



Ocean 2 Pool

Postal Swim

Entry: \$10 per swimmer

This is a fun postal event combining ocean swimming and pool swimming. Manly Masters ran this last year and participants enjoyed it so much we have decided to run it again, with a few minor improvements. We would especially encourage country coastal clubs to get involved. It is open to masters members AND their immediate family so make it a family affair!

We are offering four levels, Platinum, Gold, Silver and Bronze, tailored to the number of distances covered. Finishing a targeted number of swims is more important than speed here.

Ocean swims conducted by SLS Clubs over the swim window qualify and are recommended as one of the best safe ways to get in your swims. Successful swimmers will be sent Commemorative swimming caps to recognise their achievements.

Swim Structure

Swim Space	Distance	Level			
		Platinum	Gold	Silver	Bronze
Pool	1km	4	2		
	800m	4	4	2	0
	400m	4	4	4	0
	200m	0	4	4	4
	100m	0	0	4	4
	50 m	0	0	0	4
Ocean	3 km plus	3			
	2 km plus	4	4	0	0
	1 km plus	4	4	6	0
	500 m plus*	0	0	0	4

Note *: May be swum in the ocean OR in an ocean pool

Note 2: Fins may be worn for Silver or Bronze if desired

Note 3: Manly Masters will provide swim leaders for several ocean swims for those who would feel more confident swimming together. This will be advised closer to the date. One time will be 9.30am on a Saturday from Manly (South Steyne) Surf Club.

Entry Conditions:

Eligibility: Financial members of Masters Swimming Australia and immediate family of members of Manly Masters.

Swim Window: December 1, 2022, to January 31, 2023

Stroke: Your Choice

Validation of Swims: Please ensure you have an independent witness over the age of 18 to sign each entry in your Swim Record (see below). Does not have to be a masters member.

Close Date: Your completed Swim Record must be sent by email to mastersmanly@gmail.com by midnight on Sunday February 6, 2023.

Recognition: 'Ocean 2 Pool' caps will be issued by February 21, 2023.

Entry: Register by sending the following to Mastersmanly@gmail.com :

Swimmer's Name: _____ Masters Number: _____

Swimmer's email address: _____ (for e- certificate issue)

Club Name _____ Club Code: _____

Club Address: _____ (for caps distribution)

Waiver: Your payment of \$10 will be taken to be your agreement to the following before attempting any of the swims:

I am a financial member of Masters Swimming Australia and understand that I should not participate in any swim in this event unless I have the appropriate level of fitness and training. I verify that I am aware of the risk involved, and I am sufficiently fit to participate in this event. I agree that I will not do any ocean swim on my own as part of this event. I will not hold Manly Masters responsible for any injury, illness or loss sustained by me because of taking part in this event. I also accept responsibility for all costs involved.

Payment of \$10 by Bank Transfer to: Manly Masters Swimming Club

Bendigo Bank

BSB:633 000

Account No: 1773 85358

Ocean2 Pool Swim Record

Swimmer's Name: _____ Club: _____

Level: Platinum/Gold/Silver/Bronze (select)

	Distance	Date	Witness
Pool	1 km		
	800m		
	400m		
	200m		
	100m		
	50m		
Ocean	3 km plus		
	2 km plus		
	1 km plus		
	500 m plus*		

Please email to Mastersmanly@gmail.com by Sunday Feb 6, 2023 to be eligible for a cap