

INFORMATION



MADEIRA SWIMRUN 2025

NATIONAL SWIMRUN CIRCUIT 2025 | REGIONAL SWIMRUN CHAMPIONSHIP

OCTOBER 19, 2025

MACHICO CITY

Organized by:



Supported by



Secretaria Regional
de Educação, Ciência e Tecnologia
Instituto Regional de Inovação



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Context

The Madeira SwimRun is organized by ARTM in partnership with Ludens Clube de Machico and ASRP - Swimrun Portugal Association.

The event includes three races of different distances:

- SwimRun Standard: Part of the National SwimRun Circuit 2025, valid for the Regional and National Championships.
- SwimRun Sprint: For Juniors and above, valid for Regional Junior and Cadet Championships.
- SwimRun Super-Sprint: For Youth and above, valid for the Regional Youth Championship.

Website Madeira SwimRun: www.madeiraswimrun.com

Website SwimRun Portugal: www.swimrunportugal.com

Email: swimrun.portugal@gmail.com / secretariado@triatlomadeira.com

Schedule and locations

The race takes place on ****October 19, 2025****, starting at São Roque Beach (Machico City).

- ✓ 08:00–08:30: Bib pick-up (Ludens Clube de Machico)
- ✓ 08:30: Race briefing (Machico Marina)
- ✓ 09:00: Start SwimRun Standard (individual and teams)
- ✓ 10:00: Start SwimRun Sprint
- ✓ 11:00: Start SwimRun Super-Sprint
- ✓ 11:30: Expected arrival of first finishers
- ✓ 13:00: Super-Sprint cut-off (2h)
- ✓ 14:00: Sprint cut-off (4h)
- ✓ 15:00: Standard cut-off (6h)
- ✓ 16:00: Awards ceremony (Ludens Clube Machico)

Conditions of Participation

Grade	Year of Birth	Race	Distances
Youth	2011 e 2010	SwimRun Super-Sprint	Swim: 530m + 600m = 1130 metres Run: 4500m + 725m = 5225 metres Total: 6,35 Km
Cadets	2009 e 2008	SwimRun Sprint	Swim: 1068m + 530m + 600m = 2198 metres Run: 3866m + 4500m + 725m = 9091 metres Total: 11,49 Km
Juniors	2007 e 2006		
Age Group 20-24 and above	≤2005	SwimRun Standard	Swim: 600m + 530m + 1068m + 530 + 600 = 3328 metres Run: 4500m + 8500m + 3866m + 4500m + 725m = 22091 metres Total: 25,62 Km

A.R.T.M – Associação Regional de Triatlo da Madeira
 Edifício da Escola Básica do Caramanchão, 1º Andar Rua de Carlos Cristóvão, N.º1, 9200-073 Machico
 NIFC – 511284020
 Tlm. 962 516 971

E-mail: swimrun.portugal@gmail.com / geral@triatlomadeira.com / secretariado@triatlomadeira.com

Webste: www.triatlomadeira.com / www.madeiraswimrun.com

Registration

Registration must be completed via official website and confirmed by payment <https://bit.ly/MadeiraSwimrun2025>

No same-day registrations. Changes allowed until October 13 with €25 fee; no changes after October 15.

Race		Value (01/07/2025 to 30/09/2025)	Value (01/10/2025 to 13/10/2025)
SwimRun Standard	Individual	30€	50€
	Team	60€	80€
SwimRun Sprint	Individual	20€	35€
	Team	40€	55€
SwimRun Super-Sprint	Youth individual	2€	10€
	Individual Event	15€	25€
Registration changes after October 13, 2025		+ 25€	
Registration changes after October 16, 2025		Not allowed	

Attention: the registration deadline is October 13, 2025.

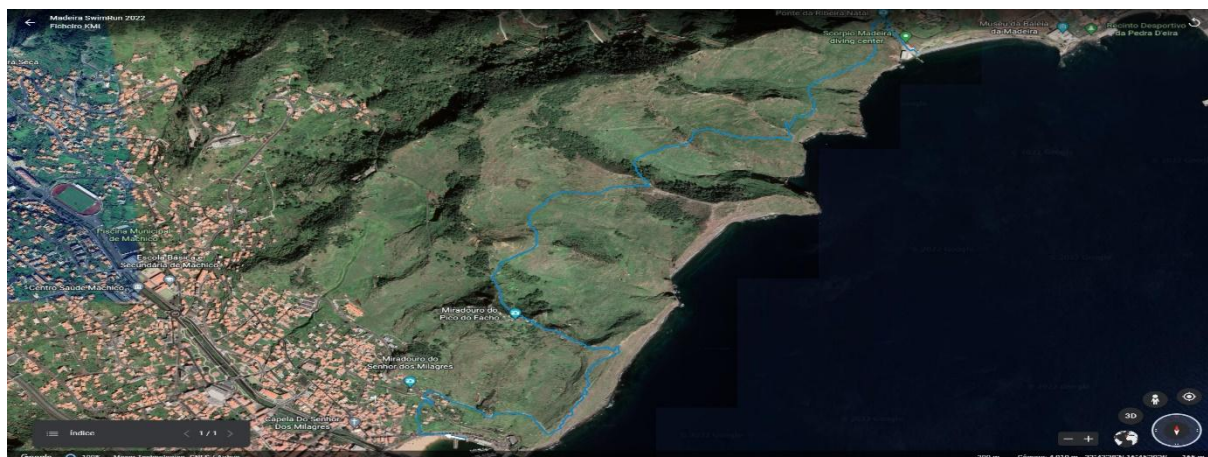
Included In Registration

- ✓ Aid stations
- ✓ Prizes (top 3 per race)
- ✓ Personal accident insurance
- ✓ Transport to finish line in case of withdrawal
- ✓ Medical assistance
- ✓ Gifts provided by sponsors

