

Dear sports friends,  
The Flemish Lifesaving Federation invites you for IPOM 2022



## International Pool Meeting 12 + 13 november 2022



Olympic Pool Wezenberg  
Desguinlei 17 - 19  
Antwerp - Belgium



### Questions?

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[WWW.PORC2112.BE](http://WWW.PORC2112.BE)





## 1. INTRODUCTION

We kindly invite you at the second International POol Meeting (IPOM). Together with the Polderse Reddingsclub, the Flemish lifesaving federation organises **this competition as a sanctioned ILS Event.**

## 2. LOCALISATION

17-19 Desguinlei 2018 Antwerp – Belgium



## 3. POOL



## Competition pool



- 8 lanes of 2,5x50m
- 3m depth in middle – 2m25 depth at 50m
- 800 spectator seats

## Warm-up pool



- 6 lanes of 2,5x50m
- 2,4m depth
- no spectator seats

## 4. PROGRAMME (PROVISIONAL)

You will receive a detailed programme before the 4<sup>th</sup> of November when the number of participants is known. Please be sure to register your team in time!

### Saturday 12<sup>th</sup> of November

#### AM (first start at 8.30)

Heats 200m obstacles  
Finals 4x50m obstacle relay  
Finals Line throw  
Heats 100m manikin tow fins  
Heats 50m manikin carry  
Finals 4x25m manikin relay

#### PM

Finals 200m obstacles  
Finals 100m manikin tow fins  
Finals 50m manikin carry

### Sunday 13<sup>th</sup> of November

#### AM (first start at 8.30)

Heats 200m super lifesaver  
Finals 4x50m medley relay  
Heats 100m recue medley  
Heats 100m manikin carry fins  
Finals 4x50m mixed pool lifesaver relay

#### PM

Finals 200m super lifesaver  
Finals 100m recue medley  
Finals 100m manikin carry fins

## 5. COMPETITION

### 5.1. Eligibility

For the IPOM athletes have to be born before 01/01/2008. There are three age groups in each gender:

- 2007 – 2004: Youth
- 2003 – older: Open
- 1982 – older: Masters

### 5.2. Events

Individual events (6 events):

- 200m obstacles
- 100m manikin carry fins
- 100m rescue medley
- 50m manikin carry
- 100m manikin tow fins
- 200m super lifesaver

Team events (5 events):

- 4x50m obstacle relay
- 4x25m manikin relay
- 4x50m medley relay
- Line throw
- 4x50 mixed pool lifesaver relay

In this competition, 6 individual and 5 team events are scheduled. All events are held in series and finales. The finals (A-B) can be a mixture of both age groups so the fastest 16 athletes per event will qualify regardless of their age group.



## 5.3. Qualification times

We would like to use following times as qualification times for this event:

	Women	Men
200m obstacles	3'30"	3'15"
100m manikin carry fins	1'30"	1'20"
100m rescue medley	1'50"	1'40"
50m manikin carry	50"	45"
100m manikin tow fins	1'30"	1'20"
200m super lifesaver	3'30"	3'15"

## 5.4. Classifications

### Individual Classification

- There will be a ranking per event. The results will be made up per gender, per event and in three different age groups.
- The results of the finals will count as final result regardless if a time in the heats was faster.
- Reaching the A-final has always priority on reaching the B-final or not reaching the finals.
- If for example only two youth athletes reach the final of which one the A-final and the other the B-final the end classification will always be that the athlete that reached the A final will be first, the athlete that reached the B-final will be second and the fastest youth athlete that did not reach the finals will be third. This regardless of the times swam in the finals. If 6 youth athletes make it to the A final, the times swum at the A-final determines the result.

### Team Classification

- There will be a ranking per event and the composition of each relay can therefore differ. For the relays we only have one age group: Open category (all ages allowed 2007-older)

## 6. REGISTRATION

### 6.1 Terms of inscription

- Athletes can participate in all 6 events.
- All athletes have to be member of an ILS recognised Lifesaving Club.
  - ⇒ The online registration will be possible from the **20th September until 31<sup>st</sup> October 2022** via <https://www.swimrankings.net/index.php?language=nl>
  - ⇒ The registration form (view attachment) must be send **before 31<sup>st</sup> of October 2022** to: [whubregsen@redfed.be](mailto:whubregsen@redfed.be)

### 6.2 Entry fee

The registration fee is **5 €** per individual event and **5 €** per team event for the IPOM and has to be transferred before the 1st of November 2022.

