



2017 SUN MOON LAKE ASIAN LONG DISTANCE FINSWIMMING AND SPEED WATER COMPETITION



9th - 13th August 2017, Sun Moon Lake – Taiwan

1 . Description:

Sun Moon Lake is the largest freshwater lake in Taiwan. Attracting visitors from abroad, it's an essential tourist destination, and in addition to scenic beauty, the unique landscape has made it an excellent place for biking, marathons, and an annual swimming competition, which is the area's biggest and longest-running event, starting in 1983. Every year around the Mid-Autumn Festival, swimmers from around Taiwan or abroad gather here to participate in this grand event. The course is 3000 meters long and in 2002 was officially included among the world's famous swimming competitions. Bringing thousands of swimming enthusiasts from Taiwan and abroad, it has become a grand event.

Speed Water is a sport or leisure activity that involves jumping into fast-flowing white water and being carried along at high speed while buoyed up by a float. (Often called "hydrospeed"), the swimmer follows the trajectory indicated by the guide. White water swimming enables the swimmer to swim down the river, using - and playing with - the current and counter currents.

White water swimming allows for a full feel for water movements. The possibility of playing in hydraulics (rolling water movements) and surfing on waves make it a very fun and accessible activity for beginners to do. In order to fully appreciate all the subtleties of white water swimming, it is strongly recommended to master leg movements of front crawl swimming.

The Chinese Taipei Underwater Federation has the pleasure to invite you to the 2017 Sun Moon Lake Asian Long Distance Finswimming and Speed Water Competition from 9th to 13th of October 2017.



2. RACE PLACE:

- (1) Speed Water Descent: The Shuili River is a river in Taiwan. It flows through Nantou County for 19 km.
- (2) Long Distance Finswimming and Speed Water SW-I: Sun Moon Lake is the largest body of water in Taiwan as well as a tourist attraction. Sun Moon Lake International Swimming Carnival is the world's largest mass participation open water swimming event. The attracts between 18,500 and 22,000 (maximum limit) swimmers to a beautifully tranquil lake at 760 meters (2,493 feet) in altitude, including an increasing number of foreign athletes.



3. PARTICIPATION AND RACE:

We expect the participants to be comfortable in water with moderate swimming ability. In general we expect from participants to be mentally and physically fit and not to be under the influence of alcohol or any other psychotropic substances.

We don't recommend participation in activities to pregnant women, persons with serious health problems or injuries.

◆ **Speed Water Competition(9th - 13th August)**

(1) SW Decent (Distance: about 1 km, Place: Shuili River)

It is a timed race over a given route in the Shuili River. Competitors are free to choose the route on the course. However, when a risk appears, the Race Committee and / or the organizer may impose a path marked or not by a guide door. The event takes place on Class III - IV rivers, where the nature of the bed was controlled by the security officer. The distance is about 1 km.

(2) SW I (Distance: about 200 m, Place: Sun Moon Lake)

It takes place over distances about 200 m, where route was controlled by the security supervisor and do not present a dangerous passage. A maximum time to complete the course will be determined by the race committee. After it, the swimmers in the race who have not crossed the finish line, will not be classified and will be out of the water.

➤ **EQUIPMENT(If you do not have the equipment, please contact us to help.)**

– Mandatory Equipment

Mandatory equipment for all swimmers is composed of:

- A float,
- A pair of fins(socks)
- A protective helmet suitable for speed water finswimming, it will entirely cover the head (CE standards)
- A buoyancy vest (CE standards)
- Following the decisions of the Race Committee based on climatic condition and classification of the river:
 - A suitable protective suit, socks and gloves.

– The Float

The float must be unsinkable and comply with the following dimensions:

- Length between : 0.60 m and 1.60 m.
- Width between : 0.40 m and 0.80 m.
- Height between : 0.20 m and 0.50 m.

◆ **Sun Moon Lake Long Distance Finswimming Competition(10th - 13th August)**

(1) 3000m Surface Men(Place: Sun Moon Lake)

(2) 3000m Surface Women(Place: Sun Moon Lake)

(3) 3000m Bifin Men(Place: Sun Moon Lake)

(4) 3000m Bifin Women(Place: Sun Moon Lake)

SCHEDULE:

9th - August 2017

- **Arrival of delegation (Speed Water Competition)**

10th - August 2017

- **09:00-18:00 Speed Water Practicing (Skills and Knowledge, SW I, Descent)**
- **Arrival of delegation (Long Distance Finswimming Competition)**

11th - August 2017

- **09:00-11:00 Speed Water Practicing (Scouting of the course by competitors)**
- **11:00 Technical Meeting(Speed Water, Finswimming)**
- **14:00 SW Decent competition**

12th - August 2017

- **08:00 Long Distance Finswimming Competition**
- **09:00 SW I Competition**

13th - August 2017

- **Delegation Departure**

4. BOOKING AND ENTRY FEE

Organizers offer accommodation possibility during the competition with enrolment deadline **30th of June 2017 (Enclosure 2_Booking Form):**

