

**BUSSELTON JETTY SWIM**

**2024**

**EVENT  
PROGRAM**



# WELCOME BUSSELTON JETTY SWIM 2024

The State Government is a proud sponsor of the Busselton Jetty Swim through Tourism Western Australia's Regional Events Scheme (RES).

RES was established to support event holders across WA with the development of events to drive tourism to regional Western Australia. The scheme plays an important role in positioning the state's five tourism regions as exciting destinations to visit and great places to live by showcasing and promoting the host region's unique and diverse attractions.

A total of 65 regional events across WA have been funded through the 2023-24 RES, which also includes a \$250,000 funding pool for the Regional Aboriginal Events Scheme, which exclusively allocates funding to events delivering Aboriginal activities and experiences.

The State Government, through Tourism WA, is proud to sponsor these regional events, which help bring vitality to local communities and drive visitor spend, injecting millions into regional economies.

Tourism is a key part of the State Government's plan to diversify the economy, create jobs and develop business opportunities, especially in regional Western Australia.

Events play an important role in this plan, with the State Government sponsoring a range of sporting, cultural, arts and culinary events across Western Australia through Tourism WA, to attract visitors to our state and encourage them to stay longer, disperse further and spend more while they are here.

We hope everyone enjoys this event and takes the time to explore the South West region.

Welcome to the 2024 Busselton Jetty Swim. The City of Busselton is proud to be a long term sponsor and supporter of this fabulous home grown event - one of the largest open water swims in Western Australia!

This event's growth in participation over the last 29 years is a true success story. This year we will see over 5,000 entrants take the plunge, which will be a record field for this event.

The Busselton Jetty Swim has evolved into an iconic Western Australian event which has continued to entice both top-class competitors, seasoned entrants and an army of novice ocean swimmers.

Participants are put to the test and while the pristine waters of Geographe Bay generally provide beautiful swimming conditions, Mother Nature can sometimes offer up a few challenges on the day! Fingers crossed for smooth waters and fast times!

This year will again be a 2 day program. Simon's 500m Shortcut Swim which caters for all abilities will be held on the Saturday afternoon, followed by the Saturday afternoon family favourite, Jetty Kids Swim.

The very popular One Mile Swim to Shore event and the iconic Jetty Swim will both happen on the Sunday to round out the weekend.

The Busselton Jetty Swim incorporates a range of free, family friendly entertainment across the weekend. Be entertained by local artists on the foreshore stage, along with the ever popular classic beach games and free foreshore activities. I'm particularly excited to once again see the inclusion of the City of Busselton "Battle of the Bands" finals in the line-up of entertainment on Saturday evening.

The City of Busselton wishes everyone a safe and rewarding swim and a wonderful weekend in this beautiful part of the world.



HON RITA SAFFIOTI MLA  
DEPUTY PREMIER;  
MINISTER FOR TOURISM

HON DON PUNCH MLA  
MINISTER FOR REGIONAL  
DEVELOPMENT



MAYOR PHILL CRONIN  
CITY OF BUSSELTON



# EVENT MAP

1. Check-in Tent
2. Swimmer Recovery Zone
3. First Aid Hub
4. Aquatastic
5. Surf Life Saving
6. Finish Line Announcer
7. Time Keeper
8. Bag Drop
9. Merchandise
10. Triple M
11. Beach Games
12. Information & Lost Property
13. Fuel To Go & Play Zone
14. Exhibitors
15. Announcer
16. Muster Point
17. Swimmer Start Chutes
18. Presentations

-  Waste Warriors & Activities Station
-  Inflatable Arch
-  Jetty
-  Exhibitors
-  Bike Rack
-  Food Vendors
-  First Aid
-  Busselton Jetty Swim is a Smokefree event
-  Water



