

## NSW STATE AGE & OPEN 5KM OPEN WATER SWIMMING CHAMPIONSHIPS

**DATE:** Saturday 3<sup>rd</sup> December 2011

**VENUE:** Sydney International Regatta Centre, Penrith Lakes  
Castlereagh Road, Penrith

**START TIME:** From 10am

10:00am	16-18 Years & Open Men
11:30am	16-18 Years & Open Women
1:00pm	12-15 Years Men
2:30pm	12-15 Years Women

**ENTRIES:** Manual Entries and E Entries Close on Monday 21<sup>st</sup> November 2011

**ENTRY FEE:** \$26.00 - **NO LATE ENTRIES**

**REGISTRATION:** From 8:30am 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](mailto:meet.entries@nsw.swimming.org.au)  
**Web:** [www.nswswimming.com.au](http://www.nswswimming.com.au)

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

Swimmers competing in the 2011-2012 NSW Age and Open 5km Open Water Swimming Championships must have achieved the stipulated Qualifying Time as per the following table at a Swimming NSW approved 5km Open Water Swimming event since October 1 2010. Pool Time Trials are not accepted as qualifying swims. Swimmers are only eligible to enter either the Age Championship or Open Championship – not both.

FEMALE			MALE		
12 Years	5km	1hr 25mins	12 Years	5km	1hr 25mins
13 Years	5km	1hr 25mins	13 Years	5km	1hr 20mins
14 Years	5km	1hr 25mins	14 Years	5km	1hr 20mins
15 Years	5km	1hr 20mins	15 Years	5km	1hr 15mins
16 Years	5km	1hr 20mins	16 Years	5km	1hr 15mins
17/18 Years	5km	1hr 15mins	17/18 Years	5km	1 hr 10mins
Open	5km	1hr 15mins	Open	5km	1 hr 10mins



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

- DATE:** Sunday 4<sup>th</sup> December 2011
- VENUE:** Sydney International Regatta Centre, Penrith Lakes  
Castlereagh Road, Penrith
- START TIME:** From 9am
- |        |  |
|--------|--|
| 9:00am | 13, 14, 15, 16, 17/18 Years & Open Men   |
| 9:10am | 13, 14, 15, 16, 17/18 Years & Open Women |
- ENTRIES:** Manual Entries and E Entries Close on Monday 1<sup>st</sup> November 2011
- ENTRY FEE:** \$26.00 - **NO LATE ENTRIES**
- REGISTRATION:** From 8am 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 10Km 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](mailto:meet.entries@nsw.swimming.org.au)  
**Web:** [www.nswswimming.com.au](http://www.nswswimming.com.au)

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

Swimmers competing in the 2011-2012 NSW Age and Open 10km Open Water Swimming Championships, must have swum a 5km event within the qualifying time above at a Swimming New South Wales Ltd approved 5km Open Water Swimming Event since the 1<sup>st</sup> of October 2010. Swimmers are only eligible to enter either the Age Championship or Open Championship – not both. The age categories for the 10km Age Championships are 13, 14, 15, 16, 17/18yrs.