- ⇒ You transfer the total fee of your club:
  - IBAN: **BE31 0682 1966 9055**
  - BIC code: **GKCCBEBB**
  - Account of RedFed with announcement: **"IPOM 2022 + name of the club"**

### 6.3 Registration on location

The registration of the participants can be done every day at 7.30 AM. The registration office will be in the entrance hall of the swimming pool.

## 7. RULEBOOK

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

## 8. MANIKINS AND RESCUE TUBES

A number of manikins and tubes will be available in the Warm-up pool.  
The tubes are of the brand Wetiz and all the manikins of the brand DLRG (ILS specs).

## 9. OFFICIALS

To ensure a good competition we ask the Belgian teams to provide the following number of officials

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

Foreign teams are not obliged, but may provide officials. We are more than happy to welcome them in our team of officials. Officials receive a fee of 30 euro per day.

Registration of the officials can be done on the registration form.

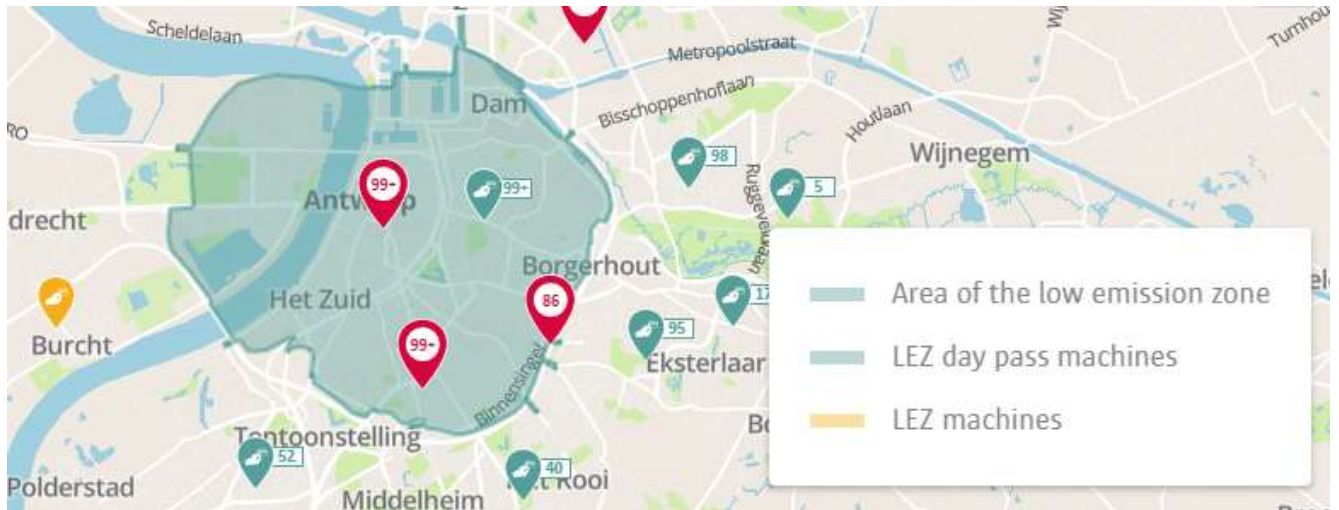
\*Foreign teams can provide officials. Based on their qualification, they will be scheduled in the different positions.

## 10. TRANSPORT

### 10.1 Getting to Antwerp

- By Airplane
  - Airport Brussels - <http://www.brusselsairport.be/en/>
  - Airport Charleroi - <http://www.charleroi-airport.com/>
- By Train - <http://www.belgianrail.be/en/Default.aspx>
- By Boat - [www.cheapferrytickets.com](http://www.cheapferrytickets.com)
  - Connection from Dover
- By Car
  - Please pay attention for the fact that the entire city centre of Antwerp and Linkeroever are a Low Emission Zone (LEZ) to ensure that air in the city becomes even cleaner. The most polluting cars are no longer welcome in the city. Since 1/1/2020 the conditions for admission have become stricter! Always check your vehicle with the check tool before entering the LEZ. You can check on the following website:  
[https://www.slimnaarantwerpen.be/en/LEZ?qclid=CjwKCAjwmqKJBhAWEiwAMvGt6ORJCBJd1bPW2DEY6il6CGR2a2Qo0SS8rNjyo36H09VVzP3wUTS\\_DxoCmlwQAvD\\_BwE](https://www.slimnaarantwerpen.be/en/LEZ?qclid=CjwKCAjwmqKJBhAWEiwAMvGt6ORJCBJd1bPW2DEY6il6CGR2a2Qo0SS8rNjyo36H09VVzP3wUTS_DxoCmlwQAvD_BwE)

