



**CMAS WORLD
FREEDIVING INDOOR
CHAMPIONSHIP**

7 - 13 May 2023





WELCOME

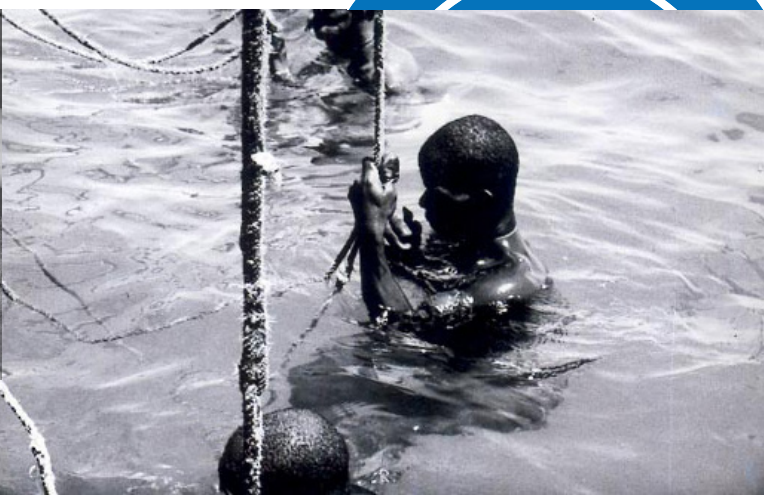
On behalf of the CMAS Kuwait Federation and the organizing committee, we are thrilled to welcome you to the CMAS World Freediving Championship Kuwait 2023.

As you prepare to compete at the highest level of your sport, it is important to recognize the rich history of pearl diving in Kuwait. For centuries, pearl diving has played a central role in the culture and economy of this region. The skill and bravery of pearl divers have long been celebrated and admired, and we are proud to continue this tradition through the sport of freediving.

We are honored to host such a prestigious event and excited to see your talents and push the limits of human performance. Our team has been working hard to ensure that all logistics, accommodations, and support services are in place for a seamless and enjoyable experience for everyone involved.

We look forward seeing you in Kuwait and wish you the best of luck in the competition.

Sincerely Your's
Talal Alsarhan
CMAS - Kuwait President





Kuwait is located in the northwestern corner of the Arabian Peninsula perched on the tip of the Gulf. Although most part of the country is desert, a long coastline of approximately 499 km extends in the eastern side of the land and has built the bond between Kuwaitis and the sea. The current population of Kuwait is 4,414,256.

The bond between Kuwaitis and diving is genuine. Their history extends back to the 17th century when their lives were dependent on diving in the pearl banks until the development of Kuwait as a trading capital in 1935. This relationship is intertwined and connected with generations of Kuwaitis carrying on the legacy left by the forefathers.

After the discovery of oil in the 1930s and the rapid expansion of the petroleum industry, Kuwait City underwent a huge transformation. Amidst the sprawling malls and grand souks, a stroll can be made for more enjoyable experience.

The Kuwait Towers are three iconic spire-shaped structures located right on the cape of Kuwait bay in the heart of the capital. They were opened in February 26th 1977 and were recently included on the UNESCO World Heritage list as a symbol of technological and engineering achievement and a symbol of national identity.

The scent of exotic spices and traditional commodities can be found at Souk Al-Mubarakiya, the oldest market in Kuwait. Right at the heart of the capital a conventional open-air market specialized in antiques and vintage pieces and provides tourists with a taste of Arabia not only in merchandise but also in traditional food and beverages. Whilst walking in the souk you can hear the Call of Prayer from the Grand Mosque.

The native and official language is Arabic, however, English is the second widely spoken language in the country and can be used to communicate with people, shops, restaurants and professions at all times.

