



INTERNATIONAL POOL MEETING 2023

Lifesavers,

The Flemish Lifesaving Federation, together with the Polderse Reddingsclub, organizer of the International Pool meeting edition 2023 is pleased to welcome all teams coming from the European federations to compete in Antwerp in November 2023. This competition will be held on:

- ✓ Saturday 11 of November and Sunday 12 of November.
- ✓ At the Olympic swimming pool “Wezenberg”, Desguinlei 17/19, 2018 Antwerp.

This edition can be used as a qualifier option for the World Games 2025.

1. About the competition:

The competition will be held as a classical two day event. On both days there will be series and finals (A). All individual and team events will be conducted according to the latest ILS rulebook.

You can find the temporary schedule in this document for orientation, this will be a non-binding time schedule. Please note that in particular the starting times and the order of the events may change during the competition.

If the number of participants is more than expected, we will change to a ranking based on times (decision November 01).

The international pool meeting is ILS sanctioned and is part of:

- The Europe Cup.
- Trials World Games 2025.

2. About the participants:

“Youth” are those born between 2008 and 2005.

“Open” are those born in 2004 or earlier.

“Masters” are those born in 1993 or earlier.

3. Program

First day - Heats 11/11/2023

200m Obstacle swim
4 x 50m Obstacle relay
100m Manikin tow with fins
50m Manikin carry
4 x 25m Manikin relay
50m Free style with fins
End of session



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First day - Finals 11/11/2023

200m Obstacle swim
100m manikin tow with fins
50m manikin carry

End of session

Second day - Heats 12/11/2023

200m Super Lifesaver
4 x 50m medley relay
100m Rescue medley
100m manikin carry with fins
Mixed pool lifesaver relay
50m free style (as part of a relay – combination)

Second day - Finals 12/11/2023

200m Super Lifesaver
100m Rescue medley
100m manikin carry with fins

End of championship

Preliminary and not binding schedule, all information is subject to change.
The announcement of the speaker applies.

4. Results

The individual and relay events will be honoured during the competition in the swimming pool.

Awards will be presented for the top three in each category based upon the times swam in the heats. We will conduct finals for the fastest 8 athletes regardless of their category. For these finals we will have an extra medal ceremony.

A special trophy (price money) will be presented at the top 3 open category for the combination 50m fins/50m free style.

- ✓ First place: 100€ WETIZ VOUCHER
- ✓ Second place: 75€ WETIZ VOUCHER
- ✓ Third place: 50€ WETIZ VOUCHER

All results will be send to ILS for possible World Games qualification.

5. Register:



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You can register online: <https://redfed.be/Redfed/Sport/IPoM/inscription>

Your participation must be done as soon as possible. If you encounter some difficulties, then you get in contact with:

- ✓ wedstrijden@porc2112.be
- ✓ whubregsen@redfed.be

Registration deadline for the competition is October 31, 2023. Please note that your registration needs to be processed for the competition and it can take up to 24 hours before activation.

- ✓ Changes of registrations after the official registration deadline will not be considered.
- ✓ Changes of the individual participants for an event before the start of the competition will not be accepted.
- ✓ Participants for the team competitions must be registered by name before the registration deadline.
- ✓ Participants in team events can be exchanged as long as they fulfil all other terms and conditions of participation.
- ✓ The exchange must be submitted in writing by the team manager to the event management at least 30 minutes before the start of the team event.
- ✓ In case of unpaid fees, participation will be denied.

Announcement of entry list: Entry lists will be published by November 5, 2023.

Corrections, i.e. only misspellings, can be made until November 7, 2023.

6. Rulebook

The International pool meeting competition 2023 will be held according to the international rules of the ILS Competition Rulebook:

[ILS-Competition-Rulebook-FINAL.June-2023.pdf](#)

You can find it at <https://www.ilsf.org/lifesaving-sport/rules/>. If the ILS publishes an update after the publication of this announcement and before the IPOM 2023, the new rules will apply. Deviations which are specified in this announcement shall take precedence over the ILS rulebook. The international regulation (ILS-Rulebook) obliges participants and handlers to wear a swimming cap and describe the permissible swimwear.



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7. Equipment

The following equipment will be provided by the organiser and has to be used by all participants according to the rules:

- ✓ Rescue tubes
- ✓ Obstacles
- ✓ Manikins

8. Officials

Teams can bring an official. He/she will be appointed in a senior function depending on the level of the official.

9. Costs:

The entry fee is 5€ per registered event.

Payment deadline Please make sure that all costs are paid before November 5 2023. to the following account (please pay attention that bank charges have to be covered by the remitter):

- ✓ Account holder: Vlaamse Reddingsfederatie vzw (RedFed)
- ✓ IBAN: BE31 0682 1966 9055
- ✓ BIC: GKCCBEBB
- ✓ Subject: IPOM23 and name of your team

Please bring confirmation of payment (the bank transfer), the team will not be able to participate if fees were not paid. Costs cannot be reimbursed in case of cancellation after the registration deadline.

10. 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.

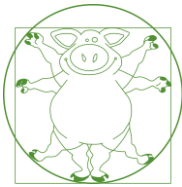
The organisation of IPoM can recommend the 'Van der Valk Hotel Antwerpen', Luitenant Lippenslaan 66 te 2140 Antwerpen, at 5 km of the swimming pool. They have excellent rooms, free parking, free internet, excellent breakfast,...

Reservations can be made by sending an email to reservations@antwerpen.valk.com and mention "IPoM 2023" (for a discount of 15% on the daily price)

Breakfast (23,50 euro p.p.) and at the evening live cooking buffet incl.drinks (47,50 euro p.p.) are not required, but you are free to choose.

