



28 July - 4th August









The Egyptian Diving & Lifesaving Federation have the honor to invite you to the16th Finswimming World Junior Championship that will take place in Sharm El-Shiekh – Egypt during the period from 28th of July 2019 till 4th of August 2019

For the first time Egypt will be hosting this major event in one of the most spectacular, touristic areas in the world, the city of Sharm El Sheikh on the Egyptian Riviera.

I would like to welcome all competitors wishing they perform at their best in a fair competition where friendship and building bridges between our youth, our future leaders, will strengthen communication between our nations and uphold the precious values that the venue holds as the city of peace.

Wishing all the teams the best of luck

Sameh El Shazly EDLF President CMAS BOD member Cellular: +2 010 9999 8 667

E-mail: edlf@edlf-eg.org









SHARM EL-SHEIKH

Sharm is an Egyptian city on the southern tip of the Sinai Peninsula, in South Sinai Governorate, on the coastal strip along the Red Sea. Its population is approximately 73,000. Sharm El Sheikh is the administrative hub of Egypt's South Sinai Governorate, which includes the coastal towns of Dahab and Nuweiba as well as the mountainous interior, St. Catherine and Mount Sinai. The city is a significant center for tourism in Egypt, while also attracting many international conferences and diplomatic meetings.

Sharm El Sheikh has an international reputation as one of the world's most extraordinary diving destinations in the Red Sea, Egypt as well as its sheltered sandy beaches, clear water, coral reefs and hospitality of its residents. Sharm is surrounded by three protected areas:

Ras Mohammed Natural Protected Park:

Ras Mohamed is a major diving destination with marine life around the Shark and Yolanda reefs and the Thistlegorm wreck. The area is home to more than 1000 species of fish, 40 species of star fish, 25 species of sea urchins among others sea turtles as green turtle and hawksbill turtle.









St. Katherine National Park: St. Katherine is located in the south of Sinai, it

encloses most of mountainous area of central south Sinai including the country's highest mountain Mount Catherine.



Nabq Protected Area:

Nabq is characterized by a great diversity of habitats and ecosystems in a uniquely compact setting, representing a complete terrestrial/marine ecosystem which characterizes the Gulf of Aqaba coast. The coral reefs are among the best and most diverse in the Egyptian Red Sea (208 species of hard coral), and are the home for a great number of fish (438 species) and marine invertebrates



Sharm El-Sheikh is basically divided into three main regions:

Na'ama Bay

The bay is a beautiful paved walkway, lined with bougainvillea and oleander, following the full sweep of the bay. Na'ama Bay is the target for tourists in the evenings where you will find many shops, restaurants, bars and cafes.



Sharm El-Maya



This is the name given to the bay area old town of Sharm El-Sheikh.

The picturesque bay is a natural harbor and home to many small boats.

The beautiful sandy beach has a profusion of palm trees providing natural shade for the sun loungers.









Transportation Sharm El-Sheikh International Airport

Ras Um Sid Cliff

It is famous for its coral reefs and has a very high cliff where many hotels are situated.

* For more information you can visit <u>www.sharmelshiekh.com</u>

The airport is located in Sharm El-Sheikh, Egypt and it is the third-busiest airport in Egypt after Cairo International Airport and Hurghada International Airport.



Climate

The climate of Sharm El Sheikh is subtropical desert with mild winters and very hot summers, the sun shines all year round

In winter, the temperatures are very mild, and the sky is usually clear. The rains are very rare also in this season. Every now and then, a bit of cold air can arrive, and can lower the night temperature below $10 \degree C (50 \degree F)$

Spring is pleasantly warm at the beginning, in March, and it becomes hot already in April, when the weather is similar to the Mediterranean summer, while by May the heat is intense.

Summer, from mid-May to September, is really hot, with the sun always shining and very high temperatures. The air is usually dry, especially on hotter days, but the heat is intense, and the temperature exceeds quite often 40 °C (104 °F), with peaks of 45 °C (113 °F).

Autumn, in October and November, is hot and sunny; sometimes in early October the heat is still intense, then the temperature gradually decreases.

Temperature during the	Max	Min
competition Electricity	37°C	27°C

The electrical power in Egypt is 220 V, 50 Hz.



