

OPEN WATER CHAMPIONSHIPS – SUNDAY 22 OCTOBER 2017

VENUE: Sydney International Regatta Centre (SIRC), Penrith Lakes, Castlereagh Road, Penrith

START TIME: 2.5 Kms JX Event **BRIEFING: 8:30 AM** **EVENT START: 09:00 AM**
5.0, 7.5 and 10 Kms Events **BRIEFING: 9:45 AM** **EVENT START: 10:15 AM**

DISTANCES: **2.5 kms (min. age 11 years) / 5 kms (min. age 12 years) /**
7.5 kms (min. age 15 years, AND ONLY 15 - 16 years compete) / 10km (min. age 17years)
Swimmers can elect to enter all 5, 7.5 and 10 Kms and these shall be swum concurrently.

Swimmers will not have to swim through finish gate at intermediate turns, but they will only gain times when crossing the finish gate, at the completion of required distance.

A swimmer entered in 10 Kms, can gain a 5 Kms and a 7.5 Kms time by swim through finish gate at the completion of those distances

ENTRIES: **CLOSE MONDAY 11 OCTOBER 2017**

Please send entry card and/or signed indemnity form to:

The Registrar - Swimming Metro South West Inc., 215 York Road, South Penrith NSW 2750

Note: Only a signed indemnity form is required if entering online.

PRE ENTRY FEE: **\$ 15. 00 for 2.5 Kms JX / \$35.00 for 5 kms / \$ 35.00 for 7.5 Kms / \$ 35.00 for 10 kms**

LATE ENTRIES: **SUNDAY 22 OCTOBER, 2017 from 7:15 AM TO 8:15 AM**

LATE ENTRY FEE: **\$ 20.00 for 2.5 Kms / \$40.00 for 5 Kms / \$ 40.00 for 7. 5 Kms / \$ 40.00 for 10 Kms**

REGISTRATION: **2.5 Kms JX Event 7: 15 TO 8:30 AM**
5, 7.5 and 10 Kms Events 7:15 TO 9:30 AM (Precedence given to JX Event at 7:15 AM)

NOTE: Swimmers with a disability must have own support craft and personnel (not a swimmer in the water).

Swimmers between 11 and 13 Years invited to swim in 2.5 Kms JX Event.

All swimmers considering must have permission note signed by their Parent/ Guardian and Coach, as well as, current qualification to 2015 Bronze Level JX Program.

All JX swimmers to attend rules presentation at 8:15 AM

A Certificate of Participation issued to all participating in JX Event, with Official time

Swimmers from Clubs in Swimming Metro South West Area will compete in Area Championship (12 years competitors will compete in 13 years category for 5 kms swims)

Area Non Championship medals awarded to Competitors from outside Swimming Metro South West boundaries.

INFORMATION: Further information can be obtained by contacting: -
Kathy Thompson (Area Competition) on 0419 144 524
Or by email: registrar@metrosw.org.au