



15TH – 21ST OCTOBER
2019 IN NAGANO, JAPAN

17TH ASIAN FINSWIMMING
CHAMPIONSHIPS AND
2019 ASIAN JUNIOR
FINSWIMMING COMPETITION

Forecast Shinjuku South 6F ,Shinjuku Shinjuku-ku , TOKYO - JAPAN



17th Asian Finswimming Championships and 2019 Asian Junior Finswimming Competition 15th – 21st October 2019 in Nagano, JAPAN

INFORMATION

1. RULES

In accordance with CMAS rules and Special rules of AUF.

2. VENUE

All events will be held at the standard indoor swimming pool, located in Nagano City, JAPAN. The facility consists of 10-lanes 50m competition pool, its depth is 2.0 meters, and 6-lanes 25m training pool. timing and judging consoles, computerization and touch pads are provided by SEIKO systems.

3. ELIGIBLE PARTICIPANTS Events / Group

- Participants must be registered as members of their respective Finswimming federations of the Asian Countries.
- Junior Competition: Born after 31/12/2001.
- Current CMAS Sports License for Championship.

4. EVENTS / GROUP

Events / Group	Senior	Junior	Events / Group	Senior	Junior
50m Surface	*	*	50m Bi-fins	*	*
100m Surface	*	*	100m Bi-fins	*	*
200m Surface	*	*	200m Bi-fins	*	*
400m Surface	*	*	400m Bi-fins	*	*
800m Surface	*	*	4 x 100m Surface	*	*
1,500m Surface	*	*	4 x 200m Surface	*	*
50m Apnea	*	*	4 x 50m Surface (Mixed)	Mixed	Mixed
100m Immersion	*	*	4 x 100m Bin-fins (Mixed)	Mixed	Mixed
400m Immersion	*	*			

* Asian Finswimming Championships: there will be Heats (morning session) and Finals (Afternoon session)

* Asian Junior Finswimming Competition: there will be only Direct finals in the morning sessions.

5. BOOKING AND ENTRY FEE

Accommodations and meals are offered as a package for the period from 15th October (from dinner) to 21st October (until breakfast).

- Meeting place: Nagano Station (TRAIN).
<https://www.jreast.co.jp/e/> https://www.jreast.co.jp/e/eastpass_n/index.html?src=gnavi
- Free transportation is available from **Nagano Station** to the hotel
- Neighboring Airports : **Niigata Int'l Airport** <https://www.niigata-airport.gr.jp/>
Transportation (Airport – Hotel – Airport) is available at €70/person

a. Package

The package cost of € 680 is charged PER INDIVIDUAL. Package includes followings.

- Meals (breakfast, lunch and dinner (Starting with dinner on the 15th October and ending with breakfast on the 21th October)
 - Accommodations (Twin or triple room. Extra fee for single room – €32 per night)
 - Transportations:
 - (1) Nagano station → HOTEL → Nagano station
 - (2) HOTEL → POOL → HOTEL
- Please note, transportation between Airport and Hotel is NOT included into this package.

b. Reservation and Payment

Accommodations will be reserved only by deposit of € 300 per person. Please complete and return the Hotel Booking form as soon as possible (Form is attached as hereto). Payment may be sent before 15th August to guarantee reservation. All rooms are subject to availability. To avoid inconvenience on the part of the organizers and participants, we would like to request the teams to follow the schedule of deadlines.

Balance payment should be paid before 15th September 2019

c. Payment INSTRUCTION

Instructions for wire transfer:

- BENEFICIARY'S Bank Name: SHINKIN CENTRAL BANK
- BENEFICIARY'S Bank Address: 3- 8-1 KYOBASHI CHUO-KU TOKYO JAPAN
- SWIFT Code: ZENBJPJT
- ACCOUNT No: 1336-001-3142813
- BENEFICIARY'S Name: JAPAN UNDERWATER SPORTS FEDERATION
- BENEFICIARY'S ADDRESS : FORECAST SHINJUKU SOUTH 6 F ,4-3-17 SHINJUKU
SHINJUKU-KU, TOKYO- 160-0022 JAPAN

【Remarks】

- Extra night stay : €100 per person per night.
- Check-In Time : After PM15:00.
- Check-Out Time : Before AM 11:00. Departures after AM 11:00 is subject to availability of the room and possible additional charges.

