



FEDERACIÓN BALEAR  
DE  
ACTIVIDADES SUBACUÁTICAS



Avenida Uruguay s/n – Palma-Arena-Casal Federaciones  
07.010.- PALMA DE MALLORCA  
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## V CMAS MASTER'S FINSWIMMING WORLD CUP 2018

PALMA – SPAIN

Friday 8<sup>th</sup> , Saturday 9<sup>th</sup> and Sunday 10<sup>th</sup> of June 2018



### INFORMATION

#### 1- DENOMINATION:

The world underwater federation - CMAS, the Underwater Spanish Federation - FEDAS and the Underwater Balearic Federation - FBDAS, has the pleasure to invite you at **V CMAS Master's Finswimming WorldCup 2018**, International Finswimming Competition that will be held in Palma the 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> of June 2018.

#### 2- COMPETITION PLACE:

The Competition will be held in:

- 1- Saturday 9<sup>th</sup> of June in Olympic swimming pool of Son Hugo



c/ de la Concordia, s/n  
07004 Palma (Illes Balears)

Indoor swimming pool, 10 lanes, 50 meters long with a variable depth between 2,00 and 3,00m.



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2- Sunday 10<sup>th</sup> of June in Club Náutico Arenal



c/ Roses, s/n.  
07600 Llucmajor (Mallorca)

### 3- CATEGORIES:

The championship will be for master categories according to CMAS rules.

Individuals:

- V0: 29 – 34 years
- V1: 35 – 44 years
- V2: 45 – 54 years
- V3: 55 – 64 years
- V4: 65 – 74 years
- V5: 75 years and over

Relays:

A relay team can be mixed (2 females swimmer and 2 male swimmers). In the case, it will be included in the male category.

Women's Team is composed only with female.

The category of relays is calculated as the sum of age of all members of the team according the following table.

Sum of age (from –to)

- R1 = 140 - 216
- R2 = 217 - and over

Men & Women:

50 AP, 50 SF / 100 SF / 200 SF / 50 BF / 100 BF / 200 BF / Relay 4x100 SF / 4x50 BF.

Men & Women:

3 Km SF and 3 Km BF according age group defined



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### 4- RULES

The regulation will be the current CMAS rules for the Finswimming.

Athletes belong to master only if during the current season:

Haven't participated in national championship (senior category) if master's ranking isn't provided in his own country.

Have classified only in competitions with master category.

Have not taken part in world's cup competitions (category senior)

Number of enrolment is free for individual races and relay for each participant.

If the competitor made registration with CMAS temporary licence as "individual", the field "club" in result will be empty. He must provide medical certificate in one of the three CMAS language signed by doctor authorizing the practice of sport "Finswimming in competition", less than a year, the day of competition, certified and signed by the competitor.

Organization will accept from each country only one judge in official jury.

### 5- EVENT SCHEDULE

A CMAS Master's Finswimming World Cup round should be staged at one venue during one day and 2 sessions for swimming pool competition, one day and one session for round only in Open Water or 2 days and 3 sessions if swimming pool and Open Water competition, following this program:

- **Day 1** Friday 8<sup>th</sup> of June, afternoon

16:00 - 19:00 Audience

19:00 - 20:00 Technical meeting

- **Day 2** Saturday 9<sup>th</sup> June, morning

09:00 - 09.45 Warm up

10:00 Competition

- 50 SF
- 100 BF
- 200 SF
- Relay 4x50 BF

Saturday 9<sup>th</sup> June, afternoon

16:00 - 16:45 warm up

17:00 Competition

- 50 BF
- 100 SF
- 200 BF
- 50AP
- Relay 4x100 SF

Medals Ceremony will be planned during competition



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Saturday 9<sup>th</sup> June, evening.

20:30 Dinner and party (€30 each person).

All participants and their partners can attend the event. Previous reservation must be done and paid by transfer (see annex III).

Confirmation must to send by e-mail to [natacionaletas@fbdas.com](mailto:natacionaletas@fbdas.com).

