



12TH CYPRUS INTERNATIONAL SWIMMING MARATHON & MEDITERRANEAN OPEN WATER SWIMMING CUP (COMEN)



LARNACA - CYPRUS
8 - 9 October 2016



Dear Friends,

The Cyprus Swimming Federation is pleased to invite you to participate in the **Mediterranean Open Water Swimming Cup (COMEN)** and the **12th Cyprus International Swimming Marathon** to be held in Larnaca, Cyprus, during 8-9 October 2016.

ORGANISERS

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

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Phone: +357 22449841
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Email: koek@logos.cy.net
Website: 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 2.2km², 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 LEN Open Water Swimming Rules and Regulations.

ELIGIBILITY

Cyprus International Swimming Marathon

Men and women, 14 years and older.

COMEN Cup

Boys and girls, 15 and 16 years old only.

All Comen Cup swimmers participating in the 5km and 10km events will also be participating in the Cyprus International Swimming Marathon.

DISTANCE

2.5km team event - **COMEN Cup**

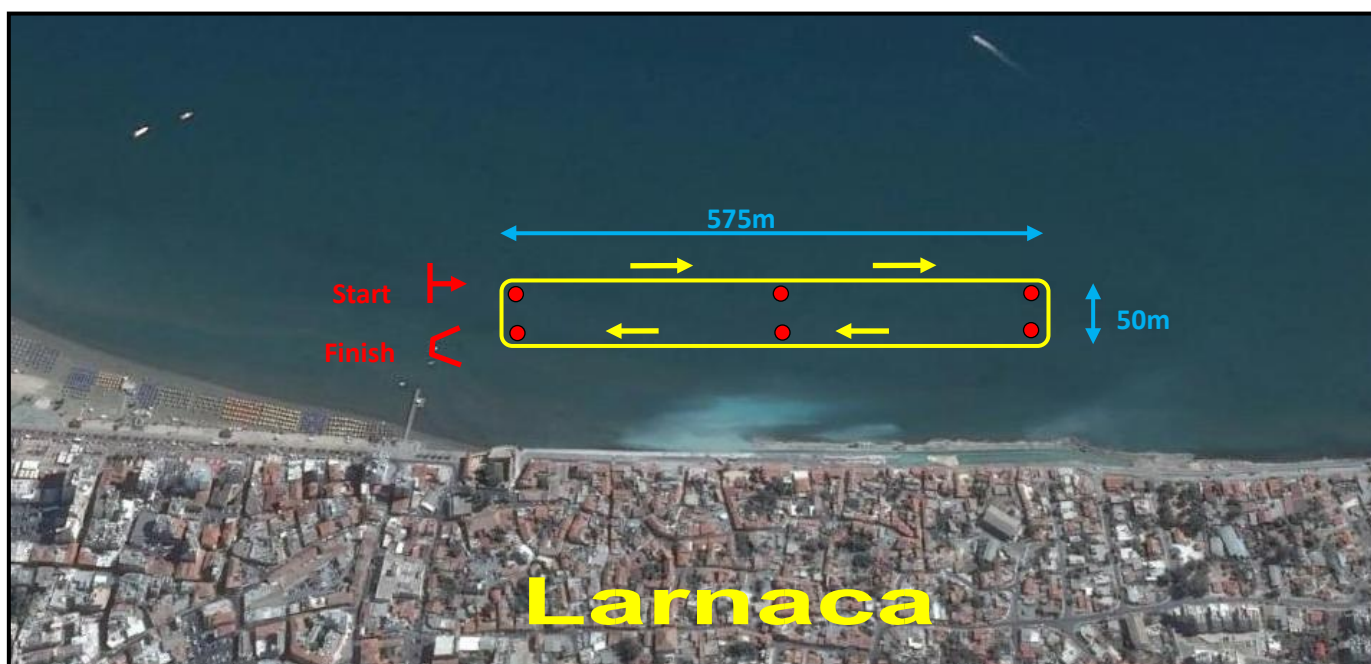
2.5km individual for men & women – **Cyprus International Swimming Marathon**

5 km individual for men & women - **Cyprus International Swimming Marathon** and **COMEN Cup**

10 km individual for men & women - **Cyprus International Swimming Marathon** and **COMEN Cup**

