



**IISA 3RD WORLD CHAMPIONSHIP &
1st Ice Swimming Arctic Cup 2019**

Host City Murmansk, Russia

Dates Thursday 14-March to Monday 18-March 2018

PROGRAM

DAY ONE – THURSDAY, 14-MARCH 2018

09:00-19:00 Registration & document check

10:00-14:00 Acclimatization [Test] Swim – for only 1,000m and 500m swimmers.

Max 100m or 5 mins

Two lanes 0 and 1 will be dedicated for the Test Swim

13:00-13.40 Press Conference

14:00-17:00 ICE Conference

19:00-20:00 Briefing - Organising Committee / IISA board/ Chief Referee

20:00-21:00 Briefing - Swimmers & seconds briefing. Compulsory

DAY TWO – FRIDAY, 15-MAR-2019

<u>Distance</u>	<u>Stroke</u>	<u>Swimmers</u>	<u>Heats</u>	<u>Comments</u>
1000m	Free style – F,M	32	4	IISA WC – Female, Male
500m	Free style	48	6	1 st Ice Swimming Arctic Cup
100m	Breast Stroke	32	4	1 st Ice Swimming Arctic Cup
200m	Free Style	48	6	1 st Ice Swimming Arctic Cup
4x50m	Country relay	8x4=32	2	1 st Ice Swimming Arctic Cup

Award ceremony after recovery of last event – on a stage at the pool



DAY TWO – SATURDAY, 16-MAR-2019

<u>Distance</u>	<u>Stroke</u>	<u>Swimmers</u>	<u>Heats</u>	<u>Comments</u>
1000m	Free style - F	56	7	IISA WC - Female
1000m	Free Style - M	56	7	IISA WC – Male

19:00-21:00 - Award ceremony absolute winners – central square of Murmansk City

21:00-22:00 - Award ceremony [Age Groups] - lobby hall of Azimut Hotel

DAY THREE – SUNDAY, 17-MAR-2019

<u>Distance</u>	<u>Stroke</u>	<u>Swimmers</u>	<u>Heats</u>	<u>Comments</u>
50m	Breast Stroke	40	6	1 st Ice Swimming Arctic Cup 50m
	Butterfly	40	5	1 st Ice Swimming Arctic Cup 50m
	Free style	112	14	11 st Ice Swimming Arctic 4x250m
	Free style	10x4=40	1	IISA WC

15.30-17.00 – Gala concert and Award [Age Groups] ceremony in the Assembly hall of "Lapland Palace".

17.00-19.00 – Gala reception for the participants of IISA WC and 1st Ice Swimming Arctic Cup, "Lapland Palace".



Entrance Fee for WC and AC-2019

<u>Distance</u>	<u>Stroke</u>	<u>Fee \$</u>	<u>Fee RUB</u>	<u>Comments</u>
1000m	Free style – F,M	100	6700	IISA WC – Female, Male
500m	Free style	15	1000	1 st Ice Swimming Arctic Cup
100m	Breast Stroke	8	500	1 st Ice Swimming Arctic Cup
200m	Free Style	10	800	1 st Ice Swimming Arctic Cup
4x50m	Country relay	22	1500	1 st Ice Swimming Arctic Cup

Award ceremony after recovery of last event – at the pool

DAY TWO – SATURDAY, 16-MAR-2019

<u>Distance</u>	<u>Stroke</u>	<u>Fee \$</u>	<u>Fee RUB</u>	<u>Comments</u>
1000m	Free style - F	100	6700	IISA WC - Female
1000m	Free Style - M	100	6700	IISA WC – Male

Award [Age Group only] ceremony after recovery of last event – at the pool

DAY THREE – SUNDAY, 17-MAR-2019

<u>Distance</u>	<u>Stroke</u>	<u>Fee \$</u>	<u>Fee RUB.</u>	<u>Comments</u>
50m	Breast Stroke	5	300	1 st Ice Swimming Arctic Cup 50m
	Butterfly	5	300	1 st Ice Swimming Arctic Cup 50m
	Free style	5	300	1 st Ice Swimming Arctic
4x250m	Country relay	Free	Free	IISA WC

*The entry fee to participate in the 1000 meters swims/heats is 100 U.S. dollars or in rubles at the exchange rate of the Central Bank of the Russian Federation on 14.03.2019. The entry fee is accepted by representatives of the Organizing Committee on 14.03.2019 during the registration of participants in cash OR by Bank transfer (terminal) in rubles or us dollars at the exchange rate of the Central Bank of the Russian Federation on 14.03.2019. Confirmation of the payment of the entry fee will be a receipt to the cash receipt or fiscal receipt.



Dear PARTICIPANTS & OFFICIALS of IISA 3rd WORLD CHAMPIONSHIP & 1st Ice Swimming Arctic Cup 2019!

We are so glad and proud that you are coming next March to visit Murmansk - the biggest City in the World over the Polar Circle and take part in the Events! Welcome to Murmansk, welcome to RUSSIA!

All of you will be staying in one place in the center of Murmansk City called Hotel AZIMUT . Hotel AZIMUT offers single rooms (prices start from 4000 RUB/60 \$/1 night/1 person), double room with two beds (4700 RUB/70 \$/1 night/2 persons) and three-bed rooms(5400 RUB/80 \$/1 night/3 persons). *The number of rooms at these prices is limited.

So we need the list of participants, their supporters, teams, relatives to organize everything in order with visas, accommodation and meals. The prices are good. Lunch - 800 RUB/12 \$/1 person, Dinner - 1200 RUB/18 \$/1 person. Breakfast is included. Please choose what rooms to book. You are paying accommodation and food on your own. We will provide you also with the transport (buses), translators during the Event, culture program and meet/see off your teams in the airport of Murmansk City.

Information needed for booking the Hotel about the Groups:

- 1.Surnames, family names, country, position in the team (swimmer, coach, doctor, spouse, etc.)
- 2.The dates and time of arrival/departure of the groups/persons, flight information.
3. What rooms you need (single, double, 3-bed).
- 4.The way of payment-Cash/credit cards.

SINCERELY YOURS, DMITRY BLOKHIN

Deputy chairperson of Murmansk City Sports committee

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p.s. Please use my personal e-mail: matthewfleaman@rambler.ru if you need and cannot sent the information to my work e-mail address