6. SECRETARY AND COMPETITION FEE

Participants who choose to stay in hotels other than official hotels will have to pay € 350 per person for secretarial fees, competition, opening and closing ceremony. No local transfers will be provided.

7. CANCELLATION OF EVENTS

- a. Individual Events: There shall be a minimum of 3 entries.
- b. The events shall be cancelled if entries received on or Before the closing date are below the minimum number.
- c. Participating teams that may be affected by this rule shall be immediately informed and given 3 days to re-submit alternate entries.

8. LANE SEEDINGS

For Junior Competition, all athletes will swim on a Timed Finals basis. In order to seed swimmers correctly, please enter the current best times for each event in the spaces provided in the entry forms.

9. BOTTLE FILLING

Regarding immersion bottles, you must use the bottles that passed a specific test that is required by law in Japan. You cannot use your own bottles.

So, the Japan Federation will prepare the bottles you can use. Everyone will use these bottles at the championship. For information, there are 1 liter bottles (100m) and 2.5 liter bottles (400m) .

The valve part is K style (SCUBA DIVING) to connect to regulators.

The maximum charging pressure is 200 bars.

10. PROGRAM SCHEDULE

Competition will start from AM 9:00 and PM 16: 00 each day. Warming up will start from AM 8:00and PM 15:00 each day.

- Day 1 (15/10): Arrival
- Day 2 (16/10): Practice, Technical Meeting at AM 11:00, Equipment Check at PM 14:00 – PM 17:00, and Opening Ceremony at PM 19:00
- Day 3 (17/10): Competition
- Day 4 (18/10): Competitions and AUF General Assembly
- Day 5 (19/10): Competition

- Day 6 (20/10): Competition and Closing ceremony
- Day 7 (21/10): Departure in the morning

11.Event Schedule no.

Day	No.	Morning –9:00 AM	Afternoon – 16:00 PM	Medal Ceremony
Day 1	101	100 SF Women (Heats)	100 SF Women (Final)	
	102	100 SF Girls (Final)	100 SF Men (Final)	100 SF Women
	103	100 SF Men (Heats)	100 BF Women (Final)	100 SF Men
	104	100 SF Boys (Final)	100 BF Men (Final)	100 BF Women
	105	100 BF Women (Heats)	400 SF Women (Final)	100 BF Men
	106	100 BF Girls (Final)	400 SF Men (Final)	400 SF Women
	107	100 BF Men (Heats)	4x100BF Senior Mead (Final)	400 SF Men
	108	100 BF Boys (Final)		4x100BF Senior Mead (Final)
	109	400 SF Women (Heats)		
	110	400 SF Girls (Final)		
	111	400 SF Men (Final)		
	112	400 SF Boys (Final)		
	113	4 x 100BF Senior Mead (Heats)		
	114	4 x 100BF Junior Mead (Final)		

Day	No.	Morning – 9h00AM	Afternoon –16h00	Medal Ceremony
Day 2	201	100 IM Women (Heats)	100 IM Women (Final)	
	202	100 IM Men (Final)	100 IM Men (Final)	100 IM Women
	203	1500 SF Women (Slow Heats)	1500 SF Women (Fast Heat)	100 IM Men
	204	1500 SF Girls (Final)	1500 SF Men (Fast Heat)	1500 SF Women
	205	1500 SF Men (Slow Heats)	200 BF Women (Final)	1500 SF Men
	206	1500 SF Boys (Final)	200 BF Men (Final)	200 BF Women
	207	200 BF Women (Heats)	200 SF Women (Final)	200 BF Men
	208	200 BF Girls (Final)	200 SF Men (Final)	200 SF Women
	209	200 BF Men (Heats)	4x50 SF Senior Mixed (Final)	200 SF Men
	210	200 BF Boys (Final)		4x50 SF Senior Mixed
	211	200 SF Women (Heats)		
	212	200 SF Girls (Final)		
	213	200 SF Men (Heats)		
	214	200 SF Boys (Final)		
	215	4 x 50 SF Senior Mixed (Heats)		
	216	4 x 50 SF Junior Mixed (Final)		

