



**8TH EUROPEAN OPEN
DOWN SYNDROME SWIMMING
& ARTISTIC CHAMPIONSHIPS
ALBUFEIRA 2025**

TEAM'S GUIDE





MESSAGE FROM MIGUEL ARROBAS

President of the Portuguese Swimming Federation & Albufeira 2025 LOC

Dear all,

On behalf of the Albufeira 2025 DSISO European Open Swimming & Artistic Championships Local Organising Committee, I am delighted to welcome you once more to Albufeira, Portugal, for the third time, and present to you the Teams Guide Manual.

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.

After such great experience with the 2022 Worlds, this time we are aiming even higher to offer you a high level competition and a great opportunity for swimmers to achieve their personal goals. For 2025, we commit ourselves to organise the best European Championships you have been part of.

It is with great happiness that Portugal and Albufeira are now one of the major routes of Down Syndrome Swimming in the world as we continue to increase the para swimming in our country 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 all in Albufeira in October!



MESSAGE FROM LIZZIE VOGEL

President of DSISO

What a great pleasure it is to be back in Albufeira after a most successful World Championships in 2022. We can all still remember the fantastic hospitality, the great event and the excitement of our swimmers during our stay in Albufeira.

We would like to express our thanks and appreciation to Associação Nacional de Desporto para Desenvolvimento Intelectual (ANDDI) and the Portuguese Swimming Federation (FPN) for again, after three years, inviting DSISO back for the 2025 Down Syndrome Swimming and Artistic European Open Championships.

DSISO Executive would like to welcome all swimmers to join us in Albufeira from 25th October till 2nd November 2025. Sports Union for people with Down Syndrome (SUDS) have registered several new swimmers in the past months and we welcome them to our "family".

We wish all our members successful training and a safe journey to Albufeira.

Kind regards,
Lizzie



MESSAGE FROM JOSÉ CARLOS ROLO

Mayor of Albufeira

It is with great pleasure that we once again welcome the Down Syndrome World Swimming Championships.

Over the past few years, Albufeira has hosted a significant number of sporting events. However, I must say that this competition holds a special place in our hearts – both for the city and for me personally. Watching these incredibly talented athletes compete with such determination, sportsmanship, and mutual respect is truly inspiring. You can be sure of a warm welcome in Albufeira!

Hosting this prestigious event is the result of our ongoing efforts to improve sports facilities in the city. But more than that, it reflects our commitment to being an inclusive community – one that strives to leave no one behind. For the third time, we are honored to open our arms to this Championship. The collaboration between all the entities involved has been a great success. I have no doubt that this year, once again, we will exceed all expectations!



MESSAGE FROM CRISTIANO CABRITA

Deputy Mayor of Albufeira, Sports Secretary

In Albufeira, sports truly are for everyone! Hosting the Down Syndrome World Swimming Championships is proof of that and reflects the Municipality's commitment to inclusion for all. After welcoming this competition in 2008 and 2022, we are thrilled to once again host these incredible athletes.

In Albufeira, we have all the necessary conditions to organize events on this scale. Our Municipal Swimming Pool Complex is ready to welcome you. I am confident there will be many unforgettable moments.

It is a great honor to welcome these athletes to Albufeira. They are all a true inspiration for us to continue our path as a city that embraces everyone!



GENERAL INFORMATION

The Albufeira 2025 LOC is proud to introduce you the Team's Guide of the 8th European Open Down Syndrome Swimming & Artistic Championships.

We are happy to welcome you once again to Albufeira, Algarve, Portugal!!

(LOC) LOCAL ORGANISING COMMITTEE



The Portuguese Swimming Federation is situated in Cruz Quebrada, Lisbon, Portugal.

ADDRESS

Portuguese Swimming Federation
Moradia do Complexo do Jamor
Estrada da Costa
1495-688 Cruz Quebrada, Portugal
+351 214 158 190
+351 919 292 476
mariett.matias@fpnatacao.pt
www.fpnatacao.pt

PHONE
MOBILE
EMAIL
WEBSITE

LOC MEMBERS

Event President
Event Manager
Accommodation Manager
Transport Manager
Media Manager

Miguel Arrobas
Mariett Matias
Gonçalo Casquinha
Pedro Dias
Cipriano Lucas

DSISO CODE OF CONDUCT

As a participant of an official event of DSISO you declare that you will comply with the DSISO Rules and Code of Conduct.