Accommodation







Accommodation full board (breakfast, lunch, dinner) will take place in "Dream Vacation Sharm Hotel" and "Old Vic Sharm Hotel"



Dream Vacation Sharm Hotel

- Number of rooms : 319
- Standard and Superior rooms
- All rooms airconditioned with T.V and private bathrooms
- 15 min drive from Sharm El Sheikh International Airport
- Naama Bay is just 5 minutes' drive, and a shuttle can be arranged.

Old Vic Sharm Hotel



- Number of rooms: 136
- Standard and Superior rooms
- All rooms airconditioned with T.V and private bathrooms
- 15 min drive from Sharm El Sheikh International Airport
- Naama Bay is just 5 minutes' drive, and a shuttle can be arranged.



Swimming Pool **The International Youth and Sports City**







The International Youth and Sports City is a unique sports facility in Sharm El Shiekh and one of the largest sports complexes as well. The main object of the sports complex is an Olympic-size swimming pool where the race course is 50 meters in length.

There are two swimming pools in the complex: one is 50X25m and the other is $25 \times 12.5m$.

The pool is equipped with automatic timing system "ALGE-TIMING" and full-color video display. Pool is divided into 10 lanes. There is a video-audio control booth in the 'center of swimming' that can create and edit video and audio signal and transmit information.

During sporting events the complex can accommodate up to 640 spectators.

Long Distance Swimming

Sharm El Maya bay

Sharm El Maya Beach wraps itself some 1.5km around the inside of a pleasant cove in Southern Sinai. The beach is wide and sandy and runs from the ferry port in the South to the cliffs of Hadaba to the North.









Conditions of Participation

Only national federation teams affiliated to the CMAS are eligible to compete in the competition. Each national team should respect the championship rules, the safety conditions set by the organizers and the CMAS rules and regulations. Competition is individual in 1 age category (male / female) 14 - 17 years old (2002-2005 year of birth).

Participation

Swimming-Pool Events:

Each country may enter no more than two (2) swimmers for each distance and one (1) relay team. The entries must reach CMAS headquarters within the time limits set by the CMAS rules on <u>www.cmasoffice.org</u> (Point 5.1- 5.2- 6.1 - 7.1 of CMAS procedures).

The championship will be organized over four (4) days and eight (8) sessions.

The qualifying heats are scheduled in the morning and finals in the afternoon except 400IM, 400 BF, 800 SF and 1500 SF slow heats in the morning and fast heat in the afternoon. For this reason, it's requested from the National Federations to send to the CMAS HQ the official protocols of all national selection competitions in delay maximum of two weeks after the competitions in English language. Thus, times of enrollments of the swimmers will be checked for CMAS championships. If the protocols are not transmuted in this deadline, times of corresponding enrollments will be cancelled, and the athletes will be engaged with time 00:00:00.

Open Water Events:

Each country may enter no more than four (4) swimmers for each distance and one (1) relay team. The relay team is mixed, it is necessarily composed of two female athletes and two male athletes. The starting order is free and is decide by the team leader according to the points 3.4.3 and 8.2.4 of the finswimming rules.

Disciplines and Distances - Male and Female

Swimming Pool:

Surface Finswimming (SF) :50 m, 100 m, 200 m, 400 m, 800 m, 1500 m Apnea (AP): 50 m Immersion (IM): 100 m, 400 m Bi Fins (BF): 50 m, 100 m, 200 m, 400 m Relay: 4 x 50 m SF (mixed), 4 x 100 m SF, 4 x 200 m SF, 4 x 100 m BF (mixed)

Open Water:

Morning:Relay 4 x 2000 m (mixed)Afternoon:6000 m individual

International Jury:

CMAS Technical Delegate according to the CMAS rules.







Classification and Awards:

According to the CMAS rules and regulations.

Protests:

According to the CMAS rules.

Doping Control:

Egyptian Federation guarantees to provide doping control according to the CMAS and WADA rules.

Cylinders Filling:

Only compressed air without oxygen enrichment is allowed. For pool competitions, the minimum volume of a compressed air cylinder (bottle) is 0.4L. (zero-point four liter). The maximum filling pressure for the compressed-air cylinders cannot exceed 200 bar (20 MPa). When a cylinder with a flat bottom is used, adding a rounded bottom, which does not exceed the radius of the cylinder, is allowed. All cylinders used must have passed a hydrostatic test less than 2 years before the competition, or even less if it is required by the local legislation.

