

Dear sports friends,  
The Flemish Lifesaving Federation invites you too: IPOM 2021



  
The World Games  
2022 BIRMINGHAM, USA  
QUALIFICATION EVENT

# IPOM 2021

© pictures by Stef Feys

13 and 14 November 8 AM - 6 PM  
Olympic Pool Wezenberg  
Antwerp — Belgium  
Desguinlei 17-19

  
RedFed

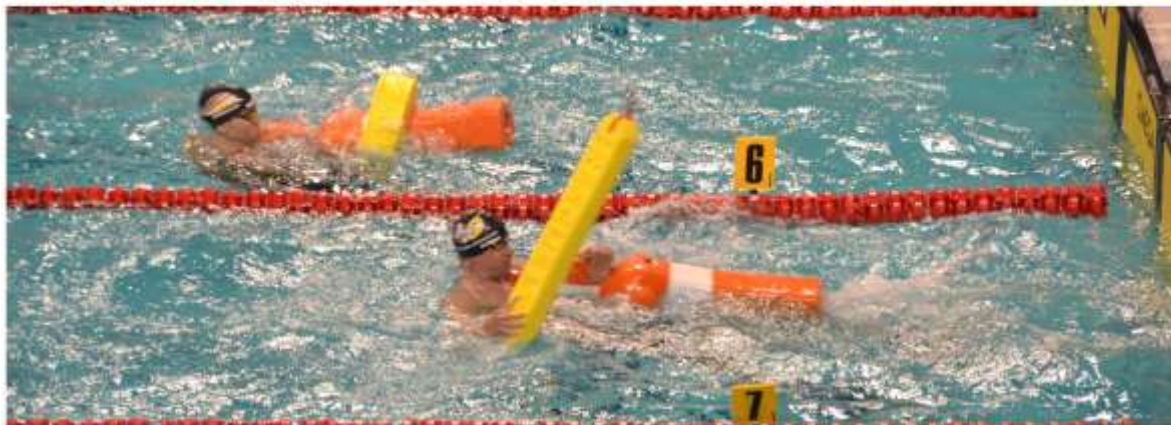


 Aqua Shop  
NEL'AUR

 SWIMQUEST

 SPORT.  
VLAANDEREN

#SPORTERSBELEVENMEER  
Beleef het. deel het!   



## 1. INTRODUCTION

We kindly invite you at the first International POol Meeting (IPOM). Together with the Polderse Reddingsclub, the Flemish lifesaving federation organises **this competition as a sanctioned qualification Event for the World Games 2022.**

## 2. LOCALISATION

17-19 Desguinlei 2018 Antwerp – Belgium



## 3. POOL



## Competition pool



- 8 lanes of 2,5x50m
- 3m depth in middle – 2m25 depth at 50m
- 800 spectator seats

## Warm-up pool



- 6 lanes of 2,5x50m
- 2,4m depth
- no spectator seats

## 4. PROGRAMME (PROVISIONAL)

You will receive a detailed programme before the 5<sup>th</sup> of November when the number of participants is known. Please be sure to register your team in time!

### Saturday 13<sup>th</sup> of November

#### AM (first start at 8.30)

Heats 200m obstacles  
Heats 4x50m obstacle relay  
Heats 100m manikin tow fins  
Heats 50m manikin carry  
Heats 4x25m manikin relay

#### PM (first start at 15.00)

Finals 200m obstacles  
Finals 4x50m obstacle relay  
Finals 100m manikin tow fins  
Finals 50m manikin carry  
Finals 4x25m manikin relay

### Sunday 14<sup>th</sup> of November

#### AM (first start at 8.30)

Heats 200m super lifesaver  
Heats 4x50m medley relay  
Heats 100m rescue medley  
Heats 100m manikin carry fins

#### PM (first start at 15.00)

Finals 200m super lifesaver  
Finals 4x50m medley relay  
Finals 100m rescue medley  
Finals 100m manikin carry fins

## 5. COMPETITION

### 5.1. Eligibility

For the IPOM athletes have to be born before 01/01/2007. There are two age groups in each gender:

- 2006 – 2003
- 2002 – older

### 5.2. Events

Individual events (6 events):

- 200m obstacles
- 100m manikin carry fins
- 100m rescue medley
- 50m manikin carry
- 100m manikin tow fins
- 200m super lifesaver

Team events (3 events):

- 4x50m obstacle relay
- 4x25m manikin relay
- 4x50m medley relay

In this competition, 6 individual and 3 team events are scheduled. All events are held in series and finales. The finals (A-B) can be a mixture of both agegroups so the fastest 16 athletes per event will qualify regardless of their age group.

