



Invitation

The Vlaamse Reddingsfederatie and Reddingsbrigade Nederland warmly invite you to the first **BeNe Cup**. The competitions will be on Saturday the 16th of November in Antwerp and on Sunday the 17th of November in Eindhoven. The 6 individual and 4 team pool events are spread over these two competition days.

The plan for this competition was born from the need to offer foreign teams the opportunity to participate in 2 main competitions in one week, but also to raise the quality of existing competitions in Belgium and The Netherlands. The competition is one week before the European Pool Cup in Warendorf. Teams from other federations can make one major trip with only a minor transfer between two main events. International teams can make use of high tech training facilities during their stay in Eindhoven in between the two competitions before traveling to Warendorf.

The competitions will consist of the following events:

Antwerp

- 200m obstacle swim
- 4 x 50m obstacle relay
- 50m manikin carry
- 4 x 25m manikin relay
- 100m manikin tow with fins

Eindhoven

- 100m manikin carry with fins
- 100m rescue medley
- 4 x 50m rescue medley relay
- 200m super life saver
- Line throw.



For the **BeNe Cup** there are three age groups (age at the start of the first event)

B: Juniors 14-18

A: Open category, 16 and older

M: Masters, 30 and older

In addition to the **BeNe Cup** both federations will organize competitions for age groups below 14.

Entry via the digital entry form on www.breedtesport.eu.

Information on your stay (hotel, holiday parc) and extra facilities after the competition rules in this letter.

Please contact us with your requests/questions: e.dekkers7@upcmail.nl.

Hope to meet you at the first **BeNe Cup** 2013 in Antwerp and Eindhoven.

Vlaamse Reddingsfederatie / Reddingsbrigade Nederland



Competition Rules / Wedstrijdbepalingen

Participation and classifications

- The competitions for athletes of 14 and younger are in principle for Belgian and Dutch participants.
- For the age groups A-B-M (**BeNe Cup**) each club/federation can enter one team (open category) consisting of athletes that also take part in the individual events. There is a maximum of 6 male and 6 female athletes for such a team. Clubs/federations can enter as many individual athletes as they want. Only individual participants that also take part in relays count for the **BeNe Cup** classifications.
- Participants that swim for clubteams can also count for National teams. Names have to be specified before the start of the competitions.
- Athletes can enter in all 6 individual events.
- The entry fee for the **BeNe Cup** is 10 Euros per participant.
- **BeNe Cup** classifications:
 - Each athlete gains points for each events according to LEN tables;
 - For an individual competitor the points scored on the best 4 events will count for the overall individual results. The 3 best per category (A-B-M) (male and female) receive medals;
 - For the team results (**BeNe Cup**) the scores of the best 4 athletes (on 4 events) and the relay results add up.
 - There are **BeNe-Cups** for the best 3 male and female club teams and two exchange trophies for the best female and male national team.
- Per events there will be certificates for the 3 best results.
- Both organizing federations will make their own results for their National champions per category.
- Competition rule book is the ILS Rule Book 08.03.

Facilities for international teams

As the competitions will be on Saturday the 16th and Sunday the 17th of November 2013, we offer you a choice of side facilities:

- Stay in Hotel Eindhoven (on walking distance from the Eindhoven Swim Stadium, on an exit of the motorway) on a 2 or 3 room basis and bed and breakfast. Prices and more information on our website.
- Stay in a bungalow that hosts 6 or 8 persons with self catering or bed and breakfast at Center Parcs 'De Kempervennen' about 10 kilometers from Eindhoven.
- Transport from your hotel/bungalow to the pool in Antwerp.
- Transfer from your arriving airport to Eindhoven.
- Training facilities on Friday the 15th of November.
- High Tech training facilities in the Inno Sport Lab in Eindhoven on Monday the 18th and Tuesday the 19th of November.
- A transfer from Eindhoven to Warendorf on Wednesday the 20th of November.

Please ask for a detailed price offers for the facilities you would like to book via our organization. Send an email to Bob Dekkers (e.dekkers7@upcmail.nl) to ask for these facilities or any other questions or requests you have.

Please use the entry form on our website and see additional information:

www.breedtesport.nl



Accommodations



Up left: Weezenberg Pool Antwerp
Up right: Pieter van den Hoogenband Stadium Eindhoven
Bottom left: Hotel Eindhoven
Bottom right: Inno Sport Lab Eindhoven