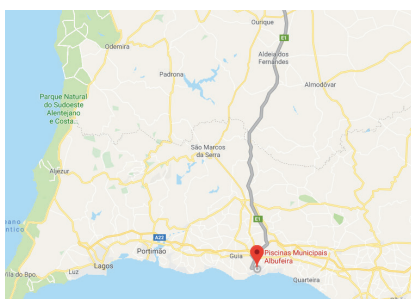
ABOUT THE CITY OF ALBUFEIRA & POOL COMPLEX



Located in the south of Portugal, Albufeira is one of the oldest cities in the Algarve. Its name derives from Arabic and means “Sea Castle”, as it occupies the centre of the region. It is modern, beautiful, vibrant and attractive yet respectful of its heritage, its history and its traditions.

It enjoys Mediterranean climate with pleasant air and water temperatures all year round. A cosmopolitan area marked by white houses in the historical town centre, where the blue ocean combines with the blue sky, and where the sun shines over three hundred days a year.

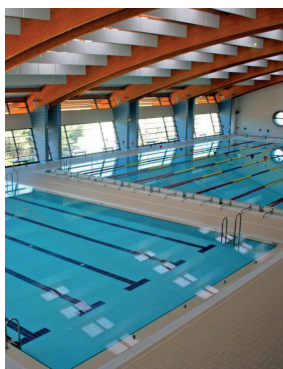
During the whole year you can taste its rich and varied cuisine, and experience the hospitality of its people. Also, you find excellent hotels, with good service and professionalism. Albufeira is a city that once visited will be unforgettable.



THE VENUE

Albufeira Pool Complex is a modern space with complete and versatile facilities, opened on August 20, 2005. Inside there are 3 pools, including a 25m pool, which will be used for this event.

This Pool Complex was chosen as the Venue of several major events due to its beautiful and great competition conditions. We believe it is a great place to welcome all the swimmers and teams and all will enjoy it. It has the perfect conditions to make this great event.



TEAM'S ARRIVALS & DEPARTURES

Entry fee covers all the services starting from the dinner of arrival day to the breakfast of departure day. Any other day before October 25th or after november 2nd will be considered as an extra from regular entry fee and will be charged.

At your arrival in Faro Airport Airport, you will find the very first welcome point with our volunteers. The transport service from the airport to the Competiton Hotel is guaranteed by the LOC.

Transfer from Lisbon International Airport will have an additional cost.

ACCREDITATION

Only the Head of Delegation (+ max 1 person) will make the Accreditation for the entire Team at the Accreditation point arranged directly in the Hotel (please ask to the receptionist in the entrance of the hotel where we can find our desk).

All athletes and approved support staff must present their accreditation card when checking into the Call Room prior to their event.

Any person who has lost an accreditation pass will need to go immediately to the Sport Info Desk situated in the Competition Venue and fill out a 'Lost Card Declaration'. A valid passport or identity card will be required to replace the lost card and a 30€ fee will be required to be paid upon replacement of the accreditation card.

TECHNICAL MEETING

The Technical Meeting will be on the 26th October at 14:30h pm in the Adriana Hotel.

START AND RESULTS LIST

Start and results lists will be published on the official Event's website.

TRAINING SCHEDULE

After the entries are closed the training Schedule will be sent to the participating teams.

OPENING CEREMONY

The opening ceremony will be on the 26th October at 19.00h in the Swimming Pool Complex and will mark the official start of the competitions.

The official uniform is requested for all participants. Every Nation has to decide their official flag bearer and the country name board bearer for the parade. The remaining team members will sit in the seating area. The Parade starts with DSISO Flag, then the Nations are positioned in English alphabetical order.



