

# CMAS Finswimming European Junior Championship 2018

Istanbul - TURKEY

28 July – 04 August 2018

# CMAS Finswimming Junior European Championship 2018 - Istanbul



**CMAS**  
**FINSWIMMING EUROPEAN**  
**JUNIOR CHAMPIONSHIP**  
ISTANBUL•2018

Dear Sports Friends,

It would be honor to host you in our beautiful country during CMAS Finswimming European Junior Championship 2018. The Championship will take place in Istanbul, which is the one of the most beautiful city in Europe, between 28 July - 04 August 2018. We are very excited of this big organization, which will become meaningful with your attendance.

I would remark that it would be honor to see you in our European championship organization.

Best Regards,  
Assoc. Dr. Sahin OZEN  
President of Turkish Underwater Sports Federation



## Organizer

Turkish Underwater  
Sports Federation

### Address

Fahrettin Kerim Gokay cad.  
Ortaklar is merkezi No:71/57  
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### Contact Person

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elifkantar@tssf.gov.tr

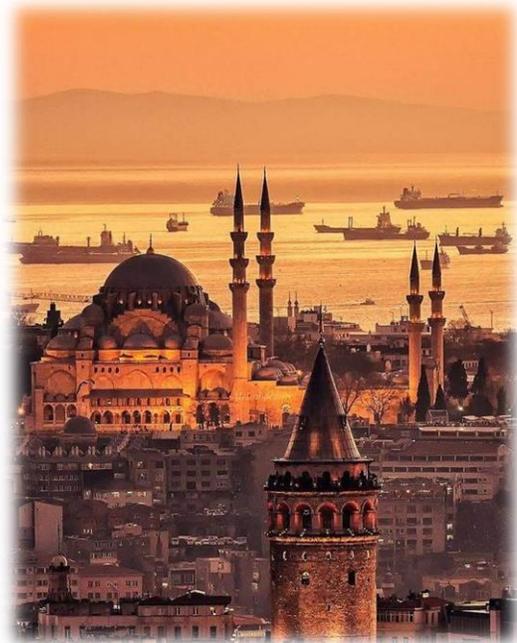
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## Istanbul

Istanbul, a fascinating city built on two Continents, divided by the Bosphorus Strait. This is one of the greatest cities in the world where you can see a modern western city combined with a traditional eastern city, it's a melting pot of many civilizations and different people.

From the foundation of Byzantium in the 7th century BC until today, Istanbul held always an important role in the history of humanity in this part of the world. All important and powerful empires wanted to gain control of this area because of its strategic location. Byzantium, Roman Empire and Ottoman Empire were born here on the ashes of previous ones.

Since the Republic in 1923, Istanbul continued to grow and today it boosted its population over 14 million people living in this spread out city. This makes Istanbul the largest city of Turkey and one of the biggest cities in the world. Istanbul is the world's only metropolis to extend into more than one continent. Istanbul hosts outstanding natural beauties both in daylight and under the glittering of night with its minarets soaring in the sky, its gilded domes, palaces, museums, parks & gardens and more...



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### Beylikduzu Swimming Pool

Beylikduzu Swimming Pool is build and opened in 2017. This new and modern facility has more than 600 seats on two sides of the pool.

Pool Dimensions:	50m x 25m
Number of Lanes:	10
Type of Lines:	Breaking wave lane ropes
Water Depth:	Permanent 2.10m
Water Temperature:	25° C +/- 1°C
Timekeeping:	Electronically / Colorado Time System



### Open Water Area

Open water competitions will take place on bay of Gurpinar. This area hosts many competitions such as the open water swimming, sailing and triathlon with high interests of people. The coast of the sea has beautiful landscape, public areas and parks, which are connected by bicycle and walking courses.



