

Dear sportsfriends,  
The Flemish Lifesaving Federation invites you to:



## INTRODUCTION

We kindly invite you to the 22<sup>st</sup> Flanders International Lifesaving Competition Open Water (FILCOW).

**FILCOW – Competition: 4 & 5 July 2026**

### 1. PROGRAMME (PROVISIONAL)

**FILCOW – Competition: 4 & 5 July 2026**

#### **Saturday 4th of July**

AM (first start at 9.00)

Heats Board race

Heats Surf ski race

Heats Surf race

Heats Beach sprint

Heats 4x90m Beach relay

Heats Oceanman relay

PM

Finals Surf race

Finals Board race

Finals Surf ski race

Finals Beach sprint

Finals 4x90m Beach relay

Finals Oceanman relay

#### **Sunday 5th of July**

AM (first start at 9.00)

Heats Oceanman

Heats Beach Flags

PM

Finals Oceanman

Finals Beach flags

## 2. COMPETITION AREAS

245 Zeedijk, 8370 Blankenberge – Belgium



## 3. COMPETITION

### 3.1. Eligibility

Athletes have to be born before 2012. There are two age groups in each gender:

- 2011 – 2008: youth
- 2007 – older: open

## 3.2. Events

In this competition 6 individual and 2 team events are scheduled. All events are held in series and finales.

Individual events (6 events):

- Beach flags
- Beach sprint
- Surf race
- Board race
- Oceanman
- Surf ski race

Team events (2 events):

- 4x90m Beach relay
- Ocean(wo)man relay

## 3.3. Classifications

### Individual Classification

- o There is a ranking per event in each gender and in two age groups.

### Team Classification

- o There will be a ranking per event and the composition of each relay can therefore differ. For the relays we only have two different age groups:
  - o Youth category (athletes from BY 2011 – 2008)
  - o Open category (all ages allowed)
- o Each event will be held with series. For the 4x90m Beach relay we will only run the A-final.

## 4. REGISTRATION

### 4.1. Terms of inscription

- Athletes can participate in all 6 events.
- All athletes have to be member of an ILS recognised Lifesaving Club.
- In case the team consists of two genders, they will be ranked in the male category.
- One club can register maximum 4 teams within the same age category,
- Within one event an athlete can only be member of one team.

### 4.2. Registration

Registration must be done via live heats: [www.liveheats.com](http://www.liveheats.com)

Athletes must purchase their own live heats wristband. You can order these via the FILCOW registration module above. A wristband costs 5,00 euro. We have 5 sizes available:

- Diameter of 4,5 cm or circumference of 14,3 cm
- Diameter of 5,0 cm or circumference of 15,7 cm
- Diameter of 5,5 cm or circumference of 17,3 cm
- Diameter of 6,0 cm or circumference of 18,9 cm
- Diameter of 6,5 cm or circumference of 20,4 cm

You can register until the June 28 at midnight.

- Athletes, officials, team managers
- all the events (individual-team)
- purchase of wristbands

### 4.3. Registration on site

You can register your team and collect the purchased wristbands from Friday, July 3, 10:00 AM to Friday evening 08:00 PM and Saturday morning, July 4, from 7:00 AM till 08:30 AM. This can be done inside the Surf Club, at the first floor. Please send a message via +32476668209 to plan your registration on site.

### 4.4. Entry fee

The registration fee is **7,5 €** per individual event and **7,5 €** per team event and has to be paid during your registration process via live heats.

### 4.5. Late Registration

Late registration can be done via email [whubregsen@redfed.be](mailto:whubregsen@redfed.be) until the July 2, at midnight. Clubs that haven't paid the entry fee before June 20 2026, will not be taken into account for drawing up the heat lists.

Late registration will cost 15 euro per individual event and 20 euro per team event. Withdrawal of an event will not be refunded.

#### Note!

At each event you should marshal half an hour before the start of the first heat with the appointed referee for the Marshalling.

All heats of one event will be marshalled together.

### 4.6. Refunds

- Withdrawal of an event will not be refunded.
- Disqualification from an event will not be refunded.
- Cancellation of an event due to weather conditions are not refunded.
- Cancellation of the total event due to government regulations are refunded (example Covid-19,...)

