

# Pacific Palms Surf Life Saving Club

presents the

# Pacific Palms

REAL ESTATE

10th Annual

# "ROCK TO ROCK"

*1.5 km ocean swim*

**Easter Sunday 12 April 2009**

**At Elizabeth Beach - Pacific Palms (near Forster)**

**Race briefing 11.40am - Race start time 12 noon sharp**

## **AGE CATEGORIES:**

U/14; U/18; Senior 18 - 29  
O/30; O/40; O/50; O/60

## **Your \$30 entry includes:**

- timed certificate
- Free swim cap
- Free BBQ sandwich
- Prize money for 1st, 2nd & 3rd place male & female
- Medals for 1st, 2nd & 3rd placings in each age category
- Fastest time will be awarded the Pacific Palms Real Estate Trophy

## **Enter one of 3 ways**

1. Online at [www.oceanswims.com](http://www.oceanswims.com)
2. Post entry & cheque to Pacific Palms SLSC  
PO Box 80 Pacific Palms 2428  
(must be received by 8/4/2009)
3. Enter on the day up until 11am  
(Entries after this time incur a late entry fee  
of \$10 - total \$40)

**\$ Prize Money - \$250 1st Place; \$125 2nd place; \$75 3rd Place (Male & Female)**

In the event of unsuitable surf conditions an alternative 1.5km course will be swum on Wallis Lake

*This years swim is dedicated to the memory of Brad Nichols*

**More info**

**[www.pacificpalmssurfclub.com](http://www.pacificpalmssurfclub.com)**