

For the 3rd time the Dutch Open Ice Swimming Championships will be held @ 27 and 28 January 2017.



The swimmingpool Waterdam of Volendam is the Venue for this event. We welcome our foreign competitors and of course our growing group of Dutch ice swimmers. This year again we hope there will be a lot of (personal/ national) records.

27 January 2017 start @ 18.00 o'clock

- icemile entree 1 K within 30 min
- 50m Breaststroke (head up) ladies entree swimming faster than 3 minutes
- 50m Breaststroke (head up) men entree swimming faster than 3 minutes
- 50m freestyle ladies entree swimming faster than 3 minutes
- 50m freestyle men entree swimming faster than 3 minutes
- 500m freestyle ladies entree swimming faster than 15 minutes
- 500m freestyle men entree swimming faster than 15 minutes
- 4 x 100m relay ladies/men mix

28 January 2017 start @ 15.00 o'clock

- 200m freestyle ladies entree swimming faster than 8 minutes
- 200m freestyle men entree swimming faster than 8 minutes
- 100m breaststroke (head up) ladies entree swimming faster than 5 minutes
- 100m breaststroke (head up) men entree swimming faster than 5 minutes
- 1000m freestyle ladies entree swimming faster than 30 minutes
- 1000m freestyle men entree swimming faster than 30 minutes

ENTRY WILL BE CLOSED @ 20TH JANUARY 2017