



**Dear Athletes,**

Underneath you'll find all the information about the LDOM 2012, read this well and please sign in. From the 9<sup>th</sup> of August we'll have our own website online: [www.ldom.nl](http://www.ldom.nl)

Competition:	<b>Long Distance Oceanman: Competition, approx 21 km</b>
Date:	<b>Saturday the 8<sup>th</sup> of September 2012</b>
Where?	<b>Surf Club Koers Zuid(Adress: De Weerd 85, Roermond)</b>
Individual/team?	<b>Individual and Team</b>
Pool/Ocean?	<b>Ocean</b>
Categories:	<b>Seniors who have finished an Oceanman in the 2011/2012 season. For the seniors who participate in a team, this is not necessary. And Juniors under 14.</b>
Disciplins:	<b><u>Seniors/Juniors:</u> Long Distance oceanman 2 km swimming, 6 km board, 9 km surfski and a 3 km Run.</b> <b><u>Under 14:</u> Separated disciplins 500 meter swimming, 2 km Board, Beach run and (mini) ocean man</b>
Registration:	<b>Visit our website <a href="http://www.ldom.nl">www.ldom.nl</a> (online from the 9<sup>th</sup> of August) or send a mail to <a href="mailto:LDOM@hotmail.nl">LDOM@hotmail.nl</a>. Registration is possible till the 25<sup>th</sup> of August. After this date, we will ask €2,50 on top of the registration costs.</b>

**COMMENTS: PARTICIPATION IS AT OWN RISK**

- **Wetsuits are recommended**
- **Running shoes are obligated**
- **There will be no boards and ski's to hire**
- **We won't provide a camping site**
- **The organisation is able to eliminate athletes during the competition**

### **Registration money**

The registration costs are for all the competitors an amount of €7,50. There is also a possibility to register in team, this will cost €20 (max 4 pp/team). Each participant will receive a swim goodie afterwards. Finally there will be a barbeque when the event has finished. The costs for this barbecue are €15,00 per person. Drinks are not included. A vegetarian barbecue is possible, if so please send a mail to [LDOM@hotmail.nl](mailto:LDOM@hotmail.nl)

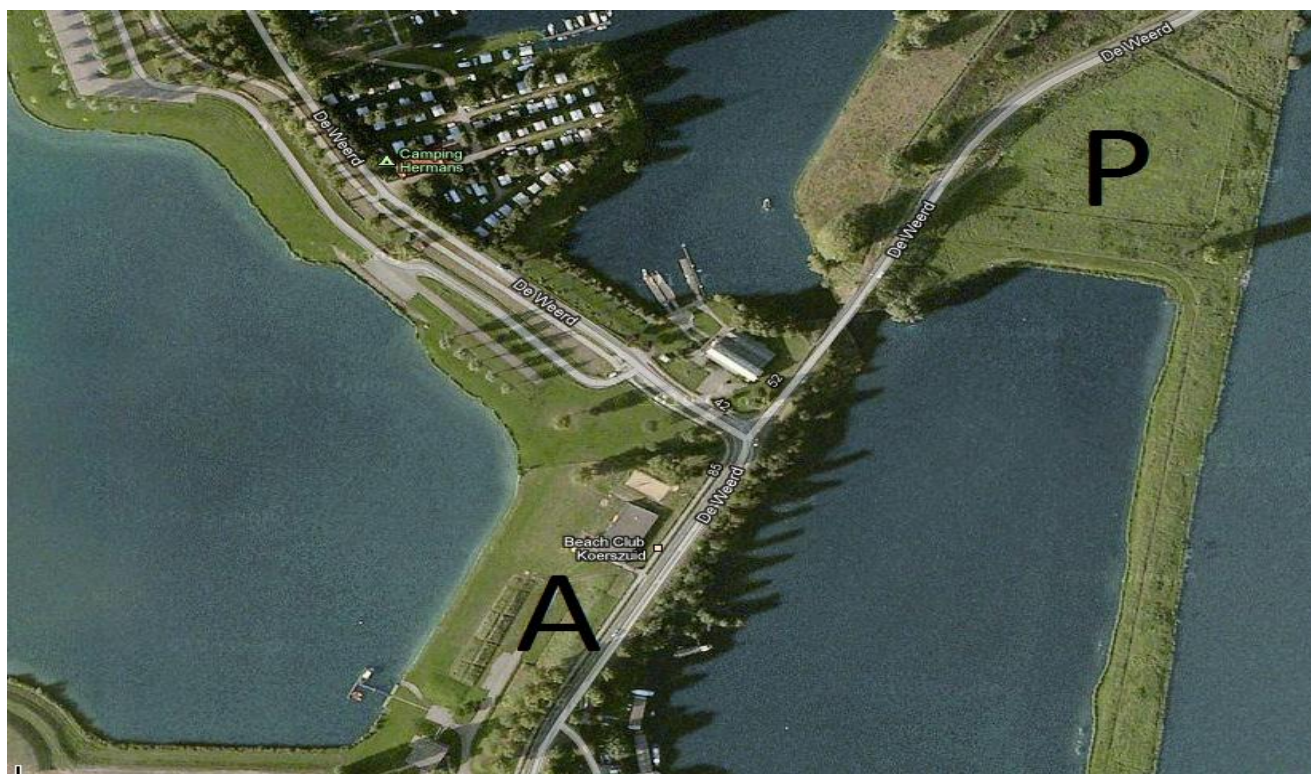
You can pay the registration costs for the competition and optionally the barbecue till **25 Augustus**. Would you please transfer the money to 140321063 following B.M.A. Coolen with the subscript: LDOM 2012 + your name  
IBAN: NL09RABO0140321063  
BIC: RABONL2U

### **Program**

12.00: Registration and team meeting  
13.00: Long Distance Oceanman start  
13.05: Surf Race(500 meter) under 14. Boys and girls will start separately.  
14.00: Beach run under 14  
15.00: Board Race ( 2 km) under 14  
16.00: Optionally mini Oceanman under 14  
17.00: Awards + BBQ

### **Parking**

The place where you can park your car is located with the P on the photo below. Is it possible to leave your boards and ski's at the Beach Club Koers Zuid (located with A), but we want to ask you to park your car in the parking zone with P after you left your gear.





We hope to see you on the 8<sup>th</sup> of September.

Also keep an eye on our website: [www.ldom.nl](http://www.ldom.nl) which will be online from the 9<sup>th</sup> of august.

If you have some questions left, please send a mail to [LDOM@hotmail.nl](mailto:LDOM@hotmail.nl)

**Kind regards,**

Niels van Dalen

Bart Coolen

Rik op het Veld

Joep Teulings

Sjors Pietermans

