



OFFICIAL INVITATION

To all federations, members of CMAS,
Participation in Finswimming Sport

Poland, 18th February 2013

Dear Mrs. President, dear Mr. President,

Object: Invitation to the XIV CMAS Finswimming Junior European Championship 2013

Polish Underwater Federation and Szczecin City, are pleased to invite you

and your Finswimming team to participate to the XIV CMAS Finswimming Junior European Championship in Szczecin (Poland) from 8th to 15th of July 2013.

You will find all information in the invitation and on www.pzp-n.pl/2013/

We hope that we may welcome you in Poland and are looking forward to host you next July.

Kindly yours

Robert Nowicz

Polish Underwater Federation President

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

Organizing Committee:

Polish Underwater Federation

**Hallera 2
83-400 Koscierzyna
Poland**

e-mail: biuro@pzp-n.pl

www.pzp-n.pl/2013/



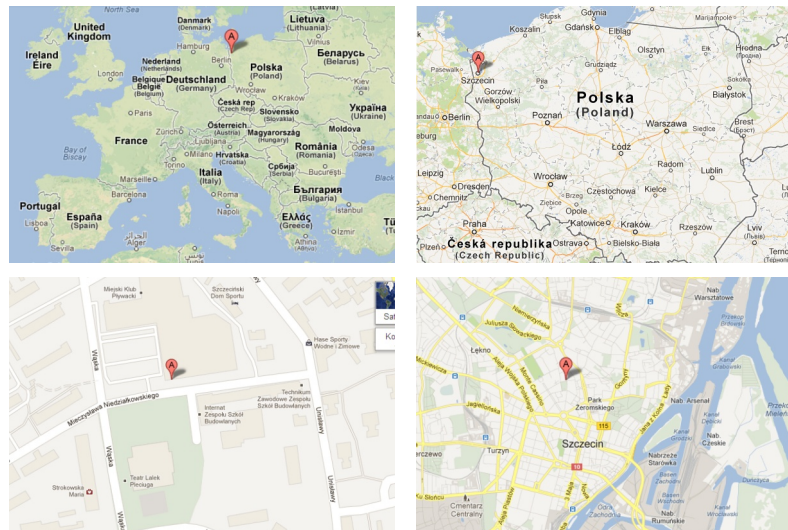
GENERAL INFORMATION

The competition will take place in Szczecin (POLAND) between Monday 8th of July (Arrival) and Monday 15th of July 2013 (Departure).

1. COMPETITION POOL

The pool part of competition will be held on newly (2010) build swimming pool "Floating Arena".

Address: 16 Wąska Str. 71-415 Szczecin, Poland.



The pool has a length of 50 meters with 10 lanes depth 2.24 m, temperature $26^{\circ} \pm 1^{\circ} \text{C}$ and 1760 places for spectators.





2. LONG DISTANCE FIELD

The lake where the Long Distance contests will be held is around 25 km away from swimming pool in Szczecin.

Lake : 3500 ha big lake (15 km long and 3 km wide, depth max 43 m) with high water quality



Hotel : new sport hotel in Stargard Szczeciński City <http://www.hotel104.pl/>

3. 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).

4. DISCIPLINES AND DISTANCES (Male and Female)

Swimming-pool:

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

Apnea (AP): 50m

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

Relay: 4x100m, 4x200m

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

Long Distance:

Individual: 6.000m

Relay: 4x3.000m

5. INTERNATIONAL JURY

International Chief Judge: According to the CMAS rules.



6. CLASSIFICATION AND AWARDS

According to the CMAS rules and regulations.

7. PROTEST

According to the CMAS rules.

