to 3 or more days depending on various criteria.

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## COVID-19 ORGANISATION REQUIREMENTS

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If this is still an issue, LEN Open Water COVID-19 Guidelines will be followed along with the Portuguese Government Legislation at the time. Extra specific information on COVID-19 measures will be advised in due time.

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## ACCOMMODATION AND MEALS

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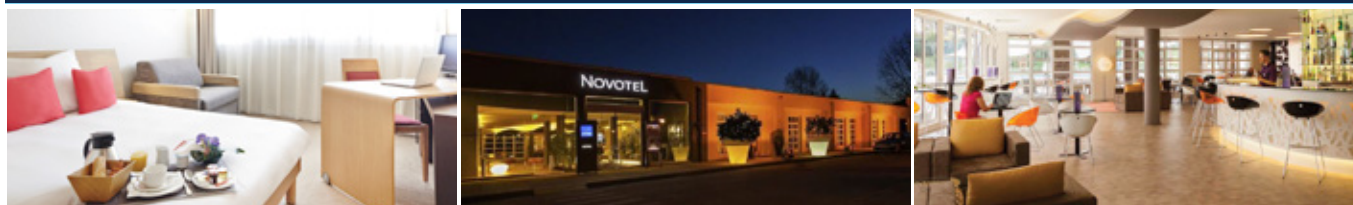
The Portuguese Swimming Federation will organise accommodation to all participating athletes and team officials of that event as per LEN EJOWC Setúbal 2022.

The Official Event hotels for the LEN European Junior Open Water Championship – Setubal, Portugal will be Novotel Setubal Hotel and Melia Setubal Hotel.

## ROOM RATES

### NOVOTEL SETUBAL HOTEL ★★★★★

(<https://all.accor.com/hotel/1557/index.pt.shtm>)



TYPE	Price (full board) per person/per night
Single	195 €
Twin	160 €
Triple	150 €

### MELIA SETUBAL HOTEL ★★★★★

(<https://www.melia.com/pt/hoteis/portugal/setubal/melia-setubal/index.html>)



TYPE	Price (full board) per person/per night
Single	195 €
Twin	160 €

### PAYMENT DATES:

May 6, 2022	Final Payment
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## LOCAL TRANSPORTATION

The Portuguese Swimming Federation will welcome all members of the participating National Federations at the Lisbon International Airport (<https://www.ana.pt/pt/lis/home>) at the Welcome Desk, providing transportation services only between the Airport, the Official Team hotel and the Competition /Training Venue.

Transportation schedules will be provided upon arrival and as part of the detailed Information Pack.

The Portuguese Swimming Federation will facilitate Airport Welcome and Transportation services upon receipt of the Travel Information by the deadline of May 6, 2022.

we  
love  
open  
waters