



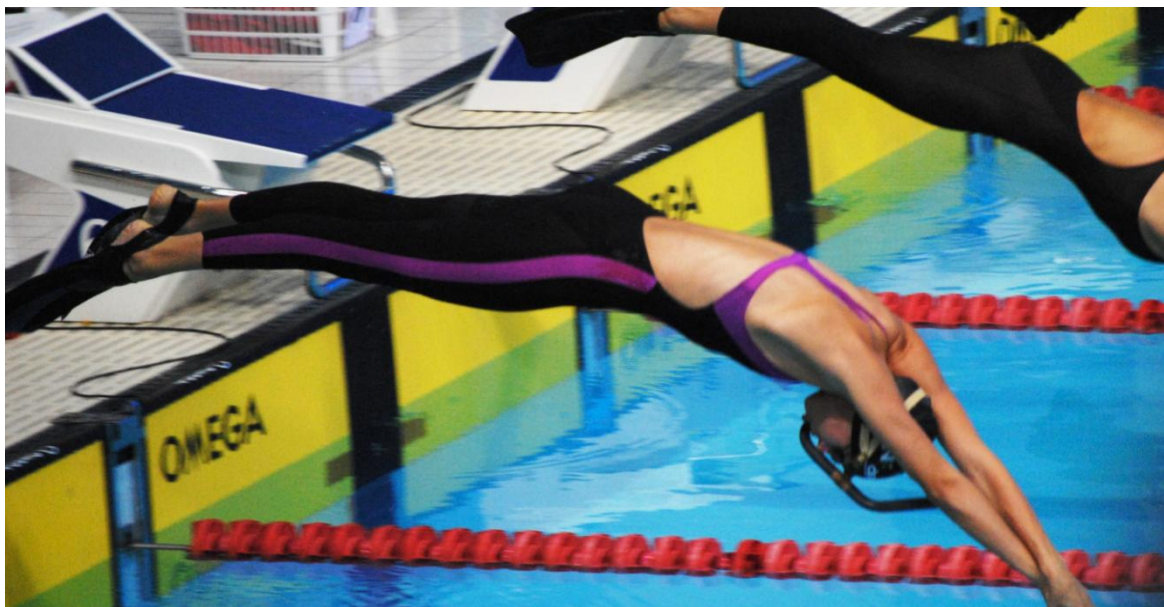
Under the patronage of

**Ministry of Youth, Sports, Women and Family
World Confederation of Underwater Activities
The Union of Mediterranean Federations of Underwater Activities
(UFMAS)**

The Tunisian Federation of Underwater Activities Organizes

**The 1st Mediterranean championship in
finswimming**

TUNIS-RADES, 30 August-4 September 2014





OFFICIAL INVITATION

On behalf of the Tunisian Federation of Underwater Activities, I am pleased to invite your National team to:

The First Mediterranean championship in finswimming

that will be held from 30th August to 4th September, 2014 at the Olympic Pool of Rades and the Lake of Tunis-Tunisia.

ABDELKRIM BOUJEMAA

**President of the
Tunisian Federation of Underwater Activities**



City map of Rades



GENERAL INFORMATION

1. Denomination:

The Tunisian Federation of Underwater Activities (FAST) with the agreement of The World Confederation of Underwater Activities (CMAS) and the Union of Mediterranean Federations of Underwater Activities (UFMAS) organizes the First Mediterranean **championship in finswimming at Tunis (Tunisia)** from Saturday 30th August to Thursday 4th September 2014.

2. Participation:

Eligible to participate in this Championship are only the National teams of Federations which are affiliated at CMAS finswimming commission and at Union of Mediterranean Federations of Underwater Activities (UFMAS). Each National team should comply with the rules of championship, the safety conditions set by the organizers and the CMAS Rules and Regulations.

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

Swimming-pool events: Every National team should enter not more than two (2) competitors for each individual event and not more than one team in each relay event.

Open water events: Every National team should enter not more than four (4) competitors for each individual event and not more than one team in relay event.



3. Disciplines and distances (Male and female):

Swimming pool:

- Surface finswimming (SF): 50m, 100m, 200m, 400m.
- Bi fin (BF): 50m, 100m, 200m.
- Apnea: 50m.
- Relay: 4x100 (SF)
- Relay : 4x50 (BF)

Open water :

- Individual : 4 Km (SF), 4 Km (BF)
- Relay : 4x2 Km mixed

4. International Jury :

CMAS technical delegate: According to the CMAS rules.

