

**2025 CMAS WORLD CUP
PARA UNDERWATER PHOTO**



CMAS

October 6th to 12th, 2025 - L'Estartit - Catalunya SPAIN

**SPECIFIC RULES
PARA UNDERWATER PHOTO**



The poster features a large white silhouette of a fish swimming upwards against a yellow background. The fish's body is shaped like a map of Catalonia. The text 'L'ESTARTIT - COSTA BRAVA' is written across the fish's body. In the top left corner, there is a large white CMAS logo. The main title '2025 CMAS WORLD CUP PARA UNDERWATER PHOTO' is in bold white letters. To the right, the dates 'FROM 6 TO 12 OCTOBER 2025' are written vertically. The bottom section is black and contains various logos and text for sponsors and partners.

2025 CMAS WORLD CUP PARA UNDERWATER PHOTO

FROM 6 TO 12 OCTOBER 2025

L'ESTARTIT - COSTA BRAVA

Torroella · l'Estartit
Illes Medes

esportcat

Unió de Federacions Esportives de Catalunya

Generalitat de Catalunya

Consejo Superior de Deportes

ASSOCIACIÓ DE CENTRES D'IMMERSIÓ L'ESTARTIT - ILLES MEDES
SOSTENIBILITAT - QUALITAT - PROFESSIONALITAT

Costa Brava Pirineu de Girona
Diputació de Girona

Entitat Municipal Descentralitzada de l'Estartit

Ajuntament de Torroella de Montgrí

Parc Natural del Montgrí, les Illes Medes i el Baix Ter

Girona
Patronat de Turisme Costa Brava Girona

Diputació de Girona

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CMAS

1. INTRODUCTION

These are the Specific Rules to inform the participants to 2025 CMAS WORLD CUP UNDERWATER PHOTO PARASPORT which will take place in the waters of l'Estartit, with the collaboration and permission of the Montgrí, Medes Islands, and Baix Ter Natural Park, from Monday, October 6th to Sunday, October 12th, 2025. You will find the general and specific conditions, schedules and specific rules related to holding the championship within the protected natural space of the Montgrí, Medes Islands, and Baix Ter Natural Park, as well as the special safety conditions for adapted diving and how the competition will be held.

Participation in the championship implies acceptance of these specific rules, the CMAS autonomous diving safety rules, the current legislation of the area, and the specific regulations and conditions of the Natural Park concerning the practice of recreational diving.

Please note that you are in a specially protected Natural area, so the specific regulations of the Natural Park will be enforced during this competition.

1.1. These Specific Rules apply to the 2025 CMAS WORLD CUP UNDERWATER PHOTO PARASPORT, which will be held in l'Estartit, Catalunya, Spain, from Monday, October 6, 2025, to Sunday, October 12, 2025.

1.2. The event will be organized by the Organizing Committee of the Federació Catalana d'Activitats Subaquàtiques (FECDAS), under the supervision of the Spanish Federation of Underwater Activities (FEDAS), the CMAS Sports Committee, and the CMAS Visual Commission.

1.3. During the Championship, version 2025/1 General Rules for Underwater Photo and Video Championships BOD 234 will be applied.

1.4. In case of discrepancies in the interpretation of the Specific Rules, the General Rules of Underwater Photo and Video CMAS, World Championships, Procedures and Obligations of the CMAS Championship Organization, and other CMAS Rules will apply in order of importance.

2. REGISTRATION AND PARTICIPATION REQUIREMENTS

2.1. Clubs, teams, and individuals are welcome to participate in the event and must complete their online registration through the CMAS Portal by Friday, September 6, along with all necessary documentation.

2.2. Teams can be formed with a minimum of (1) photographer, and (2) two assistant.

2.3. The names of the team members must be submitted by no later than Friday, September 6, 2025.

2.4. Related fees must be paid to CMAS before Friday, September 6, 2025.

2.5. Necessary documentation should be uploaded to CMAS portal, no later than Friday, September 6, 2025. Please note that according to VERSION 2025/1 of the General Rules for Underwater Photo and Video Championships, athletes who do not have the appropriate CMAS licenses will not be allowed to participate in this Championship.

2.6. Teams will be composed of one (1) photographer with a disability certificate and from one (1) to a maximum of two (2) assistants, depending on the type of assistance required. The assistant(s) must have at least a 2* CMAS diving certification, or the equivalent from any other certifying school. They may also have an adapted diving (BA) certification or equivalent from any other certifying school, and a valid license.

2.7. Requirements to participate in the 2025 CMAS WORLD CUP UNDERWATER PHOTO PARASPORT:

The participating photographer must present a disability certificate of grade 2, or a recognized disability of 25% or higher.

