



## **MEDITERRANEAN OPEN WATER SWIMMING CUP (COMEN) AND CYPRUS NATIONAL OPEN WATER SWIMMING CUP**



**LARNACA - CYPRUS**  
**2 - 3 October 2021**

**Dear Friends,**

The Cyprus Swimming Federation is pleased to invite you to participate in the **Mediterranean Open Water Swimming Cup (COMEN)** to be held in Larnaca, Cyprus, during 2-3 October 2021, which will be organized at the same time with the **National Open Water Swimming Cup** .

### **ORGANISERS**

The event is organised by the Cyprus Swimming Federation with the support of the Municipality of Larnaca.

Contact Person: Mrs Maria Kyriakou  
Postal address: P.O. Box 23931, 1687 Nicosia, Cyprus  
Phone: +357 22449841  
Fax: +357 22449842  
Email: [info@koek.org.cy](mailto:info@koek.org.cy)  
Website: [www.koek.org.cy](http://www.koek.org.cy)

### **LOCATION**

Open sea area in front of Phinikoudes Beach, City of Larnaca.

The city of Larnaca is located on the southern coast of Cyprus, with a population of approximately 95,000 and is the third largest city after Nicosia and Limassol. It is home to the island's largest airport, Larnaca International Airport, which is located on the outskirts of the city to the south with excellent road links to the whole of the island. Larnaca also has the island's second largest commercial port and a marina, which are two of the four official entry points by sea into Cyprus.



Larnaca Salt Lake is a distinctive and picturesque landmark, consisting of a network of four salt lakes of different sizes, with an overall surface area of 2.2km<sup>2</sup>, located just off the road leading to the airport. It is considered one of the most important wetlands of Cyprus and has been declared a special protected area and is a prominent domain for wild birds. The lake is home to 85 species of water birds and is a primary migratory passage through Cyprus. It is visited by flocks of pink flamingos that reside there from November until the end of March.

The city also has a number of other landmarks, which include the Church of Saint Lazarus; the Catacomb of Phaneromeni Church; Hala Sultan Tekke; Kamares Aqueduct and the Fort of Larnaca. Additionally, Larnaca has a Municipal Theatre and an Art Gallery.

The beautiful seafront promenade, Phinikoudes, is not only lined with palm trees, but also an array of popular seafood restaurants, bars and cafés predominantly visited by tourists.

## RULES

The event will be conducted in accordance to FINA and COMEN Open Water Swimming Rules and Regulations. COMEN rules are attached.

## ELIGIBILITY

Age Group A': Boys and Girls, 14 and 15 years old only (2006 and 2007).

Age Group B': Boys and Girls, 16 and 17 years old only (2004 and 2005).

## EVENTS

1km individual for boys & girls – **Cyprus National Swimming Marathon**

5km individual for men & women – **COMEN Cup Age Group A'** and **Cyprus National Swimming Marathon**

7.5km individual for men & women – **COMEN Cup Age Group B'** and **Cyprus National Swimming Marathon**

