ENTRY BULLETIN

2018
EUROPEAN MASTERS CHAMPIONSHIPS SLOVENIA

26 August - 9 September

WATER POLO
SWIMMING
DIVING
OPEN WATER SWIMMING
SYNCHRONIZED SWIMMING

LEN european aquatics

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Paolo Barelli, LEN President

Dear Friends,

It is our great pleasure that the LEN Family can return to Slovenia, a country of proud, hard-working and dedicated people, and breathtakingly wonderful landscapes. Eleven years after a highly successful European Masters Championships – and fourteen years after the European Water Polo Championships in Kranj and Ljubljana, – it is high time to have another great LEN showcase here.

In terms of participation, the European Masters Championships is usually the biggest LEN event of all and treasured by every one of us as this grand meet has a really valuable message. Namely: keep yourself active; there is no limit in sport, definitely no age limit; you can race even in the demanding aquatics disciplines beyond 80 or 90 years of age.

The fantastic athletes who take part in the Masters are real role models – especially for the younger generations. Want to stay healthy? Just go to the swimming pools, practice every week and try to better yourself at the meets.

European Masters is not about medals. It's about the athlete who wants to be better than in the previous years. After a while you might not be able to match the time you achieved 10-15 years earlier but there will be new challenges, e.g. to get closer to the records in the given age-group category. Or to earn a higher score in diving or in synchro than on the previous occasion.

Or – just to feel great. In my opinion, all Masters athletes are in great shape and the most important thing, especially at the biggest events like the European Championships, is to be together, meet old buddies, build new friendships and enjoy each day at the site.

Slovenia offers a perfect environment for such festive days in the summer of 2018. On behalf of LEN let me encourage the Continent's Masters athletes to take part in this event, and together with the Organizing Committee let me assure you that this European Championships will provide you with outstanding and unforgettable memories.

See you in Slovenia!

Jakob Bednarik, President of Slovene Swimming Association

Dear Sirs and Madams,

Let me start by acknowledging what a great honour and a privilege was shown with LEN entrusting us the organization of such a major sporting event to the Slovene Swimming Association (PZS).

The fact that the European Masters Championships in 2018 will be held in Slovenia recognizes our performance with already a respectful line of the previous events.

In the past we were proud to organize European Masters Championships 2007, European Junior Championships and the European Open Water Swimming Cup, held at Bled in 2005, Waterpolo Championships in 2003, as well as European Masters Waterpolo Championships.

I am convinced that the Slovene Swimming Association together with their team of organizers will once again prove themselves to be great hosts, justyfing the trust which was placed on them.

The 2018 Championships will take place on Kranj, Bled, Kamnik and Jesenice venues that are maximum 25 minutes apart and shuttles will be organized.

All of the LEN members and Swimming Federations are kindly welcomed in our beautiful country on the sunny side of the Alps. We look forward to create a memorable sports event together.

Boštjan Trilar, Mayor of Kranj

Kranj - A Place for Opportunities.

When the town of Kranj was asked to host the European Masters Championships, we approached the project with great dedication. We began by inspecting all the sports facilities and capacities required for competitions on such a high level, and ascertained that they all fulfil the requirements for a European championship.

I am proud that we – the City of Kranj, together with the Slovenian Swimming Federation and the SI sport company as the event organizer – saw this event as an opportunity to raise the visibility of Kranj, to bring swimming closer to the general public and to get confirmation that Kranj owns and manages a sports infrastructure of an international standard.

In terms of numbers, as many as 6,500 active participants are expected to take part in the competitions; together with their accompanying persons there will be around 10,000 guests at the European championship – this will be a valuable experience for us, both in terms of organising the competitions and the accompanying programme. I am certain that the participants will have memorable experiences that will leave lasting impressions of our country.

Our town will host competitions in as many as three aquatics disciplines in which European swimming masters will compete against international rivals. The swimmers of different disciplines, including synchronized swimming and water polo will have the chance to try out Kranj's swimming pools.

In terms of size, economic activities, education and training options, as well as the extent of administrative functions, Kranj represents the centre of the Gorenjska region. In the past, it was known as a highly-developed industrial town, while today it is transforming into a modern information and technology development centre, as well as an educational and cultural hub. The town has always been considered a sports town offering many opportunities to both amateur and professional athletes. Kranj offers a good Sports Centre with a swimming complex (an indoor and an outdoor swimming pool), an athletic stadium with a grass field for throwing, a football stadium, tennis courts, a tennis hall, two outdoor basketballs courts, a rollerblade track and outdoor fitness equipment.

As for water sports, in the 1970s and 1980s, Kranj was known for two remarkable swimmers, brothers Borut and Darjan Petrič, and from the younger generations, for the two athletes Emil Tahirovič and Anja Čarman. Today, two young swimmers Urša Bežan and Tjaša Vozel are starting their sports careers, both participating in the Summer Olympics, as well as the swimmer Peter John Stevens.

Furthermore, national water polo and swimming teams come from abroad to train in Kranj. The most well-known regular guest in Kranj is the Serbian national water polo team.

Kranj's athletes have been very successful not only in aquatics sports, but also in ski jumping (Triglav Skiing Club with the Prevc brothers and Robert Kranjec), and football – the emerging football players in the Slovenian premier league. Furthermore, regular and professional practices are creating new talents in most team sports (handball, basketball, climbing, archery).

Last but not least, the capital of Gorenjska is also a great starting point for trips around the region and Slovenia. With the participants of the European Masters Championships and consequently with this great sports event, we will enrich the story of the visibility of Kranj and confirm the quality of recreational activities in an exemplary urban environment in the embrace of a mountain landscape.

Welcome to Kranj, welcome to the Gorenjska region, and welcome to Slovenia!

Janez Fajfar, Mayor of Bled

Dear Master Swimmers,

The unique natural setting of the glacial Lake Bled with its church on the island and its castle atop a 130 metres high rock has proved to be ideal for rowing competitions for more than a hundred years. The 2017 World Rowing Masters Regatta was the biggest event of its kind so far in its entire history.

In any case, the oldest activity on Lake Bled denotes the most natural human use of it, i.e. swimming. Many triathlons and other similar events are already taking place in the emerald waters of the lake. Its location at an elevation of 475 m above sea level guarantees one of the longest swimming seasons in the entire Alps. With the European Masters Open Water Swimming Championships we are very much looking forward to adding another huge sports event to justify the title we received in 2016 at the World Travel Market in London, the World Sport Tourist Town Award.

It is a pleasure and an honour for the people of Bled to have you as our guests. With you we will share our love of a clean environment. That is just one more reason why we'll try to be your best hosts. This final event should take up a special place in your memory and will make you want to come back! You are and will always be most welcome, not just in Bled, but in all of Slovenia.Yours,

Miha Rebolj, Deputy Mayor of Jesenice

Dear Athletes,

Jesenice is extremely proud to co-host the 2018 European Masters Championships. The town's excellent sports infrastructure, beautiful natural features and hardworking sports enthusiasts are a guarantee that our sports clubs and athletes will receive the best conditions needed for optimum performance. This is also the reason why we will keep investing in new and improved sports infrastructure in the future. Sports clubs and athletes are among the greatest ambassadors of our town. As a proud host of this event, we have one goal in mind, which is to give sport an even more important place in our society because sport unites us! The 10-metre diving tower at the Jesenice swimming pool is truly one of a kind and we are really looking forward to playing a significant part in the 2018 European Masters Championships! Our aim is to strengthen our position as a supportive sporting community and this great event will be a new opportunity for us to do so. I would like to emphasize that Jesenice plans to enhance its sports experience even further and that we will do our best to be the right partner for the organizers of the 2018 European Masters Championships.

I wish to extend a warm welcome to all the competitors, fans and friends of diving! I hope you will enjoy your stay, the fantastic atmosphere of the venue, and the hospitality, friendliness and warmth of your hosts so that your participation in the 2018 European Masters Championships will be just one in a line of many visits you will be making to Jesenice and Slovenia.

Marjan Šarec, Mayor of Kamnik

Dear All,

The Municipality of Kamnik offers many opportunities for recreation and relaxation on indoor and outdoor surfaces. For fans of skiing and tobogganing there is the plateau Velika planina, while Stadion Prijateljstva (Friendship Stadium) in Mekinje has well-kept athletic surfaces and the tracks can be used free of charge. In the summer months you can swim in the outdoor pool Pod skalo, whereas hiking, cycling and mountaineering adventures take place in the heart of the Kamnik-Savinja Alps. We are proud to have quite a few successful male and female athletes, individuals and teams that are achieving top results at home and on a global scale. The following deserve special mention: successful male and female volleyball players, mountain cyclists and runners, triathletes, male and female swimmers, water polo players, archers, bowlers and alpinists, and many others whose feats are ranked among the world's best, and who represent us at local, national and international competitions with exceptional results.

We are the proud hosts of many sporting events that go beyond the borders of our local community, which is why we are pleased that the European Masters Championships in Water Polo, Swimming, Diving, Open Water and Synchronized Swimming will be contributing a pebble to this mosaic of stories, for it will give us the opportunity to present all of our beauties. We are especially pleased to host the synchronized swimming competition as part of the above-mentioned event, which will provide sporting pleasure, demonstrate this wonderful art and its creativity, and thrill us with its infinite dimensions of motion.

I wish you a pleasant stay in Kamnik; may you take back cherished memories, which will make you want to keep coming back. And to you, dear athletes, I wish the best results possible.

SLOVENIA,
the green garden of EUROPE

SLOVENIA IS SITUATED ON THE CROSSROADS OF FOUR EUROPEAN LANDSCAPE UNITS - THE ALPS, THE PANNONIAN PLAIN, THE DINARIC MOUNTAINS AND THE MEDITERRANEAN. THE COUNTRY'S UNFORGETTABLE AND UNIQUE FEATURES ARE CREATED THROUGH THE INTERTWINEMENT OF THESE LANDSCAPES. PICTURESQUE SLOVENIA INVITES YOU TO INDULGE IN THE BEAUTIFUL LANDSCAPE, GOOD WINE AND CULINARY DELIGHTS. YOU CAN SET OUT TO DISCOVER THE UNDERGROUND KARST WORLD, TAKE A RIDE IN A BOAT ON THE SEA, RIVERS OR LAKES, DISCOVER THE LANDSCAPE BY RIDING A WHITE LIPIZZANER HORSE, SET OUT INTO THE MOUNTAINS BY BICYCLE OR ON FOOT, TASTE WINES, ...

Ljubljana is the capital of Slovenia with around 300,000 inhabitants. It is home to a number of museums, theatres, an opera, a botanical garden and a zoo. Old medieval, baroque and art nouveau buildings coexist with modern buildings, which in spite of their impressive size do not overshadow the valuable heritage of architect Jože Plečnik, renowned throughout Europe.

The diverse landscape is reflected in the diverse cuisine and its rich tradition. You can have anything from the sausage kranjska klobasa in the Alpine world, dumplings (štruklji) and nut roll potica in central Slovenia, the prekmurska gibanica cake and braided loaves in the Pannonian area, to roast sardines and Mediterranean mussels in the coastal area.

The diversity of dishes is rounded off by wines. These range from quality and premium wines to predicate and sparkling wines. Wine growing areas are intertwined by wine and tourist roads, wind rattles and wine cellars, with the Ptuj wine cellar standing out due its longest tradition.

Also, the eastern and north-eastern parts of Slovenia are especially rich with wells of thermal and mineral water. The country has fifteen health centres which have received the certified status of a natural health resort. Europeans have known and trusted the healing effects of Slovene thermal and mineral water for more than four hundred years.

Kras, a rocky landscape exposed to the Karst north wind burja, overgrown with bright-red smoke plants and intertwined by cycling routes, is a Slovene peculiarity. The dissolution of rock has caused numerous landscape features to develop on the Karst ground, including underground caves, passages, intermittent rivers and disappearing lakes, as well as dry and blind valleys. With its colourful and diverse landscape, Slovenia is suitable for a number of activities. Caving here has a centuries-old tradition. Around twenty out of the total of 7,000 registered caves and potholes are open for tourists.

KRANJ

The old town of Kranj is one of the most charming in Slovenia and it is protected as a cultural monument. The towers of the main Gothic church and ancient defense towers shape the city. The old town is rich with houses, which are a vivid memory of the Bourgeoisie Era in Kranj. Many peoples have crossed Kranj in its rich 6000-year history. Today, the old town hots many events and a vivid art scene. Make time for a leisurely stroll around the galleries, cafes and small shops. Discover architectural and cultural heritage. Getting to know the city with experienced guides, full of anecdotes and urban legends, is so much fun! At every step, you can feel the affection for culture and the greatest Slovenian poet, France Prešeren and other great men of Kranj.

