



- **Name:** International Polish Rescue Cup - Garmin Rescue Heroes 2022
- **Date and place:** July 23-24, 2022, Mielenko (West Pomeranian - Poland)
- **Organizers:** RESCUEHOUSE Foundation, GORW, Ratownictwo Wodne Sp. z o.o., WOPR
- **Title sponsor:** Garmin Polska
- **Competition rules:** based on the official ILS Competition Rule Book
- **Competitions** (4 individual and 4 team):
  - running - swimming - running - individual
  - board race - individual
  - beach run 1 km - individual
  - beach flags - individual
  - surf teams race - team
  - rescue tube rescue - team
  - board relay - team
  - beach relay race – team
- **Participants:** National teams, club teams, lifeguards and members of water rescue organizations.  
*Competitors who are under 18 on the date of the competition start are required to submit a written permission to participate in the competition from their legal guardian.*
- **Classification:** *Team* (female, male or mixed), *Individual* - Youth (15-18 y.o.), Open (16+ y.o.), Masters (above 30 y.o.) - on or before 31st December in the year of the competition.
- **Applications:** via the form on the website [www.grh.com.pl](http://www.grh.com.pl) (*under construction - available soon*)
- **Costs:** participation in the competition is free. Participants cover the costs of transport, meals and accommodation.
- **Equipment:** the organizer provides equipment for the competition: rescue boards, rescue tubes. It is allowed to start on your own equipment.
- **Competition attire:** organizer provides starting tops. Competitors from the same team shall wear identical swim caps (securely fastened under the chin) in each event - according to ILS guidelines.
- **Competition arena:** According to ILS guidelines. Beach in Mielenko. The exact location will be announced soon.
- **Prizes:** Winners of each competition will receive medals. The top 3 teams (females and males) winners of the individual classification (women and men) Youth, Masters, Open will receive cups.
- **Accommodation (recommended):** Baltin Hotel & Spa ([www.baltinhotels.pl](http://www.baltinhotels.pl))
- **Additional information:** competitions are held on the occasion of World Drowning Prevention Day.