



Szczecin



53 Polish Open National Life Saving Championships Szczecin 7-9 June 2019

1. Event and Venue details

The Championship will be held from 07 to 09 June 2019 in the city of Szczecin at Floating Arena Poll at 16 Waska Street.

2. Organizers.

Szczecin City Municipal Office Sports Department, 'CKS-SMS' Sports Club, Sports WOPR Commission.

3. Eligibility to compete.

Entries in Polish Championship is limited to competitors with valid medical certificate:

a) A competitor may only take part and be classified in his or her own appropriate age category

b) Competitors will be classified in four age categories:

- Youngsters category 12-13 years (participants who turned appropriate age in the year of the competition),
- Junior category 14-15 years (participants who turned appropriate age in the year of the competition),
- Youth category 16-18 years (participants who turned appropriate age in the year of the competition),
- OPEN category

4. Technical specification.

50 metres in length; 10 lanes, (the competition will take place in 8 lanes – two empty lanes)

Water temperature - 27/28 C,

Electronic time keeping,

The competition is held according to ILSF regulations and Polish National Lifesaving Championships 2019 terms and rules

5. The aim of the competition

To improve level of lifeguard's training, to find the best athletes and to promote life saving.

6. Financing:

- The organizers cover the cost of organization

- The participants cover the cost of accommodation and travel
 - Individual entry fee is 120 PLN per participants (includes: a lunch on Saturday, mineral water for participants, Polish National Lifesaving Championships souvenir t-shirt)
 - Preferred payment method is a transfer to bank account:
 - i. Account owner : CKS- SMS Szczecin ul. Rydla 49; 70-783 Szczecin
 - ii. Bank Alior Bank **61 2490 0005 0000 4500 2485 6209**
(up to June 3rd)
 - iii. SWIFT: ALBPPLPWXXX
 - iv. IBAN : **PL 61 2490 0005 0000 4500 2485 6209**
7. **The registration** is to be sent as lenex file (*lfx) to: bojard@poczta.onet.pl contact phone: +48 601 625 181
- The registration needs to include: the name and the surname of the participant, full date of birth (DD/MM/YYYY) name of the team, the distance, the event and the best official time for the last 12 months
 - The registration must be received by **June 3rd 2019**
8. **Warm-up's regulations:** Lanes 0 and 9 are one-way lanes dedicated to diving as well. Diving in other lanes is unacceptable and may result in removal of the participant from the competition.
9. **Awards:**
- The first three best competitors in every event of the Championships will receive medals. The medals shall be awarded to the first three places in each women and man categories and according to age categories: youngsters, juniors, youths and open.
 - The most versatile competitor in general classification of the Polish Championships will receive a cup or a trophy in accordance to the points received in man and woman category as well as age category: youngsters, juniors, youths and open, with the separate classifications for Polish nationals and foreign athletes
 - 4x50 Mixed Pool Lifesaver relay will not account to the general team classification. It will be run as a separate event, where a Cup of the Polish Lifesaving Association (WOPR) Sport Commission will be awarded to this new event winners.

Woman		Man	
1	200m Obstacle Swim (O, J,)	2	200m Obstacle Swim (O, J,)
3	100m Obstacle Swim (JM,M)	4	100m Obstacle Swim (JM,M)
5	4x50m Obstacle Relay	6	4x50m Obstacle Relay
7	Line Throw	8	Line Throw
9	100m Manikin Carry with Fins (O, J, JM, M)	10	100m Manikin Carry with Fins (O, J, JM, M)
11	50m Manikin Carry (O, J, JM, M)	12	50m Manikin Carry (O, J, JM, M)
13	4x25m Manikin Relay	14	4x25m Manikin Relay
15	100m Manikin Tow with Fins (O, J, JM, M)	16	100m Manikin Tow with Fins (O, J, JM, M)
17	4x50m Mixed Pool Lifesaver Relay		
18	100m Rescue Medley (O, J, JM)	19	100m Rescue Medley (O, J, JM)
20	200m Super Lifesaver (O, J,)	21	200m Super Lifesaver (O, J,)

Competition programme

Friday: 7th of June 2019

16⁰⁰ – 20⁰⁰ Accreditation at Floating Arena Pool Wąska 16 Street.

18³⁰ – 21⁴⁵ Training

Saturday: 8th of June 2019

8⁰⁰ warm-up in the competition pool

9⁰⁰ Team managers and coaches briefing

9³⁰ Official opening of Polish National Championships

10⁰⁰ Session 1

- 200m and 100m Obstacle Swim
- 4x50m Obstacle Relay
- Victory Ceremony 200 m and 100m Obstacle Swim
- Line Throw
- Victory Ceremony 4x50m Obstacle Relay
- 100m Manikin Carry with Fins

14⁰⁰ lunch break

15³⁰ Session 2

- Victory Ceremony Line Throw and 100m Manikin Carry with Fins
- 50m Manikin Carry
- 4x25m Manikin Relay
- Victory Ceremony 50m Manikin Carry
- 100m Manikin Tow with Fins
- Victory Ceremony 4x25 Manikin Relay and 100m Manikin Tow with Fins
- 4x50m Mixed Pool Lifesaver Relay

Sunday: 9 th of June 2019

8⁰⁰ warm-up in the competition pool

9⁰⁰ Session 3

- Victory Ceremony 4x50m Mixed Pool Lifesaver Relay
- 100m Rescue Medley
- 200m Super Lifesaver
- Victory Ceremony 100m Rescue Medley
- 4x50 Medley Relay.
- Victory Ceremony 200m Super Lifesaver and 4x50m Medley Relay

13³⁰ general classification, Closing Ceremony of Polish National Life Saving Championships

10. Final statements :

- The entry to this competition means that you accept the regulations and rules of this announcement and the regulations of Polish National Life Saving Championships 2018.
- The organizers reserve the right to interpret the Rules of Polish National Life Saving Championships
- In cases which are not regulated by the Rules the decision is left to the representative of Sports WOPR Commission
- This is a draft programme and the organizer reserve the right to change the time and events of the competition.

11. Accommodation:

	HOTEL	ADRES	TELEFON	MAIL	WWW
	Hotel Fokus	Ul. Małopolska 23	(91) 433 05 00	szczecin@fokushotels.pl	www.focushotels.pl
	Hotel Ibis	Ul. Dworcowa 16A	(91) 480 18 00		www.accorhotels.com
	Hotel campanile	Ul. Wyszyńskiego 30	(91) 481 77 00	szczecin@campanile.com	www.campanile-szczecin.pl
	Hotel Vulcan	ul. ks. F.K. Druckiego-Lubeckiego 6A	+48782456668		www.facebook.com/Hotel.Vulcan

Additional information: Sławomir Juskiewicz s.juskiewicz@eks.szczecin.pl, or cksrescue@gmail.com

