

Open Invitation

The LifeSaving.nl team presents another LifeSaving.nl pool competition this year. We would like to give everybody the opportunity to break their personal records in the six lanes 50m pool 'De Wisselaar' in the town of Breda at Sunday, August 21st. This year's date is especially chosen to be the last testing moment before the European Championships in Alicante, or the European Junior Championships in Copenhagen.

There is no possibility to enroll for this competition yet, but pre-inscriptions can be made, to ensure your place in this competition. We encourage sending us your pre-inscriptions, so we have a solid indication of the number of participants.

The concept program for this competition is as follows.

- 1. 200m superlifesaver
- 2. 50m manikin carry
- 3. 100m manikin carry with fins
- 4. 100m rescue medley
- 5. 100m manikin tow with fins

Some events could be added when requested. When interested in an additional event, ask for the possibilities.

Are you interested in participating in this competition? Fill in the form underneath and send

it to martin.teley@lifesaving.nl

Club/Team:

Contact:

Email:

Number of participants: