



**2024 CMAS**

**8<sup>th</sup> WORLD CHAMPIONSHIP  
FREE DIVING DEPTH 2024**

**2-13 OCTOBER 2024**

**KALAMATA**

**GREECE**

## Welcoming Addresses

### 1. MESSAGE FROM THE WORLD UNDERWATER FEDERATION PRESIDENT



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*Anna Arzhanova*  
President, CMAS

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It gives me great pleasure to welcome you to the city of Kalamata, Greece. On behalf of CMAS, I would like to express our gratitude to the host city for sharing our passion for underwater sport and for their willingness and flexibility in hosting our biggest event.

I am confident that Greece will deliver outstanding competition for athletes and fans alike.

The excellent open water conditions in Kalamata, as well as the local hospitality, are ready to welcome more than 130 athletes from over 40 countries and provide them with the perfect conditions to compete.

I would like to express my sincere thanks to our partners, staff, officials, and volunteers for all their hard work and dedication in making this event possible.

I hope you will join me in cheering on the incredible athletic performances. I also hope you will take some time to experience the beautiful Greek culture and warm hospitality during your stay.

To the athletes, please accept our best wishes for your competitions. We will be cheering you on from the stands, while working to provide the excellent conditions your hard work and talent merit!

## 2. MESSAGE FROM THE PRESIDENT OF THE GREEK FEDERATION



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Dimitris Galinas  
President, Greek Underwater Federation

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Dear friends and colleagues,

It is my honor to welcome you to Kalamata, Greece for the CMAS 8<sup>th</sup> WORLD CHAMPIONSHIP FREE DIVING DEPTH 2024

Greece has an historic bond with the sea and the diving, as well as with freediving, going back to the old centuries since Homer ages and the Persian wars. The emblem(logo) of the Greek Federation is from an ancient coin that represents Poseidon, the God of the Sea, with a fish in his trident.

Stathis Hatzis the Greek sponge man, with the incredible freediving record is also an emblematic person in the world of freediving.

Greece has had the privilege of hosting a number of CMAS events in the past.

The World Championships is unique in bringing the best athletes from all over the world together in a celebration of our one sport. We are grateful for the trust you have shown in awarding us the right to host these prestigious Championships. And we can assure you we will honor that trust with an exceptional event.

I am sure that Kalamata CMAS World Championship Freediving Depth 2024 will be a point of reference for the years to come.

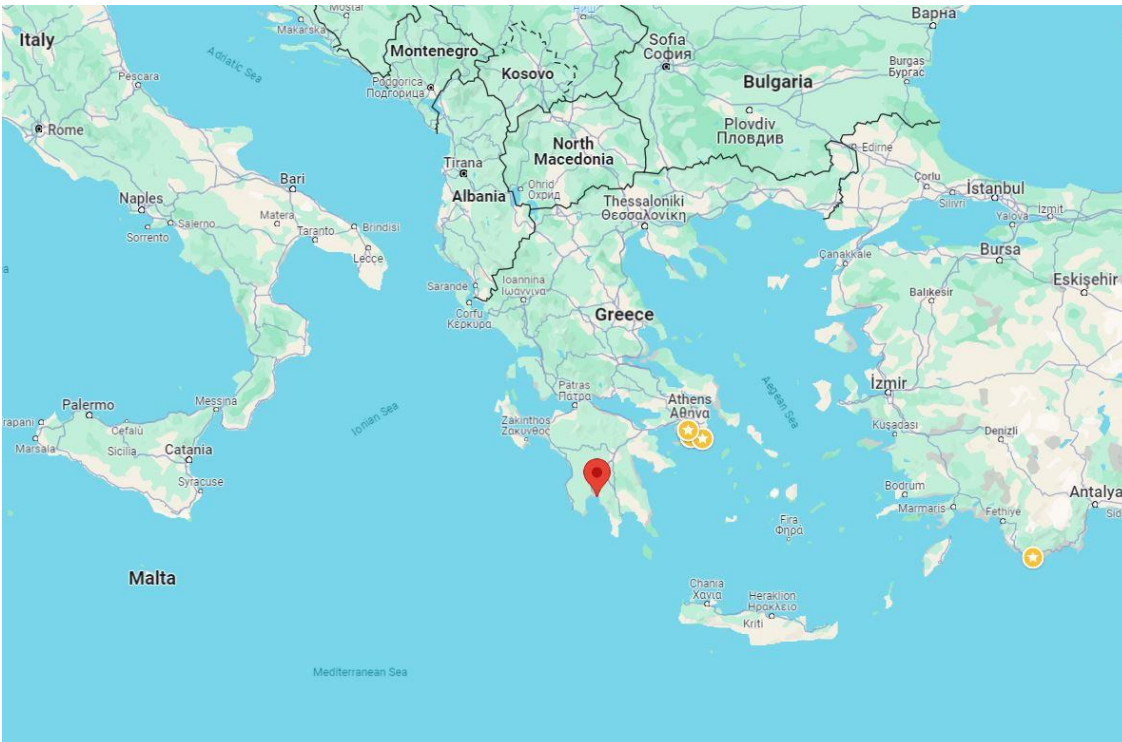
We are so excited to join you in cheering on these incredible athletes and celebrating this event.

