



**EUROPEAN
AQUATICS®**
**U20 WATER POLO
CHAMPIONSHIP WOMEN**
OEIRAS(POR)~2026

**INFORMATION
BULLETIN#2**





PRESIDENT OF EUROPEAN AQUATICS MESSAGE



As President of European Aquatics, it is my great pleasure to welcome you to Oeiras, in my home nation of Portugal, for the Women's Under-20 European Water Polo Championships.

Set along the country's spectacular Atlantic coastline and just minutes from the vibrant capital, Lisbon, Oeiras offers an ideal blend of world-class facilities, accessibility and atmosphere - making it the perfect stage for Europe's most talented young athletes.

Portugal has firmly established itself as a rising force in hosting major water polo events. Earlier this year, the nation successfully staged the senior Women's European Water Polo Championships on the island of Madeira, delivering an outstanding tournament that will be remembered for years to come.

This Women's Under-20 European Water Polo Championships, taking place from 1st-7th August, builds directly on that success and reflects the growing momentum of water polo in the country.

Portugal also hosted the Under-18 Division 1 European Championships in 2025 and has been selected to organise the World Aquatics Under-18 Water Polo Championships in 2026, further highlighting international confidence in its organisational excellence.



I would like to express my sincere thanks to the Portuguese Swimming Federation, and especially to its President, Miguel Arrobas, for their continued dedication to the sport.

The federation's tireless efforts have been instrumental in bringing this event to life and ensuring the very best conditions for all participants.

This Information Bulletin has been prepared to assist the 20 teams and their delegations as they plan for what promises to be an exceptional week of competition.

We look forward to welcoming you to Oeiras for a celebration of international women's water polo.

ANTONIO SILVA
EA PRESIDENT



FIRST VICE PRESIDENT OF EUROPEAN AQUATICS MESSAGE



On behalf of European Aquatics, I am delighted to welcome you to Oeiras for the Women's Under-20 European Water Polo Championships, taking place from 1st-7th August.

Following the successful hosting of the senior Women's European Water Polo Championships earlier this year in Madeira – as well as recent European age-group competitions and the upcoming World Aquatics Under-18 Water Polo Championships in 2026 – this tournament represents another important step in strengthening the sport's legacy in Portugal.

I would like to thank the members of the European Aquatics Bureau and the European Aquatics Technical Water Polo Committee for their continued commitment to developing the sport and supporting water polo athletes at all levels.

Our sincere appreciation also goes to the Portuguese Swimming Federation and its President, Miguel Arrobas, whose dedication and hard work are ensuring outstanding conditions for all participants.

As anticipation builds ahead of this top-tier competition, we look forward to welcoming you to Oeiras, where Europe's talented young water polo stars will compete to be crowned continental champions.

Thank you, and good luck to all teams.

JOSIP VARVODIC
EA FIRST VICE PRESIDENT



PRESIDENT OF PORTUGUESE SWIMMING FEDERATION MESSAGE



The very best of European women's water polo will gather in Oeiras, a city of river and sea just a few kilometres from Lisbon. Over these days, the municipality will become a stage for talent, resilience and passion, welcoming Europe's finest athletes in a competition that promises moments of true intensity and emotion.

This European Championship is more than a sporting event – it is a celebration of the sport at its highest level. Many of the players we will see in action are already international standouts and may well go on to shine at the Olympic Games in Los Angeles in 2028. To witness this Championship is to witness both the present and the future of the sport.

Hosting this competition represents a strong commitment by the Portuguese Swimming Federation to the promotion of water polo and to showcasing the region that welcomes it. With the support of several partner institutions, this event symbolises a collective effort to elevate Portugal's name and inspire new generations of athletes.

The experience gained through organising major international events reflects Portugal's recognised organisational capacity and the extraordinary dedication of a federative team driven by professionalism, passion and an unwavering commitment to excellence.



We will be together at the Jamor National Sports Centre in Oeiras, one of the largest sports complexes in Portugal, a multifunctional training and leisure facility with a vast architectural and landscape heritage, from 1 to 7 August 2026. See you there!!!