5km (4X1,25km) mixed relay - **COMEN Cup Age Group A'**

5km (4X1,25km) mixed relay - **COMEN Cup Age Group B'**

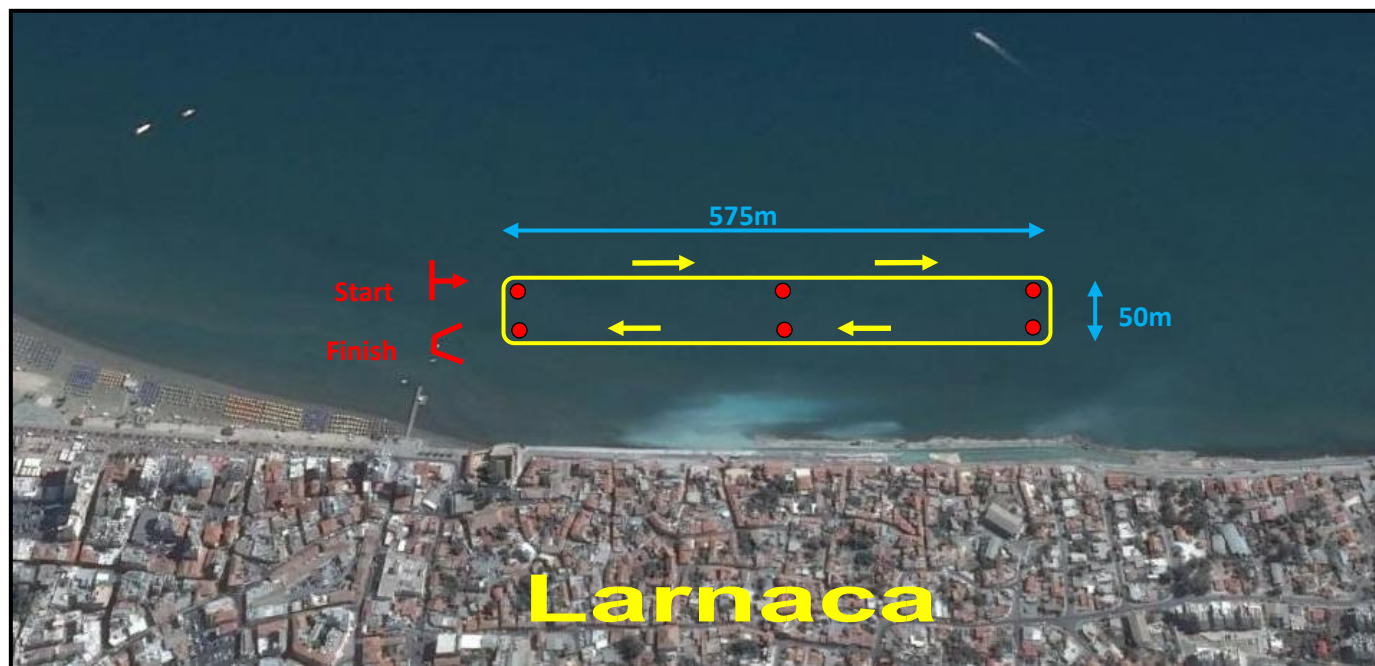
## TIME LIMITS

For 5km individual and relay events a time limit of 15 minutes from the finish time of the first swimmer, will be applied.

For 7.5km a time limit of 30 minutes from the finish time of the first swimmer, will be applied.

## COURSE

1250m long clearly marked as per the diagram below. Water temperature expected between 23°-26° C. The water depth will be between 2 and 4 meters.



## SCHEDULE

### Friday, 01/10/2021

19.00 Technical Meeting

### Saturday, 02/10/2021

06.30 Registration for 5km

07.00 Briefing of Judges

07.00 Registration closing

07.10 Last briefing

07.20 Swimmers' presentation

07.30 Start of 5km for men **(COMEN and National)**

07.35 Start of 5km for women **(COMEN and National)**

08.30 Registration for 5km (4X1.25km) mixed relay for COMEN Age Group B'

09.00 Registration closing

09.10 Last briefing

09.20 Swimmers' presentation

09.30 Start of 5km (4X1.25km) mixed relay for **COMEN Age Group B'**

09.30 Registration for 1km

10.45 Registration closing

10.55 Last briefing

11.05 Swimmers' presentation

11.15 Start of 1km boys and girls **(National)**

12.00 Awards ceremony

### Sunday, 03/10/2021

06.30 Registration for 7.5km

07.00 Briefing of Judges

07.00 Registration closing

07.10 Last briefing

07.20 Swimmers' presentation

07.30 Start of 7.5km men **(COMEN and National)**

07.35 Start of 7.5km women **(COMEN and National)**

09.00 Registration for 5km (4X1.25km) mixed relay for COMEN Age Group A'

09.30 Registration closing

09.40 Last briefing

09.50 Swimmers' presentation

10.00 Start of 5km (4X1.25km) mixed relay for **COMEN Age Group A'**

11.30 Awards ceremony

## PRIZES

As per COMEN regulations



## ACCOMMODATION

Hotel is within a short walking distance from the competition venue. Prices are per person per day full board (no drinks included) as follows:

### **Livadhiotis City Hotel \*\*\***

(200m walking distance from venue)

Single room	: 130.00 Euros
Double room	: 110.00 Euros
Triple room	: 100.00 Euros



## PAYMENT

A 50% deposit of the accommodation costs must be paid until the 10th of September 2021 and the remaining balance must be paid until the 20<sup>th</sup> of September 2021.

