



SUMMER ALMANAC 2018 - 2019

Supplement to the NSW Swimmer Magazine



Swimming New South Wales Ltd. (Since 1896)

President
Directors

Chris Fydler OAM
Graham Towle OAM
Janelle Barnett
Steven Traplin
Lynn Lonngren
David Goff
Mark Payne
Patrick Troy
Benjamin Tuxford

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) 9763 5833

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 (where stated) 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	General Office	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 8736 1232
Union of Old Swimmers	Mr Graham Taylor	0408 472 482
Swimming New South Wales Website	http://nsw.swimming.org.au	
ASCTA Web Site	www.ascta.com	

SWIMMING NEW SOUTH WALES MEETS

DATE	MEET	VENUE
1 - 2 December, 2018	Optus SNSW Senior Metropolitan Championships	SOPAC
8 - 9 December, 2018	NSW Open Water Championships	SIRC
14 - 19 December, 2018	Optus SNSW Senior State Age Championships	SOPAC
26 - 27 January, 2019	NSW Country Regional Meets	Various
2 - 3 February, 2019	NSW Speedo Sprint Series HEATS	Various
22 - 24 February, 2019	Optus SNSW Country Championships	SOPAC
2 - 3 March, 2019	Optus SNSW Junior Metropolitan Championships	SOPAC
9 March, 2019	NSW Speedo Sprint Series FINALS	SOPAC
10 March, 2019	NSW MC (Disability) Meet #1	SOPAC
15 - 17 March, 2019	NSW State Open Championships	SOPAC
30 - 31 March, 2019	Optus SNSW Junior State Age Championships	SOPAC
10 - 12 May, 2019	Sydney Open Invitational Meet	SOPAC

SWIMMING AUSTRALIA & INTERNATIONAL MEETS

DATE	MEET	VENUE
26 - 28 January, 2019	Australian Open Water Swimming Championships	Adelaide
07 - 12 April, 2019	Hancock Prospecting Australian Swimming Championships	South Australia
15 - 22 April, 2019	Hancock Prospecting Australian Age Swimming Championships	South Australia

SWIMMING AUSTRALIA EVENTS

Please refer to 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.

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 Application Form](#) 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.

OPEN WATER EQUIPMENT AVAILABLE FOR HIRE



Group 1: Printout Stopwatches & Radios = \$150

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

Group 3: Printout Stopwatches, Four Inflatable Buoys,
Inflation Device, Seven 10 metre lengths of Mooring Ropes,
Anchors and Mooring Weights, Finish Gate,
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 timing terms & conditions, please contact the Swimming NSW office on (02) 9763 5833

Call for Technical Officials & Presentation Officers

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

DATE	MEET	VENUE	CLOSING DATE
1 - 2 December, 2018	Optus SNSW Senior Metropolitan Championships	SOPAC	21 November, 2018
8 - 9 December, 2018	NSW Open Water Championships	SIRC	28 November, 2018
14 - 19 December, 2018	Optus SNSW Senior State Age Championships	SOPAC	4 December, 2018
26 - 27 January, 2019	NSW Country Regional Meets	Various	16 January, 2019
22 - 24 February, 2019	Optus SNSW Country Championships	SOPAC	12 February, 2019
2 - 3 March, 2019	Optus SNSW Junior Metropolitan Championships	SOPAC	20 February, 2019
9 March, 2019	NSW Speedo Sprint Series FINALS	SOPAC	27 February, 2019
10 March, 2019	NSW MC (Disability) Meet #1	SOPAC	28 February, 2019
15 - 17 March, 2019	NSW State Open Championships	SOPAC	5 March, 2019
30 - 31 March, 2019	Optus SNSW Junior State Age Championships	SOPAC	20 March, 2019

Technical Official Nominations for all Swimming NSW meets are now available Online through the Swimming NSW website www.nsw.swimming.org.au. To submit your nomination, simply click on Officials/Volunteers -> [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 and Announcers

This is an invitation for interested persons to nominate for Technical Manager and Announcer at the following meets:

DATE	MEET	VENUE	CLOSING DATE
1 - 2 December, 2018	Optus SNSW Senior Metropolitan Championships	SOPAC	9/11/2018
8 - 9 December, 2018	NSW Open Water Championships	SIRC	9/11/2018
14 - 19 December, 2018	Optus SNSW Senior State Age Championships	SOPAC	9/11/2018
22 - 24 February, 2019	Optus SNSW Country Championships	SOPAC	8/02/2019
2 - 3 March, 2019	Optus SNSW Junior Metropolitan Championships	SOPAC	8/02/2019
9 March, 2019	NSW Speedo Sprint Series FINALS	SOPAC	8/02/2019
15 - 17 March, 2019	NSW State Open Championships	SOPAC	8/02/2019
30 - 31 March, 2019	Optus SNSW Junior State Age Championships	SOPAC	8/02/2019

TECHNICAL MANAGER AND ANNOUNCERS are appointed by the CEO. Nominations for these positions will also be advertised in the Online Swimmer Magazine.

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
Optus SNSW Senior Metropolitan Championships	1 October 2017
Optus SNSW Senior State Age Championships	1 December 2017
NSW Country Regional Meets	1 January 2018
Optus SNSW Country Championships	1 October 2017
Optus SNSW Junior Metropolitan Championships	1 October 2017
NSW State Open Championships	1 January 2018
Optus SNSW Junior State Age Championships	1 December 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.

Please note that for some Swimming NSW Meets, longer distance events may utilise a lesser distance qualifying standard, i.e. Country Regional Meets use the 400m Freestyle qualifying time as a base entry time into the 800 and 1500m distance events. These qualifying standards are listed in the program of events and noted on the Swimming NSW Calendar pages. **Please be aware** that any swimmer that enters these events on a time that **does not** meet the qualifying criteria outlined therein and cannot be verified, **will be removed from those events and no refund will be given**. Please refer to the [Swimming NSW Refund Policy](#)

School Swim Meet Policy

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
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](#).

NSW Entry Procedures

The following requirements apply to all NSW Meets. The responsible Club Official, Swimmer or Parent processing the entry 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 provides an Online Meet Entry system (OME) method for entry, with the exception of Open Water entries, as outlined below:-

- **ONLINE ENTRIES**

Online Entries can be made using the ClubLane Online Meet Entries System, accessible via the [Swimming NSW website Competition Entries page](#) for both Relay entries and Individual entries. Competitors using the OME System must comply with the closing dates and procedures as published on the Swimming NSW website. To ensure swimmers entry details are correct Start 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 closing date to request corrections.

- **RELAY ENTRIES**

When submitting Relay entries online, you must include the swimmers names and proceed to payment in order for your relay team to be submitted successfully. Relay teams that are not paid for before the closing time and date will not be received by Swimming NSW. Club Race Secretaries may use the E-entry system to enter relay events only or if they are experiencing difficulties entering via the OME system. Club Race Secretaries must comply with the closing dates and procedures and must include the swimmers names in the order they are to swim as well as a Proof of Times report with their E-Entries. Failure to do so will result in your entries not being accepted.

- **OPEN WATER E-ENTRIES**

E-Entries must still be used for Open Water Entries. When using the E-entry System, clubs must comply with the closing dates and procedures as published on the Swimming New South Wales website. Proof of Times report must be forwarded with E-entry. 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 the set timeframe of the entry lists being posted to request corrections. Payment must be received by Swimming NSW within (2) days of the closing date.

