

MARATHON SERIES

SWIMMING METRO SOUTH WEST OPEN WATER CHAMPIONSHIP MEET HOSTED BY SWIMMING METRO SOUTH WEST INC.

- DATE:** Sunday 20th December 2009
- VENUE:** Sydney International, Regatta Centre, Penrith Lakes
Castlereagh Road, Penrith
- START TIME:** Briefing at 8:45am, Event starts at 9: 00am
- DISTANCE:** 5km (minimum age 13 years) with the opportunity to do a 10km (minimum age 13 years) swim through
- ENTRIES:** Close on Monday 7th December 2009 on Swimming NSW Open Water Entry Cards or Entry Form please send to:

The Registrar
Swimming Metro South West Inc.
215 York Road
South Penrith NSW 2750
- PRE ENTRY FEE:** \$30.00 for 5km - \$5 extra for 10km swim through
- LATE ENTRIES:** Sunday 20th December 2009, from 7.30am – 8.30am
- LATE ENTRY FEE:** \$35.00 for 5km - \$5 extra for 10km swim through
- REGISTRATION:** 7.30am to 8.30am
- NOTE:** Swimmers with a disability must have own support craft and personnel (not to be a swimmer in the Water).
Swimmers from Clubs in Swimming Metro South Area will compete in Area Championship.
Competitors, from Clubs outside Swimming Metro South West Area will be awarded Non Championship medals.
- INFORMATION:** Further information can be obtained by contacting:-
Kathy Thompson on 0419 144 524 or by email:
registrar@metrosw.org.au