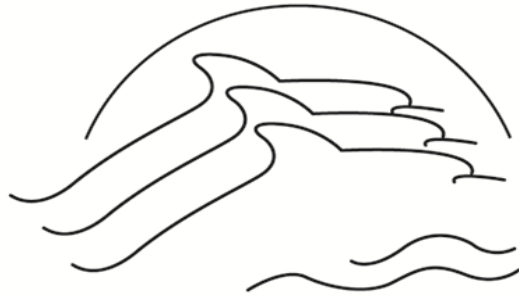


# Challenge Yourself



## The Dorsal

CLUB    CLUB

Cape Hawke SLSC to Forster SLSC Ocean Swim

On the 11th April 2021

3.8K Ocean Swim \$45 - Start Time 9.15am

500m Swim (\$15) 8am and 250m (\$5) swim at 9.30am held at Forster Main Beach

Entries online at: [oceanswims.com](http://oceanswims.com)  
(Entries close midday Saturday 10<sup>th</sup> April 2021)  
OR Prerace day registration at Forster SLSC, Main Beach, Forster.  
Saturday 10th April 2021. 8.30 am till 9.30am

All competitors need to be at Forster Main Beach on the Sunday morning for race number and cap or bring your own cap and recycle - staggered start times will be adjusted

Forster Buslines transfer swimmers from Forster SLSC to start line at Cape Hawke SLSC about 8.30am

Sunday Late entry fee C2C \$10 EXTRA Contact: John on 0427415283

**TUNCURRY**  
**PHYSIOTHERAPY**

 **Professionals**  
Forster & Tuncurry

**Forster Buslines**

**Covid 19 – QR code check in at Registration at Forster SLSC when collecting race number/cap – Social Distancing Applies**