



## INFORMATION BULLETIN

### INFORMATION BEFORE ARRIVAL TO WINTER SWIMMING WORLD CHAMPIONSHIPS LAKE BLED 2023

Dear winter swimming friends,

we would like to warmly **welcome you to Bled** - a jewel among the Alps. Bled will host this IWSA event after the 2019 Winter swimming world Cup and the Winter Swimming World Championships in 2020.

We wish you a pleasant stay in our amazing little town, good racing and the opportunity to visit our several cultural and natural sites around Bled!

*Organizing Committee WSWC 2023*



## GENERAL INFORMATION

### COMPETITION VENUE

The venue for the Winter Swimming World Championships Lake Bled 2023 is at the **Olympic Rowing Centre Bled**. It was completely renovated in 2010 for the 2011 World Rowing Championships. It offers excellent conditions for big sports events.

Olympic Rowing Center is **a walking distance (15 min) from the city center**. Shuttle will be available during the World Championships.

Permanent facilities:

Changing rooms for women and men

Toilets

Marshalling area

Parking

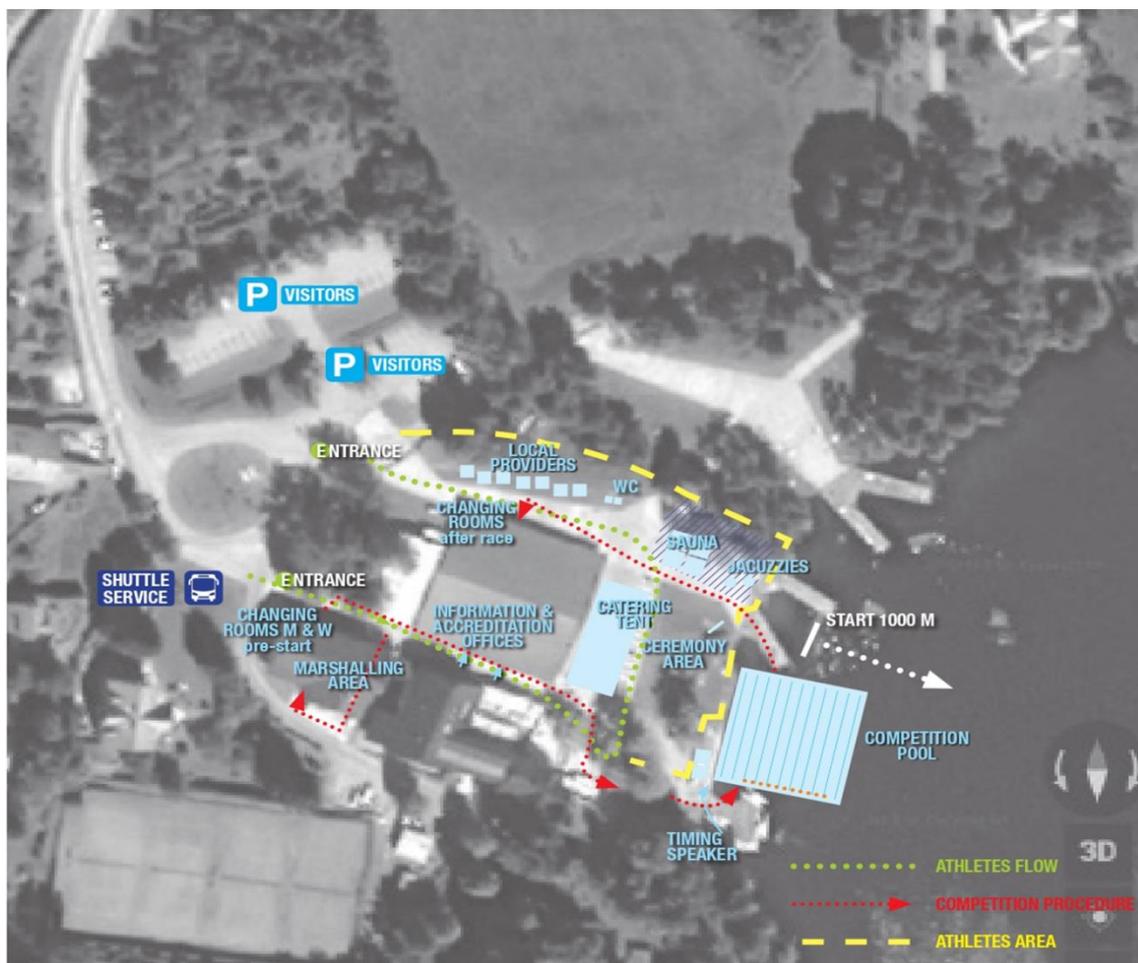
Medical room

Catering Tent

Offices

#### VENUE - Address

Rowing Club Bled  
Župančičeva cesta 9  
4260 Bled  
Slovenia



## INFORMATION AND ACCREDITATION OFFICES

Please collect your accreditations (swimmer pass) at the INFORMATION AND ACCREDITATION OFFICE.

Shuttle bus tickets, additional non-competitive event payments, merchandise and other general information are also available at the ACCREDITATION AND INFORMATION OFFICE. Payments with cash and credit card only.

### OPENING HOURS ACCREDITATION AND INFO OFFICE

Monday, 23 Jan	11:00-18:00
Tuesday, 24 Jan	9:00-18:00
Wednesday, 25 Jan	9:00-16:30
Thursday, 26 Jan	9:00-16:30
Friday, 27 Jan	9:00-16:30
Saturday, 28 Jan	9:00-15:00

## SHUTTLE SERVICE

Special shuttle service bus will be running from Bled Town Centre (Sports Hall) to the venue (Olympic Rowing Centre) from Monday, 23 January 2023, to Saturday, 28 January 2023.

