



Iranian Lifesaving and Diving Federation

Invitation Letter

Dear Friends ,

We have the pleasure of inviting you to attend in 11th (men)
5th (women) Middle East's pool and beach lifesaving
championships 2010 which will take place on 15-18 of Nov. 2010
in Qeshm Island of I.R. of Iran for Men and from 20- 23 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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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



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❖ 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	15 Nov.2010
Briefing	15 Nov.2010 afternoon
Opening ceremony	16 Nov. 8:00 am
Competitions	16 Nov. 9:00 am
Departure	18 Nov.2010 afternoon

Women

Arrival	20 Nov.2010 afternoon
Briefing	20 Nov.2010 afternoon
Opening ceremony	21 Nov. 8:00 am
Competitions	21 Nov. 9:00 am
Departure	23 Nov.2010 afternoon



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❖ 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