



WINTER ALMANAC 2018

Supplement to the NSW Swimmer Magazine

SWIMMING NEW SOUTH WALES Ltd. (Since 1896)

President
Directors

Graham Towle OAM
Steven Traplin
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Janelle Barnett
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David Goff
Benjamin Tuxford
Chris Fydler OAM

Chief Executive Officer
Events Manager

[Mark Heathcote](#)
[Shannon Smith](#)

The information contained in this publication has been compiled, primarily for the benefit of Club Race Secretaries or the responsible Club Official and to assist Coaches in the preparation of swimmers for Championship Meets.

Any enquiries concerning fixtures or meeting dates should be directed to:

Swimming New South Wales Ltd
PO Box 571
SYDNEY MARKETS NSW 2129
Telephone: (02) 8047 8503 **Fax:** (02) 9763 5699
Email: shannon.smith@nsw.swimming.org.au
Website: www.nsw.swimming.org.au

AUSTRALIAN & STATE CHAMPIONSHIP ENTRIES

All entries for Swimming New South Wales Championships must be submitted by the correct Online Entry System or E-entry procedure by the scheduled closing date herein:

By Online Entry:
www.nsw.swimming.org.au

By E-entry:
meet.entries@nsw.swimming.org.au

All entries for Swimming Australia Championships must be received via the Online Entry System by the scheduled closing date.



CONTACT DETAILS

Swimming New South Wales Ltd.	General Office	02 9763 5833
Swimming Australia Ltd.	General Office	03 9910 0700
ASCTA	General Office	07 5494 9649
NSW Diving-Springboard & Platform Diving	Mrs Gillian Brooker	02 4933 9935
Surf Life Saving NSW	General Office	02 9471 8000
Royal Life Saving Society (NSW)	General Office	02 9634 3700
State Primary Schools Sports Association	General Office	02 9707 6927
NSW Combined High Schools Sports Asso.	Mr Grant Parker	02 9707 6916
RSL Swimming	Mrs Kelly Prain	02 4721 4717
NSW Masters Swimming	Jillian Pateman	02 8116 9716
Union of Old Swimmers	Mr Graham Taylor	0408 472 482
Swimming New South Wales Website	www.nsw.swimming.org.au	
ASCTA Website	www.ascta.com	

SWIMMING NEW SOUTH WALES MEETS

DATE	MEET	VENUE
2 June, 2018	NSW MC LC Meet #2	Blacktown
7-8 July, 2018	NSW Country Short Course Championships	SOPAC
20-22 July, 2018	NSW Metropolitan Short Course Championships	SOPAC
11 August, 2018	NSW MC SC Meet #3	Ryde
24-26 August, 2018	NSW 13 & Over State SC Championships	SOPAC
8-9 September, 2018	NSW 12 & Under State SC Championships	SOPAC
13 October, 2018	NSW Achiever Squad Meet	SOPAC
20 October, 2018	NSW MC LC Championships	SOPAC

SWIMMING AUSTRALIA & INTERNATIONAL MEETS

DATE	MEET	VENUE
1-4 July, 2018	2018 Pan Pacific Championship Trials	Adelaide
9-13 August, 2018	2018 Pan Pacific Championships	Tokyo
3-5 October 2018	2018 State Teams Age Short Course Championships	Canberra
20-27 October, 2018	2018 Invictus Games	Sydney
25-27 October, 2018	2018 Hancock Prospecting Australian Short Course Swimming Championships	Melbourne

Swimming Australia Events

Please refer to the Swimming Australia website www.swimming.org.au for further details regarding Swimming Australia events. Swimming Australia Information Booklets containing all necessary information regarding their championship events will be available on the Swimming New South Wales website once finalised and made available by Swimming Australia.

SWIMMING NEW SOUTH WALES OPEN WATER SWIMMING

Is your club interested in holding an Open Water Swimming Meet during the 2018 - 2019 season?

Would your club like to have its swim as part of the NSW Open Water Swimming Marathon Series?

If so, the Competitions Committee requires all relevant information regarding the event, i.e. date, venue, distance/distances, map of course, entry details etc. by **Monday 6th August, 2018** for inclusion in the Swimming New South Wales Open Water Swimming Marathon Series Calendar and Summer Almanac.

The Open Water Marathon Series Information and calendar of events will be included in the Summer Almanac which is sent out with the October Swimmer Magazine.

All correspondence should be addressed to:

Shannon Smith

Swimming New South Wales Ltd.

PO Box 571

SYDNEY MARKETS NSW 2129

Telephone: (02) 8047 8503 Fax: (02) 9763 5699

shannon.smith@nsw.swimming.org.au

COACHES / SUPPORT STAFF PASSES

All Coaches will now be required to show their current ASCTA Membership Card to gain access to SOPAC. If a current card is not presented, then entry to the venue will be charged and access to pool deck will be denied.

Clubs must submit a [Support Staff Summary Sheet](#) and provide their WWC Number if they require a support staff pass for an event. Forms can be downloaded from the Swimming New South Wales website. Passes will only be issued to those who apply in accordance with Swimming New South Wales Ltd. policy.



SWIMMING NSW TECHNICAL SWIMMING FORUM

An invitation is extended to all Technical Officials and other interested persons to attend the Technical Swimming Forum to be conducted on Sunday 29 July 2018 commencing at 10.00am

The Forum will be held at Dooleys Silverwater.

Please note that the **Annual Swimming NSW Technical Officials Dinner and Awards Night** will be held at the [Courtyard by Marriott North Ryde](#) on Saturday Night 28 July 2018 following the SNSW AGM and Forum.

Further information will become available closer to the date.

OPEN WATER EQUIPMENT AVAILABLE FOR HIRE



Group 1: Printout Stopwatches, GPS & Radios = \$150

Group 2: Four Inflatable Buoys, Inflation Device,
Seven 10 metre lengths of Mooring Ropes,
Anchors and Mooring Weights = \$150

Group 3: Start Rope, Finish Funnelling Floats,
Finish Gate (still water venues only) = \$150

Group 4: Printout Stopwatches, Four Inflatable Buoys,
Inflation Device, Seven 10 metre lengths of Mooring Ropes,
Anchors and Mooring Weights,
Finish Funnelling Floats = \$200

Note: Only mid-week pickup and return from SIRC

**Pick up and return is available from SIRC;
Alternatively, SNSW can transport the equipment for a fee:**

A deposit is required before the hiring of this equipment.

For full hiring terms & conditions, please contact Swimming NSW office on (02) 9763 5833



ELECTRONIC TIMING EQUIPMENT AVAILABLE FOR HIRE

Automatic Officiating Equipment (AOE)

Touch pads, AOE, SAT, ARES System and scoreboard

**\$240.00 Club / Area
\$480.00 School**

**Dolphin Timing System or
Semi-Automatic Timing System (SAT)
Push buttons, OSM6 and scoreboard**

**\$140.00 Club / Area
\$240.00 School**



Transportation fee of \$120.00 for 0-150km, \$240.00 for 151-300km and \$260.00 for 300km+

Contact Swimming New South Wales on (02) 9763 5833 for further details

Call for Technical Officials & Presentation Officers

This is a personal invitation for all Qualified Technical Officials to nominate to officiate at the following meets:

DATE	MEET	VENUE	CLOSING DATE
2 June, 2018	NSW MC LC Meet #2	Blacktown	22 May, 2018
7-8 July, 2018	NSW Country SC Championships	SOPAC	27 June, 2018
20-22 July, 2018	NSW Metropolitan SC Championships	SOPAC	10 July, 2018
11 August, 2018	NSW MC Meet #3	Ryde	31 July, 2018
24-26 August, 2018	NSW 13 & Over State SC Championships	SOPAC	14 August, 2018
8-9 September, 2018	NSW 12 & Under State SC Championships	SOPAC	28 August, 2018
20 October, 2018	NSW MC Championships	SOPAC	9 October, 2018

Technical Official Nominations for all Swimming NSW meets are now conducted Online through the Swimming NSW website www.nsw.swimming.org.au. To submit your nomination simply click on the Officials/Volunteers tab and then [Appointments & Nominations](#) and then select the event you wish to nominate for.

