



11th Finswimming junior World Championship

5th - 12th July



OFFICIAL INVITATION

Dear Mrs/Mr President, Dear Sport Friends,

It is with great pleasure that the CMAS (World Underwater Federation), the "FEDAS" (Spanish Underwater Federation) and the Organizing Committee invites you and your Finswimming team to participate in the **XI CMAS FINSWIMMING JUNIOR WORLD CHAMPIONSHIP** which will be held in Palma (Mallorca-Balearic Islands- SPAIN) from 5th to 12th July 2010.

Herewith you may find all information on the competition as well as all the forms necessary for participation.

Looking forwards to welcoming you to Palma (Majorca, Spain).

Yours sincerely,

Palma; 16th January 2010

MR. Xavier Durán
FEDAS President

www.cmas-mallorca2010.com

For further information, please contact us at the following address:

Organizing Committee: **UNISPORT CONSULTING**

C/ Fluvià, 9, 1º
07009 PALMA · MALLORCA
(BALEARIC ISLANDS · SPAIN)
e-mail: info@cmas-mallorca2010.com



ORGANIZING COMMITTEE

Unisport Consulting
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GENERAL INFORMATION

1- GENERAL INFORMATION,

The competition will take place in Palma (Mallorca · Balearic Islands · Spain) between Monday 5th of July and Monday 12th of July 2010.

2- COMPETITION POOL

The forthcoming pool trial programme, outlined as follows, will take place in the **Son Hugo Municipal Swimming Pool Complex:**

This sports complex, with a capacity of 1.200 spectators, has three reglamentary pools destined to sports competitions (out-door pool 50 x 25 x 2, in-door variable depth pool 50 x 25 and diving pool 25 x 17 x 5) and is equipped with Omega scoreboards.

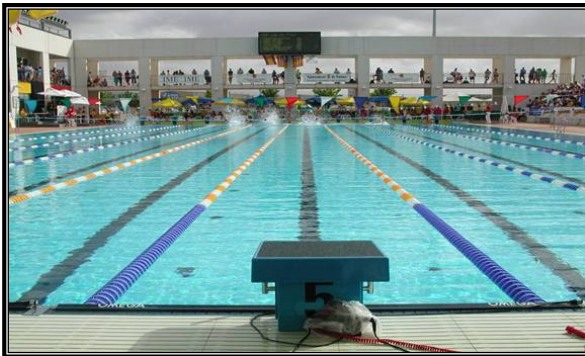
The installations include male changing rooms holding up to 320; female changing rooms (up to 320); trainers' changing rooms (up to 40) and special changing rooms equipped for the disabled.

Other facilities include 3 gyms (2 fitness halls and a multi-use hall), an indoor cycling hall, a lecture hall with a capacity of up to 30 people; the restaurant – cafeteria holding up to 200; outdoor parking facilities with a capacity of 456 vehicles and a 7.000 sq.m green zone destined to outdoor activities. The complex also houses Municipal Sports Institute offices .

Son Hugo is equipped with the latest advances in sports technology, energy systems, illumination and filters something which converts it into the ideal venue for official competitions, as demonstrated by its history of experience in the organization of such events:

- 1999 University Games (swimming, diving and water polo).
- 1999 Water polo World League.
- 2000 CMAS Finswimming World Championships
- 2001, 2003 & 2005 Spanish National Swimming Championships.
- 2001 & 2002 Spanish National Synchronized Swimming Championships.

- 2001 European Masters Championships (swimming and diving).
- 2001, 2003 & 2004 Spanish National Diving Championship.
- 2004 Spanish National Finswimming Championships.
- Preparation venue of the U.S. and German teams and also the Russian diving team for the 2004 Athens Olympic Games.
- 2006, 2007 & 2008 CMAS Finswimming World Cup.
- 2007 European Junior Swimming & Diving Championship.
- 2004 & 2007 World Flipper Championship.



3- LONG DISTANCE FIELD

All open water trials outlined in the programme will be held in the **Bay of Palma, in Cala Major**. The headquarters of these trials will be the **Calanova Sailing School**, a brief description of which is outlined below:

Inaugurated in August 1976, the port of Calanova is situated (coordinates 39° 33' N and 02° 36' E) between the beaches of Cala Major and Illetes. This area, offering a typical Mediterranean climate, clear waters and gentle winds is just 5 minutes from the city centre, 10 kms from Son Sant Joan International airport (Palma) and 32 nautical miles from the National Park of Cabrera.

