

2024 IISA NEW ZEALAND
AND SOUTHERN HEMISPHERE
ICE SWIMMING CHAMPIONSHIPS

Venue: Alexandra Pool. Molyneux Park off Centennial Avenue Alexandra

All participants will be expected to help out during some sessions.

We are looking for Officials (Timekeepers etc)

If someone is accompanying you can you please ask them to help out and let me know their contact details. Thanks

The NZ team for the 2025 World Championships will be chosen from those who apply on the IISA official form that will be emailed to IISANZ members on the IISA website in July.



We will have limited numbers as allocated by IISA.

Times used for selection on the team will be from times on Swimmers Bio page from Official IISA Events. The IISA NZ Championships will be the ideal opportunity to get your times on your Bio.

Programme

	Wednesday 10 July	Thursday 11 July	Friday 12 July	Saturday 13 July
SESSION ONE	250 Freestyle	500 Freestyle	1000 Freestyle	1000 Freestyle
SESSION TWO	100 Breaststroke 50 Freestyle 50 Butterfly	100 Butterfly 100 Backstroke 4 X 50 Freestyle Relay	100 Freestyle 50 Breaststroke 4 X 50 Medley Relay	50 Backstroke 100 IM North vs South Relay

Tuesday 9 July

1-4 pm: Registration at the Alexandra pool. Later registration can be arranged by contacting the organisers.

3-4 pm: Participants can swim up to 100m. Our Safety team will be on duty. No swimming outside of this time.

SESSION TIMES FOR EACH DAY:

8.30am: Start of Session One

Session Two will start an hour after the finish of Session One.

Saturday 13 July

Prizegiving 6pm – Venue tbc

Please familiarise yourself with IISA swimming rules and enter on the IISA website

<https://internationaliceswimming.com/view-iisa-event/?event=170>

Entry Fees: paid to ASB IISA NZ Ac 12-3618-0054063-00

1000m \$100.00 500m \$80.00 250m \$60.00

100m \$50.00 50m \$40.00 Relays Free

Entry Fees to be paid at the time of entry.

Unfortunately, due to high costs involved in running this event safely we are unable to provide refunds.

Age Group is your age as at the 31st December 2024

Age limits as at the day of the swim 50-250m 14+ yrs; 500m 16+ yrs; 1000m 18+ yrs

Parental Consent is required for anyone under 18 yrs

An IISA medical and ECG are required to be completed and emailed to iceswimaotearoa@gmail.com by 1 June 2024.

<https://internationaliceswimming.com/wp-content/uploads/2023/11/IISA-Medical-Assesment-Form-Oct-2021-English.pdf>

To swim the 1000m, you must have done a qualifying 500m in the 2 years previous. It can be at this year's Champs.

Cut off times:

100m 5 min 250m 8min 500m 15min 1000m 30min

Different times may apply to swimmers with disabilities.

Qualification criteria for the 1000m are within IISA Rules.

Any swimmer who is stopped by the referee and refuses to leave the water will be disqualified and not permitted to swim in any other events.

If anyone who wishes to compete has a disability or serious medical condition, please email iceswimaotearoa@gmail.com so this can be discussed with the medical officer.

IISA NZ will make reasonable adjustment providing it does not compromise the safety of the overall event or any individual competitor.

Further, more detailed information will be sent to competitors prior to the event.