



Shellharbour Surf Life Saving Club Inc

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Transfield Services Shellharbour Ocean Swim

Saturday, April 19th 2008.

Event	3rd Annual Transfield Services Shellharbour Ocean Swim ~ 1.2 km Event. Shellharbour Boat Harbour to Shellharbour North Beach
Date	Saturday 19th April 2008 Start: 11.00am
Organisers	Shellharbour Surf Life Saving Club Inc
Course	Leave the sandy foreshore of Shellharbour Boat Harbour heading through the boat harbour entrance, then swim out and north around Cowries headland, follow the foreshore to Cunji Rock Platform and onto main patrolled beach at North Shellharbour.
Distance	1.2 km
Conditions Expected	Fine and mild autumn conditions prevail at this time of the year. Water temperatures are still favourable for swimmers, and wet suits are not generally required. This is a short course and leaves from the picturesque boat harbour, then follows the rocky shore line and onto the main beach at Shellharbour. Water is not particularly deep and clear conditions generally prevail, providing good under water scenery. There should be plenty of fish & other marine creatures to spot as swimmers negotiate the gentle rock reefs. Spectators and supporters can easily follow the progress of all competitors from the many vantage points along the shoreline walking trail. The swim will finish through the surf break in front of the Surf Life Saving Club.

Organiser's Comment	This is the third year for this event. Our previous two events provided to be very popular with all the swimmers. It has an easy entry, interesting course, easy exit & caterers for swimmers of all abilities. This time of the year is particularly favourable to ocean swimming, with smoother seas, good visibility and comfortable water temperatures. Once again we will conduct our event in conjunction with the popular Mollymook Surf Life Saving Club ocean swim the following day. It provides those swimmers, making the annual trip down to Mollymook, with a unique "double-header" event. A special prize category will be available for those competing in both events.
Categories	Open Male & Open Female Male & Female Divisions Under 18 19-30 31-40 41-50 51-60 60 + Family (Parents & two children) <u>Please note: The minimum age for participants is 13 years on the day of the event.</u> Category for competitors wearing swim fins Participants will only be eligible for one divisional prize. Random Draw Prizes on offer for all registered swimmers
Water Safety	Shellharbour Surf Life Saving Club Inc will provide.
Entries	On line: Available 2008
Registration	On-line at http://www.oceanswims.com/nsw78/shellharbour08.html On the day – Shellharbour Surf Club premises – North Shellharbour Beach. Entries close at 10:15am. <u>All swimmers must check in at the Surf Club rooms prior to making their way to the starting line.</u>
Cost	All Divisions \$20.00 on-line \$25.00 on the day \$50 Family on-line (two parents & 2 children) \$85 Family –on the day (two parents & two children)
Prizes	<ul style="list-style-type: none"> • Open Male & Open Female 1st \$250 2nd \$150 3rd \$75 • Age Groups – 1st, 2nd & 3rd in each age group and gender group to receive prize. • All entrants to receive sponsor voucher for redemption. • Random Draw prizes will be awarded to those who enter & complete both this swim and Mollymook swim held 20th April 2008.

Websites <http://www.shellharboursurfclub.com/> &
<http://www.oceanswims.com/>

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