



8th CMAS WORLD CUP 2013

FINSWIMMING "Round 4

April 2012 from 12th to 14th - AIX EN PROVENCE - FRANCE

PROGRAM

Friday 12th April 2013

ALL DAY Arriving of teams, checking of documents, payment of participant fees for competition

ALL DAY Check of equipments

11h00 Technical meeting LONG DISTANCE WC CMAS

14h00 Appointment in the competition place (Lac de Plantain- PEYROLLES)

15h30 **Departure of the race 4KM.**

19h00 Technical meeting POOL.

17h00 – 20h00 TRAINING - WARM UP

Saturday 13th April 2013

7h30 9h00 Warm Up

9h15 50 AP Girls/Boys/Women/Men

800 SF Girls/Boys/Women/Men

Award ceremony

14h00 15h00 Warm Up

15h00 15h30 **Opening ceremony and Award ceremony of Long Distance**

15h45 50 BF Girls/Boys/Women/Men

200 SF Girls/Boys/Women/Men

100IM Girls/Boys/Women/Men

400IM Girls/Boys/Women/Men (**OUT OF WORLD CUP**)

Award ceremony

Sunday 14th April 2013

7h30 9h00 Warm Up

9h15 100 BF Girls/Boys/Women/Men

100 SF Girls/Boys/Women/Men

400 SF Girls/Boys/Women/Men

Award ceremony

14h15 - 15h15 Warm Up

15h30 50 SF Girls/Boys/Women/Men

200 BF Girls/Boys/Women/Men

4 x 100 SF Girls/Boys/Women/Men

Award ceremony

Monday 15th April 2013

Departure of the teams.

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