



FEDERACIÓN DE ACTIVIDADES SUBACUÁTICAS
DE LA COMUNIDAD VALENCIANA

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FINSWIMMING GOLDEN FINAL CMAS WORLD CUP 2009 Valencia (Spain)

Valencia, June 28th, 2009

Dear Mrs/Mr President, dear sport friends

The Spanish Underwater Federation and the Valencia Community Underwater Federation are pleased to invite your club to participate at the **CMAS WORLD CUP 2009 FINSWIMMING GOLDEN FINAL** which will be held in the city of Valencia (Spain) from **September 9th to 13th**, 2009

Herewith you may find all information regarding the competition, and all the forms necessary for your participation.

We'll be very honoured to see you soon in Valencia.

Antonio Buigues
President
Valencia Community Underwater Federation



FINSWIMMING GOLDEN FINAL CMAS WORLD CUP 2009 Program

ALL TIMES LISTED ARE IN LOCAL TIME

Wednesday, September 9th

12:00	16:00	Arrival of teams, document check, payment of participant fees for competition
	17:00	Equipment check
		Training & Warm Up
	19:00	Technical meeting CMAS World Cup

Thursday, September 10th

08:30	09:20	Warm Up
09:30		Session 1 start
		50m APN – Girls / Boys
		50m APN – Women / Men
		800m SF – Girls / Boys
		800m SF – Women / Men
		Award Ceremony
15:30	16:20	Warm Up
16:30		Session 2 start
		50m BF – Girls / Boys
		50m BF – Women / Men
		200m SF – Girls / Boys
		200m SF – Women / Men
		100m IM – Girls / Boys
		100m IM – Women / Men
		Award Ceremony

Friday, September 11th

08:30	09:20	Warm Up
09:30		Session 3 start
		100m BF – Girls / Boys
		100m BF – Women / Men
		100m SF – Girls / Boys
		100m SF – Women / Men
		400m SF – Girls / Boys
		400m SF – Women / Men
		Award Ceremony
15:30	16:20	Warm Up
16:30		Session 4 start
		50m SF – Girls / Boys
		50m SF – Women / Men
		200m BF – Girls / Boys
		200m BF – Women / Men
		4x100m SF – Girls / Boys
		4x100m SF – Women / Men

Saturday, September 12th

09:00	10:00	Technical meeting (L.D.)
10:00	10:50	Warm Up Long Distance
11:00		Long Distance session start
		4km LD – Girls / Boys (junior)
		4km LD – Women / Men (senior)
		Award Ceremony
20:00		Closing Ceremony
		Gala Dinner

Sunday, September 13th

08:00	12:00	Departure of teams
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PARTICULAR REGULATIONS

1.- DENOMINATION

CMAS World Cup Finswimming Golden Final 2009 will be held in Valencia (Spain) from **September 9th to 13th, 2009**

2.- PARTICIPATION RULES AND RACES

This competition, in accordance with the Finswimming International Regulation, World Cup Rules and this Particular Regulation, includes the following races and categories:

- **Senior (Cat. A)** (18 years old and over):

M/F: 50ap, 50sf, 100sf, 200sf, 400sf, 800sf, 50bf, 100bf, 200bf, 100im, 4x100 relay.

- **Junior (Cat. B + C + D)** (12-17 years old):

B/G: 50ap, 50sf, 100sf, 200sf, 400sf, 800sf, 50bf, 100bf, 200bf, 100im, 4x100 relay.

- Swimming style: ap = apnoea; sf = surface; im = immersion; bf = bifins

CMAS World Cup Rules: Each competitor can take part in a maximum of three (3) individual races and one (1) relay. Each team can enrol a maximum of two swimmers for each individual race. Each club must be associated by a National Federation recognized by C.M.A.S. and each competitor must have the **National Federation Licence and CMAS International Sport Licence**.

3.- COMPETITION PLACE

The **pool competition** will be held in:

“Complejo Deportivo Parque Oeste”,
C/ Músico Ayllón, s/n - 46006 Valencia (Spain)
39°27'58.84"N - 0°23'48.55"W

Built year: 2002 - Total Surface: 9.221m²

Swimming pool: 50m x 8 (+2) lanes, depth 1,80m Temperature: 25 degrees

The **long distance** (4 Km race) will be held in:

Valencia Port – Marina Real Juan Carlos I
Puerto de Valencia

39°27'34.64"N - 0°19'42.27"W to 39°27'44.87"N - 0°18'32.46"W

4.- FINAL ENROLMENTS

The final enrolments must be completed on the attached entry form and must be received **before Wednesday September 2, 2009** at the following email address: cmasworldcup@bucefederado.com (with a copy sent to CMAS headquarters)

Inscription fee: Euro 30.00 for club, Euro 10.00 each distance and Euro 10.00 each relay. Fees paid for not performed races will not be reimbursed. Late enrolments maybe accepted with a fine of Euro 100.00. Relays must be declared with time on the enrolments forms (even without the competitor's names).

