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www.rbdordrecht.nl
Beschermeer: Burgemeester van Dordrecht, dhr. mr. A.W. Kolff
Aangesloten bij: Reddingsbrigades Nederland

Dear athletes and clubs,

We hereby invite you to participate in the competition of the ILSE Dordrecht 2018. The competition will be held on:

**Saturday 10th and Sunday 11th, March 2018
in the Sportboulevard, Fanny Blankers-Koenweg 10, Dordrecht.**

The program of the masters, seniors and juniors has been divided over 2 days. On Saturday the warming up starts at 8.15 hours and on Sunday at 9.00 hours. On Sunday the competition will be closed at about 16.00 hours. The program for athletes born in 2004 and later, will be held on one day: Saturday between 9.00 - 17.00 hours. Due to the number of participants, the time schedule will be adapted after conclusion of the registration.

Both days the competition will start 10.00 hours, unless later information will inform you about the new times. The program is scheduled with breaks during the day in order to provide athletes to participate in almost all events. The award ceremony will be during the day.

Categories:

Masters II	1968 and older
Masters I	1969- 1988
Seniors	2002 and older
Juniors	2000-2003
C-category	2004-2006
D-category	2007-2009
E-category	2010-2011

Events

Masters, seniors, juniors:

Saturday

200	Obstacle
4 x50	Obstacle relay
4 x 25	Manikin carry relay
100	Manikin tow with fins
100	Rescue medley

Sunday

100	Manikin carry with fins
50	Manikin carry
200	Super lifesaver
4 x 50	Rescue medley relay

CDE categories:

Saturday

Obstacle
Lifesaver
Rescue medley
Ringdiving/Borstcrawl with fins
Ringdiving/ringtransport
Super lifesaver

The events are described in the latest edition of the ILSE Competition Rulebook. This can be found at www.rednedlifesavingsport.nl or www.ilsf.org.

Participation

Each senior, junior and master athlete can enrol and participate in all individual events. The athletes, born in 2004 and later, can only participate in 5 individual events.

The relay team may exist of maximum 6 athletes. All teams participate in one open category. A club or a national team may enrol as much teams as they prefer.

Ranking

Within each category award will be available for the three fastest athletes in each individual event. The relays are open events in which the three fastest teams will be rewarded. There isn't a team classification.

Hospitality

The Dordtse Reddingsbrigade will provide snacks and lunches during the lunch break and warm meals at the end of the program. You must order lunches and warm meals at a special form.

Registration & Costs

Please register your club and number of participants at wedstrijden@rbdordrecht.nl.

To participate in this competition registration fee of € 17,50 for masters, seniors and juniors and €10,- for CDE categories per individual participant needs to be paid. Transfer this registration fee to bank account:

IBAN number: NL94 INGB 0000 3233 75
Account: Dordtse Reddingsbrigade
BIC code: INGBNL2A
Mentioning ILSE Dordrecht 2018 and club name.

No later than 7 days before the event, the entry fee must be credited to this account. If not the case the team will be excluded from participation of the competition.

For more information you may consult the website www.rbdordrecht.nl.

Detailed program: see appendix.

Awaiting your subscription, sincerely

Henk Dorst
President of Dordtse Reddingsbrigade

Robin Verhoef
Chairman of the commission Lifesaving Dordtse Reddingsbrigade

Detailed Program:

Saturday

- 8.15 - 9.00 warming up in 50 m pool: seniors, juniors, masters
- 9.00 - 9.30 warming up in 25 m pool: CDE-categories
- 9.00 - 13.30 50 m pool all categories
- 200m Obstacle Swim
- 4x50m Obstacle Relay (one category including masters, seniors and juniors)
- short break
- 4x25m Manikin Relay (one category including masters, seniors and juniors)
- 100 m Manikin Tow with Fins
- 13.30 - 14.00 Lunch
- 14.00 - 15.30 50m pool all categories
- 100m Rescue medley
- 15.30 - 17.00 only for CDE (2004 and later) categories
- Ringdiving with fins
- Ringdiving/ringtransport
- Super lifesaver
- 17.00 - 18.30 diners

Sunday

- 9.00 - 10.00 warming up in 50 m pool
- 10.00 - 13.00 100m Manikin carry with fins
- 50m Manikin carry
- 13.00 - 14.00 lunch
- 14.00 - 16.00 200 m Super Lifesaver
- 4x50m Rescue Medley Relay (one category including masters, seniors and juniors)