# CITY OF KALAMATA GREECE

CMAS 8<sup>th</sup> WORLD CHAMPIONSHIP FREE DIVING DEPTH 2024

Will be held in Kalamata Greece from 2-13 October 2024

The city of Kalamata can be reached by flights (regular and charter) from many European cities. Nearest airport is Kalamata Int Airport (KLX). Shuttle flights are also available from Athens Int Airport as are regular buses connecting Athens to Kalamata.



**Kalamata** is the city of the southwestern Peloponnese and the capital of **Messinia**. The city is built on the site of ancient Farai, on foothills of the imposing Taygetos in the heart of Messinian Bay.

Kalamata is the second largest city in the Peloponnese after Patras and it is 255 km from Athens, 215 km from Patras.

The **city of Kalamata** is the financial, commercial and administrative center of the southwestern Peloponnese and its geographical position and mild Mediterranean climate make it one of the most charismatic cities.

**Kalamata** is an ideal base for those who want to discover the prefecture of Messinia, since it is located in the center of the county and it is just an hour from travel destinations. Blending harmoniously mountain and sea, the noble city of Kalamata invites you to discover and explore the heavenly place of Mani.

<https://www.kalamata.gr/en/visitors/city-tour>

## PART A

### COMPETITION INFORMATION

- **EVENT SCHEDULE**

The Draft Program of the event is as follows:

- 2 October 2024. Arrivals, registrations.
- Official training on 3 October 2024 from 08:45 to 14:00.
- The opening ceremony will take place on 3 October 2024 at Port Plaza
- Medal ceremonies will be held downtown at the closing ceremony.
- The closing ceremony will take place on 12 OCTOBER SATURDAY at Port Plaza

- **COMPETITIONS PROGRAM**

There will be CWT with Mono/Bi-Fins, Free Immersion, CNF and CWTBi-Fins competitions for Seniors Men and Women.

- Arrival-registration
- Day 1 Official training- Technical meeting
- Day 2 CWT Men
- Day 3 CWT Women
- Day 4 FIM Men
- Day 5 FIM Women
- Day 6 Rest Day
- Day 7 CNF Men
- Day 8 CNF Women
- Day 9 CWT Bifins Men
- Day 10 CWT Bifins Women- Closing Ceremony
- Departures

Parallel to the above categories, will also take place the 4<sup>th</sup> CMAS World Championship Free Diving Depth Master's Category 2024 at the same days but with different ranking.

- **ADDITIONAL TRAINING**

- From late August will be offered daily training. **CWT with Mono/Bi-Fins, CWT with Bi-Fins, CWT No Fins and FIM**

The athletes have to pay for additional Training. For prices pls contact organizers at [cmaswc24@gmail.com](mailto:cmaswc24@gmail.com)

- **GENERAL PROGRAM**

**The Program of the event will be as follows:**

- The opening ceremony will take place on **3 OCTOBER THURSDAY** at 17.00 p.m.
- Medals ceremonies will be held at the port before the closing ceremony
- The closing ceremony will take place on **12 OCTOBER SATURDAY** after the Medals ceremony.

