

Polski Związek Freedivingu

**Polish Freediving Indoor National Open
Championship 2023**

General information about competition

Version: 2023/02

1. Date and place of the competition

The Polish Freediving Indoor National Open Championship 2023 will be held from 31.03. to 2.04.2023. The venue for the competition will be the MOSiR swimming pool complex in Dębica (Kompleks krytych basenów MOSiR Dębica, Piłsudskiego 19, 39-200 Dębica) - <https://goo.gl/maps/TeFyN6AFwUBzomWB9>.



2. Registration information

The Polish Freediving Indoor National Open Championship 2023 will be held in the senior category and the masters category.

IN ORDER TO TAKE PART IN THE COMPETITION YOU MUST:

- have a valid PZF sport licence or CMAS sport licence (senior or master)
- register as a competitor via the Registration section on page: <https://bmp.pzf-sport.org/>
- pay the entry fee of PLN 300 to the account:

Receiver name: Polski Związek Freedivingu

Account no: 14 1600 1185 1820 1848 8000 0001

Payment annotation: Basenowe Mistrzostwa Polski we Freedivingu – name and surname of competitor

IN ORDER TO BE ADMITTED TO THE COMPETITION YOU MUST:

- present a medical certificate stating that there are no contraindications to diving no older than one year (entry in the diving booklet or a form like the under the link: <http://freedivingpoland.org.pl/wp-content/uploads/2014/11/zaswiadczenie-medyczne.pdf>)
- be at least 18 years old
- present an identity card or passport
- sign a liability declaration

Example of registration section on web page:

ZAPISZ SIĘ!

Zgodnie z zasadami PZF-CMAS starty w Mistrzostwach odbywają się wg kolejności wynikającej z wyników życiowych (personal best). W związku z powyższym w polach poniżej proszę podawać najlepsze osobiste wyniki z zawodów lub treningów.

Imię	Nazwisko	Email
Senior	Rozmiar koszulki	Wielkość rękawiczki
Personal best DNF (m)	Personal best DYN (m)	Personal best DYNB (m)
		Personal best STA (mm:ss)

Wyrażam zgodę na przetwarzanie moich danych osobowych przez Polski Związek Freedivingu, dla potrzeb organizacji i przeprowadzenia zawodów sportowych na podstawie art. 6 ust. 1 litera a) rozporządzenia PZF-CMAS (w sprawie ochrony osób fizycznych w związku z przetwarzaniem danych osobowych i w sprawie swobodnego przepływu takich danych oraz uchylenia dyrektywy 95/46/WE (RODO). Oświadczam, że zapoznałem/am się z klauzulą informacyjną dotyczącą danych osobowych.

ZAPISZ SIĘ NA ZAWODY

3. Competition rules

The competition will be held in accordance with the current CMAS Rules and Regulations and will be conducted in four disciplines:

- Dynamic with Fins (dynamic with mono fins - fins may also be used, any technique)
- Dynamic with Bi-fins (dynamic with fins - fining technique only)
- Dynamic without Fins
- Static Apnea

4. Competition schedule

31.03.2023 - FRIDAY	
14:45	start of competitors' registration
15:30	entering the pool area
15:30	official opening of the competition, briefing of competitors, referees and assistants
15:45	start of warm-up for DYN
16:30	first Top Time DYN, starts every 8 min
18:45	last Top Time DYN

1.04.2023 - SATURDAY	
8:30	entering the swimming pool

9:00	start of warm up for STA
9:45	first Top Time STA, starts every 12 min
13:30	last Top Time STA
14:45	start of warm up to DNF
15:15	first Top Time DNF, starts every 8 min
17:45	last Top Time DNF

2.04.2023 - SUNDAY

8:45	entering the swimming pool
9:00	start of warm-up for DYNB
9:45	first Top Time DYNB, starts every 8 min
12:15	last of Top Time DYNB
15:00	lunch, prize giving, integration party (Hotel Gold in Dębica)

5. Accommodation and prize ceremony location

The official accommodation Hotel is located directly next to the venue where the competition will take place. Final prize ceremony and after competition dinner will take place in the same location.

Hotel Gold, 22 Sportowa Street, 39-200 Dębica - <https://goo.gl/maps/SazsXeTjEpuB2nom7>

A package has been negotiated for the competition participants: accommodation, breakfast and dinner at the price of PLN 150 per person per night. Single, double and triple rooms are available (all at the same price).

To make a reservation, please contact reception and quote "diving competition".

Phone: +48 14 681 42 44

Mail: recepca@hotel-gold.eu

6. Communication and news

Additional announcements and news will be published on <https://pzf-sport.org/> or on competition page <https://bmp.pzf-sport.org/>.