

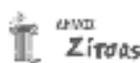
Information BULLETIN



FINSWIMMING 2019 IOANNINA

27th CMAS Finswimming
European Senior
Championship

25 June - 02 July



OFFICIAL PARTNERS



GOLDEN SPONSORS



SPONSORS

THE LOGO



FINSWIMMING 2019
IOANNINA

**27th CMAS Finswimming
European Senior
Championship**

ADDRESS OF H.S.F PRESIDENT

Mr. Dimitris Diathesopoulos



Dear Sport Friends,

In 2010, Hellenic Swimming Federation, has involved in its body the Sport of Finswimming. As a matter of fact, great distinctions carried out. Currently, our Federation will host a major event, the 27th CMAS Finswimming European Senior Championship, to be held on June 25th to July 2nd 2019 and we have the ambition to become a benchmark.

Besides in the past, our Federation hosted in 2014 in Chania the CMAS Finswimming World Junior Championship and in 2015 in Volos the CMAS Finswimming World Senior Championship.

Giannena, is the host city of the event and the local authorities and organizations warmly support the attempt, ready to welcome top athletes that are going to participate.

In our country, the Finswimming family is ready to work closely together to achieve the best results, in order this event to be recorded as one of the most important in the history of the institution.

I am convinced that both our Federation and the city of Giannena, will do their best to welcome this great event, also the Finswimming family guarantee the success of the event.

Thank you all.

Dimitris Diathesopoulos
President H.S.F

CITY OF IOANNINA



The population of the city amounts to 65.574 inhabitants, in accordance with the inventory in 2011.

Ioannina is located in the northwestern part of mainland Greece, in the center of the basin.

It is one of the largest cities in Greece with a rich cultural tradition and modern development companies.

Between the multitude of geographical characteristics of the region holds a special position the Lake Pamvotis.

Worthy to mention is the island of lake Pamvotis (island of Ioannina), one of the two inhabited islands in Lake in the country (the other is the Agios Achilleios Prespes), which is a small settlement and various monuments and attractions, such as the last residence of Ali Pasha.

There are also six monasteries, the legacy of Agios Nikolaos (Ntiliou) or Stratigopoulou of the 11th century, Agios Nikolaos (Spanou) or Filanthropinon was from 1292 A.D., Agios Ioannis Prodromos (1506 A.D.), Eleoussis (1570 AD), Agios Panteleimonos (17th century) and the Transfiguration of the Savior (1851 AD).

Three kilometers far away from the city of Ioannina lies the cave Perama of Ioannina, about 830 meters long and about 14400 sq.m. The cave was discovered by city dwellers who tried to find shelter from bombing of the Italian airplanes in 1940. North of Ioannina, at a distance of approximately 50 km, is the picturesque Konitsa and the Aous river.



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:

Tuesday 25th June 2019

- Arrival of delegations throughout the morning.

Wednesday 26th June 2019

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

Thursday 27th June 2019

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
4X100 BF Mixed

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
4X100 BF Mixed
Award ceremony 400 SF Men
Award ceremony 4X100 BF Mixed

Friday 28th June 2019

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
4X50 SF Mixed

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
4X50 SF Mixed
Award ceremony 200 SF Men
Award ceremony 4X50 SF Mixed

Saturday 29th June 2019

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
400 BF Women Slow Heats
400 BF 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
400 BF Women Fast Heat
Award ceremony 400 IM Men
400 BF Men Fast Heat
Award ceremony 400 BF Women
4X200 SF Women Final
Award ceremony 400 BF Men
4X200 SF Men Final
Award ceremony 4X200 SF Women
Award ceremony 4X200 SF Men

Arrival and documents check of Open Water teams

Sunday 30th June 2019

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

Monday 1st July 2019

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

Tuesday 2nd July 2019

- 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, 4x50m Mixed

Bifins (BF): 50m, 100m, 200m, 400m

Relay: 4x100m Mixed

Open Water:

Individual: 6.000m

Relay: 4x2.000m Mixed

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 OF IOANNINA
"LIMNOPOULA"**
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 2,05-2,20 meters depth, and average temperature 26.0 ± 1.0 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.