## PROGRAM SCHEDULE:

### CMAS 8<sup>th</sup> WORLD CHAMPIONSHIP FREE DIVING DEPTH 2024

<b>2 October WEDNESDAY</b>	
<b>09:00-18:00</b>	Official registrations
<b>3 OCTOBER THURSDAY</b>	
<b>08:15</b>	Depart to training site from port (Competitors) (CWT, FIM, CNF, CWT-BF)
<b>16:00</b>	<b>ORGANIZATIONAL &amp; TECHNICAL MEETING</b> Location: HOTEL
<b>18:00</b>	<b>OPENING PROGRAM</b> Parade of the teams
	<b>OPENING SPEECHES</b> CMAS President, Guest Speakers
<b>4 OCTOBER FRIDAY</b>	
<b>08:00</b>	Depart to Competition Area ( Competitors )
<b>09:00</b>	CWT Competition Men Location:
<b>5 OCTOBER SATURDAY</b>	
<b>08:00</b>	Depart to Competition Area ( Competitors )
<b>09:00</b>	CWT Competition Women Location:
<b>6 OCTOBER SUNDAY</b>	
<b>08:00</b>	Depart to Competition Area ( Competitor)
<b>09:00</b>	FIM Competition Men Location:
<b>7 OCTOBER MONDAY</b>	
<b>08:00</b>	Depart to Competition Area ( Competitor)
<b>09:00</b>	FIM Competition Women Location:
<b>8 OCTOBER TUESDAY -REST DAY</b>	

	<b>REST DAY FOR ALL</b>
	In case of cancelation a previous day this can reserved for a competition day program after decision of TD
<b>9 OCTOBER WEDNESDAY</b>	
<b>08:00</b>	Depart to Competition Area ( Competitors )
<b>09:00</b>	CNF Competitions Men
	Location:
<b>10 OCTOBER THURSDAY</b>	
<b>08:00</b>	Depart to Competition Area ( Competitors )
<b>09:00</b>	CNF Competitions Women
	Location:
<b>11 OCTOBER FRIDAY</b>	
<b>08:00</b>	Depart to Competition Area ( Competitors )
<b>09:00</b>	CWT-BF Competitions Men
	Location:
<b>12 OCTOBER SATURDAY</b>	
<b>08:00</b>	Depart to Competition Area ( Competitors )
<b>09:00</b>	CWT-BF Competitions Women
	Location:
<b>18.00</b>	<b>Medals ceremony</b>
	<b>CLOSING CEREMONY-PARTY</b>
<b>13 OCTOBER SUNDAY - DEPARTURE</b>	
	Departures of delegations

## INTERNATIONAL JURY

CMAS Technical Delegate according to the CMAS Rules.

## CLASSIFICATION AND AWARDS

According the CMAS rules

## PROTESTS

According to the CMAS rules.

## DOPING CONTROL

Doping Control follows the international rules of WADA and CMAS Anti-doping code.

## FLAGS

National Teams should bring two (2) National flags (m 2,00 x m 1,00) and a CD or USB with the National anthem (short, lyric edition)

## PROTESTS

According to the CMAS rules.

## SPECIAL NOTES

- As some of the actions will take place according the competition finishing time, final program will be announced at technical meeting before the competition.
- The event is open to the athletes aged 18 and over and belonging to National Teams fully complying with the provisions of CMAS Regulations.

- National Teams may be made up of several athletes but will be applied a maximum of 4 athletes per country for each men's discipline and a maximum of 4 athletes per country for each women's discipline. Masters are not count in this limitation.
- CMAS, the Competition Director, Competition Officers and the Technical Delegate are not responsible for accidents or damage caused to people and personal effects before, during or after the competition. The organizer ensures the presence of medical assistance.
- The rules of competitions applied will be:  
CMAS Freediving International Rules Depth Competition
- Athletes must be in possession of:
  - The original entry form signed by the Federation's authorized person
  - Valid CMAS freediving sports license
  - ON LINE license for Masters
  - Insurance
  - Medical certificate not older than 12 months
  - ID document- Passport.

Athletes that fail to provide the above documents will not be allowed to take part in the competitions, and their participation fee will not be refunded.

