



speedlifesaving

14.03.2015

... take the challenge...

Brugg - Aargau

The two world record holder Manuel Zöllig (SLRG Baden-Brugg) and Pascal Stöckli (SLRG Innerschwyz) invite you to probably the fastest race of the Lifesaving Sports history.

The concept of Speedlifesaving is easy. The official ILS Pool Lifesaving disciplines, which are designed for a 50 m Olympic pool will be reduced by 50% and held in a 25 meter pool. In addition, certain performance measures have been removed but the disciplines have to be performed generally compared to the ILS Rulebook. SpeedLifeSaving is the fastest and most powerful variant of a Pool Lifesaving Event.

We are looking forward to seeing you again in Brugg.

www.speedlifesaving.ch



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|-------------------------|--|--------|---------|--------|---------|--------|----------------------|--------|--------------------------|--------|------------------------|--------|--------|
| Hosting Club | SLRG Sektion Baden-Brugg | | | | | | | | | | | | |
| Event organizer | SpeedLifeSaving.ch | | | | | | | | | | | | |
| Date | 14 March 2015 | | | | | | | | | | | | |
| Venue | Indoor swimming Pool "Badi Brugg" Brugg – Aargau, Switzerland Frei- und Hallenbad, Kanalstrasse, 5200 Brugg AG | | | | | | | | | | | | |
| Participants | SLRG Baden-Brugg - CH SLRG Innerschwyz - CH Invited Teams | | | | | | | | | | | | |
| General Remarks | <ul style="list-style-type: none"> - The competitions will not be held according to the international rules of the ILS "Competition Manual". - The competitions will be held according to the international rules of "SpeedLifeSaving Manual". - The event sponsors reserve the right to display advertising on the material (eg fins). | | | | | | | | | | | | |
| Arrival | Saturday 14 March 2015 from 1000 h | | | | | | | | | | | | |
| Competition | <p>Saturday 14 March 2015 from 12.00 – 18.00 h</p> <table> <tr> <td>1000 h</td> <td>Arrival</td> </tr> <tr> <td>1100 h</td> <td>Warm-Up</td> </tr> <tr> <td>1130 h</td> <td>Team Manager Meeting</td> </tr> <tr> <td>1200 h</td> <td>Start of the competition</td> </tr> <tr> <td>1800 h</td> <td>End of the competition</td> </tr> <tr> <td>1900 h</td> <td>Dinner</td> </tr> </table> <p>The final schedule will be published in the internet.</p> | 1000 h | Arrival | 1100 h | Warm-Up | 1130 h | Team Manager Meeting | 1200 h | Start of the competition | 1800 h | End of the competition | 1900 h | Dinner |
| 1000 h | Arrival | | | | | | | | | | | | |
| 1100 h | Warm-Up | | | | | | | | | | | | |
| 1130 h | Team Manager Meeting | | | | | | | | | | | | |
| 1200 h | Start of the competition | | | | | | | | | | | | |
| 1800 h | End of the competition | | | | | | | | | | | | |
| 1900 h | Dinner | | | | | | | | | | | | |
| Awards | SpeedCHamp Women & Men (Results from all Individual events) SpeedCHamp Team (all Results from every Team member in the Individual events – women and men – and all the Results from the Team events) | | | | | | | | | | | | |
| Victory Ceremony | After the competition. | | | | | | | | | | | | |
| Note | Each competitor will receive a heat number and a lane at the beginning of the competition in which he/she has to complete the whole competition. For a frictionless competition the competitors are requested to bring all the competition equipment back to the initial position. | | | | | | | | | | | | |
| Registration | <p>14 February 2015 (sent by email)</p> <p>The "Entry form" has to be sent by email to Pascal Stöckli (pascal@speedlifesaving.ch) before 14 February 2015. The registration will be confirmed.</p> | | | | | | | | | | | | |
| Changes | Deadline for changes is 1 March 2015 . (after this date, no more changes are accepted) | | | | | | | | | | | | |



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| Cost regulation | Charge for participation and closing dinner is CHF 50.- per person (entry fee and dinner). To save bank charges the costs has to be paid by the Team Manager before the competition (accreditation) in cash to the organizer. |
| Absence | In case of absences the costs will be charged to the Team Manager. |
| Confirmation | Approximately 5 days before the competition the event registration confirmation (with all changes) will be sent with further information. |
| Closing dinner | The dinner is organized by the competition organizer and is in principle compulsory for all participants. |
| Travel expenses | Travel expenses have to be paid by the participating delegations themselves. |
| Starting requirement | Own competition equipment (fins)! <ul style="list-style-type: none">- All registration forms must be fully provided.- All costs must be paid before the start.- All conditions of the competition rules of "SpeedLifeSaving" must be recognized.- The ZOBA SpeedLifeSaving Competition Caps must be worn. |
| Limitation of Participants | For organizational reasons, the number of participants is limited to 80 participants (40 women / 40 men). The competition is constituted as an invitation competition. |
| Legal responsibility | The organizers are not liable for accidents and material damage caused during the event. |
| Overnight accommodation | We offer an option for accommodation (sports hall) close to the competition venue (5min walk) at a price of CHF 5.- per person. The hall is open from Friday 13.03.2015 20.00 until Sunday 15.03.2015 12.00. Each Competitor has to bring his own sleeping bag, inflatable mattress etc. The organizers are not liable for lost or stolen items. There is no organised food at the sports hall. Food can be bought in the city (5min walk.) |
| Contact | <p><i>Chairman of the Organizing committee</i> <i>Manuel Zöllig</i> Email: speedlifesaving@zoba.ch Tel: +41 79 937 68 59</p> <p><i>Communications & PR</i> <i>Pascal Stöckli</i> Email: pascal@speedlifesaving.ch Tel: +41 79 639 47 37</p> <p><i>Sponsoring</i> <i>Manuel Saxer</i> Email: manuel.saxer@me.com Tel: +41 79 785 41 81</p> |

Yours sincerely
The organizing committee

Manu / Pascal / Manu
SpeedLifeSaving.ch