- Photographer with a B1* CMAS certification, or the equivalent from any other certifying school: A diver who, regardless of their physical, sensory, or intellectual disability, is autonomous and their level of disability allows them to assist their dive buddy. The assistant is aware of their disability and knows how to help them overcome it if necessary. The assistant must hold a minimum 2* CMAS certification, or the equivalent from any other certifying diving school.
- Type A Photographer: A diver with a 1* CMAS Type A Conditional certification, or the equivalent from another certifying school, who, due to their physical, sensory, or intellectual disability, cannot assist their dive buddy. Therefore, the presence of a third assistant diver is required. The assistant must have at least an instructor or guide certification from any certifying school and may also have a specialization in Adaptive Diving (AD). The second assistant diver must have at least a 2* CMAS certification or its equivalent from another certifying school.
- Type B Photographer: Diver with a 1* CMAS Type B Adaptive certification, or equivalent from any other certifying school; who may assist their dive buddy. The assistant must have a minimum 2* CMAS certification or equivalent and may also hold a specialization in Adaptive Diving (BA).

The photographer must have completed at least 20 dives at the time of registration. They may not exceed 20 meters in depth or enter decompression mode.

3. PROCEDURE DURING THE COMPETITION AND DIVINGS SPOTS

3.1. CMAS and FECDAS will hold a detailed briefing on the competition during the Technical Meeting on Monday, October 6, 2025.

3.2. The following people will participate in the Technical Meeting:

- The Director of the Host Organization
 - The representatives designated by the Local Organizing

Committee

- CMAS Technical Delegate
- The Director of the CMAS Visual Commission
- Team captains and competitors
- The Presidents of the jury

3.3. The following topics will be discussed during the Technical Meeting:

- Competition zones.
- Information on schedules and transportation
- Safety measures
- Measures and regulations of the Natural Park
- Organization of the dives
- Technical issues
- Handling of the photos
- Clarification of photo categories
- Details of the Control Committee and the Jury System
- Guidelines for the protocol and medal award ceremony.

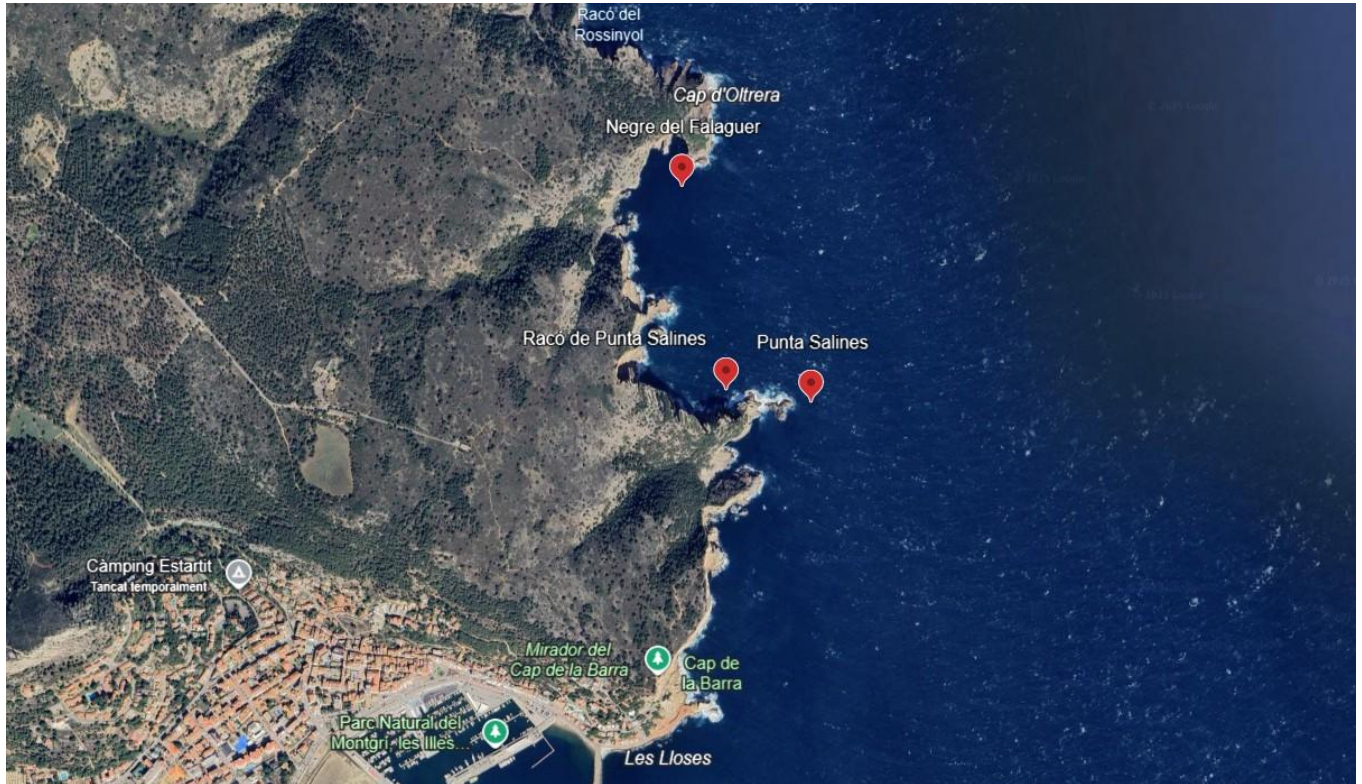
3.4. The Championship will be held over six (6) days, from Monday 6 October 2025 to Saturday 11 October 2025. Competition dives will take place on Wednesday 8 October 2025 and Thursday 9 October 2025, during which competitors will have 140 minutes each day underwater, divided into two (2) **dives of seventy (70) minutes each**. The Technical Delegate reserves the right to modify the order of competition (and eventually the dive sites) and the dive times if the weather and sea conditions are unfavorable. It is recommended that competitors take their photographs on the first day of competition for all categories. If the second day of competition is cancelled, pictures will be available for all categories.

