



EVENT INFORMATION BOOK

2025 South Australian Open Water Championships

Sunday 1st December 2024

Venue:

Oarsman Reserve, West Lakes

Please ensure you read this event information guide for updated information.

Best of Luck to All Teams Competing!

Updated as at 24/11/24

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1. SwimmingSA Event Key Personnel

NAME	TITLE	CONTACT DETAILS
Michelle Doyle	Chief Executive Officer	michelle.doyle@sa.swimming.org.au 0438 040 403
Tania Carlino	Technical Officials Coordinator	tania.carlino@sa.swimming.org.au
Darren McLachlan	Technical Manager	

2. Event Details

The 2025 South Australian Open Water Championships is to be conducted on Sunday 1st December 2024 at the West Lakes Rowing Course, 100 Military Road, West Lakes Shore 5020.

3. Event Operating Hours

Event personnel will be on site from 7am until the conclusion of the medal presentations 30mins post the last race finisher. **Please note the event area is not to be accessed prior to 7am by attendees.**

A reminder this space is adjacent to residential housing and noise must be kept to a minimum early in the morning. All attendees must vacate the water as instructed to do so by officials and water safety crew. No swimmer is permitted to remain on the water 30mins after the first finisher of their respective event.

4. Venue Access Information

Access to the event is via the Check in Tent. Athletes will proceed directly from their check in through the pre-race registration process.

5. Event Important Times

Wave #	Start Time	Cap Colour	Athlete Count	Distance / Gender	Registrations		Officials Briefing	Athletes Briefing	Marshalling	Start Time
					Open	Close				
1	10am	Yellow / Pink	37	Male 10km, 7.5km, 5km	8am	9:15am	9:15am	9:30am	9:45am	10:00am
2	10:10am	Yellow / Green	29	Female 10km, 7.5km, 5km	8am	9:15am	On water / in position 9:45am		9:55am	10:10am
3	11am	Orange	30	2.5km - All	9am	10:15am		10:30am	10:45am	11:00am
4	11:10am	Blue	17	1.25km - All	9am	10:15am		10:45am	10:55am	11:10am

6. Food and Drink

The OAR Café will be open for food and beverages.

7. Program of Events / Qualifying

The 2024 South Australian Open Water Championships is a combination of age and open championships. All events are timed finals. Time Limits will apply.

Eligibility: This event is open to:

- current and financial members of SwimmingSA who meet the entry criteria; or
- members of interstate and international swimming associations who meet border restrictions and entry criteria

Age as at: Competitor age is as at 3rd December 2023

Qualifying: Entrants must meet the following criteria:

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, 1500m pool swim	Previous 5km OWS	Previous 5km OWS

8. Course Information

All competitors to swim in an anti-clockwise direction. Course length is 2.5km total.

10 Kilometres: Four laps of the circuit from start line. Finish through finish pontoon touching the finish pad. (Touch finish pad at the end of the second lap if competing in 5Km as well and continue for a further two laps. Ignore the finish line on lap 1 & 3).

7.5 kilometres: Three laps from start line of the circuit and finishing through finish pontoon, touching the pad. Touch finish pad at end of 5km if swimmer wants a split time or is entered in this race distance as well.

5 Kilometres: Two laps from start line of the circuit and finishing through finish pontoon, touching the pad.

2.5 Kilometres: One lap of the circuit finishing through finish pontoon and touching the finish pad.

1.25 Kilometres: Half a lap of the circuit turning at the additional yellow intermediate markers (700m from the northern markers).

9. Working With Children Check

All persons applying for event accreditation (excluding athletes and those aged under 14) must hold a current Working with Children Check which must be in the form of a DHS Clearance. [Note: Police Clearances and teacher registrations are no longer legally acceptable forms of evidence of your WWCC status.](#)

Your WWCC must be loaded to your Swim Central Profile and must be valid at the time of the meet.

10. Coaches and Feeders Accreditation

Coaches and Feeders (7.5km and 10km Race Only) are required to register their attendance on swim central. This registration is required to obtain access to the feeding pontoon. There is no Spectator access to the pontoon. All accredited persons must check in on the day of the event.

