

## 2018 NEW SOUTH WALES STATE OPEN WATER SWIMMING CHAMPIONSHIPS

### Qualifying Times and Procedures

DATE	MEET	VENUE	DISTANCE
8 Dec 2018	NSW State Age & Open 10km and NSW State Age 7.5km Open Water Swimming Championships	SIRC Penrith	10km & 7.5km
9 Dec 2018	NSW JX 2.5KM and NSW State Age & Open 5km Open Water Swimming Championships	SIRC Penrith	2.5 & 5km

#### **(i) 10 kilometre events (Open, 17/18 Years)**

Swimmers competing in the 2018 NSW Age and Open 10km Open Water Swimming Championships must have swum a 5km event within the qualifying time below at a Swimming New South Wales approved 5km Open Water Swimming event since the 1<sup>st</sup> of October, 2017.

**OR**

Swimmers who have not swum a 10km qualifying time may enter into the 10km event based on their time in the 800m freestyle or 1500m freestyle in accordance with the Pool Qualifying Procedure. **Swimmers must be 14 years or over to enter an Open event as at 26<sup>th</sup> January, 2019.**

#### **(ii) 7.5 kilometre events (15, 16 & 17 Years)**

Swimmers competing in the 2018 NSW Age 7.5km Open Water Swimming Championships must have swum a 5km event within the qualifying time below at a Swimming New South Wales approved 5km Open Water Swimming event since the 1<sup>st</sup> of October, 2017.

**OR**

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1<sup>st</sup> January, 2018.

**OR**

Swimmers who have not swum a 5km qualifying time may enter into the 7.5km event based on their time in the 800m freestyle or 1500m freestyle in accordance with the Pool Qualifying Procedure.

**Swimmers entered into the 7.5km events are not eligible to enter the 10km event as these will be swum at the same time.**

#### **(iii) 5 kilometre events**

Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event on or after 1<sup>st</sup> October, 2017.

**OR**

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1<sup>st</sup> January, 2018.

**OR**

Swimmers who have not swum a 5km qualifying time may enter into the 5km event based on their time in the 800m freestyle or 1500m freestyle in accordance with the Pool Qualifying Procedure. **Swimmers must be 14 years or over to enter an Open event as at 26<sup>th</sup> January, 2019.**

### Men's Qualifying Times

Age Group	5km OW QT	5km Pool Time	1500m	800m
Open	1:10:00	1:07:00	16:50.00	
17/18 Years	1:10:00	1:07:00	17:20.00	
16 Years	1:15:00	1:12:00	17:40.00	
15 Years	1:15:00	1:12:00	18:15.00	
14 Years	1:20:00	1:17:00	18:30.00	
13 Years	1:20:00	1:17:00		10:10.00

### Women's Qualifying Times

Age Group	5km OW QT	5km Pool Time	800m
Open	1:15:00	1:12:00	09:25.00
17/18 Years	1:15:00	1:12:00	09:56.00
16 Years	1:20:00	1:17:00	09:58.00
15 Years	1:20:00	1:17:00	09:58.00
14 Years	1:25:00	1:22:00	10:06.00
13 Years	1:25:00	1:22:00	10:10.00

**ENTRIES CLOSE 5PM TUESDAY 27<sup>th</sup> NOVEMBER 2018**  
**ENTRIES \$36.00 INCL. GST**

### Pool Qualifying Procedure

Athletes who have not swum a 5km or 10km event to achieve an entry time in the qualifying period but who have met the above electronically timed verifiable pool standards may enter the 5km, 7.5km or 10km events. Qualifying time must be achieved on or after 1<sup>st</sup> January, 2018.

#### Criteria for an approved 5km pool time trial

Athletes who have not swum a 5km or 10km event to achieve an entry time in the qualifying period but who have met the above electronically timed verifiable pool standards may enter the Open 5km & 10km events. Qualifying time must be achieved on or after 1<sup>st</sup> January, 2018.

To achieve an approved 5km pool time trial a swimmer must swim a continuous 5km swim under the designated pool qualifying time.

The swim must have an official starter and referee present who sign off on the final results.

Time trial information for the claimed performance (date, location, name of swimmer and club) as well as the contact details for the swimmers home coach must then be submitted to Swimming New South Wales [meet.entries@nsw.swimming.org.au](mailto:meet.entries@nsw.swimming.org.au)