3.5. The depth limit for the dives in this World Cup is **20 meters**.

3.6. There are four (4) competition areas included in the Championship. In the event of adverse conditions beyond the control of the organization, any of the four (4) points may be repeated as a reserve dive.

- **Negre del Falaguer** (Montgrí Coast) 42°03'58"N 3°12'40"E
- **Punta Salines** (Montgrí Coast) 42°03'40"N 3°12'54"E
- **Embarcador del Francès** (Meda Gran Island) 42°02'47"N 3°13'11"E
- **Racó de les Salines** (Montgrí Coast) 42°03'41"N 3°12'45"E

3.7. Competition zones:



Diving spots on the Montgrí Coast



Diving spots in Meda Gran Island

3.8. The thematic photo for this World Cup will be: Grouper, *Epinephelus marginatus*.



3.9. Team captains will only be allowed to dive with their teams during the official training day, on Tuesday, October 7, 2025, for which two dives are scheduled.

4. PHOTOGRAPHY

4.1. The procedures for selecting photographs will be carried out in accordance with the CMAS General Rules for Underwater Photo and Video Championships.

4.2. The Control Committee will process the images into the TOP 15 of each category.

4.3. The subject of the thematic category (Grouper; *Epinephelus marginatus*) may not be used as the main subject of the photo in any category other than the "Category with a theme" photo.

4.4. The background or foreground image may only be used once in all photographs. If the same background or foreground image is used more than once, the photograph presented to the next category will be disqualified.

4.5. The participant must ensure that the copyright function and any camera metadata are disabled so that the images submitted to the jury cannot be identified by file names or metadata.

4.6. At the start and end of each of the two competition dives on both days, participants must take the "control photo" with the judge, ensuring that the judge is clearly visible in the photograph.

4.7. **Categories. Six (6) categories** are established:

- Fish Category
- Thematic Category
- Close-Up Category
- Wide Angle Without Diver Category
- Creative Photography Category
- Smart Devices Category

4.8. Of the six (6) available categories, participants may enter a maximum of five (5) categories and a minimum of two (2), with the categories being freely chosen by the participant.

5. THE MEMORY CARD

The following procedures apply to the official training day and both competition days:

5.1. Competitors will travel together with their cameras from the

hotel to the port.

5.2. In the designated area, under the direct supervision of a judge, the following actions must be performed:

- Change the date and time.
- Ensure there is only one memory card in the camera.
- Format the memory card.
- Seal the cameras.
- Perform the first "control shot."

5.3. Once the camera housing is sealed, it must not be opened again. It is not allowed to change settings, make repairs, swap lenses, etc., without the direct supervision of a judge. Camera adjustments, battery changes, and lens replacements during the competition dives must be done under the supervision of the judges.

5.4. Athletes will take their cameras to their assigned boats only when instructed by the Organizing Committee.

5.5. Athletes must take a control shot on the boat immediately after completing the dive.

5.6. If a lens or battery needs to be changed between dives or during the dive, this can only be done in a specially designated area, under the direct supervision of a judge, and without breaking the seal. If it is necessary to open the camera to remove the lens or replace the battery, the seal may only be broken at that time. If the seal needs to be broken, it can only be done under the direct supervision of a judge. The judge will reseal the camera housing with a new seal.

5.7. After the two (2) dives on the competition days, the camera housing will be opened in the specially designated area under the direct supervision of the judge. The memory card will then be handed over to the judge.

5.8. Once back at the hotel, the organization will copy the files from the memory cards to the server. The memory cards will be returned to the competitors according to the scheduled times.

6. USE OF CAMERAS DURING THE CHAMPIONSHIP

6.1. Athletes may only use one (1) camera during the competition, and it must be carried and used exclusively by the photographer, not to be manipulated by their assistants.