OPEN WATER

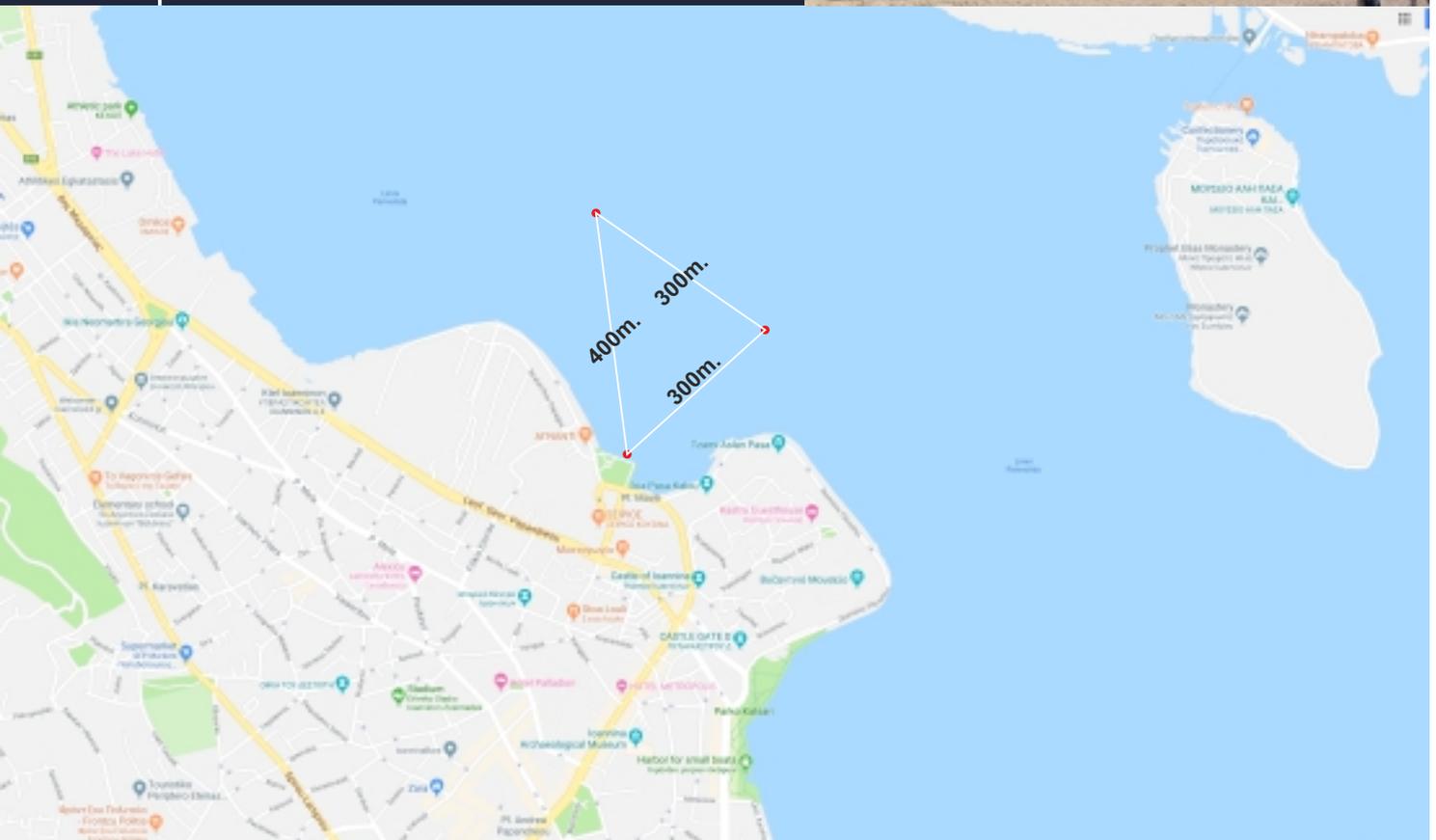
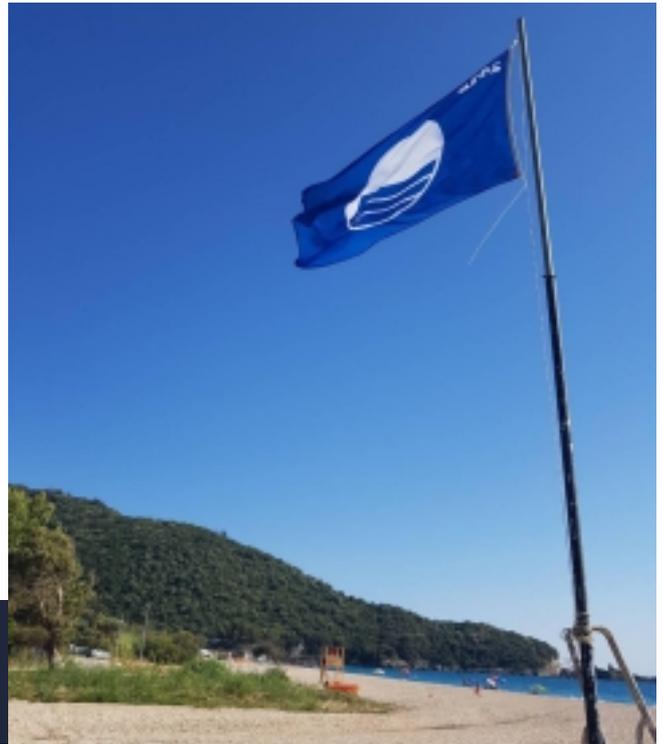
The Open Water competition part of 27th CMAS Finswimming European Senior Championship will take place at the historic lake of Ioannina, one of the most touristic places in Greece.

