



## Balmoral swim Participant information – March 24, 2024

Thank you for entering the Balmoral swim.

**Please note** that the location of the Balmoral Swim is near the Rotunda (corner of The Esplanade & Mandolong Rd).

Please ensure you are ready for the scheduled start.

### Junior

- Bag drop available from 8:15am
- Check in from 8:15am to 9:45am
- **The Junior 200m swim will start at 10.00am**

### 1km

- Bag drop available from 8:15am
- Check in from 8:15am to 10:00am
- **The 1km swim will start at 10:15am**

### Waves times

Wave	10:15 AM	Main	1Km Event (race cap colours)
Wave1	10:15	Main	Elite (Female)
Wave2	10:18	Main	Elite (Male)
Wave3	10:21	Main	Female U15
Wave4	10:24	Main	Male U15
Wave5	10:27	Main	Female 15-19
Wave5	10:27	Main	Male 15-19
Wave6	10:33	Main	Male 20-29
Wave7	10:36	Main	Male 30-39
Wave8	10:39	Main	Male 40-49
Wave9	10:42	Main	Male 50-59
Wave10	10:45	Main	Female 20-29
Wave11	10:48	Main	Female 30-39
Wave12	10:51	Main	Female 40-49
Wave13	10:54	Main	Female 50-59
Wave14	10:57	Main	Male 60-69
Wave14	10:57	Main	Male 70-79
Wave14	10:57	Main	Male 80+
Wave15	11:00	Main	Female 60-69
Wave15	11:00	Main	Female 70-79
Wave15	11:00	Main	Female 80+
Wave16	11:03	Main	Fun Category - No Places

## Event Map



### It is important that you read the following information on the swim

Please note that this swim is subject to weather conditions and other factors that are beyond our control. The final decision to stage the event will be made at 6:30am on Sunday morning based on advice on swimmer safety from our Lifeguards.

### Pre-race information

- **There is NO on the day registration**
- Your entry cannot be transferred to another swimmer.
- Please bring your own water bottles. Some cups are available, but we would prefer to reduce plastic waste so please bring your own refillable water bottle.

### Getting there

- **Public Transport**  
To get to Balmoral you can catch a 114 bus from Royal North Shore hospital or a 238 bus from Taronga zoo. For more information visit [Sydney buses info](#).
- **Parking (limited)**  
Balmoral Beach provides metered parking on the Esplanade, at the park at the southern end and 2 hr parking on Awaba, Waitovu and Hunter streets
- **Drop off point**  
To limit the numbers of people at the beach you may want to be dropped off for the swim. There is a drop off point outside Bathers Pavilion. The swim is south of this point

### Swimmers with disabilities

- Please see [this link](#) for more information

### Check in and Bag drop

- There will be hand sanitiser in this area to use.

- Please make sure you have taken what you need from your bag before you come to the bag drop so that other swimmers are not delayed
- Provide your name and mobile number to the Volunteer who will prepare a bag tag which they will attach to your bag. Once this has been attached to your bag, place your bag in the bag drop area.
- Find the queue to the check in desk for your age group. Please be mindful of social distancing.
- At the check-in desk
  - Provide your **name and age** to the volunteer so they can confirm your participation.
  - Take a cap from the desk.
  - A volunteer will write your number on your arm
  - Move away from the check in and put on your timing tag, there will be a volunteer to help you if you don't know how to do this. Please take care on doing this as if you lose the tag there will be a charge.

## Race Rules

### Race start

- There will be a designated areas for the swimmers to stand in while waiting for your wave start.
- A safety briefing will be provided at the start.

### Finish

- Come through the finish arch so we can capture your time.
- Make your way to the area where your tag will be removed by a volunteer.
- There will also be a bin for any caps that can be recycled
- Please make your way off the beach to the area around the Rotunda.

