

# SA OPEN WATER CHAMPIONSHIPS

## PERFORMANCE (ENDORSED)

### Contact

SwimmingSA

7123 0848 | [events@sa.swimming.org.au](mailto:events@sa.swimming.org.au)

### Event Information

**Sunday, 19 March 2023**

**West Lakes Rowing Centre | 100 Military Road, West Lakes Shore SA 5020**

Gates Open: 8:30am

Warm Up: 8:45am

Start Time: 10:00am

Event Nomination Fees:

Individual \$45.00 per event

### Awards & Recognition

Medals shall be awarded to the first three placegetters in each event listed below, with gold for first place, silver for second and bronze for third. If equal placing occurs then medals shall be awarded to each equal placing, but the next following medal/s shall be omitted.

Event:	2.5km	5km	7.5km	10km
Medal Categories (awarded to both male and females separately):	11 - 12yrs	13 - 14yrs	14 - 15yrs	15 - 18yrs
		15 - 16yrs	16 - 18yrs	
		17/18yrs		
	Open	Open	Open	Open

### Entry Information

**Closing Date: Monday, 20 February 2023 at 9:00am**

**Entry Method: Entries via SWIM CENTRAL**

**Website: [sa.swimming.org.au](http://sa.swimming.org.au)**

Qualifying Standards apply. Time Qualifying Period 1 October 2020 – close of entries

Swimmer may enter Open or Age where applicable

Swimmer may enter 5k, 7.5k and 10k combination but may not enter event combination of using 2.5k

When entering select event relevant to swimmers QT and only enter one Age Group and/or Open

Event per distance

Event:	1.25km	2.5km	5km	7.5km	10km
Age Categories:	10 - 12yrs	11 - 12yrs	13 - 14yrs	14 - 15yrs	15 - 18yrs
		Open (min age 13yrs)	15 - 16yrs	16 - 18yrs	Open (min age 15yrs)
			17/18yrs	Open (min age 14yrs)	
			Open (min age 13yrs)		
Minimum Distance Qualification Requirement:	200m pool swim	Previous OWS or 400m pool swim	Previous OWS or 400m, 800m or 1500m pool swim	Previous 5km OWS	Previous 5km OWS

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## EVENT LIST

		QT
1	Male 15 & Over 10k Open Water	
101	Male 15 & Over 10k Open Water (5k QT)	2hrs
2	Male 15-18 10k Open Water	
102	Male 15-18 10k Open Water (5k QT)	2hrs
3	Female 15 & Over 10k Open Water	
103	Female 15 & Over 10k Open Water (5k QT)	2hrs
4	Female 15-18 10k Open Water	
104	Female 15-18 10k Open Water (5k QT)	2hrs
5	Male 14 & Over 7.5k Open Water	
105	Male 14 & Over 7.5k Open Water (5k QT)	2hrs
6	Male 14-18 7.5k Open Water	
106	Male 14-18 7.5k Open Water (5k QT)	2hrs
7	Female 14 & Over 7.5k Open Water	
107	Female 14 & Over 7.5k Open Water (5k QT)	2hrs
8	Female 14-18 7.5k Open Water	
108	Female 14-18 7.5k Open Water (5k QT)	2hrs
9	Male 13 & Over 5k Open Water	
109	Male 13 & Over 5k Open Water (400m QT)	7mins
209	Male 13 & Over 5k Open Water (800m QT)	12mins
309	Male 13 & Over 5k Open Water (1500m QT)	23mins
10	Male 13-18 5k Open Water	
110	Male 13-18 5k Open Water (400m QT)	7mins
210	Male 13-18 5k Open Water (800m QT)	12mins
310	Male 13-18 5k Open Water (1500m QT)	23mins
11	Female 13 & Over 5k Open Water	
111	Female 13 & Over 5k Open Water (400m QT)	7mins
211	Female 13 & Over 5k Open Water (800m QT)	12mins
311	Female 13 & Over 5k Open Water (1500m QT)	23mins
12	Female 13-18 5k Open Water	
112	Female 13-18 5k Open Water (400m QT)	7mins
212	Female 13-18 5k Open Water (800m QT)	12mins
312	Female 13-18 5k Open Water (1500m QT)	23mins
13	Mixed 11-12 2.5k Open Water	
113	Mixed 11-12 2.5k Open Water (400m QT)	8mins
14	Female 13 & Over 2.5k Open Water	
114	Female 13 & Over 2.5k Open Water (400m QT)	8mins
15	Male 13 & Over 2.5k Open Water	
115	Male 13 & Over 2.5k Open Water (400m QT)	8mins
16	Mixed 10-12 1.25k Come and Try Open Water	
116	Mixed 10-12 1.25k Come and Try Open Water (200m QT)	5mins