Officials should nominate on the appropriate online form(s) by the Closing Dates shown above. Official advice of your appointment will be forwarded shortly after Closing Dates for nominations and will be published on the Swimming New South Wales website.

Call for Technical Managers, & Announcers

This is a personal invitation for interested persons to nominate for Technical Manager or Announcer at the following meets:

DATE	MEET	VENUE	CLOSING DATE
7-8 July, 2018	NSW Country SC Championships	SOPAC	8 June, 2018
20-22 July, 2018	NSW Metropolitan SC Championships	SOPAC	8 June, 2018
24-26 August, 2018	NSW 13 & Over SC State Championships	SOPAC	3 August, 2018
8-9 September, 2018	NSW 12 & Under SC State Championships	SOPAC	3 August, 2018
13 October, 2018	NSW Achiever Squad Meet	SOPAC	3 August, 2018

TECHNICAL MANAGERS AND ANNOUNCERS are appointed by the CEO. Nomination forms for all meets are available from the Swimming New South Wales Ltd Office and on the [Swimming NSW website](#). Interested persons should nominate on the [Meet Directors and Announcers Application Form](#) and forward it to the [Chief Executive Officer](#) by the closing dates shown above. Official advice of your appointment will be forwarded shortly after Closing Dates for nominations and will be published on the Swimming New South Wales website.



ENTRY QUALIFYING TIMES

MEET	DATE
2018 NSW Country Short Course Championships	1 st June, 2017
2018 NSW Metropolitan Short Course Championships	1 st June, 2017
2018 NSW 13 & Over State SC Championships	1 st June, 2017
2018 NSW 12 & Under State SC Championships	1 st June, 2017

The responsible Club Official must certify that the entrant has qualified at one of the following approved Meets:

- State Championships
- Metropolitan Championships
- Country Championships
- Country Regional Meets
- Interstate Meets promoted by a State Association or Swimming Australia Ltd.
- International Meets Overseas
- Area Approved Meets*

* PROVIDED THAT results of such Meets are forwarded to Swimming New South Wales Ltd no later than **SEVEN (7)** days after the date of the Meet. Except where a qualifying time is established at a Qualifying Meet during the period of the seven (7) days immediately preceding the closing date for entries, the Names, Times and Stroke of all those qualifying at that Qualifying Meet must be lodged no later than the Closing Date for Entries.

School Swim Meet Policy for the Recognition of Qualifying Times

Any swim meets conducted by schools, school associations or groups who wish to have their Meets recognised for the purpose of achieving qualifying standards must meet the following requirements:

1. Prior Approval in writing must be sought from Swimming NSW - [Meet Approval Application Form](#) available from the Swimming NSW website
2. The names of the intended Referee and Starter must be provided at the time of application for Recognition of the Meet
3. Must be refereed by a currently accredited, registered Referee
4. Must be conducted under the rules of Swimming NSW
5. The Starter must be a fully accredited and registered Starter. That is a 'restricted' or 'school credential' is not acceptable
6. Times must be recorded by electronic timing equipment
7. Swimming NSW to verify that the Referee and Starter have the required qualifications
8. The results must be forwarded to Swimming NSW within seven (7) days and must include names of the Referee and Starter who actually officiated the meet
9. All swim Meets conducted by school associations etc that achieve the above criteria can submit times for recognition as qualifying standards
10. All swim Meets conducted by schools, school associations or groups, must comply with the Swimming NSW [Meet Approval Process](#)

Please Note:

It is a condition of entry to all Swimming New South Wales conducted meets that all Entry Times are able to be verified in accordance with the abovementioned criteria.

It is the responsibility of the Club to ensure that these times are able to be verified.

Should a Swimmer swim slower than the qualifying time in a Swimming New South Wales conducted meet and the qualifying time of the participant is not be able to be verified, then the Swimmer will be fined in accordance with Swimming New South Wales General Rule GR 7.

NSW ENTRY PROCEDURES

The following requirements apply to all NSW Meets. The responsible Club Official must certify that each entrant is eligible to compete and is the stipulated age in accordance with the Rules of Swimming New South Wales Ltd.

Swimming NSW now provides two (2) methods for entry as outlined below:-

1) ONLINE ENTRIES

Online Entries can be made using the SNSW Online entries system, accessible via the [Swimming NSW website Calendar Entries pages](#). Competitors using the online entries system must comply with the closing dates and procedures as published on the Swimming NSW website. To ensure swimmers entry details are correct, Entry Lists will be published on the Swimming NSW website following the closing date. It is the competitor's responsibility to email meet.entries@nsw.swimming.org.au within 48 hours of the entry lists being posted to request corrections.

2) E-ENTRIES

Clubs Race Secretaries may use the E-entry system to enter relay events only or if a swimmer is experiencing difficulties entering via the Online system. Club Race Secretaries must comply with the closing dates and procedures as published on the Swimming New South Wales website. To ensure swimmers entry details are correct, Entry Lists will be published on the Swimming NSW website following the closing date. It is the competitor's responsibility to email meet.entries@nsw.swimming.org.au within 48 hours of the entry lists being posted to request corrections. Payment as well as the Proof of Times Report must be received by Swimming NSW no later than the relevant closing date.

NSW Championship Entry Times should be related to the Course in which the Meet is to be conducted. Entrants must use the appropriate Entry Qualifying Time where applicable. Where a swimmer is using a Short Course time to enter a Long Course meet the swimmers entry time will be equal to the qualifying time for that event.

Multi Classification & Relay Events

Multi-classification & Relay events may be submitted using either the Online Entry System or the E-entries system. All Multi-Classification entries must be accompanied by an email to Swimming New South Wales with notification of the athlete's current classification information.

Please Note:

- Entries submitted on Manual Entry cards will no longer be accepted for entry to Swimming NSW Meets
- Following the close of entries it is the responsibility of the competitor and/or relevant Club Official to check the Entry Lists posted on the Swimming NSW website to ensure entry times are correct

Please refer to the [Swimming NSW Refund Policy](#)

COURTYARD[®]
Marriott[®]

SYDNEY-NORTH RYDE

Entry Fees

(All inclusive of GST)

NSW State Championships

Individual Events	(including Multi classification Events)	\$18.00 per event
Team Events		\$36.00 per event

Country

Individual Events	(including Multi classification Events)	\$18.00 per event
Team Events		\$36.00 per event

Metropolitan

Individual Events	(including Multi classification Events)	\$18.00 per event
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NSW Achievers Squad Meet

Individual Events	No Entry Fee
Team Events	No Entry Fee

NSW Multi Class Meets 1, 2 & 3

\$8.00 per event - up to
a maximum of 5 events

NSW Multi Class Championship Meet

\$10.00 per event - up to
a maximum of 5 events

NSW Championship Entry Times

NSW Championship Entry Times should be related to the Course in which the Meet is to be conducted.

The following rules now apply for qualifying purposes:-

- (i) When qualifying for **Short Course** Championships, swimmers can use either a **Long Course** or **Short Course** qualifying time. Long Course qualifying times will be accepted given they have met the qualifying time without any conversion factor.
- (ii) When qualifying for **Long Course** Championships, swimmers can use either a **Long Course** or **Short Course** qualifying time, however if entering using a **Short Course** time, the entry time will be **converted to equal** the qualifying time for that event.