## 5.3. Qualification times

We would like to use following times as qualification times for this event:

	Women	Men
200m obstacles	3'30"	3'15"
100m manikin carry fins	1'30"	1'20"
100m rescue medley	1'50"	1'40"
50m manikin carry	50"	45"
100m manikin tow fins	1'30"	1'20"
200m super lifesaver	3'30"	3'15"

## 5.4. Classifications

### Individual Classification

- There will be a ranking per event. The results will be made up per gender, per event and in two different age groups.
- The results of the finals will count as final result regardless if a time in the heats was faster.
- Reaching the A-final has always priority on reaching the B-final or not reaching the finals.
- If for example only two youth athletes reach the final of which one the A-final and the other the B-final the end classification will always be that the athlete that reached the A final will be first, the athlete that reached the B-final will be second and the fastest youth athlete that did not reach the finals will be third. This regardless of the times swam in the finals. If 6 youth athletes make it to the A final, the times swum at the A-final determines the result.

### Team Classification

- There will be a ranking per event and the composition of each relay can therefore differ. For the relays we only have one age group:
  - Open category (all ages allowed 2006-older)

## 6. REGISTRATION

### 6.1 Terms of inscription

- Athletes can participate in all 6 events.
- All athletes have to be member of an ILS recognised Lifesaving Club.
  - ⇒ The online registration will be possible from the **1<sup>st</sup> September until 31<sup>st</sup> October 2021** via <https://www.swimrankings.net/index.php?language=nl>
  - ⇒ The registration form (view attachment) must be send **before 31<sup>st</sup> of October 2021** to: [whubregsen@redfed.be](mailto:whubregsen@redfed.be)

### 6.2 Entry fee

The registration fee is **5 €** per individual event and **5 €** per team event for the IPOM and has to be transferred before the 1st of November 2021.

⇒ You transfer the total fee of your club:

IBAN: **BE31 0682 1966 9055**

BIC code: **GKCCBEBB**

Account of RedFed with announcement: **"IPOM 2021 + name of the club"**

### 6.3 Registration on location

The registration of the participants can be done every day at 7.30 AM. The registration office will be in the entrance hall of the swimming pool.

## 7. RULEBOOK

The most recent **Technical rules** of the ILS rulebook ([www.ilsf.org](http://www.ilsf.org)) will be applied for all the events.

## 8. MANIKINS AND RESCUE TUBES

A number of manikins and tubes will be available in the Warm-up pool.  
The tubes are of the brand Wetiz and all the manikins of the brand DLRG (ILS specs).

## 9. Covid-19 SECURITY PROCEDURES

A Covid19 safety protocol will be send to you after your inscription.

Main assumptions:

- Stay home if you are ill
- Keep a social distance
- Wear of mouth and nose mask if crowded
- Use disinfectant frequently
- Respect the guidelines of international travel of your own country
- Respect the local guidelines

All participants will require a Corona Safety Ticket (CST) at the registration.

For the time being we would like to work with the Covid Safe Ticket and/or Corona Certificate:  
Both the Covid Safe Ticket and the existing European corona certificate have the same goal: to prove that you have antibodies against the corona virus. You can if you:

- have been fully vaccinated for at least 2 weeks;
- have recently taken a negative PCR test (max 72 hours before the event);
- have recently taken a negative rapid antigen test (the day of the event);
- have had a corona infection in the past six months.

If the situation changes we will let you know.

### **Accidents**

There is a full equipped First Aid Post between the competition pool and warm-up pool.  
There are lifeguards present during the competition and warming-up.

## 10. OFFICIALS

To ensure a good competition we ask the Belgian teams to provide the following number of officials

- 1 athlete = 1 official
- 10 athletes = 2 officials
- 20 athletes = 3 officials

Foreign teams are not obliged, but may provide officials. We are more than happy to welcome them in our team of officials. Officials receive a fee of 30 euro per day.

Registration of the officials can be done on the registration form.

