

**2025**  
**CMAS World**  
**Championship**  
**Freediving Indoor**  
**Seniors- Juniors**

**Athens Greece**  
**18-25 May 2025**



**HELLENIC REPUBLIC**  
Ministry of Education,  
Religious Affairs and Sports

## MESSAGE FROM THE CMAS PRESIDENT



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Anna Arzhanova

President, CMAS

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It gives me great pleasure to welcome you to the city of Athens, Greece.

On behalf of CMAS, I would like to express our gratitude to the host city for sharing our passion for underwater sports and for their willingness and flexibility in hosting our biggest event.

I am confident that Greece will deliver outstanding competition for athletes and fans alike.

The excellent venue of OAKA Olympic Aquatic Center, as well as the local hospitality, are ready to welcome more than 200 athletes from over 40 countries and provide them with the perfect conditions to compete.

I would like to express my sincere thanks to our partners, staff, officials, and volunteers for all their hard work and dedication in making this event possible.

I hope you will join me in cheering on the incredible athletic performances. I also hope you will take some time to experience the beautiful Greek culture and warm hospitality during your stay.

To the athletes, please accept our best wishes for your competitions. We will be cheering you on from the stands, while working to provide the excellent conditions your hard work and talent merit!

## MESSAGE FROM THE PRESIDENT OF THE GREEK FEDERATION



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Dimitrios Galinas  
President, Greek Underwater Federation

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Dear friends and colleagues,

It is my honor to welcome you to Athens Greece, for the 2025 CMAS World Championship Freediving Indoor Seniors - Juniors.

Greece has had the privilege of hosting a number of CMAS events in the past.

The World Championships is unique in bringing the best athletes from all over the world together in a celebration of our one sport. We are grateful for the trust you have shown in awarding us the right to host these prestigious Championships. We can assure you that we will honor the trust with an exceptional event.

I am sure that the 2025 CMAS World Championships Freediving Indoor Juniors – Seniors-Masters will meet your expectations and will be an unforgettable event.

We are so excited to welcome you at the historical city of Athens.

## MESSAGE FROM THE PRESIDENT OF DIVING GREECE



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Dimitris Koumoulos

President, Diving Greece organizing Committee

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Dear athletes, coaches and esteemed guests,

On behalf of Diving Greece Committee, I'm thrilled to welcome you to the 2025 CMAS World Championship Freediving indoor in Athens. I strongly believe that for 8 days we will witness extraordinary performances from all the freedivers around the world. It is our honor to host the best athletes representing their nations and we take immense pride in having been chosen as the organizers of this prestigious event.

We are fully committed to provide a world class competition environment, ensuring that all athletes and coaches will have an exceptional experience in and out of the water.

We are ready to host this Championship and we are ready to extend our warmest hospitality, ensuring that the athletes depart with lasting memories of our country and its welcoming spirit.

We are confident that this year's CMAS World Championship will be an outstanding event, highlighting the remarkable capabilities of all athletes. Let us come together to celebrate their incredible achievements and the spirit of this exceptional sport!

## MESSAGE FROM THE CMAS FREEDIVING DIRECTOR



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Tolis Bellos

CMAS freediving Director

Dear Federation Representatives, Athletes, Coaches, and friends of Freediving,

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It is with great enthusiasm and honor that I welcome you all to the 2025 CMAS World Championship freediving indoor, hosted in the iconic city of Athens at the renowned OAKA Aquatic Center. This event brings together the very best of our sport, remarkable athletes, dedicated teams, and a shared passion for freediving excellence.

Athens, the cradle of civilization, provides the perfect backdrop for this prestigious competition. Here, surrounded by history and inspired by the Olympic spirit, we celebrate the passion, skills, and discipline that define our sport.

Our organizing team is committed to creating an event that reflects the highest standards of professionalism, fairness, and innovation. We have worked diligently to design a championship that not only challenges athletes but also ensures a supportive environment for coaches and federations alike.

This championship is more than a competition, it is an opportunity to promote the sport not only within our global community, showcase the beauty of freediving, and inspire the next generation of divers.

We look forward to witnessing extraordinary performances, celebrating personal achievements, and building lasting memories together. May this championship be a momentous occasion for everyone involved.

Welcome to Athens. Welcome to the heart of freediving.

## Welcome to GREECE



Welcome to Greece, the proud host of the 2025 CMAS World Championship Freediving Indoor.

