17th Junior European Finswimming Championships

6th – 12nd OCTOBER 2020

Lignano Sabbiadoro (UD) - ITALY
I am pleased to invite you to the 17th edition of the "CMAS Junior European Finswimming Championship", which will take place in Lignano Sabbiadoro (UD), at the Bella Italia Sports Village, from 6 to 12 October, 2020. Having accepted, on the part of FIPSAS, the challenge of organizing this event in Italy makes me really happy, since it is in the groove of a programming aimed at offering this discipline a further increase in visibility and, consequently, of popularity. I am particularly pleased, therefore, to send a warm welcome to the Foreign Delegations and send to all the protagonists who will descend into the water my most heartfelt greetings, together with the wish to live together the days full of enthusiasm and healthy competition. We will have the opportunity to enjoy a spectacular sporting event. In fact, given the undoubted technical qualities of many of the competitors who will go into the water, I am more than convinced that we can witness performance of the highest level of competition. Finally, my greeting and thanks to the Organizing Committee "Underwater Activities International Events", chaired by Carlo Allegrini, the FIPSAS Friuli Venezia Giulia Regional Committee, the local authorities and all those who will participate at this highly anticipated event, managers, technicians, athletes, who, I am sure, will work to make that this edition succeeds in the best way. To all athletes my warm good luck: win the best!

FIPSAS President
Prof. Ugo Claudio Matteoli

For further information, please contact us at the following address:
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THE CITY OF LIGNANO SABBIA DORO

Lignano Sabbiadoro stands on a long sandy peninsula covered with pine trees, the southwestern end of the beautiful Marano lagoon nature reserve. Its slight slope, the sandy beach in front of the Coast of Istria, a safe bathing for families and the active nightlife, make it a popular resort for Italian and foreign tourists. The extreme point of the peninsular area is divided into three districts: Lignano Sabbiadoro is one of them and is accompanied by Lignano Pineta, 1 km further south, and Lignano Riviera, more recent but still all centred in its natural features, also given the closeness of the Tagliamento River. In total there are just under 7,000 residents. The name of the resort was originally Lignano, in 1935 ‘Sabbiadoro’ was added exclusively for promotional purposes. The development of the tourist resort began in the early twentieth century, when after the reclamation began the construction of some bathing establishments, however accessible only by boat from the lagoon. Before that, nothing existed in these places, except a small area of refuge for some fishermen. The ancient plans of the Serenissima, duly compiled by the so-called Water Savi, made no mention of either the name or the characteristic of the area, considered in the complex of the important lagoon territory. The wonderful beach, however, could not go unnoticed for much longer and the first hotel was built in 1903. Its urban growth, however, was delayed, not only because of the malarial area in the vicinity, but also because of the lack of basic infrastructure: it had to wait more than two decades before the construction of the main and vital road artery. Today’s city has reached the maturity of urban planning and infrastructure in the best way and presents itself with a wide variety of attractions. Moving between its neighbourhoods is possible through urban transport managed by the SAF, but Lignano is also to be explored on foot or perhaps by bike. Riviera, the western part of the peninsula is characterized by the villas and residential condominiums, all gracefully decorated with beautiful pine trees; Pineta, in the city centre, has a modest shopping mall, famous beaches and a plethora of venues suitable for evening and night fun; Sabbiadoro, at the extreme tip of the peninsula, contains a lively shopping mall and even more night and cultural life than the previous ones. The hotel presence in general is remarkable. For those who want to enjoy the maximum stay at the seaside, we recommend the baths of Lignano, located in the Riviera area and immersed in the centuries-old pine forest (directions: waterfront R. Riva 1) or even the numerous spas and fitness centers of the city. In addition to the exclusively seaside attractions, Lignano also offers some historical and naturalistic itineraries. The original farmer’s core, placed close to the lagoon, has two typical rural houses of sure interest, probably dated from the 17th century. The religious cult for centuries has concentrated in the small church of St. Zacharias and the fifteenth century church of Santa Maria, in the resort of Bevazzana, and in the interior of which is noticed a series of frescoes of the 15th century. The Hemingway Park is a park of botanical interest that covers 4 hectares of land and is named after the famous American writer who visited the resort during his stay in Italy. The writer is also dedicated to the prestigious “Ernest Hemingway Lignano Sabbiadoro Prize” in journalism, fiction and non-fiction. The Punta Verde Zoo Park is a natural oase with ponds,
animals (1200 specimens belonging to 200 different species) in semi-open areas and eco-environmental paths. The nature in Lignano is also enriched by the UNICEF Park, born in the late 1980s, dedicated to children in as many as 4 hectares of entertainment between skating rinks, mini golf, swimming pools, bike paths and much more. The natural attraction, however, remains the Oase of the Wwf Laguna in Marano. Birdwatchers will be able to observe birds of prey such as the marsh hawk, the osprey, the buzzer, the small and real hen harrier, the kestrel, the brown kite. Don't miss it.

