

“JOHN SALIBA” OPEN WATER CHAMPIONSHIPS

SUNDAY 12 NOVEMBER 2023

Sydney International Regatta Centre (SIRC), Main Competition Lake, Castlereagh Road, Penrith

EVENT	BRIEFING		START MALE	START FEMALE	REGISTRATION	
2.5 KMS	8.15 AM		8:30 AM	8:45 AM	From 7:00am (M & F)	
5.0 KMS*	9:30 AM ALL MALES	11:30 AM ALL FEMALES	Not Before 9:45 AM	Not Before 11:45 AM	8:00 – 9:15 AM MALE	9:30 – 11:15 AM FEMALES
7.5 KMS			Not Before 9:45 AM	Not Before 11:45 AM		
10.0 KMS			Not Before 9:45 AM	Not Before 11:45 AM		

DISTANCES	AGES
2.5 KMS	MINIMUM AGE 11 YEARS TO A MAXIMUM 13 YEARS
5.0 KMS	MINIMUM AGE 12 YEARS
7.5 KMS	14 YEARS and Over
10.0 KMS	14 YEARS and Over

**SWIMMERS CAN ONLY ENTER INDIVIDUAL 5.0, 7.5 AND 10 KMS.
 SWIMMERS WILL NOT BE ALLOWED TO SWIM THROUGH FINISH GATE AT INTERMEDIATE TURNS, NOR SHORTER DISTANCES THAN ENTERED, BUT MUST COMPLETE THE COURSE, BY CROSSING AND CONTACTING FINISH GATE.**

NO LATE ENTRIES

All entries will be via Swim Central

Entries close Wednesday 8 November 2023

Please email a signed indemnity form to: registrar@metrosw.org.au

ALL Swimmers must have a signed entry card or indemnity form to be eligible to compete.

ENTRY FEE: \$ 25.00 for 2.5 Kms / \$42.00 for 5 kms / \$ 42.00 for 7.5 Kms / \$ 42.00 for 10 kms

NOTE:

Swimmers with a disability must have own support craft and personnel (not a swimmer in the water).

ATHLETES from SMSW Area Clubs, ONLY, may compete in Area Championship

Competitors from outside SMSW boundaries are awarded all comers medals

**Further information can be obtained by contacting:
 Kathy Thompson (Area Competition & Registrar) on 0419 144 524
 Or by email: registrar@metrosw.org.au**

Note: Start time may vary depending on the number of entries per event