Cancellations within 15 days prior to arrival will be subject to 50% cancellation fee.

Cancellations within 7 days prior to arrival will be subject to 100% cancellation fee.

Please pay only by wire transfer to the following account:

Beneficiary:	CYPRUS SWIMMING FEDERATION
Bank:	BANK OF CYPRUS
IBAN:	CY02 0020 0195 0000 3570 0983 4929
SWIFT BIC:	BCYPCY2N
Subject:	SWIMMING MARATHON 2021



## **TRANSPORTATION**

Transportation on arrival and departure between Larnaca International Airport and the official hotels will be provided free of charge when accommodation is booked through the Cyprus Swimming Federation.



## **OFFICIAL DATES**

Arrival 1<sup>st</sup> October 2021

Departure 4<sup>th</sup> October 2021

## **DATES TO REMEMBER**

Preliminary entry and accommodation form with 50% prepayment: 10/09/2021

Final accommodation and travel form with balance payment: 20/09/2021

Final entry and delegation forms: 20/09/2021



## SANITARY RULES AND PROCEDURES

- All team members including athletes, coaches and officials, must undergo RT-PCR testing 48 hours prior to the travelling day but not exceeding 72 hours. Such testing must be organised with an official accredited testing institute and undergone by all participants regardless any Vaccination programme. Only those that have been tested negative may be entitled to participate in the competition.
- COMEN member Federations participating In the competition are required to send the confirmation of a negative SARS-CoV-2-RNA test results (issued by an Official Testing Provider) for each person concerned accompanied by copy of a valid of ID document to the following email address [koek@logos.cy.net](mailto:koek@logos.cy.net)
- During the 48h following the test and during the competition, teams are strongly advised to monitor the personal daily life of their athletes avoiding as much as possible any uncontrolled external contacts as well as making sure that all preventive hygiene measures are fully respected.
- As such please make sure when travelling and during your stay:
  - 1) Use protective masks in all public areas and during all travels,
  - 2) Maintaining social distancing with anyone on busses, in the hotel and at the airports.
  - 3) regular use of hand sanitiser.
- Upon the arrival at the hotel an additional rapid antigen-test will be conducted. Only those tested negative will be allowed to enter the event.



## MEDITERRANEAN OPEN WATER SWIMMING CUP (COMEN)

**Larnaca, 2-3 October 2021**

### PRELIMINARY ENTRY & ACCOMMODATION FORM

Please return this form not later than the 10<sup>th</sup> of September 2021 either by  
Fax: 0035722449842 or by Email: [info@koek.org.cy](mailto:info@koek.org.cy)

**Federation:** .....

**Country Code:** ..... **Contact Person:** .....

**E-mail** ..... **Fax:** .....

**Phone:** ..... **Mobile:** .....

### COMPOSITION OF DELEGATION

	Male	Female
Swimmers		
Coaches		
Officials		
Total		

### ROOMS REQUIRED

	Number of Rooms	In	Out	Total Nights
Single				
Double				
Triple				

**President or General Secretary:** .....

**Date:** ..... **Signature and Stamp:** .....





## MEDITERRANEAN OPEN WATER SWIMMING CUP (COMEN)

**Larnaca, 2-3 October 2021**

### FINAL ACCOMMODATION AND TRAVEL FORM

Please return this form not later than the 20<sup>th</sup> of September 2021 either by  
Fax: 0035722449842 or by Email: info@koek.org.cy

