

Dear sportsfriends,  
The Flemish Lifesaving Federation invites you to:





DE STAD  
AAN ZEE



SPECIAL GEAR SUPPLIER



INTERNATIONAL  
FEDERATION OF LIFESAVING



SWIMQUEST



SPORT.  
VLAANDEREN



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#SPORTERSBELEVENMEER  
Beleef het, deel het!   

## FILCOW 2022

9 and 10 July from 8AM until 5PM  
Surfclub Outside Oostende  
17 oktoberstraat - Belgium

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Initiaties en wedstrijden voor G-sporters in samenwerking met





VLAAMSE  
ATLETIEKLIGA



### Competition For Lifesavers

- |   |   |
|---|---|
| <p><u>In the ocean</u></p> <ul style="list-style-type: none"> <li>Surf race</li> <li>Board race</li> <li>Surf ski race</li> <li>Oceanman</li> </ul> | <p><u>On the beach</u></p> <ul style="list-style-type: none"> <li>Beach flags</li> <li>Beach sprint</li> <li>Beach run</li> </ul> |
|---|---|









## **PROGRAMME (PROVISIONAL)**

Due to a significant tidal working in Ostend of approximately 200m distance between high tide and low tide it is not possible to make a detailed programme beforehand. You will receive a detailed programme before the 26<sup>th</sup> of June when the number of participants is known. Please be sure to register your team in time.

### **Saturday 9<sup>th</sup> of July**

#### **AM (first start at 8.30)**

Heats Board race  
Finals Board race  
Heats Beach flags  
Finals Beach flags  
Finals 1km beach run

#### **PM**

Heats Rescue board rescue  
Finals Rescue board rescue  
Heats Rescue tube rescue  
Finals Rescue tube rescue  
Finals 2km beach run  
Finals Surf race masters/youth

### **Sunday 10<sup>th</sup> of July**

#### **AM (first start at 8.30)**

Heats Oceanman  
Heats 4x90m Beach relay  
Heats Beach sprint men  
Heats Surf race  
Finals Beach sprint youth

#### **PM**

Finals Surf race  
Finals Oceanman  
Final Oceanman relay  
Heats Surf ski race men  
Finals 4x90m Beach relay  
Finals beach flag

## 4. COMPETITION

### 4.1. Eligibility

Athletes have to be born before 2012. There are three age groups in each gender:

- 2012 – 2008
- 2007 – older
- 1982 – older

### 4.2. Events

Individual events (7 events):

- Beach flags
- Beach sprint
- Beach run
- Surf race
- Board race
- Oceanman
- Surf ski race

Team events (5 events):

- Rescue tube rescue
- Board rescue
- Beach relay
- Ocean(wo)man relay
- Mixed ocean Lifesaver relay

In this competition 7 individual and 5 team events are scheduled. All events except for the Beach run and Oceanman relay are held in series and finales. There will be a ranking per event. The results will be made up per gender, per event and in different age groups.

### 4.3. Classifications

Individual Classification

- There is a ranking per event in each gender and in three age groups.

Team Classification

- There will be a ranking per event and the composition of each relay can therefore differ. For the relays we only have two different age groups:
  - Youth category (only athletes from BY 2012 – 2008)
  - Open category (all ages allowed)
- Each event will be held with series but we will only run the A-finales

## 5. REGISTRATION

### 5.1 Terms of inscription

- Athletes can participate in all 7 events.
- All athletes have to be member of an ILS recognised Lifesaving Club.
- In case the team consists of two genders, they will be ranked in the male category.
- One club can register maximum 2 teams within the same age category, within one event an athlete can only be member of one team.