Multi Classification Events

Multi-classification events may be submitted using either the OME 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 List posted on the Swimming NSW website to ensure entry times are correct.**

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

Entry Fees

(All inclusive of GST)

2018-19 Optus SNSW Senior & Junior Metropolitan Championships

Individual Events (including Multi Classification Events) \$18.00 per event

2018 NSW Open and Age Open Water Championships

Individual Events \$36.00 per event

2018-19 Optus SNSW Senior & Junior State Age Championships

Individual Events (including Multi Classification Events) \$18.00 per event

Team Events \$36.00 per event

2019 NSW Country Regional Meets

Individual Events (including Multi Classification Events) \$8.00 per event

2019 Optus SNSW Country Championships

Individual Events (including Multi Classification Events) \$18.00 per event

Team Events \$36.00 per event

2019 NSW State Open Championships

Individual Events (including Multi Classification Events) \$18.00 per event

Team Events \$36.00 per event

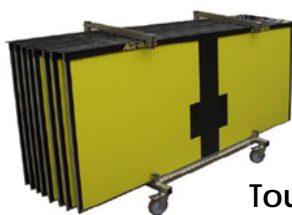
NSW Championship Entry Times

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 Long Course Championships, swimmers can use either a Long Course or Short Course qualifying time, however if entering using a Short Course time, their entry time will be equal to the qualifying time for that event.
- (ii) 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.

NOTE - Australian Open Championship entry times must be achieved in a 50m pool.



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 Wireless Timing System

\$150.00 Club/Area \$250.00 School

Semi-Automatic Timing System (SAT)

Push buttons, OSM6 and scoreboard
\$150.00 Club/Area \$300.00 School



Transportation fee of \$120.00 0-150km, \$240.00 151-300km and \$260 for 300km+

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

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.



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.

Finalist Ribbons

To avoid congestion at the end of the Championships, Top Ten 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).

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.

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.

ARE YOU SICK OF PAYING YOUR ENTRY FEES 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_Meet Name

For Example: Peakhurst_Entry Fee_Junior Metro

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.

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 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.

Backstroke Ledges

Backstroke Ledges will be made available for use at most 2018-19 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.

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.

Qualifying Times

Australian Open Water Swimming Championships	1 st October 2017
Hancock Prospecting Australian Swimming Championships	1 st January 2018
Hancock Prospecting Australian Age Swimming Championships	1 st May 2018

Entries Procedure

Online Entries must be made using the ClubLane 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.



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 personnel includes but is 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 area of competition as part of their function.

The Swimmers' change rooms/toilets are part of the "Field of Play" and are out of bounds for non-swimmers, including parents and coaches. For further clarification, please refer to the [Field of Play Access Policy](#) on the Swimming NSW Website.

The granting, controlling, and monitoring of the physical access to the pool deck and the area of competition is important to the safety of persons authorised.

Coaches must display their current ascta membership card at all times on pool deck.

Individuals that require pool access to assist swimmers in the event that their Club coach cannot attend or they do not have a Club coach, may apply to Swimming NSW to be granted pool deck access by filling in the [Application Form](#) and completing the [Working With Children](#) declaration.

Sport Science staff and Team managers may apply to Swimming New South Wales prior to the meet. Sport Science Staff and Team Managers must display their pool deck accreditation at all times.

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



**OPTUS SNSW SENIOR
METROPOLITAN CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
1 – 2 DECEMBER 2018**

Session 1 Saturday 1 December, 9:00am					Session 2 Saturday 1 December NOT BEFORE 12:30pm				
M	W				M	W			
1	2	Open	1500m	Freestyle	21	22	Open	50m	Butterfly
3		13 Years	200m	Butterfly	23	24	14/15 Years	200m	Freestyle
	4	12/13 Years	200m	Butterfly	25	26	16 Years/Over	200m	Freestyle
5	6	14 Years	100m	Backstroke	27	28	Open MC	50m	Breaststroke
7	8	15 Years	100m	Backstroke	29		13 Years	200m	Backstroke
9	10	16 Years/Over	100m	Backstroke		30	12/13 Years	200m	Backstroke
11	12	14/15 Years	200m	Butterfly	31	32	14 Years	100m	Breaststroke
13	14	16 Years/Over	200m	Butterfly	33	34	15 Years	100m	Breaststroke
15	16	Open	50m	Freestyle	35	36	16 Years/Over	100m	Breaststroke
17		13 Years	400m	Individual Medley	37		13 Years	100m	Breaststroke
	18	12/13 Years	400m	Individual Medley		38	12/13 Years	100m	Breaststroke
19	20	Open MC	50m	Freestyle	39	40	14/15 Years	400m	Individual Medley
					41	42	16 Years/Over	400m	Individual Medley
					43		13 Years	100m	Freestyle
						44	12/13 Years	100m	Freestyle

Session 3 Sunday 2 December, 9:00am					Session 4 Sunday 2 December NOT BEFORE 12:30am				
M	W				M	W			
45	46	Open	800m	Freestyle	65	66	14/15 Years	400m	Freestyle
47		13 Years	100m	Butterfly	67	68	16 Years/Over	400m	Freestyle
	48	12/13 Years	100m	Butterfly	69		13 Years	100m	Backstroke
49	50	14 Years	100m	Butterfly		70	12/13 Years	100m	Backstroke
51	52	15 Years	100m	Butterfly	71	72	14 Years	100m	Freestyle
53	54	16 Years/Over	100m	Butterfly	73	74	Open MC	50m	Backstroke
55		13 Years	200m	Breaststroke	75	76	15 Years	100m	Freestyle
	56	12/13 Years	200m	Breaststroke	77	78	16 Years/Over	100m	Freestyle
57	58	14/15 Years	200m	Backstroke	79		13 Years	200m	Individual Medley
59	60	16 Years/Over	200m	Backstroke		80	12/13 Years	200m	Individual Medley
61		13 Years	400m	Freestyle	81	82	14/15 Years	200m	Individual Medley
	62	12/13 Years	400m	Freestyle	83	84	16 Years/Over	200m	Individual Medley
63	64	Open	50m	Breaststroke	85	86	Open MC	50m	Butterfly
					87	88	Open	50m	Backstroke
					89		13 Years	200m	Freestyle
						90	12/13 Years	200m	Freestyle
					91	92	14/15 Years	200m	Breaststroke
					93	94	16 Years/Over	200m	Breaststroke

AGE AS AT 1 DECEMBER 2018

ENTRIES CLOSE 5PM TUESDAY 20 NOVEMBER, 2018

ENTRY FEE \$18 PER INDIVIDUAL EVENT (GST INCLUSIVE)

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY



**OPTUS SNSW SENIOR
METROPOLITAN CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
1 – 2 DECEMBER 2018**

Qualifying Times - Men & Boys

FREESTYLE		Open	16yrs/Over	15yrs	14yrs	13yrs
	50m	26.00				
	100m		56.50	1:00.00	1:00.50	1:02.50
			16yrs/Over	14/15yrs		
	200m		2:05.00	2:10.00		2:17.00
			16yrs/Over	14/15yrs		
	400m		4:31.00	4:34.00		4:53.00
	800m	9:15.00				
	1500m	17:30.00				
BACKSTROKE	50m	31.50				
	100m		1:07.00	1:11.00	1:11.50	1:15.00
			16yrs/Over	14/15yrs		
	200m		2:29.00	2:31.00		2:41.00
BREASTSTROKE	50m	34.50				
	100m		1:17.00	1:21.50	1:21.00	1:25.50
			16yrs/Over	14/15yrs		
	200m		2:52.00	2:53.00		3:05.00
BUTTERFLY	50m	28.50				
	100m		1:03.00	1:08.00	1:09.00	1:13.00
			16yrs/Over	14/15yrs		
	200m		2:28.50	2:37.00		2:48.00
INDIVIDUAL MEDLEY			16yrs/Over	14/15yrs		
	200m		2:26.00	2:28.00		2:38.00
			16yrs/Over	14/15yrs		
	400m		5:15.00	5:17.00		5:37.50