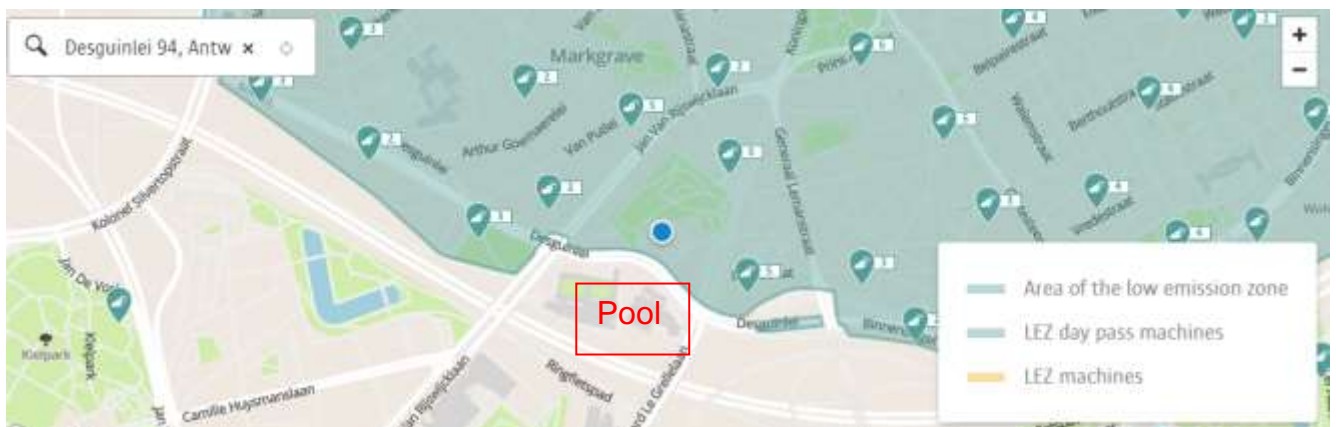
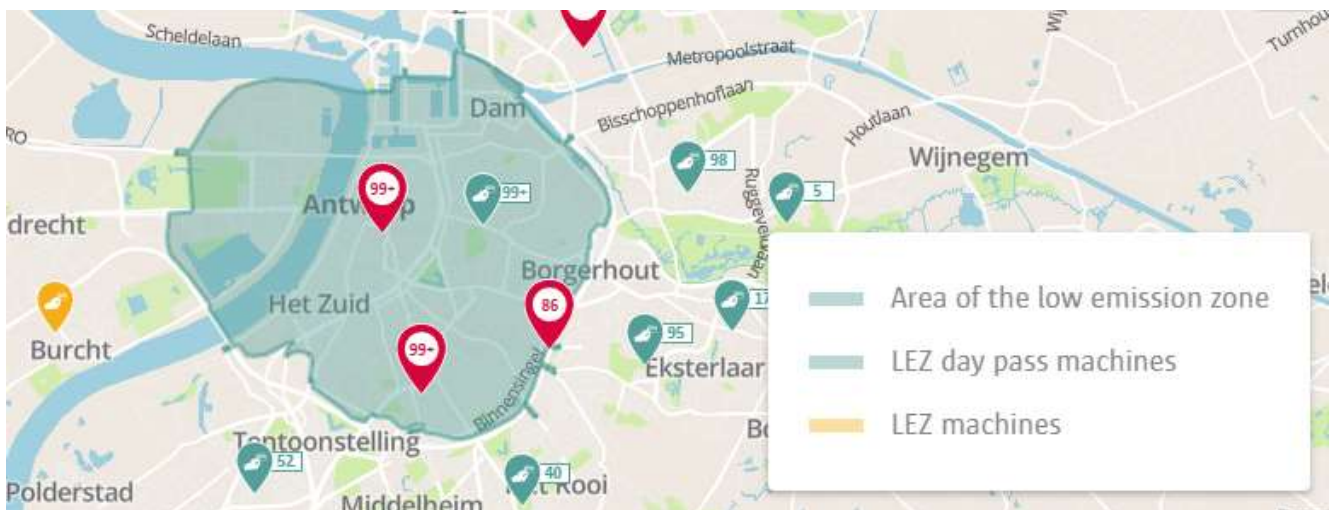
\*Foreign teams can provide officials. Based on their qualification, they will be scheduled in the different positions.

