

ITALIAN
CHAMPIONSHIP
ICE SWIMMING FVG - IISA

PROGRAMMA - BOOKLET



16TH, 17TH, 18TH JANUARY 2026

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ITALIAN CHAMPIONSHIP



ICE SWIMMING FVG – IISA

DEAR PARTICIPANTS, SUPPORTERS AND PARTNERS,

WE WOULD LIKE TO SINCERELY THANK EVERYONE FOR THE REMARKABLE UNITY, SUPPORT, HELPING HANDS, SHARED IDEAS, FINANCIAL CONTRIBUTIONS, AND FOR THE TRUST YOU HAVE PLACED IN OUR ASSOCIATION, THE ASD HADRIA AND IISA ITALY, THROUGHOUT THE PAST MONTHS AND THE RECENT INTENSE WEEKS.

WE ARE DELIGHTED THAT THE ITALIAN ICE SWIMMING COMPETITION IS BEING HOSTED AT LAKE CAVAZZO, IN THE NORTHERN PART OF FRIULI VENEZIA GIULIA REGION.

PROVIDING A WORTHY SETTING FOR THIS SPECIAL EVENT. FOLLOWING THE TRADITIONS OF ICE SWIMMING.

THE ESTABLISHMENT OF IISA ITALY, HADRIA ASSOCIATION, REFLECTS THIS PROGRESS, AND THIS EVENT IS ALSO THE RESULT OF COLLABORATION BETWEEN THE ORGANIZATIONS.

WE THANK EVERYONE WHO CONTRIBUTED IN ANY WAY TO MAKING THIS DAY POSSIBLE. WE TRUST THAT ALL PARTICIPANTS WILL LEAVE WITH UNFORGETTABLE EXPERIENCES, AND THAT WE CAN CONTINUE OUR MISSION OF ORGANIZING AND PROMOTING COLD-WATER AND WINTER ACTIVITIES IN ITALY AND INTERNATIONALLY—SUPPORTING SPORT, HEALTH, NATURE, AND THE GROWING COLD ADAPTATION COMMUNITY.

“NEVER BE SCARED TO DARE, SEE YOU IN THE FROZEN LAKE!”

WITH GRATITUDE, THE ORGANIZERS –
DONATELLA PAGNUTTI , ASD HADRIA
FEDERICO MIOT, IISA ITALY

3 FULL DAYS IN THE ICE

FRIULI VENEZIA GIULIA
LAKE CAVAZZO & LAKE PREDIL



IO SONO
FRIULI
VENEZIA
GIULIA



**FRIDAY 16
JANUARY**

GO EXTREME - THE ICE MILE 📍 LAKE CAVAZZO

9:00 till 10:00 - accreditation for the ICE MILE & medical check
10:30 - start of ICE MILE - 2 swimmers per session
16:00 - awards ICE MILE
17:00 - ICE Drinks & Music at "Camping Tre Comuni"

**SATURDAY
17 JANUARY**

GO CHALLENGE - THE RACE 📍 LAKE CAVAZZO

7:30 till 8:50 - accreditation IISA event & medical check
9:15 - start of 50m breaststroke
9:50 - start of 250m freestyle
11:00 - start of 1000m freestyle
14:40 - start of 500m freestyle
16:35 - start of 50m freestyle
17:10 - start of 100m freestyle
18:10 - start of 50m butterfly
18:45 - awards IISA event
20:00 - Paolo Chiarino introduces his book "Una vita presa a bracciate" & the ICE dinner @ Hotel Al Benvenuto, Tolmezzo

**SUNDAY 18
JANUARY**

GO FROZEN - BREAK THE ICE 📍 LAKE PREDIL

10:00 - Experience to enter into the frozen waters of Lake Predil.
Shuttle available, departing from Hotel Al Benvenuto at 9:00