1. **Choice 1: Full board accommodation, closing ceremony**
(from 9th August 2017 – dinner, until 13th August 2017 – breakfast include)
360 USD/person (DOUBLE or TRIPLE rooms), Extra day 70 USD/person.
2. **Choice 2: Full board accommodation, closing ceremony**
(from 10th August 2017 – dinner, until 12th August 2017 – breakfast include)
290 USD/person (DOUBLE or TRIPLE rooms), Extra day 70 USD/person.
3. **Choice 3: Accommodation, breakfast, closing ceremony only**
(check in: 9th August 2017, check out: 13th August 2017)
240 USD/person (DOUBLE or TRIPLE rooms), Extra day 30 USD/person.
4. **Choice 4: Accommodation, breakfast, closing ceremony only**
(check in: 10th August 2017, check out: 13th August 2017)
210 USD/person (DOUBLE or TRIPLE rooms), Extra day 30 USD/person.
5. **Single room extra price is 30 USD/person/day.**
6. Those athletes who do not accept one of the accommodations offered by the Organizing Committee - but arrange their accommodation by themselves are supposed to pay **100 USD / person** as organizing fee.
7. **Check-In Time:** after 15:00 on the day of arrival.
Check-Out Time: before 12:00 noon on the day of departure. Any departures after 12:00 noon will be subject to availability and possible additional charges.

5. TRANSFER/TRANSPORT

Taoyuan Airport - Shuili **90 USD / person**

- Price include arrival and departure and all transfers hotel – Sun Moon Lake – hotel.
- IF you do not use our airport transfer, but you need local transportation hotel – Sun Moon Lake – hotel please contact us for details. The organizers do not provide the transportation for all participants.

6. BOOKING CONDITIONS AND PAYMENT

1. The booking deadline will be **on 30th of June 2017**.
2. Payment should be made by direct bank transfer:

Bank Name: BANK OF TAIWAN
Branch: KANG SHAN BRANCH
Bank Address: NO.16, SO TIEN ROAD, KANG SHAN DISTRICT, KAOHSIUNG CITY, TAIWAN R.O.C.
Swift Code: BKTWTWTP060
Account Name: CHINESE TAIPEI UNDERWATER FEDERATION
Account No: 060 001 000827

7. DEADLINES

PRELIMINARY ENTRY (Enclosure 1) before: 30th of June 2017

Hotel and Transfer Booking (Enclosure 2, 3) before: 30th of June 2017

FINAL ENTRY and events registration before : 30th of July 2017

8. CONTACT

Chinese Taipei Underwater Federation
No.10, Ln. 68, Xinyi Rd., Ziguan Dist., Kaohsiung City 826, Taiwan (R.O.C.)
phone: 886-7-6171126, 886-975676583, Fax : 886-7-6194895
e-mail: ctuf002@gmail.com

Enclosure 1
PRELIMINARY ENTRY FORM

(To be filled in and forwarded by 15th June 2017)

We will participate 2017 SUN MOON LAKE ASIAN LONG DISTANCE
FINSWIMMING and SPEED WATER COMPETITION

Please complete this form and send it to the Chinese Underwater Federation by e-mail
ctuf002@gmail.com not later than **30th June** 2017.

Please use computer typing or capital letters writing.

Federation			
Addresse* (invoice details)			
e-mail		Phone	

Number of Athletes	Male		Female	
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Number of Officials	Male		Female	
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Total number of the delegation	
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Date,

(President's Signature/ stamp)

(Full name in block letters)

Enclosure 2
HOTEL BOOKING FORM

(To be filled in and forwarded by 30th June 2017)

Country			
Federation			
e-mail		Phone	

	Number of Rooms	Date	
		From	To
Single			
Double			
Triple			

Extra Nights:

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

	Number of Rooms	Date	
		From	To
Single			
Double or Triple			

The number of single, double and triple rooms is limited.
Early booking will help you to receive optimal combination of rooms.

Date,

(President's Signature/ stamp)

(Full name in block letters)

Enclosure 3

TRANSFER BOOKING FORM

(To be filled in and forwarded by 30th June 2017)

Country	
Federation	

Number of Athletes	Male		Female	
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Number of Officials	Male		Female	
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ARRIVAL:	Airport code:		Time:	
Date:			Flight No.	
DEPARTURE:	Airport code:		Time:	
Date:			Flight No.	
Contact phone number of persons on board (team leader or team members):				

ARRIVAL:	Airport code:		Time:	
Date:			Flight No.	
DEPARTURE:	Airport code:		Time:	
Date:			Flight No.	
Contact phone number of persons on board (team leader or team members):				

Date,

(President's Signature/ stamp)

(Full name in block letters)

Enclosure 4

LIST OF ATHLETES

(To be filled in and forwarded by 30th JULY 2017)

Country	
Federation	

No	NAME	SURNAME	M/F	Date Birth	EVENT(Speed Water Decent, Speed Water SW I, 3000m SF M, 3000mSF W, 3000m Bifin M, 3000m Bifin W)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

Date,

(President's Signature/ stamp)

(Full name in block letter)