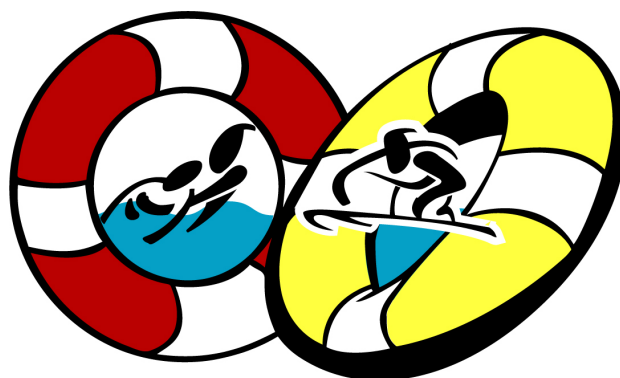


LIGUE FRANCOPHONE BELGE DE SAUVETAGE ASBL



L.F.B.S.

INVITE YOU TO MISP'22
INTERNATIONAL POOL LIFESAVING MEETING

SUNDAY, APRIL 24, 2022

OLYMPIC SWIMMING POOL OF SERAING
AVENUE DES PUDDLEURS 51 - 4100 SERAING

WITH THE SUPPORT OF:



PRACTICAL INFORMATION

Infrastructure

Olympic Swimming Pool:

- 50 meters, 8 lanes
- Electronic timekeeping
- Address : Avenue des Puddleurs 51 - 4100 Seraing



Program

7.00 Registration and warming-up

7.20 Officials meeting

7.40 Team captains meeting

7.50 End of warming-up

8.00 Events

- A1 200m OBSTACLE SWIM
- B1 4x50m OBSTACLE RELAY
- A2 100m MANIKIN CARRY WITH FINS
- Pause
- A6 200m SUPER LIFESAVER
- A4 50M MANIKIN CARRY
- B2 4x25m MANIKIN RELAY
- Pause
- A3 100m RESCUE MEDLEY
- A5 100m MANIKIN TOW WITH FINS
- B3 4x50m MEDLEY RELAY



Registration fee:

12,00 € per athlete. This can be paid at the registration, the day of the competition or on the bank account: IBAN : BE46 0012 3008 0036, BIC : GEBABEBB. There is no minimum or maximum athlete per club. The entrance is free for spectators.

Registration form:

Enclosed you find the registration form. Please send it back **BEFORE** April 15, 2022 by e-mail, at the following address: contact@lfbs.org. When submitting the e-mail, the sender will receive a read receipt. Heats for the events will be drawn based on the entry times as declared on the entry forms.

Lenex form is mandatory for Belgian clubs and strongly desired for foreign clubs. If the SPLASH program is a problem for foreign clubs, a WORD form is available.

Lunch: (Sandwich, etc)

Will be served on 12.00 am at the cafeteria of the pool

COMPETITION RULES

Subscription:

The athletes can subscribe for **1, 2, 3 or 4 events (maximum)**. There is a minimum of 4 athletes and maximum 5 athletes in one team for the relays.

Aggregate Trophies and Medals:

Medals will be presented for the 1st, 2nd and 3rd place in individual events and in the general ranking of the team events.

Points allocation:

<u>Place</u>	<u>Point</u>
1 st place	20 points
2 nd place	18 points
3 rd place	16 points
4 th place	14 points
5 th place	13 points
6 th place	12 points
7 th place	11 points
8 th place	10 points

<u>Place</u>	<u>Point</u>
9 th place	8 points
10 th place	7 points
11 th place	6 points
12 th place	5 points
13 th place	4 points
14 th place	3 points
15 th place	2 points
16 th place and after	1 point

Finals:

There is no A-B final

Individual Age Groups:

<u>Age</u>	<u>Group</u>
From 15 to 16 year (2007-2006)	Cadet
From 17 year (2005 and before)	Open

Individuals events description:

The international rules are applicable.

Relays description:

Same categories as for individual events: Cadet – Open.

Swim caps:

It shall be necessary *for all competitors to wear swim caps for all events*.

Technical officials:

Belgian clubs: The belgian rules are applicable.

Foreign clubs: The organiser asks at least 1 judge (either « Finish », « Lane », « Course », of « Turn Judges ») per club. If you cannot propose a technical official, a supplement of 30,00 € will be requested at the registration.

ACCES MAP

📍 51A, Avenue des Puddleurs, 4100, Seraing, Région Wallonne, Belgique



Route

- Motorway Valencienne – Mons - Namur – Liège (A15 – E42)
- Exit Seraing and take the national road A604 which will drive you to Seraing
- Take the bridge over the Meuse
- After the bridge, take on the right.
- 1st roundabout, take the first road (Quai Sadoine) until the next roundabout
- 2nd roundabout, take the 2nd road (rue de la Basse Marihaye), stay on the main street which becomes the « Chaussée de la Troque »
- 3rd roundabout, take the 2nd road (boulevard Pasteur),
- Cross the 4th roundabout and keep the main road (boulevard Pasteur),
- At the end of the boulevard Pasteur, take the street in front of you called « Avenue des Puddleurs ». The swimming pool stands in the end of this street.

