



CMAS

Confederation Mondiale
des Activités Subaquatiques

WORLD UNDERWATER FEDERATION

information
Bulletin



VOLOS 2016
22-29 JUNE

19TH CMAS
FINSWIMMING
CHAMPIONSHIP



Ελληνική Δημοκρατία
Περιφέρεια Θεσσαλίας
στην υπηρεσία του πολίτη!



Δήμος Βόλου
Municipality of Volos



Δ.Ο.Ε.Π.Α.Π. - ΔΗ.Π.Ε.Θ.Ε.
ΔΗΜΟΣ ΒΟΛΟΥ
Πυρήνας Πολιτισμού

OFFICIAL PARTNERS



OFFICIAL SUPPLIERS



Securing Your World

SPONSOR

THE LOGO



THE MASCOT



ADDRESS OF H.S.F PRESIDENT **Mr. Dimitris Diathesopoulos**



Dear Friends,

We are happy to welcome you, in the beautiful city of Volos, the city where this CMAS major Sport Event will be hosted and we are ready to successfully fulfill the expectations of such a great event, as this has happened.

In 2011 held the "FINA World Men's Water Polo Championships", in 2012, held the "FINA World Junior Synchronized Swimming Championships", in 2013, held the "FINA World Women's Water Polo Championships" and in 2015, held the FINA World Women's Junior Water Polo Championships.

One year later, Hellenic Swimming Federation is ready to organize in the beautiful city of Thessaly, that sits under the mountain of Centaurs, Pelion, the 19th CMAS Finswimming Championship and prove to all that Greece, has the knowledge, has the will and the determination to overcome any difficulties and prove that is ready to organize such an event.

We are convinced, that following the organization of the four World Championships held in the city of Volos, the human potential has the know-how to hold such great events, our Federation also has executives with great experience so that to create a framework that the 19th CMAS Finswimming Championship to be completely successful.

I welcome all Delegations, CMAS Family, the Judges and Spectators to the beautiful city of Volos, to attend the Games and I am convinced that the result will justify us and remain in our minds and souls as a very special and successful top event.

THE CITY OF VOLOS



A mythical destination

Volos is one of the largest and most attractive cities in Greece as well as one of the country's most prominent ports. The modern-day city, built near the site of ancient Iolcos, dominates the region of Magnesia from its position at the foot of Mount Pelion overlooking the Pagasetic Gulf. This is one of the most beautiful areas in Thessaly, in the centre of Greece (Volos is situated 320km N of Athens and 219km S of Thessaloniki) combining the allure of the sea with the mystical charm of the Centaurs' mountain.

The area's mythical background captivates the visitor's imagination. Magnesia features in some of the most remarkable tales in Greek mythology. The progenitor of its peoples was Magnes, son of Zeus and Aeolus, yet Magnesia is believed to be the birthplace of a strange race, the Centaurs, beings which were part equine, part human and originated from the union of Nephele and Ixion. Asclepius and Achilles were, among others, pupils of the Centaur Chiron. The famous Argonaut expedition, one of the greatest epics in the Greek mythological cycle, set sail from the Pagasetic Gulf.



Population: 141,675

Area: 387.1 km² (149 sq mi)

Density: 366 /km² (948 /sq mi)

Municipal unit:

Population: 82,439

Area: 27.678 km² (11 sq mi)

Density: 2,979 /km² (7,714 /sq mi)

