



Fina
WORLD MASTERS
CHAMPIONSHIPS

The 18th FINA World Masters
Championships Gwangju 2019 (KOR)

ENTRY BOOKLET

AUGUST 5-18 2019

www.fina-gwangju2019.com/masters_eng



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CHAPTER 1. WELCOME ADDRESSES

1.1. Message from the FINA President



It is my great pleasure to welcome all of you in Gwangju (KOR) for The 18th FINA World Masters Championships, to be held from August 5-18, 2019.

With a philosophy in which friendship, leisure and fitness are linked, these championships have all the ingredients to be a great achievement. The previous editions of the competition showed that these principles were always present and I am sure that in Gwangju this spirit will also be a reality.

With the FINA World Masters Championships, we want to prove that no matter the age, our swimmers, water polo players, divers, artistic and open water swimmers are still capable to amaze and surprise us with their performances.

At the same time, the FINA World Masters Championships are an important challenge in terms of organisation, as one of FINA's biggest competitions, with over 8,000 athletes taking part. Gwangju will also welcome FINA's signature event in July 2019, the 18th FINA World Championships which gathers the six disciplines under one big Aquatics two-week festival.

On this occasion, I would like to express my gratitude to the Korea Swimming Federation, to the Organising Committee of these championships and to the local authorities, partners and sponsors for their continuous support and hard work. Their enthusiasm and commitment will ensure a successful and brilliant competition.

To all the athletes participating in the 18th FINA World Masters Championships, I wish them the best of luck and a great time in Gwangju!



Dr. Julio C. Maglione
FINA President

1.2. Message from Minister of Culture, Sports and Tourism



Welcome to the 18th FINA World Masters Championships Gwangju.

The 18th FINA World Championships will be held in Gwangju, Korea for the first time in Asia in 33 years after the 1st Tokyo Championships in 1986.

The Republic of Korea will become a hosting country of the world's 5 mega sports events by hosting the 18th FINA World Championships 2019 along with FINA World Masters Championships at the same time following the Summer and Winter Olympic Games, the FIFA WorldCup and the IAAF World Athletics Championships.

The FINA Championships Gwangju will be an opportunity to show Korea as a power country of culture and sport, and Gwangju, a city of democracy, human rights and peace to the world.

Sport unites the world regardless of ideology, regime, religion and culture. Furthermore, many have gained the spirit of challenge, courage, respect for others, the community spirit and the virtue of self-discipline through fair competition in sport.

I hope that all of you representing each club from around the world will perform at your best, share friendship and join steps towards the world peace. We look forward to welcoming you in Gwangju in 2019.



DO Jonghwan
Minister Ministry of Culture, Sports and Tourism

1.3. Message from Mayor of Gwangju and Chairman of the OC



I am honored to welcome all of the participants to the 18th FINA World Masters Championships Gwangju2019. It is with great pleasure and pride that we host this world aquatic event.

As our slogan "Dive into Peace!" declares to the world, the Masters Championships is an incredible opportunity to remind the global community of the value of peace and harmony. While you compete fiercely against each other, barriers of age, religion, language and race are temporarily abandoned and forgotten. The world will witness dedicated athletes pursuing swimming, diving, water polo and artistic swimming while spectators ardently cheer them on.

As host city, we understand the enormous responsibility that we shoulder. We are working across aisles with many organizations and sponsors to further strengthen FINA's legacy and spirit.

Gwangju is making great efforts to ensure the venues and facilities be in top condition so that athletes can perform to their full potential. Masters can show off their athletic skills in the same competition venues and facilities of the 18th FINA World Championships Gwangju 2019.

Our city is celebrated for its local cuisine and warm hospitality. We are committed to making athletes and visitors experience this for themselves.

I look forward to seeing all of your energy and enthusiasm light up our city.

Wishing everyone great success,



LEE Yongsup
Mayor of Gwangju and Chairman of the Organizing Committee

CHAPTER 2. GWANGJU, THE REPUBLIC OF KOREA

2.1. Welcome to the Republic of Korea

The Republic of Korea is located in Northeast Asia with a population of approximately 5.2 million. Dating back to 2333 BC, Korea has a rich history, which includes the creation of Hangeul, the Korean alphabet. The language was introduced by then ruler, King Sejong the Great, in 1446. It is one of the few alphabets whose creator is known.

Today Korea's capital, Seoul, is a very populous metropolitan city and houses some of the world's largest corporations such as Samsung and Hyundai. Korea has the 12th largest economy in the world and has been a leader in highly sophisticated industries, including semiconductors, automobiles and IT.

2.2. Welcome to Gwangju

Gwangju is one of the oldest cities in the Korean peninsula and has grown to become the sixth largest city of the nation. The city sits on 193.53 square miles of land, and is home to approximately 1.5 million citizens. It is well-known for its spirit of citizenship, rich cuisine and arts.

Spirit of Citizenship

Gwangju citizens peacefully took to the streets against the martial law imposed by the military government on May 18, 1980. The demonstration became a scene of many crimes committed by the Korean military as citizens were beaten, fired upon and killed by troops. The citizens fought for democracy against the military for ten days from the 18th to the 27th of May. This historic uprising is now known as the May 18 Gwangju Democratic Uprising. The poignant memories have become the fabric of the city, and the archives of the movement were inscribed on the UNESCO Memory of the World Register in 2011.

The city was also a political stronghold for the late President Kim Dae-jung, who is the 2000 Nobel Peace Prize winner and the only Korean Nobel Prize recipient in history.

Rich Cuisine

In close proximity to the Yellow Sea, Gwangju is surrounded by mountains, rivers and rice paddy fields. This setting has provided the citizens with a wide variety of fresh local produce, seafood and beef. As a result, Gwangju is widely known as the city of Korean traditional dishes. The city is particularly famous for kimchi, a side dish that is present in every meal in Korea. Every October, it hosts the Gwangju World Kimchi Festival, where visitors can try many different kinds of kimchi and also make it themselves to take home. The popular tteok-galbi, or marinated beef patties, is another dish visitors should try in Gwangju. The local beef is well-known for its flavor, juiciness and tenderness.

Asia Culture Hub

Gwangju hosts two biennales: The Gwangju Biennale, started in 1995 and held every even year; and the Gwangju Design Biennale, started in 2005 and held every odd year. Through these international events, local artists as well as those from all around the world have the opportunity to interact with each other their ideas and work. The Asia Culture Center was created in our effort to make the city an artistic hub where artists can freely create, collaborate and develop their art.

CHAPTER 3. THE 18TH FINA WORLD MASTERS CHAMPIONSHIPS GWANGJU 2019

3.1. Registration

In order to participate at the 18th FINA World Masters Championships Gwangju 2019, online registration at General Management System (FINA GMS) must be completed.

☞ FINA GMS <https://registration.fina.org>

The registration shall take place through the online FINA General Management System (FINA GMS). Registration will begin on Wednesday, January 23rd and end on Monday, June 24th 2019.

REGISTRATION PROCEDURE

1. Go to FINA GMS at <https://registration.fina.org>
2. Click "Create Account"
 - Select either "Masters Athlete", "Masters Coach" or "Masters Accompanying Person"
 - If you participated in the World Masters Championships in Kazan 2015 or Budapest 2017, you can log back in using your existing e-mail address and password.
3. Enter your personal data in your profile
4. Attach your color accreditation photo (please follow the photograph requirements)
5. Attach a scanned copy to the personal identification document you will use (if you require a visa, please submit a passport scan)
6. Select "FINA World Masters Championships 2019" in the Event Tab.
7. Indicate the disciplines in which you intend to compete
8. Pay the Participation Fee online*
9. Select the event in which you wish to participate once the participation fee is PAID
10. Pay the event fees online* (for details see 3.2 below)
 - * Please note that only VISA and Mastercard are accepted for payment

REGISTRATION DEADLINE

Final registration and events entry deadline: Monday, June 24th, 2019 (23:59 UTC)
By this date, the following actions must have been completed:

- All persons wishing to participate must be registered, and have paid their registration fee for the event, by **Monday, June 24th, 2019**.
 - All individual and team event entries must be paid for by **Monday, June 24th, 2019**
 - Swimming entry time can be modified Until **Monday, June 24th, 2019**.
- * No Registrations or new event entries will be accepted after June 24th, 2019

PHOTOGRAPH REQUIREMENTS

A passport style photo must be supplied during the online registration and that will be used as part of the accreditation badge for access to venues at the Championships. In order for photographs to be uploaded into the system they must be in the *.jpeg (*.jpg) format, in color (not black and white), with a minimum image size resolution of 425 pixels wide by minimum 566 pixels high and a maximum size of 1Mb.

THE PHOTOGRAPHS MUST BE:

- taken against a plain white, light grey or light cream background (free from shadows).
- taken in full-face view directly facing the camera (chin and shoulders must be visible)
- with a neutral expression and the mouth closed (no grinning, frowning or raised eyebrows)
- taken with the eyes open, clearly visible and looking straight at the camera (with no sunglasses or tinted spectacles, and no hair across the eyes)
- in sharp focus and under good natural lighting
- free from reflection or glare on spectacles, the frames of which must not cover any part of the eyes.
- taken of the full head, without any covering unless worn for religious reasons (provided that the person is photographed likewise in his/her passport)
- of each person on their own (no objects, chair backs or other people visible)
- free from any editing to improve or alter the appearance in any way.
- taken no earlier than 6 months before the documents are submitted.
- originals only (copied or scanned photographs are NOT acceptable).

3.2. Fees and Entry Procedure

All participants are invited to pay all the fees through the FINA GMS at <https://registration.fina.org>. Once participants choose the discipline and the event, they must pay a fee in order to be approved. Visa and Mastercard are accepted. A participant receives an e-mail notification of the successful or unsuccessful payment.

FEES ARE DIVIDED INTO TWO CATEGORIES:

- Registration fee for athletes and accompanying persons
- Entry fee which is paid for each registration by event

REGISTRATION FEES (One-off Fee)

- | | |
|---|--------|
| · Athletes | USD 65 |
| · Coaches / Support staff only | USD 40 |
| · Participant family members and friends only | USD 40 |

* If you are participating as an athlete and coach, you should register as a Masters Athlete.

ENTRY FEES

- | | |
|--|-----------------------------|
| · Swimming | USD 18 / event |
| · Swimming Relay | USD 40 / relay |
| · Open Water Swimming | USD 45 / event |
| · Diving | USD 18 / event / competitor |
| · Synchronized Diving | USD 36 / event / team |
| · Water Polo | USD 390 / team |
| · Artistic Swimming Solo | USD 18 / event |
| · Artistic Swimming Duet, Mixed Duet | USD 36 / event |
| · Artistic Swimming Team, Free Combination | USD 90 / event |

All payments can be made through FINA GMS. (For credit card payments only VISA and Mastercard will be accepted. Email notifications will be sent out for all successful and unsuccessful payments.)

Only coaches and/or captains can register a team. For that, you must be registered as a coach or as an athlete with the additional function of coach/captain. That will allow you to access a specific team entry tab where you will be able to see the

members or your club and create a team. Finally you must pay the registration fee for a team.

Registration for Team, Relay and Synchronized Events (Swimming, Diving, Artistic Swimming, Water Polo)

Once a participant is registered, if he/she is nominated as a captain or coach, he/she is able to see the names of the other people who have registered from the same club. Then he/she can select those people in order to create a team to participate in an event. Once the team is complete, he/she must then pay the required fee and the entry is approved upon successful payment.

ONLY ONE PERSON MAY MAKE THE TEAM ENTRY.

REFUNDS

A refund will only be provided in the case where there are less than 3 (three) Water Polo teams in a bracket. You may not transfer any entry to another competitor nor one registration to another competitor.

The detailed information on fees can be found on the official website at: http://www.fina-gwangju2019.com/masters_eng

3.3. Accreditation

In order to be accredited for the World Masters Championships as a participant, it is necessary to complete online registration through the FINA GMS at <https://registration.fina.org> and pay the fees by the registration deadline of June 24, 2019 (23:59 UTC).

Registration is mandatory for Athletes and Coaches. To get the accreditation for accompanying persons, it is necessary to pass online registration and make an online payment for the accompanying individual.

Once the person has registered for the 18th FINA World Masters Championships Gwangju 2019, they have to pay a Fee in order to be approved.

