



# Information Bulletin

**2026 CMAS**  
**EUROPEAN CHAMPIONSHIP**  
**FINSWIMMING INDOOR JUNIORS**  
**06-12 JUNE 2026**



OFFICIAL PARTNERS



NATIONAL PARTNER



**2026 CMAS**  
**EUROPEAN CHAMPIONSHIP**  
**FINSWIMMING INDOOR JUNIORS**  
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# The logo



**2026 CMAS**  
**EUROPEAN CHAMPIONSHIP**  
**FINSWIMMING**  
**INDOOR JUNIORS**  
**06-12 JUNE 2026**



## ADDRESS OF CMAS PRESIDENT Ms. Anna Arzhanova

Dear Young Athletes, Coaches, Officials, and Distinguished Guests,

On behalf of the Confédération Mondiale des Activités Subaquatiques (CMAS), it is my great pleasure to welcome you to the 2026 CMAS European Championship Finswimming Indoor Juniors, to be held in Chios, Greece, in June 2026.

This Championship is a celebration of young finswimmers and their vital role in shaping the future of our sport. Your dedication, perseverance, and enthusiasm reflect the continued growth and vitality of finswimming across Europe, and CMAS is proud to provide a stage where emerging talent can compete, learn, and progress at the highest level.

Following the highly successful and memorable 2025 CMAS World Championship Finswimming Juniors, Chios is once again ready to welcome young athletes from across Europe. The island provides not only excellent sporting conditions, but also a warm and inspiring environment in which to compete and connect.

I would like to extend my sincere appreciation to the Hellenic Aquatics Federation, the local Organising Committee, and all partners and volunteers whose professionalism and dedication have made this event possible. Their work is essential in ensuring a high-quality, fair, and welcoming Championship for all participants.

To the athletes, I encourage you to compete with confidence and integrity, to support one another, and to enjoy every aspect of this unique international event. May this Championship be both a rewarding sporting challenge and a memorable personal experience.

I wish you every success in the competition and a pleasant stay in Chios.



## ADDRESS OF HSF PRESIDENT Mr. Kyriakos Giannopoulos

«On behalf of the Hellenic Aquatics Federation, it is my great honor and pleasure to welcome you to the 2026 CMAS European Championship Finswimming Indoor Juniors, which will take place from 06 to 12 June 2026 on the island of Chios, Greece.

The European Championship brings together the most promising young finswimmers from across Europe, highlighting not only the high competitive level of the sport, but also its future. The Hellenic Aquatics Federation is proud to host this prestigious event under the auspices of CMAS, reaffirming its strong commitment to the development and promotion of finswimming at both national and international level.

Chios, a historic island with a long maritime tradition, has already proven its ability to successfully host major international finswimming events, having welcome the CMAS World Championship Finswimming Indoor Juniors last year. Building on this valuable experience, we are confident that the 2026 European Junior Championship will meet the highest organizational and sporting standards.

I would like to extend a warm welcome to all athletes, coaches, team leaders, referees and officials, and to thank CMAS Europe for its trust and cooperation. Special appreciation is due to the Organizing Committee, the local authorities and the dedicated volunteers whose hard work and commitment are essential to the success of this event.

I wish all participants a memorable championship filled with fair play, strong performances and valuable experiences, and I warmly welcome you all to Chios.

# Welcome to Chios a Mediterranean Jewel!

We are delighted to welcome all participants and visitors to the CMAS World Championship Finswimming Indoor Masters & Juniors, in the enchanting island of Chios, Greece. With its rich cultural heritage, stunning natural landscapes, and world-renowned products, Chios offers a truly unique experience for all who visit.

## A Breathtaking Destination

Chios, located in the northern Aegean Sea, is a haven of beauty and history. Famous for its crystal-clear waters, charming medieval villages, and picturesque landscapes, it's the perfect setting for these prestigious events. The island is particularly famous for its mastic, a rare resin produced by the mastic trees that grow only in specific areas of Chios. Mastic has been harvested here for centuries, and it plays a key role in local culture, cuisine, and tradition.

