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Beschermheer: Burgemeester van Dordrecht, dhr. mr. A.W. Kolff

Aangesloten bij: Reddingsbrigades Nederland

Dear athletes and clubs,

This year you're invited to participate in the **Dordrecht Lifesaving Summit**, organised by the Dordtse Reddingsbrigade (DRB). This unique competition includes participants from aspirants, juniors, seniors, and masters all in one weekend. It is distinguished by its international field of participants, our 50m pool (8 lanes and depth 3m).

**When? Saturday, March 8, and Sunday, March 9, 2025**

**Where? Sportboulevard Dordrecht (Fanny Blankers-Koenweg 10)**

Saturday morning starts with the aspirants (C/D/E), while seniors, juniors, and masters (A/B/M) begin in the afternoon on Saturday and continue on Sunday. The schedule with specific timings is provided. There will be ample opportunity for warm-up for all categories on both days. This competition is **recognised by the ILS**, but there will be no doping controls.

#### **Extra Information**

##### Meals and Lunches

Various foods and drinks are available in our clubhouse. Additionally, lunch for an athlete can be ordered for Saturday and/or Sunday through our website. Registration for a hot buffet on Saturday, following the competition, is also available on the website.

##### Massage

Professional massage services will be available in the DRB clubhouse during the competition. Participation is free, subject to availability.

#### **Categories**

Swimmers can participate in the following categories:

Masters II : 1975 and older

Aspirants C: 2011 – 2013

Masters I : 1976 – 1995

Aspirants D: 2014 – 2016

Seniors: 2006 and older

Aspirants E: 2017 – 2018

Juniors: 2007 – 2010

All competition details can be found in the latest edition of the '**ILS Competition Rule Book 2023**', on the website [www.ilsf.org](http://www.ilsf.org). All participants will be checked for the correct fin dimensions.

#### **Participation C/D/E**

The Dutch regulations will be used for this category. Participants must adhere to specific rules:

- During the competition, where a ring represents the drowning person, it is not permitted to use the ring to touch the finish wall. This will result in disqualification;
- During the competition where fins are used, it is not permitted to use anything other than "Plastic flippers". If others are used (such as fins or carbon flippers), exclusion will follow prior to the distance or disqualification after the distance.



### **Participation A/B/M**

Each athlete can participate in 5 individual events. Teams can consist of up to 6 members, participating in the open category. Mixed teams cannot participate, with the exception of the Mixed Pool Lifesaving Relay.

### **Ranking**

The top three athletes in each category receive a medal for each individual event. Only an open category exists for team events, with medals awarded to the top three teams.

### **Award Ceremony**

The ceremony for the aspirants' Summit will take place on Saturday afternoon, immediately after the end of the C/D/E competition. A/B/M Summit award ceremonies take place between the events. Prizes can be collected in the DRB clubhouse once official results are available.

### **Meals and Lunches**

A variety of (hot) snacks, lunches, and drinks are available in the DRB clubhouse. Athletes can also order a (athlete's) lunch for Saturday and/or Sunday via the website (€9.50 per person). A fantastic hot buffet will be served on Saturday after the competition (€15.00 per person, including drinks). Athletes and coaches can register for lunch and/or the hot buffet **no later than 1 week prior to the tournament** via [www.rbdordrecht.nl/shop](http://www.rbdordrecht.nl/shop). Please do this! This way we avoid having to disappoint people.

### **Registration & Costs**

Registration and participant count can be done on [www.rbdordrecht.nl/wedstrijden/ilse-wedstrijden-dordrecht](http://www.rbdordrecht.nl/wedstrijden/ilse-wedstrijden-dordrecht). A registration fee of €22 per individual participant covers up to 5 events in the master, senior, and junior categories. CDE participants pay €13 per entry.

**Registration is open from January 20 to February 21, 2025, or until the maximum is reached.** Refunds will be issued if the event cannot proceed. Entries can be emailed to [lifesavingdrb@gmail.com](mailto:lifesavingdrb@gmail.com). Registration fees can be transferred to the provided bank account or via [www.rbdordrecht.nl/shop](http://www.rbdordrecht.nl/shop).

### **Bank Account: NL94 INGB 0000 3233 75**

In the name of: Dordtse Reddingsbrigade  
BIC code: INGBNL2A  
Reference: Dordrecht Lifesaving Summit + club name

**Fees must be transferred by February 28, 2025;** failure to do so may result in team exclusion. More information is available on the website [www.rbdordrecht.nl](http://www.rbdordrecht.nl).

We look forward to welcoming you all in good health, enthusiasm, and energy to experience another challenging, sporty, exciting, and lively event together!

Kind regards,

Henk Dorst  
Chairman of the Dordtse Reddingsbrigade

Robert Hendriks  
Event Manager Dordrecht Lifesaving Summit



**PROGRAM**

**Saturday, March 8, 2025 - C/D/E category**

7:45 - 8:15 AM: Warm-up

8:30 AM: Start of the competition. Aiming to finish by 1:00 PM

**Events C/D/E:**

<b>C</b>	<b>D</b>	<b>E</b>
100m Ring diving with swim fins	50m Ring diving with swim fins	50m Freestyle with swim fins
50m Rescue Medley	50m Rescue Medley	50m swim fins
50m Ring diving	50m Ring diving	50m Carrying a ring with fins
50m Lifesaver	50m Lifesaver	50m Lifesaver

**Saturday, March 8, 2025 - A/B/M category**

1:00 - 1:45 PM: Warm-up

2:00 PM: Start of the competition

7:00 PM: End of the competition (target time)

Followed by the traditional hot buffet (reservation required)

**Events:**

4 x 50m Pool Lifesaving Relay  
 50m Manikin Carry  
 4 x 25m Manikin Carry Relay  
 100m Lifesaver

**Sunday, March 9, 2025 - A/B/M category**

9:00 – 9:45 AM: Warm-up

10:00 AM: Start of the competition

6:00 PM: End of the competition (target time)

**Events:**

200m Super Lifesaver  
 100m Rescue Medley  
 4 x 50m Rescue Medley Relay  
 100m Manikin Carry with Fins  
 4 \* 50m Mixed Pool Lifesaving Relay

Note: Depending on the number of registrations, start times may be adjusted after the registration deadline