

# **28<sup>th</sup> European Finswimming Championships**

**2<sup>nd</sup> – 8<sup>th</sup> OCTOBER 2020**

**Lignano Sabbiadoro (UD) - ITALY**



FEDERAZIONE  
SPORTIVA NAZIONALE  
RICONOSCIUTA  
DAL CONI





**28<sup>th</sup> European Finswimming Championships**  
**2<sup>nd</sup> - 8<sup>th</sup> October 2020**



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## **WELCOME MESSAGE OF PRESIDENT'S FEDERATION**



I am pleased to invite you to the 28<sup>th</sup> edition of the "CMAS European Finswimming Championship", which will take place in Lignano Sabbiadoro (UD), at the Bella Italia Sports Village, from 2 to 8 October 2020. Having accepted, on the part of FIPSA, the challenge of organizing this event in Italy makes me really happy, since it is in the groove of a programming aimed at offering this discipline a further increase in visibility and, consequently, of popularity. I am particularly pleased, therefore, to send a warm welcome to the Foreign Delegations and send to all the protagonists who will descend into the water my most heartfelt greetings, together with the wish to live together the days full of enthusiasm and healthy competition. We will have the opportunity to enjoy a spectacular sporting event. In fact, given the undoubted technical qualities of many of the competitors who will go into the water, I am more than convinced that we can witness performance of the highest level of competition. Finally, my greeting and thanks to the Organizing Committee "Underwater Activities International Events", chaired by Carlo Allegrini, the FIPSA Friuli Venezia Giulia

Regional Committee, the local authorities and all those who will participate at this highly anticipated event, managers, technicians, athletes, who, I am sure, will work to make that this edition succeeds in the best way. To all athletes my warm good luck: win the best!

FIPSA President  
Prof. Ugo Claudio Matteoli

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

Underwater Activities International Events

Viale Tiziano, 70 – 00196 Roma

E-mail: [nuotopinnato@fipsas.it](mailto:nuotopinnato@fipsas.it) / [subacquea@fipsas.it](mailto:subacquea@fipsas.it)

Tel. + 39 06-8798.0513



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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,



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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)





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### 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

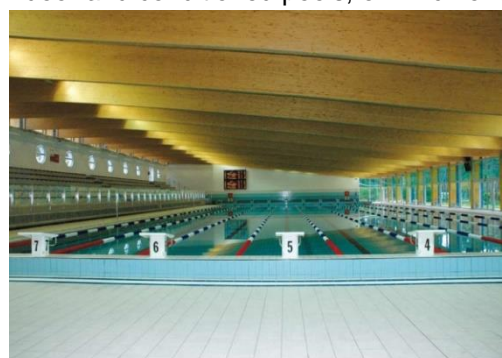
City: Venice  
Airport: Marco Polo  
Telephone: 00390412606111  
Website: [www.veniceairport.it](http://www.veniceairport.it)  
City: Treviso  
Airport: St Joseph  
telephone: 0039042220393  
Website: [www.trevisoairport.it](http://www.trevisoairport.it)  
City: Trieste  
Airport: Ronchi dei Legionari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



## OFFICIAL COMPETITION POOL AND TRAINING BELLA ITALIA SPORTS VILLAGE



The CMAS 28<sup>th</sup> European Finswimming 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.





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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, the "Detailed protocol for the holding of international finswimming competitions taking place in Italy" (attached) and CMAS rules and regulations.

- Swimming-pool events: (art. 3.3.3a. – 8.1.3.6. – 8.1.3.7. Finswimming rules)
  - 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 on [www.cmasoffice.org](http://www.cmasoffice.org) (§ Point 1.21.1.3 & 4 of CMAS Procedures).
  - 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 Finswimming (SF): 50m, 100m, 200m, 400m, 800m, 1500m
- Apnea (AP): 50m
- Immersion (IM): 100m, 400m
- Relay: 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 and to the "Detailed protocol for the holding of international finswimming competitions taking place in Italy".

## PROTEST

According to the CMAS rules.