NOTE - Australian Open Short Course Championship entry times must be achieved in a 25m pool. A time in a 50m pool is acceptable without any conversion factor.

Drug Testing:

In accordance with the provisions of Rule GR4, SNSWL may authorise Random Drug Testing by an appropriate authority at Swimming NSW Championship events.



NSW Championship Procedures

Obtain a Programme and check your name against Event/s. If incorrect immediately see the Chief Recorder.

MARSHALLING PROCEDURES

Any swimmer who fails to report personally to the Clerk of Course at least ten (10) minutes prior to the scheduled time for the start of that session if entered in the first or second events, or at the time of the start of an event at least two (2) events prior to the event in which they are entered shall be deemed to be withdrawn. It is permissible for a swimmer's representative to report to the Clerk of Course on their behalf. Where a swimmer has difficulty in reporting to the Clerk of Course by the required time, it is recommended that their representative report to the Clerk of Course on their behalf prior to the event closing. Once reported, a swimmer is not permitted to leave the marshalling area unless approval is first obtained from the Clerk of Course. All heats (including heats of 800 metres and 1500 metre freestyle) shall be deemed to be one event for the purpose of this rule.

For Example: If entered in Event 9, the swimmer must have personally reported to the Clerk of Course **before the start of the first heat of Event 7.**

Coaches or parents are not permitted to be in the Marshalling Area. Refer Swimming New South Wales Ltd. Swimming Rule SW10.17.

In the event of there being sufficient withdrawals from the heats of an event, which would enable the number of heats to be reduced, the Referee may at their discretion either amalgamate heats by filling vacant lanes in a heat or heats with those swimmers whose heat has been cancelled, or reseed the whole event.

All entrants in meets conducted by Swimming New South Wales must abide by and be subject to all the Swimming New South Wales General Rules, Swimming Rules, Open Water Swimming Rules, By-Laws, Policies, and published procedures in accordance with General Rule GR3.2

Relay Events

PLEASE NOTE: Should you wish to make any changes to your relay team, an updated relay form must be submitted to the Chief Recorder on race day prior to the start of the session in which the event will be contested. If you are adding new swimmers, you must include their DOB. Relay forms are not required if you are not making any changes.

- Forms are available from the Recording Room
- Please see the Chief Recorder if you have any questions

Withdrawals

Swimmers who fail to report to the Clerk of Course by the specified time shall be a withdrawal.

Multi Classification Events (Disability)

All MC events at Swimming New South Wales Championship meets will be conducted as per Swimming NSW Ltd. Rules for a swimmer with a disability in competitive swimming.

Finalist Ribbons

To avoid congestion at the end of the Championships, swimmers entitled to a finalist ribbon **MUST** collect any ribbons earned in a session prior to the commencement of the next session. E.g. Ribbons earned in session one (1) **MUST** be collected **PRIOR** to the start of session two (2).

Medal Ceremony

Swimming NSW has recently seen an increase in the occurrence of either swimmers attending their medal presentation late and/or incorrectly attired or not attending the presentation at all. This behaviour is disrespectful to the other swimmers who have competed in the event.

In light of this, Swimming NSW requests that at the completion of their event medallists are to collect their club apparel and immediately proceed to the presentation area, competitors must ensure they wear their club apparel for the medal ceremony. Presentation of medals will take place as soon as results are finalised. Swim down will take place after the medal ceremony.

Failure to comply will result in the forfeiture of the medal.

If a swimmer needs to marshal or compete in another event, they must let the Presentation Officer know as soon as possible.

Condition of Entry

It is a condition of entry to all Swimming New South Wales conducted meets that all Entry Times are able to be verified in accordance with the Swimming New South Wales procedures. It is the responsibility of the Club to ensure that these times are able to be verified.

Should a swimmer swim slower than the qualifying time in a Swimming New South Wales conducted meet and the qualifying time of the participant is not able to be verified, then the swimmer will be fined in accordance with Swimming New South Wales General Rule GR7.

Swimming Australia Events

Please refer to the Swimming Australia website www.swimming.org.au for further details regarding Swimming Australia Events.

Swimming Australia Information Booklets containing all necessary information regarding these events will be available once finalised and made available by clicking on the Event in the Events Calendar on the Swimming Australia website.

Entries Procedure

Online Entries must be made using the Online entries system accessible via the Swimming Australia website by clicking on the event in the Calendar. Competitors using the online entries system must comply with the closing dates and procedures as published on the Swimming Australia website. For further information please refer to the information booklet available for download by clicking on the event in the Events calendar.

Entry Fees

Entry Fees will be advised by Swimming Australia in the Event Information Booklet.

NSW Championship Starting Instructions

1. When the swimmers have been placed behind the starting platforms, the Announcer will announce the Event and Heat number, e.g. Event 4 Heat 3.
2. On the long whistle from the Referee, the swimmers shall step onto the starting platform and remain there. For Backstroke and Medley Relay events they shall immediately enter the water and a second long whistle shall bring them back to the starting position.
3. On the command **“Take your marks”**, the swimmers will immediately take up their starting positions with at least one foot at the front of the starting platform, or in the case of a Backstroke or Medley Relay event, their starting position in the water and remain stationary.
4. When all swimmers are stationary the Starter shall give the starting signal.
5. Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.
6. Swimmers must finish in the lane in which they start, and will remain in the water in their lanes at the finish of the event. On the signal from the Referee swimmers are to leave the water by the side of the pool.
7. In an Individual Medley event, the sequence of strokes is Butterfly, Backstroke, Breaststroke, Freestyle. In a Medley Relay event, the sequence of stroke is Backstroke, Breaststroke, Butterfly, Freestyle.
8. In 800 and 1500 metre events, lap counters will be displayed at either the start or the turning end of the pool to advise the number of laps to be completed. A warning whistle will be given when each swimmer has two (2) lengths plus five (5) metres of the course to finish.

NOTE: If, because of the length of the program, “starting over the top” is used, swimmers from the preceding heat are to move to the side of the lane, against the finishing wall, and remain still. Where the next race will be backstroke the swimmers are to move down the lane rope towards the backstroke flags and remain still. When the next heat has started they should leave the pool by the sides as quickly as possible.

ARE YOU SICK OF PAYING YOUR ENTRY FEE’S BY CHEQUE?

PAY YOUR ENTRY FEES FOR SWIMMING NSW CHAMPIONSHIP EVENTS BY ELECTRONIC TRANSFER.

Account Name: Swimming NSW Ltd.

BSB Number: Contact SNSW Office

Account Number: Contact SNSW Office

Please ensure that you include in the

Reference Field: Club Name _Entry Fee’s_ Event Name

For Example: Novocastrian _Entry Fee’s_ State Age SC

Following your Electronic Funds Transfer please ensure you email meet.entries@nsw.swimming.org.au with the details of the transfer, including the Club Name, Amount Transferred, which Swimming NSW event the entry fees are for and a Contact Number for the relevant person should there be any problems or queries in regards to your electronic funds transfer. **Please note: Swimming NSW no longer accepts cash for Entry Fees.**

Swimming New South Wales Ltd recognises that, from time to time, various people have the need to access the field of play during swim meets. By necessity access to this area is restricted and only persons authorised by Swimming New South Wales are permitted access.

Authorised persons include but are not limited to:

- appointed Technical Officials & Volunteers (*must have a valid Working with Children Check*)
- Swimmers who are entered in events of the swim meet
- Accredited Coaches who are current members of ascta
- one pre-nominated team manager or where no accredited coach or pre-nominated manager a swimmer's parent who has been approved by Swimming NSW staff (*must have a valid Working with Children Check*)
- Sport Science staff who have been approved by Swimming NSW staff (*must have a valid Working with Children Check*)
- SNSW Staff
- security personnel and venue lifeguards
- Media personnel
- Swimming NSW invited guests

All of whom require physical access to pool deck and the field of play as part of their function.

