

Polish Freediving Federation

**2026 CMAS
World Cup Freediving Indoor**

Łódź POLAND

Competition info pack

Version: 2026/01

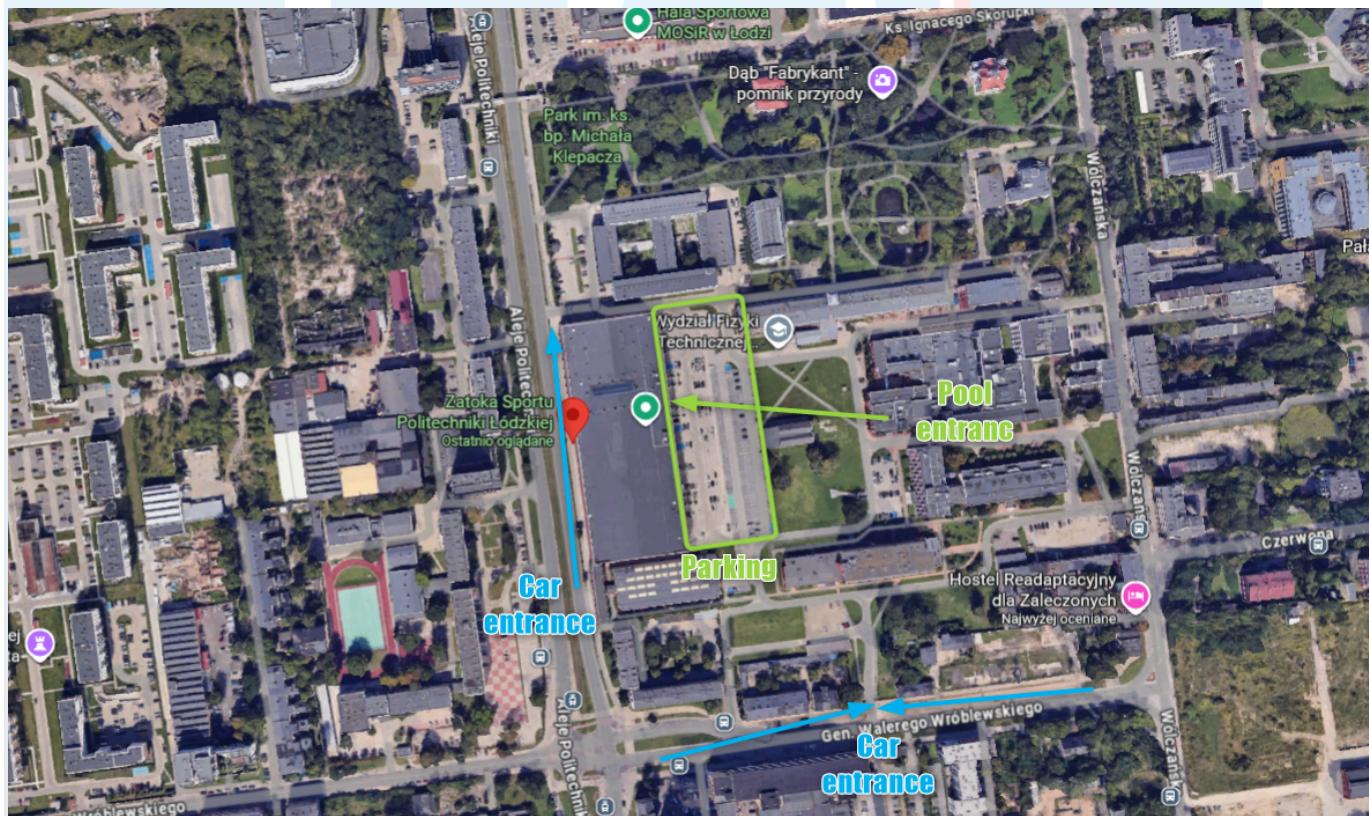
1. Competition

This will be the third edition of the World Cup Freediving Indoor Łódź. The previous edition gathered over 40 athletes from seven countries at the start. Three days of competition brought multiple national records and personal bests. In 2024 Mateusz Malina set a world record in DNF and in 2025 Alessandro Cianfoni set a world record in DNF parafreediving. The Cup is not only a place for sports competition but also a great opportunity for gathering of the freediving community. You are more than welcome to join us in Łódź :-).

