1. GENERAL INFORMATION
The competition will take place in Palanga (Lithuania)
Vilnius ~335 km; Kaunas – 235 km; Palanga – 5 km(airport)
The competition is held from Thursday 16 April to Sunday 19 April 2020
Arrival of participants on Thursday 16 April, departure on Sunday 19 April 2020
2. COMPETITION POOL
The competition will be held in a newly built Palangos swimming pool. The address of the swimming pool is Kretingos str. 23, Palanga, Lithuania. The swimming pool is 25 meters long, depth 2.5 meters; has 8 lanes, average water temp. is 27°C ± 1°C.

3. THE ORGANIZERS
The competition is organized by CMAS together with:
- Lithuanian Underwater Sport Federation;
For further information, do not hesitate to contact us at the following address: Lithuanian Underwater Federation, Sermiescio 38, Palanga, Lithuania

<table>
<thead>
<tr>
<th>Aurelijus Kinas, President of Lithuanian Underwater Sport Federation: +37068658974 e-mail: <a href="mailto:kinas303@gmail.com">kinas303@gmail.com</a></th>
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<tr>
<td>Felicita Vaitkute, organizer: +37068639598 e-mail: <a href="mailto:felvait@gmail.com">felvait@gmail.com</a></td>
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4. EQUIPMENT, MATERIALS & UNIFORMITY
The equipment and materials needed to participate the competition are the followings:

**Mandatory equipment:**
- Slip-type swimming trunks for men and complete swimming costume for women
- Scuba diving face masks
- Diving adjustable or non-adjustable fins
- Stabilizing jackets or “back pack” system
- Regulator + Octopus + Waterproof Manometer
- Scuba tank with a volume between 10 and 18 liter, DIN or YOKE, filled with regular compressed air

**Optional equipment:**
- Snorkel
- Neoprene or isothermal suit
- Neoprene socks or gloves
- Dive computer and accessories

**Forbidden equipment:**
- Enriched air

**IMPORTANT NOTE:**

- General remark
  All the materials, neoprene and tanks, will have to be rinsed before entering the pool. Local organisation will provide volunteer and water supply.
- Regulator
  Because of the Lithuanian law for high pressure systems, regulator’s first and second stage have to be associated **within the same brand and without any personal adaptation.** Any association of materials between two different brand is not allowed. In case of control competitor’s material will be rejected.
- Scuba Tank
  Scuba tank will be refilled directly in the pool or taken out for refueling in the dive center (air refueling is included in the Starting Fee). Regarding to the possibility of transportation (costs and plane regulations), teams can rent scuba tank of 10 or 12 litters if needed. – See accommodation form for details –.

5. COMPETITION SCHEDULE
(Schedule subject to changes regarding to local needs between the date of publication and the official event – Details will be given to staffs during the Technical meeting on day 1)

**16 of April:**
- Arrival of teams to 17.00
- Technical meeting of team leaders 17:00 to 18:00
- Training for teams (in your account) 18:30 to 20:00

**17 of April:**
- Opening ceremony for all competitors and staff 9.00-9.15
- Warm up 9.15–9.45
- Competition 9.45-13.00

**18 of April:**
- Warm up 08:00 – 08:30
- Competition 08:30 – 11:30
  Closing competition 19.00

**19 of April:**
- Departure of the teams

6. INTERNATIONAL JURY
International Chief Judge: According to CMAS rules.

7. PROTEST
According to CMAS rules.

8. ANTIDOPING
According to CMAS and French rules.
9.世界杯赛事

9.1 距离

个人赛事:
1. 100米混合泳（男/女）;
2. 50米升袋6kg（男/女）;
3. 50米水雷（男/女）;
4. 障碍课程SOLO（男/女）。

配对距离:
1. 50米章鱼（男/女）
2. 障碍课程（男/女/混合配对）
3. 100米章鱼（混合配对）

团队赛事:
1. 4 x 50米水雷接力（混合组成：两个女人和两个男人）
2. 4 x 100米混合泳接力（混合组成：两个女人和两个男人）

9.2 事件参与规则

赛事对个人和团队开放，来自国家性协会或潜水中心和俱乐部的选择。尽管起源不同，每种情况都将被称为"团队"。

一个团队由最多4个男人和4个女人组成。对于每个距离，一个团队可以参与以下竞争者:

**个人赛事**: 2个男人对男人类别AND 2个女人对女人类别

**配对赛事（非混合赛事）**: 2对男人AND 2对女人

**配对赛事（混合赛事）**: 2对，混合。

**接力赛（非混合赛事）**: 1对4个男人AND 1对4个女人

**接力赛（混合赛事）**: 1对2个男人+2个女人

参赛者必须具备以下文件和证明:
- 有效身份卡符合立陶宛移民规则;
- 有效CMAS许可证;
- 有效医疗证书附英文或立陶宛翻译;
- 开水潜水CMAS证书一星级*或附属协会

9.3 分类
- 男人
- 女人
- 混合性别

9.4 排名及奖励

距离排名:

分类和奖台将为每个距离和类别进行分类:
individuals/pair/relay,
- Gold/Silver/Bronze,
- Men/Women/Mixed.

Nation rankings:
For this “Nation ranking”, and only for this specific ranking, all the competitors of a same nation will be considered as one global team.
For example, if a nation “A” is represented by several teams, all the teams of this nation will be considered as “team “A””.

Nation ranking: for each distance and category, organizer will select from those global teams of Nation, the 2 best results among them and make a classification.
This special ranking constitutes the nation ranking for each distance and category. Each nation will collect points from this special ranking:

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At the end of each distance, the points collected for this ranking of nations will be added up together nation by nation.
In the end, the first three nations will be awarded.

10. ORGANISATION ENGAGEMENT FEES

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

There is one category, male and female.
One category is for Senior. The minimum age for competition is 14 years (the limit of the age is the age of the competitor on January 1 of the year of the championship; athlete will compete in this category until December 31 of the same year).
One team cannot register more than 4 competitors of the same gender (4 men/4 women).
Each national team must bring 2 national flags (2m x 1m) and a CD with its national anthem (short version). Teams of clubs, sports schools and dive centers must also present their flag (2m x 1m) and wear the same uniform representing their club and country.

11. BOOKING AND ENTRY FEE
Option (3days): Entry fee per participant is 120 €. This includes:
- Accommodation in double or triple hotel room.
- from Thursday 16th April starting with dinner until 18th April Sunday ending with dinner.
- single room extra price 35 eur per person/night
Extra day - 50€ per person.
Extra 2 day - 100€ per person.

Transfers:
- Vilnius airport – hotel - Vilnius airport - 50€ per person;
- Kaunas – hotel – Kaunas - 40€ per person;
- Palanga – hotel – Palanga - 10€ per person;
  Hotel – swimmpool - 200m.

Athletes refusing the full board accommodation offered by the organizers must pay 50 EUR per person organizing fee.

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.