MIGUEL ARROBAS
FPN PRESIDENT



WELCOME TO OEIRAS , LISBON (PORTUGAL)

Located where the Tagus River meets the Atlantic, Oeiras is a vibrant municipality that perfectly balances historical charm with modern innovation. At its heart lies the Jamor zone, a lush "green lung" that serves as the home of the National Sports Center – a sanctuary of elite athleticism and nature.

Exploring this prestigious destination, from its scenic seaside promenade to the iconic forest trails of the Jamor Valley, is an unforgettable experience that we are thrilled to provide to the Championships participants. Oeiras is the perfect host for this event, offering everything needed for success within a short, accessible geographic space.

The Jamor zone provides top-tier sporting facilities and world-class training grounds recognized internationally. Nestled between Lisbon and Cascais, it offers the perfect mix of urban convenience and stunning coastal beauty. Beyond the competition, visitors can enjoy breathtaking riverfront vistas, excellent local gastronomy, and the famous Carcavelos wine.

Visit <https://www.visitoeiras.pt/en/> for more information on your host city.



EVENT INFORMATION

PARTICIPATING TEAMS

DRAWN GROUPS

GROUP A



SPAIN



GREECE



ITALY



ISRAEL

GROUP B



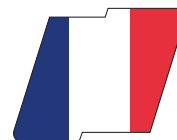
HUNGARY



CROATIA



NETHERLANDS

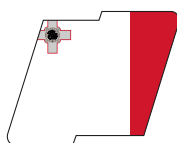


FRANCE

GROUP C



GERMANY



MALTA



NAB

GROUP D



UKRAINE



ROMANIA



PORTUGAL

GROUP E



GREAT BRITAIN



CZECHIA



IRELAND

GROUP F



TURKIYE



SERBIA



SWITZERLAND



EVENT INFORMATION

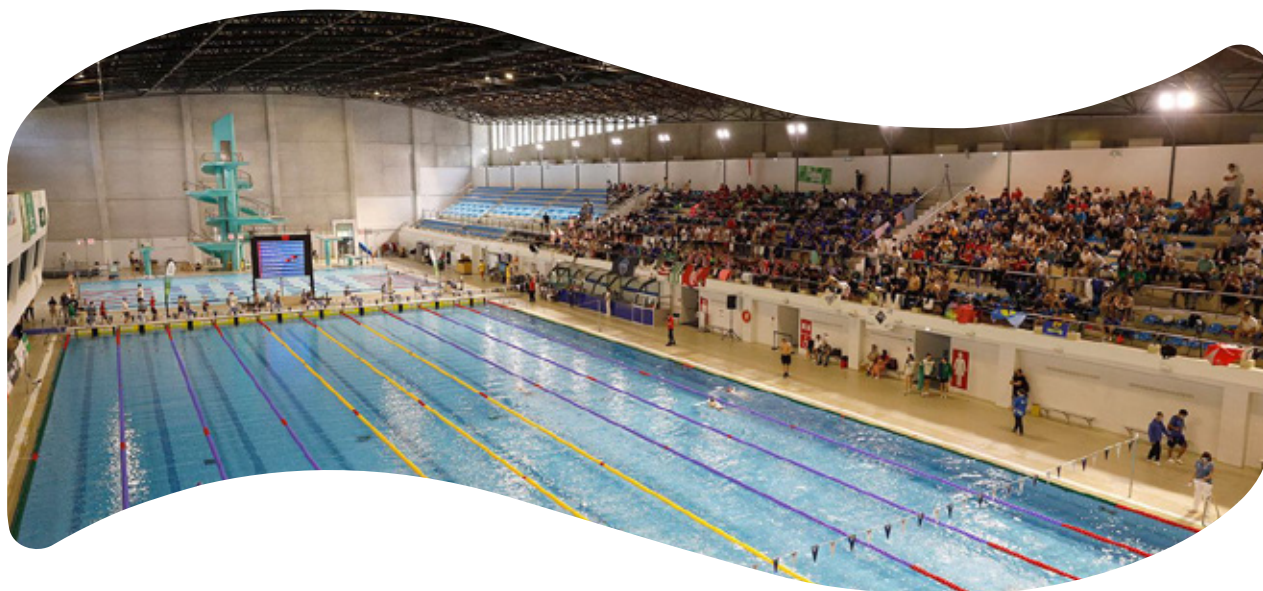
COMPETITION VENUE

The Jamor Swimming Pool Complex, inaugurated in 1998, is recognized by swimming experts as one of the most complete and prestigious facilities in the country at a European level. Located in the heart of the National Sports Center in Oeiras, this landmark infrastructure stands out for its technical excellence, featuring a 50-meter Olympic pool (10 lanes) and a diving pool equipped with various platforms. It serves as the premier stage for high-performance training and the most significant national and international competitions in Portugal.

