



ANNOUNCEMENT

OPEN WATER EVENT

FEDERACION CUBANA DE NATACION
LA HABANA-CUBA



Master



Playa Varadero, provincia
Matanzas, del 23 al 26 de agosto

CORREOS
gisela.gejo@gmail.com
fcnmastercuba@gmail.com

*Open water swimming event for masters from August 23 to
26. Varadero. Cuba.*

DISCIPLINE:

Open Water Swimming.

GENERAL PROGRAM OF ACTIVITIES:

Congress: Wednesday August 23, 4:00 pm.

Opening: Thursday August 24, 9:00 am.

Open Water Competition: Thursday, August 24, 1.5 km, 10:00am.

City Tour through the City of Varadero Friday, August 25.

Open Water Competition: Saturday August 26, 3 km, 9:00am.

Open Water Awards.

Schedules:

Thursday 24 in the morning

7:00 am Medical check-up and marking.

8:00 am Presentation to the Mayor's Office.

9:00 a.m. Inauguration.

10:00 am Start of the Competition

OPEN WATER EVENT:

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It will compete in the distance of 1.5 km and 3 km. The competition route will be a rectangular circuit on the coast of the beach. Minimum depth 1.45 meters, maximum depth 2.5 meters.



CATEGORIES:

The age categories in ranges of five years as high as necessary will be those established by the World Aquatics regulations for Masters.

(25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-104, ...).

AWARDS:

1. Points will be awarded for places obtained in each event as follows:

- ⇒ 1st place - 9 points
- ⇒ 2nd place - 7 points
- ⇒ 3rd place - 6 points
- ⇒ 4th place - 5 points
- ⇒ 5th place - 4 points
- ⇒ 6th place - 3 points
- ⇒ 7th place - 2 points
- ⇒ 8th place - 1 point

2. A Diploma of Participation will be delivered to all competitors.

3. Open Water Swimming: medals will be awarded to the three highest points accumulators, by category in both genders.

REGISTRATION:

Each foreign competitor will pay €25.00 as a registration fee for the event if they do not opt for the PACKAGE offered by CUBADEPORTES (Annex No. 3).

The program of events and the daily results will be delivered. At the end of the event, a summary of the results and individual and team scores will be delivered.

- We remind you that your participation in the event will be subject to the ENDORSEMENT of your Federation that can be sent to the Organizing Committee by email with the registrations or delivered before starting the Technical Congress..
- Each competitor must sign the Liability Exemption Form that can be found at the end of this document (Annex No. 1) to comply with the Masters World Aquatics Regulations.
- Competitors must be at least 25 years of age by December 31, 2023. According to the Masters World Aquatics Regulations, age is calculated taking said date as a reference. The age will be verified with the corresponding official identity document that can be requested if necessary during the event. In the case of swimmers, up to 4 competitors per team in the Pre-Master category will be exceptionally admitted to this event.

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Registration period		Send to
Open Since	1 junio	fcnmastercuba@gmail.com
Closing	16 de junio	

PAYMENT METHODS

Payment by Documentary Bank Transfer to Banco Financiero Internacional.	
ACCOUNT HOLDER:	FCD DEPORTES S.A.
NAME OF THE BANK:	BFI sucursal 6900 Sierra Maestra
ADDRESS OF THE BANK :	Avenida 1 ^{ra} esquina Calle Cero, Miramar, La Habana, Cuba.
ACCOUNT NUMBER:	0300000005571816
HOLDER'S ADDRESS:	Ave. Norte entre Lazada Norte I y Lazada Norte II, Reparto Santa Catalina. Cerro, La Habana, Cuba.
CÓDIGO SWIFT:	BFICCUHH
It can also be done by:	
Payment by Documentary Bank Transfer to Banco Metropolitano.	
ACCOUNT HOLDER:	SAC CUBA DEPORTES S.A
NAME OF THE BANK:	Banco Metropolitano, sucursal 301 Ciudad Deportiva
ADDRESS OF THE BANK :	Avenida Rancho Boyeros y Vía Blanca Cerro, La Habana, Cuba.
ACCOUNT NUMBER:	0530120032320014
HOLDER'S ADDRESS:	Ave. Norte entre Lazada Norte I y Lazada Norte II, Reparto Santa Catalina. Cerro. La Habana. Cuba.
CÓDIGO SWIFT:	BMNBCUHH
Payment by cards.	
Payment can be made by cards, in favor of Cubadeportes S.A, with credit cards credit that are Visa, Caval or Master Card that have not been issued by North American banks, a 3% will be charged for banking costs..	

