



2026 CMAS

CARIBBEAN CUP

FREEDIVING COMPETITION
11TH EDITION
ROATAN · HONDURAS

AUGUST 6TH - 11TH

A WORLD RECORD STATUS COMPETITION



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES
WORLD UNDERWATER FEDERATION



ORGANIZED by



ROATAN FREEDIVING
School & Training Center

ROATAN FREEDIVING SCHOOL & TRAINING CENTER, authorized by CMAS, has the honor of inviting all interested National Federation and individual athletes to participate in the 2026 CMAS Caribbean Cup Freediving Competition.

This event holds **World Record Status** and will feature a **Seniors Category**.

The event is open for Individual registration to athletes aged 18 and over fully complying with the provisions of CMAS Regulations.

Dates: August 6th - 11th, 2026

Location: Roatan, Bay Islands, Honduras

We would be delighted to welcome you to this prestigious international competition and look forward to your confirmed participation.

With warm regards,

Roatan Freediving Team



ROATAN FREEDIVING
School & Training Center



CMAS
CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES
WORLD UNDERWATER FEDERATION

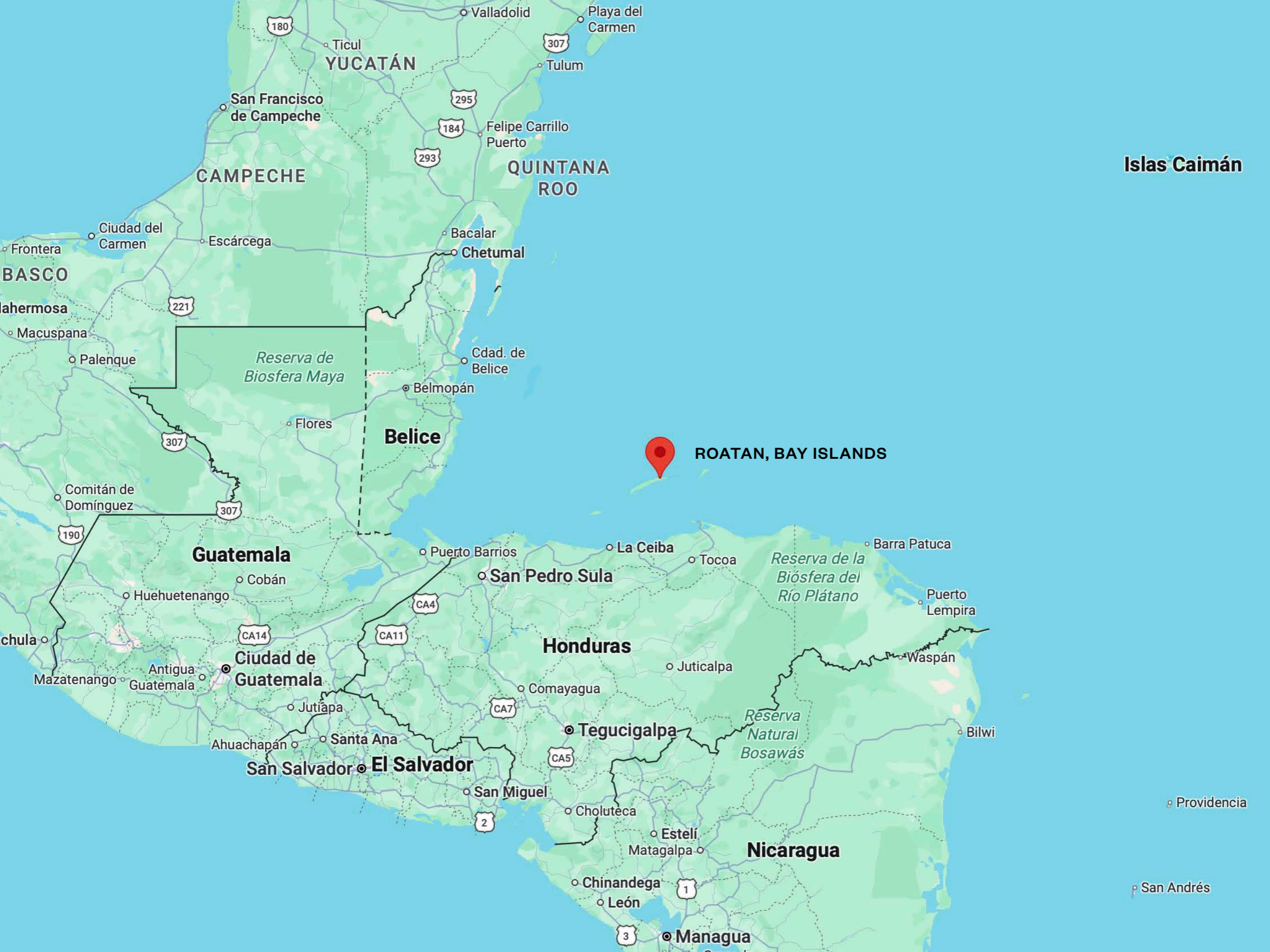
ROATAN, BAY ISLANDS, HONDURAS

OVERVIEW

Roatan is the largest of Honduras Bay Islands, located in the Caribbean Sea approximately 65 km (40 miles) off the northern coast of mainland Honduras. The island stretches about 59 km (37 miles) from east to west and reaches a maximum width of 8 km (5 miles), covering an area of approximately 83 km² (32 sq mi).