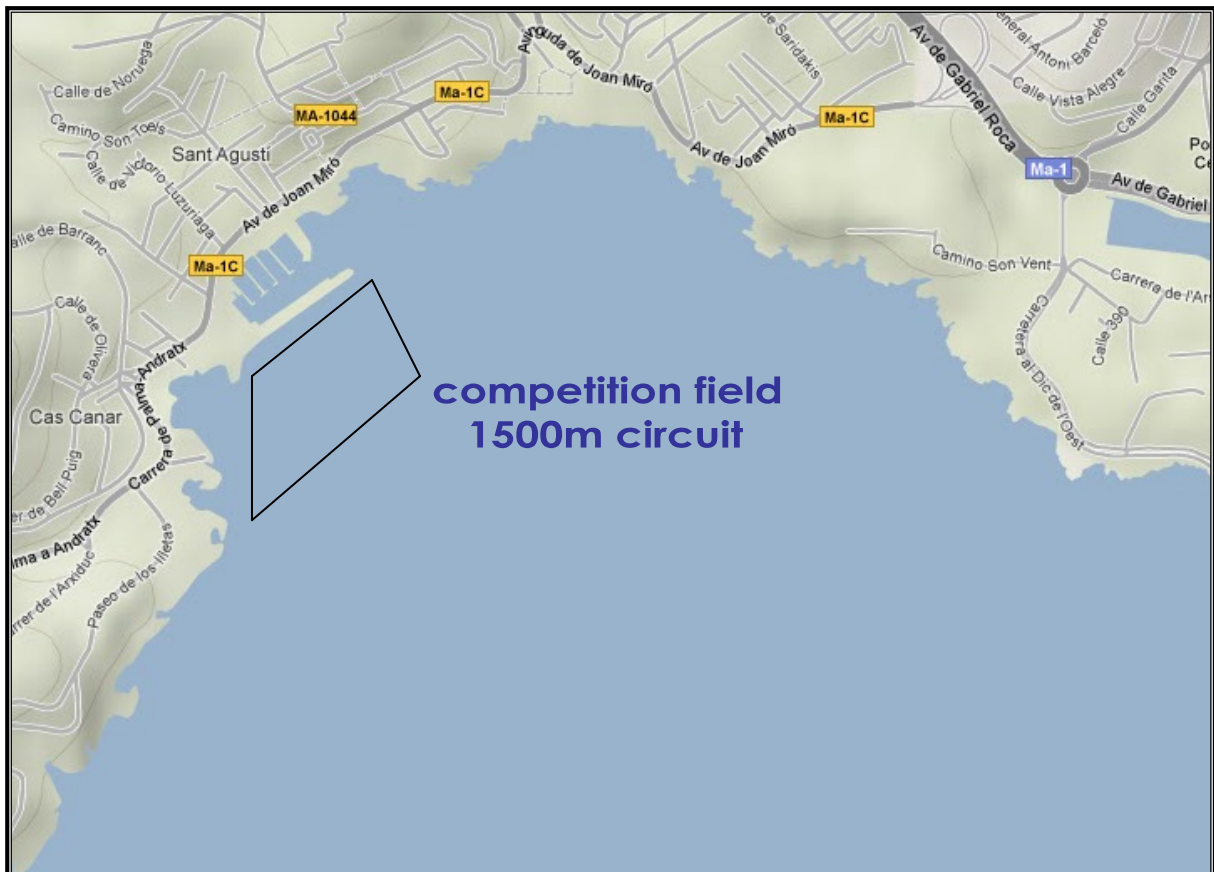
Over the years Calanova has carried out a series of reforms destined to the improvement and modernization of its infrastructure in order to provide its users with the maximum level of service: substitution of docks, replacement of the electrical network, renovation of showers and changing rooms destined to both pupils and the public alike, Federation offices, the reinforcement of breakwaters, a new waiting dock, to name but a few. The implementation of these initiatives has climaxed in the awarding of both the ISO14001, the IQT quality certificate awarded by the Government of the Balearic Islands and the Blue Flag highlighting the quality of its water, awarded by the European Union.

