

2020 South Australian OWS Championships

Event Information – Updated 03/09/2019



Date: Sunday 1 December 2019
Location: Course: West Lakes Rowing Course
HQ: Rowing SA Lawn – 100 Military Road, West Lakes Shore SA 5020 (*note change of venue*)

Eligibility: This event is open to:

- current and financial members of SwimmingSA
- members of interstate and international swimming associations who meet clearance criteria

Age as at: Competitor age is as at 1 December 2019

Program of Events:

| Event: | 1.25km | 2.5km | 5km | 7.5km | 10km |
|---|--|--------------------------------|--------------------------------|-------------------------|-------------------------|
| Age Categories: | 10 – 12yrs | 11 – 12yrs | 13/14yrs | 14/15yrs | 15 – 18yrs |
| | Open* (come and try) (min age 13yrs) | Open (min age 13yrs) | 15/16yrs | 16 – 18yrs | Open (min age 15yrs) |
| | | | 17/18yrs | Open (min age 14yrs) | |
| | | | Open (min age 13yrs) | | |
| Minimum Qualification Requirement: | 200m pool swim | Previous OWS or 400m pool swim | Previous OWS or 400m pool swim | Previous 5km OWS | Previous 5km OWS |

*Non-Championship Event

How to enter: All entries are via Swim Central
 Late entries will not be accepted.
Closing date: Wednesday 13 November 2019 at 9:00am
 Please ensure you enter all events you want to swim e.g.. 5km & 10km

Entry costs: \$30.80 per individual event. This is a free event for spectators.

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|---------------------|-------------------------------|--------------------------------|
| Event times: | <u>1.25km, 2.5km</u> | <u>5km, 7.5km, 10km</u> |
| | Registrations 7.30am – 8.30am | Registrations 8.30am – 9.30am |
| | Event Briefing 8.30am | Event Briefing 9.45am |
| | WAVES START 9.00am – 9.25am | WAVES START 10.15am – 10.20am |

Transponders: Please note that transponders will be used for this event.
 Further information will be distributed to competitors once entries close.

For further event information please visit sa.swimming.org.au closer to the event