



2023 NSW OPEN WATER SWIMMING CHAMPIONSHIPS
SUNDAY 17TH & MONDAY 18TH DECEMBER 2023
SYDNEY INTERNATIONAL REGATTA CENTRE PENRITH

EVENT SCHEDULE

DATE	MEET	VENUE	DISTANCE
Sunday 17 th December 2023	NSW State Age & Open 10km NSW State Age 7.5km NSW JX 2.5KM	SIRC Penrith	10km, 7.5km & 2.5km
Monday 18 th December 2023	NSW State Age & Open 5km	SIRC Penrith	5km

QUALIFYING TIMES

MEN'S QUALIFYING TIMES

Age Group	5km OW QT	5km Pool Time	2.5km OW QT	1500m	800m
Open	1:10:00.00	1:07:00.00	35:00.00	16:50.00	08:53.00
17/18 Years	1:10:00.00	1:07:00.00	35:00.00	17:20.00	09:09.00
16 Years	1:15:00.00	1:12:00.00	37:30.00	17:40.00	09:19.00
15 Years	1:15:00.00	1:12:00.00	37:30.00	18:15.00	09:38.00
14 Years	1:20:00.00	1:17:00.00	40:00.00	18:30.00	09:46.00
13 Years	1:20:00.00	1:17:00.00	40:00.00	18:45.00	10:00.00

WOMEN'S QUALIFYING TIMES

Age Group	5km OW QT	5km Pool Time	2.5km OW QT	1500m	800m
Open	1:15:00.00	1:12:00.00	37:30.00	17:50.00	09:25.00
17/18 Years	1:15:00.00	1:12:00.00	37:30.00	18:48.00	09:56.00
16 Years	1:20:00.00	1:17:00.00	40:00.00	18:52.00	09:58.00
15 Years	1:20:00.00	1:17:00.00	40:00.00	18:52.00	09:58.00
14 Years	1:25:00.00	1:22:00.00	42:30.00	19:07.00	10:06.00
13 Years	1:25:00.00	1:22:00.00	42:30.00	19:15.00	10:10.00

Please refer to the qualifying criteria on the following pages.

QUALIFYING CRITERIA

10km Events (Open, 17/18 Years)

Swimmers competing in the 2023 NSW Age and Open 10km Open Water Swimming Championships must have swum a 5km event within the qualifying time listed, at an approved 5km Open Water Swimming event since the 1st of October, 2022.

OR

Swimmers who have not swum a 10km qualifying time may enter the 10km event based on their time in the 5km, 800m freestyle or 1500m freestyle in accordance with the Pool Qualifying Procedure or a 2.5km Open Water event as per the qualifying grid. Times must have been achieved since 1st October 2022. ***Swimmers must be 14 years or over to enter an Open event as at 24th January, 2024.***

7.5km Events (15, 16 & 17 Years)

Swimmers competing in the 2023 NSW Age 7.5km Open Water Swimming Championships must have swum a 5km event within the qualifying time listed, at a Swimming New South Wales approved 5km Open Water Swimming event since the 1st of October, 2022.

OR

Swimmers must have achieved the 5km pool qualifying time at an approved 5km time trial since the 1st of October, 2022.

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 or a 2.5km Open Water event as per the qualifying grid. Times must have been achieved since 1st October 2022.

Swimmers entered into the 7.5km events are not eligible to enter the 10km event as these will be swum at the same time.

5km Events

Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event since the 1st October 2022.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial since the 1st October 2022.

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 or a 2.5km Open Water event as per the qualifying grid. ***Swimmers must be 14 years or over to enter an Open Age event as at 24th January, 2024.***

2.5km JX Event

Swimmers aged 11 - 13 years of age as at 17th December, 2023 that have achieved the JX Qualification standards since 1st October, 2022 in either of the Blue, Bronze, Silver and Gold pool standards.



EVENT DETAILS: 10KM & 7.5KM

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

- DATE:** Sunday 17th December, 2023
- VENUE:** Sydney International Regatta Centre, Penrith Lakes
Castlereagh Road, Penrith
- START TIME:** 9:00am - Men's & Women's 17/18 Years & Open 10km
9:00am - Men s & Women's 15, 16, 17 Years 7.5km
Genders will be split into separate waves.
- AGE AS AT:** 17th December 2023
- ENTRIES:** Entries Close 5:00pm AEST, Tuesday 5th December 2023.
Entries should be submitted online via Swim Central for all 10km & 7.5km entries.
- ENTRY FEE:** \$45.50 - **NO LATE ENTRIES**
- REGISTRATION:** From 7:30am at Sydney International Regatta Centre, Penrith
- 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 as they are swam at the same time.
- EVENT CONTACT:** events@nsw.swimming.org.au

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



EVENT DETAILS: JX 2.5KM

NSW JX OPEN WATER 2.5KM SWIMMING MEET (Non-Championship)

- DATE:** Sunday 17th December, 2023
- VENUE:** Sydney International Regatta Centre, Penrith Lakes
Castlereagh Road, Penrith
- START TIME:** 12:00pm
- AGE AS AT:** 11 - 13 years of age as at 17th December 2023
- ENTRIES:** Entries Close 5:00pm AEST, Tuesday 5th December 2023.
Entries should be submitted online via Swim Central for all 2.5km entries.
- ENTRY FEE:** \$45.50 - **NO LATE ENTRIES**
- REGISTRATION:** From 10.15am at Sydney International Regatta Centre, Penrith
- DISTANCE:** 2.5km
- ELIGIBILITY:** Swimmers aged 11 - 13 years of age as at 17th December, 2023 that have achieved the JX Qualification standards since 1st October, 2022 in either of the Blue, Bronze, Silver and Gold pool standards
- EVENT CONTACT:** events@nsw.swimming.org.au

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



EVENT DETAILS: 5KM

NSW STATE AGE & OPEN 5KM OPEN WATER SWIMMING CHAMPIONSHIPS

- DATE:** Monday 18th December, 2023
- 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:** 17th December, 2023
- ENTRIES:** Entries Close 5:00pm AEST, Tuesday 5th December 2023.
Entries should be submitted online via Swim Central for all 5km entries, except when utilizing shorter distances for entry. In this scenario, a manual entry form is available.
- ENTRY FEE:** \$45.50 - **NO LATE ENTRIES**
- REGISTRATION:** 90 Minutes prior to the race start time, at Sydney International Regatta Centre.
- NOTE:**
- Swimmers with a disability must indicate this at the time of entry.
 - Swimmers are only permitted to enter either Age or Open 5km Championships - not both.
- EVENT CONTACT:** events@nsw.swimming.org.au
- Please Note:** Caps will not be supplied. Swimmers are instructed to wear their club cap while competing.