CMAS APNEA INDOOR WORLD CHAMPIONSHIP

10th EDITION

Lignano Sabbiadoro (UD) - 11/17 June 2018

Under the aegis of:

In cooperation with:
CMAS has entrusted to FIPSAS the organisation of the 10th edition of the Apnea Indoor World Championship. An Organising Committee has been specially set up for the event, called “Underwater Activities International Events”. The Championship will take place in Lignano Sabbiadoro (UD), at the Bella Italia Sports Village, from 11 to 17 June 2018. The Championship programme includes the following events:

1 - Dynamic with Monofin (DYN) M/F
2 - Dynamic with Bi-Fins (DYN BF) M/F
3 - Dynamic without Fins (DNF) M/F
4 - Endurance 16x50 m. M/F
5 - Endurance 8x50 m. M/F
6 - Speed 100 m. M/F
7 - Static (STA) M/F

Underwater Activities International Events: subacquea@fipsas.it
Communication: media@monyarossi.it
Sito web: http://www.fipsas.it/aiwc2018
www.facebook.com/FipsasApneaEvents

Participant Nations

- Algeria
- Argentina
- Belgium
- Chile
- Colombia
- Croatia
- Czech Republic
- Denmark
- Ecuador
- France
- Germany
- Greece
- Italy
- Korea
- Morocco
- Russia
- Serbia
- Slovakia
- Slovenia
- Spain
- Tunisia
- Turkey
- Ukraine
- Venezuela
Both personally and on behalf of the entire Organising Committee, I wish to extend my welcome to all those who in their various capacities will participate in the **CMAS 10th Apnea Indoor World Championship**, scheduled to take place from 11 to 17 June 2018 at the Bella Italia Sports Village located in Lignano Sabbadioro (Udine). My special thanks to FIPSAS for its valuable technical and financial support, making it possible to have Italy play host to such a prestigious international apnea event. This is the fourth event hosted by Italy after the 1st Apnea Outdoor World Championship held at Sant’Angelo d’Ischia (Naples) in 2015, the 9th Apnea Indoor World Championship held at Lignano Sabbadioro (Udine) in 2016 and the 5th Apnea Indoor Open European Championship staged in Cagliari in 2017. Given the undisputed technical and athletic prowess of the athletes that will attend the event, the Apnea Indoor World Championship will most undoubtedly provide outstanding emotions for us to take home. Moreover, the fact that the entire event will be streamed live will provide a further opportunity to promote Apnea, in conjunction with the CMAS, on the international scene, where this magnificent sport is becoming increasingly popular and widespread day by day. I truly hope all the participants in this exhilarating sports event will enjoy a week under the banner of friendship and healthy sports competition.

**President of the “Underwater Activities International Events” Organising Committee**

Carlo Allegrini
The venue

The CMAS 10th Apnea Indoor World Championship 2018 will be staged in Lignano Sabbiadoro (UD), at the Bella Italia Sports Village, located in a prestigious zone of the town of Lignano Sabbiadoro, in Viale Centrale, 29. This modern tourist-community centre is immersed in 60 hectares of lush pine forest. The peace and quiet, fragrance of the pine trees, saltiness of the sea air, clean seas and extensive beach reserved exclusively for the Village’s guests (1,120m long and 60m wide) help to create the ideal setting for invigorating individual or group holidays, centring on sport, relaxation and having fun. The area is criss-crossed by twelve kilometres of roads and paths, creating comfortable solutions for running, jogging and walking in the open air. All internal roadways can be cut off to vehicle traffic. The centre is made up of thirteen residences, with 700 rooms, which can accommodate up to 2,800 guests. Rooms are all en suite, well-lit with direct sunlight, and some have a balcony and sea view. There are no architectural barriers, and many rooms are equipped to accommodate disabled persons. The Village is full of facilities for outdoor sporting activity. It also provides great solutions for a host of sporting disciplines thanks to the multipurpose sports centre, which can house up to three thousand people, and two indoor, air-conditioned swimming pools for water sports, one Olympic size.

How to get to Bella Italia Sports Village

**By car** – the best speedway is the A4 with exit in Latisana where a 20 km highway links you to Lignano.

**By train** – there are two railway stations to reach Lignano: Latisana and Portogruaro, both on the line Venezia – Trieste. Bus service, with frequent daily runs, reach Lignano in about 20 min. from Latisana and 40 min. from Portogruaro.

**By air** – there are two International airports in the surroundings of Lignano: Venezia Marco Polo and Trieste Ronchi dei Legionari. Both airports are situated just an hour’s drive away, and shuttle buses assure the connections with Lignano.
**Dynamic Apnea**

Dynamic Apnea (DYN – DYN BF – DNF) is an event where the athlete aims at covering the maximal horizontal distance by keeping the body below the surface of the water in apnea with monofin (DYN) or with bi-fins (DYN BF) or without fins (DNF). The event is conducted in a swimming-pool and with the use of fins (bi-fins or monofin) or without fins depends on the type of the competition. When they are used, bi-fins or monofin must be powered only by the muscular power of the athlete, without use of any mechanism, even if the latter is activated by the muscles.

