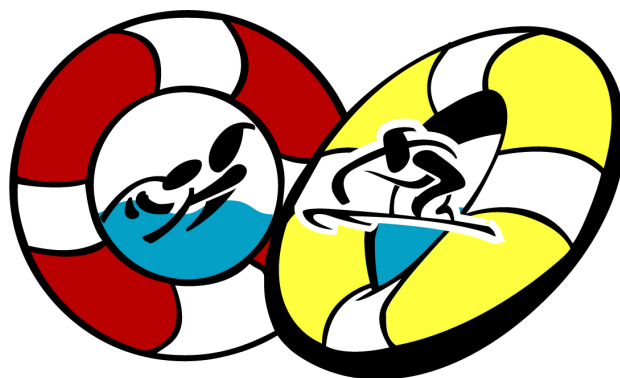


LIGUE FRANCOPHONE BELGE DE SAUVETAGE ASBL



L.F.B.S.

INVITE YOU TO MISP'24
INTERNATIONAL POOL LIFESAVING MEETING

SUNDAY, APRIL 21, 2024

OLYMPIC SWIMMING POOL OF SERAING
AVENUE DES PUDDLEURS 51 - 4100 SERAING

WITH THE SUPPORT OF:

Adeps•pro
FÉDÉRATION WALLONIE-BRUXELLES

 **Infrasports**
Construire pour le sport

PRACTICAL INFORMATION

Infrastructure

Olympic Swimming Pool:

- 50 meters, 8 lanes
- Electronic timekeeping

Address : Avenue des Puddleurs 51 - 4100 Seraing



Program

7.00 Registration and warming-up

7.20 Officials meeting

7.40 Team captains meeting

7.50 End of warming-up

8.00 Events

- A1 200m obstacle swim
- B1 4x50m obstacle relay
- A2 100m manikin carry with fins
- Pause
- A6 200m superlifesaver
- A4 50m manikin carry
- B2 4x25m manikin relay
- Pause
- A3 100m rescue medley
- A5 100m manikin tow with fins
- B3 4x50m medley relay



Registration fee

12,00 € per athlete. This can be paid at the registration, the day of the competition or on the bank account: IBAN : BE46 0012 3008 0036, BIC : GEBABEBB. There is no minimum or maximum athlete per club. The entrance is free for spectators.

Registration form

You will find the registration files (Lenex and Excel) on the LFBS website:

<https://www.lfbs.org/ZNLDocs.olp?id=35>

Please send it back **BEFORE** April 7, 2024 by e-mail, at the following address: a.romanini@lfbs.org. When submitting the e-mail, the sender will receive a read receipt. Heats for the events will be drawn based on the entry times as declared on the entry forms.

Lenex form is mandatory for Belgian clubs and strongly desired for foreign clubs. If the SPLASH program is a problem for foreign clubs, a EXCEL form is available.

Lunch (Sandwich, etc)

Will be served on 12.00 am at the cafeteria of the pool

COMPETITION RULES

Subscription

The athletes can subscribe for **1, 2, 3 or 4 events (maximum)**. There is a minimum of 4 athletes and maximum 5 athletes in one team for the relays.

Aggregate Trophies and Medals

Medals will be presented for the 1st, 2nd and 3rd place in individual events and in the general ranking of the team events.

Points allocation

<u>Place</u>	<u>Point</u>
1 st place	20 points
2 nd place	18 points
3 rd place	16 points
4 th place	14 points
5 th place	13 points
6 th place	12 points
7 th place	11 points
8 th place	10 points

<u>Place</u>	<u>Point</u>
9 th place	8 points
10 th place	7 points
11 th place	6 points
12 th place	5 points
13 th place	4 points
14 th place	3 points
15 th place	2 points
16 th place and after	1 point

Finals

There is no A-B final

Individual Age Groups

<u>Age</u>	<u>Group</u>
From 15 to 16 year (2009-2008)	Cadet
From 17 year (2007 and before)	Open

Individuals events description

The international rules are applicable.

Relays description

Same categories as for individual events: Cadet – Open.

Swim caps

It shall be necessary *for all competitors to wear club swim caps for all events*.

Technical officials

Belgian clubs: The belgian rules are applicable.

Foreign clubs: The organiser asks at least 1 judge (either « Finish », « Lane », « Course », of « Turn Judges ») per club. If you cannot propose a technical official, a supplement of 30,00 € will be requested at the registration.

ACCES MAP

📍 51A, Avenue des Puddleurs, 4100, Seraing, Région Wallonne, Belgique



Route

- ☐ Motorway Valenciennes – Mons – Namur – Liège (A15 – E42)
- ☐ Exit Seraing and take the national road A604 which will drive you to Seraing
- ☐ Take the bridge over the Meuse
- ☐ After the bridge, take on the right.
- ☐ 1st roundabout, take the first road (Quai Sadoine) until the next roundabout
- ☐ 2nd roundabout, take the 2nd road (rue de la Basse Marihay), stay on the main street which becomes the « Chaussée de la Troque »
- ☐ 3rd roundabout, take the 2nd road (boulevard Pasteur),
- ☐ Cross the 4th roundabout and keep the main road (boulevard Pasteur),
- ☐ At the end of the boulevard Pasteur, take the street in front of you called « Avenue des Puddleurs ». The swimming pool stands in the end of this street.