



## WELCOME MESSAGE OF PRESIDENT'S FEDERATION



**Dear Ms. & Mr. Presidents, Dear Sports Friends,**

The Polish Underwater Federation has the pleasure to invite you and your teams to participate in the Finswimming European Championship to be held in Wrocław from 2 to 9 of July 2017. Here you may find all information regarding the championships as well as all the forms necessary for your participation.

We shall be honoured to welcome you soon in Wrocław – The city of The World Games 2017.

President of Polish Underwater Federation – Mr. Aleksander Polak



**THE WORLD GAMES**  
WROCLAW 2017

# THE CITY OF WROCLAW

Wroclaw called “the Flower of Europe” or “the Venice of the North” lies over river Oder. It’s historical, beautiful and attractive city for tourists and residents. Among the monuments of the Old Town is the Town Hall, in which we can find the oldest restaurant in Europe – Piwnica Świdnicka (over 700 years in one place).



Sky Tower is the new sign of the city. The highest building with flats and offices and shopping mall was built in 2011 and has 212m high. On the 49th floor there is a viewpoint from which you can see the panorama of Wroclaw.



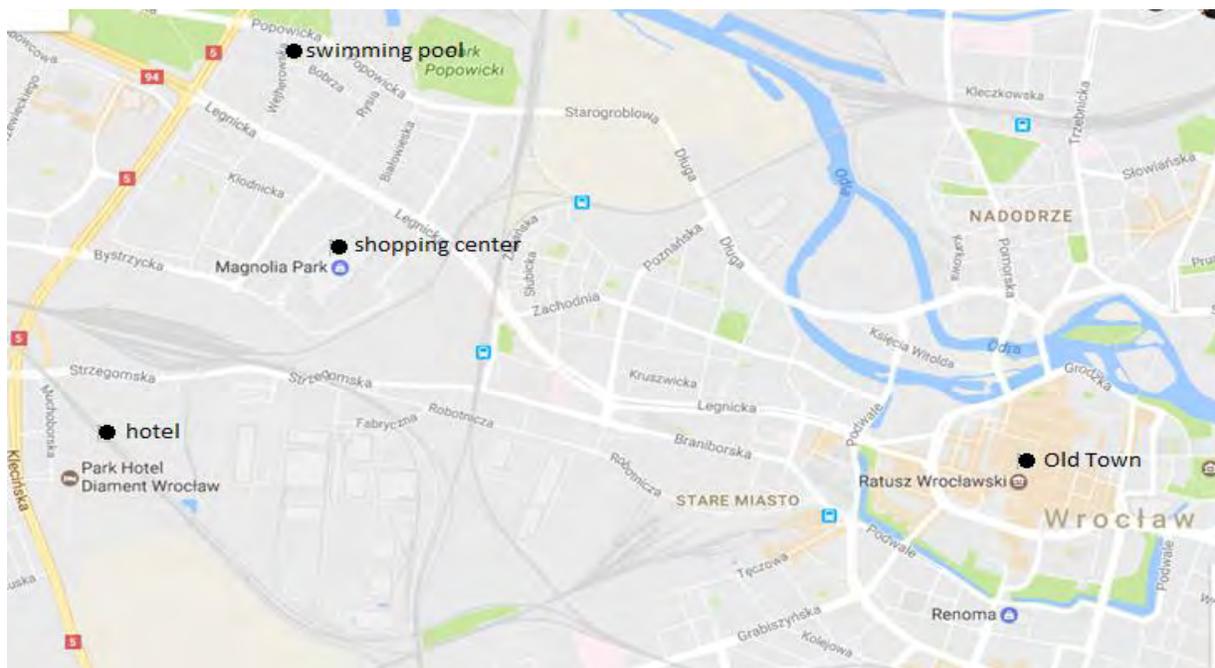
If you want to see the Red Sea, East Africa, Mozambique Channel, Skeleton Coast, Jungle on the Congo River in one place you should go to “Afrykarium” in ZOO Wrocław. The main theme of Africa is the presentation of the diverse ecosystems associated with the Black Sea watershed, under the general slogan "life-giving waters of Africa".