## 11. TRANSPORT

### 11.1

### 11.2 Getting to Antwerp

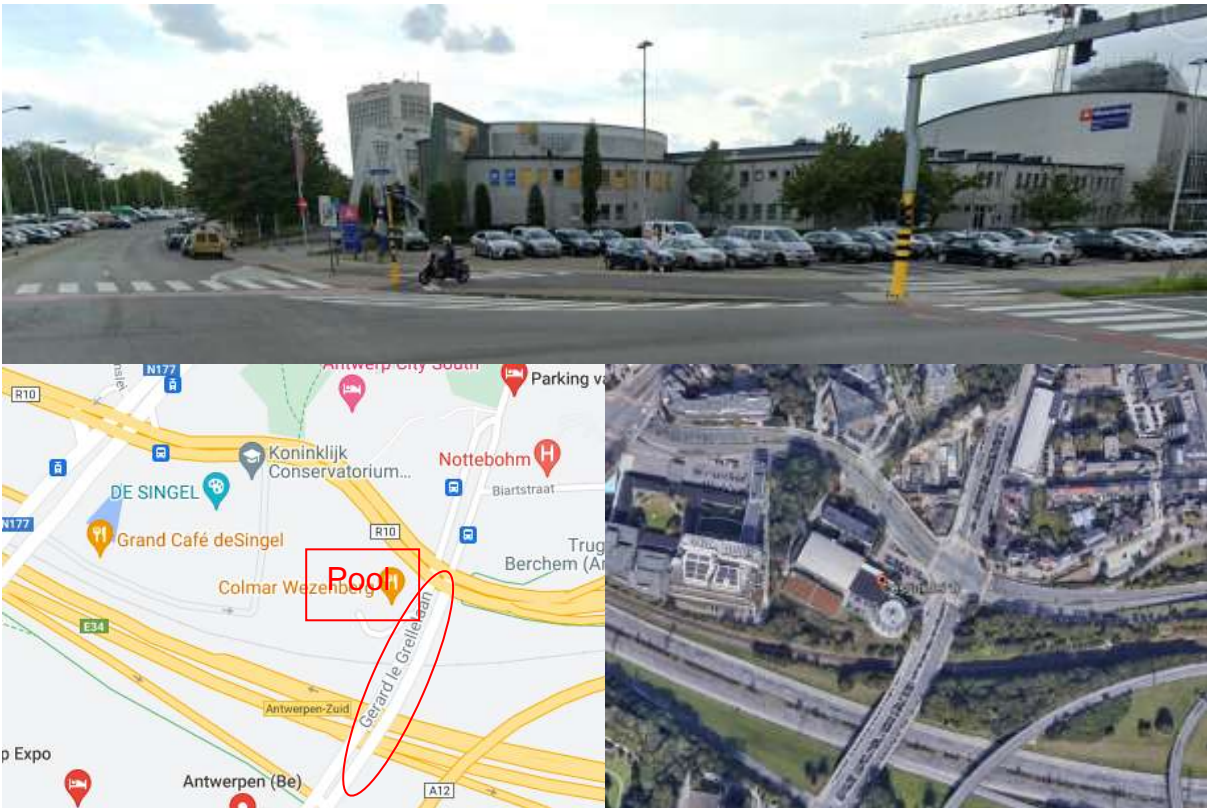
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  - Airport Charleroi - <http://www.charleroi-airport.com/>
- By Train - <http://www.belgianrail.be/en/Default.aspx>
- By Boat - [www.cheapferrytickets.com](http://www.cheapferrytickets.com)
  - Connection from Dover
- By Car
  - Please pay attention for the fact that the entire city centre of Antwerp and Linkeroever are a Low Emission Zone (LEZ) to ensure that air in the city becomes even cleaner. The most polluting cars are no longer welcome in the city. Since 1/1/2020 the conditions for admission have become stricter! Always check your vehicle with the check tool before entering the LEZ. You can check on the following website: [https://www.slimnaarantwerpen.be/en/LEZ?qclid=CjwKCAjwmgKJBhAWEiwAMvGt6ORJCBJd1bPW2DEY6il6CGR2a2Qo0SS8rNjyo36H09VVzP3wUTS\\_DxoCmlwQAvD\\_BwE](https://www.slimnaarantwerpen.be/en/LEZ?qclid=CjwKCAjwmgKJBhAWEiwAMvGt6ORJCBJd1bPW2DEY6il6CGR2a2Qo0SS8rNjyo36H09VVzP3wUTS_DxoCmlwQAvD_BwE)



### 11.3 Parking

Your car can be parked on several spots in the area. Please be aware of the LEZ zone.

- We will have a limited number of free parking spots in front of the swimming pool.
- Along the street: Gerard le Grellelaan



## 12. LODGING

Teams have to organise their own board and lodging. We will however be glad to help you with your accommodation if you encounter any problems.