Weekly ticket can be bought at the Information office at the Venue. Price is 35 EUR.



## SHUTTLE BUS SERVICE TIMETABLE

Timetable is informative and could be subject to change.

### From Bled Town Centre (Sports Hall) to the Venue (Rowing Center Bled)

Monday, 23 January	Tuesday, 24 January	Wednesday, 25 January	Thursday, 26 January	Friday, 27 January	Saturday, 28 January
08:45	08:45	08:45	08:45	08:45	08:45
09:15	09:15	09:15	09:15	09:15	09:15
09:45	09:45	09:45	09:45	09:45	09:45
10:15	10:15	10:15	10:15	10:15	10:15
10:45	10:45	10:45	10:45	10:45	10:45
11:15	11:15	11:15	11:15	11:15	11:15
11:45	11:45	11:45	11:45	11:45	11:45
12:15	12:15	12:15	12:15	12:15	12:15
12:45	12:45	12:45	12:45	12:45	12:45
14:00	14:00	14:00	14:00	14:00	14:00
14:30	14:30	14:30	14:30	14:30	14:30
15:00	15:00	15:00	15:00	15:00	15:00
15:30	15:30	15:30	15:30	15:30	15:30
16:00	16:00	16:00	16:00	16:00	16:00
16:30	16:30				
17:00	17:00				
17:30	17:30				

### From the Venue (Rowing Center Bled) to Bled Town Centre (Sports Hall)

Monday, 23 January	Tuesday, 24 January	Wednesday, 25 January	Thursday, 26 January	Friday, 27 January	Saturday, 28 January
09:00	09:00	09:00	09:00	09:00	09:00
09:30	09:30	09:30	09:30	09:30	09:30
10:00	10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30	12:30	12:30
13:45	13:45	13:45	13:45	13:45	13:45
14:15	14:15	14:15	14:15	14:15	14:15
14:45	14:45	14:45	14:45	14:45	14:45
15:15	15:15	15:15	15:15	15:15	15:15
15:45	15:45	15:45	15:45	15:45	15:45
16:15	16:15	16:15	16:15	16:15	16:15
16:45	16:45				
17:15	17:15				
17:45	17:45				

## PARKING

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Limited number of parking spots are available at the Venue. Daily parking price is 10 EUR and weekly 35 EUR. Both can be bought at the Information Centre at the Venue.

## OTHER IMPORTANT CONTACTS AND INFO

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### Important numbers

Police 113

Emergency Number 112

Please note that the single and official currency is EUR.