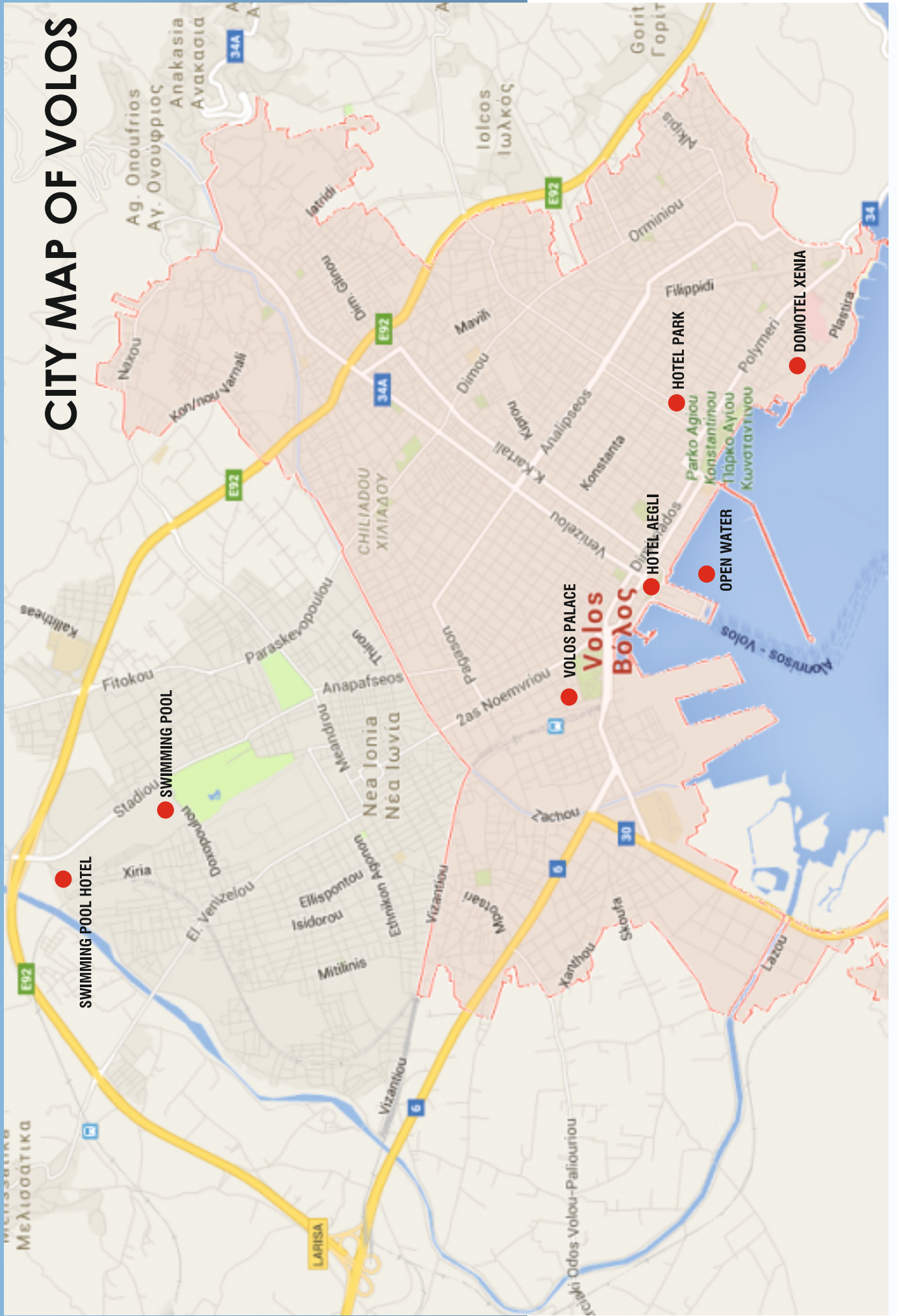
Websites:

<http://www.volos-city.gr>,

<http://www.magnesia-tourism.gr>,

<http://www.volosinfo.gr/>

CITY MAP OF VOLOS



SCHEDULE

The championship will be carried out over a period of 5 days and in 10 sessions.

Swimming pool events:

The qualifying heats are scheduled in the morning and finals in the afternoon except 400 IM, 800 SF and 1500 SF slow heats in the morning and fast heat in the afternoon.

Open Water events:

Final race with all participants.