Roatan sits atop the Mesoamerican Barrier Reef - the second-largest coral reef system in the world. The island's population is approximately 110,000, with Coxen Hole serving as the capital and largest settlement. Key tourist areas include West End (known for its dive shops, restaurants, and nightlife) and West Bay (famous for its pristine white-sand beach and crystal-clear waters)



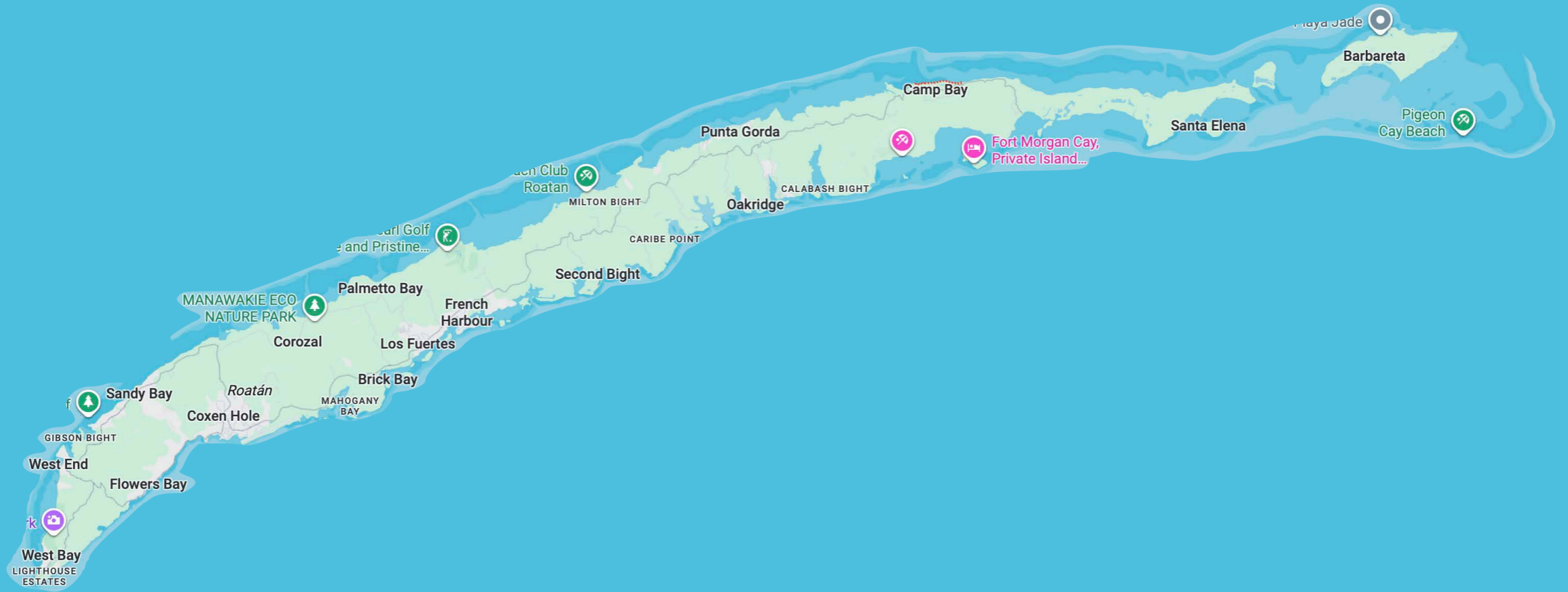


Islas Caimán

ROATAN, BAY ISLANDS


Providencia

San Andrés



DISTANCES FROM RTB AIRPORT

Transportation from the airport is available via taxis, rental cars, and public shuttle services. The road runs the length of the island, making all areas accessible.



DESTINATION	DISTANCE	DRIVING TIME
West End	~ 19 km (12 mi)	25-35 minutes
West Bay	~ 20 km (12 mi)	25-40 minutes
Sandy Bay	~ 15 km (9 mi)	20-25 minutes
French Harbour	~ 25 km (15.5 mi)	35-45 minutes

HOW TO GET TO ROATAN

OPTION 1: BY AIR

A) Direct International Flights to Roatan (RTB)

The **Juan Manuel Gálvez International Airport (RTB)** in Coxen Hole receives direct flights from the following cities and airlines:

AIRLINE	CITIES	FREQUENCY
American Airlines	Miami (MIA)	Daily, year-round
American Airlines	Dallas / Fort Worth (DFW)	Wednesdays & Saturdays (seasonal)
United Airlines	Houston (IAH)	Daily (high season); Saturdays & Sundays (low season)
United Airlines	Denver (DEN)	Saturdays only (Nov–Mar)
Delta Air Lines	Atlanta (ATL)	Saturdays (year-round); Mon / Fri / Sat (peak season)
Sun Country	Minneapolis (MSP)	Fridays & Mondays (Dec–Apr)
WestJet	Toronto (YYZ)	Sundays & Mondays (Dec–Apr)
Sunwing	Montreal (YUL)	Mondays (Dec–Apr)
Air Canada	Toronto / Montreal	Seasonal
Tropic Air	Belize City (BZE)	Daily
TAG Airlines	Guatemala City (GUA)	Sun / Tue / Thu

