



**UANA**

**VIII MASTER PANAMERICAN CHAMPIONSHIP**

**MEDELLÍN, COLOMBIA-2020**

**ENTRY BOOKLET**

**Swimming Championships**

Swimming, Water Polo, Diving and Artistic Swimming



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## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming



UANA CALLS ON-ALL COUNTRIES AFFILIATED WITH MASTERS TO PARTICIPATE IN THE PAN AMERICAN MASTERS CHAMPIONSHIPS VIII AND AGREE TO THE FOLLOWING ANNOUNCEMENT.

THIS DOCUMENT CONTAINS THE ESSENTIAL REQUIREMENTS FOR REGISTRATION INFORMATION ON THE PAN AMERICAN CHAMPIONSHIP MASTER VIII MEDELLÍN 2020.

### CONCERNED PARTIES

- FEDERACIÓN COLOMBIANA DE NATACIÓN -FECNA.
- LIGA DE NATACIÓN DE ANTIOQUIA - LINA

### UANA TECHNICAL COMMITTEE:

- MEL GOLDSTEIN - **PRESIDENT**
- ED EVELLY – **VICE PRESIDENT**
- MAUREEN CROES - **SECRETARY**
- MARCOS JARA - **LIAISON**
- CARLOS ROBERTO DA SILVA - **MEMBER**
- SIGIFREDO CORDOVA - **MEMBER**
- EDITH CLASHING - **MEMBER**
- VERONICA STANHAM - **MEMBER**
- ANA FORTIN - **MEMBER**
- RICARDO DIMAS - **MEMBER**
- JIM MILLER - **MEMBER**
- DOT PADGET - **MEMBER**
- NADINE DAY - **ATHLETE**

## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming



**ORGANIZATION COMMITTEE:**

JORGE ENRIQUE SOTO – **FECNA PRESIDENT**  
MARÍA CRISTINA RÍOS HENAO - **LINA PRESIDENT**

**GENERAL MANAGER**

JUAN JOSÉ ESCOBAR

**MANAGERIAL AND FINANCIAL**

JAIME CASTAÑO / WÉIMAR GARCÍA

**TECHNICAL COORDINATOR**

FRANCISCO BUITRAGO TRUJILLO

**SWIMMING**

NEBER ÁRIAS

**DIVING**

CAROLINA SALDARRIAGA SALAZAR

**WATER POLO**

JUAN ESTEBAN VÁSQUEZ HERNANDEZ

**ARTISTIC SWIMMING**

SHARA MUNERA PULGARIN

**OPEN WATER**

JULIO PÉREZ MARTÍNEZ

**JUDGMENT**

DIONISIO RINCONES

**MEDICAL**

CARLOS GÓMEZ / FELIPE MARINO

**SYSTEMS**

CARLOS MURCIA / DANIELA VARGAS

**COMMUNICATION / PRESS**

DAVID GILBERTO CAPACHO RAMOS

**ACADEMICS**

OLGA LUZ MARTÍNEZ

**ENVIRONMENT**

NATALIA MUÑOZ PARRA

**SECURITY**

POLICÍA NACIONAL – BRAULIO

**NOURISHMENT**

NATALY DUQUE

**TRANSPORT AND LODGINGS**

JAIRO PALACIO

**MERCHANDISING**

FECNA-LINA

**PROTOCOL**

GUSTAVO

**VOLUNTEER WORK**

OLGA LUZ MARTINEZ

**Swimming Championships**

Swimming, Water Polo, Diving and Artistic Swimming





## GENERAL COMPETITION SCHEDULE:



# UANA Pan-American Masters 2020 Medellín

## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming



Dates		16-jun	17-jun	18-jun	19-jun	20-jun	21-jun	22-jun	23-jun	24-jun	25-jun
Discipline	Competition venues	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Swimming	Competition venues Medellín	Prior Training	Technical meeting and training		400 I.M	200 backstroke	50 freestyle	200 Rel. Co D, V, Mix 200 Rel. freestyle D,V,Mix	200 breaststroke	50 backstroke	
					200 Freestyle	100 freestyle	200 I.M		100 backstroke	400 freestyle	
				800 freestyle	50 butterfly	50 breaststroke	100 butterfly		200 butterfly	100 breaststroke	
Open Water	Guatape's Reservoir									Technical meeting	3 km
Diving	Competition venues Medellín				Prior Training	Technical meeting	Springboard 1m. Y 3m.	Springboard 1m. Y 3m.	Platform and Synchronized Diving		
Artistic Swimming	Competition venues Medellín	Prior Training	Technical meeting and training	Technical Routines Solo Technical Routines Duet Technical Routines Team	Free combination routine. Free duet	Free solo Free team					
Water Polo	Competition venues Medellín					Technical meeting	Play off	Play off	Play off	Play off	Finals
<b>Friday 19-june Open Ceremony</b>						<b>Monday 22-june Festival Master</b>					

## ESSENTIAL INFORMATION

The following pages include information required to the participants of the VIII UANA Pan American Masters Championships in Medellín, Colombia.

## ELIGIBILITY

All Swimmers may participate in the Pan American Championships athletes with citizenship of the American continent, people from other continents will participate as guests.

Athletes from overseas will be presented with medals, without interfering with the awarding of the athletes with citizenship in the Americas.

## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming



All competitors must represent a club, associations, fitness academies, etc. Athletes who represent a country team will not be permitted.

## **PASSPORTS AND VISAS**

Any specific information and requirements for Visas and Passports for people coming can be obtained at the Colombian Ministry of Foreign Affairs webpage: [www.cancilleria.gov.co](http://www.cancilleria.gov.co)

## **AIRLINES**

For international travel, the destination will be Jose Maria Cordova International Airport, in Rionegro. It is the closest airport to Medellin.

