

# BULLETIN

June 6, 2024

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**Attention all National Federations!** We would appreciate it if you could share this bulletin with your entire Aquatic Family.

**Featured Athlete: Sofía Gaytán Martínez (MEX)**

**Water Polo ~ 5<sup>th</sup> 2024 PanAm Aquatics U-19 WATER POLO** Championships, El Salvador

I joined the Aguascalientes water polo team at the end of 2020 when I was 14 years old. In my first official competition my team and I won first place in the U-15 category in Mexico. This was a motivation for me to continue training harder and become the best version of myself. In 2022 I was presented with the opportunity to represent my country in a South American championship, and from there I have had several opportunities to be part of the the team representing



Mexico, including 2 Pan American Championships, in which we were able to qualify for the world championships. Water polo is the thing I love doing most in this world, and I will be able to continue my education and play on the West Valley College team. During my journey I have realized that although it may not seem like it at the moment, all the effort one makes is worth it. When you least realize it, you look back and it is palpable how much you have grown. Of course you always have to aim big and be ambitious, but everything is a process and things happen in the best way to nurture personal and team learning.

## PAQ NEWS

- The Colombian National Federation, FECNA, commits to hosting the 2024 Water Polo Championships in Ibagué, Colombia this November. The event will serve as the qualifying event for the 2025 World Aquatics World Championships in Singapore.
- Brazil Women and USA Men win the 2024 PanAm Aquatics u-19 Water Polo Championships in El Salvador. [Click here](#) for all results.



## PAQ EVENTS

July 18 – 29, 2024	2024 <b>PanAm Aquatics MASTERS</b> Championships, Trinidad & Tobago (TTO)	<a href="#">Click here</a> for more information.
August 18 – 22, 2024	2024 <b>PanAm Aquatics</b> Age group <b>ARTISTIC SWIMMING</b> Championships, Lima (PER)	<a href="#">Click here</a> for the Summons <a href="#">Click here</a> to Register <a href="#">Click here</a> for Entries <a href="#">Click here</a> for Accommodation <a href="#">Click here</a> Payment
August 22 – 25, 2024	2024 <b>PanAm Aquatics SWIMMING</b> Age Group Championships San Juan (PUR)	<a href="#">Click here</a> for the Summons <a href="#">Click here</a> to Register
August 29 – 31, 2024	2024 <b>PanAm Aquatics Open Water</b> Championships Ponce (PUR)	<a href="#">Click here</a> for the Summons <a href="#">Click here</a> to Register
November 19 – 25, 2024	2024 <b>PanAM Aquatics Water Polo</b> Championships Ibague (COL)	<a href="#">Click here</a> for the Summons <a href="#">Click here</a> to Register

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

- Open Water Series
- Beach Water Polo Series
- U15 Water Polo Championships
- Junior Diving Championships
- High Diving Junior Championships
- Artistic Swimming Championships





## Webinars & Clinics for Coaches and Technical Officials

June 8, 2024	Artistic Swimming	Coaches	Virtual	Apnea & Recommendations and Q&A on New Rules	<a href="#">Click here to register</a>
June 16, 2024	Artistic Swimming	Coaches	Virtual	Artistic Impression in the New Rules	<a href="#">Click here to register</a>
June 24-27, 2024	Open Water	Coaches	Monterrey, Mexico	Intermediate-Advanced with Rick Walker	<a href="#">Click here to register</a>
July 13 – 14, 2024	Open Water	Coaches	Virtual	Beginners (1-2) with Dennis Ryther	<a href="#">Click here to register</a>
August 17-18, 2024	Open Water	Coaches	Virtual	Beginners (3-4)	<a href="#">Click here to register</a>
August 21, 2024	Swimming	Technical Officials	San Juan, Puerto Rico	Seminar with Mancer Roberts and Andrea Pineda	<a href="#">Click here to register</a>
August 22 – 24, 2024	Artistic Swimming	Coaches	Lima, Peru	ACRO with Anastasiya Petrenko	<a href="#">Click here to register</a>
August 23-24, 2024	Swimming	Coaches	San Juan, Puerto Rico	Long-term athlete development with Orlando Moccagatta	<a href="#">Click here to register</a>
August 26 -28, 2024	Open Water	Coaches	San Juan, Puerto Rico	Coaches & Athletes Training Camp with David Thomas	<a href="#">Click here to register</a>
October 9 – 11, 2024	High Diving	Coaches	Brasilia, Brazil	Level 1 (part 1)	<a href="#">Click here to register</a>
October 17, 2024	Open Water	Coaches	Virtual	Q & A with Panel of Coaching Experts	<a href="#">Click here to register</a>
November 25-27, 2024	Diving	Coaches	Brasilia, Brazil	Athlete Development	<a href="#">Click here to register</a>
December 7, 2024	High Diving	Coaches	Virtual	Level 1 (part 2)	<a href="#">Click here to register</a>

