



LESOTHO 2019

INTERNATIONAL ICE SWIMMING ASSOCIATION (IISA)

Lesotho Ice Swimming 2019 Program

Dear all,

Following persistent demand, we are going back to Lesotho. This time end of season, so we may have a lot of ice and snow [I ordered] The resort has suffered some losses last year, so costs of the event has gone up.

Venue: <https://www.afriski.net>

Directions: <https://www.afriski.net/directions/>

Accommodations: chantelle@afriski.net

Medical Form:

<https://www.internationaliceswimming.com/wp-content/uploads/2019/02/IISA-Medical-Assesment-Form.pdf>

Program

Sunday 28-Jul 2019 – Arrival & test swim

- Arrival and check in by 14:00
- 15:00 – meeting at the lake – EVERYONE!
- 15:00-16:00 test swim – 5min / 200m – everyone.
- Medical and Swim briefing 16:00 – 18:00
- You need a second for your swim – find one.
- 18:00 dinner

Monday 29-Jul 2019 – Ice Swimming Day 1

- 7:30 breakfast
- 8:30 swim briefing at recovery location
- 9:00 500m free style
 - To qualify for the 1km swim, you must swim 500m unless you have done it in the past 2y.
 - Cut-off time for 500m swim is 13min
- 18:30 dinner

Tuesday 30-Jul 2019 – Ice Swimming Day 2 – 1000m start

- 7:30 breakfast
- 9:00 swim briefing at recovery location
- 10:00 1000m free style
 - cut-off time for 1000m will be 25min at race director discretion
- 15:00 swimming ends
- 19:00 Dinner

Wednesday 31-Jul 2019 – 1000m - Ice Mile

- We have decided to allow for 4-5 Ice Mile attempts
- The format will be as last year – swim 1000m, all Ok? Continue to a mile
- To qualify for a Lesotho Ice Mile:
 - Swimmer has completed a 1km Ice Swim in Lesotho under 22min
 - Swimmer has done an Ice Mile in the past 2 years under 35min
 - Doctor approval
 - Cut-off time for the Mile will be 30min at race director discretion
 - Applications – first come first serve subject to approval
 - Race director reserve the right to accept or reject applications.
- Ice Mile is swum individually, one swimmer at a time
- 19:00 Drinks, award ceremony and dinner
 - Award Dinner is included for swimmers of 1000m and Mile
 - Else – its R200
 - Please indicate if you wish to invite anyone for dinner and pay in advance [we need to inform the resort of numbers for the awards dinner]

Thursday 1-Aug 2019 – departure at will

General and Entry fees:

- Each swimmer must get to Lesotho and get home at their own accord
- Swimmers are encouraged to arrange lists from Bloom, JHB and Durban.
- Accommodations – there are various options – please book your own
- Entry Fees
 - 500m – R1000 [if you are swimming 1000m or a Mile – its only R500]
 - 1000m – R2000
 - Ice Mile – R2250
 - This does not include Ice Mile application fees for IISA which are \$125 1st mile and \$75 for the 2nd Mile – these are IISA international fees and they are to be paid separately on successful attempt.

IMPORTANT

1. Bring a valid passport
2. Sunglasses, Bennie, gloves

3. Bring your medical insurance. We are swimming in another country (not overseas or offshore)
4. When we arrive – remain active. Regardless of how “tired” you may be. Walk around. Get used to the lack of oxygen.