

10 Kms MARATHON and OPEN WATER SERIES



“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 to max. 13 Years)**
- 5 KMS (min. age 12 years, Age range 12 to Open)**
- 7.5 KMS (min. age 15 years, AND ONLY 15 to 17 years compete)**
- 10 KMS (min. age 14 Years and over as of 26 January 2018, 17 Years & Over as day of Competition, Age range 14 to Open)**

Swimmers can elect to enter 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 swimming through and touching the finish gate, at the completion of required distance.

A swimmer entered in 10 or 7.5 KMS can gain a 5 KMS time by swimming through, and touching the finish gate at the completion of 5 KMS distance.

Competitors in 7.5 and 10 KMS will be allowed to feed from pontoon from the start of the combined event (these competitors will be required to either wear a wrist band or a swim cap, supplied by SMSW).

ENTRIES: **CLOSE MONDAY 11 OCTOBER 2017**

Please send entry card and signed indemnity form to:

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

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 Registration given to JX Event at 7:15 AM)

COMPETITION NOTES: **AGE AS OF DAY OF COMPETITION: 22 OCTOBER 2017 U.N.O**

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

12 years competitors will compete in 13 years category for 5 KMS swim.

All swimmers considering must have permission note signed by their Parent/ Guardian and Coach, as well as, current qualification to 2017 Bronze Level JX Program.

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

All swimmers to attend rules briefing presentation at prescribed times

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

Swimmers from Clubs in Swimming Metro South West Area will compete in Area Championship.

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