

# 2025 CMAS African and Arab Finswimming Age group Competition



2-7 September 2025

Information Bulletin



## LOC President's Message Mr. Habib Cherif

Dear Finswimmers,

We are delighted to invite you to the 2025 CMAS African and Arab Finswimming Age group Competition, which will take place in Tunis, Tunisia, from September 2nd to 7th, 2025.

This prestigious competition is open to all Arab finswimmers, offering a unique opportunity to compete against top athletes from the region and beyond.

The African and Arab age group will feature events for Youth, categories, providing a valuable platform for both rising talents and experienced competitors to showcase their skills.

With its stunning beaches, rich history, and vibrant atmosphere, Tunis is the perfect setting for this international celebration of finswimming.

We look forward to welcoming you to Tunisia for an unforgettable experience of high-level competition, camaraderie, and cultural exchange.

**See you in Tunisia!**





# WELCOME TO TUNIS

**Tunis, the capital and largest city of Tunisia, is located on the Gulf of Tunis, nestled between Lake Tunis and the port of La Goulette.**

**As the political and administrative heart of the country, Tunis plays a central role in Tunisia's commercial and cultural life.**

**The city's architecture reflects its rich history, shaped by civilizations ranging from the Phoenicians and Romans to the Arabs, Ottomans, and French.**

**One of its most iconic landmarks is the Zitouna Mosque, the largest of its kind in Tunisia. Dating back to the 8th century, it has long been a defining feature of the city's skyline**



**Carthage was an ancient Phoenician city located in present-day Tunisia, about 15 km from the center of Tunis. Founded in the 9th century BCE, it became a powerful maritime empire and a major rival of Rome. The city was known for its advanced trade network, naval power, and military strength, especially during the Punic Wars. Carthage was ultimately destroyed by Rome in 146 BCE but later rebuilt as a Roman colony. Today, its ruins are a UNESCO World Heritage Site, showcasing remnants of its rich history and influence.**



**Sidi Bou Said is a picturesque coastal village in Tunisia, located about 20 km from the center of Tunis. Known for its charming white and blue architecture, it offers stunning views of the Mediterranean Sea. The village is famous for its artistic atmosphere, cobbled streets, and traditional cafés. A popular tourist destination, Sidi Bou Said blends history, culture, and breathtaking scenery, making it a must-visit spot.**







**Gammarth is a luxurious seaside town in Tunisia, located about 20 km north of Tunis. Known for its upscale resorts, sandy beaches, and vibrant nightlife, it is a popular destination for both tourists and locals. Gammarth offers a mix of relaxation and entertainment, with high-end hotels, golf courses, and beachfront restaurants overlooking the Mediterranean Sea**

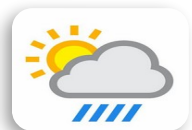
**Azur City Mall is a modern shopping center in Tunis, offering a wide range of international and local brands, restaurants, and entertainment options. It features a spacious design, a large food court, and a cinema, making it a popular destination for shopping and leisure. Conveniently located, Azur City provides a vibrant and family-friendly atmosphere for visitors.**







## Essential Information



In September, Tunis experiences warm and pleasant weather. Temperatures typically range from 20°C to 32°C (68°F to 90°F), with cooler evenings. The month is mostly sunny, with little rainfall, making it ideal for outdoor activities.



Tunis follows Central European Time (CET, UTC+1) year-round



In Tunisia, the power plugs used are Type C and Type E.  
Voltage: 220-240V at 50 Hz



Tunisian currency is the Tunisian Dinar (TND)  
Around from 0.30 to 0.29 Euro and from 0.31 to 0.33 Dollard



In Tunisia, transportation options include buses, trains, taxis, and louages (shared minibuses).

## Emergency number



 197



 198



 190



## Competition Venus

### Olympic swimming Pool of Rades : 50m indoor

This aquatic complex with capacity of 500 spectators.

The indoor competition swimming pool is a 50m and 10 lanes pool with 2metres depth and overage temperature from 24C to 28C.

The indoor competition swimming pool include

Four Changing rooms for Teams and Two Changing rooms for Officials

The indoor swimming pool include also a small swimming pool ( 25m/10m) and many rooms for preparation , operation and meeting .





# Competition Venus

- **Open Water**

- **Course set up** : the lake's calm waters allow for easy course setup , ensuring a fair and safe competition

- **Safety** : the lake's sheltered location and calm waters reduce the risk of accidents , ensuring a safe environment for competitors

- **Spectator viewing** :the lake shearline offers ample space for spectators to watch the competition, providing an exciting and immersive experience.





# Official Accommodation

## Hotel Ez-Zahra Dar Tunis

This property is just a 2-minute walk from the beach. Nestled between Mount Bou Kornine (3 km away) and the Mediterranean Sea, the hotel features a lush garden with a swimming pool.