## **CUSTOM'S DECLARATION**

In Colombia, it is necessary fill out the Declaration for Custom's and Immigration Clearance.

## **MONEY**

Money in Colombia is the PESO\$ (COP) - US\$ 1, 00 = aprox COP\$ 3.000

## **DUTY FREE SHOPS**

Duty Free Shop are located at the airports from Ríonegro and Bogotá. Articles purchased in duty-free shops, or on the plane, are not subject to Customs duty and other applicable restrictions.

## **COURIERS**

Major courier companies are located in Colombia offering national and international services.

## **LOCAL TRANSPORTATION**

Taxis are on call by telephone at the hotel desk 24 hrs a day. Bus, metro and shuttle services are available; they have a restricted schedule. Metro is available from 4:00 a.m. to 11:00 p.m. (4:00 to 23:00 hours)

# **Swimming Championships**

Swimming, Water Polo, Diving and Artistic Swimming



## **BANKS**

Most commercial banks are open Monday-Friday 08:00 hour to 16:00 hours. Several currency exchange houses are available in the city. At the international airport, this service is provided 24 hours a day, including weekends. Currency exchange will be offered at the aquatic complex.

## **CREDIT CARDS**

Credit cards are widely accepted throughout Colombia. Those in common use includes VISA, MasterCard, American Express, Diners Club and others.

## **TRAVELLERS CHEQUES**

Traveler's checks can be changed at commercial banks, large city hotels and many other retail establishments.

## **SHOPPING**

Visitors to Medellin are able to shop in the city or in many shopping malls. Most stores are open from 09:00 hours AM to 6:00 hours PM, with most stores in the malls open 09:00 hours to 20:00 hours Monday through Sunday. Some stores and service stations (gasoline/diesel/gas) are open seven days and 24:00 hours open.

## **WHAT TO WEAR**

The Colombian people have a relaxed lifestyle lends itself to an informal style of dress. Even in restaurants and nightclubs casual clothes is acceptable. There are some restaurants where wearing shorts is not accepted.

## **MEDICAL AND EMERGENCY SERVICES**

Medical services are both public and private (medical services are not free to visitors. It is strongly recommended that visitors purchase international health insurance).

Visitors requiring medical services, drugs or pharmaceutical supplies after normal shopping hours should check with the hotel/motel reception or in the local telephone directory."

Emergency Medical assistance with ambulances will be available at all competitions sites, for the entire meet.

## **Swimming Championships** Swimming, Water Polo, Diving and Artistic Swimming





## NEWSPAPERS AND TV CHANNELS

Medellin has major daily papers, over-the-air television channels and cable channels available in most hotels and motels.

## POSTAL SERVICE

Post offices are generally open from 08:00 to 18:00 hours Monday to Friday. In International Airport, post offices are available 24 hours a day.

## ELECTRICITY

Electricity throughout in Medellin is supplied at 110 volts/60

## WATER

Medellin and its surroundings have an excellent public water supply. Tap water is fresh, clean and free to drink.

## INTERNET ACCESS

Access can be found at most major hotels and many coffee shops, shopping centers. Local internet cafes have wireless access. Some zones of the Aquatic Complex have free internet access.

## ENTRY FORMS

Entry forms for each discipline, including methods of payment can be found on the Championship website, [www.panamericanomaster2020.com](http://www.panamericanomaster2020.com), All payments must be by Credit or Debit Card.

**Entries until: May 16th, 2020**

## PAYMENTS

### SWIMMING

Individual entry/registration	40 US
Individual events	10 US
Relay Teams	20 US
Events program	10 US
Results	10 US

## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming







### OPEN WATER

Individual entry/registration entered in any other discipline)	40 US	(For those swimmers not
Individual event	44 US	
Events program	10 US	
Results	10 US	

### ARTISTIC SWIMMING

Individual entry/registration	40 US
Solo	15 US
Duet	30 US
Team	60 US
Free Combination	70 US
Events program	10 US
Results	10 US

### DIVING

Individual entry/registration	40 US
Individual event	15 US
Synchro diving events	20 US
Events program	10 US
Results	10 US

### WATER POLO

Individual entry/registration	40 US
Team WITH referee	150 US
Team WITHOUT referee	300 US
Events program	10 US
Results	10 US

### MANAGER / COACH

Identity card	10 US
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## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming



## ENTRY PROCEDURES FOR ALL PARTICIPANTS

Participants must present and submit documentation: proof of age, when registering on line with, photo, copy of Federation I.D, issued by the National Swimming Federation and / o passport showing proof of age when registering on line.

**ENTRY DEADLINE:** The final date for entries to be received by the Organizing Committee is Saturday, May 16th, 2020. However, some event entries may close prior to entry deadline to adhere to the mandated 10 hours of competition rule .

**FINA AFFILIATION:** All Masters Competitors must be registered with a FINA Member Federation and demonstrate it with a Masters License, Club Registration Card or Federation membership card.

**ENTRY CHECKLIST:** For an entry to be accepted by the Organizing committee the following forms, photo, copy of Federation I.D , issued by the National Swimming Federation and / or Passport showing proof of age when registering on line, and proper entry fees paid to the Championships web site.

**ONLINE REGISTRATION:** Competitors can only register online through Club Assistant. See our website: [www.panamericanomaster2020.com](http://www.panamericanomaster2020.com) for details. Using entry by website all documentation as indicated in "Entry Procedures" point 1-6 must be received on or before 09/05/2020 (Saturday, may, 9th ), All Championship Entries received will be acknowledged.

