



Lifesaving Europe Cup Winter Polish Lifesaving Championships Warsaw 2025

1. Date and place of competitions

December 05th - 07th, 2025r.

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

2. Organizer:

WOPR & Sport Commission of WOPR

Cooperation & cofinancing

Minister of Sport and Tourism
Mazowieckie Voivodeship

3. Participations.

1) The right to start in the competition have:

- Polish athletes with a valid WOPR license (junior, 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.

4. Classification

The classification will be conducted during the competition:

1) Lifesaving Europe Cup:

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

2) 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::
 - a) open (senior & youth),
 - b) junior youth.

5. **Technical conditions:**

- 1) 50-meters Olympic pool; 10 tracks, 2,5 m wide (the competition will be played on 8 tracks), 2,1 m depth.
- 2) Water Temperature - 27/28 °C,
- 3) Time measurement - electronic,
- 4) Technical equipment in accordance with the provisions of ILS Rule Book 2024 and the provisions of the Regulations of the Lifesaving Polish Championships 2024.

6. **The purpose of the competition**

- 1) raising the level of training of lifesavers,
- 2) Selection of Lifesaving Polish Champions in individual disciplines
- 3) playing the Lifesaving Europe Cup competition 2025
- 4) Playing qualifications for World Life Championships 2026
- 5) Promotion of lifesaving sports.

7. **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 14, 2025 – 260 pln (65 EUR)
 - at November 28, 2025 – 315 pln (75 EUR)
 - at December 02, 2025 – 500 pln (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: „start fee opłata startowa ZMP 2025, 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:
joanna.sikorska@wopr.warszawa.pl

7. **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 30, 2025.**
- Correction in the application, without costs, can be made until **December 02, 2025.**
- Payment for corrections made on **December 03-04** is 25 EUR from one athlete change.
- Changes after 04 December 2024 are only allowed with the consent of the Chief Referee and after payment.

8. **Warm up:**

Warm-up dates:

- December 05: 3:00 p.m. – 4:00 p.m.
- December 06: 07:00 a.m. – 8:45 a.m.; 2:45 p.m – 4:00 p.m.
- December 07: 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.

9. **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.
- 4 x 50 m Pool Lifesaver Relay MIX will not be calculated for the team classification.

10. 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	
4 x 50 m Pool Lifesaver Relay – mix (S)	
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)
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)

Opis tabeli:

	individual competitions
	Relay

Event program

December 05, 2025.

– arriving of teams

3:00 p.m. - warm-up

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.

December 06, 2025

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.
- 4 x 50 m Pool Lifesaver Relay MIX
- 100 m Manikin Tow with Fins.
- 100 m Rescue Medley.

December 07, 2025.

7:00 a.m. warm-up

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

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

1:00 p.m. Closing ceremony

- departure of teams

11. 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.

12. Additional (but needed) informations:

1. Sports matters
Sławomir Juskiewicz; + 48 501 846 695; s.juszkiewicz.cks@gmail.com
2. Organizational & referee matters
Joanna Sikorska; + 48 608 434 256; joanna.sikorska@wopr.warszawa.pl
3. Transmission and running competition results: www.livetimeing.pl

PARTNER of EUROPE CUP 2025