The granting, controlling, and monitoring of the physical access to the pool deck and the field of play is important to the safety of Persons authorised.

This access privilege may be revoked at any time by the Board, its authorised representatives, or the Technical Manager.

Backstroke Ledges

Backstroke Ledges will be made available for use at most 2018 Swimming NSW meets.

The use of personal Backstroke Ledges is not permitted at any Swimming NSW conducted meets.

Please click [HERE](#) to view a short video on the use of the Backstroke Ledge.



**NSW COUNTRY SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
7 - 8 JULY 2018**

Session 1				
Saturday 7 July, 9:00am				
M	F			
1		Open	1500m	Freestyle
	2	Open	800m	Freestyle
3	4	Open MC	50m	Butterfly
5	6	12 Years/Under	200m	Breaststroke
7	8	13/14 Years	200m	Backstroke
9	10	15 Years/Over	100m	Butterfly
11	12	11 Years	100m	Butterfly
13	14	12 Years	100m	Butterfly
15	16	Open	100m	Individual Medley
17	18	10 Years/Under	50m	Freestyle
19	20	11/12 Years	50m	Freestyle
21	22	13/14 Years	50m	Freestyle
23	24	15 Years/Over	50m	Freestyle
25	26	Open MC	50m	Freestyle
27	28	13 Years	100m	Butterfly
29	30	14 Years	100m	Butterfly
31	32	10 Years/Under	100m	Butterfly
33	34	12 Years/Under	200m	Backstroke
35	36	15 Years/Over	400m	Freestyle

Session 2				
Saturday 7 July, Not Before 12:30pm				
M	F			
37	38	Open MC	50m	Backstroke
39	40	14 Years/Under	400m	Individual Medley
41	42	15 Years/Over	200m	Individual Medley
43	44	10 Years/Under	100m	Backstroke
45	46	11 Years	100m	Backstroke
47	48	12 Years	100m	Backstroke
49	50	13/14 Years	200m	Butterfly
51	52	11 Years/Under	50m	Breaststroke
53	54	Open	50m	Breaststroke
55	56	Open MC	50m	Breaststroke
57	58	12 Years/Under	200m	Freestyle
59	60	15 Years/Over	200m	Butterfly
61	62	13 Years	100m	Backstroke
63	64	14 Years	100m	Backstroke
65	66	15 Years/Over	100m	Backstroke
67	68	12 Years/Under	4x50m	Freestyle Relay
69	70	13/14 Years	4x50m	Freestyle Relay
71	72	15 Years/Over	4x100m	Freestyle Relay

Session 3				
Sunday 8 July, 9:00am				
M	F			
73	74	15 Years/Over	400m	Individual Medley
75	76	13/14 Years	200m	Individual Medley
77	78	10 Years/Under	100m	Breaststroke
79	80	11 Years	100m	Breaststroke
81	82	12 Years	100m	Breaststroke
83	84	15 Years/Over	200m	Freestyle
85	86	13/14 Years	200m	Freestyle
87	88	11 Years/Under	50m	Backstroke
89	90	Open	50m	Backstroke
91	92	14 Years	100m	Breaststroke
93	94	15 Years/Over	100m	Breaststroke
95	96	13 Years	100m	Breaststroke
97	98	12 Years/Under	200m	Butterfly
99	100	12 Years/Under	4x50m	Medley Relay
101	102	13/14 Years	4x50m	Medley Relay
103	104	15 Years/Over	4x100m	Medley Relay

Session 4				
Sunday 8 July, Not Before 12:30pm				
M	F			
105	106	14 Years/Under	400m	Freestyle
107	108	15 Years/Over	200m	Breaststroke
109	110	10 Years/Under	100m	Freestyle
111	112	11 Years	100m	Freestyle
113	114	12 Years	100m	Freestyle
115	116	15 Years/Over	100m	Freestyle
117	118	13/14 Years	200m	Breaststroke
119	120	12 Years/Under	200m	Individual Medley
121	122	Open	50m	Butterfly
123	124	11 Years/Under	50m	Butterfly
125	126	13 Years	100m	Freestyle
127	128	14 Years	100m	Freestyle
129	130	15 Years/Over	200m	Backstroke

*In all "15 Years & Over" Individual Events (excluding relays), Medals will be awarded in the following Age Groups;
15/16 Years & 17 & Over
AGE AS AT 7 JULY, 2018
ENTRIES CLOSE 5PM TUESDAY 26 JUNE, 2018
ENTRY FEE \$18.00 PER INDIVIDUAL EVENT, RELAY EVENT \$36.00 (GST INCLUSIVE)



**NSW COUNTRY SHORT COURSE CHAMPIONSHIPS
 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 7 - 8 JULY 2018**

Qualifying Times - Men & Boys

		Open	17yrs & Over	15-16yrs	14yrs	13yrs	12yrs	11yrs	10/U
Free	50m		27.00	27.00	13/14yrs: 29.00		11/12yrs: 32.00		36.00
	100m		59.50	59.50	1:03.00	1:06.40	1:10.30	1:13.00	1:18.00
	200m		2:07.00	2:07.00	13/14yrs: 2:17.00		12yrs/Under: 2:25.00		
	400m		4:30.00	4:30.00	14yrs/Under: 4:45.00				
	1500m	17:30.00							
Back	50m	33.00						11yrs/Under: 40.00	
	100m		1:10.00	1:10.00	1:12.00	1:15.00	1:21.00	1:24.00	1:29.00
	200m		2:29.00	2:29.00	13/14yrs: 2:40.00		12yrs/Under: 2:45.00		
Breast	50m	37.50						11yrs/Under: 46.50	
	100m		1:22.00	1:22.00	1:25.00	1:30.00	1:33.50	1:39.00	1:45.00
	200m		2:50.00	2:50.00	13/14yrs: 2:58.00		12yrs/Under: 3:07.00		
Fly	50m	30.50						11yrs/Under: 38.60	
	100m		1:09.00	1:09.00	1:11.80	1:14.60	1:20.50	1:25.00	1:36.00
	200m		2:28.00	2:28.00	13/14yrs: 2:41.50		12yrs/Under: 3:00.00		
Medley	100m	1:09.00							
	200m		2:30.00	2:30.00	13/14yrs: 2:36.00		12yrs/Under: 2:46.00		
	400m		5:10.00	5:10.00	14yrs/Under: 5:25.00				
	Relay		4x50m Free			2:01.00		2:13.00	
	4x50m Medley				2:23.50		2:38.50		
	4x100m Free		15yrs/Over: 4:08.00						
	4x100m Medley		15yrs/Over: 4:56.00						

***In all "15 Years & Over" Individual Events (excluding relays), Medals will be awarded in the following Age Groups;**

15/16 Years & 17 & Over AGE AS AT 7 JULY, 2018

ENTRIES CLOSE 5PM TUESDAY 26 JUNE, 2018

ENTRY FEE \$18.00 PER INDIVIDUAL EVENT, RELAY EVENT \$36.00 (GST INCLUSIVE)

