



The Dolphins Open Water Winter Challenge 2022

We invite you to join us in the ocean through winter 2022, with exciting new challenges to take on

Eligibility: Masters Swimmers and their friends!

The Challenge: Participants pick **ONE or more** of 3 swims to complete between 5 April 2022 and 13 August 2022. The swims must be undertaken in open water, that is in the ocean, in a river or in a lake. At least 80% of the distance claimed must be swum in Tasmania.

How: You will need to complete a log sheet to tally your swims; one can be found at:

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

Claim the challenge by emailing your completed log form to katherinedaft@gmail.com as soon as you have finished that distance. Last forms must be received by 31 August 2022 but no need to hold off until then, send them in as soon as a challenge is completed. If you have any questions, please email grediane@gmail.com. It would be great if you let us know when you start the challenge so we can check in from time to time.

Distances: we know not everyone has a GPS watch for tracking the Ocean Swims so we will rely on honesty in claiming distances. Many common swimming sites have been measured so ask if you want an approximate distance for any location.

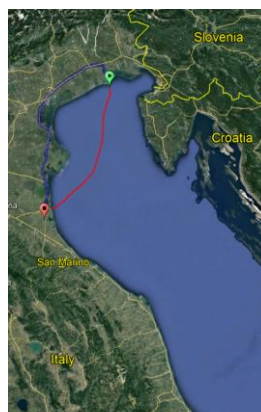
Challenge 1: Swim around Magnetic Island, North Queensland, 32 kms



Challenge 2: Take on Bass Strait: King Island to Apollo Bay, 97kms.



Challenge 3: Swim from Lignano to Ravenna in Italy's Adriatic Sea, 162 km



Awards: Each swimmer who completes a challenge will receive a certificate and a cap. More than one challenge may be undertaken but distances swum are not cumulative. If you claim one challenge you must start again on the next one.

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.