



CMAS FINSWIMMING WORLD CHAMPIONSHIP TOMSK 2021 (RUSSIA)



GENERAL INFORMATION

The competition will take place in Tomsk (Russia) from 03 to 09 July 2021.

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.

SWIMMING POOL

Aquatics Centre Zvezdny. Total area is 14 697.7 square meters. There are two swimming pools in the complex: one is 50x25m (10 lanes) and the other is 25x25m (10 lanes). The depth of the first one is 2.15m, of the second one is 3.2m. The pool is equipped with automatic timing system "Omega".

PARTICIPATION

SWIMMING-POOL EVENTS:

- Each country may enter no more than two (2) finswimmers for each distance and one (1) relay team.
- The entries must reach CMAS headquarters within the time limits set by the CMAS rules on www.cmasoffice.org (§ Point 1.21.1.3 &4 of CMAS Procedures)
- World Championships 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 400 IM, 800 SF and 1500 SF, slow heats in the morning and fast heat in the afternoon. **For this reason, it's requested to 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 one of the three CMAS languages). Thus, times of enrollments of the swimmers will be checked for CMAS championships.** If the protocols aren't transmitted in this deadline, times of corresponding enrollments will be cancelled and the athletes will be engaged with time 00:00:00.

Competition is individual in 1 age category: male/female (15 years and older (2006 year of birth and older))

DISCIPLINES AND DISTANCES (Male and Female)

SWIMMING POOL :

Surface Finswimming (SF): 50m, 100m, 200m, 400m, 800m, 1 500m

Apnea (AP): 50m

Immersion (IM): 100m, 400m

Bi Fins (BF): 50m, 100m, 200m, 400m

Relay: 4x50m SF (mixed), 4x100m SF, 4x200m SF, 4x100m BF (mixed)

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

Organising committee 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 should be provided.

FLAGS

National teams should bring three (3) national flags (m 2,00 x m. 1,00) and a CD with the national anthem (short version).

GENERAL SCHEDULE

The championship program is as follows:

DAY 1 - 03/07/20: Arrival of delegations

DAY 2 - 04/07/20: Training day / Technical meeting /Championship Opening Ceremony

DAY 3 - 05/07/20: Swimming pool competition / dinner of heads of delegation

DAY 4 - 06/07/20: Swimming pool competition

DAY 5 - 07/07/20: Swimming pool competition

DAY 6 - 08/07/20 Swimming pool competition / Championship Closing Ceremony / Athletes Party

DAY 7 - 09/07/20: Departure day of delegations

THE BOOKING & ENTRY FEE

Choice 1 (7 days): from Saturday 03 to Friday 9 July (Finswimming World Championship)

Entry fee per participant is **700,00 €**.

The organizer will provide:

- Accommodation in three-star hotels with double or triple hotel rooms full board.
- Providing of 2x0,5l drinking water per pax/per day
- Free transfers between the official hotel and swimming pool (training day include).

- Participation at the opening ceremony and closing party.

Participants who choose to be accommodated in hotels other than official will have to pay 250 € per pax for secretarial fees, competition, opening and closing ceremony. No local transfers will be provided.

Choice 2 (9 days): from Saturday 03 to Sunday 11 July

(Finswimming World Championship and University competition)

Entry fee per participant is **900,00 €**.

The organizer will provide:

- Accommodation in three-star hotels with double or triple hotel rooms full board.
- Providing of 2x0,5l drinking water per pax/per day
- Free transfers between the official hotel and swimming pool (training day include).
- Participation at the opening ceremony and closing party.

Participants who choose to be accommodated in hotels other than official will have to pay 250 € per pax for secretarial fees, competition, opening and closing ceremony. No local transfers will be provided.

Choice 3 (5 days): from Wednesday 07 to Sunday 11 July (University competition only)

Entry fee per participant is **450,00 €**. The organizer will provide:

- Accommodation in three-star hotels with double or triple hotel rooms full board.
- Providing of 2x0,5l drinking water per pax/per day
- Free transfers between the official hotel and the swimming pool (training day include).

Participants who choose to be accommodated in hotels other than official will have to pay 50 € per pax for secretarial fees, competition. No local transfers will be provided.

