



# **1st CMAS European Master's Finswimming Championships**

**LIGNANO SABBIA DORO – ITALY**

**Sunday 11, Monday 12 and Tuesday 13 of October 2020**



# SPECIFIC RULES

## 1 – DENOMINATION:

The “Underwater Activities International Events” Organizing Committee with the agreement of C.M.A.S. and F.I.P.S.A.S. has the pleasure to invite you at the CMAS 1<sup>st</sup> Master’s Finswimming European Championships, which will be held in Lignano Sabbiadoro (UD) the 11, 12 and 13 of October 2020.

This competition will be held under CMAS Finswimming Rules, the present specific rules and the “Detailed protocol for the holding of international Finswimming competitions taking place in Italy” (attached).

## 2 – COMPETITION PLACE:

The Competition will be held in:

Olympic swimming pool of Bella Italia Sports Village – Viale Centrale, 29 – Lignano Sabbiadoro (UD) – number 8 lanes, 50 meters long and a constant depth 2,10 m.

**The 2 days of competition will be in swimming pool.**

Swimming Pool Program			
		<b>Sunday 11 October 2020 Afternoon</b>	- ore 17,00/20,00  Arrival, control documents, equipment and training
<b>Monday 12 October 2020 morning</b>	- ore 8,30/9,00 WOMEN warm up - ore 9,00/9,30 MEN warm up - 9,40 Opening Ceremony  - 9,50 Competition 50 SF (W&M) 100 BF (W&M) 400 SF (W&M)	<b>Monday 12 October 2020 afternoon</b>	- ore 14,30/15,00 WOMEN warm up - ore 15,00/15,30 MEN warm up  - 15,40 Competition 800 SF (W&M) 50 BF (W&M) Relay 4x100 SF (W&M)
<b>Tuesday 13 October 2020 morning</b>	- ore 8,30/9,00 WOMEN warm up - ore 9,00/9,30 MEN warm up - 9,40 Competition 50 AP (W&M) 400 BF (W&M) 200 SF (W&M) Relay 4x50 BM (Mixed)	<b>Tuesday 13 October 2020 afternoon</b>	- 14,40/15,20 Warm Up  - 15,30 Competition 100 SF (W&M) 200 BF (W&M) Relay 4x100 Multi

## 3 – ENROLEMENTS:



Please note the following instructions regarding registration since all data of CMAS sports are stored in the CMAS sport database managed by SportData. The link is <https://www.sportdata.org/cmas/>

### 1. Registration

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



For registration the website is

<https://www.sportdata.org/cmas>

**Opening date of registration is July 15<sup>th</sup>. Closing date (§ Point 11 Deadlines)**

### 2. Registration short Tutorial:

For registration you need an account.

- Users which already have registered an account in the system, please re-use your account. In this case you can also re-use all competitors, coaches, referees and officials data.
- If you don't have an account yet, please register online:

[https://www.sportdata.org/cmas/set-online/registrate\\_registrator\\_main.php?active\\_menu=registration](https://www.sportdata.org/cmas/set-online/registrate_registrator_main.php?active_menu=registration)

For event registration of your competitors, coaches, referees and officials please follow these steps:

- Log in with your account.
- Check your team data. Please check if the data is correct and up to date.
- Enter or change the data of your competitors, coaches, referees and officials.
- In the event calendar go to the event you want to register for, click on the “Registration” button of the event you want to register.
- On the bottom of the entries site you will see the functions to make new entries.
- Register your competitors / teams in categories, as well as your coaches, referees and officials.
- All your registrations will go first on a waiting list in order to be validated. After the payment process is finished, your registrations will be approved and you will be notified by email.
- You can find an overview about all your registrations at “My current entries”. There you can also find the amount you have to pay and the provided payment method.
- Please also check out the “Other Items” section of the event. The organizer may also provide here additional purchase items, like transport, accommodation, etc.
- If you need help please contact the Sportdata Support Team: [support@sportdata.org](mailto:support@sportdata.org)

### 3. Fees of registration

It's not necessary to buy CMAS licence to participate at the European Master's Championships 2020.

The system will take into account only temporary licences. CMAS licences won't be checked (update in 2021 if necessary).

#### a. CMAS Fees

Each competitor must, in order to participate, pay CMAS fees, fixed annually by CMAS.

- 40,00 Euro for participant fees by (include annually temporary licence).



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

These fees will be paid only at the end of the registration process online by credit card or bank transfer including SEPA.

#### b. Organisation Fees

## ORGANISATION ENGAGEMENT FEES

Euro 20,00 for club or individual, Euro 10,00/swimming pool race and Euro 20,00 each relay. Fee paid for not-performed races won't be reimbursed. Also, relays must be declared with time in the registration CMAS website.

### Payment of engagement fees should be made by bank transfer

(For tax of engagements CMAS European master's championships team.....)

