



***VIII Polish National Open Winter Life Saving Championships
Szczecin 09-11 December 2016
International Lifesaving Cup Szczecin 2016***

1. Event and Venue details

The Championship will be held from 9 to 11 December 2016 in the city of Szczecin at Floating Arena Poll at 16 Waska Street.

2. Organizers.

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

3. Eligibility to compete.

Entries in Polish Open Winter 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 2016 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 110 PLN per participants (includes: a lunch on Saturday and Sunday, mineral water for participants, Polish National Lifesaving Championships souvenir t-shirt)
 - Preferred payment method is bank account: CKS- SMS Szczecin ul. Rydla 49; 70-783 Szczecin ,MBank **93 1140 2017 0000 4602 1305 6338** (up to the 2nd of December)
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 **30th November 2016**
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.

10. Events

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	100m Rescue Medley (O, J, JM)	18	100m Rescue Medley (O, J, JM)
19	200m Super Lifesaver (O, J,)	20	200m Super Lifesaver (O, J,)
21	4x 50m Medley Relay	22	4x 50m Medley Realy

Competition programme

Friday: 9th of December 2016

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

18³⁰ – 21⁴⁵ Training

Saturday: 10th of December 2016

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

20³⁰ – 22⁰⁰ coaches meeting (Presidential room Floating Arena)

20³⁰ – 22³⁰ banquet for competitors

Sunday: 11th of December 2016

8⁰⁰ warm-up in the competition pool

9⁰⁰ Session 3

- 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 Winter Life Saving Championships

14¹⁵ lunch

11. 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 2016.

- 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.

12. 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 Juszkiewicz s.juszkiewicz@cks.szczecin.pl, or cksrescue@gmail.com