## Chios and its Legendary Mastic

The mastic of Chios is truly unique. This aromatic resin, which has been prized for its medicinal and culinary properties since ancient times, is harvested exclusively from the island's mastic trees, particularly in the southern region of the island. Chios is the only place in the world where mastic is produced in this form, and the island's Mastic Villages – including Mesta, Pyrgi, and Vessa – are known for their centuries-old traditions surrounding its cultivation.

When you visit these villages, you'll have the chance to see how the mastic is harvested, learn about its historical significance, and even taste it in a variety of local products. From mastic-flavored ice creams and sweets to liqueurs, cheeses, and skin-care products, mastic is a fundamental part of the island's identity.

## Natural Beauty and Relaxation

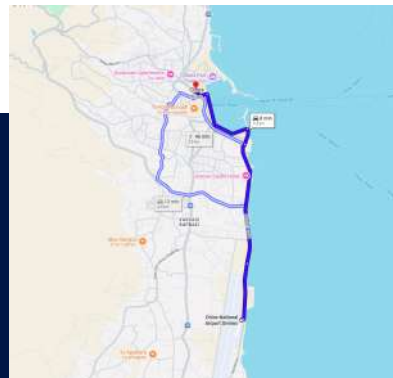
Beyond its cultural heritage, Chios offers an array of breathtaking natural landscapes. You can unwind on its unspoiled beaches, such as Karfas, Mavra Volia, and Agia Dynami, where crystal-clear waters meet golden sands. The island is also perfect for nature lovers – explore its rugged hills, olive groves, and pine forests, or visit the serene Nea Moni, a UNESCO World Heritage site famous for its Byzantine mosaics.

## Cultural and Historical Heritage

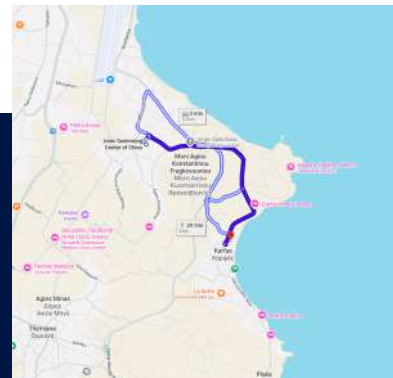
Chios is also home to a wealth of historical landmarks, from ancient ruins to impressive medieval castles. Discover the Chios Archaeological Museum, the Chios Castle, and the island's medieval villages, with their unique black-and-white patterns on the houses, which reflect the island's rich cultural legacy.



Chios National Airport  
Ionic Swimming Center of Chios  
Distance 1.9Km - Time 5min

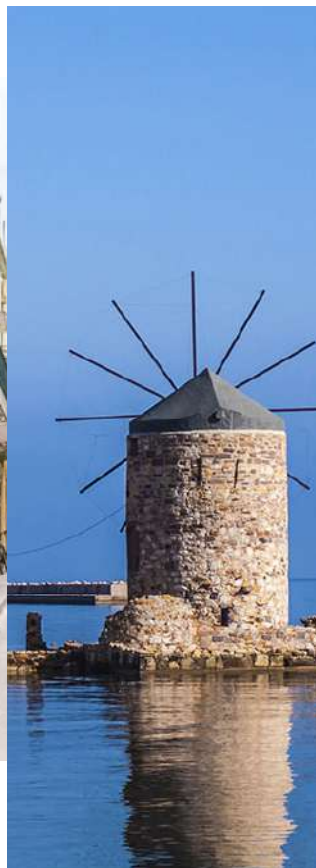


Chios National Airport  
Chios City Center  
Distance 3.5Km - Time 8min



Ionic Swimming Center of Chios  
Hotel Golden Sand  
Distance 3.2Km - Time 5min





See you in Chios this June!

# SWIMMING POOL OF CHIOS "IONI KON"



COMPETITION POOL: 50m  
Indoor

This sport complex, with a capacity of 3.000 spectators.

