3rd INTERNATIONAL FINSWIMMING CHRISTMAS CUP
ATHLOS, Ioannina 2025



20th Dec. to 21st Dec. 2025, Ioannina - Greece
Swimming Pool Limnopoula

GENERAL RULES

The competition is co-organized by the Hellenic Swimming Federation (GREF01) and the Swimming Club of Ioannina, in compliance with the CMAS Rules.

PARTICIPATION

Eligible to participate are Clubs - affiliated members of Hellenic Swimming Federation and Clubs – CMAS-affiliated members.
The competition will be conducted in 2 days and 3 sessions (Saturday, December 20th afternoon, Sunday, December 21st morning and afternoon)

CATEGORIES	**DATE OF BIRTH**
MEN - WOMEN	2007 & older
JUNIOR MEN & JUNIOR WOMEN	2009 – 2010
BOYS - GIRLS	2011 – 2012
AGE GROUP (BOYS-GIRLS) (A)	2013
AGE GROUP (BOYS-GIRLS) (B)	2014
ELEMENTARY A	2015 – 2016
ELEMENTARY B	2017

Competition program:

December 20th, 2025-Saturday

16:00 - 17:00 Warm up

17:05 - 17:20 Opening Ceremony

17:20 Competition

December 21st, 2025-Sunday

08:00 - 09:00 Warm up

09:15 Competition

December 21st, 2025-Synday

15:30 - 16:30 Warm up

16:45 Competition

- Each National Team or Club can enter an unlimited number of swimmers for each individual race.
- All competition events will be held directly in finals, Open Category. Each swimmer may participate in a maximum of 3 individual events and three (3) relays, in total.
- The relays are going to be held only for the Senior Category.

SWIMMING POOL

Place: Indoor swimming Pool of Ioannina, 50m, 8 lanes, water temperature 26°C

Electronic Time Keeping (Quince)

Touch pads on one side

Electronic board

PRICES

INDIVIDUAL: Medals and certificates will be awarded to the 3 three winners in each event and category.

TEAM EVENTS

Special Price to the best Team of Categories Seniors to B, according to the medal table.

Special Price to the best Team of Elementary Categories, according to the medals table.

The best swimmers, selected according to the distance (in percentage) of their performance to the world record, will be awarded a commemorative plaque.

Participation certificates to all participants.

ENTRIES

All swimmers should hold valid licenses issued by the Hellenic Swimming Federation, while foreign athletes should hold valid licenses issued by CMAS.

DEADLINES

Preliminary entry December 1st, 2025, 16:00 hours

to: koianninon@yahoo.gr

Final entry December 12th, 2025, 23:59 hours to:

https://clubs.koe.org.gr/KOEWebSystem20_Prod/KOEWebSystem20.aspx

The names of the coaches/officials, their email and telephone numbers should be entered in the portal

Registration fees are 10 Euros, payable to the Secretariat of the competition and 5 Euros to Hellenic Swimming Federation

ENTRIES AND REGISTRATION FEES

Entries for participation in the races should be submitted exclusively to the Hellenic Swimming Federation platform

https://clubs.koe.org.gr/KOEWebSystem20_Prod/KOEWebSystem20.aspx

❖ Clubs or respective federations of foreign athletes should send their intention to participate to swimming@koe.org.gr in a timely manner in order to receive a user name, password, and instructions for accessing the Hellenic Swimming Federation platform, and send a registration certificate to the relevant federation in their country or copies of their athlete's cards.

❖ Athletes coming from other countries are required to bring with them a laminated photocopy of their passport or identity card, with detailed information concerning the athlete depicted.

HSF PARTICIPATION FEE

The €5 fee must be paid to the HSF into one of the following accounts:

- **NATIONAL BANK OF GREECE – IBAN: GR66 0110 0800 0000 0804 8090 172**
- **EUROBANK- IBAN: GR82 0260 2770 0007 0020 1520 045**
- **ALPHA BANK- IBAN: GR15 0140 1470 1470 0232 0003 260**
- **PIRAEUS BANK- IBAN: GR91 0171 7270 0067 2716 3708 450**

Where the club and the event should be indicated.

The receipt of the Bank transfer has to be uploaded in the federation portal

Entries➔Financial Control → Upload document

Until 18/12/2025 14.00

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VARIA

Only registered officials can officiate during the competition. All rules and regulations of the CMAS and Hellenic Swimming Federation are valid for the conduct of the competition.