Kranj was build at the rock, surrendered by two wild rivers Sava and Kokra. The town rises above 30-metre deep canyon. Having one leg in the city and the other in nature, the Kokra river canyon just below the city is unique phenomenon. A walk along the river banks is refreshing experience. On the other side, the old town is embraced by the river Sava, a true paradise for anglers and fishermen. Under the old town, there are hidden galleries and tunnels, a town shelter, built during World War II, nowadays used for cultural and entertainment events and definitely worth visit.

Kranj is one of the liveliest cities in Slovenia, bursting with concerts, exhibitions, culinary shows and artisan fairs. Today, between the castle walls, towers and old town houses, many events take place alongside a vivid art scene. Visit our galleries and museums, which are open every day of the week except Mondays. Summer in Kranj is lively from June until September. Don't miss Jazz Camp the end of August and many other summer festivals and check other cultural events at www.visitkranj.com.

One of the biggest advantages of Kranj is that nature is only a step away from the town. Experience our green, active and healthy Slovenia from Kranj, which is an excellent base for outdoor activities and exploring Slovenia. For your pleasant and comfortable stay, you can choose between boutique and city hotels, youth hostels, farmsteads, family B&Bs and apartments.

KRANJ IS THE CAPITAL OF SLOVENIAN ALPS AND THE CULTURAL HEART OF SLOVENIA.

IT IS THE CENTER OF BEAUTIFUL GORENJSKA REGION.

BLED

BLED - A JEWEL AMONG THE ALPS

The eternal allure of Bled lies in its magical lake, a shimmering body of crystal-clear water embraced by a necklace of snow-capped Alpine peaks. Atop the lake reigns Slovenia's only island, crowned by a 15th-century chapel safely guarding its wishing bell, while high above it broods a mighty medieval castle.

Visitors to Bled are inspired by its mild climate, fresh air, plentiful sunshine, clean water and tranquil serenity and charmed by the time-honoured 'pletna' boats that slowly glide across the lake. Horse-drawn carriages add to the town's traditional flair, while the delicious cream cakes have also passed into Bled folklore, having been baked here since 1953, when the original recipe was invented.

Bled and its surrounding area, much of which falls within the Triglav National Park, ensure plentiful opportunities for spending an active day in the great outdoors, including golf on one of the most beautiful courses in Europe, white-water rafting, cycling and hiking. Recently, Bled's ambitious and cosmopolitan chefs, who like to give new interpretations to the typical traditional dishes of the area, have managed to establish themselves among the very best in the country, thus adding to the pleasures of visiting Slovenia's Alpine pearl.

JESENICE

Jesenice, a former centre of iron and steel processing, is located in the northwestern part of Slovenia. The town stretches along the deep, narrow valley where the Sava River passes through Mt. Mezakla and the Karavanke mountain range. In the north, the area borders Austria, with the border running along the mountain peaks Klek, Golica and Suha Pass and in the west the region ends with the Karavanke tunnel providing for the shortest route from Slovenia to the Western Europe.

Discover town Jesenice, whose heart beats in the town of Stara Sava - an erstwhile steel mill settlement, which seems like a sanctuary of human strength and faith in progress.

The Karavanke Mountains and other popular beauty spots such as Mt. Golica, famous for white narcissi in May, surround Jesenice, capturing the admiration of either a native or an eventual traveler to Jesenice region from abroad.

KAMNIK

Kamnik, a town embraced by the Kamnik-Savinja Alps, is considered one of the most beautiful mediaeval towns in Slovenia. In the Middle Ages it was a flourishing trading town and the seat of the Counts of Andechs from Bavaria. At that time, Kamnik was the capital of Carniola. The first written sources about Kamnik date back to 1229. The two castles of Kamnik, Mali grad and Stari grad, were mentioned even earlier. The town boasts a rich Franciscan library, where about 10,000 volumes of books printed before the end of the 18th century are kept. Šutna is the most beautiful street in the town, featuring typical signboards and other signs of the lively craft activities in the past. Take a stroll along the street and discover numerous attractions, including the birthplace of Rudolf Maister, the Parish Church of Mary Immaculate with a separate Gothic bell tower, the Sadnikar Museum, and the birthplaces of many other renowned inhabitants of Kamnik. The passage Samčev prehod marks the end of the Šutna Street. In the past, there was a natural slope there, which separated Šutna from the mediaeval town, acting like a natural barrier. Owing to its surroundings – Velika Planina, Stari Grad, the valley of Kamniška Bistrica, Terme Snovik, Arboretum Volčji Potok – it is place you can visit in any season.

SUMMARY

European Masters Water Polo Championships
will be held in **KRANJ** from **26 August till 31 August 2018**.

European Masters Diving Championships
will be held in **JESENICE** from **29 August till 1 September 2018**.

European Masters Swimming Championships
will be held in **KRANJ** from **2 September till 7 September 2018**.

European Masters Synchronised Swimming Championships
will be held in **KAMNIK** from **4 September till 8 September 2018**.

European Masters Open Water Swimming Championships
will be held in **BLED** on **8** and **9 September 2018**.

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TRANSPORTATION:

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INFORMATION CENTER:

Kranj Swimming Pool Complex
Services:
- Information Office
- Accreditation Office
- Transportation Office
- Accommodation Office
- Car rental and Tourist tours reservations

OPENING HOURS:

24 August and 25 August
8:00 - 20:00

26 August until 9 September
6:30 - 20:00

IMPORTANT DATES:

- 15 January 2018
  Opening of registrations
- 2 July 2018
  Deadline for registrations
- July 2018
  Draw for Water Polo (should be known in the upcoming weeks, please check www.emc2018.com for updates)
- 16 August 2018
  Named entries for Water Polo (15 players, 3 officials, 1 referee)

KRANJ

The Capital of Slovenian Alps

www.visitkranj.com
#VisitKranj

I FEEL SLOVENIA

Water Polo

Date: 26 – 31 August 2018
Venue: outdoor and indoor swimming pools with 4 fields – 2 outside, 2 inside.

START OF COMPETITIONS	Each day at 9:00
TRAINING POSSIBILITIES	25 August 2018; additional dates if necessary
	Please contact **info@emc2018.com** for reservations.
TECHNICAL MEETING	**25 August 2018** at 18:00 at the Marshalling Area (next to the outdoor swimming pool).
	At least one member of the team should be present and all of the passports must be brought, otherwise the team will be fined €100.
ACCOMMODATION	We advise all water polo teams to stay close to the swimming pool complex in KRANJ.
	To book your stay please contact **accommodation@emc2018.com**.

WATER POLO PROGRAMME (KRANJ – INDOOR AND OUTDOOR POOL)

DAY 1
Sunday, 26 August 2018 – 9:00

DAY 2
Monday, 27 August 2018 – 9:00

DAY 3
Tuesday, 28 August 2018 – 9:00

DAY 4
Wednesday, 29 August 2018 – 9:00

DAY 5
Thursday, 30 August 2018 – 9:00

DAY 6
Friday, 31 August 2018 – 9:00

Swimming

Date: 2 – 7 September 2018
Venue: KRANJ, outdoor and indoor swimming pools.
Competitors have a right to take part in 5 events, several relays and both Open Water Swimming events.

START OF COMPETITIONS Each day at 8:00.

TRAINING POSSIBILITIES On 31 August 16:00 - 20:00,
on 1 September 8:00 - 20:00
6:30 – 7:45, during competition days

IF NECESSARY ALSO IN RADOVLJICA 9:30 – 17:30, every day. Shuttle buses will be organized.
If both pools will be used as competition pools, then training can be held in Radovljica; otherwise in one of the pools in Kranj.

TECHNICAL MEETING (for all officials): **1 September 2018** at 17:00 at the Marshalling Area (next to the outdoor swimming pool).

ACCOMMODATION We advise swimmers to stay in KRANJ or BLED as the host towns with a wide variety of additional programmes for swimmers.
To book your stay please contact **accommodation@emc2018.com**.

SWIMMING PROGRAMME (KRANJ – OUTDOOR POOL)

DAY 8 (DAY 1 IN SWIMMING)
Sunday, 2 Sept. 2018 – 8:00
01) 800m Freestyle Men
02) 800m Freestyle Women
03) 4x50m Medley Men
04) 4x50m Medley Women

DAY 9 (DAY 2 IN SWIMMING)
Monday, 3 Sept. 2018 – 8:00
05) 200m Freestyle Women
06) 200m Freestyle Men
07) 50m Breaststroke Women
08) 50m Breaststroke Men
09) 100m Butterfly Women
10) 100m Butterfly Men

DAY 10 (DAY 3 IN SWIMMING)
Tuesday, 4 Sept. 2018 – 8:00
11) 200m Breaststroke Women
12) 200m Breaststroke Men
13) 50m Freestyle Women
14) 50m Freestyle Men
15) 100m Backstroke Women
16) 100m Backstroke Men
17) 4x50m Medley Mixed

DAY 11 (DAY 4 IN SWIMMING)
Wednesday, 5 Sept. 2018 – 8:00
18) 200m Ind. Medley Women
19) 200m Ind. Medley Men
20) 400m Freestyle Women
21) 400m Freestyle Men
22) 4x50m Freestyle Women
23) 4x50m Freestyle Men

DAY 12 (DAY 5 IN SWIMMING)
Thursday, 6 Sept. 2018 – 8:00
24) 200m Backstroke Women
25) 200m Backstroke Men
26) 50m Butterfly Women
27) 50m Butterfly Men
28) 100m Freestyle Women
29) 100m Freestyle Men
30) 4x50m Freestyle Mixed

DAY 13 (DAY 6 IN SWIMMING)
Friday, 7 Sept. 2018 – 8:00
31) 200m Butterfly Women
32) 200m Butterfly Men
33) 50m Backstroke Women
34) 50m Backstroke Men
35) 100m Breaststroke Women
36) 100m Breaststroke Men

Kranj swimming pool complex is considered one of the most beautiful facilities in this part of Europe. The indoor and outdoor Olympic swimming pools are directly connected; both have ten lanes and a great deal of room for competitors. The complex also has other facilities such as gym, sauna, spa and solarium centres.

The indoor pool, which was renovated in 2014, will serve mainly for swimming practices.

The outdoor pool was opened in 2003 for the European Water Polo Championships and the European Masters Water Polo Championships.

Between the two pools is a sunbathing area and a children's area with small pools and whirlpool baths.

RADOVLJICA, which is a 15-minute drive away from Kranj, has an additional outdoor swimming pool. In case swimming trainings in Kranj will not be possible on 1 September 2018, trainings will be organized in Radovljica, with shuttle transportation organized from Bled and Kranj.