**Federation:** .....

**Country Code:** ..... **Contact Person:** .....

**E-mail** ..... **Fax:** .....

**Phone:** ..... **Mobile:** .....

#### TRAVEL DETAILS

	Date	Time	Flight No	Arriving from	No of Persons
Arrival					

	Date	Time	Flight No	Departing to	No of Persons
Departure					

#### ROOMS REQUIRED

**Single:** ..... persons x ..... € x ..... nights = ..... €

**Double:** ..... persons x ..... € x ..... nights = ..... €

**Triple:** ..... persons x ..... € x ..... nights = ..... €

**Total:** ..... €

Please pay by transfer to the following account:

**Beneficiary:** CYPRUS SWIMMING FEDERATION  
**IBAN:** CY02 0020 0195 0000 3570 0983 4929  
**Subject:** SWIMMING MARATHON 2021

**Bank:** Bank of Cyprus  
**SWIFT BIC:** BCYPCY2N

**President or General Secretary:** .....

**Date:** ..... **Signature and Stamp:** .....



## MEDITERRANEAN OPEN WATER SWIMMING CUP (COMEN)

**Larnaca, 2-3 October 2021**

### FINAL ENTRY FORM

Please return this form not later than the 20<sup>th</sup> of September 2021 either by  
Fax: 0035722449842 or by Email: [info@koek.org.cy](mailto:info@koek.org.cy)

**Federation:** .....

**Country Code:** ..... **Contact Person:** .....

**E-mail** ..... **Fax:** .....

**Phone:** ..... **Mobile:** .....

#### 5 KM (4X1.25KM) MIXED RELAY: AGE GROUP A'

Name	Surname	Date of Birth

#### 5 KM (4X1.25KM) MIXED RELAY: AGE GROUP B'

Name	Surname		Date of Birth

**President or General Secretary:** .....

**Date:** ..... **Signature and Stamp:** .....



## MEDITERRANEAN OPEN WATER SWIMMING CUP (COMEN)

**Larnaca, 2-3 October 2021**

### FINAL ENTRY FORM

Please return this form not later than the 20<sup>th</sup> of September 2021 either by  
Fax: 0035722449842 or by Email: [info@koek.org.cy](mailto:info@koek.org.cy)

**Federation:** .....

**Country Code:** ..... **Contact Person:** .....

**E-mail** ..... **Fax:** .....

**Phone:** ..... **Mobile:** .....

#### 5 KM MEN

Name	Surname	Date of Birth

#### 5 KM WOMEN

Name	Surname	Date of Birth

**President or General Secretary:** .....

**Date:** ..... **Signature and Stamp:** .....



## MEDITERRANEAN OPEN WATER SWIMMING CUP (COMEN)

**Larnaca, 2-3 October 2021**

### FINAL ENTRY FORM

Please return this form not later than the 20<sup>th</sup> of September 2021 either by  
Fax: 0035722449842 or by Email: [info@koek.org.cy](mailto:info@koek.org.cy)

**Federation:** .....

**Country Code:** ..... **Contact Person:** .....

**E-mail** ..... **Fax:** .....

**Phone:** ..... **Mobile:** .....

#### 7.5 KM MEN

Name	Surname	Date of Birth

#### 7.5 KM WOMEN

Name	Surname	Date of Birth

**President or General Secretary:** .....

**Date:** ..... **Signature and Stamp:** .....





## MEDITERRANEAN OPEN WATER SWIMMING CUP (COMEN)

**Larnaca, 2-3 October 2021**

### TEAM DELEGATION FORM

Please return this form not later than the 20<sup>th</sup> of September 2021 either by  
Fax: 0035722449842 or by Email: [info@koek.org.cy](mailto:info@koek.org.cy)

**Federation:** .....

**Country Code:** ..... **Contact Person:** .....

**E-mail** ..... **Fax:** .....

**Phone:** ..... **Mobile:** .....

#### TEAM DELEGATION

Name	Surname	Gender	Passport No	Birthday	Function

**President or General Secretary:** .....

**Date:** ..... **Signature and Stamp:** .....