Calanova houses the headquarters of the Balearic Underwater Federation (FEBAS).

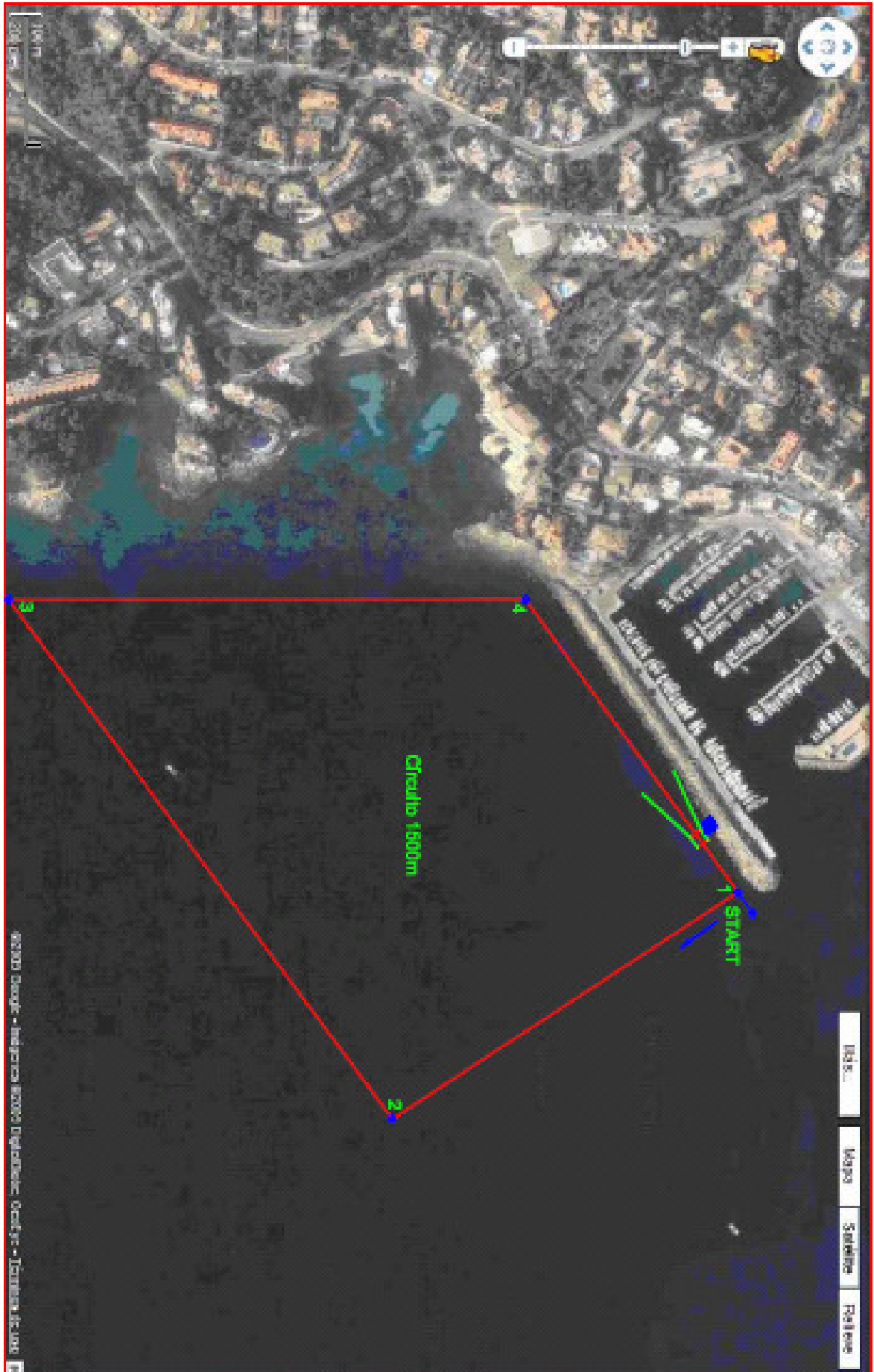
Additional facilities available include:

- Bar – restaurant.
- Parking.
- Showers.
- Taxis (50 m. away)
- 24- hour surveillance.
- Lift for the disabled.
- Meteorological information.