STANDARD TIMES SWIMMING MEN

	50 Free	100 Free	200 Free	400 Free	800 Free
25-29	0:27,75	1:06,75	2:20,00	5:10,00	10:45,00
30-34	0:28,25	1:07,50	2:22,50	5:15,00	11:00,00
35-39	0:29,50	1:10,00	2:25,00	5:22,50	11:30,00
40-44	0:30,75	1:12,50	2:30,00	5:30,00	12:00,00
45-49	0:32,50	1:17,50	2:37,50	5:45,00	12:30,00
50-54	0:33,75	1:20,00	2:45,00	6:00,00	13:00,00
55-59	0:35,00	1:25,00	2:52,50	6:15,00	13:30,00
60-64	0:37,50	1:30,00	3:00,00	6:30,00	14:30,00
65-69	0:40,00	1:35,00	3:15,00	7:00,00	15:30,00
70-74	0:42,50	1:40,00	3:30,00	7:45,00	16:00,00
75-79	0:45,00	1:45,00	3:45,00	8:15,00	17:00,00
80-84	0:50,00	1:50,00	4:00,00	9:00,00	18:00,00
85-89	0:55,00	1:57,50	4:30,00	9:45,00	20:00,00
90-94	-:-	-:-	-:-	-:-	-:-
95-99	-:-	-:-	-:-	-:-	-:-
100+	-:-	-:-	-:-	-:-	-:-

	50 Back	100 Back	200 Back
25-29	0:33,50	1:13,75	2:40,00
30-34	0:34,00	1:15,00	2:42,50
35-39	0:35,50	1:17,50	2:45,00
40-44	0:37,00	1:20,00	2:52,50
45-49	0:38,50	1:25,00	3:00,00
50-54	0:40,00	1:30,00	3:10,00
55-59	0:42,50	1:35,00	3:20,00
60-64	0:45,00	1:40,00	3:30,00
65-69	0:50,00	1:50,00	3:45,00
70-74	0:55,00	2:00,00	4:00,00
75-79	1:00,00	2:15,00	4:15,00
80-84	1:05,00	2:22,50	4:45,00
85-89	1:10,00	2:30,00	5:15,00
90-94	-:-	-:-	-:-
95-99	-:-	-:-	-:-
100+	-:-	-:-	-:-

	50 Breast	100 Breast	200 Breast
25-29	0:35,00	1:20,00	2:55,00
30-34	0:36,00	1:22,50	3:00,00
35-39	0:37,50	1:25,00	3:05,00
40-44	0:38,75	1:27,50	3:10,00
45-49	0:40,00	1:30,00	3:20,00
50-54	0:42,50	1:35,00	3:30,00
55-59	0:45,00	1:40,00	3:45,00
60-64	0:50,00	1:50,00	4:00,00
65-69	0:55,00	2:00,00	4:15,00
70-74	1:00,00	2:10,00	4:30,00
75-79	1:05,00	2:20,00	5:00,00
80-84	1:10,00	2:30,00	5:30,00
85-89	1:17,50	2:45,00	6:00,00
90-94	-:-	-:-	-:-
95-99	-:-	-:-	-:-
100+	-:-	-:-	-:-

	50 Fly	100 Fly	200 Fly	200 I. M.
25-29	0:31,00	1:13,75	2:40,00	2:45,00
30-34	0:32,50	1:15,00	2:45,00	2:50,00
35-39	0:33,75	1:17,50	2:52,50	3:00,00
40-44	0:35,00	1:20,00	3:00,00	3:10,00
45-49	0:37,50	1:22,50	3:10,00	3:20,00
50-54	0:40,00	1:25,00	3:20,00	3:30,00
55-59	0:42,50	1:30,00	3:35,00	3:50,00
60-64	0:45,00	1:40,00	3:50,00	4:05,00
65-69	0:50,00	1:50,00	4:00,00	4:20,00
70-74	0:55,00	2:05,00	4:30,00	4:35,00
75-79	1:02,50	2:20,00	5:00,00	4:55,00
80-84	1:10,00	2:35,00	5:30,00	5:20,00
85-89	1:17,50	2:45,00	6:00,00	5:45,00
90-94	-:-	-:-	-:-	-:-
95-99	-:-	-:-	-:-	-:-
100+	-:-	-:-	-:-	-:-

No standard times for relays required

MEN

STANDARD TIMES SWIMMING WOMEN

	50 Free	100 Free	200 Free	400 Free	800 Free
25-29	0:31,75	1:17,50	2:40,00	6:25,00	13:15,00
30-34	0:32,50	1:20,00	2:47,50	6:35,00	13:30,00
35-39	0:33,75	1:22,50	2:52,50	6:45,00	14:00,00
40-44	0:35,00	1:25,00	3:00,00	7:00,00	14:30,00
45-49	0:37,50	1:27,50	3:07,50	7:15,00	15:00,00
50-54	0:40,00	1:32,50	3:20,00	7:30,00	15:30,00
55-59	0:42,50	1:37,50	3:35,00	7:45,00	16:00,00
60-64	0:45,00	1:47,50	3:45,00	8:00,00	17:00,00
65-69	0:50,00	1:52,50	4:00,00	8:30,00	17:30,00
70-74	0:55,00	2:00,00	4:15,00	9:00,00	18:45,00
75-79	1:00,00	2:10,00	4:30,00	9:30,00	20:00,00
80-84	1:05,00	2:20,00	5:00,00	10:15,00	21:15,00
85-89	1:10,00	2:30,00	5:30,00	11:30,00	23:00,00
90-94	-:-	-:-	-:-	-:-	-:-
95-99	-:-	-:-	-:-	-:-	-:-
100+	-:-	-:-	-:-	-:-	-:-

	50 Back	100 Back	200 Back
25-29	0:37,50	1:22,50	2:55,00
30-34	0:38,75	1:25,00	3:00,00
35-39	0:40,00	1:30,00	3:10,00
40-44	0:42,50	1:35,00	3:20,00
45-49	0:45,00	1:40,00	3:30,00
50-54	0:50,00	1:50,00	3:45,00
55-59	0:55,00	2:00,00	4:10,00
60-64	1:00,00	2:10,00	4:30,00
65-69	1:05,00	2:20,00	4:55,00
70-74	1:12,50	2:30,00	5:15,00
75-79	1:20,00	2:45,00	5:45,00
80-84	1:27,50	3:00,00	6:15,00
85-89	1:30,00	3:15,00	6:45,00
90-94	-:-	-:-	-:-
95-99	-:-	-:-	-:-
100+	-:-	-:-	-:-

	50 Breast	100 Breast	200 Breast
25-29	0:42,50	1:35,00	3:20,00
30-34	0:43,75	1:37,50	3:22,50
35-39	0:45,00	1:40,00	3:30,00
40-44	0:47,50	1:45,00	3:40,00
45-49	0:50,00	1:50,00	3:50,00
50-54	0:52,50	1:50,00	4:00,00
55-59	0:55,00	2:00,00	4:15,00
60-64	0:57,50	2:10,00	4:30,00
65-69	1:00,00	2:20,00	4:55,00
70-74	1:05,00	2:30,00	5:15,00
75-79	1:10,00	2:40,00	5:45,00
80-84	1:20,00	2:55,00	6:15,00
85-89	1:30,00	3:15,00	6:45,00
90-94	-:-	-:-	-:-
95-99	-:-	-:-	-:-
100+	-:-	-:-	-:-

	50 Fly	100 Fly	200 Fly	200 I. M.
25-29	0:35,50	1:20,00	3:10,00	3:17,50
30-34	0:36,75	1:22,50	3:15,00	3:25,00
35-39	0:38,00	1:25,00	3:22,50	3:30,00
40-44	0:40,00	1:30,00	3:30,00	3:40,00
45-49	0:42,50	1:35,00	3:40,00	3:50,00
50-54	0:45,00	1:45,00	3:50,00	4:00,00
55-59	0:50,00	1:50,00	4:00,00	4:15,00
60-64	0:55,00	2:00,00	4:15,00	4:30,00
65-69	1:00,00	2:10,00	4:43,00	4:45,00
70-74	1:05,00	2:17,50	4:45,00	5:00,00
75-79	1:10,00	2:30,00	5:15,00	5:30,00
80-84	1:17,50	2:45,00	5:45,00	6:00,00
85-89	1:25,00	3:00,00	6:15,00	6:30,00
90-94	-:-	-:-	-:-	-:-
95-99	-:-	-:-	-:-	-:-
100+	-:-	-:-	-:-	-:-

No standard times for relays reqiured

WOMEN

Diving

Date: 29 August – 2 September 2018
Venue: JESENICE, outdoor swimming pool

START OF COMPETITIONS Each day at 9:00 (will finish at about 18:00)

TRAINING POSSIBILITIES Two days before the start of the competition.

TECHNICAL MEETING 28 August 2018 at 16:00 for officials and at 17:30 for participants at the Ukova swimming pool.

ACCOMMODATION Based on the venue, we advise the teams to find accommodation in BLED. To book your stay please contact us at **accommodation@emc2018.com**.

ORGANIZATION The Organizing Committee will do everything in its power to ensure the best conditions for the diving competitions to take place at the Jesenice swimming pool. Mr Klaus Dibiasi, secretary of the LEN Diving Committee, will be head of the diving competitions.

In terms of infrastructure, the platforms for diving will be upgraded, additional changing rooms will be available, and catering facilities will be added to create better conditions for competitors. Additionally, two Jacuzzis will be available for competitors.

The Jesenice swimming pool will be ready to be a great host!

DIVING PROGRAMME (JESENICE – OUTDOOR POOL)

DAY 4 (DAY 1 IN DIVING)

Wednesday, 29 August 2018 – 9:00

01) Springboard 3m Men (70-80+)
02) Springboard 1m Women (70-80+)
03) Springboard 3m Men (60-69)
04) Springboard 1m Women (60-69)
05) Springboard 3m Men (50-59)
06) Springboard 1m Women (50-59)
07) Springboard 3m Men (40-49)
08) Springboard 1m Women (35-39)
09) Springboard 3m Men (25-34)

DAY 5 (DAY 2 IN DIVING)

Thursday, 30 August 2018 - 9:00

10) Springboard 3m Women (70-80+).
11) Springboard 1m Men (70-80+)
12) Springboard 3m Women (60-69)
13) Springboard 1m Men (60-69)
14) Springboard 3m Women (50-59)
15) Springboard 1m Men (50-59)
16) Springboard 3m Women (40-49)
17) Springboard 1m Men (35-39)
18) Springboard 3m Women (25-34)

DAY 6 (DAY 3 IN DIVING)

Friday, 31 August 2018 - 9:00

19) Springboard 1m Men (25-34)
20) Springboard 1m Women (25-34)
21) Springboard 3m Men (35-39)
22) Springboard 3m Women (35-39)
23) Springboard 1m Men (40-49)
24) Springboard 1m Women (40-49)

JESENICE SWIMMING POOL is **15 minutes away from Bled** and **25 minutes from Kranj**. It is surrounded by mountains and offers a great view of the Karavanke mountain range.

The swimming pool offers all the required facilities: 5, 7.5 and 10 metre platforms, as well as a 1 and 3 metres high springboard. The water is 5 metres deep. There are also two small pools and a sunbathing area which will be open to accompanying persons.

The existing infrastructure will be upgraded with numerous activities for greater comfort of the participants:

- additional changing rooms;
- additional toilets;
- catering area;
- two Jacuzzis.

DAY 7 (DAY 4 IN DIVING)

Saturday, 1 Sept. 2018 - 9:00

25) Platform Women (70-80+)
26) Platform Men (70-80+)
27) Platform Women (50-69)
28) Platform Men (50-69)
29) Platform Women (40-49)
30) Platform Men (40-49)
31) Platform Women (30-39)
32) Platform Men (30-39)
33) Platform Women (25-29)
34) Platform Men (25-29)

DAY 8 (DAY 5 IN DIVING) – SYNCHRO DIVING

Sunday, 2 September 2018 – 9:00

35) Springboard 3m Men (50-79)
36) Springboard 3m Women (50-79)
37) Springboard 3m Mixed Pairs (50-79)
38) Springboard 3m Men (80-109)
39) Springboard 3m Women (80-109)
40) Springboard 3m Mixed Pairs (80-109)
41) Springboard 3m Men (110+)
42) Springboard 3m Women (110+)
43) Springboard 3m Mixed Pairs (110+)

Starting times are tentative – Will be finalized after the entry deadline!

Synchronised Swimming

Date: 4 – 8 September 2018
Venue: KAMNIK, outdoor swimming pool.

START OF COMPETITIONS	Depends on the date (please see the programme below).
TRAINING POSSIBILITIES	Two days before the competition from 9:00 to 18:00
TECHNICAL MEETING	On 3 September 2018 at 16:00 for officials and at 17:30 for the participants.
ACCOMMODATION	Based on the venue, we advise the teams to find accommodation in KAMNIK and KRANJ. To book your stay please contact us **accommodation@emc2018.com**.

SYNCHRONISED SWIMMING PROGRAMME (KAMNIK – OUTDOOR POOL)

DAY 10 (DAY 1 IN SYNCHRONISED SWIMMING)
Tuesday, 4 September 2018
9:00 1) Solo – Technical Routine
15:00 2) Mixed Duet – Technical Routine

DAY 11 (DAY 2 IN SYNCHRONISED SWIMMING)
Wednesday, 5 September 2018
9:00 3) Duet – Technical Routine

DAY 12 (DAY 3 IN SYNCHRONISED SWIMMING)
Thursday, 6 September 2018
9:00 4) Team – Technical Routine
13:00 5) Mixed Duet – Free Routine

DAY 13 (DAY 4 IN SYNCHRONISED SWIMMING)
Friday, 7 September 2018
9:00 6) Duet – Free Routine
15:00 7) Team – Free Routine

DAY 14 (DAY 5 IN SYNCHRONISED SWIMMING)
Saturday, 8 September 2018
9:00 8) Solo – Free Routine
15:00 9) Combination – Free Routine

Starting times are tentative – Will be finalized after the registration deadline!

Open Water Swimming

Date: 8 September 2018 for 3 km
9 September 2018 for 5 km
Venue: Lake Bled

START OF COMPETITIONS Each day at 10:00

TRAINING POSSIBILITIES On 7 September 14:00 to 17:00

TECHNICAL MEETING **7 September 2018** at 18:00 (or after finishing swimming) at the Marshalling Area in Kranj.