# PROGRAMME

## PROGRAMME OVERVIEW

Competition programme			Accompanying programme
<b>MONDAY, 23 JANUARY 2023</b>	<b>Arrival day</b>		
<b>TUESDAY, 24 JANUARY 2023</b>	<p><b>10:00 - 12:00</b> <b>Test swims</b></p> <p><b>12:00</b> <b>1000 m Freestyle Men</b></p> <p><b>14:00</b> <b>1000 m Freestyle Women</b></p> <p>15:00 YOUNG SEALS, SEALS, POLAR BEARS</p>	<p><b>10:00 - 11:00</b> <b>Medical checks</b> Meeting hall above the restaurant</p> <p><b>10:00</b> <b>Technical meeting 1000 m</b> Meeting hall above the restaurant</p>	<p><b>15:30</b> <b>Victory ceremony</b> <b>Opening ceremony</b></p> <p><b>18:00</b> <b>Welcome party</b></p>
<b>WEDNESDAY, 25 JANUARY 2023</b>	<p>10:00 YOUNG SEALS, SEALS, POLAR BEARS</p> <p><b>10:00</b> <b>25 m Ice-butterfly Men</b></p> <p><b>10:30</b> <b>25 m Ice-butterfly Women</b></p> <p><b>11:00</b> <b>25 m Ice-butterfly Superfinals</b></p> <p><b>12:00</b> <b>100m Breaststroke Men</b></p> <p><b>12:45</b> <b>100m Breaststroke Women</b></p> <p><b>13:30</b> <b>200 m Freestyle Men</b></p>	<p><b>15:00 - 17:00</b> <b>Medical checks</b> Meeting hall above the restaurant</p> <p><b>16:00</b> <b>Technical meeting 450 m</b> Meeting hall above the restaurant</p>	<p><b>15:15</b> <b>Victory ceremony</b></p>

	<p><b>14:25</b> <b>200 m Freestyle Women</b></p>		
<p><b>THURSDAY, 26 JANUARY 2023</b></p>	<p>10:00 YOUNG SEALS, SEALS, POLAR BEARS</p> <p><b>10:00</b> <b>50 m Breaststroke Men</b></p> <p><b>10:50</b> <b>50 m Breaststroke Women</b></p> <p><b>11:30</b> <b>50 m Breaststroke Superfinals</b></p> <p><b>12:30</b> <b>100m Freestyle Men</b></p> <p><b>13:20</b> <b>100m Freestyle Women</b></p> <p><b>13:55</b> <b>450 m Freestyle Men</b></p> <p><b>15:40</b> <b>450 m Freestyle Women</b></p>		<p><b>16:45</b> <b>Victory ceremony</b></p>
<p><b>FRIDAY, 27 JANUARY 2023</b></p>	<p>10:00 YOUNG SEALS, SEALS, POLAR BEARS</p> <p><b>10:00</b> <b>25 m Breaststroke Men</b></p> <p><b>10:50</b> <b>25 m Breaststroke Women</b></p> <p><b>11:35</b> <b>25 m Breaststroke Superfinals</b></p> <p><b>12:35</b> <b>50 m Freestyle Men</b></p> <p><b>13:20</b> <b>50 m Freestyle Women</b></p>		<p><b>15:30</b> <b>Victory ceremony</b></p>

	<p><b>13:55</b> <b>200 m Breaststroke Men</b></p> <p><b>14:45</b> <b>200 m Breaststroke Women</b></p>		
<p><b>SATURDAY, 28 JANUARY 2023</b></p>	<p>10:00 YOUNG SEALS, SEALS, POLAR BEARS</p> <p><b>10:00</b> <b>25 m Freestyle Men</b></p> <p><b>10:40</b> <b>25 m Freestyle Women</b></p> <p><b>11:10</b> <b>25 m Freestyle Superfinals</b></p> <p><b>12:10</b> <b>4 x 25 m Breaststroke Relay</b></p> <p><b>13:10</b> <b>4 x 15 m Freestyle Relay</b></p> <p><b>14:15</b> <b>Group swimming performance</b></p>		<p><b>14:45</b> <b>Victory ceremony</b></p> <p><b>19:00</b> <b>Gala dinner</b></p> <p><b>21:00</b> <b>Evening party</b></p>
<p><b>SUNDAY, 29 JANUARY 2023</b></p>	<p><b>Departures</b></p>		

\*Programme could be subject to change.

