



CMAS
CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES
WORLD UNDERWATER FEDERATION



FINSWIMMING OPEN BALTIC CUP

Palanga, Lithuania
16-19 April
2020

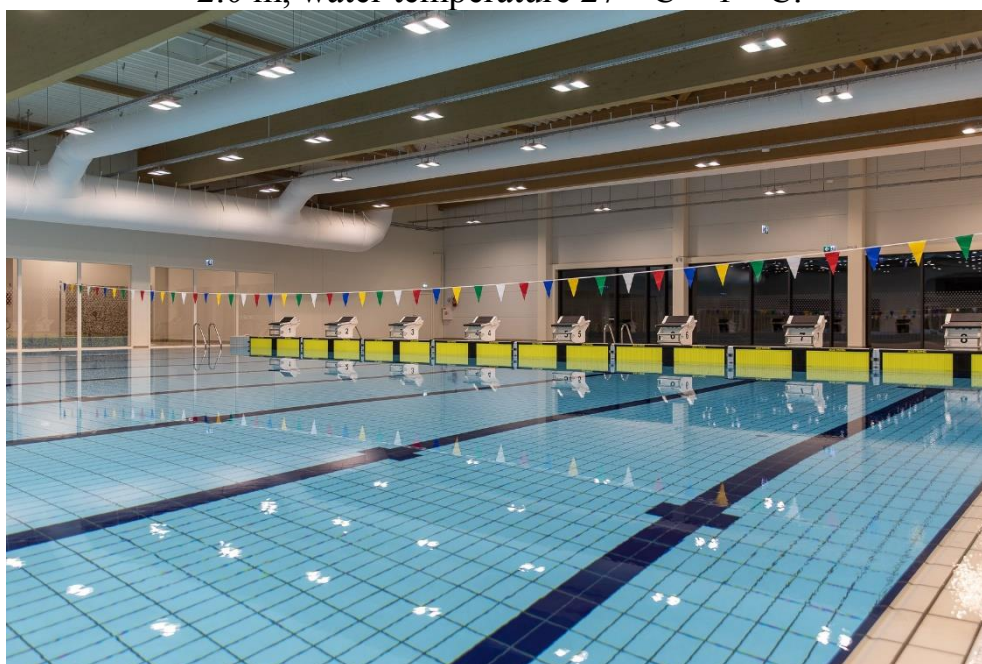


1.GENERAL INFORMATION

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 organized by CMAS together with:

- 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 year of birth 2002 and older

Female, male - 2003-2004

Female, male -2006-2007

Female, male - 2008 and junger

Competitor can race 4 distances and relays. There is no limit for athletes from one club on each distance.

4. REQUIRED DOCUMENTS

Valid passport;

Medical approval.

Life insurance.

5. ANTIDOPING

According to CMAS.

6. 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

19.00-21.00 -training session (in your account)

17 April (Friday)

16.00-17.00- training sesion

18 April (Saturday)

11.00-11.30- warmup

11.30-13.00 competition:

25 m AP;50m BF; 100m BF;200mBF

16.00-16.30 warming up

16.30-18.00 competition:

400m BF; 4 x 50m BF mix

19.00-closing competition

19 April (Sunday)

Departure of the teams

7. RULES AND REGULATIONS:

Competitions will follow CMAS rules.

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8. PRIZES

Individual prizes: medals will be awarded to the first three classified athletes in each category (men and women). Teams prizes: - cups for the best three clubs.

9. APPLYING FOR THE COMPETITION: in order to enroll, you must apply via felvait@gmail.com. The deadline of preliminary application is until **25 th 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**

10. ORGANISATION ENGAGEMENT FEES

- Club fee 20 euro.
- Fee per athlete-10 euro

11. BOOKING

Entry fee per participant is **100 €**. 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.
- If you don't want an accommodation from us, we will not take any fee, but then the starting cost is 40 euro/athlete

12. TRANSFER:

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

Kaunas – hotel – Kaunas - **40€** per person;

Palanga – hotel – Palanga - **10€** per person; Hotel – swimmipool – 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.

