



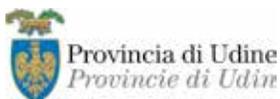
10th EDITION

CMAS APNEA INDOOR WORLD CHAMPIONSHIP



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 | 5 - Endurance 8x50 m. M/F |
| 2 - Dynamic with Bi-Fins (DYN BF) M/F | 6 - Speed 100 m. M/F |
| 3 - Dynamic without Fins (DNF) M/F | 7 - Static (STA) M/F |
| 4 - Endurance 16x50 m. 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	Ecuador	Serbia
Argentine	France	Slovakia
Belgium	Germany	Slovenia
Chile	Greece	Spain
Colombia	Italy	Tunisia
Croatia	Korea	Turkey
Czech Republic	Morocco	Ukraine
Denmark	Russia	Venezuela



We are invited by our friend, Mr. Ugo Claudio Matteoli, President of FIPSAS to take part of this major event, 10° Apnea Indoor World Championship 2018. This is a pleasure and a big honor.

As you may know, Freediving is taking a much larger role in our sport activities today.

The number of qualification is increasing and we hope that this activity will enjoy a bright and great future.

FIPSAS and CMAS major Federations have shown the high level of interest needed for this activity to continue to grow in the future.

Our deep and strong conviction is that, all together, we have to go to the olympics with Freediving.

FIPSAS, as a major CMAS partner, has an important role to play in promoting Freediving with this event.

We wish to all of you the very best

Good luck!!!!

**CMAS President
Anna Arzhanova**



It is with great pleasure that I extend my warmest welcome to the **CMAS 10th Apnea Indoor World Championship** to be held in Italy, at the Bella Italia Sports Village located in Lignano Sabbiadoro (Udine) from 11 to 17 June 2018, where seven swimming pool-based apnea events will take place. As is the case each year, this competition will open the international swimming pool-based apnea season and it makes me very happy to see that Lignano Sabbiadoro has enthusiastically accepted, once again, to organise and host this world event. This year's World Championship was entrusted once more to Italy. Undoubtedly, this fills FIPSAS with great pride because it clearly shows our Federation's constant international contribution to developing such a challenging and spectacular sport. I am therefore most pleased to extend my warmest and heart-felt welcome to all the athletes coming from all over the world to attend this event, reminding them that achieving significant results requires commitment, perseverance and self-denial, while being able to enjoy oneself with responsibility and under the banner of sport. May I seize this opportunity to remind the many young spectators who will hopefully be watching the competitions that apnea trains the body but also the mind, and that the ethics of competition rests on some core and essential values, such as loyalty and respect for others, which form always an in any case the basis for sharing and living together.

We will have the opportunity to enjoy an outstanding sports event, as I am most confident that we will be watching very high level performances given the undisputed technical skills that many of the competitors have.

Finally, I wish to extend my welcome and gratitude to the "Underwater Activities International Events" Organising Committee chaired by Carlo Allegrini, the FIPSAS Regional Committee of Friuli Venezia Giulia, SottoSotto and Circolo Sommozzatori Trieste clubs for the organisational support provided, the local authorities for the efforts made and sensitivity shown as well as all those who will attend the event, including officials, coaches and athletes who will endeavour to ensure that this year's event will prove as successful as possible.

I wish the best of luck to all the athletes: May the best win!

**FIPSAS President
Prof. Ugo Claudio Matteoli**



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 Sabbiadoro (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 Sabbiadoro (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

11:00 – 12:30	Arrival and check-in of Delegations; checking of documents and issue of badges
12:30 – 14:00	Lunch
14:00 – 17:30	Arrival and check-in of Delegations; checking of documents and issue of badges
17:30 – 19:00	Technical meeting
19:30 – 21:00	Dinner

Tuesday 12 June

07:00 – 08:30	Breakfast
09:00 – 12:00	Practice (50m pool)
12:30 – 14:00	Lunch
14:30 – 16:30	Practice (50m pool)
17:00 – 18:00	Technical meeting
18:30 – 19:30	Opening Ceremony
19:30 – 21:00	Dinner

Wednesday 13 June

07:00 – 08:30	Breakfast
09:00 – 12:00	Practice (25m pool)
12:30 – 14:00	Lunch
15:00 – 19:00	World Championship Dynamic Apnea without Fins (50m pool)
19:30 – 20:00	Prize-giving Ceremony
20:00 – 21:00	Dinner
21:00 – 22:00	Technical meeting

Thursday 14 June

07:00 – 08:00	Breakfast
08:30 – 12:30	World Championship Static Apnea (25m pool)
08:30 – 12:30	Practice (50m pool)
13:00 – 14:00	Lunch
14:30 – 17:00	World Championship: Endurance Apnea 8x50m (50m pool)
17:30 – 18:30	Technical meeting
19:00 – 19:30	Prize-giving Ceremony
19:30 – 21:00	Dinner



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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WORLD CHAMPIONSHIP**

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