

## HOW TO GET THERE

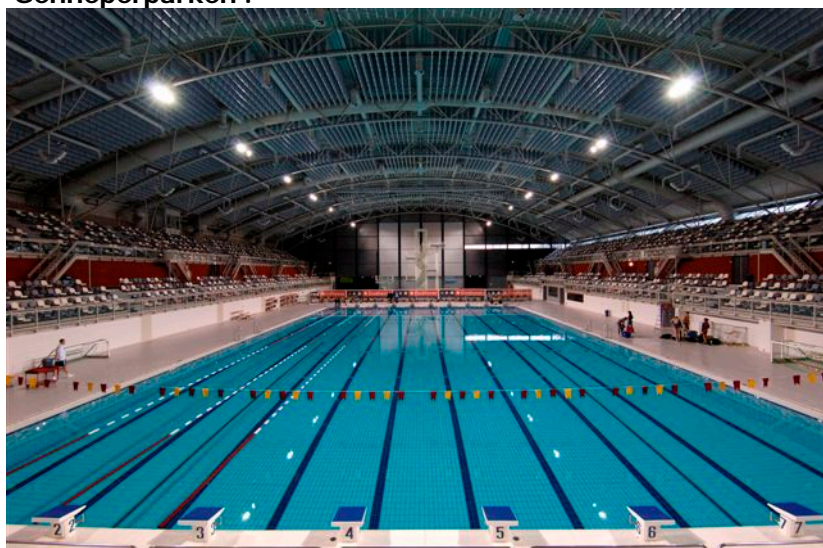
### Zwembad Wezenberg

Desguinlei 17-19,  
2018 Antwerpen

### De Tongelreep

Antoon Coolenlaan 1,  
5644 RX Eindhoven

**ROAD WORKS:** follow  
diversion 7 from the exit  
of the motorway and go  
to the parking of  
'Genneperparken'.



## Would you like more information?

On the ILSE rule book	<a href="http://www.ilseurope.org">www.ilseurope.org</a>
On the ILS rule book	<a href="http://www.ilsf.org">www.ilsf.org</a>
On Lifesaving Sport	<a href="http://www.lifesaving.nl">www.lifesaving.nl</a>
On the Dutch Sports Commission	<a href="http://www.breedtesport.eu">www.breedtesport.eu</a>
On the Dutch Life Saving Federation	<a href="http://www.reddingsbrigade.nl">www.reddingsbrigade.nl</a>
On the Belgian Life Saving Federation	<a href="http://www.redfed.be">www.redfed.be</a>



## First BeNe Cup 16-17 November 2013 Wezenberg Pool Antwerp De Tongelreep in Eindhoven

### TWO POOLS FOR ONE CHAMPIONSHIP

This first year of the BeNe Cup (Belgium / The Netherlands) we will have one competition in two pools, in two towns and in two countries. The Belgian and Dutch lifesaving federations work together to make it an unforgettable weekend. In both pools we will use electronic timing equipment and we will process results with the programme 'Splash'.

**Entrance and accreditation in the hall of the swimming centre.**

### TIME SCHEDULE for Antwerp:

08.30 h.: Judges meeting  
09.00 h.: Team Captains Meeting / Warming Up  
10.00 h.: Start of competitions  
17.00 h.: End of competitions in 50 meter pool

### TIME SCHEDULE for Eindhoven:

09.30 h.: Judges meeting  
10.30 h.: Team Captains Meeting / Warming Up  
11.00 h.: Start of competitions  
17.00 h.: End of competitions in 50 meter pool

Victory ceremonies at the end of the second competition  
ay in the pool.

This is an official ILS Sanctioned Event.



## COMPETITION RULES

### Participation and classifications

- The competitions for athletes of 14 and younger are in principle for Belgian and Dutch participants.
- For the age groups A-B-M (**BeNe Cup**) each club/federation can enter one team (open category) consisting of athletes that also take part in the individual events. There is a maximum of 6 male and 6 female athletes for such a team. Clubs/federations can enter as many individual athletes as they want. Only individual participants that also take part in relays count for the **BeNe Cup** classifications.
- Participants that swim for clubteams can also count for National teams. Names have to be specified before the start of the competitions.
- Athletes can enter in all 6 individual events.
- The entry fee for the **BeNe Cup** is 10 Euros per participant.
- **BeNe Cup** classifications:
  - Each athlete gains points for each events according to LEN tables;
  - For an individual competitor the points scored on the best 4 events will count for the overall individual results. The 3 best per category (A-B-M) (male and female) receive medals;
  - For the team results (**BeNe Cup**) the scores of the best 4 athletes (on 4 events) and the relay results add up.
  - There are **BeNe-Cups** for the best 3 male and female club teams and two exchange trophies for the best female and male national team.
- Per events there will be certificates for the 3 best results.
- Final entries by 10 November 2013.
- Both organizing federations will make their own results for their National champions per category.
- **Competition rule book is ILS Rule Book 2013.** (Special attention for manikin carry and distance line throw)
- 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 10 November!!!**
- Competitors have to use the manikins and rescue tubes supplied by the organizing committee. Bring your own fins.
- For the A-B-M events 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.

## EXTRA INFORMATION

### DOPING CONTROL

Competitors in categories A, B and M can be selected for doping control. This will be organized by the doping authority. 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.**

If you appreciate any care (packed lunch or anything else) please contact us in advance at [theo@breedtesport.eu](mailto:theo@breedtesport.eu) .

For the **BeNe Cup** there are three age groups (age by year of birth)  
B: Juniors 14-18  
A: Open category, 16 and older  
M: Masters, 30 and older

**Events in categories A, B and Masters:**  
Antwerp, 16 November  
200m obstacle swim  
4 x 50m obstacle relay  
50m manikin carry  
4 x 25m manikin relay  
100m manikin tow with fins  
Eindhoven, 17 November  
100m manikin carry with fins  
100m rescue medley  
4 x 50m rescue medley relay  
200m super life saver  
Line throw.