All participants should visit one of the Accreditation Centers (Nambu University Main Venue, or in the case of open water swimming, Yeosu Accreditation Center) upon arrival, undergo the accreditation procedure and receive their accreditation badges.

There are two (2) Accreditation Centers. More information can be found below :

| Accreditation Centers | Address | Operating Period |
|--|--|-------------------|
| Nambu University Main Venue Accreditation Center | 23, Cheomdanjungang-ro, Gwangsan-gu, Gwangju | August 3-18, 2019 |
| Yeosu Accreditation Center | 111, Odongdo-ro, Yeosu-si, Jeollanam-do (MVL Hotel) | August 3-18, 2019 |

3.4. Visa Information

ISSUANCE AND APPLICATION PROCESS

Please visit the Visa Navigator site to establish if a visa is required for you to enter the Republic of Korea.

Go to <https://www.visa.go.kr> ⇒ click **VISA NAVIGATOR** ⇒ Select continent and country ⇒ Select purpose of visit and duration of stay

PASSPORT

All participants of the 18th FINA World Masters Championships Gwangju 2019 must carry a passport issued by a government agency or a travel document that is equivalent to a passport to enter the Republic of Korea.

* Passports must be valid at least six months beyond the dates of your trip.

VISA-FREE ENTRY

The following countries may enter the Republic of Korea without a visa.

Countries Authorized for Visa-free Entry

| Continent | Country |
|-----------------------|--|
| Asia | BAHRAIN, BRUNEI, CYPRUS, HONG KONG, ISRAEL, JAPAN, KAZAKHISTAN, KUWAIT, MACAO, MALAYSIA, OMAN, QATAR, SAUDI ARABIA, SINGAPORE, TAIWAN, THAILAND, TURKEY, U.A.E, |
| North & South America | ANTIGUA BARBUDA, ARGENTINA, BAHAMAS, BARBADOS, BRAZIL, CANADA, CHILE, COLOMBIA, COSTA RICA, COMMONWEALTH of DOMINICA, DOMINICA REPUBLIC, ECUADOR, EL SALVADOR, GRENADA, GUATEMALA, GUYANA, HAITI, HONDURAS, JAMAICA, MEXICO, NICARAGUA, PANAMA, PARAGUAY, PERU, ST. KITTS-NEVIS, ST. LUCIA, ST. VINCENT, SURINAM, TRINIDAD TOBAGO, U.S.A., URUGUAY, VENEZUELA |
| Europe | ALBANIA, ANDORRA, AUSTRIA, BELGIUM, BOSNIA HERCEGOVINA, BULGARIA, CROATIA, CZECH, DENMARK, ESTONIA, FINLAND, FRANCE, GERMANY, GREECE, HUNGARY, ICELAND, IRELAND, ITALY, LATVIA, LIECHTENSTEIN, LITHUANIA, LUXEMBOURG, MALTA, MONACO, MONTENEGRO, NETHERLANDS, NORWAY, POLAND, PORTUGAL, ROMANIA, RUSSIA, SAN MARINO, SERBIA, SLOVAK, SLOVENIA, SPAIN, SWEDEN, SWITZERLAND, UNITED KINGDOM OF GREAT BRITAIN AND NORTHERN IRELAND, |
| Oceania | AUSTRALIA, FIJI, GUAM, KIRIBATI, MARSHALL ISLANDS, MICRONESIA, NAURU, NEW CALEDONIA, NEW ZEALAND, PALAU, SAMOA, SOLOMON ISLANDS, TONGA, TUVALU |
| Africa | BOTSWANA, LESOTHO, LIBERIA, MAURITIUS, MOROCCO, SEYCHELLES, SOUTH AFRICA, SWAZILAND, TUNISIA |

VISA APPLICANTS

Participants whose country of citizenship is not included in the Visa Waiver Agreement should apply for a visa at a diplomatic mission.

- 1) Application Location
 - Embassy or Consulate of the Republic of Korea
- 2) Applicant
 - The person requiring a visa to enter the Republic of Korea

3) Eligible Applicants (C-3 Short Term Visit)

- Those who are going to stay for a short period of time for purposes such as tourism, transit, visiting relative, conference, culture and art, common training, religious ceremony, collecting academic data, or other similar reasons (must not be for profit)
- ※ Please use the Visa Navigator for more detailed information on eligible applicants and required documents.

4) Required Documents

- Visa Application Form (Form 17 or Visa Portal Application Electronic Form)
- Passport
- Visa Invitation Letter from the Organising Committee
(The visa invitation letter will be sent to each Master's participant who have received prior approval from the Organizing Committee. The letter will be sent via email to the address registered in the FINA GMS.)
- Color Photograph (3.5cm x 4.5cm)
- Fees Paid in USD
- Required document for each applicant
- ※ If accepted by overseas diplomatic mission, payment is possible in the currency of the mission residency.
- ※ The documents submitted to Visa Navigator meets the minimum visa requirement for most countries.

For a more accurate visa screening, the head of the mission can request additional documents or waive documents to be submitted in consideration of the region of jurisdiction. The documents submitted through the visa navigator may differ from the visa application documents posted on the homepage of the different diplomatic missions (consular bulletin boards). Please prepare the required documents according to the diplomatic mission.

5) Visa Application Process



- ※ For further information, please contact the visa consul of the country of your residence (jurisdiction).

6) Diplomatic Missions Abroad

| Region | Type | Location |
|-----------------------|-------------------|--|
| East Asia/ Oceania | Embassy | Nepal, New Zealand, East Timor, Laos, Malaysia, Mongolia, Myanmar, Bangladesh, Vietnam, Brunei, Sri Lanka, Singapore, Afghanistan, India, Indonesia, Japan, China, Cambodia, Thailand, Pakistan, Papua New Guinea, Fiji, Philippines, Australia |
| | Consulate General | Kobe, Guangzhou, Nagoya, Niigata, Mumbai, Sapporo, Shanghai, Shenyang, Sendai, Sydney, Xi'an, Osaka, Yokohama, Wuhan, Chengdu, Chennai, Qingdao, Ho Chi Minh, Hong Kong, Fukuoka, Hiroshima |
| North & South America | Embassy | Guatemala, Nicaragua, Dominican Republic, Mexico, United States, Venezuela, Bolivia, Brazil, Argentina, Ecuador, El Salvador, Honduras, Uruguay, Chile, Canada, Costa Rica, Colombia, Trinidad and Tobago, Panama, Paraguay, Peru |
| | Consulate General | New York, Los Angeles, Montreal, Vancouver, Boston, Sao Paulo, San Francisco, Seattle, Chicago, Atlanta, Toronto, Honolulu, Houston |
| Europe | Embassy | Vatican, Greece, Netherlands, Norway, Denmark, Germany, Russia, Romania, Belgium, Belarus, Bulgaria, Serbia, Sweden, Switzerland, Spain, Slovakia, Ireland, Azerbaijan, United Kingdom, Austria, Uzbekistan, Ukraine, Italy, Czech Republic, Kazakhstan, Croatia, Kyrgyzstan, Turkey, Turkmenistan, Portugal, Poland, France, Finland, Hungary |
| | Consulate General | Milan, Barcelona, Vladivostok, St. Petersburg, Almaty, Irkutsk, Istanbul, Frankfurt, Hamburg |
| West Asia | Embassy | Lebanon, Libya, Morocco, Bahrain, Saudi Arabia, United Arab Emirates, Algeria, Yemen, Oman, Jordan, Iraq, Iran, Israel, Egypt, Qatar, Kuwait, Tunisia |
| | Consulate General | Dubai, Jeddah |
| Africa | Embassy | Ghana, Gabon, Nigeria, South Africa, Rwanda, Madagascar, Mozambique, Senegal, Sudan, Angola, Ethiopia, Uganda, Zimbabwe, Cameroon, Kenya, Côte d'Ivoire, Democratic Republic of the Congo, Tanzania |

- ※ For more information, please refer to the diplomatic missions of the Republic of Korea's visa portal (visa navigator).
https://www.visa.go.kr/openPage.do?MENU_ID=10106



3.5. Competition and Training Venues

The 18th FINA World Masters Championships Gwangju 2019 will host 5 competitions: Swimming, Diving, Water Polo and Artistic Swimming in Gwangju City and Open Water Swimming in Yeosu City. Competitions will be held in the following venues.

Nambu University Municipal Aquatics Center (SW, DV, WP)



As the main venue of the 18th FINA World Masters Championships Gwangju 2019, Nambu University Municipal Aquatics Center will host Swimming, Diving and Water Polo competitions.

It was built for the Summer Universiade Gwangju 2015 and historic as the automatic water depth control equipment was used for the first time in Korea. This venue is one of the top facilities with the best water quality in Asia running on an automatic high-tech operation system.

Detailed Information

Competition Pool (Main Swimming Pool, indoor)

- Construction Completion: May 2015
- Discipline: Swimming
- Seats: 10,648
- Dimension/Water depth: 50×26m/3m
- Water temperature: 26-27°C
- Lanes: 10

Competition Pool (Diving pool, indoor)

- Construction Completion: May 2015
- Discipline: Diving, Water Polo
- Seats: 10,648
- Dimension/Water depth: 34×25m/5m
- Water temperature: 26-27°C

Training Pool (Swimming pool, indoor)

- Construction Completion: May 2015
- Discipline: Swimming, Water Polo
- Dimension/Water depth: 50×21m/2m
- Water temperature: 26-27°C
- Lanes: 8

Training Pool (Diving pool, indoor)

- Construction Completion: May 2015
- Discipline: Diving
- Seats: 10,648
- Dimension/Water depth: 34×25m/5m
- Water temperature: 26-27°C

Training Pool (Main Swimming Pool, indoor)

- Construction Completion: May 2015
- Discipline: Water Polo
- Seats: 10,648
- Dimension/Water depth: 50×26m/3m
- Water temperature: 26-27°C

How to get here

- Address: 23 Cheomdanjungang-ro, Gwangsan-gu, Gwangju
- Distance to Championships' Village: 9km
- Transportation
 - Free shuttle bus: Final route schedule to be posted on the website
 - City bus: 5-10 minutes walk from the bus stop
 - To Nambu University: Cheomdan09, Cheomdan22, Cheomdan30, Cheomdan40, Cheomdan192, Songjeong700, Gwangsan720
 - To Electronic Technical High School: Maewol16, Bongseon27, Ullim51, Cheomdan22, Cheomdan30, Cheomdan40, Songjeong700

Training Pool (Yeomju Indoor Aquatics Center)

- Construction Completion: Sep. 1993
- Discipline: Swimming
- Seats: 1,500
- Dimension/Water depth: 50×25m/2m
- Water temperature: 26-27°C
- Lanes: 10

How to get here

- Address: 278 Geumhwa-ro, Seo-gu, Gwangju
- Distance to Championships' Village: 9.4km
- Transportation:
 - Free shuttle bus: Final route schedule to be posted on the website
 - City bus: 5-10 minutes walk from the bus stop
 - To Yeomju Gymnasium: Maewol16, Maewol26, Cheomdan20, Songam47, Songam74, Geumnam59
 - To World Cup Stadium: Maewol06, Maewol16, Maewol26, Cheomdan20, Songam47, Songam74

Yeomju Gymnasium Artistic Swimming Venue (AS)



This indoor multipurpose gymnasium has been used to hold volleyball, basketball and handball games every year since its opening in 1987. We installed a temporary pool to transform the gymnasium into an artistic swimming venue.