Conveniently located 1.8 km from Hammam Lif SNCFT Train Station and just a 15-minute drive from the Olympic swimming pool of Rades, the hotel offers two restaurants and a sun terrace. The elegantly designed rooms come with free Wi-Fi, a private balcony or terrace and offer stunning views of either the sea or the mountains.

Guests can start their day with a buffet breakfast at Hotel Ez-Zahra Dar Tunis. The hotel also features a snack bar, a gourmet restaurant, and an outdoor dining area perfect for barbecues and evening gatherings.

Additional amenities include free private parking, on-site boutiques, and easy access to downtown Tunis, which is just a 20-minute drive or a short train ride away.





# General Information

•The competition will take place in the olympic swimming pool of Rades and Lake of Tunis Aquatic club from 2nd to 7th September 2025

## •Information about Participation :

- Only participants with a CMAS license and ADEL certificate are eligible to compete in this competition.
- All participants should respect the competition rules, the safety conditions set by the organizers and CMAS rules and regulations.
- Athletes participating in the 2025 CMAS Arab and Africa Finswimming Indoor and Outdoor Championships are not allowed to compete in the 2025 CMAS African and Arab Finswimming Age Group Competition (CMAS procedures and obligations).
- Athletes from countries without a CMAS-affiliated federation (NF) can participate individually, as long they are nationals of a CMAS member country and obtain a 'Super License' from CMAS (CMAS procedures and obligations).
- For individual races, each team may enter a maximum two(2) finswimmers and one (1) relay team for each categories.
- For relay races the names of the finswimmers and their starting order must appear in a list submitted to the result office before the start of the session.
- The composition of mixed relays is with two (2) males and two (2) females ,And starting order in Man -Woman-Man-Woman.
- Any change in the fixed starting order leads to disqualification





# General Information

## Categories :

- Category C=14-15 years
- Category D=12-13 years

## Swimming Pool events :

- Surface =50m -100m -200m and 400m
- Bifins = 50m -100m -200m and 400m
- Relay Mixed = 4x100m Surface and 4x50m Bifins

## Open water events :

- Surface =500m
- Bifins = 500m

The championship will be only direct final in the morning sessions.

## Classification & Awards :

For the 2025 African and Arab Age Group Finswimming competition , awarding ceremony will be done in the morning sessions.

The medal ceremony will be merged into a single ceremony for both Arab and African classification.

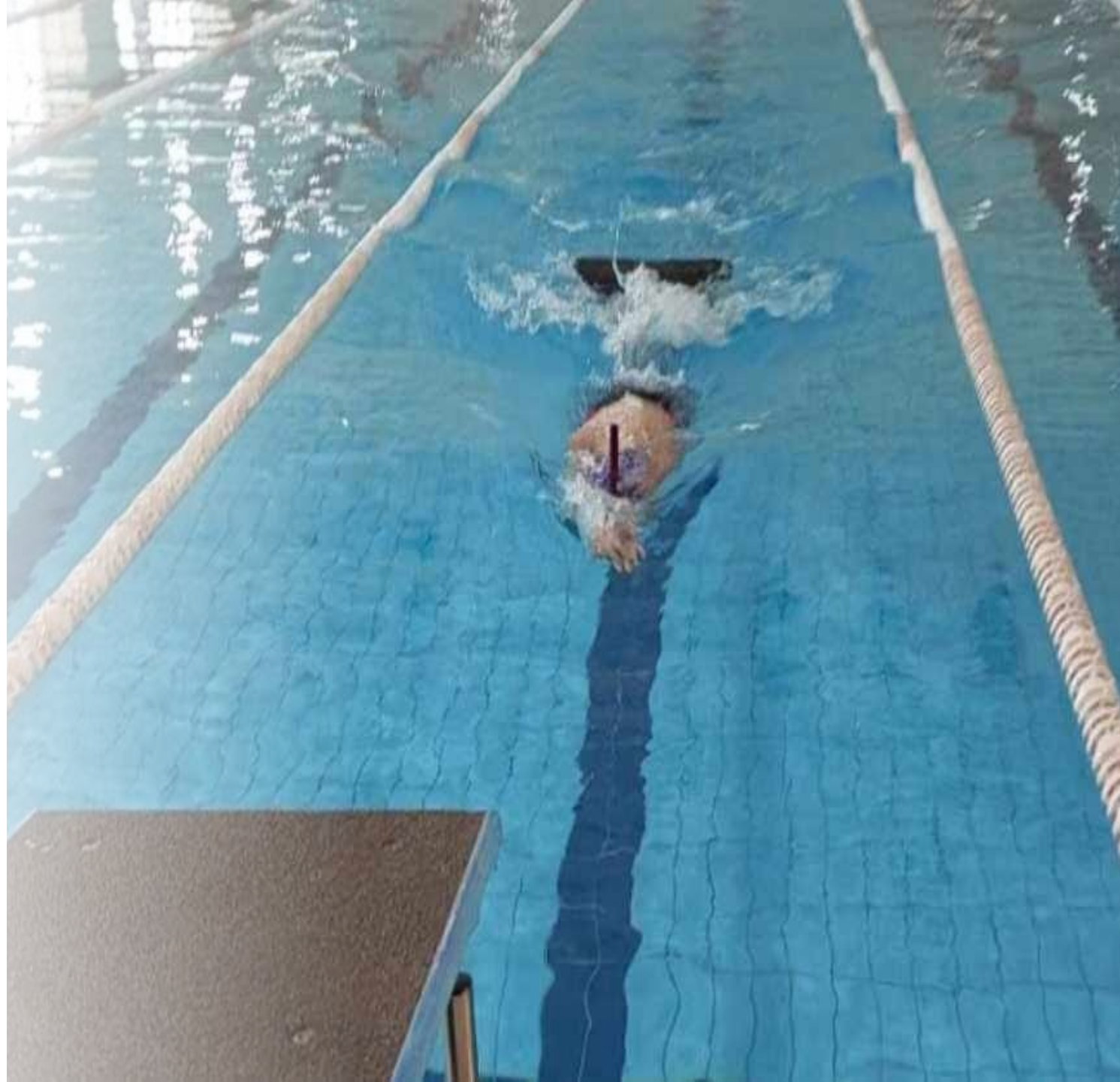
- 1st place = gold medal
- 2nd place = silver medal
- 3rd place =bronze medal

