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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 - USA - Chairman
Ender Luzardo –VEN - Vice Chairman
Ed Evelly – CAN - Secretary
Imaday Nunez Gonzalez - CUB - Secretary
Julio Galiano PAR – member
Carlos Roberto Da Silva – BRA – member
Edith Clashing – ANT – member
Sebastian Paddington – TTO - member
Ana Fortin – HON - member
Nadine Day – USA - member
Dot Padget -CAN - member
Ed Tsuzuki - USA - Athlete Representative
Marcos Jara - CH - Executive Comm. Liaison
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
   JOSE NEBER ÁRIAS MENDEZ

DIVING
   CAROLINA SALDARRIAGA BUSTAMANTE

WATER POLO
   JUAN ESTEBAN VÁSQUEZ HERNÁNDEZ

ARTISTIC SWIMMING
   SHARA MUNERA PULGARÍN

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 ÁLVAREZ

VOLUNTEER WORK
   OLGA LUZ MARTÍNEZ
**GENERAL COMPETITION SCHEDULE:**

**UANA Pan-American Masters 2020**  
Medellin  
Swimming Championships  
Swimming, Water Polo, Diving and Artistic Swimming

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<tr>
<td>Discipline</td>
<td>Tuesday</td>
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<td>Medellin</td>
<td>Technical meeting and training</td>
<td>400 I.M</td>
<td>200 backstroke</td>
<td>50 freestyle</td>
<td>200 Rel. Co D, V, Mix</td>
<td>200 backstroke</td>
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<td>Medellin</td>
<td>Technical meeting and training</td>
<td>200 Freestyle</td>
<td>100 freestyle</td>
<td>200 I.M</td>
<td>300 breaststroke</td>
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<td>100 backstroke</td>
<td>50 breaststroke</td>
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<tr>
<td>Open Water</td>
<td>Guatapé’s Reservoir</td>
<td>Technical meeting</td>
<td>800 freestyle</td>
<td>50 butterfly</td>
<td>100 butterfly</td>
<td>Platform and Synchronized Diving</td>
<td>3 km</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Friday 19-june**  
Open Ceremony

**Monday 22-june**  
Festival Master

Registrations to the Master 2020 Panamerican Championship Must be made through the link that can be found on the web page [www.panamericanomaster2020.com](http://www.panamericanomaster2020.com). Payment of registrations must be made through online payment. Registrations will be accepted until May 16, 2020.

**ESSENTIAL INFORMATION**

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

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

AIRCINES
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 Rionegro 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)

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 include 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, lending 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 competition sites, for the entire meet.

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. All payments must be by Credit or Debit Card.