ACCOMMODATION We advise all swimmers to find accommodation in BLED as it will also be the central location of the entertainment and accompanying programme.

To book your stay please contact **accommodation@emc2018.com**.

BLED LIDO

The open water event will start and finish in Bled Lido, just a 5-minute walk away from the centre of Bled.

Bled Lido is the only designated outdoor bathing area on Lake Bled. Situated just below the magnificent castle rock, it has a sunny and picturesque location. Several years ago, the bathing site, which boasts modern infrastructure and diverse amenities, was awarded the Blue Flag as proof of its compliance with strict environmental standards.

The enclosed bathing site is 300 metres long, with a total area of over 6,000 square metres and four swimming pools. There are over 1,000 lockers and recently renovated toilets and showers.

Safety

A full medical service and appropriate safety will be provided during and at the end of the competition. Only well-prepared and medically-fit swimmers may enter this event. Each competitor is responsible for his/her own medical examination. The Organizing Committee is not responsible for accidents related to inadequate preparation or health matters.

Competitors will be seeded in waves according to age groups from the youngest to the oldest to assure similar wind and water conditions.

All competitors will receive and must wear a brightly coloured numbered cap according to the seeding. No wetsuit is allowed.

In each wave, the referee may order out any competitors who have not finished the race within sixty (60) minutes after the arrival of the winner in the same wave and age group.

Hospitality

Hot drinks will be provided at the end of the course.

Victory Ceremony

A Victory Ceremony will be held directly after the competition of each wave and age group.

REGISTRATION

ONLY ONLINE REGISTRATIONS POSSIBLE:
www.emc2018.com/en/registration

In order to register you must be a member of an European Club.
Any competitor having represented a non- European Club shall not represent an European club unless he has been under the jurisdiction of one or several European clubs for at least twelve (12) months. (LEN regulation MA-G 2.3)

Entries shall then be confirmed and submitted by the National Federations in the name of the club to which the competitor belongs.

With submitting the entry you agree with the Release of Liability. A personal photo (passport size) must be uploaded to every registration form.

IMPORTANT DATES:

- **15 January 2018**
  Opening of registrations
- **2 July 2018**
  Deadline for registrations
- **July 2018**
  Draw for Water Polo (should be known in the upcoming weeks, please check www.emc2018.com for updates)
- **16 August 2018**
  Named entries for Water Polo (15 players, 3 officials, 1 referee)

REGISTRATION FEES:

€20	admin fee for all participants Additional fees apply according to the chosen event:
WATER POLO:	€800 teams with a referee €1000 teams without a referee
SWIMMING:	€25 per event €45 per relay
DIVING:	€25 per event
SYNCHRONISED SWIMMING:	€25 Solo €35 Duet €45 Team €45 Combined
OPEN WATER SWIMMING:	€45 per event

You can register for up to 5 Swimming events plus relays and Open Water swimming.

If you have registered on 15 January and the system did not allow you to register for 5 events (only for 3), you can access your registration data on https://entriesemc2018.com/LoginIndividuale.aspx with the ID received upon confirmation and your e-mail address, and add more events.

CONTACT FOR REGISTRATIONS: info@emc2018.com
We will be happy to assist you with any questions you may have.

Jamnik - Church of St. Primus and Felician

ACCREDITATIONS

Accreditations will be available **2 days before the start of the competitions at the Information Centre** (in the Kranj swimming pool venue).

They will be organized according to registration numbers which will be displayed at the information desk; you will be able to find your registration number in an alphabetical list.

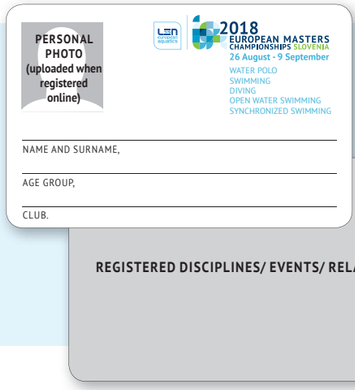
Accreditation will be in the form of a card, printed with your photo and registration data.

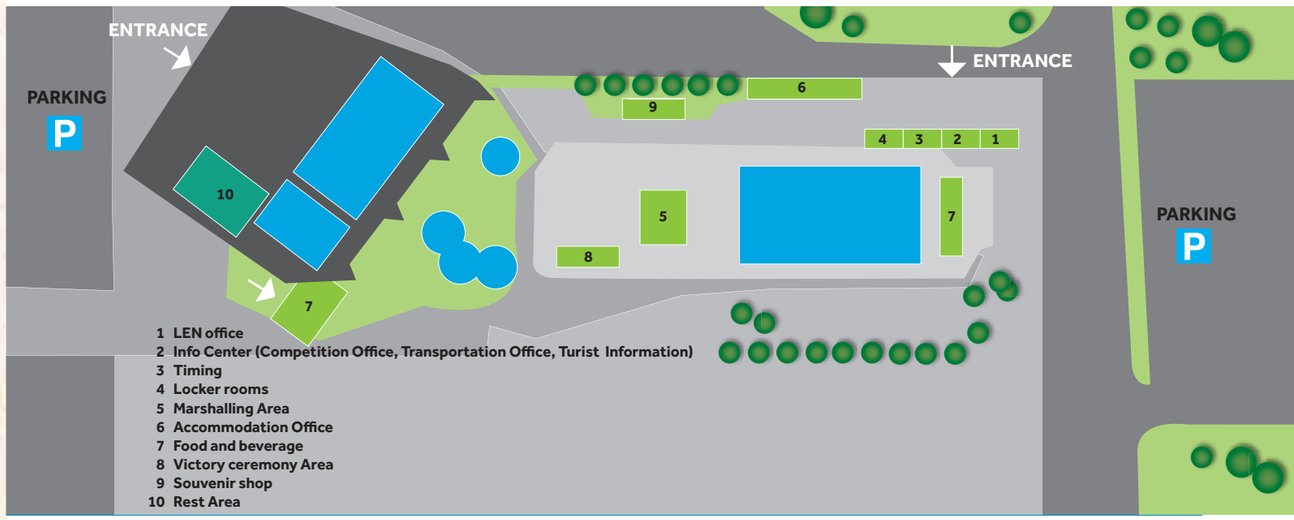
Accreditation will serve also **as a payment method for catering and transportation services** during the 2018 European Masters Championships event.

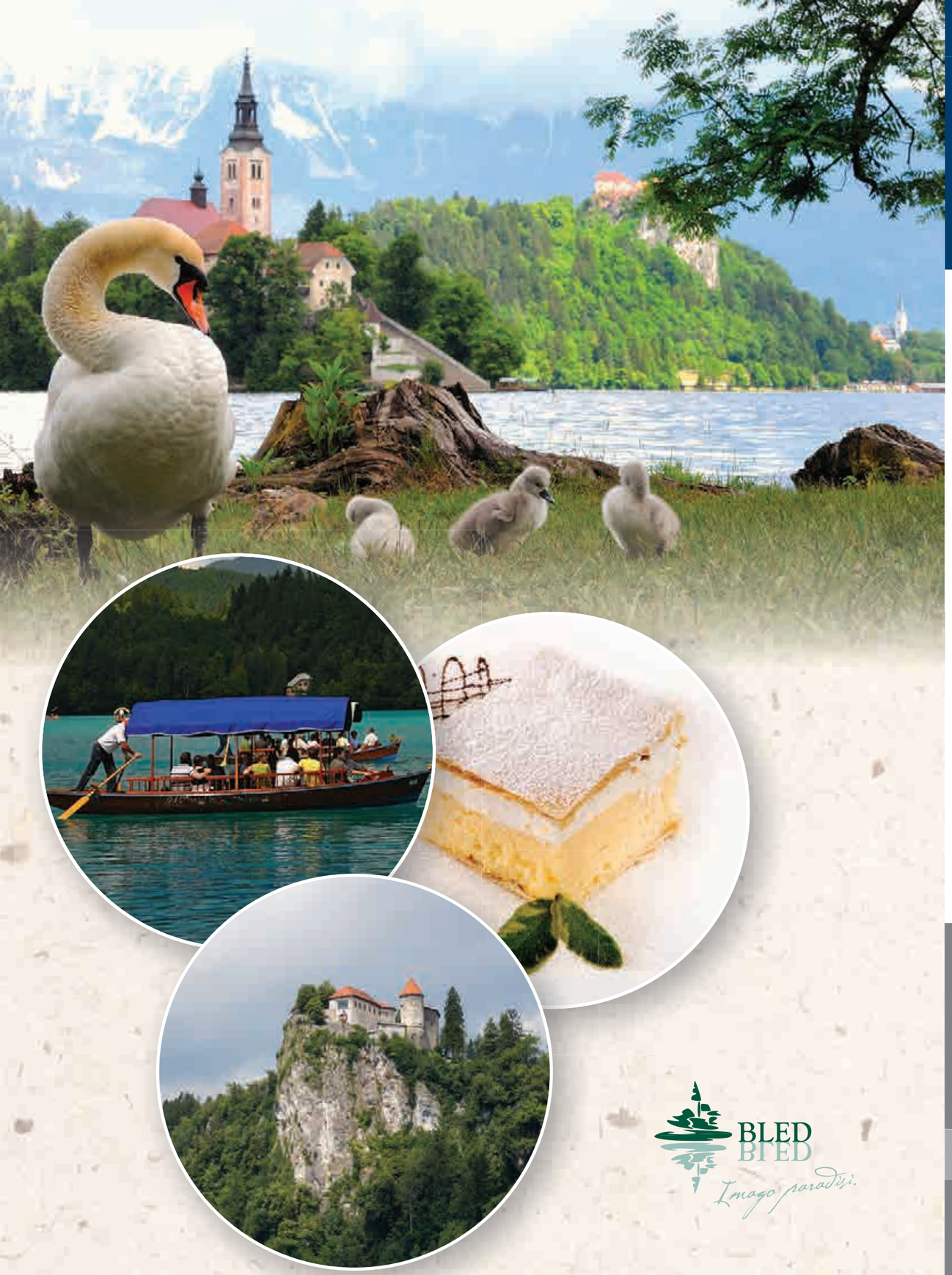
- Each competitor will receive a cashless card free of charge as part of the administration service.
- Each accompanying person will be able to buy a cashless card for the price of €2, as it will be the only payment option for venue services.

PAYMENTS AND PURCHASES ON SITE – CASHLESS CARD

You will be able to top up credits (in EUR only) on your cashless card with cash or POS (Maestro, Visa, MasterCard, Karanta, Amex) in an optional amount(s) rounded to €5 (for example 5, 10, 15, etc.) and pay with it at every official 2018 European Masters Championships catering and transportation selling point.







ORGANIZATION

The organizer of European Masters Championships in Swimming, Diving and Open Water Swimming is the Slovene Swimming Association and the company SI SPORT ltd.

The Slovene Swimming Association has signed a contract with the company SI SPORT ltd., in which it authorizes SI SPORT ltd. to prepare and implement the First ever European Masters Championships 2018, where for the first time all aquatic disciplines of the European Masters Championships will be organized together by one host.

OUR DATA:

SI SPORT ltd.,
Poslovna cona A 37, SI-4208 Šenčur, Slovenia

Telephone: + 386 (0) 4 279 19 00

Fax: + 386 (0) 4 279 19 05

E mail: info@emc2018.com, www.emc2018.com

INFORMATION OFFICE

Before 24 August 2018 the Information Centre will be situated in the office of SI SPORT ltd. and you can reach us at the telephone number, fax number or email address written above.

From 24 August 2018 until the end of the Championships the Information Centre will be situated by the outdoor swimming pool in Kranj for all disciplines.

Telephone: + 386 (0) 4 279 19 00

Fax: + 386 (0) 4 279 19 05

E mail: info@emc2018.com

Information Center will include:
- Information Desk
- Accreditation Center
- Transportation Office
- Accommodation Office
- Car rental and Tourist tours reservations

Information Centre opening hours:

24 August and 25 August	8:00 - 20:00
26 August until 9 September	6:30 - 20:00

CHAMPIONSHIPS LOGO

The logo is a registered trademark. Reprints have to be approved by the Organizing Committee. All textile production and reproduction rights are exclusively held by the company SI SPORT ltd. Please contact the Organizing Committee for further information at info@si-sport.si or info@emc2018.com All reprints which were not approved by SI SPORT ltd will be penalized.

LOCKERS

There are a lot of lockers in different areas of the Kranj indoor and outdoor swimming pool. The Organizing Committee will also provide additional lockers.

The price of a locker will be €5 per day.

