

THE LIGUE FRANCOPHONE BELGE DE SAUVETAGE



INVITE YOU AT ITS MISPY'13
INTERNATIONAL POOL LIFESAVING MEETING FOR YOUTH

SUNDAY, MARCH 17, 2013

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

WITH THE SUPPORT OF:



PRACTICAL INFORMATION

Infrastructure

Olympic Swimming Pool of Seraing :

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



Program

12.45 Registration and warming-up

13.00 Officials meeting

13.15 Team Leaders meeting

13.20 End of warming-up

13.30 Events

- | | |
|-------|-----------------------------|
| A1 | 100m OBSTACLE SWIM |
| B1 | 4x50m OBSTACLE RELAY |
| A2 | 50m MANIKIN CARRY WITH FINS |
| Pause | |
| A6 | 100m SUPER LIFESAVER |
| A4 | 50m MANIKIN CARRY |
| B2 | 4x25m MANIKIN RELAY |
| Pause | |
| A3 | 50m RESCUE MEDLEY |
| A5 | 50m 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 March 4, 2013 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. 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.

COMPETITION RULES

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:

Place	Point
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

Place	Point
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:

Age	Group
From 10 to 12 year (2003-2001)	Benjamin
13 and 14 year (2000-99)	Minime

Individuals events description:

Little yellow manikin is used. The carbon fins are not permitted for both categories.

100m obstacle: same obstacle as the higher 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 higher 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:

There is only one category for the relays. Benjamins and minimes together.

The manikin relay will be done with a little yellow manikin.

Swim caps:

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

ACCES MAP

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



Route

- Motorway Valenciennes – 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

Hôtels

BEST WESTERN UNIVERS HOTEL****

Rue des Guillemins 116 - B4000 LIEGE
Tél. +32 (0)4 254 55 55
E-mail univershotel@skynet.be
Web 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
Web 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
Web 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
16 km - ± 20 min

EUROTEL**

Rue L.Fredericq, 29 - B4020 LIEGE
Tél. +32 (0)4 341 16 27
E-mail eurotelliege@yahoo.fr
Web 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
Web 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
Web 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@accord.com
Web 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
Web 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
Web 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
Web 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@hotelmetropole.be
Web www.hotelmetropole.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
Web 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
Web 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
Web 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
Web 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
Web 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
Web 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 resevation.couronne@husa.es
Web 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
Web www.laj.be
12 km - ± 15 min