

Polish Freediving Sport Federation

The CMAS Pool World Cup

Lodz POLAND

Competition info pack

Version: 2025/01

1. Competition

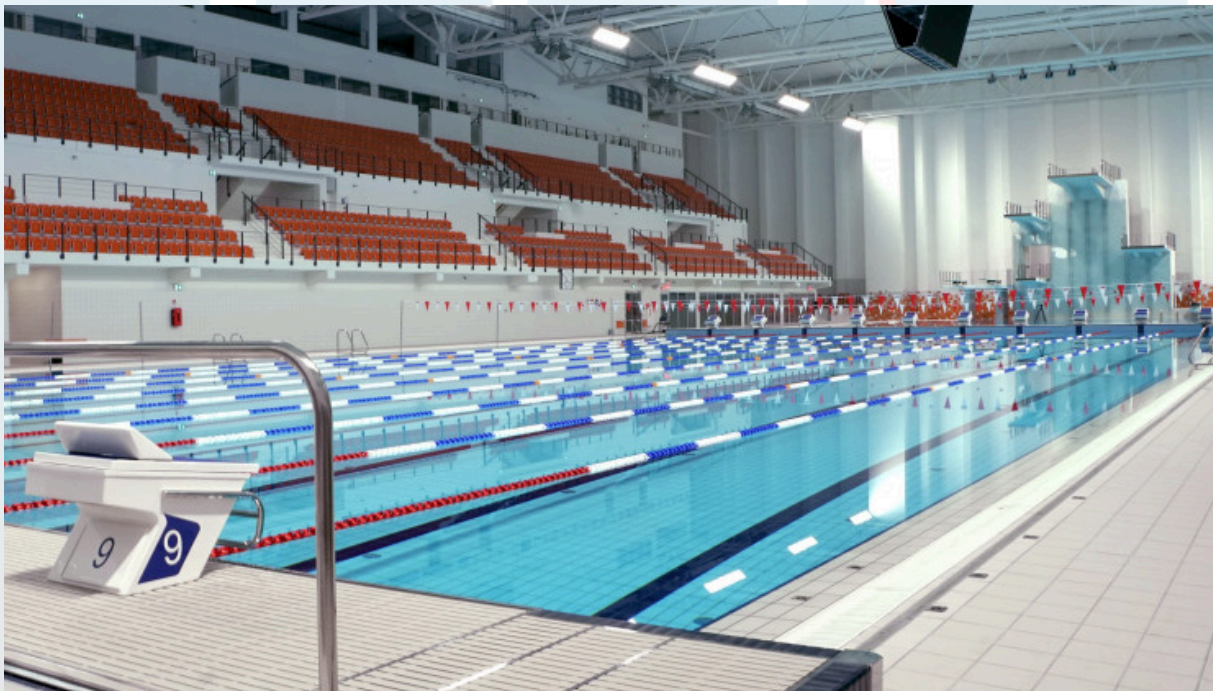
This will be the second edition of the CMAS Pool World Cup in Łódź. The previous edition gathered over 40 athletes from four countries at the start. Three days of competition brought multiple national records and personal bests, Mateusz Malina set a world record in DNF. The Cup is not only a place for sports competition but also for great opportunity for gathering of the freediving community. You are more than welcome to join us in Lodz :-)

2. Place and date of the competition

The CMAS Pool World Cup in Lodz will be held from 14.03. to 16.03.2025. The venue for the competition will be Zatoka Sportu, Akademickie Centrum Sportowo-Dydaktyczne 90-924 Łódź, al. Politechniki 10.

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.

<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/flights/flights-to-europe/flights-to-poland/flights-to-warsaw/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 the entry fee to:
Polski Związek Freedivingu
Sadowa 14 (street)
Jozefow (citi)
05-410 (zip code)
SWIFT ID: PPABPLPK
IBAN out of Poland PL57 1600 1185 1820 1848 8000 0003 (account in EURO)
Description : CMAS Pool World Cup 2025 – First and Last Name
- Pay €24 for the CMAS World Cup licences, paid via CMAS Portal directly to the CMAS in the registration process

THE ENTRY FEE:

Payable by 15.02.2025:

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

Payable after 15.02.2025:

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

Plus €24 for the CMAS World Cup licences, paid via CMAS Portal directly to the CMAS in the registration process.

Due to circumstances connected with the organisation of the competition, the entry fee and competitor registration must be made by 28.02.2025 (to get the T-shirt) or 9.03.2024 (no T-shirt guaranteed).

The number of competitors is limited to 80.

In accordance with the rules of CMAS, starts in the Competitions take place in order of personal best.

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

3 competition days (14, 15, 16 march 2025). Every athlete can choose the discipline that wants to compete each day. Athletes can compete in the same discipline as many competition days they want. Mixed discipline starts are allowed. The competition is played only in the senior category.

Scoring and Classification System for the overall winner:

There will be two types of classification:

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

Overall winners classification:

DYN:1 point per meter

DYNBf: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, DYNBf, DNF (the best performances will be taken into consideration) will be awarded by medals.

Competition schedule

13.03.2025 - Thursday	
18:00-20:00	Official trening
14.03.2025 - Friday	
9:00-10:00	Official trening
11:00	Start of registration (pool lobby)
12:30	Entry to the pool area
13:00	Technical meeting (pool classroom)
13:15	Start of warm-up for DYN/DNF
13:30	OFFICIAL OPENING OF THE COMPETITION, briefing of competitors, referees and rescue team
14:00	First Top Time DYN/DNF/DYN-B starts every 8 min
17:00	Last Top Time DYN/DNF/DYN-B (at maximum number of competitors)

15.03.2025 - Sunday

13:00	Entry to the pool area
13:15	Start of warm-up for DYN/DNF
14:00	First Top Time DYN/DNF/DYN-B starts every 8 min
17:00	Last Top Time DYN/DNF/DYN-B (at maximum number of competitors)

16.03.2025 - Sunday	
9:00	Entry to the pool area
9:15	Start of warm-up for DYN/DNF
10:00	First Top Time DYN/DNF/DYN-B starts every 8 min
13:00	Last Top Time DYN/DNF/DYN-B (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 in cooperation with [Diveye](#).

The media patronage over the competition is held by [Telewizja Polska](#).

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/> or on the competition website

10. Contact

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