**CITY MAP OF LIGNANO SABBIADORO**

**How you can get to Lignano Sabbiadoro**

You can get to Lignano Sabbiadoro by various ways of transportation:

**By Car** - on the highway (motorway)

By car you can reach Lignano driving on the A4 Venice - Trieste motorway or on A23 motorway linking Tarvisio and Venice; the motorway exit for Lignano is made at Latisana, following the local road no 354 which ends at Lignano.

**By Bus** - Bus Stations

There are many bus lines which regularly depart from the northern part of Italy towards Lignano. There are special buses linking important cities in Germany, Switzerland and Austria to Lignano. More information about bus schedules and timelines: Biglietteria Autostazione Viale Gorizia, 26 Tel. 0039 0431 71373

**Bus Station Lignano SAF:**

[www.saf.ud.it](http://www.saf.ud.it)

**By Train** - Train Stations Latisana. Train station is just 20 km away from Lignano. From Latisana train station you can access by train Venice (Mestre) and its neighboring airports as well as Trieste, Udine and other main cities in Italy. Lignano and Latisana are linked by regular bus lines.

**Italian Railways Website:** [www.trenitalia.com](http://www.trenitalia.com)
By Plane - Airports

The nearest airports to Lignano are *Friuli Venezia Giulia Airport* from Ronchi dei Legionari, just 58 km away from Lignano Sabbiadoro, *Marco Polo Airport* in Venice 100 km away and *San Giuseppe Airport* of Treviso, 110 km away from Lignano.

City: Venice
Airport: Marco Polo
Telephone: 00390412606111
Website: www.veniceairport.it

City: Treviso
Airport: St Joseph
telephone: 0039042220393
Website: www.trevisoairport.it

City: Trieste
Airport: Ronchi dei Legionari
Telephone: 0039040631484
Website: www.aeroporto.fvg.it

OFFICIAL COMPETITION POOL AND TRAINING

**BELLA ITALIA SPORTS VILLAGE**

The CMAS 17th Junior European Finswimming Championship 2020 will be held in Lignano Sabbiadoro (UD), at the Bella Italia Sports Village, located in a valuable position within the urban fabric of Lignano Sabbiadoro, in Central Avenue, 29. It consists of a modern tourist-social center, nestled in 60 hectares of verdant pine forest. The tranquility, fragrant aroma of pines and sea saloons, the clear sea and the beach front reserved exclusively for guests of the Village (1120 meters long and 60 meters deep) create the ideal environment for toning individual holidays or groups, in the name of sport, relaxation and fun. Twelve kilometres of roads and trails run throughout the area, creating amene solutions for racing, running, promenade and plain air, all routes can be excluded from car traffic. The whole village is dotted with outdoor sports camps; it also offers some high-quality solutions for all sports disciplines indiscriminately within the multifunctional palace, which can accommodate up to three thousand people and, for water sports, in the two indoor and conditioned pools, of which one Olympic.
SOME RECALLS FOR PARTICIPATION

Only national federation teams affiliated to the CMAS are eligible to compete in the competition. Each national team should respect the rules of Championships, the safety conditions set by the organizers, the “Detailed protocol for the holding of international Finswimming competitions taking place in Italy” (attached) and CMAS rules and regulations.

- Swimming-pool events: (art. 3.3.3a. – 8.1.3.6. – 8.1.3.7. Finswimming rules)
  - Each country may enter no more than two (2) swimmers for each distance and one (1) relay team.
  - For relay races the names of the swimmers and their starting order must appear in a list submitted to the results office before the start of the session. The composition of mixed relays is with two (2) males and two (2) females and starting order is free. Any change in the fixed starting order leads to disqualification.
  - It’s possible to change the composition of the relay teams between the qualifying heats and the final.
  - The entries must reach CMAS headquarters within the time limits set by the CMAS rules on www.cmasoffice.org (§ Point 1.21.1.3 &4 of CMAS Procedures).
  - World and Continental Championships will be organized over four (4) days and eight (8) sessions.
  - The qualifying heats are scheduled in the morning and finals in the afternoon except 400IM, 800SF and 1500SF slow heats in the morning and fast heat in the afternoon. For this reason, it’s requested to the national federations to send to the CMAS HQ the official protocols of all selection national competitions in delay maximum of two weeks after the competitions (in one of the three CMAS languages). Thus, times of enrolments of the swimmers will be checked for CMAS Championships. If the protocols aren’t transmitted in this deadline, times of corresponding enrolments will be cancelled and the athletes will be engaged with time 00:00:00.

