



Bastogne, le 20 december 2023

To LFBS and RedFed clubs and foreign counterparts
To LFBS and RedFed officials,

Dear sports friends,

The « Commission Provinciale du Luxembourg » and « Club Sauvetage Bastogne » are pleased to invite you to the LUX CUP.

Our competition will take place at the « Centre Sportif de Bastogne » in a 25m swimming pool, rue Gustave Delperdange 1, 6600 Bastogne, on **SATURDAY 10 AND SUNDAY 11 FEBRUARY 2024.**

You will find attached the registration form to be returned by **29 January 2024** to the following e-mail address : ben.marloye@gmail.com. Please fill in the date of birth and the best performances (to 1/100th) of each participant in order to facilitate the formation of the heats. The electronic timing system will be used. The first 120 entrants will be able to take part in the competition.

Entries of €5.00 per participant per day must be paid into the **IBAN account: BE87 1430 9442 8894** by **7 February 2024.**

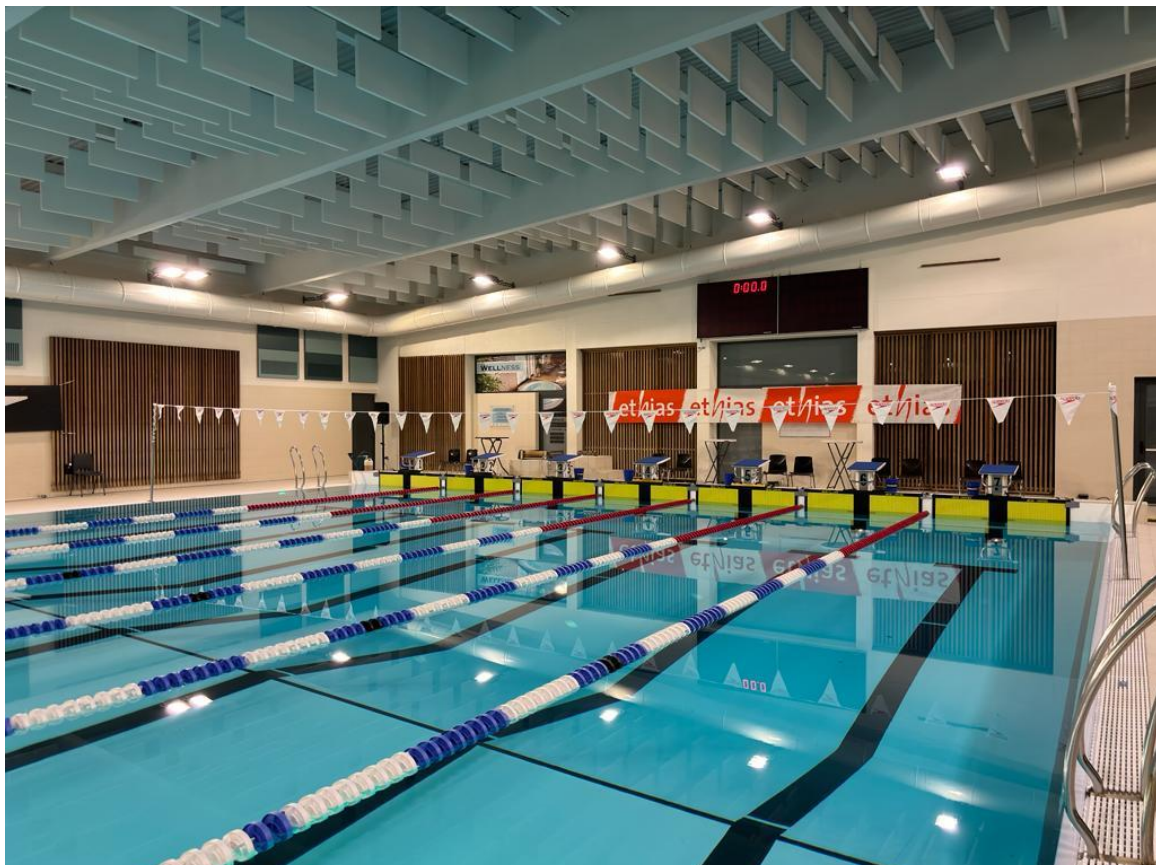
Please indicate the name of the club and the number of entries per day.

Entries will not be registered until payment has been received.

Withdrawals will not be refunded or deducted.

IMPORTANT : NO ENTRIES WILL BE ACCEPTED ON THE DAY OF THE CHAMPIONSHIPS !

