



CMAS
CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES
WORLD UNDERWATER FEDERATION



CMAS Aquathlon World Cup



Palanga, Lithuania
16-19 April
2020

1. GENERAL INFORMATION

The competition will take place in Palanga (Lithuania)

Vilnius ~335 km; Kaunas – 235 km;



The competition will take place in Palanga, Lithuania on 16 - 19 April, 2020. It will be hosted in , Palangos swimming pool (*Kretingos str.-23*) 25 metres long, 8 lanes. Depth 2.0 m, water temperature $27^{\circ}\text{C} \pm 1^{\circ}\text{C}$.

2. ORGANISING COMMITTEE: The competition is organised by CMAS; Lithuanian underwater sport federation .

<p>Aurelijus Kinas, President of Lithuanian Underwater Sport Federation: +37068658974 e-mail: kinas303@gmail.com</p>

<p>Felicita Vaitkute, organizer: +37068639598 e-mail: felvait@gmail.com</p>

3. PARTICIPANTS:

The participants are divided into groups by gender & age

- Female, male age 21 and older (year of birth 2000 and older)
- Female, male age 18 -19 (y.b. 2002-2001)
- Female, male age 16 -17 (y.b. -2004-2003)
- Female, male age 14 -15 (y.b. 2006-2005)

Competitors, accordingly by their weight are segregated into subcategories A and B where applicable.

Age group	Gender	Subcategory A	Subcategory B
Female, male age 14 -15 (y.b. 2005-2006)	Female	n/a	
	Male		
Female, male age 16 -17 (y.b. 2003-2004)	Female	<50 kg	50 kg <
	Male	<60 kg	60 kg <
Female, male age 18 -19 (y.b.2001-2002)	Female	<60 kg	60 kg <
	Male	<70 kg	70 kg <
Female, male age 21 and older (y. b. 2000 and older)	Female	<70 kg	70 kg <
	Male	<80 kg	80kg <

4. REQUIRED DOCUMENTS

- Valid passport; Medical approval;
- Life insurance; CMAS aquathlon license.

5. PROGRAMME

16/04 (Thursday) until 17:00 h - arrival teams 17.00-

18.30-mandate Commission in Pool

18.30-19.00- meeting of team representatives & jugdes

19.00-21.00 - training session (in your account)

17/04(Friday)

16.00-16.30 - warmup

16.30- competition

18/04 (Saturday)

8.00-8.30- warmup

8.30-10.45 competition

19.00 - closing competition

19/04 (Sunday)

Departue of the teams

6. RULES AND REGULATIONS:

The main panel of judges, approved by the CMAS will conduct the competition, accordingly to the international rules for aquathlon.

7. PRIZES:

Individual prizes: medals will be awarded to the first three classified athletes in each category (men and women, young girls). Winners of the Cup will receive cups.

8.APPLYING FOR THE COMPETITION: in order to enroll, you must apply via felvait@gmail.com . The deadline of preliminary application is until **25th March 2020**. Further information about start fees, etc. will be given after the preliminary applications. The final application deadline is on **12 April, 2020**. Visa application deadline - **6th March 2020**

9. ORGANISATION ENGAGEMENT FEES

Entry fee - **15 Euro** for each sportsman.

This amount must be paid before arrival.

10.BOOKING

Entry fee per participant is **120 €**. This includes:

- Accommodation in double or triple hotel room.
- from 16th April(Thursday)starting with dinner until 18th April(Saturday) dinner ending .
- single room extra preis +35 eur per person/night
- Extra day – 45 € per person.
- Extra 2 day -90 € per person.

11.Transfers:

- Vilnius airport – hotel - Vilnius airport - **50€** per person;
- Kaunas – hotel – Kaunas - **40€** per person;

Palanga – hotel – Palanga - **10€** per person; Hotel – swimmpool – 300m

Description

Palanga is a resort town on Lithuania's Baltic coast. Palangos Pliažas is a long beach, backed by dunes. Palangos Tiltas, an L-shaped pier, was constructed in the late 1800s. It joins the lively, pedestrianized Basanavičiaus Street, lined with bars and restaurants. The neo-Renaissance Tiskevičiai Palace houses the Palanga Amber Museum, which has a large display of amber, and exhibits on the gemstone's history.

