



European Lifesaving Championship 2023

INTERNATIONAL  
ILS  
LIFE SAVING  
FEDERATION OF EUROPE

Brugge - Blankenberge



European Lifesaving  
Championship  
National Teams 2023

European Lifesaving  
Championship  
Masters 2023

European Lifesaving  
Championship  
Interclubs 2023

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# Location Events



## Location Events



**Adress:**  
Lago Olympia  
Doornstraat 110,  
8000 Brugge



**Adress:**  
O'Neill Beach club  
Zeedijk 245,  
8370 Blankenberge

## Location Events

10 swimming lanes of 50m  
500 seats in the grandstand  
Pool depth 2m



**Lago Olympia**  
<https://www.lago.be/brugge>

10 minutes to city center  
Toilets on the beach



**O'Neill Beach club**  
<https://oneillbeachclub.com/>

## Name of airports and distance to Events

Airport of Ostend: 25km  
Airport of Kortrijk: 60km  
Airport of Antwerp: 100km  
Airport of Brussels: 105km  
Airport of Charleroi: 135km  
Airport of Liège: 190km



# Transport: train



**SNCB International | Train travel in Europe**

PARIS

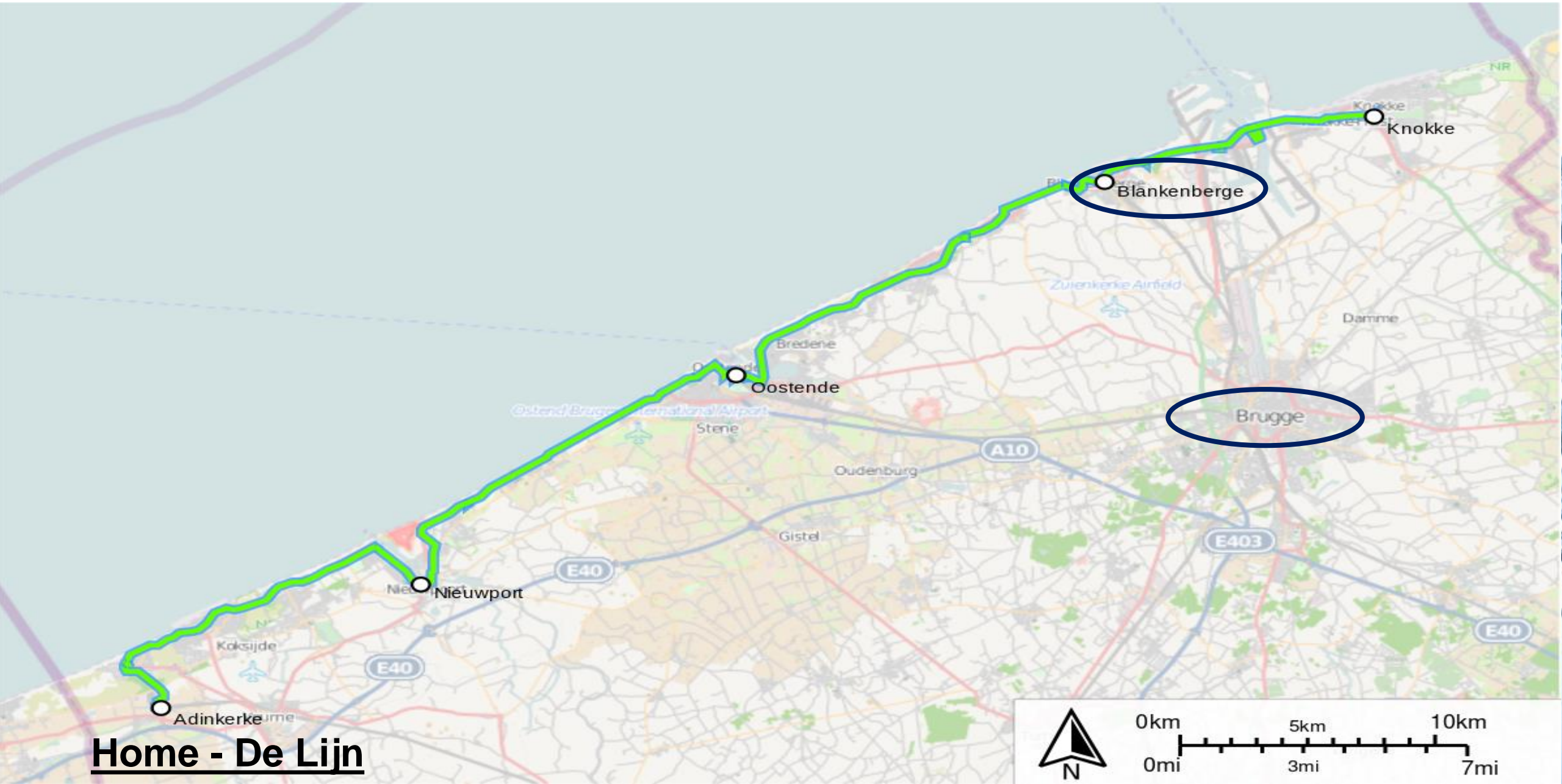


# Transport: boat



Link Ferry Services

# Transport: tram



**Home - De Lijn**

## Transport: bus

How to go to LAGO Olympia by bus?



## General information

- The day before the POOL events, the possibility of training in the Olympia pool will be offered. For this, you will be able to reserve a lane for free.
- You will be able to order sandwiches every evening for the following day.
- Lycra must be ordered in advance.
- The swimming trunks, swimming costumes and swimming caps needs to be ordered in advance.
- Mandatory hotel booking through the organisation
- Non smoking in every hotel: fine is 200 euro, no use of minibar.
- Prices may change during the period before the confirmation of the rooms. The organisaton is not responsible for this.
- You are not registered until you have filled in all the necessary details on the Excel file and paid the total cost to participate.
- Each athlete will pay an extra 10 euros for the operation of ILSE.