Welcome to Athens, the historical capital of Europe. Welcome to the birthplace of democracy, arts, science and philosophy of western civilization. Home of Plato, Socrates, Pericles, Euripides, Sophocles, Aeschylus. Athens is one of the world's oldest cities. It's recorded history spanning around 3.400 years and it is being inhabited since the 11th millennium B.C. E. Today, under the shadow of Parthenon, the contemporary urban scenery of the sprawling city reflects its exciting history, its multi-cultural modern personality as well as the infrastructure and facilities. Get ready to witness unparalleled feats of athleticism, immerse yourself in the breath-taking beauty of our modern cities, where tradition and innovation blend harmoniously.

Beyond the competition, immerse yourself in the captivating blend of tradition and modernity as you embark on an unforgettable journey to Greece. This enchanting destination offers a multitude of experiences that will leave you spellbound and yearning for more.

Come and experience the enchantment of Athens a city of captivating history and, where tradition meets the warm hospitality and unparalleled experiences await. Create memories that will last a lifetime in this extraordinary destination.

Enjoy your unforgettable journey at the 2025 CMAS World Championship Freediving Indoor, Athens Greece.



## Athens Airport: El Venizelos

Athens International Airport, officially named “El. Venizelos” and shortly known as AIA, is the biggest and most widely-known airport in Greece. Moreover, it is the most occupied aviation hub in the Balkans and is listed among the busiest European airports.

Located 33km/20.5 miles away from Athens city center, in the Spata area, Athens Airport is the “home” of Aegean Airlines and a focus airport for some smaller, mostly budget air carriers.

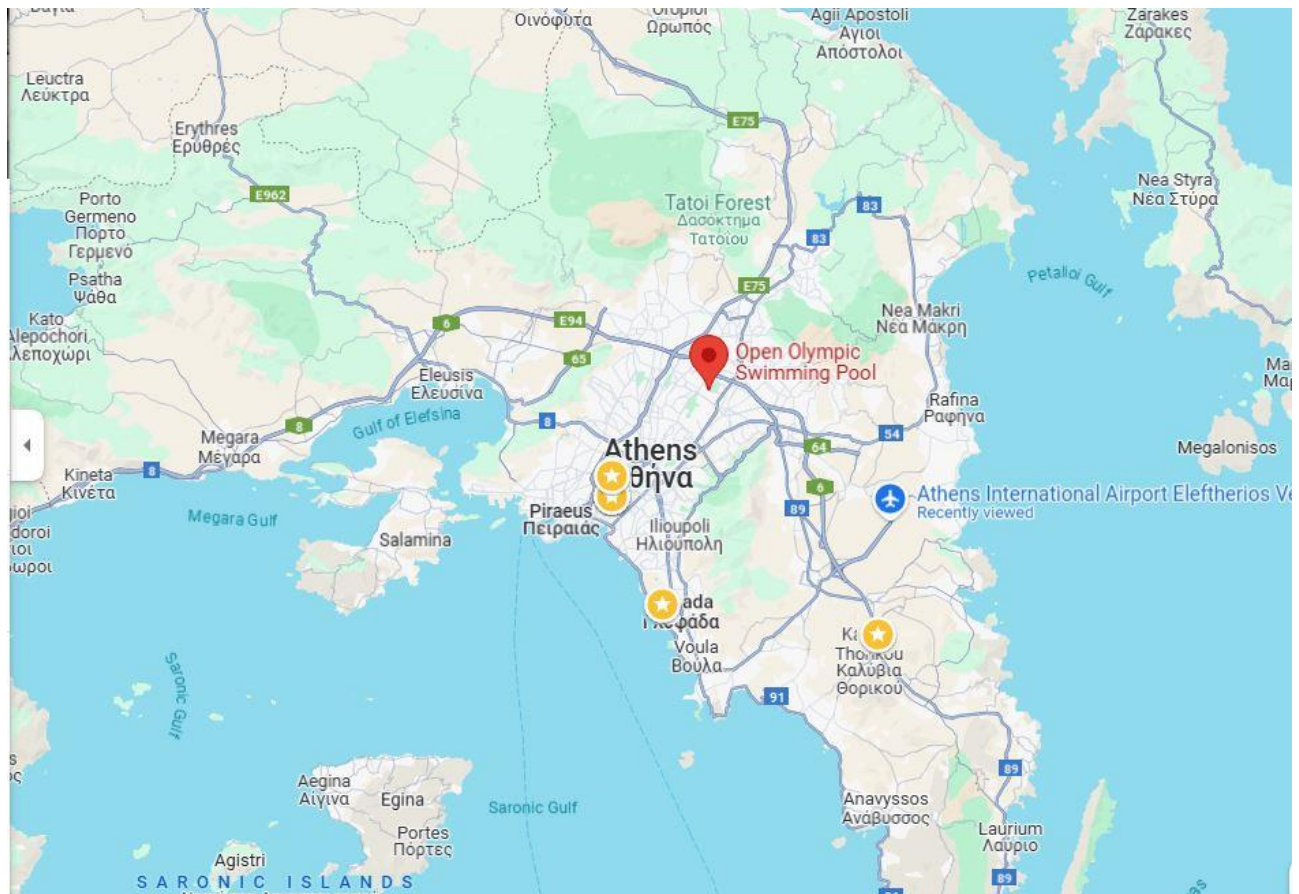
As a matter of fact, in 2023, Athens Airport welcomed more than 28.17 million tourists, springing back and even exceeding its pro-covid levels.