2. Place and date of the competition

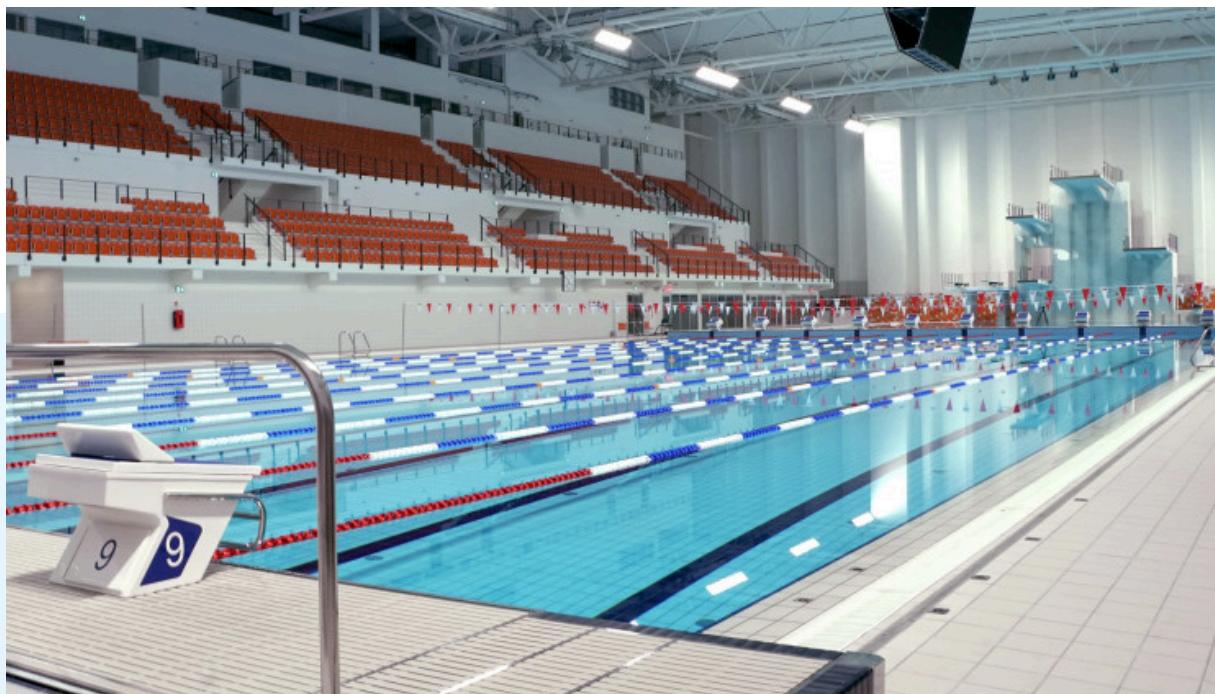
The 2026 CMAS World Cup Freediving Indoor Łódź will be held from 13.03. to 15.03.2026. The venue for the competition will be Zatoka Sportu, Akademickie Centrum Sportowo-Dydaktyczne 90-924 Łódź, al. Politechniki 10.

Google map location: <https://maps.app.goo.gl/cVJcFFqNt3jVRXhV7>.



Pool - 50 meters with 10 lines. The depth along the entire length is 2.5 meters. The water has a constant temperature of 27 ° C.

General pool website - <https://www.zatokasportu.pl/en>



3. How to get there

By plane

Lodz International Airport - <https://www.lodz-airport.pl>

Warsaw International Airport -

<https://www.lot.com/pl/en/airports/airport-warsaw-waw>

Poznan International Airport - <https://poznanairport.pl>

By train

<https://rozklad-pkp.pl/en>

By bus

<https://www.rozklady.com.pl>

By car

The city of Łódź is located at the intersection of the A1 and A2 highways on the west-east and south-north lines.

In the city

The city of Łódź has a very well-developed network of bus and tram connections. A single ticket (to 20 min ride) costs about 1 EURO <https://www.mpk.lodz.pl/lang.action?lang=en>

4. Registration for the competition

TO TAKE PART IN THE COMPETITION YOU MUST:

- Familiarise yourself with the Rules and Regulations of the CMAS Pool World Cup.
- Register as a competitor through the [CMAS Portal](#)
- Pay €25 for the CMAS World Cup licences, paid via CMAS Portal directly to the CMAS in the registration process
- The number of competitors is limited to 80!