The program is as follows:

Wednesday 22th June 2016

- Arrival of delegations throughout the morning.

Thursday 23th June 2016

08:00 – 12:00 Training at the swimming pool
Checking Materials
12:00 Team Leaders technical meeting
15:00 - 17:00 Training at the swimming pool
19:00 Championship Opening Ceremony

Friday 24th June 2016

Morning Section

08:00 – 09:20 Warm - up
09:30 100 SF Women Heats
100 SF Men Heats
100 BF Women Heats
100 BF Men Heats
400 SF Women Heats
400 SF Men Heats

Afternoon Section

16:00 – 17:20 Warm – up
17:30 100 SF Women Final
100 SF Men Final

Award ceremony 100 SF Women
100 BF Women Final

Award ceremony 100 SF Men
100 BF Men Final

Award ceremony 100 BF Women
400 SF Women Final

Award ceremony 100 BF Men
400 SF Men Final

Award ceremony 400 SF Women

Award ceremony 400 SF Men

Saturday 25th June 2016

Morning Section

08:00 – 09:20 Warm - up
09:30 100 IM Women Heats
100 IM Men Heats
1500 SF Women Slow Heats
1500 SF Men Slow Heats
200 BF Women Heats
200 BF Men Heats
200 SF Women Heats
200 SF Men Heats

Afternoon Section

16:00 – 17:20 Warm – up
17:30 100 IM Women Final
100 IM Men Final

Award ceremony 100 IM Women
1500 SF Women Fast Heat

Award ceremony 100 IM Men
1500 SF MenFast Heat

Award ceremony 1500 SF Women
200 BF Women Final

Award ceremony 1500 SF Men
200 BF Men Final

Award ceremony 200 BF Women
200 SF Women Final

Award ceremony 200 BF Men
200 SF Men Final

Award ceremony 200 SF Women

Award ceremony 200 SF Men

Sunday 26th June 2016

Morning Section

08:00 – 09:20	Warm - up
09:30	50 SF Women Heats
	50 SF Men Heats
	50 BF Women Heats
	50 BF Men Heats
	400 IM Women Slow Heats
	400 IM Men Slow Heats
	4X200 SF Women Heats
	4X200 SF Men Heats

Afternoon Section

16:00 – 17:20	Warm – up
17:30	50 SF Women Final
	50 SF Men Final
Award ceremony	50 SF Women
	50 BF Women Final
Award ceremony	50 SF Men
	50 BF Men Final
Award ceremony	50 BF Women
	400 IM Women Fast Heat
Award ceremony	50 BF Men
	400 IM Men Fast Heat
Award ceremony	400 IM Women
	4X200 SF Women Final
Award ceremony	400 IM Men
	4X200 SF Men Final
Award ceremony	4X200 SF Women
Award ceremony	4X200 SF Men

Arrival and documents check of Open Water Teams.

Monday 27th June 2016

Morning Section

08:00 – 09:20	Warm - up
09:30	50 AP Women Heats
	50 AP Men Heats
	800 SF Women Slow Heat
	800 SF Men Slow Heat
	4X100 SF Women Heats
	4X100 SF Men Heats

Afternoon Section

16:00 – 17:20	Warm – up
17:30	50 AP Women Final
	50 AP Men Final
Award ceremony	50 AP Women
	800 SF Women Fast Heat
Award ceremony	50 AP Men
	800 SF Men Fast Heat
Award ceremony	800 SF Women
	4X100 SF Women Final
Award ceremony	800 SF Men
	4X100 SF Men Final
Award ceremony	4X100 SF Women
Award ceremony	4X100 SF Men

OPEN WATER TRAINING

Tuesday 28th June 2016

Morning Section

09:30 – 10:00	Warm - up
10:15	4X2.000 SF mixed relayFinal

Afternoon Section

15:30 – 16:00	Warm – up
16:15	6.000 SF Women Final
	6.000 SF Men Final
19:15	
Award ceremony	4X2.000 SF mixed relay
Award ceremony	6.000 SF Women
Award ceremony	6.000 SF Men

Championship Closing Ceremony

Wednesday 29th June 2016

- Delegation departure

NOTE:

The competition program is subject to change according to CMAS

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.
- Open water 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).

