



Sunday 1st March 2020 – 10AM

1.5km Ocean Swim

On-line Entries through www.oceanswims.com @ \$30 per person

U/18, 18-29yrs, 30+, 40+, 50+, 60+ and a 'MATES WAVE'

On-line entries close Saturday 3pm Sat, Feb 29th 2020

Registration- 8.30am-9.30am at the Freshwater SLSC Clubhouse

All swimmers MUST REGISTER by 9.30 to receive their cap and timing anklet

LIMITED late entries can be made between **8.30am-9.30am** on race day
at the clubhouse @ \$40 per person

Please Note: We will **NOT** be giving away water bottles this year in the interest of environmental sensitivity, so please bring your own water bottles.
We will provide drinking stations at the end of the race and you can fill your water bottles at distribution points on the beach.

PRIZES

Age group category winners will each receive a prize.

All entrants will receive a complimentary drink voucher courtesy of the Harbord Beach Hotel and a Barney Mullins Swim Classic cap courtesy of Freshwater Community Bank Branch Bendigo Bank.

For further information please go to

<https://www.oceanswims.com/swims/calendar/eventdetail/69/54/freshwater-nsw-e.html>