



2025 CMAS
EUROPEAN
CHAMPIONSHIP
FINSWIMMING
INDOOR

2025 CMAS EUROPEAN CHAMPIONSHIP FINSWIMMING INDOOR

15 - 21 July 2025
OLSZTYN, POLAND

Information bulletin



PATRONAT HONOROWY
Prezydent Olsztyna
Robert Szewczyk



CMAS TV

OSIR
OLSZTYN

JAROSŁAW KUKLIŃSKI

PRESIDENT OF THE POLISH UNDERWATER FEDERATION

Ladies and Gentlemen, dear athletes, coaches, and all enthusiasts of underwater sports, On behalf of the Polish Underwater Federation, it is my great honor to welcome you all to the European Championship in Finswimming, hosted in the beautiful city of Olsztyn!

This year, Olsztyn will be the stage for some of the most exciting and challenging competitions in the world of underwater sports. Our city, known for its stunning lakes and rich history, is proud to offer a perfect setting for these prestigious games.

As we gather here, I would like to emphasize the spirit of fair play, camaraderie, and passion that defines our sport. Whether you are a seasoned competitor or a newcomer, these Championships will serve as a celebration of dedication, teamwork, and the shared love of the water.

I am sure that the athletes competing here will push the boundaries of their abilities, inspire us all with their determination, and set new records that will be remembered for years to come. We are excited to showcase the strength and skill of European fin swimmers to the world.

Thank you to all the volunteers, sponsors, and partners who have worked tirelessly to bring this event to life. Your support is invaluable in making these Championships a success.

I invite you all to enjoy the competition, embrace the spirit of sportsmanship, and most importantly, have fun. Let's make these European Championships in Olsztyn a moment to remember for all of us.

Welcome to Olsztyn, and may the best Finswimmers win!

Thank you!



THE HEART OF POLAND'S LAKE DISTRICT

Nestled in the heart of Warmia and Mazury, Olsztyn is a city that perfectly blends nature, history, and modern urban life. Known as the capital of Poland's "Land of a Thousand Lakes," Olsztyn is surrounded by picturesque lakes, lush forests, and a rich cultural heritage that makes it an exceptional destination.

Visitors to Olsztyn can explore the stunning Old Town with its medieval architecture, including the 14th-century Olsztyn Castle, once home to the renowned astronomer Nicolaus Copernicus. The city's charming streets are lined with cafes, restaurants, and museums, offering a taste of Polish history and hospitality.

For sports enthusiasts, Olsztyn provides an excellent setting for both water and land activities. Its clean lakes and modern sports facilities make it an ideal location for international events. Beyond sports, the city promotes an active lifestyle, with scenic cycling and hiking trails leading through forests and nature reserves.

Olsztyn is not just a place to compete—it's a place to experience Poland at its best. Whether you're here for sport, culture, or relaxation, you'll find a city that welcomes you with open arms, inviting you to discover its natural beauty and vibrant spirit.

OLSZTYN



COMPETITION POOL

RECREATIONAL AND SPORTS WATER CENTER "AQUASFERA" IN OLSZTYN

The Sport complex WCRS „Aquasfera” with 50 m swimming pool (10 lines with a width of 2,50 meters and 2,00 – 2,10 meters depth, average temperature 27 o C +/- 1 o C) with about 1500 spectators seats.

The venue hosting the 2025 CMAS European Championship Finswimming Indoor meets all necessary technical and organizational requirements, ensuring comfort and safety for both athletes and judges.

The complex is equipped with all essential facilities, including:

- ✓ spacious locker rooms for athletes,
- ✓ showers and sanitary facilities,
- ✓ dedicated rooms for judges and organizers,
- ✓ a rest and warm-up area,
- ✓ designated spaces for technical teams and media.



Marshal Józef Piłsudski Avenue 69b, 10-449 Olsztyn



COMPETITION POOL



GENERAL INFORMATION

The Championship will take place WCRS „Aquasfera“, Olsztyn, Poland, from 15th to 21st of July 2025.

Information about Participation

Only participants with a CMAS license 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.

International Jury

CMAS Technical Delegate according to the CMAS rules

International Board of Judges according to the CMAS procedures - obligations.

Classification, Awards & Protests

According to the CMAS rules

Disciplines and Distances (Male & Female)

SURFACE FINSWIMMING (SF)

50m, 100m, 200m, 400m, 800m, 1500m

APNEA (AP)

50m

IMMERSION (IM)

100m, 200m, 400m

BI FINS (BF)

50m, 100m, 200m, 400m

RELAY

4x50m (SF), 4x100m (SF), 4x200m (SF), 4x100m (BF mixed), 4x100m (SB mixed)



Swimming Pool Events

Each country may enter a maximum of two swimmers per distance and one 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 Man-Woman-Man-Woman. For SB Mixed relay the starting order is Man BF – Woman BF – Men SF – Woman SF. National Teams may change relay team members between qualifying heats and finals.

Entries must be submitted to CMAS headquarters according to the procedure attached.

European Championship will occur over four days and eight sessions.