The web site systems will send an automatic message that your entry was received by Organizing Committee

### Essentials entry form documents.

- 1) By registering your ONLINE registration, each applicant assumes the responsibilities contained in each application form and also the resignation or exemption of the Organizing Committee in case of any event.
- 2) For teams entering the water polo, swimming relays, artistic swimming, and synchronized artistic dive, the appropriate team entry form must be completed by the team representative.
- 3) Photography (passport size and white background); an image with the athlete's name must be presented ONLINE for the preparation of each competitor's credential.
- 4) Proof of age; (in a pdf file) the national identity document, passport, driver's license, or birth certificate with the date of birth of the athlete must be sent along with a photo ID, such documents must be scanned and attached on the official Swimming, Water Polo, Diving and Artistic Swimming

## Swimming Championships





platform of the registration.

- 5) Proof of affiliation or permission of the Federation: (in a pdf file) send a copy of the guarantee provided by your National Federation or identification card issued by the National Swimming Federation, or National Association of Master Swimming and Water Sports.
- 6) Exemption from responsibilities; similarly, the disclaimer form must also be attached duly completed and signed
- 7) Payment; It must be done ONLINE, including the individual registration fee and the corresponding to specific sports teams through credit or debit card.
- 8) Championship entries: Entries sent by fax will not be accepted. All entries in the Championship must be made online.

**LETTER OF INVITATION:** swimmers, citizens of countries that have difficulties in obtaining visas to enter Colombia, must request the issuance of an invitation letter [panamericanomaster2020@gmail.com](mailto:panamericanomaster2020@gmail.com)

**INFORMATION:** with the information about the Championship in this manual, athletes will receive most of the details they need for their application. If you require additional information, you must request it via letter or via e-mail: [panamericanomaster2020@gmail.com](mailto:panamericanomaster2020@gmail.com) to the Organizing Committee VIII UANA Pan American Masters Championships.

## PARTICIPATION REQUIREMENTS

The following information is essential for all competitors, all athletes must be aware of this information to participate in the Pan American Championship, in Medellín.

## SWIMMING

We may limit the total number of athletes allowed to register for the sport of swimming in an effort to not exceed 10 hours of competition a day; this has been mandated by the UANA Masters Technical Committee. Therefore some event entries may be closed prior to the overall entry deadline. We are committed to giving the athletes and their families the opportunity to enjoy all that Medellín has to offer.

## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming





**MINIMUM AGE LIMIT:** 18 years

The age of the competitor as of 31 December 2020.

## AGE GROUPS

**Individual events:** 18-24, 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 and five year age increments as high as necessary.

**Relay events:** Based on the total age of team members in whole years as of Dec 31<sup>st</sup> 2020: 80-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, and 40 years increments as high as necessary.

**Note:** The pan-american masters championships are following FINA rules. However, UANA has made exceptions for this competition regarding age groups.

**Note:** 18-24 age group are not permitted to participate on relay teams: 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359.

**TECHNICAL MEETING:** The swimming technical meeting will be held on 17/06/2020 at 16.00 hours, the location will be announced on the host official website ([www.panamericanomaster2020.com](http://www.panamericanomaster2020.com)).

**LOCATION:** In the Aquatic Complex of the Atanasio Girardot Sports Unit, in the city of Medellín.

**RECOGNITION OF THE POOL:** Will be available to swimmers for the recognition and warming, from day 16/06/2020 from 8:00 to 18:00. During the competition days, pools will be available from 07:00 to 08:00.

**POOL CHARACTERISTICS:** 50 m long, 10 lanes, 2.45 m deep, outdoor use and a swimming pool over 50m long, 10 lanes and 3.00 m deep.

**WARM UP/WARM DOWN POOLS:** A pool 25 meters long, 6 lanes, 1.40m deep, will be available every day of the competition, outdoors use.

**TRAINING PROVISION:** The Complex championship swimming pool will be open for training at 6:30 h to 8:00 h.

## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming



**WARM-UP PROCEDURES:** swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed except in designated sprint lanes. For the warming-up in the pool (25m), it will only be allowed to start training on the designated sprint lanes. Any swimmer who acts in an unsportsmanlike or dangerous manner in the pool can be sanctioned by the UANA Masters Commission. Pull-boys, surfboards, fins, kick boards (and any other object deemed unsafe at the moment) WILL NOT BE ALLOWED, both in the competition pool and in the warming-up pools.

**ENTRY RESTRICTIONS:** A swimmer may enter a maximum of five (5) individual events and four (4) relays, but not more than two (2) individual events per day. Swimmers may also enter the Open Water Championship. Entries without times will not be accepted.

#### **COMPETITION NOTES:**

**1)** All starts will be in accordance with the rules of the FINA swimming, the swimmer who concludes his race must wait in the water for the start of the next race, or obey the signals of the referee. The one-start rule will apply for all swimming events.

**SEEDING:** All events will be pre-seeded using the times entered with the oldest age groups first and with the slowest heats swum first with in each age group.

**Note:** the 400 meter and 800 meter freestyle and the 400 meters individual medley will be swum by time, not by age group, slower time would go in the first races.

We are governed by the FINA regulations, but to promote swimming in all the UANA modalities.

**RELAY EVENTS:** All relay team members must be affiliated with the same swimming club. A swimmer may not swim for more than one team per relay event.

The registration form of the relay teams, indicating the names of the athletes pre-registered by the club, will be given to the secretary of the Organizing Committee, by the team representative at the Technical Meeting on wednesday (17/06/2020). Club representatives and coaches must verify that it is correct.

Pre-registered swimmers may be substituted until 10:00 am on Sunday, 21/06/2020. Substitutions inside the teams will not be allowed after that date.

The substitutions will not be accepted if the change alters the age of the pre-registered team.

## **Swimming Championships**

Swimming, Water Polo, Diving and Artistic Swimming





**DEADLINE: May 16th**

**MIXED RELAYS:** "Mixed" means both sexes compete; i.e., two females and two males.

**REPORTING:** It is the responsibility of all swimmers to report to the clerk of the course (marshaling area) at least 15 minutes prior to their designated races.

