

# Your Weekend Guide

Sat 22 - Sun 23 November 2025

Perth HPC Stadium, Mount Claremont



PLUNGE  
PERKINS

## 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:

- Light dinner, drinks, midnight snacks, and soup
- Fully catered MinRes Breakfast of Champions
- Hot showers and bathroom facilities
- Massage therapists
- Dryers for towels
- St John's Ambulance staff
- Lifeguards

## Overnight Itinerary

### Saturday 22 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 23 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.



### EMERGENCY NUMBER 000

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

## On Event

**Hour of Power:** From 8-9 PM roster on your fastest swimmers because for every lap completed, MinRes will add \$10 to your team fundraising total.

**The Floaty Frenzy:** At 12 AM, bring your favourite floaty, assign a float jockey, and race 50 m for glory. The fastest floaty wins your team bragging rights and a fundraising boost.

**The Daily Splash:** At 3 AM, it's time for the newspaper relay. The winning team will score a boost to their 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

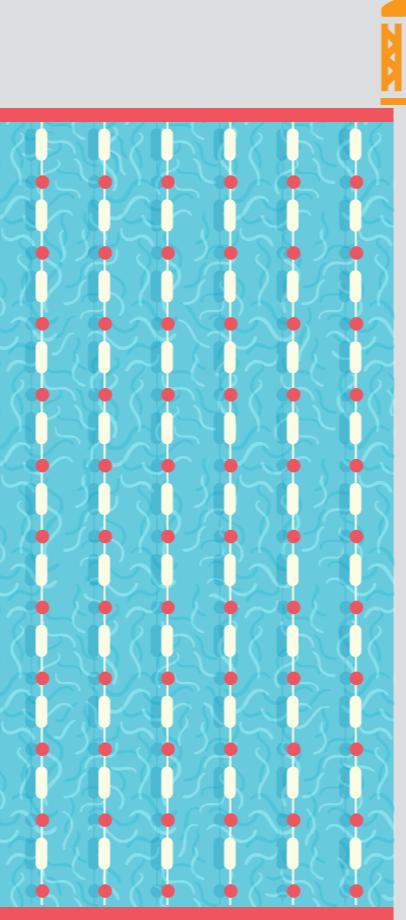
- There must be one team member in the pool swimming laps at all times.
- If you feel unwell, please signal to an Event official and we will help you out of the pool.
- No bombs!
- No BYO alcohol.
- Pace yourselves.
- If you have less than 6 in the team, we will place you into an incomplete team.

# Event Map

## PERTH HPC STADIUM

### Key

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



ENTRANCE



McGilvray Road

STEPHENSON AVE

No Event Access



Car Park Entrance



Event Entrance

MCGILLIVRAY RD