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

Relay: 4x100m, 4x200m

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

Open Water:

Individual: 6.000m

Relay: 4x2.000m

INTERNATIONAL JURY

CMAS Technical Delegate: According to the CMAS rules.

CLASSIFICATION AND AWARDS

According to the CMAS rules and regulations

PROTEST

According to the CMAS rules.

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.

PARTICIPATION

SWIMMING POOL NEAS IONIAS
"VASILIS POLYMEROS"
COMPETITION POOL: 50m Indoor

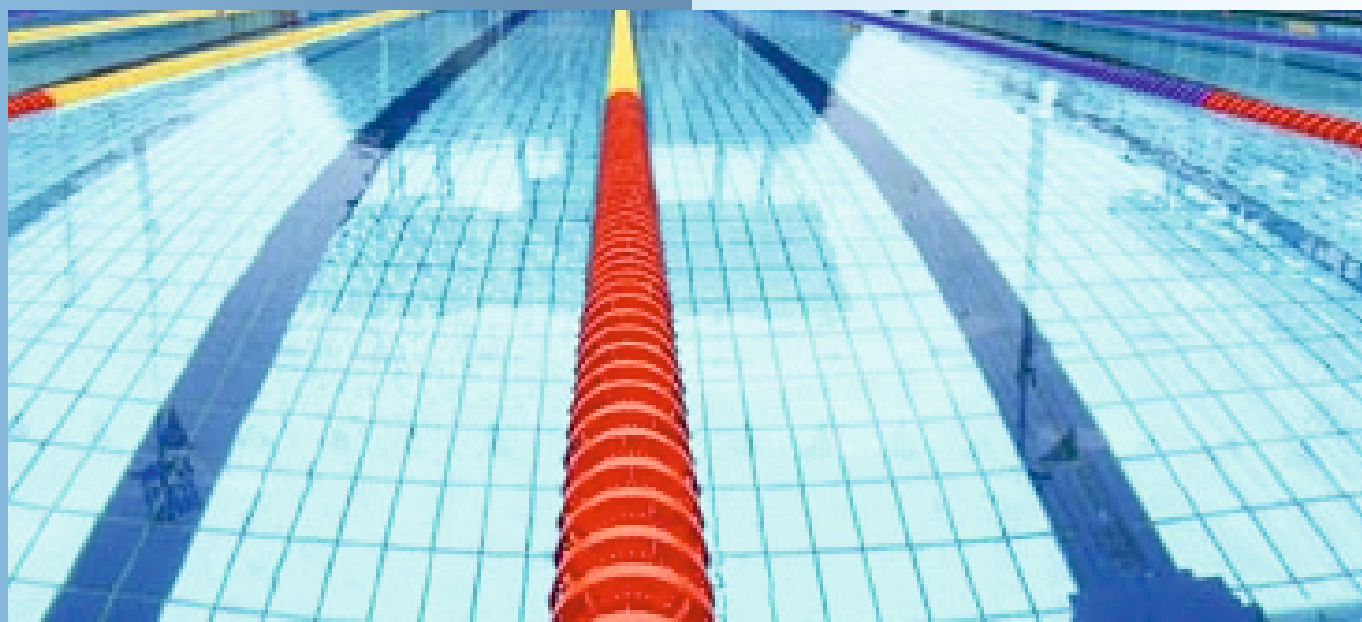


This sport complex, with a capacity of 2.000 spectators.
The indoor competition swimming pool is a 50 meters and 8 lanes pool with 2,10 meters depth, and average temperature 26 ± 1 C.

