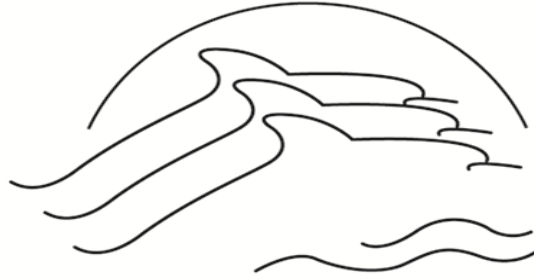


# Challenge Yourself



## The Dorsal



Cape Hawke SLSC to Forster SLSC Ocean Swim

On the 2nd April 2023

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](https://oceanswims.com)

(Entries close midday Saturday 1st April 2023)

OR Prerace day registration at Forster SLSC, Main Beach, Forster.

Saturday 1st April 2023. 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](#) -

[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

Club 2 Club - 2 Hour Race Time Limit - please comply to Water Safety request

**TUNCURRY**  
**PHYSIOTHERAPY**

 **Professionals**  
Forster & Tuncurry

**Forster Buslines**

**Check in at Registration at Forster SLSC Tent when collecting race number/cap -**