

## **OPEN WATER CHAMPIONSHIPS**

### **SUNDAY 11 NOVEMBER 2018**

- 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: 10:00 AM**                      **EVENT START: 10:15 AM**
- DISTANCES:** 2.5 kms (min. age 11 to 13 years) / 5 kms (min. age 12 years, competing in 13 Yrs Age)  
7.5 kms (ONLY 15 - 17 years compete) / 10 kms (ONLY 17 & 18 years compete)  
5 kms ONLY SUMMER SWIM LEADER BOARD ATHLETES
- 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 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 TUESDAY 6 NOVEMBER 2018**  
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 manually.
- 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  
The declaration in the terms and conditions will be accepted as the swimmer's waiver when entering online. There will be no requirement for a signed waiver form. JX entrants are still required to complete a consent form.  
Summer Swim Leader Board Athletes can download entry and waiver forms on MSW Website, complete them and return by email to MSW Registrar
- LATE ENTRIES:**    **SUNDAY 11 NOVEMBER 2018 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 JX swimmers to attend rules presentation at 8:15 AM  
A Certificate of Participation issued to all participating in JX Event, with Official time  
5, 7.5 and 10 Kms Events are swum concurrently.  
**Swimmers from Clubs in SMSW Area will compete in Area Championship**  
Area Non Championship medals awarded to Competitors from outside SMSW boundaries.  
**All Summer Leader Board Swimmers will be required to attend briefing for 5 Kms. Event and are allowed a MAXIMUM time equal to the winner of 10 Kms event, or a max of 2.15 Hours.**
- INFORMATION:** Further information can be obtained by contacting: -  
Kathy Thompson (Area Competition & Registrar) on 0419 144 524  
Or by email: [registrar@metrosw.org.au](mailto:registrar@metrosw.org.au)