## MARATHON SERIES

### NSW STATE AGE & OPEN 10KM & 7.5KM OPEN WATER SWIMMING CHAMPIONSHIPS

- DATE:** Saturday 8<sup>th</sup> December, 2018
- VENUE:** Sydney International Regatta Centre, Penrith Lakes  
Castlereagh Road, Penrith
- START TIME:** From 9:00am  
9:00am - 17/18 Years & Open 10km Men  
9:00am - 15, 16, 17 Years 7.5km Men  
9:10am - 17/18 Years & Open 10km Women  
9:10am - 15, 16, 17 Years 7.5km Women
- AGE AS AT:** 8<sup>th</sup> December, 2018
- ENTRIES:** E Entries only will be accepted for this event which close on  
Tuesday, 27<sup>th</sup> November, 2018
- ENTRY FEE:** \$36.00 - **NO LATE ENTRIES**
- REGISTRATION:** From 7:30am at Penrith Lakes
- NOTE:** Swimmers with a disability must have own support craft and  
personnel (not to be a swimmer in the water). Swimmers are  
only permitted to enter either Age or Open 10km  
Championships - not both
- Swimmers entered into the 7.5km events are not eligible to enter  
the 10km event
- INFORMATION:** Further information can be obtained by contacting:
- Swimming New South Wales on 9763 5833  
**Email:** [meet.entries@nsw.swimming.org.au](mailto:meet.entries@nsw.swimming.org.au)  
**Web:** [www.nsw.swimming.org.au](http://www.nsw.swimming.org.au)

**Please Note:** Caps will not be supplied. Swimmers are  
instructed to wear their club cap while competing

## MARATHON SERIES

### NSW STATE JX OPEN WATER SWIMMING MEET

- DATE:** Sunday 9<sup>th</sup> December, 2018
- VENUE:** Sydney International Regatta Centre, Penrith Lakes  
Castlereagh Road, Penrith
- START TIME:** 9:00am
- ENTRIES:** E Entries only will be accepted for this event which close on  
Tuesday, 27<sup>th</sup> November, 2018
- ENTRY FEE:** \$36.00 - **NO LATE ENTRIES**
- REGISTRATION:** From 7:30am at Penrith Lakes
- DISTANCE:** 2.5km
- AGE AS AT:** 11 - 13 years of age as at 8<sup>th</sup> December, 2018
- ELIGIBILITY:** Swimmers aged 11 - 13 years of age as at 8<sup>th</sup> December, 2018  
that have achieved the JX Qualification standards since 1<sup>st</sup>  
January, 2018 in either of the Bronze, Silver and Gold pool  
standards
- INFORMATION:** Further information can be obtained by contacting:
- Swimming New South Wales on 9763 5833  
**Email:** [meet.entries@nsw.swimming.org.au](mailto:meet.entries@nsw.swimming.org.au)  
**Web:** [www.nsw.swimming.org.au](http://www.nsw.swimming.org.au)

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## MARATHON SERIES

### NSW STATE AGE & OPEN 5KM OPEN WATER SWIMMING CHAMPIONSHIPS

- DATE:** Sunday 9<sup>th</sup> December, 2018
- VENUE:** Sydney International Regatta Centre, Penrith Lakes  
Castlereagh Road, Penrith
- START TIME:** From 10:30am  
10:30am - 13-15 Years Men  
12:00pm - 13-15 Years Women  
1:30pm - 16-18 Years & Open Men  
3:00pm - 16-18 Years & Open Women
- AGE AS AT:** 8<sup>th</sup> December, 2018
- ENTRIES:** E Entries only will be accepted for this event which close on  
Tuesday, 27<sup>th</sup> November, 2018
- ENTRY FEE:** \$36.00 - **NO LATE ENTRIES**
- REGISTRATION:** From 9:00am at Penrith Lakes
- NOTE:** Swimmers with a disability must have own support craft and  
personnel (not to be a swimmer in the water)  
Swimmers are only permitted to enter either Age or Open 5km  
Championships - not both
- INFORMATION:** Further information can be obtained by contacting:  
  
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## DECLARATION

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the event for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of my loss of life, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event AND I admit that I participate in the said event solely at my own risk.
2. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agent, representatives and officers of them and includes but is not limited to Swimming New South Wales Limited, any host, medical and paramedical personnel, police officers and shall operate whether or not the loss, injury or damage is attributable to the act or neglect of any one or more of them.
3. I hereby acknowledge that I have sole responsibility for my personal possessions and swimming equipment during the event.
4. I hereby attest and verify that I am physically fit and have sufficiently trained for this event. If requested, I agree to provide with my entry form a signed doctor's certificate attesting to my physical fitness to participate in the said event.
5. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the event.
6. I hereby agree that in the event of cancellation due to storm, rain, inclement weather, winds or other 'Act of God' conditions my entry fee shall be refundable except for an administration fee of \$5.00. I also agree that in the event of cancellation, the event organisers have the right to reschedule the event to another day of their choosing.
7. In the event that I exceed the nominated time limit and have not completed the course, I agree to leave the water when asked by the officials or their representatives conducting the event.
8. I have read the Rules and these Conditions of Entry and agree to abide by them.

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Competitor Name

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Signature of Competitor (or Parent / Guardian if under 18 years of age)

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Date

This form shall be signed and included with your race entry card to the Company. The designated technical Official on the day of competition must have in their possession a signed copy of this form before you will be allowed to compete in this event.