COMPETITION

DSISO Swimming Technical Delegate	Ana Querido
DSISO Artistic Swimming Technical Delegate	Loredana Montico
LOC Technical Delegate	Mariett Matias
Venue	Piscinas Municipais de Albufeira.
Training Days	25th and 26th October
Competition Days	Swimming: 27th, 28th, 29th October and 31st and 1st November Artistic Swimming: 30th October
Competition time:	
Morning Session	09:30h – 12:30h (Pool open for warm-up from 08:00h)
Afternoon Session	16:00h – 18:00h (Pool open for warm-up from 14:30h)

SPECTATORS

The tribune for spectators and delegations will be separate. Teams will stay in the stands in the pool deck and spectators in the first floor on the balcony.

MEDALS CEREMONIES

Medal ceremony in the pool during the the afternoon session.
For the Qualification Races in the morning, the medals will be given in each event/ race by age categories: Junior, Senior, Master 1 and Master 2. Swimmers have to be presented will the Team's official uniform for the protocol ceremonies.

ACCESS TO COMPETITION AREA SWIMMING POOL

In the Accreditation card, you can find a system that represents the "Access Area" System. Based on your class (written in the front of the card) you can easily check which areas permitted. Moreover, access to Swimming Competition Area will be restricted only to Athletes to compete and staff permitted.

Controlled staff will regulate the access to the swimming pool competition area.

ELIGIBILITY

All athletes entering the event must be registered with SUDS & that registration process must be completed before the sport event. Please visit the website for SUDS registration policy (www.su-ds.org)

VISA

Should you need assistance to apply for a visa (eg letter of invitation) please provide the organizers with the following details: copy of passports of participants for whom a visa is needed.

PROTESTS

There will be a sports technical jury. This jury handles technical protests according to the rules of the relevant International Federation.

The party filing the protest must do so in writing and will be charged 100,00€ fee. In case the protest is upheld, the fee is reimbursed. Should the protest be refused, the fee is withheld by DSISO. The protest must be submitted to the TD within 30 minutes of the alleged incident.

MEDICAL SUPPORT

The LOC will provide a team of medical staff that will be present at the swimming pool during training and competition.

In case of an injury or a problem that cannot be treated immediately, the ambulance service will take to the nearest Hospital. All teams are advised to organize their own insurance prior to their arrival.

INSURANCE

All delegations are responsible for their own insurance. The LOC will NOT be responsible for any material damage, injuries, loss of property, etc. should something like that happen to the participants during their stay in Portugal.

DRINKING WATER

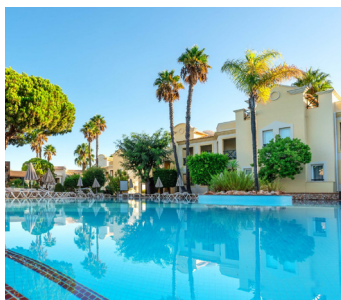
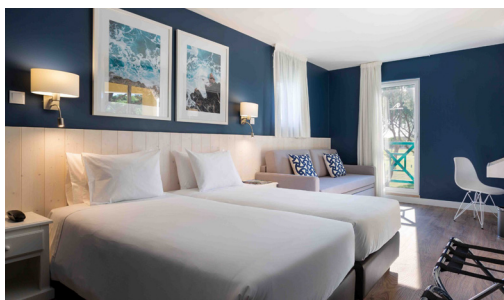
Tap water is drinkable, however there will water dispensers in the competition area for free: as we love our planet **all teams need to bring their own bottle.**

SPORT INFO DESK

All information for the teams will be available in the Sport Info Desk. There will be pigeon boxes where we will post information to all delegations during all the event.



ACCOMMODATION



TEAM'S HOTEL - ADRIANA HOTEL ★★★★★

All Teams will be staying in the Adriana Hotel. The hotel is 10 minutes by bus from the Venue and transport Schedule will be organised and publish in the hotel reception.

In the Competition fee are included all the meals and water starting from the dinner of arrival day to the breakfast of departure day.

Be aware that all the extra for the bar and restaurant are not included so the staff will ask you to pay the items. No minibar will be available in the rooms.

PRICES (PER PERSON PER NIGHT)*

SINGLE ROOM	TWIN ROOM	TRIPLE ROOM
260 €	198 €	190 €

***DSISO fee will be added to the accommodation amount.**

MEALS SCHEDULE

BREAKFAST	LUNCH	DINNER
06h00 – 09h30	12h00 – 14h30	19h30 – 22h30

Allergic: special meals are available. Please communicate to the LOC all the food intolerance prior your arrival.