Choice 4 (11 days): from Saturday 03 to Tuesday 13 July

(CMAS World Championships: Finswimming, Sport diving and University competition)

Entry fee per participant is **990,00 €**.

The organizer will provide:

- Accommodation in three-star hotels with double or triple hotel rooms full board.
- Providing of 2x0,5l drinking water per pax/per day
- Free transfers between the official hotel and the swimming pool (training day include).
- Participation at the opening and closing ceremony and closing party.

Participants who choose to be accommodated in hotels other than official will have to pay 250 € per pax for secretarial fees, competition, opening and closing ceremony. No local transfers will be provided.

Choice 5 (11 days): from Saturday 03 to Tuesday 13 July

(CMAS World Championships: Finswimming, Sport diving)

Entry fee per participant is **990,00 €**.

The organizer will provide:

- Accommodation in three-star hotels with double or triple hotel rooms full board.
- Providing of 2x0,5l drinking water per pax/per day
- Free transfers between the official hotel and the swimming pool (training day include).
- Participation at the opening and closing ceremony and closing party.

Participants who choose to be accommodated in hotels other than official will have to pay 250 € per pax for secretarial fees, competition, opening and closing ceremony. No local transfers will be provided.

Full board accommodation is considered as breakfast, warm lunch, warm dinner and water drink 0,5l per meal included.

Extra charges:

- Transfers from international Tomsk airport to hotel and return, 40,00 € per pax.
- Transfer from Novosibirsk international airport (280 km to Tomsk) to hotel and return, 100€/person.

- Extra charges for single room ascend to 45,00 € per pax per day.
- Extra day charged at 110,00 € per pax per day, including full board accommodation (breakfast, lunch, dinner and water drink 0,5 l per meal included).

During the championship dates, the offer includes all benefits. Outside the championship dates, the offer includes full board only.

- Training camp before Championship: teams wishing to organize a training camp before the championships must specify their request to the organizing committee (date, time, number of water lines) before May 3, 2021.

The organization will give the rate as soon as it is available. The estimated cost of 1 training session: 10 euro per person.

- Immersion Cylinders of 1 to 4 liters could be available to National teams upon reservation: 10€ per bottle.
- Local transportation during the extra days: public transport between hotels and pool, in addition, a taxi service may be offered at the delegation charge.

Deadline for the hotel booking: 3rd of May 2021.

Late registrations will not guarantee the accommodation booking.

PAYMENTS

The organizer accepts only cash or bank transfers in Euros (bank charges will be billed to the sender). Bank checks and credit cards will not be accepted. A minimum of 50% of the total entry fee should be deposited at our bank no later than the May 18rd 2021 to guarantee the booking. After this date, May 18th 2021, the participation fees will be increased by a further 10% of total amount. The remaining amount should be paid preferably before July 1st 2021 in case of bank transfer, and before the delegation arrival.

Bank check and credit card will not be accepted.

Information for Bank Transfers :

BENEFICIARY (NAME)	RUSSIAN UNDERWATER FEDERATION (RUF)
BANK	JSC MOSCOMBANK, Moscow, Russia SWIFT: CBMWRUMM

CORRESPONDENT BANK	VTB Bank (Europe) SE, Frankfurt am Main, Germany SWIFT: OWHBDEFF
ACCOUNT	4070397870000002998
REASON FOR PAYMENT	Contribution for participation in World Championship 2021 in Tomsk

Dear Sirs!

To comply with Russian currency regulations would you be so kind supplying the transfer (payment throw bank) with a letter on blank and with stamp of your federation (Annex 3) by e-mail: info@ruf.ru

VISAS

Due to COVID restrictions the special regulations for obtaining visa or entry permission are required. Please fulfil the ANNEX 6 with the list of delegates and send copies of their passports not later than 18th of May.

