



Invitation WINGE CHALLENGE 2019

1. Introduction

We would like to invite you for the third edition of the Winge Challenge. The Lifesaving Club of Leuven organizes this competition at Surfclub de Winge on the lake of Rotselaar, Vakenstraat 70, 3130 Rotselaar, on Saturday 3 and Sunday 4 August 2019.

Pay attention! (dogs are not allowed)

2. Program

Saturday : board race, surf ski relay, beach flags, lake(wo)man, board rescue

Sunday : lake run, surf race, surf ski race, lake man relay, Winge Challenge

Saturday 03/08/19

7:30 – 8:00	breakfast
8:00	official meeting
8:15	team manager meeting
8:30	start competitions
12:00 – 13:30	lunch
12:00 – 13:30	Kids' Lifesaving Challenge*
13:30 – 17:00	continuation competitions
18:30	Barbecue

Sunday 04/08/19

7:30 – 8:00	breakfast
8:00	official meeting
8:15	team manager meeting
8:30	start competitions
12:00 – 13:30	lunch
12:00 – 13:30	Kids' Lifesaving Challenge*
13:30 – 17:00	continuation competitions
17:00 – 18:00	WINGE CHALLENGE**
18:00	medal presentation

* Kids' Challenge (2014-2010)

On both Saturday and Sunday we organize a board race, a run-swim-run, a beach sprint and beach flags competition for the little ones (2014-2010).

** Winge Challenge

This is a competition that is being battled in mixed teams. The teams must consist of 3 men and 3 women (open category). The winning team will get an interchangeable cup. After winning this cup 3 times, the club, will be awarded with another trophy. The correct content of the event is secret until 30 minutes before the start.

3. Classification

Individual classification: all disciplines are added to the general classification. There are five categories:

- 2014-2010: Kids' Lifesaving Challenge
- 2009-2005
- 2004-2001
- 2000-1980
- 1979-...

Team classification: all relay results are added up for the general classification. There are two categories: youth (-15 years) and open (+15 years). A team must consist of a minimum of 3 athletes and a maximum of 4 athletes.

Winge Challenge: for the Sunday competition there is a separate classification.

Pointsoring :

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points	20	18	16	14	12	11	10	9	8	7	6	5	4	3	2	1

4. Registration

Both forms (in attachment) must be correctly filled in and sent only by email to wingechallenge@lerc.be before 20/07/2019. A maximum of 200 participants will be accepted. Being fast is the message!

Registration fee

- Winge Challenge: € 5.00 per team
- Competitions: € 15.00 per participant from year 2009 onwards.
- Kids' Challenge: free participation.

Catering

Each part of the catering must be registered in advance.

- SATURDAY: Breakfast - Lunch - Barbecue
- SUNDAY: Breakfast - Lunch

Residence

Free camping opportunity on a site near the competition area. Everyone brings camping equipment with them. Toilets and showers are provided. Arrival can be from Friday 02/08/19, 5:00 pm.

5. Officials

Each team must also provide for officials:

From 3 participants: 1 official

From 11 participants: 2 officials

From 21 participants: 3 officials





WINGE CHALLENGE EVENT DESCRIPTION

Description of the events

Board race: Individual discipline where the lifesavers paddle on a paddle board about a course of about 600m . Start and finish are on the sand.

Beach flags: individual discipline, where the lifesavers lie on the belly in the sand. At the start signal they run 20 meters to get a stick in the sand; There are fewer sticks than participants. Those who get hold of a baton continue to the next round.

Lake (wo) man: individual discipline, in which the participants consecutively complete the disciplines of skiing, boarding, swimming and running. The order of the parts is determined by the jury. Running is always the last discipline.

For the category - 15 years old this discipline consists of boarding, swimming, boarding, running.

Lake run: individual discipline, where the lifesavers have to run a distance of about 2 kilometers. Start and arrival are on the parking. Running shoes are mandatory.

Surf race: individual discipline, in which the lifesavers have to swim a course of about 400 meters. Start and finish are on the sand.

Ski race: Individual discipline, in which the lifesavers perform a course of about 700 meters on a surf ski. Start and finish are in the water.

Surf ski relay: relay of 3 lifesavers with each lifesaver making a lap with a surf ski.

Lake (wo) man relay: relay of 3 lifesavers in which the participants consecutively complete the disciplines ski, board, swimming and running. The order of the parts is determined by the jury. The last athlete goes over the finish line.

For the category - 15 years old this discipline consists of boarding, swimming, boarding, running.

Board relay: relay of 3 lifesavers with each lifesaver making a lap on a paddle board. Start and finish are on the beach.

Rescue Board: relay of 2 athletes, the first athlete swim towards a buoy and waves to the second athlete when he touches the buoy the second athlete can start with his board. After the pick-up they come back to the shore. Start and finish are on the beach.

Winge Challenge



KIDS' LIFESAVING CHALLENGE

Both on Saturday 3/08/2019 and on Sunday 04/08/2019 we organize a Kids' lifesaving Challenge for children born from 2014-2010 from 12: 00-13: 30. Children get to know the rescue sport in a safe way. Fun is already insured. They do a board race, a run-swim run, a beach sprint and beach flags.

1. **Beach Flags:** reaction game: lying on the stomach in the sand. At the start signal they run 15 meters to get a stick in the sand; There are fewer sticks than participants.



2. **Board race:** with a rescue board they paddle a course set out with buoys.



3. **Run-swim-run:** they run 30m to the water and swim in hip-deep water 50m. They finish on the beach. A human chain ensures their safety and the necessary encouragement.



Everyone gets rewarded!



If you want to practice? This is possible every Friday from 6-8 pm at the lake of Rotselaar: Vakenstraat 70, 3110 Rotselaar.