## 5.2 Registration of your team

- ⇒ The registration form (view attachment) must be send **before 18<sup>th</sup> of June 2022** to: [whubregsen@redfed.be](mailto:whubregsen@redfed.be). It contains the following
- Details club
  - Details officials
  - Details coaches
  - Pre-order of sandwiches
  - Parking spot
  - Number of trailers
  - Estimate time of arrival

## 5.3 Registration of events

**The registration of events can be done via a lenex file (attachment) or online.**

- ⇒ **The lenex file** must be send **before 18<sup>th</sup> of June 2022** to: [whubregsen@redfed.be](mailto:whubregsen@redfed.be)
- ⇒ The online registration will be possible from the **15<sup>h</sup> of April until 18<sup>th</sup> of June 2022** via <https://www.swimrankings.net/index.php?language=nl> (there is a document attached to help you with your online registration)

**If you encounter any problems with your registration we can help you out.**

All participating clubs will receive an entry confirmation before the 20<sup>th</sup> of June 2022. Errors or changes, withdrawals or adjustments can be communicated until the 24<sup>th</sup> of June 2022.

## 5.4 Entry fee

The registration fee is **6 €** per individual event and **6 €** per team event and has to be transferred before the 24<sup>th</sup> of June 2022 to:

Vlaamse Reddingsfederatie  
IBAN: **BE31 0682 1966 9055**  
BIC code: **GKCCBEBB**

Account of RedFed with announcement: **“FILCOW 2022 + name of the club and number of participants”**.

## 5.3 Late Registration

Clubs that haven't paid the entry fee before the 24<sup>th</sup> of June 2022, will not be taken into account for drawing up the heat lists.

Registration of events after the 24<sup>th</sup> of June will cost 15 euro per individual event and 20 euro per team event. Withdrawal of an event will not be refunded.

### **Note!**

At each event you should marshal half an hour before the start of the first heat with the appointed referee for the Marshalling.

All heats of one event will be marshalled together.

## 5.4 Refunds

- Withdrawal of an event will not be refunded.
- Disqualification from an event will not be refunded.
- cancellation of an event due to weather conditions are not refunded.
- Cancellation of the total event due to government regulations are refunded (example Covid-19,...)

## 6. RULEBOOK

The most recent **Technical rules** of the ILS rulebook ([www.ilsf.org](http://www.ilsf.org)) will be applied at all the events.

## 7. CRAFT

RedFed will not provide an equipment pool. Your own craft must be in good state so that injury and danger is eliminated for all participants. Your craft must be according to the standards of the ILS-Rulebook.

There is a possibility to leave the craft on the beach during the weekend. There is no overnight security. Leaving your craft is at your own risk. The organising committee cannot be held responsible for damages or a loss of craft.

## 8. SECURITY PROCEDURES

A safety handbook and ,if needed, a covid-19 protocol will be send to you after your registration.

### Accidents

There is a full equipped First Aid Post for minor accidents at the Registration Office.

Within a reach of 30km you can find four Hospitals:

1. AZ Damiaan Campus St.-Jozef – Gouwelozestraat 100, 8400 Ostend.
2. AZ Sint-Jan Oostende AV campus Henri Serruys – Kairostraat 84, 8400 Ostend.
3. AZ Sint-Jan Brugge – Ruddershove 10, 8000 Bruges
4. AZ Sint-Lucas – Sint-Lucaslaan 29, 8310 Bruges

### Hypothermia

Wetsuits are allowed:

- Underneath 16° C from 2007-older
- Underneath 20° C from 2012-2008
- On command of the Chief Referee

Wetsuits are obligated:

- Underneath 13° C from 2007-older
- Underneath 16° C from 2012-2008

There are also isothermal blankets to be found in the First Aid Post at the Registration Office.

### Drowning prevention

RedFed will provide a Rescue Team in and out of the water. There will be several lifeguards in position on the beach and 3 boats at sea. An oxygen providing system and a defibrillator are positioned in the First Aid Post at the Registration Office.

For safety reasons the wearing of a high visibility lycra will be mandatory during the ocean events (not for the beach events). The visibility will be much higher.

## Cancelling events

The chief referee can, after deliberation with other judges, the organising committee and the responsible Lifeguards, decide to cancel the competition or events due to severe circumstances. The club coaches however remain responsible to judge if certain conditions are too difficult for the members of their team. We appreciate your effort to accompany your youngest or less skilled athletes with skilled athletes on a rescue board or in a surf ski.

## 9. OFFICIALS

To ensure a good competition we ask all teams to provide the following number of officials. Registration of the officials must be done on the registration form.