NOTE: MULTI CLASSIFICATION EVENTS ARE CHAMPIONSHIP EVENTS. QUALIFYING TIMES APPLY



**NSW COUNTRY SHORT COURSE CHAMPIONSHIPS
 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 7 - 8 JULY 2018**

Qualifying Times - Women & Girls

		Open	17yrs & Over	15-16yrs	14yrs	13yrs	12yrs	11yrs	10/U
Free	50m		30.50	30.50	13/14yrs: 30.50		11/12yrs: 32.50		36.50
	100m		1:05.50	1:05.50	1:07.00	1:08.50	1:12.00	1:13.60	1:18.00
	200m		2:17.00	2:17.00	13/14yrs: 2:23.00		12yrs/Under: 2:28.00		
	400m		4:48.00	4:48.00	14yrs/Under: 5:00.00				
	800m	9:45.00							
Back	50m	35.00						11yrs/Under: 40.00	
	100m		1:15.00	1:15.00	1:16.50	1:17.00	1:21.50	1:24.50	1:29.00
	200m		2:38.00	2:38.00	13/14yrs: 2:41.00		12yrs/Under: 2:49.00		
Breast	50m	39.00						11yrs/Under: 47.00	
	100m		1:28.00	1:28.00	1:29.00	1:30.00	1:33.50	1:36.00	1:43.00
	200m		2:59.00	2:59.00	13/14yrs: 3:06.00		12yrs/Under: 3:15.00		
Fly	50m	33.00						11yrs/Under: 38.60	
	100m		1:14.50	1:14.50	1:15.20	1:16.00	1:22.00	1:26.00	1:36.00
	200m		2:40.00	2:40.00	13/14yrs: 2:45.00		12yrs/Under: 3:00.00		
Medley	100m	1:15.00							
	200m		2:38.00	2:38.00	13/14yrs: 2:41.00		12yrs/Under: 2:49.00		
	400m		5:27.50	5:27.50	14yrs/Under: 5:40.00				
Relay	4x50m Free				2:06.00		2:15.00		
	4x50m Medley				2:28.00		2:41.00		
	4x100m Free		15yrs/Over: 4:32.00						
	4x100m Medley		15yrs/Over: 5:18.00						

*In all "15 Years & Over" Individual Events (excluding relays), Medals will be awarded in the following Age Groups;

15/16 Years & 17 & Over

AGE AS AT 7 JULY, 2018

ENTRIES CLOSE 5PM TUESDAY 26 JUNE, 2018

ENTRY FEE \$18.00 PER INDIVIDUAL EVENT, RELAY EVENT \$36.00 (GST INCLUSIVE)

NOTE: MULTI CLASSIFICATION EVENTS ARE CHAMPIONSHIP EVENTS. QUALIFYING TIMES APPLY



**NSW COUNTRY SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
7 - 8 JULY 2018**

Qualifying Times - Multi-Classification

WOMEN					
	FREE	BACK	FLY		BREAST
S1	2:13.81	2:18.14		SB1	2:54.53
S2	2:06.76	2:12.14		SB2	2:06.32
S3	1:37.70	1:43.56	1:38.84	SB3	1:34.40
S4	1:05.91	1:22.20	1:34.68	SB4	1:31.03
S5	1:01.17	1:08.60	1:08.16	SB5	1:20.83
S6	56.19	1:12.57	1:01.03	SB6	1:13.24
S7	52.67	1:02.47	58.28	SB7	1:10.77
S8	49.14	1:00.37	56.56	SB8	1:01.11
S9	45.78	52.94	52.50	SB9	1:00.17
S10	44.35	56.78	54.33		
S11	54.29	1:04.63	1:01.05	SB11	1:09.89
S12	43.71	52.45	49.59	SB12	1:01.28
S13	42.69	53.65	48.93	SB13	57.50
S14	45.16	50.79	48.42	SB14	57.41
S15	42.73	50.40	47.65	SB15	55.73
S16	49.44	57.00	53.04	SB16	1:07.32
MEN					
	FREE	BACK	FLY		BREAST
S1	1:49.73	2:16.77	3:18.48	SB1	2:37.08
S2	1:40.97	1:48.36	2:55.88	SB2	1:34.52
S3	1:16.69	1:28.57	1:43.48	SB3	1:22.83
S4	59.12	1:16.82	1:15.79	SB4	1:18.44
S5	54.79	1:01.73	1:02.82	SB5	1:10.89
S6	48.02	57.05	50.70	SB6	1:04.03
S7	44.57	55.62	48.86	SB7	1:00.57
S8	41.85	52.56	46.81	SB8	56.46
S9	40.76	48.90	45.74	SB9	52.25
S10	36.54	46.26	42.07		
S11	43.60	54.27	52.61	SB11	58.27
S12	38.68	47.19	43.41	SB12	51.42
S13	38.47	45.63	42.64	SB13	49.59
S14	39.44	47.47	42.37	SB14	47.24
S15	37.22	43.51	40.57	SB15	45.79
S16	43.08	51.36	45.48	SB16	53.04

AGE AS AT 7 JULY, 2018

ENTRIES CLOSE 5PM TUESDAY 26 JUNE, 2018

ENTRY FEE \$18.00 PER INDIVIDUAL EVENT, RELAY EVENT \$36.00 (GST INCLUSIVE)

NOTE: MULTI CLASSIFICATION EVENTS ARE CHAMPIONSHIP EVENTS. QUALIFYING TIMES APPLY



**NSW METROPOLITAN
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
20 - 22 JULY 2018**

Session 1				
Friday 20 July, 4:00PM				
M	W			
1	2	Open	50m	Breaststroke
3	4	14/15 Years	200m	Individual Medley
5	6	16 Years/Over	200m	Individual Medley
7	8	13 Years/Under	400m	Individual Medley
9	10	14/15 Years	400m	Freestyle
11	12	16 Years/Over	400m	Freestyle
13	14	13 Years	100m	Breaststroke
15	16	14 Years	100m	Breaststroke
17	18	15 Years	100m	Breaststroke
19	20	16 Years/Over	100m	Breaststroke

Session 2					Session 3				
Saturday 21 July, 9:00AM					Saturday 21 July, Not Before 12:30PM				
M	W				M	W			
21		Open	1500m	Freestyle	41	42	Open	50m	Butterfly
	22	Open	800m	Freestyle	43	44	13 Years/Under	200m	Butterfly
23	24	Open	100m	Individual Medley	45	46	14/15 Years	200m	Freestyle
25	26	14 Years	100m	Backstroke	47	48	16 Years/Over	200m	Freestyle
27	28	15 Years	100m	Backstroke	49	50	Open MC	50m	Breaststroke
29	30	16 Years/Over	100m	Backstroke	51	52	13 Years/Under	200m	Backstroke
31	32	14/15 Years	200m	Butterfly	53	54	10 Years/Under	100m	Breaststroke
33	34	16 Years/Over	200m	Butterfly	55	56	11 Years	100m	Breaststroke
35	36	Open	50m	Freestyle	57	58	12 Years	100m	Breaststroke
37	38	13 Years/Under	200m	Individual Medley	59	60	10 Years/Under	100m	Freestyle
39	40	Open MC	50m	Freestyle	61	62	11 Years	100m	Freestyle
					63	64	12 Years	100m	Freestyle
					65	66	13 Years	100m	Freestyle

Session 4					Session 5				
Sunday 22 July, 9:00AM					Sunday 22 July, Not Before 12:30PM				
M	W				M	W			
67	68	14 Years	100m	Butterfly	91	92	16 Years/Over	400m	Individual Medley
69	70	15 Years	100m	Butterfly	93	94	Open MC	50m	Butterfly
71	72	16 Years/Over	100m	Butterfly	95	96	Open	50m	Backstroke
73	74	13 Years/Under	200m	Breaststroke	97	98	13 Years/Under	200m	Freestyle
75	76	14/15 Years	200m	Backstroke	99	100	14/15 Years	200m	Breaststroke
77	78	16 Years/Over	200m	Backstroke	101	102	16 Years/Over	200m	Breaststroke
79	80	13 Years/Under	400m	Freestyle	103	104	10 Years/Under	100m	Backstroke
81	82	14 Years	100m	Freestyle	105	106	11 Years	100m	Backstroke
83	84	Open MC	50m	Backstroke	107	108	12 Years	100m	Backstroke
85	86	15 Years	100m	Freestyle	109	110	13 Years	100m	Backstroke
87	88	16 Years/Over	100m	Freestyle	111	112	10 Years/Under	100m	Butterfly
89	90	14/15 Years	400m	Individual Medley	113	114	11 Years	100m	Butterfly
					115	116	12 Years	100m	Butterfly
					117	118	13 Years	100m	Butterfly