## 5. RULEBOOK

The most recent **Technical rules** of the ILS rulebook ([www.ilsf.org](http://www.ilsf.org)) will be applied at all the events. With the tidal differences the distances and set-up of boys can be different from race to race.

## 6. CRAFT

RedFed will not provide an equipment pool. Your own craft must be in good state so that injury and danger is eliminated for all participants. Your craft must be according to the standards of the ILS-Rulebook.

There is a possibility to leave the craft on the boulevard during the weekend. There is no overnight security. Leaving your craft is at your own risk. The organising committee cannot be held responsible for damages or a loss of craft.

## 7. SECURITY PROCEDURES

A safety handbook will be send to you after your registration.

### Accidents

There is a full equipped First Aid Post for minor accidents at the Registration Office.

Within a reach of 30km you can find three Hospitals:

1. Algemeen Ziekenhuis Zeno – Dr Fr. Verhaeghestraat 1, 8370 Blankenberge
2. AZ Sint-Jan Brugge – Ruddershove 10, 8000 Bruges
3. AZ Sint-Lucas – Sint-Lucaslaan 29, 8310 Bruges

### Drowning prevention

RedFed will provide a Rescue Team in and out of the water. There will be lifeguards in position on the beach and 3 boats at sea. An oxygen providing system and a defibrillator are positioned in the First Aid Post at the Surf Club.

For safety reasons the wearing of a high visibility lycra will be mandatory during the ocean events (not for the beach events). The visibility will be much higher.

### Cancelling events

The organising committee can, after deliberation with the Safety Officer, the chief referee and the responsible Lifeguards, decide to cancel the competition or events due to severe circumstances.

In the event of an external necessity to cancel events, the Chief Referee decides on the clubs' preferences after a brief consultation.

The club coaches remain responsible to judge if certain conditions are too difficult for the members of their team.

## 8. OFFICIALS

To ensure a good competition we ask all teams to provide the following number of officials  
Registration of the officials must be done on the registration form.

### Belgian clubs

- 1 athlete = 1 official
- 10 athletes = 2 officials
- 20 athletes = 3 officials

### Foreign clubs

- 1 official per club

## 9. MEETINGS AND COMMUNICATION

- Team manager Meeting: Wednesday July 1, 2026 om 18.00 via Microsoft teams
- Official Meeting : Wednesday July 1, 2026 om 19.30 via Microsoft teams
- Official Meeting : Saturday July 4, 2026 om 8.30 on the beach
- Official Meeting : Sunday July 5, 2026 om 8.30 on the beach

Communication during the event.



## 10. TRANSPORT

### 10.1. Getting to Blankenberge

- By Airplane
  - Airport Ostend - [www.ost.aero](http://www.ost.aero)
  - Airport Brussels - <http://www.brusselsairport.be/en/>
  - Airport Charleroi - <http://www.charleroi-airport.com/>
- By Train - <http://www.belgianrail.be/en/Default.aspx>
  - Connection from Airport Brussels
  - Connection from Airport Charleroi
  - Connection from HST in Brussels
- By Boat - [www.cheapferrytickets.com](http://www.cheapferrytickets.com)
  - Connection from Dover
- By Car

### 10.2. Local transport

- Taxi – <http://www.taxibond.be>
- Tram - <http://www.delijn.be/dekusttram/en/index.htm>
- Bus - <http://www.delijn.be/en/index.htm>

## 10.3. Parking

The trailers will be parked on the boulevard. The cars of officials and helpers can be parked, free of charge, across the venue at about 500m distance (look at the plan on page 2).

## 11. LODGING

Teams must organise their own board and lodging. Via [www.booking.com](http://www.booking.com) you can find several options (hotels, apartments, camping sites,...) in Blankenberge and in the neighbourhood of Blankenberge.

## 12. FOOD & DRINKS

### Lunch 4 - 5 July

There is a Beach bar (Protest Surf Club: <https://www.protestsurfschool.be/> ) where you can get all kinds of drinks and food.

You can order prepared sandwiches.

## 13. Toilets

There will be toilets available for registered athletes, coaches, volunteers and officials.

We hope to see you on the Beach in Blankenberge.

Kind regards



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