

2025 CMAS Arab & Africa championship Finswimming indoor & open water



► 2-7 September 2025

LOC President's Message

"Dear Finswimmers,
We are thrilled to invite you to the 2025
CMAS Arab & Africa championship
Finswimming indoor & Open Water,
September 2-7, 2025.

This premier competition brings together
top African and Arab athletes, offering a
unique chance to compete and showcase
your skills.

Join us in Tunis, with its stunning beaches,
rich history, and vibrant atmosphere, for
an unforgettable experience of high-level
competition, camaraderie, and cultural
exchange.

We look forward to welcoming you to
Tunisia!

Best regards,

Mr. Habib Cherif



Discover Tunisia

"Tunis, the vibrant capital of Tunisia, beckons you to experience its unique blend of Mediterranean charm and rich history. As you step off the plane, the warm Tunisian sun will greet you, setting the tone for an unforgettable adventure. Explore the ancient medina, a UNESCO World Heritage Site, with its narrow streets, bustling souks, and stunning architecture. Relax on the picturesque beaches of La Marsa and Gammarth, where crystal-clear waters lap against the shore. Indulge in delicious Tunisian cuisine, a fusion of Arabic, Mediterranean, and French flavors. And, of course, take a stroll along the scenic Lake of Tunis, where you can enjoy breathtaking views of the city. After the excitement of the Finn swimming championships, Tunis offers the perfect blend of culture, relaxation, and adventure, making it an ideal destination for your next travel escapade."



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.



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The official currency of Tunisia is the Tunisian Dinar (TND). As of today, the exchange rate is approximately 1 TND = 0.322052 USD and 1 TND = 0.3 EUR



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



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

Competition Venues

(Rades swimming pool)

The Olympic swimming pool in Rades is an aquatic complex with a seating capacity of 500 spectators. The main feature of the complex is its 50-meter competition swimming pool, which features 10 lanes and a depth of 2 meters. The pool is maintained at a comfortable temperature between 24 degrees Celsius and 28 degrees Celsius.

In addition to the main swimming pool, the complex includes four changing rooms for teams and two changing rooms for officials. There is also a small swimming pool (25 meters by 10 meters) and various rooms for preparation, operations, and meetings.



An aerial photograph of the Lake of Tunis, showing a large body of water with a small pier extending into it. On the shore, there is a prominent building with a bright blue roof and several palm trees. The surrounding area includes a paved road and some greenery.

COMPETITION VENUES

OPEN WATER (LAKE OF TUNIS)

Competition Logistics

1. **Course setup**: The lake's calm waters allow for easy course setup, ensuring a fair and safe competition.
2. **Safety**: The lake's sheltered location and calm waters reduce the risk of accidents, ensuring a safe environment for competitors.
3. **Spectator viewing**: The lake's shoreline offers ample space for spectators to watch the competition, providing an exciting and immersive experience.

Official Accommodation

Hotel Ez-Zahra Dar Tunis

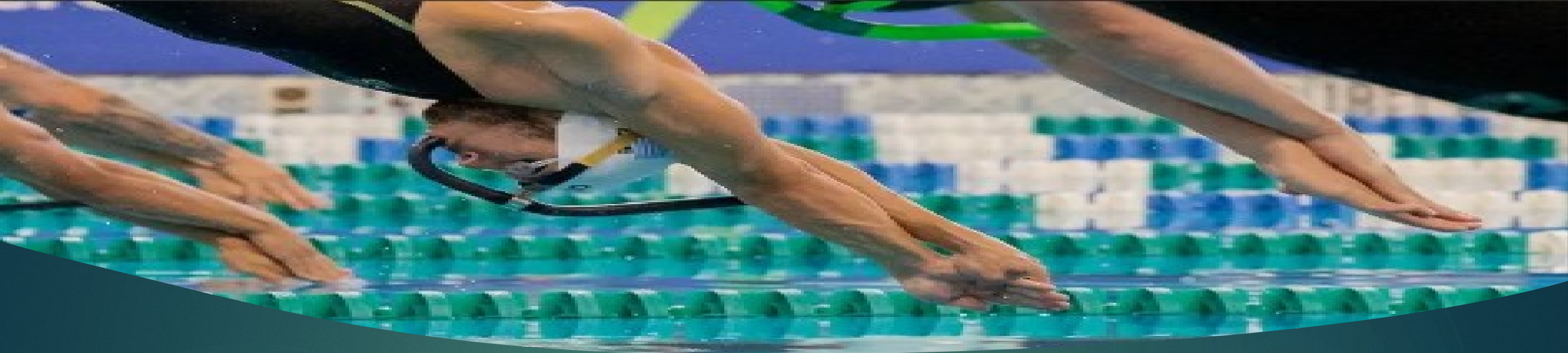
This property is just a 2-minute walk from the beach. Nestled between Mount Bou Kornine (3 km away) and the Mediterranean Sea, the hotel features a lush garden with a swimming pool.

