

2020 South Australian OWS Championships

Event Information – Updated 5/11/2019



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 (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

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.

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