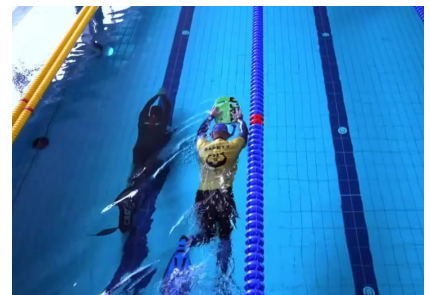
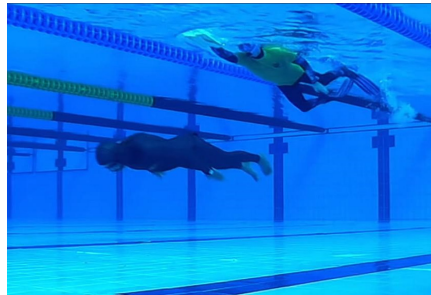


CHAMPIONSHIP VENUE SHEIKH NASSER ALMOHAMMED AQUATIC COMPLEX



The venue is an indoor facility that is open year-round, providing a comfortable and convenient place for people to swim regardless of the weather. The pool is 50 meters in length and has eight lanes, making it suitable for both recreational swimming and competitive events.

Overall, Sheikh Nasser AlMohammed aquatic complex is an important part of the Kuwaiti sports landscape and a beloved destination for swimmers and aquatics enthusiasts in the region. Whether you're a competitive swimmer or just looking to enjoy a leisurely swim, Sheikh Nasser AlMohammed aquatic complex is a great place to visit.



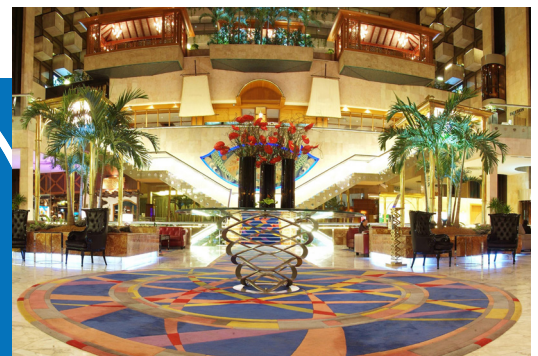


Holiday Inn

Holiday Inn @ Kuwait Al Thuraya City is conveniently located just 8 minutes drive from Kuwait International Airport.

Visitors can explore the awe-inspiring Kuwait Towers and Grand Mosque, learn about local history at Kuwait National Museum or wander through the Old Souq to encounter vibrant local street life.

The hotel offers bright, contemporary rooms that are inspired by desert colours, and offer city views, complimentary WiFi access, pillow menus and an exceptional family-friendly experience thanks to the Kids Stay and Eat Free™ program. Plush suites have kitchenettes and whirlpool baths. The 24-hour Health Club is the perfect spot for a workout or to enjoy a soak at the outdoor pool, or you can simply unwind in the opulent Spa Aquatonic, where you can take a dip in the world's largest Aquatonic salty water pool. Guests are offered to enjoy a memorable dining experience at our nine themed restaurants where they can sample imaginative cuisine from all around the world.



MEALS

A designated food hall will be organized to serve meals for the Athletes and delegates at the hotel.
(details will be provided at the reception desk on the day of arrival)

Breakfast: 06:30 – 09:30
Lunch: 13:00 – 16:00
Dinner: 18:00 – 21:00



Kuwait 2023

CMAS World Freediving

Indoor Championship

1. GENERAL INFORMATION

CMAS has entrusted to the Kuwait Diving & Lifesaving Club (KDLC) the organization of World Freediving Indoor Championship 2023 to be staged with the supervision of CMAS in Kuwait, in the (ALNASR Sporting Club – Swimming Pool Complex), from 7th to 13th May 2023.

The Championship shall be comprised of seven specialties: Dynamic (DYN), Dynamic with Bi-Fins (DYNBF), Dynamic without Fins (DNF), Static (STA), Speed 2x50m, Speed 4x50m and Speed 8x50m. Only the final stage will take place for each of the planned specialties.

These articles supplement and complete the international Rules drawn up for the single specialties.

2. PARTICIPATION

The competition is open to athletes aged 15 and belonging to National Teams fully complying with the provisions of CMAS Regulations, these Special Rules and the Safety Requirements established by the Organizers.

Athletes from 15 to 17 years old participate in junior category. The senior category corresponds to age 18 to 49. Athletes who are at least 50 years old belong to the master's group.

Every National Team should bring (3) national flags (2m × 1m) and a flash disk with the short version of their national anthem.

Every National team can participate with maximum of 6 men and 6 women in each discipline



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3. CLASSIFICATION & PRIZE–GIVING

The Classification and Prize-giving ceremonies should be performed in agreement CMAS Procedures.