Classification and awards: According to the CMAS rules.

Note: A junior classification will be extract and UFMAS will provide medals for this.

5. Protest: According to the CMAS rules.

6. Championship program:

The championship will be carried out over a period of 2 days in 4 sessions at the swimming pool and 1 day in 2 sessions open water in the lake.

Swimming pool events: The qualifying heats are scheduled in the morning and finals in the afternoon.

Except relay if the number of teams is below eight. In this case relay will be swum in direct final.

Open water events: Relay team will be constituted according CMAS fin swimming rules version 2013-01, point 3.3.3.3.

Saturday 30th August 2014:

Morning: Arrival of the delegation throughout the morning.

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

Dinner: 20h00



Sunday 31th August 2014:

Morning	
7:00	Breakfast
9:00	Training at the swimming pool + update course for judges.
13:00	Lunch
Afternoon	
15:00	Team leaders' technical meeting at the official hotel
19:30	Championship opening ceremony

Monday 1th September 2014:

07:00	Breakfast	
08:15	Warm-up	
09:30	50m AP	Women (heats)
	50m BF	Women (heats)
	100m SF	Men (heats)
	100m BF	Men (heats)
	200m SF	Women (heats)
	200m BF	Women (heats)
	400m SF	Men (heats)
	4x100m SF	Women (if more than 8 teams)
	4x50m BF	Women (if more than 8 teams)
13:00	Lunch	
15:45-16:45	Warm-up	
17:00	50m AP	Women (Finale)
	50m BF	Women (Finale)
	Award Ceremony 50 AP Women	
	100m SF	Men (Finale)
	Award Ceremony 50m BF Women	
	100m BF	Men (Finale)
	Award Ceremony 100m SF Men	
	200m SF	Women (Finale)
	Award Ceremony 100m BF Men	
	200m BF	Women (Finale)
	Award Ceremony 200m SF Women	
	400m SF	Men (Finale)
	Award Ceremony 200m BF Women	
	4x100m SF	Women (Finale)
	Award Ceremony 400m SF Men	
	4x50m BF	Women (Finale)
	Award Ceremony 4x100m SF Women	
Award Ceremony 4x50m BF Women		
20.00	Dinner	



Tuesday 2nd September 2014:

07:00	Breakfast		
08:15	Warm-up		
09:30	50m AP	Men (heats)	
	50m BF	Men (heats)	
	100m SF	Women (heats)	
	100m BF	Women (heats)	
	200m SF	Men (heats)	
	200m BF	Men (heats)	
	400m SF	Women (heats)	
	4x100m SF	Men (If more than 8 teams)	
	4x50m BF	Men (If more than 8 teams)	
13.00	Lunch		
15:45-16:45	Warm-up		
17:00:	50m AP	Men (Finale)	
	50m BF	Men (Finale)	
	Award Ceremony 50 AP Men		
	100m SF	Women (Finale)	
	Award Ceremony 50 BF Men		
	100m BF	Women (Finale)	
	Award Ceremony 100 SF Women		
	200m SF	Men (Finale)	
	Award Ceremony 100 BF Women		
	200m BF	Men (Finale)	
	Award Ceremony 200 SF Men		
	400m SF	Women (Finale)	
	Award Ceremony 200 BF Men		
	4x100m SF	Men (Finale)	
	Award Ceremony 400 SF Women		
	4x50m BF	Men (Finale)	
	Award Ceremony 4x100m SF Men		
	Award Ceremony 4x50m BF Men		
	20.00	Diner	

Wednesday, 3rd September, 2014: Open Water (Tunis Lake)

Morning	Relay 4*2km mixed (according to CMAS finswimming rules)
Afternoon	4 km Men
	4 km Men BF
	4 km Women
	4km Women BF
	Award Ceremony 4*2km mixt
	Award Ceremony 4 km Men
	Award Ceremony 4 km Men BF
	Award Ceremony 4 km Women
	Award Ceremony 4km Women BF
CHAMPIONSHIP CLOSING CEREMONY (Hotel)	



Thursday, September, 4th, 2014 :

