1st Mediterranean Lifesaving Championships 2024

The **Mediterranean Lifesaving Confederation** (MLC), in collaboration with the **Lifesaving Section** of the **Italian Swimming Federation** (FIN), organise the 1st Mediterranean Lifesaving Championships. It will be held in conjunction with the Italian Summer Championship at the swimming stadium of Rome. The championships are open to National Teams and Clubs.

ELIGIBILITY TO PARTICIPATE AT THE NATIONAL TEAMS OPEN

The National Teams MLC are open to one Open team per nation of the Mediterranean List:

- **Africa:** Algeria, Egypt, Libya, Morocco and Tunisia.
- **Asia:** Cyprus, Lebanon, Syria and Turkey.
- **Europe:** Albania, Andorra, Bosnia and Herzegovina, Croatia, France, Greece, Italy, Kosovo, Malta, Monaco, Montenegro, North Macedonia, Portugal, San Marino, Serbia, Slovenia and Spain.

To be eligible to compete on a national team, competitors shall:

- Be citizens, by birth or naturalisation, of the nation they represent and satisfy the International Olympic Committee (IOC) eligibility requirements to compete for that nation.
- Be bona fide members in good standing of the MLC member National Lifesaving Organisation (NLO) and eligible to compete as determined by the NLO.
- Participation is OPEN to competitors aged until 2007.
- The size of the team is free, but only two athletes can compete in each event. It is not mandatory to have both men and women competitors in a team.

ELIGIBILITY TO PARTICIPATE IN INTERCLUB OPEN MLC

The athletes must be in good standing with a current MLC Member of the Mediterranean List:

- **Africa:** Algeria, Egypt, Libya, Morocco and Tunisia
- **Asia:** Cyprus, Lebanon, Syria and Turkey.
- **Europe:** Albania, Andorra, Bosnia and Herzegovina, Croatia, France, Greece, Italy, Kosovo, Malta, Monaco, Montenegro, North Macedonia, Portugal, San Marino, Serbia, Slovenia and Spain.

- The Interclub MLC are open to one team per club.
- All be athletes of the same lifesaving club, or lifesaving “unit” of a NLO that is an MLC member and not a composite team from multiple clubs or units.
- Participation is OPEN to competitors aged until 2007.
- The size of the team is free, but only two athletes can compete in each event. It is not mandatory to have both men and women competitors in a team.

Mediterranean Lifesaving Confederation | Non-Governmental, Non-Profit Association
Address: Aquatic Center, Via Delle Quinqueremi 100, Lido di Ostia 00122, Roma, Italy
Tel: +39-0656-00-287 | **E-mail**: international@federnuoto.it | **Web**: mediterraneanlifesaving.blogspot.com

PROGRAM

Dates: 25–27 July 2024
Venue: Stadio del Nuoto, Parco del Foro Italico - Roma - Piazza Lauro de Bosis, 3, 00135 Roma RM, Italia

Events:
Obstacle Swim f/m
Manikin Carry f/m
Rescue Medley f/m
Manikin Carry with Fins f/m
Manikin Tow with Fins f/m
Super Lifesaver f/m
Manikin Lifesaver Medley f/m
Manikin Relay f/m
Obstacle Relay f/m
Medley Relay f/m
Pool Lifesaver Relay f/m and mixed

Technical Rules: The ILS Competition Rules will apply to the championships.
Relays: Each nation and club may enter one female and one male relay
Ranking: Two rankings will be drawn up: one for nations and one for clubs

Registration:

- The appropriate excel registration form must be received until **9/07/2024**, via mail: giorgiana.emili@federnuoto.it and elagreece@gmail.com
- Italian clubs must indicate, for each event, which athletes are lined up for the Mediterranean Lifesaving Championship.
- Individual competitions will take place in the morning and relays in the afternoon.
- Athletes will compete divided into the age categories according to the Italian regulations, but then a single open ranking list will be drawn up.
- The competition fee is 15€/competitor.
- Fees should be payable to FIN (IBAN: BNL ag. Coni - IT23Z0100503309000000010118 - bic/swift BNLIITRR)
- Please indicate that the fees should be paid “MLC Championships 2024”

Transportation
Teams are responsible for their transportation:

- **Airports**: Fumicino and Champino.
- **Train**: Leonardo Express. Available every 15’. Cost: 8-14€.
- **Taxi**: For 3 persons with luggages or 4 persons with no luggages about 50-55€
- **Shuttle Bus**: Tambus. Available every 30’. Cost: 6€/one way, 11€/return.

COMPETITION TIMETABLE

Wednesday 24 July	
10:00 – 18:00	Secretariat open
13:00 – 15:00	Pool available for training

Thursday 25 July	
08:00	Warm up
08:45	Chief referee meeting. End of warm-up.
09:00	**Italian/MLC 200m Obstacle Swim** **Italian/MLC 100m Manikin Tow with Fins**
15:30	Warm up
16:15	Chief referee meeting. End of warm-up.
16:30	Opening Ceremony (Parade, Salutations, Honorary Members Presentation)
17:30	Italian Finals 200m Obstacle Swim **Italian/MLC 4x50m Obstacle Relay** Italian Finals 100m Manikin Tow with fins **Italian/MLC Pool Lifesaver**
	MLC medal ceremony Italian medal ceremony

Friday 26 July	
08:00	Wam up
08:45	Chief referee meeting. End of warm-up.
09:00	**Italian/MLC 100m Rescue Medley** **Italian/MLC 100m Manikin Lifesaver Medley** **Italian/MLC 100m Manikin Carry With Fins**
15:30	Warm up
16:15	Chief referee meeting. End of warm-up.
16:30	Italian Finals 100m Rescue Medley **Italian/MLC 4x50m Medley Relay** Italian Finals 100m Manikin Lifesaver Medley Italian Finals 100m Manikin Carry with fins **MLC medal ceremony** Italian medal ceremony

Saturday 27 July	
08:00	Wam up
08:45	Chief referee meeting. End of warm-up.
09:00	**Italian/MLC 50m Manikin Carry** **Italian/MLC 200m Superlifesaver**
15:30	Warm up
16:15	Chief referee meeting. End of warm-up.
16:30	**Awards ceremony for the morning competitions**
17:00	Italian Finals 50m Manikin Carry **Italian/MLC 4x50m Pool Lifesaver Relay Mixed** Italian Finals 200m Superlifesaver **Italian/MLC 4x25m Manikin Relay** **MLC medal ceremony** Italian medal ceremony