Detailed Information

Competition Pool (Indoor)

- Construction Completion: May 2019
- Discipline: Artistic Swimming
- Seats: 5,360
- Dimension/Water depth: 30×20m/3m
- Water temperature: 26-27°C

Training Pool (Outdoor)

- Construction Completion: May 2019
- Discipline: Artistic Swimming
- Dimension/Water depth: 20×15m/3m
- Water temperature: 26-27°C

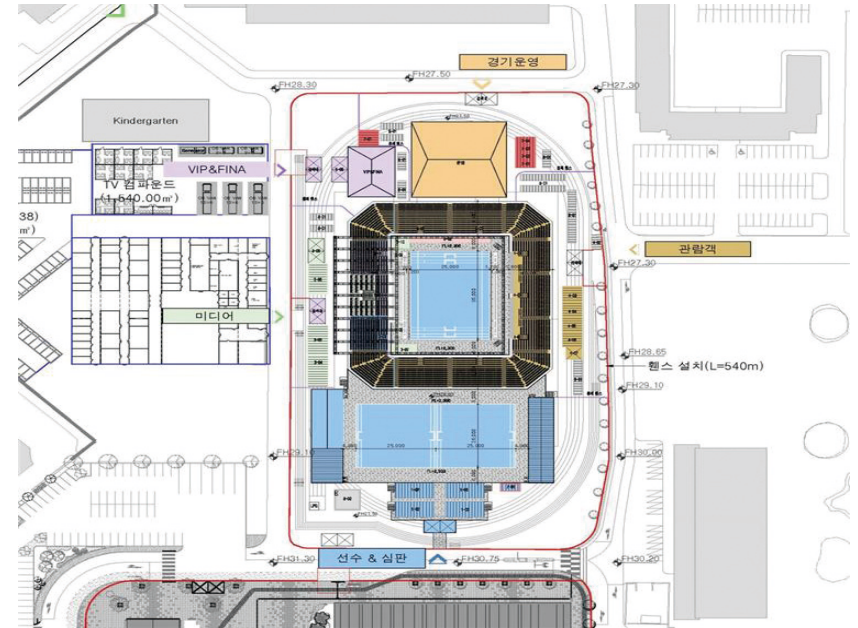
How to get here

- Address: 278 Geumhwa-ro, Seo-gu, Gwangju
- Distance to Championships' Village: 9.4km
- Transportation
 - Free shuttle bus: Final route schedule to be posted on the website
 - City bus: 5-10 minutes walk from the bus stop
 - To Yeomju Gymnasium: Maewol16, Maewol26, Cheomdan20, Songam47, Songam74, Geumnam59
 - To World Cup Stadium: Maewol06, Maewol16, Maewol26, Cheomdan20, Songam47, Songam74

Nambu University Football Field Water Polo / Swimming Venue (WP, SW)



In order to use the Nambu University Football Field for Water Polo and Swimming competitions, we installed a temporary pool with 4,340 spectator seats.



Detailed Information

Competition/Training Pool (Outdoor)

- Construction Completion: May 2019
- Discipline: Water Polo (Competition Pool), Swimming (Warm-up/Warm-down Pool)
- Seats: 4,340
- Dimension/Water depth: 35×25m/2m
- Water temperature: 26-27°C
- Lanes: 10

Competition/Training Pool (Outdoor)

- Construction Completion: May 2019
- Discipline: Water Polo (Competition/Training Pool), Swimming (Competition Pool)
- Seats: 4,340
- Dimension/Water depth: 25×25m/2m (Water Polo), 50×25m/2m (Swimming)
- Water temperature: 26-27°C
- Lanes: 10
- ※ The pools will be used as the swimming competition pool and the Warm-up/Warm-down Pool once all of the water polo games are completed.

How to get here

- Address: 23 Cheomdanjungang-ro, Gwangsan-gu, Gwangju
- Distance to Championships' Village: 9km
- Transportation
 - Free shuttle bus: Final route schedule to be posted on the website
 - City bus: 5-10 minutes walk from the bus stop
 - To Nambu University: Cheomdan09, Cheomdan22, Cheomdan30, Cheomdan40, Cheomdan192, Songjeong700, Gwangsan720
 - To Electronic Technical High School: Maewol16, Bongseon27, Ullim51, Cheomdan22, Cheomdan30, Cheomdan40, Songjeong700

Yeosu EXPO Ocean Park Open Water Swimming Venue (OWS)



Visitors can walk along the waterfront park of the 2012 Yeosu World Exhibition Venue, watch the world's only Big O multimedia show in the world, or enjoy marine sports. Hotels and guesthouses are available for those who want to spend a few days resting in Yeosu.

Detailed Information

Competition Pool (Outdoor)

- Construction Completion: May 2019
- Discipline: Open Water Swimming
- Seats: 2,075
- Course: 3km
- Water temperature: 22-28°C
- Address: 1, Bangnamhoe-gil, Yeosu-si, Jeollanam-do,
- Distance to Championships' Village: 133km
- Transportation
 - Free shuttle bus: Final route schedule to be posted on the website
 - City bus: 5-10 minutes walk from the bus stop
 - To Yeosu EXPO station: 6, 7, 333, 999

Training Pool (Jinnam Aquatics Center, indoor)

- Construction Completion: April 2018
- Discipline: Open Water Swimming
- Seats: 200
- Dimension/Water depth: 50x25m/1.5m
- Water temperature: 26-28°C
- Lanes: 5
- Address: 2, Orim-dong, Yeosu-si, Jeollanam-do
- Transportation: Free shuttle bus (Final route schedule to be posted on the website)

How to get to Yeosu

- **By Airplane**
Incheon International Airport → Gimpo Airport → Yeosu Airport
- **By KTX train**
Incheon International Airport → Gwangmyeong Station → Yeosu EXPO Station
- **By Express Bus**
Incheon International Airport → Yeosu Express Bus Terminal
- **By Car**
Incheon International Airport → Nonsan Cheonan Expressway → Suncheon Wanju Expressway → Yeosu EXPO Expressway

For more information, visit our website at
http://www.fina-gwangju2019.com/masters_eng

3.6. COMPETITION RULES AND REGULATIONS

FINA Rules in Part VIII (Masters Rules 2017-2021) and FINA By Laws (section BL 10 - World Masters Championships) as presented on the FINA website, will govern all five aquatic disciplines at the FINA World Masters Championships.

The information of these rules and regulations are available from the **FINA website www.fina.org**. It is also possible to purchase the FINA Handbook 2017-2021 from the FINA Office.

3.7. COMPETITION PROGRAMME

- Opening Ceremony August 11 Nambu University
- Swimming August 12-18 Nambu University Municipal Aquatics Center / Nambu University Football Field
- Diving August 13-18 Nambu University Municipal Aquatics Center
- Water Polo August 5-11 Nambu University Football Field / Nambu University Municipal Aquatics Center
- Artistic Swimming August 5-11 Yeonju Gymnasium
- Open Water Swimming August 9-11 Yeosu EXPO Ocean Park
- Closing Ceremony August 18 5-18 Democracy Square, ACC

3.7.1. Swimming

MINIMUM AGE LIMIT: 25 years

AGE DETERMINING DATE: The actual age of the competitor as of December 31st, 2019

AGE GROUPS (INDIVIDUAL EVENTS): 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94... (Five-year age groups as high as necessary)

AGE GROUPS (RELAY EVENTS): Based on the total age of team members in whole years: 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359... (Forty-year increments as high as necessary)

EVENTS:

- Freestyle: 50m, 100m, 200m, 400m, 800m
- Backstroke: 50m, 100m, 200m
- Breaststroke: 50m, 100m, 200m
- Butterfly: 50m, 100m, 200m
- Individual Medley: 200m, 400m
- Relays: 4x50m Freestyle, 4x50m Medley, 4x50m Mixed Freestyle, 4x50m Mixed Medley

ENTRY INFORMATION: To control the number of entries, the entry process of an event can be closed if the numbers of entries exceeds what can be handled within 10 hours of competition. Athletes should be aware that to ensure safety and to limit competition to 10 hours per day the entries may close earlier than the stated entry deadline. Pool allocation by age group and/or gender will be published on the website two (2) weeks after close of entries.

TRAINING PROVISION:

During training (August 5 to 11 2019), available pools for training are as follows:

1. Nambu Univ. Municipal Aquatics Center warm-up pool (50x21m, 8 lanes): 08:00-17:00
2. Yeonju Indoor Aquatics Center swimming pool (50x25m, 10 lanes): 08:00-17:00

During the competition days (August 12 to 18 2019), the following pool will be available for training:

1. Yeonju Indoor Aquatics Center swimming pool (50x25m, 10 lanes): 06:30-18:00

TECHNICAL OFFICIALS MEETING:

Technical Officials Meeting will be at 10:00 on August 11, 2019 at Nambu University Municipal Aquatics Center.

COMPETITION DATES:

August 12-18, 2019
Daily start times: 08:00

COMPETITION VENUES:

1. Nambu University Municipal Aquatics Center main swimming pool
2. Nambu University Football Field Swimming pool

POOL CHARACTERISTICS:

1. Nambu University Municipal Aquatics Center main swimming pool: 50m (length) x 26m (width) x 3m (depth), 10 lanes, indoor
2. Nambu University Football Field Swimming pool: 50m (length) x 25m (width) x 2m (depth), 10 lanes, outdoor

WARM UP/WARM DOWN POOLS:

1. Nambu University Municipal Aquatics Center warm-up pool (indoor): 50m (length) x 21m (width) x 2m (depth), 8 lanes (06:30-18:00)
2. Nambu University Football warm-up pool (outdoor): 25m (length) x 35m (width) x 2m (depth), 10 lanes (06:30-18:00)

WARM-UP PROCEDURES:

• Competition Pools

1) Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed except in designated sprint lanes. One or more lanes shall be designated as ONE WAY SPRINT lanes during the pre-meet warm-up sessions in the competition pool only.

2) Pull-buoys, kick boards, fins, hand paddles and other training aids considered inappropriate are not allowed in the competition pool or warm-up pool, as well as watches and heavy jewelry.

3) Competition pools will be available for warm up/cool down pool for swimmers competing that day only.

- warm up/cool down time: 06:30-7:30 / after end of competitions-18:00

• Warm-up Pools

Same as competition pools except NO lanes will be designated as ONE WAY SPRINT LANES. There shall be no diving or backstroke starts in the warm up pools.

WARM UP PROCEDURES WILL BE STRICTLY ENFORCED. ANY SWIMMER WHO ACTS IN AN UNSPORTSMANLIKE OR UNSAFE MANNER WITHIN THE SWIMMING VENUE MAY BE CONSIDERED FOR APPROPRIATE ACTION OR PENALTY by the FINA Masters Commission.

ENTRY RESTRICTIONS: A swimmer may enter a maximum of five (5) individual events, but not more than two (2) individual events per day. Swimmers may also enter the open water swimming event in addition to the five individual events. The time entered for an individual event must not exceed the qualifying time for that event.

A swimmer can be part of a maximum of one relay per each relay event

Entries without times will not be accepted. **No entries and time change are allowed after the entry deadline deadline of 24 June 2019 (23:59 UTC).**

QUALIFYING STANDARDS:

The times should be obtained during a sanctioned meet.

FINA suggests that the times should be obtained within two years of the Championships.

Please note that the actual time of the event swum, which has exceeded the qualifying standards, will not be shown on the result sheets, but instead will be noted on the result sheets as N.T. (No Time).

COMPETITION NOTES: All starts will be "over the head" i.e. swimmers from the previous race will stay in the water until the next race has started. The one-start rule will apply for all swimming events.

RECONFIRMATION: There may be reconfirmation of the following events, 800m free, 400IM and 400 free. The reconfirmation shall be done electronically. Details of this reconfirmation procedure or notification of such will be published on the website after the close of entries. The rest of the events will be seeded from the entries.

PRE-SEEDING: The 800m, and 400m Freestyle and 400m Individual Medley will be pre-seeded using the times entered, slowest to fastest regardless of age or age group. All other events will be pre-seeded using the times entered with the oldest age groups first and with the slowest heats swum first within each age group.

RELAY EVENTS: Relay sheets or cards indicating the names of the pre-registered swimmers will be given to the team representative on arrival at registration. These competitors must be verified or amended and given an entry time on the relay sheets or cards returned to the designated point. It is not possible to change the entered Age Group for a relay team after the deadline of the entries. Change of swimmers on a relay team is allowed up to 12:00 noon on the day before the relays. All relay team members must be affiliated with the same swimming club. A swimmer may not swim for more than one team per relay event.

MIXED RELAYS: “Mixed” means both sexes compete; i.e., two females and two males. The order of swimming is optional.

REPORTING: It is the responsibility of all swimmers to report to the clerk of the course (marshalling area) at least 15 minutes prior to their designated races.

RESULTS: All results will be posted on the Championships website after each event. Results sheets per event are available for purchase (an update on rates and location will follow).

MEDALS, INDIVIDUAL EVENTS: Medals will be awarded to 1st to 3rd places (gold, silver and bronze) in each age group and 4th to 6th places medals of lesser value.

MEDALS, RELAY EVENTS: 1st to 3rd places (gold, silver and bronze) in each age group (each member of the team will receive a medal.)

IMPORTANT: No one may smoke in any of the pool complexes or in the surrounding areas.