Payment must be made by direct bank transfer:

BANK: Caja de Ahorros y Pensiones de Barcelona (Spain)
TO: FEDAS-Comunidad Valenciana
EU IBAN: ES12 2100 4856 6122 0001 7972
BIC: CAIXESBBXXX

NB: Enrolments will only be accepted when accompanied by bank transfer receipt, sent to cmasworldcup@buceofederado.com or faxed to (+34) 96 391 29 87

5.- PRELIMINARY PROCEDURES

All sport documents of the swimmers will be checked on Wednesday September 9th 2009 from 12h00 to 18h00 at the swimming-pool of the “Complejo Deportivo Parque Oeste” in Valencia.

6.- EQUIPMENT AND TANK REFILLS

The organizer guarantees the filling of cylinders (tanks, bottles) for either DIN or YOKE type. The maximum charging pressure is 200 Bars. All cylinders (bottles) must be in good condition and must have passed the hydraulic test less than 36 months before the date of the championship. The control of the air tanks will be on Wednesday September 9th, 2009 from 12h00 to 18h00 at the swimming-pool of the “Complejo Deportivo Parque Oeste” in Valencia. All the tanks, including those used for warm up, will be delivered empty to the check point. The organization will refill all tanks and deliver them to the team leaders on Thursday September 10th 2009 from 08:00h at the swimming-pool.

7.- FORFEIT OF COMPETITORS

The team leader will inform the judges of absenteeism before 08:30h of Thursday September 10th 2009. For every swimmer absent in a heat without communication, the club will be liable for a fine of € 50.00

8.- REGISTERED TIME

Timekeepers with Electronic System - Omega Ares 21
16 plates / 3 lines UNT4 and UNT7-MC
The classification will be according the CMAS World Cup Long Distance Individual Point Table.

9.- PRIZES

Individual: medals will be given to the first, second and third competitor in each individual race and relay.

Teams: each club will receive a prize. The best three clubs in each category (men, women, boys, girls) of the World Cup will receive a cup.

At the prize-giving (Award Ceremony) after each session each swimmer must wear his/her team uniform.

10.- ANTIDOPING

WADA - World Anti-doping Code

CMAS - Anti-doping Rules

FEDAS - Anti-doping Rules

Athletes accept these rules as a condition of participation.

11.- PROTEST

CMAS International Finswimming Rules will be applied, with a fee of 100 €

12.- RESPONSABILITY

FASCV, FEDAS, CMAS, the Competition Director, the Competition Officers and the Chief Judge are not responsible for accidents, damage or loss caused to people and materials before, during or after the competition.

13.- MEDICAL ASSISTANCE

Organizers will ensure the presence of medical assistance and ambulance. The nearest hospital is less than 900m from the swimming-pool. For their own safety, athletes with special medical conditions are forced to inform the race organization.

14.- NATIONAL FLAGS

We kindly ask each team to bring with them one national flag with an approximate size of 2m x 1m

15.- SPECIAL NOTES

The present program could be modified for organizational causes. The teams will get all information about any changes on time.

Swimmers must be available for the Start Judge with their complete equipment at least 10 minutes before the race start. The organizer reserves right to accept and insert an athlete or a relay at any time at their discretion, in or outside the official classification, on request of the participating club.

Any other rule concerning the competition can be found in the **CMAS Finswimming Rules**.

16.- CONTACT

RACE ORGANIZATION

FEDAS-Comunidad Valenciana

Mr. Antonio Buigues

☎ (+34) 96 315 44 91

Fax: (+34) 96 391 29 87

✉ cmasworldcup@bucefederado.com

Web: <http://www.bucefederado.com/node/460>

ACCOMODATION

HALCON Viajes

Mrs. Noelia Gonzalo

☎ (+34) 96 356 715 51

Fax: (+34) 96 356 75 52

✉ noeliagonzalo@halcon-viajes.es

Web:

ACCOMODATION

1.- HOTEL ***

Expo Hotel Valencia *** - <http://www.expohotelvalencia.com>

Av. Pío XII, 4

46009 Valencia

☎ (+34) 96 303 36 00 ✉ noeliagonzalo@halcon-viajes.es

Distances from the hotel	Distance	Journey Time
Valencia Nord (Railway Station)	2.2 km.	5 minutes by car
Valencia Airport	12 km.	15 minutes by car
Swimming Pool	2.9 km.	7 minutes by car
Marina Real Juan Carlos I	8 km.	18 minutes by car
The City of Arts and Sciences	6.4 km.	14 minutes by car