## General information

- There will be filming and pictures will be taken. These films and photos will be provided afterwards in a dropbox to all participants free of charge. Therefore, every participant, coach, manager or visitor **accepts** that he or she may be filmed and or photographed.
- There will be lifestreaming of the various European Championships.
- Due to external and or internal reasons, one or more trials may be cancelled.
- Participants accept that he or she cannot claim any refund. For example: stormy weather.
- Free parking is provided for trailers.
- Advance registration is required for the "Closing Party" themed Lifesavers for life (National Team, Masters, Interclubs).

# Accommodation LOW COST

## Extra information

Parking next to hotel

15 km to Pool

1 km to Ocean

Close to city centre from Blankenberge



Adres: A. Ruzettelaan 195,  
8370 Blankenberge  
Free from: 17/9 till 24/9  
Capacity: 331 persons

Price for 1 person, 1 day:  
Single room: 115,00 euro  
Double room: 100,00 euro  
10% extra charge for bookings after 15/8/23  
10% extra

Included:  
Breakfast  
Evening dinner  
City taks  
Parking for free

Meeting rooms, ...

<https://corsendonkhotels.com/location/corsendonk-duinse-polders/>

## Extra information

Parking possible under hotel

15 km to Pool

1 km to Ocean

Close to city centre from Blankenberge

## Accommodation Medium Cost

Adres: J. de Troozlaan 42,  
8370 Blankenberge  
Free from: 15/9 till 24/9  
Capacity 36 persons

\* \* \*

Price for 1 person, 1 day:  
Single room: 145,00 euro  
Double room: 140,00 euro  
10% extra charge for bookings after 15/8/23

Included:  
Breakfast  
Evening dinner  
City taks  
Parking not included



<https://www.avenuhotel.be/nl/>

## Extra information

Parking possible under hotel

15 km to Pool

1 km to Ocean

Close to city centre from Blankenberge

## Accommodation Medium Cost

Adres: Langestraat 91,  
8370 Blankenberge  
Free from: 15/9 till 24/9  
Capacity 31 persons

\* \* \*

Price for 1 person, 1 day:

Single room: 145,00 euro

Double room: 140,00 euro

10% extra charge for bookings after 15/8/23

Included:

Breakfast

Evening dinner

City taks

Parking not included



<https://www.malecothotel.be/nl/>



## Extra information

Parking possible under hotel

15 km to Pool

1 km to Ocean

Close to city centre from Blankenberge

## Accommodation

Medium Cost

Appartement

Adres: Zeedijk 96, 8370

Blankenberge

Free from: 14/9 till 24/9

Capacity 172 persons

\* \* \*

Price for 1 person, 1 day:

Double room: 110,00 euro

Double room: 115,00 euro

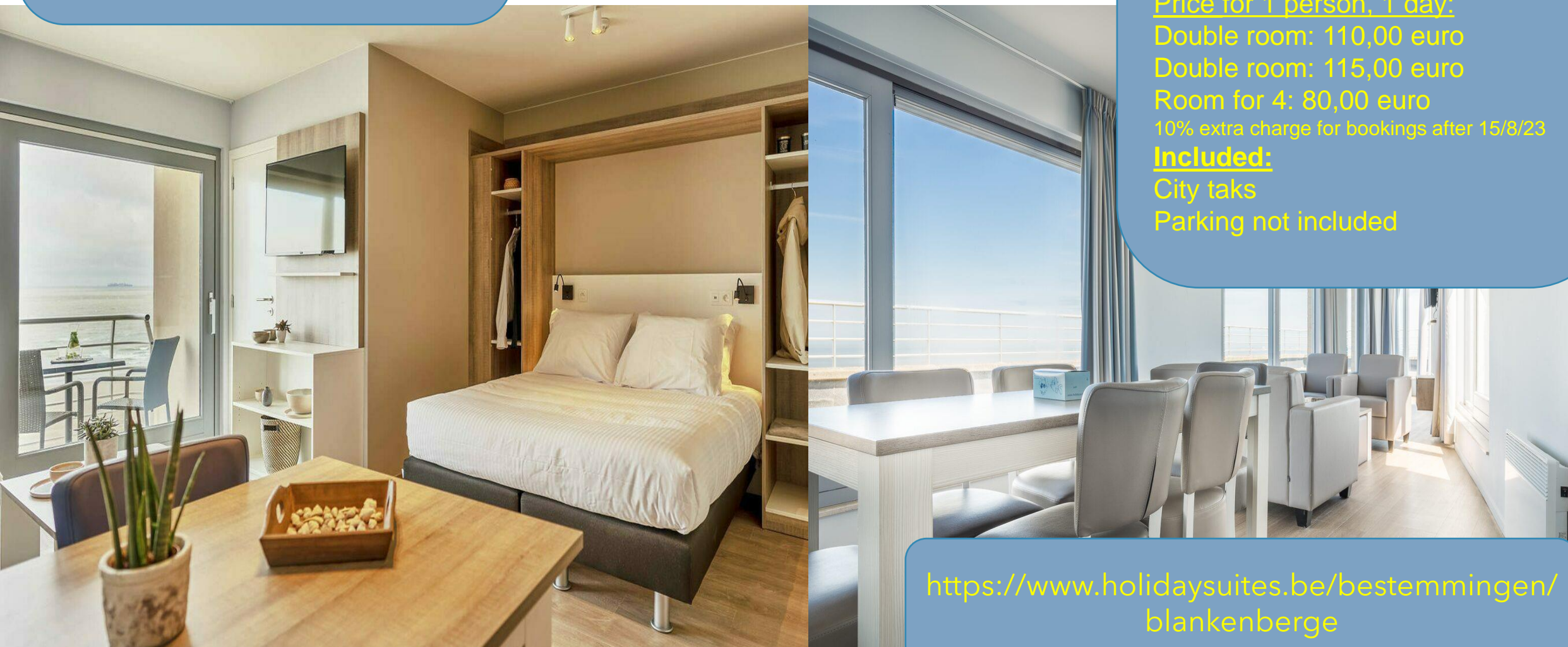
Room for 4: 80,00 euro

10% extra charge for bookings after 15/8/23

Included:

