

Dear sportsfriends,
The Flemish Lifesaving Federation invites you to:



FILCOW 2021

3 and 4 July from 8AM until 5PM

Surfclub Outside
Oostende - Belgium



SPORT.
VLAANDEREN



Initiaties voor G-sporters 3 en 4 juli
van 12-15u in samenwerking met

Contact: whubregsen@redfed.be



1. INTRODUCTION

We kindly invite you to the 16th Flanders International Lifesaving Competition Open Water (FILCOW). The Flemish lifesaving federation organises these competitions together with the Surf Club of Ostend, the Lifesaving Club of Ostend.

2. LOCALISATION

17 Oktoberstraat, 8400 Oostende – Belgium



3. COMPETITION AREAS





PROGRAMME (PROVISIONAL)

Due to a significant tidal working in Ostend of approximately 200m distance between high tide and low tide it is not possible to make a detailed programme beforehand. You will receive a detailed programme before the 25th of June when the number of participants is known. Please be sure to register your team in time.

Saturday 3rd of July

AM (first start at 8.30)

Heats Board race
 Finals Board race
 Heats Beach flags
 Finals Beach flags
 Finals 1km beach run

PM

Heats Rescue board rescue
 Finals Rescue board rescue
 Heats Rescue tube rescue
 Finals Rescue tube rescue
 Finals 2km beach run
 Finals Surf race masters/youth

Sunday 4th of July

AM (first start at 8.30)

Heats Oceanman
 Heats 4x90m Beach relay
 Heats Beach sprint men
 Heats Surf race
 Finals Beach sprint youth

PM

Finals Surf race
 Finals Oceanman
 Final Oceanman relay
 Heats Surf ski race men
 Finals 4x90m Beach relay
 Finals beach flag

4. COMPETITION

4.1. Eligibility

For the FILCOW athletes have to be born before 2009. There are three age groups in each gender:

- 2011 – 2007
- 2006 – older
- 1981 – older

4.2. Events

Individual events (7 events):

- Beach flags
- Beach sprint
- Beach run
- Surf race
- Board race
- Oceanman
- Surf ski race

Team events (5 events):

- Rescue tube rescue
- Board rescue
- Beach relay
- Ocean(wo)man relay
- Mixed ocean Lifesaver relay

In this competition 7 individual and 5 team events are scheduled. All events except for the Beach run and Oceanman relay are held in series and finales. There will be a ranking per event. The results will be made up per gender, per event and in different age groups.

4.3. Classifications

Individual Classification

- o There is a ranking per event in each gender and in three age groups.

Team Classification

- o There will be a ranking per event and the composition of each relay can therefore differ. For the relays we only have two different age groups:
 - o Youth category (only athletes from BY 2011 – 2007)
 - o Open category (all ages allowed)
- o Each event will be held with series but we will only run the A-finales

5. REGISTRATION

5.1 Terms of inscription

- Athletes can participate all 7 events.
- All athletes have to be member of an ILS recognised Lifesaving Club.
- In case the team consists of two genders, they will be ranked in the male category.
- One club can register maximum 2 teams within the same age category, within one event an athlete can only be member of one team.
- Teams of only 2 competitors **can** compete in the Board Rescue.

⇒ The registration forms (view attachment) must be send **before 12th of June 2021** to: whubregsen@redfed.be

⇒ The online registration will be possible from the **1st until 12th of June 2021** via <https://www.swimrankings.net/index.php?language=nl>

5.2 Entry fee

The registration fee is **5 €** per individual event and **5 €** per team event for the FILCOW and has to be transferred before the 27th of June 2021.

- ⇒ **Foreign teams can pay on location.**
- ⇒ You can also transfer the total fee of your club:
IBAN: **BE31 0682 1966 9055**
BIC code: **GKCCBEBB**
Account of RedFed with announcement: **“FILCOW 2021 + name of the club and number of participants”**.

5.3 Registration on location

The registration of the participants can be done every day from Friday the 2nd of July at 7.30 AM until Sunday the 4th of July at 11.00 AM, but should be done one hour before the start of your first competition. The registration office will be at the beach side in the tents of the organisation in Beach Area 1 (see Competition Areas).

Note!

At each event you should marshal half an hour before the start of the first heat with the appointed referee for the Marshalling.
All heats of one event will be marshalled together.

6. RULEBOOK

The most recent **Technical rules** of the ILS rulebook (www.ilsf.org) will be applied at all the events.

7. CRAFT

RedFed will not provide an equipment pool. It is however possible to rent craft beforehand. Be careful because the number of craft is limited. Reservation and additional information needed? Send an email with your questions to whubregsen@redfed.be.

Your own craft must be in good state so that injury and danger is eliminated for all participants. Your craft must be according to the standards of the ILS-Rulebook.

There is a possibility to leave the craft on the beach during the weekend. There will be a security team during the night of Saturday on Sunday. Leaving your craft is however at your own risk. The organising committee cannot be held responsible for damages or a loss of craft.

8. SECURITY PROCEDURES

A safety handbook will be send to you after your inscription.

Accidents

There is a full equipped First Aid Post for minor accidents at the Registration Office.

