



**LIGUE FRANCOPHONE BELGE
DE SAUVETAGE asbl**

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To all interested lifesaving clubs

Dear friends,

The **Ligue Francophone Belge de Sauvetage (L.F.B.S.)**, with the support of the **Belgian Olympic Committee**, invites interested clubs to participate to his

INTERNATIONAL POOL **LIFESAVING MEETING.**

When?

Thursday, May 1, 2008

Where?

At the 50 mtr. pool of the Aquaparc, Parc de la Dodaine, Avenue Jules Mathieu, 1, Nivelles, Belgium (see access map)

Program:

9.00 Registration and warming-up

9.50 End of warming-up

10.00 Events

A1 100/200m OBSTACLE SWIM
B1 4x50m OBSTACLE RELAY
A2 50/100m MANIKIN CARRY WITH FINS

Pause

A6 100/200m SUPER LIFESAVER
A4 50m MANIKIN CARRY
B2 4x25m MANIKIN RELAY

Pause

A3 50/100m RESCUE MEDLEY
A5 50/100m MANIKIN TOW WITH FINS
B3 4x50m MEDLEY RELAY

Registration fee:

8 € per athlete. This can be paid at the registration, the day of the competition or on the bank account: IBAN :BE46 0012 3008 0036, BIC : GEBABEBB. There is no minimum or maximum athlete per club. The entrance is free for spectators.

Registration form:

Enclosed you find the registration form. Please send it back before April 21, 2008 by post, by fax or better by e-mail. In this last case, you may send it at the following address: contact@lfbs.org. When submitting the e-mail, the sender will receive a read receipt. Heats for the events will be drawn based on the entry times as declared on the entry forms.

Subscription:

The athletes can subscribe for 1, 2, 3 or 4 events (maximum). There is a minimum of 4 athletes and maximum 5 athletes in one team for the relays.

Aggregate Trophies and Medals:

Medals will be presented for the 1st, 2nd and 3rd place in individual events and in the general ranking of the team events.

Points allocation:

<u>Place</u>	<u>Point</u>
1 st place	20 points
2 nd place	18 points
3 rd place	16 points
4 th place	14 points
5 th place	13 points
6 th place	12 points
7 th place	11 points
8 th place	10 points

<u>Place</u>	<u>Point</u>
9 th place	8 points
10 th place	7 points
11 th place	6 points
12 th place	5 points
13 th place	4 points
14 th place	3 points
15 th place	2 points
16 th place and after	1 point

Finals:

There is no A-B final

Individual Age Groups:

<u>Age</u>	<u>Group</u>
From 10 to 12 year (98-96)	Benjamin
13 and 14 year (95-94)	Minim
15 and 16 year (93-92)	Cadet
17 and 18 year (91-90)	Junior

<u>Age</u>	<u>Group</u>
From 19 to 30 year (89-78)	Senior
From 31 to 40 year (77-68)	Pre-master
More than 40 year (before 1968)	Master

Individuals events description:

From cadets to masters are the international rules applicable. There is only one difference : one false start per heat is permitted.

For benjamins and minimis, the little yellow manikin is used. The carbon fins are not permitted for these two categories.

100m obstacle: same obstacle as the other categories,

50 m manikin with fins: 25 m swim and 25 m with the little yellow manikin

50 m rescue medley: 25 m swim, dive and swim 10 m underwater till a submerged little yellow manikin, surface with the manikin and carry it to the edge

50 m manikin carry: same as the other categories. The manikin is a little yellow one

50 m manikin tow with fins: swim 25 m with fins and a tow, fix a classical orange manikin and tow it until the finish edge

100 m super lifesaver: 25 m swim, 25 m carrying a little yellow manikin, don fins and rescue tube, 25 m swim, fix a classical orange manikin and tow it until the finish edge.

Relays description:

Two categories: one for benjamins and minims together, one from cadets.

All the relays swim the same distances. The only difference is for the manikin relay for the benjamins and minims : they carry a little yellow manikin.

Swim caps:

It shall be necessary *for all competitors to wear swim caps for all events.*

Lunch:

There is a possibility to have sandwiches for meal.

