

COLMAR CUP

International Lifesaving Meeting



TYR
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www.colmarcup.net

2009 FEB 07th, COLMAR (fra)

RULES AND PROGRAM

PROGRAM - COLMAR CUP – February 07, 2009

7.00	Warm up	13.30	Warm up
7.45	Meeting (referee – captain) Warm up	14.00	
8.15	Opening Ceremonies		100 M Combined 100 M Manikin with fins 50 M Manikin carry
8.30	200 M Obstacle 4 x 50 M Obstacle relay 100 M Manikin tow with fins	18.30	Relay 4 X 50 Medley Relay 4 X 25 Manikin carry
12.00	BREAK TIME - LUNCH		
		20.30	Closing Ceremony

COLMAR CUP RULES – FEBRUARY 07, 2009

Clause 1

The Colmar Cup it's an official life saving competition, registred every year on the national calendar.

Clause 2

Only the "minime" (1996/1995), "junior"(1994 -> 1991) and "senior" (1990 and -) male and female can participate at this competition.

Clause 3

All the athletes have to be a member of FFSS or ILSE

Clause 4

The events are:

- 200 m Obstacle
- 100 m manikin tow with fins
- Relay 4 X 25 m Manikin relay
- 100 m Rescue medley (no race for the minime category)
- Relais 4 X 50 m Obstacle relay
- 100 m Manikin with fins
- Relais 4 X 50 m Rescue tube relay
- 50 m manikin

Clause 5

All the athletes can participate in individual and/or by team (4 or 6 athletes' fixes)

Clause 6

Final registrations must be sent before February 2 at midnight, to the ACSS with all the expenses. After this deadline any registration will be taken into account.

To transmit: pellicia.william@neuf and info@acss-colmar.net

Clause 7

The Club must indicate an official minimum or several. The names must be reproduced on the registration sheet with quality: A, B, or C.

Clause 8

No cut off times is required, but the best times must be mentioned on the registration sheet.

Clause 9

The Colmar Cup uses the ILS events rules.

Clause 10

Point: the points will be attributing for the first 40 times for every events, all categories confused: 50 pts for the first, 47 points for the second, then 42, 39, 38 35 for the 8th, 32 for the 9th, then 31, 30, 29....etc.

The traditional points will be used for the "minime" category, for the first 16 (20 points to 1).

Result:

Individual: by events and with the totality points of all the events

Team: result of the 3 relays

Clause 11

Rewards:

Individual: the first 3 athletes for all events results, by sex and categories (minime 96/95, junior 94/91 and all categories 94/-)

Team: the first 3 teams for all the 3 relays.

Colmar Cup: total of the points results females and males of the general result "all categories" + the result of the relays (double point). The minime category does not include in the points for the result of the Colmar Cup.

INFO

SPECIAL WEB SITE WWW.COLMARCUP.NET

INFO LINE :

Line 1:00336 10 11 26 64 William
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INFO MAIL :

Team manager: pellicia.william@neuf.fr

Organization: info@acss-colmar.net

Web site of ACSS Colmar

www.acss-colmar.net