- **WHEN YOU ARRIVE AT KALAMATA**

The AIRPORT is near to the town and the transportation for athletes and staff from airport to their respective lodging will cost by a taxi the amount of...

The organization also can help athletes to find accommodation according to their budget and preference.

#### **Water temperature at Kalamata**

<https://seatemperature.info/october/kalamata-water-temperature.html>

#### **Organizers email:**

[cmaswc24@gmail.com](mailto:cmaswc24@gmail.com)

#### **CONTACT PERSONS**

##### **LOC Director**

Vivi Draka

Email: [vidraka@gmail.com](mailto:vidraka@gmail.com) WhatsApp +30 6980111598

##### **Competition Organizer**

Dimitris Koumoulos,

email: [dkoumoulos@gmail.com](mailto:dkoumoulos@gmail.com) WhatsApp +30 6944 312 419

##### **CMAS freediving Director**

Tolis Bellos

e-mail: [tolis.cmas@gmail.com](mailto:tolis.cmas@gmail.com) WhatsApp +306975863210



# PART B

## 1. CMAS Registration

Pls notice that all entries as National teams must be made by the Nationals federations.  
Pls make sure that all athletes have a **CMAS athletic license** issued from each federation through <https://portal.cmas.org/>

You have to register your teams through every federation official account.

If there is a participation from a country without federation then an individual application for super license is possible following the CMAS procedures

## Masters Registration

Masters' registration will be done individually from each master athlete at the relevant event page.  
Masters' registration is final only after the payment online of 48 euros or else it will remain at waiting list and will not be included at the competition.

## 2. LOC REGISTRATION and participation fees

Registration period: starting May 1 to August 30  
Registration fees without accommodation:  
Until August 30<sup>th</sup> **euro 750**  
After September 1<sup>st</sup> a 10% increase will be applied

## PAYMENT

Full amount should be transferred to LOC **no later than 30/08/2024.**  
After this date, the participation fees will increase by a further 10% of the total amount. The remaining payment should be paid upon arrival.

For accommodation inquiry and payment please contact LOC at [cmaswc24@gmail.com](mailto:cmaswc24@gmail.com)

## Bank Account data:

GR4201720780005078108848038  
AUTHENTIC BIG BLUE AMKE  
LEOFOROS ALEXANDRAS 7  
Athens  
Greece 11473

PIRAEUS BANK  
swift/bic code PIRBGRAA

## VISA

If you require a visa invitation, please contact the organizing committee at least two months before entry.

**TRAINING sessions** will be available at local freediving centers  
For official training packages pls contact:

## CONTACT PERSON

Dimitris Koumoulos, competition organizer

e-mail: [dkoumoulos@gmail.com](mailto:dkoumoulos@gmail.com) WhatsApp +30 6944 312 419

## DEADLINES FOR ENTRY AND PARTICIPATION

- Initial entry form (Annex 1) and entry fee or at least 50% should be sent to the Organizing Committee, together with a copy of the bank transfer.
  - Any time but **not later than 30/06/2024**:
- Registration and payment of CMAS fees and licenses
  - No later than **30/07/2024**:
- Inform the Organizing Committee of your arrival details if you need a transfer to the hotel. Full competitor list (Annex 3) and full payment.
  - No later than **30/08/2024**:

## DEADLINES

Registration entries must be entered online through, <https://portal.cmas.org/login>, and any other specific platform.

**Opening date of registration: 20/05/2024**

**Closing date of registration: 15/09/2024**

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

[cmaswc24@gmail.com](mailto:cmaswc24@gmail.com)

## 3. ACCOMODATION

### Pharae Palace Hotel

will be the center of the competition and official hotel.

Availability limited due to season.

Price indication: double room from 135 euro, single room from 100 euro.

<https://www.pharae.gr/?lang=en>

OTHER HOTELS near the area

Hotel Haikos

<https://www.haikos.gr/en/>

Ostria hotel

<https://www.hotel-ostria.gr/en/Kalamata-hotels-contact/>

### Kalamata Hotels:

<https://maps.app.goo.gl/94nrzPP49Qnya4r5A>

Kalamata Apartments

<https://maps.app.goo.gl/ycrygiqU2ZQG9x5s8>