

**Brussels Octopus Home meet****Sunday, November 18 , 2007**

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| Sanctioned by:     | <b>European Forces Swim League</b>  |
| Sponsored by:      | <b>Brussels Octopus</b>   |
| Event:             | <b>Benelux Division</b>   |
| Participants:      | <b>ESB Brussels , NATO, SHAPE</b>   |
| Dates & Times:     | <b>Sunday November 18 , 2007 All events are timed finals</b><br><b>Set-up: 8:45</b><br><b>Arrival of visiting swimmers 9:50</b><br><b>Warm-ups ESB 9:50</b><br><b>Warm-ups NATO, SHAPE 10:10</b><br><b>Start: 10:45</b>   |
| Entry Limit:       | <b>Number of swimmers is unlimited. Swimmers are limited to a maximum of three (3) individual events and two (2) relays.</b>  |
| Officials:         | <b>Head Official: Morag Davite (mobile: 0473 976 202)</b><br><b>Starter: to be appointed</b><br><b>Head Timer: to be appointed</b><br><b>Each team is asked to provide depending on the number of swimmers</b><br><b>1-10 swimmers : 1 volunteer</b><br><b>11-25 swimmers : 3 volunteers</b><br><b>26-40 swimmers : 5 volunteers</b><br><b>41+ swimmers : 7 volunteers</b>  |
| Points of Contact: | President: Ahmed Bouzinab 00 32 (0) 2 241 33 49 Home<br>00 32 (0) 495 545 702 Mobile<br>Meet Director: Mayte Sanz 00 32 (0) 457 800 566<br><a href="mailto:maria-teresa.sanz-villegas@ec.europa.eu">maria-teresa.sanz-villegas@ec.europa.eu</a><br>Head Coach: Olivier Van Lerberger <a href="mailto:esb.headcoach@skynet.be">esb.headcoach@skynet.be</a><br>Statistician: Maria Jimenez <a href="mailto:esbstat@yahoo.fr">esbstat@yahoo.fr</a> |

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| Pool Course:            | <b>Indoor, heated, 25m, 6 lanes, fresh water, non-turbulent, competition single lane lines, deep &amp; shallow ends with competition starting blocks in the deep end.</b>  |
| Entry Limit:            | <b>Number of swimmers is unlimited. Swimmers are limited to a maximum of three (3) individual events and two (2) relays.</b>   |
| Entry Forms:            | <p>Entries are due to ESB Statistician, Maria Jimenez at <a href="mailto:esbstat@yahoo.fr">esbstat@yahoo.fr</a> Friday am November 16 via the internet.</p> <p><b>Submit final scratches at the swim pool's office.</b></p> <p><b>According to EFSL rules, no additions will be made on day of meet.</b></p> <p><b>Please bring a disk of the entries to the meet as a back-up.</b></p>  |
| Refreshments:           | <b>Snack bar/refreshments are available. US dollars and Euros are accepted at par value, change in Euros only.</b>   |
| Additional Information: | <b>In order to speed the meet and lay a foundation for Munich, we will employ overhead starts. For those unable to attend the Officials clinic, overhead starts require the swimmer to remain in the water until the swimmer of the next event has left the starting block.</b>  |
| Directions:             | <p><b>Map and details on ESB Web site</b><br/> <a href="http://users.skynet.be/esbswimteam/Vfa/Itineraires/Ceria.htm">http://users.skynet.be/esbswimteam/Vfa/Itineraires/Ceria.htm</a></p> <p>Ring exit 16, St Pieters Leeuw - Anderlecht. Should you come from RO or RE, you have to take Chaussée de Mons (N6) towards Brussels' Centre. At the first traffic light, take right, then first left and again first right. You are now Avenue des Grives and the pool is nearly at the end of the street, on your right.</p> <p>A useful tip, from n° 16 exit on the motorway, you will see a high tower with a large clock - it belongs to the CERIA complex where the pool is located. You can also arrive from Brussels Centre through Chaussée de Mons.</p> |
| Location :              | <p>Rue des Grives 51</p> <p>1070 Bruxelles</p>   |