

SESIMBRA SUP FESTIVAL 2026

EUROPEAN SUP LEAGUE – FINAL 2026

Sesimbra – Portugal

THURSDAY, SEPTEMBER 10 – WELCOME & CHECK-IN

Time	Activity
17:00 – 20:00	Participant reception, accreditation, check-in, race bib collection, registration confirmation, general information, and publication of heat sheets and schedules.

Note: No sports activities will be scheduled for Thursday. Resources will be focused on the two competition days.

FRIDAY, SEPTEMBER 11 – SUP RACE SPRINT

Time	Activity
08:00 – 09:00	Final Sprint check-in.
09:00 – 09:30	Briefing.
09:30 – 10:00	Warm-up and preparation.
10:00 – 14:30	SUP Race Sprint Heats / Qualifiers – all divisions.
14:30 – 15:00	Technical break and finals preparation.
15:00 – 16:30	SUP Race Sprint Finals.
17:00 – 19:00	<i>(Optional depending on participation)</i> Preliminary rounds for SUP Race Technical if there is a high number of registered athletes.
19:00	End of Day 1.

Note: If Technical preliminary rounds take place, the Sprint award ceremony will be moved to the end of those rounds. If not required, the ceremony will take place right after the Sprint finals.

SATURDAY, SEPTEMBER 12 – GRAND FINALE ESL 2026

Time	Activity
07:30 – 08:15	Check-in and confirmation for Long Distance participants.
08:15 – 08:30	Technical and safety briefing.
08:30 – 08:45	Race start preparation.
09:00 – 11:00	SUP Race Long Distance: Start at 09:00 and race execution.
11:00 – 11:30	Race conclusion and results verification.
11:30 – 12:30	Break, recovery, and Technical Race preparation.
12:30 – 12:45	Technical Race briefing.
13:00 – 15:30	SUP Race Technical Heats and final stages. If preliminary rounds take place on Friday, quarter-finals, semi-finals, and finals will be held in this block.
15:30 – 16:00	Men's and Women's Technical Race Grand Finals.
16:00	End of ESL 2026 competition.
17:30 – 19:00	Final Ceremony at Fortaleza de Sesimbra: Long Distance awards, Technical Race awards, overall ESL 2026 rankings, recognitions, and official closing.
19:00 – 22:00 approx.	Cocktail / gathering / ESL after-party.

SUNDAY, SEPTEMBER 13 – SOCIAL & PROMOTIONAL DAY

Time	Activity
10:00 – 12:00	"SUP Friendship" Paddle and open activities for recreational paddlers / amateurs.
10:00 – 13:00	Intro to SUP, Adaptive/Inclusive SUP, environmental activities, and social/promotional actions.

Note: No official ESL competition. These activities should be organized mainly with local resources, avoiding the need for judges, production teams, media, or traveling personnel.

OBJECTIVES OF THE NEW FORMAT

- Concentrate the three official competitions across Friday and Saturday.
- Run the Long Distance race early on Saturday morning.
- Use the Technical Race as the main sporting and audiovisual grand finale of the season.
- Hold the League's final award ceremony on Saturday to facilitate return travel on Sunday.
- Keep Sunday as a social and promotional day depending on available resources.

FLEXIBILITY CRITERIA

The final schedule will be confirmed once the total number of registered participants is known. If the Technical Race sees high participation, Friday late afternoon will be used to run preliminary rounds. In that case, the Sprint award ceremony will shift to the end of those rounds. This will allow Saturday to maintain a fast-paced schedule with Long Distance in the morning, decisive Technical stages afterward, and the closing ceremony and party at the end of the day.