

## IISA GB Championships 6 & 7 January 2024

Sandford Lido, Cheltenham – 50m pool



### Event Brochure, Draft Programme and Important Information

#### **Important changes to IISA rules and to IISA GB:**

- Medicals and 12 lead ECG are needed for **ALL** events – (valid for 12 months if no change in health)
- No Under 18s to swim on days of event
- Permitted times have been reduced for distance events

#### Draft Programme

##### Sat 6 January

1000m Event £75 Maximum time permitted 26 minutes. Swimmers must meet IISA qualification criteria to be accepted.

50m Freestyle £20

50m Backstroke £20

100m Breaststroke £25

##### Sun 7 January

1. 500m Freestyle £40. Maximum time permitted 13 minutes.
2. 250m Freestyle £30 Maximum time 7 minutes.
3. 100m Freestyle £25
4. 50m Fly £20

#### Selection for Team GB at next IISA World Championships

**We will be using the GB Championships 2024 as a critical event for selection to represent Great Britain in the next IISA World Championships and therefore strongly recommended those who wish to be considered attend.**

## Important Notes

All swimmers will receive a free T-shirt !!

The event will run in accordance with the rules and regulations of IISA.

Entries: Please enter via IISA website on events page

<https://internationaliceswimming.com/events-calendar/>

Entries Open 13 October and close 1 December 2023 or sooner if full. **Entries must be paid for when entering and by 1 December at the latest.** Please pay by bank transfer to:

Account: International Ice Swimming Association Great Britain

Bank: Lloyds Bank

Sort Code: 30-98-97

Account Number: 36305168

Please make sure you use your name (as registered on IISA) as reference

Once you have paid please email [IISA-GB@outlook.com](mailto:IISA-GB@outlook.com) and give your name and select your T-shirt size form:

Unisex T-shirt XS 35", S 38", M40", L43", XL 45", 2XL 48"

Ladies Fit XS 8, S10, M12, L14, XL 16

**Unfortunately no refunds will be given due to the high costs IISA GB incurs in organising an event.**

Please familiarise yourself with IISA swimming rules. **Qualification criteria for the 1000m are within IISA Rules.**

Any swimmer who is stopped by the referee and refuses to leave the water will be disqualified and not permitted to swim in any other events during the weekend.

For the 1000m: Swimmers who have completed less than half the distance at 13 minutes will be given a warning. Any swimmer with more than 2 lengths remaining (100m) at 24 minutes, will be stopped (and a DNF recorded).

<https://internationaliceswimming.com/iisa-rules/>

Qualification for 500m:

You must have completed a qualifying swim of 400m at 5C or under; 500m at 6C or 650m at 7C. Please bring a paper copy / print out of your qualifying swim from your IISA bio page. You may be asked to show this at registration.

If anyone who wishes to compete has a disability or serious medical condition please email [IISA-GB@outlook.com](mailto:IISA-GB@outlook.com) asap so this can be discussed with the medical officer. IISA GB will make reasonable adjustment providing it does not compromise the safety of the overall event or any individual competitor.

Further more detailed information will be sent to competitors prior to the event.