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## BOTTLE FILLING

- Only compressed air without oxygen enrichment is allowed.
- For pool competitions, the minimum volume of a compressed air cylinder (bottle) is litre 0.4 (zero point four-litre).
- 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 bottle, is allowed.
- All cylinders used must have passed a hydrostatic test less than two years before the competition, or even less if the local legislation requires it.
- Each cylinder must be presented empty during checking meeting before the 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. 1,00) and a CD with the national anthem (short version).

## SCHEDULE

The Championship program is as follows:

### **Arrival day (-2) 2 October**

The arrival of delegations throughout the day

### **Training day (-1) 3 October**

Morning

Training at the swimming Pool

Sports equipment check (according to the CMAS rules)

Afternoon

Training at the swimming Pool)

Sports equipment check (according to the CMAS rules)

Afternoon

Judges meeting

Afternoon

Team Leaders technical meeting

### **Day 1 October 4<sup>th</sup>**

#### Morning section

07h45 – 08h30

warm-up Group 1

08h30 – 09h15

warm-up Group 2

9h30

Championship Opening Ceremony

10h00

Start competition

100 SF Women (heats)

100 SF Men (heats)

100 BF Women (heats)

100 BF Men (heats)

400 SF Women (heats)

400 SF Men (heats)

4x100 BF mixed (heats)



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**Day 1 October 4<sup>th</sup>**

Afternoon section

16h15 – 17h15

17h30

warm-up Group Finalists

Start competition

**Medal Ceremony**

100 SF Women (Finale)

100 SF Men (Finale)

*100 SF Women*

100 BF Women (Finale)

*100 SF Men*

100 BF Men (Finale)

*100 BF Women*

400 SF Women (Finale)

*100 BF Men*

400 SF Men (Finale)

*400 SF Women*

4x100 BF mixed (Finale)

*400 SF Men*

*4x100 BF mixed*

**Day 2 October 5<sup>th</sup>**

Morning section

07h45 – 08h30

08h30 – 09h15

9h30

warm-up Group 1

warm-up Group 2

Start competition

100 IM Women (heats)

100 IM Men (heats)

200 SF Women (heats)

200 SF Men (heats)

200 BF Women (heats)

200 BF Men (heats)

1500 SF Women (slow heats)

1500 SF Men (slow heats)

4x50 SF mixed (heats)





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**Day 2 October 5<sup>th</sup>**

Afternoon section

16h15 – 17h15

warm-up Group Finalists

17h30

Start competition

**Medal Ceremony**

100 IM Women (Finale)

100 IM Men (Finale)

*100 IM Women*

200 SF Women (Finale)

*100 IM Men*

200 SF Men (Finale)

*200 SF Women*

200 BF Women (Finale)

*200 SF Men*

200 BF Men (Finale)

*200 BF Women*

1500 SF Women (fast heat)

*200 BF Men*

1500 SF Men (fast heat)

*1500 SF Women*

4x50 SF mixed (Finale)

*1500 SF Men*

*4x50 SF mixed*

**Day 3 October 6<sup>th</sup>**

Morning section

07h45 – 08h30

warm-up Group 1

08h30 – 09h15

warm-up Group 2

9h30

Start competition

50 SF Women (heats)

50 SF Men (heats)

50 BF Women (heats)

50 BF Men (heats)

400 IM Women (slow heats)

400 IM Men (slow heats)

400 BF Women (heats)

400 BF Men (heats)

4x200 SF Women (heats)

4x200 SF Men (heats)



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**Day 3 October 6<sup>th</sup>**

Afternoon section

16h15 – 17h15

17h30

warm-up Group Finalists

Start competition

**Medal Ceremony**

50 SF Women (Finale)

50 SF Men (Finale)

*50 SF Women*

50 BF Women (Finale)

*50 SF Men*

50 BF Men (Finale)

*50 BF Women*

400 IM Women (fast heat)

*50 BF Men*

400 IM Men (fast heat)

*400 IM Women*

400 BF Women (Finale)

*400 IM Men*

400 BF Men (Finale)

*400 BF Women*

4x200 SF Women (Finale)

*400 BF Men*

4x200 SF Men (Finale)