LONG DISTANCE FIELD IMAGES



LONG DISTANCE COMPETITION FIELD



4- PARTICIPATION

Only National Federation teams affiliated to the CMAS are eligible to compete in the competition. Each National team should respect the rules of championship, the safety conditions set by the Organizers and CMAS Rules and Regulations.

> *Swimming-pool events*: No more than two (2) athletes per National team are allowed to compete in each individual event and no more than one team per relay event.

> *Long Distance events*: No more than four (4) athletes per National team are allowed to compete in each individual event and no more than one team per relay event.

Each National team must bring two (2) national flags (m. 2,00 x m. 1,00) and a CD with the national anthem (short version).

5- DISCIPLINES AND DISTANCES (BOYS AND GIRLS)

> **Swimming-pool:**

Surface Finswimming (SF): 50m, 100m, 200m, 400m, 800m, 1.500m

Apnea (AP): 50m

Immersion (IS): 100m, 400m, 800m

Relay: 4x100m, 4x200m

Bifins (BF): 50m, 100m, 200m.

> **Long Distance:**

Individual: 6.000m

Relay: 4x3.000m

6- INTERNATIONAL JURY

International Chief Judge: According to the CMAS rules.

7- CLASSIFICATION AND AWARDS

According to the CMAS rules.

8- PROTEST

According to the CMAS rules.

9- BOTTLE FILLING

The organizer guarantees the filling of DIN 200 or YOKE cylinders (bottles). The maximum charging pressure is 200 Bars. All cylinders (bottles) must be in good condition and must have passed a hydraulic test 24 month prior to the date of the championship.

10- BOOKING & ENTRY FEE

> **Choice 1 (8 days):** Entry fee per participant is **750 Euros**. The organizer will provide:

- Accommodation in double or triple hotel rooms.
- Breakfast, lunch and dinner, starting with dinner on the **5th July** and ending with breakfast on the **12th July 2010**.
- **Transfers airport-hotel-airport.**
- Transfers between the Official Hotel and Swimming pool and the E.N.V. Calanova.
- Participation at the opening and closing ceremony.

> **Choice 2 (6 days):** Entry fee per participant is **700 Euros**. The organizer will provide:

- Accommodation in double or triple hotel rooms.
- Breakfast, lunch and dinner, starting with dinner on the **5th July** and ending with breakfast on the **10th July 2010**.
- **Transfers airport-hotel-airport.**
- Transfers between the Official Hotel and Swimming pool and the E.N.V. Calanova.
- Participation at the opening and closing ceremony.

> **Choice 3 (5 days):** Entry fee per participant is **550 Euros**. The organizer will provide:

- Accommodation in double or triple hotel rooms.
- Breakfast, lunch and dinner, starting with dinner on the **8th July** and ending with breakfast on the **12th July 2010**.
- **Transfers airport-hotel-airport.**
- Transfers between the Official Hotel and Swimming pool and the E.N.V. Calanova.
- Participation at the opening and closing ceremony.

> Extra charges for **single room** ascend to **45 Euros** per day.

> **Extra day** charged at **85 Euros** per day, including full board and Accommodation.

> Any requests or queries on the price of the hire of the pool outside championship dates should sent directly to the Organizing Committee.

BQ BELVEDERE HOTEL

The hotel is situated in the Bay of Palma 850m from Cala Mayor beach, 600m from E.N.V. Calanova, in a peaceful and quiet area. The 9-floor hotel has 414 fully equipped bedrooms, a large swimming pool surrounded by gardens with a sun bathing area and two Jacuzzis.

There is a non-smoking, self-service buffet style restaurant with air conditioning as well as a pizza restaurant and a snack bar beside the swimming pool.



RESTAURANT:

- Full buffet breakfast, full buffet lunch and full buffet dinner
- Water and sparkling drinks are available during lunch and the evening meal:

Near BQ BELVEDERE HOTEL:

- 500 metres from Cala Mayor shopping centre.
- 850 metres from Cala Mayor Beach.
- 600 metres from Calanova Sailing School (Long distance competition centre).
- 4 kms. from Palma's historic Old Town.

