



OWS Details

Events

Masters Swimming Queensland and Rottnest Channel Swim Association

Rules and Regulations will be strictly adhered to.

<https://mastersswimming.org.au/wp-content/uploads/2018/10/MSA-OWS-Rules-MARCH-2019.pdf>

<https://rotnestchannelswim.com.au/event-info/rules/>

MSQ Sanction #: Q27/19 and Sanctioned by Rottnest Channel Swim Association.

ENTRIES

Entries are to be submitted via the

MSQ Quick Entry on the MSQ website

Single entries will open on 1 October 2019, Relay Entries on 8 October 2019

and all entries close on **20 November 2019**.

Relay entries:

The team captain may nominate all relay team members in one go, then add them into a relay team.

Swim Events

Swimmers may enter only **ONE** event.

Swim	Masters	Non-Masters
10k	\$45	\$ 60
5k	\$35	\$ 50
2.5k	\$25	\$ 35
4 x 2.5k relay	\$80 per team	\$100 per team

SWIMWEAR

No wetsuits, no zips in swimwear

No flotation devices

As per MSA rules.

WATCHES / TIMING DEVICES

No watches, timing devices or pacing devices of any description.

As per MSA rules.

SWIM WAIVER

Each swimmer will have to sign a "swim waver" on the day

and junior swimmers require a parent or guardian signature also.

10K swim time

The 10k swim must be completed within 4 ¼ hours as per the 2020

Rottnest Channel Swim Association rules.

REGISTRATION TIMES

10k swim 0700

5k swim 0800

2.5k swim 0900

4 x 2.5k relay 0700

BRIEFING TIMES

10k swim 0745

5k swim 0845

2.5k swim 0945

4 x 2.5k swim 0745

No briefing, no swim

START TIMES

10k swim 0800

5k swim 0900.

2.5k swim 1000

4 x 2.5k Relay 0810

MEDICAL CERTIFICATES

Medical certificates and or medication to be noted on the entry form and medical information provided on the day or email to Cheryl.

PRIZES

1st, 2nd and 3rd in each swim distance, Male and Female plus, Juniors 14 – 17 years.

RESULTS

Results will be on the MSQ website within three days plus on the mastersswimmingnq Facebook and Instagram pages.

FEEDERS

Only the 10k and 5k swimmers may have "feeders". You may have your own "feeder person" or we will provide a "feeder person" for you. Please Advise Cheryl – ribbs2@bigpond.net.au – if you require a "feeder person" or who your "feeder person" will be? Each "feeder person" may look after more than one swimmer. Swimmers, please name your esky and number your food.