

# BULLETIN

## February 28, 2024



Follow us on social media!

**Attention all National Federations!** We would appreciate it if you could please share this link with ALL the athletes and coaches in your organization. We would like to get to know each PAQ member and stay connected with them. Click [here](#) for the link.

### Featured Athlete:

## Alexia Sotomayor (PER)

### Swimming

From making a splash in the water at just 6 months old to becoming a formidable force in the swimming arena, my journey has been nothing short of extraordinary. Born into a legacy of swimming excellence, with my mother being a nationally selected swimmer, I took my first strokes representing Peru at the tender age of 12. Since then, my trajectory has been marked by remarkable achievements, including securing a spot in the World Junior Final in 2022, where I claimed a commendable 7th place. A three-time World Champion participant and a two-time Junior World Champion participant. My accolades also include four Bronze Medals in the South American Games 2022, a Silver Medal, and Bronze Medal in the Bolivarian Games 2022, and an impressive eight gold medals, along with a Silver, earning me the high point award in the Panam Aquatics Championships 2022. As a multiple-time South American Junior Champion since 2019 and the current South American Junior Record Holder, my dedication to excellence continues as I look ahead to the upcoming challenge.





## PAQ NEWS

PANAM Aquatics is now accepting applications for:

- Athlete Committee [click here](#)
- Medical Committee [click here](#)
- Legal Committee [click here](#)

Guidelines, procedures, and application form for the 2024-2027 Athletes, Legal, and Medical Committees:

- Athlete Committee Terms of Reference [click here](#)
- Medical Committees Terms of Reference [click here](#)
- Legal Committee Terms of Reference [click here](#)

Please note that the forms should be returned no later than **March 4, 2024**, to [office@panamaquatics.com](mailto:office@panamaquatics.com)

## PAQ EVENTS

December 20 – 31, 2023	2023 PANAM Virtual Junior <b>OPEN WATER</b> Championships	<a href="#">Results</a>
July 18 – 29, 2024	2024 PanAm <b>MASTERS</b> Championships, Trinidad & Tobago (TTO)	<a href="#">Click here</a> for more information.
May 20 – 26, 2024	<b>PANAM U-19 WATER POLO</b> Championships, El Salvador (ESA)	<a href="#">Click here</a> for the Summons. <a href="#">Click here</a> to Register.
August 22 – 25, 2024	<b>PANAM SWIMMING</b> Age Group Championships, El Salvador (ESA)	<a href="#">Click here</a> to Register

**Currently finalizing hosts for the 2024 and 2025 PAQ EVENTS, contact [office@panamaquatics.com](mailto:office@panamaquatics.com) for more information**

- Open Water Series
- Beach Water Polo Series
- Junior Diving Championships (2025)
- High Diving Junior Championships (2025)
- Artistic Swimming Championships (2025)





## OTHER COMPETITIONS IN THE REGION

**SWIMMING** CARIFTA Championships in Bahamas, 28 March – 3 of April (Olympic Qualifier).

**SWIMMING** Bahamas National Championships June 20 – 23 (Olympic Qualifier).

2024 CCCAN Championships in Mexico (Olympic Qualifier):

**WATERPOLO** June 9 – 14.

**SWIMMING** June 16 - 21.

**DIVING** June 18 – 22.

**ARTISTIC SWIMMING** June 26 – 30.

**OPEN WATER** June 26 – 29.

[Click Here for more Info.](#)

**ARTISTIC SWIMMING** Carifta Championships March 28 – April 1, Fort Lauderdale, Florida. [Click here for more info.](#)

**SWIMMING** Paris 2024 Olympic Games Qualifying Events – [find the list here](#)

**SWIMMING** International Opportunity hosted by Swim Ireland. [Click here for more info.](#)

## WORLD AQUATICS NEWS

### WATER POLO

#### U16 World Championships:

- Men's June 18-24, 2024 in Malta [click here](#)
- Women's June 28 – July 4, 2024 in Manisa, Turkey [click here](#)
- Qualified Countries from the Americas:
  - Men's: USA; COL; PER; MEX; CHI; PUR
  - Women's: COL; MEX; PER; USA; BRA

#### U18 World Championships:

- Men's July 2 – 8, 2024 in Buenos Aires, Argentina [click here](#)
- Women's August 17 – 24, 2024 in China [click here](#)
- Qualified Countries from the Americas:
  - Men's: USA, BRA, ARG, CAN, COL
  - Women's: USA, BRA, CAN, ARG, MEX



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## OPEN WATER SWIMMING:

### World Cup Series:

1. Soma Bay, Egypt March 23-24, 2024 [click here](#)
2. Golfo Aranci, Italy May 25-26, 2024 [click here](#)
3. Setubal, Portugal June 1-2, 2024 [click here](#)
4. Hong Kong October 26-27, 2024 [click here](#)
5. Israel, tbd [click here](#)

## ARTISTIC SWIMMING:

### World Cup Series:

1. Beijing, China April 5-7, 2024 [click here](#)
2. Paris, France May 3-5, 2025 [click here](#)
3. Markham, Canada May 31-June 2, 2024 [click here](#)
4. Super Final, Budapest, Hungary July 5-7, 2024 [click here](#)

## SWIMMING:

### World Cup Series:

1. Shanghai, China October 18-20, 2024, [click here](#)
2. Incheon, Republic of Korea October 24-26, 2024 [click here](#)
3. Singapore, October 31- November 2, 2024 [click here](#)

### 2024 World (25m) Championships Budapest

- December 10 – 15, 2024
- Qualification period August 17, 2023 - November 17, 2024
- Information [click here](#)
- [Application for Qualifying Events](#)
- [Qualifying events](#)

## DIVING

### World Cup Series:

1. Montreal, Canada February 29–March 3, 2024 [click here](#)
2. Berlin, Germany March 21-24, 2024 [click here](#)
3. Super Final, Xi'an, China April 19-21, 2024 [click here](#)

### Recognized Events:

1. 66th International Divers' Day Rostock 2024 Rostock, Germany January 18-21, 2024 [click here](#)
2. 2024 American Cup, Indianapolis, IN, USA April 26-28, 2024 [click here](#)
3. 2024 Canada Cup of Diving, Calgary, Canada May 2-5, 2024 [click here](#)
4. 46<sup>th</sup> Bolzano Diving Meeting, Bolzano, Italy June 28-30, 2024 [click here](#)
5. 2<sup>nd</sup> Malaysia Open Diving Championships, Kuala Lumpur November 1-4, 2024 [click here](#)



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## HIGH DIVING

### Competitions:

1. Brasilia, Brazil October 11 – 13, High Diving Cup [click here](#)
2. Brasilia, Brazil, October 11 – 13, High Diving Junior World Championships [click here](#)

## COACHES AND TECHNICAL OFFICIALS – DEVELOPMENT OPPORTUNITIES

World Aquatics **Open Water Swimming** Development Webinar for Technical Officials (2-day):

- Day 1: 9:00 - 17:00 ET Miami time (dates TBD)
- Day 2: 9:00 - 17:00 ET Miami time (dates TBD)
- [Click here](#) for the Webinar Program.
- [Click here](#) for the Registration and Qualification information.

World Aquatics **Artistic Swimming** Development Webinar for Technical Officials – Intermediate Level

- First session: 5 April 2024 / 8.00 – 12.00 (ET, Miami time)
- Second session: 6 April 2024 / 8.00 – 11.00 ( ET, Miami time)
- Third session: 12 April 2024 / 8.00 – 11.00 ( ET, Miami time)
- Fourth session: 13 April 2024 / 8.00 – 11.00 ( ET, Miami time)
- [Click here](#) for the Registration and Qualification information.

World Aquatics **Open Water Swimming** Certification Course for Technical Officials:

- Montreal Canada, April 6-7, 2024
- [Click here](#) for the Program.
- [Click here](#) for Registration and Qualification information.

Webinar recording: Foundations for Future Swimmers – by Orlando Moccagatta

Day 1: <https://www.youtube.com/watch?v=4yF8K9Tr1RM>

Day 2: [https://www.youtube.com/watch?v=10\\_PBrffzSk](https://www.youtube.com/watch?v=10_PBrffzSk)

Presentation deck slides – [click here](#)

[Click here](#) for all **UNDER WATER CHATS** Athletes Series.

[Click here](#) for all **UNDER WATER CHATS** Coaches Series

International Testing Agency Webinar of “Things you need to know for 2024”.

- Webinar summary [click here](#).
- ITA’s YouTube Page [click here](#).
- 2024 WADA Prohibited List Article “What you need to know” [click here](#).
- List of prohibited Substances and Methods published by WADA for 2024 [Click here](#)



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## FROM OUR PARTNERS

**Malmsten** and World Aquatics Renew Long-standing Partnership until 2028, [click here!](#)

**Fluidra:** Olympic swimming pools are the gold standard for competitive swimming. If you are planning to build an Olympic swimming pool, it's key to comply with the rules and regulations from World Aquatics in order to host official competitions for the 50-m long course. Discover more about Olympic [swimming pool requirements here.](#)

You can find this and past bulletins in our [website](#)



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