

MASTERS
Medellín 2022



VII PAN AMERICAN MASTER CHAMPIONSHIPS

SUMMONS

Swimming, Water Polo, Diving, Artistic Swimming and Open Water



FLUIDRA

Medellín 2022



TABLE OF CONTENTS

Introduction

PANAM Aquatics Masters Technical Committee Members

Organizing Committee Members

Lina Commissions

Competition schedule

Essential travel information

Entry Form

Entry Procedures

SWIMMING

OPEN WATER

ARTISTIC SWIMMING

DIVING

WATER POLO

Competition regulations

Athlete participation agreement

Travel agency

Medellín 2022



PANAM AQUATICS 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 MEDELLIN 2022.

CONCERNED PARTIES

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

PANAM AQUATICS TECHNICAL COMMITTEE:

- Mel Goldstein (USA) - **Chairman**
- Ender Luzardo (VEN) - **Vice Chairman**
- Ed Evely (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) - **Athletes' Representative**
- Marcos Jara (CHI) - **Executive Comm. Liaison**

Medellín 2022



ORGANIZATION COMMITTEE:

WILLIAM MONCADA OSPINA - **FECNA VICE PRESIDENT**

RAFAEL CUARTAS TAMAYO - **LINA PRESIDENT**

GENERAL MANAGER

FRANCISCO BUITRAGO

MANAGERIAL AND FINANCIAL

ESTEPHANY CATAÑO PALACIO

TECHNICAL COORDINATORS:

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

OFFICIALS

DIONISIO RINCONES

MEDICAL

CARLOS GÓMEZ

SYSTEMS

CARLOS MURCIA

COMMUNICATION / PRESS

SARA CRISTINA PRÉSIGA CATAÑO

ENVIRONMENT

NATALIA MUÑOZ PARRA

SECURITY

BRAULIO HERNÁN MORALES G.

NOURISHMENT

NATALY DUQUE

TRANSPORT AND LODGING

JAIRO PALACIO

MERCHANDISING

FECNA-LINA

PROTOCOL

OLGA LUZ MARTINEZ

VOLUNTEER WORK

OLGA LUZ MARTINEZ

Medellín 2022



Pan American Masters Championships 2022

July 21-28, 2022 / Medellin, COL

GENERAL COMPETITION SCHEDULE:

| Dates | | 19 jul | 20 jul | 21 jul | 22 jul | 23 jul | 24 jul | 25 jul | 26 jul | 27 jul | 28 jul |
|---------------------------------------|-----------------------------|----------------|--------------------------------|---|-------------------------------------|---|-----------------------|--|----------------------------------|-------------------|----------|
| Discipline | Competition venues | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday |
| Swimming | Competition venues Medellin | Prior Training | Technical meeting and training | | 400 I.M. | 200 backstroke | 50 freestyle | 200 Rel. Co O. V. Mix 200 Rel. Freestyle O.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 | Gustape's Reservoir | | | | | | | | | Technical meeting | 3 km |
| Diving | Competition venues Medellin | | | | Prior Training | Technical meeting | Springboard 1m. Y 3m. | Springboard 1m. Y 3m. | Platform and Synchronized Diving | | |
| Artistic Swimming | Competition venues Medellin | 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 Medellin | | | | | Technical meeting | Play off | Play off | Play off | Play off | Finals |
| Thursday 21 July Open Ceromony | | | | | | Saturday 23 July Festival Master | | | | | |

Registrations to the Master 2022 Pan American Championship Must be made through the link that can be found on the web page www.panamericanomaster2020.com. Payment of registrations must be made through online payment. Registrations will be accepted until May 15, 2022.

IMPORTANT INFORMATION

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



Medellín 2022



ELIGIBILITY

All Masters Swimmers who are registered with their Federation may participate in the Pan American Masters Championships. Registered Masters Swimmers from other Continents will participate as guests.

Athletes from other Continents will receive duplicate awards based on their finish 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 to register.

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

AIRLINES

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

BIOSECURITY PROTOCOLS

Before traveling, verify the biosecurity protocols that the Colombia Government has decreed at the time of entry to the country.

CUSTOMS DECLARATION

In Colombia, it is necessary fill out the Declaration for Customs and Immigration Clearance.

MONEY

Money in Colombia is the PESO\$ (COP) - US\$ 1, 00 = approx. COP\$ 3.800

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.

COURIER

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



Medellín 2022



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 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.



Medellín 2022



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.

