

2019 AUSTRALIAN OPEN WATER SWIMMING CHAMPIONSHIPS OPEN & AGE QUALIFYING TIMES AND PROCEDURES

OPEN 5KM TIME TRIAL CHAMPIONSHIP

The Open 5km Time Trial will be conducted under the Swimming Australia Open Water Swimming Rules ([found HERE](#)) and Australian Open Water Swimming Championships By-Laws ([found HERE](#)). The event is staged as a pursuit (chase) race whereby swimmers start individually at pre-determined intervals (interval TBC), and the swimmers are ranked per their individual recorded time. Placings are awarded to the fastest times.

MIXED GENDER RELAY CHAMPIONSHIP

The mixed gender relay events are staged as a typical relay, however a gender mix of 2 males & 2 females is required. The course in total is 5km with each swimmer covering 1.25km (i.e. 4x1.25).

All 4 swimmers must be from the same club. This event is limited to 14-15 years and Open Age.

AGE

Age for Open events is age as at 26th January 2019. Swimmers must be 14 years and over to enter open events.

Age for Age events is age as at 31 December 2019.

Age for the JX event is age as at 31 December 2019. JX event is for 12 – 16 years. Swimmers can enter either the JX event or their age/open open water event but not both.

ENTRY LIMITS

Swimmers may enter 2 events in total plus 1 relay.

Swimmers may enter either the age 5k or the open 5k Time Trial but not both.

Medals will be awarded by event.

ENTRY TO:

10 kilometre (Open, 18 & 19 years)

Swimmers must have achieved the 10km qualifying times at a recognised 10km open water swimming event on or after 1st October 2017.

OR

Swimmers who have not swum a 10km qualifying time may enter the 10km event based on their time in the 800m freestyle or 1500m freestyle in accordance with the 5km & 10km Pool Qualifying Procedure.

OR

Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event on or after 1st October 2017

Note: Swimmers entering the Open 10km event must be 14 years or over as at the first day of competition

7.5 kilometre (16 & 17 years)

Swimmers must have achieved the 7.5km qualifying times at a recognised 7.5km open water swimming event on or after 1st October 2017.

OR

Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event on or after 1st October 2017.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st January 2017.

OR

Swimmers who have not swum a 5km qualifying time may enter the 5km event based on their time in the 800m freestyle or 1500m freestyle in accordance with the Pool Qualifying Procedure.

5 kilometre (14, 15, 16, 17, 18, 19 & Open Time Trial)

Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event on or after 1st October 2017.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st January 2018.

OR

Swimmers who have not swum a 5km qualifying time may enter into the 5km event based on their time in the 800m freestyle or 1500m freestyle in accordance with the Pool Qualifying Procedure

OPEN QUALIFYING TIMES

Men	5 KM Time Trial		10 KM
	Open Water	Pool	
	1 hour 5 min	1 hour 2 min	2 hours 10 min
Multi Class	1 hour 20 min	1 hour 17 min	NA
Women	5 KM Time Trial		10 KM
	Open Water	Pool	
	1 hour 10 min	1 hour 7 min	2 hours 20 min
Multi Class	1 hour 25 min	1 hour 22 min	NA

Athletes who have not swum a 5km event to achieve an entry time in the qualifying period but who have meet the following electronically timed verifiable pool standards may enter the Open 5km Time Trial Championship event. Qualifying time must be achieved on or after 1st January 2018.

OPEN POOL STANDARDS

	800M	1500M
MEN	8:40:00	16:15:00
WOMEN	9:05:00	18:00:00

AGE QUALIFYING TIMES

BOYS			
AGE	Open Water 5K Time	Open Water 7.5K Time	Open Water 10k Time
18/19 Years 10KM	1 hour 7 Min	1 hour 50 Min	2 Hours 15 Min
	5KM Time	7.5 KM Time	
17 Years 7.5KM	1 Hour 5 Min	1 Hour 50 Min	
16 Years 7.5KM	1 Hour 7 Min	1 Hour 50 Min	
	Open Water 5KM Time	Pool QT	
18 Years 5KM	1 Hour 5 Min	1 Hour 2 Min	
19 Years 5KM	1 Hour 5 Min	1 Hour 2 Min	
	Open Water 5KM Time	Pool QT	
17 Years 5KM	1 Hour 5 Min	1 Hour 2 Min	
16 Years 5KM	1 Hour 7 Min	1 Hour 4 Min	
	Open Water 5KM Time	Pool QT	
15 Years 5KM	1 Hour 09 Min	1 Hour 06 Min	
14 Years 5KM	1 Hour 11 Min	1 Hour 08 Min	

GIRLS			
AGE	Open Water 5K Time	Open Water 7.5K Time	Open Water 10K Time
18/19 Years 10KM	1 Hour 10 Min	1 Hour 55 Min	2 Hours 25 Min
	Open Water 5K Time	Open Water 7.5K Time	
17 Years 7.5KM	1 Hour 10 Min	1 Hour 55 Min	
16 Years 7.5KM	1 Hour 12 Min	1 Hour 55 Min	
	Open Water 5KM Time	Pool QT	
18 Years 5KM	1 Hour 10 Min	1 Hour 7 Min	

19 Years 5KM	1 Hour 8 Min	1 Hour 05 Min	
17 Years 5KM	1 Hour 10 Min	1 Hour 7 Min	
16 Years 5KM	1 Hour 12 Min	1 Hour 9 Min	
	Open Water 5KM Time	Pool QT	
15 Years 5KM	1 Hour 14 Min	1 Hour 11 Min	
14 Years 5KM	1 Hour 16 Min	1 Hour 13 Min	

QUALIFYING TIMES EXPLAINED:

Athletes entering the 18/19 Years 10k who have not swum a 10k QT may use a 7.5k or 5k QT to enter.

Athletes entering the 16/17 Years 7.5k who don't have a 7.5k QT may use the 5k time to enter.

Athletes entering the Age 5k events who don't have a 5k Open water time may use the 5k pool time to enter.

Athletes who have not swum a 5km, 7.5km or 10km event to achieve an entry time in the qualifying period but who have met the following electronically timed verifiable pool standards may enter the Age 5km, 7.5km or 10km events. Pool qualifying time must be achieved on or after 1st January 2018.

This is to allow for swimmers aging up for the 2018 Open Water Championships

AGE POOL STANDARDS

BOYS	800	1500
17-19 Years	-	16:25:00
16 Years	-	16:30:00
15 Years	-	17:00:00
14 Years	-	17:20:00
GIRLS	800	1500
17-19 Years	9:10:00	-
16 Years	9:20:00	-
15 Years	9:27:00	-
14 Years	9:34:00	-

CRITERIA FOR AN APPROVED 5KM POOL TIME TRIAL

To achieve an approved 5km pool time trial a swimmer must swim a continuous 5km swim under the designated pool qualifying time.

The swim must have an official starter and referee present who sign off on the final results.

Time trial information for the claimed performance (date, location, name of swimmer and club) as well as the contact details for the swimmers home coach must then be submitted to Liz Avery at Swimming Australia liz.avery@swimming.org.au