Each cylinder must be presented empty during checking meeting before competition. The organizer guarantees the filling of DIN 200, YOKE cylinders (bottles).

*Bottles equipped DIN could be available to National teams through a written booking request at the time of subscription and in which details about the quantity and wished volumes that should be provided.

<u>Flags:</u>

National teams should bring two national flags (2.00m x 1.00m) and a CD with the national anthem (short version).

General Schedule:

Day 1 – 28/07/2019: Delegations Arrival
 Day 2 – 29/07/2019: Training Day, Technical Meeting, Championship Opening Ceremony
 Day 3 – 30/07/2019: Swimming Pool Competition / Heads of Delegation Dinner
 Day 4 – 31/07/2019: Swimming Pool Competition
 Day 5 – 01/08/2019: Swimming Pool Competition, Open Water Teams arrival day
 Day 6 – 02/08/2019: Swimming Pool Competition, Open Water Training / Open Water Technical Meeting
 Day 7 – 03/08/2019: Open Water Competition / Championship Closing Ceremony / Athletes Party
 Day 8 – 04-08-2019: Delegations Departure







The Booking and Entry Fees

Choice # 1

8 Days / 7 Nights: from 28th July to 4th August

Entry fee per participant is (700 EURO) including:

- Accommodation in three stars hotels with double or triple hotel rooms (economy).
- Full board accommodation, starting with dinner on 28th of July & ending with breakfast on 04th of August.
- Transfer from Sharm El-Sheikh Airport to the hotels and return.
- Providing 2 x 0.5L drinking water / person / day.
- Transportation between the official hotels and the venues (Swimming Pool, Open Water Venue).
- Participation in the opening and closing ceremony.

Choice # 2

7 Days / 6 Nights: from 28th July to 3rd August

Entry fee per participant is (650 EURO) Including:

- Accommodation in three stars hotels with double or triple hotel rooms (economy).
- Full board accommodation, starting with dinner on 28th of July & ending with breakfast on 03th of August.
- Transfer from Sharm El-Sheikh Airport to the hotels and return.
- Providing 2 x 0.5L drinking water / person / day.
- Transportation between the official hotels and the venues (Swimming Pool, Open Water Venue).
- Participation in the opening ceremony.

Choice # 3

4 Days / 3 Nights from 01st August to 4th August

Entry fee per participant is (350 EURO) Including:

- Accommodation in three stars hotels with double or triple hotel rooms (economy).
- Full board accommodation, starting with dinner on 01st of August & ending with breakfast on 04^{4h} of August.
- Transfer from Sharm El-Sheikh Airport to the hotels and return.
- Providing 2 x 0.5L drinking water / person / day.
- Transportation between the official hotels and the venues (Swimming Pool, Open Water Venue).
- Participation in the closing ceremony.







Non-Official Organization Participants

Participants who choose to be accommodated in hotels other than the official hotels of the organization must pay a fee of <u>250 EURO</u> per person including (secretarial fees, competition, opening and closing ceremony and athletes' party). Local transfer and catering will not be provided in this case.

Extra Charges

Transportation	From Cairo Air contact Egyptia	port to the hotels in Sharm El- Sheikh and returns – Please n Federation For local transportation please contact Egyptian Federation		
	Extra days			
Accommodation	40 Euro per per	rson /night in a Single room		
	Extra days	Single room	Double/Triple	
		105 Euro per person	85 Euro per person per	
		per night	night	
During the Champio	nship dates	The offer includes all bene	efits	
Outside the Champie	onship dates	The offer includes full board accommodation only		
		Please contact Egyptian F	ederation	

Training camp before championship

Teams wishing to organize a training camp before the championships must specify their request to the Egyptian Federation (Effective date, number of water lines) before 28 June 2019. The Federation will give the rate as soon as it is available.

Deadline for the hotel booking 15th of May 2019.

*Late registrations will not guarantee the accommodation booking.

