



INTERNATIONAL ICE SWIMMING ASSOCIATION IRELAND

AFFIDAVIT / QUALIFICATION FOR 1K IISA NATIONAL CHAMPIONSHIPS WORLD CUP SERIES

****BEFORE SUBMISSION OF THIS FORM PLEASE GO TO WWW.INTERNATIONALICESWIMMINGASSOCIATION.COM AND REGISTER FREE AS A COOL, COLD OR ICE MEMBER (APPLICATION WILL NOT BE PROCESSED UNTIL THIS IS COMPLETED).**

NAME OF SWIMMER BRIAN DILLON			
MALE <input checked="" type="checkbox"/>	FEMALE <input type="checkbox"/>	DOB	AGE
ADDRESS			
IISA COUNTRY REPRESENTED			
NOK CONTACT NAME AND CONTACT NUMBER			

QUALIFICATION DETAILS: I DECLARE THAT I HAVE COMPLETED A SWIM OF THE FOLLOWING DISTANCE AS PER IISA CONSTITUTION REQUIREMENTS TO QUALIFY FOR THE 1K EVENT (REFERENCE IISA CONSTITUTION OCTOBER 2015 VERSION)

	Date	Distance	Sea Pool Lake	Temp C / F	Time
Recent, being within 1 calendar year, verified (Event record) swim of a minimum of 450m which was performed in water temperatures of below 5.0°C (41.0°F) according to IISA rules and in regulation swim attire.	14/12/18	1.81 km	PARLIAMENT HILL FIELDS LIDO	4.9°C	40.59
Recent, being within 1 calendar year, swim of at least 1000m performed in water temperatures between 5.1°C - 6.0°C (41.0°F - 42.0°F) according to IISA and in regulation swim attire.					
Recent, being within 1 calendar year, a swim greater than 1500m performed in water temperatures between 6.1°C - 9.0°C (42.0°F - 48.0°F) according to IISA rules and in regulation swim attire.					
Please Note: IISA Ireland strongly recommend in addition to this, A swim in SUB 5°C (41.0°F) water is also completed					

THE EVENT COMMITTEE WILL ASSESS EACH SWIMMER'S RECORDS AND WILL QUALIFY THEM ONE AT A TIME.

I DECLARE THAT I HAVE COMPLETED THE DISTANCE IN ORDER TO COMPLY WITH THE IISA IRELAND 1K NATIONAL CHAMPIONSHIP COMPETITION ENTRY RULES.

SIGNATURE: _____ DATE: _____

WITNESSED BY: (ICE MILE SWIMMER) NAME: _____

SIGNATURE: Paul Jeal DATE: 14/12/18

PAUL JEAL

Version: November 2016