AGE AS AT 20 JULY 2018

ENTRIES CLOSE 5PM TUESDAY 10 JULY, 2018

ENTRY FEE \$18.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY



**NSW METROPOLITAN SHORT COURSE CHAMPIONSHIPS
 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 20 - 22 JULY 2018**

Qualifying Times - Men & Boys

		Open	16yrs/Over	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs/Under
FREESTYLE	50m	25.50							
	100m		55.00	59.00	1:00.00	1:03.00	1:07.00	1:12.00	1:16.50
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:02.00	2:08.00		2:16.50			
	400m		4:23.00	4:32.00		4:50.50			
	1500m	17:10.00							
BACKSTROKE	50m	31.00							
	100m		1:05.00	1:08.00	1:09.50	1:13.00	1:18.00	1:22.00	1:26.50
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:24.00	2:28.00		2:37.00			
BREASTSTROKE	50m	33.10							
	100m		1:14.00	1:18.00	1:19.50	1:26.00	1:29.00	1:37.00	1:40.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:47.00	2:50.00		3:00.00			
BUTTERFLY	50m	28.00							
	100m		1:04.00	1:06.00	1:10.00	1:13.00	1:20.00	1:24.30	1:31.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:25.50	2:33.00		2:44.00			
INDIVIDUAL MEDLEY	100m	1:05.50							
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:20.00	2:24.50		2:38.50			
	400m		5:08.00	5:10.00		5:30.50			

AGE AS AT 20 JULY 2018

ENTRIES CLOSE 5PM TUESDAY 10 JULY, 2018

ENTRY FEE \$18.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY



**NSW METROPOLITAN SHORT COURSE CHAMPIONSHIPS
 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 20 - 22 JULY 2018**

Qualifying Times - Women & Girls

		Open	16yrs/Over	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs/Under
FREESTYLE	50m	28.50							
	100m		1:02.00	1:04.00	1:04.00	1:05.00	1:07.50	1:12.00	1:17.50
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:16.00	2:16.00		2:19.00			
	400m		4:49.00	4:48.50		4:58.00			
	800m	9:40.00							
BACKSTROKE	50m	33.50							
	100m		1:12.50	1:14.00	1:14.00	1:15.00	1:18.00	1:22.00	1:28.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:38.00	2:36.00		2:41.50			
BREASTSTROKE	50m	37.30							
	100m		1:25.00	1:26.00	1:26.00	1:28.00	1:29.50	1:37.00	1:42.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:58.50	2:59.00		3:06.00			
BUTTERFLY	50m	31.00							
	100m		1:10.50	1:14.00	1:14.00	1:16.00	1:20.00	1:26.00	1:33.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:42.50	2:45.00		2:52.00			
INDIVIDUAL MEDLEY	100m	1:12.00							
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:34.00	2:33.00		2:40.00			
	400m		5:30.00	5:40.00		5:45.00			

AGE AS AT 20 JULY 2018

ENTRIES CLOSE 5PM TUESDAY 10 JULY, 2018

ENTRY FEE \$18.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY

Qualifying Times - Multi-Classification

WOMEN & GIRLS					
	Freestyle	Backstroke	Butterfly		Breaststroke
S1	2:13.81	2:18.14		SB1	2:54.53
S2	2:06.76	2:12.14		SB2	2:06.32
S3	1:37.70	1:43.56	1:38.84	SB3	1:34.40
S4	1:05.91	1:22.20	1:34.68	SB4	1:31.03
S5	1:01.17	1:08.60	1:08.16	SB5	1:20.83
S6	56.19	1:12.57	1:01.03	SB6	1:13.24
S7	52.67	1:02.47	58.28	SB7	1:10.77
S8	49.14	1:00.37	56.56	SB8	1:01.11
S9	45.78	52.94	52.50	SB9	1:00.17
S10	44.35	56.78	54.33		
S11	54.29	1:04.63	1:01.05	SB11	1:09.89
S12	43.71	52.45	49.59	SB12	1:01.28
S13	42.69	53.65	48.93	SB13	57.50
S14	45.16	50.79	48.42	SB14	57.41
S15	42.73	50.40	47.65	SB15	55.73
S16	49.44	57.00	53.04	SB16	1:07.32
MEN & BOYS					
	Freestyle	Backstroke	Butterfly		Breaststroke
S1	1:49.73	2:16.77	3:18.48	SB1	2:37.08
S2	1:40.97	1:48.36	2:55.88	SB2	1:34.52
S3	1:16.69	1:28.57	1:43.48	SB3	1:22.83
S4	59.12	1:16.82	1:15.79	SB4	1:18.44
S5	54.79	1:01.73	1:02.82	SB5	1:10.89
S6	48.02	57.05	50.70	SB6	1:04.03
S7	44.57	55.62	48.86	SB7	1:00.57
S8	41.85	52.56	46.81	SB8	56.46
S9	40.76	48.90	45.74	SB9	52.25
S10	36.54	46.26	42.07		
S11	43.60	54.27	52.61	SB11	58.27
S12	38.68	47.19	43.41	SB12	51.42
S13	38.47	45.63	42.64	SB13	49.59
S14	39.44	47.47	42.37	SB14	47.24
S15	37.22	43.51	40.57	SB15	45.79
S16	43.08	51.36	45.48	SB16	53.04

AGE AS AT 20 JULY 2018

ENTRIES CLOSE 5PM TUESDAY 10 JULY, 2018

ENTRY FEE \$18.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY



**SPEEDO NSW STATE 13 YEARS & OVER
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
24 - 26 AUGUST, 2018**

Session 1				
Friday 24 August, 5:00pm				
B	G			
1	2	13 Years	200m	Individual Medley
3	4	14 Years	200m	Individual Medley
5	6	15 Years	200m	Individual Medley
7	8	16 Years	200m	Individual Medley
9	10	17/18 Years	200m	Individual Medley
11	12	19 Years/Over	200m	Individual Medley
13	14	Open	50m	Breaststroke
15	16	13 Years	100m	Breaststroke
17	18	14 Years	100m	Breaststroke
19	20	15 Years	100m	Breaststroke
21	22	16 Years	100m	Breaststroke
23	24	17/18 Years	100m	Breaststroke
25	26	19 Years/Over	100m	Breaststroke
27		Open	1500m	Freestyle

Session 2					Session 3				
Saturday 25 August, 9:00am					Saturday 25 August, Not before 12:30pm				
B	G				B	G			
28	29	Open	50m	Butterfly	58	59	Open	50m	Backstroke
30	31	13 Years	100m	Freestyle	60	61	13 Years	200m	Butterfly
32	33	14 Years	100m	Backstroke	62	63	14 Years	100m	Freestyle
34	35	15 Years	200m	Breaststroke	64	65	15 Years	100m	Butterfly
36	37	16 Years	200m	Backstroke	66	67	16 Years	100m	Freestyle
38	39	17/18 Years	100m	Freestyle	68	69	17/18 Years	200m	Butterfly
40	41	19 Years/Over	100m	Freestyle	70	71	19 Years/Over	200m	Butterfly
42	43	13 Years	200m	Backstroke	72	73	13 Years	100m	Backstroke
44	45	14 Years	100m	Butterfly	74	75	14 Years	200m	Breaststroke
46	47	15 Years	200m	Backstroke	76	77	15 Years	50m	Freestyle
48	49	16 Years	50m	Freestyle	78	79	16 Years	200m	Butterfly
50	51	17/18 Years	200m	Backstroke	80	81	17/18 Years	100m	Backstroke
52	53	19 Years/Over	200m	Backstroke	82	83	19 Years/Over	100m	Backstroke
54	55	13-15 Years	4x50m	Freestyle Relay	84	85	13-15 Years	400m	Freestyle
56	57	16 Years/Over	400m	Freestyle	86	87	16 Years/Over	4x50m	Medley Relay