Visas

In case of requiring a visa, please contact the Egyptian Embassy or Consular in your country. Delegations must obtain a visa, an invitation with the names of participants will be sent upon request. An invitation with the names of participants will be sent upon request for delegations' visa







Payments

The Egyptian Federation accepts only cash or bank transfers in EURO (bank charges will be deducted from sender). Bank checks and credit cards will not be accepted. A minimum of 50% of the total entry fee should be transferred to the Egyptian Federation bank's account no later than 1st of June 2019. The remaining amount should be transferred before 28th of July 2019. For cash payments or bank transfers after 1st of June, the participation fees will be increased by 15% of total amount. All cash payments should before the delegations hotel check-in

Bank Transfer Information

Payment should be made	by direct bank transfer:
Name of the Bank:	Banque Misr
Saving Department:	17 th Gawad Hosni Street, Cairo, Egypt
Swift Code:	BMISEGCX101
Name:	Egyptian Diving and Lifesaving Federation
Account #:	1011 300000 2322
Enrolment will only be a	ccepted when accompanied by bank transfer
receipt.	

Deadline - Entry and Participation Conditions

As reception of these specific rules:

Registration and payment of the CMAS fees subscription must be done on <u>www.cmasoffice.org</u> The hotel booking forms, the payment and the bank transfer certificate must be sent to the Egyptian Federation according to the following schedule:

- 15th April 2019 (no later): Annex 1: Initial entry form.
- 15th May 2019 (no later): Annex 2: Hotel booking form.
- 1st June 2019 (no later): Annex 3: Method of payment Deposit 50%.
- 15th July 2019 (no later): Annex 4: Competitor's list form.

The competitors' list has to be entered in <u>www.cmasoffice.org</u> and the form should be sent to the Egyptian Federation.

The list of national record should be sent to CMAS HQ and the Egyptian Federation.

For further information, please contact us at:

Organizing Committee: Egyptian Diving and Lifesaving Federation 18 Dr. Mostafa El-Dewany St., Garden City, Cairo, Egypt. Tel. and Fax: +2 02 2 795 09 43 - +2 02 2 794 08 93 - email: <u>edlf@edlf-eg.org</u> President: Sameh El-Shazly: Cellular: +2 010 9999 8 667 - email: <u>edlf@edlf-eg.org</u>







Swimming Pool Schedule

Sunc	lay, 28 th July 2019	9, 1 st day of the general program	
Arrival of delegations, accreditations		at the swimming pool), accommodation in	During the
hotels.			day
Training			10:00 - 19:00
Afternoon:			
Lunch			13:00 - 15:00
Dinner			19:00 - 21:00
Mono	lay, 29 th July 2019	9, 2 nd day of the General Program	
Morning		Afternoon	
Breakfast	07:00 - 09:00	Lunch	13:00 - 15:00
Training at the Swimming Pool	10:00 - 19:00	Judges Meeting	15:00
Sports equipment check (according		Team Leaders Technical Meeting	16:00
to the CMAS rules)	10:00 - 18:00	Opening Ceremony	18:00
		Dinner	20:00-22.00
Tueso	day, 30 th July 2019	9, 3 rd day of the General Program	
Morning		Afternoon	
Breakfast	06:30 - 08:00	Lunch	13:00 - 15:00
Warm-up Group A	07:30 - 08:15	Warm-up Group A	16:00 - 16:30
Warm-up Group B	08:15 - 09:00	Warm-up Group B	16:30 - 17:00
Session 1: - 100m SF Women (Heats) - 100m SF Men (Heats) - 100m BF Women (Heats) - 400m SF Women (Heats) - 400m SF Men (Heats) - 4 x 100m BF Mixed Relay (Heats)	09:15 Competition Start	 Session 2: 100m SF Women (Final) 100m SF Men (Final) 1st Award Ceremony: 100m SF Women 100m BF Women (Final) 2nd Award Ceremony: 100m SF Men 100m BF Men (Final) 3rd Award Ceremony: 100m BF Women 400m SF Women (Final) 4th Award Ceremony: 100m BF Men 400m SF Men (Final) 5th Award Ceremony: 400m SF Women 4 x 100m BF Mixed Relay (Final) 6th Award Ceremony: 4 x 100m BF Mixed Relay 	17: Competition Start
	$ \rightarrow $	Dinner for Participants	20:00 - 22:00
	8 7	Gala Dinner for team leaders and head coaches of national delegations.	21:00 - 23:00
Wedne	sday, 31 th July 20	19, 4 th day of the General Program	
Breakfast	06:30 - 08:00	Lunch	13:00 - 15:00
Warm-up Group A	07:30 - 08:15	Warm-up Group A	16:00 - 16:30
Warm-up Group B	08:15 - 09:00	Warm-up Group B	16:30 - 17:00