City taks

Parking not included



<https://www.holidaysuites.be/bestemmingen/blankenberge>

## Extra information

Parking possible under hotel

15 km to Pool

1 km to Ocean

Close to city centre from Blankenberge

## Accommodation

Medium Cost

Appartement

Adres: Kustlaan 97, 8300

Brugge

Free from: 14/9 till 24/9

Capacity 172 persons

\* \* \*

Price for 1 person, 1 day:

Double room: 110,00 euro

Double room: 115,00 euro

Room for 4: 80,00 euro

10% extra charge for bookings after 15/8/23

Included:

City taks

Parking not included



<https://www.holidaysuites.be/bestemmingen/zebrugge>

# Accommodation

## Medium Cost

### Extra information

Parking possible under hotel

15 km to Pool

1 km to Ocean

Close to city centre from Blankenberge

Adres: Kustlaan 97, 8380  
Brugge

Free from: 15/9 till 24/9

Capacity: 24 persons

\* \* \*

Price for 1 person, 1 day:

Single room: 185,00 euro

Double room: 175,00 euro

10% extra charge for bookings after 15/8/23

Included:

Breakfast

Evening dinner

City taks

Parking not included



<https://www.gatsbyhotel.be/nl/>

### Extra information

Parking possible under hotel

15 km to Pool

1 km to Ocean

Close to city centre from Blankenberge



## Accommodation

High cost



**Adres:** Kerkstraat 120,  
8370 Blankenberge  
Free from: 15/9 till 24/9  
Capacity: 79 persons

Price for 1 person, 1 day:  
Single room: 190,00 euro  
Double room: 175,00 euro  
Triple room: 135,00 euro  
10% extra charge for bookings after 15/8/23

### Included:

Breakfast

Evening dinner

City taks

Parking not included

<https://ibisbudgetblankenberge.be/nl/>

## Accommodation

High cost

**Adres:** Kalvekeetdijk 276,  
8300 Knokke-Heist  
Free from: 15/9 till 24/9  
Capacity: 68 persons

Price for 1 person, 1 day:  
Single room: 190,00 euro  
Double room: 175,00 euro  
10% extra charge for bookings after 15/8/23

**Included:**  
Breakfast  
Evening dinner  
City taks  
Parking not included

### Extra information

Parking possible under hotel  
25 km to Pool  
16 km to Ocean  
Close to city centre from Blankenberge



<https://ibisbudgetknokke.be/>

### Extra information

Parking possible under hotel

20 km to Pool

9 km to Ocean

Close to city centre from Blankenberge

## Accommodation

### High cost

**Adres:** Wenduinsteeweg  
136, 8420 De Haan  
Free from: 15/9 till 24/9  
Capacity: 89 persons

Price for 1 person, 1 day:  
Single room: 225,00 euro  
Double room: 215,00 euro  
10% extra charge for bookings after 15/8/23

