



Sorrento Bay Swim

Sunday 11th January 2026

Answers to FAQs

E: swim2026@sorrentoslsc.au
M: 0414 816 572

What equipment is required?

Swimmers will be issued with an official swim cap and a timing chip will be attached to their ankle. These must remain on the individual throughout the event. Swimmers will only be recorded as finishers if they are still wearing their official swim cap and timing chip when they cross the finish line.

Where and when do I collect my swim cap, timing chip and t-shirt ?

Collect your swim cap, timing chip and t-shirt from the registration marquee on the morning of the event when you check-in.

Are wetsuits and swim aids allowed?

Wet suits and goggles are allowed and recommended for safety reasons. No other aids are allowed. This includes, but is not limited to, fins, boards, snorkels, floatation gear and personal support teams.

Are there age restrictions?

On event day swimmers must be:

- 8 to 17 years old to compete in the 600m junior event.
- 12 to 17 years old to compete in the 2,000m junior event.
- 18 to 80 years old to compete in the 2,000m and/or 4,000m non-junior events.

Are wave starts used?

Wave starts will be used and are detailed in the Event Program which can be found.

Is there a cut-off time and what if I don't make it?

Yes, the cut off time is 01:30 pm. The tide changes after this time making it unsafe to keep swimmers in the water beyond this time. The event infrastructure, including buoys, also needs to be removed. Swimmers still in the water at 01:30 pm can either be picked up by one of the IRB's or can swim straight to the shore.

Are there awards for event winners?

Medals will be awarded to first, second and third place (male and female) for each swim cap grouping. Published results will display age category placings.



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Any other important event rules?

The spirit of friendly competition should be maintained throughout the event. Any unsportsmanlike conduct will be grounds for immediate disqualification. Swimmers must swim the course as marked and follow all directions of race officials and our life savers. Any variation to the course will be announced at the start. Swimmers who cross the start line before the starting gun is fired will be liable for disqualification. Organisers reserve the right to accept, reject and cancel entries. Race officials shall have the authority to remove a competitor from the swim if the competitor is judged to be physically incapable of continuing the swim without the risk of injury to themselves or others.

What car parking is available near the event?

Parking in the area is limited so swimmers need to allow plenty of time to park and get to the registration marquee on Sorrento Foreshore (near The Baths restaurant) to check-in. Parking along Pt Nepean Rd is limited to 4 hours. There are a limited number of unrestricted parking places available in the reserve adjacent to Pt Nepean Rd opposite St Pauls Rd. Make sure you check parking restrictions carefully. Please remember to be respectful of residents and other road users.

What medical assistance is provided on course?

We will have trained first-aiders and responders equipped with medical kits and automatic defibrillators in the finishing area. We will have IRB's and surf rescue boards stationed at regular intervals along the course. IRB's, water safety personnel and first aiders will have 2-way radio communications backed up by general mobile phone service. Life Saving Victoria, Southern Peninsula Rescue Service and emergency services will be advised of our event on the day. All yachting and power boat organisation's in the area will have been advised of our event prior to activities getting underway.

Refunds/Event cancellation?

In the event of circumstances beyond the organiser's control, such as severe weather, poor water quality or threats from marine life, the event may need to be cancelled at short notice. This decision will not be taken lightly, however we will unconditionally put safety first when making this decision. If possible the swim will be rescheduled to a later date. If the event is cancelled no refunds will be provided. T-shirts and swim caps will still be available for collection.