FOOD AND BEVERAGES AT THE VENUES

At each venue – Kranj Swimming Pool Complex, Jesenice Swimming Pool, Kamnik Swimming Pool and Bled Lido food and beverages will be available to be purchased.

Payments can be only made with cashless card.

CEREMONIES

The Water Polo and Diving opening ceremony will take place on 25 September at 19:30 in Kranj in the catering area beside the swimming pool. It will be arranged more as a welcome party where each participant will get a voucher for a free drink. The Water Polo closing ceremony will take place after the last match at the swimming pool.

The opening ceremony for all other disciplines will take place in Kranj at the outdoor swimming pool on 2 September at 19:30, and the closing ceremony will take place at the swimming pool as well before the start of the last event of the swimming.

Victory ceremonies will take place in each of the venues. Swimming victory ceremonies will take place in sets of 5 heats together, 30 minutes after the finish of the last heat in that set.

MEDICAL SERVICES

Medical facilities and services will be located at all venues.

VISAS

Slovenia has been a full member of the European Union since 1 May 2004 and is also a member of the Schengen Union.

A national of another EEA Member State (EEA citizens are nationals of EU Member States, Norway, Iceland and Liechtenstein) or Switzerland may enter the Republic of Slovenia with a valid personal identity card or passport, and does not require an entry permit (visa) or residence permit, regardless of the purpose of entering and residing in the Republic of Slovenia.

HOW TO REACH US?

SLOVENIA IS SITUATED IN THE HEART OF EUROPE, AT THE CROSSROADS OF EUROPE'S FIFTH AND ELEVENTH CORRIDOR. SLOVENIA BORDERS ITALY TO THE WEST, HUNGARY TO THE EAST, AUSTRIA TO THE NORTH AND CROATIA

BECAUSE OF SLOVENIA'S GEOGRAPHICAL POSITION, ACCESS TO THE EUROPEAN MASTERS CHAMPIONSHIPS WILL BE VERY EASY, QUICK AND CHEAP. ANYBODY CAN EASILY REACH SLOVENIA BY AIR, TRAIN, BUS OR ROAD.

BY AIR

It is strongly advised that participants fly to the **Ljubljana Airport**, which is an international airport only a 10-minute drive from Kranj or a 25-minute drive from Bled.

At the **Ljubljana Airport** an information desk will be available for participants, and a shuttle service from the **Ljubljana Airport** will be organized to the accommodation facilities.

BY TRAIN OR BUS

Buses and trains to Slovenia run every day from numerous European cities.

BY CAR

Because of Slovenia's central position in Europe, it is easily accessible by car.

CENTRAL LOCATION

The Central-European position enables participants' easy access and cost-effective transportation from all European countries.

The host cities do not only boast great sport's infrastructure but are also an attractive tourist destinations with an amazing natural and cultural heritage. Bled is a world renowned Alpine Pearl which yearly attracts hundreds thousands of tourist from all over the world.

Slovenia offers great possibilities for numerous tourist excursions due to the smallness and diversity of the area. Because of its Central European location, Slovenia is also very attractive for the pre and past Championships' tours to Austria, Italy or to the Slovenian or Croatian coast.

TRANSPORTATION

AIRPORT SHUTTLE

It is possible to book your transportation from the Ljubljana Airport to official shuttle stops (near the official accommodation facilities).

Pricelist:

From	To	One Way	Return
Ljubljana Airport	KRANJ	€15	€25
Ljubljana Airport	BLED (possible stop in RADOVLJICA)	€20	€37

Reservations can be made via email at **transportation@emc2018.com**.

When booking, please let us know the following:

Name:	Surname:	
Direction	☐ KRANJ	☐ BLED
Type	☐ one way	☐ return
No. of passengers	Name of passengers	
Accommodation address		
Arrival date,	Arrival time,	Flight number
Departure date in case of a return ticket	Departure time	Flight number

Transportation reservations deadline: **2 July 2018** (same as the registration deadline).
On 1 August 2018, the airport shuttle timetable will be published on **www.emc2018.com**.

OFFICIAL SHUTTLES

Shuttles will be organized between venues. Stops will be adjusted to the official accommodation facilities as well (more information via email at info@emc2018.com).
The transportation schedule will be published at the Information Centre.

As a part of the Fraport Group, Ljubljana Airport is now connected to the world and to the global logistic chain more than ever. **The world is waiting for you,** start by exploring and conquering it from our and your airport.

Fraport Slovenija

Blue line - 25. 8. -31. 8. / 3 € one way, 40 € weekly pass												
Preddvor			7:30	9:30	11:30	13:30	15:30	17:30	19:30			
Zaplata			7:35	9:35	11:35	13:35	15:35	17:35	19:35			
Brdo			7:50	9:50	11:50	13:50	15:50	17:50	19:50			
Kokrica (Lakner)			7:55	9:55	11:55	13:55	15:55	17:55	19:55			
Zlato polje			8:00	10:00	12:00	14:00	16:00	18:00	20:00			
Bazen			8:30	10:30	12:30	14:30	16:30	18:30	20:30			
Zlato polje			8:35	10:35	12:35	14:35	16:35	18:35	20:35			
Kokrica (Lakner)			8:40	10:40	12:40	14:40	16:40	18:40	20:40			
Brdo			8:45	10:45	12:45	14:45	16:45	18:45	20:45			
Zaplata			9:00	11:00	13:00	15:00	17:00	19:00	21:00			
Preddvor			9:05	11:05	13:05	15:05	17:05	19:05	21:05			
Blue line - 2. 9. - 7. 9. / 3 € one way, 40 € weekly pass												
Preddvor			5:45	7:00	8:30	10:30	12:00	13:30	15:00	17:00	19:00	20:30
Zaplata			5:50	7:05	8:35	10:35	12:05	13:35	15:05	17:05	19:05	20:35
Brdo			5:55	7:20	8:50	10:45	12:20	13:50	15:20	17:20	19:20	20:50
Kokrica (Lakner)			6:00	7:25	8:55	10:50	12:25	13:55	15:25	17:25	19:25	20:55
Zlato polje			6:05	7:30	9:00	10:55	12:30	14:05	15:30	17:30	19:30	21:05
Bazen			6:10	7:35	9:05	11:00	12:35	14:10	15:35	17:35	19:35	21:10
Zlato polje			6:35	7:55	9:55	11:05	13:05	14:25	16:05	18:05	20:05	21:20
Kokrica (Lakner)			6:40	8:00	10:00	11:10	13:10	14:30	16:10	18:10	20:10	21:25
Brdo			6:50	8:05	10:05	11:15	13:15	14:35	16:15	18:15	20:15	21:30
Zaplata			6:55	8:20	10:20	11:30	13:25	14:50	16:30	18:30	20:25	21:40
Preddvor			7:00	8:25	10:25	11:35	13:30	14:55	16:35	18:35	20:30	21:45
Green line Jesenice - 25. 8. - 2. 9. / 8 € one way, 90 € weekly pass												
Kranj		6:45	10:00	13:30	17:00	20:00						
Naklo		7:00	10:15	13:45	17:15	20:15						
Bled		7:25	10:35	14:10	17:40	20:40						
Jesenice		8:20	11:45	15:15	18:30	21:00						
Bled	5:30	8:45	12:10	15:40	18:55	21:20						
Naklo	5:55	9:10	12:35	16:05	19:20	21:40						
Kranj	6:45	10:00	13:30	17:00	20:00							
Green line - 3. 9. - 9. 9 / 6 € one way, 75 € weekly pass												
Kranj		6:45	10:00	13:30	17:00	20:00						
Naklo		7:00	10:15	13:45	17:15	20:15						
Bled	5:30	8:45	12:10	15:40	18:55	21:20						
Naklo	5:55	9:10	12:35	16:05	19:20	21:40						
Kranj	6:10	9:25	12:50	16:20	19:35	21:55						

*All prices and timetables are informative, organizational committee deserves the right to change it.

Kranj

WHERE TO STAY
RECOMMENDATIONS FOR ACCOMMODATION

KRANJ

- WATER POLO
- SWIMMING
- SYNCHRONISED SWIMMING

KRANJ and its surroundings offer several accommodation facilities with more than 8,000 beds. Some hotels and private apartments are even within walking distance from the Kranj swimming pool complex.

BLED

- WATER POLO
- SWIMMING
- OPEN WATER SWIMMING
- DIVING

BLED offers a large selection of five-star and four-star hotels, as well as more affordable hotels in lower categories. Numerous private rooms, youth hostels and camping facilities guarantee accommodation for every budget.

Bled will also be the location of the EMC 2018 accompanying programme; with events such as the culinary-themed "Tastes of Bled" evenings, the location is as central as it gets.

KAMNIK

- SYNCHRONISED SWIMMING

KAMNIK and its surroundings offer several accommodation facilities, mountain lodges, an apartment complex at the thermal spa Terme Snovik, many good local pubs and restaurants.

Terme Snovik is located in the valley Tuhinjska dolina and offers thermal pleasures in indoor and outdoor pools, numerous other services, and accommodation in the apartment complex.

ALL ACCOMMODATIONS SHOULD BE BOOKED THROUGH THE ORGANIZING COMMITTEE.

Please book online or send your request to accommodation@emc2018.com no later than 25 May 2018.

Contact:
Meta Vidic
Phone:
+386 4 279 1919
Email address:
accommodation@emc2018.com

Based on availability an offer will be sent together with payment information.
The reservation will not be seen as completed until the full amount is paid.
All reservations must be completed by 25 May 2018.
Some hotels have suites or apartment rooms. Special prices are available upon request.
Some hotels have meeting rooms available at additional charges.
Other services: any other requests by teams for additional services, such as a laundry service or mini bars, should be discussed directly with the hotel.

Payment can be made by bank transfer to:
Beneficiary: SI SPORT Ltd
Address: Poslovna cona A 37, SI-4208, Šenčur
IBAN: SI56 0312 6106 1223 446
BIC: SKBASI2X
BANK: SKB BANK D.O.O.

Cancellation policy for accommodations.
Any cancellation must be made in writing.

Cancellations received before 25 May 2018 will be refunded in full except for the restitution payment.

For cancellations received before 25 June 2018, 30% of the total amount will be charged as cancellation fee, while 50% of the total amount will be charged as cancellation fee between 25 June 2018 and 25 July 2018.

There will be no refund for cancellations made on or after 25 July 2018.

We can organize a half board, full board or a special dinner at your hotel.
Special prices are available upon request.

ACCOMMODATION FACILITIES IN KRANJ
(Water Polo, Swimming, Synchronised Swimming)

BRDO HOTEL****

The Brdo Hotel is located near the town of Kranj and is easy to reach. It is known as a very attentive host of business and protocol events, and for providing a short break in a relaxing and natural environment away from the town's hustle and bustle.

Next to the hotel is the wonderful Brdo Park. The Brdo Estate has hosted many state protocol events, such as presidential visits, visits of representatives of royal families, and of diplomats. The hotel has an excellent restaurant, aperitif bar and garden terrace. You can also find a small fitness and wellness centre, or you can play golf.

The Brdo Hotel received the 2017 Luxury Country Hotel of the Year award.

PRICE
Double room: €70 (per person/night, breakfast and tourist tax included)
Single room: €100 (per person/night, breakfast and tourist tax included)

ACTUM BOUTIQUE HOTEL****

The Actum Boutique Hotel is situated in the heart of the historical town of Kranj. It is the newest hotel in Kranj. You can easily reach the main monuments, museums and shops. The Olympic swimming pool is a 10-minute walk away from the hotel. The Actum Hotel has become a unique place where modernity and antiquity meet. It has 27 rooms and each room is uniquely furnished. You can also enjoy a culinary delight at the Sonet restaurant & cafe.

PRICE
Double room: €70 (per person/night, breakfast and tourist tax included)
Single room: €100 (per person/night, breakfast and tourist tax included)

CREINA HOTEL***

The Creina Hotel (Creina is an old, historical name for the town of Kranj) is located in the town centre of Kranj. The hotel has been declared a historical and cultural monument. It was built in 1970 by the famous Slovenian architect Edvard Ravnikar. The Olympic swimming pool is a 10-minute walk away from the hotel.

PRICE
Double room: €60 (per person/night, breakfast and tourist tax included)
Single room: €80 (per person/night, breakfast and tourist tax included)

AZUL HOTEL***

The Azul Hotel is located in the suburbs of Kranj and is surrounded by grass fields. The hotel offers a beautiful view of the mountains. There is also a commercial centre close to the hotel with supermarkets, shops, and cafés. The town centre and Olympic swimming pool are a 15-minute walk away from the hotel.

