Lifesaving Europe Cup
Winter Polish Lifesaving Championships
Warsaw 2026

1. **Date and place of competitions**
   December 11th - 13th, 2026r.
   Sport and Rehabilitation Center of the Medical University of Warsaw
   Księcia Trojdena str. 2C in Warsaw.

2. **Organizator:**
   WOPR & Sport Commission of WOPR
   WOPR Foundation
   WOPR Mazovian 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. WOPR has the right to verify an athlete's membership with a foreign federation, and in the case of a negative response, to deny participation in the competition.

4. **Classyfication**
   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 Olimpic pool; 10 tracks, 2,5 m wide (the competition will be played on 8 traks), 2,1 m depth.
   2) Water Temperature - 27/28 ^{o}C,
   3) Time measurement - electronic,
   4) Technical equipment in accordance with the provisions of ILS Rule Book 2025 and the provisions of the Regulations of the Lifesaving Polish Championships.

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 2026
   4) The competition may be recognized by federations as a qualifying event for ELC 2027.
   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 16, 2026 – 260 pln (65 EUR)
  - at November 30, 2026 – 315 pln (75 EUR)
  - at December 07, 2026 – 500 pln (120 EUR)
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- payment should be made:
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Lifesaving Polish Cup & Championships (currency PLN):
WOPR ul. Pytlasińskiego 17, 00-777 Warszawa ,
Nest Bank 63 1870 1045 2078 1091 2507 0001
In the title: „ start fee ZMP 2026, klub oraz ilość zgłoszonych zawodników”

Europe Cup (currency EUR):
WOPR ul. Pytlasińskiego 17, 00-777 Warszawa,
Nest Bank: 09 1870 1045 2078 1091 2507 0003
IBAN: PL 09 1870 1045 2078 1091 2507 0003
BIC/SWIFT: NESBPLPW
In the title „EC, country/club & the number of competitiors”

- 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 **December 05, 2026.**
   - Correction in the application, without costs, can be made until **December 08, 2026.**
   - Payment for corrections made on **December 09-10** is 25 EUR from one athlete change.
   - Changes after 10 December 2024 are only allowed with the consent of the Chief Referee and after payment (200 PLN, 50 EUR).

8. **Warm up:**

   Warm-up dates:
   - December 11: 3:30 p.m. – 4:15 p.m.
   - December 12: 07:00 a.m. – 8:45 a.m.; 2:00 p.m – 2:50 p.m.
   - December 13: 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 clasification.

Event program

December 11, 2026.

1:30 p.m. - briefing of coaches and team managers SERC
2:00 p.m. - SERC
3:30 p.m. - warm-up
3:30 p.m. - briefing of coaches and team managers
4:15 p.m. **block I (eliminacje)**

- 100 m Manikin Tow with Fins [W/M]
- 200 m Obstacle Swim [W/M]
- 100 m Obstacle Swim [W/M]
- Line Throw [W/M]

December 12, 2026

7:00 a.m. warm-up
8:30 a.m. briefing of coaches and team menagers

8:45 a.m. referee's briefing

9:00 a.m. **block II (eliminacje)**

- 50 m manikin carry [W/M]
- 100 m manikin carry with fins [W/M]
- 100 m Rescue Medley [W/M]
- 200 m super lifesaver [W/M]
- 4 x 50 m Pool Lifesaving Relay Mixed

12:30 – 14:30 p.m. lunch
2:00 - 3:00 p.m. warm-up

3:00 p.m. Opening Ceremony

3:15 p.m. **block III (finals)**

- 4 x 25 m manikin relay
- 100 m Manikin Tow with Fins [W/M]
- Awards ceremony 4 x 25 m manikin relay,
- 200 m Obstacle Swim [W/M]
- 100 m Obstacle Swim [W/M]
- Awards ceremony 100 m Manikin Tow with Fins [W/M]
- 4 x 50 m Obstacle Relay [W/M]
- Awards ceremony
  200 m Obstacle Swim [W/M],
  100 m Obstacle Swim [W/M],
  4x50 m Obstacle Relay [W/M]

December 13, 2026.

7:00 a.m. warm-up
9:00 a.m. **block IV**

- 4 x 50 m Medley Relay [W/M]
- 50 m manikin carry [W/M]

Awards ceremony 4 x 50 m Medley Relay [W/M]

- 100 m manikin carry with fins [W/M]

Awards ceremony 50 m manikin carry [W/M]

- 100 m Rescue Medley [W/M]

Awards ceremony 100 m manikin carry with fins [W/M]

- 200 m super lifesaver [W/M]

Awards ceremony:

100 m Rescue Medley [W/M],
200m super lifesaver [W/M],

2:00 p.m. Closing ceremony

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.
    - Disputed issues shall be resolved by a Commission composed of:
      - representative of the WOPR Main Board responsible for sports matters, or a member of the WOPR Sports Commission designated by them
      - The Chief Referee of the competition
      - representative of the team managers (coaches) participating in the competition

12. **Additional (but needed) informations:**

If you have any questions please contact:

Sports matters
Sławomir Juszkiewicz; + 48 501 846 695; s.juszkiewicz.cks@gmail.com

Organizational & referee matters
Joanna Sikorska; + 48 608 434 256; joanna.sikorska@wopr.warszawa.pl

Transmission and running competition results: www.livetiming.pl

PARTNER of EUROPE CUP 2026