



**Invitation**  
LGM and Belgium French Lifesaving league  
are happy to invite you at



## **MEMORIAL PATRICK SASTRE / JEAN-BERNARD DUPONT**

**Finswimming, lifesaving and dynamic apnea competition  
at Seraing (BE), saturday 22 december 2018**

- Place :** **SERAING Swimming pool**  
Avenue des Puddleurs, 51  
4100 Seraing (Close to Luik)  
Belgium
- Building :** 1 x 50 m swimming pool  
8 lanes  
Manual timekeeping
- Condition of participation:** To be invited  
To be licensed CMAS or to be licensed Belgium French LFBS  
Lifesaving races are limited to Belgium French LFBS licensed swimmer
- Participation fees :** **12 € per swimmer**

N.B. : Attention for Immersion bottle : no possibility to inflate in the swimming pool

**Finswimming inscription :** **Before the 16 december 2018**  
Burak Basturk  
Liège Grivegnée Monopalme a.s.b.l.  
Avenue Jean Hans 40  
4030 Grivegnée  
Tel : +32 86 21 46 06 - Gsm: +32 494 467 917  
Email: info@lgm.be

Inscription form is in a separated file attached to the invitation e-mail

**Timekeepers :** Please provide 1 timekeeper per 7 registered swimmers

**TIME SCHEDULE**      **PROGRAM SATURDAY 22 DECEMBER 2018**

<b>8:45 - 9:15</b>	Warming
<b>9:30</b>	<b>50 APN</b> Lifesaving : 50 mannequin palmes (-14 ans) Lifesaving : 100 mannequin palmes <b>200 Bifins</b>
<b>10:20</b>	PAUSE : 15' podium  <b>50 SF</b> Lifesaving : 50 mannequin (-14 ans) Lifesaving : 50 mannequin <b>100 Bifins</b>
<b>11:50</b>	PAUSE : 15' podium  <b>100 IS</b> Lifesaving : 50 combiné (-14 ans) Lifesaving : 100 combiné <b>400 SF</b>
<b>12:50 – 14:00</b>	PAUSE : temps de midi – Apnea competition  <b>100 SF</b> Lifesaving : 100 SLS (-14 ans) Lifesaving : 200 SLS <b>50 Bifins</b>
<b>15:15</b>	PAUSE : 15' podium  <b>200 SF</b> Lifesaving : 50 LS (-14 ans) Lifesaving : 100 LS <b>400 Bifins</b>  <b>Relay: 4 X 100 SF</b> Lifesaving : Relay: 4 x 50 bouée tube

**Finswimming category :**

11 years and less	Cat. E	2007 and +
12-13 years	Cat. D	2006 and 2005
14-15 years	Cat. C	2004 and 2003
16-17 years	Cat. B	2002 and 2001
18-28 years	Cat. A	2000 to 1990
29-34 years	Cat. V0	1989 to 1984
35-44 years	Cat. V1	1983 to 1974
45-54 years	Cat. V2	1973 to 1964
54 and +	Cat. V3	1963 and +