

IISA ICE SWIMS QUALIFYING CRITERIA					
From	To	Temp C	ICE KM	ICE MILE	EXTREME ICE MILE
0.00 °C	0.9 °C	0.0 °C	500m	1,000m	1,000m
1.00 °C	1.9 °C	1.0 °C	500m	1,000m	1,000m
2.00 °C	2.9 °C	2.0 °C	500m	1,000m	1,000m
3.00 °C	3.9 °C	3.0 °C	500m	1,000m	1,000m
4.00 °C	4.9 °C	4.0 °C	500m	1,000m	1,300m
5.00 °C	5.9 °C	5.0 °C	500m	1,000m	1,610m
6.00 °C	6.9 °C	6.0 °C	650m	1,250m	1,800m
7.00 °C	7.9 °C	7.0 °C	800m	1,500m	2,250m
8.00 °C	8.9 °C	8.0 °C	1,250m	2,500m	3,000m
9.00 °C	9.9 °C	9.0 °C	2,000m	3,000m	3,500m
10.00 °C	10.9 °C	10.0 °C	3,000m	3,500m	4,000m