QUALIFICATION STANDARD TIMES:

http://www.fina-gwangju2019.com/masters_eng/contentsView.do?pageld=masters_eng26



3.7.2. Open Water Swimming

MINIMUM AGE LIMIT: 25 years

AGE DETERMINING DATE: The actual age of the competitor as of December 31st, 2019

AGE GROUPS: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94... (five-year age groups as high as necessary).

ENTRY INFORMATION:

Swimmers entering the Open Water Swimming must be familiar with the requirements that are needed to participate in an Open Water Swimming event and that they have made appropriate preparations for this event!

Open Water Swimming is limited for safety reasons to 1,000 swimmers per day. Entries will close when the 1,000 limit is obtained by age groups assigned each day.

RACE INFORMATION:

The Open Water Swimming competition will be held for three (3) days as follows:

Friday/August 9 2019/55-90+ age group
 Saturday/August 10 2019/40-54 age group
 Sunday/August 11 2019/25-39 age group

It will be an in-water start.

Race organisers, in consultation with the referee and subject to advice from FINA Masters Commission, are to designate in advance the cut off time for each Masters race. As a rough guide, a time of 30 minutes per kilometre will apply.

It shall be compulsory for all swimmers to wear highly visible coloured numbered swim caps, provided by the Organizing Committee.

Transponders will be used during the competition.

TRAINING PROVISION:

- Jinnam Aquatics Center Swimming Pool (50m, 5 lanes):
August 7-10, 2019 (14:30~18:30)
- Yeosu EXPO Ocean Park Competition Venue:
August 7-8, 2019 (10:00~11:30, 14:00~18:00)
August 9-10, 2019 (15:30~18:00, training after the competition)

TECHNICAL MEETING:

SWIMMERS MUST ATTEND THE TECHNICAL MEETING OR WATCH THE RECORDING OF THE MEETING.

- Date: August 8, 2019
- Time: 16:30
- Place: Yeosu EXPO Ocean Park spectator stand

The meeting will be recorded, and uploaded to the official website.

COMPETITION DATE: August 9-11, 2019

COMPETITION VENUE: Yeosu EXPO Ocean Park

LENGTH OF COURSE: Three (3) kilometers

WATER TEMPERATURE / CONDITION:

- Water temperature: 22-28C° (depending on weather conditions)
- Ambient air temperature: 22-35C° (depending on weather conditions)
- Wind condition: Depending on weather conditions
- Tidal: Favourable
- Current: Favourable
- Swell: Favourable
- Water depth on course: 7.1-8m
- Maximum water depth on course: 8m
- Course bottom material: Soil and sand
- Any outlet points and under water obstacles: None

During the competition, updated weather forecast will be released to inform all of participants.

TRANSPORT: Information on the transportation to the OWS venue will be published on the website.

TIME LIMITS: Swimmers who cannot complete the 3km distance in 90 minutes are advised not to enter. Swimmers still on the course after this time may be stopped and ordered out and no time will be given.

MARSHALLING AREA: All athletes must report to the registration area two hours before their starting time. At the marshalling area all competitors shall be

in attendance 30 minutes before their allotted wave. A map showing the course will be clearly visible in this area for all the swimmers. Athletes will be called with a microphone system or megaphone, starting with the first wave.

SAFETY: Full medical provision and appropriate safety craft will be provided during and at the end of competition.

CHANGING AREA: Competitors must leave their equipment/clothes in the advised area. The Organizing Committee will provide a visible numbered coloured cap and timing chip for each swimmer. Each swimmer is required to wear this cap/chip all way throughout the race. A second cap may be worn under the brightly coloured numbered cap.

SUPPORT FACILITIES: Changing facilities will be available close to the start and the finish. A food and beverage area and a medical centre will be available on site.

MEDALS: Medals will be awarded to 1st to 3rd places (gold, silver and bronze) and 4th to 6th places medals of lesser value in each age group.

IMPORTANT: No one may smoke in any of the athlete's complexes or in the surrounding areas.

The competition and training schedules are subject to the weather and course conditions.

3.7.3. Diving

MINIMUM AGE LIMIT: 25 years

AGE DETERMINING DATE: The actual age of the competitor as of December 31st, 2019

AGE GROUPS:

· Springboard and platform: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ (five-year age groups as long as necessary).

· Synchronised diving: 50-99 and 100+ (age determined by adding the age of the two divers).

SCHEDULE: The programme will be made for six (6) days from August 13-18, 2019.

SAFETY: Divers must indicate that they are able to execute the dive. Officials may remove divers from an event where the divers' safety is a concern.

PRACTICE PROVISION:

The days of 11 and 12 of August are designated as practice days for diving prior to the first day of competition.

Open practicing time during the two practice days will be between 07:00-19:00. Practice times during competition days will be from 06:30 until 20 minutes prior to the start of the first competition. After last competition the pool will be available until 20:00.

Prior to the next event only those divers who will participate in that event can use the respective boards or platform. When there is no event the other divers can use the platform or boards.

Between each event, there will be a 20 minute practice time.

Restrictions for simultaneous dive from platform and springboard will apply.

TECHNICAL MEETING:

Technical meeting will be at 10:00 on August 12, 2019 at Nambu University Municipal Aquatics Center.

COMPETITION DATES:

The competition will start on each August 13-18, 2019 competition day at 08:00 o'clock.

The competition schedule will be provided on the internet prior to the championships once registration closes. This will also be provided to competitors at the venue.

TOTAL NUMBER OF DIVES REQUIRED:

Springboard & Platform

| Age group, Years | Men 1m and 3m | Women 1m and 3m | Men Platform | Women Platform |
|---------------------|------------------|--------------------|-----------------|-------------------|
| 25-29 | 7 | 6 | 6 | 6 |
| 30-34 | 7 | 6 | 6 | 6 |
| 35-39 | 7 | 6 | 6 | 6 |
| 40-44 | 7 | 6 | 6 | 6 |
| 45-49 | 7 | 6 | 6 | 6 |
| 50-54 | 6 | 5 | 5 | 5 |
| 55-59 | 6 | 5 | 5 | 5 |
| 60-64 | 6 | 5 | 5 | 5 |
| 65-69 | 6 | 5 | 5 | 5 |
| 70-74 | 5 | 4 | 4 | 4 |
| 75-79 | 5 | 4 | 4 | 4 |
| 80 + | 4 | 3 | 3 | 3 |

Note: 10m limit; 50+ can only perform dives with feet first entries and not exceeding 2.0 in difficulty

Synchronised Diving

| | Age Group | Men | Women | MixedTeam |
|-------------------|-----------|---------|---------|-----------|
| 3m Springboard | 50 - 99 | 2(*)+2 | 2(*)+2 | 2(*)+2 |
| | 100 + | 2(*)+2 | 2(*)+2 | 2(*)+2 |
| Platform | 50 - 99 | 2(*)+2 | 2(*)+2 | 2(*)+2 |
| | 100 + (x) | 2(*) +1 | 2(*) +1 | 2(*) +1 |

Note: (X) 10m limit; 100+ can only perform dives with feet first entries and not exceeding 2.0 in difficulty

(*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.

WARM-UP PROVISION: Warm up time will normally be provided prior to competition for competitors involved in the ensuing session.

COMPETITION VENUE:

Nambu University Municipal Aquatics Center diving pool

POOL CHARACTERISTICS:

The diving pool has been built according to FINA requirements.

EQUIPMENT:

- 2x1m springboard Duraflex Maxi B (2 for the competitions) and two on the platform side for training
- 1x1m platform
- 3x3m springboard Duraflex Maxi B (3 for the individual and synchro competitions)
- 1x3m platform
- 1x5m platform adequate for synchro
- 1x7,5m platform which will inadequate for synchro
- 1x10m platform
- Water agitation system
- A room or space will be provided with mats large enough for the divers to warm up.
- Warming basin
- Showers behind the platform

COMPETITION FORMAT: The divers can freely choose their dives from the table in FINA Diving Rules, providing each dive to be performed has a different dive number.

For age groups 50+, any dive from 10m must be with feet first entry and with a degree of difficulty of 2.0 maximum.

For age groups 70+, dives with the same dive number can be repeated if different positions are used.

In synchronised diving events two divers from different clubs within the same Federation are permitted to compete as a synchronised diving team in the 3m springboard and the platform synchronised diving competitions.

In Synchronised Diving both divers must perform the same dive number and position. Otherwise, the Referees shall declare a failed dive (0 points)

All divers will perform a full series of dives in their age group and there will be no preliminary or final contests. The Organising Committee reserves the right to run events concurrently, depending on the number of entries.

DIVE SHEETS:

The submission of Dive sheets will be communicated to each diver via the e-mail used in registration. FINA may in exceptional circumstances accept dive sheets at the venue not later than 24 hours prior to each event. In case of online filling organisers require to sign the original dive sheet by the diver.

Late sheets and changes to an existing sheet will incur a penalty fee of 10.00 USD per sheet between 24 hours and three (3) hours prior to the event.

No changes of diving forms will be accepted after the deadline of 3 hours before the start of the event.

REPORTING: All divers are responsible for being at the competition site for the start of their designated event.

MEDALS: Medals will be awarded to 1st to 3rd places (gold, silver and bronze) and 4th to 6th places medals of lesser value in each age group. If there are fewer than six divers in an age group, only the first three medals shall be awarded.

IMPORTANT: No one may smoke in any of the pool complexes or in the surrounding area.

3.7.4. Water Polo

MINIMUM AGE LIMIT: 30 years

AGE DETERMINING DATE: The actual age of the competitor as of December 31st, 2019

AGE GROUPS: 30+, 35+, 40+, 45+, 50+, 55+, 60+ ... (five-year increments as high as necessary)

Age groups apply for men and women teams.

The age of the youngest member of the team determines the age group of the team. There are no restrictions on the ages of players older than the youngest player on the team.

ENTRY INFORMATION: During the preliminary rounds when there are 17 or more teams entered some or all teams may play more than one game per day. The maximum number in each Age Group is 20 teams.

A club can enter only one team per age group.

Maximum Number of entry 60 teams.

COMPOSITION OF TEAMS: FINA Masters Water Polo (MWP) rules apply to this competition. Please ensure that the composition of a team complies with MWP 2.1.

A team may enter up to 15 players on their team entry form to participate in any game of this tournament (i.e. seven players and up to 8 reserves). It is not compulsory to name a substitute goalkeeper. A goalkeeper who has been replaced by a substitute may, if the player returns to the game, play in any position.

Women players may be members of a men's team.

A player may only represent one club in the competition and all players must be registered with the same club.

If less than three (3) teams are registered in an age group, they will be asked to compete in the next youngest age group while maintaining a separate ranking. Teams which do not accept this will have their team registration fee reimbursed. Team's players registered just for water polo championship will have their individual registration fee reimbursed as well.

TRAINING OPPORTUNITIES: Training opportunities will be available at the Championships pools:

1. Nambu University Municipal Aquatics Center main swimming pool (50x26x3m)
2. Nambu University Football Field warm-up pool (25x25x2m)
3. Nambu University Municipal Aquatics Center warm-up pool (50x 21x2m)

Date: August 3 2019, two (2) days prior to the start of the competition

Requests for training should be made by written request prior to arrival, or on arrival at the competitor registration desk for Water Polo.

Further training opportunities may be available during competition, depending on the number of entries received. These additional opportunities will be announced at the technical meeting.

TECHNICAL MEETING: Technical meeting for coaches and managers/team representatives will be held at 16:00 on August 4, 2019 at the meeting room in the venue.

The final composition of the team shall be confirmed at the Technical Meeting. The team will be composed ONLY by players who have been registered in the FINA GMS and paid the registration fees.

COMPETITION DATES: August 5-11, 2019

COMPETITION SCHEDULE: The schedule for the competition will be provided on the website as soon as possible following the draw.

COMPETITION FORMAT: The competition format will be determined according to the number of teams entered in an age group. The object will be to have each team play a minimum of four games and to determine the final placing as far down in each age group as feasible. The format may be round robin, or group play. In group play, there may be one or more preliminary rounds, followed by semi-final and final to determine final placing.

COMPETITION VENUES:

1. Nambu University Football Field competition pool (35x25x2m)
2. Nambu University Football Field competition pool (25x25x2m)
3. Nambu University Municipal Aquatics Center diving pool (25x33x2m)

EQUIPMENT: Teams will be responsible for providing their own practice and warm-up water polo balls. The Organising Committee will provide the competition match balls, which will be the official FINA Water Polo ball of Mikasa.