**MEDALS:** For individual events, medals will be awarded 1st to 10 th place in each age group.

**RELAY EVENTS:** For the relay events, from the 1st to 3rd place in each age group (each member of the team will receive a medal).

**NOTE:** 18-24 age group are not permitted to participate on relay teams: 100-119, 120-159, 160-199, 200-239, 240-239, 240-279, 280-319, 320-359.

**IMPORTANT:** No one may smoke in any of the pool complexes.

## OPEN WATER

**MINIMUM AGE LIMIT:** 18 years

**AGE DETERMINING DATE:** The actual age of the competitor as of 31 December (2020)

**AGE GROUPS:** 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74

## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming





74, 75-79, 80-84, 85-89, 90-94, and five year increments as high as necessary.

**Note:** Pan American Master 2020 is based on the FINA regulation, but UANA may make exceptions regarding age groups.

Swimmers will be seeded according to their 1500 LC meter time. The series will start with the fastest series. Swimmers can be distributed without any gender distinction. Race organizers, in consultation with the referee and subject to advice from the UANÁ Masters Technical Committee, will designate a cut-off time for each age group. All swimmers will be required to wear highly visible colored numbered swim caps, which will be provided by the organizers.

**USE OF SWIMSUITS:** the swimsuits for competition will be those allowed and approved by FINA. Swimmers who do not wear the FINA approved swimsuit will attend the event, but they are not entitled to the classification of the event nor will they be entitled to the awards.

**TRAINING PROVISION:** The 25-meters swimming pool of the Medellin Aquatic Complex will be available for swimmers' training during the swimming test period. The organization will have a warm-up space during the competition in Guatapé.

**TECHNICAL MEETING:** The Open Water technical meeting will be held on Wednesday, 24/06/2020 at 15:00 hours, at a location to be announced on the host official website. [www.panamericanomaster2020.com](http://www.panamericanomaster2020.com)

**COMPETITION DATE:** Thursday, 25/06/2020. The tentative start time for the Open Water event will be 9:30 a.m.

**LENGTH OF COURSE:** 3 kilometers. The Organizing Committee reserves the right to reduce the length of the swim, based on medical advice should adverse weather conditions prevail.

**COMPETITION VENUE:** The Open Ware course will be at Guatapé Reservoir.

**WATER TEMPERATURE:** 19 to 22 °C

**TRANSPORT:** Transportation to Guatapé will be from the Aquatic Complex. A complete transportation schedule will be announced on the host web site [www.panamericanomaster2020.com](http://www.panamericanomaster2020.com). Travel time to Guatapé is about 1 ½ - 2 hours.

## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming





**TIME LIMITS:** Swimmers who cannot complete the 3 km distance in 90 minutes (1-1/2 hours) are advised not to enter. Swimmers still on the course after this time may be stopped and their progress marked.

**MARSHALLING AREA:** All athletes must be in the marshaling area 1/2 hour before their allowed wave. A map showing the course will be clearly visible in this area for all the participants.

**SAFETY:** Throughout the event, the athletes will be accompanied by safety boats, throughout the course.

**CHANGING AREA:** Competitors must leave their equipment in this area. The Organizing Committee will provide a bright colored, numbered cap for each swimmer. Each swimmer is required to wear this cap. Thermal caps may be worn under the brightly colored cap.

**SUPPORT FACILITIES:** Shower and changing facilities will be available at the start and finish, with drinks and fruits; similarly. A catering tent will be available for the recovery of the athletes.

**MEDALS:** medals will be awarded 1st - 10th place in each age group.

## DIVING

**MINIMUM AGE LIMIT:** 25 years

**AGE DETERMINING DATE:** The actual age of the competitor as of 31 December (2020)

**AGE GROUPS:** Springboard and platform events: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ and five year age groups as long as necessary.

**AGE GROUPS** in Synchronised Diving is decided by adding the ages of the two dives (MD 1.3.3)

**Note:** Panamerican Master 2020 is based on the FINA regulation, but UANA may make exceptions regarding age groups.

## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming





**PRACTICE PROVISION:** Practice opportunities will be available Friday and Saturday, 19 and 20/06/2020 from 8:00 to 17:00 hours at the Aquatic complex. Practice opportunities will also be available on competition days. Details about practice times will be given to competitors at the time of claiming their accreditation. The practices will be open to all divers.

**TECHNICAL MEETING:** A technical meeting will be held on Saturday 20th June 2020 at 10:00 am, the local hall will be informed in official web page event [www.panamericanomaster2020.com](http://www.panamericanomaster2020.com). This meeting is for athletes, coaches, and managers.

**ENTRY RESTRICTIONS:** A diver may enter a maximum of five (5) events: the 1-m springboard, 3-m springboard, the platform, the synchronized 3-m springboard and the synchronized platform event.

Divers are allowed to compete in only one club team in the 3 m synchronized diving event and only one club team in the synchronized platform diving event.

## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming



### Total number of dives per Category:

Age groups years	Men. 1m y 3 m	Women. 1m y 3m	Men. Platform	Women Platform
25-29	7	6	6	6
30-34	7	6	6	6
35-39	7	6	6	6
40-44	7	6	6	6
45-49	6	5	5	5
50-54	6	5	5	5
55-59	6	5	5	5
60-64	6	5	5	5
65-69	5	4	4	4
70-74	5	4	4	4
75-79	5	4	4	4
80 +	4	3	3	3

**Note:** 10 meter limit; 50+ can only perform dives with feet first entries and any performed dive from 10m must not exceed degree of difficulty of 2.0.