PRICE
Double room: €45 (per person/night, breakfast and tourist tax included)
Single room: €65 (per person/night, breakfast and tourist tax included)

BOR HOTEL***

For anyone who wants to feel nature, and be surrounded by a mountain view and a lake, the Bor Hotel is the best choice. The environment in which the hotel is located is unique and offers unforgettable moments. The Bor Hotel is a comfortable small resort in Preddvor, 10 km away from the town of Kranj. It has its own restaurant with homemade and healthy food. You can enjoy your meal or coffee on the hotel terrace with a beautiful view of the lake.

PRICE
Double room: €45(per person/night, breakfast and tourist tax included)
Single room: €65 (per person/night, breakfast and tourist tax included)

BELLEVUE HOTEL***

At the top of the hill called Šmarjetna Gora stands the 3-star Bellevue Hotel.

The hill towers above the town of Kranj and is a 5-minute drive away from the Olympic swimming pool and the town centre. From the top of the hill there is a wonderful view of the town of Kranj and its surroundings.

The Bellevue Hotel has its own restaurant and café, so you can enjoy dinner on the terrace with a nice view.

PRICE
Double room: €40 (per person/night, breakfast and tourist tax included)
Single room: €60 (per person/night, breakfast and tourist tax included)

CUKRARNA HOSTEL KRANJ

The Cukrarna Hostel Kranj opened its doors in 2011. It is situated in the old part of Kranj in a renovated house from the 17th century above the Kokra canyon. The hostel has 8 different rooms, which are named after typical Slovenian desserts. The Cukrarna Hostel offers all you need for a pleasant and comfortable stay. The venues for swimming and water polo competitions are just a 10-minute walk away from the hostel.

PRICE
Double room: €30 (per person/night, breakfast and tourist tax included)
Dorm (multiple beds): €25 (per person/night, breakfast and tourist tax included)

KRANJ YOUTH HOSTEL

The Youth Hostel is located at the northern edge of Kranj about 1 km away from the training and competition venue in Kranj. The hostel is located in a university centre and surrounded by bars, restaurants and fields. The town centre is a 15-minute walk away. The hostel is also suitable for families.

PRICE
Double room: €24 (per person/night, breakfast and tourist tax included)
Triple room: €20 (per person/night, breakfast and tourist tax included)

MARINŠEK HOTEL

The Marinšek Hotel is located in Naklo, a 10-minute drive away from Kranj. It is known for its 70-year tradition in preparing food and caring for the well-being of its guests. The rooms are spacious, clean and very comfortable. They have very nice saunas, their own fitness room, a bowling hall, and an excellent restaurant and pizzeria.

PRICE
Double room: €45 (per person/night, breakfast and tourist tax included)
Single room: €60 (per person/night, breakfast and tourist tax included)

ZAPLATA PENSION***

The Zaplata Pension is a family-run guest house, just a 10-minute drive away from Kranj. It is located in a very beautiful area surrounded by mighty hills. The pension has its own excellent restaurant with delicious homemade dishes. The rooms are comfortable and offer beautiful views of nature.

PRICE
Double room: €45 (per person/night, breakfast and tourist tax included)
Single room: €60 (per person/night, breakfast and tourist tax included)

JEZERŠEK HOTEL***

The Jezeršek Hotel is situated in an excellent location close to the airport in the old part of a homestead. Rooms are comfortable and modernly furnished. It has a very well-known and good restaurant. It is a 15-minute drive away from Kranj.

PRICE
Double room: €50 (per person/night, breakfast and tourist tax included)
Single room: €70 (per person/night, breakfast and tourist tax included)

DEŽMAN B&B***

This bed and breakfast is in a great location, just a 10-minute walk from the Olympic swimming pool, where the swimming and water polo competitions will be held. Rooms are clean and comfortable. The restaurant is located a few metres away from the B&B and offers daily lunches, brunches, pizzas and other à la carte dishes.

PRICE
Double room: €40 (per person/night, breakfast and tourist tax included)

PR'DOVAR TOURIST FARM

Pr'Dovar is a family-run farm near the airport. It is situated almost 1,000 metres above sea level, but the road to the farm is well maintained. There is a great atmosphere on the farm. They serve you mountain tea and homemade dishes.

PRICE
Double room: €47 (per person/night, breakfast and tourist tax included)
Triple room: €45 (per person/night, breakfast and tourist tax included)

SREŠ TOURIST ROOMS

This family company has been involved in tourism for more than 25 years. The house is located in the village of Mlaka, which is only 5 km away from the town of Kranj. In addition to complete peacefulness, we also offer a large car park directly in front of the facility. Our services have already satisfied many athletes, businessmen and enterprises, artists, young families and tourists from all over the world.

PRICE
Double room: €40 (per person/night, breakfast and tourist tax included)

ACCOMMODATION FACILITIES IN **BLED**

(Water Polo, Swimming, Diving, Open Water Swimming)

TOPLICE GRAND HOTEL*****

The renovated Toplice Grand Hotel boasts a rich history, offering traditional style and sumptuous comfort for the guests' enjoyment and relaxation. The hotel has hosted a number of eminent guests; today, it is frequented by people looking for the most elegant accommodation by Lake Bled. The hotel features a private beach and boathouse in addition to a thermal swimming pool and select wellness services.

PRICE
Double room: €110 (per person/night, breakfast and tourist tax included)
Single room: €170 (per person/night, breakfast and tourist tax included)

GOLF HOTEL****

The Golf Hotel is situated in a beautiful park full of old trees in the very heart of Bled. Boasting magnificent views of Lake Bled, Bled Castle and the Julian Alps, the hotel has 150 rooms and suites. The hotel offer is complemented by one of Slovenia's best wellness centres and hotel swimming pools that would best be described as pools with a view.

PRICE
Double room: €100 (per person/night, breakfast and tourist tax included)
Single room: €150 (per person/night, breakfast and tourist tax included

LOVEC HOTEL****

The rooms of the Lovec Hotel are well-appointed and provide comfortable accommodation. Warm colours blend with furniture made of natural materials, and all rooms feature wooden flooring; they are air-conditioned and offer complimentary wireless Internet access. A superb bed concept, top-quality beauty products and fluffy towels add to the wellbeing of guests. You will find the Lovec Hotel in the centre of Bled, on the left side of the main Bohinj road which leads down to the lakeside in Bled.

PRICE
Double room: €100 (per person/night, breakfast and tourist tax included)
Single room: €150 (per person/night, breakfast and tourist tax included)

TRIGLAV HOTEL****

This unique 4-star hotel provides a range of accommodation options throughout the old town of Bled. It also features a sauna and a swimming pool. This cosy hotel offers a beauty centre, a lake, and 24-hour room service. Staff are available 24 hours a day. Surrounded by the natural beauty of Bohinj, the Triglav Bled Hotel offers a variety of outdoor activities, such as fishing and horse riding. Guests are able to tour the district using the hotel's hire bicycles.

PRICE
Double room: €100 (per person/night, breakfast and tourist tax included)
Single room: €150 (per person/night, breakfast and tourist tax included)

PARK HOTEL****

The Park – Sava Hotels & Resorts Hotel is a luxurious 4-star property set in a prime location in the centre of Bled. Local places of interest include the Bled town centre, Bled Castle and Lake Bled. The hotel offers an indoor swimming pool. Guests can also enjoy the following spa/wellness facilities: sauna. Book a relaxing massage after a long day of sightseeing or a business meeting.

PRICE
Double room: €90 (per person/night, breakfast and tourist tax included)
Single room: €130 (per person/night, breakfast and tourist tax included)

KOMPAS HOTEL****

The Kompas Hotel is situated on a small hill right in the heart of Bled. Built in original Alpine style, it blends harmoniously with the natural environment, which is characterized by high plateaus and the peaks of the Julian Alps. Its unique location offers visitors unforgettable views of Lake Bled and the castle. An especially charming feature of the hotel is its terrace, where you can unwind, let yourself be caressed by sunshine, and go for a swim in a glazed pool offering a unique lakeside view.

PRICE
Double room: €90 (per person/night, breakfast and tourist tax included)
Single room: €130 (per person/night, breakfast and tourist tax included)

LAMBERGH HOTEL****

The renovated château, dating back to the 11th century, and the modern hotel, united under the name Lambergh, Château & Hotel offer a beautiful and luxurious experience. Whichever suite or room you choose, you will experience the very best in luxury accommodation. The hotel is located in Dvorska vas, an idyllic village near Radovljica, from which it only takes minutes to reach Bled, Bohinj, the airport or even Ljubljana.

PRICE
Double room: €90 (per person/night, breakfast and tourist tax included)
Single room: €130 (per person/night, breakfast and tourist tax included)

ASTORIA HOTEL***

Elegance and respect for nature are the hallmarks of the Astoria Hotel. In the magical setting of Lake Bled, a refined and environmentally aware clientele will find the ideal place for relaxing holidays, weekend getaways and business meetings. The Astoria Hotel boasts a long tradition in hospitality, enriched by young minds and fresh ideas, skilfully brought to life by our professional personnel.

PRICE
Double room: €80 (per person/night, breakfast and tourist tax included)
Single room: €110 (per person/night, breakfast and tourist tax included)

SAVICA HOTEL***

Located only 250 m from Lake Bled, the Savica – Sava Hotels & Resorts Hotel offers free entrance to swimming and thermal pools at the nearby Živa Wellness Centre, as well as discounts for the saunas. Free Internet access is provided. Hiking trails and walking paths can be found all around Lake Bled in the Gorenjska region, within 5 km from the property. Free public parking is available on site.

PRICE
Double room: €80 (per person/night, breakfast and tourist tax included)
Single room: €110 (per person/night, breakfast and tourist tax included)

JADRAN HOTEL***

The hotel has a beautiful view of Lake Bled, because it stands on a small hill right next to it. Embraced by green ivy, it looks like a romantic villa. The Bled promenade is just a minute walk away from the hotel. Free parking is available on site.

PRICE
Double room: €70 (per person/night, breakfast and tourist tax included)
Single room: €100 (per person/night, breakfast and tourist tax included)

RIBNO HOTEL***

The Ribno Hotel is very close to the Slovenian Alpine pearl of Lake Bled, located in the idyllic village from which it takes its name. Its location – on the fringes of a spruce forest with abundant birdsong – delights all those who long for peace and relaxation in close contact with nature. The hotel is an excellent starting point for hiking and cycling tours, fishing, adrenaline experiences and other sporting challenges in the nearby area.

PRICE
Double room: €70 (per person/night, breakfast and tourist tax included)
Single room: €100 (per person/night, breakfast and tourist tax included)

JELOVICA HOTEL***

The Jelovica Hotel is situated within a spa park by Lake Bled in the old town, 200 m away from the Festival Hall conference centre. The rooms are modernly equipped. The restaurant has a summer terrace and bar. The Jelovica Hotel has a conference centre with three conference rooms, a beauty and health centre (fitness, indoor swimming pool, saunas, massages) and a sunbathing terrace.

PRICE
Double room: €70 (per person/night, breakfast and tourist tax included)
Single room: €100 (per person/night, breakfast and tourist tax included)

PLETNA B&B

The Pletna B&B is situated in an excellent location right next to the lake and the beach, where you can swim or rent a wooden boat to visit the island. The busier town centre is just a leisurely 15-minute stroll away from the guesthouse. Two restaurants and a grocery store are close by.

PRICE
Double room: €50 (per person/night, breakfast and tourist tax included)

KOVAČ PENSION

The Kovač Pension is located in Radovljica near the main motorway from Ljubljana to Austria, and offers visitors a beautiful view of the Julian Alps. Guests can relax in the Jacuzzi or sauna.

There is an Olympic swimming pool in Radovljica where swimmers' training will take place. Kranj, where the swimming competition will take place, is a 15-minute drive away from Radovljica.

PRICE
Double room: €55 (per person/night, breakfast and tourist tax included)
Triple room: €50 (per person/night, breakfast and tourist tax included)

BOLDIN APARTMENTS

Bled and its surrounding area is one of the most beautiful resorts in the Alps and offers many opportunities for a pleasant break or an active holiday throughout the year.

Boldin Apartments are situated in the small village of Ribno, 2 km from Lake Bled. You can find a restaurant and grocery shop within a 10-minute drive from the apartments. Lake Bled and Bled Castle are 3 km from the property.

PRICE
Double room: €55 (per person/night, breakfast and tourist tax included)

ACCOMMODATION FACILITIES IN **RADOVLJICA**
(Swimming)

MANCA HOTEL***

The Manca Hotel is located in the heart of the Gorenjska region, in the small and quiet town of Radovljica, 6 km from Bled. The family-run Manca Sport Hotel offers comfortable accommodation with magnificent views. Radovljica is a climatic Alpine resort on the sunny side of the Alps with especially healthy dry air, which is recommended by doctors. The sports and activities available here and in the surrounding area include skating, skiing, horse riding, parachuting, rafting and golf.

