



FAQ for Fremantle Ports Swim thru at South Beach

Q. What is the Fremantle Ports Swim Thru and why should I enter.?

A. The Fremantle Ports Swim Thru is a fun, family friendly community event which caters for a range of swimmers of all ages. We have a choice of 3 distances, 250m, 1.6km and 3.3km. You certainly don't have to be an elite swimmer and there are lots of spot prizes. Our premier event is the Maisie Boyle Trophy over 1.6km.

First time swimmers

Q I have never swum competitively in the ocean before - should I enter?

A. Our 250m event is a good introduction. The course is well protected by the groyne so you will have calmer water. There is a lead paddler to show you the way and a support swimmer in the back for those at the end.

Q. Which distances do you offer, and which one should I enter?

A. If you are unsure, consider entering the Have a Go 250m swim. If you are a confident pool swimmer but first time in an ocean event, then enter the 1.6km swim which is well supported and has wave starts so you swim with people of similar speed. If you are a strong swimmer and feel confident in ocean water swimming, then you can challenge yourself with the 3.2km.

Q Are their age limits?

A Minimum age: for 250m is 8, for 1.6km is 11, for 3.2km is 12 years of age.

Q. My son/daughter/friend/ is entered in the Try-It swim. Can I accompany them to reassure/escort them?

A. Yes. Escort swimmers are allowed for the 250m Try-It and are not required to pay entry fees.

NB To escort a swimmer in the 1.6km or 3.2kmm swim, you will need to have your own entry. Make sure you enter the same estimated time, so you are both in the same wave.

Q. What prizes do you offer for the winners.

A. We offer various prizes including vouchers and other items supplied by our generous sponsors. Age group winners also receive our very special Maisie medals which honours 14 year old Maisie Boyle who won the very first 'Big Swim' in 1922. No matter how fast or slow you are, you may be eligible for a spot prize. There are no cash prizes.

Registrations, changes, and cancellations

Q How do I register?

Complete your registration online. [Follow the link here.](#)

Q How do I work out my estimated time?

If you've done a similar event or distance, use that time as a guide. If you can't remember, you may be able to find it as a past event via link .

If you're still not sure as a friend or more experienced swimmer to help you. If you know you the time you can sustain for swimming repeated 100m in the pool you can use that. Multiply it by 16 for 1.6km and by 32 for 3.2km swim. (eg 100m @ 2mins x 16 = 32 minutes.)

Q Can I time myself?

A. Yes you can, watches are allowed this year in the swim. Closest to nominated time prizes have been eliminated.

Q What kind of bathers can I wear?

A. You do not have to wear FINA approved bathers for this event. You can wear any bathers including those with clips and zips and still be eligible for prizes. This includes rash vests and stinger suits. This does not include suits made of rubber or neoprene such as wetsuits, tri suits, blue seventy etc. You can wear these, but you need to notify the registration/check in and you will not be eligible for prizes.

Q Can I swim with fins or paddles on? Can I use a snorkel?

A. Sorry, no. Fins and paddles are not permitted as they could cause injury to other swimmers. This is at the Race Coordinators discretion. Please email freoportsswimthru@gmail.com.

Q. I'm already registered but want to change distances. How do I do this?

A. You can do this yourself. Go to your registration email and follow the links. If you get stuck, send an email request to freoportsswimthru@gmail.com before the 12 December. If you need to do this on the day, check in for the swim as per your registration and let them know you want to change distance and they will direct you.

Q. Can I wear a wetsuit?

A. **Yes**, but you will not be eligible for prizes. Check the box when you register or notify the people at registration.

Q. I won't be able to make it now, how do I cancel?

A. If you are no longer able to make it, it's important that you let us know via email freoportsswimthru@gmail.com The event often sells out so your cancellation will make room for another swimmer.

Q. Do I get my money back if I have to cancel or can't swim on the day?

A. Sorry no, it is likely your entry fee has already been put to good use to pay up front costs such as Event Sanctioning, Insurance, purchase of caps and equipment and venue hire. If production of a medical certificate is provided, then exceptions can be made.

On the day

Q. Where is the event?

A. Please see the Map at the end of this document. The event is held at South Beach in Fremantle.

Q Where can I park?

A. Please see the Map at the end of this document. Wilson Park is available for parking. Please car share or walk or cycle if possible as parking is limited. Follow the directions of the Parking Marshals so everyone can get in and out easily. **All cars need to leave Wilson Park by 11.45am as it will be closed from 12.00pm.** If your car is still left, you will have to contact Fremantle City Council to have the gates opened. This will incur a fee. Overflow parking is also available opposite Sealanes on Marine Terrace. There is also a small amount of parking at the northern end of CY O'Connor beach. Enter via Rollinson Road and walk up via the bike path.

Q. Can I enter on the day?

A. Early bird entries online are \$35 until midnight Sunday 27 October. After that they will be \$45. All Try-It Entries are \$15. The overall cap on swimmers' numbers is 500 across all events. If there are still spaces for late entries on the day, they will be \$55 for 1.6km and 3.2km and \$15 for 250m.

Q. What time do registrations open and what time does the race start?

A. Registrations open at 6.30 am and close at 7.30 am. Late Entries close at 7.15am. Please make sure you arrive in plenty of time to park and register. The COMPULSORY race briefing will be held on the beach at 7.45am.

Q. What time does the race start?

A. The first wave starts at 8am with other waves following in intervals of around 5 minutes. Attendance at the 7.45am Race briefing is mandatory as this will advise the order of the waves.

Q. What time will it finish?

A. Most swimmers have usually completed the various courses by 9.30am so that's when we'll start prize giving. Officials and water safety crews will remain on the beach /in the water until the last swimmer exits the water. The last swimmer must leave the water by 10am.