Day	No.	Morning – 9h00	Afternoon –16h00	Medal Ceremony
Day 3	301	50 SF Women (Heats)	50 SF Women (Final)	
	302	50 SF Girls (Final)	50 SF Men (Final)	50 SF Women
	303	50 SF Men (Heats)	50 BF Women (Final)	50 SF Men
	304	50 SF Boys (Final)	50 BF Men (Final)	50 BF Women
	305	50 BF Women (Heats)	400 IM Women (Fast Heat)	50 BF Men
	306	50 BF Girls (Final)	400 IM Men (Fast Heat)	400 IM Women
	307	50 BF Men (Heats)	400 BF Women (Fast Heat)	400 IM Men
	308	50 BF Boys (Final)	400 BF Men (Fast Heat)	400 BF Women
	309	400 IM Women (Slow Heats)	4x200 SF Women (Final)	400 BF Men
	310	400 IM Men (Slow Heats)	4x200 SF Men (Final)	4x200SF Women
	311	400 BF Women (Slow Heats)		4x200 SF Men
	312	400 BF Girls (Final)		
	313	400 BF Men (Slow Heats)		
	314	400 BF Boys (Final)		
	315	4x200 SF Women (Heats)		
	316	4x200 SF Girls (Final)		
	317	4x200 SF Men (Heats)		
	318	4x200 SF Boys (Final)		

Day	No.	Morning – 9h00	Afternoon –16h00	Medal Ceremony
Day 4	401	50 AP Women (Heats)	50 AP Women (Final)	
	402	50 AP Girls (Final)	50 AP Men (Final)	50 AP Women
	403	50 AP Men (Heats)	800 SF Women (Fast Heat)	50 AP Men
	404	50 AP Boys (Final)	800 SF Men (Fast Heat)	800 SF Women
	405	800 SF Women (Slow Heats)	4x100 SF Women (Final)	800 SF Men
	406	800 SF Girls (Final)	4x100 SF Men (Final)	4x100SF Women
	407	800 SF Men (Slow Heats)		4x100 SF Men
	408	800 SF Boys (Final)		
	409	4x100 SF Women (Heats)		
	410	4x100 SF Girls (Final)		
	411	4x100 SF Men (Hearts)		
	412	4x100 SF Boys (Final)		

412 AWARDS

Individual / Team Awards

- a. Gold Medal for First Place.
 - b. Silver Medal for Second Place.
 - c. Bronze Medal for Third Place.
- For Junior Competition: Awarding Ceremony will be held in the morning sessions after each event.
 - For Asian Championships: Awarding Ceremony will be held in the afternoon sessions as the schedule.

【Remarks】

- Each team have to bring 3 national flags (Size: 180cm x 120cm) and one CD of national anthem.

413 CERTIFICATES

- a. Diploma/certificate will be awarded to all CMAS record holders breakers.
- b. Certificate of participation will be presented to all participants.

414 TECHNICAL MEETING

- Date: 16th October 2019.
- Time: 11:00 AM
- Venue: Conference room in the Swimming Pool.

415 Closing dates for each form.

- Enclosure 1 ---Preliminary form : 30th June 2019
- Enclosure 2 ---Entry List: 30th July 2019
- Enclosure 3 ---Hotel Booking Form : 15th August 2019
- Enclosure 4 ---Rooming List : 30th August 2019
- Enclosure 5 ---Travel Information : 30th August 2019
- Enclosure 6 ---Entry Form : 15th September 2019

416 Other information

a. Visa

Entry visa is required by Japanese government. Some countries or regions require a visa to enter Japan. If assistance is needed, please contact the organizer and give information at least two months ahead of time.

b. Contact Information of organizing committee Japan Underwater Sports Federation is as per below

- Address : FORECAST SHINJUKU SOUTH6F. 4-3-17 Shinjuku-ku, Tokyo 160-0022 JAPAN
- Business hours : 10:00~17:00
- Tel : +81-3-6862-6195
- Fax : +81-3-6866-9994
- e-mail : info@jusf.gr.jp