The complex also include: Four groups of dressing rooms.
Each group has adequate space for 100 persons with: showers, toilets, massage and rest rooms, dressing rooms for officials, separate from athletes.
It also includes numerous rooms for preparation, meetings, victory ceremonies, preparations and cafeteria.

Official competitions that have been organised in this pool were:

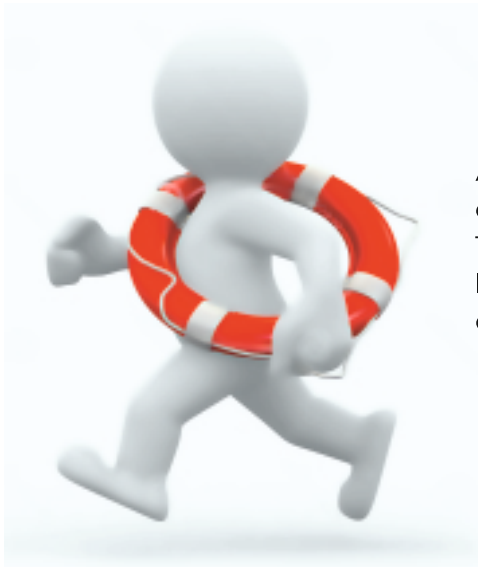
- 2011 held the "FINA World Men's Water Polo Championships"
- 2012, held the "FINA World Junior Synchronized Swimming Championships"
- 2013, held the "FINA World Women's Water Polo Championships"
- 2015, held the FINA World Women's Junior Water Polo Championships.



OPEN WATER

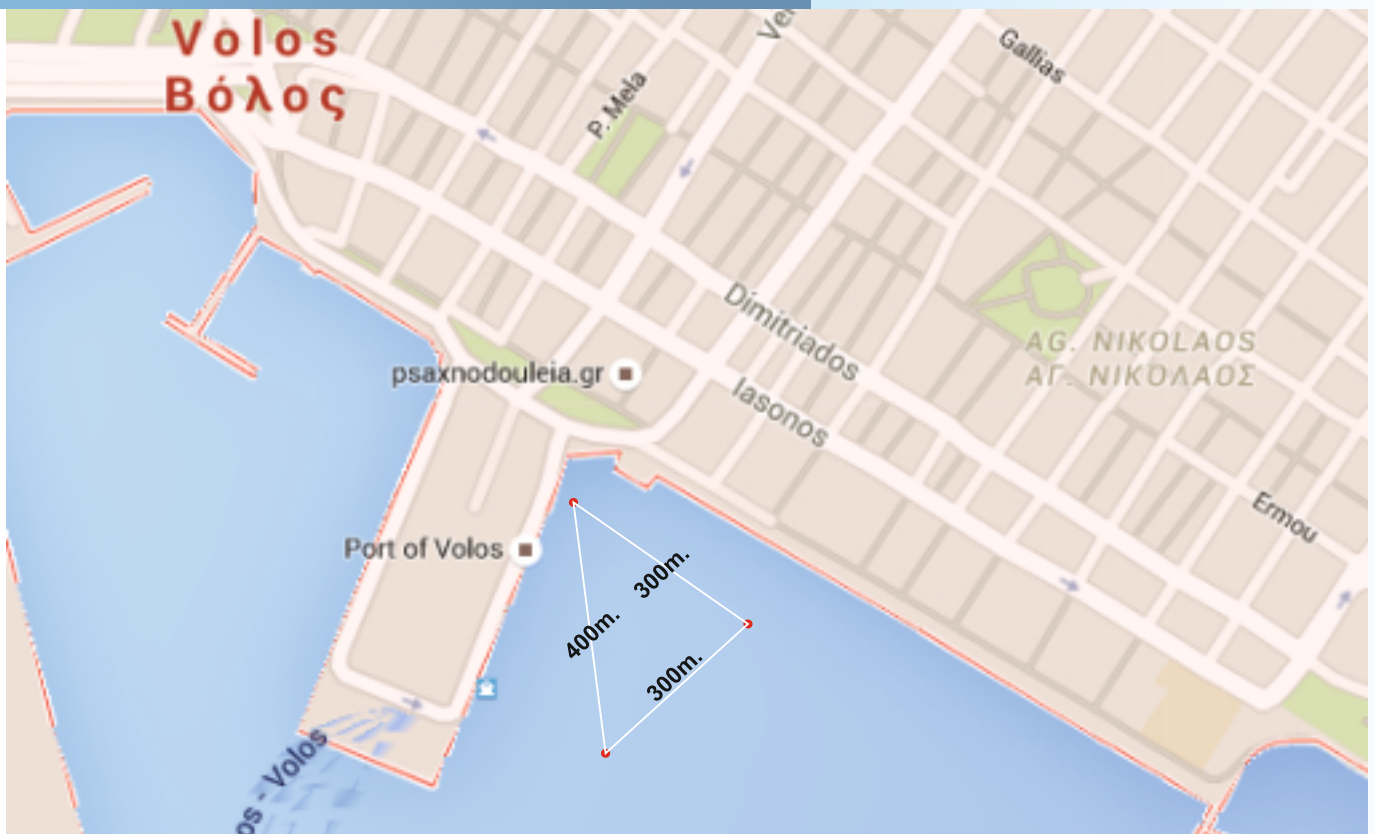
The Open Water competition part of 19th World Senior Championship will take place at the historic port of Volos, one of the most touristic places in Greece.

