



We are delighted to invite you to



**CMAS 18TH FINSWIMMING EUROPEAN
JUNIORS CHAMPIONSHIP**
— 25 JUN -1 JUL 2024 KLAIPEDA, LITHUANIA —





About Klaipėda



Klaipėda, a historic port city at the confluence of the Baltic Sea and the Danė River in Lithuania, is renowned for its 18th-century German-style wooden architecture in the Old Town. The main social hub, Theater Square, features the neoclassical Drama Theater and a sculpture from 1912 honoring a local poet. At the waterside Lithuanian Sea Museum, visitors can enjoy dolphin performances and maritime exhibits housed within a 19th-century fortress. The city is also famous for its major events, such as the Sea Festival and Castle Jazz Festival, which attract numerous visitors annually. Conveniently, Klaipėda provides easy access to popular seaside resorts, like Nida to the south and Palanga to the north. The city is under the patronage of Saint Bruno of Querfurt.





About the Klaipėda Swimming Pool



The Klaipėda swimming pool, built in 2019, features a 50-meter pool with 10 lanes and a depth of 2.5 meters, maintained at a warm temperature of +26°C. It includes seating for 500 spectators, several jacuzzis, a gym, three saunas, a hydrochannel, and an operational café. The pool is designed to be versatile, able to transform into three sections: a children's area with a 1.2-meter depth and four 25-meter lanes, the standard 4 x 50-meter lanes, and 5 x 25-meter lanes. Additionally, there is a large parking area for vehicles.

The address of the pool: Dubysos Street 12, Klaipėda.





Some Reminders for Participation

Only national federation teams affiliated with CMAS are eligible to compete. Each national team must adhere to the championship rules, safety conditions set by the organizers, and CMAS rules and regulations.

Swimming Pool Events

- Each country may enter a maximum of two swimmers per distance and one relay team.
- For relay races the names of the swimmers and their starting order must appear in a list submitted to the results office before the start of the session. The composition of mixed relays is with two (2) males and two (2) females and starting order is Man-Woman-Man-Woman. For SB Mixed relay the starting order is Man BF – Woman BF – Men SF – Woman SF. National Teams may change relay team members between qualifying heats and finals.
- Entries must be submitted to CMAS headquarters within deadlines set by CMAS rules (details available at www.cmasoffice.org on SportsID – Sportdata).
- European Juniors Championship will occur over four days and eight sessions.
- Qualifying heats will take place in the morning and finals in the afternoon, except for the 400IM, 800SF, and 1500SF. For these, slow heats will be in the morning and fast heats in the afternoon.
- National federations must send official protocols of all selection competitions to CMAS HQ within two weeks post-competition, in one of the three CMAS languages. This allows verification of swimmers' enrolment times for championships. If protocols are not received by the deadline, the corresponding enrolment times will be voided, and athletes will be registered with the placeholder time of 59:59:59.





Disciplines and Distances (Male and Female):

- **Swimming-pool Surface Finswimming (SF):** 50m, 100m, 200m, 400m, 800m, 1500m
- **Apnea (AP):** 50m
- **Immersion (IM):** 100m, 200m, 400m
- **Relays:** 4x50m, 4x100m, 4x200m (SF), 4x100m mixed (BF), 4x100m SB mixed
- **Bi Fins (BF):** 50m, 100m, 200m, 400m

International Jury:

- CMAS Technical Delegate according to the CMAS Rules.

Classification and Awards:

- According the CMAS rules.

Protest:

- According to the CMAS rules.

Bottle Filling:

- Only compressed air without oxygen enrichment permitted.
- Minimum volume for a compressed air cylinder: 0.4 liters.
- Maximum filling pressure: 200 bar (20 MPa).
- Rounded bottoms on flat-bottomed cylinders are allowed within specific size limits.
- Cylinders must have undergone a hydrostatic test within 2 years, or less if required by local legislation.
- Cylinders must be empty for the checking meeting before the competition; organizer will fill DIN 200, YOKE cylinders.

Miscellaneous:

- Teams should bring two national flags (2.00m x 1.25m) and a CD of the national anthem (short version).





Schedule:

- **Arrival Day (June 25):** Delegations arrive throughout the day.
- **Training Day (June 26):**

14:00: Team Leaders technical meeting at the Pool.

15:00 – 18:00: Training at the swimming pool.

19:00: Championship Opening Ceremony.

- **Competition Days (June 27-30):**

Morning sessions with warm-ups starting at 07:45 and competitions at 09:30.

Afternoon sessions with free warm-ups from 16:00 and competitions starting at 17:00.