8. BOTTLE FILLING

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

9. 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 8th July and ending with breakfast 15th July 2013.
- Transfers airport Szczecin-Goleniow – hotel – airport Szczecin-Goleniow.
(Transfers from/to airport BERLIN possible – extra fee **40. – Euros** per person)
- Transfers between the official hotel and swimming pool and the lake.
- 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 8th July and ending with breakfast on the 13th July 2013.
- Transfers airport Szczecin-Goleniow – hotel – airport Szczecin-Goleniow.
(Transfers from/to airport BERLIN possible – extra fee **40. – Euros** per person)
- Transfers between the official hotel and swimming pool and the lake.
- 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 11th July and ending with breakfast on the 15th July 2013.
- Transfers airport Szczecin-Goleniow – hotel – airport Szczecin-Goleniow.
(Transfers from/to airport BERLIN possible – extra fee **40. – Euros** per person)
- Transfers between the official hotel and swimming pool and the lake.
- Participation at the opening and closing ceremony.



- > **Extra charges for single room** ascend to **20. -- Euros** per day.
- > **Extra day** charged at **80. -- 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 be sent directly to the organizing committee.

ATTENTION: Deadline for the final **hotel booking** on the **24th April 2013**. Later registrations will not be accepted.

10. PAYMENT

Minimum 50% of total entry fee should be deposited at our bank no later than **24th April 2013** to guarantee the booking. After this date (**24th April 2013**) 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 and credit card will not be accepted!

Name of the Bank : BANK ZACHODNI WBK SA
I ODDZIAŁ GDYNIA
Address of the Bank: 10 Lutego 11
81-366 GDYNIA

Beneficiary: Polski Związek Pletwonurkowania,
Address : Marii Curie-Skłodowskiej 19
81-231 Gdynia, Poland

Bank account no: SWIFT (BIC CODE) : **WBKPPLPP**
IBAN: PL9310901102000000115588285

11. 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.

12. VISA

If you require a visa, please contact the Polish embassy or consulate in your country at least forty (40) days prior to entry in Poland. For invitation please send us list of name, date of birth, passport number and function (athlete, coach) each participant.

13. VARIOUS

Electrical current in Poland is 230V, 50Hz.



14. DEADLINE - CONDITION FOR ENTRY AND PARTICIPATION

❖ no later than 8th April 2013

(Annex 1) The preliminary declaration of participation and registration form should be sent to the CMAS and organizing committee.

❖ no later than 24th April 2013

(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 8th June 2013

(Annex 3) The competitor's list form should be sent to CMAS HQ and the organizing committee (on line web site www.cmas.org)

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.

15. CHAMPIONSHIP PROGRAMME

The championship will be carried out over a period of 3 days in 6 sessions at the swimming pool and 2 days in 2 sessions Long Distance in the lake. Swimming pool events: The qualifying heats are scheduled in the morning and the semifinals (for 50m SF/BF/AP and 100m SF/BF) or finals in the afternoon. All other distances: qualifying heats and finals. Long Distance events: Final race with all participants.

The championship program is as follows:

Monday 8th July 2013

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

Tuesday 9th July 2013

- Morning training at the swimming-pool
- Afternoon:
 - 15:00 team leaders' technical meeting at the official hotel.
 - 19:30 **CHAMPIONSHIP OPENING CEREMONY**



Wednesday 10th July 2013

08:15 – 09:15 Warm-up

09:30	100 SF	Women	heats
	100 BF	Women	heats
	100 SF	Men	heats
	100 BF	Men	heats
	1500 SF	Women	slow heats
	1500 SF	Men	slow heats
	400 IM	Women	slow heats
	400 IM	Men	slow heats
	4x 200 SF	Women	slow heats
	4x 200 SF	Men	slow heats

- Lunch -

15:45 – 16:45 Warm-up

17:00	100 SF	Women	final
	100 BF	Women	final
	<i>Award Ceremony 100 SF Women</i>		
	100 SF	Men	final
	<i>Award Ceremony 100 BF Women</i>		
	100 BF	Men	final
	<i>Award Ceremony 100 SF Men</i>		
	1500 SF	Women	fast heat
	<i>Award Ceremony 100 BF Men</i>		
	1500 SF	Men	fast heat
	<i>Award Ceremony 1500 SF Women</i>		
	400 IM	Women	fast heat
	<i>Award Ceremony 1500 SF Men</i>		
	400 IM	Men	fast heat
	<i>Award Ceremony 400 IM Women</i>		
	4x 200 SF	Women	fast heat
	<i>Award Ceremony 400 IM Men</i>		
	4x 200 SF	Men	fast heat
	<i>Award Ceremony 4x 200 SF Women</i>		
	<i>Award Ceremony 4x 200 SF Men</i>		



Thursday 11th July 2013

- "Long Distance Team" delegation arrival.

