



2024 NSW Open Water Swimming Championships

Saturday 14th & Sunday 15th December, 2024
Sydney International Regatta Centre, Penrith



Saturday 14th December 2024

Event 1 & 2: Men's 17/18 Years & Open 10km

Event 5: Men's 15, 16, 17 Years 7.5km

Start Time: 9:00am

Events 3 & 4: Women's 17/18 Years & Open 10km

Event 6: Women's 15, 16 & 17 Years 7.5km

Start Time: 9:10am

Registration for all 10km & 7.5km events will commence at 7:30am

Feeding poles are to be checked by the referee between 7:30-8:30am on the pontoon

Events 7 & 8: Boys & Girls JX 2.5km

Start Time: 12:00pm

Registration for all JX 2.5km events will commence at 10:30am.

Events 9 & 10: Male & Female Open 2.5km

Male Wave Start Time: 1:00pm

Female Wave Start Time: 1:05pm

Registration for all OPEN 2.5km events will commence at 11:30am.

Sunday 15th December 2024

Event 11: Men's 13-15 Years 5km

Start Time: 9:00am

Event 12: Women's 13-15 Years 5km

Start Time: 10:30am

Events 13 & 14: Men's 16-18 Years & Men's Open 5km

Start Time: 12:00pm

Events 15 & 16: Women's 16-18 Years & Women's Open 5km

Start Time: 1:30pm

***Registration for all 5km Events will commence 90 Minutes before
the start time listed above.***

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DAY ONE- SATURDAY 14TH DECEMBER:

| Event | Gender | Age | Distance |
|-------|---------|-------------|----------|
| 1 | Men's | 17/18 Years | 10km |
| 2 | Men's | Open | 10km |
| 3 | Women's | 17/18 Years | 10km |
| 4 | Women's | Open | 10km |
| 5 | Men's | 15 Years | 7.5km |
| 5 | Men's | 16 Years | 7.5km |
| 5 | Men's | 17 Years | 7.5km |
| 6 | Women's | 15 Years | 7.5km |
| 6 | Women's | 16 Years | 7.5km |
| 6 | Women's | 17 Years | 7.5km |
| 7 | Boy's | 11-13 Years | JX 2.5km |
| 8 | Girl's | 11-13 Years | JX 2.5km |
| 9 | Men's | Open | 2.5km |
| 10 | Women's | Open | 2.5km |

****Please note that Events 1-6 will be swum together with a staggered start time for the Women**

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DAY TWO- SUNDAY 15th DECEMBER:

| Event | Gender | Age | Distance |
|-------|---------|-------------|----------|
| 11 | Men's | 13 Years | 5km |
| 11 | Men's | 14 Years | 5km |
| 11 | Men's | 15 Years | 5km |
| 12 | Women's | 13 Years | 5km |
| 12 | Women's | 14 Years | 5km |
| 12 | Women's | 15 Years | 5km |
| 13 | Men's | 16 Years | 5km |
| 13 | Men's | 17/18 Years | 5km |
| 14 | Men's | Open | 5km |
| 15 | Women's | 16 Years | 5km |
| 15 | Women's | 17/18 Years | 5km |
| 16 | Women's | Open | 5km |

****Please note that Events 13 & 14 will be swum together and
Events 15 & 16 will also be swum together**