AGE AS AT 1 DECEMBER 2018

ENTRIES CLOSE 5PM TUESDAY 20 NOVEMBER, 2018

ENTRY FEE \$18 PER INDIVIDUAL EVENT (GST INCLUSIVE)

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY



**OPTUS SNSW SENIOR
METROPOLITAN CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
1 – 2 DECEMBER 2018**

Qualifying Times - Women & Girls

FREESTYLE		Open	16yrs/Over	15yrs	14yrs	12/13yrs
	50m	29.00				
	100m		1:03.00	1:04.00	1:05.50	1:07.50
			16yrs/Over	14/15yrs		
	200m		2:19.00	2:19.50		2:24.50
			16yrs/Over	14/15yrs		
	400m		4:52.00	4:55.00		5:05.50
	800m	9:45.00				
	1500m	18:20.00				
BACKSTROKE	50m	34.00				
	100m		1:15.50	1:17.00	1:16.00	1:18.50
			16yrs/Over	14/15yrs		
	200m		2:42.00	2:42.50		2:48.00
BREASTSTROKE	50m	38.50				
	100m		1:27.50	1:28.50	1:28.50	1:30.00
			16yrs/Over	14/15yrs		
	200m		3:07.00	3:07.00		3:11.00
BUTTERFLY	50m	31.50				
	100m		1:12.00	1:15.00	1:16.00	1:19.00
			16yrs/Over	14/15yrs		
	200m		2:45.00	2:48.00		2:53.00
INDIVIDUAL MEDLEY			16yrs/Over	14/15yrs		
	200m		2:42.00	2:40.50		2:45.50
			16yrs/Over	14/15yrs		
	400m		5:40.00	5:45.50		5:50.00

AGE AS AT 1 DECEMBER 2018

ENTRIES CLOSE 5PM TUESDAY 20 NOVEMBER, 2018

ENTRY FEE \$18 PER INDIVIDUAL EVENT (GST INCLUSIVE)

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY

**OPTUS SNSW SENIOR
METROPOLITAN CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
1 – 2 DECEMBER 2018**

Qualifying Times - Multi-Class

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 1 DECEMBER 2018
ENTRIES CLOSE 5PM TUESDAY 20 NOVEMBER, 2018
ENTRY FEE \$18 PER INDIVIDUAL EVENT (GST INCLUSIVE)**



OPTUS SNSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 19 DECEMBER 2018

Day One HEATS Friday 14 December, 9:00am				
Event No.	Age Group		Distance	Stroke
1	14 Years	G	200m	Individual Medley
2	13/14 Years	B	200m	Individual Medley
3	16 Years & Over	G	200m	Butterfly
4	16 Years	B	200m	Butterfly
5	17 Years & Over	B	50m	Freestyle
6	12/13 Years	G	200m	Freestyle
7	14 Years	G	400m	Freestyle
8	13/14 Years	B	200m	Backstroke
9	17 Years & Over	B	100m	Breaststroke
10	15 Years	G	200m	Backstroke
11	15 Years	B	200m	Backstroke
12	14 Years	G	100m	Butterfly
13	13/14 Years	B	100m	Butterfly
14	12/13 Years	G	200m	Breaststroke
15	16 Years & Over	G	100m	Freestyle
16	16 Years	B	100m	Freestyle
17*	13-15 Years	B	1500m	Freestyle (Timed Finals)

Day One FINALS Friday 14 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
1	14 Years	G	200m	Individual Medley
2	13/14 Years	B	200m	Individual Medley
3	16 Years	G	200m	Butterfly
3a	17 Years & Over	G	200m	Butterfly
4	16 Years	B	200m	Butterfly
5	17 Years	B	50m	Freestyle
5a	18 Years & Over	B	50m	Freestyle
6	12/13 Years	G	200m	Freestyle
7	14 Years	G	400m	Freestyle
8	13/14 Years	B	200m	Backstroke
9	17 Years	B	100m	Breaststroke
9a	18 Years & Over	B	100m	Breaststroke
10	15 Years	G	200m	Backstroke
11	15 Years	B	200m	Backstroke
12	14 Years	G	100m	Butterfly
13	13/14 Years	B	100m	Butterfly
14	12/13 Years	G	200m	Breaststroke
15	16 Years	G	100m	Freestyle
15a	17 Years & Over	G	100m	Freestyle
16	16 Years	B	100m	Freestyle
17*	13-15 Years	B	1500m	Freestyle (Timed Finals)
18	12 - 16 Years	G	4 x 100m	Club Medley Relay
19	13 - 16 Years	B	4 x 100m	Club Medley Relay
20	12 - 14 Years	G	4 x 50m	Club Freestyle Relay
21	13 - 14 Years	B	4 x 50m	Club Freestyle Relay

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals. Where * is indicated the fastest heat will be swum in the Finals Session
 In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)
 In Event 17, Medals will be awarded in the following age groups; 13/14 Years & 15 Years



OPTUS SNSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 19 DECEMBER 2018

Day Two HEATS Saturday 15 December, 9:00am				
Event No.	Age Group		Distance	Stroke
22	16 Years & Over	G	400m	Freestyle
23	16 Years	B	400m	Freestyle
24	15 Years	G	100m	Freestyle
25	15 Years	B	100m	Freestyle
26	14 Years	G	200m	Backstroke
27	13/14 Years	B	400m	Freestyle
28	12/13 Years	G	200m	Individual Medley
29	17 Years & Over	B	100m	Backstroke
30	16 Years & Over	G	50m	Freestyle
31	16 Years	B	50m	Freestyle
32	15 Years	G	200m	Butterfly
33	15 Years	B	200m	Butterfly
34	12/13 Years	G	100m	Butterfly
35	17 Years & Over	B	200m	Freestyle
36	16 Years & Over	G	100m	Breaststroke
37	16 Years	B	100m	Breaststroke
38*	12-14 Years	G	800m	Freestyle (Timed Finals)

Day Two FINALS Saturday 15 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
22	16 Years	G	400m	Freestyle
22a	17 Years & Over	G	400m	Freestyle
23	16 Years	B	400m	Freestyle
24	15 Years	G	100m	Freestyle
25	15 Years	B	100m	Freestyle
26	14 Years	G	200m	Backstroke
27	13/14 Years	B	400m	Freestyle
28	12/13 Years	G	200m	Individual Medley
29	17 Years	B	100m	Backstroke
29a	18 Years & Over	B	100m	Backstroke
30	16 Years	G	50m	Freestyle
30a	17 Years & Over	G	50m	Freestyle
31	16 Years	B	50m	Freestyle
32	15 Years	G	200m	Butterfly
33	15 Years	B	200m	Butterfly
34	12/13 Years	G	100m	Butterfly
35	17 Years	B	200m	Freestyle
35a	18 Years & Over	B	200m	Freestyle
36	16 Years	G	100m	Breaststroke
36a	17 Years & Over	G	100m	Breaststroke
37	16 Years	B	100m	Breaststroke
38*	12 - 14 Years	G	800m	Freestyle (Timed Finals)
39	12 - 18 Years	G	4 x 100m	Club Freestyle Relay
40	13 - 18 Years	B	4 x 100m	Club Freestyle Relay

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals. Where * is indicated the fastest heat will be swum in the Finals Session
 In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)
 In Event 38, Medals will be awarded in the following age groups; 12/13 Years & 14 Years



