

# DAWNY to COCKATOO SWIM



Sunday 22<sup>nd</sup> November 2009

There are 2 swims for you to choose from;

**Dawny's Cockatoo Challenge:** approx 2.5km (around Cockatoo Island in Sydney harbour)

or

**Dawny to Cockatoo Swim:** approx 1.1km (to Cockatoo Island and back)

## Date

Sunday 22nd November 2009

Both swims will be commencing at approximately 9:00am

## Location

Start and finish at Dawn Fraser Swimming Pool, Fitzroy Avenue Balmain

## Course

The main swim is approx 2.5km leaving from the wharf just outside the pool and swimming around Cockatoo Island.

The shorter swim is approx 1.1km leaving from the wharf just outside the pool and swimming to Cockatoo Island and back.

## Safety

The area will be patrolled by power boats and paddle craft to assist you if you have difficulties with the swim.

## Water

The water temperature is expected to be in the range of 21° – 23° C

There will be marker buoys approximately 15m off the island. The swim will take place between the buoys and the island.

Power boats will not be permitted to enter this area. The paddlers will be permitted to enter this area if required. They will assist your direction during the swim.

The Waterway Authority will also provide 2 boats at the end of the passage to stop any other boats on the harbour entering the swimming course.

Entry Cost

\$30.00 per swimmer, received by midnight Friday 20<sup>th</sup> November  
Late entries will be accepted on the day, \$40.00 per swimmer between 7:00am and 8:30am (the entry fee includes breakfast of fresh produce from Harris Farm)

Mail all entry forms including a cheque payable to Balmain Water Polo to:  
Balmain Water Polo  
38 Fitzroy Avenue  
Balmain NSW 2041

After the Race

Presentations will take place approximately 30 minutes after the final swimmer has left the water.

After the race stay and enjoy the great hospitality of the Balmain Water Polo Club and the Dawn Fraser Pool. The club will have food and liquid refreshments available all day with the proceeds going to Balmain Water Polo Club.

Enquires

Peter 0427 801 674  
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