ACCOMODATION

Hôtels

BEST WESTERN UNIVERS HOTEL****

Rue des Guillemins 116 - B4000 LIEGE
Tél. +32 (0)4 254 55 55
E-mail univershotel@skynet.be
Web www.univershotel.be
11 km - ± 20 min

CAMPANILE (Le)***

Rue J.de Laminne - B4000 LIEGE
Tél. +32 (0)4 224 02 72
E-mail liege@campanile.com
Web www.campanile-liege.be
11 km - ± 20 min

CYGNE D'ARGENT (Le)***

Rue Beeckman, 49 - B4000 LIEGE
Tél. +32 (0)4 223 70 01
E-mail info@cygnedargent.be
Web www.cygnedargent.be
11 km - ± 20 min

ETAP HOTEL LIEGE*

Rue de l'Arbre Courte Joie, 380 - B4000 LIEGE
Tél. +32 (0)4 247 03 13
E-mail
Web www.etaphotel.com/2616
16 km - ± 20 min

EUROTEL**

Rue L.Fredericq, 29 - B4020 LIEGE
Tél. +32 (0)4 341 16 27
E-mail euroteliege@yahoo.fr
Web www.booking.com
12 km - ± 20 min

HOLIDAY INN LIEGE****

Esplanade de l'Europe, 2 - B4020 LIEGE
Tél. +32 (0)4 349 20 00
E-mail hiliege@alliance-hospitality.com
Web www.holidayinn-liege.com
11 km - ± 20 min

HOTEL HORS CHÂTEAU***

Impasse des Drapiers, 2 - B4000 LIEGE
Tél. +32 (0)4 250 60 68
E-mail info@hors-chateau.be
Web www.hors-chateau.be
12 km - ± 25 min

IBIS LIEGE CENTRE OPERA***

Pl.de la République Française, 41 - 4000 LIEGE
Tél. +32 (0)4 230 33 33
E-mail H0864@accor.com
Web www.ibishotel.com/0864
12 km - ± 21 min

IBIS LIEGE-SERAING

Route du Condroz, 15b - B4100 BONCELLES
Tél. +32 (0)4 338 53 97
E-mail ibis.bonnelles@belgacom.net
Web www.ibishotel.com/3533
8 km - ± 10 min

AUBERGE DE JEUNESSE

Rue Georges Simenon - B4000 LIEGE
Tél. +32 (0)4 344 56 89
E-mail liege@laj.be
Web www.laj.be
13 km - ± 23 min

MERCURE LIEGE CENTRE****

Bd de la Sauvenière, 100 - B4000 LIEGE
Tél. +32 (0)4 221 77 20
E-mail valerie.ruytinx@alliance-hospitality.com
Web www.mercure-liege.com
12 km - ± 20 min

METROPOLE**

Rue des Guillemins, 141 - B4000 LIEGE
Tél. +32 (0)4 252 42 93
E-mail info@hotelmetropole.be
Web www.hotelmetropole.be
Distance de l'Aéroport environ 20 min

NATIONS (Les)**

Rue des Guillemins, 139 - B4000 LIEGE
Tél. +32 (0)4 252 44 14
E-mail info@hotellesnations.be
Web www.hotellesnations.be
11 km - ± 20 min

PARK INN LIEGE AIRPORT***

Rue de l'Aéroport, 14 - B4460 GRACE HOLLOGNE
Tél. +32 (0)4 241 00 00
E-mail info.liege@rezidorparkinn.com
Web www.liege.parkinn.be
10 km - ± 15 min

PASSERELLE (La)**

Chaussée des Prés, 24 - B4020 LIEGE
Tél. +32 (0)4 341 20 20
E-mail passerellehotel@skynet.be
Web www.hotelpasserelle.com
12 km - ± 20 min

RAMADA PLAZA LIEGE CITY CENTER****

Quai St Léonard, 36 - B4000 LIEGE
Tél. +32 (0)4 228 81 11
E-mail info@ramadaplaza-liege.com
Web www.ramadaplaza-liege.com
14 km - ± 25 min

FORMULE 1*

1ere Avenue, 95 ZI des Hauts Sart - B4040 HERSTAL
Tél. +32 (0)4 240 03 00
E-mail h2615@accord.com
Web www.hotelformule1.com/2615
24 km - ± 25 min

PREMIERE CLASSE

Rue de l'Arbre Courte Joie, 330 - B4000 LIEGE
Tél. +32 (0)4 247 47 51
E-mail liege@premiereclasse.com
Web www.premiere-classe-liege.be
16 km - ± 20 min

HOTEL HUSA DE LA COURONNE***

Place des Guillemins, 11 - B4000 LIEGE
Tél. +32 (0)4 340 30 00
E-mail resevation.couronne@husa.es
Web www.hotelhusadelacouronne.be
11 km - ± 20 min

AUBERGE DE JEUNESSE

Rue Blandot 4 - B4130 ESNEUX
Tél. +32 (0)4 388 21 00
E-mail tiff@laj.be
Web www.laj.be
12 km - ± 15 min