

## Balmoral Swim Participant information – March 22, 2026

Thank you for entering the Balmoral swim.

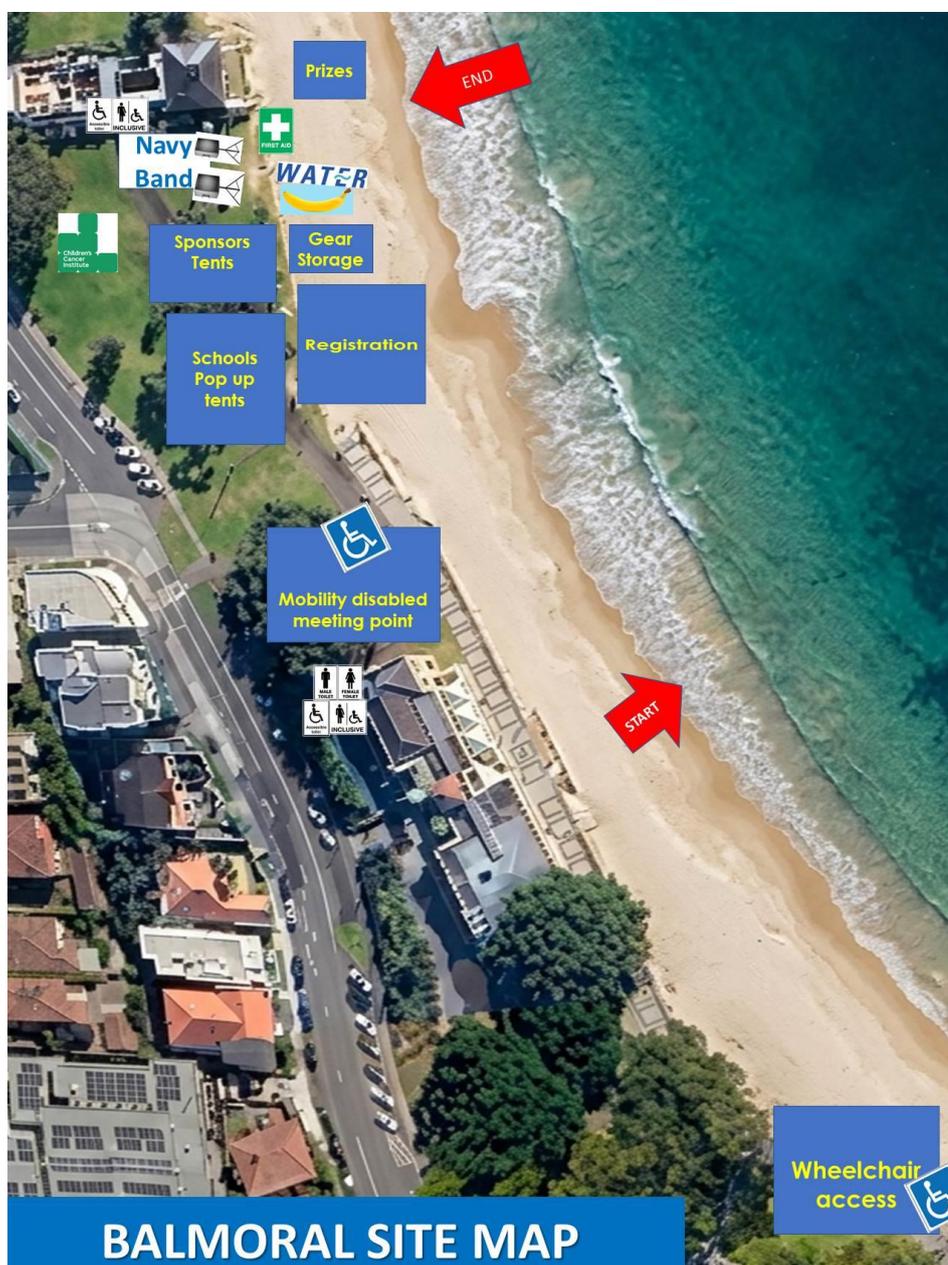
**Please note** that the location of the Balmoral Swim is on the beach between Balmoral Beach Club and Bathers. (corner of The Esplanade & Awaba Street).

Please ensure you are ready for the scheduled start.

- Arrive 7:45am at the School tent

**The first schools relay will start at 8:30 am**

### 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 Schools Relays have to be cancelled an alternative day will be organised with the schools.

### Pre-race information

- **There is NO on the day registration**
- 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 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

- Each school has a dedicated area for bag drop. Bag drop will be available from 7:30am.
- Check-in with your school co-ordinator. The schools co-ordinator will organise the teams and provide a cap with your team number.
- When asked by the school co-ordinator, make your way to the start line.

## Race start

- There will be a marker for the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> swimmers to stand behind while waiting to swim your swim leg.
- 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
- **Please do not run and dive in at the start of your leg**
- Once the completed swimmer has tagged the next team member please move away from the designated tagging area.

## Finish

- The last swimmer must come through the finish flag to capture your time, and the final swimmers will line up in order past the finish line until their team details are captured.
- Please make your way off the beach.

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

If you would still like to donate to the schools teams here are the links

- [Ascham](#)
- [Loreto](#)
- [Monte Sant' Angelo College](#)
- [Mosman High](#)
- [Pymble Ladies College](#)
- [Queenwood](#)
- [Riverview](#)
- [Shore](#)
- [St Aloysuis](#)
- [Wenona](#)

To see how your school is going in the Leader board [click on this link](#)

Enjoy the swim