*4x200 SF Women*

*4x200 SF Men*

**Day 4 October 7<sup>th</sup>**

Morning section

07h45 – 08h30

08h30 – 09h15

9h30

warm-up Group 1

warm-up Group 2

Start competition

50 AP Women (heats)

50 AP Men (heats)

800 SF Women (slow heats)

800 SF Men (slow heats)

4x100 SF Women (heats)

4x100 SF Men (heats)



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**Day 4 October 7<sup>th</sup>**

Afternoon section

16h15 – 17h15

17h30

warm-up Group Finalists

Start competition

**Medal Ceremony**

50 AP Women (Finale)

50 AP Men (Finale)

800 SF Women (Fast heat)

800 SF Men (Fast heat)

4x100 SF Women (Finale)

4x100 SF Men (Finale)

*50 AP Women*

*50 AP Men*

*800 SF Women*

*800 SF Men*

*4x100 SF Women*

*4x100 SF Men*

**Day 5 October 8<sup>th</sup>**

Departure Day

## ACCOMMODATION



### BELLA ITALIA SPORTS VILLAGE

The centre consists of thirteen residences with 700 rooms, able to accommodate up to two thousand eight hundred people. The rooms are all with private indoor toilets, widely lit with direct light, some with balcony and sea views; accessibility to them is free of any barrier; many are predisposed to accommodate people with disabilities.



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## BOOKING & ENTRY FEES

### **Finswimming European Championship from 02/10/2020 to 08/10/2020**

Entry fee per participant is **700,00 Euro in multiple rooms**. Extra charges for a **single room** is **50,00 Euro/day**.  
The organizer will provide:

- Accommodation in three-star hotels with double or triple hotel rooms full board;
- Drinking water during the meals included.

### **Finswimming European Championship + Junior Finswimming European Championship from 02/10/2020 to 12/10/2020 (for those who will take part in both events)**

Entry fee per participant is **1.100,00 Euro in multiple rooms**. Extra charges for a **single room** is **50,00 Euro/day**.

The organizer will provide:

- Accommodation in three-star hotels with double or triple hotel rooms full board;
- Drinking water during the meals included.

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

**Participants who choose to be accommodated in hotels other than official will have to pay 250,00 Euro per Pax for secretarial fees and competition. No local transfers will be provided.**

- Transfers from the international airport to hotel and return, extra fees, **40,00 Euro / Pax minimum of five people. Less than five people the price will be 80,00 Euro / Pax.**
- Extra charges for single room ascend to **50,00 € per Pax per day**.

### **Training camp before Championships**

For the team they want to organize training camp before the Championships:

- Extra day charged at **110,00 Euro** per Pax per day including full board accommodation (breakfast, lunch, dinner and water drink per meal included).
- The cost of renting a lane in the swimming pool is **40,00 Euro per lane per hour**.
- Charge bottles filling: is free from 3 October.

## ATTENTION

Later registrations will not be accepted





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## 1. PAYMENT

Minimum 50% of the total entry fee should be deposited at our bank no later than **20 August** to guarantee the booking. After this date **20 August**, the participation fees will increase by a further 10% of the 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!

**Minimum 50% of the total entry fee must be paid, via bank transfer, to:**

### **UNDERWATER ACTIVITIES INTERNATIONAL EVENTS**

**Bank: UniCredit**

**IBAN code: IT35C0200805314000104162924**

**BIC SWIFT: UNCRITM1B41**

(Reason for payment: Fee for the participation of National Team in Finswimming European Championship 2020)

## 2. VISA

If you require a visa, please contact the embassy or consulate in your country at least forty 40 days before entry.

## 3. VARIOUS

Electrical current is 220V.