6.2. The photographer may change batteries, lenses, objectives, lighting, or any photographic components they need (under no circumstances the memory card) of their camera during the seventy (70) minutes of the dive. To do so, they must surface along with their assistants and make the changes in the presence and under the supervision of the jury/commissioner on the boat.

6.3. The limit of photographs taken each competition day is 300 photographs, excluding control

photographs. If there are more than 300 images on the card, the

final images will be deleted.

6.4. The deletion and erasing of photographs is not permitted at any time.

7. SANCTIONS AND SPECIFIC AND ADDITIONAL REGULATIONS

7.1. Avoid any contact or manipulation of marine fauna, flora, and seabed, and to minimize environmental impact, proper buoyancy control must be maintained, avoiding any contact with the bottom or walls during dives. Any detected alteration of the underwater environment will result in sanctions or disqualification.

7.2. Underwater judges and accredited personnel from the Natural Park management and the organizing Federation committee will oversee the competition dives to ensure compliance with the regulations and promote responsible and sustainable diving.

7.3. Eco-briefing sessions will be conducted by underwater guides before all competition dives.

7.4. Freediving fins, defined as fins measuring 80 cm or more in length (from the back of the heel to the front of the fin), are not allowed.

7.5. Other specific sanctions:

- Failure to take control of images before and after each dive. (Images from the corresponding dive will not be accepted).
- Failure to perform the safety stop to avoid exceeding the 70-minute dive limit. (The photos from the dive will not be accepted).
- Breathing from a buddy's air supply or from the emergency bottle attached to the boat's line. (The dive will be disqualified).

7.6. Handling fauna/flora during the dive: The competitor will be disqualified or may even be disqualified from the Championship if the handling is considered very serious. Additionally, before the dive, the athlete's diving equipment may be inspected at any time to verify that they are not carrying any previously captured specimens, or any equipment or instruments, or bait to capture or feed marine life. If such circumstances are detected, the team will be disqualified from the Championship.

7.7. Manipulating the dive computer (falsifying the dive data, removing it during the dive to avoid recording the maximum depth, switching it with a buddy's, or not presenting it when exiting the dive): Disqualification from the Championship.

7.8. Losing a dive buddy for more than 10 minutes: The dive will be disqualified.

7.9. Manipulating the camera outside of the water or on the surface without the supervision of a judge: The dive will be disqualified. It is mandatory to inform the judge if the camera needs to be handled for any reason.

7.10. As explained at General Rules, and previously, submerging artificial objects is only permitted

in the Creative Photo Category. These objects must be declared before the dive and at the end of the dive to the Judge or Technical Delegate. Artificial objects that are not brought onto the boat after use will result in team penalties, to be evaluated by the Technical Delegate.

8. ORGANIZATIONAL CHART

8.1. In the Championship, the structure of judges and juries will be as follows:

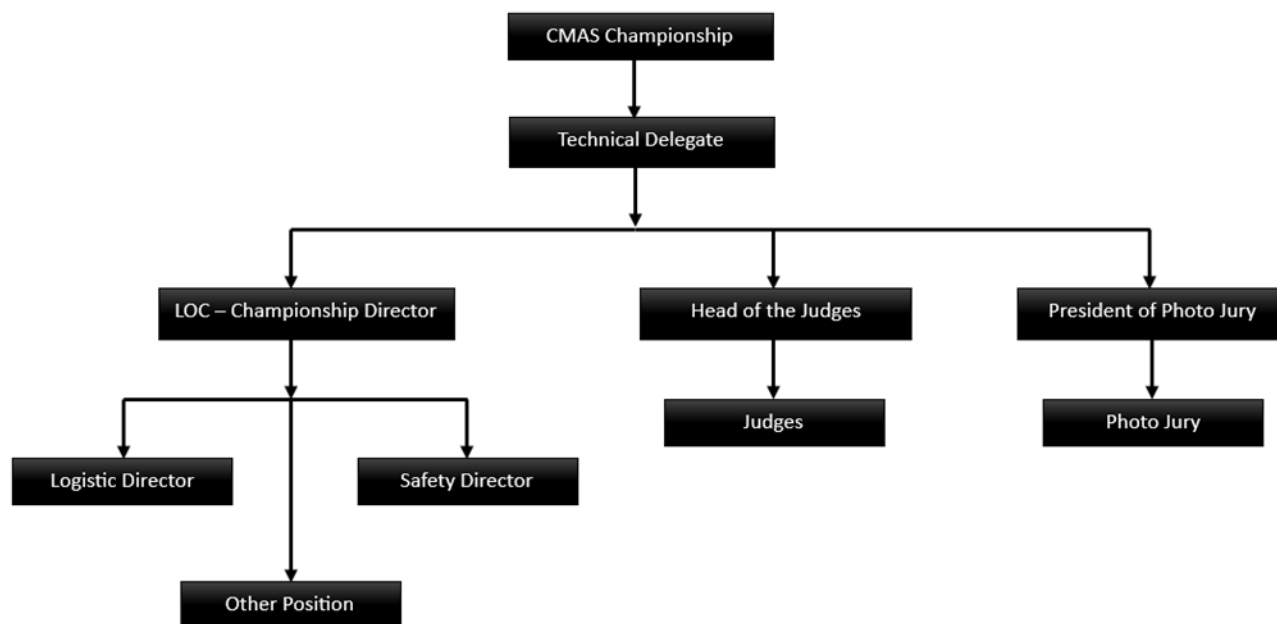


Figure 1 - CMAS International Underwater Photography.