DISCIPLINES AND DISTANCES (Male and Female)

Swimming-pool:
- Surface Finswimming (SF): 50m, 100m, 200m, 400m, 800m, 1500m
- Apnea (AP): 50m
- Immersion (IM): 100m, 400m
- Relay: 4x50m mixed, 4x100m (SF), 4x200m (SF) – 4x100m mixed (BF)
- Bi Fins (BF): 50m, 100m, 200m, 400m

INTERNATIONAL JURY
CMAS Technical Delegate according to the CMAS rules.

CLASSIFICATION AND AWARDS
According to the CMAS rules and regulations and to the “Detailed protocol for the holding of international finswimming competitions taking place in Italy” (attached).

PROTEST
According to the CMAS rules.
BOTTLE FILLING

- Only compressed air without oxygen enrichment is allowed.
- For pool competitions, the minimum volume of a compressed air cylinder (bottle) is liter 0.4 (zero point four liter).
- The maximum filling pressure for the compressed-air cylinders cannot exceed 200 bar (20 MPa).
- When a cylinder with a flat bottom is used, adding a rounded bottom, which does not exceed the radius of the cylinder, is allowed.
- All cylinders used must have passed a hydrostatic test less than 2 years before the competition, or even less if it is required by the local legislation.
- Each cylinder must be presented empty during checking meeting before competition. The organizer guarantees the filling of DIN 200, YOKE, cylinders (bottles).

VARIOUS

National teams should bring two (2) national flags (m 2,00 x m. 1,00) and a CD with the national anthem (short version).

SCHEDULE

The Championship program is as follows:

**Arrival day (-2) October 6**
Arrival of delegations throughout day

**Training day (-1) October 7**
- **Morning**
  - Training at the swimming Pool (compatibility with the last day of the European Championship)
  - Sports equipment check (according to the CMAS rules)
- **Afternoon**
  - Training at the swimming Pool (compatibility with the last day of the European Championship)
  - Sports equipment check (according to the CMAS rules)
  - Judges meeting
  - Team Leaders technical meeting

**Day 1 October 8**
- **Morning section**
  - 07h45 – 08h30 warm-up Group 1
  - 08h30 – 09h15 warm up Group 2
  - 9h30 Championship Opening Ceremony
  - 10h00 Start competition
  - 100 SF Women (heats)
  - 100 SF Men (heats)
  - 100 BF Women (heats)
  - 100 BF Men (heats)
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400 SF Women (heats)
400 SF Men (heats)
4x100 BF mixed (heats)

Day 1 October 8th

Afternoon section
16h15 – 17h15
17h30

warm up Group Finalists
Start competition

Medal Ceremony

100 SF Women (Finale)
100 SF Men (Finale)
100 BF Women (Finale)
100 BF Men (Finale)
400 SF Women (Finale)
400 SF Men (Finale)
4x100 BF mixed (Finale)

Day 2 October 9th

Morning section
07h45 – 08h30
08h30 – 09h15
9h30

warm-up Group 1
warm up Group 2
Start competition

100 IM Women (heats)
100 IM Men (heats)
200 SF Women (heats)
200 SF Men (heats)
200 BF Women (heats)
200 BF Men (heats)
1500 SF Women (slow heats)
1500 SF Men (slow heats)
4x50 SF mixed (heats)
Day 2 October 9th
Afternoon section
16h15 – 17h15
17h30
warm up Group Finalists
Start competition

100 IM Women (Finale)
100 IM Men (Finale)
200 SF Women (Finale)
200 SF Men (Finale)
200 BF Women (Finale)
200 BF Men (Finale)
1500 SF Women (fast heat)
1500 SF Men (fast heat)
4x50 SF mixed (Finale)

Medal Ceremony

100 IM Women
100 IM Men
200 SF Women
200 SF Men
200 BF Women
200 BF Men
1500 SF Women
1500 SF Men
4x50 SF mixed

Day 3 October 10th
Morning section
07h45 – 08h30
08h30 – 09h15
9h30
warm-up Group 1
warm-up Group 2
Start competition

50 SF Women (heats)
50 SF Men (heats)
50 BF Women (heats)
50 BF Men (heats)
400 IM Women (slow heats)
400 IM Men (slow heats)
400 BF Women (heats)
400 BF Men (heats)
4x200 SF Women (heats)
4x200 SF Men (heats)
Day 3 October 10th
Afternoon section
16h15 – 17h15 warm up Group Finalists
17h30 Start competition

Medal Ceremony

- 50 SF Women (Finale)
- 50 SF Men (Finale)
- 50 BF Women (Finale)
- 50 BF Men (Finale)
- 400 IM Women (fast heat)
- 400 IM Men (fast heat)
- 400 BF Women (Finale)
- 400 BF Men (Finale)
- 4x200 SF Women (Finale)
- 4x200 SF Men (Finale)