B) International Flights to San Pedro Sula (SAP) - Domestic Connection

The **Ramón Villeda Morales International Airport (SAP)** is the main aviation hub in Honduras. International airlines serving SAP include:

REGION	CITIES / AIRLINES
North America	Miami (American), Atlanta (Delta), Houston (United), Newark (United), Fort Lauderdale (Spirit, JetBlue), Orlando (JetBlue, Spirit, Frontier), New York-JFK (JetBlue), New York-LGA (JetBlue), Dallas (American), Denver (United)
Central America	Guatemala City (Avianca, TAG, CM Airlines), San Salvador (Avianca, Volaris), Panama City (Copa), San José CR (Avianca seasonal)
Mexico	Mexico City (Aeroméxico Connect)
Europe	Madrid (Air Europa)

Domestic flights from San Pedro Sula (SAP) to Roatan (RTB):

Aerolíneas Sosa, CM Airlines, Avianca Honduras

C) International Flights to Tegucigalpa (TGU) - Domestic Connection

The **Toncontín International Airport (TGU)** receives international flights from:

Houston (United), Miami (American), Guatemala City, San Salvador (Avianca), Panama City (Copa)

Domestic flights from Tegucigalpa (TGU) to Roatan (RTB):

Aerolíneas Sosa, CM Airlines, Avianca Honduras

PRACTICAL NOTE: DIRECT FLIGHTS FROM MIAMI, HOUSTON, OR DALLAS TO ROATAN ARE THE MOST EFFICIENT OPTION. FROM EUROPE, THE MOST COMMON ROUTE CONNECTS THROUGH MADRID (AIR EUROPA) TO SAN PEDRO SULA, FOLLOWED BY A SHORT DOMESTIC FLIGHT TO ROATAN

OPTION 2: BY FERRY

The main sea connection operates from La Ceiba (Honduras mainland) to Roatan

COMPANY	LA CEIBA >> ROATAN	ROATAN >> LA CEIBA	DURATION
Galaxy Wave Ferry	9:30 AM & 4:30 PM	7:00 AM & 2:00 PM	1h 30min
Dream Ferry	9:30 AM & 3:00 PM	6:30 AM & 1:00 PM	1h 30min

TIP: ARRIVE AT THE TERMINAL 1 HOUR BEFORE DEPARTURE. TICKETS CAN BE BOOKED ONLINE OR PURCHASED AT THE COUNTER. FARES RANGE FROM APPROXIMATELY \$30-\$35 ONE WAY

EVENT LOCATION

WEST BAY BEACH

West Bay is the beach where the event will take place. The diving platform will be located 5 minutes by boat from our headquarters, the “**SAN SIMON BEACH CLUB**” at **MAYAN PRINCESS RESORT**.

This Beach Club has opened their doors to the freediving community and allowed us to use the club as the event headquarters. At this venue, we will host the following amenities:

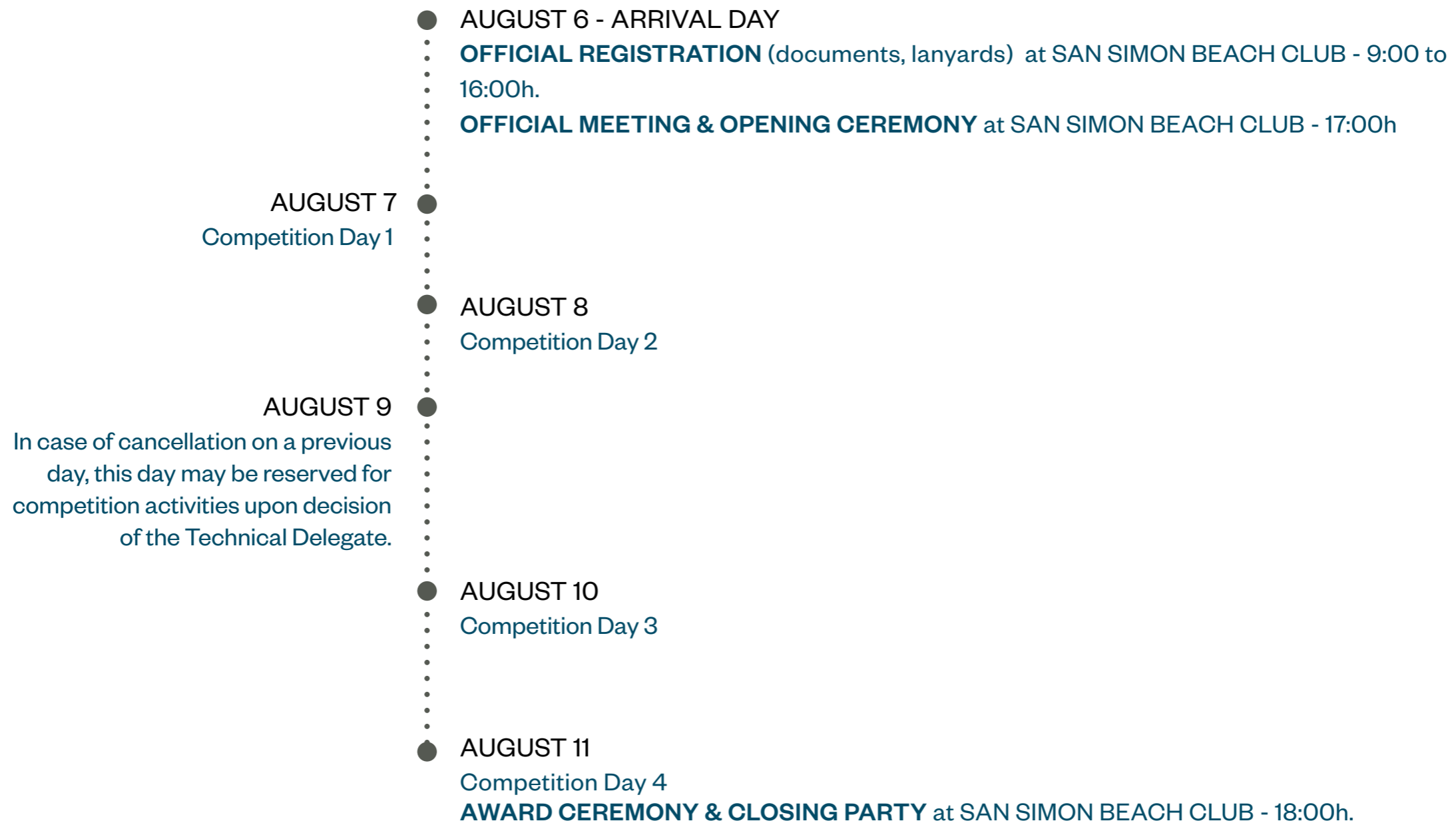
- ✓ Opening Ceremony venue.
- ✓ Registration area and Office Space / Wi-Fi.
- ✓ Room for staff/helpers.
- ✓ Judges Room.
- ✓ Room for Event Committee.
- ✓ Safe storage/lockers.
- ✓ Showers and changing rooms.
- ✓ Full bar and restaurant.
- ✓ Lounge chairs and hammocks.





Kohki Ueno

SCHEDULE



COMPETITION DAYS - First TOP TIME 8:45 am

Ferry boat from San Simon Beach Club to competition site every 30 minutes from 7:45am. 5 minute ride.

PREVIOUS TRAINING

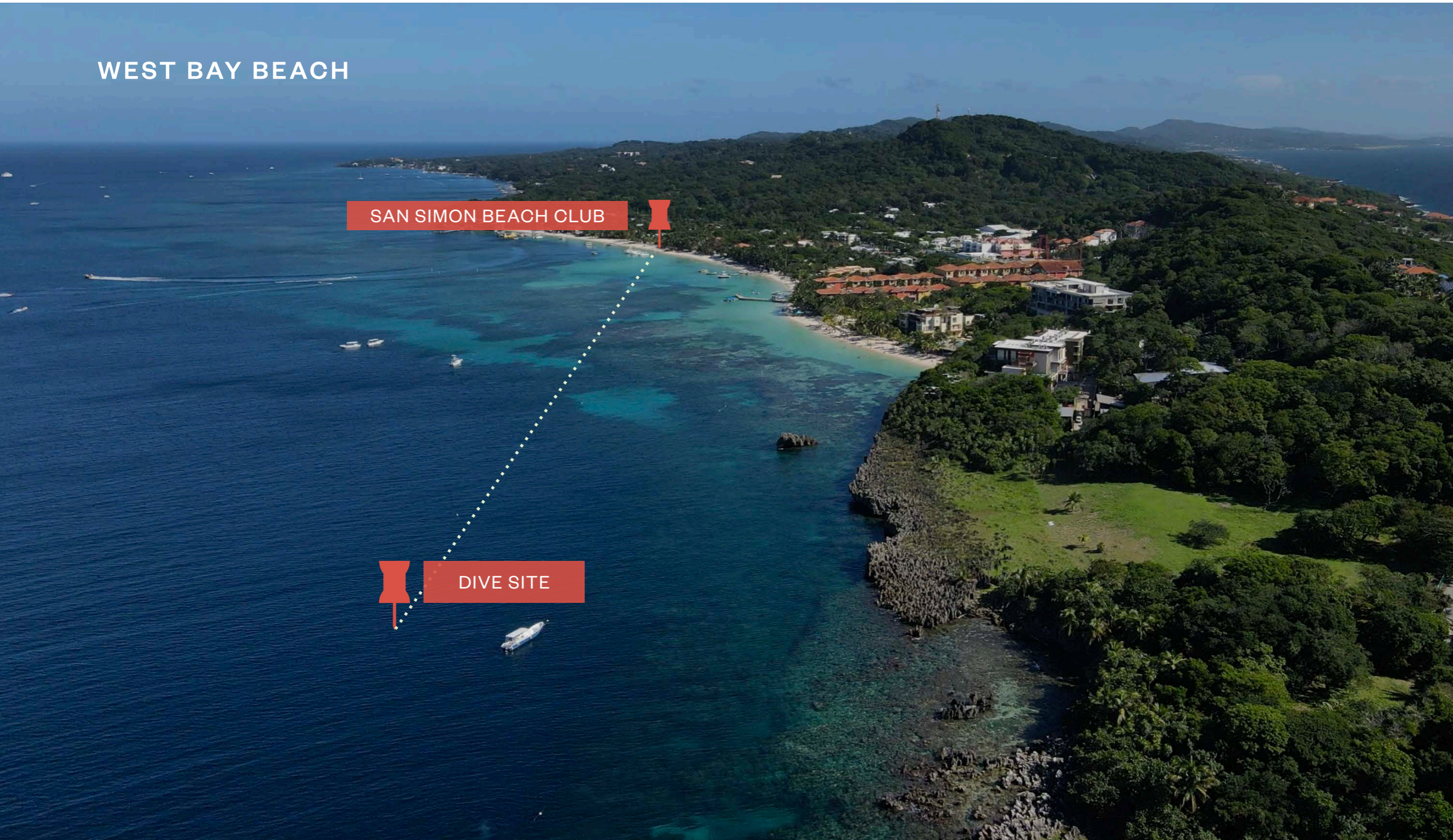
Roatan Freediving School & Training Centre offers year-round training. Ferry boat to training site from San Simon Beach Club, shifts from 8:00–9:30 / 9:40–11:10 / 11:20–12:50

