



speedlifesaving

22.04.2023

...take the challenge...

Brugg - Aargau

SpeedLifeSaving Switzerland invites 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.



Hosting Club	SLRG Sektion Baden-Brugg														
Event organizer	SpeedLifeSaving.ch														
Date	22 April 2023														
Venue	Indoor swimming Pool "Badi Brugg" Brugg – Aargau, Switzerland Frei- und Hallenbad, Kanalstrasse, 5200 Brugg AG														
Participants	Invited Teams (4 Male & 4 Female Athletes)														
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 22 April 2023 from 1000 h														
Competition	<p>Saturday 22 April 2023 from 1200 – 1830 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>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> <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	1830 h	End of the competition	1930 h	Dinner and Closing Party	0200 h	End of Closing Party
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Awards	<p>SpeedCHamp Women & Men (Results from all Individual events)</p> <p>SpeedCHamp Team (all Results from every Team member in the Individual events – women and men – and all the Results from the Team events)</p>														
Victory Ceremony	After the dinner.														
Note	<p>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.</p> <p>For a frictionless competition the competitors are requested to bring all the competition equipment back to the initial position.</p>														
Registration	<p>At latest 29. March 2023 (online)</p> <p>The registration is only possible on LCAS.ch</p>														
Changes	Deadline for changes is 20. April 2023 . (after this date, no more changes are accepted)														
Cost regulation	<p>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.</p>														



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)! <ul style="list-style-type: none"> - 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 120 participants (60 women / 60 men → 15 teams).		
Legal responsibility	The organizers are not liable for accidents and material damage caused during the event.		
Overnight accommodation	<p>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 21.04.2023 20.00 until Sunday 23.04.2023 09.45.</p> <p>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.</p>		
Contact	<p><i>Chairman of the Organizing committee / PR</i> Manuel Zöllig zoellig_m@hotmail.com +41 79 937 68 59</p> <p><i>Sponsoring / Competition /Communication</i> Manuel Saxer manuel.saxer@icloud.com +41 79 785 41 81</p>		

Yours sincerely
The organizing committee
Manu&Manu
SpeedLifeSaving.ch