MorningAfternoonSession 3: - 100m IM Women (Heats) - 100m IM Women (Heats)Session 4: 100m IM Momen (Final) 100m IM Momen (Final) 100m IM Momen (Final) - 150m SF Women (Sow Heats) - 200m BF Women (Heats) - 200m BF Women (Heats) - 200m SF Women (Heats) - 200m SF Women (Heats) - 200m SF Men (Heats) - 4 x 50m SF Mixed Relay (Heats)09:15 - Competition - 15 Mard Ceremony: 1500m SF Women - 200m SF Women (Final) - 6 th Award Ceremony: 200m SF Women - 200m SF Women (Final) - 6 th Award Ceremony: 200m SF Women - 200m SF Women (Final) - 6 th Award Ceremony: 200m SF Women - 9 th Award Ceremony: 200m SF Women - 9 th Award Ceremony: 200m SF Men - 9 th Award Ceremony: 50m SF Mixed Relay Dinner20:00 - 22:00Thursday, 01 th August 2019, 5 th day of the General Program MorningAfternoon13:00 - 15:00Warm-up Group A07:30 - 08:15 - 08:00Uurnch - 05 th Strong PS Momen - 50m SF Momen (Final) - 50m SF Women (Heats) - 50m SF Women (Slow Heats)9:15:00 - 15:30- 600m IM Women (Slow Heats) - 4 x 200m SF Mom (Heats) - 4 ward Ceremony: 50m SF Momen - 400m IM Women (Fast Heat) - 2 th Award Ceremony: 50m SF Momen - 400m IM Momen (Fast Heat) - 5 th Awa	Wedne	sday, 31 th July 20	19, 4 th day of the General Program	
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Warm-up Group B08:15 - 09:00Warm-up Group B16:30 - 17:00Session 5: - 50m SF Women (Heats) - 50m SF Men (Heats) - 50m BF Women (Heats) 	Breakfast	06:30 - 08:00	Lunch	13:00 - 15:00
Session 5: - 50m SF Women (Heats) - 50m SF Men (Heats) - 50m BF Women (Heats) 	Warm-up Group A	07:30 - 08:15	Warm-up Group A	16:00 - 16:30
- 50m SF Women (Heats) - 50m SF Men (Heats) - 50m BF Women (Heats) - 50m BF Men (Heats) - 400m IM Women (Slow Heats) - 400m IM Men (Slow Heats) - 400m BF Women (Slow Heats) - 400m BF Men (Slow Heats) - 400m BF Men (Slow Heats) - 400m BF Men (Slow Heats) - 400m SF Women (Heats) - 400m SF Men (Heats)- 1st Award Ceremony: 50m SF Women - 50m BF Women (Final) - 2nd Award Ceremony: 50m SF Men - 50m BF Men (Final) - 3rd Award Ceremony: 50m BF Women - 400m IM Women (Fast Heat) - 4 x 200m SF Men (Heats)- 2nd Award Ceremony: 50m SF Men - 50m BF Men - 400m IM Women (Fast Heat) - 400m IM Men (Fast Heat) - 50m BF Men - 400m BF Women (Fast Heat) - 50m BF Men - 400m BF Momen (Fast Heat) - 6th Award Ceremony: 400m IM Men - 400m BF Men (Fast Heat) - 6th Award Ceremony: 400m IM Men - 400m BF Men (Fast Heat) - 7th Award Ceremony: 400m BF Women - 4 x 200m SF Women - 4 x 200m SF Men (Final) - 8th Award Ceremony: 400m BF Men - 4 x 200m SF Men (Final) - 8th Award Ceremony: 400m BF Men - 4 x 200m SF Men (Final) - 8th Award Ceremony: 400m BF Men - 4 x 200m SF Men (Final) - 8th Award Ceremony: 400m BF Men - 4 x 200m SF Men (Final) - 8th Award Ceremony: 400m BF Men - 4 x 200m SF Men (Final) - 8th Award Ceremony: 400m BF Men - 4 x 200m SF Men (Final) - 8th Award Ceremony: 400m BF Men - 4 x 200m SF Men (Final) - 8th Award Ceremony: 400m BF Men - 4 x 200m SF Men (Final) - 8th Award Ceremony: 400m BF Men - 4 x 200m SF Men (Final) - 8th Award Ceremony: 400m BF Men - 4 x 200m SF Men (Final) - 8th Award Ceremony: 400m BF Men - 4 x 200m SF Men (Final) - 8th Award Ceremony: 400m BF Men - 4 x 200m SF Men (Final) - 8th Award Ceremony: 400m BF Men - 4 x 200m SF Men (Final) - 4 x 200m SF Men (Final) - 4 x 200m SF Men (Final)	Warm-up Group B	08:15 - 09:00	Warm-up Group B	16:30 - 17:00
- 10 th Award Ceremony: 4 x 200m SF Men	 - 50m SF Women (Heats) - 50m SF Men (Heats) - 50m BF Women (Heats) - 50m BF Men (Heats) - 400m IM Women (Slow Heats) - 400m IM Men (Slow Heats) 		 - 50m SF Women (Final) - 50m SF Men (Final) - 1st Award Ceremony: 50m SF Women - 50m BF Women (Final) - 2nd Award Ceremony: 50m SF Men 	
	- 400m BF Men (Slow Heats) - 4 x 200m SF Women (Heats)	Competition	 3rd Award Ceremony: 50m BF Women 400m IM Women (Fast Heat) 4th Award Ceremony: 50m BF Men 400m IM Men (Fast Heat) 5th Award Ceremony: 400m IM Women 400m BF Women (Fast Heat) 6th Award Ceremony: 400m IM Men 400m BF Men (Fast Heat) 7th Award Ceremony: 400m BF Women 4 × 200m SF Women (Final) 8th Award Ceremony: 400m BF Men 4 × 200m SF Men (Final) 9th Award Ceremony: 4 × 200m SF Women 	Competition