Entries until: May 16th, 2020
## PAYMENTS

<table>
<thead>
<tr>
<th>Payments</th>
<th>Full fare</th>
<th>Before December 31st 2019</th>
<th>Between January 1st March 2019</th>
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<tr>
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<td>$ 40</td>
<td>$ 44</td>
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<tr>
<td>Registration</td>
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<td>South-American</td>
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<tr>
<td>Individual events</td>
<td>$ 13</td>
<td>$ 10</td>
<td>$ 11</td>
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<tr>
<td>Relay Teams</td>
<td>$ 20</td>
<td>$ 20</td>
<td>$ 20</td>
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<tr>
<td>Events program</td>
<td>$ 13</td>
<td>$ 10</td>
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<tr>
<td>Results</td>
<td>$ 13</td>
<td>$ 10</td>
<td>$ 11</td>
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<tr>
<td><strong>OPEN WATER</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual entry/registration</td>
<td>$ 33</td>
<td>$ 40</td>
<td>$ 44</td>
</tr>
<tr>
<td>(For those swimmers not entered in any other discipline)</td>
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<tr>
<td>Individual event</td>
<td>$ 58</td>
<td>$ 44</td>
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<td>Events program</td>
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<tr>
<td>Results</td>
<td>$ 13</td>
<td>$ 10</td>
<td>$ 11</td>
</tr>
<tr>
<td><strong>ARTISTIC SWIMMING</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Individual entry/registration</td>
<td>$ 55</td>
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<td>$ 44</td>
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<tr>
<td>(Per Athlete)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Solo (Per Athlete)</td>
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<td>$ 15</td>
<td>$ 17</td>
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<tr>
<td>Duet (Per Athlete &amp; List Partners Name)</td>
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<td>$ 15</td>
<td>$ 17</td>
</tr>
<tr>
<td>Mixed Duet (Per Athlete &amp; List Partners Name)</td>
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<td>$ 15</td>
<td>$ 17</td>
</tr>
<tr>
<td>Team (Per Athlete &amp; List Team Name)</td>
<td>$ 20</td>
<td>$ 15</td>
<td>$ 17</td>
</tr>
<tr>
<td>Free Combination (Per Athlete &amp; List Team Name)</td>
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<td>$ 15</td>
<td>$ 17</td>
</tr>
<tr>
<td>Events program</td>
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<td>$ 10</td>
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<tr>
<td>Results</td>
<td>$ 13</td>
<td>$ 10</td>
<td>$ 11</td>
</tr>
<tr>
<td><strong>DIVING</strong></td>
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<tr>
<td>Individual entry/registration</td>
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<td>$ 40</td>
<td>$ 44</td>
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<tr>
<td>Individual event</td>
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<td>$ 17</td>
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<td>Synchro Diving (Per Athlete &amp; List Partners Name)</td>
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<td>$ 13</td>
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<tr>
<td>Results</td>
<td>$ 13</td>
<td>$ 10</td>
<td>$ 11</td>
</tr>
<tr>
<td><strong>WATER POLO</strong></td>
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<tr>
<td>Individual entry/registration</td>
<td>$ 55</td>
<td>$ 40</td>
<td>$ 44</td>
</tr>
<tr>
<td>Team WITH referee</td>
<td>$ 198</td>
<td>$ 150</td>
<td>$ 165</td>
</tr>
<tr>
<td>Team WITHOUT referee</td>
<td>$ 395</td>
<td>$ 300</td>
<td>$ 330</td>
</tr>
<tr>
<td>Events program</td>
<td>$ 13</td>
<td>$ 10</td>
<td>$ 11</td>
</tr>
<tr>
<td>Results</td>
<td>$ 13</td>
<td>$ 10</td>
<td>$ 11</td>
</tr>
</tbody>
</table>

## 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 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 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

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 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 Medellin has to offer.

Swimmers who register for the CONSANAT 2020 South American Masters Swimming Championship, The additional payment for the inscription is 25 dollars. Prizes will be distributed based on swimming results.

MINIMUM AGE LIMIT: 18 years

The age of the competitor as of 31 December 2020.

AGE GROUPS


Relay events: Based on the total age of team members in whole years as of Dec 31st 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.


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).

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.

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 by 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.

**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 10th 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).


**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)


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

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. Travel time to Guatapé is about 1 ½ - 2 hours.

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

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. 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.
event.

Total number of dives per Category:

<table>
<thead>
<tr>
<th>Age groups years</th>
<th>Men. 1m y 3m</th>
<th>Women. 1m y 3m</th>
<th>Men. Platform</th>
<th>Women Platform</th>
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<tbody>
<tr>
<td>25-29</td>
<td>7</td>
<td>6</td>
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<td>80+</td>
<td>4</td>
<td>3</td>
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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

<table>
<thead>
<tr>
<th>3m Springboard</th>
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<tr>
<td>Age Group</td>
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<tr>
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<td>100+</td>
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<table>
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<td>Age Group</td>
</tr>
<tr>
<td>50-99</td>
</tr>
<tr>
<td>100+</td>
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</table>

*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 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.
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+

Swimming Championships
Swimming, Water Polo, Diving and Artistic Swimming
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:** Pan-American 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. 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 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 Artistic 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 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

Swimming Championships
Swimming, Water Polo, Diving and Artistic Swimming
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
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.
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, 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: Pan-American 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. 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.
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, 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 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 Pan-American 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

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 Pan-American 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

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 Pan-American 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.