### Synchronized Diving

3m Springboard			
Age Group	Men	Women	Mixed team
50-99	2(*)+2	2(*) +2	2(*) +2
100+	2(*)+2	2(*)+2	2(*)+2
Platform			
Age Group	Men	Women	Mixed team
50-99	2(*)+2	2(*)+2	2(*)+2
100+	2(*)+1	2(*)+1	2(*)+1

**\*Degree of difficulty of 2.0 for each dive regardless of formula**

**WARM UP PROVISION:** Warm up time is allowed prior to competition for competitors involved in the ensuing session.

**COMPETITION VENUE:** Aquatic Complex in Medellin

**POOL CHARACTERISTICS:** 25 m x 20 m, 5 m depth. There are two 1-m springboards, two 3-m springboards, one 5-m platform, one 7.5-m platform, and one 10-m

## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming



platform.

**COMPETITION FORMAT:** The divers can freely choose the dives from the dive table given in the FINA Handbook.

**TECHNICAL DIVING RULES follow FINA Technical Rules MD2**

**DIVE SHEETS:** dive sheets will be available at the accreditation point. Official diving forms must be submitted to the registration point 24 hours prior to the start of the event.

**CORRECTIONS:** changes in the sheets will be accepted prior to the event, changes to an existing sheet will incur a penalty fee of \$10 US equivalent per sheet between 24 hours and three hours prior to the event.

No changes or diving forms will be accepted after the deadline of 3 hours before the start of the event.

**REPORTING:** All divers are responsible for being at the competition site for the start of their designated event.

**MEDALS:** Medals will be awarded 1st to 6th place in age group. If there are fewer than six divers in an age group, only the first three medals (1st to 3rd) shall be awarded.

## ARTISTIC SWIMMING

The rules established in the FINA manual for the Master category will be applied.

**MINIMUM AGE LIMIT:** 20 years

**AGE DETERMINING DATE:** The actual age of the competitor as of 31 December 2020.

## COMPETITION DATES:

Thursday 18/06/2020- Technical routines solo, duet and Team.

Friday 19/06/2020 Free Routines, duet and Combinations.

# Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming





Saturday 20/06/2020 Free Routines solo and Teams.

**COMPETITION VENUE:** Synchronized swimming pool. Aquatic Complex in Medellin

**POOL CHARACTERISTICS:** length 30 meters; width 25 meters; depth 3 meters

**GRANDSTAND:** seating for 200 spectators.

#### AGE GROUPS:

**SOLO AND DUET EVENTS:** 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

**TEAMS:** 20-34, 35-49, 50-64, 65 +

**FREE COMBINATION:** 20-39, 40-64, 65+

For duet, and free combination and team events the category is determined by the average age of the competitors as per MAS Rule 1.2-1.6

**Note:** Panamerican Master 2020 is based on the FINA regulation, but UANA may make exceptions regarding age groups.

**TECHNICAL MEETING:** The Artistic Swimming Technical meeting will be held on Wednesday 17/06/2020 at 10:00 am. The location of this meeting will be informed at [www.panamericanomaster2020.com](http://www.panamericanomaster2020.com)

#### The technical meeting will cover:

- Correction to spelling of athletes names
- Procedure for draws.
- Order of appearance draw
- Reserve procedure in duet and team events
- Pre-competition warm-up
- Call room procedures
- Marshalling and walk
- Warm down facilities
- Victory ceremonies

**PRACTICE PROVISION:** Practice opportunities with music will be available in the competition pool. Additional practice opportunities will be made available during the competition period. The exact times of practice are subject to entry numbers.

## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming



Details will be provided on arrival from the competitor registration point.

**SOUND EQUIPMENT:** Competitors are responsible for providing their own music, it is a requirement that music be recorded on one CD only, and that a separate CD be provided for each routine. Each CD must have the name of the competitor, the country and club name, event and music time written on the CD using a permanent marker. Do not attach a label directly to the CD itself. Music should be recorded so that the sound levels for soft, quiet and low -pitched music are clearly audible. Competitors are responsible for ensuring that they have appropriate copyright authorization.

**ENTRY RESTRICTIONS:** Athletes may enter no more than three (3) routine events and one (1) free combination. All duets and team and free combination competitors must represent the same club. Each club may submit up to a maximum of five (5) routine entries per age group per event. Each Club may enter one free combination in each age group.

**COMPETITION:** Each team shall consist of a minimum of four (4) and a maximum of eight (8) members.

Each Free Routine Combination shall consist of a minimum of (4) and a maximum of ten (10) members

**TIME LIMITS:** for routines are as in MAS 4.1.

**MAXIMUM TIME LIMITS:** including ten (10) seconds for the deck movement.

**Technical Routines - Solo:** 1 minute 30 seconds

**Free Routine – Solo:** 2 minutes 30 seconds

**Technical Routines- Duet:** 1 minutes 40 seconds

**Free Routine- Duet:** 3 minutes

**Technical Routine Team:** 1 minute 50 seconds

**Free Routine Team:** 4 Minutes

**Free Combination:** 4 minutes 30 seconds

There is no minimum time limit.

There shall be an allowance of fifteen (15) seconds plus the allotted time for Technical Routines, Free Routines and Free Combination.

**TECHNICAL ROUTINES:** the technical routine shall be performed for solos, duets and teams, to music as described in Appendix 1 of FINA MSS rules, with the required elements selected by the Masters Technical Committee every four years, subject to approval by the FINA Bureau. Technical routines must include all required elements. Music selection is optional and may be the same as the music used in the free

## Swimming Championships

Swimming, Water Polo, Diving and Artistic Swimming



routine.

Goggles may be worn

**SCORING:** scoring will be as per FINA AS Rule 19

Final Results: as per FINA AS Rule 20

The first 5 required elements will have a degree of difficulty 1.0 as part of the calculations.

**REPORTING:** it is the responsibility of each competitor, including all members of duets and teams to report at least 30 minutes prior to the start of the designated event.

**MEDALS:** Medal will be awarded in all events 1st to 3rd place in each group (each member will receive a medal, including alternates)

**MAS 2.1** the events of Masters Synchronized Swimming are Solo, Duet, Team and Free Combination. Technical and Free Solos together constitute one event. Similarly, the Technical and Free Duets together is one event, mixed technical and free duets together are an event, and the Technical and Free Team is one event. The Combination by itself is one event.

**MAS 2.2** The program for a Masters Event shall be Technical Routines, Free Routines and Free Combination.

**REFERENCE:** They are considered in the judgment of mandatory routines  
APPENDIX 1 the elements of the necessary routines used by FINA in synchronized swimming will be described below:

## APPENDIX 1

FINA REQUIRED ELEMENTS OR MASTERS TECHNICAL ROUTINES.

## GENERAL REQUIREMENTS

Supplementary elements may be added

1. Unless otherwise specified in the description of an element:

- All figures or components thereof shall be executed according to the requirements

**Swimming Championships**  
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described in Appendix II.

- All elements shall be executed high and controlled, in uniform motion with each section clearly defined

2. Time limits as in MAS 4.1

3. Swimwear shall be black and the competitor shall wear a white cap.

## SOLO

Elements 1 to 5 must be performed in the order listed.

Element 6 may be performed at any time during the routine.

1. **FISHTAIL** – from a **Front Layout Position**, a **Front Pike Position** is assumed; one leg is lifted to a **Fishtail Position**, the second leg is lifted to a **Vertical Position** (ending is optional).

2. **SPLIT POSITION** followed by a walkout front or walkout back.

3. **SPINNING 180\*** – back layout, tuck somersault, from a bent knee position, spin 108\* is executed as the legs are joined to a vertical position at the ankles followed by submergence.

4. **TRAVELLING BALLET LEG COMBINATION** – Beginning in a **Back Layout Position** to include any 2 of the following positions: **Right Bent Knee Back Layout; Left Bent Knee Back Layout; Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo; Double Ballet Leg.**

5. **BARRACUDA BENT KNEE** –From the **BACK PIKE POSITION** with legs perpendicular and with the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a **BENT KNEE VERTICAL POSITION**. A vertical Descent is executed in a Bend Knee Vertical Position at the same tempo as the Thrust.

6. **TWO (2) FORMS OF PROPULSION** – Must include Egg Beater travelling sideways &/or forward (arms optional)

## DUET

## Swimming Championships

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Elements 1- 5 must be performed in the order listed.

Elements 6- 7 may be executed at any time during the routine.

Routine for Duet 1 to 6 as above for Solo

**7. JOINED ACTION** – Where the swimmers are connected (touching) in some manner to perform one of the following:

- A connected figure or a connected float or connected stroking.
- Action must be performed simultaneously. Minor action is permitted.
- Stacks, lifts, platforms, throws are not permitted.

With the exception of the **DECK WORK** and **ENTRY** and as noted in the **JOINED ACTION**, all elements, required and supplementary, must be performed simultaneously and facing the same direction by all swimmers. Variation in propulsion and direction facing are permitted during pattern changes.

#### TEAM REQUIRED ELEMENTS

Elements 1-5 MUST be performed in the order listed.

Elements 6-9 may be performed at any time.

Routines for Team 1 to 7 as above for Duet

**8. CADENCE ACTION** – Identical movements (s) performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.

**9. PATTERNS** – must show a circle and straight line. Elements may be performed when in the circle or the straight-line patterns.

With the exception of the **DECK WORK, ENTRY, CADENCE** and as noted in the **JOINED ACTION**, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by all swimmers, Swimmers need not face the same direction in the circle pattern. Variation in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except as specified in the description of the elements.

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## WATER POLO FACT FILE

**MINIMUM AGE LIMIT:** 25 years

**AGE DETERMINING DATE:** The actual age of the competitor as of 31 December 2020.

**TEAM AGE GROUP:** The age of the youngest member of the team determines the age group of the team. There are no restrictions on the ages of players older than the youngest player on the team. Age groups for teams, both men and women, are at five-year intervals beginning with 25, i.e. 25+, 30+, 35+, 40+ 45+, and five year increments as high as necessary. If there are fewer than three teams entered in an age group, they will be offered the opportunity to compete in the next youngest age group.

**Note:** Panamerican Master 2020 is based on the FINA regulation, but UANA may make exceptions regarding age groups.

**TRAINING OPPORTUNITIES:** Training opportunities will be available at various pools in Medellin on the two days preceding the first day of competition. Requests for training may be made by written request prior to arrival, or on arrival at the competitor registration desk for water polo. Further training opportunities may be available during competition, depending on the number of entries received. These additional opportunities will be announced at the technical meeting.

**TECHNICAL MEETING:** There will be a technical meeting for coaches and managers on Saturday, 20/06//2020 at 10:00 am; in the place that will be informed at official championship webpage [www.panamericanomaster2020.com](http://www.panamericanomaster2020.com). All teams should have been registered prior to this time.

**COMPETITION DATES:** 17 to 26 of June/2020, it depends on the number of teams.

## Swimming Championships

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**COMPETITION VENUES:** Aquatic Complex in Medellin, All pools and competition courses used will conform to FINA rule MWP 2.4. Electronic timing will be used during competition.

**EQUIPMENT:** Teams will be responsible for providing their own practice and warm up water polo balls. The Organizing Committee will provide the competition match balls, which will be the official FINA water polo ball. Game caps must be brought by the team, but teams may use their own caps, provided that the numbers on the caps conform to FINA rule WP 4.

