

Our reference: 2023-15 OC PvdB/NL  
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Subject: Orange Cup 2023

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Dear team members,

We hereby invite you to participate at the **ORANGECUP 2023**

The competition will be held on:

**Friday 1<sup>th</sup>, Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> December 2023 in the pool of  
the Pieter van de Hoogenband Zwemstadion, Antoon Coolenlaan 1 te Eindhoven**

Due to the growth in the number of participants, it has been decided to also add Friday to the competition block.

On Friday the competition will start at 17:00 hrs. The other days the competition will start at 9:00hrs. (Times refer to program leaflet with reservation, final time). More information is available on the website [www.rednedlifesavingsport.nl](http://www.rednedlifesavingsport.nl).

#### Categories:

##### JUNIORS

Junior swimmers are those who are born between 2008 and 2005. Both women and men teams may consist of up to six participants.

##### SENIORS

Senior swimmers are those who are born in 2007 or earlier. Both women and men's teams may consist of up to six participants.

##### MASTERS

Master swimmers are those who are born in 1993 or earlier. Both women and men's teams may consist of up to six participants.

In none of the categories the participation of mixed teams will be allowed.

You can register at the Splash form (available on the website [www.rednedlifesavingsport.nl](http://www.rednedlifesavingsport.nl)). This form should be filled in and e-mailed as soon as possible but no later than November 18<sup>th</sup> 2023 to competition e-mail address: [redned.orangecup@gmail.com](mailto:redned.orangecup@gmail.com). To the attention of Adrienne van den Aardweg

More details on the competition will be made available by a program leaflet.

Awaiting your subscription, sincerely,

Lifesaving Sport Council  
Reddingsbrigade Nederland  
[redned.orangecup@gmail.com](mailto:redned.orangecup@gmail.com)



## Competition Disciplines:

### *Friday*

F/M - 200 m Obstacle Swim

### *Saturday*

F/M - 4 x 50 m Obstacle Relay

F/M - Line Throw

F/M - 100 m Rescue Medley 100 m Manikin Tow with Fins

F/M - 4 x 25 m Manikin Relay

F - 200 m Super Lifesaver

### *Sunday*

M - 200 m Super Lifesaver

F/M - 4 x 50 m Rescue Medley Relay

F/M - 50 m Manikin Carry

F/M - 100 m Manikin Carry with Fins

4 x 50 m Mixed Pool Lifesaver Relay



The disciplines are described in the latest edition of the ILS Competition Rulebook. This can be found at [www.rednedlifesavingsport.nl](http://www.rednedlifesavingsport.nl) or [www.ilsf.org/lifesaving-sport/rules/](http://www.ilsf.org/lifesaving-sport/rules/)

## Participation

- For the Senior-Junior-Master categories a nation or club can enroll one team in the open category, one team in the master category and one team in the junior category. These teams may also participate in the relay competitions. The teams may consist of up to six men and six women. For individual athletes there is an unlimited enrollment.
- Athletes may participate in a maximum of 4 individual disciplines.

## Classifications

The classification of the Orange Cup is formatted as follows:

- Individual medals for each competition discipline.
- For the teams prizes will be defined by counting the point scores of the relays.
- There is one Orange Cup Team classification.

The ranking for the Dutch National Championships is formatted as follows:

- There is a ranking for Juniors, Seniors and Masters. Medals are per discipline, there is no overall counting.
- Only Dutch athletes qualify for this classification.

## Hospitality

In order to stay at the Van der Valk Hotel please contact [frontoffice@eindhoven.valk.com](mailto:frontoffice@eindhoven.valk.com) (phone number +31 40 211 60 33) stating booking code: **EIN-GF161481**

Please contact us if there are requirements for meals or the availability of training facilities; send an email to: [redned.orangecup@gmail.com](mailto:redned.orangecup@gmail.com)



#### Communication

To be able to share information quickly with everyone before and during the competition, we would like to receive a mobile number from the trainer, coach or contact person. We are going to use this in a WhatsApp group.

#### Registration Costs

To participate in this competition a registration fee of € 25,- per individual participant needs to be paid. Please transfer this registration fee to bank account :  
NL64 INGB 0792 3981 73, Bank Name: ING, IBAN / BIC : INGBNL2A,  
to the attention of W.P.C. de Klerk, mentioning Orange Cup team and club name.

Not later than seven days (November 24<sup>th</sup>) before the competition start this entry fee must be credited to the account.

If this is not the case, the individual participant / team will be excluded from participation for the championships.

