PROUDLY SPONSORED BY:


| DATE: | SATURDAY 28 OCTOBER 2023 |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| VENUE: | Sydney International Regatta Centre (SIRC), Penrith Lakes, Castlereagh Road, Penrith |  |  |  |
| START TIME: | 1.0 Km Introductory Event | BRIEFING: 08:00 AM | EVEN | T START: 08:30AM* |
|  | 2.5 Km Junior Event | BRIEFING: 09:00 AM | EVEN | T START: 09:10AM* |
|  | 5.0 Km Event | BRIEFING: 09:30 AM | EVEN | T START: 10:00AM* |
|  | * START TIMES MAY CHANGE ONCE FINAL ENTRY NUMBERS IN EACH DISTANCE HAVE BEEN CONFIRMED. |  |  |  |
| 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 11 to 15 years) |  |  |  |
|  | 5.0 km (minimum age 12 years) |  |  |  |
| ENTRIES | Online entries close Wednesday $25^{\text {th }}$ October, 2023 at 11.59pm |  |  |  |
|  | Entries are via Swim Central for registered Swimmers |  |  |  |
|  | https://swimcentral.swimming.org.au/ |  |  |  |
|  | 1 km Introductory Event and Wetsuit/Triathlon Speedsuits \& 5 km non registered swimmers can register via the below link. |  |  |  |
|  | https://www.registernow.com.au/secure/Register.aspx?E=49994 |  |  |  |
| WAIVER: | WAIVER MUST BE SUBMITTED ONLINE - THIS IS COMPULSORY. |  |  |  |
|  | https://forms.gle/EMWzMGckDzrkSgYF8 |  |  |  |
| ENTRY FEE: | \$20.00** for 1.0km event | \$35.00** for 2.5 Km Junior event |  | \$45.00** for 5km event |



| LATE ENTRIES: | Late Entries will be taken on the day Saturday 28 October, 2023 |  |  |
| :---: | :---: | :---: | :---: |
| LATE ENTRY FEE: | \$30.00** for 1.0km event | \$45.00** for 2.5 Km Junior Event | \$55.00** for 5 km event |
| LATE REGISTRATION TIMES: | 1 km event 07:15AM to 8.00AM. |  |  |
|  | 2.5 km \& 5km events 07:30 AM to 08:15 AM. |  |  |
| PRIZE MONEY: | 2.5km Event (Male and Female Overall) Sponsored by Nepean Aquatic Centre |  |  |
|  | 1st \$150 | 2nd \$75 3r | 3rd \$25 |
|  | 5.0km event (Male and Female Overall) Sponsored by Penrith Marine \& Mercury |  |  |
|  | 1st \$500 | 2nd \$250 3 | 3rd \$100 |
|  | Highest Point Scoring Club Sponsored by Dukes Estate Agents |  |  |
|  | \$500 + Trophy |  |  |
| MEDALS: | Medals will be awarded in the following categories: |  |  |
|  | 1.0 Km Wetsuits/Triathlon Speed Suits Category | 1st, 2nd and 3rd Male and Female Overall |  |
|  | 1.0 Km Introductory Event | $10-11$ yrs, 12-13 yrs, 14-15 yrs, 16-19 yrs, 20-29 yrs, 30$39 y r s, 40-49 y r s, 50-59 y r s, 60$ yrs \& Over Male and Female |  |
|  | 2.5Km Junior Event | 11, 12, 13, 14, 15 Yrs Male and Female |  |
|  | 5Km Event | $12-13$ yrs, 14-15 yrs, $16-19$ yrs, 20-29 yrs, 30-39yrs, 40$49 \mathrm{yrs}, 50-59 \mathrm{yrs}, 60$ yrs \& Over Male and Female. |  |
| INFORMATION: | Further information can be obtained by contacting the Race Secretary:- |  |  |
|  | Amanda Nicholls - nacsci.racescretary@gmail.com |  |  |
| **Refunds will not be issued for ineligible entries/change of mind. Medical Certificate to be supplied if injured or unwell. |  |  |  |

