



**UNDERWATER TARGET SHOOTING**

**CAEN INTERNATIONAL OPEN**

**PRESENTATION BULLETIN**



**27 – 28 MAY 2023**

**CAEN (FRANCE)**



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# CAEN INTERNATIONAL OPEN PRESENTATION BULLETIN

## What are the rules and regulations for international open competitions?

The Caen (France) International Open competition is CMAS registered (Confédération Mondiale des Activités Subaquatiques / French Underwater Federation). The rules applying to the 2023 Caen international open are the CMAS international rules for underwater target shooting at a distance of 3 (three) metres.

## What are the specifics for the Caen International Open ?

Besides the terms of the CMAS rules and regulations, the specifics for this international open are :

- Each registered Club must present at least 3 (three) competitors from the same club.  
Mixed teams are accepted for the relay event and taken into account for the clubs ranking (combination of individual results), as long as all members belong to the same club.
- Each competitor must be at least 18 (eighteen) years of age at the time of the event.
- For French athletes an up-to-date insurance and a FFESSM membership is required.
- For international athletes an up-to-date CMAS membership is required.

## The pool

- 8 swimming lanes in a 25 metre pool.
- The depth of the pool in which the competition takes place varies from 2 metres (preparation zone) to 3 metres (shooting zone).

## Timeline for the Caen International Open

**Friday 26/05/2023**

- **15h00-16h00** : Technical meeting with the judges and the organising members.
- **16h00-17h00** : Meeting with the team leaders (meeting room of the ice-skating rink adjoining the pool complex)
- **17h00 à 19h00** : Check in for registered members and athletes. Everyone will receive a welcome pack including the locations of hosting facilities, meal tickets etc.
- **17h00 à 19h00** : Poolside : Control of the spearguns by the event's organisers who will after completion securely store the guns.
- **19h15 – 21h30** : Official welcoming reception.

### **Saturday 27/05/2023**

- **08h30 – 09h00** : Official opening ceremony. Presentation of all the delegations and clubs.
- **09h30 – 14h30** : Precision event (5 minutes warm-up before each series)
- **15h00 – 15h30** : Precision event medal ceremony
- **15h45 – 19h30** : Biathlon (5 minutes warm-up before each series)
- **19h30 – 20h00** : Biathlon medal ceremony

### **Sunday 28/05/2023**

- **09h00 – 13h00** : Super Biathlon event (5 minutes warm-up before each series)
- **13h15 – 14h00** : Relay
- **15h00 – 16h00** : Super Biathlon, Relay and Clubs' medal ceremonies
- **16h15** : Closing ceremony

## **Swimming complex rules and regulations**

- Swimming hat compulsory

- All personnel poolside (competitors, officials, team members...) must be barefooted or wear specific and dedicated shoes (flipflops, slippers,...). Outdoor shoes are strictly forbidden.

## How to get to Caen ?

Several options are available:

- Caen Carpiquet international airport
- Trains from Paris-Gare St Lazare
- By bus

To get to Caen from Paris you have different options :

### Train Option : How to get to the Paris Gare St Lazare train station:

- **From Roissy Charles de Gaulles Airport (North of Paris) :**

1. Take RER B (train) to Châtelet-les Halles
2. Métro ligne 14 to Gare St Lazare
3. Take the train to Caen (the journey lasts about 2 hours)

- **From Orly Airport (South of Paris) :**

1. Take ORLYVAL (train) to Anthony
2. Take the RER B (train) to Châtelet- Les Halles
3. Take the Métro line 14 to Gare St Lazare
4. Take the train to Caen (the journey lasts about 2 hours)

### Bus Option

- From Paris airports (Roissy Charles De Gaulle or Orly) : FLIXBUS to Caen

### Other option : Taxi, uber or liftsharing...

- Be mindful of the cost ! The journey from Paris is about 200 km long (124 miles).

## How to get around in Caen during the 3 days ?

To get around between the competition venue, the accommodation and celebration sites, you can use the public transport network. If you wish to do so, don't forget to tick the « TWISTO : PASS » box when registering.

**To register online and to access all the information regarding the event**

<https://www.open-international-tir-sur-cible-subaquatique.com/>

<https://www.open-international-tir-sur-cible-subaquatique.com/la-competition.html>

Here are the Access Codes for online registration :

Contract identifier : Open

Password: May2023open