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, 07/10/2016

19.00 Technical Meeting

Saturday, 08/10/2016

06.45 Registration and warm-up for 5km **COMEN Cup** and **International Marathon**

07.00 Briefing of Judges

07.30 Registration closing

07.40 Last briefing

07.50 Swimmers' presentation

08.00 Start of 5km race for men **COMEN Cup** and **International Marathon**

08.10 Start of 5km race for women **COMEN Cup** and **International Marathon**

09.30 Registration and warm-up for 2.5km team race **COMEN Cup**

10.30 Registration closing

10.40 Last briefing

10.50 Swimmers' presentation

11.00 Start of 2.5km team race **COMEN Cup**

12.30 Awards ceremony

Sunday, 09/10/2016

06.30 Registration and warm-up for 10km **COMEN Cup** and **International Marathon**

07.00 Briefing of Judges

07.00 Registration closing

07.10 Last briefing

07.20 Swimmers' presentation

07.30 Start of 10km race men for **COMEN Cup** and **International Marathon**

07.40 Start of 10km race women for **COMEN Cup** and **International Marathon**

09.30 Registration and warm-up for 2.5km **International Marathon**

10.30 Registration closing

10.40 Last briefing

10.50 Swimmers' presentation

11.00 Start of 2.5km for **International Marathon**

12.30 Awards ceremony

PRIZES

International Marathon

Cup and medal for the 1st place athletes and medals for the 2nd and 3rd place athletes in 2.5km, 5km and 10km men and women.

COMEN Cup

Cup and medal for the 1st place athletes and medals for the 2nd and 3rd place athletes in 5km and 10km men and women. One cup and medals for all members of the 1st place team and medals for

all the members of the 2nd and 3rd place teams in the 2.5km team event. Cups to the 1st, 2nd, and 3rd countries men and women obtaining the highest number of points.



ACCOMMODATION

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

Sun Hall Hotel **** (600m from venue)

Single room	:	170.00 Euros
Double room	:	130.00 Euros
Triple room	:	120.00 Euros



Livadhiotis City Hotel (200m from venue)

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



Rise Boutique Hotel (850m from venue)

Single room	:	120.00 Euros
Double room	:	100.00 Euros
Triple room	:	90.00 Euros





Room numbers are limited in each hotel and they will be allocated on a first come first serve basis.
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.

PAYMENT

A 50% deposit of the accommodation costs must be paid until the 22nd of August 2016 and the remaining balance must be paid until the 12th of September 2016.

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 2016



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 6th October 2016
Departure 10th October 2016

DATES TO REMEMBER

Preliminary entry and accommodation form with 50% prepayment:	22/08/2016
Final accommodation and travel form with balance payment:	12/09/2016
Final entry and delegation forms:	28/09/2016





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Larnaca, 8-9 October 2016

PRELIMINARY ENTRY & ACCOMMODATION FORM

Please return this form not later than the 22nd of August 2016 either by
Fax: 0035722449842 or by Email: koek@logos.cy.net

Federation:

Country Code: **Contact Person:**

E-mail **Fax:**

Phone: **Mobile:**

COMPOSITION OF DELEGATION

	Male	Female
Swimmers		
Coaches		
Officials		
Total		

ROOMS REQUIRED

Sun Hall Hotel Livadhiotis City Hotel Rise Boutique Hotel

	Number of Rooms	In	Out	Total Nights
Single				
Double				
Triple				

President or General Secretary:

Date: **Signature and Stamp:**



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FINAL ENTRY FORM

Please return this form not later than the 28th of September 2016 either by
Fax: 0035722449842 or by Email: koek@logos.cy.net

Federation:

Country Code: **Contact Person:**

E-mail **Fax:**

Phone: **Mobile:**

2,5 KM TEAM EVENT

Name	Surname	Date of Birth

President or General Secretary:

Date: **Signature and Stamp:**



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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:**



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10 KM MEN

Name	Surname	Date of Birth

10 KM WOMEN

Name	Surname	Date of Birth

President or General Secretary:

Date: **Signature and Stamp:**



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Federation:

Country Code: **Contact Person:**

E-mail **Fax:**

Phone: **Mobile:**

2.5 KM MEN

Name	Surname	Date of Birth

2.5 KM WOMEN

Name	Surname	Date of Birth

President or General Secretary:

Date: **Signature and Stamp:**



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FINAL ACCOMMODATION AND TRAVEL FORM

Please return this form not later than the 12th of September 2016 either by
Fax: 0035722449842 or by Email: koek@logos.cy.net

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

Sun Hall Hotel Livadhiotis City Hotel Rise Boutique Hotel

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 2016

Bank: Bank of Cyprus
SWIFT BIC: BCYPCY2N

President or General Secretary:

Date: Signature and Stamp:

