



GLOBAL OPEN WATER SWIMMING CONFERENCE

2013 11TH - 13TH OCTOBER CORK, IRELAND



The conference will address topics of sporting, scientific & environmental relevance to Open Water Swimming as well as peer-to-peer reports and presentations from well known and not-so-well-known Open Water Swimmers from Ireland, the UK, Europe, South Africa, North America and the rest of the world.

Topics will include: Mass swims, new swims and marathon swims, Hypothermia/Dealing with the Cold, Nutrition for Marathon Swimming, How do Environmental Changes affect Open Water Swimming.

The conference will open with a reception on the Friday night by invitation of the Lord Mayor and close with a swim at Sandycove Island, the home of Open Water Swimming in Cork.



Cork Lions Club



REGISTER ONLINE: active.com

www.globalopenwaterswimmingconferencecork2013.com

in association with

INTERNATIONAL MARATHON SWIMMING HALL OF FAME & THE WORLD OPEN WATER SWIMMING ASSOCIATION

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