

# *oceanfreediving*

L A N Z A R O T E

General information about the next **Apnea Outdoor OPEN Competition** in Puerto del Carmen Lanzarote to be held on the weekend of the 23rd until the 24th of September organized by the apnea centre Ocean Freediving Lanzarote and the Town Hall of Tias.

## **Aida COMPETITION**

The modality to be practiced will be free choice of the athlete, CWT, CNF, CWT-BF and FIM.

It will also be the choice of the athlete the day he/she wants to do the desired modality.

There will also be a classification of modality and category, giving a trophy to the first, second and third classified.

## **REGISTRATIONS**

The inscriptions for these competitions will be processed by the athletes and will be 280€

Includes the meal last day + the competition.

Minimum number 10 athletes and maximum 30 athletes.

To formalize the registration the participant must fill in the registration form:

[Freediving Competition in Lanzarote Luigino Ceppi](#) before 23:59 hours on the 4th of September 2022 at the latest.

Account number: **ES51 2100 5420 4913 0055 5913**

In concept of payment indicate:

Freediving Championship, date and the name of the participant. Please, send to us proof of payment to the following email address: **info@oceanfreedivinglanzarote.com** before otherwise any registration will be cancelled.

Specific CONDITIONS for reservations.

- All participants who have not made the full reservation payment are excluded.
- Failure to appear at the competition will be considered a no-show, so no refund will be made.
- Cancellation deadline without fees: 09-10-2023
  
- From September 11 to 09-17-2023, any cancellation and/or modification will be subject to a penalty of 50% of the total paid.
- From 09-18-2023 and until the date of the date, any cancellation and/or modification will be penalized 100% of expenses.

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## **DOCUMENTATION required for registration**

- Valid NATIONAL IDENTITY CARD.
- Medical certificate signed by a registered doctor, specifically, the doctor considers that the person who will participate in the championship is "apt for the practice of freediving" or "apt for freediving". Medical certificates referring to other sports activities, underwater modalities or underwater activities in general will not be considered valid. The official medical certificate of fitness MUST be issued at the latest 365 days before the last day of the competition.
- Valid federative license, at least until the last day of the competition.
- Proof of payment, indicating in the concept and the name of the participant.

After the deadline date and time indicated above, if any deficiency is detected in the documentation submitted, it will be requested to be amended within the following 24 hours.

If the required supplementary documentation is not provided, the registration will not be considered valid.

## **GENERAL CONDITIONS**

The objective marks of each athlete must be announced to the main judge privately by WhatsApp.

On 22nd of September, until 3:00 p.m. for the target marks of Friday, September 23rd.

On Saturday, 23rd of September, until 5:00 p.m. deadline for the announcement of target brands for Sunday, 24th of September.

The organization is exempt from any unforeseen event that may arise before, during and after the championship.

Each athlete is responsible for their material.

Accommodation and travel not included in the registration price.

Each participant has special rates and agreements for accommodation, contact with organization.

On the last day there will be an End of Championship Gala where the corresponding prizes will be awarded to the participants and winners.

## **FACILITIES**

The competition will be held in the harbor of Puerto del Carmen.

Technical meetings will be held at the **Fariones Sports Centre**. C. Alegranza, 2, 35510 Puerto del Carmen

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## **Friday 22nd September**

15:00 - Deadline for presentation of marks announced for the race on 22nd of September.

16:00-17:00- Welcome/Reception of athletes Fariones Sports Centre

Meeting of the Competition Committee (Judges, Captains, Athletes, Organizer, Representative of the Medical Commission) and publication of the order of participation in the event.

## **Saturday 23rd September**

08:30- Start of the reception of the participants of the race.

09.00- Start of warm-up.

09:30- Start competition.

11:00- Break

11:30- End of break.

13.30- End competition.

17:00- Deadline for presentation of marks announced in the test of September 24th (this schedule may be altered if the chief judge deems it appropriate on the basis of the first day of competition. In this case the postponement will be communicated to captains via whatsapp group).

Meeting of the Competition Committee (Judges, Captains, organizer, Representatives of the medical commission), proclamation of provisional results and publication of the order of participation.

## **Sunday 24th September**

08:30- Start of the reception of the participants of the race.

09.00- Start of warm-up.

09:30- Start competition.

11:00- Break

11:30- End of break.

13.30- End competition.

14.00- Lunch

15.00- Prizes ceremony

16:00- Final closing.

**IMPORTANT:** The timetables are provisional and depending on the number of participants, the weather and the decision of the main judge may be modified.

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## **SERVICES ARRANGED**

The information provided below is purely informative and completely voluntary, the contacts to take advantage of these services must be contracted directly by the interested parties.

## **TRAINING**

The Freediving Centre Ocean Freediving Lanzarote will have several specific offers for training sessions:

With boat, safety, counterweight, oxygen deco, official top, tags, depth camera, surface camera, changing room and weights.

-1 training session 55€.

-5 training sessions 225€.

-10 training sessions 450€.

If you have any doubts or queries, please contact:

**Sergio Soria - Ocean Free Diving Lanzarote**

**Tel: + 34 656623813**

**email: [info@oceanfreedivinglanzarote.com](mailto:info@oceanfreedivinglanzarote.com)**