

2019 NEW SOUTH WALES STATE OPEN WATER SWIMMING CHAMPIONSHIPS

Qualifying Times and Procedures

| DATE | MEET | VENUE | DISTANCE |
|-------------|---|--------------|-----------------|
| 20 Dec 2019 | NSW State Age & Open 10km and NSW State Age 7.5km Open Water Swimming Championships | SIRC Penrith | 10km & 7.5km |
| 21 Dec 2019 | 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 2019 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 1st of October, 2018.

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 25th January, 2020.**

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

Swimmers competing in the 2019 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 1st of October, 2018.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st January, 2019.

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 1st October, 2018.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st January, 2019.

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 25th January, 2020.**

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 10th DECEMBER 2019

ENTRIES \$38.00 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 1st January, 2019.

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 1st January, 2019.

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

MARATHON SERIES

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

- DATE:** Friday 20th December, 2019
- 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:** 20th December, 2019
- ENTRIES:** E Entries only will be accepted for this event which close on
Tuesday, 10th December, 2019
- ENTRY FEE:** \$38.00 - **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
Web: nsw.swimming.org.au

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

MARATHON SERIES

NSW BIO ISLAND JX OPEN WATER SWIMMING MEET (Non-Championship)

- DATE:** Saturday 21st December, 2019
- 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, 10th December, 2019
- ENTRY FEE:** \$38.00 - **NO LATE ENTRIES**
- REGISTRATION:** From 7:30am at Penrith Lakes
- DISTANCE:** 2.5km
- AGE AS AT:** 11 - 13 years of age as at 20th December, 2019
- ELIGIBILITY:** Swimmers aged 11 - 13 years of age as at 20th December,
2019 that have achieved the JX Qualification standards since
1st January, 2019 in either of the Bronze, Silver and Gold
pool standards
- INFORMATION:** Further information can be obtained by contacting:

Swimming New South Wales on 97635833
Email: meet.entries@nsw.swimming.org.au
Web: 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 AGE & OPEN 5KM OPEN WATER SWIMMING CHAMPIONSHIPS

- DATE:** Saturday 21st December, 2019
- 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:** 20th December, 2019
- ENTRIES:** E Entries only will be accepted for this event which close on
Tuesday, 10th December, 2019
- ENTRY FEE:** \$38.00 - **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:

Swimming New South Wales on 9763 5833
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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.

Competitor Name

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

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.