# PROGRAM

## FRIDAY 9 FEBRUARY

TIME	ACTIVITY	LOCATION
4:00pm – 9:00pm	Busselton Runners Club Bay Run ONLY BRC Bay Run bib collection  For details, go to <a href="https://www.busseltonrunnersclub.org.au/brc-bay-run">https://www.busseltonrunnersclub.org.au/brc-bay-run</a>	YCAB building, Busselton foreshore:  <a href="https://goo.gl/maps/Pg4jEgHQkE2Tf2oDA">https://goo.gl/maps/Pg4jEgHQkE2Tf2oDA</a>

## SATURDAY 10 FEBRUARY

5:00am 5:20am 5:30am 6:45am 7:00am 7:15am 9:30am	BRC Bay Run ONLY Bib collection opens Compulsory Race Briefing Marathon Marathon Start Compulsory Race Briefing Half Marathon Start 10 km and 5 km Start Awards presentation BRC Bay Run	West of the Equinox car park
9:00am - 1:00pm	Water Polo Presented by Busselton Waterpolo Association For details visit <a href="https://www.facebook.com/bsnwaterpolo">https://www.facebook.com/bsnwaterpolo</a> or email <a href="mailto:bsnwaterpolo@gmail.com">bsnwaterpolo@gmail.com</a>	At the U-Shaped jetty
8:00am - 12:00pm	Beach games, sports and activities by MBA Sports Coaching	Beach west of Busselton Jetty
9:00am - 1:00pm	Busselton Jetty Swim Check-in (Simon's 500m Shortcut Swim and Kids Swim)	Check-in marquee at Signal Park
9:00am - 5:00pm	Busselton Jetty Swim Swimmer Check-in (Solo, Teams and One Mile Swim to Shore)	Check-in marquee at Signal Park
1:20pm	Simon's 500m Shortcut Swim briefing	East side of the main Jetty
<b>1:30pm</b>	<b>Simon's 500m Shortcut Swim starts</b>	<b>East side of the main Jetty</b>
2:20pm	Kids Swim briefing	On beach at start of Kids Swim, eastern side of small swimming jetty
<b>2:30pm</b>	<b>Kids Swim starts</b>	<b>On beach near U-shaped Jetty</b>
From 5:00pm	Carbo Loading Dinner supplied by The Equinox @ \$20.00 per head	The Equinox & foreshore
5:30pm – 8:00pm	<b>Busselton Jetty Swim Free Sunset Concert</b> Battle of the Bands finals The Beautiful Girls	Busselton Foreshore Amphitheatre Precinct

## SUNDAY 11 FEBRUARY

TIME	ACTIVITY	LOCATION
6:00am - 7:00am	Busselton Jetty Swim Swimmer Check-in (Solo Swim, Teams and One Mile Swim to Shore).	Check-in marquee at Signal Park
7:00am - 12:00pm	Free family activities	Foreshore
7:15am	Main Swim Briefing	East of the jetty, on the beach
7:30am	Swimmers proceed to start	East of the jetty
7:45am	Official welcome to the event	Beach end of Jetty
<b>8:00am</b>	<b>Main Swim Commences</b> START Gold Swim cap – 3.6km individual START Silver Swim cap – 3.6km individual START Dark Green Swim cap – 3.6km individual START Purple Swim cap – 3.6km individual START White Swim cap – 3.6km individual START Pink Swim cap – 3.6km individual START Aqua Swim cap – 3.6km individual START Orange Swim cap – 2 person relay START Lime Green Swim cap – 4 person relay	<b>Beach/rolling starts from 8:01am</b>  Follow the ramp to the start line at beach (east side of main jetty)
<b>9:30am</b>	<b>1 Mile Swim to Shore commences</b>	<b>Underwater Observatory Ramp, west side of Busselton Jetty</b>
Throughout morning	Swimmer category awards presented. Listen for announcements.	On beach near finish area
12:00pm	Event concludes	

Busselton Jetty is closed to the public from 5:00 pm Saturday until 6:30 am Sunday

Please note changes to the programme may occur after printing.  
FOR THE LATEST EVENT DETAILS, VISIT [BUSSELTONJETTYSWIM.ORG.AU](http://BUSSELTONJETTYSWIM.ORG.AU) OR FOLLOW US ON FACEBOOK AND INSTAGRAM



Malatesta Group is a proud supporter of the Busselton Jetty Swim. We are a locally based company providing Bituminous surfacing around the southwest.