When you visit Wrocław, you will meet the dwarfs. There are almost 300 dwarfs in hole city. They are everywhere, on the sidewalks, in the alleys, on the buildings. You can take a map of them and find them all.



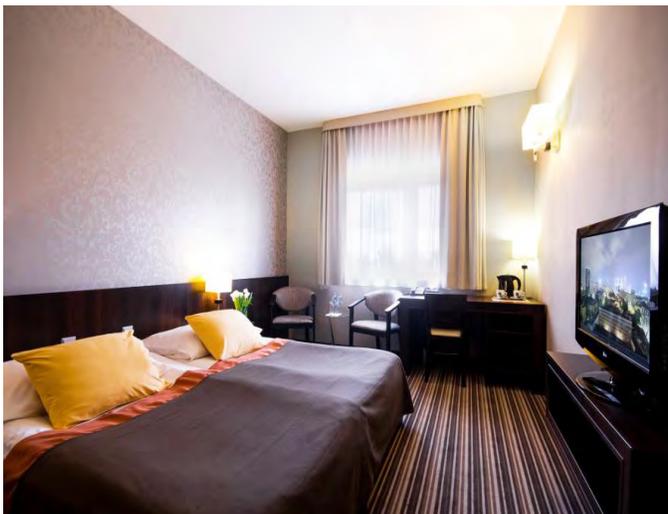
## CITY MAP OF WROCLAW



# ACCOMODATION

## Park Hotel Diament Wrocław \*\*\*\*

It is a modern, air-conditioned, business hotel in Wrocław, located only 10 minutes by car from the historic Old Town and 20 minutes from Wrocław Airport. The location of the hotel near the A4 motorway and the western ring road of Wrocław A8 makes it easy to get to Kraków, Warszawa or Berlin. The Hotel is 3,5 km away from the swimming pool.



# OFFICIAL COMPETITION POOL AND TRAINING

This new and modern swimming pool has been opened on 04.03.2017r. There are three olympic size 50m pools - indoor and two outdoor, one with attractions for children. Indoor swimming pool can be split into 2x25m pools. It has posts showing reaction time and big screen with very good resolution. Half bottom with the possibility of making superficial from two meters deep to zero. There is also smaller 4-track 25m pool for warm up. The grandstand has place for 600 audience. The sports facility also includes a sauna and fitness area, playground and bar.



