



Balmoral swim Participant information –March 22, 2026

Thank you for entering the Balmoral swim.

Please note that the location of the Balmoral Swim is on the beach between Balmoral Beach Club and Bathers. (corner of The Esplanade & Awaba Street).

Please ensure you are ready for the scheduled start.

Junior

- Bag drop available from 8:00am
- Check in from 8:15am to 9:45am
- **The Junior 200m swim will start at 10:00am**

1km

- Bag drop available from 8:00am
- Check in from 8:15am to 10:15am
- **The 1km swim will start at 10:30am**
- There are 3 waves with swimmers starting in a rolling start format of 3 people at a time.
 - 10:30am - Wave 1 Elite
 - 10:33am - Wave 2 Rolling start
 - 10:45am - Wave 3 Fins & Fun
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2.5km

- Bag drop available from 7:15am
- Check in from 7:15am to 7:45am
- **The 2.5km swim will start at 8:10am**

5km

- Bag drop available from 7:15am
- Check in from 7:15am to 7:45am
- **The 5km swim will start at 8:00am**

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)**
Parking at Balmoral is limited, and we **strongly encourage alternative transport methods** (public transport, rideshare, cycling and walking)

Balmoral Beach has a limited amount of metered parking on the Esplanade, at the park at the southern end and 2 hr parking on Awaba, Waitovu and Hunter streets

The end of the Esplanade (cul-de-sac), north of Awaba Street, will have 1/3 fewer parking spots than normal on the day.

Please note: The conditions of entry into [Council's "Pay & Display" car parks](#) must be complied with.

Mosman Council Rangers will enforce parking infringements on the day, so please park according to signage and normal parking rules. We would hate for you to get a ticket.

- **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 north of this point

Smoking

We request all participants to abide by [Mosman Council's Smoking Policy](#). Smoking is not permitted on all Mosman beaches and Council parks or reserves.

Swimmers with disabilities

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

Check in and Bag drop

- Bag drop will be available.
 - 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

Wetsuits, flippers etc

- You can use fins or wear a wetsuit, however you will need to inform the registration desk when you register.
- You will **not be eligible for any prizes**.
- If you are using fins you will need to go off in a wave at the back of all swimmers. You will need to be mindful of other swimmers when you swim the course and not obstruct them.
- If you are wearing a wetsuit and not fins you can swim in your age group but will need to start at the back of the wave

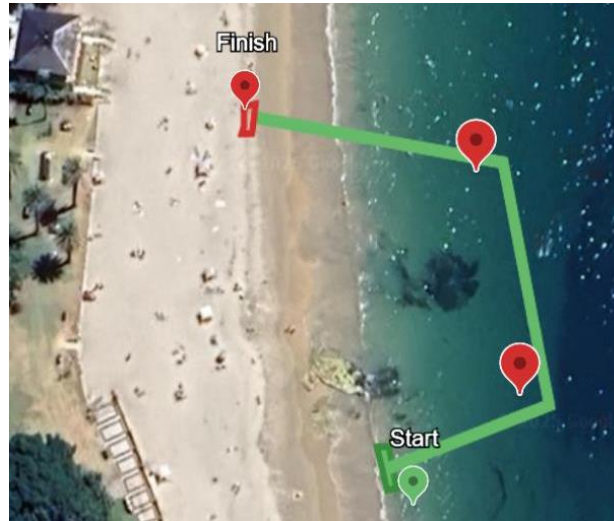
Race start

- Elite waves will be a wave start, all others will be rolling wave starts.
- There will be a designated areas for the swimmers to stand in while waiting for your rolling wave start.
- A safety briefing will be provided at the start.

