

## Official program of the Ice Swim In Morocco-Saturday 19 January 2019

- 8h30 start Ice Mile
- 10h start 50m Freestyle
- 10h45 start 200m Freestyle
- 11h15 start 100m Freestyle
- 12h15 start 50m Breaststroke
- 13h start 500m and 1000m Freestyle
- 14h-14h30 Awards ceremony and lunch