Responsible persons for the competition

Mr. Christos Evaggeliou, tel. 6947140430 and/or

Mr. Vasilios Pappas 6936924403

OPENING CEREMONY

Saturday 20th December 2025, at 17:05 hours

All participating clubs should parade with 6 athletes

GENERAL INFORMATION

Distances:

-Makedonia airport 263km., approx. 3 hours.

-Aktion airport 95km., approx. 1hour.

-Port of Igoumenitsa 84 km., approx. 1hour.

-Ioannina Pyrros airport 3km, approx. 5 minutes.

-Promachonas 375 km approx. 3hours and 50 minutes.

HOTELS

Please send your requirements to

email koioanninon@yahoo.gr

cell phone; 0030696947140430 or 00306936924403

The organizer will provide you with the necessary information.

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SIGHTSEEING – MUSEUMS

Ioannina, also known a s loannina or Giannina, is the capital and largest city of the Prefecture of loannina and Epirus with about 120,000 inhabitants. They have a wealth of attractions and museums, the most remarkable are the following

1. Archaeological Museum of loannina, Litaritsia Square. It includes archaeological finds of the 4th Prefecture of Epirus. It was renovated in 2008-20012 and has a high-quality ergonomic arrangement of exhibits.
2. Its Kale Castle, contains the Fetiche mosque, Ali Pasha's tomb and the Byzantine Museum, as well as the goldsmith's exhibition hall. The Byzantine Museum is housed in a building that was rebuilt in the ruins of Ali Pasha's charisma. It was inaugurated in 1995 and contains exhibits from the Early Christian, Byzantine and post-Byzantine periods.
3. The Aslan Pasha Temple (1618) today houses the triple Municipal Museum with a Greek, Jewish and Muslim section. Local costumes, woven, wood carvings and others are exhibited, the most prominent exhibit is the prune sword of Georgios Karaiskakis.
4. The Phokouos Rapakousis Museum, in the building of the Temenos of Aslan Pasha, houses similar exhibits with the Triple Municipal Museum, mainly folklore, and contains more than 6,000 exhibits.
5. The Municipal Art Gallery of loannina, housed since 2000 i n the neoclassical building of Pirsinella (1980), exhibits about 500 works of the greatest Neo Hellenic painters and sculptors in the gallery.
6. Pavlos Vrellis Museum, a wax museum with a theme of Greek history located just outside the city, is a unique experience.
7. Island of Lake loannina is one of the 2 inhabited islands in a lake, and besides the beautiful boat trip for access to it, there are also several visiting sites of archaeological interest, such as Ali Pasha's house where I t was executed by Sultan's emissaries, a s well a s various old churches and monasteries.
8. The new Artillery Museum, located in the castle of loannina, is a theme museum that deals with the silverware technology during the pre-industrial period. A t the same time, it retains its glory as a regional museum, since it focuses mainly on the history of silversmiths in the region of Epirus.






Saturday 20th December 2025 (Morning)

Place: The Lake Hotel (Acherontos 4, Ioannina 45445)

1. High-performance training and coaching planning, by Mr. Andras VERESS, Coach of the Hungarian National Team: 9:00 – 10:30
2. Questions to Mr. Nandor KISS, World Record Holder: 10:30 – 11:00
3. Education is not Information Education is Transformation, by Mr. Nikos STAVROPOULOS, Doctor of the school of Social Sciences :11:00- 12:00

Saturday 20th December 2025 (Afternoon)

Warming Up: 16:00 – 17:00

Opening Ceremony: 17:05

Competition Start: 17:20

1. 100m SF Men
2. 100m SF Women
3. 800m SF Men
4. 800m SF Women
5. 200m BF Men
6. 200m BF Women
7. 100m IM Men
8. 100m IM Women
9. 4x100m Bi Fins Mixed (OPEN)

Sunday 21st December 2025 (Morning)

Warming Up: 08:00 – 09:00

Competition Start: 09:15

1. 400m BF Men
2. 400m BF Women
3. 400m SF Men
4. 400m SF Women
5. 50m SF Men
6. 50m SF Women
7. 200m IM Men
8. 200m IM Women
9. 100m BF Men

10. 100m BF Women
11. 4x100m SF Men (OPEN)
12. 4x100m SF Women (OPEN)

Sunday 21st December 2025 (Afternoon)

Warming Up: 15:30 – 16:30

Competition Start: 16:45

1. 1500m SF Men
2. 1500m SF Women
3. 50m BF Men
4. 50m BF Women
5. 50m AP Men
6. 50m AP Women
7. 200m SF Men
8. 200m SF Women
9. 400m IM Men
10. 400m IM Women
11. 4x100m SB Mixed (OPEN)

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