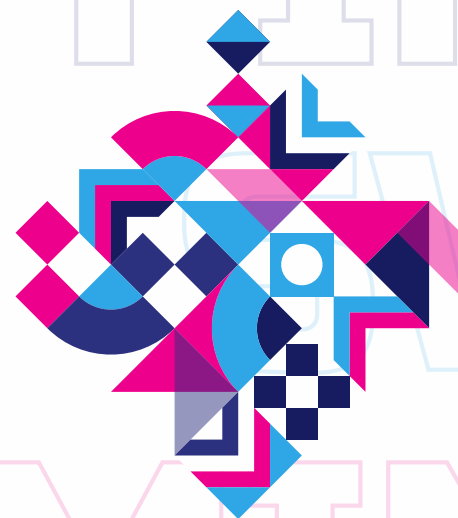


FIN SWIM MING



**20-26
JUNE**

POZNAŃ
POLAND
2022

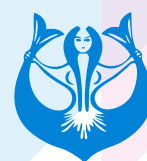
REGULATIONS

**JUNIOR
EUROPEAN
CHAMPIONSHIP**



TERMY
MALTAŃSKIE
POZNAŃ

POZnań*





17 CMAS EUROPEAN JUNIOR FINSWIMMING CHAMPIONSHIP

20 - 26 JUNE 2022, POZNAN (POLAND)



WELCOME MESSAGE OF PRESIDENT OF POLISH FEDERATION



Dear Ms. & Mr. Presidents, Dear All Sports Friends,

The Polish Underwater Federation has the pleasure to invite you and your teams to participate in the Junior Finswimming European Championship which will be held in Poznań on 20-26.06.2022.

I am delighted that Poland will host again one of the biggest finswimming even. We will make every effort to contribute to success of this project. It will certainly

be a very exciting time!

I would like to thank everyone involved in the organization of this unique event. Above all, there are the authorities, sponsors, partners and volunteers. Without them, this great event would not take place.

Here you may find all information regarding the championships and your participation. Unfortunately, we do not know all the covid regulations that will apply on the day of the competition at the moment, so we will provide you with this information separately just before the competition.

For further information, please contact us at the following address:

Polski Związek Płetwonurkowania

ul. Hallera 2, 83-400 Kościerzyna

email: ECJ.Poznan.2022@gmail.com

phone (Telegram, WhatsApp, Viber): +48 607 613 436

THE CITY OF POZNAŃ

The name Poznań probably comes from the polish verb „poznać”, which means "to get to know" so simply you should get know this town!



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Poznań is a city on the Warta river in west-central Poland. It is best known for its renaissance old town, destroyed during World War II and then rebuilt.

Poznań is an important cultural and business center with many regional customs, traditional Saint Martin's croissants and a local dialect.

Poznań is a very well-connected city, both by motorways and by the international airport. It is one of the biggest cities in Poland, one of the largest Polish centers of trade, industry, sports, education, technology, tourism and culture.



In the city In the city centre you can visit many beautiful places, monumental and historical old town. There are a lot of restaurants, pubs and shopping centres.

The characteristic sing of Poznań is a figure of two goats, which appear every day at 12.00 pm on big clock on town hall. In the old town, at noon, you can hear anthem of Poznań and watch little fight with goats' horns.



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OFFICIAL COMPETITION POOL AND TRAINING

The competition will take place at:

Termy Maltańskie, ul. Termalna 1, Poznań - www.termymaltanskie.com.pl

The swimming pool has a length of 50m, 10 lanes and a depth of 2m. The temperature of the water is 26°C (+ 1°C). There are 3800 places on tribune.

Termy Maltańskie is the big swimming pool complex. Big aquapark and world of sauna and SPA together with Olympic swimming pool (50m) and short swimming pool (25m) next to. The grandstand can seat 3,800 people.



