



Stand
with
Ukraine

THE COMPETITION

NAME: International Polish Rescue Cup - Garmin Rescue Heroes 2022

DATE AND PLACE: July 23-24, 2022, Mielenko (West Pomeranian), Poland

INDIVIDUAL: Running - swimming - running / Board race / Beach run 1 km / Beach flags

TEAMS: Surf teams race / Rescue tube rescue / Board relay / Beach relay race

CATEGORIES: TEAMS (Females, Males / Mixed), MENS & WOMENS (Youth, Open, Masters)

AGE GROUPS: Youth (15 - 18), Open (16 +), Masters (above 30)

PARTICIPANTS: National teams, club teams, lifeguards and members of water rescue organizations

COSTS: Participation in the competition is free

COMPETITION RULES: Based on the official ILS Competition Rule Book

ADDITIONAL: Competitions are held on the occasion of World Drowning Prevention Day



GARMIN.

rescue
HEROES

**INTERNATIONAL
POLISH RESCUE CUP**

July 23-24, 2022
Mielenko, Poland



Garmin Rescue Heroes Series 2022



CONTACT US:

PHONE: +48 530 921 777

WEBSITE: www.grh.com.pl

EMAIL: grh@grh.com.pl

ACCOMMODATION: (recommended) Baltin Hotel & Spa, www.baltinhotels.pl

ORGANIZERS: RESCUEHOUSE Foundation

Ratownictwo Wodne Sp. z o.o. - Water Rescue Ltd.

GORW - Water Rescue Operational Group

WOPR - Water Voluntary Rescue Service

TITLE SPONSOR: GARMIN.

MEDIA: TVN, "Czwórka" Polish Radio