Jamor Swimming Pool Complex, Portugal

Av. Pierre de Coubertin
1495-688 Cruz Quebrada

<https://maps.app.goo.gl/tMJNhTTaGnBxnu6D8>





EVENT INFORMATION TRAINING VENUE

~ SWIMMING POOL OF THE SPORTING MULTISPORTS CENTRE

The Swimming Pool of the Sporting Multisports Centre is a renowned aquatic venue in Lisbon, recognized for its modern facilities and strong connection to competitive swimming.

With high-quality training conditions and comprehensive support infrastructure, it provides an excellent environment for athlete development, training, and competitions.

~ SWIMMING POOL OF SPORT ALGÉS E DAFUNDO

The Swimming Pool of Sport Algés e Dafundo is a well-established aquatic facility, known for its tradition in competitive swimming and commitment to athlete development.

Its modern facilities offer excellent conditions for training and competitions, making it a valued venue within the Portuguese aquatic sports community.





EVENT INFORMATION

AIRPORT AND LOCAL TRANSPORTATION

The official airport is the Humberto Delgado Lisbon International Airport, located just one hour by bus from the hotels. Transfers to and from the airport shall be organized by the Local Organizing Committee (LOC) based on flight details.

<https://forms.gle/8DnJY9TBcsDzeZV79>

LOCAL TRANSPORT FROM/TO JAMOR

~ For teams staying at the Hotel in Oeiras:

Transportation to the games will be scheduled for 2 hours before the start of the game and 1 hour 45 min after the game starts'.

For training sessions at Jamor Swimming Pool Complex and Abóbada Sports Pool Complex, transportation will be scheduled for 1 hour before the start of the training session and 30 minutes after the slot ends'.

~ For teams staying at the Hotels at Saldanha and Principe Real:

Transportation to the games will be scheduled for 2 hours before the start of the game and 1 hour 45 min after the game starts'.

For training sessions at Jamor Swimming Pool Complex, transportation will be scheduled for 1 hour before the start of the training session and 30 minutes after the slot ends'.

For training sessions at Abóbada Sports Pool Complex, transportation will be scheduled for 1 hour 15 minutes before the start of the training session and 30 minutes after the slot ends'.

A timetable will be distributed to the teams once accommodation has been booked.

TEAM STANDS – TRANSPORT

Accredited team members can enter the competition venues and watch the games free of charge. However, all group visits to watch the games must be communicated with the LOC at least 24 hours prior.



EVENT INFORMATION

ACCREDITATION REGISTRATION

All National federations participating in the European Aquatics U20 Water Polo Championship Women Oeiras 2026 must complete the accreditation process in order to obtain the accreditation card for their members. This process will be done through the management system available online.

Detailed instructions and the activation of your account will be provided directly by the European Aquatics. The entry submission period for U20 Water Polo Championship Women Oeiras 2026 will be open **TBD**.

The accreditation card is personal, non-transferable and must be displayed at all times in the areas requiring accreditation. The right to hold and/or use may be revoked at any time at full discretion by an official of the Organizing Committee.

The number of accreditation cards per national federation is fixed and defined by the European Aquatics. For any extra accreditation required, approval must be obtained from the European Aquatics Office [waterpolo@europeanaquatics.org].

ACCOMMODATION FOR TEAMS & EA OFFICIALS

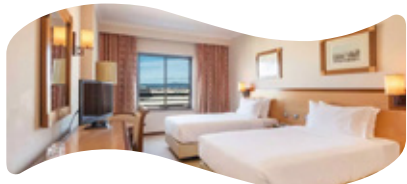
The Portuguese Swimming Federation is offering accommodation for all participating teams and European Aquatics officials attending the event. The Official Event accommodations for the European Aquatics U20 Water Polo Championship Women Oeiras 2026 will be in the Hotel Real Oeiras, Holiday Inn Express&Suites Lisbon - Príncipe Real by IHG and Hotel Holiday Inn Express Lisboa Plaza Saldanha for Teams, and Real Palácio Hotel for Officials.



