



Mainteck - Shellharbour Ocean Swim

1.2 km Event | Shellharbour Boat Harbour to Shellharbour North Beach



Sunday 12th April 2015 | Junior Swim: 9am | Main Swim: 10:15am

Registration On-line: www.oceanswims.com
On the day: 8.00am at the surf club premises
Entries **MUST** close at 9:30am for Main swim, 8:30am for Junior swim

Organisers Watersafety Shellharbour Surf Life Saving Club Inc

Course Leave the sandy foreshore of Shellharbour Boat Harbour heading through the boat harbour entrance, then swim out and north around Cowries headland, follow the foreshore to Cunji Rock Platform and onto main patrolled beach at North Shellharbour. Fine and mild autumn conditions prevail at this time of the year. Water temperatures are still favourable for swimmers, and wetsuits are not generally required.

Categories Open Male & Open Female
Male & Female Divisions
Under 18, 19-30, 31-40, 41-50, 51-60, 61-70, over 70 (min age at date of event 13 y.o)

"Anything Goes" Category

Wear fins, fancy dress, snorkels, wetsuits, whatever – so long as it's legal!

Entry Fees All Divisions: Main swim \$35.00 on-line, \$45.00 on the day
(min age at date of event 13 y.o)

Prizes *Participants will only be eligible for one divisional prize.*
Open Male & Open Female 1st \$250 2nd \$150 3rd \$75
Age Groups: 1st, 2nd & 3rd in each age group & gender group to receive prize.

www.shellharboursurfclub.com & www.oceanswims.com

Junior Swim 400m off the beach
- 12 years & under only
\$25 entry - prizes for male and female placegetters.
Starts 9am!

All entrants of the
Main or Junior Swim are
eligible to compete in our
"Dash for Cash" after the
main event!

**First Timers
Encouraged!**

If you ever wanted
to try an ocean swim - this
event is for you.
A short distance, generally
calm seas, lots to see and
loads of water safety.