The airport of the Greek capital offers its passengers a wide range of amenities as well as quick and effective services.

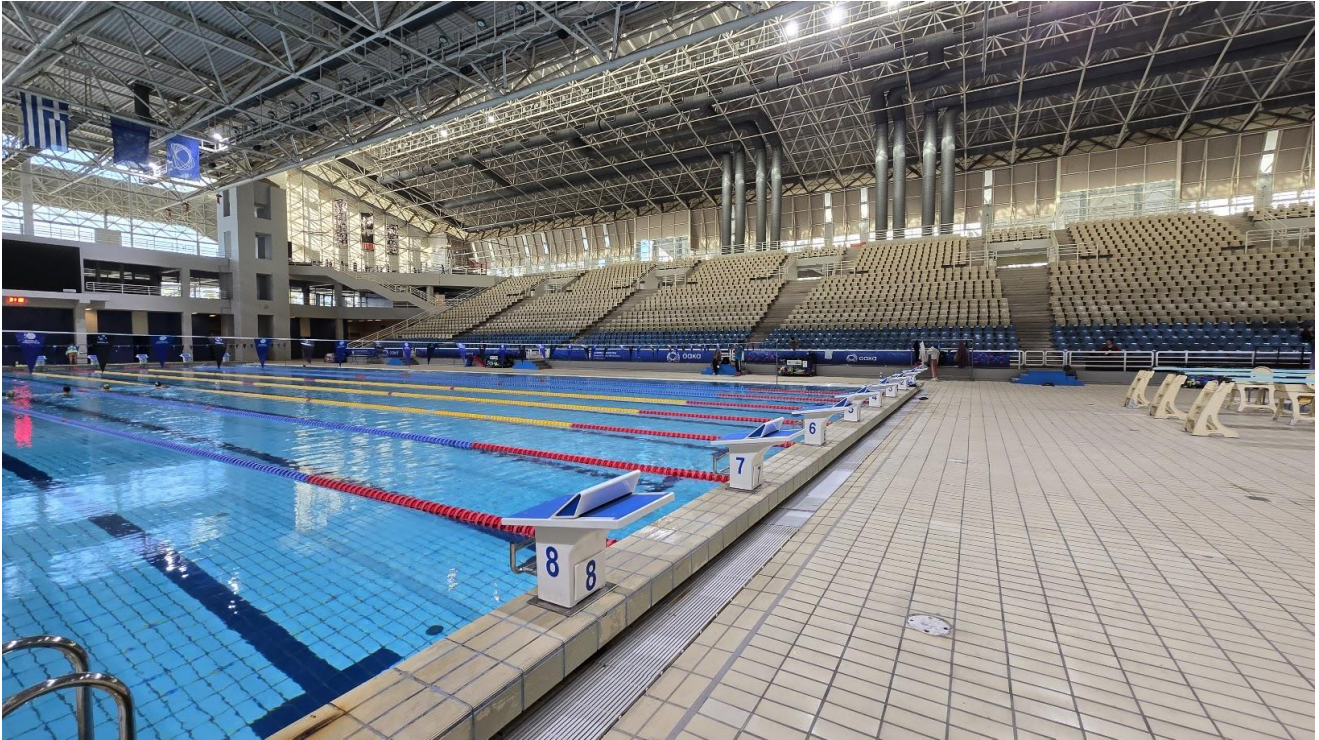
Overall, Athens Airport is a modern, multi-awarded, and passenger-friendly aviation hub.

