



***1st CMAS African
Finswimming Championship
01- 06 November 2023
Sharm El Sheikh - Egypt***





1st CMAS African Seniors Finswimming Championship
01 -06 November 2023
Sharm El Sheikh - Egypt

Sameh Elshazly's Welcome message



The Egyptian Diving and Lifesaving Federation have both pleasure and honor to invite you to the 1st CMAS African Finswimming Championship that will take place in Sharm Elsheikh, Egypt during the period from the 1st till the 6th of November 2023.

I am delighted to welcome all the joining teams whom represent different African nations in a fair Championship that will result in growing up and empowering the friendship between all participant to develop the Finswimming sport in the African Region, meanwhile it will leave a remarkable and memorable print in their minds specially its hosted in Sharm El-Sheikh, the capital of water tourism.

We hope that the event results in unforgettable and honorable appearance in front of the whole world especially that it is organized under the name of CMAS. We are looking forward to enjoy your time in Sharm El-Sheikh.

Wishing all the participating teams the best of luck and successful results.

Sameh Elshazly

EDLF President

ADLF President

CMAS BoD Member



1st CMAS African Seniors Finswimming Championship
01 -06 November 2023
Sharm El Sheikh - Egypt

Sharm Elsheikh

Sharm El Sheikh is an Egyptian city on the southern tip of the Sinai Peninsula, in South Sinai Governorate, on the coastal strip along the Red Sea. Sharm El Sheikh is the administrative hub of Egypt's South Sinai Governorate, which includes the smaller coastal towns of Dahab and Nuweiba as well as the mountainous interior, St. Catherine and Mount Sinai. The city and holiday resort is a significant centre for tourism in Egypt, while also attracting many international conferences and diplomatic meetings. Also it known as the "City of Peace" is referring to the large number of International Peace Conferences that have been held there.





1st CMAS African Seniors Finswimming Championship
01 -06 November 2023
Sharm El Sheikh - Egypt

OFFICIAL COMPETITION VENUE AND ACCOMMODATION

Tolip Inn Sharm El-Sheikh

Set in Sharm El Sheikh, 14 km from SOHO Square Sharm El Sheikh, Tolip Inn Sharm Spa and Aqua Park offers accommodation with a fitness centre, free private parking, a garden and a shared lounge. Among the facilities of this property are a restaurant, along with free WiFi. Certain units at the property feature a terrace with a city view.



Old Vic Resort

Located in Sharm El Sheikh, 3.1 mi from Neema Bay, Old Vic Sharm Resort features a year-round outdoor pool and barbecue. The hotel has a terrace and spa center, and guests can enjoy a meal at the restaurant. Free WiFi is featured and free private parking is available on site.





1st CMAS African Seniors Finswimming Championship
01 -06 November 2023
Sharm El Sheikh - Egypt

Official Swimming Pool

The International Youth and Sports City

The International Youth and Sports City is a unique sports facility in Sharm El Shiekh and one of the largest sports complexes as well. The main object of the sports complex is an Olympic-size swimming pool where the race course is 50 meters in length. There are two swimming pools in the complex: one is 50X25m and the other is 25×12.5m. The pool is equipped with automatic timing system “ALGE-TIMING” and full-color video display. Pool is divided into 10 lanes. There is a video-audio control booth in the ‘center of swimming’ that can create and edit video and audio signal and transmit information. During sporting events the complex can accommodate up to 640 spectators.



Open Water

Sharm El Maya bay

Sharm El Maya Beach wraps itself some 1.5km around the inside of a pleasant cove in Southern Sinai. The beach is wide and sandy and runs from the ferry port in the South to the cliffs of Hadaba to the North.





PARTICIPATION RELATED REGULATION

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 and CMAS rules and regulations.

Swimming-pool & Open Water events:

- 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 man – woman – man - woman. Any change in the fixed starting order leads to disqualification.
- It is 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 according to the procedure attached (www.cmasoffice.org and Sportsid – Sportdata).
- Continental Championships will be organized over three (3) days and six (6) sessions.

DISCIPLINES AND DISTANCES

(Female & Male)

Swimming Pool Events:

Surface Finswimming (SF): 100m, 200m, 400m

Apnea (AP): 50m

Relays: 4x100m SF Mixed, 4x50m BF Mixed

Bi Fins (BF): 50m, 100m, 200m, 400m

Open Water Events:

Surface Fin swimming (SF): 3km

Bi Fins (BF): 1km

Relay: 4x1km SB

INTERNATIONAL JURY

CMAS Technical Delegate according to the CMAS rules.

CLASSIFICATION AND AWARDS

According to the CMAS rules and regulations

PROTEST

According to the CMAS rules.



1st CMAS African Seniors Finswimming Championship
01 -06 November 2023
Sharm El Sheikh - Egypt

MISCELLANEOUS

National teams should bring two (2) national flags (m 2,00 x m. 1,25) and a CD with the national anthem (short version).