## Protests:

According to the CMAS rules

## Doping control :

The organizing committee guarantees to provide doping control according to the CMAS and WADA rules





## General Schedule

2

SEP

**Arrival of delegations**

3

SEP

**Training session  
Technical meeting  
Opening ceremony**

4

SEP

**Day 1 swimming pool competition**

5

SEP

**Day 2 swimming pool competition**

6

SEP

**Day 3 open water competition  
Closing ceremony**

7

SEP

**Departure of delegations**





## Program of competition

Day 1 4 September 2025	Day 2 5 September 2025	Day 3 6 September 2025
<b>Start at 10:30</b>  50m SF Girls Categories C-D 50m BF Girls Categories C-D Award Ceremony of 50m SF –BF 100m SF Boys Categories C-D 100m BF Boys Categories C-D Award Ceremony of 100m SF- BF 200m SF Girls Categories C-D 200m BF Girls Categories C-D Award Ceremony of 200m SF –BF 400m SF Boys Categories C-D 400m BF Boys Categories C-D Award Ceremony of 400m SF- BF 4X100m SF Mixed Categories C-D Award Ceremony of 4X100m SF Mixed	<b>Start at 10:30</b>  50m SF Boys Categories C-D 50m BF Boys Categories C-D Award Ceremony of 50m SF –BF 100m SF Girls Categories C-D 100m BF Girls Categories C-D Award Ceremony of 100m SF- BF 200m SF Boys Categories C-D 200m BF Boys Categories C-D Award Ceremony of 200m SF –BF 400m SF Girls Categories C-D 400m BF Girls Categories C-D Award Ceremony of 400m SF- BF 4X50m BF Mixed Categories C-D Award Ceremony of 4X50m BF Mixed	<b>Start at 10:30</b>  500m SF Boys Categories C-D 500m SF Girls Categories C-D Award Ceremony of 500m SF 500m BF Boys Categories C-D 500m BF Girls Categories C-D Award Ceremony of 500m BF