History and spectacle combined in the same scenery will compose a magnificent unprecedented show for finswimming.



At the same time, participants' security during competition will be protected by certified life-guards. They have at their disposal all modern means (jet skis, life-guard boats etc.) as well as a medical team always available for immediate assistance.

The diagram of the Open Water race.



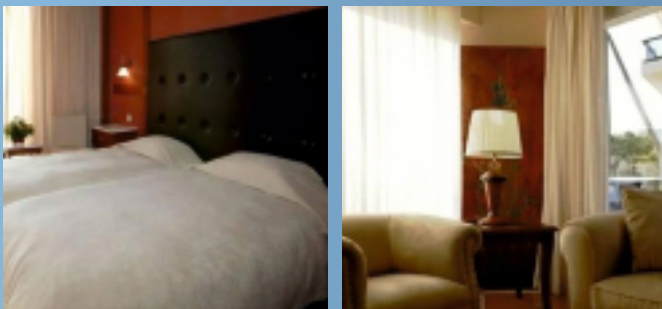
ACCOMMODATION

Participants will be hosted at 4 stars Hotels.
For their better convenience, hotels are located close to the swimming pool and the Open Water venue,
only 15 minutes driving distance.

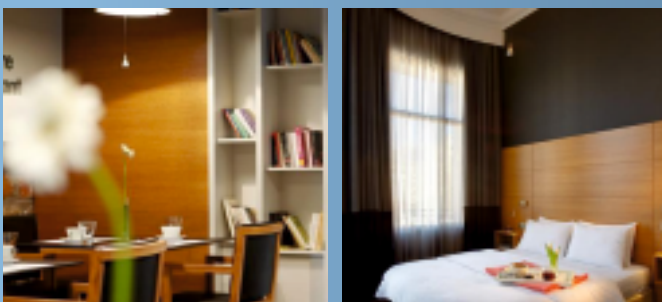
VOLOS PALACE



PARK HOTEL



Aegli Hotel



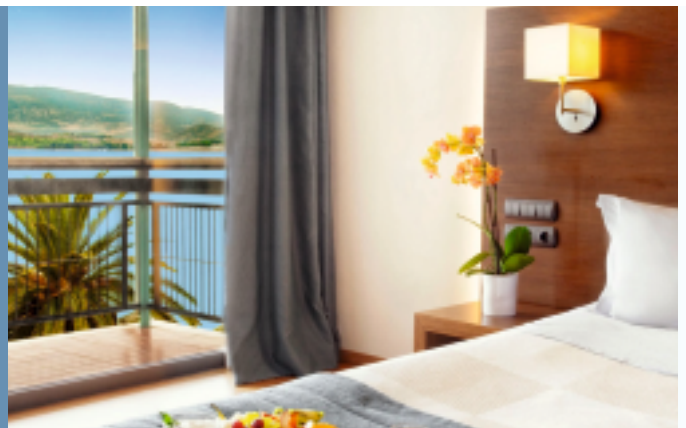
SPORT VILAGE



ACCOMMODATION

Demotel Xenia is a modern version of a navy style hotel, that will accommodate VIP guests, located at the beach side of Volos.
Rooms and suites of Demotel Xenia, guarantee a warm and comfortable stay.

DEMOTEL XENIA VOLOS



BOOKING & ENTRY FEE

- **Choice 1 (7 days):** Entry fee per participant is **700,00€**. The organizer will provide:
 - Accommodation in four and three stars hotels with double or triple hotel rooms.
 - Breakfast, lunch and dinner, starting with dinner on the **22th June** and ending with breakfast on the **29st June 2016**.
 - Transfers from international Thessaloniki and Anchialos airport to hotel and return extra fee **25,00€**
 - Free transfers between the official hotel and swimming pool and the Open Water venue.
 - Participation at the opening and closing ceremony.
- **Choice 2 (6 days):** Entry fee per participant is **650.00€**. The organizer will provide:
 - Accommodation in four and three stars hotels with double or triple hotel rooms.
 - Breakfast, lunch and dinner, starting with dinner on **the 22th June** and ending with breakfast on the **28st June 2016**.
 - Transfers from international Thessaloniki and Anchialos airport to hotel and return extra fee **25,00€**
 - Transfers between the official hotel and swimming pool.
 - Participation at the opening ceremony and farewell.