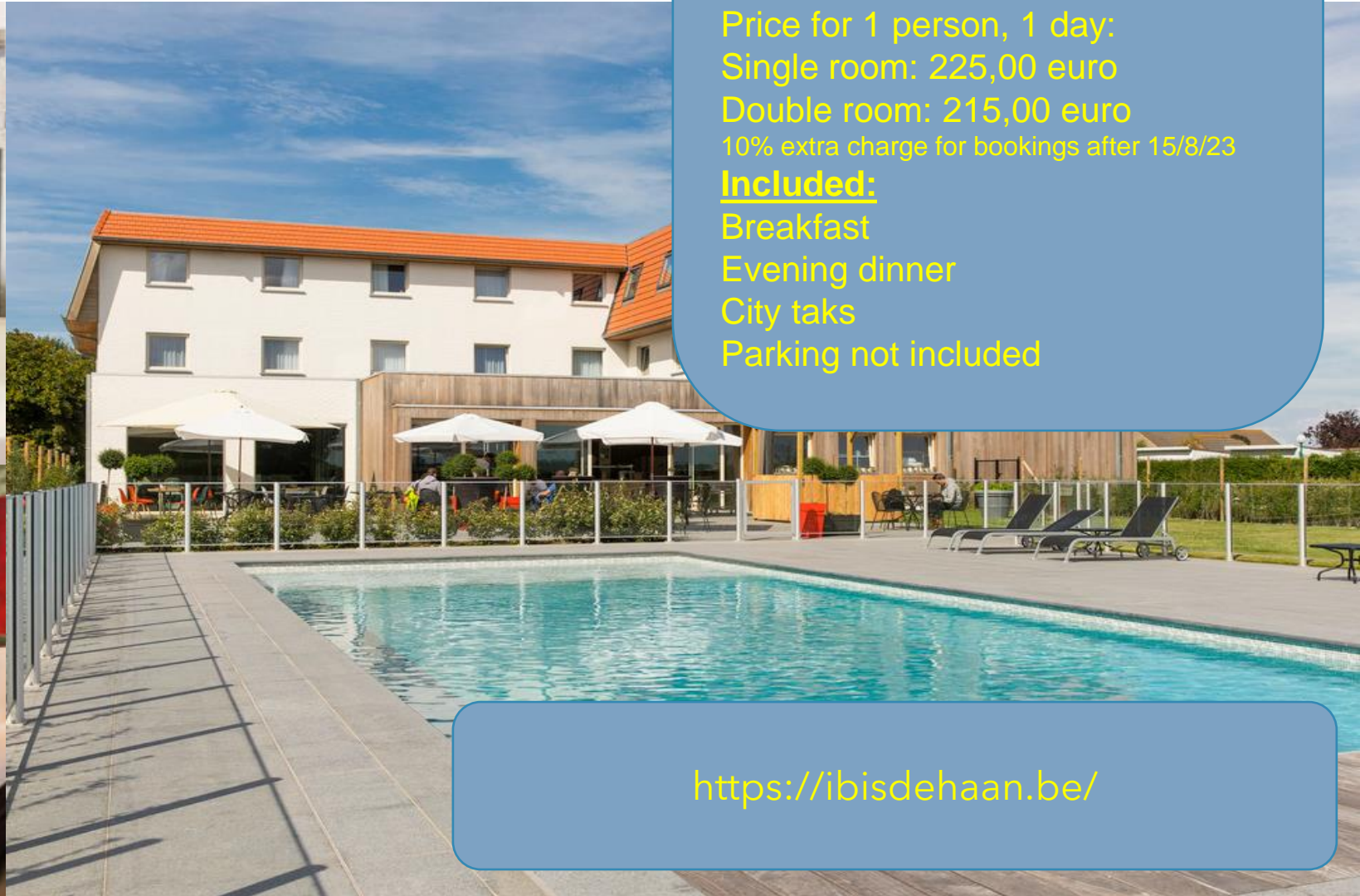
### **Included:**

Breakfast

Evening dinner

City taks

Parking not included



<https://ibisdehaan.be/>

# Accommodation

## High cost

**Adres:** Kustlaan 99, 8380  
Brugge

Free from: 15/9 till 24/9

Capacity: 50 persons

Price for 1 person, 1 day:

Single room: 255,00 euro

Double room: 180,00 euro

Triple room: 150,00 euro

10% extra charge for bookings after 15/8/23

**Included:**

Breakfast

Evening dinner

City taks

Parking not included

**Extra information**

Parking possible under hotel

19 km to Pool

7 km to Ocean

Close to city centre from Blankenberge



<https://www.ibisstyleszeebrugge.be/nl/>

### Extra information

Parking possible under hotel

15 km to Pool

1 km to Ocean

Close to city centre from Blankenberge

## Accommodation Luxury

**Adres:** Koning Leopold III  
Plein 17, 8370  
Blankenberge  
Free from: 15/9 till 24/9  
Capacity: 64 persons

Price for 1 person, 1 day:  
Single room: 275,00 euro  
Double room: 190,00 euro  
Triple room: 160,00 euro  
10% extra charge for bookings after 15/8/23

**Included:**  
Breakfast  
Evening dinner  
City taks  
Parking not included



<https://mercureblankenberge.be/nl/>



# Event Rules

## **Sanctioning and rulebooks**

This event is conducted under the auspices of the Belgium Life Saving Federation and sanctioned by the European International Life Saving Federation.

