

HOW TO GET TO 'DE TONGELREEP'

From the directions of Venlo (A67) and Weert (A2).

Close to Eindhoven follow the signs 'Valkenswaard'. Leave the motorway at the Exit 'Valkenswaard' and go right at the traffic lights in the direction of Eindhoven. You drive on the 'Aalsterweg' and go left at the first traffic lights. After that follow the parking signs "Parkeren Tongelreep".

From directions Antwerpen(A67) Tilburg(A58) 's-Hertogenbosch(A2)

Close to Eindhoven follow the A2/A67 in the direction of Venlo until the exit 'Valkenswaard'. Leave the motorway at the Exit 'Valkenswaard' and go left at the traffic lights in the direction of Eindhoven. You drive on the 'Aalsterweg' and go left at the first traffic lights in Eindhoven. After that follow the parking signs "Parkeren Tongelreep".



Would you like more information?

On the ILSE rule book	www.ilseurope.org
On the ILS rule book	www.ilsf.org
On Dutch Lifesaving Sport	www.lifesaving.nl
On the Dutch Sports Commission	www.breedtesport.tk
On the Dutch Life Saving Federation	www.reddingsbrigade.nl



Open Dutch Championship ILSE Pool Events Sunday 1 November 2009 De Tongelreep in Eindhoven

TWO POOLS FOR ONE CHAMPIONSHIP

This year we swim in two pools at the same time again. The competition has grown so much in the last few years, with all different age groups, that the programme became too long for one pool. The age groups C and D swim in the 25 meter pool. All other categories (A-B-Masters) swim in the 50 meter pool. In the swimming stadium both pools are in the same hall, that is divided into two by a flexible wall. There will be one passage between both pools. In the 50m pool we use electronic timing. 'De Tongelreep' offers a fantastic venue for this competition.

Entrance and accreditation in the hall of the swimming centre.

TIME SCHEDULE:

11.00 h.:	Judges meeting (club house De Spetter)
11.40 h.:	Team Captains Meeting (jury room) / Warming Up
12.10 h.:	Start of competitions in 50m-pool
12.30 h.:	Start of competitions in 25m-pool
16.30 h.:	End of competitions in 25 meter pool
18.30 h.:	End of competitions in 50 meter pool

Victory ceremonies at the end of each competition in the pool.

This is an official ILS Sanctioned Event.



COMPETITION RULES

- Entry is open for individual athletes
- There are 5 categories.
 - **Seniors A** (open category, min. 15 years)
 - **Juniors B** (14-18 years on competition day)
 - **Category C** (12-14 years on competition day)
 - **Category D** (9-11 years on competition day)
 - **Masters** (min. 30 years on competition day)
- Athletes can swim for individual classifications. The three best athletes in each over all classification can win medals.
- Competitors for Categories A - B - Masters: International / Open.
- Competitors for Categories C - D: Netherlands and Belgium.
- On the competition day athletes should have proof of their identity and age with them. The federation should be able to confirm that all participants are certified life savers.
- For all Dutch competitors there are qualifying times. International competitors have to be experienced athletes.
- At a false start there are the following rules:
For A and B categories and Masters: the competitor making or provoking a false start shall be disqualified.
For C- and D categories: the competitor making or provoking a false start will be awarded penalty points (this from the first start and on).
- A competitor has to take part in at least 4 events to be in the all over Open Dutch Classifications.
- Each competitor can take part in all events, but only the four best results count for the final classification per athlete.
- A competitor who withdraws from an event during the competitions cannot start in any event after that.
- **We expect a great number of competitors at this competition. Changing of entries (add competitors or changing of events) is not possible after 28 October!!!**
- Competitors have to use the manikins and rescue tubes supplied by the organizing committee. Bring your own fins.
- In the 50 meter pool we will use electronic timing.
- **Competitors must use the steps at the pool side to leave the pool!!!!**
- This is an official ILS Sanctioned Event, so official records can be made.

If you want more information on events for C and D category, please contact us. At the moment information for this is only available in Dutch language.

EXTRA INFORMATION

DOPING CONTROL

Dutch competitors in categories A and B can be called for doping control. This will be organized by DoCoNed (Dutch Doping Control). They will select the competitors for this doping control. A competitor in these categories cannot refuse the doping control.

We will apply for doping control when a competitor swims an official European or World Record. A competitor should be WADA registered to apply for a European or World record.

TALENT SCOUTING

From categories C and D among the Dutch competitors there will be a selection for the National Talent Scouting Programme. We will offer the talents national training facilities and an international competition.

NATIONAL TEAM

- From the results of the competition in the categories A and B our National Team and National Junior Team will be selected.

If you appreciate any care (packed lunch or anything else) please contact us in advance at t.sligchers@zonnet.nl

Events in 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