11. Officials Nominations

Please note all officials must register on swim central.
Officials Roster & Allocations will be available on the website.

Officials Briefing is prior to the start of each wave as noted above in key times schedule in the marshalling tent – please ensure you are on time for the briefing.

12. Registration Table / Check In

Located on the lawn in front of the start line (see map). All attendees must check in. Swimmers must present for registration wearing the swimsuits in which they will be competing so that they can be checked for swimsuit compliance contained in this document. Competitors will then be issued with their competitor-numbered caps and will also be checked to ensure that no jewellery (including ear and facial piercings) is worn and that fingernails and toenails are cut short.

13. Number Allocation and Stamping Table

Located next to the Registration Table, competitors must immediately report to this table after being issued with their cap to have their competitor numbers checked and re-stamped on each shoulder blade, on each upper arm as needed. Competitors must not apply sunscreen lotion to their arms, hands or back prior to competitor numbering being applied as the ink can only be applied to clean, dry skin. Care should be taken when applying sunscreen after stamping to ensure that the competitor numbers remain legible.

Numbers should be clearly marked on the swimmers:

- Left & Right Shoulder Blade
- Left & Right Upper Arm

See Appendix 2 for the athlete list, cap numbers and wave allocations

14. Marshalling and Withdrawals

Athletes will be marshalled by waves. Please do not enter the athlete briefing tent or marshalling area until your wave is called. Once in marshalling you **MUST** not leave the area unless advised to do so by the course marshal. Do not leave any personal items in the athlete briefing tent or marshalling area.

Any competitor who fails to report to the marshalling area when wave is called will not be allowed to swim at the discretion of the Referee.

Intending not swim / Withdrawal Process:

All withdrawals shall be done by the Club Coach or Representative in the Event Check in Desk.

15. Pre & Post Race Procedures

It is the responsibility of the competitors to arrive promptly at registrations.

Starts will not be delayed for swimmers who are late. Swimmers should not apply sunscreen to their arms or back prior to the competitor number being applied as the ink can only be applied to clean and dry skin.

At the conclusion of their race swimmers must return their timing bands and check out with the Marshall on the beach as they exit from the course. All swimmers coming off the course must check out with the Marshall irrespective of the requirements of first aid.

16. Starts

- Swimmers must keep course marker buoys on their left shoulder at all times.
- All Open Water competitions shall start with all swimmers standing or treading water in a depth sufficient for them to commence swimming on the start signal.
- The Clerk of the Course shall keep swimmers and officials informed of the time before start at suitable intervals and at one minute intervals for the last five minutes.
- The start line shall be clearly defined by removable equipment at water level.
- The Referee shall indicate by a flag held upright and short blasts on a whistle when the start is imminent and indicate that the competition is under Starter's orders by pointing the flag at the Starter.
- The Starter shall be positioned to be clearly visible to all swimmers.
- The start signal shall be both audible and visual.

Competitors should allow at least 10 minutes to be checked in by the Referee or Clerk of the Course at the checkpoint immediately prior to entering the water for the start (checkpoint is located near start line).

17. Finishes

- All competitors must swim under/through the gate.
- **Swimmers must hit finishing pad to register finish time.**
- At completion, all competitors must exit through the checkpoint to have their name and competitor number recorded.

18. Feeding Station

- Support personnel will be able to feed their swimmers from the pontoon outside the Rowing SA building (northern end of course).
- All feeding must be from this pontoon.
- Handlers are not permitted to interfere with any swimmers whilst feeding and are not permitted to wade out to feed swimmers.