[HTTPS://ATHENS-INTERNATIONAL-AIRPORT.COM/](https://athens-international-airport.com/)

[HTTPS://WWW.AIA.GR/TRAVELER/](https://www.aia.gr/traveler/)



## THE COMPETITION VENUE



The Championship will take place in The Olympic Aquatic Center which hosted the Athens 2004 Olympic Games. <https://maps.app.goo.gl/A4vrHB2bL6i1JHsCA>

This venue is renowned for its ability to accommodate various sporting events.

Pools that will be used for the Championship:

1 50X21X2m depth indoor competition pool of 8 lanes

1 25X12.5X1.80m depth indoor training pool

Capacity: 5,500 spectators and 1,300 media.

### Main Competition Indoor Pool

Event:	Freediving
Seating capacity:	5500
Area, Depth:	50x21x2m
Number of Lanes:	8
Temperature:	26 <sup>0</sup> C , + - 1



## GENERAL INFORMATION



- Only participants with a CMAS license are eligible to compete in the Championship.
- The registration of participants means that they accept and respect the championship rules, the safety conditions set by the organizers and the CMAS rules and regulations.
- Each country may enter a maximum of 4 athletes per age category/ discipline/men/women.
- Medalist athletes from last year WC, are not included in the quota of 4 athletes.
- Masters have no limitations in athletes per country.
- Entries must be submitted to CMAS portal within deadlines <https://portal.cmas.org/login>.
- Registration has to be done through National federation's account.
- If the National federation has not yet an account pls contact CMAS admin at [joajose@cmas.org](mailto:joajose@cmas.org)
- World Seniors Championship will occur over five competition days.
- World Juniors Championship will occur over the same competition days and same registration procedure through cmas portal.
- World Masters Championship will occur over the same competition days but Masters will apply for individual registration at cmas portal.
- Age Categories are as defined at the relevant CMAS freediving rules.
- According the rules: The sequence of the starts is based on the Personal Best of the athletes as noted at the registration of the athlete for an event. Personal Best is the best result in an official competition

in the current or the previous year. In Static athletes can announce a time lower than their Personal Best. The athletes with the shortest time or the shorter distance will compete first while the athletes with the longer time or longer distance will compete last.

- National federations must register the actual official performances of all selected athletes to cmas portal. If there is not existing an official performance it will count as zero (0) and the athlete will start first.

#### **SWIMMING POOL EVENTS:**

- Dynamic Apnea Without Fins DNF
- Dynamic Apnea with Bi-fins (DYN-BF)
- Speed Apnea 2x50
- Speed Apnea 4x50m
- Speed Apnea 8x50
- Static Apnea STA
- Dynamic Apnea DYN

#### **EVENT SCHEDULE 18-25 MAY**

- Day 1 Arrival-registration
- Day 2 Official training- Technical meeting for captains-Opening ceremony
- Day 3 DNF
- Day 4 DYN-BF
- Day 5 Speed Apnea 2x50,4x50,8x50
- Day 6 STA
- Day 7 DYN- Closing Ceremony
- Day 8 Departures

#### **SPECIAL NOTES:**

- All athletes must be registered in cmas portal
- ON LINE registration-license for Masters is mandatory
- Personal Insurance
- Medical certificate not older than 12 months
- ID document- Passport.

Athletes that fail to provide the above documents will not be allowed to take part in the competitions, and their participation fee will not be refunded.

## COMPETITION INFORMATION

<b>May 18 Sunday</b> Day 1	All Day	Arrival and Check-in of Delegations
<b>May 19 Monday</b> Day 2	09:00	14:00 Training (Pool)
	16:00	17:00 Technical Meeting(pool)
	18:00	19:30 Opening Ceremony(pool)
<b>May 20 Tuesday</b> Day 3	08:30	15:00 World Championship: Dynamic Apnea Without Fins
		Medal Ceremonies DNF
		Training
<b>May 21 Wednesday</b> Day 4	08:30	16:00 World Championship: Dynamic Apnea with Bi-fins (DYN-BF)
		Medal Ceremonies DYNBF
		Training
<b>May 22 Thursday</b> Day 5	08:30	10:30 World Championship: Speed Apnea 4x50m
		Medal Ceremonies Speed 4x50
	11:15	13:15 World Championship: Speed Apnea 8x50
		Medal Ceremonies Speed 8x50
	14:00	15:00 World Championship: Speed Apnea 2x50m
		Medal Ceremonies Speed 2x50
		Training

<b>May 23 Friday</b> Day 6	08:30	13:00	World Championship: Static Apnea (STA) Medal Ceremonies Static  Training
<b>May 24 Saturday</b> Day 7	08:30	16:00	World Championship: Dynamic Apnea DYN Medal ceremonies DYN
	18:00	19:30	Closing Ceremony
	21:00	00:00	Final Party
<b>May 25 Sunday</b> Day 8			Check-out and Departure of Delegations

The program or the hours may change.