OPTUS SNSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 19 DECEMBER 2018

Day Three HEATS Sunday 16 December, 9:00am				
Event No.	Age Group		Distance	Stroke
41*	16 Years & Over	B	800m	Freestyle (Timed Finals)
42	15 Years	G	100m	Breaststroke
43	15 Years	B	100m	Breaststroke
44	14 Years	G	200m	Butterfly
45	13/14 Years	B	200m	Butterfly
46	16 Years & Over	G	100m	Backstroke
47	16 Years	B	100m	Backstroke
48	17 Years & Over	B	400m	Individual Medley
49	15 Years	G	400m	Freestyle
50	15 Years	B	400m	Freestyle
51	14 Years	G	100m	Freestyle
52	13/14 Years	B	100m	Freestyle
53	12/13 Years	G	200m	Backstroke
54	17 Years & Over	B	200m	Breaststroke
55	16 Years & Over	G	400m	Individual Medley
56	16 Years	B	400m	Individual Medley
57	15 Years	G	50m	Freestyle
58	15 Years	B	50m	Freestyle

Day Three FINALS Sunday 16 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
41*	16 Years & Over	B	800m	Freestyle (Timed Finals)
42	15 Years	G	100m	Breaststroke
43	15 Years	B	100m	Breaststroke
44	14 Years	G	200m	Butterfly
45	13/14 Years	B	200m	Butterfly
46	16 Years	G	100m	Backstroke
46a	17 Years & Over	G	100m	Backstroke
47	16 Years	B	100m	Backstroke
48	17 Years	B	400m	Individual Medley
48a	18 Years & Over	B	400m	Individual Medley
49	15 Years	G	400m	Freestyle
50	15 Years	B	400m	Freestyle
51	14 Years	G	100m	Freestyle
52	13/14 Years	B	100m	Freestyle
53	12/13 Years	G	200m	Backstroke
54	17 Years	B	200m	Breaststroke
54a	18 Years & Over	B	200m	Breaststroke
55	16 Years	G	400m	Individual Medley
55a	17 Years & Over	G	400m	Individual Medley
56	16 Years	B	400m	Individual Medley
57	15 Years	G	50m	Freestyle
58	15 Years	B	50m	Freestyle
59	12 - 14 Years	G	4 x 50m	Club Medley Relay
60	13 - 14 Years	B	4 x 50m	Club Medley Relay

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals. Where * is indicated the fastest heat will be swum in the Finals Session
 In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)
 In Event 41, Medals will be awarded in the following age groups; 16 Years, 17 Years and 18 & Over



OPTUS SNSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 19 DECEMBER 2018

Day Four HEATS Monday 17 December, 9:00am				
Event No.	Age Group		Distance	Stroke
61*	12-14 Years	G	1500m	Freestyle (Timed Finals)
62	17 Years & Over	B	100m	Butterfly
63	16 Years & Over	G	200m	Freestyle
64	16 Years	B	200m	Freestyle
65	14 Years	G	50m	Freestyle
66	13/14 Years	B	50m	Freestyle
67	15 Years	G	100m	Backstroke
68	15 Years	B	100m	Backstroke
69	12/13 Years	G	200m	Butterfly
70	17 Years & Over	B	200m	Individual Medley
71	16 Years & Over	G	200m	Breaststroke
72	16 Years	B	200m	Breaststroke
73	15 Years	G	400m	Individual Medley
74	15 Years	B	400m	Individual Medley
75	12/13 Years	G	100m	Freestyle
76	14 Years	G	100m	Breaststroke
77	13/14 Years	B	100m	Breaststroke
78*	15 Years & Over	G	1500m	Freestyle (Timed Finals)

Day Four FINALS Monday 17 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
61*	12-14 Years	G	1500m	Freestyle (Timed Finals)
62	17 Years	B	100m	Butterfly
62a	18 Years & Over	B	100m	Butterfly
63	16 Years	G	200m	Freestyle
63a	17 Years & Over	G	200m	Freestyle
64	16 Years	B	200m	Freestyle
65	14 Years	G	50m	Freestyle
66	13/14 Years	B	50m	Freestyle
67	15 Years	G	100m	Backstroke
68	15 Years	B	100m	Backstroke
69	12/13 Years	G	200m	Butterfly
70	17 Years	B	200m	Individual Medley
70a	18 Years & Over	B	200m	Individual Medley
71	16 Years	G	200m	Breaststroke
71a	17 Years & Over	G	200m	Breaststroke
72	16 Years	B	200m	Breaststroke
73	15 Years	G	400m	Individual Medley
74	15 Years	B	400m	Individual Medley
75	12/13 Years	G	100m	Freestyle
76	14 Years	G	100m	Breaststroke
77	13/14 Years	B	100m	Breaststroke
78*	15 Years & Over	G	1500m	Freestyle (Timed Finals)
79	12 - 18 Years	G	4 x 200m	Club Freestyle Relay
80	13 - 18 Years	B	4 x 200m	Club Freestyle Relay

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals. Where * is indicated the fastest heat will be swum in the Finals Session
 In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)
 In Event 61, Medals will be awarded in the following age groups; 12/13 Years & 14 Years
 In Event 78, Medals will be awarded in the following age groups; 15 Years, 16 Years and 17 & Over



OPTUS NSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 19 DECEMBER 2018

Day Five HEATS Tuesday 18 December, 9:00am				
Event No.	Age Group		Distance	Stroke
81	17 Years & Over	B	200m	Backstroke
82	12/13 Years	G	400m	Freestyle
83	14 Years	G	100m	Backstroke
84	13/14 Years	B	100m	Backstroke
85	15 Years	G	200m	Freestyle
86	15 Years	B	200m	Freestyle
87	17 Years & Over	B	400m	Freestyle
88	16 Years & Over	G	100m	Butterfly
89	16 Years	B	100m	Butterfly
90	12/13 Years	G	50m	Freestyle
91	14 Years	G	400m	Individual Medley
92	13/14 Years	B	400m	Individual Medley
93	15 Years	G	200m	Breaststroke
94	15 Years	B	200m	Breaststroke
95	16 Years & Over	G	200m	Individual Medley
96	16 Years	B	200m	Individual Medley
97	12/13 Years	G	100m	Breaststroke
98*	13 - 15 Years	B	800m	Freestyle (Timed Finals)

Day Five FINALS Tuesday 18 December 5.30 PM				
Event No.	Age Group		Distance	Stroke
81	17 Years	B	200m	Backstroke
81a	18 Years & Over	B	200m	Backstroke
82	12/13 Years	G	400m	Freestyle
83	14 Years	G	100m	Backstroke
84	13/14 Years	B	100m	Backstroke
85	15 Years	G	200m	Freestyle
86	15 Years	B	200m	Freestyle
87	17 Years	B	400m	Freestyle
87a	18 Years & Over	B	400m	Freestyle
88	16 Years	G	100m	Butterfly
88a	17 Years & Over	G	100m	Butterfly
89	16 Years	B	100m	Butterfly
90	12/13 Years	G	50m	Freestyle
91	14 Years	G	400m	Individual Medley
92	13/14 Years	B	400m	Individual Medley
93	15 Years	G	200m	Breaststroke
94	15 Years	B	200m	Breaststroke
95	16 Years	G	200m	Individual Medley
95a	17 Years & Over	G	200m	Individual Medley
96	16 Years	B	200m	Individual Medley
97	12/13 Years	G	100m	Breaststroke
98*	13 - 15 Years	B	800m	Freestyle (Timed Finals)
99	12 - 16 Years	G	4 x 100m	Club Freestyle Relay
100	13 - 16 Years	B	4 x 100m	Club Freestyle Relay

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals. Where * is indicated the fastest heat will be swum in the Finals Session
 In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)
 In Event 98, Medals will be awarded in the following age groups; 13/14 Years & 15 Years



