



## Letter of information JEC 2010



# JUNIOR EUROPEAN CHAMPIONSHIPS LIFESAVING 2010 – ANTWERP



## Participating countries

Belgium	Italy
Czech Republic	Netherlands
Denmark	Norway
France	Poland
Germany	Spain
Great-Britain	Sweden
Ireland	Switzerland

## Accommodations

The following countries are having their residence in Hazewinkel (Beenhouwersstraat 28, 2830 Willebroek) : Czech Republic, France, Germany, Great Britain, Ireland, Netherlands, Spain, Switzerland.

The other countries: Belgium, Denmark, Norway, Poland and Sweden will be accommodated in Gagelhof (Gagelhoflaan 18, 2980 Zoersel).

## Competition venues

Artificial lake the Lisse Bergen: Strandweg 6, 2275 Lille -Gierle.  
Olympic pool the Wezenberg: Desguinlei 17-19, 2018 Antwerpen.

## Team registration

On both locations there will be a permanent possibility to register your team. The registration will be closed (Wednesday 1<sup>st</sup> of September at 22.00) after the opening ceremony which is in Hazewinkel. For your own comfort however it is advisable that you register as soon as you arrive at your accommodation.

## WADA forms

To be in order with the anti doping policy of ILSE, every participating country should provide the anti doping forms of WADA to the organizing.

## Equipment pool

There will be a number of 10 WETIZ boards of various volumes at your disposal. If you have your own craft you, can store it safely in a locked-up and secured area. You can leave your craft after the training session. You can leave your trailer wagon on the parking spot but we advise you to secure the hanger yourselves.

## Programme

Wednesday	1/09/2010	<ul style="list-style-type: none"><li>- Arrival of teams</li><li>- Team registration</li><li>- Training possibilities Open water</li><li>- Opening ceremony</li></ul>
Thursday	2/09/2010	<ul style="list-style-type: none"><li>- Open water competition</li></ul>
Friday	3/09/2010	<ul style="list-style-type: none"><li>- Training possibilities Swimming pool</li><li>- SERC</li></ul>
Saturday	4/09/2010	<ul style="list-style-type: none"><li>- Pool Competition</li><li>- Closing ceremony</li></ul>
Sunday	5/09/2010	<ul style="list-style-type: none"><li>- Departure of teams</li></ul>

Wednesday the 1<sup>st</sup> of September: Lilse Bergen

Timing	
10.00	<b>Training possibility openwater in Lilse Bergen</b>
12.00	LUNCH
14.00	Inspection by REFEREES
15.45	End of training possibility openwater in Lilse Bergen
16.00	Official meeting
17.00	Supper Gagelhof
18.00	Supper Hazewinkel
18.30	<b>Team manager meeting in Hazewinkel</b>
	<b>Opening ceremony in Hazewinkel</b>
19.30	Assembly of teams
20.00	Presentation of the teams
20.15	ILSE Flag and anthem
20.20	Welcoming by the ILSE
20.25	Welcoming by the organizing committee
20.30	Officials Oath
	Competitors Oath
20.35	Surprise act
21.00	Welcome drink

Thursday the 2nd of September: Lilse Bergen

Timing	
8.30	Official meeting
9.00	Team manager meeting
9.00	Warming-up
9.45	End of warming-up
10.00	Start of open water competition
13.30	Victory ceremony: Board race/Beach flags
18.00	Victory ceremony: Run-swim-Run/Rescue board rescue/Rescue tube rescue
19.00	End of open water competition

Timing	FEMALE	MALE
10.00	BOARDRACE HEATS	BEACH FLAGS HEATS
10.45	BEACH FLAGS HEATS	BOARDRACE HEATS
11.30	BOARDRACE FINAL	BEACH FLAGS FINAL
12.15	BEACH FLAGS FINAL	BOARDRACE FINAL
13.00	RUN-SWIM-RUN FINAL	
13.15		RUN-SWIM-RUN FINAL
14.00	RESCUE BOARD RESCUE HEATS	
14.30		RESCUE BOARD RESCUE HEATS
15.00	RESCUE TUBE RESCUE HEATS	
15.30		RESCUE TUBE RESCUE HEATS
16.00	RESCUE BOARD RESCUE FINAL	
16.30		RESCUE BOARD RESCUE FINAL
17.00	RESCUE TUBE RESCUE FINAL	
17.30		RESCUE TUBE RESCUE FINAL
18.30	2 KM BEACH RUN	
18.45		2 KM BEACH RUN

Friday the 3<sup>rd</sup> of September: Wezenberg

Timing		
13.00	Lane 1: Czech Republic Lane 2: France Lane 3: Germany Lane 4: Great-Britain	Lane 5: Ireland Lane 6: Spain Lane 7: Switzerland Lane 8: Line Throw
15.00	Lane 1: Netherlands Lane 2: Belgium Lane 3: Denmark Lane 4: Italy	Lane 5: Norway Lane 6: Poland Lane 7: Sweden Lane 8: Line Throw
17.00	End of training possibility – Preparing pool	
17.00	Official-victim meeting	
17.30	Victory ceremony: 2km Beach run	
18.00	Lock-up	
18.30	Demonstration SERC	
18.40	Start of SERC	

Saturday the 4<sup>th</sup> of September: Wezenberg

Timing	
8.30	Official meeting
9.00	Team manager meeting
9.00	Warming-up
9.45	End of warming-up
9.45	Victory ceremony SERC
10.00	Start of Pool competition
13.00	Victory ceremony: 50m manikin carry/4x25m manikin carry/100m manikin carry
16.30	Victory ceremony: 100m rescue medley/100m manikin tow/4x50m medley relay
17.30	End of Pool competition
20.30	Victory ceremony: Line Throw + Final Team ranking
21.00	Closing ceremony

Timing	FEMALE = ♀	MALE = ♂
10.00	50m MANIKIN CARRY	
10.30		50m MANIKIN CARRY
11.15	4x25m MANIKIN CARRY	
11.30		4x25m MANIKIN CARRY
12.00	100m MANIKIN CARRY FINS	
12.30		100m MANIKIN CARRY FINS
14.00	100m RESCUE MEDLEY	
14.30		100m RESCUE MEDLEY
15.00	100m MANIKIN TOW FINS	
15.30		100m MANIKIN TOW FINS
16.00	4x50m MEDLEY RELAY	
16.15		4x50m MEDLEY RELAY
17.00	LINE THROW	
17.15		LINE THROW

## Important contact details

Should you have any problems or questions during your stay in Belgium you can always (within reasonable timing: from 6.00-24.00) contact the following persons:

Wim Nuyens: Head of organizing committee: +32.477.73.78.97

Wijnand Hubregsen: Sportsdirector: +32.476.66.82.09

For emergencies (physical) you can simply dial the international emergency number: 112. In that case please also call Wijnand Hubregsen.

# See you next week in Belgium!

The organizing committee

