

Dear Swimmer

Thank you for entering the **Breathe World Ocean** day swim **sponsored by FNB**! We are so excited to have you join us. As you know the swim is in honour of World Oceans Day and we are joining many people around the world celebrating this special day. <https://worldoceanday.org/events-calendar/> all proceeds from this swim will go towards our **Environmental Education Development** program.

The funds raised in 2025 have allowed us to employ Jama Mbulwana (our qualified marine guide) to teach over 1000 grade 6 learners full time this year on marine ecology and provide them with a booklet which you can sponsor for just R50 per learner.

We have a LOT lined up this year with more partners and sponsors so it promises to be a fun packed day. A few important things to note.

BRING YOUR OWN CUP AND REFILLABLE WATER BOTTLE

This is a **single use plastic free event** so we will not be selling water in plastic bottles. We encourage swimmers to bring their own water bottle which can be filled up at our refillable station hosted by D-water.

All Coffee can be had in a sit down cup but if you have your own, we encourage you to please **bring your own mug**.

We would like to encourage you to follow our Instagram page for more details about our Bring Your Own Cup Campaign. https://www.instagram.com/bring_yoc/ (@bring_yoc)

FOOD AND BEVERAGES

There will be **bacon and egg rolls** for sale at **R50 each (ONLY CARD AND ZAPPER available)** these will be available **AFTER 8am**

Cappuccino will be available for sale at **R40** per from 6AM

There will also be **filter coffee** for **R25** per coffee

And a **combo (Bacon and egg roll and filter coffee = R65!**

REMEMBER YOU MUST BRING YOUR OWN CUP!

There will be NO disposable cups available for use.



There will also be the usual breakfast menu and drinks available other than coffee and bacon and egg rolls.

Milo will be giving free Milo to all swimmers before and after the race. They will be situated next to the massage tent on the beach near the DJ behind the stage (see map) Just be sure to **BRING YOUR OWN CUP** as Milo will **NOT** supply cups!

GIFTS

ALL swimmers will receive a goodie bag compliments of FNB, SAHL, Edge aquatics, Spurt, Glodina and our marine ecology learners! **REMEMBER to BRING YOUR CAP from last year if YOU DID NOT ORDER A CAP FOR 2026**

MERCHANDISE for sale

There will be limited edition World Ocean Day merchandise available for sale as well as other merch- ALL proceeds go towards our work to protect our oceans. Cash, zapper and card facilities are available.

MASSAGE TENT

The UKZN students will be providing a rub down to any swimmer who would like one. They will be next to the Milo tent in the Freemove tent using the amazing Freemove product for rub downs.

REGISTRATION

Registration will be open from 5:30am. There will be clear stations for each distance with extra stations for the popular 1.6km. You are able to late register



on the day AT registration you will receive your goodie bag and race number and timing chip. Get there early to allow a prompt start.

PARKING

There will be secure parking available on the day with car guards R25 at the grass parking by Durban Undersea club and the one opposite Ushaka B open from **5:30am**

Ushaka B parking will be open from **6am** at R30 per car

Underground parking is available on a first come first serve basis- We do encourage swimmers to car pool to also do their bit for the planet and reduce congestion.

Please see map below.



AGENDA FOR THE DAY

Below is the **ROUGH** program for the day. Please note this is SUBJECT to change. The swim will probably start IN the water waist deep for ALL events. The 5km cut off for half way (2.5km) is 1 hour) the final swimmer will be asked to exit the water by 9:15am to allow us to be ready for prize giving by 9:30am

Event	Start time	Beach clean up
Registration	5:30 - 6:30am	
5km send off	07:00	
800m send off	07:05	
3.2km send off	07:10	
1.6km send off	07:15	
First swimmers expected to finish	07:50	
Cut off time for 5km at half way	08:00	
Guided beach walk and clean up with Marine Guide	08:30	
Prize giving and auction	09:30/ 10:00	

PRIZES

We will be awarding prizes for top 3 male and female of each event only as well as a prize for the youngest and oldest male and female.

All the remaining prizes will be distributed as SPOT prizes so you want to make sure not to miss out. There are over 100 spot prizes available! There will also be an **AUCTION** again this year where we will have a microlight flight, a fixed wing flight along Durban coastline and some weekends away from Southern Sun! So come ready to bid!

SWIM ROUTE

The route for each event can be seen below. Swimmers will be given a different colour band according to which distance they are swimming.



MARINE GUIDED BEACH CLEAN UP

For those spectators or non-swimmers we will be hosting a beach clean-up along with our dedicated Marine guides for an interactive beach clean-up! This will be for under 10s and non-swimmers

THANK YOU TO SPONSORS

A massive thank you to our INCREDIBLE sponsors. Thanks to you we have over 100 spot prizes and INCREDIBLE category prizes

FNB, SA Home Loans, Bay Diesel Depot, Ram Ready Mix, Masakhe Media (Adreach) Spurt, Lizzard, Durban Beach club. Dolphin Mile events, Edge aquatics and Glodina

April sports massage, Beauty Within, Benguela bags, Bevs Beauty, Bobums, Brad Sports massage, Breathe, Excelsior wine, Buffalo Skin care, Freemove, Funky pants, Green fairy products, John Smith wood cutting, Lizzard, Luminox watches, MEG, Nu Eco Products, Oyster box, Southern Sun, Spurt goggles, Stretch Pilates, Swim Elite, The Kind Brush, Trizanne Signature Wines, Van Louveren Wines, Vida E,

Finally- we will be taking photos at the event.

IF you would like to be excluded please let us know on the day so we can respect your wishes.

See you on the 6th!