Within a reach of 30km you can find four Hospitals:

1. AZ Damiaan Campus St.-Jozef – Gouwelozestraat 100, 8400 Ostend.
2. AZ Sint-Jan Oostende AV campus Henri Serruys – Kairostraat 84, 8400 Ostend.
3. AZ Sint-Jan Brugge – Ruddershove 10, 8000 Bruges
4. AZ Sint-Lucas – Sint-Lucaslaan 29, 8310 Bruges

Hypothermia

Wetsuits are allowed:

- Underneath 16° C from 2006-older
- Underneath 20° C from 2011-2007
- On command of the Chief Referee

Wetsuits are obligated:

- Underneath 13° C from 2006-older
- Underneath 16° C from 2011-2007

There are also isothermal blankets to be found in the First Aid Post at the Registration Office.

Drowning prevention

RedFed will provide a Rescue Team in and out of the water. There will be several lifeguards in position on the beach and 3 boats at sea. An oxygen providing system and a defibrillator are positioned in the First Aid Post at the Registration Office.

For safety reasons the wearing of a high visibility lycra will be mandatory during the ocean events (not for the beach events). The visibility will be much higher.

Cancelling events

The chief referee can, after deliberation with other judges, the organising committee and the responsible Lifeguards, decide to cancel the competition or events due to severe circumstances. The club coaches however remain responsible to judge if certain conditions are too difficult for the members of their team. We appreciate your effort to accompany your youngest or less skilled athletes with skilled athletes on a rescue board or in a surf ski.

9. OFFICIALS

To ensure a good competition we ask the Belgian teams to provide the following number of officials

- 3 athletes = 1 official
- 11 athletes = 2 officials
- 21 athletes = 3 officials

Foreign teams are not obliged, but may provide officials. We are more than happy to welcome them in our team of officials.

Registration of the officials can be done on the registration form.

10. TRANSPORT

10.1 Getting to Ostend

- By Airplane
 - Airport Ostend - www.ost.aero
 - Airport Brussels - <http://www.brusselsairport.be/en/>
 - Airport Charleroi - <http://www.charleroi-airport.com/>
- By Train - <http://www.belgianrail.be/en/Default.aspx>
 - Connection from Airport Brussels
 - Connection from Airport Charleroi
 - Connection from HST in Brussels
- By Boat - www.cheapferrytickets.com
 - Connection from Dover
- By Car

10.2 Local transport

- o Taxi – <http://www.taxibond.be>

Rates

▪ Getting on	2,75 euro
▪ Price per kilometre (your distance)	2,3 euro
▪ Price per kilometre (distance to get to you)	1,15 euro
▪ Price for waiting per hour	30 euro
▪ Night rate	8 euro

Price from airport Ostend to Competition Area is approximately 10 euro.

- o Tram - <http://www.delijn.be/dekusttram/en/index.htm>
- o Bus - <http://www.delijn.be/en/index.htm>

10.3 Parking

It is possible to drive up to the beach to unload your trailer. You can leave your trailer on the beach in a fenced area. There is no security overnight however.

Your car can be parked on several spots in the area.

- We will have a limited number of free parking spots in front of the competition area.
- Along the street (you will have to take a ticket = 3 euro/4 hours)
- At the cinema Kinopolis directly opposite the competition Area.
- Free parking:
 - Randparking Maria-Hendrikapark at Mercatorlaan Ostend – 2km distance
 - Maybe free parking at Troonstraat across the Henegouwenstraat – 0,7km distance (more info at Registration Office)

11. LODGING

Teams have to organise their own board and lodging. We will however be glad to help you with your accommodation if you encounter any problems.

The organisation can recommend the following accommodation:

1) Aparthotel “Zon en Zee”

- Address: Vakantiestraat 1, 8434 Westende
- Distance: Approximately 13km from competition area
 - Nice but simple apartments for 2-6 people with kitchen
- Website: www.zonenzee.be
- Email: yakanties@zeester.com
- Telephone: +3258230855

2) Holiday Residence “De Zeekameel”

- Address: Lombardsijdelaan 235, 8434 Lombardsijde-Westende
- Distance: Approximately 14km from competition area
 - Nice but simple rooms for 2-6 people
- Website: www.dezeekameel.be
- Email: info@dezeekameel.be
- Telephone: +3258241319

3) Campingsite “Mijn Plezier”

- Address: Duinenweg 489, 8430 Middelkerke
- Distance: Approximately 10km from competition area
- Website: www.mijnplezier.be
- Email: park@mijnplezier.be
- Telephone: +3259303020

4) Vayamundo

- Address: Zeedijk 290-330, 8400 Oostende
- Distance: Approximately 2km from competition area
- Website: www.vayamundo.be
- Email: contactcenter@vayamundo.be
- Telephone: +3278156100

5) Other accommodation can be found on the World Wide Web.

12. LUNCH

Everybody has to take care of his own meals. You can order prepared foot long sandwiches (27cm), which cost 4€ per sandwich, by filling in the registration form before the 12th of June. In the local Surf club you can order drinks and the toilets are free of use.

We hope to encounter you on the 3rd of July in Ostend.

Kind regards

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