

**2010 OPEN & AGE  
AUSTRALIAN OPEN WATER SWIMMING CHAMPIONSHIPS  
Nagambie Lakes Regatta Centre  
20 February – 21 February 2009**

**Friday 19 February**

**Training:** 3.00pm – 6.00pm

**Saturday 20 February**

- Day 1:**
1. Men's Open 10km  
**(Selection Event) (8.00am)**
  2. Women's Open 10km  
**(Selection Event) (10.30am)**
  3. Boy's 18 & 17 and 16 Years 5km  
**(1.00pm)**
  4. Girl's 18 & 17 and 16 Years 5km  
**(1.15pm)**
  5. Boy's 15, 14 and 13 Years 5km  
**(2.45pm)**
  6. Girl's 15, 14 and 13 Years 5km  
**(4.15pm)**

**Sunday 21 February**

- Day 2:**
7. Men's Open 5km  
**(Selection Event) (8.00am)**
  8. Men's 5km MD  
**(8.00am)**
  9. Women's Open 5km  
**(Selection Event) (9.30am)**
  10. Women's 5km MD  
**(9.30am)**
  11. Boy's 18 & 17, 16, 15 and 14 Years 10km  
**(11.00am)**
  12. Girl's 18 & 17, 16, 15 and 14 Years 10km  
**(1.30pm)**

**Please note:** Swimsuit restrictions apply to all Age Group Events as per Australian Championship By Law CBL 14. Age Group Swimsuit restrictions do not apply in open events.

Selection for World Championships, Pan Pacs, Junior Pan Pacs and Oceania Championships will be selected from the open events only as per the selection criteria.