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 Schedule

Day 1	2-SEP-25	Arrival Of Delegation
Day 2	3-SEP-25	Training – Technical Meeting Opening Ceremony
Day 3	4-SEP-25	1st Day of Swimming Pool Championship
Day 4	5-SEP-25	2nd Day of Swimming Pool Championship
Day 5	6-SEP-25	Open Water Championship Closing Ceremony
Day 6	7-SEP-25	Departure of Delegation



The Championship will take place in Olympic swimming pool of Rades and lake of Tunis from 2nd to 7th September 2025

Information about Participation :

- **Only participants with a CMAS license and ADEL certificate are eligible to compete in the championship .**
- **All participants should respect the championship rules , the safety conditions set by the organizers and CMAS rules and regulations.**
- **Athletes participating in the 2025 CMAS Arab Finswimming Age Group Competition Indoor and Outdoor are not allowed to compete in the 2025 CMAS Arab & Africa Finswimming Championship Indoor and open water (CMAS procedures and obligations).**
- **For individual races, each team may enter a maximum two(2) finswimmers and one (1) relay team.**
- **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**

Disciplines and distances (male & female)

- Surface Finswimming (SF) : 100m,200m,400m
- Apnea (AP): 50m
- Bi Fins (BF): 50m,100m,200m,400m
- Relay Mixed : 4x100m SF X , 4X50m BF X
- Open water individual distance : 1Km SF – 1Km BF
- Relay Mixed open water : 4x500m SB , The composition of the SB Mixed relay is with two (2) males and two (2) females , starting order in Man BF- Woman BF –Man SF –Woman SF

Classification & Awards :

- According to the CMAS rules.

Categories :

- Seniors Arab and African Championship = 15years old and over .

Protests:

According to the CMAS rules

Doping control :

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



SCHDULE

Day 1 4th September 2025		Day 2 5th September 2025		Day 3 6 September 2025
Morning heats	Afternoon Final	Morning heats	Afternoon Final	Morning session
50m AP Women 50m BF Women 100m SF Men 100m BF Men 200m SF Women 200m BF Women 400m SF Men 400m BF Men 4X100m SF X	50m AP Women 50m BF Women Medal ceremony 50m AP Women 100m SF Men Medal ceremony 50m BF Women 100m BF Men Medal ceremony 100m SF Men 200m SF Women Medal ceremony 100m BF Men 200m BF Women Medal ceremony 200m SF Women 400m SF Men Medal ceremony 200m BF Women 400m BF Men Medal ceremony 400m SF Men 4X100m SF X Medal ceremony 400m BF Men Medal ceremony 4x100m SF X	50m AP Men 50m BF Men 100m SF Women 100m BF Women 200m SF Men 200m BF Men 400m SF Women 400m BF Women 4x50m BF X	50m AP Men 50m BF Men Medal ceremony 50m AP Men 100m SF Women Medal ceremony 50m BF Men 100m BF Women Medal ceremony 100m SF women 200m SF Men Medal ceremony 100m BF Women 200m BF Men Medal ceremony 200m SF Men 400m SF Women Medal ceremony 200m BF Men 400m BF Women Medal ceremony 400m SF Women 4x50BF X Medal ceremony 400m BF Women Medal ceremony 4X50m BF X	1km SF Men 1Km SF Women Medal ceremony 1km SF Men Medal Ceremony 1Km SF Men 1km BF Men 1Km BF Women Medal ceremony 1km BF Men Medal Ceremony 1Km BF Men 4X500 SB Medal Ceremony 4X500m SB

Booking & Entry Fees

All packages included :

✓ Full board (breakfast-lunch and dinner) starting with the lunch of 2nd September 2025

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 .

- **Package Seniors Arab and African Championship**

500 euro

- **Package Family of Team**

400 euro

Visa

In case of VISA needed, please contact the organising committee prior (2) months

(60) days before the championship.

Flag

Each national team must bring two (2) national flags (2m x1m).

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

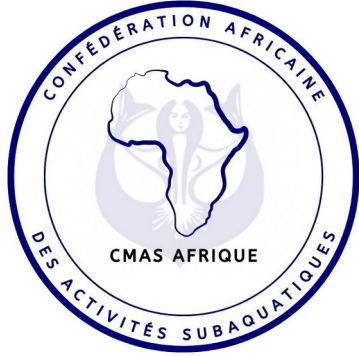
The competitor's must be entered online through CMAS Portal .

✓ No later than 12th August 2025

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

Late registration will not be accepted





Welcome to Tunisia

for more info, please contact us
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