11th CMAS World Freediving Indoor Championship 2020
Belgrade-SERBIA
Dear Friends

Serbia has been a proud sports nation for years. It is our great pleasure and honour to be hosting an important event like the 11th CMAS World Freediving Championships 2020 on Serbian ground.

This event represents the continued legacy of Serbian freediving and I sincerely thank CMAS for the confidence shown with once again entrusting us such a large event. Furthermore, I thank our partners – the city of Belgrade and the Ministry of youth and sports for their support and commitment in the event. Together we are pleased to welcome you all to the capital of Serbia – Belgrade.

Best regards,
Božana Ostojić,
President of Serbian Underwater Federation

Organizer
SOPAS
Serbian Underwater Federation

Adress
SRC Tašmajdan
Beogradska 71
11000 Beograd

Contact
Božana Ostojić
+38163309007
wcapnbelgrade2020@gmail.com
BELGRADE

Belgrade (Serbian: Београд / Beograd) is the capital and largest city of Serbia. It is located at the joining of the Sava and Danube rivers, where the Pannonian Plain meets the Balkans. Its name translates to White city. The city has a population of 1.23 million, while over 1.65 million people live in its metro area.

Belgrade hosts many annual international cultural events, including the Film Festival, Theatre Festival, Summer Festival, Music Festival, Book Fair, and the Beer Fest. The Nobel Prize winning author Ivo Andrić wrote his most famous work, The Bridge on the Drina, in Belgrade.

The most prominent museum in Belgrade is the National Museum, founded in 1844 and currently closed for reconstruction, the Ethnographic Museum established in 1901, the Museum of Contemporary Art was the first Contemporary art museum in Europe founded in 1958, the Nikola Tesla Museum, founded in 1952, and the last of the major Belgrade museums is the Museum of Vuk and Dositej, which showcases the lives, work and legacy of Vuk Stefanović Karadžić and Dositej Obradović, the 19th century reformer of the Serbian literary language and the first Serbian Minister of Education, respectively.

Belgrade has wildly varying architecture, from the center of Zemun, typical of a Central European town, to the more modern architecture and spacious layout of New Belgrade. The oldest architecture is found in Kalemegdan Park. Outside of Kalemegdan, the oldest buildings date only from the 18th century, due to its geographic position and frequent wars and destructions. The oldest public structure in Belgrade is a nondescript Turkish türbe, while the oldest house is a modest clay house on Dorćol, from late 18th century.
SPORT-RECREATION CENTER “MILAN GALE MUŠKATIROVIĆ”

With complete confidence, “Milan Gale Muškatirović” can be considered a sport-recreation center with the most beautiful location in Belgrade. In such an environment perfectly fits gracefully as the grandiose modernist masterpiece of architect academician Ivo Antic – according to many, the most beautiful sports and recreational center of the capital, the building where the view can rest as much as on its surroundings.

On the other hand, SRC “Milan Gale Muškatirović” is a sports and recreation center with perhaps the most diverse and active offer in Belgrade:

– Three outdoor swimming pools (one for international competitions, one with elements of recreational water park, one for children), indoor swimming pool (sauna block with wet and dry Finnish sauna, infrared sauna and a small swimming pool), two halls for indoor sports, and coffee bar Center.
Belgrade (Serbian: Београд / Beograd) is the capital and largest city of Serbia. It is located at the confluence of the Sava and Danube rivers, where the Pannonian Plain meets the Balkans. Its name translates to White city. The city has a population of 1.23 million, while over 1.65 million people live in its metro area.

Belgrade hosts many annual international cultural events, including the Film Festival, Theatre Festival, Summer Festival, Music Festival, Book Fair, and the Beer Fest. The Nobel Prize winning author Ivo Andrić wrote his most famous work, The Bridge on the Drina, in Belgrade.

The most prominent museum in Belgrade is the National Museum, founded in 1844 and currently closed for reconstruction, the Ethnographic Museum established in 1901, the Museum of Contemporary Art was the first Contemporary art museum in Europe founded in 1958, the Nikola Tesla Museum, founded in 1952, and the last of the major Belgrade museums is the Museum of Vuk and Dositej, which showcases the lives, work and legacy of Vuk Stefanović Karadžić and Dositej Obradović, the 19th century reformer of the Serbian literary language and the first Serbian Minister of Education, respectively.