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### Competition Hotel

#### Kaya Istanbul Fair & Convention Hotel

Web Site:

<http://www.kayahotels.com/en-US/hotels/city-hotels/kaya-istanbul-fair-convention>



Kaya Istanbul Fair and Convention Hotel offers to all guests;

- Open Buffet Meals (Breakfast, Lunch and Dinner),
- Spa, Sauna and Turkish Hamam,
- Fitness Center
- Indoor Swimming Pool

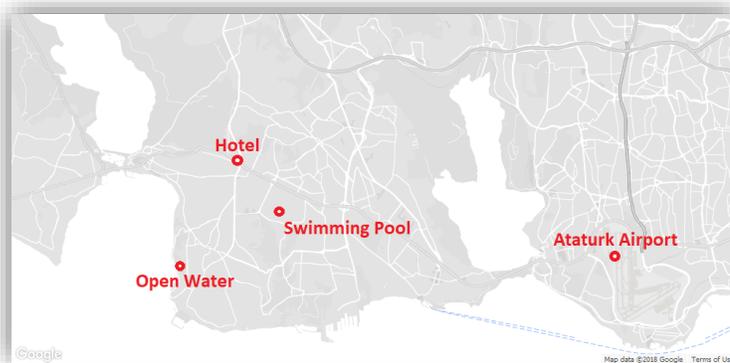
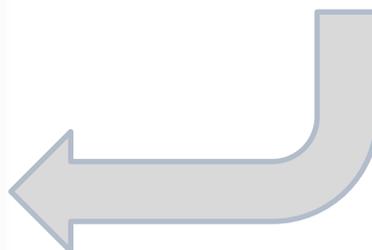
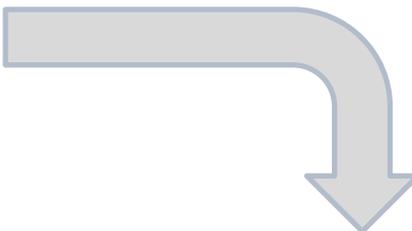
The Distance between Sabiha Gokcen Airport and Hotel : 85km (1.5 hours)

The Distance between Ataturk Airport and Hotel : 22km (30 minutes)

The Distance between Hotel and Swimming Pool : 5km (10 minutes)

The Distance between Hotel and Open Water Area : 7km (10 minutes)

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## GENERAL INFORMATION

Only national federation teams affiliated to the CMAS are eligible to compete in the competition. Each national team should respect the championships rules, the safety conditions set by the organizers and the CMAS rules and regulations competition, category (male/female 14-17 years old - 2001-2004 year of birth).

Every National team must bring with it three (3) national flags (2,00m x 1,00m) and a CD or flash disk with the short version of national anthem.

## PARTICIPATION

### Swimming Pool Events:

- Each country may enter no more than two (2) swimmers for each distance and one (1) relay team.
- The entries must reach CMAS headquarters within the time limits set by the CMAS rules on [www.cmasoffice.org](http://www.cmasoffice.org) (Point 1.21.1.3 &4 of CMAS Procedures)
- World and Continental Championships will be organized over four (4) days and eight (8) sessions.
- The qualifying heats are scheduled in the morning and finals in the afternoon except 400 BF, 400 IM, 800 SF and 1500 SF slow heats in the morning and fast heat in the afternoon. For this reason, it's requested to the national federations to send to the CMAS HQ the official protocols of all national selection competitions in delay maximum of two weeks after the competitions (in one of the three CMAS languages). Thus, times of enrollments of the swimmers will be checked for CMAS championships. If the protocols are not transmitted in this deadline, times of corresponding enrollments will be cancelled and the athletes will be engaged with time 00:00:00.

### Open Water Events:

- Each country may enter not more than four (4) swimmers for each distance and one (1) relay team.
- The relay team is mixed. It is necessarily composed of two female athletes and two male athletes. The starting order is free and is decided by the team leader according to the point 8.2.4. of the CMAS Finswimming Rules.

