



Competition Regulations 5th LifeSaving.nl Pool Meeting

- 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, boys and men separately.
 - 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.
- Tijdens deze wedstrijd wordt het internationale wedstrijdreglement gebruikt: ILS Competition Manual version 2011.



Entry Procedure 5th LifeSaving.nl Pool Meeting

- The last entry date is June 29, 2013, 20:00h. After this date, there can be no more new entries.
- Changes or cancellations can be made until July 6, at 20:00h.
- Any cancellation after the 29th of June will *not* result in the refund of entry fees. Athletes absent at the start of the event without *written* notification to the organization or the jury, will receive a fine of €5,- per event.
- De uiterste inschrijfdatum is 29 juni 2013, 20:00 uur. Na deze datum kan niet meer aangemeld worden.
- Entry fees per competitor are:
 - o €3,- for 1 event
 - o €6,- for 2 events
 - o €8,- for 3 events
 - o €2,- for any additional event
- Relay events are free of charge, provided that every athlete participating in that relay has at least one individual event. If this is not the case, the entry fee is €3,- per relay event.
- 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 or with PayPal is preferred.
- Clubs/teams **paying** the invoice before the 1st of April 2013, get a 10% discount.
- Booking an hotel through the organization is possible until March 20, 2013. After this date, booking an hotel is at your own responsibility.

Qualification Times 5th LifeSaving.nl Pool Meeting

- Whenever an athlete or team enters an event where a qualification time applies, the athlete or team must have bettered this time at least once in the past 3 years. When this is doubtful, the organization can ask for proof (a copy of the results). The qualification times are fixed on 150% of the current world record. For events not listed below, no qualification time applies.

<u>Event</u>	<u>Female</u>	<u>Male</u>
200m obstacle swim	3:02,82	2:50,16
200m superlifesaver	3:36,83	3:11,79
4x50m obstacle relay	2:45,59	2:27,72
4x25m manikin relay	2:04,58	1:40,38
4x50m medley relay	2:31,55	2:14,03