OPTUS NSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 19 DECEMBER 2018

Day Six HEATS Wednesday 19 December, 9:00am				
Event No.	Age Group		Distance	Stroke
101*	15 Years & Over	G	800m	Freestyle (Timed Finals)
102	17 Years & Over	B	200m	Butterfly
103	14 Years	G	200m	Freestyle
104	13/14 Years	B	200m	Freestyle
105	15 Years	G	200m	Individual Medley
106	15 Years	B	200m	Individual Medley
107	12/13 Years	G	100m	Backstroke
108	17 Years & Over	B	100m	Freestyle
109	16 Years & Over	G	200m	Backstroke
110	16 Years	B	200m	Backstroke
111	15 Years	G	100m	Butterfly
112	15 Years	B	100m	Butterfly
113	14 Years	G	200m	Breaststroke
114	13/14 Years	B	200m	Breaststroke
115	12/13 Years	G	400m	Individual Medley
116*	16 Years & Over	B	1500m	Freestyle (Timed Finals)

Day Six FINALS Wednesday 19 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
101*	15 Years & Over	G	800m	Freestyle (Timed Finals)
102	17 Years	B	200m	Butterfly
102a	18 Years & Over	B	200m	Butterfly
103	14 Years	G	200m	Freestyle
104	13/14 Years	B	200m	Freestyle
105	15 Years	G	200m	Individual Medley
106	15 Years	B	200m	Individual Medley
107	12/13 Years	G	100m	Backstroke
108	17 Years	B	100m	Freestyle
108a	18 Years & Over	B	100m	Freestyle
109	16 Years	G	200m	Backstroke
109a	17 Years & Over	G	200m	Backstroke
110	16 Years	B	200m	Backstroke
111	15 Years	G	100m	Butterfly
112	15 Years	B	100m	Butterfly
113	14 Years	G	200m	Breaststroke
114	13/14 Years	B	200m	Breaststroke
115	12/13 Years	G	400m	Individual Medley
116*	16 Years & Over	B	1500m	Freestyle (Timed Finals)
117	12 - 18 Years	G	4 x 100m	Club Medley Relay
118	13 - 18 Years	B	4 x 100m	Club Medley Relay
119	13 Years & Over	G	10 x 50m	Club Freestyle Relay
120	14 Years & Over	B	10 x 50m	Club Freestyle Relay

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals. Where * is indicated the fastest heat will be swum in the Finals Session
 In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)
 In Event 101, Medals will be awarded in the following age groups; 15 Years, 16 Years and 17 & Over
 In Event 116, Medals will be awarded in the following age groups; 16 Years, 17 Years and 18 & Over



OPTUS SNSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE

14 - 19 DECEMBER 2018

Qualifying Times - Boys

	18yrs & Over	17yrs	16yrs	15yrs	13/14yrs
Freestyle					
50m	26.00	26.00	26.50	27.80	28.90
100m	56.00	56.50	57.00	59.50	1:01.50
200m	2:02.00	2:03.00	2:06.00	2:09.50	2:13.00
400m	4:26.00	4:28.00	4:34.00	4:38.50	4:42.00
800m	9:15.00	9:30.50	9:44.50	10:00.00	10:12.00
1500m	17:18.00	17:20.00	17:40.00	18:15.00	18:30.00
Backstroke					
100m	1:05.50	1:06.50	1:08.00	1:10.50	1:14.50
200m	2:27.00	2:28.00	2:31.00	2:33.00	2:38.50
Breaststroke					
100m	1:17.00	1:17.50	1:18.50	1:20.00	1:22.50
200m	2:47.00	2:47.50	2:51.50	2:54.50	2:58.50
Butterfly					
100m	1:01.50	1:02.00	1:05.50	1:08.00	1:10.50
200m	2:23.00	2:24.00	2:28.00	2:33.00	2:36.50
Individual Medley					
200m	2:23.50	2:24.00	2:25.00	2:28.50	2:33.50
400m	5:02.00	5:03.00	5:05.00	5:15.00	5:25.00
Club Relays	13 – 18 Years		13 – 16 Years		13 – 14 Years
4x50m Freestyle	-		-		2:00.00
4x50m Medley	-		-		2:15.00
4x100m Freestyle	3:54.00		4:00.00		-
4x100m Medley	4:19.00		4:23.00		-
4x200m Freestyle	8:24.00		-		-
10x50m Freestyle	Open Event No Qualifying Time				

AGE AS AT 14 DECEMBER 2018

ENTRIES CLOSE 5PM TUESDAY 4 DECEMBER 2018

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

- A swimmer may only appear in one (1) relay team list for that event
- If a Club enters three (3) or more Relay Teams, all teams must meet the Qualifying Time
- Only two (2) Relay Teams per Club per event will be eligible to score points and/or win Medals
- In Club relays a maximum of one (1) swimmer from a younger age group may participate, however at these championships only male athletes who are aged 13 years or older are allowed to compete
- No qualifying times are applicable for Events 119 and 120. A Club may enter one team ONLY in Events 119 and 120



OPTUS SNSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE

14 - 19 DECEMBER 2018

Qualifying Times - Girls

	17yrs & Over	16yrs	15yrs	14yrs	12/13yrs
Freestyle					
50m	30.10	30.10	30.00	30.50	30.90
100m	1:03.00	1:03.00	1:03.50	1:05.00	1:07.00
200m	2:19.00	2:19.00	2:18.50	2:20.00	2:24.00
400m	4:49.00	4:52.00	4:54.00	4:58.00	5:05.00
800m	9:50.00	9:58.00	9:58.00	10:15.00	10:30.00
1500m	18:20.00	18:20.00	18:22.00	18:40.00	19:00.00
Backstroke					
100m	1:14.50	1:14.50	1:15.50	1:16.00	1:18.00
200m	2:41.00	2:41.00	2:42.00	2:44.00	2:48.00
Breaststroke					
100m	1:25.00	1:25.50	1:26.00	1:27.00	1:29.50
200m	3:04.30	3:06.00	3:06.50	3:08.00	3:11.00
Butterfly					
100m	1:11.00	1:12.00	1:13.50	1:15.50	1:18.50
200m	2:41.00	2:44.50	2:45.00	2:48.50	2:51.00
Individual Medley					
200m	2:38.50	2:40.00	2:40.00	2:42.50	2:45.00
400m	5:30.50	5:31.00	5:33.00	5:38.00	5:42.00
Club Relays	12 – 18 Years		12 – 16 Years		12 – 14 Years
4x50m Freestyle	-		-		2:08.00
4x50m Medley	-		-		2:22.00
4x100m Freestyle	4:20.00		4:25.00		-
4x100m Medley	4:48.00		4:50.00		-
4x200m Freestyle	9:10.00		-		-
10x50m Freestyle	Open Event No Qualifying Time				

AGE AS AT 14 DECEMBER 2018

ENTRIES CLOSE 5PM TUESDAY 4 DECEMBER 2018

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

- A swimmer may only appear in one (1) relay team list for that event
- If a Club enters three (3) or more Relay Teams, all teams must meet the Qualifying Time
- Only two (2) Relay Teams per Club per event will be eligible to score points and/or win Medals
- In Club relays a maximum of one (1) swimmer from a younger age group may participate, however at these championships only female athletes who are aged 12 years or older are allowed to compete
- No qualifying times are applicable for Events 119 and 120. A Club may enter one team ONLY in Events 119 and 120



NSW Country Regional Meets

Armidale, Eden and Wagga Wagga

26 - 27 January 2019

ELIGIBILITY TO SWIM

Open to all affiliated members of NSW Country Clubs. Any swimmer who has won a medal in any State Championship (Country, State Age or State Open) in either Summer or Winter from the 1st February 2018 may enter but they are **INELIGIBLE TO RECEIVE A MEDAL in that stroke/s in the All Age Events at the Regional Meets.**

Indication by these medallists at the time of entry is requested.