## **Event rules**

Are in accordance with the latest ILS Championships Handbook.

## **Competitors who enter must:**

- Be a citizen or subject of an eligible European nation.
- Be a member of a national country, member of ILSE.
- Be a minimum of 16 years of age on, or before, 31/12/23.



# Entries



## Entry fees National Teams

- Entry Fee per team Open National Team Men or Women 300 euro
- Late booking per team Open National Team Men or Women 600 euro (after 15/8/23)
- Early booking for less than 4 competitors: 45 euro per competitor (before 1/5/23)
- Normal booking for less than 4 competitors: 60 euro per competitor (between 1/5/23 & 1/8/23)
- Late booking for less than 4 competitors: 120 euro per competitor (after 15/8/23)

He or she participating in the team and also participating as an individual athlete should pay for both the team and individual athlete!

**Booking closes 12/9/23**

# Entries



## Entry fees Masters

Entry Fee per master team Men or Women 200 euro

Late booking per team Open National Team Men or Women 400 euro (after 15/8/23)

Early booking per competitor: 45 euro per competitor (before 1/5/23)

Normal booking per competitor: 60 euro per competitor (between 1/5/23 & 15/8/23)

Late booking per competitor: 120 euro per competitor (after 15/8/23)

Very late booking per competitor: 200 euro per competitor (after 10/9/23)

He or she participating in the team and also participating as an individual athlete should pay for both the team and individual athlete!

**Booking closes 12/9/23**

# Entries



## Entry Fee per Interclub

Entry booking per team Men or Women 300 euro

Late booking per Interclub National Team Men or Women 600 euro (after 15/8/23)

Early booking per competitor: 45 euro per competitor (before 1/5/23)

Normal booking per competitor: 60 euro per competitor (between 1/5/23 & 15/8/23)

Late booking per competitor: 120 euro per competitor (after 15/8/23)

Very late booking per competitor: 200 euro per competitor (after 10/9/23)

He or she participating in the team and also participating as an individual athlete should pay for both the team and individual athlete!

**Booking closes 12/9/23**

# Competition



# EK Lifesaving National Teams

## Pool

50 Manikin Carry  
100 m Manikin Carry with Fins  
200 m Super Lifesaver  
100 m Manikin Tow with Fins  
200 m Obstacle Swim  
100 m Rescue Medley  
4X50 m Obstacle Relay  
4X25 m Manikin Relay  
4X50 m Medley Relay  
4X50 Mixed Pool Lifesaver Relay  
Line Throw  
SERC

2 competitors per individual event  
4 competitors per team event

## Ocean

Surf Ski Race  
Board Race  
Beach Sprint  
Ocean (Wo)man  
Surf Race  
Beach Flags  
Board Rescue  
Beach Relay  
Ocean (Wo)man Relay  
Rescue Tube Rescue  
Mixed Ocean Lifesaver Relay

2 competitors per individual event  
4 competitors per team event



# EK Lifesaving National Teams

<b>Friday</b>	<b>15/9/23</b>	<b>Briefing &amp; training</b>
<b>Saturday</b>	<b>16/9/23</b>	<b>POOL Competition</b>
<b>Sunday</b>	<b>17/9/23</b>	<b>POOL Competition</b>
<b>Monday</b>	<b>18/9/23</b>	<b>SERC Competition</b>
<b>Tuesday</b>	<b>19/9/23</b>	<b>Briefing &amp; training</b>
<b>Wednesday</b>	<b>20/9/23</b>	<b>Ocean Competition</b>
<b>Thursday</b>	<b>21/9/23</b>	<b>Ocean Competition</b>