Game caps will be available, but teams may use their own caps, provided the numbers on the caps conform to FINA rule WP 4 and are 10cm in height. Note MWP 2.1 provides for a list of up to 15 players in masters water polo, all players listed on the final roster are eligible to play in the competition.

ENTRY PROCEDURE: To be eligible for the competition each water polo player must complete an individual registration and pay the individual registration fee and the team must pay the registration fee for a team.

A nominated coach, manager/team representative must submit the fully completed Team Sheet for entry into the competition. Changes on the Team Sheet are not allowed after the nominated coach, manager/team leader has reconfirmed the entries at the technical meeting on August 4, 2019.

REPORTING: It is the responsibility of each team to be ready to play at least 15 minutes prior to the designated starting time for their match. Teams arriving later than 5 minutes after the designated start time for their match will forfeit the match, with the match awarded to the opponent with a score of 5-0. In the event that a forfeit may benefit the team forfeiting in terms of advancement, the Management Committee of the competition reserves to make any adjustment in the reported score to correct this possibility.

MEDALS: Medals will be awarded to 1st to 3rd places in each age group (each player on the team and a coach will receive a medal).

IMPORTANT: No one may smoke in any of the pool complexes or in the surrounding area.



3.7.5. Artistic Swimming

MINIMUM AGE LIMIT: 25 years

AGE DETERMINING DATE: The actual age of the competitor as of December 31st, 2019

AGE GROUPS:

- SOLO: 25-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over
- DUET: 25-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over with age group determined by the average age of the competitors.
- MIXED DUET: 25-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over with age group determined by the average age of the competitors.
- TEAM: 25-34, 35-49, 50-64, 65 and over with age group determined by the average age of the competitors.
- FREE COMBINATION: 25-39, 40-64, 65 and over with age group determined by the average age of the competitors.

TECHNICAL MEETING: Technical Meeting will be held at 14:00 on August 4, 2019 at the conference room in Yeomju Gymnasium.

The computer draw for the Technical Routines will be done after the close of entries and at least one month before the start of the competition.

PRACTICE PROVISION: On training days (3-4 of August) the warm-up pool (Yeomju Gymnasium) and competition pool (Yeomju Gymnasium) are available for practice. In the competition pool everybody has time for practice with music if the club has booked a date.

On competition days, there will be no practice with music, but time will be allocated for practice after the last event of the day and all day in half of the warm-up (Yeomju Gymnasium). Warm up and cool down will be available in half of the warm-up pool. The exact times of practice are subject to entry numbers.

COMPETITION DATES:

7 days program to be limited to August 5-11, 2019 10 hours per day + 2 days for training

| Date | Time | | Competition |
|--------------|-------|--------|-----------------------------------|
| | Start | End | |
| Aug. 3 2019 | 8:00 | 20:00 | Training |
| Aug. 4 2019 | 8:00 | 20:00 | Training |
| Aug. 5 2019 | 8:00 | 18:00 | Solo Tech |
| Aug. 6 2019 | 8:00 | 18.:00 | Duet Tech |
| Aug. 7 2019 | 8:00 | 18.:00 | Team Tech, Mixed Duet Tech |
| Aug. 8 2019 | 8:00 | 18:00 | Solo Free |
| Aug. 9 2019 | 8:00 | 18:00 | Duet Free |
| Aug. 10 2019 | 8:00 | 18:00 | Team Free |
| Aug. 11 2019 | 8:00 | 18:00 | Free Combination, Mixed Duet Free |

COMPETITION VENUE: Yeomju Gymnasium Artistic Swimming Pool

POOL CHARACTERISTICS:

1. Yeomju Gymnasium warm-up pool (outdoor): 20mx15mx3m
2. Yeomju Gymnasium competition pool (indoor): 30mx20mx3m

SOUND EQUIPMENT: Competitors are responsible for their own music. Competitors/Team managers or Coaches can submit the music electronically via the Internet to the Organising Committee as per instructions published on the website. Each submission shall include the name of the competitor, the country and club name, event and music time. Music should be recorded so that the sound levels for soft, quiet and low-pitched music are clearly audible. Competitors are responsible for ensuring that they have appropriate copyright authorization. On the first day of the practice sessions, Competitors, Team Managers or Coaches shall be allowed to verify playback. If necessary, the Competitor/Team Manager or Coach may be allowed to change the music by presenting an acceptable reproduction to the Sound Center Manager. Music may be supplied in accordance to AS 15.3.

ENTRY RESTRICTIONS: duet, mixed duet, team and free combination competitors must represent the same club. Each club may submit up to a maximum of five (5) routine entries per age group per event. Each club may enter one free combination in each age group. A competitor can take part in only one Duet, Team and Free Combination.

TEAM MEMBERS: Each team shall consist of a minimum of four (4) and a maximum of eight (8) members.

One half-point penalty will be deducted from the total final team score for each member less than eight (8).

Free combination shall consist of a minimum of four (4) members and a maximum of ten (10) members.

MAXIMUM TIME LIMITS: Time limits for technical routines and free routines including ten (10) seconds for the deck movement.

| | |
|--------------------------------|----------------------|
| Solo - Technical Routines | 1 minute 30 seconds |
| Solo - Free Routines | 2 minutes 30 seconds |
| Duet - Technical routines | 1 minute 40 seconds |
| Duet - Free routine | 3 minutes |
| Mixed Duet - Technical routine | 1 minute 40 seconds |
| Mixed Duet - Free routine | 3 minutes |
| Team - Technical routine | 1 minute 50 seconds |
| Team - Free routine | 4 minutes |
| Free combination | 4 minutes |

There is no minimum time limit.

There shall be an allowance of fifteen (15) seconds plus the allotted time for Technical Routines, Free Routines and Free Combination.

TECHNICAL ROUTINES: Technical routines must include all required elements as described in Appendix 1 of MSS rules. Music selection is optional and may be the same as the music used in the free routine.

Technical routines will be recorded (video) during the event and if necessary reviewed.

Video recording shall be in accordance to AS 14.1.9

OTHERS: Goggles may be worn.

Reserves Forms must be received at the designated point no later than 3 hours prior to the published start time of the event.

SCORING: Judging and scoring will be made in accordance to the AS Rules with the exception to BL 10.6.10.1: At the FINA World Masters Championships at least four (4) judges shall officiate in three panels. Judging shall be that as per the FINA Artistic Swimming Rules.

REPORTING: It is the responsibility of each competitor, including all members of duets, mixed duets and teams to report to the call room at least 30 minutes prior to the start of the designated event.

MEDALS: Medals will be awarded to 1st to 3rd places in all events in each group (each member of a duet, team/free combination will receive a medal including reserves) and 4th to 6th places medals of lesser value in all events in each age group.

If there are fewer than six routines in an age group, only the first three medals shall be awarded.

IMPORTANT: No one may smoke in any of the pool complexes or in the surrounding areas.

APPENDIX I

FINA REQUIRED ELEMENTS FOR MASTERS TECHNICAL ROUTINES

Supplementary elements may be added

1. Unless otherwise specified in the description of an element:
 - All figures or components thereof shall be executed according to the requirements described in this Appendix.
 - All elements shall be executed high and controlled in uniform motion with each section clearly defined.
2. Time limits as in MAS 4.1
3. Swim wear shall be black and the competitor shall wear a whitecap.

SOLO REQUIRED ELEMENTS

Elements 1 to 5 MUST be performed in the order listed.

Element 6 may be performed at any time during the routine.

1. **FISHTAIL** – from a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional).
2. **SPLIT POSITION** – followed by a walkout front or walkout back.
3. **SPINNING 180°** – From a Bent Knee Position, a Spin 180° is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.
4. **TRAVELLING BALLET LEG COMBINATION** – Beginning in a Back Layout Position to include any 2 of the following positions– Bent Knee Back Layout, right; Bent Knee Back Layout, left; Ballet Leg, left; Ballet Leg, right; Flamingo Position, left; Flamingo Position, right; Ballet Leg Double.
5. **BARRACUDA BENT KNEE** – From the Back Pike Position with the legs perpendicular and the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A Vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust

6. TWO (2) FORMS OF PROPULSION – Must include Egg Beater travelling sideways and/or forward (arms optional)

DUET REQUIRED ELEMENTS

Elements 1–5 MUST be performed in the order listed Elements 6–7 may be executed at any time during the routine

Routines for Duet 1 to 6 as above for Solo

7. JOINED ACTION – Where the swimmers are connected (touching) in some manner to perform on of the following:

- A connected figure or a connected float or connected stroking
- Action must be performed simultaneously. Mirror action is permitted.
- Stacks, lifts, platforms, throws are not permitted.

With the exception of the DECK WORK and ENTRY and as noted in the JOINED ACTION, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by both swimmers, Variation in propulsion and direction facing are permitted during pattern changes.

TEAM REQUIRED ELEMENTS

Elements 1–5 MUST be performed in the order listed Elements 6–9 may be executed at any time during the routine

Routines for Team 1 to 7 as above for Duet

8. CADENCE ACTION – Identical movements performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.

9. PATTERNS – must show a circle and straight line. Elements may be performed when in the circle or the straight-line patterns.

With the exception of the DECK WORK, ENTRY, CADENCE and as noted in the JOINED ACTION, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by all swimmers. Swimmers need not face the same direction in the circle pattern. Variation in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except in the description of the elements.

3.8. Victory Ceremonies

Victory ceremonies will be held in separate areas near the competition venues. Medals for places 4-6 are to be awarded at the same time. Three separate areas near competition venues will be designated for victory ceremonies. The detailed timeline of the awarding ceremonies will be available after the closing of the entries.

All diplomas are to be collected by athletes or the Heads of Teams at the competition venues.



CHAPTER 4. SERVICE

4.1. Reaching the Republic of Korea and Gwangju

REACHING GWANGJU

Visitors may reach the Republic of Korea and Gwangju by various means of transportation.

Detailed information will be posted on the Organizing Committee's official website, http://www.fina-gwangju2019.com/masters_eng

BY AIR

Host city, Gwangju Metropolitan City has two airports located in near vicinity, Gwangju Airport and Muan International Airport.

International participants will arrive into Incheon International Airport, one of the worlds largest and busiest airports. From here participants have the option to either fly from nearby Gimpo International Airport to Gwangju Airport or to Muan International Airport where an airport bus is available to take them to Gwangju Metropolitan City.

Airport websites and mobile apps make it easy to book and confirm your arrival and departure information.

Coming from Incheon and Gimpo International Airport

- Incheon Int'l Airport → Gimpo Int'l Airport → Gwangju Airport → Shuttle Bus → Accreditation Center
- ※ Gwangju Airport operates only domestic flights (Asiana, Air Phillip)
- * Incheon Int'l Airport website: <https://www.airport.kr/ap/en/index.do>
- * Gimpo Int'l Airport website: <http://www.airport.co.kr/gimpoeng/main.do>
- * Gwangju Airport website: <http://www.airport.co.kr/gwangjueng/main.do>

Coming from Muan International Airport

- Muan Int'l Airport → Airport Bus → Gwangju Bus Terminal → Shuttle Bus → Accreditation Center
- * Muan Int'l Airport website: <http://www.airport.co.kr/muaneng/main.do>

BY HIGH SPEED TRAIN

Overseas and domestic Seoul Metropolitan area participants can conveniently and quickly reach Gwangju Metropolitan City by using high-speed trains (KTX, SRT). Confirm departure/arrival information, and make reservations using high-speed train web sites and mobile apps

Coming from Incheon Int'l Airport

- Incheon Int'l Airport → Gwangmyeong Station (KTX) → Gwangju Songjeong Station → Shuttle Bus → Accreditation Center
- ※ Airport bus is taken to Gwangmyeong Station (KTX) from Incheon Int'l Airport.
- Incheon Int'l Airport → Seoul/Yongsan Station (KTX) - Gwangju Songjeong Station → Shuttle Bus → Accreditation Center
- ※ Metro taken from Incheon Int'l Airport to Seoul and Yongsan Station

Coming from Seoul

- Seoul/Yongsan (KTX) and Suseo (SRT) Station → Gwangju Songjeong Station → Shuttle Bus → Accreditation Center
- * Letskorail (KTX) website: <http://www.letskorail.com/ebizbf/EbizBfTicketSearch.do>
- * Super Rapid Train (SRT) website: <https://etk.srail.co.kr/main.do?language=EN>

BY EXPRESS BUS

The express buses operates nationwide in all metropolitan cities and major regions. Detailed ticketing information by visiting the express bus website or mobile app where passengers can make reservations and payments.