MISCELLANEOUS

The electrical power in Russia is 220V, 50 Hz

DEADLINE –ENTRY AND PARTICIPATION CONDITIONS

As reception of this specific rules:

- Registration and payment of the CMAS fees subscription must be done on www.cmasoffice.org
- The Hotel booking forms, the payment and the bank transfer certificate must be sent to the Organizing Committee according to the following schedule:
 - 18th APRIL 2021 (no later)) : ANNEX 1 : Initial entry form
 - 3rd MAY 2021 (no later) : ANNEX 2 : Hotel booking form
 - 18th MAY 2021 (no later): ANNEX 3: Confirmation of payment
 - 18th MAY 2021 (no later) : ANNEX 4 : Competitor's list form
 - 3rd JUNE 2021 (no later) : ANNEX 5 : Final hotel booking form
- The competitor's list has to be entered in www.cmasoffice.org and the form should be sent to the organizing committee.
- The list of national records should be sent to CMAS HQ and the organizing committee. For further information, please contact us at the following addresses:
ORGANIZING COMMITTEE: RUSSIAN UNDERWATER FEDERATION, info@ruf.ru;
NATALIA GRECHIKHINA, +79627797191, burakovanata@gmail.com
GRIGORY SHUMKOV, +79138591408, grishum@mail.ru

PROGRAM OF THE CHAMPIONSHIP:

Saturday, 3d July 2021	
During the day	Arrival of delegations, accreditations of participants (at the swimming pool), accommodation in hotels
10:00 - 22:00	Training
Afternoon:	
13:00 -15:00	Lunch
19:30 – 21:00	Dinner

Sunday, 4th July 2021	
Morning:	
7:00 - 9:00	Breakfast
10:00 - 22:00	Training at the swimming pool
10:00 -18:00	Sports equipment check (according to the CMAS rules)
Afternoon:	
13:00 - 15:00	Lunch
15:00	Judges meeting
16:00	Team leaders technical meeting
18:00	Opening ceremony
20:00	Dinner

Monday, 5th July 2021	
Morning:	
07:00 -08:00	Breakfast
07:45 – 08:30	Warm-up group A
08:30 - 09:15	Warm-up group B
09:30 - Competition start	Session I: <i>100 SF Women (heats)</i> <i>100 SF Men (heats)</i> <i>100 BF Women (heats)</i> <i>100 BF Men (heats)</i> <i>400 SF Women (heats)</i> <i>400 SF Men (heats)</i>

	<i>4x50 SF Mixed relay (heats)</i>
Afternoon:	
13:00 -15:00	Lunch
15:15 - 16:00	Warm-up free
16:00 – 16:45	Warm-up finalists group
17:00 – Competition Start	Session 2: <i>100 SF Women (Final)</i> <i>100 SF Men (Final)</i>
	1-st Award Ceremony 100 SF Women
	<i>100 BF Women (Final)</i>
	2-d Award Ceremony 100 SF Men
	<i>100 BF Men (Final)</i>
	3-d Award Ceremony 100 BF Women
	<i>400 SF Women (Final)</i>
	4-th Award Ceremony 100 BF Men
	<i>400 SF Men (Final)</i>
	5-th Award Ceremony 400 SF Women
	<i>4x50 SF Mixed relay (Final)</i>
	6-th Award Ceremony 400 SF Men
	7-th Award Ceremony 4x50 SF Mixed relay
19:30 – 21:00	Dinner for participants
20:00 – 23:00	Friendly dinner for team leaders and head coaches of national delegations

Tuesday, 6th July 2021	
Morning:	
07:00 -08:00	Breakfast
07:45 – 08:30	Warm-up group A
08:30 - 09:15	Warm-up group B
09:30 – Competition Start	Session 3: <i>100 IM Women (heats)</i> <i>100 IM Men (heats)</i> <i>200 SF Women (heats)</i> <i>200 SF Men (heats)</i> <i>200 BF Women (heats)</i> <i>200 BF Men (heats)</i> <i>1500 SF Women (slow heats)</i> <i>1500 SF Men (slow heats)</i> <i>4x100 BF Mixed relay (heats)</i>
Afternoon:	