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@malatesta\_group

[malatestagroup.com.au](http://malatestagroup.com.au)



# AMBASSADOR

Welcome to the 2024 Busselton Jetty Swim. I'm delighted to be the Ambassador for this year's event.

I clearly remember the first time I swam the Busselton Jetty Swim. A girlfriend convinced me to enter and said: you'll do it once, and you'll want to do it every year. And that is exactly what happened.

There's nothing quite like the Jetty Swim. It's such a fun event and the vibe is incredible, with so many people from all walks of life not only challenging themselves but supporting and celebrating each other's achievements.

When you're at the starting line this weekend, I know you'll be nervous, maybe even questioning why you are doing this. But I promise you, when you're at the finish line, you will be feel amazing! So take a moment to remember, you are doing something pretty special at one of WA's spectacular beaches, and enjoy it!



## JAIME BOWLER

9 X WINNER SOLO FEMALE BUSSELTON JETTY SWIM (3.6KM) & 2 X RECORD HOLDER | 4 X WINNER OF THE SOLO FEMALE ROTTNEST CHANNEL SWIM

Help kids connect with local sport opportunities.  
**Tell your community about KidSport today.**

[www.dlgsc.wa.gov.au/kidsport](http://www.dlgsc.wa.gov.au/kidsport)



## TO PERFORM AT YOUR BEST YOU NEED THE RIGHT FUEL, AT THE RIGHT TIME..

### NIGHT BEFORE

CHOOSE MEALS THAT BUILD ENERGY STORES – LOTS OF COLOURFUL VEG, CARBOHYDRATES LIKE RICE, PASTA OR CHICKPEAS, AND LEAN PROTEIN LIKE CHICKEN, SALMON OR BEANS.



### 3-4 HOURS BEFORE

3 TO 4 HOURS BEFORE THE EVENT: FUEL UP WITH A MEAL WHICH CONTAINS HEALTHY CARBOHYDRATES (BREADS, RICE AND PASTA) AND PROTEIN (EITHER LEAN MEATS, LEGUMES OR DAIRY).

### 1-2 HOURS BEFORE

TOP UP THE TANK AND PRIORITISE CARBOHYDRATE RICH SNACKS (YOGHURT AND FRUIT, FRUIT AND CHEESE, OR AN ENGLISH MUFFIN)

**VISIT THE HEALTHWAY FUEL TO GO PLAY MARQUEE FOR YOUR CHANCE TO WIN SOME GREAT PRIZES!**

### AFTER THE EVENT

REHYDRATE WITH FLUIDS, REFUEL WITH HEALTHY CARBS AND REBUILD WITH PROTEIN!



# ENTERTAINMENT

FREE FAMILY  
SUNSET  
CONCERT  
FEATURING

+  
BATTLE OF THE BANDS  
FINALISTS  
PRESENTED BY  
CITY OF BUSSELTON

## THE BEAUTIFUL GIRLS

5:30pm-8:00pm  
SATURDAY 10<sup>TH</sup> FEB

@  
BUSSELTON FORESHORE  
AMPHITHEATRE



### FREE FAMILY FUN ALL WEEKEND THANKS TO LOTTERYWEST...

BEACH GAMES WITH  
MBA SPORTS COACHING



FREE ENTRY TO AQUASTASTIC -  
AUSTRALIA'S LARGEST  
INFLATABLE FLOATING WATER  
PARK

PLUS NEW CONSERVATION  
ZONE WITH ACTIVITIES AND  
PRIZES



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\*FY 2022-23



WESTERN AUSTRALIA



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