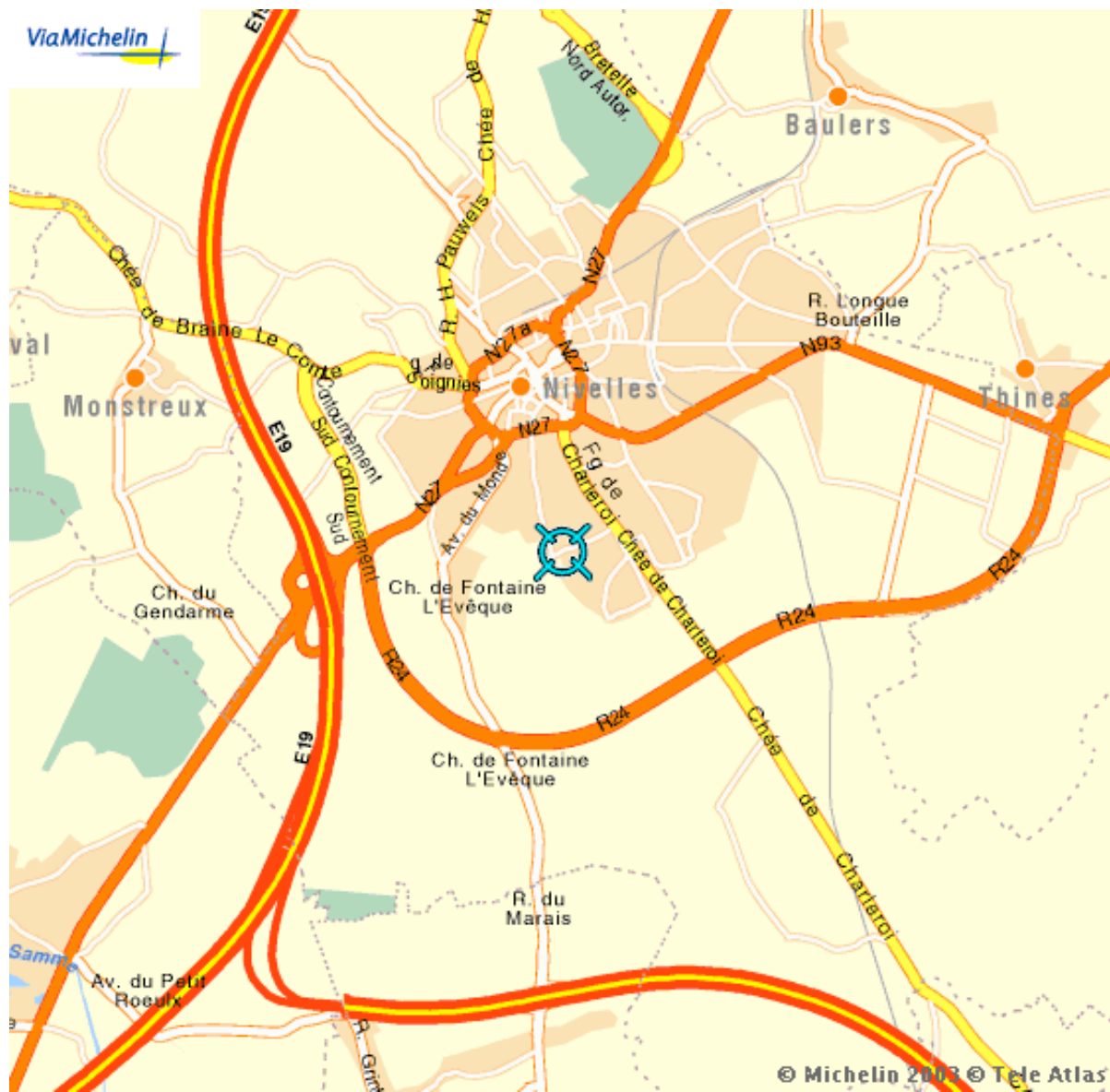
Overnight stay:

We will be glad to help you with your accommodation.

Best regards,

Denis ULWELING
LFBS director

Acces plan.



ROUTE :

- Motorway Valencienne – Mons – Bruxelles (E19)
- Exit Nivelles South
- With the roundabout (blue sculptures), to take the 2th exit
- To follow the main road
- To pass a "red" fire
- With the following crossroads, to take on the right and follow the direction "Park of Dodaine". The swimming pool is 200m further, on the right