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

Aangesloten bij: Reddingsbrigades Nederland

Dear athletes and clubs,

Reddingsbrigade Dordrecht (Lifesaving Brigade Dordrecht) cordially invites you to join the ILSE competition on:

18th and 19th of March, 2023

Sportboulevard, Fanny Blankers-Koenweg 10 Dordrecht, The Netherlands

New: Side Event on Friday 17th of March: clinic swimming with fins by Kai Schirmer.

The program for juniors, seniors and masters will be spread out in 2 days. It will start on March 18 at 2.00 p.m. – 7.00 p.m. The program on March 19th will start at 10.00 a.m. All athletes are given ample time for warm up in the pool on both dates.

We have chosen category C/D/E to have a 1-day program on March 18th (8.30 a.m. – 0.30 p.m.).

Depending on the total numbers of registered C/D/E athletes, we might adjust the starting time for C/D/E category.

The awarding ceremony for C/D/E will take place on 18th of March, at the loft just outside the DRB clubhouse, at 1.45 p.m.

For the A/B/M, it will be on March 18 and 19 in between the competition, as soon as the finals result of each discipline are ready, inside the DRB clubhouse.

Side events

Massage

During the competition there are professionals to give the athletes a massage. Participation is free, based on availability.

Clinic

Clinic Swimming with Fins by Kai Schirmer **New at ILSE Dordrecht!**

Categories

The swimming categories are the following:

Masters II : 1973 and older

C- category: 2009 - 2011

Masters I : 1993 – 1974

D- category: 2012 - 2014

Seniors: 2005 and older

E- category: 2015 - 2016

Juniors: 2006 – 2008

The ILSE Dordrecht competition is officially recognized by ILS but there will be no doping tests.

More information?

All events of the tournament are described in detail in the new edition of ILSE Competition Rulebook.

www.ilsf.org

Program

Saturday, March 18, C/D/E category

7.45 – 8.15 a.m.: pool open for warm up.

8.30 a.m. until 01.00 p.m.: competition C/D/E category

Competition disciplines:

- 100m Ring Diving with Fins (Ringduiken zwemvliezen) C
- 50m Ring Diving with Fins (Ringduiken zwemvliezen) D
- 50m Ring Carry with Fins (Ring vervoeren zwemvliezen) E
- 50m Rescue Medley (Reddingswissel) C/D
- 50m Fins (Zwemvliezen) E
- 50m Ring Diving (Ringduiken) C/D
- 50m Ring Carry (Ring vervoeren) E
- 50m Lifesaver C/D/E
- 100m Obstacle Swim C
- 50m Obstacle Swim D/E

Saturday, March 18, A/B/M category

1.00 – 1.45 p.m.: pool open for warm up.

2.00 p.m.: start competition.

7.00 p.m.: dinner (reservation required)

Competition disciplines:

- 200m Obstacle Swim
- 4 x 50m Obstacle Relay
- 100m Rescue Medley
- 100m Manikin Tow with Fins
- 4 x 25m Manikin Carry Relay

Sunday, March 19, A/B/M category

9.00 a.m. – 9.45 a.m.: pool open for warm up.

10.00 a.m.: start competition. 6 p.m.: end of competition

Competition disciplines:

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

Participation

All athletes can participate in a maximum of 5 individual events. A team may consist of 6 maximum athletes and has to compete for an open category. There are no limits for all clubs to register more entries on relay. This year is for club teams only, no National teams.

Ranking

The three fastest athletes in each category individual, will be awarded a medal.

Team relay will be based only in the open category. The three fastest teams over all will be awarded a medal.

Meals and lunches

Varieties of warm snacks, lunches and drinks will be catered at DRB Club House. Warm buffet will be served on Saturday night during dinner break for only € 10,00 for athletes and coaches.

Please be informed that reservation is mandatory.

Therefore, reservation for meals and lunches should be done together with your final registration.

For the officials and organizers, we cater lunch and warm dinner for free.

We encourage you to take part on this special, cheap and healthy food offer.

Registration and Fee

You can register your club and the number of participants to

<https://rbdordrecht.nl/wedstrijden/ilse-wedstrijden-dordrecht/>

In order to join the competition, each junior, senior and master participants are required to pay a registration fee of € 20,00. The C/D/E athletes fee is € 12,00 per registration.

You can register from 23th of January until the 3th of March, 2023.

If the competition cannot or may not take place, the registration fee will be refunded.

The bank details to transfer your registration fee are:

Bank Account Number: NL94 INGB 0000 3233 75

Account name: Dordtse Reddingsbrigade

BIC code: INGBNL2A

Reference: ILSE Dordrecht

The registration fee should already be transferred in the above stated bank account number at the latest one week before the competition will take place. Failure to do so may result in a team being excluded from the competition.

For more information, please visit our website www.rbdordrecht.nl

In this website you can also find forms to fill up your lunch and warm buffet reservation.

New at ILSE Dordrecht!

Side Event: clinic swimming with fins by Kai Schirmer.

On the eve of the best pool competition of the year, you will learn how to swim optimally with fins!

Come and get all tips and tricks from the former world champion and world record holder Kai Schirmer, director of lifesaving sports of the DLRG.

What should you pay attention to when buying fins? That is what you will learn in two hours of theoretical lessons.

You will also get example exercises with which you will literally and figuratively advance quickly!

After a break with food and drinks the practical lesson in the pool follows, Kai will show how he has trained his pupils to the world top. As a life saving athlete, you will dive into the water to put the theory into practice.

You will learn to improve your technique directly. The trainers/coaches will stay with Kai on the pool deck and learn how they can get their swimmers to a higher level during club training.

The language during this clinic is English and the cost is only 10 euros per person. Please note! Places are limited, so register quickly <https://rbdordrecht.nl/wedstrijden/ilsewedstrijden-dordrecht>

Friday, March 17, 2023

3.00 PM - 5.00 PM ~ theory

5.00 PM – 5.45 PM ~ break with food and drinks

6.00 PM – 7.15 PM ~ practise

We are looking forward for a large numbers of delegates and welcoming you to this spectacular and progressive ILSE Dordrecht competition!

Kind regards,

Henk Dorst,
Chair, Reddingsbrigade Dordrecht

Robert Hendriks
Eventmanager ILSE Dordrecht