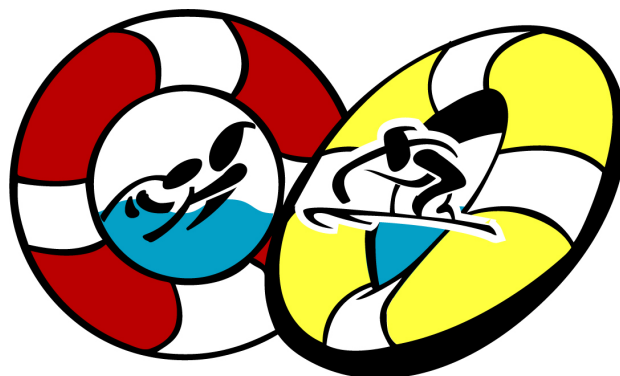


LIGUE FRANCOPHONE BELGE DE SAUVETAGE



L.F.B.S.

INVITES YOU AT ITS MISPY'23
INTERNATIONAL POOL LIFESAVING MEETING FOR YOUTH

SATURDAY, MARCH 25, 2023

OLYMPIC SWIMMING POOL OF LA LOUVIÈRE
RUE SYLVAIN GUYAUX 121, 7100 LA LOUVIÈRE

WITH THE SUPPORT OF OUR SPORTS MINISTRY



PRACTICAL INFORMATION

Infrastructure

Olympic Swimming Pool of La Louvière :

- 50 meters, 6 lanes
- **Manual** timer
- Address : Rue Sylvain Guyaux 121 à 7100 la Louvière

Program

12.45 Registration and warming-up

13.00 Officials meeting

13.15 Team Leaders meeting

13.20 End of warming-up

13.30 Events

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

Registration fee:

8 € 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 March 17, 2023 by e-mail, at the following address: contact@lfbs.org. When submitting the e-mail, the sender will receive a read receipt. Belgian clubs are required to use the lenex file for their registrations.

Heats for the events will be drawn based on the entry times as declared on the entry forms.

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:

Place	Point
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

Place	Point
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:

Age	Group
From 10 to 12 year (2013-2011)	Benjamin
13 and 14 year (2010-2009)	Minime

Individuals events description:

Little yellow manikin is used. **The carbon fins are not permitted for both categories.**

100m obstacle: same obstacle as the higher categories,

50 m manikin with fins: 25 m swim and 25 m with the little yellow manikin

50 m rescue medley: 25 m swim, dive and swim 10 m underwater till a submerged little yellow manikin, surface with the manikin and carry it to the edge

50 m manikin carry: same as the higher categories. The manikin is a little yellow one

50 m manikin tow with fins: swim 25 m with fins and a tow, fix a classical orange manikin and tow it until the finish edge

100 m super lifesaver: 25 m swim, 25 m carrying a little yellow manikin, don fins and rescue tube, 25 m swim, fix a classical orange manikin and tow it until the finish edge.

Relays description:

There is only one category for the relays. Benjamins and minimes together.

The manikin relay will be done with a little yellow manikin.

Swim caps:

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