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## DICIPLINES and DISTANCES

### Swimming Pool (Male and Female):

Surface (SF):	50m – 100m – 200m – 400m – 800m – 1500m
Apnea (AP):	50m
Immersion (IM):	100m – 400m
Bi-Fins (BF):	50m – 100m – 200m – 400m
Relay:	4x50m SF Mixed – 4x100m SF – 4x200m SF – 4x100m BF Mixed

### Open Water:

Morning Session:	4x2000m Mixed Relay
Afternoon Session:	6000m Individual (Male and Female)

### International Jury:

CMAS Technical Delegate according to CMAS rules.

### Classification and Awards:

According to the CMAS rules.

### Doping Control:

Organizing committee guarantees to provide doping control according to the CMAS and WADA rules.

### Cylinders Filling:

- Only compressed air without oxygen enrichment is allowed.
- For pool competitions, the minimum volume of a compressed air cylinder (bottle) is 0.4L (zero point four liter).
- The maximum filling pressure for the compressed-air cylinders cannot exceed 200 bar (20 MPa).
- When a cylinder with a flat bottom is used, adding a rounded bottom, which does not exceed the radius of the cylinder is allowed.
- All cylinders used must have passed a hydrostatic test less than 2 years before the competition.
- Each cylinder must be presented empty during checking meeting before competition.
- The organizer guarantees the filling of DIN 200, YOKE cylinders (bottles).

### Flags and National Anthem:

National teams should bring three (3) national flags (2.00m x 1.00m) and a CD or flash disk with the short version of national anthem.

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## THE BOOKING and ENTRY FEE

### Choice 1 (Swimming Pool and Open Water)

8 Days / from 28 July to 04 August:

Entry fee for per participant is **650€**. The organizer will provide:

- Accommodation in 5 stars hotel with single, double or triple hotel rooms. (Economy)
- Open buffet breakfast, lunch and dinner.
- Meals are starting with lunch on 28 July and ending with breakfast on 04 August 2018.
- Transfers from Istanbul Ataturk Airport to the hotel and return.
- 2x0,5L drinking water (still) for per person / per day.
- Transfers between the official hotel and the venues (Swimming pool, Open Water)
- Participation and transfers to the opening and closing ceremony.
- Participation and transfers to the gala dinner for head of the delegations.
- Participation and transfers to the athletes party.

### Choice 2 (Swimming Pool only)

7 Days / from 28 July to 03 August:

Entry fee for per participant is **600€**. The organizer will provide:

- Accommodation in 5 stars hotel with single, double or triple hotel rooms. (Economy)
- Open buffet breakfast, lunch and dinner.
- Meals are starting with lunch on 28 July and ending with breakfast on 03 August 2018.
- Transfers from Istanbul Ataturk Airport to the hotel and return.
- 2x0,5L drinking water (still) for per person / per day.
- Transfers between the official hotel and the venues (Swimming pool, Open Water)
- Participation and transfers to the opening ceremony.
- Participation and transfers to the gala dinner for head of the delegations.

### Choice 3 (Open Water only)

4 Days / from 01 August to 04 August:

Entry fee for per participant is **300€**. The organizer will provide:

- Accommodation in 5 stars hotel with single, double or triple hotel rooms. (Economy)
- Open buffet breakfast, lunch and dinner.
- Meals are starting with lunch on 01 August and ending with breakfast on 04 August 2018.
- Transfers from Istanbul Ataturk Airport to the hotel and return.
- 2x0,5L drinking water (still) for per person / per day.
- Transfers between the official hotel and the venues (Open Water)
- Participation and transfers to the closing ceremony.
- Participation and transfers to the athlete's party.

