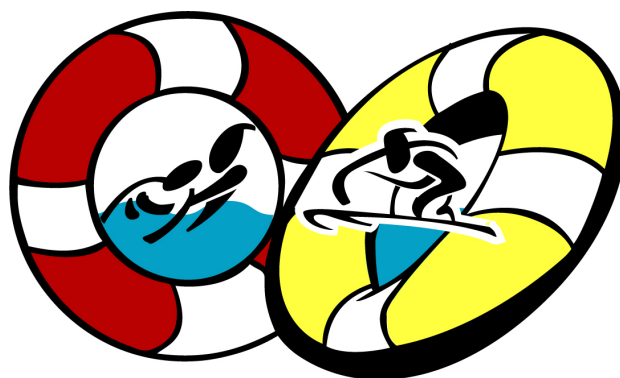


**LIGUE FRANCOPHONE BELGE DE SAUVETAGE ASBL**



**L.F.B.S.**

**INVITE YOU TO MISP'23**  
**INTERNATIONAL POOL LIFESAVING MEETING**

**SUNDAY, APRIL 16, 2023**

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

**WITH THE SUPPORT OF:**

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# PRACTICAL INFORMATION

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## 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 3, 2023 by e-mail, at the following address: [contact@lfbs.org](mailto: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

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## **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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in individual events and in the general ranking of the team events.

## **Points allocation:**

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

<u>Place</u>	<u>Point</u>
9 <sup>th</sup> place	8 points
10 <sup>th</sup> place	7 points
11 <sup>th</sup> place	6 points
12 <sup>th</sup> place	5 points
13 <sup>th</sup> place	4 points
14 <sup>th</sup> place	3 points
15 <sup>th</sup> place	2 points
16 <sup>th</sup> 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 (2008-2007)	Cadet
From 17 year (2006 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 club 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 Valenciennes – 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

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## Hôtels

### BEST WESTERN UNIVERS HOTEL\*\*\*\*

Rue des Guillemins 116 - B4000 LIEGE  
Tél. +32 (0)4 254 55 55  
E-mail [univershotel@skynet.be](mailto:univershotel@skynet.be)  
Web [www.univershotel.be](http://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](mailto:liege@campanile.com)  
Web [www.campanile-liege.be](http://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](mailto:info@cygnedargent.be)  
Web [www.cygnedargent.be](http://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](http://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](mailto:euroteliege@yahoo.fr)  
Web [www.booking.com](http://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](mailto:hiliege@alliance-hospitality.com)  
Web [www.holidayinn-liege.com](http://www.holidayinn-liege.com)  
11 km - ± 20 min

### HOTEL HORS CHÂTEAU\*\*\*

Impasse des Drapiers, 8 - B4000 LIEGE  
Tél. +32 (0)4 250 60 68  
E-mail [info@hors-chateau.be](mailto:info@hors-chateau.be)  
Web [www.hors-chateau.be](http://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](mailto:H0864@accor.com)  
Web [www.ibishotel.com/0864](http://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](mailto:ibis.bonnelles@belgacom.net)  
Web [www.ibishotel.com/3533](http://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](mailto:liege@laj.be)  
Web [www.laj.be](http://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](mailto:valerie.ruytinx@alliance-hospitality.com)  
Web [www.mercure-liege.com](http://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](mailto:info@hotelmetropole.be)  
Web [www.hotelmetropole.be](http://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](mailto:info@hotellesnations.be)  
Web [www.hotellesnations.be](http://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](mailto:info.liege@rezidorparkinn.com)  
Web [www.liege.parkinn.be](http://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](mailto:passerellehotel@skynet.be)  
Web [www.hotelpasserelle.com](http://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](mailto:info@ramadaplaza-liege.com)  
Web [www.ramadaplaza-liege.com](http://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](mailto:h2615@accord.com)  
Web [www.hotelformule1.com/2615](http://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](mailto:liege@premiereclasse.com)  
Web [www.premiere-classe-liege.be](http://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](mailto:resevation.couronne@husa.es)  
Web [www.hotelhusadelacouronne.be](http://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](mailto:tiff@laj.be)  
Web [www.laj.be](http://www.laj.be)  
12 km - ± 15 min