



## **Iranian Lifesaving and Diving Federation**

### **Invitation Letter**

Dear Friends ,

We have the pleasure of inviting you to attend in 11<sup>th</sup> ( men )  
5<sup>th</sup> (women ) Middle East's pool and beach lifesaving  
championships 2010 which will take place on **22-25 of Nov. 2010**  
in Qeshm Island of I.R. of Iran for Men and from **27- 30 Nov.2010**  
for Women.

Please , announce your interest in participating in this competitions  
along with the list of your expeditionary group to Iran lifesaving and  
diving federation on and before 15 , October 2010.

Iran lifesaving and diving federation will undertake whole the  
expenses of National teams at the place of competitions (   
accommodation , meal , transfer )

In case of direct flight from your country to Qeshm , there is no  
need to apply for visa( e.g a flight from your country to U.A.E. then  
to Qeshm Island , there is no need to take the visa , otherwise you  
should apply for visa.)

For further information , please don't hesitate to contact us at :

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Fax : 0098 21 88844732,88844990

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Tehran –Iran

We look forward to seeing you in Qeshm Island.

Best Regards,

**Behrooz Esfandiari**

**Vice-president of Iran Lifesaving & Diving Federation**

**Head of lifesaving development of the Middle East**



## Iranian Lifesaving and Diving Federation

### ❖ Conditions of the competitors :

- 1- The minimum age of competitors shall be sixteen ( 16 ) years.
- 2- Each team should consist of 7 persons ( 5 competitors , 1 coach , 1 team manager ).

### ❖ Dates:

#### Men

Arrival	22Nov.2010
Briefing	22 Nov.2010 afternoon
Opening ceremony	23 Nov. 8:00 am
Competitions	23 Nov. 9:00 am
Departure	25 Nov.2010 afternoon

#### Women

Arrival	27 Nov.2010 afternoon
Briefing	27 Nov.2010 afternoon
Opening ceremony	28 Nov. 8:00 am
Competitions	28 Nov. 9:00 am
Departure	30 Nov.2010 afternoon



## Iranian Lifesaving and Diving Federation

### ❖ Competitions :

#### Pool Events :

Manikin carry with fins 100 m	2 persons
50 m Manikin carry	2 persons
Obstacle swim 100 m	2 persons
Line throw	2 persons
4 x 50 m Manikin carry ( team )	4 persons

#### Beach Events :

Run –Swim- Run	2 persons
Beach flags	1 persons
Rescue with buoy	3 persons
90 m Relay Running ( team )	4 persons
90 m Beach sprint	1 persons