

Polish Freediving Sport Federation

**The XIV Silesian Freediving Barbórka Cup
2024**

Competition info pack

Version: 2024/01

1. Competition

The XIV Silesian Freediving Cup is one of the oldest cyclical freediving competitions in Europe. The Cup is held not only in the individual classification but also in the team classification. The team must consist of three athletes, including at least one woman. The Cup is traditionally not only a place for sports competition but also for great meetings. You are more than welcome :-).

2. Place and date of the competition

The XIV Silesian Freediving Cup 2024 will be held from 7.12. to 8.12.2024. The venue for the competition will be Kryta Pływalnia „Akwarium” MOSiR w Rybniku, Jastrzębska 3a, 44-253 Rybnik - <https://maps.app.goo.gl/M5fA8FXEbr3Cnvyr6>.



3. Registration for the competition

TO TAKE PART IN THE COMPETITION YOU MUST:

- Familiarise yourself with the Rules and Regulations of the Barbórka Cup (tab "Rules and Regulations").
- Register as a competitor through the "[Registration](https://www.rybnik.free-diving.pl)" section of the competition (<https://www.rybnik.free-diving.pl>)
- Pay the entry fee to:
Stowarzyszenie Freediving Poland
SWIFT ID: CITIPLPX

IBAN 63 1750 0012 0000 0000 3708 8277

IBAN out of Poland PL 63 1750 0012 0000 0000 3708 8277

Description : Barbórkowy Puchar Śląska we Freedivingu – First and Last Name

THE ENTRY FEE IS:

Payable by 15.11.2024:

- PLN 250 for athletes of Polish nationality,
- €65 for foreign athletes.

Payable after 15.11.2023:

- PLN 300 for athletes of Polish nationality,
- €80 for foreign competitors.

Due to circumstances connected with the organisation of the competition, the entry fee and competitor registration must be made by 29.11.2024 (to be guaranteed a T-shirt: by 23.11.2024).

Due to the timeframe, the number of competitors is limited to 46.

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

TO BE ADMITTED TO THE COMPETITION YOU MUST:

- hold a current membership of a PZF club (the results of those holding a competitor's licence will go towards the CMAS ranking) or other CMAS club for foreign competitors,
- present a medical certificate stating that there are no contraindications to diving no older than one year from the date of issue (entry in the diving book or current sportsman's health card or completed certificate according to the specimen:
<http://freedivingpoland.org.pl/wp-content/uploads/2014/11/zaswiadczenie-medyczne.pdf>)
- 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.

Example of a registration section from the website:

REGISTER!

In accordance with the PZF-CMAS rules, participation in the Championships is determined by the order based on personal best results. Therefore, in the fields below, please provide your best personal results from competitions or training sessions.

Name	Surname	Email
Date of birth	Team name	<input type="checkbox"/> I don't have a team, but I'd like to join one!
Senior ▼	T-shirt size	Glove size
Personal best DNF (m)	Personal best DYN (m)	Personal best STA (mm:s)
On Saturday I will swim: <input checked="" type="radio"/> DYN <input type="radio"/> DNF		
<input type="checkbox"/> I agree to the processing of my personal data by Polski Związek Freedivingu, in order to conduct a sporting event. Providing data is voluntary. The basis for data processing is my consent. I have the right to withdraw my consent at any time. Personal data will be processed until permission is revoked. I have the right to request the administrator to access my personal data, rectify them, delete or limit processing, and the right to submit a complaint to the supervisory authority.		

REGISTER FOR THE COMPETITION

4. Competition Regulations

The XIV Silesian Freediving Cup 2024 competition will be held in one age category with no division into Senior and Masters categories.

As was the case at the last competition in Rybnik, participants can choose in which dynamic they will start on the first day (Saturday) and in which on the second day (Sunday). All competitions will take place in the 25m pool.

The competition will be held in accordance with the current [CMAS Rules and Regulations](#) and will be conducted in three competitions:

- Dynamic in fins (dynamic in mono fin or two fins with any technique)
- Dyanmic without fins
- Static

To score points in the team classification, a team must consist of three people including at least one female athlete. This team set-up is primarily intended to promote the sport of freediving among ladies.

5. Competition schedule

07.12.2024 - Saturday	
12:00	Start of competitors' registration
13:00	Entry to the pool area

13:30	Start of warm-up for DYN/DNF
13:45	OFFICIAL OPENING OF THE COMPETITION, briefing of competitors, referees and rescue team
14:15	First Top Time DYN/DNF starts every 8 min
18:00	Last Top Time DYN/DNF (at maximum number of competitors)

08.12.2024 - Sunday	
10:00	Entry to the pool, start of the warm-up for the STA
10:45	First Top Time STA, starts every 12 min
13:09	Last Top Time STA
13:30	Start of warm up for DYN/DNF
14:15	First Top Time DYN/DNF starts every 8 min
17:00	Last Top Time DYN/DNF (at maximum number of competitors)

6. Accommodation and closing ceremony

The place of official accommodation is the Hotel Przy Młynie. The closing ceremony of the competition, as well as the dinner and team-building meeting, will be organised on the hotel premises.

Hotel Przy Młynie, ul. Miejska 16, 44-200 Rybnik - <https://maps.app.goo.gl/Mb7KUJiZnnD926pS8>

There is a discount for competitors and team members, when booking, please indicate whether the booking is to be with or without breakfast. In order to make a reservation at the fixed price, please contact the hotel staff and state the reservation for "Diving competition" when booking.

Phone: +48 32 422 11 24

Mail: recepca@hotelprzymlynie.pl

www: hotelprzymlynie.pl

7. 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 [Barbórkowy Puchar Śląska we freedivingu \(free-diving.pl\)](https://barborkowy-puchar-slaska-we-freedivingu.pl).

8. Contact

CONTACT



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