- **Choice 3 (4 days):** Entry fee per participant is **350,00€**. The organizer will provide:
 - Accommodation in four and three stars hotels with double or triple hotel rooms.
 - Breakfast, lunch and dinner, starting with dinner on the **26th June** and ending with breakfast on the **29th June 2016**.
 - Transfers from international Thessaloniki and Anchialos airport to hotel and return extra fee **25,00€**
 - Transfers between the official hotel and the Open Water venue.
 - Participation at the welcome party and closing ceremony.
- **Choice 4 (9 days):** Entry fee per participant is **900,00€**. Participation World championship - Open Water - Universiade
 - The organizer will provide:
 - Accommodation in four and three stars hotels with double or triple hotel rooms.
 - Breakfast, lunch and dinner, starting with dinner on the **22th June** and ending with breakfast on the **1st July 2016**.
 - Transfers from international Thessaloniki and Anchialos airport to hotel and return extra fee **25,00€**
 - Free transfers between the official hotel and swimming pool and the Open Water venue.
 - Participation at the opening and closing ceremony.
- **Choice 5 (5 days):** Entry fee per participant is **550,00 €**. Participation Open Water - Universiade
 - The organizer will provide:
 - Accommodation in four and three stars hotels with double or triple hotel rooms.
 - Breakfast, lunch and dinner, starting with dinner on the **26th June** and ending with breakfast on the **1st July 2016**.
 - Transfers from international Thessaloniki and Anchialos airport to hotel and return extra fee **25,00€**
 - Free transfers between the official hotel and Open Water and Universiade venue.
- Any Extra meal 10€.
- Extra charges for single room ascend to **45. -- €** per day.
- Extra day charged at **85. -- €** 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 **12th of April 2016**.
Later registrations will not be accepted.

1. PAYMENT

Minimum 50% of total entry fee should be deposited at our bank no later than **12th April 2016** to guarantee the booking. After this date (12th April 2016) the participation fee will be 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!

