



SHARM EL SHEIKH - AUGUST 2012

Freediving Club Greece and the Only One Apnea Center are proud to announce the most exciting freediving event for 2012:

The 2012 AIDA Red Sea World Cup!!!

Based in the beautiful location of the Only One Apnea Center in Sharm el Sheikh, and building on the experience of the Mediterranean World Cup series of events, Only One Apnea Center and the Freediving Club Greece teams joined forces to bring you the coolest depth and pool freediving event of the year.

For the first time the AIDA Red Sea World Cup will include both pool and depth training and official competition dates.

The facts:

Dates:

- Training Week 1 – August 12th to 18th 2012
- Training and Competition Week 2 – August 19th to August 25th 2012
- Extra Training Week 3 – August 26th to September 1st 2012

Location:

Sharm el-Sheik, Egypt.

Only One Apnea Center is located at the Sharm Club Resort Hotel.

Training Setup:

Depth training will be available daily using two deep dive lines (maximum depth 130m) on counterballasts located on two dive platforms a short 150m swim from shore. Several (6-10) warm up lines will be setup on dive buoys with varying depths (25m-45m) located a short distance from the main dive platforms.

A head down sled will be available for sled and equalization training during Week 3 (sled diving is available based on dive's sled experience – if you have no sled experience a special sled training can be formulated upon request).

Pool training will be available in a 25m open air pool located right next to the Only One Apnea Center. The pool has 8 lanes available with a depth of 1,4m-2m and a temperature of ~27C. The Freediving Club and Only One safety teams will be assisting you in your training both in pool and open water providing safety and support were needed.

Schedule:

Based on daily weather conditions we will allocate training times for pool training and open water (depth) training each day.



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Week 1:

Sunday 12th August Opening Ceremony and Party

Sunday 12th to Saturday 18th August – Daily Depth and Pool training to be held between 9:00 and 16:00 (specific hours will be allocated each day for pool and depth training when our safety team in the pool OR open water respectively to support your training). An example would be 9:00-12:30 Pool training and 13:00 – 16:00 Depth training. This will be decided based on weather conditions in the sea.

Week 2:

Sun 19 th	Static Competition Day (optional) – Depth training available
Mon 20 th	1 st Depth Competition Day (CWT or CNF or FIM) – Pool training available
Tue 21 st	Depth and Pool training day
Wed 22 nd	2 nd Depth Competition Day (CWT or CNF or FIM) – Pool training available
Thu 23 rd	Dynamic Competition Day (optional) – Depth training available
Fri 24 th	Depth and Pool training day
Sat 25 th	3 rd Depth Competition Day (CWT or CNF or FIM) – Pool training available Closing Ceremony and Party

Week 3 (Extra):

Sunday 26th August to Saturday 1st September – Daily Depth and Pool training to be held between 9:00 and 16:00 (specific hours will be allocated each day for pool and depth training when our safety team in the pool OR open water respectively to support your training). An example would be 9:00-12:30 Pool training and 13:00 – 16:00 Depth training. This will be decided based on weather conditions in the sea.

A head down sled will be available for those who wish to train sled and/or head down equalization (sled diving is available based on dive's sled experience – if you have no sled experience a special sled training can be formulated upon request).

Fees:

Week 1 – €250

Week 2 – Training (Pool&Depth) + Depth Competition €300

Pool Competition Option €40

Week 3 - €250 (Sled training is free of extra charge during this week)

Options:

- Post dive decompression O₂ (5-8min @ 5m after diving) €50 per week
- Pool competition during Week 2 (1 STA and 1 DYN or DNF start) €40
- Sled diving is free of charge on the 3rd week
(sled diving is available based on dive's sled experience - if you have no sled experience a special sled training can be formulated upon request).



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- Record attempts – National Record Attempts are possible in all Depth and Pool disciplines as well as in Sled disciplines. Contact us for information and costs.

Accommodation:

The AIDA Red Sea World Cup will be based on the Sharm Club, Sharm Reef and Club Reef resort hotels. Special rates have been negotiated for athletes attending the event as shown on the table below.

		Week 1		Week 2 & 3		3 Weeks Promo	
		12/8/12 - 19/8/12		19/8/12 - 2/9/12		12/8/12 - 2/9/12	
Hotel	Room Type/Board	BB	AI	BB	AI	BB	AI
Sharm Club	SGL	53	68	45	60	45	60
	DBL	76	106	68	98	68	98
	TPL	96	141	90	129	90	129
Club Reef	SGL	49	64	42	57	42	57
	DBL	68	98	60	92	60	92
	TPL	84	129	78	120	78	120
Sharm Reef	SGL	42	57	34	49	34	49
	DBL	54	84	46	76	46	76
	TPL	69	114	57	102	57	102

Bookings

In order to book your place at this amazing event please contact us at info@onlyoneapneacenter.com. Please use the appropriate registration form attached. A reservation deposit of €200 net* is needed in order to secure your place at the event. Please fill in the event registration form (separate file). The deadline for registrations is May 31st. After this date you will lose the benefit of our group discount for accommodation.

* Dear freediver please note that the bank transfer to Egyptian bank may require additional fees from your bank, our bank or any of the intermediate banks. At your check in at Only One Apnea Center you must pay the difference. Ask to your bank about the fees!