



# The Dolphins Open Water Winter Challenge 2026

A great new winter challenge to test your resilience in cold waters and motivate open water swimming

**Eligibility:** Masters Swimmers and their friends.

**The Challenge:** Participants complete the challenge between 1<sup>st</sup> April 2026 and 30<sup>th</sup> September 2026.

All swims must be undertaken in open water (ocean, river or lake). At least 80% of the total distance must be swum in Tasmania.

This year the Challenge will be again based on a points system rather than distance alone

- Base points are awarded for the distance swum,
- Bonus points are awarded based on the variety of swim locations

**Minimum swim distance:** 500 per session.

**Distances options:**

- **Port to Pub Rottnest Channel (WA)** = 25 km                      **10 points**
- **Naples to Capri (Italy)** = 35 km                              **20 points**
- **New Norfolk to Dennes Point (TAS)** = 58 km              **30 points**

**Bonus points (Location variety)**

Earn bonus points by swimming in different environments:

2 different beaches      1 river    1 lake    1 lagoon                      1 channel                      1 island swim

**Bonus structure**

- 2 location types                      **+5 points**
- 3 location types                      **+10 points**
- 4 or more location types          **+15 points**

**Examples**

- Swim **25 km** including 2 beaches + 1 river                      **10 + 5 = 15 points**
- Swim **35 km** including 2 beaches + river + lake + island      **20 + 15 = 35 points**
- Swim **58 km** including beaches + river + island →              **30 + 10 = 40 points**

**Awards**

- **10+ points:** Patch and year badge
- Additional awards for **25+ points** and **35+ points**

**How to Participate**

Record your swims (distance, date, location) using the log sheet:

<https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/events/>

Submit your completed log sheet to: [auro.almeida@gmail.com](mailto:auro.almeida@gmail.com)

**Deadline:** 10 October 2026

You are encouraged to submit as soon as you complete the challenge.

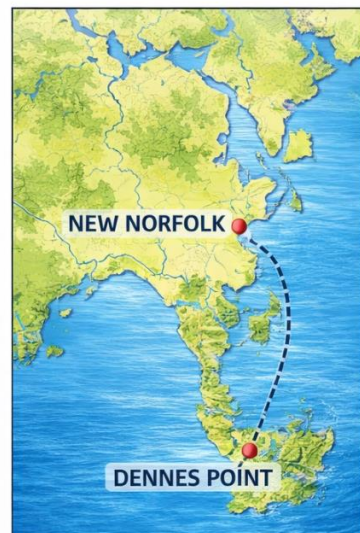
**Distance tracking:** We recognise that not everyone uses a GPS watch. Distances will be based on honesty. Many popular swim locations have known distances - please ask if you need guidance.



----- 25 km -----



----- 35 km -----



----- 58 km -----

**Disclaimer:** This challenge is not a sanctioned Masters Swimming Australia event. Swimmers are responsible for their own safety when taking on the challenge. Where possible swimmers should swim with another person or at a minimum have someone overseeing their swim. Be aware of ocean conditions and how your body reacts to cold water.