



The Dolphins Open Water Winter Challenge 2023

Great new winter swims to challenge your resilience in cold waters and to keep you fit.

Eligibility: Masters Swimmers and their friends!

The Challenge: Participants pick **ONE or more** of 3 swims to complete between 23 April 2023 and 30 September 2023. 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.

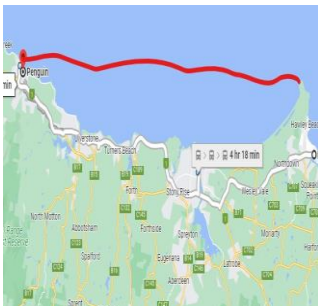
How: You will need to complete a log sheet to tally your swims including distance, date and place. You can find one at: <https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/events/>

Claim: the challenge by emailing your completed log form to katherinedaft@gmail.com as soon as you have finished that distance. Completed log sheets must be received by 15 October 2023 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: As not everyone has a GPS watch for tracking the Ocean Swims, 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 Penguin to Point Sorrell, 38 km



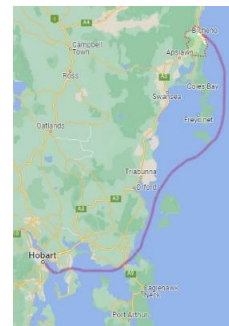
Challenge 2.

Swim down the Ganges River from Jangipur to Berhampore in West Bengal, 81 km



Challenge 3.

Swim Hobart to Bicheno via Lauderdale and Dunalley Channels, 173 km



Awards: Each swimmer who completes a challenge will be eligible to receive a certificate and a cloth badge to celebrate the achievement. If you wish to claim the challenge, please transfer \$10 to the club bank account 067-103 101215 when you send your log sheet.

More than one 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.

For more information on the classic Indian Swim (Challenge No 2) see:

<https://sportstar.thehindu.com/magazine/age-old-competition-in-an-ageless-river/article24864513.ece>

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.