The Prize-giving ceremony will be held in the “AINasr Sporting Club” Swimming Pool Complex at the conclusion of each day competition session.

4. PAYMENT

Single Room + Registration Fee €1,000 per participant for the period of 7 to 13 May 2023.

Double Room + Registration Fee €800 per participant for the period of 7 to 13 May 2023.

Registration Fees Only €400 per participate (not included, accomedation)

Additional days will cost €150 /day.

The participation fee will cover:

Airport transportation, Accommodation, Full-Board Meals, Gala Dinner & transportation pool/hotel during compitiation.

The registration fees will be paid in two payments as follows:

- 50% Deposit
- 50% Final Payment

Bank Transfer Details

Account Name:

Bank Name:

IBAN:

Please contact freediving@kdlclub.com for bank details

SWIFT:

5. REGISTRATION

Early registration is now open at 5th January 2023.
Deadline of early registration is 31rd March 2023.

6. TRAINING

Swimming pool will be accessible for training. Available hours will be announced at the technical meeting in the second day.



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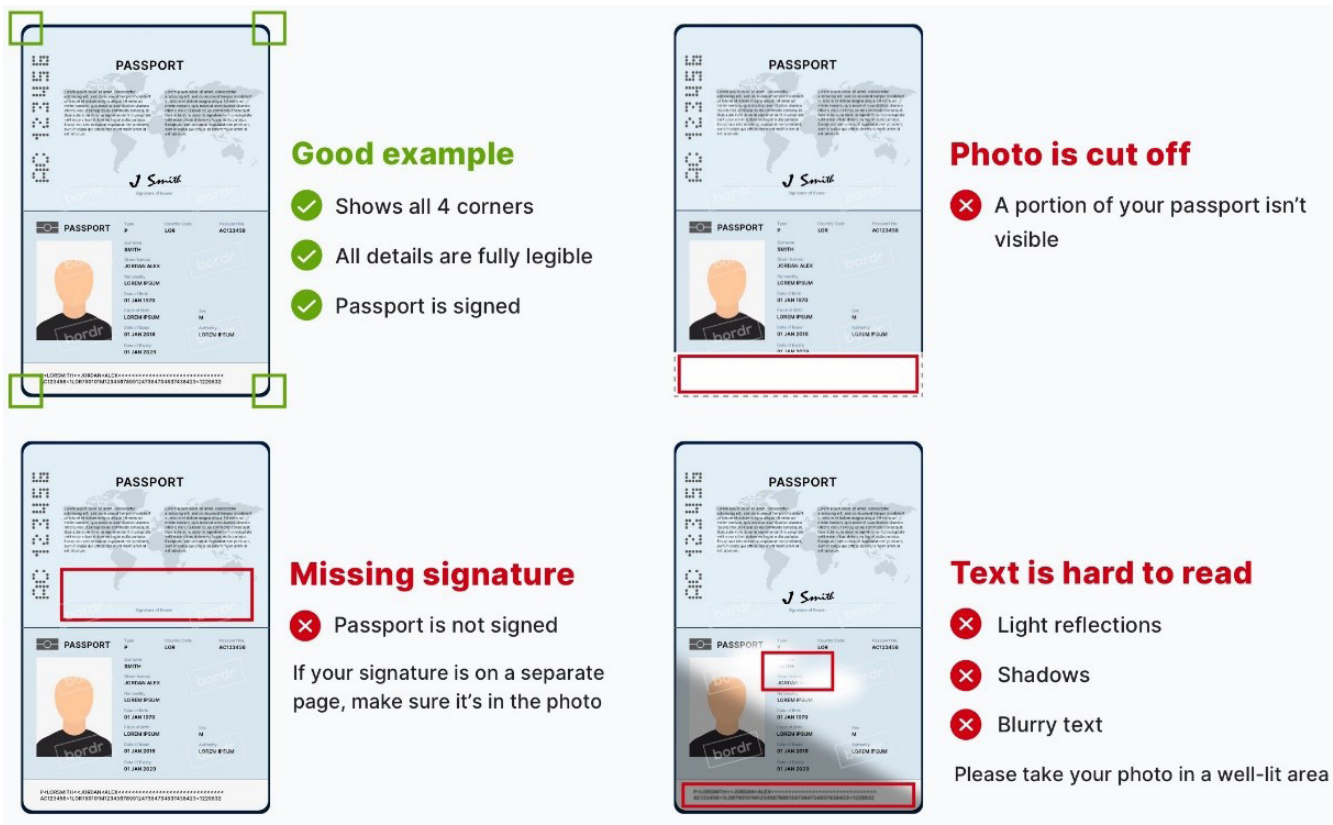


7. VISA

Electronic visa is required to travel to Kuwait. The Kuwait Diving and Lifesaving Club will issue all visas for FREE.

