

Info for english speaking swimmers ( Info dla używających angielskiego):

**ICE Cup - Katowice 13.01.2018 timetable:**

from 9 a.m. 1 km IISA Ice Cup & Polish Champs

from 12 a.m. 100 m, 250 m, 500 m, 750 m, 1km (Czech Cup)

You can swim 1 km + 1 distance in the afternoon.

The timetable may change.

You can swim a maximum of two events.

Enter the 1K on IISA website

<http://www.internationaliceswimming.com>

Enter the shorter distances by email to

leszeknaziemiec@gmail.com

To swim 2 events the entry fee is 15 euro (60 PLZ) in total. Pay in the event office the day before the race (Katowice, 3 stawy in the tent near the lake).

<http://silesiawinterswimming.com/index.php?news&nid=2>

Water temp. approx. 1 to 5 degrees C.

**Ice Combo - 1km IISA + 1km Czech Cup**