Day 4 October 11th
Morning section
07h45 – 08h30 warm-up Group 1
08h30 – 09h15 warm up Group 2
09h30 Start competition

- 50 AP Women (heats)
- 50 AP Men (heats)
- 800 SF Women (slow heats)
- 800 SF Men (slow heats)
- 4x100 SF Women (heats)
- 4x100 SF Men (heats)
Day 4 October 11\textsuperscript{st}
Afternoon section
16h15 – 17h15 warm up Group Finalists
17h30 Start competition

Medal Ceremony

50 AP Women (Finale) 50 AP Men (Finale)
800 SF Women (Fast heat) 50 AP Men
800 SF Men (Fast heat) 800 SF Women
4x100 SF Women (Finale) 800 SF Men
4x100 SF Men (Finale) 4x100 SF Women

Day 5 October 12\textsuperscript{nd}
Departure Day

ACCOMMODATION

BELLA ITALIA SPORTS VILLAGE

The center consists of thirteen residences with 700 rooms, able to accommodate up to two thousand eight hundred people. The rooms are all with reserved indoor toilets, widely lit with direct light, some with balcony and sea views; accessibility to them is free of any barrier; many are predisposed to accommodate people with disabilities.
### BOOKING & ENTRY FEES

#### Junior Finswimming European Championship from 06/10/2020 to 12/10/2020

Entry fee per participant is **700,00 Euro in multiple rooms**. Extra charges for **single room** is **50,00 Euro/day**.

The organizer will provide:
- Accommodation in three-star hotels with double or triple hotel rooms full board;
- Drinking water during the meals included.

#### Finswimming European Championship + Junior Finswimming European Championship from 02/10/2020 to 12/10/2020 (for those who will take part in both events)

Entry fee per participant is **1,100,00 Euro in multiple rooms**. Extra charges for **single room** is **50,00 Euro/day**.

The organizer will provide:
- Accommodation in three-star hotels with double or triple hotel rooms full board;
- Drinking water during the meals included.

Full board accommodation is considered as breakfast, warm lunch, warm dinner and water drink per meal included.

Participants who choose to be accommodated in hotels other than official will have to pay **250,00 Euro per Pax for secretarial fees and competition. No local transfers will be provided.**

- Transfers from international airport to hotel and return, extra fees, **40,00 Euro / Pax minimum 5 people. Less than 5 people the price will be 80,00 Euro / Pax.**
- Extra charges for single room ascend to **50,00 € per Pax per day.**

### Training camp before Championships

For the team they want to organize training camp before the Championships:

- Extra day charged at **110,00 Euro** per Pax per day including full board accommodation (breakfast, lunch, dinner and water drink per meal included).
- The cost of renting a lane in swimming pool is **40,00 Euro per lane per hour.**
- Charge bottles filling: is free from 7 October.

### ATTENTION

Later registrations will not be accepted
1. PAYMENT

Minimum 50% of total entry fee should be deposited at our bank no later than August 20th to guarantee the booking. After this date August 20th, the participation fees will increase by a further 10% of total amount. The remaining payment should be made on arrival. The organizer will only accept transfers (bank charges will be charged to the remitter).

Bank cheque and credit card will not be accepted!

Minimum 50% of total entry fee must be paid, via bank transfer, to:

UNDERWATER ACTIVITIES INTERNATIONAL EVENTS

Bank: UniCredit
IBAN code: IT35C0200805314000104162924
BIC SWIFT: UNCRITM1B41

(Reason for payment: Fee for participation of ......................... National Team in Junior Finswimming European Championship 2020)

2. VISA

If you require a visa, please contact the embassy or consulate in your country at least forty 40 days prior to entry.

3. VARIOUS

Electrical current is 220V.

DEADLINE – CONDITION FOR ENTRY AND PARTICIPATION

- As reception of this specific rules
  - Registration and payment of CMAS fees subscription on www.cmasoffice.org
- No later than July 31st 2020
  (Annex 1) The preliminary declaration of participation and registration form should be sent to the CMAS and Organizing Committee.
- No later than August 20th 2020
  (Annex 2) Final hotel booking form and entry fee should be sent to the Organizing Committee. Send also copy of “bank transfer”.
- No later than September 10th 2020
  - The competitor’s must be entered online through www.cmasoffice.org
  - (Annex 3) The list form should be sent to the Organizing Committee.
• No later than **September 10th 2020**
  o The list of national records should be sent to CMAS HQ and the Organizing Committee.
  o Sport personal notice of swimmers should be sent to the Organizing Committee.

For further information, please contact us at the following address:

E-mail: nuotopinnato@fipsas.it – subacquea@fipsas.it