

Competition information (ENG)

Iceswim festival also including the Estonian Winter Swimming Championships for the season 2023/2024

When: 01st to 02nd of December 2022

Where: The Admiralty Pool (Admiraliteedi bassein)

Distances and timeline:

Friday, the 01st of December

*11.00 Accreditation of participants starts

*12.00 450m freestyle
200m breaststroke

*16.45 Opening
4x25m breaststroke relay
4x25 freestyle charity relay

*19.00 Award ceremony at tent

Saturday the 02nd of December

*09.00 Accreditation of participants starts

*10.00 100m freestyle
25m butterfly
50m freestyle
25m breaststroke
50m breaststroke
25m freestyle

*17.00 Award ceremony at Sadama 25 building

NB! Changes in timetable may occur depending on the number of participants and/or the weather

Registration:

Link: <https://iceswim.ee/registreerimine/>

Entry fee:

Individual races: 1 race = 25 EUR

Relay races: 60 EUR per team

The last day to register for the competition is November 26 at 11:59 PM. A participant's entry is confirmed after paying the entry fee.

For on-site registration, the entry fee is 50 EUR per event, but the number of spots is limited. Card payments are not accepted. When paying in cash, please provide the exact amount. Event entry changes cannot be made on-site. Upon registration, everyone will receive an email with payment instructions. If the email is lost or for any other reason does not arrive, you can pay the entry fee to the following bank account:

Recipient: Non-Profit Organization Uju talvel

Bank account number: EE307700771005275745

Scoring:

Scoring is done separately for women and men by age groups. Absolute winners in both women's and men's categories are awarded for each event. The awards are based on established age categories in Estonia.

Estonian Age Categories:

0-19 (A1, A2)
20-29 (B)
30-39 (C)
40-49 (D, E)
50-59 (F, G)
60-69 (H, I)
70+ (J, J1, J2)
Paddlers category (käpikute kategooria)

Age group determination is based on the last day of the winter swimming season (November 1, 2023 - October 31, 2024). In other words, the swimmer's age is determined as of October 31, 2024.

In the 450m swim, Estonian champions are determined in absolute terms.

In relay swimming, there are two age groups: 0-150 and 150+. The total age of all team members is calculated.

In relay swimming, at least one team member must be of the opposite gender.

Rules and Regulations:

In summary, the rules are as follows:

The competition takes place in a 25m pool with 10 lanes.

Starts are from the water, with the first shoulder underwater and the back hand holding the ladder. A 5m dive near the water's surface is allowed. A false start results in a 5-second penalty. Intentional false starts lead to disqualification.

Somersault turns are not allowed; at the turn, at least one hand must touch the end wall. After the turn, a 5m dive near the water's surface is allowed.

Each event must be finished by touching the end wall with at least one hand. The time is recorded from the moment of touching the wall.

In breaststroke events, the head must remain above water throughout the distance.

Participants who use an incorrect swimming style on the distance will be disqualified.

In relay events, the exchange is done by touching the end wall; the next team member starts from the water, waiting for the previous swimmer with the first shoulder underwater and holding the back hand on the ladder. For each false start in relay swimming (shoulder above water or starting earlier than allowed), a 5-second penalty is added. Intentional false starts lead to team disqualification.

Supporting yourself on the lane ropes or hanging on the lanes is not allowed.

The use of alcohol, drugs, warming lubricants, or substances is not permitted.

All protests related to the competition must be submitted in writing to the secretariat within 30 minutes of the publication of the event results, with a deposit of 50 EUR. The decision on accepting or rejecting the protest is made by the protest committee. If the protest is accepted, the deposit is refunded to the protester.

Swimming under the influence of alcohol is prohibited. Judges have the right to check for intoxication and, if necessary, disqualify the participant.

The selection of the top three active communities is based on a 1+1 point system. Each start in winter swimming competitions gives 1 point to your community, and each medal awards an additional point to your community. The community you specify at registration will be taken into account. The three communities with the most points win.

Attire:

Regular swimsuits, swim trunks, or costumes are allowed, with shoulders and knees uncovered. The attire should not contain neoprene or special thermal fabric. Gloves, socks, leg warmers, or footwear are not allowed while swimming. A swimming cap is mandatory.

Paddlers Category (käpikute kategooria):

The paddlers category includes all swimmers who wish to wear gloves, shoes, or a regular cap during the competition. However, flippers and other aids that improve swimming results are prohibited.

Awards:

The top three in each age category are awarded medals. Additionally, the three fastest men and women in the paddlers category are awarded. The absolute winner of each event is also awarded separately. Each participant receives a participation memento during accreditation. The top three active communities receive a trophy.

Competitor's Well-Being:

Competitors have access to changing rooms, toilets, saunas, and a heated tent. Food can be purchased on-site or from nearby restaurants. Medical first aid is provided to competitors.

Health:

In the case of illness, even with mild symptoms, participation in the competition is prohibited. In case of illness, please send a message to tugi@iceswim.ee, no later than on the day of the competition. Entry fees will not be refunded for late notifications. If the competition is canceled, entry fees will be refunded.

Organizing committee:: Merilin Metsalu, Erkki Kasenurm, Rauno Pärg, Anton Bazõlev, Aivar Tugedam, Riina Aitai

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