

# “JOHN SALIBA” OPEN WATER CHAMPIONSHIPS

## SUNDAY 17 NOVEMBER 2019

Sydney International Regatta Centre (SIRC), Main Competition Lake, Castlereagh Road, Penrith

EVENT	BRIEFING		START MALE	START FEMALE	REGISTRATION	
2.5 KMS JX	8.00 AM		8:15 AM	8:30 AM	7:00 to 8:00 AM (M & F)	
5.0 KMS*	9:00 AM ALL MALES including SSSL	11:00 AM ALL FEMALES including SSSL	Not Before 9:15 AM	Not Before 11:30 AM	7:30 – 9:00 AM MALE including SSSL	9:00 – 10:45 AM FEMALES including SSSL
7.5 KMS			Not Before 9:15 AM	Not Before 11:30 AM		
10.0 KMS			Not Before 9:15 AM	Not Before 11:30 AM		

DISTANCES	AGES
2.5 KMS	MINIMUM AGE 11 YEARS TO A MAXIMUM 13 YEARS
5.0 KMS	MINIMUM AGE 12 YEARS
7.5 KMS	ONLY 15 to 17 YEARS
10.0 KMS	ONLY 17 and 18 YEARS
5.00 KMS*	ONLY DISTANCE FOR SUMMER SWIM LEADER BOARD ATHLETES (SSSL) START WITH 5Kms EVENT / GDR and COMPLETE AT FINISH OF 10 KMS EVENT / GDR
<b>SWIMMERS CAN ONLY ENTER INDIVIDUAL 5.0, 7.5 AND 10 KMS.</b> <b>SWIMMERS WILL NOT BE ALLOWED TO SWIM THROUGH FINISH GATE AT INTERMEDIATE TURNS, NOR SHORTER DISTANCES THAN ENTERED, BUT MUST COMPLETE THE COURSE, BY CROSSING AND CONTACTING FINISH GATE.</b>	

**ENTRIES:**      **CLOSE OF BUSINESS, 5:00 pm: TUESDAY 11 NOVEMBER 2019**  
**ANY ENTRY RECEIVED AFTER COB TUESDAY WILL ATTRACT LATE FEE, AS SCHEDULED BELOW**

Please email entry card and/or signed indemnity form to: [registrar@metrosw.org.au](mailto:registrar@metrosw.org.au)  
 ALL Swimmers must have a signed entry card or indemnity form to be eligible to compete.  
**Summer Swim Leader Board Athletes download entry and waiver forms on MSW Website, complete and return by email to Registrar.**

**PRE ENTRY FEE:**    **\$ 15.00 for 2.5 Kms / \$35.00 for 5 kms / \$ 35.00 for 7.5 Kms / \$ 35.00 for 10 kms**

**LATE ENTRIES:**    **SUNDAY 17 NOVEMBER 2019 AS OF START OF REGISTRATION OF EACH EVENT**  
**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.**

**NOTE:**

Swimmers with a disability must have own support craft and personnel (not a swimmer in the water).  
**ATHLETES from SMSW Area Clubs, ONLY, may compete in Area Championship**  
 Competitors from outside SMSW boundaries are awarded all comers medals

**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)**