Swim meet roster:

https://www.clubassistant.com/club/competitions/team_rosters.cfm?c=2164&smid=12482

Open Water roster:

https://www.clubassistant.com/club/competitions/team_rosters.cfm?c=2164&smid=12483

Diving roster:

https://www.clubassistant.com/club/competitions/team_rosters.cfm?c=2164&smid=12484

Water Polo roster:

<https://www.clubassistant.com/club/clinics/attendees.cfm?c=2164&cid=83603>

Artistic Swimming (Synchro) roster:

<https://www.clubassistant.com/club/clinics/attendees.cfm?c=2164&cid=83604>

Registration opens:

January 15, 2022



| PAYMENTS | FARE |
|--|-------------|
| SWIMMING | |
| Individual entry / registration | \$ 53 |
| Registration South American | \$ 25 |
| Individual events | \$ 13 |
| Relay Teams | \$ 20 |
| Events Program | \$ 13 |
| Results | \$ 13 |
| OPEN WATER | |
| Individual entry / registration (For those swimmers not entered in any other discipline) | \$ 53 |
| Individual event | \$ 58 |
| Events program | \$ 13 |
| Results | \$ 13 |
| ARTISTIC SWIMMING | |
| Individual entry / registration | \$ 53 |
| Solo (For athlete | \$ 20 |
| Duet (For athlete & list partners name) | \$ 20 |
| Mixed Duet (For athlete & list partners name) | \$ 20 |
| Team (For athlete & list partners name) | \$ 20 |
| Free Combination (For athlete & list team name) | \$ 20 |
| Events program | \$ 13 |
| Results | \$ 13 |
| DIVING | |
| Individual entry / registration | \$ 53 |
| Individual event | \$ 19 |
| Synchro Diving (For Athlete & list partners name) | \$ 26 |
| Events program | \$ 13 |
| Results | \$ 13 |
| WATER POLO | |
| Individual entry / registration | \$ 53 |
| Team WITH referee | \$ 198 |
| Team WITHOUT referee | \$ 396 |
| Events program | \$ 13 |
| Results | \$ 13 |
| COACH / DELEGATE | |
| accreditation card | \$ 13 |

ENTRY PROCEDURES FOR ALL PARTICIPANTS

Participants must present and submit documentation at registration: proof of age, copy of Federation I.D, issued by the National Swimming Federation

ENTRY DEADLINE

The final date for entries to be received by the Organizing Committee is Thursday, May 15th, 2022. 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.

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 1-8 must be received on or before May 15, 2022. All Championship Entries received will be acknowledged.

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

Key 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) Proof of age; (in a pdf file) the national identity document, a passport, driver's license, or birth certificate with the date of birth of the athlete must be presented at time of registration at the meet, along with a photo ID.
- 4) Proof of affiliation or permission of the Federation: to be presented at time of registration.



- 5) Exemption from responsibilities; similarly, the disclaimer form must also be attached duly completed and signed.
- 6) Payment; It must be done ONLINE, including the individual registration fee and the corresponding to specific sports teams through credit or debit card.
- 7) Championship entries: Entries sent by fax will not be accepted. All entries in the Championship must be made online.
- 8) **The values paid at the moment of registration are not refundable nor transferable. The athlete accepts these conditions once registered in the championship. In the case of a suspension or postponement of the event, those responsible will evaluate these terms.**

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 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.

Medellín 2022



SWIMMING



We may limit the total number of athletes allowed in a specific event 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 PANAM Aquatics 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 2022 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 2022.

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 31st 2022: 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, PANAM Aquatics 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, 240-239, 240-279, 280-319, 320-359.

TECHNICAL MEETING: The swimming technical meeting will be held on 19/05/2022 at 16.00 hours, the location will be announced on the host official website (www.panamericanomaster2020.com).



Medellín 2022



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 18/070/2022 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 PANAM Aquatics 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.



Medellín 2022



We are governed by the FINA regulations, but to promote swimming in all the PANAM Aquatics 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 (20/07/2022). Club representatives and coaches must verify that it is correct.

Pre-registered swimmers may be substituted until 10:00 am on Sunday, 24/07/2022. 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 15, 2022

MIXED RELAYS: "Mixed" means both genders 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).

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.

Medellín 2022



OPEN WATER



MINIMUM AGE LIMIT: 18 years

AGE DETERMINING DATE: The actual age of the competitor as of 31 December (2022)

AGE GROUPS: 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 increments as high as necessary.