GENERAL INFORMATION:

An emergency medical ambulance will be available throughout the event.

In accordance with the health situation in our country at the time the event takes place, the health protocols that are necessary to guarantee the health and safety of all the people involved will be put into operation, adapting them to the development of the competition

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Please, when you have coordinated your trip, send the following information:

- Amount of people.
- Date and time of arrival. (If you already have the airline information and flight #).
- Return date. (If you already have the airline information and flight #).
- Selected accommodation

We thank you for your participation, we are sure that you will have a pleasant stay in our country.

Affectionately,



**Lic. Tania Coffigny Fernández
MASTER Vice President
Federación Cubana de Natación**

Annex No. 1

EXEMPTION OF LIABILITY

Who subscribes _____
practitioner of Open Water Swimming, attending to the Call made to participate in this
Competition and in full use of my faculties, I certify:

- Being in optimal physical and mental condition, to cover the distances in which I enroll,
- That I am willing to compete and represent with dignity, the team or country that I represent,
- That I recognize the physical demand to which I will submit and the high risk that swimming means and even more so in a natural environment,
- That I am willing to submit to a medical examination, confirming what I have previously expressed.

THEREFORE

I RELEASE FROM ALL LIABILITY the Cuban Swimming Federation (FCN), its Technical Committee, the Organizing Committee and as many entities and people as may wish to carry out this Competition, for any anomaly or mishap that could happen to me during my **VOLUNTARY PARTICIPATION** in this event water

Signature of the participant

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Annex No. 3



COMMERCIAL OFFER

** Offer subject to change at the client's request. Valid for reservations*

COMMERCIAL OFFER

The Mercantile Society CUBADEPORTES S.A. puts in your hands offers with the best services in the sports field at a regional level. We offer you the possibility of exchanging with athletes of a high competitive level. The opportunity to interact with trainers and sports professionals of Central American, Pan American, world and Olympic champions.

Our main objective is to offer all Cuban and international sports federations, as well as organizations and natural persons related to sports and recreation, our services in the management, planning of sporting events, training camps, technological packages and sports tourism. Provide our clients with the best experiences in the sports field and the enjoyment of the best of Cuba from the tourist and cultural point of view. We show you the way to victory, because WE HAVE THE EXPERIENCE OF CHAMPIONS.

Our Comprehensive Sports Program Packages include:

- ✓ *Personalized reception at the airport.*
- ✓ *Use of sports facilities.*
- ✓ *Basic hydration.*
- ✓ *Primary Sports Medical Assistance.*
- ✓ *Lodging and food.*

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- ✓ Transfers to and from the airport, as well as to the areas of scheduled activities.
- ✓ Event Registration.
- ✓ All rates are expressed in USD (\$), per person per night in Standard Rooms (HAB DBL STD).
- ✓ For use of individual rooms: 25% of the rate is increased.
- ✓ • For use in triple rooms (HAB TPL): 15% of the rate is discounted for the third person.
- ✓ • For children under 12 years: 50% of the rate is discounted.
- ✓ • Transfer Havana-Varadero Round trip has a cost of 50.00 USD per person.
- ✓ The programs are planned in the hotel with the following modalities, which can be modified at the client's request:
- ✓ IT: All Inclusive, all meals and drinks included, as well as services arranged in the hotel.

✓ PACKAGE RATES

Hotel Star Fish de Varadero Hab. DBL/ TI	90.00 USD
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✓ Offers of Optional Services:

- City Tour por la Ciudad de Varadero.

✓ Contact details:

- Commercial address CUBADEPORTES S.A.
- e-mail: enmanuel@cubadeportes.cu

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Accommodation



CUBADEPORTES S.A.

ADDRESS: Ave Norte entre Lazada de Norte II y Lazada de Norte I, Cerro. La Habana, Cuba.

Email: comercial@cubadeportes.cu; Website: www.cubadeportes.cu