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### Extra Charges:

- Participants who choose to be accommodated in hotels other than the official hotels of the organization must pay a fee of **250€** per person for secretarial fees, competition, opening and closing ceremony and athletes party. Local transfers and meals will not be provided in this case.
- Transfer from Istanbul Sabiha Gokcen Airport to the hotel and return – **50€** per person
- Single room charge will be extra **40€** per room / per day.
- Extra days will be charged as follows:
  - Per person / per day (Double or Triple Room): **70€**
  - Per person / per day (Single Room): **110€**

Deadline for the hotel booking: **11 May 2018**

Later reservations will not be accepted.

### Training Camp Before the Championship:

The teams who wishing to organize a training camp before the championship must specify their request to the organizing committee. Special accommodation and transportation prices will be given on request.

### Payment:

The organizer accepts only bank transfers in Euros (bank charges will be billed to the sender). Bank checks and credit cards will not be accepted. A minimum of 50% of the total entry fee should be transferred at our bank account no later than the **01 June 2017** to guarantee the booking. The rest of the amount (completion of the total entry fee) should be transferred at our bank account no later than **06 July 2018**. After this date, the participation fees will increased by a further 10% of total amount.

Bank Name: VAKIFBANK  
Account Name: TURKIYE SUALTI SPORLARI FEDERASYONU BASKANLIGI  
IBAN: TR46 0001 5001 5804 8016 8441 51  
Swift Code: TVBATR2A

### Visas:

If you require a visa, please contact the embassy or consulate in your country. For delegations must obtain a visa, an invitation with the names of participants will be sent on request.

### Misc:

The electrical power in Turkey is 220V, 50 Hz

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### Deadlines and Participation Conditions:

- Registration and payment of the CMAS fees subscription must be done on [www.cmasoffice.org](http://www.cmasoffice.org)
- The Hotel booking forms, the payment and the bank transfer certificate must be sent to the Organizing Committee according to the following schedule:

<b>Annex 1</b>	Deadline	13.04.2018	Preliminary Entry Form
<b>Annex 2</b>	Deadline	11.05.2018	Hotel Booking Form
<b>Annex 3</b>	Deadline	01.06.2018	Bank Transfer of 50% of the Total Entry Fee
<b>Annex 4</b>	Deadline	29.06.2018	Competitors List Form
<b>Annex 5</b>	Deadline	29.06.2018	Airport Transfer Form
<b>Annex 6</b>	Deadline	29.06.2018	Final Hotel Booking Form
<b>Annex 7</b>	Deadline	06.07.2018	Bank Transfer of Completion of the Total Entry Fee
<b>Annex 8</b>	Deadline	06.07.2018	Final Entry Form (Excel)

- The competitors list have to be entered in [www.cmasoffice.org](http://www.cmasoffice.org) and the excel form (Annex 5) should be sent to the Organizing Committee.
- The list of National Records should be sent to CMAS HQ and the Organizing Committee.
- For further information, please contact;

Turkish Underwater Sports Federation

Ms. Elif KANTAR +90537 343 15 75 [elifkantar@tssf.gov.tr](mailto:elifkantar@tssf.gov.tr) (English, Russian)

Mr. Ozgur ALEMDAR +90535 899 15 73 [ozguralemdar@tssf.gov.tr](mailto:ozguralemdar@tssf.gov.tr) (English)

### General Schedule:

The championship program is as follows:

<b>Day 1</b>	28.07.2018	Arrival of Delegations
<b>Day 2</b>	29.07.2018	Training Day / Technical Meeting / Championship Opening Ceremony
<b>Day 3</b>	30.07.2018	1 <sup>st</sup> Day of Swimming Pool Competitions / Gala Dinner for Head of the Delegations
<b>Day 4</b>	31.07.2018	2 <sup>nd</sup> Day of Swimming Pool Competitions
<b>Day 5</b>	01.08.2018	3 <sup>rd</sup> Day of Swimming Pool Competitions / Arrival of Open Water Teams
<b>Day 6</b>	02.08.2018	4 <sup>th</sup> Day of Swimming Pool Competitions / Open Water Training and Technical Meeting
<b>Day 7</b>	03.08.2018	Open Water Competitions / Championship Closing Ceremony / Athletes Party
<b>Day 8</b>	04.08.2018	Departure of Delegations