# EK Lifesaving Masters

## Pool

50 Manikin Carry  
100 m Manikin Carry with Fins  
100 m Manikin Tow with Fins  
200 m Obstacle Swim <55 years  
100m Obstacle Swim ≥ 55 years  
4X50 m Obstacle Relay  
4X25 m Manikin Relay  
4X50 m Medley Relay  
Line Throw

**No superlifesaver**  
**No rescue medley**

unlimited competitors per individual event  
4 competitors per team event

## Ocean

Surf Ski Race  
Board Race  
Beach Sprint  
Ocean (Wo)man  
Surf Race  
Beach Flags  
Board Rescue  
Beach Relay  
Ocean (Wo)man Relay  
Board Relay  
Surf Ski Relay  
Beach Run <60 years 2 km & ≥ 60 years 1 km)  
Surf Teams Race

unlimited competitors per individual event  
3 competitors per team event





# EK Lifesaving Masters

<b>Monday</b>	<b>18/9/23</b>	<b>Briefing &amp; training</b>
<b>Tuesday</b>	<b>19/9/23</b>	<b>POOL Competition</b>
<b>Wednesday</b>	<b>20/9/23</b>	<b>POOL Competition</b>
<b>Thursday</b>	<b>21/9/23</b>	<b>Briefing &amp; training</b>
<b>Friday</b>	<b>22/9/23</b>	<b>Ocean Competition</b>
<b>Saturday</b>	<b>23/9/23</b>	<b>Ocean Competition</b>

# EK Lifesaving Interclubs

## Pool

50 Manikin Carry  
100 m Manikin Carry with Fins  
200 m Super Lifesaver  
100 m Manikin Tow with Fins  
200 m Obstacle Swim  
100 m Rescue Medley  
4X50 m Obstacle Relay  
4X25 m Manikin Relay  
4X50 m Medley Relay  
4X50 Mixed Pool Lifesaver Relay  
Line Throw  
SERC

unlimited per individual event  
4 competitors per team event

## Ocean

Surf Ski Race  
Board Race  
Beach Sprint  
Ocean (Wo)man  
Surf Race  
Beach Flags  
Board Rescue  
Beach Relay  
Ocean (Wo)man Relay  
Rescue Tube Rescue  
Mixed Ocean Lifesaver Relay  
Beach Run Relay

Unlimited per individual event  
4 competitors per team event



# EK Lifesaving Interclubs

<b>Saturday</b>	<b>16/9/23</b>	<b>Briefing &amp; evening training</b>
<b>Sunday</b>	<b>17/9/23</b>	<b>Ocean Competition</b>
<b>Monday</b>	<b>18/9/23</b>	<b>Ocean Competition</b>
<b>Tuesday</b>	<b>19/9/23</b>	<b>Ocean Competition</b>
<b>Wednesday</b>	<b>20/9/23</b>	<b>Briefing &amp; training</b>
<b>Thursday</b>	<b>21/9/23</b>	<b>SERC Competition</b>
<b>Friday</b>	<b>22/9/23</b>	<b>POOL Competition</b>
<b>Saturday</b>	<b>23/9/23</b>	<b>POOL Competition</b>

## Extra information

- From the end of April, you can book your hotel and matches with an Excel file to be sent to me.
- The results will be on the website which will be visible at the end of April (Splash programme).
- There will be doping tests (DoCoLab Prof Dr Ir Peter Van Eenoo).
- The material will be provided by WETIZ.
- An online meeting with the officials and participating clubs is always held the evening before the competitions.
- PR: Newspapers and television will be present at the European Championships.
- About 2,000 participants are expected.

## Extra information



- Each national team, masters team or interclub must send 1 official or helper.
- Clothing will be provided for the official or helper.
- If you want to book early, you may already send me the names, first names birth dates of the participants (national teams, masters or interclubs).
- The website will soon be visible at ILSE. This will be the only, correct website!

## Extra information

- Participants and visitors can visit the centuries-old world-famous, Unesco heritage city of Bruges and enjoy the Pier at Blankenberge.



See you in september 2023!