BANK: NATIONAL BANK OF GREECE BRANCH No 080
ADDRESS: 38, STADIOU STR. - ATHENS GREECE (GRE)
ACCOUNT HOLDER: HELLENIC SWIMMING FEDERATION
ACCOUNT: 080/480572-05
IBAN: 0601100800000008048057205
SWIFT CODE: ETHNGRAA

2. SECRETARY AND COMPETITION FEE

Participants who choose to be accommodated in hotels other than the official will have to pay **250 Euros** per person for secretarial fees, competition, opening and closing gala ceremony. No local transfers will be provided.

3. VISA

If you require a visa, please contact the Greek embassy or consulate in your country at least forty (40) days prior to entry in Greece.

4. VARIOUS

Electrical current in Greece is 220V, 50Hz.

5. DEADLINE - CONDITION FOR ENTRY AND PARTICIPATION

- **no later than 28th March 2016**

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

- **no later than 12th April 2016**

(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 25th May 2016**

(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.

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

Organizing Committee: Hellenic Swimming Federation
137, Syngrou Avenue, 171 21 Nea Smirni, Athens, Greece
PH: + 30 210-9851020 / FAX: + 30 210 9850964
e-mail: public_relations@koe.org.gr
yian.monte@gmail.com

ANNEX 1

INITIAL ENTRY FORM (Before 28th March 2016)

We will participate in the "19th CMAS FINSWIMMING WORLD SENIOR CHAMPIONSHIP 2016" in Volos (GREECE).

Initial Entry Form:

Please complete this form and send to CMAS HQ and Organizing Committee by e-mail: public_relations@coe.org.gr - yian.monte@gmail.com before 28th March 2016

Country:		
Federation:		
Total number of Competitions:	male:	female:
Total number of Officials	male:	female:
Total number of the Delegation:	male:	female:

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.

- **Inscriptions will only be valid on the presentation, by each Federation, of the obligatory ACCIDENT INSURANCE COVERAGE POLICY for participants.**

Please check the CMAS Procedures for participation in CMAS Championship.

Date

(President Signature/ stamp)

(Full name in block letters)

ANNEX 2

HOTEL BOOKING FORM (Before 12th April 2016)

Please complete this form and send to CMAS HQ and Organizing Committee by
e-mail: public_relations@koe.org.gr - yian.monte@gmail.com before 12th April 2016

Country:		
Federation:		
Telephone:	Fax:	e-mail:

Please complete:

	Number of Rooms	Date	
		From	To
Single			
Double/Triple			

	Number of Rooms	Date	
		From	To
Single			
Double/Triple			

Extra Nights:

If you need extra nights, please fill in the following:

Please complete:

	Number of Rooms	Date	
		From	To
Single			
Double/Triple			

	Number of Rooms	Date	
		From	To
Single			
Double/Triple			

Method of Payment:

Please check (x) in one of the following:

ANNEX 3

COMPETITOR'S LIST FORM (Before 25th May 2016)

Country				
Federation				
Competitors	Men		Women	
Officials	Men		Women	

n.	NAME	First Name	Athlete, Trainer, Delegation Chief, Doctor, Judge, Other	Male	Female	Single room
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
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29						
30						

ARRIVAL:	Date:		Time:	
Airport:			Flight No.:	
DEPARTURE:	Date:		Time:	
Airport:			Flight No.:	

Date: _____

(President Signature/ stamp)

(Full name in block letters)

METHOD OF PAYMENT:

Please check (x) in one of the following:

A) Total amount by

Bank Transfer

Date Transfer

See the attached document

B) 50% of total Amount and balance at the arrival

Bank Transfer

Date Transfer

Cash on Arrival

BANK: NATIONAL BANK OF GREECE

IBAN: Gr42 01 10 0800 0000 0804 8100 401

SWIFT CODE: ETHNGRAA