Schedules may be adjusted according to the number of athletes training.

DIVE SITE

The site proposed for the competition is **approximately 0.7 nautical miles from shore** (N 16°16.577' - W 86°36.365'), located in front of **West Bay Beach** and within **5 minutes by boat** from our headquarters at **San Simon Beach Club**.

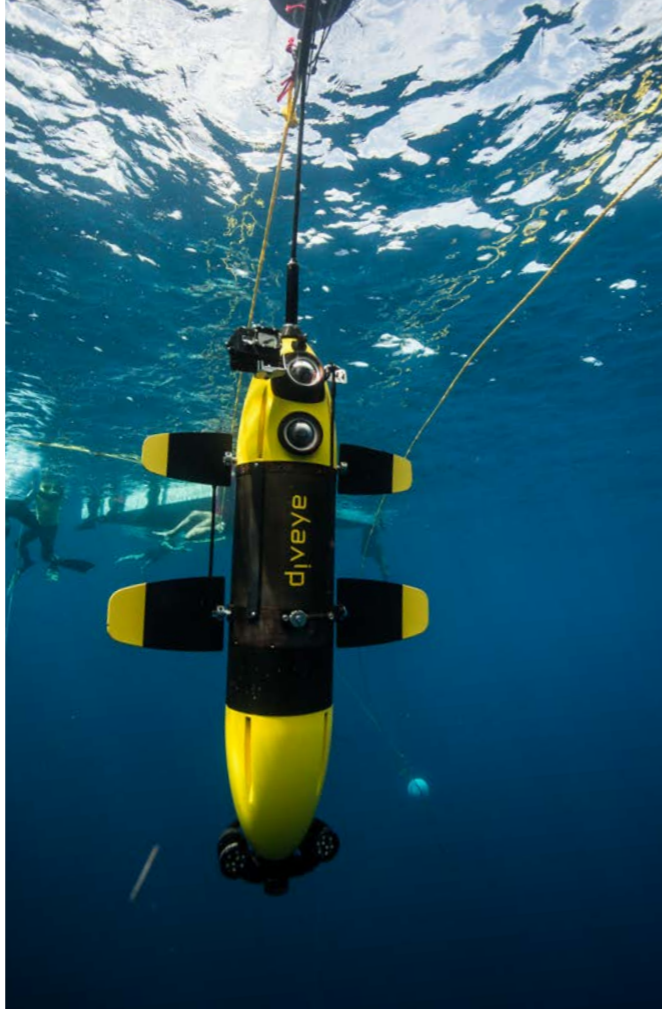
WEST BAY BEACH



MARINE INFRASTRUCTURE, PLATFORMS AND TRANSPORTATION

- Two or three competition lines as needed.
- Four or more warm up lines as needed.
- A boat will be anchored and offer dry space in the competition area (shade, freshwater showers, bathrooms) to athletes, staff, media and spectators.
- One additional boat will be permanently by the dive platform dedicated exclusively to emergency evacuation.





SAFETY

Daniel Arias Córdova has been appointed as the Event Head of Safety.