ACCOMMODATION PLAN

TEAMS ACCOMODATIONS

HOTEL REAL OEIRAS ★★★★★



AVAILABILITIES:

Accommodation will all be provided on a first-come, first-served basis.

Distance from Lisbon airport 40 minutes by bus

Distance to the competition venue 12 minutes by bus

HOLIDAY INN EXPRESS & SUITES LISBON - PRÍNCIPE REAL BY IHG ★★★★★



AVAILABILITIES:

Accommodation will all be provided on a first-come, first-served basis.

Distance from Lisbon airport 35 minutes by bus

Distance to the competition venue 25 minutes by bus



ACCOMMODATION PLAN

TEAMS ACCOMODATIONS

HOTEL HOLIDAY INN EXPRESS LISBON - PLAZA SALDANHA ★★★★★



AVAILABILITIES:

Accommodation will all be provided on a first-come, first-served basis.

Distance from Lisbon airport 35 minutes by bus

Distance to the competition venue 30 minutes by bus

REFEREES AND DELEGATES ACCOMODATIONS

REAL PALÁCIO HOTEL ★★★★★



AVAILABILITIES:

Accommodation will all be provided on a first-come, first-served basis.

Distance from Lisbon airport 35 minutes by bus

Distance to the competition venue 30 minutes by bus



ACCOMMODATION PLAN

MEETING ROOMS

Meeting rooms at each hotel/accommodation will be available free of charge during the competition. A reservation system for pre-defined time slots will be implemented through the hotel reception.

EVENT INFORMATION

FINANCIAL CONDITIONS

A 50% deposit of the team's total accommodation costs must be made by bank transfer to the LOC account (details below) no later than May 1, 2026. The remaining balance must be settled before the July 1, 2026.

MAY 1, 2026	50% PAYMENT
JULY 1, 2026	FINAL PAYMENT

BANK DETAILS

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^a 2026U20WElite followed by your country code.

VISA

We strongly recommend all national federations who need visa to enter Portugal to start the procedure as soon as possible. If you need more details, get in contact with - mariett.matias@fpnatacao.pt



EVENT INFORMATION

TRAINING SCHEDULE

DAY -2 | 30.JUL*

COMPETITION POOL		WARM UP POOL	
09H00		09H00	
10H00		10H00	
11H00	CRO - GBR	11H00	
12H00	POR -	12H00	
13H00		13H00	
15H00	ISR -	15H00	
16H00		16H00	
17H00	CRO - GBR	17H00	
18H00	POR -	18H00	
19H00		19H00	
20H00		20H00	

DAY -1 | 31.JUL

COMPETITION POOL		WARM UP POOL	
09H00	ESP - TUR	09H00	CRO - IRL
10H00	GRE - SRB	10H00	NED - UKR
11H00	ITA -	11H00	FRA -
12H00	ISR - GBR	12H00	- ROU
13H00	HUN -	13H00	POR - NAB
15H00		15H00	
16H00	CRO - IRL	16H00	ESP - TUR
17H00	NED - UKR	17H00	GRE - SBR
18H00	FRA -	18H00	ITA - SUI
19H00	GER - ROU	19H00	ISR - GBR
20H00	POR - NAB	20H00	HUN - CZE

DAY 1 | 01.AUG

TRAINING POOL		TRAINING POOL	
08H30	GRE - ISR	08H30	HUN - CRO
09H30	HUN - NED	09H30	POR - ROU
10H30	CRO - FRA	10H30	ISR - ITA
11H30	UKR - POR	10H30	GER - TUR
11H30	SRB - ROU	11H30	ESP - GRE
15H00	GER - NAB	16H00	NAB - MLT
16H00	GBR - IRL	17H00	IRL - CZE
17H00	TUR - SUI	17H00	GBR - UKR
17H00	MLT - CZE	18H00	SUI - SRB
18H00	ESP - ITA	19H00	FRA - NED