Friday, 02 nd August 2019, 6 th day of the General Program			
Morning		Afternoon	
Breakfast	06:30 - 08:00	Lunch	13:00 - 15:00
Warm-up Group A	07:30 - 08:15	Warm-up Group A	16:00 - 16:30
Warm-up Group B	08:15 - 09:00	Warm-up Group B	16:30 - 17:00
Session 7: - 50 AP Women (Heats) - 50 AP Men (Heats) - 800 SF Women (Slow Heats) - 800 SF Men (Slow Heats) - 4 x 100 SF Women (Heats) - 4 x 100 SF Men (Heats)	09:15 Competition Start	Session 8: - 50 AP Women (Final) - 50 AP Men (Final) - 1st Award Ceremony: 50 AP Women - 800 SF Women (Fast Heat) - 2nd Award Ceremony: 50 AP Men - 800 SF Men (Fast Heat) - 3rd Award Ceremony: 800 SF Women - 4 x 100 SF Women (Final) - 4th Award Ceremony: 800 SF Men - 4 x 100 SF Men (Final) - 5th Award Ceremony: 4 x 100 SF Women - 6th Award Ceremony: 4 x 100 SF Men	17:15 Competition Start
		Dinner	20:00 - 22:00
Saturd	ay, 3 rd August 201	9, 7 th Day of the General Program	
		Morning	
Breakfast			08:00 - 10:00
Departure of Delegations			12:00







Long Distance Swimming Schedule

Thursday, 01s	st August 2019, 5 th	Day of the General Program	101
During the Day		tions, accreditations of Participants (Long Distance),
	Aftern	oon	
Lunch			13:00 - 15:00
Departure to Sharm El Maya Bay			16:00
Departure from Sharm El Maya Bay / S	ports City Pool		18:00
Dinner			20:00 - 22:00
Friday, 02 nd .	August 2019, 6 th I	Day of the General Program	
Morning		Afternoon	
Breakfast	07:00 - 09:00	Lunch - departure to Sharm El May	a 13:00 - 15:00
Departure to Sharm El Maya Bay	09:30	Team Leaders Technical Meeting	15:00
Training and Sports equipment check (according to the CMAS rules).	10:00 - 12:00	Dinner	20:00 - 22:00
	August 2019, 7th	Day of the General Program	
Morning		Afternoon	
Breakfast	06:30 - 07:30	Lunch / Departure	12:30 - 13:30
Departure to Sharm El Maya Bay	07:30	Warm-Up	13:45 - 14:15
Warm-Up	07:45-08:15	6000 m Women	14:30 Competition Start
Relay 4 x 2000 m.	08:30 Competition Start	6000 m Men	16:30 Competition Start
		-Award Ceremony 4 x 2000 m Mix -Award Ceremony 6000 m Women -Award Ceremony 6000 m Men	18:30
		Championship Closing Ceremony	20:00
		Athletes Party	22:00
Sunday, 4 th		^h Day of the General Program	
	Morn	ing	00.00 40.00
Breakfast			08:00 - 10:00
Departure of Delegations			12:00