8.2. The organizing committee during the championship consists of:

- CMAS Technical Delegate
- Jury Presidents
- Directors of FEDAS - FECDAS for the championship

9. EVACUATION AND INFORMATION ON HOSPITALS AND HEALTHCARE CENTERS

9.1. Land Safety:

- Medicalized ambulance
- Doctor
- Medical staff, assistants, lifeguards
- Communication: Mobile phones, VHF radio with assigned channel and VHF distress channel

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- The diving points for the competition will be for the exclusive use of the championship participants.

9.2. Sea Safety:

Rapid evacuation and rescue boat from the GEAS (Special Underwater Activities Group)
Communication: Mobile phones, VHF radio, and VHF distress channel 16 Oxygen supply equipment on all participant boats

9.3. Evacuation and Hospital Information:

- **University Hospital of Girona Doctor Josep Trueta**, open 24 hours, phone: +34 972940200, Avinguda de França, S/N, 17007 Girona
- **Hospital of Figueres**, open 24 hours, phone: +34 972501400, Ronda del Rector Arolas, s/n, 17600 Figueres, Girona
- **Hyperbaric Medicine Unit of the Hospital of Palamós**, open 24 hours, phone: +34 972 600 160, Carrer Hospital, 17-19, 17230 Palamós, Girona
- **Local Medical Office of Estartit**, open from 09:00 to 20:00, Saturdays and Sundays from 11:00 to 20:00, phone: +34 972750063, Carrer d'Eivissa, 36, 17258 Estartit, Girona

10. INFORMATION ABOUT THE NATURAL PARK

The Medes Islands are a group of 7 islets located in the Costa Brava, Catalonia. The marine biodiversity in the Medes Islands is highly significant due to its location and the environmental protection it has received over the years. These islands are known for their exceptional marine biodiversity and are considered one of the most important diving destinations in the western Mediterranean. Specifically, they are a protected area (both the terrestrial and submerged parts), and are part of the Montgrí, Medes Islands, and Baix Ter Natural Park.



Park Map and Guide in Spanish - Catalan:

<https://parcsnaturals.gencat.cat/web/.content/Xarxa-de-parcs/montgri-illes-medes-baix-ter/el-parc/mapa/guia-ca-es.pdf>

Park Map and Guide in English - French:

<https://parcsnaturals.gencat.cat/web/.content/Xarxa-de-parcs/montgri-illes-medes-baix-ter/el-parc/mapa/guia-en-fr.pdf>

Additionally, it is part of the Natura 2000 Network, which includes SACs (Special Areas of Conservation) and SPAs (Special Protection Areas for Birds). It is classified as a ZEPIM (Specially Protected Area of Mediterranean Importance) and is listed under the CETS (European Charter for Sustainable Tourism). Therefore, it is a protected area that allows for the conservation of its biodiversity, as well as preventing overfishing and harmful human activities.

These marine waters are characterized by a great diversity of habitats, which in turn implies high productivity, mainly due to the contribution of organic matter from the Ter River, the influence of northern winds and currents that favor the upwelling of deep, nutrient-rich waters, as well as the diverse composition of the seabed. This means that we can find Posidonia meadows, areas of more or less calcified algae, caves, and especially coral habitats with the presence of red gorgonians (*Paramuricea clavata*) and red coral (*Corallium rubrum*). Due to this habitat heterogeneity, which creates a wide variety of ecological niches, there is a high biodiversity of marine fauna, forming a complex ecosystem. Additionally, the prohibition of extracting any type of resource from the strictly protected area has made it common to see large densities of species, especially fish, such as the grouper (*Epinephelus marginatus*), the gilt-head bream (*Sparus aurata*), the bass (*Dicentrarchus labrax*), the dentex (*Dentex dentex*), the imperial seabream (*Diplodus cervinus*), or the croaker (*Sciaena umbra*). We can also find a great diversity of mollusks, crustaceans, corals and gorgonians, sponges, and nudibranchs.