## DEADLINE – CONDITION FOR ENTRY AND PARTICIPATION

- **As the reception of these specific rules**
  - Registration and payment of CMAS fees subscription on [www.cmasoffice.org](http://www.cmasoffice.org)
- **No later than 31 July 2020**  
**(Annex 1)** The preliminary declaration of participation and registration form should be sent to the CMAS and Organizing Committee.
- **No later than 20 August 2020**  
**(Annex 2)** Final hotel booking form and entry fee should be sent to the Organizing Committee. Send also a copy of "bank transfer".
- **No later than 10 September 2020**
  - The competitor's must be entered online through [www.cmasoffice.org](http://www.cmasoffice.org)



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- **(Annex 3)** The list form should be sent to the Organizing Committee.
- **No later than 10 September 2020**
  - 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: [nuotopinnato@fipsas.it](mailto:nuotopinnato@fipsas.it) – [subacquea@fipsas.it](mailto:subacquea@fipsas.it)



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## ANNEX 1

### INITIAL ENTRY FORM (Before 31 July 2020)

We will participate in the "CMAS 28<sup>th</sup> European Finswimming Championships 2020" in LIGNANO SABBIA D'ORO (ITALY).

#### Initial Entry Form:

Please complete this form and send to CMAS HQ and Organizing Committee by e-mail: [spo@cmas.org](mailto:spo@cmas.org) / [nuotopinnato@fipsas.it](mailto:nuotopinnato@fipsas.it) – [subacquea@fipsas.it](mailto:subacquea@fipsas.it)

Country:

Federation:

Total number of Competitions:

male:

female:

Total number of Officials:

male:

female:

Total number of Delegation:

male:

female:

#### Declaration Form:

Release from liability: I hereby declare that I exonerate of liability however so arising, the CMAS, its affiliates, the event Organizing Committee and staff, the venue owners, sponsors, and any other persons that participate at the event, in respect to all and every action or claim about accidents that may occur.

**Date and Signature:** \_\_\_\_\_

#### Consent to publication of Imagery:

I grant the Organizing Committee the permission for my imagery, full name, nationality and voice to be recorded during the competition.

**Date and Signature:** \_\_\_\_\_

#### Antidoping:

I, undersigned as responsible that all the athletes of the teams acknowledge WADA Anti-Doping Rules and CMAS Anti-Doping Rules. Athletes consent and agree to comply with the conditions of the WADA Anti-Doping Code, the CMAS Anti-Doping Rules.

**Date and Signature:** \_\_\_\_\_

#### Insurance:

I hereby declare that the participants to this competition have a valid health insurance for the duration of the competition which covers the full extent of the consequences of accidents and reimbursement for the costs of treatment and rehabilitation following the accident that may occur during my stay during the dates of competition.

I am aware that the organizing committee is not liable (financially or in any other way) for any injuries that occurred during the present competition.

**Please check CMAS Procedures, Finswimming rules for participation in CMAS Championship.**

Date

(President Signature / stamp)

(Full name in block letters)



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## ANNEX 2

### HOTEL BOOKING FORM (Before 20 August 2020)

Please complete this form and send to CMAS HQ and Organizing Committee by e-mail: [spo@cmas.org](mailto:spo@cmas.org) / [nuotopinnato@fipsas.it](mailto:nuotopinnato@fipsas.it) – [subacquea@fipsas.it](mailto:subacquea@fipsas.it)

Country:

Federation:

Telephone:

Fax:

e-mail:

Please complete:

Number of Rooms

Date

From

To

Single

Double / Triple

Number of Rooms

Date

From

To

Single

Double / Triple

**Extra Nights:** If you need extra nights, please fill in the following.

Please complete:

Number of Rooms

Date

From

To

Single

Double / Triple

Number of Rooms

Date

From

To

Single

Double / Triple





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## ANNEX 3

### COMPETITORS LIST FORM (Before 10 September 2020)

Please complete this form and send to CMAS HQ and Organizing Committee by e-mail: [spo@cmas.org](mailto:spo@cmas.org) /  
[nuotopinnato@fipsas.it](mailto:nuotopinnato@fipsas.it) – [subacquea@fipsas.it](mailto:subacquea@fipsas.it)

Country:						
Federation						
Competitors	Men		Women			
Officials	Men		Women			
n.	NAME	FIRST NAME	Athlete, Trainer, Delegation Chief, Doctor, Judge, Other	Male	Female	Single room
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

ARRIVAL	Date:		Time	
Airport			Flight No.	
DEPARTURE	Date:		Time	
Airport			Flight No.	

Date

(President Signature / stamp)

(Full name in block letters)