



CMAS
CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES
WORLD UNDERWATER FEDERATION



11^{ème} CMAS WORLD CUP 2016

FINSWIMMING Round 4

1st to 3th April 2016 - AIX EN PROVENCE – FRANCE

Friday 1 Avril 2016

14h00 – 19h00

- Arrival of teams, checking of documents, payment of participant fees for competition
- Checking of equipments.

19h00 – 19h30

Meeting of Judges.

19h30 – 20h00

Technical meeting(Coaches and Team Leaders)

17h00 – 20h00

Warm Up.

Saturday 2 Avril 2016

Morning

07h30 – 09h00

Warm Up.

09h15

50 AP Boys, Girls (cat.B/C) – Women, Men (cat.A).

800SF Boys, Girls (cat.B/C/D) – Women, Men (cat.A).

400 IM Boys, Girls (cat.B/C/D) – Women, Men (cat.A). (SCAFMAN TROPHY – OUT OF WORLD CUP).

Afternoon

14h00 – 15h00

Warm Up.

15h00 – 15h30

Opening Ceremony.

15h45

50BF Boys, Girls (cat.B/C/D) – Women, Men (cat.A).

200SF Boys, Girls (cat.B/C/D) – Women, Men (cat.A).

100IM Boys, Girls (cat.B/C/D) – Women, Men (cat.A).

Sunday 3 Avril 2016

Morning

07h30 – 09h00

Warm Up.

09h15

100BF Boys, Girls (cat.B/C/D) – Women, Men (cat.A).

100SF Boys, Girls (cat.B/C/D) – Women, Men (cat.A).

400SF Boys, Girls (cat.B/C/D) – Women, Men (cat.A).

Afternoon

14h00 – 14h45

Warm Up.

15h00

50SF Boys, Girls (cat.B/C/D) – Women, Men (cat.A).

200BF Boys, Girls (cat.B/C/D) – Women, Men (cat.A).

4X100 Boys, Girls (cat.B/C/D) – Women, Men (cat.A).

❖ **Awards Ceremonies will take place at the end of each session.**