



2024 NSW OPEN WATER SWIMMING CHAMPIONSHIPS
SATURDAY 14TH & SUNDAY 15TH DECEMBER 2024
SYDNEY INTERNATIONAL REGATTA CENTRE PENRITH

EVENT SCHEDULE

| DATE | MEET | VENUE | DISTANCE |
|---|--|-----------------|---------------------------|
| Saturday 14 th December 2024 | NSW State Age & Open 10km NSW State Age 7.5km NSW JX 2.5km Open 2.5km | SIRC Penrith | 10km, 7.5km & 2.5km |
| Sunday 15 th December 2024 | 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 |
| Masters | | | 60:00.00 | 36:00.00 | 19:12.00 |

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 |
| Masters | | | 60:00.00 | 36:00.00 | 19:12.00 |

Please refer to the qualifying criteria on the following pages.

QUALIFYING CRITERIA

10km Events (Open, 17/18 Years)

Swimmers competing in the 2024 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, 2023.

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 2023. **Swimmers must be 14 years or over to enter an Open event as at 23rd January, 2025.**

7.5km Events (15, 16 & 17 Years)

Swimmers competing in the 2024 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, 2023.

OR

Swimmers must have achieved the 5km pool qualifying time at an approved 5km time trial since the 1st of October, 2023.

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 2023.

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 2023.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial since the 1st October 2023.

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, 2025.**

2.5km JX Event

Swimmers aged 11 - 13 years of age as at 14th December, 2024 that have achieved the JX Qualification standards since 1st October, 2023 in either of the Blue, Bronze, Silver and Gold pool standards.

2.5km Open Event

Swimmers who are aged 14 and over and who are a registered member of a SNSW Club or a NSW Masters club who have achieved the qualifying time since 1st October, 2023.



EVENT DETAILS: 10KM & 7.5KM

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

- DATE:** Saturday 14th December, 2024
- 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
Gender's will be split into separate waves.
- AGE AS AT:** 14th December 2024
- ENTRIES:** Entries Close 11:59pm AEST, Tuesday 3rd December 2024.
Entries should be submitted online via Swim Central for all 10km & 7.5km entries.
- ENTRY FEE:** \$46.00 - **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 are compulsory, however 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:** Saturday 14th December, 2024
- VENUE:** Sydney International Regatta Centre, Penrith Lakes
Castlereagh Road, Penrith
- START TIME:** 12:00pm
- AGE AS AT:** 11 - 13 years of age as at 14th December 2024
- ENTRIES:** Entries Close 11:59pm AEST, Tuesday 3rd December 2024.
Entries should be submitted online via Swim Central for all 2.5km entries.
- ENTRY FEE:** \$46.00 - **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 14th December 2024, that have achieved the JX Qualification standards since 1st October, 2023 in either of the Blue, Bronze, Silver and Gold pool standards.
- EVENT CONTACT:** events@nsw.swimming.org.au

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



EVENT DETAILS: OPEN 2.5KM

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

- DATE:** Saturday 14th December, 2024
- VENUE:** Sydney International Regatta Centre, Penrith Lakes
Castlereagh Road, Penrith
- START TIME:** 1:00pm – Male Wave
1:05pm – Female Wave
- AGE AS AT:** Minimum age 14 as at 14th December 2024
- ENTRIES:** Entries Close 11:59pm AEST, Tuesday 3rd December 2024.
Entries are to be submitted via swim central, however if using a 800m or 1500m freestyle time they are to be submitted via this [online form](#).
- ENTRY FEE:** \$46.00 - **NO LATE ENTRIES**
- REGISTRATION:** 90 Minutes prior to the race start time, at Sydney International Regatta Centre.
- DISTANCE:** 2.5km
- ELIGIBILITY:** Swimmers who are aged 14 and over and who are a registered member of a SNSW Club or a NSW Masters club who have achieved the qualifying time since 1st October, 2023.
- There will be a cut off time, if any swimmer who has not reached the 1.25km mark by 30.00mins from the start of their wave will be stopped and removed from the event.**
- EVENT CONTACT:** events@nsw.swimming.org.au

Please Note: Caps are compulsory, however will not be supplied. Swimmers are instructed to wear a bright coloured cap whilst competing.



EVENT DETAILS: 5KM

NSW STATE AGE & OPEN 5KM OPEN WATER SWIMMING CHAMPIONSHIPS

- DATE:** Sunday 15th December 2024
- 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:** 14th December 2024
- ENTRIES:** Entries Close 11:59pm AEST, Tuesday 3rd December 2024.
Entries should be submitted online via Swim Central for all 5km entries, except when utilising shorter distances for entry. In this scenario, entry is to be completed by this [online form](#).
- ENTRY FEE:** \$46.00 - **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 are compulsory, however will not be supplied. Swimmers are instructed to wear their club cap while competing.