

2023 IISA Aotearoa NZ National Championships

Dates: Fri 7- Mon 10 July **Time:** 8.30 am – 12.30pm each day.

Venue: Blue Lake, St Bathans.

Events and Cost (\$NZ): 250m (\$50), 500m (\$50), 1000m (\$100) Freestyle

The event will run in accordance with the rules and regulations of IISA. Please familiarise yourself with IISA swimming rules.

Medical: You must have had an ECG and IISA medical within 6 months of this swim. Please print out the medical form here and take to your GP/ Doctor. <https://internationaliceswimming.com/iisa-rules/>

The medical form and ECG must be emailed to iceswimaotearoa@gmail.com by 30 July.

Entries: Please enter via IISA website on the events page

<https://internationaliceswimming.com/view-iisa-event/?event=161>

Entries are open from now, until 31 May 2023 or sooner if full. **Entries must be paid for, when entering and by 31 May at the latest.** These will be allocated on a first come first served basis. Payment in full will secure your swim.

Account: THE INTERNATIONAL ICE SWIMMING ASSOCIATION AOTEAROA NZ INC

Bank: ASB Account Number: 12-3618-0054063-00

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

Unfortunately, no refunds will be given due to the high costs IISA NZ incurs in organising this event.

We will be swimming all distances every day to maximise the number of swimmers we can accommodate and to enable those who need to do qualifying swims, for the longer distances, to do so.

We will endeavour to seed swimmers with others of similar ability.

Results; for overall and age-group, will be based on times swum, regardless of the day.

Swimmers will be allocated a day for each of their swims, and these will be publicised before the event.

250m Freestyle: Maximum time permitted 10 minutes. No qualification requirements.

500m Freestyle: Maximum time permitted 15 minutes. No qualification requirements.

1000m Freestyle: Maximum time permitted 30 minutes. Swimmers must meet IISA qualification criteria to be accepted. Swimmers who have completed less than half the distance at 15 minutes will be given a warning. Any swimmer with more than 100m remaining at 27 minutes, will be stopped (and a DNF recorded). 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, including the Ice Mile.

Swimmers must have one day off between their 1000m race and their Ice Mile Challenge. This is for safety reasons. These events are taxing on your body, and you want to be in the best possible condition when swimming your 1000m and when attempting your Ice Mile.

Swimmers will be **expected to help on some of the sessions** that they are not swimming. This may involve being a second for a swimmer (looking after them before and after their swim), timekeeping, helping in recovery room/tent etc.

Prize giving Dinner: Monday 10 July 6pm. Vulcan Hotel St Bathans Village. Cost, \$60 booked and paid for, ASAP after you enter. Supporters welcome. email iceswimaotearoa@gmail.com

Officials and Equipment: We require a large number of people to run this event. Timekeepers, Marshall, Medics, IRB Drivers, IRB Crew, Recorders etc. We also need equipment, Large Tents or Marques, Gas heaters, stopwatches, towels, blankets, folding chairs, ...

If you know of someone who could help or loan equipment, please email iceswimaotearoa@gmail.com ASAP.

Accommodation and Flights: Swimmers book their own. There is a reasonable amount of accommodation within 40mins of St Bathans. Dunedin Airport is 2hrs away (165km), Queenstown Airport is 1hr 45mins (140kms).

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