Qualifying heats will take place in the morning and finals in the afternoon, except for the 400M, 800M SF, and 1500M SF. For these, slow heats will be in the morning and fast heats in the afternoon.

National federations must send official protocols of all selection competitions to CMAS HQ within two weeks post-competition, in one of the three CMAS languages. This allows verification of swimmers' enrolment times for championships. If protocols are not received by the deadline, the corresponding enrolment times will be voided, and athletes will be registered with the placeholder time of 59:59:59.

Doping Control

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

Bottle Filing

Only compressed air without oxygen enrichment is allowed.

Minimum volume for a compressed air cylinder: 0.4 liter.

Maximum filling pressure: 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 two (2) years before the Championship, or even less if it is required by the local legislation.

Each cylinder must be presented in good condition and empty during checking meeting before Championship.

The organiser guarantees the filing of DYN & INT cylinders. For all other types teams must bring their own adaptor.

Flags

Each national team must bring two (2) national flags (m. 2,00 x m. 1,00).



EVENT SCHEDULE

DAY 1

Tuesday, 15th July

Arrival of Delegations - Registration, Extra training

DAY 2

Wednesday, 16th July

Training - Technical Meeting - Opening Ceremony

DAY 3

Thursday, 17th July

1st Day of Championship

DAY 4

Friday, 18th July

2nd Day of Championship

DAY 5

Saturday, 19th July

3rd Day of Championship

DAY 6

Sunday, 20th July

4th Day of Championship

DAY 7

Monday, 21st July

Departure of Delegations

BOOKING AND EXTRA FEES:

From 15th to 21st of July, 6 nights, cost 900 euro

THE ORGANISER WILL PROVIDE:

- Full board (breakfast, lunch, dinner) accommodation in 3 stars hotel with double and triple rooms
- Providing of 2X 0,5l drinking water per pax/per day.
- Free transfers between the official hotel and the swimming pool.
- Participation at the opening and the closing ceremony.
- Extra day charged at 120 euro per pax/per day.
- Training Camp before championship: please contact organising committee for pool availability and conditions.

EXTRA CHARGES:

These payments must be organised directly with the organisers:

Transfer from the airports to the official hotels and back - **60 EUR per person**

Extra charges for single rooms 50 euro per pax/per night

All teams must stay in the official hotels provided by the organisers. Participants who choose to stay out of the official hotels the participation fee will be 450 euro

01



HOTEL HP PARK

Located in a peaceful, green area in the southern part of Olsztyn, close to the University of Warmia and Mazury, HP Park Hotel provides a relaxing atmosphere with easy access to both the city center and the municipal beach at Ukiel Lake.



<https://hotelepark.pl/en/olsztyn>

02



BEST WESTERN PLUS HOTEL OLSZTYN OLD TOWN

Situated just 200 meters from Olsztyn's charming Old Town, this hotel offers an excellent location for those who want to explore the city. Guests can enjoy 83 air-conditioned, stylishly designed rooms, an elegant restaurant with a terrace serving Polish and European cuisine



<https://www.bwplushotelolsztynoldtown.pl/en/>

03



HAMPTON BY HILTON OLSZTYN

A modern hotel conveniently located on Józef Piłsudski Avenue, just 1.5 km from the Old Town and 500 meters from the Astronomical Observatory. Hampton by Hilton Olsztyn offers comfortable rooms, a well-equipped fitness center, and a 24-hour business facility.



<https://bit.ly/4gUcsvB>

ATTENTION
!!! LATE REGISTRATION WILL NOT BE ACCEPTED !!!

PAYMENT

Minimum 50% of the total entry fee should be deposited at out bank no later than May 15th, to guarantee the booking. After this date the participation fees will be increased by a further 10% of total amount. All fees must be paid via bank transfer. Bank information is confidential. Thus it will be sent upon your request to the email: ec2025@pzp-n.pl

VISA

In case of VISA needed please contact the organising committee prior two months before the championship.

DEADLINE - CONDITION FOR ENTRY and PARTICIPATION:
Registration and payment of CMAS fees on CMAS Portal.

No later than 17 of April 2025

01

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

No later than 15 of May 2025

02

ANNEX 5: The list of delegation for visa application should be sent to the organising committee.

No later than 1 of June 2025

03

ANNEX 2: Final hotel booking form and entry fee should be sent to the Organising Committee.
Send also copy of "bank transfer".

No later than 15 of June 2025

04

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

No later than 1 of July 2025

05

ANNEX 3: The list form should be sent to the organising committee.

ANNEX 4: The confirmation of payment form should be sent to the organising committee.

PAYMENT

LOC

For further information please contact Organising Committee

Polish Underwater Federation

phone: +48 668-70-10-18

e-mail: ec2025@pzp-n.pl

OFFICIAL TRANSPORTATION WILL BE AVAILABLE FROM THE FOLLOWING AIRPORTS

Warsaw Chopin Airport (WAW) – approx. 200 km from Olsztyn

Warsaw Modlin Airport (WMI) – approx. 180 km from Olsztyn

Gdańsk Lech Wałęsa Airport (GDN) – approx. 180 km from Olsztyn

USEFUL LINKS

<https://portal.cmas.org/login>

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USEFUL INFO