PRICE
Double room: €60 (per person/night, breakfast and tourist tax included)
Single room: €80 (per person/night, breakfast and tourist tax included)

GRAJSKI DVOR***

The Grajski dvor Hotel is located in the centre of Radovljica. The hotel offers visitors a peaceful stay and numerous opportunities for recreational activities in unspoilt nature. Hotel guests have the possibility of free street parking in front of the hotel or the possibility of secure parking in a nearby underground garage (advance booking fee). There is an Olympic swimming pool in Radovljica where swimmers' training will take place.

PRICE
Double room: €60 (per person/night, breakfast and tourist tax included)
Single room: €80 (per person/night, breakfast and tourist tax included)

RADOVLJICA LIFE HOSTEL

The Life Hostel is located in Radovljica, near the Olympic pool where swimming trainings will take place.

Some rooms feature views of the mountain or the town park. Free parking is available on site. Bled is 5 km from the property, while Kranj is a 15-minute drive away from the hostel.

PRICE
Double room: €50 (per person/night, breakfast and tourist tax included)
Single room: €65 (per person/night, breakfast and tourist tax included)

ACCOMMODATION FACILITIES IN **KAMNIK**
(Synchronised Swimming)

TERME SNOVIK****

The Snovik Eco Spa is environmentally friendly and hospitable. It is surrounded by pristine nature, covered with forests. It combines a touch of the countryside from long-forgotten times with the comfort of the present.

Apartments and rooms are comfortable and equipped with furniture made of ash wood, which is typical for the valley Tuhinjska dolina. They offer high-quality accommodation and views of the green valley and the surrounding mountains.

The Snovik Eco Spa boasts over 1,000m2 of water surface in the indoor and outdoor pools with top quality thermal water for bathing and drinking.

PRICE

Double room: €60 (per person/night, breakfast, tourist tax and unlimited entrance to the thermal spa included)

Days of National Costumes and Clothing Heritage

Ana Pogačar, Bošjan Tacol, Klemen Brumec

V I S I T K A M N I K

KAMNIK

A D V E N T U R E

Visit Velika Planina and have an authentic experience of traditional herdsmen life in a picturesque mountain environment.

Visit the Kamniška Bistrica Valley and cool off in the shade of the Alps.

R E L A X

Discover hidden corners of the Kamnik countryside and enjoy the highest-altitude thermal spa in Slovenija – Terme Snovik.

Visit the magnificent botanical garden Volčji Potok Arboretum and relax in the peaceful green surroundings with the view of Kamnik-Savinja Alps.

M E D I V A L T O W N

Stroll along the mysterious medieval Kamnik and hear the stories that can not be found in books.

T A S T E K A M N I K

Kamnik, a town with rich history, which is reflected in traditional and typical local dishes.

H E R I T A G E

In Kamnik we are very proud on our rich heritage. In september visit The Days of National Costumes and Clothing Heritage

Visite us: **Tourist office Kamnik, Glavni trg 2, SI -1241 Kamnik**

www.visitkamnik.com / **tic@visitkamnik.com** / visit kamnik / visit kamnik / #visitkamnik

ACCOMPANYING PROGRAMME

DURING THE CHAMPIONSHIPS, A RICH ACCOMPANYING PROGRAMME WILL BE TAKING PLACE, INTENDED FOR ALL ATHLETES AND THEIR ACCOMPANYING PERSONS. YOU WILL BE ABLE TO SOCIALIZE WITH YOUR ATHLETE FRIENDS AND HAVE FUN LISTENING TO GOOD MUSIC; DISCOVER SLOVENIAN CULINARY DELICACIES; AND GET TO KNOW THE LOCATIONS OF THE CHAMPIONSHIPS, AS WELL AS SLOVENIA ITSELF.

The accompanying programme will be taking place in Kranj, Bled and Kamnik.

KRANJ

Opening Ceremony for European Masters Championships in Water Polo

Opening Ceremony for European Masters Championships in Swimming, Diving, Open Water and Synchronised Swimming

A **musical entertainment programme and catering** offer will be organized during competitions at the Kranj swimming pool complex.

In the evenings, **various concerts and social gatherings** will be organized in the town centre, where you will have the opportunity to try the local specialities and socialize.

A more detailed programme will be published on the website.

Discover Kranj and its surroundings, and sign up for the tours presented below.

BLED

Bled will be organizing diverse events for all the swimmers and their accompanying persons.

"TASTE OF BLED"

The "Taste of Bled" will be held in restaurants in Bled and by the lakeside.

The "Taste of Bled" is a presentation and promotion of traditional cuisine, prepared and presented in a modern way. The creative offer is inspired by the richness of local dishes. Every day, visitors of the event in Bled will be able to taste traditional local specialities, prepared with fresh, seasonal ingredients and presented in the form of "street food".

Moreover, **concerts and other forms of entertainment** will be organized.

Make sure not to miss the opportunity to take the pletna boat to the Bled Island and visit Bled Castle.

The tour offer will be published on the website.

KAMNIK

Days of National Costumes and Clothing Heritage

6 September 2018 – 9 September 2018

The biggest ethnological festival in Slovenia attracts more than 30,000 visitors every year.

Tradition Connects

Every September, tradition joins forces with ethnography, culture and entertainment. The central event brings together more than two thousand fans and connoisseurs of group-specific costumes, while the programme also includes an offer of traditional Kamnik dishes.

The Days of National Costumes and Clothing Heritage are considered to be the biggest ethnological festival in Slovenia, priding itself on a more than 40-year tradition, with the 47th event taking place this year. The beginnings of the event date back to 1966 when Kamnik citizens organized the Day of National Costumes. Already in its first year, a great number of educational societies and individuals, both from Kamnik and its surroundings, attended the event. The event has changed names quite a few times; thus in 1986, Kamnik hosted the 16th Days of National Costumes, Folklore and Crafts, which was later changed to Days of National Costumes and Clothing Heritage – a name that has been preserved to this day, with the event becoming widely renowned through its numerous content changes.

Every year the festival's programme attracts over 30,000 visitors, as well as media from Slovenia and abroad. The festival is the pride of the town, and the locals like to refer to it simply as "Costumes".

TOURIST TOURS

TUNNELS UNDER THE OLD TOWN OF KRANJ

There are 1,300m of long tunnels under the old town that were used as a bunker about 70 years ago, but have now been transformed into a tourist attraction. They are full of stories from the time of World War II and offer a reconstructed war shelter and a simulated experience of an airstrike. You can also see real stalactites and cave-dwelling animals inside. For you, we have prepared a tasting of the famous local culinary tandem in the tunnels, that is the Kranj sausage, which has been the recipient of a gold medal for several consecutive years, and Kranj beer from a local microbrewery.

Price: €20/person

Number of people per group: 25

Meeting point: Kranjska hiša/Kranj House (Glavni trg 2, 4000 Kranj, Slovenia)

Duration: 1.5 hours

Available dates: 29.8., 1.9., 2.9., 4.9., 5.9., 7.9. at 11:00 and 17:00

Contact person: kristina.sever@visitkranj.si, info@visitkranj.si

KRANJ IN YOUR HEART – GUIDED TOUR

Culture and tradition are right at home in Kranj. Go on a tour of the town with us where we will show you all of the most beautiful cultural and natural attractions. We will walk along Prešeren's path and get to know all the interesting stories of Kranj. Let Kranj become etched into your heart! We will end the tour within the castle walls and in the shade of the castle's linden tree. Then it will be time for a quick stop at the Khislstein 12.56 Café for a short break. 12.56 is not the time when we end the tour, but the year in which Kranj was granted its town rights!

Price: €15/person

Number of people per group: 30

Meeting point: Kranjska hiša/Kranj House (Glavni trg 2, 4000 Kranj, Slovenia)

Duration: 2 hours

Available dates: 30.8., 3.9., 6.9. at 17:00

Contact person: kristina.sever@visitkranj.si

IF YOU WOULD LIKE TO SPEND MORE TIME EXPLORING OUR TOWN AND ITS SURROUNDINGS, YOU ARE WELCOME TO GO ON ONE OF THE WALKING OR CYCLING TOURS WE OFFER, OR ON AN ADVENTURE.

ASCENT OF MOUNT STORŽIČ, THE MOUNTAIN OF KRANJ

What the Matterhorn is to Zermatt, Storžič is to Kranj: it is the mountain you want to climb if you are a mountain climber visiting Kranj. This two-thousander is closest to the centre of the Gorenjska region and is a mandatory component of most panoramic shots. The most common route is from the Mače village across the Kališče mountain pasture and the eastern ridge.

Price: €311,76 for 1 person, €173,63/person for 2, €128,07/person for 3, €105,51/person for 4, €91,56/person for 5

Number of people per group:

Duration: 10 hours

Contact person: kristina.sever@visitkranj.si

HIGH-MOUNTAIN TANDEM PARAGLIDING IN THE GORENJSKA REGION

Tandem paragliding is the best way to live up to and experience a unique and exciting feeling of flying in its full natural and pristine form. With the help of thermals, which are also used by birds when soaring, we don't create any noise or pollution. You will fly off the slope of the Krvavec tourist recreation centre with pilots who have at least 10 years of tandem flight experience.

Price: €141,67 for 1 person, €122,46/person for 2, €109,72/person for 3-6

Number of people per group: min. 1, max. 6

Duration: 2 hours (30-40 minutes of actual flight)

Contact person: kristina.sever@visitkranj.si

PATH OF THE OUTLAWS CYCLING ROUTE

The Path of the Outlaws involves a little under four hours of serious cycling. It takes you through the idyllic Gorenjska region villages and the Udin Boršt memorial park. Surrounded by meadows, forests and karst features, you will find yourself in an adventure that has been inscribed into this area by the people that used to live here a long time ago.

Price: €140,21 for 1 person, €103,41/person for 2-3, €64/person for 4-8

Number of people per group: min. 1, max. 8

Duration: 10 hours

Contact person: kristina.sever@visitkranj.si

YOU CAN DISCOVER AND RESERVE THE GUIDED TOURS OF KRANJ AND ITS SURROUNDINGS ON OUR WEBSITE AT WWW.VISITKRANJ.SI. WE ALSO INVITE YOU TO JOIN US ON A TOUR OF SOME OF THE MOST BEAUTIFUL PLACES IN SLOVENIA; PLACES YOU SIMPLY MUST SEE!

LJUBLJANA, THE CAPITAL CITY

Departure from your hotel at 14:00 and transfer to Ljubljana. Walk along the old part of the city where you will be able to see the Cobblers' Bridge, the National University Library, the Congress Square, the Philharmonic, the Triple Bridge, Prešeren's square with the monument, the main market, and the cathedral. Coffee break in a bar on the Ljubljanica River and possible wine tasting with bread and olives in a nearby bar (€25 additional fee).

Return to the hotel.

Half-day tour: 24 August and 12 September 2018

Price: €57/person

Price includes: bus transfer, road taxes, tour guide, sightseeing in Ljubljana, VAT.

Contact person: info@ines-tours.si

POSTOJNA CAVE AND PIRAN

Departure from your hotel at 10:00 and transfer to Postojna. Entrance to the fascinating underground karst cave. The little train tour in the cave lasts for about 1.5 hours. Bus transfer to Piran, the most romantic town in Slovenia. A sightseeing tour of the town and some free time.

Extra: possible lunch in a traditional restaurant (approx. €35 – drinks not included). Some free time and return to the hotel at 18:00

Whole-day tour: 25 August and 11 September 2018

Price: €99/person

Tip: bring sport shoes and warm clothes!

Price includes: bus transfer, road taxes, tour guide, sightseeing in Piran, entrance fee to the cave, VAT.

Contact person: info@ines-tours.si

BLED AND BOHINJ

Departure from your hotel at 10 a.m. and transfer to Bled. The place is famous for its beautiful view of the lake and the castle. Visit to the castle. This interesting fortress has an unbelievable location on top a rocky hill. There is also a museum with some typical artefacts. Then we will walk along the lake to the main part of town. Some free time. Possible extra service: boat on the lake, price for the ride: €19.

Bohinj is the next important place. Its marvellous nature is part of the Triglav National Park. The lovely bridge and the church are one of the main sights in the valley. You will walk to the Savica Waterfall, one of the most important inflows in the country. You need good shoes and sport clothes for that day. Return to the hotel at 6 p.m.

