

Our reference: 2024-16 OC PvdB/NL
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Subject: Orange Cup 2024

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Dear team members,

We hereby invite you to participate at the **ORANGECUP 2024**

The competition will be held on:

**Saturday 7th and Sunday 8th December 2024 in the pool of
the Zwemcentrum Rotterdam, Annie M.G. Schmidtplein 8, 3083 NZ Rotterdam**

The competition will start at 9:00hrs on both days. (Final times will be in the program leaflet). More information is available on the website www.rednedlifesavingsport.nl.

Categories:

JUNIORS

Junior swimmers are those who are born between 2009 and 2006. Both women and men teams may consist of up to six participants.

SENIORS

Senior swimmers are those who are born in 2008 or earlier. Both women and men's teams may consist of up to six participants.

MASTERS

Master swimmers are those who are born in 1994 or earlier. Both women and men's teams may consist of up to six participants.

In none of the categories the participation of mixed teams will be allowed.

You can register at the Splash form (available on the website www.rednedlifesavingsport.nl). This form should be filled in and e-mailed as soon as possible but no later than November 23th 2024 to competition e-mail address: redned.orangecup@gmail.com. To the attention of Adrienne van den Aardweg



More details on the competition will be made available by a program leaflet.

Awaiting your subscription, sincerely,

Lifesaving Sport Council
Reddingsbrigade Nederland
redned.orangecup@gmail.com



Competition Disciplines:

Saturday

F/M 4 x 50 m Pool Lifesaver Relay
F/M - 100 m Rescue Medley
F/M - Line Throw
F/M 100 m Manikin Tow with Fins
F - 200 m Super Lifesaver

Sunday

M - 200 m Super Lifesaver
F/M - 4 x 50 m Rescue Medley Relay
F/M - 50 m Manikin Carry
F/M - 4 x 25 m Manikin Relay
F/M - 100 m Manikin Carry with Fins
Mixed 4 x 50 m Pool Lifesaver Relay (depending on the final time schedule)

The disciplines are described in the latest edition of the ILS Competition Rulebook. This can be found at www.rednedlifesavingsport.nl or www.ilsf.org/lifesaving-sport/rules/

Participation

- For the Senior-Junior-Master categories a nation or club can enroll one team in the open category, one team in the master category and one team in the junior category. These teams may also participate in the relay competitions. The teams may consist of up to six men and six women. For individual athletes there is an unlimited enrollment.

Classifications

The classification of the Orange Cup is formatted as follows:

- Individual medals for each competition discipline.
- For the teams prizes will be defined by counting the point scores of the relays.
- There is one Orange Cup Team classification.

The ranking for the Dutch National Championships is formatted as follows:

- There is a ranking for Juniors, Seniors and Masters. Medals are per discipline, there is no overall counting.
- Only Dutch athletes qualify for this classification.



Hospitality

Please contact us if there are requirements for hotel, meals or the availability of training facilities; send an email to: redned.orangecup@gmail.com

Communication

To be able to share information quickly with everyone before and during the competition, we would like to receive a mobile number from the trainer, coach or contact person. We are going to use this in a WhatsApp group.

Registration Costs

To participate in this competition a registration fee of € 25,- per participant needs to be paid. Please transfer this registration fee to bank account :

NL64 INGB 0792 3981 73, Bank Name: ING, IBAN / BIC : INGBNL2A,

to the attention of W.P.C. de Klerk, mentioning Orange Cup team and club name.

Not later than seven days (November 30th) before the competition start this entry fee must be credited to the account.

If this is not the case, the individual participant / team will be excluded from participation for the championships.