11. SCHEDULE

Monday, October 6th - RECEPTION, ACCREDITATIONS, AND OPENING CEREMONY

Multipurpose Room of Estartit

- 08:00 to 13:00, Document verification and accreditation distribution

- 13:00 Lunch
- 15:30 to 16:30 Document verification and accreditation distribution
- 16:30 Opening ceremony and presentation of the championship
- 17:00 Technical meeting with the organization, team captains, participants, and draw for diving points
- 18:30 Parade of countries, from the Multipurpose Room to the competition area at the Estartit Marina

At the Estartit Yacht Club

- 19:00 Welcome cocktail
- 21:00 PM Return to hotels and dinner

Tuesday, October 7th - OFFICIAL PRACTICE DAY

At the Estartit Marina

09:00 Participant gathering and Camera Control and Registration
09:30 Departure of the boat to the 1st diving point 10:00 Start of the 1st dive (70 minutes)
11:10 End of the 1st dive
11:30 Arrival at the port and surface interval time - Picnic
12:30 Departure of the boat to the 2nd diving point
13:00 Start of the 2nd dive (70 minutes)
14:10 End of the 2nd dive
14:30 Arrival at the port
15:00 PM Lunch
18:00 Opening of the exhibition and conference by Dr. Andreu Clarós: "History of Photography Equipment" at the Espai Medes
20:00 Dinner

Wednesday, October 8th - 1st DAY OF COMPETITION

09:00 Participant gathering and Camera Control and Registration
09:30 Departure of the boat to the 1st diving point
10:00 Start of the 1st dive (70 minutes)
11:10 End of the 1st dive
11:30 Arrival at the port and surface interval time – Picnic
12:30 Departure of the boat to the 2nd diving point
13:00 Start of the 2nd dive (70 minutes)
14:10 End of the 2nd dive
14:30 Arrival at the port and delivery of memory cards
15:00 Lunch
17:30 Return of memory cards to participants (Hotel organization)
20:30 Dinner

Thursday, October 9th - 2nd DAY OF COMPETITION

09:00 Participant gathering and Camera Control and Registration

09:30 Departure of the boat to the 1st diving point

10:00 Start of the 1st dive (70 minutes)

11:10 End of the 1st dive

11:30 Arrival at the port and surface interval time - Picnic

12:30 Departure of the boat to the 2nd diving point

13:00 Start of the 2nd dive (70 minutes)

14:10 End of the 2nd dive

14:30 Arrival at the port and delivery of memory cards

15:00 Lunch

16:30 Return of memory cards to participants (Hotel organization)

20:30 Dinner

21:30 Deadline for submission of works to the organization

Friday, October 10th - JURY DELIBERATION, FREE DAY FOR PARTICIPANTS

07:00 Breakfast

09:00 Excursion departure

09:30 Jury deliberation

14:00 Lunch

Afternoon Free time

Saturday, October 11th - CLOSING CEREMONY AND MEDAL CEREMONY

07:30 Breakfast

Morning, Free time for participants

14:00 Lunch

Multipurpose Room in Estartit

17:00 Closing ceremony and medal ceremony

21:00 Closing dinner

Sunday, October 12th - DEPARTURE OF PARTICIPANTS

09:00 Farewell and transfer of delegations to the Airport

Schedules may change depending on the number of participants, logistics and weather conditions. If necessary, the organization will update the program through the official WhatsApp group created for the event.

Locations:

Multipurpose Room in Estartit

Carrer de Guillem de Montgrí, 26, 17258 L'Estartit, Girona

<https://maps.app.goo.gl/gfMau4673kttqkoPA>

Estartit Nautical Club
Pg. Marítim, s/n, 17257 L'Estartit, Girona
<https://maps.app.goo.gl/uWNaKVU1yyymLypL9>

12. ACCOMMODATION AND COMPETITION PACKAGES

13.1 Championship Packages. The event prices are per person in EUROS, and include:

- 6 nights of accommodation, with check-in on Monday, October 6, and check-out on Sunday, October 12, 2025, at the designated hotels.
- Welcome cocktail and package.
- Buffet breakfasts from Tuesday, October 7, to Sunday, October 12, 2025. Lunches from Tuesday, October 7, to Sunday, October 12, 2025.
- Dinners from Tuesday, October 7, to Saturday, October 11, 2025.
- Two dives per day on the following days: official practice day on Tuesday, October 7; first competition day on Wednesday, October 8; and second competition day on Thursday, October 9. A total of 6 dives including a boat with an experienced crew and accredited guides, weights (when registering, please indicate to the organization the amount of weight you need at csuwmedas@fecdas.cat).
- Closing ceremony and farewell dinner.
- Flights or any other kind of transportation to Spain are not included.

PARTICIPANTS	DOUBLE ROOM/ ADAPTED ROOM	INDIVIDUAL ROOM
Photographer/Assistant	1.300 €	1.500 €
Captains *	1.100 €	1.300 €
Non-competing companions **	900 €	1.100 €
Championship registration ***	1.000 €	1.000 €
Price of training dives ****	50 €	

* The prices for the Captains include everything specified in the participants' package, but with only two dives for the official training day.

