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

- o Check-in/Registrations open at 6.30am.
- Check-in/Registrations close at 7.30am NO EXCEPTIONS.
- o 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.
- o Please note this year we have a <u>water finish</u>; 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.
- o 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.

- 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.
- 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 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

- South Beach Café is offering 50c off any coffee or drink for participants just show your race number.
- Wild Bakery will have a van on site that will be selling food items and drinks.

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.

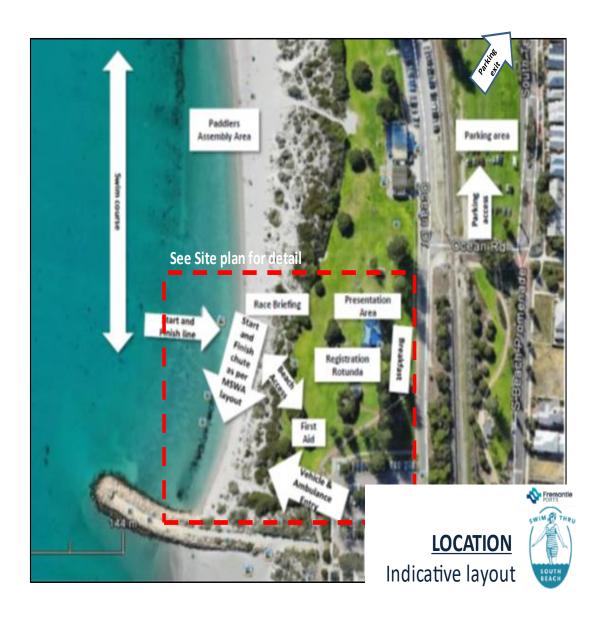
PROUDLY SUPPORTING FREO STREET DOCTOR MOBILE HEALTH CLINIC AND ST PATRICK'S COMMUNITY SUPPORT CENTRE

- DONATIONS St Pats and Freo Street Doctor.
 - o If you have donated at registration thank you very much.
 - Donations of sun block would be greatly accepted for St Pats during the summer months.
 - We will also be making a donation out of the overall proceeds.
 - 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



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.