**Speed & Endurance Apnea**

Speed & Endurance Apnea (S&E) is an event where the athlete aims at covering a fixed distance at the minimum possible time. The event is conducted in a swimming-pool and is swum in fractions of a pool length alternating apnea swimming with passive recovery at the pool’s end. The event is swum with the use of monofin (SWF – EWF) or bi-fins (SWF BF – EWF BF) or without fins (SNF – ENF). When they are used, bi-fins or monofin must be powered only by the muscular power of the athlete, without use of any mechanism, even if the latter is activated by the muscles.

**Static Apnea**

Static Apnea (STA) is an event where the athlete aims at performing a maximum duration apnea minimally over a time declared beforehand and if possible going beyond this time. The event is conducted in a swimming-pool.
# Programme

## Monday 11 June

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>11:00 – 12:30</td>
<td>Arrival and check-in of Delegations; checking of documents and issue of badges</td>
</tr>
<tr>
<td>12:30 – 14:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>14:00 – 17:30</td>
<td>Arrival and check-in of Delegations; checking of documents and issue of badges</td>
</tr>
<tr>
<td>17:30 – 19:00</td>
<td>Technical meeting</td>
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<tr>
<td>19:30 – 21:00</td>
<td>Dinner</td>
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## Tuesday 12 June

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>07:00 – 08:30</td>
<td>Breakfast</td>
</tr>
<tr>
<td>09:00 – 12:00</td>
<td>Practice (50m pool)</td>
</tr>
<tr>
<td>12:30 – 14:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>14:30 – 16:30</td>
<td>Practice (50m pool)</td>
</tr>
<tr>
<td>17:00 – 18:00</td>
<td>Technical meeting</td>
</tr>
<tr>
<td>18:30 – 19:30</td>
<td>Opening Ceremony</td>
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<tr>
<td>19:30 – 21:00</td>
<td>Dinner</td>
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## Wednesday 13 June

<table>
<thead>
<tr>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>07:00 – 08:30</td>
<td>Breakfast</td>
</tr>
<tr>
<td>09:00 – 12:00</td>
<td>Practice (25m pool)</td>
</tr>
<tr>
<td>12:30 – 14:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>15:00 – 19:00</td>
<td>World Championship Dynamic Apnea without Fins (50m pool)</td>
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<tr>
<td>19:30 – 20:00</td>
<td>Prize-giving Ceremony</td>
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<tr>
<td>20:00 – 21:00</td>
<td>Dinner</td>
</tr>
<tr>
<td>21:00 – 22:00</td>
<td>Technical meeting</td>
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## Thursday 14 June

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>07:00 – 08:00</td>
<td>Breakfast</td>
</tr>
<tr>
<td>08:30 – 12:30</td>
<td>World Championship Static Apnea (25m pool)</td>
</tr>
<tr>
<td>08:30 – 12:30</td>
<td>World Championship Static Apnea (25m pool)</td>
</tr>
<tr>
<td>13:00 – 14:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>14:30 – 17:00</td>
<td>World Championship: Endurance Apnea 8x50m (50m pool)</td>
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<tr>
<td>17:30 – 18:30</td>
<td>Technical meeting</td>
</tr>
<tr>
<td>19:00 – 19:30</td>
<td>Prize-giving Ceremony</td>
</tr>
<tr>
<td>19:30 – 21:00</td>
<td>Dinner</td>
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</table>
**Friday 15 June**

- **07:00 – 08:00** Breakfast
- **08:30 – 13:00** World Championship: Dynamic Apnea with Bi-Fins (50m pool)
- **13:00 – 14:00** Lunch
- **14:30 – 16:00** World Championship: Speed Apnea 100m (50m pool)
- **16:30 – 18:00** Practice (50m pool)
- **18:30 – 19:30** Technical meeting
- **19:30 – 20:00** Prize-giving Ceremony
- **20:00 – 21:00** Dinner

**Saturday 16 June**

- **07:00 – 08:00** Breakfast
- **08:00 – 13:00** World Championship: Dynamic Apnea with Monofin (50m pool)
- **13:00 – 14:00** Lunch
- **15:00 – 18:00** World Championship: Endurance Apnea 16x50m (50m pool)
- **19:00 – 20:00** Prize-giving Ceremony and Closing Ceremony
- **20:00 – 21:00** Dinner
- **21:00 – 24:00** Final party

**Sunday 17 June**

- **08:00 – 09:00** Breakfast
- **09:00** Check-out and Departure of Delegations

N.B. The organisers reserve the right to modify the order and times of events to meet technical and organisational needs.
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In cooperation with:

FLUYD

SALVIMAR

In cooperation with:

Sottosotto Freediving

Circolo Sommozzatori Trieste

Scuola d’Immersione