

ICE SWIMMING

NATIONAL CHAMPS 2026

31 JULY - 02 AUGUST

📍 AFRISKI RESORT, KINGDOM OF LESOTHO

CHOOSE YOUR DISTANCE - FROM EXPLOSIVE SPRINT TO ULTIMATE ENDURANCE
50M • 100M • 250M • 500M • 1000M

ENTER HERE



WWW.INTERNATIONALICESWIMMING.COM/VIEW-IISA-EVENT/?EVENT=227

HOW TO GET THERE

- Fly into: Johannesburg (JNB), South Africa
- Rent a vehicle OR
- Private shuttle for border & mountain routes
- Arrive prepared, focused, and ready
- Travel Partner: info@amourmilestravel.co.za

WHERE DO I STAY

- Stay on-site at Afriski Resort
- Early booking recommended
- Limited winter capacity
- Discount Ref: IISA2026
- Bookings: bookings@afriski.net
cc: hettie@afriski.net

WHY THIS EVENT STANDS APART

- Official IISA rankings & recognition
- Rare African high-altitude ice swim
- Professionally managed championship event
- Breathtaking mountain setting
- Strong international ice swimming community
- Ideal World Champs qualifier opportunity

IMPORTANT INFORMATION

- IISA Swimming Rules - [IISA-Swimming-Rules-and-Regulations-Final-1-Dec-2025.pdf](#)
 - Pool swimming costumes - no wetsuits
 - Water start - no dives
 - Open turns - no tumble turns
- IISA Medical Safety Regulations - [Medical-Safety-Regulations-1-Nov-2024.pdf](#)
- IISA Medical Assessment
 - Medical Form - [IISA-Medical-Assesment-Form-Oct-2024-2.pdf](#)
 - ECG Required (not older than 12 months)
- IISA Event Terms and Conditions - [IISA-Event-Entry-TC.pdf](#)

REMEMBER ON RACEDAY

- IISA Event Passport
- IISA Medical and ECG
- IISA Global Membership
- Proof of Payment

SWIMMING PROGRAM AND ENTRY FEES

- Create IISA Profile - <https://internationaliceswimming.com/register/>
- Enter SA Nationals Event - <https://internationaliceswimming.com/view-iisa-event/?event=227>

IISA SA Nationals 2026 Swimming Program			
Day	Distance	Event Order	Entry Fee
31-Jul-26	Arrivals and Information		
	15:00 Arrival and Medicals		
	17:00 Test Swim		
	18:00 Welcoming and Briefing		
	19:00 Dinner		
01-Aug-26	Session 1: Start 9:00 AM		
	500m Freestyle - M/F	1,1	R1 500
	100m Freestyle - M/F	1,2	R500
02-Aug-26	Session 2: Start 9:00 AM		
	1000m Freestyle - M/F	2,1	R2 000
	50m Freestyle - M/F	2,2	R250
	250m Freestyle - M/F	2,3	R750
	Prize Giving: 18:00 PM		
	Afriski Venue		TBC
03-Aug-26	Departure		

SEE YOU IN THE ICE...

More Information:



Reino: (+27)82-389-7905



www.internationaliceswimming.com