19. Race Rules

- SwimmingSA Open Water Rules apply for this championship.
- Course Officials will observe swimmers and any infraction of the rules will be reported to the Referee.
- A warning may be issued during the event, but non-observance of the rules could lead to disqualification.
- The Meet Director, Safety Officer and Referee have the authority to stop the race for safety reasons.
- The Referee can withdraw a swimmer from the water if he or she believes that the swimmer will not complete the distance or will not finish within the prescribed cut-off time.
- The cut-off time limit will be thirty minutes after the first South Australian swimmer for each age group crosses the finish line for each event.
- If you withdraw or fail to complete the designated course for any reason, you must personally report to the Chief Recorder to have your competitor number recorded. This requirement is mandatory.
- Time Limits: SOWS 6.18 applies in all events. A 30-minute time limit shall apply from the finish time of the first South Australian swimmer in each appropriate age group and gender. (Also applicable is SOWS6.18.1)
- Competitors who do not finish the course within the time limits shall be removed from the water except that the Chief Referee may allow a competitor outside the time limit to complete the course, obtain a time, but not be eligible for any points or prizes.

20. Race Safety

- Course maps will be available from commencement of registration to coaches, swimmers and the water rescue escort personnel.
- A pre-race briefing will be held for all coaches, swimmers and water rescue escort personnel.
- Swimmers are not to wear jewellery and fingernails and toenails must be cut short. These will be checked before the swimmers enter the water. Starts will not be delayed for swimmers who need to remove jewellery or cut nails.
- A communications network will be in place between Event Medical, various water safety craft, the Meet Director, Chief Referee and all other key personnel.
- Water safety escort personnel will be on course in a combination of water safety craft: IRBs, Skis and Paddle/Rescue Boards
- First-aid personnel will provide basic first aid cover and will be particularly alert for symptoms of hypothermia, heat exhaustion and heat stroke.
- Swimmers who become distressed during the race must raise their hand to attract the attention of safety officials.
- Emergency procedures will take effect immediately in the event of a major incident.

The Meet Director will have the authority to call off the event prior to the start or during the event if inclement weather or any other conditions adversely affect the safety of the swimmers.

21. Venue Parking & Traffic Management

Parking is available in the carpark at Oarsman's Reserve (on both sides of Military Road) and roadside on Military Road. For detailed information on public transport services please call Adelaide Metro on 1300 311 108 or go to their website www.adelaidemetro.com.au

22. Seating and Team Spaces

Team seating area has been allocated on Oarsman's reserve. See Map for further details.
Teams are required to provide their own shelters.

There is NO seating on the rowing reserved area, beach or pontoon.

23. Feeding and Coaches Viewing Area

There is a standing room only coaches feeding and viewing area on the pontoon. The pontoon is operating with a one-way pathway. See map for further details. Coaches and feeders will be required to be registered to access the pontoon.

Athletes, other accredited persons and spectators are NOT allowed in this area. Coaches & Feeders must leave the viewing area to speak with swimmers or other attendees.

This is a small area with space shared amongst all clubs. If this area or the pathways in/out of the space are misused, it will be closed.

This is not a space for teams to congregate.

24. Venue Pathways & Map

Please note the venue layout for the Open Water Championships in 2025. **See venue map attached.**

Change to note:

- Pathway process for athletes to complete their pre-registration requirements
- Restricted access to Feeding Pontoon
- All team seating on Oarsman's reserve only

Attendees are reminded that the pathway between the reserve and water is a public access pathway so please do not congregate on the pathway or other areas.

25. By-Laws

This event is conducted under the SwimmingSA Swimming Rules and Event By-Laws available on the website.

26. Meet Programs and Results

Limited hard copy programs will be available on the day of the event for coaches and clubs.

Live Results and Meet Mobile will be in use for results. Paper results will not be printed.

Result Placings will be considered provisional until approved by the Referee. Result times will be considered provisional until verified by electronic timing review and the Referee as needed.

27. Awards and Recognition

Points are awarded to athletes who finish in the Top 10 placings in each event.

Medals will also be awarded (see below) please note the 1.25km race is come and try only – no awards are on offer for this race.

The following perpetual trophies will be awarded at the championships:

- State Open Water Championship Shield (highest team point score)

28. Medal Presentation Protocols

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

Medallists must make their way immediately to the presentation area as they are announced. Athletes need to wear club uniform (shirt & Shorts). Presentations will occur during racing and during breaks in racing as results become available.

