

## **Swim England National Open Water Competition**

### **NOTES REGARDING ENTRY TO SWIM ENGLAND OPEN WATER NATIONALS:**

The entry criteria for entry to the Open Water Nationals at Rother Valley on Monday 5<sup>th</sup> August 2019 are:

- 1) Having a qualifying 800m or 1,500m pool time.
- 2) Achieve a 1st, 2nd or 3rd place in the Regional Open Water Championships in the Region in which the club is registered. (In our case this means you must be swimming for a club registered to London Region)

The distance swum must be the qualifying distance for your age group.

Age	Distance
12	2KM
13	2KM
14	3KM
15	3KM
16	5KM
17-18	5KM
19+	5KM

Anyone qualifying through the Regional route will be contacted by the Swim England events team by e mail once the data has been processed onto the Swim England system. The e mail will provide you with all the necessary information needed to enter.