

REGULATIONS · 5TH EDITION

V Grande Maratona Internacional da Ria de Aveiro

14 and 15 November 2026 · Ria de Aveiro, Portugal



2 DAYS	3 STAGES	≈ 60 KILOMETRES	02 Nov ENTRY DEADLINE
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AT A GLANCE

Dates

14 and 15 November 2026

Stages

20 km · 12 km · 28 km

Entries

By email, until 02 November 2026

Route

Aveiro → Torreira → Ovar → Aveiro

Boats

K4, C4 and K2 · Cadet category or above

Contact

grandemaratonaria@gmail.com

01

Organisation

Associação de Canoagem do Centro de Portugal

Associação de Canoagem de Cacia

Associação Cultural e Recreativa Saavedra Guedes

Clube de Canoagem de Ovar

Associação Náutica da Torreira

Sporting Clube de Aveiro

Supported by: Federação Portuguesa de Canoagem



02

Definition

The Grande Maratona Internacional da Ria is a long-distance race divided into stages. It takes place in the Ria de Aveiro river basin, linking the region's clubs and taking part in a competitive route set within a singular biodiversity.



The start of one of the stages on the Ria de Aveiro.

03

Participants

AGE*	CATEGORY
15 – 16 years	Cadet
17 – 18 years	Junior
19 – 34 years	Senior
≥ 35 years	Master

* For category purposes, age is calculated as: 2026 – year of birth.

- All athletes in the Cadet category or above are admitted to the competition.
- Crews may be made up of athletes from different clubs and nationalities.
- Cadet athletes may race in junior or senior crews, provided a junior, senior or master athlete is on board at all times. Crews made up exclusively of cadet athletes are not permitted.
- Every crew may register one reserve athlete.
- Reserve athletes may be substituted between stages, never during a stage.
- All athletes taking part must wear the wristband provided by the organisation, so that reserve substitutions can be verified.

Boats may not be changed during a stage. If a boat is damaged, a new boat may be used in the following stages.

04

Boat categories

K₄ / C₄

BOAT	ELIGIBLE CATEGORIES
K4 Junior Men	Cadet and Junior Men
K4 Junior Women	Cadet and Junior Women
K4 / C4 Senior Men	Cadet, Junior, Senior Men and Master
K4 / C4 Senior Women	Cadet, Junior, Senior Women and Master Women
K4 Master Men	Master A; Master B; Master C; Master D
K4 Master Women	Master A; Master B; Master C; Master D Women
K4 Master Mixed	Master A; Master B; Master C; Master D. At every stage the crew must include at least 1 athlete of a different gender from the rest of the crew.
K4 / C4 Senior Mixed	Cadet; Junior; Senior; Master A; Master B; Master C; Master D. At every stage the crew must include at least 1 athlete of a different gender from the rest of the crew.

K₂

BOAT	ELIGIBLE CATEGORIES
K2 Junior Men	Cadet and Junior Men
K2 Junior Women	Cadet and Junior Women
K2 Senior Men	Cadet, Junior, Senior Men and Master
K2 Senior Women	Cadet, Junior, Senior Women and Master Women
K2 Master Men	Master A; Master B; Master C; Master D
K2 Master Women	Master A; Master B; Master C; Master D Women
K2 Master Mixed	Master A; Master B; Master C; Master D. At every stage the crew must include at least 1 athlete of a different gender from the rest of the crew.
K2 Senior Mixed	Cadet; Junior; Senior; Master A; Master B; Master C; Master D. At every stage the crew must include at least 1 athlete of a different gender from the rest of the crew.

05

Stages

1st	Aveiro → Torreira	14 November, morning	About 20 km
2nd	Torreira → Ovar	14 November, afternoon	About 12 km
3rd	Ovar → Aveiro City	15 November, morning	About 28 km

Start times may be adjusted during the competition according to wind and/or tide conditions.

06

Start

Boats line up on the water between two points, and start in two blocks:

LONG STAGES (1 AND 3)

1st block — all K2 and C4 boats

2nd block — all K4 boats

SHORT STAGE (2)

1st block — all K4 boats

2nd block — all K2 and C4 boats

Regardless of the placing obtained in the previous stage, all boats start together. The final classification is the sum of the times of each stage, and is determined by the shortest overall time.

- If a boat does not complete a stage, it is given the time of the last boat in its category plus 30 min.
- If a boat is withdrawn at the time check in the final stage, it is given the time of the last boat in its category plus 60 min.