The procedure for the presentation ceremony shall be:

- Athletes are called to the presentation arena
- Athletes collect their medals from the tray in order of Bronze, Silver, Gold
- Competitors must remain in the presentation area for official photos.

29. Swimwear - SOWBL 8 Approved Swimwear

SOWBL 8.1 - Swimwear, Wetsuits and Water Temperature

Based on the water temperature reading (SOWS 2.5), the following applies as applicable to swimwear in all South Australian OWS events:

Less than 16°C	The event will not be conducted.
16°C – 17.9°C	Swimmers must wear an approved wetsuit to compete
18°C – 19.9°C	Swimmers may wear an approved wetsuit or approved swimwear to compete.
20°C – 31°C	Swimmers must wear approved swimwear to compete. Wetsuits are not permitted.
Over 31°C	The event will not be conducted.

SOWBL 8.2 Approved Swimwear and Wetsuits

- Wetsuits must comply with the approved FINA standard and design. Where wetsuits are not marked with the FINA approval logo, they should comply with the following guidelines and the final decision of its compliance rests with the Chief Referee.
- In pool and open water swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit. All swimsuits (including wetsuits for open water competitions) shall comply with the requirements set forth in these By-Laws. (FINA BL 8.2)
- For the purpose of these rules, wetsuits are swimsuits made of material providing thermal insulation. Wetsuits for both men and women shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles. (FINA BL 8.5)
- For open water swimming competitions with water temperature from 20°C swimsuits for both men and women shall not cover the neck, nor extend past the shoulder, nor extend below the ankle. Subject to these specific shape specifications, swimsuits for open water swimming competitions shall further comply with all other requirements applicable to swimsuits for pool swimming competition. (FINA BL 8.4)

The Referee of a competition has the authority to exclude any competitor whose swimsuit does not comply with this By-Law.

30. Strapping and Taping

Swimmers must cover any wounds with waterproof dressing (not band aids) and may after presentation to the Referee of the meet use tape to hold the dressing in place as long as it does not give the swimmer any advantage. Any other strapping must be presented to the Referee who will decide if it gives the swimmer any advantage. Strapping not approved by the Referee is forbidden.

31. Emergency Procedures

In the event of an emergency at the venue please listen carefully to announcements and follow the direction of venue staff.

- An individual emergency on the water will be dealt with by Race Officials and Water Safety Crew.
- Mass emergency evacuation point from the water is the beach finish zone.
- Full site emergency evacuation point is across the road from Oarsman Reserve (on the beach side of Military Road).

32. First Aid & Medical Directory

St Johns will be onsite providing first aid as necessary and located in the event administration area.

ALL SWIMMERS REMOVED FROM THE WATER BY WATER SAFETY OR THEIR WHO COME OFF THE COURSE BY THEIR OWN MEANS PRIOR TO COMPLETING THE RACE FINISH MUST REPORT TO FIRST AID.

SERVICE	ADDRESS	SUBURB	PHONE
Emergency (Ambulance, Police, Fire 000)			
Royal Adelaide Hospital	Port Road	ADELAIDE	08 7074 0000
Queen Elizabeth Hospital	28 Woodville Road	WOODVILLE SOUTH	08 8222 6000
Flinders Medical Centre	Flinders Drive	BEDFORD PARK	08 8204 5511
Ashford Hospital <i>*does not offer 24hr emergency</i>	55 ANZAC Highway	ASHFORD	08 8375 5222
Calvary Adelaide Hospital	120 Angus Street	ADELAIDE	08 8227 7000
Terry White Chemist Grange	312 Military Road	GRANGE	08 8356 4128
Woodlakes Day & Night Pharmacy	Shop 3/20-28 Frederick Rd	WEST LAKES	08 8268 3881

33. Warm Up Procedures

Warm up will be available for swimmers at the start/finish zone prior to the start of the race. Please ensure coaches are monitoring swimmers during warm up and are not impeding any proceeding race already in the water.

34. Streaming

The Open Water Championships will not be live streamed. Results will be available from the SwimmingSA Website.

