

## 2018 MCDONALD'S OWS CHAMPIONSHIPS

Lake Kawana  
20 October 2018

### PROGRAM OF EVENTS

Registration: 7:00 am

Start: 8:30 am

Event	Age	Gender	Distance	Time
1	12 Years & Over	Boys	2.5 km	8:30 am (approx.)
2	12 Years & Over	Girls	2.5 km	8:40 pm (approx.)
3	13 Years & Over	Men's	5 Km	9:30 am (approx.)
4	15 Years & Over	Men's	7.5 Km	9:30 am (approx.)
5	16 Years & Over	Men's	10 Km	9:30 am (approx.)
6	11 – 13 Years	Boys	1.25km	11:00 am (approx.)
7	13 Years & Over	Women's	5 km	12:00 noon (approx.)
8	15 Years & Over	Women's	7.5 Km	12:00 noon (approx.)
9	16 Years & Over	Women's	10 km	12:00 noon (approx.)
10	11 – 13 Years	Girls	1.25km	1:30 pm (approx.)
11	11 – 12 Years	Mixed	4x250m	2:00 pm (approx.)
12	13 Years & Over	Mixed	4x500m	2:30 pm (approx.)

**Lake Kawana, Sportsman Parade, Bokarina, Sunshine Coast**

#### Proposed Race Order & Start Times:

These are subject to change, if necessary, without notice, due to nomination numbers.

#### Pre-Race Briefings: 20 minutes prior to the start of each event:

- Order of events and starting times, due to entry numbers, will be at the discretion of the Referee.
- Swimming Queensland reserves the right to cancel the event, if needed.

#### Mixed Relays:

Mixed Relays must consist of two (2) male and two (2) females.