



## LESOTHO 2021

### INTERNATIONAL ICE SWIMMING ASSOCIATION (IISA) – SOUTH AFRICA

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#### Lesotho Ice Swimming 2021 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](mailto:chantelle@afriski.net)

Medical From:

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

#### **Program**

##### **Sunday 1-Aug – Arrival & test swim**

- Arrival, medical and check-in
- 17:00 – test swim meeting at the lake – EVERYONE!
- 15:00-16:00 test swim – 5min / 200m – everyone.
- Medical and Swim briefing 18:30
- You need a second for your swim 500m, 1000m – find one! Please.
- 19:00 dinner

##### **Monday 2-Aug – Ice Swimming Day 1**

- 7:30 breakfast
- 8:30 swim briefing at recovery location
- 9:00 250m followed by 500m free style
- - To qualify for the 1km swim, you must swim 500m unless you have done it in the past 3y. If you have qualified, I suggest you swim the 250m it's a good "warm-up" swim.
  - Cut-off time for 500m swim is 13min

- If you intend to swim the 1000m the next day
- 18:30 dinner

### **Tuesday 3-Aug – 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 Drinks, award ceremony and dinner
  - Award Dinner is included for swimmers
  - Else – its R250
  - 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 4-Aug 2019 – Ski, recovery and chill**

### **Thursday 5-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
  - 250m – R750
  - 500m – R1250
  - 1000m – R2500
- **Entries are open now to allow us to prepare in advance for the expected number of swimmers.**
- **Please enter – we will not require payments until 1-July 2021.**
- <https://www.internationaliceswimming.com/entry-form-iisa-event/?event=110>
- **You must be an IISA member to enter and swim.**

### **IMPORTANT**

1. Bring a valid passport
2. Make sure you have a recent IISA Medical & ECG [within 6 months of date of swim]
3. Sunglasses, Beanie, gloves
4. Bring your medical insurance. We are swimming in another country (not overseas or offshore)
5. When we arrive – remain active. Regardless of how “tired” you may be. Walk around. Get used to the lack of oxygen.

If you have any questions, please contact me on WhatsApp or Email.

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Ram Barkai