**THE WORLD GAMES**  
WROCLAW 2017



**THE WORLD GAMES**  
WROCLAW 2017

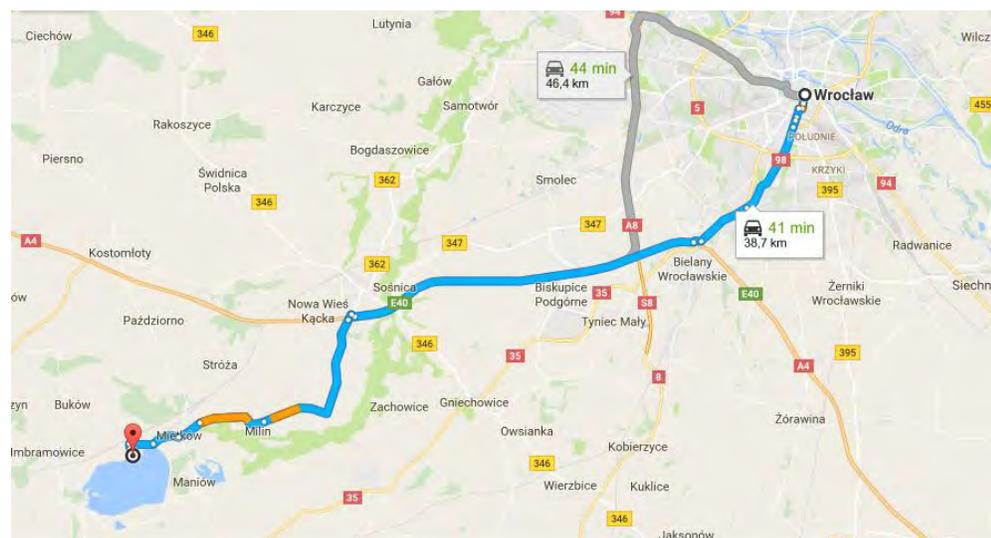


**THE WORLD GAMES**  
WROCLAW 2017

# OFFICIAL COMPETITION OPEN WATER

The open water competition will be held in Mietkowskie Lake, 35 km from Wrocław. Triangular route with lap length of 2000 meters for individual race and 1000 meters lap for relay.

Security: motorboats, jet scooters (Police and Lifesaving Association).



## SOME RECALLS FOR PARTICIPATION

Only national federation teams affiliated to the CMAS are eligible to compete in the competition. Each national team should respect the rules of championships, the safety conditions set by the organizers and CMAS rules and regulations.

- Swimming-pool events: (art 3.2.6. finswimming rules)
  - Each country may enter no more than two (2) swimmers for each distance and one (1) relay team.
  - A country has the right to change the composition of the relay teams between the qualifying heats and the final.
  - The entries must reach CMAS headquarters within the time limits set by the CMAS rules on [www.cmasoffice.org](http://www.cmasoffice.org) (§ Point 1.21.1.3 &4 of CMAS Procedures)
  - World and Continental Championships will be organized over four (4) days and eight (8) sessions.
  - The qualifying heats are scheduled in the morning and finals in the afternoon except 400BF, 400 IM, 800 SF and 1500 SF slow heats in the morning and fast heat in the afternoon. **For this reason, it's requested to the national federations to send to the CMAS HQ the official protocols of all selection national competitions in delay maximum of two weeks after the competitions (in one of the three CMAS languages). Thus, times of enrollments of the swimmers will be checked for CMAS championships.** If the protocols aren't transmitted in this deadline, times of corresponding enrollments will be cancelled and the athletes will be engaged with time 00:00:00.
- Long Distance events:
  - Each country may enter not more than four (4) swimmers for each distance and one (1) relay team.
  - The relay team is mixed. It's necessarily composed of two female athletes and two male athletes. The starting order is free and is decided by the team leader according point 8.2.4. of finswimming rules

## DISCIPLINES AND DISTANCES (Male and Female)

Swimming-pool:

Surface Fin swimming (SF): 50m, 100m, 200m, 400m, 800m, 1 500m

Apnea (AP): 50m

Immersion (IM): 100m, 400m

Relay: 4x100m SF, 4x200m SF, 4x100m BF mixed, 4x50m SF mixed

Bi Fins (BF): 50m, 100m, 200m, 400BF

Open Water:

Morning: relay 4x2 km

Afternoon: 6 km individual.

## INTERNATIONAL JURY

CMAS Technical Delegate according to the CMAS rules.

## CLASSIFICATION AND AWARDS

According to the CMAS rules and regulations.

## PROTEST

According to the CMAS rules.

## BOTTLE FILLING

- Only compressed air without oxygen enrichment is allowed
- For pool competitions, the minimum volume of a compressed air cylinder (bottle) is liter 0.4 (zero point four liter)
- The maximum filling pressure for the compressed-air cylinders cannot exceed 200 bar (20 MPa).
- When a cylinder with a flat bottom is used, adding a rounded bottom, which does not exceed the radius of the cylinder, is allowed
- All cylinders used must have passed a hydrostatic test less than 2 years before the competition, or even less if it is required by the local legislation.
- Each cylinder must be presented empty during checking meeting before competition.

The organizer guarantees the filling of DIN 200, YOKE, cylinders (bottles).

## Various

National teams should bring **three (3)** national flags (m 150 x m.0,90 cm) and a CD or memory stick with the national anthem (short version).