Note: Pan American Master 2022 is based on the FINA regulation, but PANAM Aquatics 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. Race organizers, in consultation with the referee and subject to advice from the PANAM Aquatics 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 not be permitted to swim.

TRAINING PROVISION: The 25-meters swimming pool of the Medellín 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 27/07/2022 at 15:00 hours, at a location to be announced on the host official website. www.panamericanomaster2020.com

COMPETITION DATE: 28/07/2022. 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.



Medellín 2022



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.

Medellín 2022



DIVING



MINIMUM AGE LIMIT: 25 years

AGE DETERMINING DATE: The actual age of the competitor as of 31 December (2022)

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 Synchronized Diving is decided by adding the ages of the two dives (MD 1.3.3)

Note: Pan American Master 2022 is based on the FINA regulation, but PANAM Aquatics may make exceptions regarding age groups.

PRACTICE PROVISION: Practice opportunities will be available 22 – 23 /07/2022 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 Wednesday 27th July 2022 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.


Total number of dives per Category:

| Age groups (years) | Men 1m & 3m | Women 1m & 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.



Medellín 2022



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.

Medellín 2022



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 2022.

COMPETITION DATES:

Thursday 21/07/2022 - Technical routines solo, duet and Team.

Friday 22/07/2022 - Free Routines duet and Combinations.

Saturday 23/07/2022 - 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: Pan American Master 2022 is based on the FINA regulation, but PANAM AQUATICS may make exceptions regarding age groups.

TECHNICAL MEETING: The Artistic Swimming Technical meeting will be held on Wednesday 20/07/2022 at 10:00 am. The location of this meeting will be informed at

www.panamericanomaster2020.com.

The technical meeting will cover:

- Correction to spelling of athlete's 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 to upload the music for each event to the competition platform. A link to the platform will be sent to competitors' e-mail addresses one month before the competition in order to upload the music. The music must be recorded at the sound levels of soft, quiet, low frequency music that can be clearly audible. Competitors are responsible for ensuring that they have the authorization and copyright.

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 Master's 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

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.

Medellín 2022



WATER POLO



MINIMUM AGE LIMIT: 25 years

AGE DETERMINING DATE: The actual age of the competitor as of 31 December 2022.

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 2022 is based on the FINA regulation, but PANAM AQUATICS 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, 23/07/2022 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: 24 to 28 of July/2022, 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.



Medellín 2022



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.

Medellín 2022



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 PANAM Aquatics Championship 2022.

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, 19th July 2022,

INFORMATION: The Logo and mascots is a registered trademark. Reprints have to be approved by the Organizing Committee. VIII 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 consideration 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 Pan American Master Championship of Medellin 2022.



Medellín 2022



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 championships 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: PANAM AQUATICS and its affiliates; Organizing Committee of the VIII Pan American Master 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.



Medellín 2022



TRANSFER OF RIGHTS

As a competitor of the VIII Pan American Championships Medellin 2022, I understand the importance of the PANAM AQUATICS, 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 Medellin 2022, 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 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 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

Medellín 2022



TRAVEL AGENCY

Contact

travelpanamericano@nadamejor.co

viajes@nadamejor.com.co

RESERVATIONS

To request reservations and service quotes, send requests to the mail:

viajes@nadamejor.com.co travelpanamericano@nadamejor.co

Once the reservation is confirmed, 30% of the total cost must be paid, in order to guarantee the services and one month before the trip the difference must be cancelled.

DORADO LA 70 HOTEL

SINGLE ACCOMMODATION USD59

DOUBLE ACCOMMODATION USD40

MULTIPLE ACCOMMODATION USD35

Buffet breakfast Turkish bath. Welcome cocktail. Internet Wi-Fi Room service 24 hours

Exercise area and wet areas (Turkish bath, Jacuzzi, Sauna and Swimming pool)

Medical assistance card for travelers during their stay. Bio-security kit.

HOTEL FOUR POINT BY SHERATON

SINGLE ACCOMMODATION USD91

DOUBLE ACCOMMODATION USD56

Buffet breakfast. Welcome cocktail. Internet Wi-Fi Room service 24 hours Exercise area and use of wet areas (Turkish bath, Jacuzzi, Sauna and Swimming pool)

Medical assistance card for travelers during their stay Bio-security kit.