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EVENT INFORMATION

LOCATION

CAMPING TRE COMUNI, LAKE CAVAZZO, ITALY

DATES

16TH JANUARY 2026 - THE ICE MILE

17TH JANUARY 2026 - THE IISA COMPETITION

18TH JANUARY 2026 - BREAK THE ICE. LAGO DEL PREDIL

RESPONSIBLE ORGANIZERS

GIOVANNI GHERSINA - LIFE GUARD ACADEMY PRESIDENT

DONATELLA PAGNUTTI - ASD HADRIA PRESIDENT

FEDERICO MIOT - IISA ITALY PRESIDENT

HEAD JUDGE

STEFANIA STORACE- IISA L1 & L2 EVENT DIRECTOR

IISA MEDICAL

DR. MARIO AVIANI

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SITE PLAN





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POOL: THE COMPETITION WILL TAKE PLACE AT THE OUTDOOR 25M POOL

COMPETITORS: PARTICIPATION IS AT THE COMPETITORS'S OWN RISK. COMPETITORS MUST BE AT LEAST 16 YEARS OLD ON THE DAY OF THE EVENT, BE REGISTERED, HAVE PAID THE PARTICIPATION FEE, BE ABLE TO SWIM, AND BE IN APPROPRIATE HEALTH. MEDICAL CERTIFICATE REQUIREMENTS ARE OUTLINED BELOW.

WATER TEMPERATURE: ACCORDING TO ICE SWIMMING REGULATIONS, THE WATER TEMPERATURE MAY NOT EXCEED 5°C. IF THE WATER TEMPERATURE IS HIGHER ON THE DAY OF THE EVENT, THE COMPETITION WILL STILL TAKE PLACE, BUT RESULTS WILL BE RECORDED AS COLD WATER SWIMMING RATHER THAN ICE SWIMMING.

SAFETY: THE EVENT WILL BE SECURED BY A MEDICAL TEAM AND PROFESSIONAL LIFEGUARDS. A SECOND PERSON IS MANDATORY FOR THE 500M AND 1000M DISTANCES. THE POOL AND SURROUNDING AREA MAY ONLY BE ACCESSED BY ORGANIZERS, SAFETY STAFF, REFEREES, SWIMMERS, AND THEIR HELPERS. DETAILED ON-SITE INSTRUCTIONS WILL BE PROVIDED.

REWARMING FACILITIES: PARTICIPANTS WILL HAVE ACCESS TO A MOBILE SAUNA, HEATED CHANGING ROOMS, WARM SHOWERS, ENSURING SAFE REWARMING AND ALLOWING PARTICIPATION IN MULTIPLE EVENTS.

AWARDS: MEDALS AND DIPLOMAS WILL BE AWARDED TO THE TOP THREE OVERALL FINISHERS IN EACH EVENT. AGE GROUP PLACEMENTS WILL BE INDICATED ON THE DIPLOMAS. ALL SWIMMERS WILL HAVE OFFICIAL IISA TIMES RECORDED AND UPLOADED TO THE IISA WEBSITE, IN CASE OF VALID MEMBERSHIP.

FOOD AND DRINKS: PROVIDED ON SITE BY THE CAMPING TRE COMUNI, AT PARTICIPANTS' OWN COST.

QUALIFICATION FOR 1000M AND 500M EVENTS:

BASED ON THE CURRENT IISA QUALIFICATION TABLE, RULES AND REGULATIONS 5.10.4

IMPORTANT

ALL SWIMMERS PARTICIPATING MUST UNDERGO A MEDICAL, OCCUPATIONAL, OR SPORTS MEDICAL EXAMINATION, WHICH MUST INCLUDE AN ECG. THE MEDICAL TEAM WILL CHECK BLOOD PRESSURE AND PULSE, AND HAS THE FINAL AUTHORITY TO DECIDE WHETHER A PARTICIPANT IS ALLOWED TO SWIM

PARTICIPATION REQUIRES KNOWLEDGE OF AND ADHERENCE TO THE IISA SWIMMING RULES AND REGULATIONS:

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GENERAL RULES

1. THE SWIM COURSE WILL RUN FROM FROM ONE SIDE OF THE POOL TO THE OTHER. THE SWIMMER MUST FINISH THE SWIM IN THE SAME LANE WHERE THEY STARTED. ENTRY AND EXIT FROM THE WATER MUST BE DONE USING THE SAME POOL LADDER.
2. INDIRECT ROUTES, LONGER TURNS, OR ROUTE MISTAKES WILL NOT COUNT AS ADDITIONAL DISTANCE.
3. DIVING INTO THE WATER IS NOT PERMITTED. TUMBLE TURNS ARE PROHIBITED. ONLY OPEN TURNS ARE PERMITTED, REQUIRING AT LEAST ONE HAND TO TOUCH THE WALL BEFORE TURNING 180 DEGREES AND PUSHING OFF. THIS RULE APPLIES TO ALL STROKES.
4. SWIMMERS MAY BE SUBMERGED FOR A MAXIMUM OF 5 METERS AFTER PUSHING OFF THE WALL BEFORE THEIR HEAD MUST SURFACE.
5. THE SWIM MAY BE TERMINATED BY THE JUDGES IF THERE IS A NOTICEABLE CHANGE OR DETERIORATION IN THE SWIMMER'S STROKE OR BODY LANGUAGE. THE SWIMMER MUST EXIT THE WATER IMMEDIATELY IF INSTRUCTED.
6. INTENTIONAL CONTACT WITH LANE ROPES IS NOT ALLOWED UNLESS REQUESTED BY THE REFEREE OR MEDICAL DIRECTOR FOR EXAMINATION PURPOSES.