Coming from Incheon Int'l Airport

- Incheon Int'l Airport Terminal 1 (Bus stop location: 1st floor area 12)
Incheon Int'l Airport → Gwangju Bus Terminal → Shuttle Bus → Accreditation Center
- Incheon Int'l Airport Terminal 2 (Bus stop location: B1 area 8)
Incheon Int'l Airport → Gwangju Bus Terminal → Shuttle Bus → Accreditation Center

Coming from Seoul

- Central City and Dong Seoul Terminal (Honam Line) → Gwangju Bus Terminal → Shuttle Bus → Accreditation Center
- * Integrated National Express Bus website: <https://www.hticket.co.kr/main.do>
- * Airport limousine bus from Incheon Int'l Airport to Gwangju Metropolitan City runs every 10 to 50 minutes.

BY CAR

You can use the Seohaean Expressway, Honam Expressway, and 2nd Circular Beltway Road when coming to Gwangju by car. Be sure to use mobile apps and navigation for accurate directions.

Coming from Incheon Int'l Airport

- Seohaean Expressway → Honam Expressway → Accreditation Center

Coming from Muan Int'l Airport

- Gonghang-Ro(Airport Rd) → Muan-Gwangju Expressway → Mujin Daero → Accreditation Center

Coming from Seoul

- Gyeongbu Expressway → Nonsan-Cheonan Expressway → Honam Expressway → Accreditation Center

Coming from Daejeon

- Honam Expressway → Honam Expressway → Accreditation Center

Coming from Daegu

- Sincheon Expressway → Gwangju-Daegu Highway → Honam Expressway → Accreditation Center

Coming from Busan

- Namhae Expressway → Honam Expressway → Accreditation Center

4.2. Transportation

PUBLIC TRANSPORTATION

All participants will have access to free public transportation by presenting/showing Accreditation card when riding bus or using metro. Arrival and departure information can be found on websites and mobile apps.

- **City Bus:** Gwangju Metropolitan City and surrounding cities (Damyang, Naju, Hwasun, Jangseong, Hampyeong)
- **Metro:** 20 stations (Pyeongdong Station ↔ Nokdong Station) 05:25 ~ 24:00, 6-minute intervals
- * Gwangju Rapid Transit website <http://www.grtc.co.kr/subwayeng>
- **Taxi (charge fee for service):**
Translation Service inside Taxi(☎1330), 8 languages offered. Average fee is 10USD

FREE SHUTTLE BUS

Participants of the 2019 Gwangju FINA World Masters Championships will receive the following free transportation services from August 1, 2018 to August 18, 2019. Participants must present their Accreditation cards.

- Gwangju Airport, Gwangju Songjeong Station, Gwangju Bus Terminal, Yeosu Airport, Yeosu-Expo Station, Yeosu Bus Terminal ↔ Accreditation Center
- Venue ↔ Venue, Championships Village ↔ Venue
- Championships Village ↔ Opening/Closing Ceremony

4.3. Accommodation

During the 18th FINA World Masters Championships Gwangju 2019, most participants and visitors will be staying at the World Championships Village. This newly constructed Village is a brand new apartment complex of 24 buildings with 4,413 units and is ready to host six thousand Masters athletes, coaches, and visitors. Hotels, guesthouses, and other accommodation options are available. For more information, please visit our official website, http://www.fina-gwangju2019.com/masters_eng and for any questions please email us at fina2019@globaltour.co.kr.

WORLD CHAMPIONSHIPS VILLAGE



- Address 110 Geumbong-ro, Gwangsan-gu, Gwangju
- Total area 233,466㎡
- Apartment buildings 24 buildings with 15-25 floors
- Households 1,660 units
- Accommodation capacity 6,000 people
- Operation period Aug. 1-21, 2019

LAYOUT



· International Zone

This is a communal area where Masters athletes and visitors get necessary services and other related information. The zone will also offer shops and various cultural events.

| Area | Facilities |
|---------|---|
| 15,688㎡ | Welcome Centre (Information Centre, Main Operation Centre) / Front Office / FINA Office / VIP Room / Photo Studio / Meet Information Center / Telecommunication Service Store |

· Masters Zone

The participants and guests who stay at the Village during the Masters Championships will eat, sleep and relax in this zone.

| Size | Capacity | Facilities | Note |
|------------------|--------------------|---|----------------|
| 59m ² | 396Unit 1,188 Room | Dining hall, Photo centre, Telecom centre, Bank, CVS, Post office, Laundry, Souvenir shop, Cafe, Medical Center, etc. | 3~6 beds /Unit |
| 75m ² | 545Unit 1,635 Room | | |
| 78m ² | 131Unit 393 Room | | |
| 84m ² | 588Unit 1,764 Room | | |

RATE (Bed & Breakfast)

· Room: 75-150 (1-2 Persons/Night, USD)

| Category | | A (1P) | B (1P) | C (1P) | D (2P) | E (2P) |
|-----------------|-----------|--------------------|------------------|------------------|------------------|------------------|
| Rate (USD) | | 75 | 95 | 105 | 120 | 150 |
| Feature | Bed | Single | Single | Single | Twin | Twin |
| | Size | 8-10m ² | 10m ² | 16m ² | 10m ² | 16m ² |
| | Bath-room | Shared | Private | Private | Shared | Private |
| Number of rooms | | 1,992 | 374 | 368 | 950 | 729 |

· Unit: 245-390 (3-6 Persons (P)/Night, USD)

| Category | 59m ² | 75m ² | | 78m ² | | 84m ² |
|------------|------------------|------------------|------------|------------------|------------|------------------|
| Rate (USD) | 245 | 300 | 255 | 300 | 255 | 390 |
| Feature | A+A+B (3P) | A+A+E (4P) | A+A+C (3P) | A+A+E (4P) | A+A+C (3P) | D+D+E (6P) |

FLOOR PLAN

| TYPE 59m ² | Type A | Type A | Type B |
|--|----------------------------|----------------------------|-----------------------------|
| | | | |
| | Single bed Shared Bathroom | Single bed Shared Bathroom | Single bed Private Bathroom |
| TYPE 75m ² / 78m ² - ① | Type A | Type A | Type E |
| | | | |
| | Single bed Shared Bathroom | Single bed Shared Bathroom | Twin bed Private Bathroom |

| TYPE 75m ² / 78m ² - ㉔ | Type A | Type A | Type C |
|--|----------------------------------|----------------------------------|-----------------------------------|
| | | | |
| | Single bed Shared Bathroom | Single bed Shared Bathroom | Single bed Private Bathroom |
| TYPE 84m ² | Type D | Type D | Type E |
| | | | |
| | Twin bed Shared Bathroom | Twin bed Shared Bathroom | Twin bed Private Bathroom |

HQ HOTEL AND DESIGNATED HOTEL

Reservations for the two HQ hotels and other designated hotels will be available via email at [fina2019@globaltour.co.kr](mailto: fina2019@globaltour.co.kr) or you can call us at +82-2-330-4110.

More information will be published on our official website, http://www.fina-gwangju2019.com/masters_eng. Detailed information on different types of accommodations and tourism excursions like traditional Korean house (hanok) stay, temple stay, etc., can be found at <http://tour.gwangju.go.kr/eng/tour/info/lodge/001.cs?m=56>.

4.4. Medical Services

During the Championships the Organising Committee will offer participants and guests the best quality medical services. The following services will be provided to ensure that athletes compete in their best condition:

- 24 hour emergency medical services and free medical care in the Championships' Village
- Medical care at competition and training venues
- Ambulances on standby at competition venues and Championships' Village

Medical staff from accredited hospitals will provide first aid services at their assigned areas to anyone in distress, and further treatment is required, patients will be transferred to designated hospitals.

For emergency situations occurred outside the Championships' venues and facilities, call 119. The 119 emergency medical dispatch center will transfer patients to nearby hospitals for free.

All participants and guests are advised by the Organising Committee to purchase health and accident insurance for the full length of your stay.

CHAPTER 5. CULTURAL EVENTS AND SOCIAL PROGRAMS

5.1. Market Street

The Market Street will be operated across from the water polo venue, Nambu University Football Field, during the 18th FINA World Masters Swimming Championships Gwangju 2019. The Market Street will undertake activities such as staging cultural performances, providing areas for promotion and experience exhibitions for the participating athletes and visitors of the Masters Championships.

Exhibitions, events and performance programs are listed below.

- Cultural performance programs enjoyable for all ages.
- Variety of experience programs such as FINA experience, ICT experience, etc.
- Food Zones, where one can taste diverse and exotic cuisines.
- Merchandise stores to purchase 'Official Licensed Products of the Championships', such as the mascots, stationaries, etc.
- Exhibition booths for sponsors, national/local gov't, public institutions, international events, and more.

Please refer to the official event website and the marketstreet pamphlet for detailed program schedules and the operation hours.

5.2. Opening and Closing Ceremonies

The OC will offer diverse and exciting cultural programs, including the Opening and Closing Ceremonies, aiming to deliver the FINA World Masters Swimming Championships Gwangju 2019 as one the most memorable experiences for all participants.

The opening ceremony of the FINA World Masters Swimming Championships Gwangju 2019 will be held on August 11, 2019 at Nambu University and the closing ceremony will be held on August 18, 2019 at the May 18th democratic square and its vicinities.

The opening ceremony will be a place where the participants from all over the world can unite with one another and celebrate their passion for aquatics.

The closing ceremony will be held as a 'final party,' for all participants, creating a festival atmosphere celebrating the finale of the FINA World Masters Championships Gwangju 2019, while looking forward to the next Championships.

The exact location and time will be posted on the official website.

We invite all participants and visitors to join us at the Opening and Closing Ceremonies!

5.3. Cultural Events

Variety of exciting events will be available for the participating athletes, families and visitors during the FINA World Masters Swimming Championships Gwangju 2019. The main theme of the Gwangju Culture Festival is water, light, and heung (excitement).

Venue Cultural Events

- Period: August 5-18, 2019
- Location: Nambu University Municipal Aquatics Center, Yeosu Expo Ocean Park
- Contents
 - Water-related experience event that all athletes, families and visitors can enjoy.
 - Traditional cultural performances, local food cooking demonstration, VR hologram experience, concerts for various genres of music, etc .

World Championships Village (WCV) Cultural Events

- Period: August 5-18, 2019
- Location: Outdoor cultural space within the WCV
- Contents
 - Experience activities showcasing Korean folk games, IT, pop culture, and other traditional activities.
 - Traditional Korean dance, sound, b-boy performances, taekwondo demonstration, participating countries' culture performances, and more.
 - Summer Night Market

5.18 Democracy Square Cultural Events

- Period: August 5-18, 2019
- Location: Vicinities of 5.18 Democracy Square
- Contents
 - Cultural programs in-connection with the live broadcast programs.
 - Gwangju Fringe festival, Asia mime camp, World Youth Festival, World Music Festival, and more.

Cultural events and performances will be held twice at each venue from 10:00 to 11:00 and from 18:00 to 21:00 every day of the FINA World Masters Swimming Championships Gwangju 2019. In addition, exhibitions, installation arts and festivals held around Gwangju will provide access to experience the unique Gwangju culture for all participants.

5.4. Places to Visit

5.4.1. Gwangju

Mudeungsan National Park (UNESCO World Geoparks)



Mudeungsan National Park was designated as a provincial park (May 22, 1972) and further designated as the national park number 21 on March 4, 2013. In 2018, Mudeungsan was selected as a UNESCO World Geological Park.

Mudeungsan has the implications as 'a mountain uncomparably high and large', 'a mountain unable to render a grade', and 'complete equality without a grade'.

Mudeungsan National Park spreads over Gwangju, Damyang, and Hwasun, covering 75.425 km² in total area. The highest peak rises 1,187 m above sea level. The park's scenic beauty is made famous by 61 naturally formed viewpoints, including columnar Joints, which are called Seoseokdae Rockface or Ipseokdae Rock Columns, with pentagonal and hexagonal pillar-shaped surfaces and oddly-shaped rocks. The park is also a natural habitat for 2,296 species of plants and animals, including eight endangered species, such as the Eurasian otter, Manchurian black water snake, leopard cat, and yellow-throated marten.