CANCELTION POLICY

Until **June 20th** total refunds are allowed. After this date only medical withdrawals will be refunded.

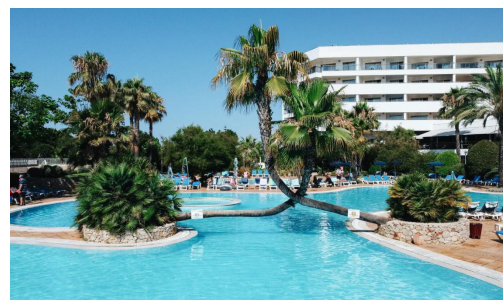
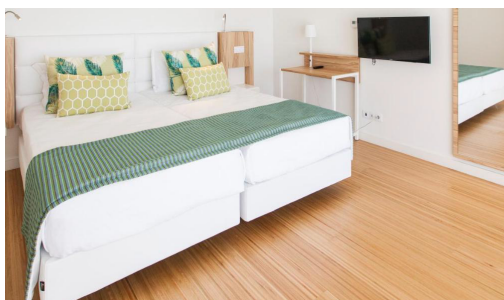
INTERNET

WiFi is free and available throughout the hotel, in the common areas and in the restaurant. The Venue will be set up with a wifi connection with a password that will be delivered only to the LOC members.

GALA DINNER

The Championship will be closed with a Gala Dinner on 1st November. at 20.30h.

ACCOMMODATION



FAMILY'S HOTEL - ALFAGAR HOTEL ★★★★★

For families that wish to attend and be part of the Albufeira 2025 may stay in the Alfagar Alto da Colina which is closest hotel to the team's hotel.

Link for bookings: www.alfagar.com / reservas@altodacolina.com

Special promo code for the event: FAMDSISO

EVENT ACCESS PACKAGE FOR FAMILIES

The family event package has a cost of 350.00€/person and includes access to the event's opening ceremony, swimming competition sessions (morning and afternoon), social day and gala dinner.

For families that wish only to attend the swimming competition the package will have a cost of 250,00€. Due to the pool complex limited public seating capacity it will be in a first come first served basis.

Attention: in case of lost of the accreditation bracelet it will have a cost as a new family package. Please, send your booking request for the package to mariett.matias@fpnatacao.pt by July 15th, 2022.

Tickets for the Artistic Swimming Competition will have a cost of 25€/person. Please send your booking request to mariett.matias@fpnatacao.pt until 15th July 2025.

TRANSPORTS & TRANSFERS

Shuttles are arranged for arrival and departure days from Faro Airport so we ask all teams to send their travelling data as soon as possible. Transfers from Lisbon International Airport will have an extra cost. For training and competition transfers will be organised from and to the pool complex and the schedules will be posted and published but only people with the accreditation card may enter the buses so please wear them all time.

We will remain available for any clarification at the email address: mariett.matias@fpnatacao.pt. All the best and we are expecting to welcome you all in Albufeira 2025!
ALBUFEIRA 2025 LOC

