

**PERKINS  
PLUNGE**

POWERED BY  
**MINERAL  
RESOURCES**

# Your Weekend Guide

Sat 9 - Sun 10 November 2024

HBF Stadium, Mount Claremont

## Overnight Itinerary

### Saturday 9 Nov

- 4.30PM Gates open.
- 5.00PM Light dinner served.
- 5.30PM Opening Ceremony.
- 6.00PM On your marks, get set, swim
- 8.00PM... Movies, music & snacks throughout the night.

### Sunday 10 Nov

- 6.00AM Everybody, out of the pool.
- 6.10AM Event year book photo.
- 6.15AM MinRes Breakfast of Champions.
- 6.30AM Awards.
- 7.30AM End of event.

Friends and family are welcome to come and cheer you on throughout the night. If you wish them to come to the MinRes Breakfast of Champions, you will need to purchase tickets so we can cater for all. To book, scan the QR code or visit [trybooking.com/CWPXU](https://trybooking.com/CWPXU)



## EMERGENCY NUMBER 000

FIRST AID AND EVENT NUMBER (08) 6151 0776 (This will connect to a mobile on site)

## What to bring

### Please ensure you bring the following:

- Water bottle.
- Towels.
- Warm clothes.
- Sleeping equipment – such as tent, swag, sleeping bag, pillow – pegs must be 120mm or less.
- Noise-cancelling ear plugs for sleep.
- Swim equipment – goggles, swim fins, snorkel, floaties!

### What's provided:

- Wrist band with Swim chip.
- Dinner box, drinks, midnight snacks, and soup.
- Fully catered MinRes Breakfast of Champions.
- Hot showers and bathroom facilities.
- Massage therapists.
- St John's Ambulance staff.
- Lifeguards.

## On Event



### Hour of Power

From 8PM – 9PM roster on your fastest swimmers because for every lap completed, MinRes will add \$10 to your team fundraising total.



### Get ready for a pool party

Catch a movie at the Dive-In Cinema, request your fav swim tune from our resident DJ or star gaze whilst taking in the action.



### Stay toasty

Duck into to the sauna or slip into the spa to ease away some of those aches and pains.



### Soup's up

Throughout the night, drinks, soup and snacks will be ready and waiting for you to refuel and rehydrate.

## RULES

- There must be one team member in the pool swimming laps at all times.
- If you feel unwell, please signal to an Event official and we will help you out of the pool.
- No bombies!
- No BYO alcohol.
- Pace yourselves.
- If you have less than 6 in the team, we will place you into an incomplete team.

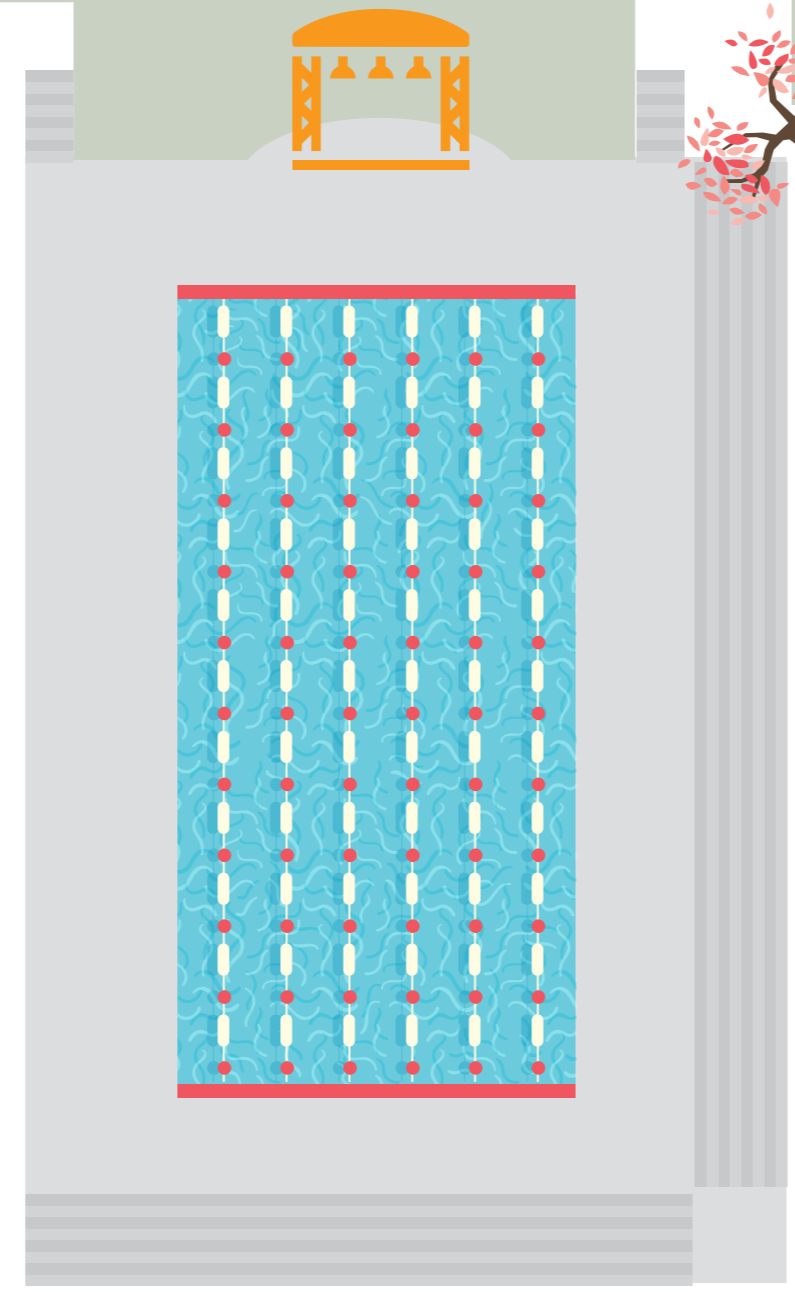
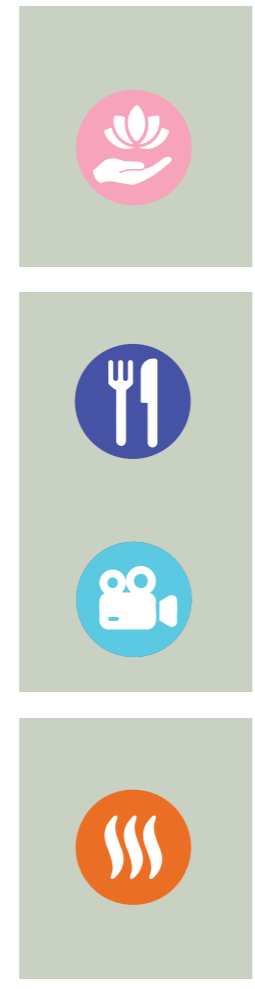
# Event Map

## HBF STADIUM, MT CLAREMONT



### Key

- Perkins Tent
- First Aid
- Massage
- Sauna & Spa
- Dining
- Dive-In Cinema
- VIP Area
- VIP Teepee
- Sleep Zone
- Stage
- Tribute Tree
- Showers
- Toilets
- Parking



ENTRANCE

McGilvray Road