- **Day 3** Sunday 10<sup>th</sup> June, morning

09:00 Warm up

10:00 Competition

- 3 Km BF
- 3 Km SF

### 6- ENROLMENTS:

Enrolments are available only through internet. After doing the enrolment, you must to send an e-mail with the annex II and IV to [natacionaletas@fbdas.com](mailto:natacionaletas@fbdas.com).

**Previously, you must make a reservation. You have until April 16 to make the reservation and send an email to [natacionaletas@fbdas.com](mailto:natacionaletas@fbdas.com) with Annex I**

#### 6.1 Registration

All registration of athletes for events must be submitted only through electronic way. Application forms can be used only for accommodation and general organisation.

For registration, the website is <http://sport.cmasoffice.org>. **Opening date of registration is from 2nd April to 3rd June 2018.** Please read the notice for tutorial joined withg these rules.

During registration, the system matches automatically with the CMAS licenses database if it exists and is valid.

Late registration after the closing date of registration is not accepted. Modification after the closing date registration won't be accepted.

*Recall of the procedures and obligations point 1.15.7. Request for licenses will be done according to previous procedures and within 10 days at least before the corresponding competition. Thus, all clubs and participants must take this delay in account for registration and this delay of 10 days is meant to be delay after payment and not after order. It's the responsibility of clubs or athletes to check with their Federation if the licence is really valid when they want to proceed the registration. CMAS is not responsible if the clubs or athletes made registration without valid licence and in this case receive and must paid CMAS temporary licence.*

#### 6.2 Fees of registration

There are two types of fees, CMAS fees to be paid only online at the end of process of registration and organizing fees to be paid directly to organising committee according to the instructions communicated by organising committee in the present rules.



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### **6.2.1 CMAS Fees**

Each competitor must pay to participate CMAS fees fixed annually by CMAS:

- **CMAS sport license holder.**
  - 10 € for meeting participation fees
- **- Not CMAS sport licence holder**
  - 10 € for participation fees by each round
  - 22 € for Temporary CMAS licence include insurance (see appendix enclosed)

*Please, note that the names of relays members must be entered during registration process on base of individual registration even they swim only relay and even according the rules, the composition of relays can be changed on place before the beginning of competition.*

These fees will be paid only at the end of the registration process online only by credit card.

Before to finalize registration, you must to be sure that your bank accept that you can pay online with your card.

### **ORGANIZING FEES**

The inscription fee: 15€ for club, 10€ each distance and 16€ each relay. Fee paid for not-performed races won't be reimbursed. Also, relays must be declared with time on the enrolment forms.

ATTENTION: The registrations agree, and all communication further exclusively will be accepted after the confirmation of reception of the same ones. In lack of the confirmation of reception no registration will come accepted beyond the expiration of 16 May.

For all information send request to [secretaria@fbdas.com](mailto:secretaria@fbdas.com) or [natacionaletas@fbdas.com](mailto:natacionaletas@fbdas.com)

The dinner and party reservation must be confirmed at the time of registration.

### **7- FORFAIT of COMPETITORS:**

The team's leader will be announcing the competitor's absent 5 days before starting competition. For every swimmer absent in a heat without communication, the club will be liable for a fine of 50€.

### **8- REGISTERED TIME:**

Timekeepers and Omega Automatic System.

### **9- INDIVIDUAL PRIZES:**

Gold, silver and bronze medals for each distance, for each master's age group, men and women, A Cup for the three clubs who win the General World Cup Classification.

### **10- DOPING CONTROL:**

Doping Control follows the international rules of WADA, CMAS doping code.

### **11- SPECIAL NOTES:**

This program could be modified for organization cause. Swimmers must be available with their complete equipment at least 10 minutes before the race start. Swim cap are mandatory. The



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organizing club reserved to accept and insert an athlete or a relay at any time at own discretion, in or outside the official classification, on request by the participating club.

Any other rule concerning the competition could be found on the CMAS Finswimming Rules.

