



Balmoral Swim – March 22, 2026

Team Challenge - Participant information

Thank you for entering the Balmoral Swim Team Challenge.

As part of the Challenge, you are competing for:

- **Challenge Charity Cup** - awarded to the team that raises the highest amount for the Children's Cancer Institute.
- **HMAS Penguin Shield** - the fastest team

Please continue to support the Children's Cancer Institute and pass on your team details for people to donate to this very worthy cause. See [the link](#) to find your team's page

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.

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

Event Map



Swim 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. In the case where the Balmoral Team Challenge has to be cancelled an alternative day will be organised for the event to be run.

Pre-race information

- **There is NO on the day registration**
- Your entry cannot be transferred to another swimmer, however if for some reason you are not able to attend they can register to take your place in the relay through the team member registration process and your entry can be cancelled.
- Please bring your 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 south 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 from 8:15am.
 - 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.
- There will be a desk where you can check in, please be mindful of social distancing.
- At the check-in desk
 - Provide your name to the volunteer so they can confirm your participation.
 - You will be provided with your cap
 - A volunteer will write your team number on your arm

Race Rules

Race start

- There will be a designated area for the swimmers to stand in while waiting to swim your swim leg. Please be mindful of social distancing at the start.
- A safety briefing will be provided at the start.

Tagging your next team member

- There will be a designated zone for you to tag your next team member, which will be at the water's edge
- Once the completed swimmer has tagged the next team member, please move away from the designated tagging area.

Finish

- Come through the finish flag to capture your time.
- Please make your way off the beach.

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

Enjoy the swim