GENERAL SCHEDULE

The championship schedule is as follows:

- Day – 1: Arrival day: Wednesday 1st November
 - Arrival of delegations throughout day
- Day – 2: Training day: Thursday 2nd November
 - 10:00 – 15:00 Training at the swimming Pool
 - 16:00 Team Leaders technical meeting at the hotel
 - 18:00 Championship Opening Ceremony

Swimming Pool Events:

- Day 3 – Day 4: Friday 3rd to Saturday 4th November
 - Morning session
 - 08:00 – 09:00 warm-up
 - 09:15 Start competition
 - Afternoon session
 - 16:00 – 17:15 warm up Group Finalists
 - 17:30 Start competition

Open Water Events:

- Day - 5: Sunday 5th November
 - Morning session
 - 08:00 – 08:45 warm-up
 - 09:00 Start competition
 - Afternoon session
 - 14:00 – 14:45 warm up Group Finalists
 - 15:00 Start competition
- Day - 6: Departure: Monday 6th November



1st CMAS African Seniors Finswimming Championship
01 -06 November 2023
Sharm El Sheikh - Egypt

Program

SWIMMING POOL PROGRAM			
	Morning (Heats)	Afternoon (Final)	Medal Ceremony
Day 1 03/11/2023	50 Apnea Women	50 Apnea Women	
	50 Bi Fins Women	50 Bi Fins Women	
	100 Surface Men	100 Surface Men	50 Apnea Women
	100 Bi Fins Men	100 Bi Fins Men	50 Bi Fins Women
	200 Surface Women	200 Surface Women	100 Surface Men
	200 Bi Fins Women	200 Bi Fins Women	100 Bi Fins Men
	400 Surface Men	400 Surface Men	200 Surface Women
	4x100 Surface Mixed Relay	4x100 Surface Mixed Relay	200 Bi Fins Women
			400 Surface Men
			4x100 Surface Mixed Relay
Day 2 04/11/2023	50 Apnea Men	50 Apnea Men	
	50 Bi Fins Men	50 Bi Fins Men	50 Apnea Men
	100 Surface Women	100 Surface Women	50 Bi Fins Men
	100 Bi Fins Women	100 Bi Fins Women	100 Surface Women
	200 Surface Men	200 Surface Men	100 Bi Fins Women
	200 Bi Fins Men	200 Bi Fins Men	200 Surface Men
	400 Surface Women	400 Surface Women	200 Bi Fins Men
	4x50 Bi Fins Mixed Relay	4x50 Bi Fins Mixed Relay	400 Surface Women
			4x50 Bi Fins Mixed Relay

Open Water Program		
	Morning FINAL	Afternoon FINAL
05/11/2023	3km Surface Men	4X1km SB Mixed
	3km Surface Women	
	1km Bi Fins Men	
	1km Bi Fins Women	
	Award Ceremonies of all Open Water Events	



1st CMAS African Seniors Finswimming Championship
01 -06 November 2023
Sharm El Sheikh - Egypt

BOOKING & ENTRY FEES

CMAS African Championship from 1st November 2023 to 6th November 2023 (5 nights)
Entry fee per participant as follow:

- **400€ per participant in a Double / Triple room.**
- **500€ per participant in a Single room.**

The organizer will provide:

- Accommodation in three stars hotel with double or triple hotel rooms full board.
 - Free transfers between the official hotel and competition place (training day include).
 - Providing of 2x0,5l drinking water per Pax/per day
 - Participation at the closing ceremony (gala dinner).
 - Full board accommodation is considered as breakfast, warm lunch, and warm dinner.
-
- Participants who choose to be accommodated in hotels other than official will have to pay **200€/Person** for secretarial fees, competition, opening and closing gala ceremony. No local transfers will be provided.
-
- Transfers from international airport to hotel and return extra fees **20€/Person**
 - Extra night charged at **80€/Person/Day** in a double/triple room and **100€/Person/Day** in a single room, including full board accommodation.
 - Training camp before championships – please contact the organizers for pool availability and conditions.

ATTENTION! Late registrations cannot be accepted!

Minimum 50% of total entry fee should be deposited at our bank No later than October 10th 2023 to guarantee the booking. After this date the participation fees will increase by a Further 10% of total amount. The remaining payment should be made until arrival. Completion of payment will be checked at registration. Payment should be made by bank transfer. (Bank cheque and credit card will not be accepted)

Regarding bank information please contact us at: edlf@edlf-eg.org



1st CMAS African Seniors Finswimming Championship
01 -06 November 2023
Sharm El Sheikh - Egypt

VISA REQUEST

If you require a visa and you need the invitation please contact us: edlf@edlf-eg.org

Electrical current in Egypt is 220V

OTHER INFORMATION

As reception of this specific rules

- Registration and payment of CMAS Finswimming licences (NAP) on www.cmasoffice.org
- To register the athletes and the events, go into SportId before the deadline according to The procedure attached.

- **No later than October 1st 2023**

(Annex 1) The preliminary declaration of participation and registration form should be Sent to the CMAS and organizing committee.

- **No later than October 10th 2023**

(Annex 2) Final hotel booking form and entry fee should be sent to the organizing Committee. Send also copy of “bank transfer”.

- **No later than October 15th 2023**

(Annex 3) the list form should be sent to the organizing committee.

- **No later than October 20th 2023**

The competitors must be entered online through SportsiD and SportData.

- 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: edlf@edlf-eg.org

PAYMENT

Bank information is confidential. Thus, it will be sent to you upon your request by e-mail:
edlf@edlf-eg.org