

2023 IISA Aotearoa NZ Ice Mile Challenge:

Dates: Fri 7- Mon 10 July

Time: 1.30pm – 3.30pm each day.

Venue: Blue Lake, St Bathans.

Event: Ice Mile **Cost (\$NZ):** \$150

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=162>

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. You will be advised in advance which day you will be swimming your Ice Mile.

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.

The Ice Mile is a personal challenge, NOT a race. Hence the Mile Event is separate from the Championships. You will be swimming the course individually or with a staggered start from other swimmers.

Ice Miles will be swum in the afternoons each day. Swimmers must have a day rest between 1000m and Mile. 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.

You must have swum a qualifying 1000m prior to this event. This may be done in the 2023 Championships.

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 at the National Championship.

Extreme Ice Miles: For swimmers who have achieved Ice Miles prior to this event, there will be opportunities to attempt an Extreme Ice Mile. You will need to apply to the event director to be able to attempt an Extreme Ice Mile. email iceswimaotearoa@gmail.com

Prize giving Dinner: Monday 10 July 6pm. Vulcan Hotel St Bathans Village. Cost \$60 booked 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, 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.