CMAS Aquathlon
World Cup

Palanga, Lithuania
16-19 April
2020
1. GENERAL INFORMATION
The competition will take place in Palanga (Lithuania)
Vilnius ~335 km; Kaunas – 235 km;

The competition will take place in Palanga, Lithuania on 16 - 19 April, 2020. It will be hosted in Palangos swimming pool (Kretingos str.-23) 25 metres long, 8 lanes. Depth 2.0 m, water temperature 27 °C ± 1 °C.

2. ORGANISING COMMITTEE: The competition is organised by CMAS; Lithuanian underwater sport federation.

| Aurelijus Kinas, President of Lithuanian Underwater Sport Federation: |
| +37068658974 e-mail: kinas303@gmail.com |
| Felicita Vaitkute, organizer: +37068639598 e-mail: felvait@gmail.com |

3. PARTICIPANTS:
The participants are divided into groups by gender & age
- Female, male age 21 and older (year of birth 2000 and older)
- Female, male age 18 -19 (y.b. 2002-2001)
- Female, male age 16 -17 (y.b. -2004-2003)
- Female, male age 14 -15 (y.b. 2006-2005)

Competitors, accordingly by their weight are segregated into subcategories A and B where applicable.
<table>
<thead>
<tr>
<th>Age group</th>
<th>Gender</th>
<th>Subcategory A</th>
<th>Subcategory B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female, male age 14 -15 (y.b. 2005-2006)</td>
<td>Female</td>
<td></td>
<td>n/a</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female, male age 16 -17 (y.b. 2003-2004)</td>
<td>Female</td>
<td>&lt;50 kg</td>
<td>50 kg &lt;</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>&lt;60 kg</td>
<td>60 kg &lt;</td>
</tr>
<tr>
<td>Female, male age 18 -19 (y.b.2001-2002)</td>
<td>Female</td>
<td>&lt;60 kg</td>
<td>60 kg &lt;</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>&lt;70 kg</td>
<td>70 kg &lt;</td>
</tr>
<tr>
<td>Female, male age 21 and older (y. b. 2000 and older)</td>
<td>Female</td>
<td>&lt;70 kg</td>
<td>70 kg &lt;</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>&lt;80 kg</td>
<td>80kg &lt;</td>
</tr>
</tbody>
</table>

4. REQUIRED DOCUMENTS

- Valid passport; Medical approval;
- Life insurance; CMAS aquathlon license.

5. PROGRAMME

16/04 (Thursday) until 17:00 h - arrival teams 17.00-18.30-mandate Commission in Pool
18.30-19.00- meeting of team representatives & jugdes
19.00-21.00 - training session (in your account)

17/04 (Friday)
16.00-16.30 - warmup
16.30- competition

18/04 (Saturday)
8.00-8.30- warmup
8.30-10.45 competition
19.00 - closing competition

19/04 (Sunday)
Departue of the teams
6. RULES AND REGULATIONS:
The main panel of judges, approved by the CMAS will conduct the competition, accordingly to the international rules for aquathlon.

7. PRIZES:
Individual prizes: medals will be awarded to the first three classified athletes in each category (men and women, young girls). Winners of the Cup will receive cups.

8. APPLYING FOR THE COMPETITION: in order to enroll, you must apply via felvait@gmail.com. The deadline of preliminary application is until 25th March 2020. Further information about start fees, etc. will be given after the preliminary applications. The final application deadline is on 12 April, 2020. Visa application deadline - 6th March 2020

9. ORGANISATION ENGAGEMENT FEES
Entry fee - 15 Euro for each sportsman.
This amount must be paid before arrival.

10. BOOKING
Entry fee per participant is 120 €. This includes:
- Accommodation in double or triple hotel room.
- from 16th April( Thursday )starting with dinner until 18th April(Saturday) dinner ending
- single room extra preis +35 eur per person/night
- Extra day – 45 € per person.
- Extra 2 day -90 € per person.

11. Transfers:
- Vilnius airport – hotel - Vilnius airport - 50€ per person;
- Kaunas – hotel – Kaunas - 40€ per person;
Palanga – hotel – Palanga - 10€ per person; Hotel – swimming pool – 300m

Description
Palanga is a resort town on Lithuania’s Baltic coast. Palangos Pliažas is a long beach, backed by dunes. Palangos Tiltas, an L-shaped pier, was constructed in the late 1800s. It joins the lively, pedestrianized Basanavičiaus Street, lined with bars and restaurants. The neo-Renaissance Tiskevičiai Palace houses the Palanga Amber Museum, which has a large display of amber, and exhibits on the gemstone’s history.