Final program will be announced at the technical meeting from the CMAS Technical Delegate.

**OFFICIAL LOC e-mail:**

[2025pool@diving-greece.gr](mailto:2025pool@diving-greece.gr)

**CONTACT PERSONS**

**Organising committee President:** Dimitris Koumoulos,

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**CMAS Freediving Director:** Tolis Bellos

WhatsApp +306975863210

e-mail: [tolis.bellos@sport.cmas.org](mailto:tolis.bellos@sport.cmas.org)



## INTERNATIONAL JURY

CMAS Technical Delegate and Judges according to the CMAS rules.

## PROTESTS

According to the CMAS rules.

## DOPING CONTROL

Anti-doping tests will be conducted during the championship according to the international rules of WADA and the CMAS anti-doping code.

The organizing committee guarantees to provide doping control according to the CMAS and WADA rules.

## MEDICAL SERVICES

Medical doctors will be present during the competition and will provide first aid.

For more serious health issues, an ambulance will be outside the venue to transfer to the nearest state hotel. Health issues and need for hospital care from places other than the swimming pool has to be taken care by the teams or by each person.

Medical and hospital expenses are upon teams-athletes.

## INSURANCE

All teams must ensure that all their participants have adequate private health and repatriation insurance during 2025 CMAS WORLD CHAMPIONSHIP FREEDIVING INDOOR Athens Greece.

The participants should purchase adequate medical insurance and repatriation insurance at their place of departure. The medical insurance shall at least cover accidental medical treatment, sudden illness and hospitalization allowance.

The repatriation insurance shall cover the costs in case of an emergency where you need to return to your place of departure. All participants must have valid insurance and provide the insurance certificate upon request. CMAS, Greek federation and Organizing committee will not be liable for any risks arising therefrom.

## PARTICIPATION FEES

Athletes' competition fees are **550€** per person as Organizing Fees.

Officials, coaches, assistants, visitors, reporters, viewers etc. have to be registered and accredited to enter the pool.

Registration-accreditation fees other than athletes: **250 euro**

## DEADLINES FOR ENTRY AND PARTICIPATION

- Initial entry form and entry fee full payment or at least 50% should be sent to the Organizing Committee, together with a copy of the bank transfer.

Any time from 01/01/2025 but **not later than 28/02/2025**

- Registration at portal and payment of CMAS fees and licenses

No later **than 15/04/2025**

- Full competitor list and full payment

No later **than 20/04/2025**

## **PAYMENTS**

Full amount should be transferred to LOC **no later than 20/04/2025**.

After this date, the participation fees will increase by a further 10% of the total amount. The remaining payment should be paid upon arrival.

**Bank Account data:** pls contact the LOC at [2025pool@diving-greece.gr](mailto:2025pool@diving-greece.gr) to receive the account data

Receipts of the payments will be available at the competition time. We need **full data** (name of organization, full address, Tel) and copy of the transfer, to create the receipts and/or invoices.

If it is need for a receipt earlier or upon transfer, you have to send a requesting email with full data of the organization-athlete and a copy of the transfer.

## **REGISTRATION**

Registration entries must be entered online through, <https://portal.cmas.org/login>

Opening date of registration: 01/01/2025

Closing date of registration: 15/04/2025

For further information, please contact us at the following email address:

## **VISA**

If you require a letter for visa, please contact the organizing committee at least two months before entry.

## **REFUND POLICY**

### 1) Requesting Removal from the competition

- 1a. Teams or athletes requesting to be removed from the competition need to do so via email to LOC, by the captain or the coach of the team. We will use the date and time stamp as verification to when the request was sent. Phone calls, messages and texts will not be accepted.
- 1b. Any team or athlete that requests to be removed from the competition, before 30 days of the start date of the competition, will be removed with no administration fees accessed and full refund.
- 1c. Any team that requests removal from the competition 30 days or less from the start date, will have a euro 100 per person, administration fee, deducted from their entry fee. The refund will be 50% at the remaining amount.
- 1d. No refund will be issued for hotel or transfer expenses if less than 30 days.

