

**THE LIGUE FRANCOPHONE BELGE DE SAUVETAGE**



**INVITE YOU AT ITS MISP'12  
INTERNATIONAL POOL LIFESAVING MEETING**

**SUNDAY, APRIL 29, 2012**

**OLYMPIC SWIMMING POOL OF SERAING  
AVENUE DES PUDDLEURS 51 - 4100 SERAING**

**WITH THE SUPPORT OF:**

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# PRACTICAL INFORMATION

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## Infrastructure

Olympic Swimming Pool of Seraing :

- 50 meters, 8 lanes
- Electronic timer
- Adres : Avenue des Puddleurs 51 - 4100 Seraing



## Program

8.45 Registration and warming-up

9.00 Officials meeting

9.15 Team Leaders meeting

9.20 End of warming-up

9.30 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 16, 2012 by postmail, by fax or better by e-mail. In this last case, you may send it at the following address: [d.ulweling@lfbs.org](mailto:d.ulweling@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.

## Lunch:

There will be a possibility to have a meal (sandwichs, etc) on Sunday 12.00 am.

# COMPETITION RULES

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## **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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in individual events and in the general ranking of the team events.

## **Points allocation:**

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

<u>Place</u>	<u>Point</u>
9 <sup>th</sup> place	8 points
10 <sup>th</sup> place	7 points
11 <sup>th</sup> place	6 points
12 <sup>th</sup> place	5 points
13 <sup>th</sup> place	4 points
14 <sup>th</sup> place	3 points
15 <sup>th</sup> place	2 points
16 <sup>th</sup> 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 (2002-2000)	Benjamin
13 and 14 year (99-98)	Minim
15 and 16 year (97-96)	Cadet
17 and 18 year (95-94)	Junior

<u>Age</u>	<u>Group</u>
From 19 to 29 year (93-83)	Senior
From 30 to 39 year (82-73)	Pre-master
From 40 year (1972 and before)	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 minimis 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.*

## **ACCES MAP**

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51A, Avenue des Puddleurs, 4100, Seraing, Région Wallonne, Belgique



### **Route**

- Motorway  
Valencienne – Mons -  
Namur – Liège (A15 – E42)
- Exit Seraing and take  
the national road A604  
which will drive you to  
Seraing
- Take the bridge over  
the Meuse
- After the bridge, take  
on the right.
- 1st roundabout, take  
the first road (Quai Sadoine)  
until the next roundabout
- 2nd roundabout, take  
the 2nd road (rue de la  
Basse Marihaye), stay on  
the main street which  
becomes the « Chaussée de  
la Troque »
- 3rd roundabout, take  
the 2nd road (boulevard  
Pasteur),
- Cross the 4th  
roundabout and keep the  
main road (boulevard  
Pasteur),
- At the end of the  
boulevard Pasteur, take the  
street in front of you called  
« Avenue des Puddleurs ».  
The swimming pool stands  
in the end of this street.

Map of Seraing on the following link : « <http://www.seraing.be/Plan-de-la-ville-acces.html?lang=fr> »

# ACCOMODATION

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## Hôtels

### BEST WESTERN UNIVERS HOTEL \*\*\*\*

Rue des Guillemins 116 - B4000 LIEGE  
Tél. +32 (0)4 254 55 55  
E-mail [univershotel@skynet.be](mailto:univershotel@skynet.be)  
Web [www.univershotel.be](http://www.univershotel.be)  
11 km - ± 20 min

### CAMPANILE (Le)\*\*\*

Rue J.de Laminne - B4000 LIEGE  
Tél. +32 (0)4 224 02 72  
E-mail [liege@campanile.com](mailto:liege@campanile.com)  
Web [www.campanile-liege.be](http://www.campanile-liege.be)  
11 km - ± 20 min

### CYGNE D'ARGENT (Le)\*\*\*

Rue Beeckman, 49 - B4000 LIEGE  
Tél. +32 (0)4 223 70 01  
E-mail [info@cygnedargent.be](mailto:info@cygnedargent.be)  
Web [www.cygnedargent.be](http://www.cygnedargent.be)  
11 km - ± 20 min

### ETAP HOTEL LIEGE\*

Rue de l'Arbre Courte Joie, 380 - B4000 LIEGE  
Tél. +32 (0)4 247 03 13  
E-mail  
Web [www.etaphotel.com/2616](http://www.etaphotel.com/2616)  
16 km - ± 20 min

### EUROTEL\*\*

Rue L.Fredericq, 29 - B4020 LIEGE  
Tél. +32 (0)4 341 16 27  
E-mail [eurotelliege@yahoo.fr](mailto:eurotelliege@yahoo.fr)  
Web [www.booking.com](http://www.booking.com)  
12 km - ± 20 min

### HOLIDAY INN LIEGE\*\*\*\*

Esplanade de l'Europe, 2 - B4020 LIEGE  
Tél. +32 (0)4 349 20 00  
E-mail [hiliege@alliance-hospitality.com](mailto:hiliege@alliance-hospitality.com)  
Web [www.holidayinn-liege.com](http://www.holidayinn-liege.com)  
11 km - ± 20 min