# PROGRAM

	Morning HEATS or SLOW HEATS	Afternoon FINAL or FAST HEAT	Medal Ceremony
Day 1	100 SF Women	100 SF Women	
	100 SF Men	100 SF Men	100 SF Women
	100 BF Women	100 BF Women	100 SF Men
	100 BF Men	100 BF Men	100 BF Women
	400 SF Women	400 SF Women	100 BF Men
	400 SF Men	400 SF Men	400 SF Women
	4x100 BF Mixed	4x100 BF Mixed	400 SF Men
			4x100 BF Mixed
Day 2	100 IM Women	100 IM Women	
	100 IM Men	100 IM Men	100 IM Women
	1500 SF Women (slow heats)	1500 SF Women (fast heat)	100 IM Men
	1500 SF Men (slow heats)	1500 SF Men (fast heat)	1500 SF Women
	200 BF Women	200 BF Women	1500 SF Men
	200 BF Men	200 BF Men	200 BF Women
	200 SF Women	200 SF Women	200 BF Men
	200 SF Men	200 SF Men	200 SF Women
	4x50 SF Mixed	4x50 SF Mixed	200 SF Men
		4x50 SF Mixed	
Day 3	50 SF Women	50 SF Women	
	50 SF Men	50 SF Men	50 SF Women
	50 BF Women	50 BF Women	50 SF Men
	50 BF Men	50 BF Men	50 BF Women
	400 IM Women (slow heats)	400 IM Women (fast heat)	50 BF Men
	400 IM Men (slow heats)	400 IM Men (fast heat)	400 IM Women
	400 BF Women(slow heats)	400 BF Women(fast heat)	400 IM Men
	400 BF Men(slow heats)	400 BF Men (fast heat)	400 BF Women
	4x200 SF Women	4x200 SF Women	400 BF Men
	4x200 SF Men	4x200 SF Men	4x200 SF Women
		4x200 SF Men	
Day 4	50 AP Women	50 AP Women	
	50 AP Men	50 AP Men	50 AP Women
	800 SF Women (slow heats)	800 SF Women (Fast heat)	50 AP Men
	800 SF Men (slow heats)	800 SF Men (Fast heat)	800 SF Women
	4x100 SF Women	4x100 SF Women	800 SF Men
	4x100 SF Men	4x100 SF Men	4x100 SF Women
		4x100 SF Men	

# SCHEDULE

The championship schedule is as follows:

## Swimming Pool

### Arrival day Sunday July 2<sup>nd</sup>

Arrival of delegations throughout day

### Training day Monday July 3<sup>rd</sup>

15h00 – 18h00

Training at the swimming Pool

19h30

Team Leaders technical meeting at the hotel

21h30

Championship Opening Ceremony

### Day 1 – Day 4 Tuesday July 4<sup>th</sup> to Friday 7<sup>th</sup>

Morning section

07h45 – 08h30

warm-up Group 1

08h30 – 09h15

warm up Group 2

9h30

Start competition

Afternoon section

15h45 – 16h30

warm-up free organisation

16h30 – 17h15

warm up Group Finalists

17h30

Start competition

## Open Water

### Day 3 Thursday 6<sup>th</sup>

Arrival of delegations throughout day

### Day 4 Friday 7<sup>th</sup>

14h00

Training at the Mietkowskie lake

19h30

Technical meeting open water at the hotel

### Day 5 Saturday 8<sup>th</sup>

Morning section

09h30 – 10h15

warm-up

10h30

Start competition Relay 4 x 2.000

Afternoon section

14h00 – 14h45

warm-up

15h00

Start competition 6000 m Women

17h00

Start competition 6000 m Men

19:00

Award ceremony 4 x 2000

Award ceremony 6000 Women

Award ceremony 6000 Men

21:00

Championship closing ceremony at hotel

### Day 6 Sunday 9<sup>th</sup>

Departure day

# BOOKING & ENTRY FEES

**Choice 1 (8 days):** from 02 to 09 July (**Only Nationals teams swimming pool + open water with athletes registered**)

Entry fee per participant is **700,00 € (650,00 € + 50 €)**.