PLEASE FILL THE FORM: <https://forms.gle/1CzNxdxGw4bf6p4X8>

COMPETITION PROGRAM

DAY 1 - October 27th	DAY 2 - October 28th	DAY 3 - October 29th
PRELIMINARIES 09h30 - 12h30	PRELIMINARIES 09h30 - 12h30	PRELIMINARIES 09h30 - 12h30
25m Butterfly (M)* TF	25m Breaststroke (M)*TF	25m Freestyle (F)* TF
25m Butterfly (F)* TF	25m Breaststroke (F)* TF	25m Freestyle (M)* TF
100m Freestyle (M)	200m Freestyle (M)	200m Ind Medley (F)
100m Freestyle (F)	200m Freestyle (F)	200m Ind Medley (M)
200 Breaststroke (M)	100m Breaststroke (M)	100m Backstroke (F)
200 Breaststroke (F)	100m Breaststroke (F)	100m Backstroke (M)
50m Backstroke (M)	50m Butterfly (M)	50m Breaststroke (F)
50m Backstroke (F)	50m Butterfly (F)	50m Breaststroke (M)
400m Freestyle (M) TF	4x50m Medley Relay (Mixed) TF	800m Freestyle (F) TF
400m Freestyle (F) TF		800m Freestyle (M) TF
FINALS 16h00 - 18h00	FINALS 16h00 - 18h00	FINALS 16h00 - 18h00
100m Freestyle (M)	200m Freestyle (M)	200m Ind Medley (F)
100m Freestyle (F)	200m Freestyle (F)	200m Ind Medley (M)
200 Breaststroke (M)	100m Breaststroke (M)	100m Backstroke (F)
200 Breaststroke (F)	100m Breaststroke (F)	100m Backstroke (M)
50m Backstroke (M)	50m Butterfly (M)	50m Breaststroke (F)
50m Backstroke (F)	50m Butterfly (F)	50m Breaststroke (M)
4x100m Medley Relay (F)TF	4x100m Freestyle Relay (M) TF	4x200m Freestyle Relay (F) (TF)
4x100m Medley Relay (M)TF	4x100m Freestyle Relay (F) TF	4x200m Freestyle Relay (M) (TF)
SOCIAL DAY - October 30th	DAY 4 - October 31st	DAY 5 - November 1st
	PRELIMINARIES 09h30 - 12h30	PRELIMINARIES 09h30 - 12h30
	25m Backstroke (F)* TF	50m Freestyle (F)
	25m Backstroke (M)* TF	50m Freestyle (M)
	200m Backstroke (F)	200m Butterfly (F)
	200m Backstroke (M)	200m Butterfly (M)
	100 Butterfly (F)	100m Ind Medley (F)
	100 Butterfly (M)	100m Ind Medley (M)
	400m Ind Medley (F) TF	1500 Freestyle (F) TF
	400m Ind Medley (M) TF	1500m Freestyle (M) TF
	4x50m Freestyle Relay (Mixed) TF	
	FINALS 16h00 - 18h00	FINALS 16h00 - 18h00
	200m Backstroke (F)	50m Freestyle (F)
	200m Backstroke (M)	50m Freestyle (M)
	100 Butterfly (F)	200m Butterfly (F)
	100 Butterfly (M)	200m Butterfly (M)
	4x50m Medley Relay (M) TF	100m Ind Medley (F)
	4x50m Medley Relay (F) TF	100m Ind Medley (M)
		4x50m Freestyle Relay (F) TF
		4x50m Freestyle Relay (M) TF

PRELIMINARY BOOKING FORM

Please fill in and return before June 20th, 2025, with a 50% deposit to goncalo.casquinha@fpnatacao.pt. Bookings after this date will have a price increase of 10%.

FEDERATION	COUNTRY CODE
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TOTAL NUMBER OF PEOPLE	
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SINGLE ROOMS	TWIN ROOMS	TRIPLE ROOMS	6 PEOPLE SUITE

CHECK IN	CHECK OUT	TOTAL NIGHTS

TOTAL		€	DEPOSIT		€	BALANCE DUE		€
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Account Name: Federação Portuguesa de Natação

Bank Name: Banco Santander

Bank Address: Rua Alves Redol 17/21, 2600-099 Vila Franca de Xira - Portugal

Account Number (IBAN): PT50 0018 0003 1333 0170 02088

Swift Code: TOTAPTPL

Ref: [DSISO2025\(Country code\)](#)

FINAL BOOKING FORM

Please fill in and return before July 25th, 2025, with a full payment to goncalo.casquinha@fpnatacao.pt.

FEDERATION**COUNTRY CODE****TOTAL NUMBER OF PEOPLE**

SINGLE ROOMS	TWIN ROOMS	TRIPLE ROOMS	6 PEOPLE SUITE

CHECK IN	CHECK OUT	TOTAL NIGHTS

TOTAL		€	BALANCE DUE		€
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Account Name: Federação Portuguesa de Natação

Bank Name: Banco Santander

Bank Address: Rua Alves Redol 17/21, 2600-099 Vila Franca de Xira - Portugal

Account Number (IBAN): PT50 0018 0003 1333 0170 02088

Swift Code: TOTAPTPL

Ref: [DSISO2025](#)(Country code)



PORTUGAL,
A COUNTRY WHERE SPORT
IS DONE WITH EVERYONE
AND FOR EVERYONE.