2) No refund will be issued to any team or athlete that requests removal from the competition 10 days or less from the start date of the competition.

3) None paid teams or athletes, will not be allowed to participate until the fee is paid.

## HOTELS

Teams, officials, athletes and Participants will be accommodated in several proposed hotels.

Because of the different prices of the hotels, food etc the hotels and the booking will be selected and decided from the National teams. To help the selection process organizing committee has a few hotels proposal based on a selection preference.

The selection of each hotel and the payment of the hotels will be directly from each National team to hotels or booking platforms.

If there is need for help for booking from organization side, pls contact organizing committee.

Daily transfers to and from the OAKA swimming pool will be arranged from proposed hotels only, via dedicated buses, provided by the organizing committee, ensuring smooth and timely movement for the participants. Teams and/or athletes that will stay in other hotels or apartments have to arrange their transfers by their own.

Pls take care for early booking (till February) because May is full season for Athens hotels and the availability will be limited.

Transfers from airport to hotels are possible with a cost of 70 euros per person both ways. Inform the Organizing Committee of your arrival details at least 30 days or earlier if you will need a transfer to your hotel.

**Rent a car or a van** is easy and can be booked either online or at airport

<https://www.economybookings.com/>

<https://www.rentalcars.com/en/>

Pls check and sign ANEXES. They have to be fulfilled and signed by returning email.

## CIVITEL ATTIK-CIVITEL ESPRIT

<https://www.civitelattik.gr/>



Northern Athens is a vibrant, colorful and sophisticated world that's an escape from the city yet still within the city. Right in the heart of the area and only 20 minutes away from the city's downtown, lie Civitel Attik and Civitel Esprit, a complex of tranquil first-class business, sports and family

properties set in the leafy green suburb of Maroussi. This neighborhood is many things at once: it is the new, upscale business hub of Athens where many multinational companies, fine private hospitals and modern conference centers have established themselves, yet also an unparalleled shopping destination thanks to its several malls and shopping areas. Explore the world of Civitel Attik and Civitel Esprit.

## Ilisia Hotel Athens

<http://www.ilisiahotel.gr/>



**Ilisia Hotel Athens** has 91 bedrooms and is located in the center of Athens, close to historical sites, shops and restaurants.

Nearby are the main tourist attractions and museums, while we are a breath away from the Concert Hall and the cosmopolitan market of Kolonaki.

Our hotel has free on-site parking depending on availability, and is very close to the blue metro line and bus stops.

All of our rooms are refurbished, with excellent facilities and offer to all our guests, free Wi-Fi in the rooms and public areas of our hotel.



## The Golden Age Hotel of Athens

<https://hotelgoldenage.com/>



**The Golden Age Hotel of Athens** is a unique boutique hotel, situated in one of the safest and most accessible areas of Athens. Throughout our 40-year history, we have maintained a spirit of individuality and personalized service. Our recent renovation incorporates these exact values whilst simultaneously keeping up with new trends.

## Airotel Alexandros Hotel

<https://airotelalexandrosreserve-online.net/about>



### Airotel Alexandros Hotel

In a central location on Mavili Square, which is just beneath Lycabettus Hill, the Airotel Alexandros is near 2 Metro Stations - Ambelokipi & Megaro Mousikis. We want you to find in our hotel an environment worthy of your expectations and needs. It is our pleasure to welcome you and make you feel at home. Guests can start their day with a Greek Breakfast. Our Restaurant serves Mediterranean cuisine and some of the finest domestic wines. In the spacious lobby, guests can have a coffee or a drink at the bar. Alexandros is in a great location, easy reach from Kolonaki shopping center, the National Gallery, the Benaki Museum and many other attractions. The Concert Hall, the U.S. Embassy and plenty of cafes and restaurants are nearby.

Enjoy an unforgettable island-like experience on our rooftop "Mavili Beach" during Summer time. A Cycladic Heaven in a bustling city.

## **Airotel Stratos Vassilikos Hotel**

<https://airotelstratosvassilikos.reserve-online.net/about>



### **Airotel Stratos Vassilikos Hotel**

Stratos Vassilikos was renovated to create a new vision in accommodation and relaxation. It addresses to guests of high standards, just like you. The Hotel emerges as an innovative, cosmopolitan wonderland, offering a next generation hotel experience. It is situated a 5-minute walk from Megaro Mousikis Metro station. The National Gallery and Athens Concert Hall are both short stroll away from our property. The picturesque areas of Plaka and Monastiraki are also easily accessible via metro.