



*speedlifesaving*

**23.04.2016**

*...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](http://www.speedlifesaving.ch)



<b>Hosting Club</b>	SLRG Sektion Baden-Brugg														
<b>Event organizer</b>	SpeedLifeSaving.ch														
<b>Date</b>	23 April 2016														
<b>Venue</b>	Indoor swimming Pool "Badi Brugg" Brugg – Aargau, Switzerland Frei- und Hallenbad, Kanalstrasse, 5200 Brugg AG														
<b>Participants</b>	SLRG Baden-Brugg - CH SLRG Innerschwyz - CH Invited Teams														
<b>General Remarks</b>	<ul style="list-style-type: none"> <li>- The competitions will not be held according to the international rules of the ILS "Competition Manual".</li> <li>- The competitions will be held according to the international rules of "SpeedLifeSaving Manual".</li> <li>- The event sponsors reserve the right to display advertising on the material (eg fins).</li> </ul>														
<b>Arrival</b>	Saturday 23 April 2016 from 1000 h														
<b>Competition</b>	Saturday 23 April 2016 from 1200 – 1830 h														
	<table border="0"> <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>1830 h</td> <td>End of the competition</td> </tr> <tr> <td>1930 h</td> <td>Dinner and Closing Party</td> </tr> <tr> <td>0200 h</td> <td>End of Closing Party</td> </tr> </table>	1000 h	Arrival	1100 h	Warm-Up	1130 h	Team Manager Meeting	1200 h	Start of the competition	1830 h	End of the competition	1930 h	Dinner and Closing Party	0200 h	End of Closing Party
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	The final schedule will be published in the internet.														
<b>Awards</b>	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)														
<b>Victory Ceremony</b>	After the dinner.														
<b>Note</b>	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.														
<b>Registration</b>	At latest <b>26 March 2016</b> (online) The registration is only possible on <a href="#">"LCAS" (Lifesaving Competition Administration Services)</a> .														
<b>Changes</b>	Deadline for changes is <b>16 April 2016</b> . (after this date, no more changes are accepted)														
<b>Cost regulation</b>	Charge for participation and closing dinner/party 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. Drinks at the dinner and the party can be bought for the														



wholesale price, as cheap as possible. It's not necessary to bring your own drinks.

**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 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)!**

- All registration information's must be fully provided.
- All costs must be paid before the start.
- All conditions of the competition rules of "SpeedLifeSaving" must be recognized.
- The Wetiz 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) at the venue where the dinner is located (10min drive by car from the pool) at a price of CHF 5.- per person (for one or two nights). The hall is open from Friday 22.04.2016 20.00 until Sunday 24.04.2016 09.45.

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.

**Contact**

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Yours sincerely  
The organizing committee  
Manu/Pascal/Manu  
SpeedLifeSaving.ch