- ✓ 5 safety freedivers per competition line.
- ✓ 1 UW scooter per competition line.
- ✓ 3 warm up lines at 40 m per competition line supervised by 2 safety freedivers.
- ✓ Athletes diving deeper than 80 m in CWT/FIM and 60 m CNF, are allowed to use Deco lines (1 per comp zone), to dive 5 m x 5 min for preventive recompression with 100% O₂ surface tank with deep hose/regulator. Lines are supervised by one dedicated safety diver.
- ✓ Traditional counterbalance system capable of 2+m/s assisted ascent per competition line.
- ✓ High resolution sonar.
- ✓ One doctor or medic assigned per competition line on the platform.
- ✓ 2 paramedics on the platform.
- ✓ Emergency evacuation boat.
- ✓ A fully equipped ambulance on standby at our headquarters San Simon Beach Club, provided by "Alert International Rescue".
<https://alertinternationalrescue.com>
- ✓ Medical clinic 200 m from our headquarters San Simon Beach Club. <https://alertinternationalrescue.com/>
- ✓ Medical center and decompression chamber at 25-minute drive, available 24/7.
<https://anthonyskey.com/hyperbaric-chamber-medical-clinic/>
- ✓ Advanced medical center, 9 kilometers (6 miles) / 20 minute drive.
<https://www.hcemesa.com/>

Note:

- All athletes with DCI symptoms will be evacuated immediately to the hyperbaric chamber.
- For training days athletes will only be allowed to perform one dive per day deeper than 60 m.

EXPECTED WEATHER CONDITIONS AUGUST 2026

Air Temperature

25 - 30°C (77 - 86 °F)

Water Temperature

27 - 29°C (80 - 84 °F)

Water temperature decreases
about 2 degrees at 100 m.

Currents

Minimal to moderate

Visibility

24 -40 m (80 - 120 feet)



LODGING

Athletes are free to choose accommodation in accordance with their preferences and budget. Some Resorts, Hotels, Inns and Rental Houses in West Bay and West End will offer special prices.

WEST BAY BEACH

Kimpton Grand Roatan Resort & Spa

5 Stars, Spa, Beachfront

West Bay Beach

+504 9462-8223

<https://grandroatanresortandspa.com/>

Mayan Princess Resort

West Bay Beach

<https://v2.mayanprincess.com>

Paradise Beach Hotel & Resort

West Bay Beach

<https://www.paradisehotels.com>

Infinity Bay Spa & Beach Resort

147 rooms, spa, casino, dive shop

West Bay Road

USA Toll-Free: +1-833-588-4229

Honduras: +504 2408-4800

WhatsApp: +504 9496-4308

<https://www.infinitybay.com>

Caribe Tesoro Resort

West Bay Beach

1 Kai Linda Way

Available via web form

<https://www.caribetesoro.com>

#1 on TripAdvisor

Spanish Design, pool, bar

Arca Roatan

Boutique Beachfront Hotel,

West Bay Beach

Available via web

<https://arcaroatan.com/>

Naboo Resort

West Bay

Tel / WhatsApp: +504 9421-0578

+504 9844-5898

nabooresort@gmail.com

<https://nabooresort.com>

Beach club, Restaurante Azul

West Bay Colonial Hotel

Main Road, West Bay

Available via web form

west-bay-colonial.hotels-roatan.com

3 Stars

Blue Roatan Resort

27th Tamarind Drive, West Bay

Tel: +504 9242-3596

reservations@blueroatanresort.com

<https://blueroatanresort.com/>

Beach club, Restaurante Azul

**BANANARAMA
DIVE & BEACH RESORT**
West Bay Beach
Tel: +504 2445-5072
<https://bananarama.com>

VILLAS DE CISNES
West Bay
Consult for discount for WC Athletes
<https://villasdecisnes.com>

BUENA VISTA
Roatan Vacation Condos
West Bay
10% Discount WC Athletes
<https://buenavistaroatan.com>

WEST BAY VILLAGE
Villas and Condos
Main Road, West Bay
Tel: +504 2445-5072
<https://westbayvillage.com>

OASIS ROATAN
West Bay
roatanmunicipality@gmail.com
<https://oasisroatancondohotels.com>

WEST BAY LODGE & SPA
Tropical Bungalows, Spa
Main Road, West Bay
Tel: +504 3355-6717 / +504 3289-5715
<https://wblodgeroatan.com>

WEST END TOWN

LUNA BEACH RESORT
30% discount for 7 or more nights
(Discount Code: FreeDiveMax).
20% discount for less than 7 nights
(Discount Code: FreeDiveMin).
<https://lunabeach.net/>

SPLASH INN RESORT
10% discount when
contacting them by email
and mentioning
participation in the CMAS WC
<https://roatansplashinn.com/>

MAITRI ROATAN
10% discount for 7 or more nights
when mentioning
participation in the CMAS WC
<https://maitriroatan.com/>

WEST END DIVERS RESORT
Sunset Villas, West End
WhatsApp: +504 9626-7919
info@roatansplashinn.com
<https://roatanwestenddiveresort.com>

HALF MOON BAY CABINS
Half Moon Bay, West End
coconuttreecabinsroatan@gmail.com
<https://coconuttreecabinsroatan.com>

POSADA ARCO IRIS
Half Moon Bay, West End
<https://hotelarcoirisroatan.com/>

LANDS END RESORT
<https://landsendroatan.com/>

MARIPOSA LODGE
West End
<https://www.mariposa-lodge.com/>

COCONUT TREE CABINS
West End
<https://www.coconuttreecabinsroatan.com/>

HOTEL LAS ORQUIDEAS
West End
<https://hotelorquideasroatan.com>

ACCOMMODATION PROPERTY MANAGERS

ISLAND HOUSE ROATAN
RUTH HEALEY / BRAD VOLK
reservations@islandhouserootan.com
WhatsApp +504 9648 5738