The organisation can recommend the following accommodation:

### 1) **Mercure Antwerp City South**

- Address: Desguinlei 64, 2018 Antwerp
- Distance: 400m from the pool and inside the LEZ
- Website:

<https://all.accor.com/hotel/B664/index.nl.shtml?dateIn=&nights=&compositions=1&stayplus=false#origin=mercure>

- Telephone: +323 244 82 11

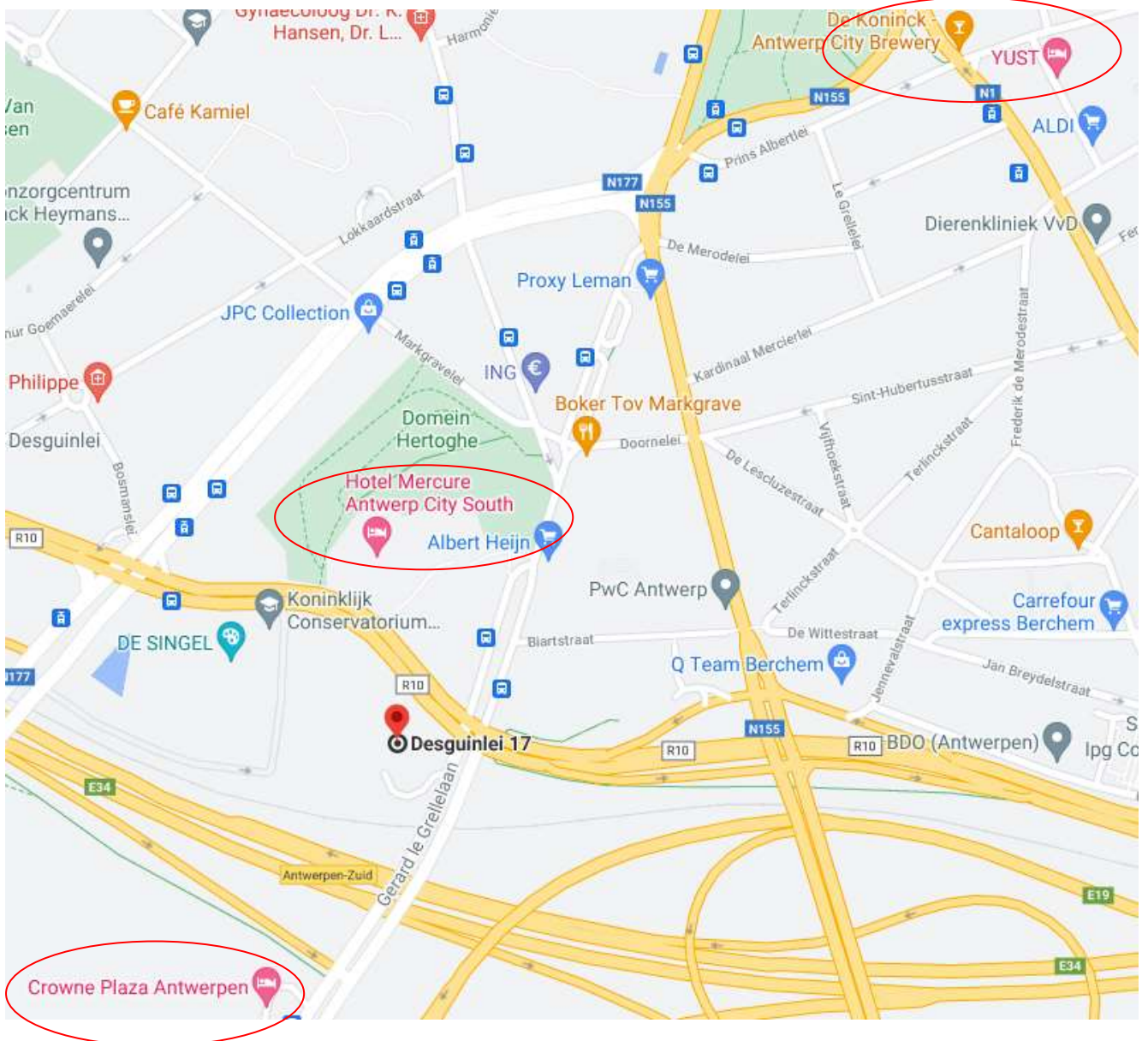
### 2) **Yust Antwerp**

- Address: Coveliersstraat 6, 2600 Antwerpen
- Distance: 1,4km from the pool and inside the LEZ
- Website: <https://www.yust.com/>
- Telephone: +303 302 30 20

### 3) **Crown Plaza**

- Address: Gerard le Grellelaan 10, 2020 Antwerpen
- Distance: 450m from the pool and outside the LEZ
- Website: <https://www.cpantwerpen.be/nl/>
- Telephone: +303 302 30 20





4) Other accommodation can be found on the World Wide Web.

## 13. LUNCH

Everybody has to take care of his own meals. You can order prepared foot long sandwiches (27cm), which cost 5€ per sandwich, by filling in the registration form before the 31<sup>st</sup> of October. We also have drinks available in the pool.

We hope to encounter you on the 13<sup>rd</sup> of November in Antwerp.

Kind regards

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