13:00-15:00	Lunch
15:15 - 16:00	Warm-up free
16:00 – 16:45	Warm-up finalists group
17:00 – Competition Start	Session 4: <i>100 IM Women (Final)</i> <i>100 IM Men (Final)</i>
	1-st Award Ceremony 100 IM Women
	<i>200 SF Women (Final)</i>
	2-d Award Ceremony 100 IM Men
	<i>200 SF Men (Final)</i>
	3-d Award Ceremony 200 SF Women
	<i>200 BF Women (Final)</i>
	4-th Award Ceremony 200 SF Men
	<i>200 BF Men (Final)</i>
	5-th Award Ceremony 200 BF Women
	<i>1500 SF Women (Fast heat)</i>
	6-th Award Ceremony 200 BF Men
	<i>1500 SF Men (Fast heat)</i>
	7-th Award Ceremony 1500 SF Women
<i>4x100 BF Mixed relay (Final)</i>	
8-th Award Ceremony 1500 SF Men	
9-th Award Ceremony 4x100 BF Mixed relay	
19:30 – 21:30	Dinner

Wednesday, 7th July 2021		
Morning:		
07:00 -08:00	Breakfast	
07:45 – 08:30	Warm-up group A	
08:30 - 09:15	Warm-up group B	
09:30 – Competition Start	Session 5: <i>50 SF Women (heats)</i> <i>50 SF Men (heats)</i> <i>50 BF Women (heats)</i> <i>50 BF Men (heats)</i> <i>400 IM Women (slow heats)</i> <i>400 IM Men (slow heats)</i> <i>400 BF Women (heats)</i> <i>400 BF Men (heats)</i> <i>4x200 SF Women (heats)</i> <i>4x200 SF Men (heats)</i>	
	Afternoon:	
	13:00-15:00	Lunch

15:15 - 16:00	Warm-up free
16:00 – 16:45	Warm-up finalists group
17:00 – Competition Start	Session 6: <i>50 SF Women (Final)</i> <i>50 SF Men (Final)</i>
	1-st Award Ceremony 50 SF Women
	<i>50 BF Women (Final)</i>
	2-d Award Ceremony 50 SF Men
	<i>50 BF Men (Final)</i>
	3-d Award Ceremony 50 BF Women
	<i>400 IM Women (Fast heat)</i>
	4-th Award Ceremony 50 BF Men
	<i>400 IM Men (Fast heat)</i>
	5-th Award Ceremony 400 IM Women
	<i>400 BF Women (Final)</i>
	6-th Award Ceremony 400 IM Men
	<i>400 BF Men (Final)</i>
	7-th Award Ceremony 400 BF Women
<i>4x200 SF Women (Final)</i>	
8-th Award Ceremony 400 BF Men	
<i>4x200 SF Men (Final)</i>	
9-th Award Ceremony 4x200 SF Women	
10-th Award Ceremony 4x200 SF Men	
19:30 – 21:30	Dinner

Thursday, 8th July 2021		
Morning:		
07:00 -08:00	Breakfast	
07:45 – 08:30	Warm-up group A	
08:30 - 09:15	Warm-up group B	
09:30 – Competition Start	Session 7: <i>50 AP Women (heats)</i> <i>50 AP Men (heats)</i> <i>800 SF Women (slow heats)</i> <i>800 SF Men (slow heats)</i> <i>4x100 SF Women (heats)</i> <i>4x100 SF Men (heats)</i>	
	Afternoon:	
	13:00-15:00	Lunch
	15:15 - 16:00	Warm-up free
	16:00 – 16:45	Warm-up finalists group

17:00 – Competition Start	Session 8: <i>50 AP Women (Final)</i> <i>50 AP Men (Final)</i>
	1-st Award Ceremony 50 AP Women
	<i>800 SF Women (Fast heat)</i>
	2-d Award Ceremony 50 AP Men
	<i>800 SF Men (Fast heat)</i>
	3-d Award Ceremony 800 SF Women
	<i>4x100 SF Women (Final)</i>
	4-th Award Ceremony 800 SF Men
	<i>4x100 SF Men (Final)</i>
	5-th Award Ceremony 4x100 SF Women
6-th Award Ceremony 4x100 SF Men	
19:30 – 21:30	Dinner
22:00	Party for participants

Friday, 9th July 2021	
During the day	Departure of delegations