Belgian clubs

- 1 athlete = 1 official
- 10 athletes = 2 officials
- 20 athletes = 3 officials

Foreign clubs

- 1 official per club

## 10. TRANSPORT

### 10.1 Getting to Ostend

- By Airplane
  - Airport Ostend - [www.ost.aero](http://www.ost.aero)
  - Airport Brussels - <http://www.brusselsairport.be/en/>
  - Airport Charleroi - <http://www.charleroi-airport.com/>
- By Train - <http://www.belgianrail.be/en/Default.aspx>
  - Connection from Airport Brussels
  - Connection from Airport Charleroi
  - Connection from HST in Brussels
- By Boat - [www.cheapferrytickets.com](http://www.cheapferrytickets.com)
  - Connection from Dover
- By Car

### 10.2 Local transport

- Taxi – <http://www.taxibond.be>

Rates

  - Getting on 2,75 euro
  - Price per kilometre (your distance) 2,3 euro
  - Price per kilometre (distance to get to you) 1,15 euro
  - Price for waiting per hour 30 euro
  - Night rate 8 euro

Price from airport Ostend to Competition Area is approximately 10 euro.

- Tram - <http://www.delijn.be/dekusttram/en/index.htm>
- Bus - <http://www.delijn.be/en/index.htm>

## 10.3 Parking

It is possible to drive up to the beach to unload your trailer. You can leave your trailer on the beach in a fenced area. There is no security overnight however.

Your car can be parked on several spots in the area.

- We will have a limited number of free parking spots in front of the competition area. For this you need to register the cars on the registration form.
- Along the street (you will have to take a ticket = 3 euro/4 hours)
- At the cinema Kinopolis opposite the competition Area.
- Free parking:
  - Randparking Maria-Hendrikapark at Mercatorlaan Ostend – 2km distance
  - Maybe free parking at Troonstraat across the Henegouwenstraat – 0,7km distance (more info at Registration Office)

## 11. LODGING

Teams have to organise their own board and lodging. We will however be glad to help you with your accommodation if you encounter any problems.

The organisation can recommend the following accommodation:

### 1) Aparthotel “Zon en Zee”

- Address: Vakantiestraat 1, 8434 Westende
- Distance: Approximately 13km from competition area
  - Nice but simple apartments for 2-6 people with kitchen
- Website: [www.zonenzee.be](http://www.zonenzee.be)
- Email: [vakanties@zeester.com](mailto:vakanties@zeester.com)
- Telephone: +3258230855

### 2) Holiday Residence “De Zeekameel”

- Address: Lombardsijdelaan 235, 8434 Lombardsijde-Westende
- Distance: Approximately 14km from competition area
  - Nice but simple rooms for 2-6 people
- Website: [www.dezeekameel.be](http://www.dezeekameel.be)
- Email: [info@dezeekameel.be](mailto:info@dezeekameel.be)
- Telephone: +3258241319

### 3) Campingsite “Mijn Plezier”

- Address: Duinenweg 489, 8430 Middelkerke
- Distance: Approximately 10km from competition area
- Website: [www.mijnplezier.be](http://www.mijnplezier.be)
- Email: [park@mijnplezier.be](mailto:park@mijnplezier.be)
- Telephone: +3259303020

### 4) Vayamundo

- Address: Zeedijk 290-330, 8400 Oostende
- Distance: Approximately 2km from competition area
- Website: [www.vayamundo.be](http://www.vayamundo.be)
- Email: [contactcenter@vayamundo.be](mailto:contactcenter@vayamundo.be)
- Telephone: +3278156100

### 5) Other accommodation can be found on the World Wide Web.



## 12. LUNCH

Everybody has to take care of his own meals. You can order prepared foot long sandwiches, which cost 5€ per sandwich, by filling in the registration form before the 18<sup>th</sup> of June. There will be beach bar where you can order drinks. The toilets are free of use.

We hope to encounter you on the 9<sup>th</sup> of July in Ostend.

Kind regards

Wijnand Hubregsen  
Event Director FILCOW

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