**Note:** MWP 5.1 provides for a list of 15 players in masters water polo.

**COMPOSITION OF TEAM:** FINA Masters Water Polo (MWP) latest rules apply to this competition.

For example, a team may list up to 15 players on their team entry form to participate in any game of this tournament, i.e. seven players and 8 reserves. A player may only represent one club in the competition and all players must be registered with the same club. However, a player may represent that club on two teams but in this case each of the teams must have nine players that are only on the roster for that team. Game Roster to be submitted to officials table for each game, not less than 45 minutes before each game

**ENTRY PROCEDURE AND FEE:** a nominated team representative must submit the fully completed Team water polo registration form online and pay the individual registration fee to be eligible. When arrival all team competitors at registration desk a nominated team representative must submit the fully completed team sheet with all players signatures

**COMPETITION FORMAT:** the competition format will depend on the number of teams entered in each age group. If there are fewer than three teams entered in an age group, the teams will be contacted to determine if they are willing to play in the next youngest age group. If the teams are not willing to play in that age group a refund will be issued.

**REPORTING:** It is the responsibility of each team to be ready to play at least 15 minutes prior to the designated starting time for their match. Teams arriving later

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than 5 minutes after the designated start time for their match will forfeit the match, with the match awarded to the opponent with a goal score of 5-0.

**MEDALS:** Medals will be awarded 1st to 3rd place in each age group (each player on the team will receive a medal)

**NOTE:** No one may smoke in the Aquatic Complex.

## COMPETITION REGULATIONS

The FINA regulations, specific to Master water sports in its latest version, which is published in the latest edition of FINA, will govern the five disciplines in the VIII Master Panamerican Championship 2020.

It is the responsibility of each competitor to be familiar with these rules. The FINA Handbook is available for purchase from the following address:  
[https://www.fina.org/sites/default/files/2017\\_2021\\_masters\\_11102017\\_new.pdf](https://www.fina.org/sites/default/files/2017_2021_masters_11102017_new.pdf)

Similarly, the general FINA regulations apply; they can be found at:  
<https://www.fina.org/content/fina-rules>

**RESULTS:** A full set of Championship results will be produced and collated after the event. , and will be available on the Championship Website.

**ACCREDITATION DESK:** The accreditation desk will be open to all athletes from 8:00 hours, Tuesday, June 16/2020, at HOTEL DORADO 70.

**INFORMATION:** The Logo and mascots is a registered trademark. Reprints have to be approved by the Organizing Committee. VIII UANA Panamerican Masters Championships Organizing Committee exclusively covers all rights of textile production and reproduction. Please contact the Organizing Committee for further information.

**REFUNDS:** Except for the water polo teams, whose age group does not have at least three teams, there are no refunds. You may not transfer one entry to another competitor

## Swimming Championships

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## DISCLAIMER OF LIABILITY

All the participants, taking into account all the conditions imposed by this regulation, are aware and will be responsible for all the terms and requirements to be met, to attend the VIII Master Panamerican Championship of Medellin 2020.

### Each registered participant agrees with:

- 1) I am physically fit and have not otherwise been informed by a physician
- 2) The risk of injury from the activities involved in these championship is significant, including the potential for permanent disability, permanent paralysis, and death; and while particular rules, equipment, and personal discipline may reduce risk, and risk of serious injury does exist.
- 3) I knowingly and freely assume such risks, both known and unknown, even if arising from the negligence of the released parties listed below or others, and assume full responsibility for my participation.
- 4) I willingly agree to comply with the stated and customary rules, terms and conditions for my participation, if however, I observe any unusual significant hazard during my presence or participation; I will remove myself from participation and bring such to the attention of the nearest official immediately.
- 5) I may, on behalf of my heirs, administrators, personal and family representatives, waive any right to claims for damages or losses as a result of active or passive negligence, of the following (individually or in any combination) and their officers, directors, employees, agents: Unión Americana de Natación (UANA) and its affiliates; Organizing Committee of the VIII UANA Master Panamerican Championship; Organizing Committee of the Championship, La Federación Colombiana de Natación. La Liga de Natación de Antioquia, Inder Medellín or other participants, sponsors, event organizers, the owners of the premises, employees and volunteers. This exemption refers to any injury, disability, loss, or damage to persons or property.

I have read this release for liability and assumption of risk agreement, fully understand its terms and understand that I have given substantial rights by signing it, and I sign it freely and without any inducements.

## Swimming Championships

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## TRANSFER OF RIGHTS

As a competitor of the VIII UANA Panamerican Championship Medellin 2020, I understand the importance of the Unión Americana de Natación (UANA), and the Organizing Committee of the VIII Panamerican Championship, the entities that have all the rights of the media, press, Cinema, television, and photographic rights of this event.

I agree and give my consent to be filmed, televised, photographed, and make use of my image in the recording media during the VIII Panamerican Championship of Medellin 2020, in these conditions and for all intents and purposes, now and in the future , I authorize the organizing entities of the Championship, to make use of that image in my participation. I will not be compensated for the use of my image for this purpose.

## PERMISSION FOR PHOTOGRAPHIC USE.

I agree the VIII UANA Panamerican Masters Organizing Committee may use the photo affixed to this form (or otherwise provided) for my accreditation card and for my athlete profile at this VIII UANA Panamerican Masters Championships. I will not be compensated for use of my photo for this purpose.

## SOCIAL PROGRAM AND SOCIAL EVENTS

Information about the social events during the championship will be available on the web page: [www.panamericanomaster2020.com](http://www.panamericanomaster2020.com)

## HOTELS AND TRANSPORTATION

### MEDELLÍN

#### Hotel plans per person:

Accommodation 5 nights 6 days and option of additional nights

Food for athletes according to the plan:

**Swimming Championships**  
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PCDA: Breakfast - PAM: Breakfast and dinner - PA: Breakfast, lunch and dinner.