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## CHAMPIONSHIP PROGRAMME

SWIMMING POOL PROGRAMME								
28 July Saturday	Arrival of Delegations				All Day			
	29 July Sunday	Training and Checking of Equipments				10:00-15:00		
Technical Meeting				15:00-16:00				
Opening Ceremony				17:30-19:00				
30 July Monday	Morning Session				Afternoon Session			
	Warming Up Group A		08:15-08:45		Warming Up		14:45-15:30	
	Warming Up Group B		08:45-09:15		Warming Up for Finalists		15:30-16:15	
	Start of the Heats		09:30		Start of the Finals		16:30	
	01	100m. Surface	Girls	Heats	01	100m. Surface	Girls	Final
					02	100m. Surface	Boys	Final
					Medal Ceremony of 100m Surface Girls			
	02	100m. Surface	Boys	Heats	03	100m. Bifins	Girls	Final
					Medal Ceremony of 100m Surface Boys			
	03	100m. Bifins	Girls	Heats	04	100m. Bifins	Boys	Final
					Medal Ceremony of 100m Bifins Girls			
	04	100m. Bifins	Boys	Heats	05	400m. Surface	Girls	Final
					Medal Ceremony of 100m Bifins Boys			
	05	400m. Surface	Girls	Heats	06	400m. Surface	Boys	Final
					Medal Ceremony of 400m Surface Girls			
06	400m. Surface	Boys	Heats	07	4x100m. Bifins Relay	Mixed	Final	
				Medal Ceremony of 400m Surface Boys				
07	4x100m. Bifins Relay	Mixed	Heats	Medal Ceremony of 4x100m Bifins Relay Teams				
31 July Tuesday	Morning Session				Afternoon Session			
	Warming Up Group B		08:15-08:45		Warming Up		14:45-15:30	
	Warming Up Group A		08:45-09:15		Warming Up for Finalists		15:30-16:15	
	Start of the Heats		09:30		Start of the Finals		16:30	
	08	100m. Immersion	Girls	Heats	08	100m. Immersion	Girls	Final
					09	100m. Immersion	Boys	Final
					Medal Ceremony of 100m Immersion Girls			
	09	100m. Immersion	Boys	Heats	10	1500m. Surface	Girls	Fast Heat
					Medal Ceremony of 100m Immersion Boys			
	10	1500m. Surface	Girls	Slow Heats	11	1500m. Surface	Boys	Fast Heat
					Medal Ceremony of 1500m Surface Girls			
	11	1500m. Surface	Boys	Slow Heats	12	200m. Bifins	Girls	Final
					Medal Ceremony of 1500m Surface Boys			
	12	200m. Bifins	Girls	Heats	13	200m. Bifins	Boys	Final
					Medal Ceremony of 200m Bifins Girls			
	13	200m. Bifins	Boys	Heats	14	200m. Surface	Girls	Final
				Medal Ceremony of 200m Bifins Boys				
14	200m. Surface	Girls	Heats	15	200m. Surface	Boys	Final	
				Medal Ceremony of 200m Surface Girls				
15	200m. Surface	Boys	Heats	16	4x50m. Surface Relay	Mixed	Final	
				Medal Ceremony of 200m Surface Boys				
16	4x50m. Surface Relay	Mixed	Heats	Medal Ceremony of 4x50m Surface Relay Teams				

