

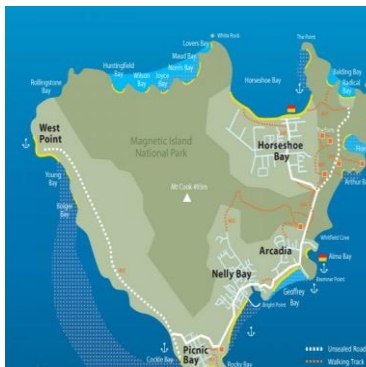


The Dolphins Open Water Winter Challenge 2022

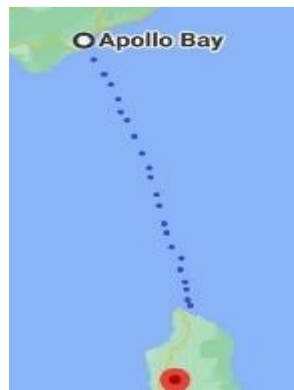
We invite you to join us in the ocean through winter 2022, with exciting new challenges to take on

- **Eligibility:** Masters Swimmers and their friends!
- **The Challenge:** Pick **ONE or more** of 3 swims to complete.
- **When?** Between **5 April 2022** and **13 August 2022**.
- **Where?** 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?** Record your swims. You can download a logsheet [here](#)
- **Claim the challenge:** 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.
- **Questions:** Email mmstronach@gmail.com
- **Please** let us know when you start the challenge so we can check in from time to time.
- **Distances:** use a GPS watch for tracking the Ocean Swims or if not available we rely on your honesty.
- **Note:** many common swimming sites have been measured so ask if you want an approximate distance for any location.

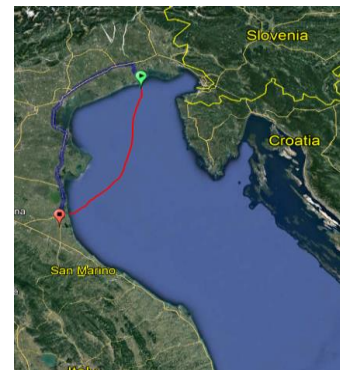
Challenge 1: Swim around Magnetic Island, North Queensland, 32 kms



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.