

2022 NEW SOUTH WALES STATE OPEN WATER SWIMMING CHAMPIONSHIPS

Qualifying Times and Procedures

DATE	MEET	VENUE	DISTANCE
Sunday 18 Dec 2022	NSW State Age & Open 10km NSW State Age 7.5km NSW JX 2.5KM	SIRC Penrith	10km, 7.5km & 2.5km
Monday 19 Dec 2022	NSW State Age & Open 5km	SIRC Penrith	5km

(i) 10 kilometre events (Open, 17/18 Years)

Swimmers competing in the 2022 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, 2021.

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, 2023.**

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

Swimmers competing in the 2022 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, 2021.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st of October, 2021.

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, 2021.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st October, 2021.

OR

Swimmers who have not swum a 5km qualifying time may enter into the 5km event based on their time in the 800m 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, 2023.**

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

- DATE:** Sunday 18th December, 2022
- VENUE:** Sydney International Regatta Centre, Penrith Lakes
Castlereagh Road, Penrith
- START TIME:** 9:00am - Mens & Womens 17/18 Years & Open 10km
9:00am - Men s & Womens 15, 16, 17 Years 7.5km
- AGE AS AT:** 18th December, 2022
- ENTRIES:** E-Entries only will be accepted for this event which close on
Tuesday, 6th December, 2022 at 5pm
- ENTRY FEE:** \$42.00 - **NO LATE ENTRIES**
- REGISTRATION:** From 7:30am at Penrith Lakes
- NOTE:** Swimmers with disability must indicate this at the time of entry.
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 JX OPEN WATER SWIMMING MEET (Non-Championship)

- DATE:** Sunday 18th December, 2022
- VENUE:** Sydney International Regatta Centre, Penrith Lakes
Castlereagh Road, Penrith
- START TIME:** 12:00pm
- ENTRIES:** E-Entries only will be accepted for this event which close on Tuesday, 6th December, 2022 at 5pm
- ENTRY FEE:** \$42.00 - **NO LATE ENTRIES**
- REGISTRATION:** From 10.45am at Penrith Lakes
- DISTANCE:** 2.5km
- AGE AS AT:** 11 - 13 years of age as at 18th December 2022
- ELIGIBILITY:** Swimmers aged 11 - 13 years of age as at 18th December, 2022 that have achieved the JX Qualification standards since 1st October, 2021 in either of the Blue, 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:** Monday 19th December, 2022
- 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:** 18th December, 2022
- ENTRIES:** E-Entries only will be accepted for this event which close on Tuesday, 6th December, 2022 at 5pm
- ENTRY FEE:** \$42.00 - **NO LATE ENTRIES**
- REGISTRATION:** 90 Minutes prior to the start of the race at Penrith Lakes
- NOTE:** Swimmers with disability must indicate this at the time of entry. 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

Men's Qualifying Times

Age Group	5km OW QT	5km Pool Time	1500m	800m
Open	1:10:00.00	1:07:00.00	16:50.00	08:53.00
17/18 Years	1:10:00.00	1:07:00.00	17:20.00	09:09.00
16 Years	1:15:00.00	1:12:00.00	17:40.00	09:19.00
15 Years	1:15:00.00	1:12:00.00	18:15.00	09:38.00
14 Years	1:20:00.00	1:17:00.00	18:30.00	09:46.00
13 Years	1:20:00.00	1:17:00.00	18:45.00	10:00.00

Women's Qualifying Times

Age Group	5km OW QT	5km Pool Time	1500m	800m
Open	1:15:00.00	1:12:00.00	17:50.00	09:25.00
17/18 Years	1:15:00.00	1:12:00.00	18:48.00	09:56.00
16 Years	1:20:00.00	1:17:00.00	18:52.00	09:58.00
15 Years	1:20:00.00	1:17:00.00	18:52.00	09:58.00
14 Years	1:25:00.00	1:22:00.00	19:07.00	10:06.00
13 Years	1:25:00.00	1:22:00.00	19:15.00	10:10.00

ENTRIES CLOSE 5PM TUESDAY 6th DECEMBER 2022
ENTRIES \$42.00 (INCL. GST)