** Prices for accompanying persons include everything specified in the participant package, except for the dives, the competition, the Welcome Pack, and the official training and competition meals.

*** The registration fees entitle participation in the championship with the 6 dives, the welcome cocktail and pack, and the farewell dinner. They do not include accommodation and meals.

**** The price of the dive includes air for 12L or 15L tanks, weights, and an accredited guide. Discounts may apply if booking more than 10 dives, please contact and reserve in advance with the desired dive center, mentioning that the dives are for training for the World Cup.

13.2. If an adapted room is required, please fill in the specific part of the registration form and inform the organizers by e-mail: csuwmedas@fecdas.cat with the corresponding payment receipt until September 6th.

13.3. If airport transfer is required, please complete the specific part of the registration form and inform the organizers by e-mail: csuwmedas@fecdas.cat with the appropriate payment receipt until September 6th. The transfer service costs 100€ each trip.

13.4. The reservation and registration will be confirmed once the organizing Federation FECDAS has confirmed the payment. Send the appropriate payment receipt and participants' information to: csuwmedas@fecdas.cat by September 6th.

13.5. The deadline for the payment of registrations and participation packages is September 6th.

FOR PAYMENT OF REGISTRATION PACKAGES:

FEDERACIÓ CATALANA D'ACTIVITATS SUBAQUÀTIQUES

Q5855006B

Moll de la Vela, 1

C.P. 08930

Sant Adrià del Besós (Barcelona) Teléfono +34 620 28 29 39

For bank account information, please send a request via e-mail to:
csuwmedas@fecdas.cat

13. INFORMATION ABOUT THE AREA AND CONTACT NUMBERS OF INTEREST

Diving spots for the championship:

- Negre del Falaguer (Main dive site)

This dive spot offers a calm dive, well-protected from the northern wind (Tramontana). A rich underwater fauna is visible without needing to reach too much depth, although the site can go down to -28 meters, where coraligenous formations can be found. The site gets its name from the black rock of the cliff, where small stalactites hang from the ceiling. There's also a tunnel, suitable for the more experienced divers.

- Punta Salines (Reserve dive site)

This dive takes place in a bay with a mixed landscape: in the inner part, the seabed is formed by rocks that gently slope down, creating tongues that extend into the sand. At the tip, a vertical wall descends to greater depths. You will find a small gorgonian wall in a coraligenous area full of small red coral colonies, lobsters, groupers, brotulas, bream, gilthead bream, octopuses, flabellinas, and the type of fauna typical of coraligenous zones.

- Embarcador del Francès, Meda Gran (Main dive site)

Located on the northern coast of Meda Gran, the largest island

in the Medes Islands archipelago, this site is suitable for both beginners and more experienced divers. It can reach depths of up to 25 meters, but the most interesting area is between 18-20 meters deep. In the rocky areas, we find corals, white gorgonians, many nudibranchs, and groupers.

- **Racó de les Salines** (Reserve dive site)

A coastal dive ranging from -8 meters to -24 meters, well-protected from all winds. The seabed is rocky and full of life, including crustaceans, congers (Conger conger), moray eels (*Muraena helena*), and if you're observant, you may even find seahorses (*Hippocampus*).

Descentralized Municipal Entity of l'Estartit

C/del Port, 25, 17258, Estartit, Girona
972 75 25 33

<http://www.emdlestartit.cat/>

Municipal Tourism Office

Passeig Marítim, s/n, 17258, L'Estartit, Girona 972 75 19 10

<https://visitestartit.com/>

It is the main headquarters of the Tourism Area. It provides assistance to users and offers all available resources and materials. It also serves as the central hub for coordinating all tourism activities and economic promotion initiatives that originate from this area, sometimes organized in collaboration with the Nautical Station. Additionally, it acts as an information point for the natural park. Visitors can find information about related activities and the guide map with the 17 itineraries offered.

Opening Hours:

From November to March: Monday to Friday: 10:00 AM - 5:00 PM Saturdays, Sundays, and holidays: 10:00 AM - 2:00 PM

October, April, and May: Monday to Friday: 10:00 AM - 6:00 PM Saturdays, Sundays, and holidays: 10:00 AM - 2:00 PM