The indoor competition swimming pool is a 50 meters and 10 lanes pool with 2,05-2,20 meters depth, and average temprature 26o +\_1o C.



The complex also include:  
Four groups of dressing rooms.

Each group has adequate space for 100 persons with: showers, toilets, massage and rest rooms, dressing rooms for officials, separate from athletes.

It also includes numerous rooms for preparation, meetings, victory ceremonies, preparations and cafeteria.



# GENERAL INFORMATION

The Helleni Aquatics Federation – authorised by CMAS – invites all interested National Federations to participate in the 2026 CMAS European Championship Finswimming Indoor Juniors, scheduled to take place on 06 - 12/06/2026 in Chios, Greece.

## Practical information

The Currency of Greece is EURO (€)

Electrical current in Greece is 230V, 50 Hz.

Type of plug



## Information about participation

- Only participants with a CMAS License are eligible to compete in the Competition
- All participants should respect the Competition rules, the safety conditions set by the Organisers and CMAS rules and regulations.

## Championships Rules

- Each country may enter no more than two (2) swimmers for each individual event and one (1) team per relay event.
- 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. It's possible to change the composition of the relay teams between the qualifying heats and the final.
- The registrations for CMAS Competitions are submitted solely through the CMAS Portal.
- The qualifying heats are scheduled in the morning and finals in the afternoon.

Exceptions: 400m IM, 800m SF and 1500m SF slow heats will take place in the morning and fast heats in the afternoon. For these events, the National Federations must send to the Director of the CMAS Finswimming Commission

([alexandros.xiarchos@sport.cmas.org](mailto:alexandros.xiarchos@sport.cmas.org)) the official protocols of all national selection competitions within a deadline of a maximum of two weeks before this CMAS Competition (in one of the three CMAS languages). In this way, the times of enrollment of the swimmers will be checked. If they do not correspond or if the protocols aren't transmitted by this deadline, the entry times will be cancelled, and the athletes will be engaged with time 59:59.99.

## Disciplines and Distances (Men & Women)

Surface (SF): 50, 100, 200, 400, 800, 1500 SF

Apnea (AP): 50m

Immersion (IM): 100, 200, 400 IM

Bi Fins (BF): 50, 100, 200, 400 BF

Relay: 4x50 SF (M/W), 4x100 SF (M/W), 4x200 SF (M/W), 4x100 BF Mixed, 4x100 SB Mixed

## Bottle Filling - Immersion with compressed-air breathing apparatus:

- Only compressed air without oxygen enrichment is allowed
- For pool competitions, the minimum volume of a compressed-air cylinder is 0.4 L for the 100 m IM event and 1.0 L for the 200 and 400 m IM events.
- The maximum filling pressure for the compressed-air cylinders cannot exceed 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 must have passed a hydrostatic test less than 2 years before the competition, or even

less if required by the local legislation. All the bottles without documents or visible proof with the date of the last test, will be refused by the Organizers.

- Each cylinder must be presented empty during the checking meeting before the competition.
- The organizer guarantees the filling of DYN & INT cylinders. For all other types, teams must bring their own adaptor.

## International Jury

- CMAS Technical Delegate according to the CMAS rules
- International Board of Judges, according to the CMAS Procedures & Obligations.

## Protests

According to the CMAS Procedures and obligations CAT A - B competitions

## Doping Control

The Organising Committee guarantees to provide doping control according to the CMAS and WADA rules during the championship and regarding the number of tests planned by ITA.

## Classification and Awards

According to the CMAS rules

## Flags

National teams should bring two (2) national flags (2,00 m x 1,00 m) and a USB with the national anthem (short version - instrumental).

