



Postbus 1012

3300 BA Dordrecht

E-mail: wedstrijden@rbdordrecht.nl

www.rbdordrecht.nl

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:

19th and 20th of March, 2022
Sportboulevard, Fanny Blankers-Koenweg 10 Dordrecht

As an organization we do everything we can to ensure that the event takes place within the applicable COVID-19 rules.

The program for juniors, seniors and masters will be spread out in 2 days. It will start on March 19 at 2.00 p.m. – 8.00 p.m. The program on March 20 will start at 10.00 a.m. All athletes are given ample time for warm up in pool on both dates.

We have chosen category C/D/E to have a 1-day program on March 19. (8.00 a.m. – 1.p.m.) Depending on the total numbers of registered C/D/E athletes, we might adjust the starting time for C/D/E category.

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

The awarding ceremony will take place at DRB Club House. For C/D/E, it will be on March 19, at 01.15 p.m. For the A/B/M, it will be on March 19 and 20 at the end of the competition days.

Categories

The swimming categories are the following::

Masters II : 1972 and older

C- category: 2008 - 2010

Masters I : 1992 – 1973

D- category: 2011 - 2013

Seniors: 2003 and older

E- category: 2014 - 2015

Juniors: 2004 – 2007

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 19, C/D/E category

8.00 – 8.45 a.m.: pool open for warm up.

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

Competition disciplines:

- 100m Ringduiken zwemvliezen C
- 50m Ringduiken zwemvliezen D
- 50m Ring vervoeren zwemvliezen E
- 50m Reddingswissel C/D
- 50m Zwemvliezen E
- 50m Ringduiken C/D
- 50m Ring vervoeren E
- 50m Lifesaver C/D/E
- 100m Hindernis C
- 50m Hindernis D/E

Saturday, March 19, A/B/M category

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

2.00 p.m.: start competition. 8.00 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 20, 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 50 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.

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 € 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.

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 <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 € 18,00. The C/D/E athletes' fee is € 10,00 per registration.

You can register until March 4, 2022.

If the competition cannot or may not take place due to COVID, 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.

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

Kind regards,

Henk Dorst,
President, Dordtse Reddingsbrigade

Committee Lifesaving DRB