Medellín 2022



TRYP HOTEL

SINGLE ACCOMMODATION USD60

DOUBLE ACCOMMODATION USD46

TRIPLE ACCOMMODATION USD42

American style breakfast Internet Wi-Fi 24-hour room service Exercise area and use of wet areas (Turkish bath, Jacuzzi, Sauna and Swimming pool) Medical assistance card for travelers during their stay Bio-security Kit

SAN PEDRO DEL FUERTE HOTEL

SINGLE ACCOMMODATION USD45

DOUBLE ACCOMMODATION USD33

Air conditioning, Internet Wi-Fi, American style breakfast, Hotel insurance Business Center, Local calls without timer, Coffee and aromatic station, Permanent biosafety kit, Medical assistance card

HOTEL MEDITERRANEO

SINGLE ACCOMMODATION USD71

DOUBLE ACCOMMODATION USD53

American style breakfast Wi-Fi Internet 24-hour room service Medical assistance card for travelers throughout their stay Bio-security kit

MERLOTT HOTEL

SINGLE ACCOMMODATION USD57

DOUBLE ACCOMMODATION USD38

TRIPLE ACCOMMODATION USD35

American style breakfast, Air conditioning, Mini-Bar, Wi-Fi, Jacuzzi (Suite), Safety deposit box, Hair dryer, Traveler's medical assistance card throughout your stay, Bio-security kit

HOTEL OBO

SINGLE ACCOMMODATION USDA 57

DOUBLE ACCOMMODATION USD 38

American style breakfast, Internet Wi-Fi, Room service, 24 hours Medical assistance card for travelers throughout their stay, Bio-security kit

HOTEL MED

DOUBLE OR TRIPLE ACCOMMODATION USD38

American style breakfast, Internet Wi-Fi, Room service, 24 hours Medical assistance card for travelers during their stay, Biosecurity kit

Medellín 2022



HOTEL LAURELES PLAZA

SINGLE ACCOMMODATION USD53
DOUBLE ACCOMMODATION USD38

American style breakfast, Internet Wi-Fi, Room service, 24 hours Medical assistance card for travelers during their stay, Bio-security kit

HOTEL MEDELLIN GOLD

ALL ACCOMMODATIONS USD38

American style breakfast, Wi-Fi, Medical assistance card for travelers throughout their stay, Room service, 24 hours Bio-security Kit

HOTEL SAUCES DEL ESTADIO

SINGLE ACCOMMODATION USD50
DOUBLE ACCOMMODATION USD39

American style breakfast, Wi-Fi, Medical assistance card for travelers during their entire stay, Room service 24 hours

HOTELS GUATAPÉ

HOTEL PORTOBELO

Located on the boardwalk and has double and single rooms, all with a balcony overlooking the dam.

Lodging per person per accommodation, American breakfast, Travel insurance
SGL 53 USD
DBL OR TPL 45 USD

HOSTERIA LA MANSION

Located only 7 minutes from the Malecon and has a swimming pool.

Lodging per person according per accommodation, American breakfast, Travel insurance
SGL 73 USD
DBL OR TPL 66 USD

HOTEL PORTON DE LA MANSION

Located on the Malecon

Lodging per person as per accommodation, Travel insurance
SGL 59 USD
DBL OR TPL 36 USD

Medellín 2022



HOTEL PARRILLA PAISA

Located on the Malecon

Lodging per person according per accommodation, American breakfast, Travel insurance

SGL 38 USD

DBL OR TPL 31 USD

TRANSFERS

Rates include:

Transfer.

Assistance card.

Bottle of water.

TRANSFER MEDELLIN - GUATAPE - MEDELLIN BY CAR ONE WAY

- ONE PERSON USD76
- TWO PEOPLE USD41
- THREE PEOPLE USD30
- FOUR PEOPLE USD25

BUS OR BUS FROM 9 TO 40 PASSENGERS ROUND TRIP SUNNY DAY

- FROM 9 TO 14 PEOPLE USD20
- FROM 15 TO 25 PEOPLE USD17
- FROM 26 TO 40 PEOPLE USD15

TRANSFER AIRPORT - HOTEL - AIRPORT BY CAR ONE WAY

- ONE PERSON USD31
- TWO PERSONS USD19
- THREE PERSONS USD15
- FOUR PEOPLE USD13

BUS OR BUS FROM 9 TO 40 PASSENGERS ONE WAY

- FROM 9 TO 14 PEOPLE USD14
- FROM 15 TO 25 PEOPLE USD13
- FROM 26 TO 40 PEOPLE USD12