

Our reference: 2015-05 AT OC
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Subject: Orange Cup 2015



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Dear National Team members,

We hereby invite you to take part in the competition of the Orange Cup 2015.

The competition will be held on:

**Saturday 14 and Sunday 15, November 2015 in the Pieter van den Hoogenband
Zwemstadion in Eindhoven**

Both days the competition will start 10:00, unless later information will inform you about the new times. The award ceremony for the Team competition is on Sunday, November 15th at approximately 17:00. (Times refer to program leaflet with reservation, final time). More information is available on the website in due course www.rednedlifesavingsport.nl

Categories:

JUNIORS

Junior swimmers are those who are born in 1997 to 2000

A women and / or men's team may consist of up to six participants.

SENIORS

For senior swimmers those who are born in 1999 or earlier.

A women and / or men's team may consist of up to six participants.

MASTERS

For senior swimmers those who are born in 1985 or earlier.

A women and / or men's team may consist of up to six participants.

Mixed teams are not allowed in this category

You can register at the Splash form (this is from September 15 on the website available). This should be filled out and emailed as soon as possible but no later than November 1, 2015 to the competition email address: redned.orangecup@gmail.com.

More details on the competition will be announced by a program folder.

To participate in this competition a registration fee of € 10,- needs to be paid per individual participant, transfer this registration fee to bank account NL64 INGB 0792 3981 73, Attn T.H.E. Sligchers Echt mentioning Orange Cup team and name.

No later than four days before the race the entry fee must be credited to the account.

If this is not the case, the team will be excluded from participation for the championship.

Awaiting your subscription, sincerely,

Patrick van den Broek
Projectmanager Orange Cup
redned.orangecup@gmail.com



Competition Disciplines:

Saturday

200 m Obstacle Swim
4 x 50 m Obstacle Relay
Line Throw
4 x 25 m Manikin Relay
100 m Manikin Tow with Fins

Sunday

50 m Manikin Carry
100 m Manikin Carry with Fins
4 x 50 m Rescue Medley Relay
100 m Rescue Medley
200 m Super Lifesaver



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

Participation

- For the Senior-Junior-Master category a national team or club can enroll one team in the open category and one team in the junior who also participate in the relay events. Such a team consists of up to six men and six women. For individual athletes there is an unlimited enrollment.
- Athletes may participate in a maximum of four individual parts.

Classifications

- The classification of the Orange Cup is formatted as follows:
 - o Individually there are medals per competition discipline
 - o For the teams prizes will be the total score of the of the relays.
- The ranking for the National Championship is formatted as follows:
 - o There is a ranking for Juniors, Seniors and Masters. Medals are per discipline, there is no overall counting.
 - o Only Dutch athletes qualify for this classification into account.

Hospitality

Information about accommodation and other facilities are available on request.
Please contact us if there are requirements for stay, meals and training facilities;
send an email to: redned.orangecup@gmail.com