UNDERWATER ACTIVITIES INTERNATIONAL EVENTS

Viale Tiziano 70 – 00196 Roma

IBAN CODE: IT35 C020 0805 3140 0010 4162 924

SWIFT CODE: UNCRITM1B41 – UNICREDIT BANCA

**PAYMENT IN CASH MAYBE ACCEPTED WITH A FINE OF 50,00 EURO BY SWIMMER.**

For all information send to [cednp@tiscali.it](mailto:cednp@tiscali.it) – [cednuotopinnato@fipsas.it](mailto:cednuotopinnato@fipsas.it)

#### **4 - REGISTERED TIME:**

Timekeepers with Electronic System from Federazione Italiana Cronometristi (F.I.Cr.).

#### **5 – INDIVIDUAL PRIZES:**

- Gold, silver and bronze medals for each distance, for each master's age group, men and women;
- Gold, silver and bronze medals for each relay, for each master's age group, men and women.

#### **6 – DOPING CONTROL:**

Doping control follows the international rules of WADA, CMAS antidoping code.

#### **7 – RESPONSIBILITY:**

"International Activities International Events" Organizing Committee, C.M.A.S., F.I.P.S.A.S., the Competition Director, the Competition Officers and the Chief Judge are not responsible for accidents or damages caused to people and things before, during or after the competition.

#### **8 – SPECIAL NOTES:**

This program could be modified for organization cause. Swimmers must be available for the Start Judge with their complete equipment at least 10 minutes before the race start. Swim cap is mandatory. Any other rule concerning the competition can be found on the C.M.A.S. Finswimming Rules.

#### **9 – VISA:**

**IF YOU NEED VISA FOR ENTRY IN ITALY, PLEASE MAKE CONTACT WITH ITALIAN FEDERATION (F.I.P.S.A.S.) MINIMUM 40 DAYS BEFORE THE EVENT.**

#### **10 – HOTEL INFORMATION**

- All information in accommodation form here in attachment.

#### **11 – DEADLINES**

##### **Preliminary Entry**

##### **Accommodation Forms**

No later than September 27<sup>th</sup> by email address: [eventi@bellaitaliavillage.com](mailto:eventi@bellaitaliavillage.com)  
Contact Tel. + 39 0431/409511

##### **Registration Entries**

For registration of events, go to the website <https://www.sportdata.org/cmas>

**Opening date of registration: Wednesday July 15<sup>th</sup>**  
**Closing date for individual and relays clubs: Friday October 2<sup>nd</sup>**

**Penalties will be applied after closing date for late registration or modification of individual events or relays of clubs.**

Saturday October 3<sup>rd</sup>, a statement of all registrations will be sent to all National Federations for opportunity to register federal relays.

**Closing date for federal relays: Wednesday October 7<sup>th</sup>**

Notice:

- Constitution of relays

The relay teams can be club (i.e. composed by athletes belonging to the same club) or federal teams (i.e. composed by athletes belonging to the same national federation).

##### **SF and BF relays:**

- A team of relay can be mixed, male and female. In this case, it will be classified in men's category
- Women's teams are composed only of females.

**Mixed relays:** The team is necessarily composed of two women athletes and two men athletes. The starting order is free and is decided by the team leader.

**Multi relays:** The team is composed of two women, one in Bi-Fins (certified Bi-Fins) and one in Monofin or not certified Bi-Fins and two men in same configuration. The starting order will be man BF - woman BF – woman SF – men SF.

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# THE CITY OF LIGNANO SABBIAADORO

Lignano Sabbiadoro stands on a long sandy peninsula covered with pine trees, the southwestern end of the beautiful Marano lagoon nature reserve. Its slight slope, the sandy beach in front of the Coast of Istria, a safe bathing for families and the active nightlife, make it a popular resort for Italian and foreign tourists. The extreme point of the peninsular area is divided into three districts: Lignano Sabbiadoro is one of them and is accompanied by Lignano Pineta, 1 km further south, and Lignano Riviera, more recent but still all centred in its natural features, also given the close ness of the Tagliamento River. In total there are just under 7,000 residents. The name of the resort was originally Lignano, in 1935 'Sabbiadoro' was added exclusively for promotional purposes. The



development of the tourist resort began in the early twentieth century, when after the reclamation began the construction of some bathing establishments, however accessible only by boat from the lagoon. Before that, nothing existed in these places, except a small area of refuge for some fishermen. The ancient plans of the Serenissima, duly compiled by the so-called Water Savi, made no mention of either the name or the characteristic of the area, considered in the complex of the important lagoon territory. The wonderful beach, however, could not go unnoticed for much longer and the first hotel was built in 1903. Its urban growth, however, was delayed, not only because of the malarial area in the vicinity, but also because of the lack of basic infrastructure: it had to