## Booking & Entry Fees

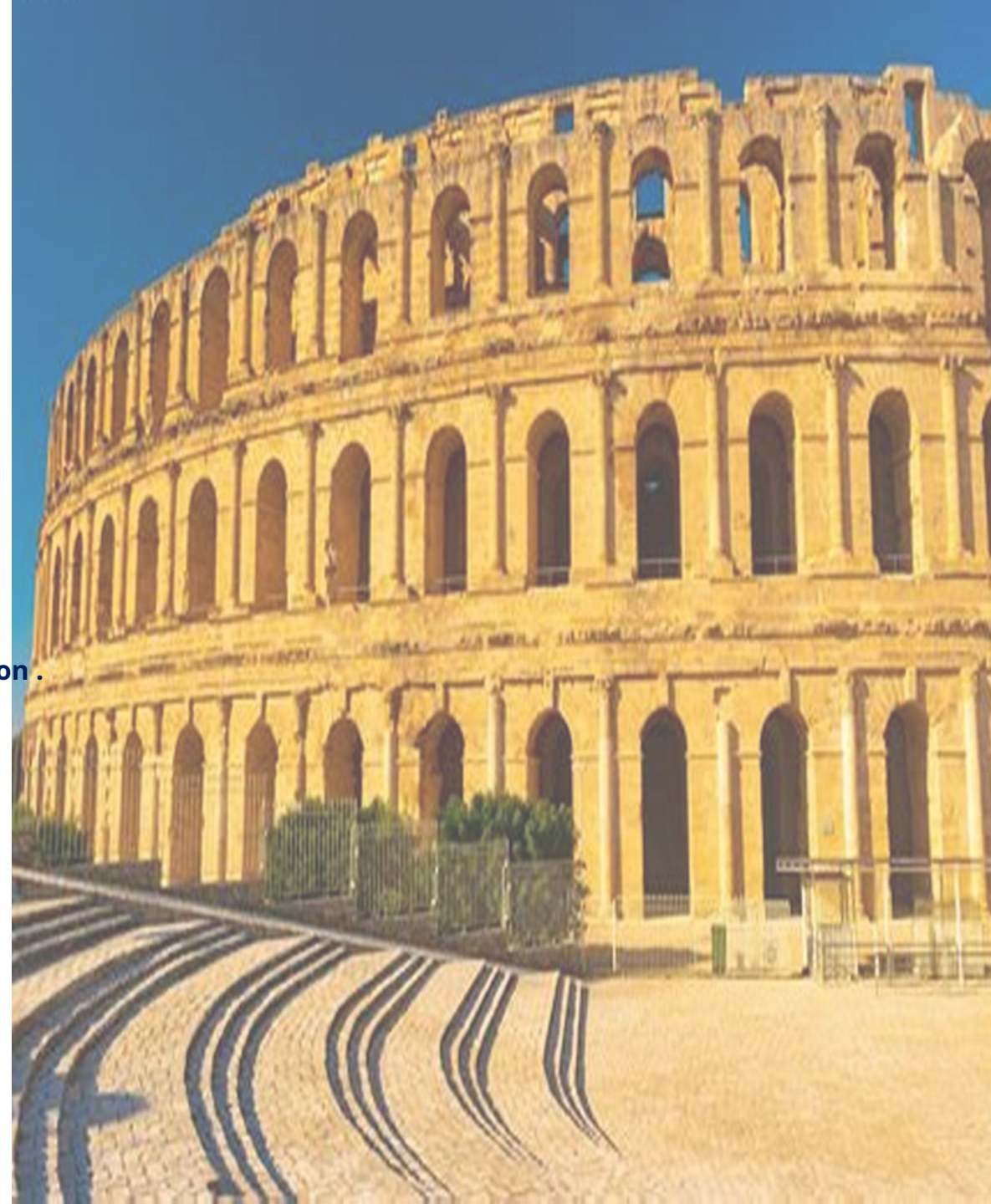
- **Package 2025 CMAS African and Arab finswimming age group Competition**  
**450 euro**
- **Package Family of Team**  
**400 euro**

### All packages included :

- ✓ Full board ( breakfast-lunch and dinner ) starting with the lunch of 2nd September and ending with the breakfast of 7th September 2025 in hotel 4 stars with double -triple or quadrable room.
- ✓ Providing 2x 0.5L drinking water per pax- per day.
- ✓ Free transfer between the official accommodation and competition Venus.
- ✓ Free transfer between Airport Tunis Carthage (TUN) and the official accommodation .
- ✓ Participation at the opening and the closing ceremony .

### Extra Charge

- ✓ Extra Day : 130 euro / per day/ per pax
- ✓ Extra single : 40 euro /per day /per pax
- ✓ Transfer from Enfidha International Airport (NBE) and return : 30 euro/ per pax
- ✓ Transfer from Monastir International Airport (MIR) and return : 40 euro/per pax
- All Teams must stay in the official Accommodation provided by the organisers .
- Participants who chose to stay out of the official accommodation the participation and accreditation fees 250 euro.
- For Training camp Before championship : please contact organizing committee .







## Attention

### Visa

In case of VISA needed, please contact the organising committee prior (2) months ( 60) days before the championship  
No later than 2nd July 2025 .

### Payment :

The total entry fee should be deposited in arrival of the delegation ( Accreditation center) in Cash (euro).

### Deadline & condition for entry & participation

Registration and payment CMAS fees on CMAS Portal.

- ✓ No later than 22nd June 2025

Annex 1 = The preliminary declaration of participation and registration form should be sent to the CMAS and Organising Committee.

- ✓ No later than 12th July 2025

Annex 2 =Final hotel booking form should be sent to the organising committee.

- ✓ No later than 12th August 2025

The competitor's must be entered online through CMAS Portal .

- ✓ No later than 12nd August 2025

Annex 3 = Th list form should be sent to the organising committee.

**Late registration will not be accepted**





## Contact



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***Welcome to Tunisia***