

2010 AUSTRALIAN OPEN & AGE OWS CHAMPIONSHIPS
QUALIFYING TIMES AND PROCEDURES

Please take note of the prerequisites for entry to Australian Open Water Swimming Championships as set out below.

2010 AUSTRALIAN OWS CHAMPIONSHIPS
OPEN QUALIFYING TIMES & ENTRY PROCEDURES

Entry to:

(i) 10 kilometre events

Swimmers must have achieved the 10km qualifying times at a recognised 10km open water swimming event on or after 1st October 2008.

OR

Open swimmers who have not swum a 10km qualifying time may enter into the 10km event based on their time in the 800m freestyle for women or 1500m freestyle for men in accordance with the Open 5km & 10km Pool Qualifying Procedure. **Swimmers must be 14years or over.**

(ii) 5 kilometre events

Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event on or after 1st October 2008.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st October 2009.

OR

Open swimmers who have not swum a 5km qualifying time may enter into the 5km event based on their time in the 800m freestyle for women or 1500m freestyle for men in accordance with the Open 5km & 10km Pool Qualifying Procedure. **Swimmers must be 14years or over.**

OPEN Qualifying Times

MENS	5KM	5KM	10KM
	Open Water QT	Pool QT	Open Water QT
Opens	1 Hour 05 Min	1 Hour 02 Min	2 Hours 20Min
Open Multi Disability	1 Hour 20 Min	1 Hour 17 Min	NA
WOMENS	5KM	5KM	10KM
	Open Water QT	Pool QT	Open Water QT
Opens	1 Hour 10 Min	1 Hour 07 Min	2 Hours 30Min
Open Multi Disability	1 Hour 25 Min	1 Hour 22 Min	NA

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 qualifying time in a 50m pool.

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 the State Association and forwarded to the National OWS Coach where they will be recorded in a National Data Base.

OPEN 5km & 10km Pool Qualifying Procedure

Athletes who have not swum a 5km or 10km 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 & 10km events. Qualifying time must be achieved on or after 1st October 2008.

Pool Standards

Men's 1500m qualifying time of 16:00.00 minutes;

And

Women's 800m qualifying time of 9:00.00 minutes.

2010 AUSTRALIAN OWS CHAMPIONSHIPS
AGE QUALIFYING TIMES & ENTRY PROCEDURES

Entry to:

(ii) 10 kilometre events

Swimmers must have achieved the 10km qualifying times at a recognised 10km open water swimming event on or after 1st October 2008.

(ii) 5 kilometre events

Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event on or after 1st October 2008.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st October 2009.

AGE Qualifying Times

BOYS	5KM	5KM	10KM
AGE	Open Water QT	Pool QT	Open Water QT
17/18Years	1 Hour 05 Min	1 Hour 02 Min	2 Hours 20Min
16 Years	1 Hour 07 Min	1 Hour 04 Min	2 Hours 20Min
15 Years	1 Hour 09 Min	1 Hour 06 Min	2 Hours 25Min
14 Years	1 Hour 11 Min	1 Hour 08 Min	2 Hours 30Min
13 Years	1 Hour 13 Min	1 Hour 10 Min	NA
GIRLS	5KM	5KM	10KM
AGE	Open Water QT	Pool QT	Open Water QT
17/18Years	1 Hour 10 Min	1 Hour 07 Min	2 Hours 30Min
16 Years	1 Hour 12 Min	1 Hour 09 Min	2 Hours 30Min
15 Years	1 Hour 14 Min	1 Hour 11 Min	2 Hours 35Min
14 Years	1 Hour 16 Min	1 Hour 13 Min	2 Hours 40Min
13 Years	1 Hour 18 Min	1 Hour 15 Min	NA