

# 10 Kms MARATHON and OPEN WATER SERIES



**nutrition station**  
supporting healthy lifestyles

## OPEN WATER SWIM

Hosted by



## \$4500 In Prize Money

- DATE:** SATURDAY 26 OCTOBER 2019
- VENUE:** Sydney International Regatta Centre (SIRC), Penrith Lakes, Castlereagh Road, Penrith
- START TIME:**
- |                                  |                           |                              |
|----------------------------------|---------------------------|------------------------------|
| <b>1.0 Km Introductory Event</b> | <b>BRIEFING: 07:00 AM</b> | <b>EVENT START: 07:30AM*</b> |
| <b>2.5 Km Junior Event</b>       | <b>BRIEFING: 08:00 AM</b> | <b>EVENT START: 08:15AM*</b> |
| <b>5.0 Km Event</b>              | <b>BRIEFING: 09:00 AM</b> | <b>EVENT START: 09:15AM*</b> |
- DISTANCE:** 1.0 km Wetsuits / triathlon speed suits category (minimum age 10 years)  
1.0 km Introductory Event (minimum age 10 years)  
2.5 km Junior Event (Age 10 to 15 years)  
5.0 km (minimum age 12 years)
- ENTRIES:** Online entries close Wed 23rd October, 2019 at 9.00pm
- PRE ENTRY FEE:** \$15.00 for 1.0km event \$27.00 for 2.5 Km Junior event \$37.00 for 5km event
- LATE ENTRIES:** Saturday 26 October, 2019 from 06:30AM - 07:30AM (1km closes at 7:00am)
- LATE ENTRY FEE:** \$15.00 for 1.0km event \$35.00 for 2.5 Km Junior Event \$45.00 for 5 km event
- REGISTRATION:** 1km 06:30AM to 7.00AM, 2.5km 07:00 AM to 7:45 AM, 5km 7:45am to 8:45am
- PRIZE MONEY:**
- |  |  |
|--|--|
| 2.5km event (male and female overall)          | 1 <sup>st</sup> \$150 2 <sup>nd</sup> \$75 3 <sup>rd</sup> \$25    |
| 5.0km event (male and female overall)          | 1 <sup>st</sup> \$1000 2 <sup>nd</sup> \$300 3 <sup>rd</sup> \$200 |
| Dukes Estate Agents Highest point scoring club | \$1000 + Trophy  |
- INFORMATION:** Further information can be obtained by contacting:-  
Alan Bentley by email: [alan@nepeanswim.com.au](mailto:alan@nepeanswim.com.au)  
<http://www.nepeanaquaticcentreswimclub.com/open-water-events-1/>

\*Start times may change slightly once final entry numbers in each distance have been confirmed.