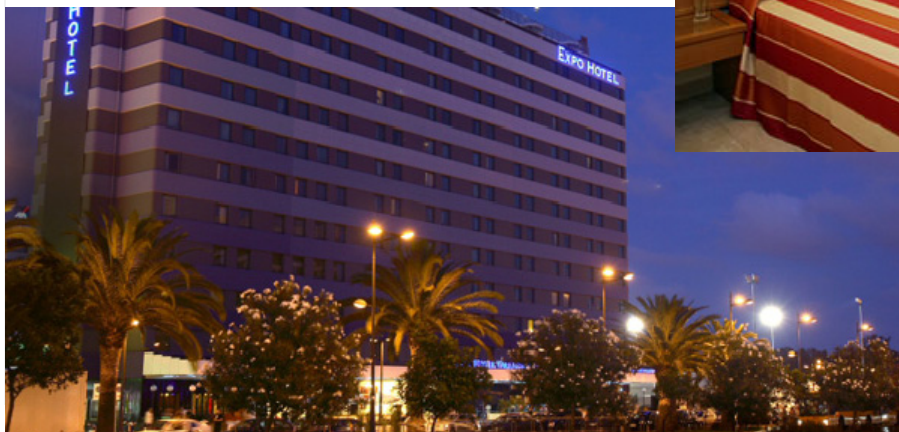
The hotel is located in Nuevo Centro, one of the most popular shopping areas of the city and very close to the historic quarter of the city. It has quick access to the airport, the Recinto Ferial (showground), the Palacio de Congresos (Conference Centre) and only 7 minutes from the swimming pool complex.

PRICES (per person/night)	Half board	Full board
Triple room	52 €	64 €
Double room	56 €	68 €
Single room	80 €	92 €
Extra meals	12 €	-
Gala Dinner	25 €	25 €

Gala Dinner and transfers from / to the swimming pool will be FREE with a minimum staying of 4 nights at the Expo Hotel

Standard rooms are decorated in neutral tones and have the following specifications:

- Satellite T.V.
- Air-conditioning
- Central heating
- Writing desk
- Minibar
- Bathroom with bathtub
- Hair dryers on request at reception
- Wi-Fi Internet connection



2.- HOSTEL

C.M. Galileo Galilei - <http://www.galileogalilei.com>

Av. Los Naranjos, s/n
46022 Valencia (Spain)

☎ (+34) 96 335 20 00 Fax (+34) 96 355 12 13 ✉ noeliagonzalo@halcon-viajes.es

Distances from the hostel	Distance	Journey Time
Valencia Nord (Railway Station)	6 km.	13 minutes by car
Valencia Airport	17 km.	24 minutes by car
Swimming Pool	8.5 km.	17 minutes by car
Marina Real Juan Carlos I	4.3 km.	10 minutes by car
The City of Arts and Sciences	4.1 km.	8 minutes by car

The hostel is located in the UPV University Vera Campus, 1.5 km from the seaside. It has 408 single & double rooms, parking

PRICES (per person/night)	Half board
Triple room	31 €
Double room	33 €
Single room	43 €
Extra meals (each - served at the Expo Hotel Valencia)	12 €
Transfers to/from the swimming pool (per pax/traject)	4 €
Gala Dinner	25 €

Standard rooms are decorated in neutral tones and have the following specifications:

- All exterior
- Telephone
- Air-conditioning
- Central heating
- Bathroom with bathtub
- Wi-Fi Internet connection



TRANSPORTATION

1.- SHUTTLE HOTEL / SWIMMING POOL

Buses will be organized to drive you from the organization hotel (**Expo Hotel Valencia**) toward the swimming-pool every morning, and then in the evening, a bus will drive you back to your hotel. For all teams staying at the organization hotel, there will also be a shuttle to / from the hotel at midday between the morning and afternoon sessions. For the Long Distance event, buses will drive participants from the hotels to the harbour, and after the run, will drive them back to the hotels.

2.- AIRPORT / TRAIN STATION TRANSFERS

Valencia Airport is located **eight kilometres** to the west of the capital. A personal welcome and transfer to your hotel, with mini-van or bus, can be organized on your arrival and for your departure.

If you prefer to do it your way, the easiest way of transferring from Valencia Airport to your hotel is via

 **Public bus**

Route 150 Valencia-Airport

Itinerary: Airport- Manises-Quart de Poblet-Mislata-Valencia


Stops:

Airport: Departures area

Valencia: Central Bus Station (Av. Menéndez Pidal)

Timetable: from 05:25 to 23:55.

Price: € 1.05

 **Metro**

Take **line 5** direction **Marítim - Serrería** at station **Aeroport**

5 Departure Aeroport

5 Arrive Angel Guimerá

(20 minutes)

Changeover in **Angel Guimerá** and take the **line 1** direction **Bétera**.

1 Departure Angel Guimerá

1 Arrive Túria

(28 minutes) Price € 1.90

 **Taxi**

As with all the airports in Spain there is an extra supplement that you have to pay for catching a taxi to or from the airport. In the case of Valencia the cost of the supplement is € 2.75 for every trip that you make to or from the airport. A taxi into the hotel from the airport will cost **around € 16-20**.

Radio Taxi Manises: (0034) 961 521 155

Radio Taxi Valencia: (0034) 963 703 333

Teletaxi: (0034) 963 571 313

FINSWIMMING GOLDEN FINAL CMAS WORLD CUP 2009

Deadlines

Preliminary Entry

July 29th, 2009

(6 weeks before
competition)

Organizers reserve right to apply a penalty to all the entries received later than the specified date.

Final Entry

September 2nd, 2009

(7 days before
competition)

Withdrawal

September 4th, 2009

(5 days before
competition)