START CALLS

1. TAKE OFF YOUR CLOTHES
2. GET INTO THE WATER
3. TAKE YOUR MARK
4. GO (INDICATED BY A WHISTLE, GUN, OR FLAG) SWIMMERS MUST REMAIN IN POSITION FROM THE "TAKE YOUR MARK" CALL UNTIL "GO."



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SWIMMING COSTUMES AND ACCESSORIES

1. ONE STANDARD SWIMMING COSTUME, WHICH MAY NOT BE LOWER THAN THE SWIMMER'S KNEES. IN THE CASE OF FEMALE SWIMMERS, SHALL NOT BE BROADER THAN THE SWIMMER'S SHOULDERS AND MUST NOT BE ABOVE THE NECKLINE. THE COSTUME MATERIAL MUST BE FINA® APPROVED.
2. ONE PAIR OF GOGGLES OF AN APPROVED STYLE.
3. ONE STANDARD SILICON OR LATEX CAP ONLY, WITH A MAXIMUM THICKNESS OF 70 MLG.
4. GREASING IS ALLOWED ONLY FOR CHAFING PURPOSES.
5. EAR PLUGS, NOSE CLIPS, AND MOUTH GUARDS ARE ALLOWED FOR SAFETY PURPOSES ONLY.
6. A SAFETY BELT IS COMPULSORY DURING THE SWIM COURSE.
7. ANY OTHER ACCESSORIES, INCLUDING BUT NOT LIMITED TO MUSIC PLAYERS AND HEAT BAGS, SPORTS WATCHES, NEOPRENE ACCESSORIES ARE NOT ALLOWED.



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SWIMMING STROKES

ALL WA (WORLD AQUATICS) RECOGNIZED SWIMMING STROKES ARE ALLOWED. IISA ADOPTS WA RULES AS THE BASIS FOR SWIMMING STROKES BUT RETAINS PRECEDENCE IN CASE OF CONFLICT WITH IISA RULES.

START AND TURN – GENERAL RULES

1. SWIMMERS ARE ALLOWED TO SUBMERGE THEIR BODY AND HEAD UNDERWATER FOR A MAX. DISTANCE OF 5 METERS FROM THE WALL. THE SWIMMER'S HEAD MUST BREAK THE SURFACE BEFORE EXCEEDING THIS DISTANCE. FAILURE TO COMPLY WILL RESULT IN IMMEDIATE DISQUALIFICATION.
2. WHEN REQUIRED TO TOUCH WITH BOTH HANDS, THE TIME WILL BE RECORDED ONCE BOTH HANDS MAKE CONTACT WITH THE WALL.
3. IN ALL SWIM STROKES ONLY OPEN TURNS ARE ALLOWED.
4. START POSITIONS: STAND NEXT TO THE LADDER, HOLD THE LADDER OR THE TOP OF THE WALL WITH ONE ARM; THE OTHER ARM IS IN A FREE POSITION. ENSURE THE FRONT SHOULDER IS BELOW THE SURFACE.
5. ONCE PUSHING OFF THE WALL, SWIMMER MUST PROCEED DIRECTLY INTO THE SWIM STROKE.

FREESTYLE

TURN AND FINISH BY TOUCHING THE POOL WALL WITH AT LEAST ONE HAND.

BREASTSTROKE

TURN AND FINISH BY TOUCHING THE POOL WALL WITH BOTH HANDS SIMULTANEOUSLY.

BUTTERFLY

TURN AND FINISH BY TOUCHING THE POOL WALL WITH BOTH HANDS SIMULTANEOUSLY.

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USEFUL CONTACTS:

ACCOMODATIONS.:

info@albenvenuto.it

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camping@lago3comuni.com

THE ICE DINNER (SATURDAY 17TH JANUARY 2026, 20:00):

info@albenvenuto.it

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