



WELCOME TO THE WINTER SWIMMING WORLD CHAMPIONSHIPS IN OULU, FINLAND 3RD – 5TH OF MARCH 2006!

Oulu Winter Swimming Club and the City of Oulu welcome you to an international, carnival-like event at the beach of the Raatinsaari Island, at the mouth of the River Oulujoki. In addition to the swimming events, the schedule for the weekend includes International Cold Swimming Seminar, Winter Swimming Exhibition, guided Nordic Walking trips, Carnival Market and various joyful outdoor activities for the whole family.

SCHEDULE

FRIDAY, 3RD OF MARCH

- 13.00 – 16.00 International Cold Swimming Seminar in the Pakkala Hall at the Oulu City Library. The working language for the seminar is English. Speakers Governor Eino Siuruainen, Oulu, Medical Director Jarmo Karpakka, Oulu, Dosent Juhani Smolander, Oulu, Vladimir Lyutov, Moscow and Simon Murie, London.
- 16.00 – 22.00 Competition office open
- 18.00 Tar Torch Swimming Relay
Hilarious 4 X 25 meter swimming relay, open to everyone

SATURDAY, 4TH OF MARCH

- 7.30 – 20.00 Competition office open
- 9.00 Opening Ceremony of the World Championships, Welcoming words, Governor Eino Siuruainen and Minister Patrick Dickson
- 10.00 – 15.30 Competition series: preliminary heats, Seals and Young Seals series
- 14.00 – 15.30 Seminar activities in the Pakkala Hall at the Oulu City Library
- 16.00 Activities at the ice pool area, Rescue Show
- 17.00 – 18.30 Competition series, finals: A final (1 – 5), B final (6 – 10)
- 20.00 Award Ceremony and Evening Party, Radisson SAS

SUNDAY, 5TH OF MARCH

- 8.30 – 10.00 Guided Nordic Walking trip
- 8.30 – 14.00 Competition office open
- 9.00 – 11.00 Polar Bears, Seals and Young Seals series
- 11.00 – 13.00 Team Swimming Show/Contest. The main prize is 1.000 euros.
Award Ceremony and the ending of the Championships.

HAVE A SAFE TRIP BACK HOME!

Additional information and registration: www.ouka.fi/iceswim2006

It is r
3, 90100 Oulu, Finland. Inquiries by e-mail: iceswim2006@ous.fi. Instructions for participants and the starting lists will be posted on the website one week prior to the event.

FREE ADMISSION TO THE PUBLIC.

COME AND ENJOY THE UNIQUE
INTERNATIONAL WINTER
SWIMMING EVENT!



Oulu Winter
Swimming Club



Oulu Swimming Club
100 years



SUOMEN LATU
The Central
Association for Recreational
Sports and
Outdoor Activities