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| Conducted by Fremantle Masters Swimming Club with proceeds to ‘Freo Doctor’ & St Patrick’s Community Support Centre  Water safety provided by Coogee Beach SLSC | Registrations open 7.10 to 8.10am  **Compulsory Race Briefing 8.20am**  **Race Start 8.30am**  **Saturday, 14th December 2013**  South Beach, South Fremantle  **Online entry (enter link to OnReg here)** |
| **Entry Fee 1600m Open Swim Individual & Team**  *Late entries are now eligible for prizes!* | **$25**  **$35 –** restricted to thefirst 50 late entries registering before 7.45am |
| **Entry Fee 400m LiveLighter Novice Swim**  *Late entries same price accepted on the day* | **$25**  **$12** |
| **Combined Open Swim Event & Team Challenge**  *Swimmers can enter as an individual AND nominate as a member of a team* | Open to all swimmers who have sufficient training to enable them to complete the course of 1600m ocean swim safely.  Teams can have any number of members above four (4).  Team results will be the combined four fastest times for nominated members who complete the 1600m course. |
| **1600m event late entries**  *Now eligible for prizes!* | Restricted to first 50 swimmers who register on the day **BEFORE** **7:45am** |
| **400m LiveLighter Novice Ocean Swim** | Non-competitive / introductory 400m swim course for those new to open water swimming. Guides will accompany the swimmers and snorkels and flippers are allowed. |
| ***Compulsory Race Briefing – 8.20am*** | ***All swimmers must attend the race briefing to be held on the beach*** |
| **Course** | 1600m ocean swim, rectangle north from southern groyne & return.  400m course is a separate small rectangular course near the groyne. |
| **Insurance** | The event is sanctioned by Masters Swimming WA & members **only** are covered by personal accident insurance |
| **Minimum age & Cut off time** | Swimmers must be over 13 & have max of 1 hour to complete 1600m |
| **Registration** | Open from 7:10am and closes promptly at 8:10am for all events & is located in the rotunda at the southern end of the South Beach park |
| Timing for 1600m Event | Will be done electronically with real time results & all swimmers will be required to wear a timing band on their ankle |
| Presentations | Will be held soon after the last swimmer leaves the water at the rotunda at the southern end of the South Beach park |
| Assistance | Will be available for any swimmer who requires assistance to get from the water to the finish line on the beach |
| Location & Parking **South Beach, South Fremantle** | Access is via **Sth Tce & Douro Rd** [south beach map](http://goo.gl/maps/Cpx7d). ***PLEASE CAR POOL!***  Parking is available on Wilson Park at end of Sth Tce. UBD Map 345 Q3 |
| Eligible Swimsuits | Only swimwear made of breathable, non-buoyant fabrics with no zips can be worn in the 1600m event to be eligible for prizes |
| Watches  Sharp Jewellery | Swimmers must not wear watches or sharp jewellery that may pose a risk to other swimmers & wearers will not be eligible for prizes |
| Breakfast | A BBQ breakfast will be provided by Fremantle Ports Swim Club for purchase on the day. Coffee available at adjacent Pickled Fig Café. |
| **Prizes for 1600m Ocean Swim** | Swimmers eligible for only one individual prize |
| 1st person overall | Maisie Boyle Perpetual Trophy & Esplanade Hotel Voucher |
| Cash Prizes for fastest male and female | $100 for 1st, $75 for 2nd, $50 for 3rd |
| Fastest Male & Female for Age Groups | Under 20; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94 |
| Closest to Nominated Time Prizes | Closest 3 swimmers to nominated time |
| **Prizes for Team Challenge** | Fastest team wins the Fremantle Ports Trophy |
| Fremantle Ports Team Challenge | 1st, 2nd and 3rd teams with fastest 4 combined times |
| **Great Spot Prizes** | All pre-registered swimmers are eligible for spot prizes |
| Enquiries | Kay Jones on 0438 948 449 or email [freoportsswimthru@gmail.com](mailto:freoportsswimthru@gmail.com) |