- 7 kms. from Palma Nova and Magalluf beaches.
- 15 kms. from the **Palma airport**.

11. PAYMENT

Minimum 50% of total entry fee should be deposited at our bank **no later than 8th June 2010** to guarantee the booking. **After this date (8th June 2010) the participation fee will increased by a further 10% of the total amount.** The remaining payment should be made on arrival.

The Organizer will only accept cash or transfers (bank charges will be charged to the remitter).

Bank cheques will not be accepted.

<p>Bank: Santander Central Hispano c/ Aragón 210 07005 Palma de Mallorca, Spain IBAN: ES26 0049 4349 9123 1000 1781 SWIFT CODE: BSCHEMXX</p>

12- SECRETARY AND COMPETITION FEE

Participants who choose to be accommodated in hotels other than the official will have to pay **500 Euros** per person for secretarial fees, competition, opening and closing gala ceremony. No local transfers will be provided.

13- VISA

If you require a visa, please contact the Spanish Embassy or Consulate in your country at least forty (40) days prior to entry in Spain.

14- VARIOUS

Electrical current in Spain is 220V, 50Hz.

15- DEADLINE - CONDITION FOR ENTRY AND PARTICIPATION

- **no later than 21th May 2010**
 - **(Annex 1)** The preliminary declaration of participation and registration form should be sent to the CMAS and Organizing Committee.
- **no later than 8th June 2010**
 - **(Annex 2)** Final Hotel Booking form and entry fee should be sent to the Organizing Committee.

- Send also copy of “bank transfer”

- **no later than 11th June 2010**

- **(Annex 3)** The Competitor's List form should be sent to CMAS HQ and the Organizing Committee. (on line web site www.cmas.org)
- **(Annex 4)** The List of National Records should be sent to CMAS HQ and the Organizing Committee.
- Sport Record of Swimmers should be sent to the Organizing Committee.

16- CHAMPIONSHIP PROGRAMME

The Championship will be carried out over a period of 5 days and in 8 sessions.

Swimming-Pool events: The qualifying heats are scheduled in the morning and the semi-finals (for 50m SF, 50m AP) or finals in the afternoon. All other distances: qualifying heats and finals.

Long Distance events: Final race with all participants.

The championship programme is as follows:

Monday 5th July 2010

- Arrival of the delegations throughout the morning.
- Afternoon: Document check and handing-out of accreditations at the official hotel.

Tuesday 6th July 2010

- morning Training at the swimming-pool
 - afternoon 16:00 Team leaders' technical meeting at the official hotel.
- 18:30 **Championship Opening Ceremony**

Wednesday 7th July 2010

- | | | | | |
|---|-------------|------------|-------|------------|
| - | 8:15 – 9:15 | Warm-up | | |
| - | 9:30 | 100 SF | Women | heats |
| | | 100 Bifins | Women | heats |
| | | 100 SF | Men | heats |
| | | 100 Bifins | Men | heats |
| | | 1500 SF | Women | slow heats |
| | | 1500 SF | Men | slow heats |
| | | 400 IM | Women | slow heats |
| | | 400 IM | Men | slow heats |
| | | 4x200 | Women | slow heats |
| | | 4x200 | Men | slow heats |

- Lunch
- 15:45 – 16:45 Warm-up
- 17:00

100 SF	Women	Final
100 Bifins	Women	Final
<i>Award Ceremony 100 SF Women</i>		
100 SF	Men	Final
<i>Award Ceremony 100 Bifins Women</i>		
100 Bifins	Men	Final
<i>Award Ceremony 100 SF Men</i>		
1500 SF	Women	Fast heats
<i>Award Ceremony 100 Bifins Men</i>		
1500 SF	Men	Fast heats
<i>Award Ceremony 1500 SF Women</i>		
400 IM	Women	Fast heats
<i>Award Ceremony 1500 SF Men</i>		
400 IM	Men	Fast heats
<i>Award Ceremony 400 IM Women</i>		
4x200	Women	Fast heats
<i>Award Ceremony 400 IM Men</i>		
4x200	Men	Fast heats
<i>Award Ceremony 4x200 Women</i>		
<i>Award Ceremony 4x200 Men</i>		