Members of NSW Metropolitan Clubs are able to enter these meets; however, they will be classed as visitors and will be ineligible to receive a medal in any event.

Day One Saturday 26 January, 2019				
Session One - 10:00am				
1	M	11yrs & O	400m	Individual Medley
2	W	11yrs & O	400m	Individual Medley
3	M	All Age	200m	Freestyle
4	W	All Age	200m	Freestyle
5	M	All Age	200m	Breaststroke
6	W	All Age	200m	Breaststroke
7	M	MC	100m	Freestyle
8	W	MC	100m	Freestyle
9	M	All Age	100m	Backstroke
10	W	All Age	100m	Backstroke
11	M	All Age	50m	Butterfly
12	W	All Age	50m	Butterfly
13	M	12yrs & O	1500m	Freestyle
14	W	12yrs & O	1500m	Freestyle
15	M	All Age	200m	Butterfly
16	W	All Age	200m	Butterfly
17	M	MC	50m	Butterfly
18	W	MC	50m	Butterfly
19	M	All Age	100m	Freestyle
20	W	All Age	100m	Freestyle

Day Two Sunday 27 January, 2019				
Session Two - 9:00am				
21	M	11yrs & O	800m	Freestyle
22	W	11yrs & O	800m	Freestyle
23	M	All Age	50m	Breaststroke
24	W	All Age	50m	Breaststroke
25	M	MC	50m	Freestyle
26	W	MC	50m	Freestyle
27	M	All Age	100m	Butterfly
28	W	All Age	100m	Butterfly
29	M	11yrs & O	400m	Freestyle
30	W	11yrs & O	400m	Freestyle
31	M	All Age	50m	Backstroke
32	W	All Age	50m	Backstroke
33	M	MC	50m	Backstroke
34	W	MC	50m	Backstroke
35	M	All Age	100m	Breaststroke
36	W	All Age	100m	Breaststroke
37	M	All Age	200m	Individual Medley
38	W	All Age	200m	Individual Medley
39	M	All Age	50m	Freestyle
40	W	All Age	50m	Freestyle
41	M	MC	50m	Breaststroke
42	W	MC	50m	Breaststroke
43	M	All Age	200m	Backstroke
44	W	All Age	200m	Backstroke

AGE AS AT 26 JANUARY 2019

ENTRIES CLOSE 5PM TUESDAY 15 JANUARY 2019

ENTRY FEE \$8.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)

NOTE: All events will be swum as timed finals. The all age events will be swum with all age groups combined with the slowest heat first.



NSW Country Regional Meets

Armidale, Eden and Wagga Wagga

26 - 27 January 2019

No entry qualifying times are applicable except for the events listed in the table below. 800m & 1500m Freestyle entry times must be times achieved in a 400m Freestyle Event.

Qualifying Times	Male	Female
All Age 200m Freestyle	2:40.00	2:50.00
All Age 400m Freestyle	5:30.00	5:50.00
All Age 800m Freestyle	Use 400m QT for these events	
All Age 1500m Freestyle		
All Age 200m Backstroke	3:00.00	3:10.00
All Age 200m Breaststroke	3:20.00	3:35.00
All Age 200m Butterfly	3:00.00	3:10.00
All Age 200m Individual Medley	3:10.00	3:15.00
All Age 400m Individual Medley	6:30.00	6:40.00

AGE AS AT 26 JANUARY 2019

ENTRIES CLOSE 5PM TUESDAY 15 JANUARY 2019

ENTRY FEE \$8.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)

NOTE:

- The Online Meet Entry system will “let you” enter the 800m & 1500m events even if you do not have a 400m Freestyle time. Do not enter anyway as all entry times will be checked and any swimmer who fails to have the correct qualifying time as state above will be withdrawn and **no refund will be given**
- Following the completion of each all age event, medals will be awarded to the first 3 place-getters in each of the following age groups:
9 years & under, 10 years, 11 years, 12 years, 13 years, 14 years and 15 years & over
- For events 1 & 2 and 29 & 30, medals will be awarded to the first 3 place-getters in the following age groups:
11 years, 12 years, 13 years, 14 years and 15 years & over
- For events 13 & 14, medals will be awarded to the first 3 place-getters in the following age groups:
12-14 Years & 15 & over
- For events 21 & 22, medals will be awarded to the first 3 place-getters in the following age groups:
11-14 Years & 15 & over
- For the MC events, medals will be awarded to the first 3 place-getters in the following age groups:
12 years & under, 13-14 years and 15 years & over



Speedo Sprint Series

Heats - Various Venues State Wide

2 - 3 February 2019

Refer to the Speedo Sprint Series Poster for
Area Dates, Venues, Starting Times and Entry Conditions.

Entries must be forwarded to your Area, not Swimming NSW Ltd.

BOYS	GIRLS	AGE		STROKE
1	2	13 years	50m	Freestyle
3	4	12 years	50m	Freestyle
5	6	11 years	50m	Freestyle
7	8	10 years	50m	Freestyle
9	10	9 years	50m	Freestyle
11	12	8 years	50m	Freestyle
13	14	13 years	50m	Breaststroke
15	16	12 years	50m	Breaststroke
17	18	11 years	50m	Breaststroke
19	20	10 years	50m	Breaststroke
21	22	9 years	50m	Breaststroke
23	24	8 years	50m	Breaststroke
33	34	13 years	50m	Backstroke
35	36	12 years	50m	Backstroke
37	38	11 years	50m	Backstroke
39	40	10 years	50m	Backstroke
41	42	9 years	50m	Backstroke
43	44	8 years	50m	Backstroke
45	46	13 years	50m	Butterfly
47	48	12 years	50m	Butterfly
49	50	11 years	50m	Butterfly
51	52	10 years	50m	Butterfly
53	54	9 years	50m	Butterfly
55	56	8 years	50m	Butterfly

AGE AS AT 2 FEBRUARY 2019

ENTRY FEE MAXIMUM \$6.00 PER EVENT (refer to the poster)

- Any Swimmer who has qualified for the 2019 National Age Championships (excluding MC & Open Water) is ineligible to compete in the Series
- Any Swimmer who wins a medal in an individual event at the 2018 SNSW Senior State Age Championships is ineligible to compete in the stroke in which they won the medal
- Swimmers do not need to be registered with a club to compete in the heats. However, registration is a requirement to contest the finals
- Up to four (4) swimmers per event from each area are eligible to compete in the finals

NOTE: Area relays (Events 25-32) will be conducted on the finals day, thus omitted from the Heats program
Relay teams to be selected from those swimmers who have qualified for the finals

Session 1				
Friday 22 February, 3:00pm				
M	F			
1	2	Open	1500m	Freestyle
3	4	17yrs/O	100m	Breaststroke
5	6	15/16yrs	100m	Breaststroke
7	8	14yrs	100m	Breaststroke
9	10	13yrs	100m	Breaststroke
11	12	17yrs/O	100m	Freestyle
13	14	15/16yrs	100m	Freestyle
15	16	14yrs	100m	Freestyle
17	18	13yrs	100m	Freestyle
19	20	17yrs/O	400m	Ind Medley
21	22	15/16yrs	400m	Ind Medley
23	24	14yrs/U	400m	Ind Medley
25	26	17yrs/O	50m	Freestyle
27	28	15/16yrs	50m	Freestyle