**AGE AS AT 24 AUGUST, 2018
ENTRIES CLOSE 5PM TUESDAY 14 AUGUST, 2018
ENTRY FEE \$18.00 PER INDIVIDUAL EVENT, RELAY EVENT \$36.00 (GST INCLUSIVE)**



**SPEEDO NSW STATE 13 YEARS & OVER
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
24 - 26 AUGUST, 2018**

Session 4 Sunday 26 August, 9:00am					Session 5 Sunday 26 August, Not before 12:30pm				
B	G				B	G			
88	89	Open	100m	Individual Medley	119	120	16 Years/Over	400m	Individual Medley
90	91	13 Years	200m	Breaststroke	121	122	13 Years	100m	Butterfly
92	93	14 Years	50m	Freestyle	123	124	14 Years	200m	Backstroke
94	95	15 Years	100m	Freestyle	125	126	15 Years	100m	Backstroke
96	97	16 Years	200m	Freestyle	127	128	16 Years	100m	Backstroke
98	99	17/18 Years	50m	Freestyle	129	130	17/18 Years	100m	Butterfly
100	101	19 Years/Over	50m	Freestyle	131	132	19 Years/Over	100m	Butterfly
102	103	13 Years	50m	Freestyle	133	134	13 Years	200m	Freestyle
104	105	14 Years	200m	Butterfly	135	136	14 Years	200m	Freestyle
106	107	15 Years	200m	Butterfly	137	138	15 Years	200m	Freestyle
108	109	16 Years	200m	Breaststroke	139	140	16 Years	100m	Butterfly
110	111	17/18yrs	200m	Breaststroke	141	142	17/18 Years	200m	Freestyle
112	113	19 Years/Over	200m	Breaststroke	143	144	19 Years/Over	200m	Freestyle
114	115	13-15 Years	4x50m	Medley Relay	145	146	13-15 Years	400m	Individual Medley
116	117	16 Years/Over	4x50m	Freestyle Relay					
	118	Open	800m	Freestyle					

AGE AS AT 24 AUGUST, 2018

ENTRIES CLOSE 5PM TUESDAY 14 AUGUST, 2018

ENTRY FEE \$18.00 PER INDIVIDUAL EVENT, RELAY EVENT \$36.00 (GST INCLUSIVE)

- Only athletes who are aged 13 years or older are allowed to compete at these Championships
- In events 84, 85, 145 & 146, 400 Freestyle and Individual Medley; Medals will be awarded in the following age groups: 13yrs, 14yrs & 15yrs
- In events 56, 57, 119 & 120, 400 Freestyle and Individual Medley; Medals will be awarded in the following age groups: 16yrs, 17/18yrs & 19 & Over
- A swimmer may only appear in one (1) relay team list for that event
- Where a club enters three (3) or more relay teams, **all teams** must meet the qualifying time to be eligible

Club Relay Qualifying Times

Men & Boys		16yrs & Over	13-15yrs
FREESTYLE	4x50m	1:57.50	2:02.50
MEDLEY	4x50m	2:15.00	2:22.50
Women & Girls		16yrs & Over	13-15yrs
FREESTYLE	4x50m	2:00.00	2:05.00
MEDLEY	4x50m	2:28.00	2:28.00



**SPEEDO NSW STATE 13 YEARS & OVER
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
24 - 26 AUGUST, 2018**

Qualifying Times - Men & Boys

		Open	19 & Over	17/18yrs	16yrs	15yrs	14yrs	13yrs
FREESTYLE	50m		25.20	25.90	26.00	26.30	26.70	28.00
	100m		55.00	56.00	56.00	56.50	58.50	1:00.50
	200m		2:01.00	2:01.00	2:02.00	2:04.00	2:08.00	2:13.00
	400m		4:24.50	4:25.00	4:26.50	4:30.00	4:34.50	4:39.00
	1500m	17:10.00						
BACKSTROKE	50m	28.00						
	100m		1:03.00	1:04.50	1:05.50	1:05.50	1:07.00	1:10.00
	200m		2:19.50	2:22.80	2:23.00	2:26.00	2:28.00	2:33.00
BREASTSTROKE	50m	31.00						
	100m		1:12.20	1:12.20	1:14.00	1:14.50	1:15.00	1:20.00
	200m		2:38.00	2:39.00	2:43.00	2:45.00	2:49.00	2:55.00
BUTTERFLY	50m	26.50						
	100m		1:01.00	1:01.50	1:04.00	1:04.50	1:05.00	1:09.00
	200m		2:20.00	2:21.00	2:24.00	2:27.00	2:35.00	2:37.00
INDIVIDUAL MEDLEY	100m	1:05.00						
	200m		2:18.00	2:19.00	2:21.00	2:22.00	2:24.50	2:30.00
	400m		4:50.00	4:51.00	4:55.00	4:55.00	5:00.00	5:05.00

AGE AS AT 24 AUGUST, 2018

ENTRIES CLOSE 5PM TUESDAY 14 AUGUST, 2018

ENTRY FEE \$18.00 PER INDIVIDUAL EVENT, RELAY EVENT \$36.00 (GST INCLUSIVE)



SPEEDO NSW STATE 13 YEARS & OVER
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
24 - 26 AUGUST, 2018

Qualifying Times - Women & Girls

		Open	19 & Over	17/18yrs	16yrs	15yrs	14yrs	13yrs
FREESTYLE	50m		28.50	28.60	28.70	28.80	28.90	29.50
	100m		1:01.50	1:02.00	1:02.00	1:02.00	1:02.00	1:03.50
	200m		2:14.00	2:15.50	2:16.00	2:16.00	2:15.00	2:17.50
	400m		4:41.00	4:43.00	4:46.50	4:48.50	4:50.00	4:52.50
	800m		9:40.00					
BACKSTROKE	50m	31.00						
	100m		1:10.00	1:11.70	1:12.00	1:11.50	1:11.00	1:12.00
	200m		2:30.00	2:33.00	2:33.50	2:34.50	2:35.50	2:36.50
BREASTSTROKE	50m	35.00						
	100m		1:20.50	1:22.00	1:22.00	1:22.00	1:21.00	1:24.00
	200m		2:52.00	2:54.00	2:55.00	2:57.00	2:56.50	3:01.00
BUTTERFLY	50m	30.00						
	100m		1:09.50	1:11.00	1:11.00	1:11.00	1:11.00	1:12.50
	200m		2:33.00	2:35.50	2:35.50	2:36.00	2:38.00	2:40.00
INDIVIDUAL MEDLEY	100m	1:11.50						
	200m		2:31.00	2:33.00	2:33.00	2:33.00	2:33.00	2:35.40
	400m		5:14.50	5:15.00	5:15.00	5:20.00	5:20.00	5:22.00

AGE AS AT 24 AUGUST, 2018

ENTRIES CLOSE 5PM TUESDAY 14 AUGUST, 2018

ENTRY FEE \$18.00 PER INDIVIDUAL EVENT, RELAY EVENT \$36.00 (GST INCLUSIVE)



**SPEEDO NSW STATE
10 YEARS & UNDER - 12 YEARS
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
8 - 9 SEPTEMBER 2018**