Coordinator by hotel

Local calls

Medical assistance card during the trip

Prices in dollars per person valid for 2020

### HOTEL TURISTA SUPERIOR - VIP Category - 4 STARS

HOTEL HEADQUARTERS | PHONE | ADDRESS | PAGE

- TERRA

**CATERING | SIMPLE | ADIC NIGHT. | DOUBLE | ADIC NIGHT. | TRIPLE | ADIC NIGHT.**

PCDA	385	80	255	54	N/A	N/A
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PAM	448	92	318	66	N/A	N/A
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PA	511	105	381	79	N/A	N/A
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### HOTEL HEADQUARTERS - TURISTA SUPERIOR - 4 STARS

HOTEL HEADWUATERS | PHONE | ADDRESS | PAGE

- HOTEL DORADO 70

### HOTELES TURISTA SUPERIOR - 4 STARS

HOTEL | PHONE | ADDRESS | PAGE

- VIVRE
- GOLDEN

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**CATERING | SIMPLE | ADIC NIGHT. | DOUBLE | ADIC NIGHT. | TRIPLE | ADIC NIGHT.**

PCDA	\$370,00	\$77,00	\$240,00	\$51,00	\$240,00	\$51,00
PAM	\$418,00	\$86,00	\$289,00	\$61,00	\$289,00	\$61,00
PA	\$475,00	\$98,00	\$347,00	\$72,00	\$347,00	\$72,00

**HOTELES TURISTA SUPERIOR - 3 STARS**

HOTEL | PHONE | ADDRESS | PAGE

- HOTELES SAUCES
- MEDITERRANEO
- MED ESTADIO
- ESTADIO REAL

**CATERING | SIMPLE | ADIC NIGHT. | DOUBLE | ADIC NIGHT. | TRIPLE | ADIC NIGHT.**

PCDA	\$288,00	\$60,00	\$225,00	\$48,00	\$225,00	\$48,00
PAM	\$322,00	\$67,00	\$258,00	\$54,00	\$258,00	\$54,00
PA	\$350,00	\$74,00	\$295,00	\$61,00	\$295,00	\$61,00

**HOTELES TURISTA - 3 STARS**

HOTEL | PHONE | ADDRESS | PAGE

- HOTELES QUINTA AVENIDA
- APARTAHOTEL MONTES

**CATERING | SIMPLE | ADIC NIGHT. | DOUBLE | ADIC NIGHT. | TRIPLE | ADIC NIGHT.**

**Swimming Championships**  
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PCDA	\$ 256,00	\$ 54,00	\$ 162,00	\$ 35,00	\$ 162,00	\$ 35,00
PAM	\$ 288,00	\$ 60,00	\$ 193,00	\$ 41,00	\$ 193,00	\$ 41,00
PA	\$ 314,00	\$ 67,00	\$ 225,00	\$ 48,00	\$ 225,00	\$ 48,00

### HOTELES TURISTA - 2 STARS

HOTEL | PHONE | ADDRESS | PAGE

- VILLA REAL
- IMPERIO 70
- BALCONES

CATERING | SIMPLE | ADIC NIGHT. | DOUBLE | ADIC NIGHT. | TRIPLE | ADIC NIGHT.

PCDA	241	51	141	31	141	31
PAM	268	57	168	36	168	36
PA	289	62	194	42	194	42

### TRANSPORTATION AIRPORT JOSÉ MARÍA CÓRDOBA (J.M.C.) RIONEGRO - HOTEL MEDELLÍN - AERPORT (J.M.C)

#### GROUPS FEE PER PASSENGER AND RIDE

LESS THAN 35 PEOPLE	USD \$15
MORE THAN 35 PEOPLE	USD \$11

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## GUATAPÉ

Hotel plans per person

### INCLUDES

Accommodation 1 night according to the accommodation (bed per person) including two additional nights.

Breakfast, Lunch and Dinner

Local calls from the hotel

Medical assistance card during the city stay

Coordinator per group

### IT DOES NOT INCLUDE:

National and international phonecalls

Consumption from minibars

Laundry

Expenses not specified in the plan

- **HOTEL MANSION GUATAPÉ**

HOTEL | PHONE | ADDRESS | PAGE

MANSION GUATAPÉ

**CATERING | SIMPLE | ADIC NIGHT. | DOUBLE | ADIC NIGHT. | TRIPLE | ADIC NIGHT.**

3 MEALS \$ 136,00 \$ 136,00 \$ 94,00 \$ 94,00 \$ 94,00 \$ 94,00

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- **HOTEL ARAUCARIAS**

HOTEL | PHONE | ADDRESS | PAGE

ARAUCARIAS

**CATERING | SIMPLE | ADIC NIGHT. | DOUBLE | ADIC NIGHT. | TRIPLE | ADIC NIGHT.**

3 MEALS NOT N/A \$45,00 \$45,00 \$45,00 \$45,00

APPLICABLE

- **HOTEL LOS RECUERDOS**

HOTEL | PHONE | ADDRESS | PAGE

LOS RECUERDOS

**CATERING | SIMPLE | ADIC NIGHT. | DOUBLE | ADIC NIGHT. | TRIPLE | ADIC NIGHT.**

3 MEALS \$111,00 \$111,00 \$121,00 \$121,00 \$121,00 \$121,00

- **HOTEL VERONY**

HOTEL | PHONE | ADDRESS | PAGE

VERONY

**CATERING | SIMPLE | ADIC NIGHT. | DOUBLE | ADIC NIGHT. | TRIPLE | ADIC NIGHT.**

3 MEALS NOT N/A \$75,00 \$75,00 \$75,00 \$75,00

APPLICABLE

**RELOCATION Medellín /Guatapé or viceversa**

**RELOCATION Hotel in Guatapé**

Malecón **Swimming Championships**  
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GROUPS	FEE PER RIDE	GROUPS	FEE PER RIDE
30 people	USD202	30 people	USD36
17 people	USD136	17 people	USD23
4 people	USD40	4 people	USD8

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