

<b>WEST LAKES CHALLENGE</b>	<b>Open Water Swim (Endorsed)</b>		
	<b>Contact:</b>	<b>Contact:</b> Jim McKinnon-Matthews <b>Phone:</b> 0415087434 <b>Email:</b> nominations@henleyandgrange.org.au	
	<b>Date of Event:</b>	<b>SUNDAY 4<sup>th</sup> NOVEMBER 2018</b>	
	<b>Location of Event:</b>	Oarsman's Reserve, Military Road, West Lakes (next to the Rowing Club)	
	<b>Event Type:</b>	Open Water	
<b>Times:</b>	<b>Gates Open:</b> 11.00am	<b>Warm Up:</b> 11.30am	<b>Start Time (1<sup>st</sup> Race):</b> 12:30pm
<b>Costs:</b>	<b>Event Nomination Fees:</b> 1km \$25, 2.5km \$30, 5km \$35, 10km \$35		
<b>Awards / Recognition:</b>	Medallion for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> in each category Categories are: 1km: 12&U, 13-14, 15-16, 17-18, 19&O (M&F in each age group) 2.5km: 12&U, 13-14, 15-16, 17-18, 19&O (M&F in each age group) 5km: 12, 13-14, 15-16, 17-18, 19&O (M&F in each age group) 10km: 13-14, 15-16, 17-18, 19&O (M&F in each age group)		
<b>Entry Information:</b>	<b>Closing Date:</b> Friday 19 <sup>th</sup> October at 5:00pm <b>Entry Method:</b> OME <b>Website:</b> henleyandgrange.org.au		
	<b>Eligibility Criteria</b> 1km & 2.5km Events - Must be at least 10 years of age and show evidence of a 400m swim in 7 min 30 sec or less since 1 <sup>st</sup> January 2017 or evidence of a completed open water swim since 1 <sup>st</sup> January 2016 5km Events - Minimum age 12 years <u>Plus</u> 800m in 12 min since 1 <sup>st</sup> January 2016 <u>Or</u> completed any open water swim since 1 <sup>st</sup> January 2016 10km Events - Minimum age 13 years <u>Plus</u> 1500m in 20 min since 1 <sup>st</sup> January 2017 <u>Or</u> 5km in 1 hr 20 min		
<b>Events</b>			
1	Male 10km	For swimmers competing in the 5 km distance there is also the opportunity for a time to be taken at the completion of 2.5 km (1 lap) enabling them to also compete in 2.5 km swim.	
2	Female 10km		
3	Male 5km	For swimmers competing in the 10 km distance there is also the opportunity for a time to be taken at the completion of 5 km (2 laps) enabling them to also compete in 5 km swim.	
4	Female 5km		
5	Male 2.5km		
6	Female 2.5km		
7	Male 1km		
8	Female 1km		