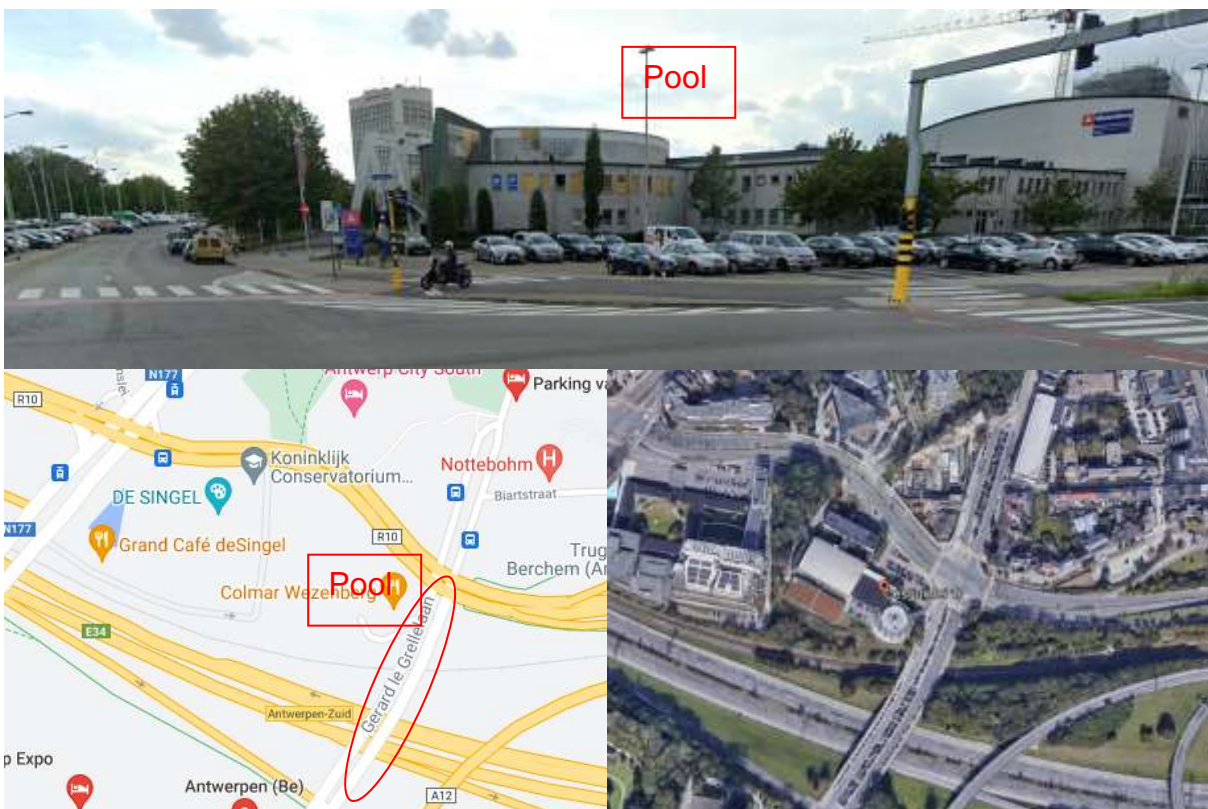




## 10.2 Parking

Your car can be parked on several spots in the area. Please be aware of the LEZ zone.

- We will have a limited number of free parking spots in front of the swimming pool.
- Along the street: Gerard le Grellelaan





## 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) Mercure Antwerp City South”

- Address: Desguinlei 64, 2018 Antwerp
- Distance: 400m from the pool and inside the LEZ
- Website:

<https://all.accor.com/hotel/B664/index.nl.shtml?dateIn=&nights=&compositions=1&stayplus=false#origin=mercure>

