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Beschermheer: Burgemeester van Dordrecht, dhr. mr. A.W. Kolff

Aangesloten bij: Reddingsbrigades Nederland

Dear athletes and clubs,

This year you're invited to participate in the **Dordrecht Lifesaving Summit** (formerly ILSE Dordrecht), organised by the Dordtse Reddingsbrigade (DRB). This unique competition includes participants from aspirants, juniors, seniors, and masters all in one weekend. It is distinguished by its international field of participants, our 50m pool and the new event: the **Manikin Lifesaver medley!!**

When? Saturday, March 9, and Sunday, March 10, 2024

Where? Sportboulevard Dordrecht (Fanny Blankers-Koenweg 10)

Saturday morning starts with the aspirants (C/D/E), while seniors, juniors, and masters (A/B/M) begin in the afternoon on Saturday and continue on Sunday. The schedule with specific timings is provided. There will be ample opportunity for warm-up for all categories on both days. This competition is **recognised by the ILS**, but there will be no doping controls.

Extra Information

Meals and Lunches

Various foods and drinks are available in our clubhouse. Additionally, lunch for an athlete can be ordered for Saturday and/or Sunday through our website. Registration for a hot buffet on Saturday, following the competition, is also available on the website.

Massage

Professional massage services will be available in the DRB clubhouse during the competition. Participation is free, subject to availability.

Categories

Swimmers can participate in the following categories:

Masters II : 1974 and older

Aspirants C: 2010 – 2012

Masters I : 1975 – 1994

Aspirants D: 2013 – 2015

Seniors: 2005 and older

Aspirants E: 2016 – 2017

Juniors: 2006 – 2009

All competition details can be found in the latest edition of the '**ILS Competition Rule Book 2023**', on the website www.ilsf.org. All participants will be checked for the correct fin dimensions.

Participation C/D/E

The Dutch regulations will be used for this category. Participants must adhere to specific rules:

- During the competition, where a ring represents the drowning person, it is not permitted to use the ring to touch the finish wall. This will result in disqualification;
- During the competition where fins are used, it is not permitted to use anything other than "Plastic flippers". If others are used (such as fins or carbon flippers), exclusion will follow prior to the distance or disqualification after the distance.



Participation A/B/M

Each athlete can participate in 5 individual events; additional charges apply for the 6th and 7th events. Teams can consist of up to 6 members, participating in the open category. Only club teams are allowed; registration for national teams is not possible.

New event – Manikin Lifesaver medley – Attention!

To ensure smooth proceedings, only the helper holding the manikin can set up the fins and the tube. Participants are **NOT** allowed to do this themselves. Any swimmer attempting to do so will be disqualified.

Ranking

The top three athletes in each category receive a medal for each individual event. Only an open category exists for team events, with medals awarded to the top three teams.

Award Ceremony

The ceremony for the aspirants' Summit takes place on Saturday afternoon from 13:45 on the Optisport balcony (upper floor, near the clubhouse). A/B/M Summit award ceremonies take place between the events. Prizes can be collected in the DRB clubhouse once official results are available.

Meals and Lunches

A variety of (hot) snacks, lunches, and drinks are available in the DRB clubhouse. Athletes can also order a (athlete's) lunch for Saturday and/or Sunday via the website (€8.50 per person). A fantastic hot buffet will be served on Saturday after the competition (€12.50 per person, including drinks). Athletes and coaches can register for lunch and/or the hot buffet **no later than 1 week prior to the tournament** via www.rbdordrecht.nl/shop. Please do this! This way we avoid having to disappoint people.

Registration & Costs

Clubs with 5 or more participants must provide a volunteer who is willing to assist with the manikin towing. Registration and participant count can be done on www.rbdordrecht.nl/wedstrijden/ilse-wedstrijden-dordrecht. A registration fee of €22 per individual participant covers up to 5 events in the master, senior, and junior categories. For the 6th and 7th events, an additional €10 per event is required. CDE participants pay €13 per entry.

Registration is open from January 15 to February 23, 2024, or until the maximum is reached. Refunds will be issued if the event cannot proceed. Entries can be emailed to lifesavingdrb@gmail.com. Registration fees can be transferred to the provided bank account or via www.rbdordrecht.nl/shop.

Bank Account: NL94 INGB 0000 3233 75

In the name of: Dordtse Reddingsbrigade
BIC code: INGBNL2A
Reference: Dordrecht Lifesaving Summit

Fees must be transferred by March 1, 2024; failure to do so may result in team exclusion. More information is available on the website www.rbdordrecht.nl.



We look forward to welcoming you all in good health, enthusiasm, and energy to experience another challenging, sporty, exciting, and lively event together!

Kind regards,

Henk Dorst
Chairman of the Dordtse Reddingsbrigade

Robert Hendriks
Event Manager Dordrecht Lifesaving Summit

Lifesaving Committee DRB

Note: The program is on the next page.



PROGRAM

Saturday, March 9, 2024 - C/D/E category

7:45 - 8:15 AM: Warm-up

8:30 AM: Start of the competition. Aiming to finish by 1:00 PM

Events C/D/E:

C	D	E
50m Lifesaver	50m Lifesaver	50m Lifesaver
100m Ring diving with swim fins	50m Ring diving with swim fins	50m Freestyle with swim fins
50m Ring diving	50m Ring diving	50m Carrying a ring with fins
100m Obstacle	50m Obstacle	50m Obstacle

Saturday, March 9, 2024 - A/B/M category

1:00 - 1:45 PM: Warm-up

2:00 PM: Start of the competition

7:00 PM: End of the competition (target time)

Followed by the traditional hot buffet (reservation required)

Events:

4 x 50m Obstacle Relay
200m Obstacle Swim
4 x 25m Manikin Carry Relay
200m Super Lifesaver
4 x 50m Rescue Medley Relay

Sunday, March 10, 2024 - A/B/M category

9:00 – 9:45 AM: Warm-up

10:00 AM: Start of the competition

6:00 PM: End of the competition (target time)

Events:

100m Manikin Carry with Fins
100m Rescue Medley
100m Manikin Tow with Fins
50m Manikin Carry
100m Manikin Lifesaver Medley
4 * 50m Mixed Lifesaver Relay

Note: Depending on the number of registrations, start times may be adjusted after the registration deadline