**IISA GB Championships 22 & 23 February 2020**

Sandford Lido, Cheltenham – 50m pool

Event Brochure and Important Information

**Draft Programme**

Sat 22 February

1000m Event (£65) Maximum time permitted 30 minutes. Swimmers must meet IISA qualification criteria to be accepted.

Sun 23 February

1. 500m Freestyle (£35) Maximum time permitted 15 minutes.
2. 250m Freestyle (£25). Maximum time permitted 10 minutes.

Please enter on the IISA website for the 200m freestyle. There is not an option on the website for 250m unfortunately. Selection for the IISA GB Country relay team 4 x 250m at the 4th Ice Swimming World Championships will be based predominantly on this event.

1. 100m Freestyle (£15)
2. 100m Breastroke (£15)

Selection for Team GB – 4th IISA World Championships 2021

We will be using the GB Championships 2020 as a critical event for selection to represent Great Britain in the 2021 IISA World Championships and therefore strongly recommended those who wish to be considered attend.

Important Notes:

The event will run in accordance with the rules and regulations of IISA.

Entries: Please enter via IISA website on events page <https://www.internationaliceswimming.com>

Entries Open 31 October 2019 and close 31 January 2020 or sooner if full.

Payment PayPal : <https://paypal.me/IISAGB>

**Unfortunately no refunds will be given due to the high costs IISA GB Incurs in organising an event.**

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 during the weekend.

For the 1000m: Swimmers who have completed less than half the distance at 15 minutes will be given a warning. Any swimmer with more than 2 lengths remaining (100m) at 27 minutes, will be stopped (and a DNF recorded).

Qualification for the 1000m

Please see IISA Rules : <https://www.internationaliceswimming.com/wp-content/uploads/2018/10/IISA-Qualifying-Swims.pdf>

You must have had an ECG and medical within 6 months of the swim. Please print out medical form here and take to your GP/ Doctor <https://www.internationaliceswimming.com/wp-content/uploads/2018/10/IISA-Medical-Assesment-Form.pdf>

Qualification for 500m:

Swimmers do not need an ECG or medical. You do however need to have completed a qualifying swim of 400m at 5C or under; 500m at 6C or 650m at 7C. Please bring a paper copy / print out of your qualifying swim from your IISA bio page. You may be asked to show this at registration.

### If anyone who wishes to compete has a disability or serious medical condition please email [IISA-GB@outlook.com](mailto:IISA-GB@outlook.com) asap so this can be discussed with the medical officer. IISA GB 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.