- Telephone: +323 244 82 11

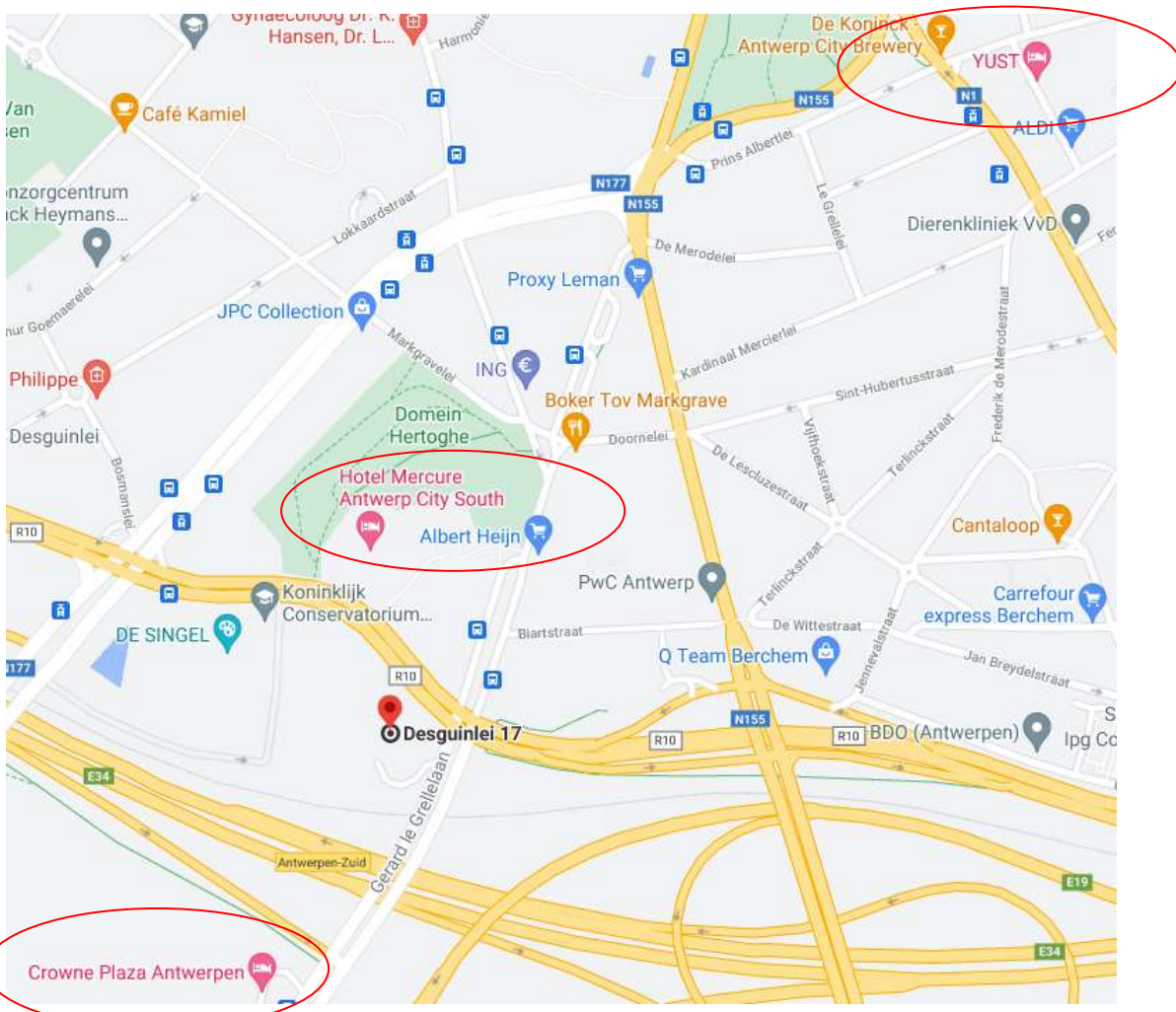
### 2) Yust Antwerp

- Address: Coveliersstraat 6, 2600 Antwerpen
- Distance: 1,4km from the pool and inside the LEZ
- Website: <https://www.yust.com/>
- Telephone: +303 302 30 20

### 3) Crown Plaza

- Address: Gerard le Grellelaan 10, 2020 Antwerpen
- Distance: 450m from the pool and outside the LEZ
- Website: <https://www.cpantwerpen.be/nl/>
- Telephone: +303 302 30 20

### 4) 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 (27cm), which cost 5€ per sandwich, by filling in the registration form before the 31<sup>st</sup> of October. We also have drinks available in the pool.

We hope to encounter you on the 12<sup>rd</sup> of November in Antwerp.

Kind regards

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