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

Aangesloten bij: Reddingsbrigades Nederland

Dear athletes and clubs,

Reddingsbrigade Dordrecht cordially invites you to join the ILSE competition on:

**14th and 15th of March, 2020**  
**Sportboulevard, Fanny Blankers-Koenweg 10, Dordrecht.**

The program for juniors, seniors and masters will be spread out in 2 days. It will start on March 14, 2020 at 1:00 p.m. - 9:00 p.m. The A/B finals and relays will take place at early night. The program on March 15, 2020 will start at 10:00 a.m. All athletes are given ample time for warming ups in a pool in both days. The whole program for juniors, seniors and masters consists of few break times in between so that athletes can have chances to compete for a distinctive prize the so-called "De Grote Prijs van Dordrecht" which means "The Grand Prize of Dordrecht".

We have chosen category CDE to have a 1-day program on March 14, 2020 and will start at 8:00 a.m. until 1:00 p.m. Depending on the total numbers of registered CDE athletes, we might adjust the starting time for CDE category.

There will be no doping tests during ILSE competition due to high organizational cost. Hence, world record times for juniors and seniors are not recognized by ILS.

The awarding ceremony for CDE and ABM will take place at DRB Club House. For CDE, it will be on March 14, 2020 at 1:15 p.m. For ABM, it will be on March 14 and 15, 2020 at the end of the competition day.

#### **Categories:**

#### **The swimming categories are the following:**

Masters: II 1970 and older

Masters: I 1990- 1971

Seniors : 2001 and older

Juniors : 2002-2005

C-category 2006-2008

D-category 2009-2011

E-category 2012-2013

Saturday Events  
Masters, Seniors, juniors category:

Saturday 1:30 pm - 9:00 pm  
200 Obstacles  
100 Life saver  
100 Rescue medley

From: 6:30 p.m.  
Finals AB men and women  
100 Lifesaver  
100 Rescue medley  
200 Obstacles

Relays from 7:40 p.m.  
4 x 50 Obstacles  
4 x 25 Manikin carry  
4 x 50 Mixed Lifesaver relay

Sunday Events  
10:00 a.m. - 3:00 p.m.  
100 Manikin Carry with Fins  
50 Manikin Carry  
200 Super lifesaver  
4 x 50 Rescue medley relay

3.00 p.m – 5.00 p.m.: finales

All events listed above are described in detail in the new edition of ILSE Competition Rulebook.  
[www.ilsf.org](http://www.ilsf.org)

### **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.

### **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.

### **Grand Prize of Dordrecht**

There will be an individual total class rankings for man and woman based on the “Ocean 20-point system”. The best four individual race results will be summed up. The 3 winners for men and 3 women total individual result, shall receive a Cash Prize.

The total class ranking per team will be based on the total score of 4 team events. The best 3 teams will receive a Cash Prize too.

Saturday Events  
CDE category:

Saturday 8:00 a.m - 1:00 p.m.  
Life saver  
Rescue Medley  
Ring Diving /Free style with fins  
Ring diving /ring carry  
Obstacles

### **Meals and Lunch**

Varieties of warm snacks, lunch and drinks will be catered at DRB Club House. Warm buffet will be served on Saturday during dinner break for only € 9,00 for athletes and coaches. Please be informed that reservation is a must. This is necessary for the food preparation and to avoid disappointment on the part of some other people. Therefore, reservation should be done together with your final registration. Please specify your order for how many people, lunch or warm buffet, or both.

To 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 [wedstrijden@rbdordrecht.nl](mailto:wedstrijden@rbdordrecht.nl)  
In order to join the competition, each senior, junior and masters participants are required to pay a registration fee of €18,00. The CDE athletes' fee is €10,00 per registration.

Here under are bank details to transfer your registration fee:

**Bank Account Number: NL94 INGB 0000 3233 75**

**Account Name: Dordtse Reddingsbrigade**

**BIC code: INGBNL2A**

The registration fee should already be transferred in the above stated bank account number, a week before the competition will take place. We have a policy of no payment, no competition rule. This means that we have to take out entries from the competition for those who have not paid.

For more information, please visit our website [www.rbdordrecht.nl](http://www.rbdordrecht.nl). In this website you can also find forms to fill up your lunch and warm buffet reservation.

### **See program attachment**

We are looking forward for a large number of delegates and welcoming you to a spectacular and progressive ILS tournament.

Truly yours,

Henk Dorst  
President, Dordtse Reddingsbrigade

Robin Verhoef  
President, Commission on ILSE Dordrecht

***Take note; The road N3 will be closed March 2020. The sportboulevard cannot be reached by A15 and N3. Alternative road will be A16.***