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

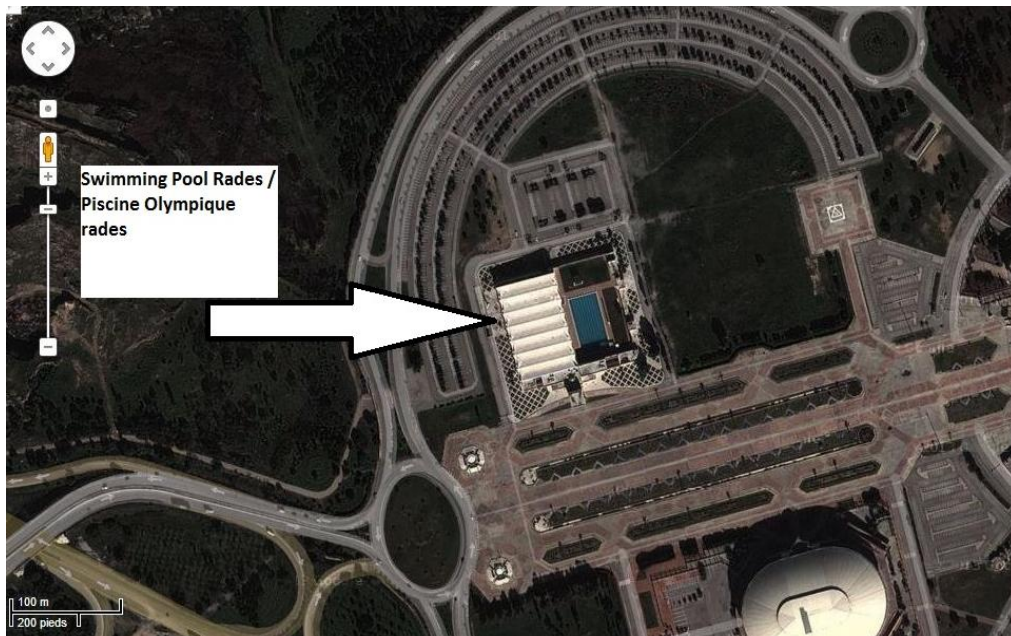
ORGANIZING COMMITTEE:

For more information, please contact us at the following address:
Organizing Committee of the 1st Mediterranean Championship of finswimming
Tunisian Federation of Underwater Activities
Piscine Olympique El Menzah
BP.46 Cité El Mahrajène Tunis
Tel / Fax: 0021671893224
Mail : saidimon@yahoo.fr
Mail : contact@fast.com.tn

7- Official competition/Pools and Training

The competition will be held in the outdoor Olympic pool of Rades (Tunis-Tunisia)

Address: Olympic city Rades and the competition in Open Water will be held in Tunis lake (Tunis).





Swimming-pool (Outdoor): Length 50 meters, 10 lanes, depth 2,00 m., temperature $28^{\circ}\text{C} \pm 1^{\circ}\text{C}$, Omega electronic scoreboard, about 900 spectator seats



Second swimming pool is available for training during all time during competition period.



8- Open Water:

The lake where the open water competition will be held is around 9km away from hotel.

Lake: 1 to 2m depth, ~10 km length and 2 km width, Salinity 33-38%, good quality of water.





9- Accommodation

Hôtel Ezzahra Dar Tunis ****



The hotel Ezzahra Dar Tunis is a 4 stars hotel. This hotel is less than 8 minutes of two Olympic swimming pools (5.5 miles) and less than 20 minutes from the airport (27Km).



The wireless internet is free.

The air-conditioned guest rooms and comfortable and equipped with a mini bar, a private bathroom and satellite TV. In each room you will find an iron, a refrigerator and a telephone. Some rooms are specially designed for families.



Meals:

Those wishing to eat at the hotel can enjoy the three restaurant open for breakfast. Breakfast can be served in your room.

10- Booking and Entry Free:

- Full board accommodation per person in single bed room from 30th August-4th September 2014: 350 Euros/pax.
- Full board accommodation per person in double beds room from 30th August-4th September 2014: 280 Euros/pax.
- Full board accommodation per person in triple beds room from 30th August-4th September 2014: 250 Euros/pax.