### HOTEL HORS CHÂTEAU\*\*\*

Impasse des Drapiers, 2 - B4000 LIEGE  
Tél. +32 (0)4 250 60 68  
E-mail [info@hors-chateau.be](mailto:info@hors-chateau.be)  
Web [www.hors-chateau.be](http://www.hors-chateau.be)  
12 km - ± 25 min

### IBIS LIEGE CENTRE OPERA\*\*\*

Pl. de la République Française, 41 - 4000 LIEGE  
Tél. +32 (0)4 230 33 33  
E-mail [H0864@accor.com](mailto:H0864@accor.com)  
Web [www.ibishotel.com/0864](http://www.ibishotel.com/0864)  
12 km - ± 21 min

### IBIS LIEGE-SERAING

Route du Condroz, 15b - B4100 BONCELLES  
Tél. +32 (0)4 338 53 97  
E-mail [ibis.boncelles@belgacom.net](mailto:ibis.boncelles@belgacom.net)  
Web [www.ibishotel.com/3533](http://www.ibishotel.com/3533)  
8 km - ± 10 min

### AUBERGE DE JEUNESSE

Rue Georges Simenon - B4000 LIEGE  
Tél. +32 (0)4 344 56 89  
E-mail [liege@laj.be](mailto:liege@laj.be)  
Web [www.laj.be](http://www.laj.be)  
13 km - ± 23 min

### MERCURE LIEGE CENTRE\*\*\*\*

Bd de la Sauvenière, 100 - B4000 LIEGE  
Tél. +32 (0)4 221 77 20  
E-mail [valerie.ruytinx@alliance-hospitality.com](mailto:valerie.ruytinx@alliance-hospitality.com)  
Web [www.mercure-liege.com](http://www.mercure-liege.com)  
12 km - ± 20 min

### METROPOLE\*\*

Rue des Guillemins, 141 - B4000 LIEGE  
Tél. +32 (0)4 252 42 93  
E-mail [info@hotelmétropole.be](mailto:info@hotelmétropole.be)  
Web [www.hotelmétropole.be](http://www.hotelmétropole.be)  
Distance de l'Aéroport environ 20 min

### NATIONS (Les)\*\*

Rue des Guillemins, 139 - B4000 LIEGE  
Tél. +32 (0)4 252 44 14  
E-mail [info@hotellesnations.be](mailto:info@hotellesnations.be)  
Web [www.hotellesnations.be](http://www.hotellesnations.be)  
11 km - ± 20 min

### PARK INN LIEGE AIRPORT\*\*\*

Rue de l'Aéroport, 14 - B4460 GRACE HOLLOGNE  
Tél. +32 (0)4 241 00 00  
E-mail [info.liege@rezidorparkinn.com](mailto:info.liege@rezidorparkinn.com)  
Web [www.liege.parkinn.be](http://www.liege.parkinn.be)  
10 km - ± 15 min

### PASSERELLE (La)\*\*

Chaussée des Prés, 24 - B4020 LIEGE  
Tél. +32 (0)4 341 20 20  
E-mail [passerellehotel@skynet.be](mailto:passerellehotel@skynet.be)  
Web [www.hotelpasserelle.com](http://www.hotelpasserelle.com)  
12 km - ± 20 min

### RAMADA PLAZA LIEGE CITY CENTER\*\*\*\*

Quai St Léonard, 36 - B4000 LIEGE  
Tél. +32 (0)4 228 81 11  
E-mail [info@ramadaplaza-liege.com](mailto:info@ramadaplaza-liege.com)  
Web [www.ramadaplaza-liege.com](http://www.ramadaplaza-liege.com)  
14 km - ± 25 min

### FORMULE 1\*

1ere Avenue, 95 ZI des Hauts Sart - B4040 HERSTAL  
Tél. +32 (0)4 240 03 00  
E-mail [h2615@accord.com](mailto:h2615@accord.com)  
Web [www.hotelformule1.com/2615](http://www.hotelformule1.com/2615)  
24 km - ± 25 min

### PREMIERE CLASSE

Rue de l'Arbre Courte Joie, 330 - B4000 LIEGE  
Tél. +32 (0)4 247 47 51  
E-mail [liege@premiereclasse.com](mailto:liege@premiereclasse.com)  
Web [www.premiere-classe-liege.be](http://www.premiere-classe-liege.be)  
16 km - ± 20 min

### HOTEL HUSA DE LA COURONNE\*\*\*

Place des Guillemins, 11 - B4000 LIEGE  
Tél. +32 (0)4 340 30 00  
E-mail [reservation.couronne@husa.es](mailto:reservation.couronne@husa.es)  
Web [www.hotelhusadelacouronne.be](http://www.hotelhusadelacouronne.be)  
11 km - ± 20 min

### AUBERGE DE JEUNESSE

Rue Blandot 4 - B4130 ESNEUX  
Tél. +32 (0)4 388 21 00  
E-mail [tiff@laj.be](mailto:tiff@laj.be)  
Web [www.laj.be](http://www.laj.be)  
12 km - ± 15 min