THE ENTRY FEE:

- Pay the entry fee to:

Recipient name: Polski Związek Freedivingu

Street: Sadowa 14

City: Jozefów

Zip-code: 05-410

Country: POLAND

SWIFT ID: PPABPLPK

IBAN: PL57 1600 1185 1820 1848 8000 0003 (account in EURO - athletes out of Poland)

Transfer description: 2026 CMAS World Cup – First and Last Name of athlete

Payable by 17.02.2026:

- €200 for 3 days and €150 one or two days.

OR

Payable after 17.02.2026:

- €250 for 3 days and €200 one or two days.

Due to the organization process of the competition, the entry fee and competitor registration must be made by 8.03.2026.

TO BE ADMITTED TO THE COMPETITION YOU MUST:

- present a medical certificate stating that there are no contraindications to diving no older than one year from the date of issue,
- be at least 18 years of age,
- present an identity card or passport on the day of the competition at registration,
- sign the waiver of liability declaration,
- register to the competition in [CMAS Portal](#)

5. Competition Regulations

The competition will take place over three consecutive days - 13, 14, 15 March 2026. Every athlete can choose the discipline that wants to compete each day. Athletes can compete in the same discipline multiple days. Athletes could compete in only one discipline per day. The competition is played only in the senior category.

In accordance with the rules of CMAS, starting lists in the competition will be in order of personal best.

Scoring and Classification System for the overall winner:

There will be two types of classification:

- overall winners classification
- events/disciplines medal classifications in DYN, DYN-BF, DNF

Overall winners classification:

DYN: 1 point per meter

DYN-BF: 1.1 point per meter

DNF: 1.25 points per meter

Results from all 3 disciplines (or if the athlete starts in fewer disciplines (events), the best performance from performed disciplines/events) will be added for the overall winners classification.

Events/disciplines medal classifications

3 first places for men and women in discipline DYN, DYN-BF, DNF (the best performances will be taken into consideration) will be awarded by medals.

Competition schedule

12.03.2026 - Thursday	
18:00-20:00	Official training
13.03.2026 - Friday	
10:00	Start of registration (pool lobby)
11:30	Entry to the pool area
12:00	Technical meeting (pool classroom)
12:15	Start of warm-up for DYN/DNF/DYN-BF
12:30	OFFICIAL OPENING OF THE COMPETITION, briefing for competitors, referees and safety and medical teams
13:00	First Top Time DYN/DNF/DYN-BF starts every 8 min
16:00	Last Top Time DYN/DNF/DYN-BF (at maximum number of competitors)
14.03.2026 - Saturday	
9:00	Entry to the pool area
9:15	Start of warm-up for DYN/DNF/DYN-BF
10:00	First Top Time DYN/DNF/DYN-BF starts every 8 min
13:00	Last Top Time DYN/DNF/DYN-BF (at maximum number of competitors)
15.03.2026 - Sunday	

9:00	Entry to the pool area
9:15	Start of warm-up for DYN/DNF/DYN-BF
10:00	First Top Time DYN/DNF/DYN-BF starts every 8 min
13:00	Last Top Time DYN/DNF/DYN-BF (at maximum number of competitors)
13:30	Closing and awarding ceremony

6. Accommodation

In Łódź you can find a very large offer of hotels, hostels and B&Bs/AirBNBs.

7. Anti-Doping Control

The International Testing Agency (ITA) decides the testing plan of the competition and sends it to LOC. Additional CMAS individual tests are possible during competition.

All the controls and procedures are under the authority of CMAS - “testing authority “and result management”.

Tests for benzodiazepines may be performed at competitions in accordance with CMAS procedures.

8. Media, results

The competition will be broadcast online on tv.cmas.org

Online results service is provided by freedivingranking.com

9. Announcements and news

Additional announcements and news will be published on the Polish Freediving Sport Federation website. <https://pzf-sport.org/>, on the competition website or on the [event page on Facebook](#)

10. Contact

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