# GENERAL SCHEDULE

06.JUNE.2026	<i>Day -2</i>	Arrival of Delegations - Registration, Extra training
07.JUNE.2026	<i>Day -1</i>	Training – Technical Meeting – Opening Ceremony
08.JUNE.2026	<i>Day 1</i>	1 <sup>st</sup> Day of the Championship
09.JUNE.2026	<i>Day 2</i>	2 <sup>nd</sup> Day of the Championship
10.JUNE.2026	<i>Day 3</i>	3 <sup>rd</sup> Day of the Championship
11.JUNE.2026	<i>Day 4</i>	4 <sup>th</sup> Day of the Championship
12.JUNE.2026	<i>Day 5</i>	Departure of Delegations

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## Competition Schedule

### **DAY - 2: ARRIVAL DAY - 06 June 2026**

Arrival of delegations throughout the day

### **DAY - 1: 07 June 2026**

09:00 - 12:00: Training 12:30: Team Leaders' Technical Meeting 19:00: Championship Opening Ceremony

### **DAY 1-4: 08 - 11 June 2026**

Competition Days

### **DAY 5: 12 June 2026**

Departure of the delegations

# SCHEDULE

## DAY 1 08th June 2026

### Morning Heats or Slow Heats

50 AP Women  
50 AP Men  
200 SF Women  
200 SF Men  
400 BF Women  
400 BF Men  
1500 SF Women (Slow Heats)  
1500 SF Men (Slow Heats)  
4X100 SF Women  
4X100 SF Men

## DAY 1 08th June 2026

### Afternoon Final or FAST HEAT

50 AP Women  
50 AP Men  
Medal Ceremony 50 AP Women  
200 SF Women  
Medal Ceremony 50AP Men  
200 SF Men  
Medal Ceremony 200 SF Women  
1500 SF Women (Fast Heat)  
Medal Ceremony 200 SF Men  
1500 SF Men (Fast Heat)  
Medal Ceremony 1500 SF Women  
4X100 SF Women  
Medal Ceremony 1500 SF Men  
4X100 SF Men  
Medal Ceremony 4x100 SF Women  
Medal Ceremony 4x100 SF Men

## DAY 2 09th June 2026

### Morning Heats or Slow Heats

50 BF Women  
50 BF Men  
400 SF Women  
400 SF Men  
100 IM Women  
100 IM Men  
4x200 SF Women  
4x200 SF Men

## DAY 2 09th June 2026

### Afternoon Final or FAST HEAT

50 BF Women  
50 BF Men  
Medal Ceremony 50 BF Women  
400 BF Women  
Medal Ceremony 50 BF Men  
400 BF Men  
Medal Ceremony 400 BF Women  
100 IM Women  
Medal Ceremony 400 BF Men  
100 IM Men  
Medal Ceremony 100 IM Women  
4x200 SF Women  
Medal Ceremony 100 IM Men  
4x200 SF Men  
Medal Ceremony 4x200 SF Women  
Medal Ceremony 4x200 SF Men

## DAY 3 10th June 2026

### Morning Heats or Slow Heats

50 SF Women  
50 SF Men  
100 BF Women  
100 BF Men  
200 IM Women  
200 IM Men  
4x100 BF Mixed  
4X50 SF Women  
4X50 SF Men

## DAY 3 10th June 2026

### Afternoon Final or FAST HEAT

50 SF Women  
50 SF Men  
Medal Ceremony 50 SF Women  
100 BF Women  
Medal Ceremony 50 SF Men  
100 BF Men  
Medal Ceremony 100 BF Women  
200 IM Women  
Medal Ceremony 100 BF Men  
200 IM Men  
Medal Ceremony 200 IM Women  
400 SF Women  
Medal Ceremony 200 IM Men  
400 SF Men  
Medal Ceremony 400 SF Women  
4x100 BF Mixed  
Medal Ceremony 400 SF Men  
4X50 SF Women  
Medal Ceremony 4X100 BF Mixed  
4X50 SF Men  
Medal Ceremony 4X50 SF Women  
Medal Ceremony 4X50 SF Men

## DAY 4 11th June 2026

### Morning Heats or Slow Heats

100 SF Women  
100 SF Men  
200 BF Women  
200 BF Men  
800 SF Women (Slow heats)  
800 SF Men (Slow heats)  
400 IM Women (Slow heats)  
400 IM Men (Slow heats)  
4x100 SB Mixed