June and September: Every day: 9:00 AM - 8:00 PM

July and August: Every day: 9:00 AM - 9:00 PM

Montgrí, Medes Islands, and Baix Ter Natural Park Office

Passeig del Port, s/n, Espigó de Llevant, 17258, L'Estartit 972 75 17 01

<http://parcsnaturals.gencat.cat/ca/illes-medes/index.html>

Estartit Nautical Station

Carrer de la Platja, 10-12, 17258, L'Estartit, Girona 972 75 06 99

<http://www.enestartit.com/>

Estartit Nautical Club

Passeig Marítim, S/N, 17258, L'Estartit, Girona 972 75 17 42 / 654 12 86 28

<https://www.cnestartit.com/>

Transport information

<https://visitestartit.com/categoria-item/informacio-util/transports/>

Pharmacies

<https://visitestartit.com/categoria-item/informacio-util/farmacies/>

Local Police

Carretera de Torroella, 104, 17257 Torroella de Montgrí, Girona 972 75 01 49

<https://www.torroella-estartit.cat/>

Mossos d'Esquadra

112

Beach safety and rescue

Platja de l'Estartit, 17258, L'Estartit, Girona 972 75 22 22

GEAS (Special Underwater Activities Group of the Civil Guard)

Carretera de Torroella, 106, 17258, Torroella de Montgrí, Girona 972 75 11 36

Firefighters

972 75 16 20

Ambulances

112

14. CONTACT DETAILS

14.1. Information of the organizing Federation, FECDAS:

Competition email:

csuwmedas@fecdas.cat

FEDERACIÓ CATALANA D'ACTIVITATS SUBAQUÀTIQUES (FECDAS)

Moll de la Vela, 1, 08930 Sant Adrià del Besós (Barcelona)

+34 933 560 543 - +34 620 28 29 39

fecdas@fecdas.cat

Management:

a.batalla@fecdas.cat

Assistant to management:

l.demiquel@fecdas.cat

Sports departments and competitions:

s.navarro@fecdas.cat

SUBACUÁTICAS (FEDAS)

imagen@fedas.es

fedas@fedas.es

14.2. To book additional dives, please contact any of the dive centers in Estartit, all of which are collaborators during the championship.

Estartit Diving Centers:

Oceansub Estartit

L'Estartit (17258) Salines, 23

+34 607 436 077

gemma@oceansub-estartit.com www.oceansub-estartit.com

Calypso Diving Estartit

L'Estartit (17258) de la Cala Pedrosa, 1

+34 972 751 488 - +34 609 834 178 - +34 609 302 201

info@calypsodivingestartit.com www.calypsodivingestartit.com/castellano.html

Xaloc Diving Center L'Estartit (17258) Eivissa , 1

+34 972 752 071 - +34 670 279 774

info@xalocdive.cat <http://www.xalocdive.cat/es/>

Les Illes

L'Estartit Carrer les Illes, 55 972 751 239 - 627 433 350

info@hotellesilles.com <http://www.hotellesilles.com>

Medaqua

L'Estartit (17258) Passeig Marítim , 13

+34 972 752 043

info@medaqua.com <http://www.medaqua.com/>

Unisub

L'Estartit (17258) Passeig Marítim , 10

+34 972 75 17 68

info@unisub.es <http://www.unisub.es>

Medas Poseidon - La Sirena L'Estartit Pg. Marítim, 2

+34 972 752 477 - +34 609 885 440

diving@la-sirena.net <http://www.medasp Poseidon.com/>

Aquàtica

L'Estartit (17258) CAMPING LES MEDES Paratge Camp de l'Arbre s/n (+34) 972 750 656

info@aquatica.cat <http://www.aquatica-sub.com>

Neptuno - La Sirena L'Estartit Pg. Marítim, 1

+34 972 750 954 - +34 609 885 440

diving@la-sirena.net <http://www.la-sirena.net/es/>

Diving centers in Estarrit with adapted boats:

Diving Center La Sirena L'Estartit Passeig Marítim , 1

+34 972 750 954 - +34 686483316

divinglasirenagrup@gmail.com <http://www.la-sirena.net/es/>

El Rei del Mar

L'Estartit (17258) Avinguda Grecia , 5

+34 972 751 392

info@elreidelmar.com <http://www.elreidelmar.com>



**Parc Natural
del Montgrí, les Illes Medes
i el Baix Ter**

DIVE SITES PLANNING · AUTHORIZED DIVING CENTERS

MORNING	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
T. Petit / Pota del Llop	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP
Ferranelles A / Francès	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S
Pedra de Déu / St.Istiu	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ
Dofí	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE
Carai Bernat / T. Gros	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA
Salpatxot - Reina	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM
Vaca	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U
Guix - Ferranelles B	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB

AFTERNOON	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Carai Bernat / T. Gros	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP
Salpatxot / Reina	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S
Vaca	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ
Guix / Ferranelles B	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE
T. Petit / Pota del Llop	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA
Ferranelles A / Francès	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM
Pedra de Déu / St. Istiu	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U
Dofí	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB

U UNISUB · I LES ILLES · CB COSTA BRAVA DIVERS · S, N, P LA SIRENA · O OCEANSUB
R, Q, E EL REI DEL MAR · X XALOC · A AQUATICA · C CALYPSO · M MEDAQUA

CMAS