ILARIA PICELLI
Property Manager
Houses for rent Wes End / West Bay
roatandestination@gmail.com
WhatsApp +504 9600-5167
<https://casamantraroatan.com>

CARIBBEAN COLORS RENTALS
CAROLINE POWERS
info@caribbeancolorsroatan.com
WhatsApp +504 3200-1630

RENTALS by GLADYS CHRISTINA
GLADYS CHRISTINA OLSEN
gladyschristina@gmail.com
WhatsApp: US +1239.961.0401
HN +504.8937.4696

REGISTRATION

INFORMATION ABOUT PARTICIPATION

- All participants should respect the Competition rules, the safety conditions set by the Organizers and CMAS rules and regulations.
- The event is open to the athletes aged 18 and over fully complying with the provisions of CMAS Regulations.
- CMAS, the Competition Director, International Technical Officials and the Technical Delegate are not responsible for accidents or damage caused to people and personal effects before, during or after the competition. The Local Organizing Committee ensures the presence of medical assistance.
- This event is open for individual registration.

REGISTRATION PROCESS

Registration for the competition must be done via CMAS Portal <https://portal.cmas.org/>

Each athlete must have a personal profile on the CMAS Portal (self-registration). Portrait photo must be uploaded. The profile photo must show a close-up of the face and be recognizable (similar to the photo on documents).

HOW TO REGISTER (information for athletes)

- Log into CMAS portal <https://portal.cmas.org/cmas/dashboard>
- Go to the event section <https://portal.cmas.org/cmas/evt-events/events>
- Use the filter options to find the event you want to register.
- Enter the event page. Scroll down. Start registration procedure.
- Assign disciplines you plan to compete.
- Add official Personal Best result in each discipline (PB must not be older than 1 year before competition start). If there is no existing an official personal best unofficial personal best must be provided for safety reasons.
- Pay CMAS competition fee (invoice will be created automatically).

Important notice

- All registrations must be completed and paid until the final dead-line.
- No late registrations allowed.

ATHLETES DOCUMENTS

The following documents must be uploaded into personal profile of the athlete at CMAS Portal:

- ADEL certificate
- Medical Insurance* (see below)
- Medical certificate not older than 12 months
- ID document- passport

Athletes that fail to provide the above documents will not be allowed to take part in the competition, and their participation fee will not be refunded. Also, athletes have to fulfill all the liability release documents concerning the competition.

INSURANCE

- All athletes must have adequate private health and repatriation insurance during competition.
- The participants should purchase adequate medical insurance and repatriation insurance at their place of departure.
- The medical insurance shall cover accidental medical treatment, sudden illness and hospitalization allowance, including hyperbaric chamber treatment.
- Medical insurance must be valid in the territory of Honduras.
- The repatriation insurance shall cover the costs in case of an emergency where you need to return to your place of departure. CMAS and Organizing committee will not be liable for any risks arising there from

- **Responsibility for Off-Venue Incidents:** Any health issues or injuries occurring outside the designated competition area are the responsibility of the individual athletes or their teams, including transportation and medical care arrangements.

- **Medical Expenses:** Athletes or their federations are responsible for medical expenses including hospital, transportation, and hyperbaric chamber expenses.

- **Diving-Related Accidents:** In the event of any accident occurring during a dive, the athlete must undergo a medical evaluation at the local hospital. Further participation or travel will only be permitted upon clearance by the attending medical professionals in accordance with the established medical protocol.

CHAMPIONSHIP RULES

CMAS FREEDIVING INTERNATIONAL RULES DEPTH COMPETITIONS (Version 2025/01)

DISCIPLINES (Men & Women)

FIM
Free Immersion

CWT-BF
Constant weight
with Bi-fins

CNF
Constant weight
with no fins

CWT
Constant weight
with fins

Each day, athletes will be free to choose which discipline they want to compete in.

AGE CATEGORIES (Men and Women)

Seniors

INTERNATIONAL JURY

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

PROTEST *(According to the CMAS Procedures and obligations CAT A – B)*

- **DOPING CONTROL:** The Organizing 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.
- **SECURITY RULES:** Mandatory testing for BZD and PDE 5 will also be carried out.
- **CLASSIFICATION AND AWARDS:** According to the CMAS rules.

CLASSIFICATION AND AWARDS

- First, second, and third place in each discipline for men and women.
- Overall

VISA

VISA REQUIREMENTS & PASSPORTS

All foreign visitors must bring a valid passport upon their arrival to enter Honduras.

Visitors are issued a Honduran visa stamped in the passport at the moment of their arrival, and it is expected for visitors to have at least three months left on their passport before expiration, to be able to enter Honduras.