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ACCOMMODATION

The **Hotel Novotel** is located next to the swimming pool, so it is just a few minutes walk. It gives the athletes the possibility to come back and rest every time it is needed. The hotel is also pretty close to the city center. It takes 10 min to get there by car or bus.



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SOME RECALLS FOR PARTICIPATION

Only national federation teams affiliated to the CMAS are eligible to compete in the competition. Each national team should respect the rules of championships, the safety conditions set by the organizers and CMAS rules and regulations.

Swimming-pool events:

- Each country may enter no more than two (2) swimmers for each distance and one (1) 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 free. Any change in the fixed starting order leads to disqualification.
- It's possible to change the composition of the relay teams between the qualifying heats and the final.
- The entries must reach CMAS headquarters within the time limits set by the CMAS rules according the procedure attached (www.cmasoffice.org and Sportsid – Sportdata).
- World and Continental 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 400IM, 800SF and 1500SF 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 selection national competitions in delay maximum of two weeks after the competitions (in one of the three CMAS languages). Thus, times of enrolments of the swimmers will be checked for CMAS championships.** If the protocols aren't transmitted in this deadline, times of corresponding enrolments will be cancelled, and the athletes will be engaged with time 00:00:00.

DISCIPLINES AND DISTANCES (Male and Female)

Swimming-pool:

Surface Fin swimming (SF):	50m, 100m, 200m, 400m, 800m, 1500m
Apnea (AP):	50m
Immersion (IM):	100m, 400m
Relays:	4x50m mixed, 4x100m, 4x200m (SF) – 4x100m mixed (BF)
Bi Fins (BF):	50m, 100m, 200m, 400m

INTERNATIONAL JURY

CMAS Technical Delegate according to the CMAS rules.

CLASSIFICATION AND AWARDS

According to the CMAS rules and regulations.





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PROTEST

According to the CMAS rules.

BOTTLE FILLING

- Only compressed air without oxygen enrichment is allowed
- For pool competitions, the minimum volume of a compressed air cylinder (bottle) is liter 0.4 (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).

VARIOUS

National teams should bring **two (2)** national flags (m 2,00 x m. 1,25) and a CD with the national anthem (short version).

SCHEDULE

The championship schedule is as follows:

Arrival day Monday June 20th

Arrival of delegations throughout day

Training day Tuesday June 21st

15h00 – 18h00

19h00

21h00

Training at the swimming Pool

Team Leaders technical meeting at the hotel

Championship Opening Ceremony

Day 1 – Day 4 Wednesday June 22nd to Saturday 25th

Morning section

08h00 – 08h30

08h30 – 09h15

9h30

warm-up Group 1

warm-up Group 2

Start competition

Afternoon section

15h45 – 16h30

16h30 – 17h15

17h30

warm-up free organisation

warm up Group Finalists

Start competition

Departure day Sunday June 26th



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PROGRAM

	Morning HEATS or SLOW HEATS	Afternoon FINAL or FAST HEAT	Medal Ceremony
Day 1	100 SF Women	100 SF Women	
	100 SF Men	100 SF Men	100 SF Women
	100 BF Women	100 BF Women	100 SF Men
	100 BF Men	100 BF Men	100 BF Women
	400 SF Women	400 SF Women	100 BF Men
	400 SF Men	400 SF Men	400 SF Women
	4x50 SF Mixed	4x50 SF Mixed	400 SF Men
			4x50 SF Mixed
Day 2	100 IM Women	100 IM Women	
	100 IM Men	100 IM Men	100 IM Women
	1500 SF Women (slow heats)	1500 SF Women (fast heat)	100 IM Men
	1500 SF Men (slow heats)	1500 SF Men (fast heat)	1500 SF Women
	200 BF Women	200 BF Women	1500 SF Men
	200 BF Men	200 BF Men	200 BF Women
	200 SF Women	200 SF Women	200 BF Men
	200 SF Men	200 SF Men	200 SF Women
	4x100 BF mixed	4x100 BF mixed	200 SF Men
			4x100 BF mixed
Day 3	50 SF Women	50 SF Women	
	50 SF Men	50 SF Men	50 SF Women
	50 BF Women	50 BF Women	50 SF Men
	50 BF Men	50 BF Men	50 BF Women
	400 IM Women (slow heats)	400 IM Women (fast heat)	50 BF Men
	400 IM Men (slow heats)	400 IM Men (fast heat)	400 IM Women
	400 BF Women(slow heats)	400 BF Women(fast heat)	400 IM Men
	400 BF Men(slow heats)	400 BF Men (fast heat)	400 BF Women
	4x200 SF Women	4x200 SF Women	400 BF Men
	4x200 SF Men	4x200 SF Men	4x200 SF Women
			4x200 SF Men
Day 4	50 AP Women	50 AP Women	
	50 AP Men	50 AP Men	50 AP Women
	800 SF Women (slow heats)	800 SF Women (Fast heat)	50 AP Men
	800 SF Men (slow heats)	800 SF Men (Fast heat)	800 SF Women
	4x100 SF Women	4x100 SF Women	800 SF Men
	4x100 SF Men	4x100 SF Men	4x100 SF Women
			4x100 SF Men



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BOOKING & ENTRY FEES

European Junior Championship from 20/06/2022 to 26/06/2022

Entry fee per participant is 700,00 €.

The organizer will provide:

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

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

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 gala ceremony. No local transfers will be provided.

- Transfers from international airport to hotel and return, extra fees 30 € per pax.
- Extra charges for single room ascend to 40 € per Pax per day.
- Extra day charged at 110 € per Pax per day, including full board accommodation (breakfast, lunch, dinner and water drink 0,5l per meal included).
- Training camp before championships – please contact the organizers for pool availability and conditions.



ATTENTION! Later registrations will not be accepted!

PAYMENTS

Minimum 50% of total entry fee should be deposited at our bank no later than **May 15th** to guarantee the booking. After this date **May 15th**, the participation fees will increase by a further 10% of total amount. The remaining payment should be made on arrival. The organizer will only accept transfers (bank charges will be charged to the remitter).

Bank cheque and credit card will not be accepted!

Payment should be made by bank transfer.



Please request the bank information to
ECJ.Poznan.2022@gmail.com



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VISA

If you require a visa, please contact the embassy or consulate in your country at least forty 40 days prior to entry. If you need the invitation please contact us.

VARIOUS

Electrical current in Poland is 220V, 50Hz

DEADLINE – CONDITION FOR ENTRY AND PARTICIPATION

As reception of this specific rules

- Registration and payment of CMAS fees subscription on www.cmasoffice.org
- To register the athletes and the events, go into **SportId** before the deadline according to the procedure attached.

No later than **April 30th 2022**

(Annex 1) The preliminary declaration of participation and registration form should be sent to the CMAS and organizing committee.

No later than **April 30th 2022**

(Annex 2) Final hotel booking form and entry fee should be sent to the organizing committee. Send also copy of "bank transfer".

No later than **May 20th 2022**

The competitor's must be entered online through **SportId** and **SportData**.

(Annex 3) the list form should be sent to the organizing committee.

No later than **June 20th 2022**

- The list of national records should be sent to CMAS HQ and the organizing committee.
- Sport personal notice of swimmers should be sent to the organizing committee.



For further information, please contact us at the following address:

e-mail: ECJ.Poznan.2022@gmail.com



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The organizer will only accept transfers (bank charges will be charged to the remitter).

Bank cheque and credit card will not be accepted!
Payment should be made by bank transfer:

Name of the Bank : SANTANDER BANK POLSKA SA
Address: UL. 10 LUTEGO 1181-366 GDYNIA
Beneficiary: Polski Związek Pływacki
Hallera 2, 83-400 Kościerzyna, Poland

Bank account no:
SWIFT (BIC CODE): WBKPPLPP
IBAN: PL93109011020000000115588285