Rules And Safety

- ✓ Good physical condition required (open water swimming and trail running)
- ✓ Semi self-sufficiency: external aid only at aid stations
- ✓ Bibs must be worn visibly at all times
- ✓ Unsportsmanlike conduct or littering leads to disqualification

Segment 2 – Run (4,5km)



Segment 3 – Swim (530m)



Segment 4 – Run (8,5km)



Segment 5 – Swim (1,1km) – Start Sprint Race, Praia Quinta do Lorde, Caniçal



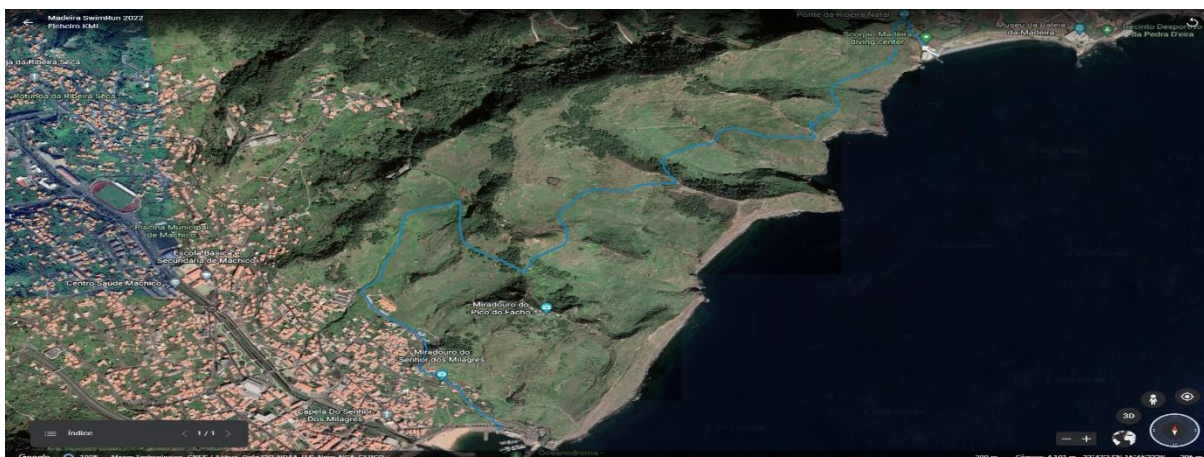
Segment 6 – Run (3,9km)



Segment 7 – Swim (530m) – Start Super-Sprint Race, Cais da Pedra D'eira, Caniçal



Segment 8 – Run (4,5km)



Segment 9 – Swim (600m)



Segment 10 – Run (725m)



Cut Off's

- ✓ Course has 10 segments alternating swimming and running, with detailed distances listed in the regulation.
- ✓ Cut-offs Standard: 4 hours and 30 minutes

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 Website: www.triatlomadeira.com / www.madeiraswimrun.com

Equipment

- ✓ Mandatory: bib number, timing chip, swim cap during swimming.
- ✓ Recommended: wetsuit (mandatory if <14°C), trail shoes, goggles, paddles, pull buoy, hydration and nutrition.
- ✓ Not allowed: flotation devices larger than 100x60 cm, fins longer than 15 cm, modified wetsuits.
- ✓ Equipment checks will be performed before and during the race.

Penalties / Disqualifications

- ✓ Must respect Portuguese law and Protected Area Code of Conduct.
- ✓ Forbidden: leaving trails, littering, disturbing wildlife.
- ✓ Missing a control point = disqualification.
- ✓ Missing mandatory gear = 30 min penalty; missing >1 = disqualification.
- ✓ Team members must remain within 100m on land, 10m in water. If one abandons, both must stop.

Organization Responsibilities

- ✓ Provide first aid and transport if needed.
- ✓ Insurance included as required by Portuguese law (franchise cost borne by athletes).
- ✓ Participants responsible for damages caused to themselves or third parties.

Image Rights

- ✓ The organization holds exclusive rights to photos, videos, and promotion.
 - ✓ By registering, athletes consent to use of their image for event promotion without financial compensation.
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Personal Data

- ✓ Data collected is for timing, insurance, registration lists, and communications.
- ✓ Athletes can request access, correction, or deletion by emailing swimrun.portugal@gmail.com

Final Notes

- ✓ The regulation may be updated; changes communicated via email and social media.
- ✓ Matters not covered will be decided by the organization.