



**INTERNATIONALE ONTMOETING 2010
REDDINGSSPORT**



Eindhoven, October 2009

Dear Sportfriends,

In the weekend of 30 and 31 January 2010 the Eindhovense reddingsbrigade organises the 30th **international meeting**. The whole event will take place in the Pieter van den Hoogenband swim stadium of 'De Tongelreep' in Eindhoven.

The incident-competitions are from 12.30-16.00h. on Saturday 30 January. A team has four members, female, male or mixed. You can enter Senior teams (15 years and older) and Junior teams (12-14 years).

The relay-competitions take place on Sunday 31 January from 12.30-17.00 h. Each team has at least four swimmers. You can enter female, male or mixed teams (mixed teams enter in the male classifications). The maximum-age for juniors is 14. The programme of this competition is enclosed.

We warmly invite you to our **international meeting**.

On the entry form you can let us know whether you are coming or not and in which competitions you'll enter when you are coming.

On the evening of the 30th of January there will be a social evening for everyone.

For participation in this competition the entry fee is Euro 8,- fort each participating team, with a maximum of Euro 40,- (SERC, juniors and seniors together) per life saving club. You can pay your entry fee on the competition day.

We would like to receive your entry for the competitions **before the 20th of January 2010** on the following address:

Preferably e-mail: bobd@iae.nl

Or Bob Dekkers, Tarwelaan 89, 5632 KD Eindhoven (tel: 040-2429531).

We hope to welcome you in January. With friendly brigade-greetings,

Committee Eindhovense reddingsbrigade

Entering via e-mail: send an e-mail to bobd@iae.nl and we will send you a digital entry form.





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**PROGRAM LIFE SAVING RELAY
COMPETITION**

1. **JUNIORS** MANIKIN-DIVING WITH TEAMS (4 persons)
Swimmer 1 starts with a straddle-jump. He swims to the 25m.-line (head over the surface). There he dives to an orange manikin and brings it up with him. Immediately after number 1 the swimmers 2, 3 and 4 start. They swim to the 20m.line and wait for number 1. As soon as number 1 is back at the 20m.line (with the manikin) the 4 swimmers swim back to the start side in a family-transporting-grip.
2. **SENIORS** MANIKIN-DIVING WITH TEAMS (4 persons)
See number 1.
3. **JUNIORS** 4 x 25m MANIKIN-TRANSPORT
Start in the water, one hand at the manikin, one hand on the poolside.
Swimmers 1 and 3 hand over the manikin at the 25m-line sideways, at the exchange from number 2 to 3 swimmer number 2 has to touch the poolside before handing over the manikin.
4. **SENIORS** 4 x 25m MANIKIN TRANSPORT
See number 3.
5. **JUNIORS** 4 x 50m SWIMMING-RELAY
 1. 50m. backstroke (no use of arms)
 2. 50m. freestyle
 3. 50m. breaststroke (head over the surface)
 4. 50m. freestyle with fins
6. **SENIORS** 4 x 50m LIFE-SAVING-RELAY
 1. 50m. freestyle
 2. 50m. backstroke (no use of arms)
 3. 50m. towing (with number 2 as a subject)
 4. 50m. freestyle with fins
7. **JUNIORS** 4 x 50m RESCUE TUBE RELAY
 1. 50m. freestyle
 2. 50m. freestyle with fins
 3. 50m. freestyle with rescue tube
 4. 50m. freestyle with fins; towing no. 3 holding the rescue tube
8. **SENIORS** 4 x 50m RESCUE TUBE RELAY
See number 7.
9. **JUNIORS** 4 x 50m LINE-TOW-RELAY with a life harness
Each team-member has to swim one time and has to tow one time. While swimming, the harness has to be over both shoulders. If not, the swimmer has to correct this before swimming on. A swimmer starts and swims to the 25m.-line. There he picks up a stick (handed by a team-member) and he will be towed back. At the start-side the second swimmer puts on the life-harness and does the same as number one, and so on.
10. **SENIORS** 4 x 50m LINE-TOW-RELAY with a life harness
See number 9.