

“JOHN SALIBA” OPEN WATER CHAMPIONSHIPS

SUNDAY 15 NOVEMBER 2020

FEMALE EVENTS ONLY

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

DISTANCES	AGES
5.0 KMS	MINIMUM AGE 12 YEARS (Open event available to swimmers 14 years and over)
7.5 KMS	ONLY 15 to 17 YEARS
10.0 KMS	18 YEARS and Over (Open event available to swimmers 14 years and over)

SWIMMERS CAN ONLY ENTER INDIVIDUAL 5.0, 7.5 AND 10 KMS.
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.

Penrith

EVENT	BRIEFING	START FEMALE	REGISTRATION
5.0 KMS*	8:45 AM ALL DISTANCES	Not Before 9:00 AM	7:30am
7.5 KMS		Not Before 9:00 AM	
10.0 KMS		Not Before 9:00 AM	

ENTRIES: **CLOSE OF BUSINESS, 5:00 pm: TUESDAY 10 NOVEMBER 2020**

Please email signed indemnity form to: registrar@metrosw.org.au

ALL Swimmers must have a signed indemnity form to be eligible to compete.

Indemnity form can be downloaded at

https://metroswsw.swimming.org.au/files/73045/files/forms/ow_waiver_form.pdf

ENTRY FEE: **\$35 for all distances**

NO LATE ENTRIES WILL BE TAKEN ON THE DAY DUE TO COVID-19 RESTRICTIONS

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

COVID-19 restrictions for Open Water available at <https://metroswsw.swimming.org.au/>

Please read carefully