- Address: 29 Dongsan-gil, Dong-gu, Gwangju
- Tel: +82-62-227-1187
- Website: <http://english.knps.or.kr>

National 5.18 Democratic Cemetery



Four and a half kilometers from the east Gwangju tollgate of Honam (Jeolla provinces) Expressway, in the direction of Dam-yang, is National May 18 Democratic Cemetery, located in a nice location looking out over Mudeung Mountain. Within the gate of the cemetery is a sacred Memorial Monument standing tall. The shape of the monument is that of two hands holding an oval object. National May 18 Democratic Cemetery is the symbol of Gwangju, the city of justice and democracy, and is a sacred spot for democracy.

The National May 18 Democratic Cemetery is a symbolic space that reminds us of the May movement. Thus, the place is utilized as the place to boldly teach one important historical lesson that never would immorality or dictatorship be allowed to defile this land again. This cemetery also remains fervent in the minds of cosmopolitans who long for freedom, democracy and justice.

- Address: 200 Minju-ro, Buk-gu, Gwangju
- Tel: +82-62-268-0518

Asia Culture Center



The Asia Culture Center (ACC) born in November 2015 and administered by the Ministry of Culture, Sports and Tourism, is a global institute to promote the arts and cultural exchange across the globe. Bridging Asia's cultural community with the rest of the world, the ACC serves as a platform for people of all nationalities to commingle and produce future-oriented artwork. Exhibitions, performances, educational programs and festivals are available at five different venues: ACC Cultural Exchange, ACC Archive & Research, ACC Creation, ACC Children and ACC Theater. Visitors are free to enjoy diverse events year-round. The one-of-a-kind experience that ACC offers begins the moment one catches sight of the building. The gigantic venue that stretches for 16m² boasts a stunning presence. World-renowned architect and creator of ACC Kyu-sung Woo says that the goal was to create 'a masterpiece that embodies the spirit and natural landscape of Gwangju.' All the contemporary architecture is thus located below ground, leaving only light, trees and the vestiges of the May 18 democratic uprising such as the former provincial office of South Jeolla visible on the surface. Docent guides are provided for tours around the ACC to help visitors better appreciate the magnificent venue.

- Address: 38 Munhwajeondang-ro, Dong-gu, Gwangju
- Website: <https://www.acc.go.kr/en>
- Call center: 1899-5566

Yangnim-dong Modern History Culture Village



With various modern architectural buildings and a forest of trees over 100 years old, Yangnim-dong is a living museum of history, architecture, culture, and art. During the Japanese Occupation, the foreign missionary built churches, schools, and hospitals in Yangnim-dong; thus earning for the area nicknames like "Jerusalem of Gwangju" and "Occidental Village."

Early Christian relics and traditional Korean sites remain just as they were in the old days along narrow alleys; lining Minsok-gil are traditional hanok homes including the House of Choe Seung-hyo and the House of Yi Jang-u.

- Address: 7 Seoseopyeong-gil, Nam-gu, Gwangju
- Website: <https://visityangnim.kr>
- Tel: +82-62-607-2432

Gwangju-KIA Champions Field



In 2017, Kia Tigers became the champions of the Korean Series for the first time in 8 years, claiming its 11th trophy including victories made by its precursor, Haitai Tigers. The venue was previously the main stadium for the Gwangju Mudeung Stadium, but was demolished in 2011 and renovated into a baseball stadium in 2012. The stadium is 2 floors below and 5 floors above ground, and can accommodate up to 27,000 people. Having enjoyed rising popularity since the 2000s, baseball now rivals soccer as Korea's national sport. Kia fans are also on the rise, and whenever a match is held in their home stadium, the vast venue is filled with fans in red uniforms. Even for non-Kia fans, visiting the home stadium of a local team and enjoying a match with baseball enthusiasts will be a unique way to get to know Gwangju.

- Address: 10 Seorim-ro Buk-gu, Gwangju
- Tel: 070-7686-8000 Kia Tigers
- Online reservation: <http://www.ticketlink.co.kr/global/en> 1588-7890

1913 Songjung station market



The Maeil Market in the alley opposite KTX Songjeong Station has been revived. Every store has a pretty handwritten signboard, and the sweet nostalgic scent of sugar-filled griddlecake, fish cake, and croquette linger in the air, with the sights of red ginseng yogurt, egg fried rice, and skewers with tasty morsels making visitors' mouths water.

If famished, you can devour 1,000-won noodles in broth at the noodle factory next to Tofu Village. The hottest-selling item in the alley is a calendar or a notebook marked with the Jeolla-do provincial dialect.

The Maeil Market has lived alongside Songjeong Station since 1913. Sharing over 100 years' history, the traditional market continues to thrive among commuters and travelers alike. Those days of shoppers taking home food ingredients and commodities wrapped in recycled paper have been gone since the 1990s when modern-day supermarkets took over Koreans' everyday life.

After a while, this market, too, suffered from the decline of traditional markets like other places, but its differentiated new strategy against big-brand supermarkets is to offer the precious heritage of the olden times from now on.

- Address: 13, Songjeong-ro 8beon-gil, Gwangsan-gu, Gwangju
- Tel: +82-62-941-6605

Daein Art Night Market



Inspired by local artists' project, every Saturday night is a night market where local artists, professional and amateur, set up shop to sell unique works, from silver accessories, luxurious ceramics, handmade soap, metal crafts, and woodworks to paintings, to name a few.

In any situation, eating comes first. So start out with whatever you fancy, be it hearty Korean soup, macaroni dessert, 1000-won noodle, mung bean pancake, octopus skewer, and tasty fusion dishes.

Queuing is part of the fun as loud voices hollering "Oi, come take a look in here!" warm the street. If you notice yourself watching beginner photographers at work, it means you and the rest of the world are very much alive and well.

- Address: 7-1, Jebong-ro 194beon-gil, Dong-gu, Gwangju
- Tel: +82-62-233-1420

Traditional Culture Center



Located at the entrance of Jeungsimsa Temple at the edge of Mudeungsan Mountain, the Traditional Culture Center hides behind a low fence. Walk down the stairs and a beautiful building comes into view. The center boasts a stunning harmony of nature and urbanity, of tradition and modernity. Viewers can certainly go hiking on Mudeungsan Mountain, or opt for enjoying the serenity of enjoying the serenity of the mountain by sitting on the wooden floor of the Traditional Culture Center and listening to the sounds of wind and water.

The center offers programs and performances through which Korean masters and holders of Intangible Cultural Properties transmit traditional culture, such as Pansori, Gobeop, Gayageum, and Pyebaeksang Table for Korean weddings.

Visitors on their way down from Mudeungsan Mountain can stop by the Traditional Culture Center for the regular performances held every Saturday. With readily accessible Korean traditional culture through hands-on experience programs and creative events, the Traditional Culture Center can be enjoyable for families.

- Address: 222, Uijae-ro, Dong-gu, Gwangju
- Tel: +82-62-232-1502 Gwangju Cultural Foundation
- Website: <http://www.gjcf.or.kr/en/index.do>

Gwangju National Museum



Built in the Korean traditional style, Gwangju National Museum has spacious exhibition halls and storage facilities spreading over four basement floors and two above ground, measuring a total of 3,305 m² in area. This is surrounded by a vast outdoor exhibition space-cum-garden.

Relics owned by the museum include the prehistoric relics found in Jeolla Province, Buddhist artworks, and artifacts from the Sinan shipwreck. It also includes ceramic works from kingdoms and dynasties, such as Baekje, Unified Silla, Goryeo, and Joseon. The first floor features the Calligraphy and Painting Hall, Special Exhibition Hall I and II, and Buddhist Art Hall; the second floor is home to the Prehistory Gallery, Ancient History Gallery, Goryeo Ceramics Hall, Joseon Ceramics Hall, and Sinan Shipwreck Artifacts Hall; and outdoors, visitors can find the Goryeo Blue Celadon Kiln Site, Dolmen, Stupa from Boansa Temple Site, Stone Pagoda from Jangundong, Gwangju, and more.

- Address: 110 Haseo-ro, Buk-gu, Gwangju
- Tel: +82-62-570-7000
- Website: <http://gwangju.museum.go.kr/eng/index.do>

For further information, please visit the following websites:

- * Culture & Art in Gwangju: <http://tour.gwangju.go.kr/eng/main.cs>
- * Travel Guide to Gwangju: http://news.gwangju.go.kr/web_travel/e
- * Gwangju Restaurants Guide: http://news.gwangju.go.kr/web_book/e

5.4.2. The Republic of South Korea

Royal Palaces



Since the 15th century, Seoul has been the capital city of South Korea. Visitors are presented with a variety of sites that will give them a glimpse of Korea's last kingdom, the Chosun Dynasty. One of the most popular places to visit are the royal Gyeongbokgung Palace, Changdeokgung Palace, Changgyeonggung Palace, and Deoksugung Palace, where kings of the Chosun dynasty lived for 500 years. The first two palaces are open during the evenings for short period of time to give visitors a glimpse of the beauty of the palace.

- Tel: +82-2-738-9171, +82-2-2270-1243
- Website: <https://www.chf.or.kr/en/index.jsp>
- Address: Jung-gu and Jongno-gu, Seoul

Namsan Seoul Tower



Namsan Seoul Tower was the first tower-type tourism spot in Korea. The top of the tower is at almost 480m above sea level, including Namsan Mountain (243m) and the tower's own height (236.7m), making it one of the tallest towers in the Orient. It is comprised of Seoul Tower Plaza, recently opened to public access after 40 years, and N Seoul Tower, operated by CJ Foodville since 2005. The tower was first established as a broadcast tower to send out TV and radio signals in 1969. As of now, it has become one of the representative landmarks and multi-cultural venues in Seoul.

- Tel: +82-2-3455-9277, 9288
- Website: <http://www.seoultower.co.kr>
- Address: 105 Namsangongwon-gil, Yongsan-gu, Seoul

Gangwon Seoraksan National Park



Seoraksan National park was designated the 5th national park in Korea in 1970 and chosen as a nature preservation area on November 5, 1965. Also, internationally recognized for its rare species, Seoraksan is the area in Korea to have been designated as a Biosphere Preservation District by UNESCO in 1982, and in IUCN recognized its rich natural resources and labeled it category II (National Park). With its highest point, Daecheongbong Peak, located 1,708m above ground, Seoraksan Mountain is one of the most beautiful mountains in Korea, boasting a variety of colorful flowers in spring, refreshing clear water streams in summer, vibrant autumn foliage in fall, and a scenic snow-covered landscape in winter. With the mountain changing in color according to each season, a visit to Seoraksan Mountain guarantees a picturesque landscape any time of the year.

- Tel: +82-33-636-7700
- Website: <http://english.knps.or.kr>
- Address: Inge-gun, Goseong-gun, Yangyang-gun, and Sokcho-si, Gangwon-do

Jeonju Hanok Village



Jeonju Hanok Village is located in the city of Jeonju and overlaps Pungnam-dong and Gyo-dong. There are over 800 traditional Korean hanok houses. While the rest of city has been industrialized, Hanok Village retains its historical charms and traditions.

- Tel: : +82-63-282-1330
- Website: <http://jeonjucity.kr>
- Address: 29 Eojin-gil, Wansan-gu, Jeonju-si, Jeollabuk-do

Yeosu Hyangiram



Hyangiram Temple, one of the four major Gwaneum temples, is at the end of the Dolsando Island. The Saint Wonhyo first built it and named it Wontongam Temple during the regime of the Queen Sundeok of Silla Dynasty. The Monk Yunpil changed its name to Geumoam Temple, and finally the Monk Inmuk was touched by the beautiful sunrise and renamed it as Hyangiram Temple in 1715 which was 41th year of King Sukjong regime.

There are not many places like Hyangiram for the sunrise. You can see not only the sunrise but also sunset from this place. If you stay on the rocky cost of the temple, you can see the sun setting beyond the horizon. And the sun comes back again in the next morning.

- Tel: +82-61-641-2111
- Website: <http://www.yeosu.go.kr/en>
- Address: 60, Hyangiram-ro, Dolsan-eup, Yeosu-si, Jeollanam-do

Suncheonman Bay Wetland Reserve



The fields in Suncheonman Bay are thickly covered with reeds taller than a full-grown man. It is the biggest colony of reeds in Korea. The image of the entire field swaying in the wind is as dazzling as waves on the sea.

