



Competition regulations

- This competition is held by the international competition manual: ILS Competition Manual version 2011.
 - All participants must be at least 14 years of age on the day of competition.
 - All participants must be member of a lifesaving club or team.
 - Dutch competitors are required to be in possession of brevet 6 or lifesaver 1.
 - All foreign competitors are required to be in possession of similar certificates by the foreign national life saving federation, proving their skills and background as a lifesaver.
 - A competitor is obligated to be in possession of a competition license and/or a certificate of health, provided such certificates are issued by their national life saving federation. The coach is responsible for these things and must sign the disclaimer.
 - Results per event will only be available digitally online.
 - At this competition, two rankings will be made and to awards will be awarded. Only the winners will get a prize.
 - o Best performance juniors/seniors mixed. This ranking is based on the greatest point score by a competitor on a single event, girls/women and boys/men are mixed.
 - o Rookie award juniors/seniors mixed. This award will be awarded by a jury, formed by members of the organization. Only Dutch competitors can be awarded this award. There can be no protests concerning the results of this award.
 - The heats will be filled by entry time as straight finals. There will be no A- or B- finals for any event.
 - The competition is held in a 50m pool.
 - All times will be registered on 1/100th of a second.
 - Every participating club or team is **obligated** to bring a number of officials according to the number of competitors of that club or team.
 - o 2-6 competitors: 1 official
 - o 7-12 competitors: 2 officials
 - o 13+ competitors: 3 officials
- The grade of the official(s) must be mentioned at the inscription form.



Entry procedure

- The last entry date is august 5th 2012. After this date, there can be no more new entries.
- Changes or cancellations can be made until august 18th.
- Any cancellation after the 5th of august will *not* result in the refund of entry fees. Athletes absent at the start of the event without personal notification to the organisation, will receive a fine of €5,- per event.
- Entry fees per competitor are:
 - o €3,50 for 1 event
 - o €7,- for 2 events
 - o €9,- for 3 events
 - o €2,- for any additional event
- If a club or team cannot bring any or enough officials, an extra entry fee of €25,- per missing official is charged.
- The coach receives a digital invoice with payment details for the entry fees. This invoice must be paid before the start of the competition; otherwise the competitors will be excluded from the competition. Payment at the day of competition is allowed, however, transfer by bank is preferred.
- Clubs/teams paying the invoice before the first of july 2012, get a 10% discount.

Qualification times

- When an entry is made for an event where a qualification time is required, the time and place where the qualification time is met must be specified. The qualification times are calculated by 140% of the current world record.

<u>Event</u>	<u>Female</u>	<u>Male</u>
200m obstacle race	2:50,63	2:40,96
200m superlifesaver	3:25,04	2:59,00
4x50m obstacle relay	2:34,67	2:18,40
4x25m manikin relay	1:57,39	1:34,63
4x50m medley relay	2:21,44	2:05,09