Thursday 8th July 2010

- "Long Distance Team" delegation arrival.
 - Afternoon: Document check and handing-out of accreditations at the official hotel.
 - "Official Championship Dinner for Delegation representatives"
- 8:15 – 9:15 Warm-up
 - 9:30

50 SF	Women	heats
50 Bifins	Women	heats
50 SF	Men	heats
50 Bifins	Men	heats
800 IM	Women	slow heats
800 IM	Men	slow heats
400 SF	Women	slow heats
400 SF	Men	slow heats
100 IM	Women	slow heats

	100 IM	Men	slow heats
- Lunch			
- 15:45 – 16:45	Warm-up		
- 17:00	50 SF	Women	Final
	50 Bifins	Women	Final
	<i>Award Ceremony 50 SF Women</i>		
	50 SF	Men	Final
	<i>Award Ceremony 50 Bifins Women</i>		
	50 Bifins	Men	Final
	<i>Award Ceremony 50 SF Men</i>		
	800 IM	Women	Fast heats
	<i>Award Ceremony 50 Bifins Men</i>		
	800 IM	Men	Fast heats
	<i>Award Ceremony 800 IM Women</i>		
	400 SF	Women	Fast heats
	<i>Award Ceremony 800 IM Men</i>		
	400 SF	Men	Fast heats
	<i>Award Ceremony 400 SF Women</i>		
	100 IM	Women	Fast heats
	<i>Award Ceremony 400 SF Men</i>		
	100 IM	Men	Fast heats
	<i>Award Ceremony 100 IM Women</i>		
	<i>Award Ceremony 100 IM Men</i>		

Friday 9th July 2010

- 9:30	Sea training		
- 21:00	Team leaders' technical meeting at the official hotel.		
- 8:15 – 9:15	Warm-up		
- 9:30	50 AP	Women	heats
	50 AP	Men	heats
	200 SF	Women	heats
	200 Bifins	Women	heats
	200 SF	Men	heats
	200 Bifins	Men	heats
	800 SF	Women	slow heats
	800 SF	Men	slow heats
	4x100	Women	slow heats

	4x100	Men	slow heats
-	Lunch		
-	15:45 – 16:45	Warm-up	
-	17:00	50 AP	Women Final
		50 AP	Men Final
		<i>Award Ceremony 50 AP Women</i>	
		200 SF	Women Final
		<i>Award Ceremony 50 AP Men</i>	
		200 Bifins	Women Final
		<i>Award Ceremony 200 SF Women</i>	
		200 SF	Men Final
		<i>Award Ceremony 200 Bifins Women</i>	
		200 Bifins	Men Final
		<i>Award Ceremony 200 SF Men</i>	
		800 SF	Women Fast heats
		<i>Award Ceremony 200 Bifins Men</i>	
		800 SF	Men Fast heats
		<i>Award Ceremony 800 SF Women</i>	
		4x100	Women Fast heats
		<i>Award Ceremony 800 SF Men</i>	
		4x100	Men Fast heats
		<i>Award Ceremony 4x100 Women</i>	
		<i>Award Ceremony 4x100 Men</i>	

Saturday 10th July 2010

- Morning: "Swimming-pool Team" delegation departure
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-	9:00	Warm-up	
-	9:30	Relay 4x3.000	women Final
-	11:30	Relay 4x3.000	men Final

Sunday 11th July 2010

-	9:00	Warm-up	
-	9:30	6.000	women Final
-	11:30	6.000	men Final

- 13:30 *Award Ceremony 4x3.000Women*
 - Award Ceremony 4x3.000Men*
 - Award Ceremony 6.000Women*
 - Award Ceremony 6.000Men*
- CHAMPIONSHIP CLOSING CEREMONY** at the E.N.V. Calanova

Monday 12th July 2010

- Morning: Delegation departure

Note: The competition programme is subject to change according to CMAS.

17- ORGANIZING COMMITTEE: UNISPORT CONSULTING

More than 14 years experience in the organization of Sports, corporation and official events, not to mention advertising and marketing campaigns, is the guarantee that UNISPORT CONSULTING provides. Its various departments, comprised of a highly trained and extremely experienced team, guarantee the success of any kind of event.

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**UniSport
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