A copy of the passport (valid for at least 6 month) should be sent to the official federation e-mail no later than 20th April 2023 to process the VISA.

The passport copy must be in PDF format



Good example

- ✔ Shows all 4 corners
- ✔ All details are fully legible
- ✔ Passport is signed

Photo is cut off

- ✘ A portion of your passport isn't visible

Missing signature

- ✘ Passport is not signed

If your signature is on a separate page, make sure it's in the photo

Text is hard to read

- ✘ Light reflections
- ✘ Shadows
- ✘ Blurry text

Please take your photo in a well-lit area

8. INTERNATIONAL JURY

CMAS Technical Delegate according to CMAS Regulations.

9. DOPING CONTROL

Organizing committee guarantees to provide doping control according to the CMAS & WADA regulations.



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10. CLAIMS

Pursuant to the CMAS regulations.

11. ENTRIES

Annex 1 Deadline 31.03.2023 Preliminary Entry Form
Annex 2 Deadline 04.04.2023 Hotel Booking Form
Annex 3 Deadline 10.04.2023 Bank Transfer of 50% of the Total Entry Fee
Annex 4 Deadline 10.04.2023 Competitions List form
Annex 5 Deadline 10.04.2023 List Of Deligation for Visa Application



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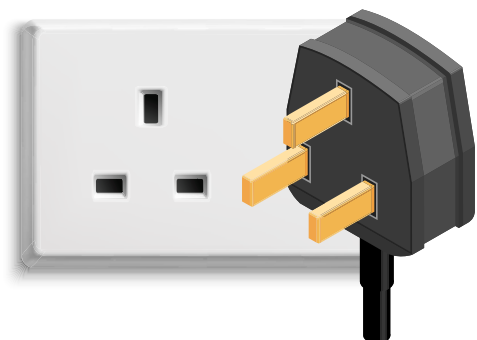
DAY 1 7th May (Sunday)	
09:00 - 15:00	Arrival & Check-in
DAY 2 8th May (Monday)	
09:00 - 13:00	Training (50m pool)
15:00 - 16:30	Technical Meeting
18:00 - 19:30	Opening Ceremony
DAY 3 9th May (Tuesday)	
09:00 - 13:00	Dynamic Apnea without fins (DNF)
14:00 - 15:30	Speed 2x50m
	Medal Ceremony
DAY 4 10th May (Wednesday)	
09:00 - 13:00	Dynamic Apnea with Bi-fins (DYN-BF)
14:00 - 15:30	Speed 4x50m
	Medal Ceremony
DAY 5 11th May (Thursday)	
09:00 - 13:00	Static Apnea (STA)
14:00 - 15:30	Speed 8x50m
	Medal Ceremony
DAY 6 12th May (Friday)	
09:00 - 13:00	Dynamic Apnea (DYN)
	Medal ceremony and closing ceremony
19:00 - 22:00	Final Party
DAY 7 13th May (Saturday)	
All day	Check-out & Departure

*The organizers reserve the right to modify the order and times of events to meet technical and organizational arrangements.

Additional Information

Kuwait travel adaptors

For Kuwait the associated plug type is G, which is the plug that has three rectangular pins in a triangular pattern. Kuwait operates on a 240V supply voltage and 50Hz.



Restrictions

A. Drugs

It is not permissible by law to acquire, possess, use, trade, buy, sell or transport narcotic products of any kind. In case of failure or refusal to follow the rules, criminal and/or civil penalties may be imposed.

B. Alcohol

It is prohibited by law to import, export, buy, sell, or carry alcohol in Kuwait. Public intoxication or being visibly drunk is considered an offense.

Contact

Kuwait Freediving and Lifesaving Club
e-mail: freediving@kdlclub.com



SCAN FOR CONTACT DETAILS