DAY 3 | 03.AUG

TRAINING POOL	
08H30	HUN - FRA
09H30	CRO - NED
10H30	ESP - ISR
10H30	IRL - NAB
11H30	GRE - ITA
16H00	GER - MLT
17H00	UKR - ROU
18H00	GBR - CZE
19H00	TUR - SRB
19H00	POR - SUI

*TRAININGS UPON REQUEST BY THE TEAMS



EVENT INFORMATION

TRAINING SCHEDULE

DAY 4 04.AUG		DAY 5 05.AUG		DAY 6 06.AUG		DAY 7 07.AUG	
TRAINING POOL		TRAINING POOL		TRAINING POOL		TRAINING POOL	
08H30	4A - TBD	08H30	1B - W29	08H30	L37 - L40	08H30	L45 - L46
09H30	3A - TBD	09H30	2B - W30	09H30	L38 - L39	09H30	W45 - W46
10H30	4B - TBD	10H30	1A - W31	10H30	W37 - W40	10H30	L47 - L48
11H30	3B - TBD	11H30	2A - W32	11H30	W38 - W39	11H30	W47 - W48
16H00	3C - 3D	16H00	3C - 3E	16H00	2C - 2E		
17H00	3E - 3F	17H00	3D - 3F	17H00	2D - 2F		
17H00	1A - 2A	17H00	2C - 2D	17H00	3C - 3D		
18H00	2C - 2D	18H00	L29 - L31	18H00	3F - 3E		
18H00	1B - 2B	18H00	2E - 2F				
19H00	2E - 2F	19H00	L30 - L32				



EVENT INFORMATION

COMPETITION SCHEDULE

PRELIMINARY ROUND

DAY 1 1 AUGUST			DAY 2 2 AUGUST			DAY 3 3 AUGUST		
09H00	#1	GER-NAB	09H00	#9	NAB-MLT	09H00	#17	GER-MLT
10H30	#3	GBR-IRL	10H30	#11	IRL-CZA	10H30	#18	UKR-ROU
12H15	#4	TUR-SUI	12H15	#12	SUI-SRB	12H15	#19	GBR-CZE
13H45	#5	ESP-ITA	13H45	#13	FRA-NED	13H45	#20	TUR-SRB
15H30	#6	GRE-ISR	15H30	#14	HUN-CRO	15H30	#21	HUN-FRA
17H00	#7	HUN-NED	17H00	#10	POR-ROU	17H00	#22	CRO-NED
18H45	#8	CRO-FRA	18H45	#15	ISR-ITA	18H45	#23	ESP-ISR
20H15	OPENING CEREMONY		20H15	#16	ESP-GRE	20H15	#24	GRE-ITA
20H45	#2	UKR-POR						

RANKING GAMES - QUARTER FINAL ROUND

DAY 4 4 AUGUST			DAY 5 5 AUGUST			DAY 6 6 AUGUST		
09H00	#25	3C-3D	09H00	#33	3C-3E	09H00	#41	2C-2E
10H30	#26	3E-3F	10H30	#34	3D-3F	10H30	#42	2D-2F
12H15	#27	2C-2D	12H15	#35	L#29-L#31	12H15	#43	L#35-L#36
13H45	#28	2E-2F	13H45	#36	L#30-L#32	13H45	#44	W#35-W#36
15H30	#29	4A-TBD	15H30	#37	1B-W#29	15H30	#45	L#37-L#40
17H00	#30	3A-TBD	17H00	#38	2B-W#30	17H00	#46	L#38-L#39
18H45	#31	4B-TBD	18H45	#39	1A-W#31	18H45	#47	W#37-W#40
20H15	#32	3B-TBD	20H15	#40	2A-W#32	20H15	#48	W#38-W#39

RANKING GAMES - SEMIFINAL / FINAL ROUND

DAY 7 7 AUGUST		
09H00	#49	3C-3F
10H30	#50	3D-3E
12H15	#51	2C-2F
13H45	#52	2D-2E
15H30	#53	L#45-L#46
17H00	#54	W#45-W#46
18H45	#55	L#47-L#48
20H15	#56	W#47-W#48



EVENT INFORMATION

TECHNICAL MEETING

The Technical Meeting in Jamor will take place on Sunday, July 31, at 17h30 local time.

The meeting will be held at the Real Hotel Oeiras.