35. Behavioural Guidelines

SwimmingSA promotes the Behaviour Guidelines to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18. These guidelines highlight the principle and values of SwimmingSA/Swimming Australia and the core principles of the Member and Child Welfare policies. All persons participating at the 2023 SA State Open Water Championships must adhere to the Behavioural Guidelines/Code of Conduct which can be found here: <https://sa.swimming.org.au/policy>

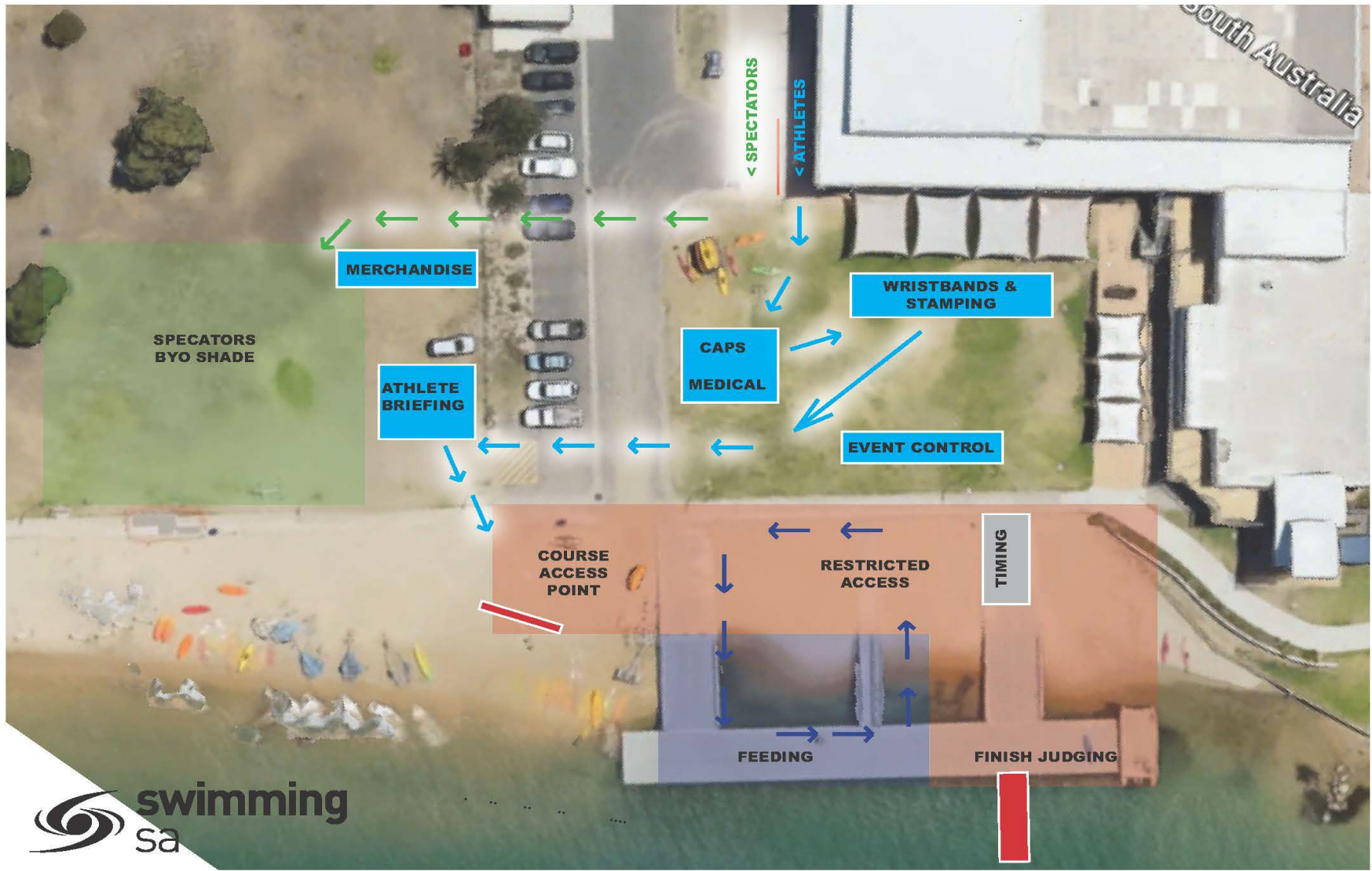
36. Lost Property

Event lost property can be found in the event admin area. All lost property not collected will be held by SwimmingSA for one week only post the meet.