### ADDITIONAL REGISTRATIONS

Registration on site is still possible for non-timed disciplines, relays and group swimming performance at the Information Office according to the deadlines below:

- **Relay registration:** no later than Thursday, 26 January 2023, end of Info office opening hours
- **Group swimming performance registration:** no later than Friday, 7 January 2023, end of Info office opening hours
- **Young seals, Seals and Polar Bears registration:** one day before the scheduled start

## A DATA LOGON REQUEST FOR RELAY

If you are registered for a relay, make sure to fill out the [relay composition form](#) until Thursday, 26. January. If you do not provide the information until the date, your relay cannot start.

Please note, that the order of swimmers you enter will be the starting order.

### START LISTS

Starts list are available online at <https://winterswimming-bled.com/start-lists-and-results-2023/>.

### DRESSING, ASSEMBLY AND START TIMES

Swimmers Pass includes RACE CARD and gives participants information about their races. Dressing time – 30 minutes before the start – allows participants to enter Pre-start Changing rooms. Participants must assemble 15 minutes before the start.

### VICTORY CEREMONY

Victory ceremonies will be held every day 30 minutes after the end of competitions at the Competition Venue. Please note that hours of victory ceremonies vary from day to day.

### RULES OF COMPETITION

Competition is held up by the IWSA Rules. Rules for Bled World Cup are available here <https://iwsa.world/world-championships/rules>.

### ENDURANCE SWIMS

At the Accreditation office (when you register and get your swimmer pass):

- Swimmer must bring a signed [AFFIDAVIT form](#).
- Please find the form, print, fill and sign it before you arrive.
- All other medical documents mentioned in the rules must be presented at the technical meeting: Electrocardiogram (ECG) not older than 2 months
- All swimmers must have personal insurance.

All the documents of swimmer's health will be taken and registered at the TECHNICAL MEETING.

For swimmers the maximum time for 1000 meters is 30 minutes, for 450 m 15 minutes. All swimmers have to use safety float buoy for open water swim races of 1000 m.

## TECHNICAL MEETINGS

Technical meetings are obligatory for all endurance swimmers. Swimmer (who will swim 1000 m and 450 m) must attend both of these events.

**Technical meeting for 1000 m: Tuesday, 24 January 2023 at 10:00** in the Meeting Hall above the restaurant.

**Technical meeting for 450 m: Wednesday, 25 February 2026 at 16:00** in the Meeting Hall above the restaurant.

## MEDICAL CHECK-UPS

Medical check-ups are **obligatory for endurance swimmers** and will be held in the Meeting Hall above the restaurant.

Blood pressure test will be held according to the schedule below. Please reserve enough time for this.

### BLOOD PRESSURE TEST SCHEDULE

Tuesday, 24 Jan	10:00-11:00
Wednesday, 25 Jan	15:00-17:00

## ACCOMPANYING PROGRAMME

### Opening ceremony

Winter swimming World Championships will be festively started on **Tuesday, 24 January 2020 at 15:30** with a grand **Opening ceremony** event, held at the Venue, followed by the Victory ceremony.

### Welcome party – restaurant Špica, Cesta svobode 9, 4260 Bled

Welcome party for winter swimmers will be held on **Tuesday, 24 January 2023 from 18:00**. We will make sure your staying will be rounded with music, snacks and special welcome drink from our partners to get you in the mood. Then the night belongs to you...

### Gala Dinner

After indulging great efforts, actively spent and sports-oriented day, we believe you deserve to finish the Championships in great style – a gala dinner.

Let us pamper you with great food at a seated dinner, relaxing music and pleasant surprises. Join us on **Saturday evening, 28 January 2023 at 19:00** at Grand Hotel Toplice, Cesta svobode



**12, 4260 Bled** to network, meet the organizers and be the first to know about the next Championships location.

Dress code: evening casual.

### Winter Swimmers evening party

A little party never killed nobody! Are you ready to dance your night away at the Winter Swimmers Evening party? Join us on **Saturday evening, 28 January 2023 at 21:00 at Grand Hotel Toplice, Cesta svobode 12, 4260 Bled** and party the night away!

Dress code: evening casual.