

2021 NEW SOUTH WALES STATE OPEN WATER SWIMMING CHAMPIONSHIPS

Qualifying Times and Procedures

DATE	MEET	VENUE	DISTANCE
Saturday 30 Jan 2021	NSW State Age & Open 5km	SIRC Penrith	5km

Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event on or after 1st October, 2019.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st January, 2020.

OR

Swimmers who have not swum a 5km qualifying time may enter into the 5km event based on their time in the 400m, 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 30th January, 2021.**

Men's Qualifying Times

Age Group	5km OW QT	5km Pool Time	1500m	800m	400m
Open	1:10:00	1:07:00	16:50.0		04:20.00
17/18 Years	1:10:00	1:07:00	17:20.0		04:30.00
16 Years	1:15:00	1:12:00	17:40.0		04:35.00
15 Years	1:15:00	1:12:00	18:15.0		04:35.00
14 Years	1:20:00	1:17:00	18:30.0		04:45.00
13 Years	1:20:00	1:17:00		10:10.0	04:45.00

Women's Qualifying Times

Age Group	5km OW QT	5km Pool Time	800m	400m
Open	1:15:00	1:12:00	09:25.0	04:35.00
17/18 Years	1:15:00	1:12:00	09:56.0	04:40.00
16 Years	1:20:00	1:17:00	09:58.0	04:45.00
15 Years	1:20:00	1:17:00	09:58.0	04:45.00
14 Years	1:25:00	1:22:00	10:06.0	04:50.00
13 Years	1:25:00	1:22:00	10:10.0	04:50.00

ENTRIES CLOSE 5PM WEDNESDAY 27th JANUARY 2021

ENTRIES \$38.00 INCL. GST

MARATHON SERIES

NSW STATE AGE & OPEN 5KM OPEN WATER SWIMMING CHAMPIONSHIPS

- DATE:** Saturday 30th January, 2021
- VENUE:** Sydney International Regatta Centre, Penrith Lakes
Castlereagh Road, Penrith
- START TIME:** From 9:00am
9:00am - 13-15 Years Men
10:30am - 13-15 Years Women
12:00pm - 16-18 Years & Open Men
1:30pm - 16-18 Years & Open Women
- AGE AS AT:** 19th December, 2020
- ENTRIES:** E Entries only will be accepted for this event which close at
5pm Wednesday, 27th January, 2021
(NO LATE ENTRIES WILL BE ACCEPTED)
- ENTRY FEE:** \$38.00 - **NO LATE ENTRIES**
- REGISTRATION:** 90 Minutes prior to the start of the race 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
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