Belgrade has wildly varying architecture, from the center of Zemun, typical of a Central European town, to the more modern architecture and spacious layout of New Belgrade. The oldest architecture is found in Kalemegdan Park. Outside of Kalemegdan, the oldest buildings date only from the 18th century, due to its geographic position and frequent wars and destructions. The oldest public structure in Belgrade is a nondescript Turkish türbe, while the oldest house is a modest clay house on Dorćol, from late 18th century.

Western influence began in the 19th century, when the city completely transformed from an oriental town to the contemporary architecture of the time, with influences from neoclassicism, romanticism, and academic art. Serbian architects took over the development from the foreign builders in the late 19th century, producing the National Theatre, Old Palace, Cathedral Church and later, in the early 20th century, the National Assembly and National Museum, influenced by art nouveau. Elements of Neo-Byzantine architecture are present in buildings such as Vuk’s Foundation, old Post Office in Kosovska street, and sacral architecture, such as St. Mark’s Church (based on the Gračanica monastery), and the Temple of Saint Sava.

HOTEL MONA PLAZA

Meet the old town’s new charm. At the corner of Cara Uroša and Solunska Street, where the first Serbian chocolate factory once stood, now stands the 4-star Mona Plaza Hotel. The perfect combination of contemporary design with the industrial and historical elements which remained from the sweet factory is a trademark of our hotel.

Located in downtown Dorćol an urban crossroads of cultures and styles, Mona Plaza is the largest convention center in the old part of town. You can book your stay in one of the 170 rooms and suites overlooking the most beautiful parts of the Serbian capital. In addition to the large multifunctional convention and exhibition area of over 2000 m², the hotel also includes a cafeteria with a wide range of chocolate treats, a restaurant, a bar, wellness and fitness center and a two-level underground parking lot. Web site: www.monaplaza.com
1. GENERAL INFORMATION

1.1 CMAS has entrusted to the Serbian Underwater Sports Federation (SOPAS) the organization of the 11th edition of Word Freediving Indoor Championship 2020 to be staged with the supervision of CMAS in Belgrade, in the “Milan Gale Muškatirović” Swimming Pool, from 14th to 20th June 2020.

1.2 The Championships shall be comprised of seven specialities: Dynamic (DYN), Dynamic with Bi-Fins (DYNBF), Dynamic without Fins (DNF), Static (STA), Speed 100m, Endurance 8x50m, and Endurance 16x50m. Only the Final stage will take place for each of the planned specialities.

1.3 These articles supplement and complete the International Rules drawn up for the single specialities.

2. PARTICIPATION

2.1 The event is open to athletes aged 18 and over and belonging to National Teams fully complying with the provisions of CMAS Regulations, these Special Rules and the Safety Requirements established by the Organisers.

2.2 National Teams maybe made up of a minimum of one to a maximum of six athletes for each men’s event and a minimum of one to a maximum of six athletes for each women’s event.

2.3 Every National team must bring three (3) national flags (2,00m x 1,00m) and a CD or flash disk with the short version of their national anthem.

3. CLASSIFICATIONS and PRIZE-GIVING

3.1 The Classifications and Prize-giving ceremonys shall be performed in agreement with CMAS Procedures.

3.2 The Prize-giving ceremony will be held in the “Milan Gale Muškatirović” Swimming Pool at the conclusion of each day competition session.

4. INTERNATIONAL JURY

4.1 CMAS Technical Delegate according to CMAS Regulations.
5. DOPING CONTROL

5.1 Organizing committee guarantees to provide doping control according to the CMAS and WADA regulations.

6. CLAIMS

6.1 Pursuant to the CMAS regulations.

7. ENTRIES

7.1 Deadlines:

- Annex 1 Deadline 26.04.2020 Preliminary Entry Form
- Annex 2 Deadline 26.04.2020 Hotel Booking Form
- Annex 3 Deadline 10.05.2020 Bank Transfer of 50% of the Total Entry Fee
- Annex 4 Deadline 10.05.2020 Competitors List Form
- Annex 5 Deadline 10.05.2020 Airport Transfer From
- Annex 6 Deadline 31.05.2020 Final Hotel Booking Form
- Annex 7 Deadline 31.05.2020 Bank Transfer of Completion of the Total Entry Fee

Failure to pay the participation fee by 10 May 2020 will result in a 10% increase in the fee in respect of the global amount due.