For athletes from countries who need to apply for a visa in advance and require a letter from the organization, please request it by sending **Annex 5** to the Local Organizing Committee info@roatanfreediving.com

DEADLINES - CONDITIONS FOR PARTICIPATION

REGISTRATION AND PAYMENT OF CMAS FEES ON THE CMAS PORTAL <https://portal.cmas.org/login>

All the athletes and coaches must be registered online through the CMAS Portal ([CMAS Portal](#)).

All fees must be paid.

NO LATER THAN 31/07/2026

CMAS fee - 25,5 EUR per athlete, to be paid via [CMAS Portal](#)

PARTICIPATION FEES AND PAYMENT OPTIONS

PARTICIPATION FEES

USD 500

4 DISCIPLINES

USD 40

PREVIOUS TRAINING FEE PER SESSION

USD 300

COACHES OFFICIALS

METHOD OF PAYMENT OPTION



BANK TRANSFER

(The total cost of the transfer will be covered by the athlete/federation)



CREDIT CARD

(No extra charge)

PayPal

(The total cost of PayPal fees will be covered by the athlete/federation)

Please [click here](#) to proceed with the participation fee and/or pre-training sessions payment.

REFUND CONDITIONS

No refunds will be made due to suspension (partial or total) of the competition due to bad weather, or causes of force majeure that may harm the safety of athletes and / or staff.

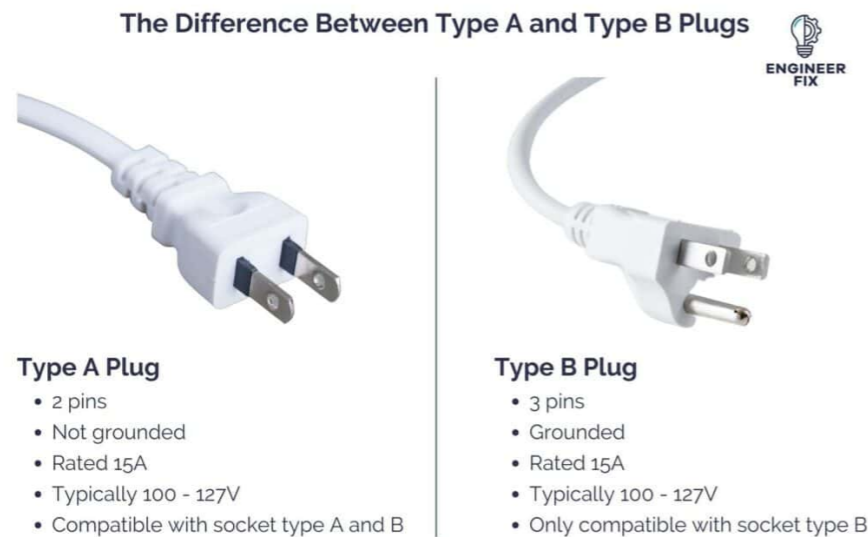
If an athlete withdraws from the competition, any refund - full, partial, or none, will be at the organizer's discretion.

IMPORTANT NOTES

- Before starting to train, athletes must register personally at **ROATAN FREEDIVING SCHOOL & TRAINING CENTER**.
- Present a medical certificate in English not older than 6 months.
- Sign Liability release (will be provided by Roatan Freediving at the time of personal registration).
- Present valid passport.
- Present proof of current medical insurance.
- Passport must be valid for entry into Honduras.

OTHER INFORMATION

- **Electrical Plugs and Sockets Used in Honduras:** Honduras uses Type A and Type B plugs. Type A has two flat, parallel prongs, and Type B has three prongs: two flat, parallel prongs and one round prong. The standard voltage in Honduras is 110V and the frequency is 60Hz. For devices that do not meet these standards, it is recommended to purchase a suitable travel adapter in advance to ensure normal use.



- Inform your arrival details and location of your lodging in Roatan to the Organizing Committee at least one week in advance of if you require airport transfer.
- **Spoken languages:** English is the main spoken language, as well as Spanish and Garífuna.
- **Currency:** \$1.00 (One US dollar) = L. 26.52 (twenty six Lempiras with fifty two cents) US dollars are accepted in most of the local businesses and is the easiest currency to change to lempiras. There are ATMs in West End, West Bay and Coxen Hole.
- **Vaccines:** for some countries yellow fever vaccine is required.
- There are **pharmacies** in **West End** and **Coxen Hole**.
- There are small **supermarkets** in **West End** and other larger ones in **Coxen Hole**.
- There are **gyms** in **West Bay** and **West End**.
- **Spearfishing is not allowed** in the **Roatan Marine Park**; with the exception of the Lion fish, for which it is necessary to obtain a permit/license from the Roatan Marine Park office.
- **Taxi Airport:** West End US \$ 20
- **Taxi Airport:** West Bay US \$ 30
- **Shared Taxi:** West End - Coxen Hole US \$ 2
- **Taxi Boat:** West End - West Bay US \$ 3 (running until dark)



CONTACT



ROATAN FREEDIVING
School & Training Center

Esteban Darhanpe

Founder of Roatan Freediving School & Training Center

<https://www.roatanfreediving.com>

Event Organizer

Email: info@roatanfreediving.com

WhatsApp: [+504 8854.1171](https://www.whatsapp.com/chat?phone=50488541171)

<https://www.roatanfreediving.com>