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 5 stars Hotel Epirus Palace.
For this better convenience, hotel is located close to the swimming pool and the Open Water venue, only 20 minutes driving distance.

Epirus Palace Hotel



BOOKING & ENTRY FEE

- Choice 1 (7 days): Entry fee per participant is 700,00€. The organizer will provide:
 - Accommodation in five and four stars hotels with double or triple hotel rooms.
 - Breakfast, lunch and dinner, starting with dinner on the June 25th 2019 and ending with breakfast on the July 2nd 2019.
- Transfers from Ioannina National Airport, (IOA/LGIO) Greece 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 five and four stars hotels with double or triple hotel rooms.
 - Breakfast, lunch and dinner, starting with dinner on the June 25th 2019 and ending with breakfast on the July 1st 2019.
- Participation at the Opening Ceremony.
- Transfers from Ioannina National Airport, (IOA/LGIO) Greece to hotel and return extra fee 25,00€
- Transfers between the official hotel and swimming pool.
- Participation at the Opening and Closing Ceremony.
- Choice 3 (4 days): Entry fee per participant is 350,00€ The organizer will provide:
 - Accommodation in five and four stars hotels with double or triple hotel rooms.
 - Breakfast, lunch and dinner, starting with dinner on the June 29th 2019 and ending with breakfast on the July 2nd 2019 .
- Participation at the Closing Ceremony.
- Transfers from Ioannina National Airport, (IOA/LGIO) Greece to hotel and return extra fee 25,00€
- Transfers between the official hotel and the Open Water venue.
- Participation at the Opening and Closing Ceremony.
- 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 14th of April 2019.
Later registrations will not be accepted.

1. PAYMENT

Minimum 50% of total entry fee should be deposited at our bank no later than April 14th 2019 to guarantee the booking. After this date (April 14th 2019) 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: 080/48100583
IBAN: GR7501100800000008048100583
SWIFT CODE: ETHNGRAA

2. COMPETITION FEE

According to CMAS Rules.

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 2019**

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

- **no later than 14th April 2019**

(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 27th May 2019**

(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 2019)

We will participate in the "19th CMAS FINSWIMMING WORLD SENIOR CHAMPIONSHIP 2016" in Ioannina (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 2019

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 14th April 2019)

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 27th May 2019)

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						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
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: GR7501100800000008048100583

SWIFT CODE: ETHNGRAA