If you want general information, you can call at +32 3 235 91 91

More information about the hotel and the facilities can you find at <https://www.vandervalkantwerpen.be/en>



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You can always make a reservation somewhere else, it's just an extra possibility that we offer.

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=&composities=1&stayplus=false#origin=mercure>
- Telephone: +323 244 82 11

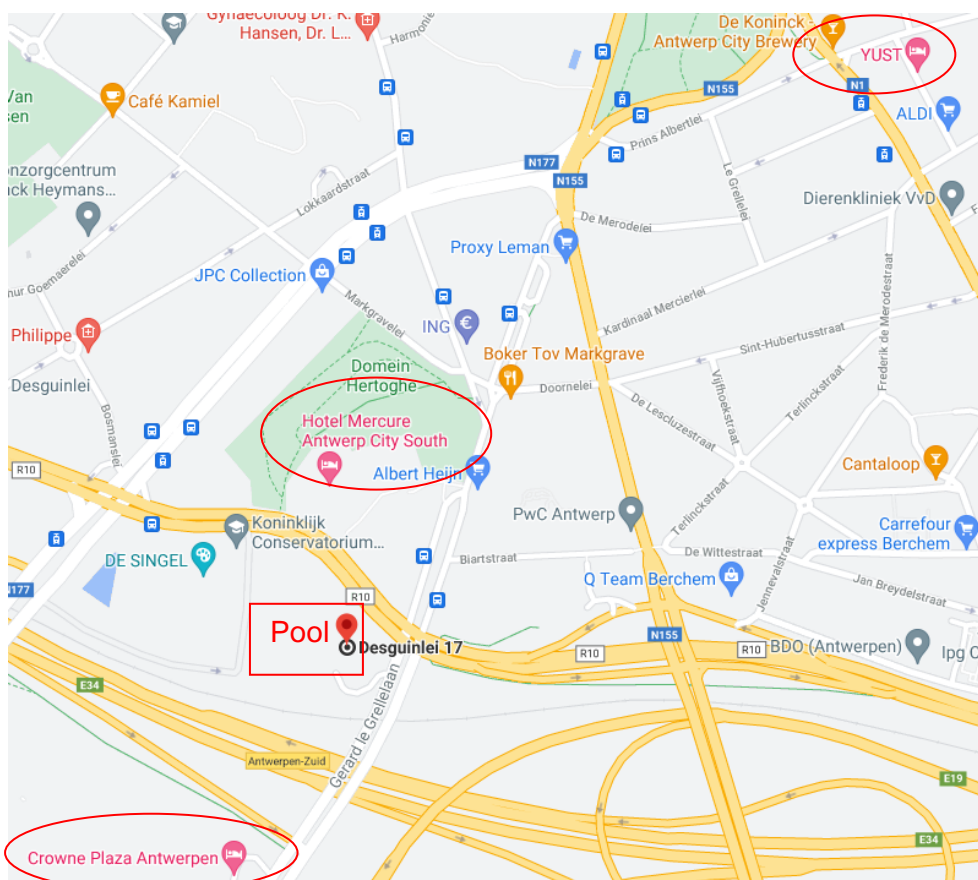
2) Yust Antwerp

- 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.



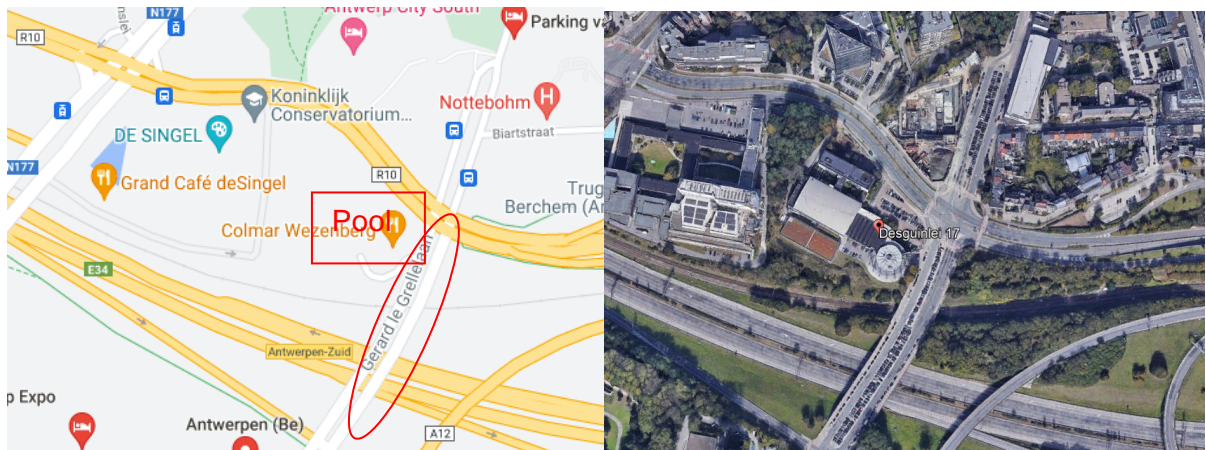
11. Parking



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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 swimming pool.
- Along the street: Gerard le Grellelaan



- 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?gclid=CjwKCAjwmqKJBhAWEi wAMvGt6ORJCBjd1bPW2DEY6il6CGR2a2Qo0SS8rNjyo36H09VVzP3wU TS_DxoCmlwQAvD_BwE

Awaiting your subscription, sincerely,
Organizing team IPOM