37. Photography

Photography will not be available for this event.

38. Appendix 1 –Venue Map



39. Appendix 2 – Athlete List with Numbers and Wave Allocations

Surname	Firstname	Club	Cap #	Cap Colour	Wave #	10KM	7.5KM	5KM
Barresi	Antony	Immanuel	18	Pink	1			X
Bevan	Jobe	Unley	19	Pink	1			X
Billing	Eamonn	Unley	6	Yellow	1		X	X
Brandi	Logan	Melbourne	4	Yellow	1	X		
Buche	Cedric	Masters	1	Yellow	1	X		
Bunting	Taj	Unley	7	Yellow	1		X	X
Clark	Justin	Southern Performance	5	Yellow	1		X	
Clark	Xavier	Unley	20	Pink	1			X
Corbett	Joseph	Unley	11	Pink	1			X
Dingwall	Oscar	Immanuel	8	Pink	1		X	X
Elder	Julian	Unley	21	Pink	1			X
Eriksson	Leif	Tea Tree Gully	22	Pink	1			X
Fromentin	William	Onkaparinga	23	Pink	1			X
Greig	Fraser	Unley	12	Pink	1			X
Hindmarch-Meredith	Liam	Unley	13	Pink	1			X
Liney	Euan	Knox Pymble	2	Yellow	1	X		
Macgregor	Lachlan	Immanuel	24	Pink	1			X
Mckay	Lachlan	Unley	25	Pink	1			X
Meehan	Nelson	Unley	9	Pink	1		X	
Miller	Henry	Unley	14	Pink	1			X
Moloney	Kai	Melbourne	26	Pink	1			X
Mosley	Leif	Marion	15	Pink	1			X
Murray	Alexander	Immanuel	27	Pink	1			X
Nasr	Karim	Henley & Grange	28	Pink	1			X
Perera	Tharusha	Cheltenham	29	Pink	1			X
Pizzino	Lucas	Kent Town	30	Pink	1			X
Robb	Harrison	Western Aquatic	31	Pink	1			X
Small	Mitchell	Immanuel	32	Pink	1			X
Stanley	Will	Marion	33	Pink	1			X
Stephan	Oliver	Unley	34	Pink	1			X
Toivonen	Jimmy	Immanuel	16	Pink	1			X
Tucker	Axel	Marion	35	Pink	1			X
Tucker	Jordan	Marion	36	Pink	1			X
Von Vogt	Gero	Masters	3	Yellow	1	X		
Wallett	Thomas	Kent Town	37	Pink	1			X
Washington	Lachlan	Immanuel	17	Pink	1			X
Whittaker	Daniel	Clovercrest	10	Pink	1		X	X

Surname	Firstname	Club	Cap #	Cap Colour	Wave #	10KM	7.5KM	5KM
Beaumont	Louisa	Unley	38	Yellow	2	X	X	X
Beech	Natalie	Immanuel	50	Green	2			X
Bowman	Julie	Masters	39	Yellow	2	X		
Burns	Charlie	Unley	41	Green	2			X
Burrows	Poppy	Marion	51	Green	2			X
Cameron	Piper	Norwood	40	Yellow	2		X	X
Cox	Emmy	Immanuel	52	Green	2			X
Davies	Rosie	Unley	42	Green	2			X
Dowling	Charlotte	Norwood	43	Green	2			X
Ewer	Sophie	Kent Town	53	Green	2			X
Findlay	Emily	Unley	44	Green	2			X
Furness	Leila	University of QLD	54	Green	2			X
Giro	Aleksandra	Payneham	45	Green	2			X
Hebart	Lily	Clovercrest	55	Green	2			X
Kidd	Anneka	Unley	46	Green	2			X
Liemar	Seanna	Kent Town	56	Green	2			X
Linke	Natasha	Kent Town	57	Green	2			X
Macdonald	Julia	Onkaparinga	58	Green	2			X
McAvaney	Laura	Norwood	59	Green	2			X
McMahon	Delilah	Henley & Grange	60	Green	2			X
Miller	Sutton	Unley	47	Green	2			X
Mills	Caitlyn	Cheltenham	61	Green	2			X
Molenaar	Harper	Unley	62	Green	2			X
Murray	Ella	Immanuel	63	Green	2			X
Myers	Ella	Kent Town	64	Green	2			X
Nazimi	Leila	Masters	48	Green	2			X
Newmarch	Zara	Western Aquatic	65	Green	2			X
Verri	Mackenzie	Unley	49	Green	2			X
Wells	Annabelle	Kent Town	66	Green	2			X

