1. GENERAL INFORMATION

The competition will take place in Tallinn (Estonia) between 5th of March (Friday) and 6th of March (Saturday), 2016.

2. COMPETITION POOL

The Tallinn sport TOP SPA UJULA is situated in the of Tallinn Pirita Spa Hotelli str. Purje 9. The swimming pool is 25 meters long, has 6 lanes, average water temp. is 27°C ± 1°C, depth of swimming pool is 2 meters.
3. ORGANIZING COMMITTEE
The competition is organized by CMAS together with the Estonia underwater sport federation, SK Akvalang.
For further information, do not hesitate to contact us at the following address: Estonia e-mail: akvalang.eu@gmail.com or natalja.kutsok@gmail.com
Tatjana Ikkonen : +372 53414544
Natali Kutsok, head assistant: +372 55567901

4. Individual events Senior and Junior (A and B group)
1. Trial M 200 metres
3. Emersion 6 Kg

Team events
1. 50 m octopus
2. Reley : 4x50 meters

5. EQUIPMENT, MATERIALS AND UNIFORMITY
The equipment and materials to enter the Scuba Diving in Swimming Pool competition are the following:

- Slip-type swimming trunks for men and complete swimming costume for women.
- Scuba diving face masks.
- Snorkel.
- Diving adjustable or non adjustable fins (if it is required).
- Diving ballast (if it is required).
- Neoprene or isothermal suit (if it is required).
- Neoprene socks (if it is required).
- Stabilizing jackets.
- Regulator.Octopus.
- Water proof manometer.
- Scuba tank with a volume between 10 and 18 litres (7l for Junior groups). DIN and YOKO

Rent of scuba tank of 12-15 liters of 5 euros.

6. Competitors must possess the following documents and papers:

- Valid passport
- Valid CMAS license
- Valid medical certificate Annex 1
- OPEN WATER DIVER * or Pool Diver
7. COMPETITION SCHEDULE

5th March

- Arrival before
- Equipment inspection
- Team leader meeting
- Excursion to the Old City with the guide

6th March:

- Opening ceremony
- Trial M 200 metres
- Emersion 6 Kg
- 50 metres octopus
- Reley : 4x50
- Award and closing ceremony Gala dinner

8. INTERNATIONAL JURY

International Chief Judge: According to CMAS rules.

9. CLASSIFICATION AND AWARDS

Individual prizes: medals will be given to the first three classified athletes in every individual category A (men and women) and B (boy and girl). 1st place winners will receive championship cups as well.

10. PROTEST

According to CMAS rules.

9. BOOKING AND ENTRY FEE

Starting fee for competitors is **50€ per competitor.**

Gala dinner **5 euro**

**PIRITA SPA HOTELL**

**Address**  Tallinn Purje 9, Piritia 11911

**Option** :

**Room and breakfast**

- Single room  - 36eu/room/breakfast
- Twin room  - 36 eu/room
- 3bed room  -48 eu/room
- 4 bed room  -60eu/room
- 5 bed room  -75eu/room
- 6 bed room  -90eu/room

Deadline for hotel reservation is **12 of FEBRUAR, 2016.**

Later registrations will not be