THANK YOU FOR ENTERING

FREMANTLE PORTS SWIM THRU

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.
  - All cars must leave the area before 11.45am as the area will be locked and you will have to contact the Council to be able to remove your vehicle.
  - 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 for late entries close at 7.15am unless the event is sold out prior.
  - Check-in/Registrations in the Rotunda South Beach Park (see plan attached).
  - After Registration proceed to a volunteer who will write your race number of your left arm. Those wearing long sleeves can be written on your left leg
- **RACE BRIEFING**
  - There is a COMPULSORY race briefing at 7.45am on the beach adjacent to the 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 backs are to be worn on your wrist.
  - We will go through the course with you at the race briefing, but it is a good idea to familiarize 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 questions please speak to someone at the registration desk on race day and they will help you out.
  - You may keep your cap but if you chose not to, place them in the bin provided and they will be recycled.
- **WATER**
  - Please bring your water bottles.

- o A hydration trailer will be supplied filled with UV filtered water for you to fill up from – it is also fitted with drinking bubblers.
  - o To reduce plastic use, we will NOT be supplying bottled water at the swim finish.
- **PRIZES**
  - o Presentations will commence at approximately 9.30am.
  - o 1.6km event – prizes will be awarded in 5 yearly age groups.
  - o 3.2km event – prizes will be awarded in 10 yearly age groups.
  - o 250m Try-it event – don't stress about winning – just enjoy the swim. There are no prizes for this event.
  - o Lots of great spot prizes to be won from our generous sponsors – you will be given a spot prize token at registration that you can then take to the prize table and pick your prize.
- **FOOD AVAILABLE**
  - o South Beach Café is offering 50c off any coffee or drink for participants – just show your race number.
  - o Wild Bakery will have a van on site that will be selling food items and drinks.
- **PHOTOGRAPHY**
  - o 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.
  - o 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 and Freo Street Doctor.
  - o If you have donated at registration – thank you very much.
  - o Donations of sun block would be greatly accepted for St Pats during the summer months.
  - o We will also be making a donation out of the overall proceeds.
  - o Thanks to your generosity we Raised $3,500.00 for each of these worthwhile causes last year.

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

Attachment – Swim Course and Grassed Area Configuration and Parking.

We can be contacted at Fremantle Masters Swimming Club or freoportsswimthru@gmail.com

LOCATION
Indicative layout

COURSE MAP FREMANTLE PORTS SWIM THRU

Note: Map is not to scale

Minor adjutsments may be made to the course or the colour of the bouys may be changedprior to the event.

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)

Yellow 3   Approx 750m   Yellow 2
Pink 4   Pink 3
Yellow 4   Pink 1   Pink 2   Yellow 1
Try It White   Start line   White guide buoy
Pontoon
Try It Green   Finish line