



**Lifesaving Europe Cup
Winter Polish Lifesaving Championships
Lifesaving Polish Cup
Warsaw 2024**

Date and place of competitions

November 29th – December 1st, 2024r.

Sport and Rehabilitation Center of the Medical University of Warsaw
Księcia Trojdena str. 2C in Warsaw.

Organizator:

WOPR & Sport Commission of WOPR

Participations.

1) The right to start in the competition have:

- Polish athletes with a valid WOPR license (junior youth, youth, senior)

- National Teams and Sports Clubs - athletes of the national federation of ILS members (OPEN)
- 2) a Polish athlete may start by representing a club with a WOPR license
 3) A foreign athlete may start only by representing one country - a member of ILS.

Classification

The classification will be conducted during the competition:

Lifesaving Europe Cup:

in the OPEN category (15 years completed in the year of competition and elders)

Lifesaving Polish Cup & Championships:

in the Junior Youth category (14-15 years completed in the year of competition),

in the Youth category (16-18 years completed in the year of competition),

in the Senior category (19 years completed in the year of competition and elders).

relays will be played in two categories::

open (senior & youth),

junior youth.

Technical conditions:

50-meters Olympic pool; 10 tracks, 2,5 m wide (the competition will be played on 8 tracks), 2,1 m depth.

Water Temperature - 27/28 °C,

Time measurement - electronic,

Technical equipment in accordance with the provisions of ILS Rule Book 2024 and the provisions of the Regulations of the Lifesaving Polish Championships 2024.

The purpose of the competition

raising the level of training of lifesavers,

Selection of Lifesaving Polish Champions in individual disciplines

3) Playing the competition for the Lifesaving Polish Cup 2024

4) playing the Lifesaving Europe Cup competition 2025

5) Playing qualifications for The World Games 2025

6) Promotion of lifesaving sports.

1. Financing:

Organizational costs are covered by the organizer.

Arrival/departure, accommodation and local transport teams and athletes will bear themselves.

The starting fee per athlete is:

at November 8, 2024 - 50 EUR

at November 22, 2024 - 70 EUR

at November 26, 2024 - 120 EUR

- payment should be made:

Lifesaving Polish Cup & Championships (currency PLN):

WOPR ul. Pytlasińskiego 17, 00-777 Warszawa ,

Alior Bank

97 2490 0005 0000 4520 5009 6542

In the title: „opłata startowa ZMP 2024, klub oraz ilość zgłoszonych zawodników,

Europe Cup (currency EUR):

WOPR ul. Pytlasińskiego 17, 00-777 Warszawa,

Alior Bank:

IBAN: PL 87 2490 0005 0000 4600 0004 9882

BIC/SWIFT: ALBPPLPW

In the title „EC, country/club & the number of competitors”

All data and information should be sent to: sport@zgwopr.pl

1. **Applications of Athletes** should be sent in the form of a Lenex file (*LXF) to: bojard@poczta.onet.pl , Mobile: + 48 601 625 181

The application must include: athlete's name and surname, full date of birth (DD/MM/YYYY), name of the team (country in the case of foreign athletes), competition and the best time obtained in the last 12 months. We recommended to prepare the application thoroughly.

The deadline for sending applications is **November 24, 2024r.**

Correction in the application, without costs, can be made until **November 26, 2024.**

Payment for corrections made on **November 27-28** is 25 EUR from one athlete and one change.

Changes after 28 November 2024 are only allowed with the consent of the Chief Referee and after payment.

1. **Warm up:**

Warm-up dates:

November 29: 3:00 p.m. – 4:00 p.m.

November 30: 7:00 a.m. – 8:45 a.m.; 2:45 p.m – 4:00 p.m.

December 1: 7:00 a.m. – 8:45 a.m.

Tracks 0 and 9 are tracks intended for diving start on both sides of the pool and swimming up to 25 m from the wall. Diving start in other places is unacceptable and may result in a not allowing the athlete to the competition.

After opening ceremony, throughout the competition, a warm-up pool (25 m x 2 tracks) will be available under the stand. On one track of the warm-up pool cannot swim more than 8 swimmers once.

1. Awards:

Lifesaving Europe Cup:

The three best competitors or team in the Open category in every European Cup competition receive medals according to occupied places divided into women and men

Lifesaving Polish Championships

The three best competitors in each Championship competition receive medals according to occupied places divided into women and men and divided into categories: junior youth, youth and senior.