Surname	Firstname	Club	Cap #	Cap Colour	Wave #	2.5KM
Bacciarelli	Brooke	Western Aquatic	67	Orange	3	X
Bartemucci	Grace	Unley	68	Orange	3	X
Bartemucci	Dylan	Unley	94	Orange	3	X
Bezuidenhout	Reghardt	Immanuel	69	Orange	3	X
Canning	Samuel	Immanuel	70	Orange	3	X
Dalton	Xavier	Immanuel	71	Orange	3	X
Dingwall	Eddy	Immanuel	72	Orange	3	X
Evans	Mitchell	Western Aquatic	73	Orange	3	X
Fanning	Jack	Marion	74	Orange	3	X
Fooks	Kirby	Marion	75	Orange	3	X
Fooks	Charlotte	Marion	86	Orange	3	X
Gourrage-Clark	Alexander	Southern Performance	76	Orange	3	X
Heywood	Alexa	Unley	87	Orange	3	X
Higham	Isla	Immanuel	88	Orange	3	X
Hodder	Hazel	Western Aquatic	89	Orange	3	X
Huntly	Riley	Immanuel	95	Orange	3	X
Mackay	Lucy	Norwood	77	Orange	3	X
Marr	Evelyn	Southern Performance	78	Orange	3	X
Meehan	Livi	Marion	90	Orange	3	X
Milera	Latoya	Marion	79	Orange	3	X
Mosley	Liam	Marion	80	Orange	3	X
Norman	Grace	Unley	91	Orange	3	X
Nuske	Oscar	Unley	96	Orange	3	X
Scrivener	Michael	Unley	81	Orange	3	X
Vick	Amelia	Marion	92	Orange	3	X
Ward	Julian	Western Aquatic	82	Orange	3	X
Wasley	Zara	Unley	93	Orange	3	X
Webb	Oliver	Southern Performance	83	Orange	3	X
Williams	Jack	Immanuel	84	Orange	3	X
YU	Xiwen	Marion	85	Orange	3	X

Surname	Firstname	Club	Cap #	Cap Colour	Wave #	1.25KM
Bacciarelli	Claire	Western Aquatic	111	Blue	4	X
Clark	Patrick	Unley	105	Blue	4	X
Davey	Callum	Immanuel	109	Blue	4	X
Dillon	Charlie	Unley	101	Blue	4	X
Dillon	Edward	Unley	108	Blue	4	X
Fulton	Amaya	Unley	106	Blue	4	X
Hateley	Poppy	Immanuel	113	Blue	4	X
Hossain	Noah	Clovercrest	112	Blue	4	X
Huntly	Kaycee	Immanuel	110	Blue	4	X
Marotti	Samuel	Clovercrest	102	Blue	4	X
McDonnell	Payton	Western Aquatic	104	Blue	4	X
Morgan	Keeley	Unley	99	Blue	4	X
Mosley	Luey	Marion	100	Blue	4	X
Myers- Dobrovolskis	Huckleberry	Unley	107	Blue	4	X
Roadknight	Maklin	Marion	98	Blue	4	X
Scrivener	Benji	Unley	103	Blue	4	X
Webb	Eliza	Southern Performance	97	Blue	4	X