08:15 – 09:15 Warm-up

09:30	50 SF	Women	heats
	50 BF	Women	heats
	50 SF	Men	heats
	50 BF	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 BF	Women	final
	<i>Award Ceremony 50 SF Women</i>		
	50 SF	Men	final
	<i>Award Ceremony 50 BF Women</i>		
	50 BF	Men	final
	<i>Award Ceremony 50 SF Men</i>		
	800 IM	Women	fast heat
	<i>Award Ceremony 50 BF Men</i>		
	800 IM	Men	fast heat
	<i>Award Ceremony 800 IM Women</i>		
	400 SF	Women	fast heat
	<i>Award Ceremony 800 IM Men</i>		
	400 SF	Men	fast heat
	<i>Award Ceremony 400 SF Women</i>		
	100 IM	Women	fast heat
	<i>Award Ceremony 400 SF Men</i>		
	100 IM	Men	fast heat
	<i>Award Ceremony 100 IM Women</i>		
	<i>Award Ceremony 100 IM Men</i>		

- Afternoon: Document check and handing-out of accreditations at the official hotel.

- Official Championship Dinner for Delegation Representatives



Friday 12th July 2013

Long Distance

09:30 Lake training
- Lunch -
14:00 Lake training
18:30 Team leaders' technical meeting at the official hotel

Swimming-pool

08:15 –09:15 Warm-up

09:30	50 AP	Women	heats
	50 AP	Men	heats
	200 SF	Women	slow heats
	200 BF	Women	slow heats
	200 SF	Men	slow heats
	200 BF	Men	slow heats
	800 SF	Women	slow heats
	800 SF	Men	slow heats
	4x 100 SF	Women	slow heats
	4x 100 SF	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	fast heat
	<i>Award Ceremony 50 AP Men</i>		
	200 BF	Women	fast heat
	<i>Award Ceremony 200 SF Women</i>		
	200 SF	Men	fast heat
	<i>Award Ceremony 200 BF Women</i>		
	200 BF	Men	fast heat
	<i>Award Ceremony 200 SF Men</i>		
	800 SF	Women	fast heat
	<i>Award Ceremony 200 BF Men</i>		
	800 SF	Men	fast heat
	<i>Award Ceremony 800 SF Women</i>		
	4x 100 SF	Women	fast heat
	<i>Award Ceremony 800 SF Men</i>		
	4x 100 SF	Men	fast heat
	<i>Award Ceremony 4x 100 SF Women</i>		
	<i>Award Ceremony 4x 100 SF Men</i>		



Saturday 13th July 2013

- Morning: "Swimming-pool Team" delegation departure
- Free day of the "swimming pool teams" (optional: excursion, bike tours, alternative sport programs, barbeque,)

09:30	Warm-up		
10:00	Relay 4x 3.000m	Women	final
12:30	Relay 4x 3.000m	Men	final

- Lunch –

Sunday 14th July 2013

- Free day of the "swimming pool teams" (optional: excursion, bike tours, and alternative sport programs)

09:30	Warm-up		
10:00	6.000m	Women	final
11:30	6.000m	Men	final

- Lunch -

16:00	<i>Award Ceremony 4x 3.000 Women</i>
	<i>Award Ceremony 4x 3.000 Men</i>
	<i>Award Ceremony 6.000 Women</i>
	<i>Award Ceremony 6.000 Men</i>

CHAMPIONSHIP CLOSING CEREMONY

Monday 15th July 2013

- Morning: Delegation departure
- Note: The competition program is subject to change according to CMAS.

16. ORGANIZING COMMITTEE:

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

Organizing Comitee:

Polish Underwater Federation

**Hallera 2
83-400 Koscierzyna
Poland**

e-mail: biuro@pzp-n.pl

www.pzp-n.pl/2013/