Free service:

- ½ liter of water served at the table at every meal (noon-evening)
- 1.5 liter of water / swimmer/day used during training in the pool
- Airport-hotel-airport transfer
- Transportation between the hotel and the pool
- 1 T-shirt for each participant

Attention

Deadline for the final hotel booking on the 15th June 2014 Later registration will not be accepted.

11- Payment:

Minimum 50% of total entry fee should be deposited at our bank no later than 15th July 2014 to guarantee the booking, after this date (15th July 2014) 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 checks and credit card will not be accepted.

- NAME OF THE BANK: **UNION INTERNATIONALE DES BANQUES (UIB)**
- ADDRESS OF THE BANK: **Imm. Saâdi-1004 El Menzah**
- ACCOUNT HOLDER: **Tunisian Federation of Underwater Activities.**
- IBAN: **TN59 N° 12103000009300290859**
- SWIFT CODE: **UIBKTNTT**

12- Secretary and competition fees:

Participants who choose to be accommodated in hotels other than the official will have to pay **150 Euros per person** for secretarial fees, completion, opening, and closing gala ceremony no local transfers will be provided.

Free service:

- ✓ 1.5 liter of water / swimmer/day used during training in the pool
- ✓ 1 T-shirt for each participant

13- Visa:

If you require a visa please contact the Tunisian embassy or consulate in your country at least forty (40) days before to enter Tunisia.



For invitation please send us list with names, dates of birth, passport numbers and function (athlete, coach) for each participant.

14- Various:

Electrical current in Tunis: 230V, 50HZ. Water is potable

15- Deadline-Condition for entry and participation:

- **No later than 30th May 2014:**

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

- **No later than 15th July 2014:**

(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 30 July 2014:**

(Annex 3): The competition'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. Individual notices of swimmers should be sent to the organizing committee.



Annex 1

INITIAL ENTRY FORM Before 30 of May 2014

We intend to participate to the first Mediterranean championship of fineswimming

Initial Entry Form:

Please complete this form (type or print) and send to **CMAS HQ** and to the Organizing Committee by e-mail (saidimon@yahoo.fr) **before 30 of May 2014.**

Country :

Fédération :

Total Number of competitors	Male :	Female :
Total Number of officials	Male :	Female :
Total Number of Delegates (Coach, Doctor...)*	Male :	Female :
Total Number of Delegation	Male :	Female :

**Please indicate if the President of the Federation will attend the championship*

Declaration Form:

Release from liability: I hereby declare that I exonerate of all liability however so arising, the CMAS, its affiliates, the event Organizing Committee and staff, the venue owners, sponsors, and any other persons that participate at the Event, in respect to all and every action or claim about accidents that may occur.

Please check the CMAS Procedures for participation in CMAS Championships. You have to make registration at www.cmasoffice.org 3 months before the championships.

Date, _____ 2014



Annex 2

**HOTEL BOOKING FORM
Before 15 June 2014**

Please complete and send to the Organising Committee by e-mail saidimon@yahoo.fr **before 15 of June 2014**

Country	
---------	--

Federation	
------------	--

Telephone	
-----------	--

Fax		e-mail	
-----	--	--------	--

Please complete:

	Number of Rooms	Date	
		From	To
Single			
Double/Triple			
Extra night			

Method of Payment:

Please check (x) in one of the following:

A) Total Amount by bank transfer :		Date of transfert:
B) 50% of total amount by bank transfer and balance at the arrival:		Date of transfert:

Date, _____ 2014

(President Signature/ stamp)

(Full name in block letters)

**Bank: INTERNATIONAL UNION BANK OF TUNIS UIB
IBAN: TN59 N° 12103000009300290859 ; Swift code: UIBKTNTT**



Annex3

**FINAL HOTEL BOOKING
Before 30 July 2014**

Please complete and send to the Organising Committee by e-mail (saidimon@yahoo.fr) **before 30 of July 2014**

Country				
Federation				
Competitors	Men		Women	
Officials	Men		Women	
President of NF				

n.	NAME	First name	Athlete, Trainer, Delegation chief, Doctor, Judge, Other	Men	Women	Single room	Dates of staying
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

ARRIVAL:	Date:	Time:	Flight No:
DEPARTURE:	Date:	Time:	Flight No:

ARRIVAL:	Date:	Time:	Flight No:
DEPARTURE:	Date:	Time:	Flight No:

Date, _____ 2014

(President Signature/ stamp)

(Full name in block letters)