

**Orange Cup
and
Dutch Championships Pool Events**

14 and 15 November 2015

Pieter van den Hoogenband Swimstadium in Eindhoven

Program flyer



INTRODUCTION

Dear friends,

Welcome to a very special edition of the Orange Cup. In about 10 months time this pool will be one of the venues of the World Championship Lifesaving 2016. The biggest event that the Dutch Lifesaving Association has ever organised.

We are very excited that a lot of international teams have seen this event as an optimal preparation for the World Championship Lifesaving 2016. The best athletes from accros the globe are coming to Eindhoven to compete against each other. Not only the athletes are preparing for next year, also for the organisation this event is a good rehearsal. A lot of volunteers are part of this organisation and I want to thank them for all their help in making this event a success.

14 and 15 november will hopefully be full of great achievements, not only for the national teams but also for the club teams. I hope that you will all enjoy this event.

Kind regards,
Patrick van den Broek
Projectmanager Orange Cup
Chairman Eindhovens Reddingsbrigade

General Information

Please follow the orders and guidelines of the volunteers of the organization.

The start will be by whistle or claxon. The use of whistles in the swimming pool is limited. During the start procedure absolute silence will be requested.

In special occasions, the project leader Patrick van den Broek can be reached by phone the week before the event, and during the event on the following number + 31 6 2648 7470.



TIME SCHEDULE:

Saturday 14 November

- 10.30: Registration of the teams at entree of swimming complex
- 10.30: Referees/officials meeting
- 11.00: Team Captain meeting / Pool open for swimming
- 11.30: Start of the competition
- 17.00: End of first competition day

Sunday 15 November

- 09.30: Referees/officials meeting
- 10.00: Team Captain meeting / Pool open for swimming
- 10.30: Start of the competition
- 18.00: End of the Orange Cup competition / Ceremonies for teams



Ceremonies will take place for the individual disciplines during the breaks in the program. The ceremony for the Orange Cup (team competition) will take place on Sunday in the swimming pool at the end of the event. Additional information regarding the ceremonies is given on a leaflet. During the championship, warming-up and cooling-down can be done in the training swimming pool (4 lanes of 50 mtr) on Saturday from 10.30 on, and on Sunday from 10.00 on, till the end of the competition day.

COMPETITION RULES

Participation to this event is open for individual competitors and teams (National or Club)

Categories:

Junior: born in period 2000 to 1997 and being at least 90 days member of the national society or club team.

Senior: born 1999 or earlier, and being at least 90 days member of the national society or club team.

Masters: born in 1985 or earlier, and being at least 90 days member of the national society or club team.

PROTEST (according ILS Competition Rulebook)

Only the team manager may protest to a referee, and subsequently dispute a referee's decision. A protest against a competitor or a team or against a decision of an official must be lodged verbally with the chief referee within 15 minutes of the posting of the result of the event or within 15 minutes of being notified verbally by the chief referee of the decision, whichever occurs first. Within 15 minutes of the submission of the verbal protest, a protest written in English shall be lodged with the chief referee. If submitting a protest a fee of 20 Euro has to be paid. Based on the decision of the protest by the chief referee, this fee will be paid back or become to the National Organization Committee. The decision of the chief referee shall be final, without the right of appeal.

PAYMENT

The registration fee need to be paid not later than **10-November 2015** on the following account:

Account name :CBS

Account number NL64 INGB 0792 3981 73, attn. of T.H.E. Slighchers in Echt with the description NK Pool Orange Cup club name).

If the payment is not fulfilled on time, no participation is allowed.

If an competitor don't start at an discipline during the competition, he/she is not allowed to continue the completion (following discipline). Only the chief-referee can make exceptions.



During the competition, the Dutch organisation team will take care for the tubes, manikins and obstacles.

During the event, the latest approved version of the ILS Competition Rule Book is applicable. Subscription, adding's or changing in the disciplines to participate is only possible before **05-November 2015**. There after no changes are possible anymore.

The competition will take place in a 10 lanes 50 meter pool with electronic time registration, so please leave the pool at the sites.

Competition disciplines

Saturday 14 November 2015:

200 m Obstacle Swim
4 x 50 m Obstacle Relay
Line Throw
4 x 25 m Manikin Relay
100 m Manikin Tow with Fins

Sunday 15 November 2015:

50 m Manikin Carry
100 m Manikin Carry with Fins
4 x 50 m Rescue Medley Relay
100 m Rescue Medley
200 m Super Lifesaver



For the description of the disciplines see the latest version of the ILS Competition Rule Book.

AWARDS / Competition

The awards for the Orange Cup are as follows:

- For the individual disciplines there will be medals for the categories, junior / senior / master for both group's woman and men.
- For the Orange Cup (team competition), the results of the relays will count together based on the 20-points ILS table.
- The Orange Cup is based on one club team for women, men and total (so no deviation to junior/senior/master).

The competition for the Dutch Championship is only open for Dutch competitors. The medals are in the same categories as the International Competition.

Additional Information

DOPING CONTROL

During the Championship, doping control could take place. For more information see the additional leaflet.

In case you want to use the service for lunch boxes, please reply tot: redned.orangecup@gmail.com . Also other questions could be ask there. We do our best to answer within 48 hours.

DUTCH RECORDS (look at www.rednedlifesaving.nl)



Address of the event location

Pieter van den Hoogenband Zwembad
Antoon Coolenlaan 1, 5644 RX Eindhoven



More information?

ILS-Competition Rulebook (latest version)	www.ilsf.org
Over Sport	www.lifesaving.nl
Program National Evenements	www.rednedlifesavingsport.nl
Dutch Lifesaving Association	www.reddingsbrigade.nl
World Championship Lifesaving 2016	www.lifesaving2016.com

NATIONAL COMPETITIONS IN 2016

Also in 2016 the Dutch National Championships are scheduled, from which a few of them are also open for International participation.

National Championship SERC (open for International Teams/Competitors)

Saturday 12 March 2016, Cuijk

National Championship Lifesaving

Saturday 2 en Sunday 3 April 2016, Cuijk

Open Dutch Championship Ocean Events Junior, Senior and Masters (open for International Teams/Competitors)

Date and location is unknown at the moment

National Championship Ocean Events for Nippers E, D and C

Saturday 27 August 2016, Boxtel

National Championship Pool Events (Nippers E, D and C)

Sunday 6 November Gouda.

National Championship Pool Events (A-B-M) Orange Cup (open for International Teams/Competitors)

November Eindhoven.

Mentioned dates and place are still open for changes.

Actual information will be available on: www.rednedlifesavingsport.nl or www.lifesaving.nl

