

Friday 20th August



MATROOSBERG ICE SWIMMING

Official qualifying event for IISA World Championship

Qualification swims

250m - R650*

500m - R850*

1000m - R1350*

Fun swim - Free

*includes dinner at briefing on Thursday evening





MATROOSBERG

Matroosberg Peak of Adventure

The Matroosberg Private Nature Reserve is situated 2.5hrs outside of Cape Town and serves as the venue for the 2021 IISA World Championship qualifiers. The Matroosberg ICE swimming qualifiers will take place in a small dam located on the Matroosberg Peak of Adventure property. This small working farm provides an ideal venue for adventurers who want to trail run, mountain bike, 4x4,and swim in ICE conditions. The farm is nestled in the foothills of the beautiful Hex River range. The majestic Matroosberg Peak is the highest mountain in the Cape Winelands and often gets snow during the winter months.

Matroosberg Accommodation

Accommodation is available at the swim venue, and you are encouraged to book early to avoid disappointment. All swimmers will need to attend the race briefing on Thursday 19th and therefore should stay in close proximity to the swim venue. There are accommodation options to suit various budgets and travel preferences.

Please visit: <https://matroosberg.com/>





ICE SWIMMING

Swimmers schedule:

Thursday 19 August 2021

Arrival & test swim:

- 13:00 Arrival and check-in to accommodation
- 13:00 - 15:00 Rapid Covid-19 test for all swimmers and support
- 15:00 - 16:00 250m test swim (all swimmers)
- 17:30 Medical and Swim briefing
- Confirm your second/swim support for your swim (500m & 1000m)
- 18:30 dinner (dinner is included for 250m, 500m and 1000m swimmers - partners, supporters and fun swimmers can join at R300 per head)

Friday 20 August 2021

Ice Swimming:

- 07:00 Breakfast (need to bring your own pre swim breakfast)
- 07:50 Swim briefing at recovery location
- 08:00 250m followed by 500m freestyle (IISA rules apply)
- 09:00 1000m freestyle swim heats (IISA rules apply)
- 12:00 Awards and check out

Important information for all swimmers

- Medical clearance needed for 1000m swimmers.
- Medical clearance forms available on IISA website.
- If you have had Covid-19 in the 6 months prior to the event please disclose this to the medical team before the event.
- Rapid Covid-19 test available on site (R180pp)*

*All swimmers must have a negative Covid-19 test result in order to swim.





ICE SWIMMER

Matroosberg check list:

- Own transport (Arrive by 13:00 on Thursday 19th August 2021)
- Own accommodation - Book early! (you are encouraged to join the ice swimming community staying at Matroosberg, but you can make alternative arrangements.)
- IISA membership (visit <https://internationaliceswimming.com/>)
- Event entry fee paid before Wednesday 4th of August 2021 (250m - R650, 500m - R850, 1000m - R1350)
- 1000m swimmers need a recent IISA Medical & ECG (within 6 months of date of swim)
- Medical insurance

Entries are open

- Enter now to avoid disappointment.
- Entry forms available on IISA website.
- <https://internationaliceswimming.com/>
- Payment required by 4th August 2021.

