



## Invitation

### *Open NC Pool Events 2010*

**7 November 2010**

**De Tongelreep Eindhoven**



Date:	7 november 2010
Place:	Pieter van den Hoogenband Swim Stadium Nationaal Swim Centre De Tongelreep Eindhoven
Organisation:	Reddingsbrigade Nederland
Board and stay:	Hotel arrangement or youth hostel
Care:	Arrangement for lunch (7 November during competition)
Entry conditions:	minimum age 14 on day of competition
Costs:	€ 6,- per athlete for only the competition on Sunday Costs for Board and stay
How to get there:	See programme leaflet
E-mail:	t.sligchers@zonnet.nl
Internet:	www.breedtesport.tk    www.lifesaving.nl





Nederland  
Commissie Breedte Sport

This annual Open Dutch Championships Pool Events on Sunday 7 November 2010 from 12 – 19 hours is at the National Swimming Centre De Tongelreep in Eindhoven. All athletes compete for the general individual classifications for medals and certificates.

#### Accommodation

The competitions are in the Swim Stadium of National Swim Centre De Tongelreep in Eindhoven. We have competitions in 5 categories (A-B-C-D and Masters). In first instance international invitations are only for categories A (Open, 15 years and older) or B (Juniors (14-18 years old). If you want more information about the other categories, please ask for it via email. A-B and Masters swim in the 10 lane 50m pool with electronic timing and an all over depth of 3m. Categories C and D swim at the same time in the 8 lane 25m pool with a depth of 1.8m.

#### Your stay

We will offer a hotel arrangement in a hotel close (walking distance) to the swimming centre based on a stay from Friday until Monday (please contact us if you want a different period). It is also possible to stay in a youth hostel situated about 10 km from Eindhoven. More information (including prices) will follow when you apply for it.

#### Care

Teams can book lunches at a friendly price with our federation. The lunch will be handed out to you at the team captains meeting on the competition day in the form of a packed lunch.

#### Side Programme

On days before the competition we offer some training facilities for international teams at your expense.

#### Participation

Swimmers can enter in all events of the competition on Sunday 7 November. For the all over championships score the points gained in the best 4 events will be added up (based on our national rule book). We will use digital point tables with a scale from 200 to 1000 points for each event. The 1000 point barrier is the current national Dutch record on that event. There is a protest fee of 20 Euro to be paid back when your protest is awarded, to fall to the organization when not awarded. Event rules by the ILSE Competition rulebook 7.02.

#### Equipment

Teams are requested to bring team caps, and fins. Manikins and tubes are provided by the organization.

#### Entry

Entry will be by email. If you want to take part, please ask us in an email to send you an entry form. Entry fee is € 6,- for each athlete for only the competition Sunday. Entries close at 30 October 2010. Please inform us when you plan to participate by mail to [t.sligchers@zonnet.nl](mailto:t.sligchers@zonnet.nl).

#### **Events categories A, B and Masters:**

100m manikin carry with fins  
100m combined rescue medley  
50m manikin carry  
100m manikin tow with fins  
200m super life saver

**This is an ILS sanctioned competition, so official records can be swum.**

#### **More Information and questions**

[t.sligchers@zonnet.nl](mailto:t.sligchers@zonnet.nl)