Session 2					Session 3				
Saturday 23 February, 9:00am					Saturday 23 February, Not Before 12:30pm				
M	F				M	F			
29	30	Open MC	50m	Backstroke	65	66	Open MC	50m	Butterfly
31	32	12yrs/U	400m	Freestyle	67	68	17yrs/O	200m	Ind Medley
33	34	15/16yrs	400m	Freestyle	69	70	10yrs/U	100m	Backstroke
35	36	17yrs/O	400m	Freestyle	71	72	11yrs	100m	Backstroke
37	38	12yrs/U	200m	Breaststroke	73	74	12yrs	100m	Backstroke
39	40	15/16yrs	100m	Butterfly	75	76	13/14yrs	200m	Butterfly
41	42	17yrs/O	100m	Butterfly	77	78	11yrs/U	50m	Breaststroke
43	44	11yrs	100m	Butterfly	79	80	Open	50m	Breaststroke
45	46	12yrs	100m	Butterfly	81	82	Open MC	50m	Breaststroke
47	48	Open MC	50m	Freestyle	83	84	12yrs/U	200m	Freestyle
49	50	10yrs/U	50m	Freestyle	85	86	13yrs	100m	Backstroke
51	52	11/12yrs	50m	Freestyle	87	88	14yrs	100m	Backstroke
53	54	13yrs	100m	Butterfly	89	90	15/16yrs	100m	Backstroke
55	56	14yrs	100m	Butterfly	91	92	17yrs/O	100m	Backstroke
57	58	10yrs/U	100m	Butterfly	93	94	12yrs/U	4x50m	Freestyle Relay
59	60	12yrs/U	200m	Backstroke	95	96	13/14yrs	4x50m	Freestyle Relay
61	62	15/16yrs	200m	Ind Medley	97	98	15yrs/O	4x50m	Freestyle Relay
63	64	13/14yrs	400m	Freestyle					

AGE AS AT 22 FEBRUARY, 2019

ENTRIES CLOSE 5PM TUESDAY 12 FEBRUARY, 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT \$36 PER RELAY EVENT (GST INCLUSIVE)

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY

SYDNEY-NORTH RYDE

Session 4					Session 5				
Sunday 24 February, 9:00am					Sunday 24 February, Not Before 12:30pm				
M	F				M	F			
99	100	15/16yrs	200m	Butterfly	129	130	13/14yrs	50m	Freestyle
101	102	17yrs/O	200m	Butterfly	131	132	15/16yrs	200m	Breaststroke
103	104	13/14yrs	200m	Ind Medley	133	134	17yrs/O	200m	Breaststroke
105	106	10yrs/U	100m	Breaststroke	135	136	10yrs/U	100m	Freestyle
107	108	11yrs	100m	Breaststroke	137	138	11yrs	100m	Freestyle
109	110	12yrs	100m	Breaststroke	139	140	12yrs	100m	Freestyle
111	112	15/16yrs	200m	Freestyle	141	142	13/14yrs	200m	Breaststroke
113	114	17yrs/O	200m	Freestyle	143	144	12yrs/U	200m	Ind Medley
115	116	13/14yrs	200m	Freestyle	145	146	11yrs/U	50m	Butterfly
117	118	11yrs/U	50m	Backstroke	147	148	Open	50m	Butterfly
119	120	Open	50m	Backstroke	149	150	13/14yrs	200m	Backstroke
121	122	12yrs/U	200m	Butterfly	151	152	15/16yrs	200m	Backstroke
123	124	15yrs/O	4x50m	Medley Relay	153	154	17yrs/O	200m	Backstroke
125	126	13/14yrs	4x50m	Medley Relay	155	156	Open	800m	Freestyle
127	128	12yrs/U	4x50m	Medley Relay					

AGE AS AT 22 FEBRUARY, 2019

ENTRIES CLOSE 5PM TUESDAY 12 FEBRUARY, 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT \$36 PER RELAY EVENT (GST INCLUSIVE)

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY

Qualifying Times - Men & Boys

		Open	17yrs & Over	15/16yrs	14yrs	13yrs	12yrs	11yrs	10/U
Freestyle	50m		26.50	27.00	13/14yrs 29.00		11/12yrs 32.30		35.50
	100m		58.00	59.50	1:03.50	1:05.70	1:11.00	1:13.00	1:19.00
	200m		2:08.50	2:10.50	13/14yrs 2:18.50		12yrs/U 2:33.00		
	400m		4:31.00	4:35.00	13/14yrs 4:48.00		12yrs/U 5:05.00		
	800m	9:40.00							
	1500m	17:30.00							
Backstroke	50m	31.50					11yrs/U 39.00		
	100m		1:11.50	1:13.00	1:15.60	1:16.80	1:23.50	1:26.00	1:29.00
	200m		2:30.00	2:32.00	13/14yrs 2:42.40		12yrs/U 2:55.00		
Breaststroke	50m	34.50					11yrs/U 45.00		
	100m		1:19.50	1:21.50	1:26.50	1:27.50	1:38.00	1:39.00	1:45.00
	200m		2:49.00	2:53.50	13/14yrs 3:01.00		12yrs/ U 3:25.00		
Butterfly	50m	29.00					11yrs/U 37.50		
	100m		1:07.50	1:09.00	1:13.00	1:16.00	1:23.00	1:28.00	1:36.00
	200m		2:30.00	2:32.00	13/14yrs 2:43.50		12yrs/U 2:57.00		
Individual Medley	200m		2:29.00	2:31.00	13/14yrs 2:39.00		12yrs/U 2:55.00		
	400m		5:15.00	5:18.10	14yrs/U 5:35.00				
Relays	4x50m Free		15 & Over 2:00.00		13/14yrs 2:03.00		12yrs/U 2:15.00		
	15 & Over 2:20.00		13/14yrs 2:25.50		12yrs/U 2:40.50				

AGE AS AT 22 FEBRUARY, 2019

ENTRIES CLOSE 5PM TUESDAY 12 FEBRUARY, 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT \$36 PER RELAY EVENT (GST INCLUSIVE)

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY

Qualifying Times - Women & Girls

		Open	17yrs & Over	15/16yrs	14yrs	13yrs	12yrs	11yrs	10/U	
Freestyle	50m		30.10	30.10	13/14yrs 30.50		11/12yrs 33.00		35.50	
	100m		1:05.00	1:06.00	1:06.50	1:08.50	1:10.50	1:14.50	1:20.00	
	200m		2:19.00	2:19.00	13/14yrs 2:24.50		12yrs/U 2:35.00			
	400m		4:50.00	4:52.00	13/14yrs 5:04.00		12yrs/U 5:17.00			
	800m	10:00.00								
	1500m	18:30.00								
Backstroke	50m	35.00					11yrs/U 39.00			
	100m		1:17.00	1:17.50	1:19.00	1:20.50	1:23.50	1:25.50	1:30.50	
	200m		2:41.00	2:41.00	13/14yrs 2:43.90		12yrs/U 2:57.40			
Breaststroke	50m	39.00					11yrs/U 45.00			
	100m		1:26.50	1:27.50	1:30.00	1:31.00	1:35.50	1:38.00	1:46.00	
	200m		3:04.50	3:04.50	13/14yrs 3:08.00		12yrs/U 3:22.50			
Butterfly	50m	32.50					11yrs/U 37.00			
	100m		1:14.00	1:16.00	1:17.50	1:19.00	1:23.00	1:29.50	1:36.00	
	200m		2:42.00	2:43.50	13/14yrs 2:48.00		12yrs/U 3:05.00			
Individual Medley	200m		2:39.50	2:41.60	13/14yrs 2:43.50		12yrs/U 2:55.00			
	400m		5:32.00	5:35.60	14yrs/U 5:55.00					
Relays	4x50m Free			15 & Over 2:05.00		13/14yrs 2:08.00		12yrs/U 2:17.00		
	4x50m Medley			15 & Over 2:27.00		13/14yrs 2:32.00		12yrs/U 2:49.00		

AGE AS AT 22 FEBRUARY, 2019

ENTRIES CLOSE 5PM TUESDAY 12 FEBRUARY, 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT \$36 PER RELAY EVENT (GST INCLUSIVE)