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## CHAMPIONSHIP PROGRAMME

		Morning Session				Afternoon Session			
		Warming Up Group B		08:15-08:45		Warming Up		14:45-15:30	
		Warming Up Group A		08:45-09:15		Warming Up for Finalists		15:30-16:15	
		Start of the Heats		09:30		Start of the Finals		16:30	
01 August Wednesday	17	50m. Surface	Girls	Heats	17	50m. Surface	Girls	Final	
					18	50m. Surface	Boys	Final	
	18	50m. Surface	Boys	Heats	<b>Medal Ceremony of 50m Surface Girls</b>				
					19	50m. Bifins	Girls	Final	
	19	50m. Bifins	Girls	Heats	<b>Medal Ceremony of 50m Surface Boys</b>				
					20	50m. Bifins	Boys	Final	
	20	50m. Bifins	Boys	Heats	<b>Medal Ceremony of 50m Bifins Girls</b>				
					21	400m. Immersion	Girls	Fast Heat	
	21	400m. Immersion	Girls	Slow Heats	<b>Medal Ceremony of 50m Bifins Boys</b>				
					22	400m. Immersion	Boys	Fast Heat	
	22	400m. Immersion	Boys	Slow Heats	<b>Medal Ceremony of 400m Immersion Girls</b>				
					23	400m. Bifins	Girls	Fast Heat	
	23	400m. Bifins	Girls	Slow Heats	<b>Medal Ceremony of 400m Immersion Boys</b>				
					24	400m. Bifins	Boys	Fast Heat	
24	400m. Bifins	Boys	Slow Heats	<b>Medal Ceremony of 400m Bifins Girls</b>					
				25	4x200m. Surface Relay	Girls	Final		
25	4x200m. Surface Relay	Girls	Heats	<b>Medal Ceremony of 400m Bifins Boys</b>					
				26	4x200m. Surface Relay	Boys	Final		
26	4x200m. Surface Relay	Boys	Heats	<b>Medal Ceremony of 4x200m Surface Relay Girls</b>					
				<b>Medal Ceremony of 4x200m Surface Relay Boys</b>					
		Morning Session				Afternoon Session			
		Warming Up Group B		08:15-08:45		Warming Up		14:45-15:30	
		Warming Up Group A		08:45-09:15		Warming Up for Finalists		15:30-16:15	
		Start of the Heats		09:30		Start of the Finals		16:30	
02 August Thursday	27	50m. Apnea	Girls	Heats	27	50m. Apnea	Girls	Final	
					28	50m. Apnea	Boys	Final	
	28	50m. Apnea	Boys	Heats	<b>Medal Ceremony of 50m Apnea Girls</b>				
					29	800m. Surface	Girls	Fast Heat	
	29	800m. Surface	Girls	Slow Heats	<b>Medal Ceremony of 50m Apnea Boys</b>				
					30	800m. Surface	Boys	Fast Heat	
	30	800m. Surface	Boys	Slow Heats	<b>Medal Ceremony of 800m Surface Girls</b>				
					31	4x100m. Surface Relay	Girls	Final	
31	4x100m. Surface Relay	Girls	Heats	<b>Medal Ceremony of 800m Surface Boys</b>					
				32	4x100m. Surface Relay	Boys	Final		
32	4x100m. Surface Relay	Boys	Heats	<b>Medal Ceremony of 4x100m Surface Relay Girls</b>					
				<b>Medal Ceremony of 4x100m Surface Relay Boys</b>					

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## CHAMPIONSHIP PROGRAMME

OPEN WATER PROGRAMME								
<b>01 August Wednesday</b>	Arrival of Delegations				All Day			
<b>02 August Thursday</b>	Training and Checking of Equipments				15:00-18:00			
	Technical Meeting				19:00-20:00			
<b>03 August Friday</b>	<b>Morning Session</b>				<b>Afternoon Session</b>			
	Warming Up Group A		08:15-09:15		Warming Up		14:15-15:15	
	Start of the Competition				09:30			
	01 4x2000m. OW Relay		Mixed	Final	02 6000m. Open Water		Girls	Final
					03 6000m. Open Water		Boys	Final
					Medal Ceremony of <i>Open Water Competitions</i>			
				Closing Ceremony of European Junior Championship				
<b>04 August Saturday</b>	Departure of Delegations				All Day			