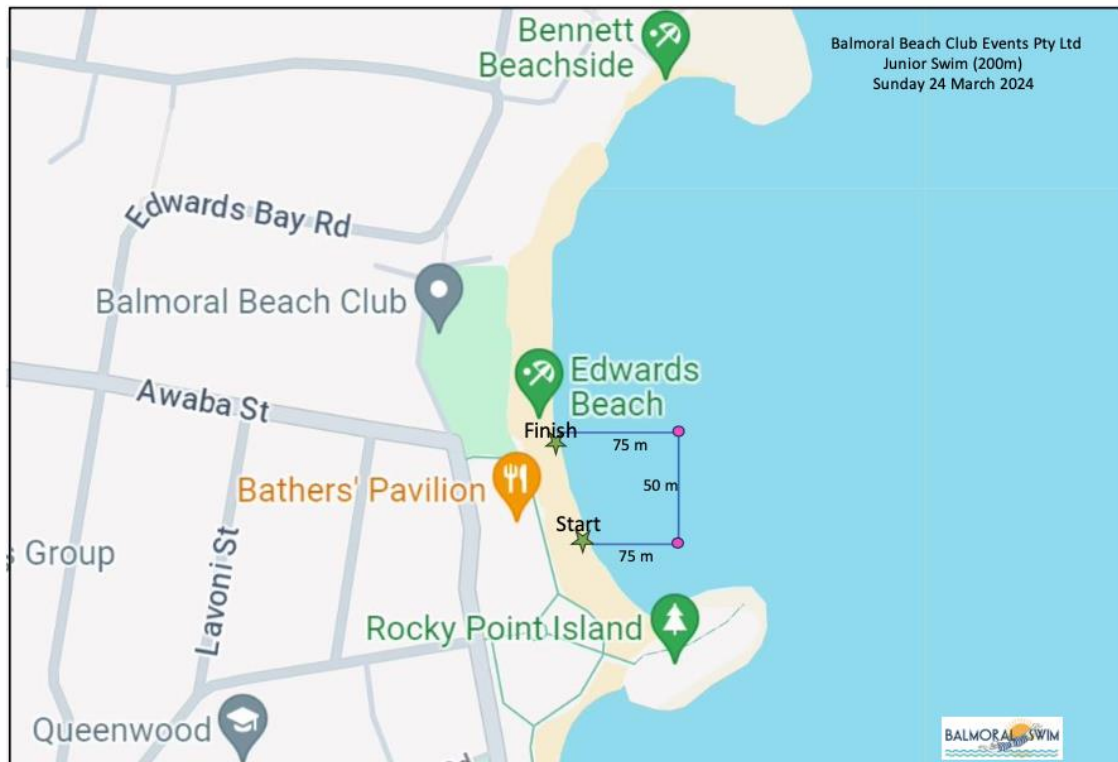
## Photos

- Our photographer Bossfotos will capture your swim. Photos will be available after the race on this link <https://www.bossfotos.com/customer/events/Balmoral-Swim>
- Click any gallery, click Facial Recognition, load a selfie\*\* and you will be shown all the photos you feature in. (Alternatively scroll through the galleries that correspond to the time you were out)
- Low res photos (with logo) are \$3, high res photos are \$7 for the first one and then just \$4. All proceeds are go to Childrens Cancer Institute

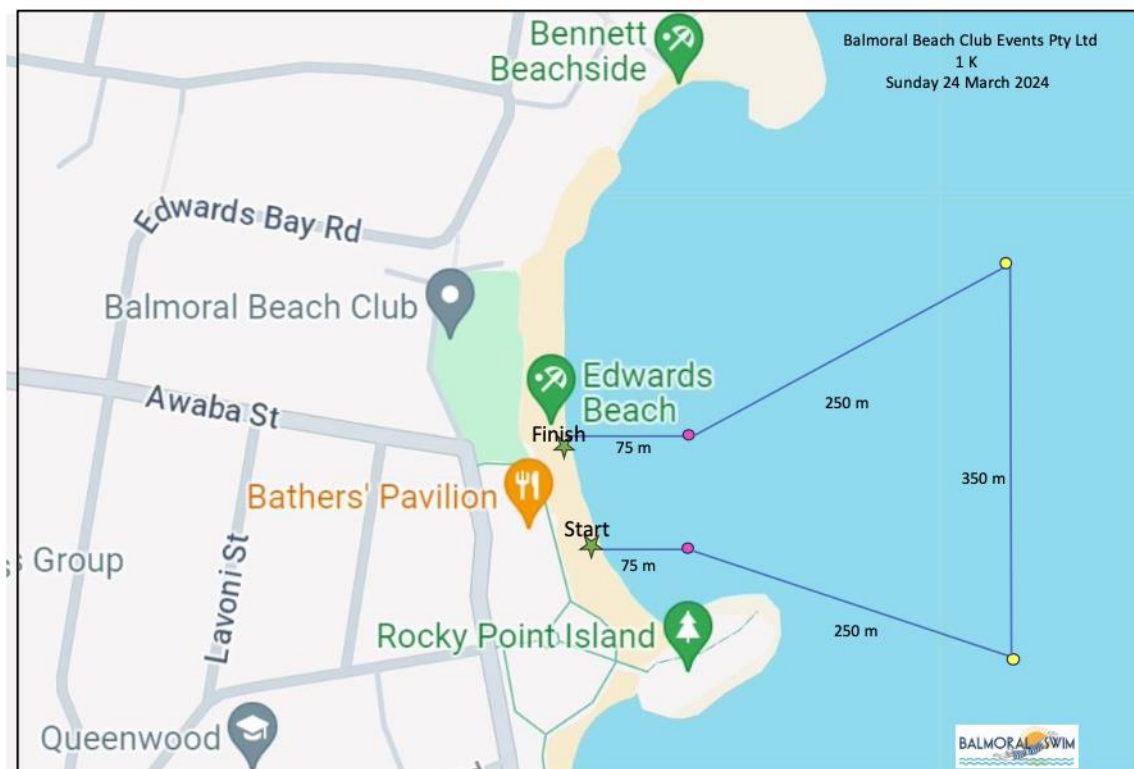
We will let you know when they are live via our Facebook/Instagram

## Course maps

### 200m Junior Swim



### 1km Course



Will start and finish on Edwards Beach.

Thanks again for joining us and helping raise funds for a very worthy cause.

Enjoy the swim