INITIAL ENTRY FORM

(ANNEX 1)

(Before 15th of April 2019)

	(Before 15 th of April 2019)	
We will participate in the {16 th CMA SHEIKH (EGYPT)	S Finswimming Junior World Chan	npionship 2019} in SHARM EL-
Please complete this form and send i e-mail: <u>edlf@edlf-eg.org</u> before 15 th		Federation by
Country:		
Federation:		
Total number of Athletes	Males:	Females:
Total number of officials	Males:	Females:
Total delegation	Males:	Females:
Pool: YES NO Open water: YES NO	Training Camp (arrival before 4 th of July 2019):	Cylinders (IM) reservation: YES IL Qty. 2L Qty. 4L Qty.

Declaration form:

Release from liability: I hereby declare that I exonerate of liability however so arising, the CMAS, its affiliates, the event Organizing committee and staff, the venue owners, sponsors, and any other persons that participate at the event, in respect to all and every action or claim about accidents that may occur.

Assurance:

Inscriptions will only be valid on the presentation, by each Federation, of the obligatory ACCIDENT INSURANCE COVERAGE POLICY for participants.

Please check CMAS procedures for participations in CMAS Championship

Date

President (Signature/Stamp)

(Full name in block letters)

dent (Signature/Stamp)







HOTEL BOOKING FORM

(ANNEX 2)

(Before 15th of May 2019)

Please complete this form and send it to the CMAS HQ and the Egyptian Federation by e-mail: <u>edlf@edlf-eg.org</u>

Country:						
Federation:						
Phone:		Fax:			E-mail:	
Pool: please complete	Number of 1	rooms	d: from	ate	to	Number of extra night(s)
Single (economy)						
Double (economy)						
Triple (economy)						
Single (standard)						
Single (luxe)						
Double (luxe)						
Open water: please complete	Number of 1	rooms		ate		Number of extra night(s)
			from		to	mgnt(s)
Single (economy)						
Double (economy) Triple (economy)						
Single (standard)						
Single (luxe)						
Double (luxe)						
Date		Pro	esident (Signature/Stam	ıp)	(Full nam	e in block letters)







METHOD OF PAYMENT - DEPOSIT 50%

(ANNEX 3)

(Before 1st of June 2019)

Please complete this form and send it to the organizing committee by
e-mail: <u>edlf@edlf-eg.org</u>

Country:		
Federation:		
Phone:	Fax:	E-mail:

We confirm that the payment ______ euro from account _

Is our contribution for participation in the 16th Finswimming World Junior Championship 2019 in SHARM EL-SHEIKH.

Information for Bank Transfers:

Payment should be made by direct bank transfer:		
Name of the Bank:	Banque Misr	
Saving Department:	17 th Gawad Hosni Street, Cairo - Egypt	
Swift Code:	BMISEGCX101	
Name:	Egyptian Diving and Lifesaving Federation	
Account #:	1011 300000 2322	
Enrolment will only be accepted when accompanied by bank transfer receipt.		

Date	President (Signature/Stamp)	Federation







COMPETITOR'S LIST FORM

(ANNEX 4)

(Before 15th of July 2019)

Please complete this form and send it to the CMAS HQ and the organizing committee by E-mail: <u>edlf@edlf-eg.org</u>

Country:		
Federation:		
Finswimmers:	Males:	Females:
Officials:	Males:	Females:

N°	NAME	FIRST NAME	(Athlete, Trainer, Delegation Chief, Doctor, Judge, Other)	MALE	FEMALE	Single room (economy, standard, luxe)

ARRIVAL	DATE:		TIME
AIRPORT	□ SHARM EL- SHEIKH	CAIRO	FLIGHT N°
DEPARTURE	DATE:		TIME
AIRPORT	□ SHARM EL- SHEIKH	CAIRO	FLIGHT N°

Date

President (Signature/Stamp)

(Full name in block letters)