TRANSFER OF RIGHTS

As a competitor of the VIII UANA Pan-American Championship Medellín 2020, I understand the importance of the Unión Americana de Natación (UANA), and the Organizing Committee of the VIII Pan-American 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 Pan-American Championship of Medellín 2020, in these conditions and for all intents and purposes, now and in the future, I authorize the organizing entities of the Swimming Championships
Swimming, Water Polo, Diving and Artistic Swimming

Swimming, Water Polo, Diving and Artistic Swimming

[Logos]
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 Pan-American 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 Pan-American 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:
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**

- **TERRA**  
  E-mail: [viages@nadamejor.com.co](mailto:viages@nadamejor.com.co)


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# HOTEL HEADQUARTERS - TURISTA SUPERIOR - 4 STARS

- **HOTEL DORADO 70**  
  E-mail: [viages@nadamejor.com.co](mailto:viages@nadamejor.com.co)

# HOTELES TURISTA SUPERIOR - 4 STARS

- **VIVRE**  
  E-mail: [viages@nadamejor.com.co](mailto:viages@nadamejor.com.co)
- **GOLDEN**  
  E-mail: [viages@nadamejor.com.co](mailto:viages@nadamejor.com.co)


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# HOTELES TURISTA SUPERIOR - 3 STARS

- **HOTELES SAUCES**  
  E-mail: [viages@nadamejor.com.co](mailto:viages@nadamejor.com.co)
- **MEDITERRANEO**  
  E-mail: [viages@nadamejor.com.co](mailto:viages@nadamejor.com.co)
- **MED ESTADIO**  
  E-mail: [viages@nadamejor.com.co](mailto:viages@nadamejor.com.co)
- **ESTADIO REAL**  
  E-mail: [viages@nadamejor.com.co](mailto:viages@nadamejor.com.co)


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**Swimming Championships**

Swimming, Water Polo, Diving and Artistic Swimming

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HOTELES TURISTA - 3 STARS

- HOTELES QUINTA AVENIDA
  E-mail: viajes@nadamejor.com.co
- APARTAHOTEL MONTES
  E-mail: viajes@nadamejor.com.co

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

- VILLA REAL
  E-mail: viajes@nadamejor.com.co
- IMPERIO 70
  E-mail: viajes@nadamejor.com.co
- BALCONES
  E-mail: viajes@nadamejor.com.co

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)
GRAND GOLD FEE PER PASSENGER AND RIDE

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

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 phone calls
Consumption from minibars
Laundry
Expenses not specified in the plan

• HOTEL MANSION GUATAPÉ

MAISON GUATAPÉ E-mail: viajes@nadamejor.com.co

Swimming Championships
Swimming, Water Polo, Diving and Artistic Swimming
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**HOTEL ARAUCARIAS**

ARAUCARIAS  
E-mail: viajes@nadamejor.com.co

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**HOTEL LOS RECUERDOS**

LOS RECUERDOS  
E-mail: viajes@nadamejor.com.co

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**HOTEL VERONY**

VERONY  
E-mail: viajes@nadamejor.com.co

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**RELOCATION** Medellín /Guatapé or viceversa

**RELOCATION** Hotel in Guatapé

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Swimming Championships  
Swimming, Water Polo, Diving and Artistic Swimming

[Logos]

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### Malecón and viceversa

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<td>USD202</td>
<td>30 people</td>
<td>USD36</td>
</tr>
<tr>
<td>17 people</td>
<td>USD136</td>
<td>17 people</td>
<td>USD23</td>
</tr>
<tr>
<td>4 people</td>
<td>USD40</td>
<td>4 people</td>
<td>USD8</td>
</tr>
</tbody>
</table>

**Swimming Championships**

Swimming, Water Polo, Diving and Artistic Swimming