The field of reeds is home to many plants that thrive in damp conditions, like the common reed and the starwort. Among the world's wetlands, Suncheonman Bay is widely known for attracting the largest number of rare birds.

Internationally rare birds such as the hooded crane, white-naped crane, white stork, black-faced spoonbill, Eurasian Oystercatcher, as well as birds designated as natural treasures, can be spotted here. There are about 140 species of birds including the snipe, wild duck, shelduck, and wild goose in total.

- Tel: +82-61-749-6052
- Website: <http://www.suncheonbay.go.kr/?r=ENG>
- Address: 513-25, Suncheonman-gil, Suncheon-si, Jeollanam-do

Suncheonman Bay National Garden



The Suncheon Bay Garden was established in order to turn 1.12 square kilometers of natural habitat into a conservation area, where it houses over 505 species of trees and 113 species of flowers. Especially, the numerous groups of tulips and royal azaleas are truly a sight to see. In addition, the nearby 30,000-square-meter field of canola flowers is in full bloom in May, which creates a beautiful yellow "wave" of color and trees make a great shades of canopy for the area.

Getting there is fairly easy as buses and an unmanned shuttle train (PRT) opened along with the Suncheon Bay Garden and Suncheon Literature Center district (4.64 km) are available for service. Visitors can hop on the PRT and go to the literature center, then also ride the train along the 1.2-kilometer stretch of reeds to Mujungyo Bridge.

- Call center: +82-1577-2013
- Website: <http://garden.sc.go.kr/?r=ENG>
- Address: 47, Gukgajeongwon1ho-gil, Suncheon-si, Jeollanam-do

Damyang Soswaewon



Soswaewon Garden is a private garden from the Joseon Period where the beauty of traditional Korea is preserved. It was built by Yang San-Bo (1503-1557) after he gave up his success when his mentor Jo Gwang-Jo (1482-1519) was killed during a political strife.

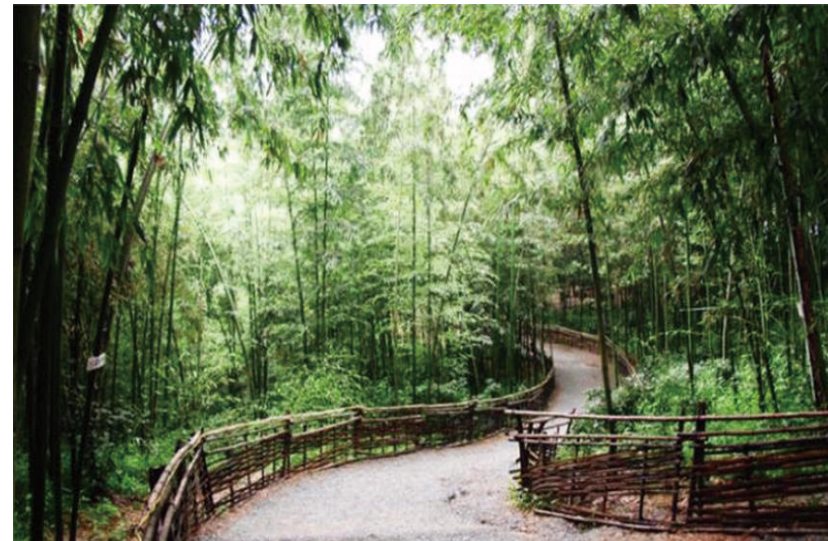
Soswaewon Garden presents itself as a clean and transparent garden where the righteous enjoy the life of anbinakdo (being comfortable amid poverty and taking pleasure in and honest life style) surrounded by a bamboo grove.

Including peach trees, various kinds of trees and grass are planted on both sides of the stream while clear water flows down the foot of the garden walls.

The log bridge above the valley adds to the charm of the scenery. The harmony between nature and the artificial waterfall is a sight to behold. Soswaewon Garden is 150m away from the main road. Passing through the thick bamboo forest, you will find the small valley and Soswaewon Garden on your left.

- Tel: +82-61-381-0115
- Website: <http://trans.damyang.go.kr:7000/etgi/>
- Address: 17, Soswaewon-gil, Nam-myeon, Damyang-gun, Jeollanam-do

Damyang Juknokwon (Bamboo Garden)



Juknokwon in Damyang is a bamboo forest cultivated by the town of Damyang. Seonginsan Mountain behind Damyang Hyanggyo (Confucian school) was transformed into Juknokwon Bamboo Garden featuring a beautiful artificial waterfall, pavilion, walking paths and an eco-exhibition center, a popular destination for visitors. It takes about 1 hour to tour around the entire garden.

Crossing Hyanggyo Bridge from Juknokwon, a forest for preventing floods can be seen. Lights are turned on in the evenings in the bamboo forest for a night walk.

- Tel: +82-61-380-2680
- Website: <http://trans.damyang.go.kr:7000/etgi/>
- Address: 119, Jungnongwon-ro, Damyang-eup, Damyang-gun, Jeollanam-do

Busan Haeundae



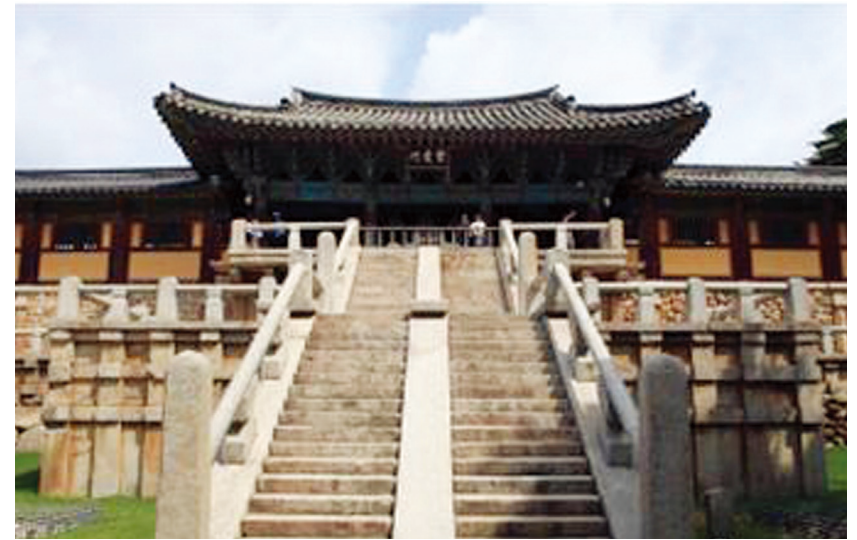
Haeundae Beach in Busan is famous both in Korea and abroad. Not only is it popular as the largest summer vacation spot, but it also attracts people even in the spring, autumn and winter for its variety of festivals and events, such as the Busan International Film Festival, the International Yacht Race and the Haeundae Sunrise Festival. These festivals help keep Haeundae busy as a popular tourist site all year round.

With Haeundae Beach at its center, Haeundae Special Tourist Zone offers diverse marine leisure activities and fresh seafood. The zone has transformed itself from a typical vacation spot into a destination where one can stay long-term while enjoying leisure activities and cultural events. Today, the zone attracts an increasing number of tourists from around the globe.

The zone not only has natural resources, such as Haeundae Beach, Dongbaek Island, Dalmaji Hill and sea water hot springs, but also a convention center and IT complex. Well-equipped with cultural facilities, including movie sets, arts galleries and aquariums.

- Tel: +82-51-749-5700
- Website: <http://eng.haeundae.go.kr/EN/main/main.php>
- Address: Haeundae-gu, Busan

Gyeongju Bulguksa Temple [UNESCO World Heritage]



Bulguksa Temple is the representative relic of Gyeongju and was designated as a World Cultural Asset by UNESCO in 1995. The beauty of the temple itself and the artistic touch of the stone relics are known throughout the world.

Bulguksa Temple was built in 528 during the Silla Kingdom, in the 15th year of King Beop-Heung's reign (514-540). The temple was originally called 'Hwaeom Bulguksa Temple' or 'Beopryusa Temple' and was rebuilt by Kim Dae-Seong (700-774), who started rebuilding the temple in 751 during the reign of King Gyeong-Deok (742-765) and completed it in 774 during the reign of King Hye-Gong (765-780). Upon completion, the temple's name was changed to Bulguksa.

Even today, Bulguksa Temple is home to many important cultural relics such as Dabotap Pagoda (National Treasure No. 20), Seokgatap Pagoda (National Treasure No. 21), Yeonhwa-gyo & Chilbo-gyo Bridges (National Treasure No. 22), Cheongun-gyo & Baegun-gyo Bridges (National Treasure No. 23), Seokguram Grotto (National Treasure No. 24), the Golden Seated Vairocana Buddhist Figure (National Treasure No. 26), the Golden Seated Amita Figure (National Treasure No. 27), and Saritap Pagoda (Treasure No. 61).

- Tel: +82-54-746-9913
- Website: <http://eng.bulguksa.or.kr>
- Address: 385, Bulguk-ro, Gyeongju-si, Gyeongsangbuk-do

Jeju Hallasan National Park



Hallasan Mountain rises up proudly from the center of Jeju Island and is perhaps the island's most memorable landmarks. Also called Mt. Yeongjusan, meaning "mountain high enough to pull the galaxy," Hallasan Mountain is widely known by scientists for its geological value. Designated as a national park in 1970, there are 368 parasitic volcanoes called Oreums (peaks) around the main mountain.

Hallasan Mountain is famous for its vertical ecosystem of plants that results from the varying temperatures along the mountainside. Over 1,800 kinds of plants and 4,000 species of animals (3,300 species of insects) have been identified; to explore the mountain's treasures, simply follow one of the well-developed mountain hiking trails.

Hallasan Mountain is relatively easy to hike. With hiking courses less than 10 km in length, it is possible to go to the peak and back in one day. However, the constantly changing weather brings a lot of wind, so make sure that you are well prepared before you start climbing.

- Tel: +82-64-713-9950~3
- Website: <http://webtrans.wordia.co.kr:7000/etgi/>
- Address: 2070-61, 1100-ro, Jeju-si, Jeju

Jeju Olle



The Olle trail in Jeju Island is one of the best walking trails in Korea. The Olle trails are carefully selected that soothe our weary soul with the beautiful and different scenery of Jeju. There are 21 trail courses, mostly along the coastline of the Jeju Island.

- Tel: +82-64-762-2190
- Website: <https://www.jejuolle.org/main.do?lang=en>

This information is obtained from the Korea Tourism Organization's website. For more information, please visit <http://english.visitkorea.or.kr>.

5.5. Useful Information

CURRENCY

The official currency of the Republic of Korea is the Korean Won (KWN). The exchange rate (as of January 2019) for some of the major currencies is as follows:

1 US dollar (USD) = 1,140 won.

1 euro (EUR) = 1,310 won.

100 Japanese yen (JPY) = 1,050 won.

10 Chinese yuan (CNY) = 1,740 won.

For today's foreign exchange rate, visit the KEB Hana Bank's website at https://www.kebhana.com/easyone_index_en.html

Excluding some local markets and small shops, most stores and shops accept all major credit cards. Currency exchange is available at most banks. The Korean Won is subdivided into coins and paper bills.

· Coins: 10 won, 50 won, 100 won, 500 won

· Bills: 1,000 won, 5,000 won, 10,000 won, 50,000 won

BANK

Most banks are open from 9 a.m. to 4 p.m. on weekdays and closed on weekends. Money can be withdrawn from ATMs with debit cards and credit cards at any time. Exchange rates differ by bank therefore it is recommended that you compare rates by visiting their website.

CREDIT CARDS

VISA and Master cards are accepted in banks, hotels, stores, shops and restaurants. Bus, train and airplane tickets can also be purchased with credit cards. Very few retailers and merchants accept traveler's check in South Korea.

ELECTRICITY

In South Korea the standard voltage is 220 V and the frequency is 60 Hz. You can use electric appliance in South Korea, if the standard voltage in your country is between 220-240V.

WATER

The tap water quality in Korea is 100% safe to drink and does not need to be boiled. Water coolers in public offices and banks are free.

INTERNET ACCESS

Free Wi-Fi service will be available at all venues and the Championships' Village. Most hotels and cafes will offer free Wi-Fi.

TELEPHONE NUMBERS

The international country code for The Republic of Korea is 82. The Gwangju city code is 062.

Emergency Numbers

1330 – Korean Travel Information

119 – Fire brigade/emergency services/ambulance

112 – Police

MASTERS OFFICIAL E-MAIL

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