- **Lifesaving Polish Cup**

The best competitor in the general classification of the Polish Championships receives the Polish Cup according to the sum of the points won, divided into women and men and categories; junior youth, youth and senior.

- 4 x 50 m Super Lifesaver MIX will not be calculated for the team classification.

Events.

	Female	Male
	block I	
	100 m Manikin Carry with Fins (S, J, JM)	100 m Manikin Carry with Fins (S, J, JM)
	4 x 25 m Manikin Relay (S+J, JM)	4 x 25 m Manikin Relay (S+J, JM)
	block II	
	50 m Manikin Carry (S, J, JM)	50 m Manikin Carry (S, J, JM)
	200 m Super Lifesaver (S, J)	200 m Super Lifesaver (S, J)
	4x 50 m Medley Relay (S+J, JM)	4x 50 m Medley Relay (S+J, JM)
	block III	
	100 m Manikin Tow with Fins (S, J, JM)	100 m Manikin Tow with Fins (S, J, JM)
	100 m Rescue Medley (S, J, JM)	100 m Rescue Medley (S, J, JM)
	4 x 50 m Pool Lifesaver Relay (S)	4 x 50 m Pool Lifesaver Relay (S)
	block IV	
	200 m Obstacle Swim (S, J)	200 m Obstacle Swim (S, J)
	100 m Obstacle Swim (JM)	100 m Obstacle Swim (JM)
	12,5 m Line Throw (S+J, JM)	12,5 m Line Throw (S+J, JM)
	4 x 50 m Obstacle Relay (S+J, JM)	4 x 50 m Obstacle Relay (S+J, JM)
	4 x 50 m Pool Lifesaver Relay – mix (S)	

Opis tabeli:

	individual competitions
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	Relay
	qualifications to TWG 2025

Event program

November 29, 2024.

– arriving of teams

3:00 p.m. - warm-up

3:00 p.m. – referee’s briefing

3:30 p.m. - briefing of coaches and team managers

4:00 p.m. Opening Ceremony

4:30 p.m. block I

- 100 m Manikin Carry with Fins
- 4 x 25 m Manikin Carry Relay.
- Awards ceremony:
 - 100 m Manikin Carry with Fins
 - 4 x 25 m Manikin Carry Relay.

November 30, 2024

7:00 a.m. warm-up

8:30 a.m. briefing of coaches and team managers

8:45 a.m. referee’s briefing

9:00 a.m. block II

- 50 m Manikin Carry
- 200 m Super Lifesaver
- Awards ceremony
 - 50 m Manikin Carry
- 4 x 50 m Medley Relay.

2:00 p.m. lunch

3:00 p.m. warm-up

4:00 p.m. block III

- Awards ceremony
 - 200 m Super Lifesaver
 - 4 x 50 m medley Relay.
- 100 m Manikin Tow with Fins.
- 100 m Rescue Medley.
- 4 x 50 m super Lifesaver Relay

December 1, 2024.

7:00 a.m. warm-up

8:30 a.m. briefing of coaches & team managers

8:45 a.m. referee’s briefing

9:00 a.m. block IV

- Awards ceremony
 - 100 m Manikin Tow with Fins,
 - 100 m Rescue Medley
 - 4 x 50 m Super Lifesaver Relay.
- 200 m Obstacle Swim
- 100 m Obstacle Swim
- 2 x 12,5 m Line Throw Relay.
- Awards ceremony
 - 200 m Obstacle Swim
 - 100 m Obstacle Swim.
- 4 x 50 m Obstacle Relay.
- Awards ceremony
 - 2 x 12,5 m Line Throw Relay
- 4 x 50 m Super Lifesaver Relay MIX
- Awards ceremony
 - 4 x 50 m Super Lifesaver Relay MIX.

1:00 p.m. Closing ceremony

- departure of teams

1. Final rules & informations:

Application for the competition is tantamount to acceptance of the provisions of this message and the competition regulations.

The right to interpret the competition regulations is entitled to the organizers.

In matters not regulated by the regulations, the Organizer decides in consultation with the Chief Referee and a representative of WOPR.

The organizer reserves the right to correct the time and program of the competition.

Additional (but needed) informations:

Sports matters

Sławomir Juskiewicz; + 48 501 846 695; s.juskiewicz.cks@gmail.com

Organizational & referee matters

Joanna Sikorska; + 48 608 434 256; joanna.sikorska@wopr.warszawa.pl

Transmission and running competition results: www.lifetiming.pl