Session 1					Session 2				
Saturday 8 September, 9:00AM					Saturday 8 September, Not before 12.30pm				
B	G				B	G			
1	2	11 Years	50m	Butterfly	27	28	10 Years/Under	50m	Breaststroke
3	4	12 Years/Under	400m	Freestyle	29	30	12 Years	100m	Freestyle
5	6	10 Years/Under	100m	Backstroke	31	32	11 Years/Under	200m	Freestyle
7	8	11 Years	200m	Individual Medley	33	34	12 Years	200m	Individual Medley
9	10	12 Years	100m	Breaststroke	35	36	10 Years/Under	100m	Butterfly
11	12	10 Years/Under	200m	Individual Medley	37	38	11 Years	100m	Breaststroke
13	14	11 Years	100m	Freestyle	39	40	12 Years	50m	Freestyle
15	16	10 Years/Under	50m	Butterfly	41	42	11 Years/Under	200m	Butterfly
17	18	12 Years	200m	Backstroke	43	44	12 Years	200m	Breaststroke
19	20	11 Years/Under	200m	Breaststroke	45	46	11 Years	50m	Backstroke
21	22	12 Years	100m	Butterfly	47	48	12 Years/Under	800m	Freestyle
23	24	11 Years	50m	Freestyle	49	50	12 Years/Under	4x50m	Club Freestyle Relay
25	26	12 Years/Under	400m	Individual Medley					
Session 3									
Sunday 9 September, 9:00AM									
B	G								
51	52	11 Years	50m	Breaststroke					
53	54	10 Years/Under	100m	Freestyle					
55	56	12 Years	200m	Freestyle					
57	58	11 Years	100m	Butterfly					
59	60	10 Years/Under	100m	Breaststroke					
61	62	12 Years/Under	4 x 50m	Club Medley Relay					
63	64	11 Years	100m	Backstroke					
65	66	10 Years/Under	50m	Freestyle					
67	68	12 Years	100m	Backstroke					
69	70	11 Years/Under	200m	Backstroke					
71	72	12 Years	200m	Butterfly					
73	74	10 Years/Under	50m	Backstroke					

AGE AS AT 24 AUGUST 2018

ENTRIES CLOSE 5PM TUESDAY 28 AUGUST, 2018

ENTRY FEE \$18.00 PER INDIVIDUAL EVENT, RELAY EVENT \$36.00 (GST INCLUSIVE)

- A swimmer may only appear in one (1) relay team list for that event
- Where a club enters three (3) or more relay teams, **all teams** must meet the qualifying time to be eligible



**SPEEDO NSW STATE
10 YEARS & UNDER - 12 YEARS
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
8 - 9 SEPTEMBER 2018**

Qualifying Times - Boys

	12yrs	11yrs	11yrs/Under	10yrs/Under
Freestyle				
50m	29.90	31.20		33.00
100m	1:04.00	1:09.00		1:13.00
200m	2:22.00		2:30.00	
400m	12yrs/Under 4:56.00			
800m	12yrs/Under 10:00.00			
Backstroke				
50m		37.00		39.20
100m	1:14.00	1:19.00		1:24.00
200m	2:42.00		2:49.00	
Breaststroke				
50m		42.00		45.50
100m	1:25.00	1:32.00		1:38.00
200m	3:02.00		3:14.00	
Butterfly				
50m		35.00		38.00
100m	1:14.50	1:21.00		1:27.50
200m	2:46.00		2:55.00	
Individual Medley				
200m	2:39.50	2:48.50		2:58.00
400m	12yrs/Under 5:12.00			
Club Relays				
4x50m Freestyle	12yrs/Under 2:12.00			
4x50m Medley	12yrs/Under 2:30.00			

**AGE AS AT 24 AUGUST 2018
ENTRIES CLOSE 5PM TUESDAY 28 AUGUST, 2018
ENTRY FEE \$18.00 PER INDIVIDUAL EVENT, RELAY EVENT \$36.00 (GST INCLUSIVE)**



**SPEEDO NSW STATE
10 YEARS & UNDER - 12 YEARS
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
8 - 9 SEPTEMBER 2018**

Qualifying Times - Girls

	12yrs	11yrs	11yrs/Under	10yrs/Under
Freestyle				
50m	30.30	31.40		33.60
100m	1:05.50	1:09.00		1:14.00
200m	2:22.50		2:30.00	
400m	12yrs/Under 5:00.00			
800m	12yrs/Under 10:10.00			
Backstroke				
50m		37.00		39.40
100m	1:14.50	1:19.50		1:25.50
200m	2:42.50		2:50.50	
Breaststroke				
50m		42.00		45.50
100m	1:26.00	1:31.00		1:38.00
200m	3:07.00		3:18.00	
Butterfly				
50m		35.50		37.50
100m	1:14.50	1:21.00		1:29.00
200m	2:50.00		2:56.10	
Individual Medley				
200m	2:41.00	2:49.50		2:57.00
400m	12yrs/Under 5:35.00			
Club Relays				
4x50m Freestyle	12yrs/Under 2:12.00			
4x50m Medley	12yrs/Under 2:30.00			

**AGE AS AT 24 AUGUST 2018
ENTRIES CLOSE 5PM TUESDAY 28 AUGUST, 2018
ENTRY FEE \$18.00 PER INDIVIDUAL EVENT, RELAY EVENT \$36.00 (GST INCLUSIVE)**





**NSW ACHIEVER SQUAD MEET
 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 SATURDAY 13 OCTOBER 2018**

Start 9.00 am				
B	G	Age	Distance	Stroke
1	2	14 yrs/O	50m	Butterfly
3	4	13 yrs	50m	Butterfly
5	6	12 yrs	50m	Butterfly
7	8	11 yrs	50m	Butterfly
9	10	9/10 yrs	50m	Butterfly
11	12	MC	50m	Butterfly
13	14	14 yrs/O	50m	Backstroke
15	16	13 yrs	50m	Backstroke
17	18	12 yrs	50m	Backstroke
19	20	11 yrs	50m	Backstroke
21	22	9/10 yrs	50m	Backstroke
23	24	MC	50m	Backstroke
Mixed 25		13 yrs/O	4x50m	Freestyle Relay
Mixed 26		11/12 yrs	4x50m	Freestyle Relay
Mixed 27		9/10 yrs	4x50m	Freestyle Relay
28	29	14 yrs/O	50m	Breaststroke
30	31	13 yrs	50m	Breaststroke
32	33	12 yrs	50m	Breaststroke
34	35	11 yrs	50m	Breaststroke
36	37	9/10 yrs	50m	Breaststroke
38	39	MC	50m	Breaststroke
40	41	14 yrs/O	50m	Freestyle
42	43	13 yrs	50m	Freestyle
44	45	12 yrs	50m	Freestyle
46	47	11 yrs	50m	Freestyle
48	49	9/10 yrs	50m	Freestyle
50	51	MC	50m	Freestyle

**AGE AS AT 13 OCTOBER 2018
 ENTRIES CLOSE TUESDAY 2nd OCTOBER 2018
NO ENTRY FEE**

CONDITIONS OF ENTRY

1. Meet conducted under the rules of Swimming New South Wales Ltd.
2. Meet restricted to Area Achiever Squad members with entries forwarded to Swimming New South Wales by the Area Squad Coordinator as E-Entry File.
3. Swimmers who were selected into their Area's Squad at the age of 16 that will be 17 at the time of the meet will be allowed to enter the meet.
4. Individual Entries: A maximum of 400 entries for each Area
5. Relay Entries: A maximum of five teams per age group for each Area. Mixed Relays - two members of either sex.
6. Entries close 5pm on Tuesday 2nd October 2018 (no entry fee). NO LATE ENTRIES OR INDIVIDUAL ENTRIES WILL BE ACCEPTED.