Price: €99/person

Extra: lunch at a typical restaurant €35 (drinks not included).

Whole-day tour: 26 August and 10 September 2018

Price includes: bus transfer, road taxes, tour guide, entrance to Bled castle, Bled sightseeing tour, entrance to the Savica Waterfall, VAT.

The prices listed above are given as general information and are subject to changes. The organizer reserves the right to make changes to the programmes. Information about the town, what it offers, and the calendar of events can be found at www.visitkranj.si or you can write to us at **info@visitkranj.si.**

Kranj Tourist and Culture Board
Glavni trg 2, 4000 Kranj, Slovenia
Phone: +386 4 238 04 50, +386 40 664 015
info@visitkranj.si
www.visitkranj.si

Bled

FAQ – Frequently Asked Questions

How can I participate?

To participate in European Masters Championships 2018 you have to be a member of an European Club for at least 12 months before the start of the competition and you have to meet the posted entry times.
Once entries will be closed, data from the system will be passed to National Federations, which will confirm the belonging of these athletes to the club they selected.

Where can I register?

You can register online on http://www.emc2018.com/en/registration .

When will entries close?

The registrations will close on Saturday, 2 July 2018 at midnight. This is in order to enable LEN to send the entry lists to Federations for confirmation of competitors' eligibility to compete in the Championships. Once Federations have confirmed eligibility then the approved entries will enable the LEN Masters Committee to draft the detailed competition schedule which will then be communicated (dependent on information being received from the National Federations).

Are coach passes available for the Championships?

LEN regulation MA-G 3.1 identifies those personnel entitled to accreditation and as such coaches will not receive any accreditation.

Which pool am I going to be swimming in?

Once entries close on 2 July 2018, LEN will undertake a full review of the competition schedule and communicate in advance of the Championships which events will be taking place in which pool. More information will be made available.

Can I register individually?

Only athletes affiliated to a club are allowed to participate in Masters events. You must be a member of an European Club for at least 12 months before the start of the competition.
Once entries will be closed, data from the system will be passed to National Federations, which will confirm the belonging of these athletes to the club they selected.
So yes, athletes can register to events individually from here http://www.emc2018.com/en/registration, but they have to specify the club they belong to.

Do I need to register my family members who will be cheering for me?

No, the access to all venues will be open, no tickets or accreditations will be needed for visitors.

How can I make sure that my entry is correct?

You can check or update your entry on Manage your subscription: http://www.emc2018.com/en/registration .

I have only registered for 3 swimming events, but would like to add more events. Can I do that?

You can register to up to 5 swimming events plus 2 open water competitions. You can access your registration data at http://www.emc2018.com/en/registration with ID received at the confirmation and your e-mail address to add more events.

Is the competition schedule going to change?

The competition schedule of the Championships will not be changing. The Kranj Swimming Complex will open at 6:30 am each day with swimming sessions set to start at 8:00 am each day. Again, further information will be made available later on.

I am finding it expensive to find accommodation where can I look?

The LOC has managed to secure preferential rates at selected hotels, there is a limit to the length of time the LOC can hold these rooms. If you follow the link on the Masters page (http://www.emc2018.com/accommodation) this will take you straight to the accommodation booking site provided by the LOC supplier.

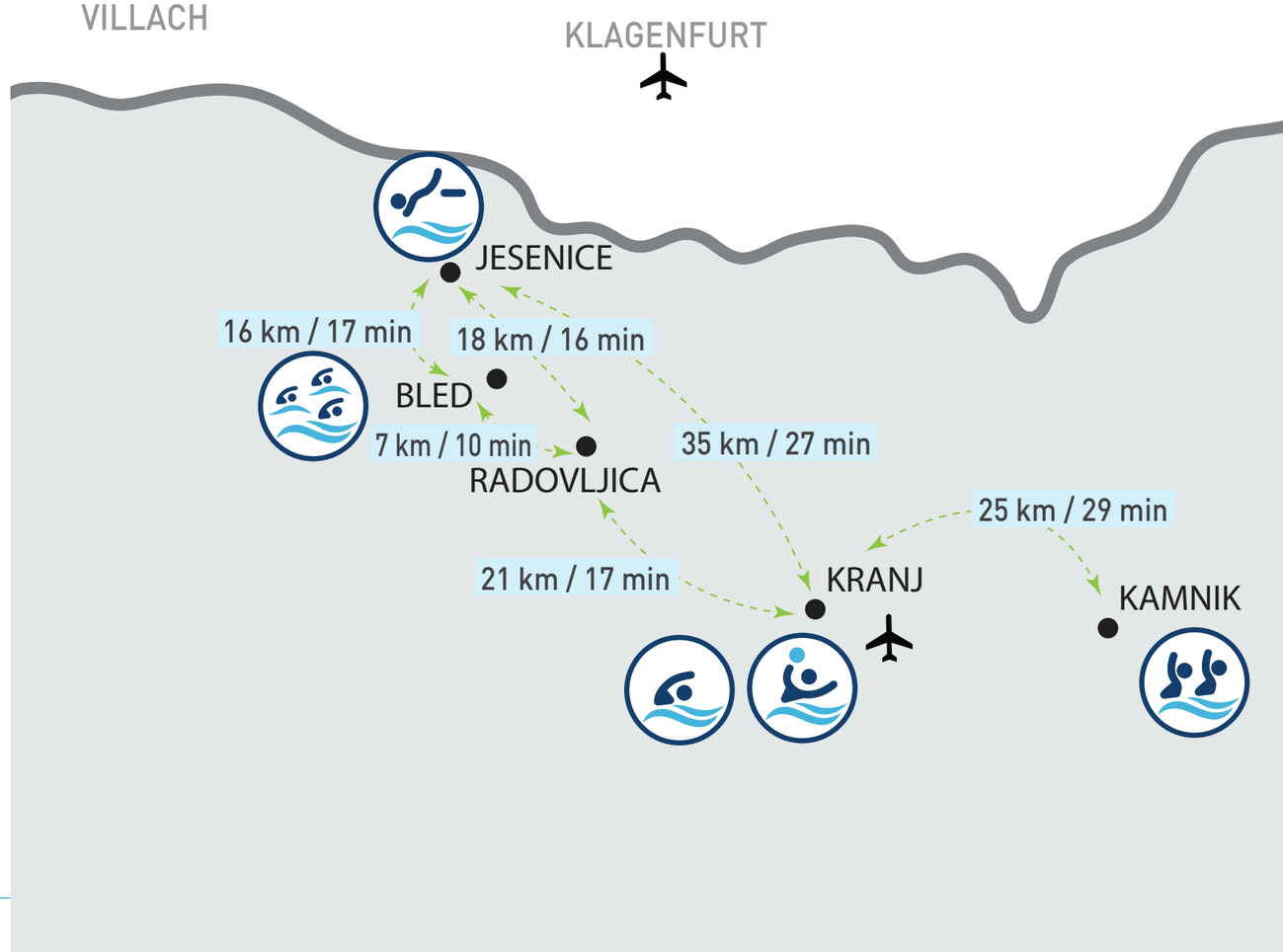
Where should I stay?

We advise you to stay:
Kranj: Water Polo, Swimming, Synchronised Swimming
Bled: Water Polo, Swimming, Open Water Swimming, Diving

The venues are easy to reach and 20 minutes apart. Shuttle buses will be arranged between venues.

Bled is especially a really touristic spot with a picturesque lake and an island with a church. Municipality of Bled will together with Tourism Bled organize a varied accompanying program – Tastes of Bled. The event will be present a wide range of delicious culinary Street food offers with a live music and entertainment program.
When there, do not miss an enjoyable trip to its island with "pletna" or visit the old castle, museum and rich natural surroundings.

What are the distances between venues?



Sponsors

Partners

Municipalities

		WATER POLO	DIVING	SWIMMING	SYNCHRONIZED SWIMMING	OPEN WATER SWIMMING
DAY 1	**SUNDAY** / 8/26/2018	Start 9:00				
DAY 2	**MONDAY** / 8/27/2018	Start 9:00	**TRAINING**			
DAY 3	**TUESDAY** / 8/28/2018	Start 9:00	**TRAINING**			
DAY 4	**WEDNESDAY** 8/29/2018	Start 9:00	**START 9:00** 01) Springboard 3m Men (70-80+) 02) Springboard 1m Women (70-80+) 03) Springboard 3m Men (60-69) 04) Springboard 1m Women (60-69) 05) Springboard 3m Men (50-59) 06) Springboard 1m Women (50-59) 07) Springboard 3m Men (40-49) 08) Springboard 1m Women (35-39) 09) Springboard 3m Men (25-34)			
DAY 5	**THURSDAY** 8/30/2018	Start 9:00	**START 9:00** 10) Springboard 3m Women (70-80+) 11) Springboard 1m Men (70-80+) 12) Springboard 3m Women (60-69) 13) Springboard 1m Men (60-69) 14) Springboard 3m Women (50-59) 15) Springboard 1m Men (50-59) 16) Springboard 3m Women (40-49) 17) Springboard 1m Meen (35-39) 18) Springboard 3m Women (25-34)			
DAY 6	**FRIDAY** 8/31/2018	Start 9:00	**START 9:00** 19) Springboard 1m Men (25-34) 20) Springboard 1m Women (25-34) 21) Springboard 3m Men (35-39) 22) Springboard 3m Women (35-39) 23) Springboard 1m Men (40-49) 24) Springboard 1m Women (40-49)	**TRAINING** **16:00 - 20:00**		
DAY 7	**SATURDAY** 9/1/2018		**START 9:00** 25) Platform Women (70-80+) 26) Platform Men (70-80+) 27) Platform Women (50-69) 28) Platform Men (50-69) 29) Platform Women (40-49) 30) Platform Men (40-49) 31) Platform Women (30-39) 32) Platform Men (30-39) 33) Platform Women (25-29) 34) Platform Men (25-29)	**TRAINING** **8:00**		
DAY 8	**SUNDAY** 9/2/2018		**START 9:00** 35) Springboard 3m Men (50-79) 36) Springboard 3m Women (50-79) 37) Springboard 3m Mixed pairs (50-79) 38) Springboard 3m Men (80-109) 39) Springboard 3m Women (80-109) 40) Springboard 3m Mixed pairs (80-109) 41) Springboard 3m Men (110+) 42) Springboard 3m Women (110+) 43) Springboard 3m Mixed pairs (110+)	**START 8:00** 01) 800m Freestyle Men 02) 800m Freestyle Women 03) 4x50m Medley Men 04) 4x50m Medley Women		
DAY 9	**MONDAY** 9/3/2018			**START 8:00** 05) 200m Freestyle Women 06) 200m Freestyle Men 07) 50m Breaststroke Women 08) 50m Breaststroke Men 09) 100m Butterfly Women 10) 100m Butterfly Men	**TRAINING** **9:00 - 18:00**	
DAY 10	**TUESDAY** 9/4/2018			**START 8:00** 11) 200m Breaststroke Women 12) 200m Breaststroke Men 13) 50m Freestyle Women 14) 50m Freestyle Men 15) 100m Backstroke Women 16) 100m Backstroke Men 17) 4x50m Medley Mixed	13:00 1) Solo - Technical Routine 18:00 2) Mixed Duet – Technical Routine	
DAY 11	**WEDNESDAY** 9/5/2018			**START 8:00** 18) 200m Ind. Medley Women 19) 200m Ind Medley Men 20) 400m Freestyle Women 21) 400m Freestyle Men 22) 4x50m Freestyle Women 23) 4x50m Freestyle Men	14:00 3) Duet - Technical Routine	
DAY 12	**THURSDAY** 9/6/2018			**START 8:00** 24) 200m Backstroke Women 25) 200m Backstroke Men 26) 50m Butterfly Women 27) 50m Butterfly Men 28) 100m Freestyle Women 29) 100m Freestyle Men 30) 4x50m Freestyle Mixed	14:00 4) Team - Technical Routine 18:00 5) Mixed Duet – Free Routine	
DAY 13	**FRIDAY** 9/7/2018			**START 8:00** 31) 200m Butterfly Women 32) 200m Butterfly Men 33) 50m Backstroke Women 34) 50m Backstroke Men 35) 100m Breaststroke Women 36) 100m Breaststroke Men	10:00 6) Duet - Free Routine 15:00 7) Team – Free Routine	**TRAINING** **14:00 - 17:00**
DAY 14	**SATURDAY** / 9/8/2018				10:00 8) Solo - Free Routine 15:00 9) Combination – Free Routine	3 km
DAY 15	**SUNDAY** / 9/9/2018					5 km

Notes:

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