### 12- HOTEL INFORMATION:

Each participant, can make the reservation with the associated hotels, through the link:

[www.fbdas.com/fsmastercup18](http://www.fbdas.com/fsmastercup18)

### Palma Tourist Information

Palma often called Palma de Mallorca, is the capital and largest city of the autonomous community of the Balearic Islands in Spain. It is situated on the south coast of Majorca on the Bay of Palma. The Cabrera Archipelago, though widely separated from Palma proper, is administratively considered part of the municipality. Palma de Mallorca Airport serves over 22 million passengers each year.

Palma was founded as a Roman camp upon the remains of a Talaiotic settlement. The city was subjected to several Vandal raids during the fall of the Western Roman Empire, then reconquered by the Byzantine Empire, then colonised by the Moors (who called it Medina Mayurqa) and, in the 13th century, by James I of Aragon.

Palma is a major city and seaport located in the southwest of Majorca, a western Mediterranean island belonging to the Balearic Islands archipelago. The land area of the city is about 21.355 square kilometres (8.245 sq mi) with an altitude of 13 metres (43 feet) above sea level.

The city center of Palma is located north of the homonymous bay (Badia de Palma in the local Catalan language). The area that extends eastwards is mostly a flat fertile plain known as Es Pla. To the north and west, the city borders the Serra de Tramuntana, the island's major mountain range and a Unesco World Heritage site.

### Climate

Palma has a Mediterranean climate, the climate classification named after the sea surrounding the city. There is a significant marine influence to warm winters, but summers are warmed by the surrounding continental landmasses.

### Main sights

#### Plaça d'Espanya

The Plaça d'Espanya is the transport hub of Palma. The Estació Intermodal caters for buses and trains (the latter controlled by TIB). The two old buildings are home to the tourist information centre and several cafés sit either side of the two large escalators which lead into the Estació, which sits underneath a large and popular park. On the lawns are several glass boxes, which let in light and ventilation to the station below ground. There are also train-themed playing structures, each one shaped like a train carriage and named after towns along the line of the Ferrocarril de Sóller, a railway dating back to 1911 which has its Palma Station right next to the park. Just down the street from here a new bus station is under construction. At the centre of the plaza is a statue of James I, Conquistador of Majorca.

#### Cathedral area

Palma is famous for La Seu, its vast cathedral built on a previous mosque which was built atop an original Christian church. Although construction of the present Cathedral began in 1229, it did not



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finish until 1601. Local architect Antoni Gaudí was drafted in to restore the building in 1901. The Parc de la Mar (Park of the Sea) lies just south, overlooked by the great building which sits above it on the city's stone foundations. Between the two are the town walls.

### The old city

The Old City (in the south-east area of Palma behind the cathedral) is a maze of streets clearly hinting at an Arab past.<sup>1</sup> With the exception of a few streets and squares which allow traffic and are populated with tourists most of the time, the walkways of this city quarter are fairly narrow, quiet streets, surrounded by a diverse range of interesting buildings, the architecture of which is comparable to cities such as Florence. The majority are private houses, some of which are open to the public as discreet museums or galleries. The Old City is also home to the Ajuntament (or Town Hall), the Convent of the Cathedral and the Banyes Àrabs.

### Banyes Àrabs

The Banyes Àrabs, or Arab Baths, one of the few remnants of Palma's Moorish past, are accessed via the quiet Ca'n Serra street near the Convent of the Cathedral, and include the lush gardens of Ca'n Fontirroig, home to Sardinian warblers, house sparrows, cacti, palm trees and a wide range of flowers and ferns. The small two-roomed brick building that once housed the baths is of Byzantine origin, dating back to the 11th century and possibly once part of the home of a Muslim nobleman. The bathroom has a cupola with five oculi which let in dazzling light. The twelve columns holding up the small room were pillaged from an earlier Roman construction. The floor over the hypocaust has been worn away by people standing in the centre, mainly to photograph the entrance and the garden beyond it. The whole room is in a rather dilapidated condition. The other room is a brick cube with a small model of the baths as they once were in the corner. Unfortunately one of the columns in this model has fallen over.