

**2024 IISA NEW ZEALAND**  
**AND SOUTHERN HEMISPHERE**  
**ICE SWIMMING CHAMPIONSHIPS**



**Venue:** Alexandra Pool. Molyneux Park off Centennial Avenue Alexandra

All participants will be expected to help out during some sessions.

Any questions please email [iceswimaotearoa@gmail.com](mailto:iceswimaotearoa@gmail.com)

We are looking for Officials (Timekeepers etc)

If someone is accompanying you can you please ask them to help out and let Susan know.

**The NZ team for the 2025 World Championships will be chosen from those who apply on the IISA official form that will be emailed to IISANZ members on the IISA website in July.**

**We will have limited numbers as allocated by IISA.**

**Times used for selection on the team will be from times on Swimmers Bio page from Official IISA Events. The IISA NZ Championships will be the ideal opportunity to get your times on your Bio.**

**Programme**

	<b>Wednesday 10 July</b>	<b>Thursday 11 July</b>	<b>Friday 12 July</b>	<b>Saturday 13 July</b>
<b>SESSION ONE</b>	250 Freestyle	500 Freestyle	1000 Freestyle	1000 Freestyle
<b>SESSION TWO</b>	100 Breaststroke  50 Freestyle  50 Butterfly	100 Butterfly  100 Backstroke  4 X 50 Freestyle Relay	100 Freestyle 50 Breaststroke 200 IM 4 X 50 Medley Relay	50 Backstroke  100 IM North vs South Relay

**Tuesday 9 July**

1-4 pm: Registration at the Alexandra pool. Later registration can be arranged by contacting the organisers.

3-4 pm: Participants can swim up to 100m. Our Safety team will be on duty. No swimming outside of this time.

**SESSION TIMES FOR EACH DAY:**

8.30am: Start of Session One

Session Two will start an hour after the finish of Session One.

**Saturday 13 July**

Prizegiving 6pm – Venue tbc

**Please familiarise yourself with IISA swimming rules and enter on the IISA website**

<https://internationaliceswimming.com/view-iisa-event/?event=170>

**Entry Fees: paid to ASB IISA NZ Ac 12-3618-0054063-00**

**For non-NZ accounts ASB SWIFT Code/BIC is ASBBN22A**

**ASB address PO Box 35, Shortland Street, Auckland 1140**

1000m \$100.00      500m \$80.00      250m \$60.00

100m \$50.00      50m \$40.00      Relays Free

Entry Fees to be paid at the time of entry.

Unfortunately, due to high costs involved in running this event safely we are unable to provide refunds.

Age Group is your age as at the 31st December 2024. Age Groups are in 5yr brackets, eg 40-44 and 45-49.

Age limits as at the day of the swim 50-250m 14+ years; 500m 16+ years; 1000m 18+years

Parental Consent is required for anyone under 18 yrs

An IISA medical and ECG are required to be completed and emailed to [iceswimaotearoa@gmail.com](mailto:iceswimaotearoa@gmail.com) by 1 June 2024.

<https://internationaliceswimming.com/wp-content/uploads/2023/11/IISA-Medical-Assesment-Form-Oct-2021-English.pdf>

Qualification criteria in the IISA Rules.

To swim the 1000m, you must have done a qualifying 500m in the previous 2 years previous.  
It can be at this year's Champs.

Cut off times:

100m 5 min      250m 8min                      500m 15min                      1000m 30min

Different times may apply to swimmers with disabilities.

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.

If anyone who wishes to compete has a disability or serious medical condition, please email [iceswimaotearoa@gmail.com](mailto:iceswimaotearoa@gmail.com) so this can be discussed with the medical officer.

IISA NZ 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.

I look forward to seeing some of you in Alexandra

If you have any queries feel free to contact Susan ph 0276081123 or [iceswimaotearoa@gmail.com](mailto:iceswimaotearoa@gmail.com)

Please support companies that have supported us:

<https://www.swimt3.co.nz/>

<https://www.toastylife.com.au/>

<https://myhoody.co.nz/>

<https://amisfield.co.nz/>

<https://nz.monsroyale.com/>



Thanks for your entry. I really look forward to meeting you in Alexandra.

Here is a link to the What's App group that we share info on (event info, training tips, find training partners etc)  
Please click on the link and say hi with your name on the group chat

<https://chat.whatsapp.com/B7slwYLaliE1OwVhj1mC3E>

Please let me know your phone number so that I know who has joined the group.

Please see your doctor and tell them you are doing Ice swimming

Get them to fill in the medical form and do a 12 lead ECG and get them to print it onto an A4 page.

<https://internationaliceswimming.com/wp-content/uploads/2023/11/IISA-Medical-Assesment-Form-Oct-2021-English.pdf>

Scan or take a photo of the forms and ECG and send it to me at [iceswimaotearoa@gmail.com](mailto:iceswimaotearoa@gmail.com)

This will be reviewed by our medical team, and they will get back to you if they have any concerns. Please declare all medical issues. They will not necessarily stop you from competing, but we need to be aware of anything that might impact you.

Are you coming with a group of swimmers and /or supporters?

Any questions, please ask, email or phone text of WhatsApp me +64276081123

Cheers

Susan