

Thank you for entering



FREMANTLE PORTS SWIM THRU 2023

The event is this **Saturday 9 December**

Please take the time to read the following important information relevant to all swimmers.

- **ACCESS AND PARKING**

- Parking is available on Wilson Park (see Attachment)
- Access to Wilson Park is Ocean Road off South Terrace. The entrance is just before the railway crossing
- Overflow parking is located opposite Sealanes off Marine Terrace

- **REGISTRATIONS**

- Check-in/Registrations open at 6.30am
- Check- in/Registrations close at 7.30am **no exceptions.**
- Check-in/Registrations in the rotunda South Beach Park (see plan attached.)

- **RACE BRIEFING**

- There is a **compulsory race briefing** at **7.45am** on the beach adjacent to start finish area
- **Swimmers in all distances, including the 250m Try-it event must attend this briefing**

- **COURSE –**

- The course maps are attached
- Please note this year we have a **water finish,** timing bands are to be worn on your wrist
- We will go through the course with you at the race briefing, but - it is a really good idea to familiarise yourself with it now.

- **SWIMSUITS**

- Fina Swimwear restrictions will not apply. Tri suits, Blue Seventy suits, rash vests, two sets of bathers, race suits with zips etc are all allowed.
- Wetsuits are permitted for participation but wearers are not eligible for prizes.
- If you have any doubts please see us at the registration desk on race day and we'll help you out.
- You're welcome to keep your cap but if you chose not to, put them in the bin provided and we'll recycle them.

- **WATER**

- Please bring your water bottles.
- A hydration trailer will be supplied filled with UV filtered water for you to fill up from – It is also fitted with drinking bubblers.
- To reduce use plastic we will not be supplying bottled water at swim finish

- **PRIZES**

- Presentations will commence at approx 9.45am.
- 1.6km event - prizes will be awarded in 5 yearly age groups
- 3.2km event – prizes will be awarded in 10 yearly age groups
- 250m Try-it event –don't stress about winning- just enjoy the swim, there are no prizes for this event.
- Lots of great spot prizes to be won from our generous sponsors – these will be awarded at registration
- There is also a raffle - tickets on sale (cash and card accepted) and drawn on the day – be present to win.

- **BREAKFAST**

- Breakfast this year is kindly supplied by The Jandakot Lakes Lions Club
- Yummy egg and bacon rolls, and soft drinks for sale.
- If you've pre-ordered breakfast you will be given tickets for breakfast items at registration
- South Beach Café is also offering 50c off any coffee or drink for participants – just show your race number.

- **PHOTOGRAPHY**

- Photographs and video footage will be taken at the event. Your image may be used by Fremantle Masters Swimming Club or Masters Swimming WA in a number of media including social media, to celebrate this event or to promote future events.
- Please advise the photographers/videographers if you do not want images to be taken of you or your family

Proudly supporting Freo Street Doctor Mobile Health Clinic and St Patrick's Community Support Centre

- **DONATIONS - St Pats & Freo Street Doctor**
 - If you've donated at registration – thank you very much.
 - Old towels will be gratefully accepted so please bring them along.
 - We will also be making a donation out of the overall proceeds.
 - Thanks to your generosity we **raised \$3,000** for each of these worthwhile causes last year.
- **CONSIDER STAYING IN FREO FOR A FEW HOURS**
 - Leave your car on Wilson Park and take the Free CAT bus (stop opposite Sealanes)
 - Have brunch, visit the markets and unique shops, see the sights, enjoy lunch – lots to do

Don't forget your hat, sunscreen and water bottle!

Attachment - Course and Parking

We look forward to seeing you all on Saturday.

Mary Roglich
Coordinator
2023 Fremantle Ports Swim Thru
Fremantle Masters Swimming Club
freoportsswimthru@gmail.com



1.6km & 3.2km

Swim Courses

250m

Registrations

EVENT PARKING
Wilson Park

OVERFLOW PARKING
Marine Terrace
CAT BUS STOP, Opposite Sealanes

South Fremantle
Dog Beach

Hollis Park

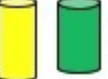



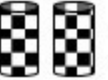

Douro Road

Parme



Fremantle Ports Swim Thru - Parking

Swim Courses

-  Start line 1.6 & 3.2km distances
-  1.6km Classic – 1 lap (Turn at Yellow buoys keep all pink and yellow buoys on your left)
-  3.2km Challenge – 2 laps (Turn at Yellow buoys keep all pink and yellow buoys on your left)
-  250m Try-it – To try it White, try it Green and back (Keep buoys on your left)
-  Finish line all distances – (swim between checked buoys – **NOTE WE HAVE A WATER FINISH**)
-  Danger buoy (marks end of groyne – 1.6/3.2km keep it on your right)



Fremantle Ports Swim Thru - Course Layout