



CMAS
CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES
WORLD UNDERWATER FEDERATION



PALANGOS
BASEINAS



WORLD CUP SPORT DIVING

16 – 19 April, 2020

Palanga, Lithuania



1.GENERAL INFORMATION

The competition will take place in Palanga (Lithuania)

Vilnius ~335 km; Kaunas – 235 km; Palanga – 5 km(airport)

The competition is held from Thursday 16 April to Sunday 19 April 2020

Arrival of participants on Thursday 16 April, departure on Sunday 19 April 2020

2. COMPETITION POOL

The competition will be held in a newly built Palangos swimming pool .

The address of the swimming pool is Kretingos str. 23, Palanga, Lithuania. The swimming pool is 25 meters long, depth-2,5 meters; has 8 lanes, average water temp. is $27^{\circ}\text{C} \pm 1^{\circ}\text{C}$.



3. THE ORGANIZERS

The competition is organized by CMAS together with:

- Lithuanian Underwater Sport Federation;

For further information, do not hesitate to contact us at the following address: Lithuanian Underwater Federation, Sermiescio 38, Palanga, Lithuania

Aurelijus Kinas , President of Lithuanian Underwater Sport Federation:

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Felicita Vaitkute , organizer: +37068639598 e-mail: felvait@gmail.com

4. EQUIPMENT, MATERIALS & UNIFORMITY

The equipment and materials needed to participate the competition are the followings:

Mandatory equipment:

- Slip-type swimming trunks for men and complete swimming costume for women
- Scuba diving face masks
- Diving adjustable or non-adjustable fins
- Stabilizing jackets or “back pack” system
- Regulator + Octopus + Waterproof Manometer
- Scuba tank with a volume between 10 and 18 liter, DIN or YOKE, filled with regular compressed air

Optional equipment:

- Snorkel
- Neoprene or isothermal suit

- Neoprene socks or gloves
- Dive computer and accessories

Forbidden equipment:

- *Enriched air*

IMPORTANT NOTE:

- *General remark*

All the materials, neoprene and tanks, will have to be rinsed before entering the pool. Local organisation will provide volunteer and water supply.

- *Regulator*

Because of the Lithuanian law for high pressure systems, regulator's first and second stage have to be associated **within the same brand and without any personal adaptation.**

Any association of materials between two different brand is not allowed. In case of control competitor's material will be rejected.

- *Scuba Tank*

Scuba tank will be refilled directly in the pool or taken out for refueling in the dive center (air refueling is included in the Starting Fee).

Regarding to the possibility of transportation (costs and plane regulations), teams can rent scuba tank of 10 or 12 liters if needed. – *See accommodation form for details* –.

5. COMPETITION SCHEDULE

(Schedule subject to changes regarding to local needs between the date of publication and the official event – Details will be given to staffs during the Technical meeting on day 1)

16 of April:

- Arrival of teams to 17.00
- Technical meeting of team leaders 17:00to18:00
- Training for teams (in your account) 18:30to20:00

17 of April:

- Opening ceremony for all competitors and staff 9.00-9.15
- Warm up 9.15–9.45
- Competition 9.45-13.00

18 of April:

- Warm up 08:00–08:30
- Competition 08:30–11:30
- Closing competition 19.00

19 of April :

Departue of the teams

6. INTERNATIONAL JURY

International Chief Judge: Accordingto CMAS rules.

7. PROTEST

According to CMAS rules.

8. ANTIDOPING

According to CMAS and French rules.

9. WORLD CUP EVENT

9.1 DISTANCES

Individual events:

1. 100 m medley (men/women);
2. 50 m Lift Bag 6kg (men/women);
3. 50 m torpedo (men/women);
4. Obstacle course SOLO (men/women).

Pair distance:

1. 50 m octopus (men/women)
2. Obstacle course (men/women/mixed pair)
3. 100 m octopus (mixed pair)

Team events:

1. Relay 4 x 50 m torpedo (mixed composition: two women and two men)
2. Relay 4 x 100 m medley (mixed composition: two women and two men)

9.2 EVENT PARTICIPATION RULES

The event is open to both individuals and teams, from the national Federation or the selection of dive centers and clubs. Despite the origin, each of them will be called a "team" in the following cases.

One team is composed of a maximum of 4 men and 4 women. For each distance, one team can engage competitors as described:

Individual event: 2 men for men category AND 2 women for women category

Pair event (for non-mixed event): 2 pairs of men AND 2 pairs of women,

Pair event (for mixed event): 2 pairs, mixed.

Relay (for non-mixed event): 1 relay of 4 men AND 1 relay of 4 women

Relay (for mixed event): 1 relay of 2 men+2women

Competitors must possess the following documents and papers:

- Valid identity card in accordance with Lithuanian immigration rules;
- Valid CMAS license;
- Valid medical certificate with English or Lithuanian translation;
- Open Water Diver CMAS certificate One star * or affiliated Federation (internationally recognized diving school) , this is the minimum certification/

9.3 CATEGORIES

- Men
- Women
- Mixed gender

9.4 RANKINGS & AWARDS

Distances rankings:

Classification and Podium will be done for each distance, and category:

- individuals/pair/relay,
- Gold/Silver/Bronze,
- Men/Women/Mixed.
- Nation rankings:

For this “*Nation ranking*”, and only for this specific ranking, all the competitors of a same nation will be considered as one global team.

For example, if a nation “*A*” is represented by several teams, all the teams of this nation will be considered as “team “*A*””.

Nation ranking: for each distance and category, organizer will select from those global teams of Nation, the 2 best results among them and make a classification.

This special ranking constitutes the nation ranking for each distance and category. Each nation will collect points from this special ranking:

Ranking	Points		Ranking	Points
1	20		10	9
2	18		11	8
3	16		12	7
4	15		13	6
5	14		14	5
6	13		15	4
7	12		16	3
8	11		17	2
9	10		18	1

At the end of each distance, the points collected for this ranking of nations will be added up together nation by nation.

In the end, the first three nations will be awarded.

10. ORGANISATION ENGAGEMENT FEES

Entry fee - 15 Euro for each sportsman
This amount must be paid before arrival.

There is one category, male and female.

One category is for Senior. The minimum age for competition is 14 years (the limit of the age is the age of the competitor on January 1 of the year of the championship; athlete will compete in this category until December 31 of the same year).

One team cannot register more than 4 competitors of the same gender (4 men/4 women).

Each national team must bring 2 national flags (2m x 1m) and a CD with its national anthem (short version). Teams of clubs, sports schools and dive centers must also present their flag (2m x 1m) and wear the same uniform representing their club and country.

11. BOOKING AND ENTRY FEE

Option (3days): Entry fee per participant is **120 €**. This includes:

- Accommodation in double or triple hotel room.
- from Thursday 16th April starting with dinner until 18th April Sunday ending with dinner.
- single room extra price 35 eur per person/night

Extra day - 50€ per person.

Extra 2 day - 100€ per person.

Transfers:

- Vilnius airport – hotel - Vilnius airport - **50€** per person;
- Kaunas – hotel – Kaunas - **40€** per person;
- Palanga – hotel – Palanga - **10€** per person;
Hotel – swimmingpool - 200m.

Athletes refusing the full board accommodation offered by the organizers must pay **50 EUR per person** organizing fee.

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.

