



## O&M Open Water 5km Time Trial

Date	1/12/18	
Day	Saturday	
Time	Warm Up 6:00pm	Start 7:00pm
Venue	WAVES	
Entry Fee	\$5	
Closing Date	10pm 14/11/18	
Age as at	31/12/19 (As per Australian Open Water Champs DOB)	
Special Note	A minimum of 4 swimmers is required before this Time Trial will proceed	
Timekeeping	All swimmers will require 1 family member to assist with counting laps and timekeeping	
QT	The following 1.5km QT can be done at a Swim Meet or training if signed by a Coach	

	Female	Male
14 years	21:00	20:00
15 years	20:20	19:20
16 years	19:40	18:40
17 years	19:00	18:00
18/19 years	19:00	18:00