wait more than two decades before the construction of the main and vital road artery. Today's city has reached the maturity of urban planning and infrastructure in the best way and presents itself with a wide variety of attractions. Moving between its neighbourhoods is possible through urban transport managed by the SAF, but Lignano is also to be explored on foot or perhaps by bike. Riviera, the western part of the peninsula is characterized by the villas and residential condominiums, all gracefully decorated with beautiful pine trees; Pineta, in the city centre, has a modest shopping mall, famous beaches and a plethora of venues suitable for evening and night fun; Sabbiadoro, at the extreme tip of the peninsula, contains a lively shopping mall and even more night and cultural life than the previous ones. The hotel presence in general is remarkable. For those who want to enjoy the maximum stay at the seaside, we recommend the baths of Lignano, located in the Riviera area and immersed in the centuries-old pine forest (directions: waterfront R. Riva 1) or even the numerous spas and fitness centers of the city. In addition to the exclusively seaside attractions, Lignano also offers some historical and naturalistic itineraries. The original farmer's core, placed close to the lagoon, has two typical rural houses of sure interest, probably dated from the 17<sup>th</sup> century. The religious cult for centuries has concentrated in the small church of St. Zacharias and the fifteenth century church of Santa Maria, in the resort of Bevazzana, and in the interior of which is noticed a series of frescoes of the 15<sup>th</sup> century. The Hemingway Park is a park of botanical interest that covers 4 hectares of land and is named after the famous American writer who visited the resort during his stay in Italy. The writer is also dedicated to the prestigious "Ernest Hemingway Lignano Sabbiadoro Prize" in journalism, fiction and non-fiction. The Punta Verde Zoo Park is a natural oasis with ponds, animals (1200 specimens belonging to 200 different species) in semi-open areas and eco-environmental paths. The nature in Lignano is also enriched by the UNICEF Park, born in the late 1980s, dedicated to children in as many as 4 hectares of entertainment between skating rinks, mini golf, swimming pools, bike paths and much more. The natural attraction, however, remains the Oase of the Wwf Laguna in Marano. Birdwatchers will be able to observe birds of prey such as the marsh hawk, the osprey, the buzzer, the small and real hen harrier, the kestrel, the brown kite. Don't miss it.

# CITY MAP OF LIGNANO SABBIAADORO

## How you can get to Lignano Sabbiadoro

You can get to Lignano Sabbiadoro by various ways of transportation:

### By Car - on the highway (motorway)

By car you can reach Lignano driving on the A4 Venice - Trieste motorway or on A23 motorway linking Tarvisio and Venice; the motorway exit for Lignano is made at Latisana, following the local road no 354 which ends at Lignano.

### By Bus - Bus Stations

There are many bus lines which regularly depart from the northern part of Italy towards Lignano. There are special buses linking important cities in Germany, Switzerland and Austria to Lignano. More information about bus schedules and timelines: Biglietteria Autostazione Viale Gorizia, 26 Tel. 0039 0431 71373.



Bus Station Lignano SAF: [www.saf.ud.it](http://www.saf.ud.it)

**By Train - Train Stations** Latisana Train station is just 20 km away from Lignano. From Latisana train station you can access by train Venice (Mestre) and its neighboring airports as well as Trieste, Udine and other main cities in Italy. Lignano and Latisana are linked by regular bus lines.



Italian Railways Website: [www.trenitalia.com](http://www.trenitalia.com)

### By Plane - Airports

The nearest airports to Lignano are *Friuli Venezia Giulia Airport* from Ronchi dei Legionari, just 58 km away from Lignano Sabbiadoro, *Marco Polo Airport* in Venice 100 km away and *San Giuseppe Airport* of Treviso, 110 km away from Lignano.

City: Venice  
Airport: Marco Polo  
Telephone: 00390412606111  
Website: [www.veniceairport.it](http://www.veniceairport.it)  
City: Treviso  
Airport: St Joseph  
telephone: 0039042220393  
Website: [www.trevisoairport.it](http://www.trevisoairport.it)  
City: Trieste  
Airport: Ronchi dei Legionari  
Telephone: 0039040631484  
Website: [www.aeroporto.fvg.it](http://www.aeroporto.fvg.it)



# OFFICIAL COMPETITION POOL AND TRAINING



## SPORTING VILLAGE BELLA ITALIA

The CMAS 1<sup>st</sup> Master Finswimming European Championship 2020 will be held in Lignano Sabbiadoro (UD), at the Bella Italia Sports Village, located in a valuable position within the urban fabric of

Lignano Sabbiadoro, in Central Avenue, 29. It consists of a modern tourist-social center, nestled in 60 hectares of verdant pine forest. The tranquility, fragrant aroma of pines and sea saloons, the clear sea and the beach front reserved exclusively for guests of the Village (1120 meters long and 60 meters deep) create the ideal environment for toning individual holidays or groups, in the name of sport, relaxation and fun. Twelve kilometres of roads and trails run throughout the area, creating amene solutions for racing, running, promenade and plain air, all routes can be excluded from car traffic. The whole village is dotted with outdoor sports camps; it also offers some high-quality solutions for all sports disciplines indiscriminately

within the multifunctional palace, which can accommodate up to three thousand people and, for water sports, in the two indoor and conditioned pools, of which one Olympic.



## SEE YOU IN LIGNANO!