➤ Visit the [PAQ website](#) for all previous webinars



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## WORLD AQUATICS EVENTS

### WATER POLO

#### U16 World Championships:

- [Information Bulletin](#)
- [Click here](#) for the Technical Nominations
- Men's June 18-24, 2024 in Malta [click here](#)
- [Click here](#) for the schedule.
- Women's June 28 – July 4, 2024 in Manisa, Turkey [click here](#)
- Participating Countries from the Americas:
  - Men's: USA; CAN; PER; MEX; BRA
  - Women's: COL; MEX; PER; USA; BRA

#### U18 World Championships:

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

### OPEN WATER SWIMMING:

#### World Cup Series:

1. Hong Kong October 26-27, 2024 [click here](#)
2. Israel, tbd [click here](#)

### ARTISTIC SWIMMING:

#### World Cup Series:

1. Super Final, Budapest, Hungary July 5-7, 2024 [click here](#)

### SWIMMING:

#### Paris 2024 Olympic Games:

- Qualifying Events – [find the list here](#)
- Swimming: [Qualification and Selection](#)

#### 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](#)
- [Qualification procedures](#)
- Application for Technical Officials: [Guidelines](#); [Application form](#)



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## DIVING

### Recognized Events:

1. 46<sup>th</sup> Bolzano Diving Meeting, Bolzano, Italy June 28-30, 2024 [click here](#)
2. 2<sup>nd</sup> Malaysia Open Diving Championships, Kuala Lumpur November 1-4, 2024 [click here](#)

## 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](#)

## OTHER COMPETITIONS IN THE REGION

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

2024 CCCAN Championships in Mexico (Olympic Qualifier): [SUMMONS](#)

**WATERPOLO** June 9 – 14.

**SWIMMING** June 16 - 21.

**DIVING** June 18 – 22.

**ARTISTIC SWIMMING** June 26 – 30.

**OPEN WATER** June 26 – 29.

**SWIMMING** Puerto Rico International Open October 9 – 12, 2024 (AQUA Qualifier for World 25m Budapest). [Click here](#) for the summons

**OPEN WATER:** XVIII Open wáter Pacific Cup [Summons](#)

## RESOURCES FOR ATHLETES

- [AQUA Athletes Committee Toolkit](#) and all relative information for National Federations. For those that attended the webinar, kindly respond to this [survey](#) to provide your feedback
- **Monthly webinars for clean sport organized by the INTERNATIONAL TESTING AGENCY (ITA)**

Go to website for much more information on webinars and current topics:  
<https://ita.sport/athlete-hub/>

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](#)

- List the [PAQ website](#) for all previous webinars and **UNDER WATER CHATS** Athletes Series





## FROM OUR PARTNERS

### Fluidra:

A swimming pool bulkhead is no longer a fixed pool element. Their adjustability allows the pool length to be effortlessly modified based on the specific requirements of different activities. By enabling a single pool to adapt to diverse programming needs, bulkheads enhance space utilization and operational efficiency. [Discover more about pool bulkheads here.](#)

### Malmsten:

As the Official Water Polo Ball for PanAm Aquatics, Malmsten supplied the LOC of the 2024 PanAm Aquatics u19 Water Polo Championships El Salvador with the water polo balls used during the tournament and gave the participating National Federations each a ball to take home. Check out the happy athletes from [Argentina](#) and [Brazil](#)

### 6-8 Sports

[Check out the new work out series videos](#) launched by 6-8 leading up to Paris. Learn more about the [6-8 Sports Platform](#)

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