Q. What happens if the race is cancelled?

A. Race coordinators will assess conditions and decide as early as possible on the day of the event (around 5.30am). If the weather is bad or some other risk makes the swim too dangerous, Blue Chip timing will send a notification text to all registered participants.

Q. What food options are available onsite?

A. Wild Bakery will have a mobile van selling very tasty products. South Beach Cafe is offering all swimmers 50c off any hot and cold drinks. Show them the race number on your arm to claim your discount.

Q. Is water available

A. Bring your water bottles, we will have a trailer with chilled water available to fill your bottle. There are also bubblers if you need to drink directly. We discourage the use of single use plastic drink bottles.

Q. Where can I see my results?

A. The results will be available almost live. Search Blue Chip Timing results on your phone and follow the links. www.bluechipresults.com.au

Q. What happens to my entry money?

A. The event is run by the volunteers from the Fremantle Masters Swimming Club. Your entry fee covers the costs of many things including for Water Safety through Coogee Surf Lifesaving and St John Ambulance. It also pays for Insurance, Event Sanctioning, Timing and Registration services, Caps and equipment and venue hire. If the event makes a profit, a significant share of this goes to our two nominated charities, Freo Street Doctor <https://www.blackswanhealth.com.au/freo-street-doctor/> and St Pats Community Support Centre <https://stpats.com.au> . Last year we donated \$3,500 to each charity.

Q. How does the Fremantle Ports Swim Thru support the Fremantle Community

A. Besides supporting Fremantle Street Doctor and St Pats, the Fremantle Ports Swim Thru promotes a range of local business as sponsors. The kind donations for these sponsors are used to support the event running costs and for age group and spot prizes. We encourage you to hang around in Freo after the event and visit and enjoy the fruits of our sponsor businesses.

Q. Where can I get changed?

A. There are marquees supplied for both female and male changing areas.

Q. What can I do after the swim?

A. There are many things to do in Fremantle see <https://visitfremantle.com.au>

Race information

Q. What is the course?

A. 1.6km is one lap and 3.2km is two laps of a simple rectangle course. Swimmers start in deep water and head north parallel to the beach towards the Fremantle Sailing Club. Turn at the yellow corner buoys. There are also pink buoys to help keep you swimming in a straight line are Pink along the way.

Q. What happens at the start?

A. Each wave has a different cap colour. If you are unsure, stick with the people wearing the same colour caps. When your wave is called, make your way through the starting chute.

Make sure your cap and goggles are well adjusted before entering the water. Enter the water and swim out to the deep water start position. Starts can be very hectic so if you're likely to be slower or are a novice you may prefer to wait at the back of the group to avoid being swum over.

While waiting for the start signal, be aware of other swimmers and avoid breaststroke kick as you might kick another swimmer.

When waiting at the start look for the first marker buoy and then look for a landmark in the distance in the same line. It may be difficult to see the buoys so look for a tall tree/mast/building to use as your guide for the first leg.

A hooter will signal the start. Also, a Flag will drop from the referee on the beach.

If possible before race day practise swimming 30 strokes normal swimming and then 2 strokes with your head up checking, you are on course.

Start off calmly and establish your stroke and breathing pattern.

Q. Any advice for swimming the course.

A. Before the day study the course map. On the day look at the course from the beach and listen closely to the race briefing. For 1.6km and 3.2km course the most important buoys are the yellow ones on the corners of the course – You must keep these on your left. When approaching a turning buoy, it's good to stay a little wide. Not only is it faster to swim in curve when changing direction, you will also minimise potential clashes with other swimmers and avoid getting tangled in the ropes beneath the buoy. If you do need to slow for other swimmers or any other reason, please DO NOT use breaststroke kick as you will injury other swimmers.

Q. I hear there's a water finish – how does that work?

A. You will be asked to put your timing band on your wrist (not your ankle). When you swim through the arch, reach up and tap the panel with the your timing band. Your race is now over so swim slowly towards the beach until your fingers touch the sand and stand up. Walk up the beach into the finish chute, hand in your timing band and grab some well deserved fruit.

For 1600m and 3200m swimmers: Turn left after passing the southernmost yellow buoy and swim towards the finishing arch.

For Try-It swimmers: After turning left at the buoy closest to the beach and swim towards the finishing arch.

If you want to go for a swim after your race, then please make sure you are NOT wearing your race cap as this confuses the lifesavers.

Q. How will you manage water safety and how many surf life savers that will be supporting the swim?

A. Coogee Beach Surf Lifesaving Club (CBSLSC) will have primary responsibility for surveillance and rescue. They will also provide initial First Aid prior to handover to St Johns Ambulance. Two rostered patrol groups will be dedicated to water safety. More than 20 lifesavers will be allocated to specific tasks ranging from board paddlers to First Aid and Inflatable Rescue Boat crews.

Q. What should I do if I get tired/a cramp or can't finish the swim?

A. If you need to stop for any reason, float on your back and raise your hand to signal one of the paddlers. If you wish to pull out of the race, let the paddler know and they will call for further assistance if you need it. If you are able, swim directly to the shore and walk back to the timing area. **If you leave the water early without going through the finish chute, it is critical that you let the officials know you have safely left the water and that you return your timing band.** If you need assistance, ask any official or proceed directly to the St Johns first Aid post.








Q. I have a different query, how can I get in touch?

A. Send an email to freoportsswimthru@gmail.com



LOCATION
Indicative layout

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)
-  Green Final turn 1.6/3.2 – (keep green buoy on your right)
-  Finish line all distances – (swim between checked buoys - walk up beach to timing mat)
-  Danger buoy (marks end of groyne – 1.6/3.2km keep it on your right)