The organizer will provide:

- Accommodation in three star hotels with double or triple hotel rooms full board.
- Providing of 2x0,5l drinking water per pax/per day
- Free transfers between the official hotel and swimming pool and the Open Water venue.
- Participation at the opening and closing ceremony (gala dinner).
- Transfers from international airport to hotel and return.

**Choice 2 (7 days):** from 02 to 08 July (swimming pool only)

Entry fee per participant is **650,00 €**.

The organizer will provide:

- Accommodation in three star hotels with double or triple hotel rooms full board.
- Providing of 2x0,5l drinking water per pax/per day
- Free transfers between the official hotel and swimming pool and the Open Water venue (training day include).
- Participation at the opening ceremony.
- Transfers from international airport to hotel and return.

**Note: If a team book for this choice 2 and want to stay one day more until the end of championships and participate to the Closing ceremony (gala dinner), the team is able to pay extra fees of 100 € per pax,**

**Choice 3 (4 days):** from 06 to 09 July (open water only)

Entry fee per participant is **350,00 €**.

The organizer will provide:

- Accommodation in three star hotels with double or triple hotel rooms full board.
- Providing of 2x0,5l drinking water per pax/per day
- Free transfers between the official hotel and the Open Water venue (training day include).
- Participation at the closing ceremony (gala dinner).
- Transfers from international airport to hotel and return.

Full board accommodation is considered as breakfast, warm lunch, warm dinner and water drink 0,5l per meal included.

**Participants who choose to be accommodated in hotels other than official will have to pay 250 € per pax for secretarial fees, competition, opening and closing gala ceremony. No local transfers will be provided.**

- Extra charges for single room ascend to 30 € per pax per day
- Extra day charged at 80€ per pax per day, including full board accommodation

## Training camp before championships

Because of the preparation to The World Games there might be no possibility to practice on competition swimming pool.

Contact us in this matter if necessary. There is also other 50m indoor pool in Wrocław,

# ATTENTION

## Deadline for the final hotel booking on the 01.06.2017

Later registrations will not be accepted.

### 1. PAYMENT

Minimum 50% of total entry fee should be deposited at our bank no later than **01.06.2017** to guarantee the booking. After this date the participation fees will be increased by a further 10% of total amount. The remaining payment should be made on arrival. The organizer will only accept cash or transfers (bank charges will be charged to the remitter).

Bank cheques and credit card will not be accepted!

#### 1. Payment should be made by direct bank transfer:

**Name of the Bank :** BANK ZACHODNI WBK SA  
I ODDZIAŁ GDYNIA

**Address:** UL. 10 LUTEGO 11  
81-366 GDYNIA

**Beneficiary:** Polski Związek Płetwonurkowania,  
ul. Hallera 2  
83-400 Kościerzyna, Poland

Bank account no: SWIFT (BIC CODE) : **WBKPPLPP**  
IBAN: PL93109011020000000115588285

### 2. VISA

If you require a visa, please contact the embassy or consulate in your country at least forty (40) days prior to entry.

### 3. VARIOUS

Electrical current in Poland is 220V, 50 Hz

### 4. DEADLINE – CONDITION FOR ENTRY AND PARTICIPATION

- **As reception of this specific rules**
  - Registration and payment of CMAS fees subscription on [www.cmasoffice.org](http://www.cmasoffice.org)
- **No later than (01.06.2017 CMAS Rules)**  
(Annex 1) Final hotel booking form and corresponding fees should be sent to the organizing committee. Send also copy of “bank transfer”.
- **No later than (01.06.2017 CMAS RULES)**  
The competitor’s list have to be enter in [www.cmasoffice.org](http://www.cmasoffice.org) and form should be sent to the organizing committee.
- The list of national records should be sent to CMAS HQ and the organizing committee. Sport records of swimmers should be sent to the organizing committee.

For further information, please contact us at the following address:

Polish Underwater Federation  
contact: [biuro@pzp-n.pl](mailto:biuro@pzp-n.pl), +48 607 613 436

