



Invitation

Open NC Pool Events 2009

1 November 2009

De Tongelreep Eindhoven



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| Date: | 1 november 2009 |
| Place: | Pieter van den Hoogenband Swim Stadium Nationaal Swim Centre De Tongelreep Eindhoven |
| Organisation: | Reddingsbrigade Nederland |
| Board and stay: | Hotel arrangement or youth hostel |
| Care: | Arrangement for lunch (1 November during competition) |
| Entry conditions: | minimum age 14 on day of competition |
| Costs: | € 6,- per athlete for only the competition on Sunday Costs for Board and stay |
| How to get there: | See programme leaflet |
| E-mail: | t.sligchers@zonnet.nl |
| Internet: | www.breedtesport.tk www.lifesaving.nl |



This annual Open Dutch Championships Pool Events on Sunday 1 November 2009 from 12 – 19 hours is at the National Swimming Centre De Tongelreep in Eindhoven. All athletes compete for the general individual classifications for medals and certificates.

Accommodation

The competitions are in the Swim Stadium of National Swim Centre De Tongelreep in Eindhoven. We have competitions in 5 categories (A-B-C-D and Masters). In first instance international invitations are only for categories A (Open, 15 years and older) or B (Juniors (14-18 years old). If you want more information about the other categories, please ask for via email. A-B and Masters swim in the 10 lane 50m pool with electronic timing and an all over depth of 3m. Categories C and D swim at the same time in the 8 lane 25m pool with a depth of 1.8m.

Your stay

We will offer a hotel arrangement in a hotel close (walking distance) to the swimming centre based on a stay from Friday until Monday (please contact us if you want a different period). It is also possible to stay in a youth hostel situated about 10 km from Eindhoven. More information (including prices) will follow when you apply for it.

Care

Teams can book lunches at a friendly price with our federation. The lunch will be handed out to you at the team captains meeting on the competition day in the form of a packed lunch.

Side Programme

On days before the competition we offer some training facilities for international teams at your expense.

Participation

Swimmers can enter in all events of the competition on Sunday 1 November. For the all over championships score the points gained in the best 4 events will be added up (based on our national rule book). We will use digital point tables with a scale from 200 to 1000 points for each event. The 1000 point barrier is the current national Dutch record on that event. There is a protest fee of 20 Euro to be paid back when your protest is awarded, to fall to the organization when not awarded. Event rules by the ILSE Competition rulebook 6.02.

Equipment

Teams are requested to bring team caps, and fins. Manikins and tubes are provided by the organization.

Entry

Entry will be by email. If you want to take part, please ask us in an email to send you an entry form. Entry fee is € 6,- for each athlete for only the competition Sunday. Entries close at 26 October 2009. Please inform us when you plan to participate by mail to t.sligchers@zonnet.nl.

Events categories A, B and Masters:

200m obstacle race
100m manikin carry with fins
100m combined rescue medley
50m manikin carry
100m manikin tow with fins
200m super life saver



This is an ILS sanctioned competition, so official records can be swum.

More Information and questions

t.sligchers@zonnet.nl