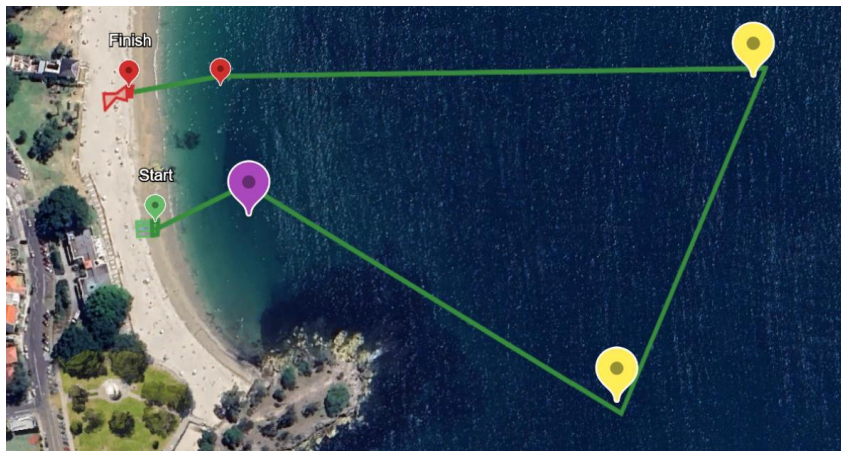
Finish

- 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.

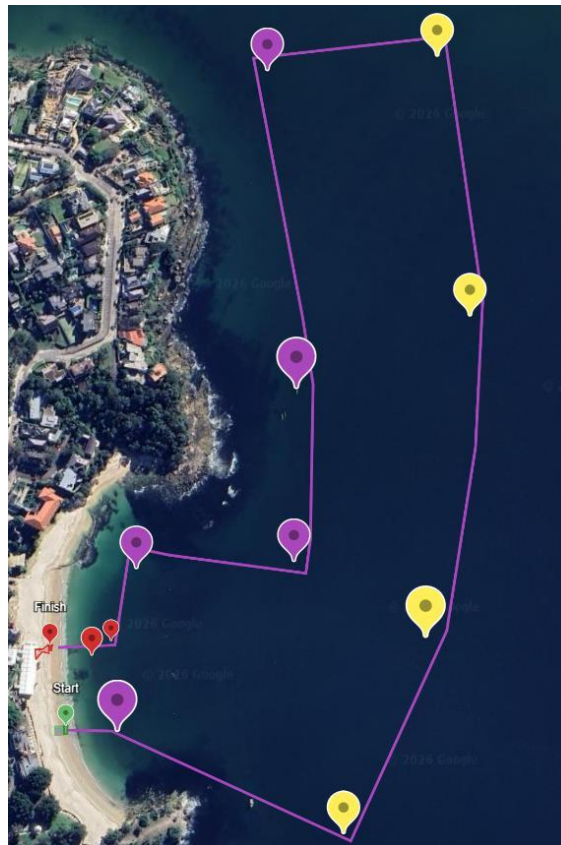
Course maps



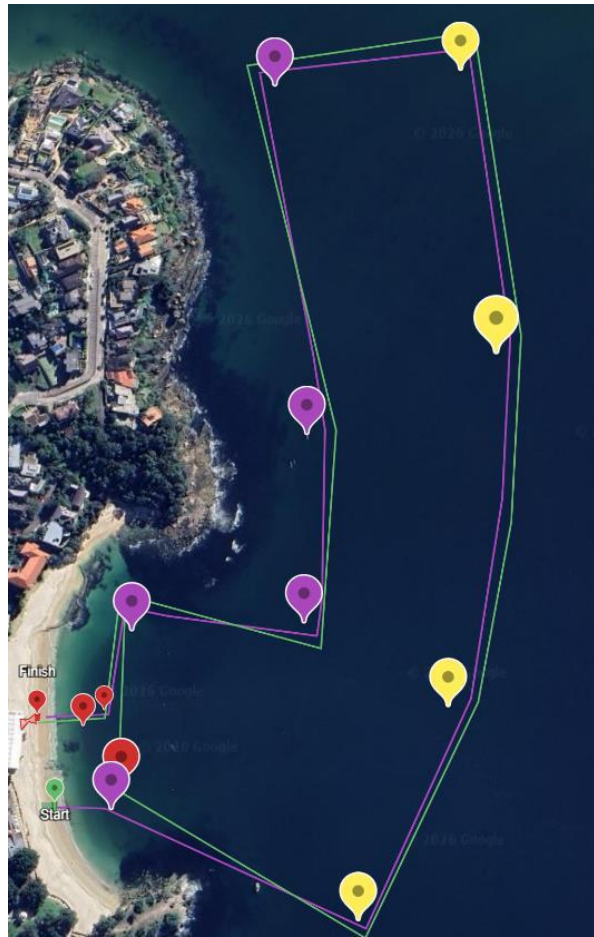
Junior Course



1km Course



2.5km Course



5km Course

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

Enjoy the swim