



Ministerstwo  
Sportu i Turystyki



# CMAS WORLD CUP POOL SERIES - POLAND 2024

CMAS World Cup Pool Series – Poland 2024 will be held in Łódź Poland on May 02-04.2024 organised by [Polish Freediving Federation](#).

## EVENT SCHEDULE AND REGULATIONS

- 01. May registrations and Technical meeting,
- 02-03-04 May competition days,
- The closing ceremony will take place on 04 May.
- **Participation:** Athletes can register individually for each event.
- **Disciplines:** CMAS World Cup Pool Series – Poland 2024 will include the following disciplines:  
Senior Male: DYN, DNF, DYNBF  
Senior Female: DYN, DNF, DYNBF
- **Rules:** The relevant CMAS rules and regulations for each discipline.  
Specific rules for the WORLD CUP POOL SERIES will be also applied.
- [CMAS Regulations](#)

## REGISTRATION

All athletes must register within a specified timeframe (at least one week) before the event.

Registration will be online in [Sportdata](#).

Online temporary CMAS license will be applied with cost 24 euro per participant.

All athletes must have medical certificates confirming no contraindications to freediving, no longer than 12 months old.

## SCORING AND CLASSIFICATION

1. Event medals – 3 first places for men and women in each discipline and 3 first places for men and women in overall scoring for this competition,
2. Scoring System for the overall event winner:
  - DYN: 1 point per meter,
  - DYNBF: 1 point per meter,
  - DNF: 1.25 points per meter,
3. Overall winner:

There will be a ranking for the event as follows:  
The athlete with the best sum, adding points from his best performances, from all 3 disciplines or less (if she/he has not participated at all disciplines).
4. Even if an athlete has not participated at all disciplines, shes/his total score counts at the event ranking, e.g:
  - DYN:100 mt=100 points
  - DYNBF:95 mt =95 points
  - DNF: 80mtx1,25= 100 points
  - Total 295 points
5. Total Classification of the CMAS World Cup Pool Series – Poland 2024:
  - Calculating Total Points: For each participant, adding the total points earned in their two best events.
  - Overall, Winner: The athlete with the highest total points on his best two events is declared the overall winner.

## WORLD RECORD STATUS

Competition will have World Record status.

# ANTI-DOPING CONTROL

The competition will be under anti-doping control organized by ITA or POLADA.

It is possible to individually organize a test with POLADA by athletes planning world records.

More information after contacting the organizer.

# PARTICIPATION FEES

The participation fees are 200 EURO for one/two days competition or 250 EURO for all three competition days.

Payment has to be done until 20 April at the account no: **PL 57 1600 1185 1820 1848 8000 0003 (account in EURO)**.

# POOL

## **Zatoka Sportu**

Akademickie Centrum Sportowo-Dydaktyczne  
90-924 Łódź,  
al. Politechniki 10

50 meters with 10 lines. The depth along the entire length is 2.5 meters. The water has a constant temperature of 27 ° C.

# HOW TO GET THERE

1. By plane:
  - Lodz International Airport – <https://www.lodz-airport.pl>
  - Warsaw International Airport  
– <https://www.lot.com/pl/en/flights/flights-to-europe/flights-to-poland/flights-to-warsaw/airport-warsaw-waw>
  - Poznan International Airport – <https://poznanairport.pl>
2. By train:
  - <https://rozklad-pkp.pl/en>

3. By bus:

- <https://www.rozklady.com.pl>

4. By car

The city of Łódź is located at the intersection of the A1 and A2 highways on the west-east and south-north lines.

### In the city

The city of Łódź has a very well-developed network of bus and tram connections. A single ticket (to 20 min ride) costs about 1 EURO: <https://www.mpk.lodz.pl/lang.action?lang=en>

**Be aware because in Poland 1st and 3rd of May is a holiday and they may be a some issues in the public transportation.**

## ACCOMMODATION

In Łódź you can find a very large offer of hotels, hostels and BnBs. Prices start from EUR 100 for 5 days.

## CONTACT



Radosław Gaca  
President of Poland  
Federation



Marcin Rutkowski  
Sport Director



Michał Bochenek  
Organiser



Apostolos Bellos  
CMAS Director



## PATRONATES