SWIMMING CAPS REQUIRED



Schedule : Saturday 10 February 2024	Schedule : Sunday 11 February 2024
13:15 : Secretariat open et warm-up (45') 13:30 : Officials meeting 13:45 : Team managers meeting 14:00 : Start of the competition B4 : Line Throw (8m and 12.5m) A1 : Obstacle swim (100m and 200m) B1 : 4x50m Obstacle Relay (200m) A2 : Manikin Carry with Fins (50m and 100m) A3 : Rescue Medley (50m and 100m)	8:15 : Secretariat open 8:30 : Officials meeting 8:45 : Team managers meeting 9:00 : SERC's participants locked 9:30 : SERC Not before 10:30 : Warm-up (45') Not before 11:30 : Start of the competition A6 : Superlifesaver (100 and 200m) B3 : Medley Relay (200m) A5 : Manikin Tow with Fins (50m and 100m) B2 : 4x25m Manikin Relay (100m) A4 : Manikin Carry (50m) B5 : Mixed Pool Lifesaver Relay (150m and 200m)
	Victory Ceremony

Categories :

- **Individuals :**
 - « Benjamins/benjamines » : Swimmers borned in 2012-2014
 - « Minimes » : Swimmers borned in 2010-2011
 - « Cadets/cadettes » : Swimmers borned in 2008-2009
 - Juniors : Swimmers borned in 2006-2007
 - Seniors : Swimmers borned in 1995-2005
 - Masters 30 : Swimmers borned in 1985-1994
 - Masters 40 : Swimmers borned in 1970-1984
 - Masters 55 : Swimmers borned in 1955-1969
 - Masters 70 : Swimmers borned until 1954
 - **Individuals events for « Benjamins » and « minimes »**
 - 100m obstacle swim : same obstacle as for other categories
 - 50m Manikin Carry with Fins : 25m swim wearing fins and then dives to recover a submerged yellow manikin to the surface and carry it to the finish edge of the pool
 - 50m Rescue Medley : 25m swim, turn, dive and swim underwater (10m) to a submerged yellow manikin. return to the surface with the manikin and carry to the finishing line.
 - 50m Manikin Carry : same like other categories but with a yellow manikin.
 - 50m Manikin Tow with Fins : 25m swim with fins and rescue tube, after touching the turning edge, the competitor fixes the rescue tube around a floating orange manikin at the surface and tows it to the finish.
 - 100m superlifesaver : 25m swim, dive to a submerged yellow manikin, 25m carry manikin, dons fins and rescue tube, 25m swim, fixes the rescue tube around a floating orange manikin and tows it to touch the finish edge of the pool.
 - Relays will be run with the small yellow manikin.
 - Mixed Pool Lifesaver Relay : 50m swim, 50m swim with fins, 25m manikin carry and 25m manikin carry with fins.
- **Relays events : separated by gender (excepte for the B5) and according to the following categories :**
 - Youth : only for « Benjamins » and « Minimes »
 - Open : all categories
 - Masters : only for Masters
 - **Teams Relays descriptions :**
 - Minimum 4 swimmers and maximum 5 swimmers for B1-B2-B3-B4
 - 4 swimmers for the B5 relay (2 women and 2 men)
- **SERC : 4 swimmers and can be mixed**
 - Youth : « cadets » and juniors only
 - Open : all categories « cadets » -> masters

Victory ceremony :

The victory ceremony will be on Sunday at the end of the competition. The first three swimmers/teams will receive a medal by categories :

- Individuals : overall ranking with individuals events (A1-A2-A3-A4-A5-A6) by categories.
- Relays :
 - Overall ranking with relays events (B1-B2-B3-B4) by categories. **Please note that points awarded for the Line Throw (B4) are described below.**
 - B5 : ranking by categories
- SERC : ranking by categories

Points for line throw (B4)

Each relay team of 4 or 5 people have to enter 2 pairs in the line throw. These 2 pairs will complete the classic line throw relay event. The final time for the relay team ranking will be the sum of the 2 pairs of the relay team.

If one of the 2 pairs is DNS/DQ, the relay team will receive 0 points.

A time of 46"00 is awarded in the event of DNF (the pair doesn't complete the event in 45"00).

Example of line throw line's ranking :

Team	Pairs	Time	Sum of times
CSB 1	CSB 1-A	18"00	18"00 + 22"00 = 40"00
	CSB 1-B	22"00	
CSB 3	CSB 3-A	14"00	14"00 + DQ = DQ
	CSB 3-B	DQ	
CSB 5	CSB 5-A	DNF (46"00)	46"00 + 15"00 = 1'01"00
	CSB 5-B	15"00	

Rannk	Team	Times	Points
1	CSB 1	40"00	20
2	CSB 5	1'01"00	18
	CSB 3	DQ	0

Notice 4 swimmers' names in the lxf file and send by mail pairs' compositions and times.

Organisation :

The rules used will be the Belgian rules.

To facilitate the organisation of the championship, we ask each **Belgian club** to provide the number of officials stipulated in the rules (from 1 participant = 1 official; from 10 participants = 2 officials; from 20 participants = 3 officials). A meal will be served to the officials selected for the jury.

Sincerely yours,

« Commission sportive de la Province du Luxembourg »

With the support of the city of Bastogne

