

# Nordic Championship Depth 2026

16.-21. of August 2026

Larnaca, Cyprus



FREEDOM

**Danish Sports Diving Federation and Freedom Freediving** would like to invite you to the **Nordic Championships in Depth 2026**.

Pavlos Kourtellas from Freedom Freediving, based in Larnaca, Cyprus, will be the organizer of the competition.

This year's Nordic Championships will be held as a joint event together with the Danish National Championships.

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## **Program:**

**Saturday 15/8 – 19:00:** Meeting and registration

**Sunday 16/8 – Official Training Day**

**Monday 17/8 – Competition Day – CWT**

**Tuesday 18/8 – Competition Day – FIM**

**Wednesday 19/8 – Rest Day / Reserve Day**

**Thursday 20/8 – Competition Day – CNF**

**Friday 21/8 – Competition Day – CWT-BF + Award Ceremony + Closing Dinner**

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## **Accommodation Options:**

Larnaca is a beach holiday city in Cyprus, so there are plenty of accommodation options.

Both hotels and holiday apartments can be found on Booking.com.

Private apartments can also be rented through Airbnb.com.

It is recommended to find accommodation within walking distance of the harbour where the boats depart (see under “Info”).

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## **Info:**

On competition and training days, departures will be from the small harbour furthest west, next to Mackenzie Beach.

**Meeting point:**

<https://maps.app.goo.gl/7Uzv8io292vVpeVa8>

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## **Transport:**

There are direct flights to Larnaca Airport from many airports.

From Larnaca Airport, it is a 10–15 minute taxi ride to Larnaca city. Regular taxis are available, and you can also use apps like BOLT.

The public bus system works reasonably well—buses go directly from the airport into the city.

More info:

<https://www.publictransport.com.cy/routes/page/routes-and-timetables?agency=10>

There are also options to rent a car, but it is not necessary to get around the city.

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## Food:

Larnaca has a wide variety of restaurants, so you will definitely find something that suits your taste.

There are several small supermarkets where you can do most of your shopping, as well as some larger supermarkets (though not as many).

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## Training Options:

In Larnaca, you need a boat to train depth.

Freedom Freediving arranges training several times a day, and you can book sessions in the days before the competition if you want to train beforehand.

For dives deeper than **75 m**, the setup includes a **counterweight system** and **sonar**.

You can also get **oxygen decompression** after dives deeper than **70 m** for an additional fee.

There is also training available on buoys.

**35 € per training session**

For booking training before the 16th of August, contact **Pavlos Kourtellis** on WhatsApp: **+357 97878862**

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## Safety:

We will have a trained safety and medical team for the competition.

### Decompression Chamber:

There is a private decompression chamber available in Larnaca, and another chamber at the general hospital in Protaras (45 minutes away).

Larnaca is a major diving destination, so the hyperbaric doctors are well trained.

More info about safety protocols will be announced at the meeting before the first official training day.

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## Registration:

Registration must be done through your national federation.

Registration and competition fee:

- **450 EUR** until **31st of May**
- **500 EUR** after **31st of May**

Send an email with the names of athletes and confirmation of payment (photo of bank transfer).

Email: **fridykning.udvalg@sportsdykning.dk**

Each country can participate with **2 women and 2 men** for the whole competition.

These spots will be reserved for each Nordic country until **31st of May**, after which registration opens for the open competition.

If a country has not filled its allocated spots by the 31st, it can still fill them afterwards, but availability is not guaranteed.

There is a **maximum capacity of 30 competitors per day**.

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## Bank information for payment:

**Name:** Pavlos Kourtellas

**IBAN:** LT973250007614265038

**BIC/SWIFT:** REVOLT21

**Bank:** Revolut Bank UAB

Konstitucijos ave. 21B, 08130, Vilnius, Lithuania<

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## Questions:

For any questions regarding registration contact danish federation through:

**fridykning.udvalg@sportsdykning.dk**

For any questions regarding training beforehand contact Pavlos on **+357 97878862** on whatsapp