## DAY 4 11th June 2026

### Afternoon Final or FAST HEAT

100 SF Women  
100 SF Men  
Medal Ceremony 100 SF Women  
200 BF Women  
Medal Ceremony 100 SF Men  
200 BF Men  
Medal Ceremony 200 BF Women  
800 SF Women (Fast heat)  
Medal Ceremony 200 BF Men  
800 SF Men (Fast heat)  
Medal Ceremony 800 SF Women  
400 IM Women (Fast heat)  
Medal Ceremony 800 SF Men  
400 IM Men (Fast heat)  
Medal Ceremony 400 IM Women  
4x100 SB Mixed  
Medal Ceremony 400 IM Men  
Medal Ceremony 4x100 SB Mixed



### Golden Sand Hotel

Welcome to Golden Sand Hotel ROOMS & SUITES IDYLLIC VIEW on the sandy beach of Karfas, in Chios.



### Erytha Hotel & Resort

The 4-star Erytha Hotel & Resort Chios is located right on the sandy beach of Karfas in Chios.

# ACCOMMODATION

## 1. Financial Modalities

The payments described below must be completed directly with the Local Organising Committee

### Booking

From 06 to 12, June, 6 nights x 160€: 960 €

For this price, the organiser will provide:

- Full board accommodation (breakfast, warm lunch, warm dinner in buffet) in 3 and 4 stars hotel with double and triple rooms
- 2 X 0,5 L of drinking water per person/day
- Free transfers between the official hotel and the swimming pool for the whole duration of the championships and the training day(s).
- Participation at the Opening and the Closing ceremony.

### Extra Charges

- Transfer from the Airport to the official hotels and back, 40€
- Extra charge for single rooms is 45 € per person/ night

It is strongly advised that all teams stay in the official hotels provided by the organisers. For participants who choose to stay out of the official hotels, an additional participation fee will be charged per person: 465€.

### Extra Services

- Extra day charged at 110€ per person/ day
- Training Camp before the championship: please contact the Local Organising Committee for pool availability and conditions.



# ATTENTION

## 1. Payment

\* Please note: Late registrations will not be accepted.

Minimum 50% of the total entry fee should be deposited at the LOC bank account no later than April 6th to guarantee the booking. After this date, the participation fees will be increased by a further 10% of the 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: [fsw2026@koe.org.gr](mailto:fsw2026@koe.org.gr)

## VISA

In case a visa is needed, please send the ANNEX 5 to the Local Organising Committee at least two months before the Competition.

## 2. Deadlines - Conditions for Entry & Participation

Registration and payment of CMAS fees on the CMAS Portal.

> No later than March 08th

ANNEX 1: The preliminary declaration of participation and registration form should be sent to the Director of the CMAS Finswimming Commission ([alexandros.xiarchos@sport.cmas.org](mailto:alexandros.xiarchos@sport.cmas.org)) and the Local Organising Committee.

> No later than April 23rd

ANNEX 2: Final hotel booking form, copy of bank transfer, and entry fee should be sent to the Local Organising Committee

> No later than May 6th

All the members of the delegation (Team leader, officials, medical and para medical staff, Technical Official, athletes, must be registered online through the CMAS Portal.

>No later than May 20th

ANNEX 3: The list form should be sent to the Local Organising Committee.

## Important notice:

To proceed with the registration of the athlete, the CMAS license should be valid

A CMAS license is automatically valid only when the payment is registered in the CMAS bank account.

Any delay in finalising the registration process after the deadline will result in penalties for the Federation, regardless of the reason (incl. technical issues, delayed payment to the CMAS bank account etc).

All modifications or additions requested by the NFs after the deadline are subject to acceptance by the Commission and may incur financial penalties.

For further information, please contact

The Local Organising Committee:

00302109851020 - 117

[fsw2026@koe.org.gr](mailto:fsw2026@koe.org.gr)