Each team must have at least one representative present, with a maximum of three representatives per team. The Teams should bring a valid players' and team official's passports, and a sample of the team's caps (one blue/white cap and the goalie's caps).

OFFICIAL DINNER

The Official Dinner will take place on 31 July at 20:30 at Restaurant Caravela D'Ouro.

Each participating country may nominate up to two representatives to attend.

Please confirm your attendance by email to mariett.matias@fpnatacao.pt until the 20th July.

COACH CLINIC

A Coach Clinic led by Konstantinos Fitsanakis will take place on August 5 at 09:00 at the National Sports Centre of Jamor Auditorium.

Building Smarter Players: Developing Game Intelligence in Elite Women's Water Polo

The clinic will present practical coaching methods to develop players' tactical awareness, decision-making, and game intelligence in high-performance environments. Drawing on elite-level experience, the session offers valuable insights and innovative approaches to player development, making it an excellent opportunity for coaches to expand their knowledge.



EVENT INFORMATION

MEDICAL SERVICES

First aid teams will be allocated at the competition Venue for the whole time of the duration of the competition. Both the training venues and the competition venues will have a lifeguard and/or a medical doctor assigned for the whole time of the duration of the training sessions and games.

We urge you to take travel healthcare insurance for all delegation members or at least European Health Insurance Card (if applicable).

ANTIDOPING

Athletes can be requested to undergo a doping test at any time during the competition. If a certain player has been determined to do the test, she will be escorted by the doping chaperones to the Medical & Doping designated areas.

SUSTAINABILITY

To eliminate plastic waste, water refill stations will be available throughout the event venue. The LOC will provide reusable water bottles to participants, encouraging the reduction of single-use plastic. This initiative promotes sustainable practices and helps minimise the environmental impact of the event.

Participants and spectators are encouraged to use sustainable transport options when travelling to the Jamor Swimming Complex.

The venue is accessible by: Train: Cascais Line – Cruz Quebrada Station; Bus: Carris line 776 (Algés – Cruz Quebrada/Jamor); Walking and shared mobility solutions.

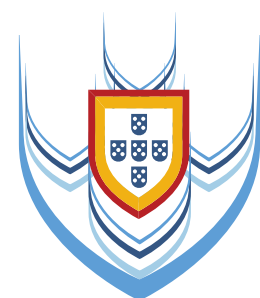
In addition, the municipality's sustainable mobility platform "Oeiras Move" provides alternative transport solutions within the area:

https://www.parquestejo.pt/oeiras-move/?utm_source=chatgpt.com

Choosing sustainable mobility options helps reduce traffic and the environmental impact of the event.



LOCAL ORGANISING COMITTEE



FPN
FEDERAÇÃO PORTUGUESA DE NATAÇÃO

ADDRESS: Moradia do Complexo do Jamor, Estrada da Costa, 1495-688, Cruz Quebrada, Portugal

PRESIDENT: Miguel Arrobas

WATER POLO VICE PRESIDENT: António Gomes

TEL: +351 214 158 190/91

E-MAIL:
mariett.matias@fpnatacao.pt | secretaria@fpnatacao.pt

KEY CONTACTS

LOC EVENT MANAGER	Mariett Matias mariett.matias@fpnatacao.pt
ACCOMMODATION MANAGER	Gonçalo Casquinha goncalo.casquinha@fpnatacao.pt
TRANSPORT MANAGER	Pedro Dias viagens@fpnatacao.pt

WEBSITE

Official Event Website:

<https://events.europeanaquatics.org/U20-ewpc-oeiras-2026/>

Please check the website for daily information, link to results and changes in schedules.



EVENT INFORMATION

KEY DATES

EVENT	DATE
TRAVEL INFO	1 JULY
FINAL BOOKING FORM	1 JULY
TEAM PLAYERS ENTRIES REGISTRATION	22 JULY
ARRIVAL DAYS	29 - 30 JULY
TRAINING DAYS	30 - 31 JULY
TECHNICAL MEETING	31 JULY
REFEREES WORKSHOP	31 JULY
OFFICIAL DINNER	31 JULY
COACH CLINIC	5 AUGUST
CHAMPIONSHIP DATES	1 - 7 AUGUST
DEPARTURE DAYS	8 AUGUST



SEE YOU IN OEIRAS!