07

Finish

The finish line lies between two points to be defined for each stage, and is approximately 30 metres wide.

o8

Assistance

- Athletes may not be accompanied by, or receive assistance from, boats not authorised to take part in the race.
- A competitor may receive assistance from the bank. This assistance is limited to first aid, food, drink or clothing, replacement of equipment in poor condition (including paddles) and help with repairs.
- In the event of a capsize, a competitor may receive assistance to empty the boat and resume paddling at the same place where help was given.

09

Safety

- All boats must float even when full of water.
- Life jackets with at least 6 kg of buoyancy are compulsory for athletes under 18.
- One mobile phone per boat is compulsory, properly protected in a waterproof pouch. The phone must be charged and ready to make emergency calls.
- The mobile number carried on board must be given to the organisation.
- The use of spraydecks is recommended.
- Electric pumps may be used to drain water from the boat.
- Stages may be altered or cancelled due to poor water, weather and/or safety conditions. Any cancellation is the responsibility of the race organisation.

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Disqualification

- Any athlete who attempts to prevent an opponent from crossing the finish line between the flags will be disqualified.
- Being accompanied by non-participating boats along the course is not permitted during the race. Doing so leads to the disqualification of the competitor(s) involved.
- Athletes may not take advantage by shortening the course.
- Any unsporting conduct or disrespect towards the race officials may be punished with disqualification.

II

Safety time check

For safety reasons, a time check will be carried out during the third stage, at the passage through Torreira. This check depends on the weather conditions, assessed by the organising team at the start of the stage.

CONDITIONS	K ₄ / C ₄	K ₂
Good weather	More than 20 min behind the 3rd K ₄ boat	More than 25 min behind the 3rd K ₂ boat
Bad weather	More than 18 min behind the 3rd K ₄ boat	More than 20 min behind the 3rd K ₂ boat

Any boat passing the check point later than the limit above will be withdrawn from the race by decision of the race officials. If a category has fewer than 5 boats entered, the check is made against the leading boat.

- The check will be carried out at a place where the boat can be collected by trailer (Torreira).
- Boats withdrawn from the race are classified DNF. The stage time will be the time of the last boat in the category + 60 min.
- Athletes must leave the water. If they choose to continue the course, they are no longer considered participants in the race.

I 2

Prizes

Day 1 classification — diplomas

First, second and third in each category, on the combined time of the day's 2 stages.

A yellow cap is awarded to the leading K4 and K2 boat in the men's, women's and mixed categories.

Prizes are presented during Saturday's dinner, where a prize draw among participants also takes place.

Final classification — medals

First, second and third in each category, on the combined time of all stages.

There is no team classification.

Prizes are presented during Sunday's lunch.

In the event of a tie in the general classification, the boat placed higher in the third stage wins.

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Costs and conditions

Meals

Saturday lunch · Torreira	€8
Saturday dinner · Ovar	€9
Sunday lunch · Aveiro	€9

Boat hire (2 days)

K4	€250
K2	€150

To hire boats with seats and footrests, a deposit equal to their value must be paid; it is returned at the end of the race.

Accommodation

Free accommodation at the Escola Secundária Júlio Dinis sports hall (Ovar). Request by email to grandemaratonaria@gmail.com.

Full package · 3 days / 2 nights

€270 / athlete

K4 / K2 hire

Transport between stages

2 nights' accommodation with breakfast (Friday and Saturday) — hotel in Aveiro and youth hostel in Ovar

Saturday lunch and dinner, and Sunday lunch

To hire boats with seats and footrests, a deposit equal to their value must be paid; it is returned at the end of the race.

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Entries

All entries must be sent by email to grandemaratonaria@gmail.com with the following details:

Boat type

Country

Names of the participants

Meal requests

Federation numbers

Boat hire / full package requests

Entry deadline: **02 November 2026**. Payment details are sent by email once the entry is confirmed.

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Recreational stages

In the 2026 edition, 2 stages of the race are open to recreational paddlers. One- and two-seater boats may take part, with guides from the organisation setting the pace.

- Life jackets compulsory.
- Only unsinkable boats are accepted.
- All participants must be registered with the FPC, as athletes or as recreational paddlers.

STAGE 1 — RECREATIONAL

Torreira → Ovar

11 km · start Saturday 14th, afternoon

STAGE 2 — RECREATIONAL

Cacia → Aveiro (option 1)

Circuit starting and finishing in Aveiro (option 2)

11 km · start Sunday 15th, morning

APOIOS:



Organisation · Associação de Canoagem do Centro de Portugal · grandemaratonaria@gmail.com