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Beschermheer: Burgemeester van Dordrecht, dhr. mr. A.W. Kolff  
Aangesloten bij: Reddingsbrigades Nederland

Dear athletes and clubs,

Reddingsbrigade Dordrecht (DRB) hereby invites you to participate in the competition of the 'ILSE Dordrecht 2019'. This event is scheduled at:

**Saturday 16<sup>th</sup> and Sunday 17<sup>th</sup>, March 2019**  
**Location: 'Sportboulevard', Fanny Blankers-Koenweg 10, Dordrecht - NL.**

The program for masters, seniors and juniors has been spread over 2 days. On Saturday warming up starts at 8.15 am. On Sunday at 9.00 am. On Sunday the competition will be closed at about 16.00 hours. The program for athletes born in 2004 and later, will be held on one day: Saturday between 9.00 -17.00 hours. Due to the number of participants, the time schedule will be adapted after final conclusion of the registration. At both days the competition will start directly after pool completion, unless later information will inform you different.

The program is scheduled with breaks during the day in order to provide athletes to participate in almost all events. The award ceremonies will be held at the end of each competition day in the DRB & NMC Clubhouses ( 1st floor) .

Due to the high cost involved for ongoing doping test, we shall not be able to reward by ILS eventually swum world records for seniors and juniors.

#### Categories:

Masters II	1969 and older	C-category	2005-2007
Masters I	1968- 1989	D-category	2008-2010
Seniors	2000 and older	E-category	2011-2012
Juniors	2001-2004		

#### Events

##### *Masters, seniors, juniors:*

##### **Saturday**

200	Obstacle swim
4 x50	Obstacle relay
4 x 25	Manikin carry relay
100	life saver
100	Rescue medley

##### **Sunday**

100	Manikin carry with fins
50	Manikin carry
200	Super lifesaver
4 x 50	Rescue medley relay

##### *CDE categories:*

##### **Saturday**

Obstacle swim
Lifesaver
Rescue medley
Ring diving/Borst-crawl with fins
Ring diving/ring transport
Super lifesaver

All events are described in the latest edition of the [ILSE Competition Rulebook](#).

### **Participation**

Each senior, junior and master athletes can enrol and participate in 5 individual events. All teams may exist out of a maximum of 6 athletes. All teams participate in one open category. A club or a national team may enrol as much teams as they prefer.

### **Ranking**

Within each category an award will be available for the three fastest athletes in each individual event. The relays are open events in which the three fastest teams will be rewarded. There isn't a team classification.

### **Grote Prijs van Dordrecht**

Based on the 'ocean' 20 points system an individual ranking shall be made for male, female athletes as well as for the teams. The four best results of the various contest parts shall be taken to rank these athletes and teams. Cash prizes are at stake for the three fastest males; females and teams

Dordrecht athletes and teams are excluded of this contest.

### **Hospitality**

The Dordtse Reddingsbrigade will provide the option to order snacks and lunches during the event as well as warm quality meals at the end of the program. We encourage you to order your lunch pack's and meals with us! Please use the special form to order (online available upfront).

### **Registration Costs**

To participate in this competition a registration fee of € 17,50 for masters, seniors and juniors and €10 for CDE categories applies per individual participant. Please transfer this registration fee into our bank account:

IBAN number: NL94 INGB 0000 3233 75  
Account: Dordtse Reddingsbrigade  
BIC code: INGBNL2A

Mentioning ILSE Dordrecht 2018 and club name.

No later than 7 days before the event start, the entry fee must be paid in full on this bank-account. If not received in time the team will be excluded from participation of the competition.

### **Detailed program: see appendix.**

Awaiting your subscription, sincerely

Henk Dorst

President of Dordtse Reddingsbrigade

Robin Verhoef

Chairman of the commission Lifesaving Dordtse Reddingsbrigade

**Detailed Event Program & time-schedule:****Saturday**

8.15 – 9.00	warming up in 50 m pool:	ABM & CDE
9.00 - 13.00	200m Obstacle swim	all categories
	4x50m Obstacle relay	open class
	<i>short break</i>	
	4x25m Manikin relay	open class
	100 m Manikin tow with fins / life saver	all categories
13.30 -13.45	Lunch	
13.45 -15.40	100m Rescue medley	all categories
	Ring diving/ring transport with fins	CD
	BC with fins	E
	Lifesaver medley	open class
15.40 – 16.30	Ring diving	CD
	Ring transport	E
	Super lifesaver	CDE
16.00 – 16.45	Prize giving in Reddingsbrigade clubhouse	
16.45 – 17.30	Prize giving CDE in NMC clubhouse	
17.00 - 19.30	diners / social meet	

**Sunday**

9.00 - 10.00	warming up in 50 m pool	
10.00 - 12.40	100m Manikin carry with fins	ABM
	50m Manikin carry	ABM
12.40 - 13.30	lunch	
14.00 -16.00	200 m Super Lifesaver	ABM
	4x50m Rescue Medley Relay	open class
15.00 – 15.30	prize giving in DRB clubhouse	ABM
15.30 – 16.00	prize giving 'Grote Prijs van Dordrecht'	Men/women/teams