7.2 Ratification of entries:

Athletes entries will be ratified on 14 June 2020, starting at 10am., at the secretariat situated in the Hotel, attended by the Head of the delegation of each Nation present (or his deputy), by means of the presentation of documentation from all members of entered National Teams.

The make-up of Teams will be specified in the list of athletes registered on the CMAS website (http://www.cmasoffice.org/federation/). The final composition of Teams must be decided by 10th May 2020, one month prior to the start of the event. Entries received beyond the set deadline will not be accepted, nor can changes to the make-up of Teams, on the day on which documents are checked.
Athletes must be in possession of:
- the original entry form signed by the Federation President;
- a valid medical certificate attesting to the athlete's fitness to take part in the competitive sporting discipline in question;
- a valid CMAS Apnea sports licence;
- an ID document.

Athletes that fail to produce the above document will not be allowed to take part in the competitions, and their participation fee will not be returned.

7.3 The entry fee of Euro 71.00 must be paid to CMAS by 26 April 2020, following the procedure set forth at: http://www.cmasoffice.org/federation/
8. PROGRAM

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>14 June</td>
<td>Sunday</td>
<td></td>
<td>All Day</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Arrival and Check-in of Delegations</td>
</tr>
<tr>
<td>15 June</td>
<td>Monday</td>
<td>09:00 - 15:00</td>
<td>Training (50m Pool)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>16:00 - 17:30</td>
<td>Technical Meeting</td>
</tr>
<tr>
<td></td>
<td></td>
<td>18:00 - 19:30</td>
<td>Opening Ceremony</td>
</tr>
<tr>
<td>16 June</td>
<td>Tuesday</td>
<td>09:00 - 11:00</td>
<td>World Championship: Dynamic Apnea Without Fins</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:30 - 15:30</td>
<td>World Championship: Endurance Apnea 16x50m</td>
</tr>
<tr>
<td></td>
<td></td>
<td>16:00 - 18:00</td>
<td>Training (50m Pool)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>18:00 - 19:00</td>
<td>Medal Ceremony</td>
</tr>
<tr>
<td>17 June</td>
<td>Wednesday</td>
<td>08:30 - 12:30</td>
<td>World Championship: Dynamic Apnea with Bi-fins (DYN-BF)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:00 - 17:00</td>
<td>Training (50m Pool)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>18:00 - 19:00</td>
<td>Medal Ceremony</td>
</tr>
<tr>
<td>18 June</td>
<td>Thursday</td>
<td>08:30 - 13:00</td>
<td>World Championship: Static Apnea (STA)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>14:00 - 15:30</td>
<td>World Championship: Speed Apnea</td>
</tr>
<tr>
<td></td>
<td></td>
<td>16:00 - 17:30</td>
<td>Training (50m Pool)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>18:00 - 19:00</td>
<td>Medal Ceremony</td>
</tr>
<tr>
<td>19 June</td>
<td>Friday</td>
<td>08:30 - 13:00</td>
<td>World Championship: Dynamic Apnea DYN</td>
</tr>
<tr>
<td></td>
<td></td>
<td>14:30 - 16:30</td>
<td>World Championship: Endurance Apnea 8x50m</td>
</tr>
<tr>
<td></td>
<td></td>
<td>18:00 - 19:30</td>
<td>Medal and Closing Ceremony</td>
</tr>
<tr>
<td></td>
<td></td>
<td>21:00 - 00:00</td>
<td>Final Party</td>
</tr>
<tr>
<td>20 June</td>
<td>Saturday</td>
<td></td>
<td>All Day</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Check-out and Departure of Delegations</td>
</tr>
</tbody>
</table>

The organisers reserve the right to modify the order and times of events to meet technical and organisational needs.
9. VISAS

If you require a visa, please contact the embassy or consulate in your country. For delegations who must obtain a visa, an invitation with the names of participants will be sent upon request.

10. CONTACTS

SOPAS - SERBIAN UNDERWATER SPORTS FEDERATION
SRC Tašmajdan, Beogradska 71, 11000 Beograd
Phone: +38163309007

Contact Person:
Mrs. Božana Ostojić +38163309007 wcapnbelgrade2020@gmail.com (English)