

BRAVO together with partners

***AKADIMOS KEK – FINSWIMMING
TEAM KOMET – KSU OTRILA***

*in the framework of the EU Erasmus+
co-funded project “Mermaids for Inclusion”
organize*

Promotional Finswimming Event

**Mermaids for Inclusion –
Multiplier Sport Event**

17.11.2024.

Sarajevo Olympic Pool, B&H



Co-funded by the
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KOMET
finswimming team



Program

Morning Session

08:30 – 09:00: Arrival and Registration

Arrival and Registration

Judges briefing

Explanation of finswimming rules to newcomers

09:00 – 09:45: Warm-up

Warm-up

Welcome speech by project leaders

Keynote speech on the importance of sports for social integration and gender equality

09:50 – 11:30: Competitive Events

09:50 – 10:10: 100 m bifins men/women (Senior Junior)

10:10 – 10:30: 50 m monofin surface finswimming women/men (Senior Junior)

10:30 – 11:00: 200 m bifins men/women (Senior Junior)

11:00 – 11:30: 4 x 100 m surface finswimming mixed relay (2 women, 2 men - Senior)



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Program

Lunch Break

11:30 – 13:30: Presentations and Demonstrations

Presentation of the "Mermaids for Inclusion" project

Open talk about new projects and partnerships

Afternoon Session

13:30 – 15:10: Competitive Events

13:30 – 13:50: 4 x 100 m bifins mixed relay (2 women, 2 men - Senior)

13:50 – 14:10: 50 m apnea women/men (Senior Junior)

14:10 – 15:30: 50 m bifins women/men (Senior Junior)

14:30 – 14:50: 100 m monofin finswimming women/men (Senior Junior)

14:50 – 15:10: 400 m bifins women/men (Senior Junior)

Prizegiving Ceremony

Open talk about Relevance of finswimming as part of an integrated water sport club

De-briefing of coaches and team leaders

Closing remarks and future event announcements



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Venue

The competition will take place in Sarajevo, at the Otoka Pools, Bulevar Meše Selimovića 83b. The pool dimensions are 50 x 25 m, with a depth of 2.25 m, and 8 competition lanes. The pool will be equipped with electronic timing devices.

Eligibility

All athletes from clubs that are members of federations affiliated with CMAS are eligible to participate or from partner of the project "Mermaids for Inclusion".

All athletes must show proof of paid registration fee and valid sport medical licence not older than 6 months.

Registration

Competitor registrations with times per discipline should be sent to the BRAVO via email office@bravo-bih.com, or at FT Komet at finswimming.komet@gmail.com

The deadline for registration is September 13, 2024. Start lists will be published on the website Medals will be awarded to the top three competitors in each discipline and category on September 29, 2024. For any additional logistical information, you can contact BRAVO as well



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Registration Fee

The registration fee is €10 per competitor. Members of partner organisations of the project "Mermaids for Inclusion" don't pay any registration fee.

Categories

The competition is held in male and female categories for juniors (B) and seniors (A). Younger competitors can compete in the junior category (B). There are no restrictions on the number of individual event entries or the number of competitors who can compete for each club.

Awards

The top three competitors in each discipline in the junior and senior will be awarded with medals

Start

The organizer reserves the right to change the start lists during the competition. Preliminary and final start lists will be published on the website The top three competitors in each discipline in the junior and senior will be awarded with medals



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Appeals

Appeals must be submitted in writing to the chief judge within 30 minutes of the disputed event. A fee of €40 is required with the appeal, which will be refunded if the appeal is upheld. Otherwise, the funds will remain with the host.

Liability

BRAVO as the organizer and host of the competition, disclaim all liability for any damages that may arise from this competition. All competitors participate at their own risk, confirmed by signing the Declaration of Responsibility.

Rules

Equipment allowed according to the CMAS regulations.

The competition will be held according to the Rules for Finswimming of the CMAS regulations.



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Make sure to read!

Notes for participants

Ensure to bring all necessary documents (medical certificate, statement of responsibility, and any other required forms).

- Registration must be completed online by the specified deadline.*
- Participation is open to athletes from various countries and aims to promote inclusivity and gender equality.*
- Mixed-gender events are designed to emphasize the project's focus on gender equality.*

Safety and Compliance

- Lifeguards and first aid stations will be available throughout the event.*
- All equipment used must comply with CMAS regulations.*
- Participants are responsible for their own safety and must sign a statement of responsibility.*



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BRAVO
Sarajevo



KOMET
finswimming team



Ακάδημος
ΑΝΕΠΙΧΕΙΡΗΣΙΜΟΙ ΟΡΓΑΝΙΣΜΟΙ ΚΑΙ ΚΕ.Κ.
K.E.K.