- **Departure Day (July 1).**





Programme:

	Morning HEATS or SLOW HEATS	Afternoon FINAL or FAST HEAT	Medal Ceremony
27 June			
Day 1	50 AP Women 50 AP Men 200 SF Women 200 SF Men 400 BF Women 400 BF Men 1500 SF Women (Slow Heats) 1500 SF Men (Slow Heats) 4x100 SF Women 4x100 SF Men	50 AP Women 50 AP Men 200 SF Women 200 SF Men 400 BF Women 400 BF Men 1500 SF Women (Fast Heat) 1500 SF Men (Fast Heat) 4x100 SF Women 4x100 SF Men	50 AP Women 50 AP Men 200 SF Women 200 SF Men 400 BF Women 400 BF Men 1500 SF Women 1500 SF Men 4x100 SF Women 4x100 SF Men
28 June			
Day 2	50 BF Women 50 BF Men 400 SF Women 400 SF Men 100 IM Women 100 IM Men 4x200 SF Women 4x200 SF Men	50 BF Women 50 BF Men 400 SF Women 400 SF Men 100 IM Women 100 IM Men 4x200 SF Women 4x200 SF Men	50 BF Women 50 BF Men 400 SF Women 400 SF Men 100 IM Women 100 IM Men 4x200 SF Women 4x200 SF Men
29 June			
Day 3	50 SF Women 50 SF Men 100 BF Women 100 BF Men 200 IM Women 200 IM Men 4x100 BF Mixed 4x50 SF Women 4x50 SF Men	50 SF Women 50 SF Men 100 BF Women 100 BF Men 200 IM Women 200 IM Men 4x100 BF Mixed 4x50 SF Women 4x50 SF Men	50 SF Women 50 SF Men 100 BF Women 100 BF Men 200 IM Women 200 IM Men 4x100 BF Mixed 4x50 SF Women 4x50 SF Men
30 June			
Day 4	100 SF Women 100 SF Men 200 BF Women 200 BF Men 800 SF Women (Slow Heats) 800 SF Men (Slow Heats) 400 IM Women (Slow Heats) 400 IM Men (Slow Heats) 4x100 SB Mixed	100 SF Women 100 SF Men 200 BF Women 200 BF Men 800 SF Women (Fast Heats) 800 SF Men (Fast Heats) 400 IM Women (Fast Heats) 400 IM Men (Fast Heats) 4x100 SB Mixed	100 SF Women 100 SF Men 200 BF Women 200 BF Men 800 SF Women 800 SF Men 400 IM Women 400 IM Men 4x100 SB Mixed





Booking & Entry Fees:

For the European Junior Championship scheduled from June 25 to July 1, 2024 (6 nights), the entry fee per participant is €720.00. (Early arrival €765.0)
The organizers will offer:

- Accommodation in three-star hotels with double or triple rooms, including full board.
- Free transfers between the official hotel and the competition venue (including training days).
- Providing of (2x0,5l) Drinking water per pax/per day.
- An invitation to participate in the closing ceremony, which includes a gala dinner.
- Full board accommodation includes breakfast, a warm lunch, a warm dinner, and water.
- A single room will incur additional charges of €40 per person per day.
- An extra day will be charged at €120 per person, including full board accommodation (breakfast, lunch, and dinner included).
- Participants staying in hotels other than the official ones will need to pay €350 per person for secretarial fees, competition entry, and the opening and closing ceremonies. No local transfers will be provided in this case.
- Transfers from Palanga Airport are €20 round trip, from Kaunas Airport €40, and from Vilnius or Riga Airports €50.
- For a training camp prior to the championships, please contact the organizers regarding pool availability and conditions.

Attention: Late registrations will not be accepted.

Payments:

A minimum of 50% of the total entry fee must be deposited into the designated bank account by May 10th to secure the booking. After this date, participation fees will increase by an additional 10% of the total amount. The final payment is due upon arrival. Only bank transfers are accepted for payment (the sender must cover any





bank charges). Bank cheques and credit cards are not accepted. For bank details, please request information at felvait@gmail.com.

Visa Information:

Participants requiring a visa should contact their local embassy or consulate at least 40 days before their planned entry. For invitation letters, please reach out to kinas303@gmail.com.

Additional Information:

In Lithuania, the standard electrical voltage is 220V with a frequency of 50Hz.

For the European Junior Championship, there are several key deadlines and conditions for entry and participation:

- By March 24, 2024: Complete registration and payment of CMAS fees at the official website and register athletes and events on SportId.
- By May 8, 2024: Send preliminary declarations of participation and registration, final hotel booking forms, and entry fee proof to CMAS and the organizing committee.
- By May 26, 2024: Enter competitors online through SportsID and SportData, and send list forms to the organizing committee.
- By June 15, 2024: National records lists should be sent to CMAS HQ and the organizing committee.
- For further details, the Lithuanian Underwater Sport Federation and designated contacts are available for assistance.

Felicita Vaitkute felvait@gmail.com mob no. +3706 86 39598 or

Aurelijus Kinas kinas303@gmail.com mob no. +3706 86 58974

Flights to Lithuania:

PALANGA Airport:

- Norwegian
- SAS (Scandinavian Airlines)
- airBaltic
- Ryanair



KAUNAS Airport:

- Ryanair
- Wizz Air

VILNIUS Airport:

- Norwegian
- SAS
- airBaltic
- Wizzair
- Swiss International Airlines
- Turkish Airlines
- LOT
- Finnair
- Austrian Airlines
- Brussels Airlines
- Lufthansa
- Heston Airlines
- SkyUp Airlines

