

# "JOHN SALIBA" OPEN WATER CHAMPIONSHIPS

## SUNDAY 22 NOVEMBER 2020

### MALE 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 time        | REGISTRATION   |
|----------|--------------------------|-------------------|--|
| 5.0 KMS* | 2:45 PM<br>ALL DISTANCES | Not Before 3:00pm | Not before 1:30PM<br>ALL DISTANCES<br><span style="color: red;">Note: There may be a triathlon in progress and registration maybe delayed</span> |
| 7.5 KMS  |                          | Not Before 3:00pm |  |
| 10.0 KMS |                          | Not Before 3:00pm |  |

**ENTRIES:**      [CLOSE OF BUSINESS, 5:00 pm: TUESDAY 17 NOVEMBER 2020](#)

Please email signed indemnity form to: [registrar@metrosw.org.au](mailto:registrar@metrosw.org.au)  
 ALL Swimmers must have a signed indemnity form to be eligible to compete.  
 Indemnity form can be downloaded at  
[https://metroswnewswimming.org.au/files/73045/files/forms/ow\\_waiver\\_form.pdf](https://metroswnewswimming.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](mailto:registrar@metrosw.org.au)**

COVID-19 restrictions for Open Water available at <https://metroswnewswimming.org.au/>  
 Please read carefully