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY

Multi Classification Qualifying Times

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 22 FEBRUARY, 2019

ENTRIES CLOSE 5PM TUESDAY 12 FEBRUARY, 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT \$36 PER RELAY EVENT (GST INCLUSIVE)

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY

OPTUS NSW JUNIOR METROPOLITAN CHAMPIONSHIPS SYDNEY OLYMPIC PARK AQUATIC CENTRE 2 - 3 MARCH 2019

Session 1 Saturday 2 March, 9:00am					Session 2 Saturday 2 March NOT BEFORE 12:30pm				
B	G				B	G			
1		11-13 Years	400m	Freestyle	23		12/13 Years	200m	Freestyle
	2	11-12 Years	400m	Freestyle		24	12 Years	200m	Freestyle
3	4	10 & Under	100m	Backstroke	25	26	10 & Under	50m	Backstroke
5	6	11 Years	200m	Individual Medley	27	28	11 Years	50m	Backstroke
7		12/13 Years	100m	Breaststroke	29		13 & Under MC	50m	Backstroke
	8	12 Years	100m	Breaststroke		30	12 & Under MC	50m	Backstroke
9	10	10 & Under	200m	Individual Medley	31		12/13 Years	100m	Backstroke
11	12	11 Years	100m	Freestyle		32	12 Years	100m	Backstroke
13		12/13 Years	200m	Backstroke	33	34	10 & Under	100m	Butterfly
	14	12 Years	200m	Backstroke	35	36	11 Years	200m	Freestyle
15	16	10 & Under	50m	Freestyle	37		12/13 Years	400m	Individual Medley
17	18	11 Years	50m	Breaststroke		38	12 Years	400m	Individual Medley
19		13 & Under MC	50m	Butterfly	39	40	10 & Under	200m	Freestyle
	20	12 & Under MC	50m	Butterfly	41	42	11 Years	100m	Breaststroke
21		12/13 Years	50m	Butterfly	43		12/13 Years	50m	Breaststroke
	22	12 Years	50m	Butterfly		44	12 Years	50m	Breaststroke
Session 3 Sunday 3 March, 9:00am					Session 4 Sunday 3 March NOT BEFORE 12:30pm				
B	G				B	G			
45		12/13 Years	50m	Backstroke	67	68	11 Years	200m	Butterfly
	46	12 Years	50m	Backstroke	69		12/13 Years	200m	Breaststroke
47	48	11 Years	200m	Breaststroke		70	12 Years	200m	Breaststroke
49	50	10 & Under	100m	Freestyle	71	72	11 Years	50m	Freestyle
51		12/13 Years	100m	Freestyle	73		13 & Under MC	50m	Freestyle
	52	12 Years	100m	Freestyle		74	12 & Under MC	50m	Freestyle
53	54	10 & Under	100m	Breaststroke	75		12/13 Years	200m	Butterfly
55	56	11 Years	100m	Butterfly		76	12 Years	200m	Butterfly
57		12/13 Years	100m	Butterfly	77	78	10 & Under	50m	Breaststroke
	58	12 Years	100m	Butterfly	79		12/13 Years	50m	Freestyle
59	60	11 Years	100m	Backstroke		80	12 Years	50m	Freestyle
61		13 & Under MC	50m	Breaststroke	81	82	11 Years	200m	Backstroke
	62	12 & Under MC	50m	Breaststroke	83		12/13 Years	200m	Individual Medley
63	64	10 & Under	50m	Butterfly		84	12 Years	200m	Individual Medley
65		12/13 Years	800m	Freestyle	85	86	11 Years	50m	Butterfly
	66	12 Years	800m	Freestyle					

IN EVENT 1, MEDALS WILL BE AWARDED IN THE FOLLOWING AGE GROUPS: 11 YEARS, 12 YEARS & 13 YEARS

IN EVENT 2, MEDALS WILL BE AWARDED IN THE FOLLOWING AGE GROUPS: 11 YEARS & 12 YEARS

IN 12/13 YEARS BOYS EVENTS MEDALS WILL BE AWARDED IN THE FOLLOWING AGE GROUPS: 12 YEARS & 13 YEARS

AGE AS AT 2 MARCH 2019

ENTRIES CLOSE 5PM TUESDAY 19 FEBRUARY 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT



**OPTUS SNSW JUNIOR
METROPOLITAN CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
2 - 3 MARCH 2019**

Qualifying Times – Boys

FREESTYLE		13yrs	12yrs	11yrs	10yrs & Under
	50m	30.05	32.20	34.15	36.40
	100m	1:03.50	1:08.00	1:12.50	1:16.00
	200m	2:19.00	2:26.75	2:35.50	2:43.00
	400m	4:53.00	5:16.80	5:28.10	
	800m	10:25.00	10:44.00		
BACKSTROKE	50m	36.05	38.00	39.90	42.30
	100m	1:16.00	1:20.00	1:24.00	1:28.00
	200m	2:44.00	2:52.50	3:03.00	
BREASTSTROKE	50m	41.10	43.30	46.90	49.05
	100m	1:26.50	1:31.00	1:37.50	1:42.50
	200m	3:05.70	3:16.40	3:30.00	
BUTTERFLY	50m	35.10	38.20	41.10	44.25
	100m	1:13.00	1:19.50	1:25.50	1:32.00
	200m	2:48.00	2:51.70	3:05.70	
INDIVIDUAL MEDLEY	200m	2:38.00	2:47.20	2:55.50	3:00.50
	400m	5:40.00	5:46.90		

AGE AS AT 2 MARCH 2019

ENTRIES CLOSE 5PM TUESDAY 19 FEBRUARY 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY



**OPTUS SNSW JUNIOR
METROPOLITAN CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
2 - 3 MARCH 2019**

Qualifying Times - Girls

FREESTYLE		12yrs	11yrs	10yrs & Under
	50m	32.50	34.60	36.80
	100m	1:09.50	1:13.50	1:17.00
	200m	2:29.30	2:37.00	2:47.50
	400m	5:12.00	5:30.00	
	800m	10:51.00		
BACKSTROKE	50m	38.22	40.00	43.00
	100m	1:22.00	1:26.00	1:31.00
	200m	2:52.70	3:00.00	
BREASTSTROKE	50m	43.75	46.90	49.00
	100m	1:33.00	1:38.00	1:43.50
	200m	3:18.55	3:31.00	
BUTTERFLY	50m	38.00	41.35	45.20
	100m	1:20.00	1:26.00	1:34.50
	200m	3:00.00	3:06.75	
INDIVIDUAL MEDLEY	200m	2:49.25	2:59.00	3:10.00
	400m	5:52.00		

AGE AS AT 2 MARCH 2019

ENTRIES CLOSE 5PM TUESDAY 19 FEBRUARY 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY

**OPTUS SNSW JUNIOR
METROPOLITAN CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
2 - 3 MARCH 2019**

Qualifying Times - Multi-Class

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 2 MARCH 2019

ENTRIES CLOSE 5PM TUESDAY 19 FEBRUARY 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY



SPEEDO SPRINT SERIES FINALS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
9 MARCH 2019

BOYS	GIRLS	AGE		STROKE
1	2	13 years	50m	Freestyle
3	4	12 years	50m	Freestyle
5	6	11 years	50m	Freestyle
7	8	10 years	50m	Freestyle
9	10	9 years	50m	Freestyle
11	12	8 years	50m	Freestyle
13	14	13 years	50m	Breaststroke
15	16	12 years	50m	Breaststroke
17	18	11 years	50m	Breaststroke
19	20	10 years	50m	Breaststroke
21	22	9 years	50m	Breaststroke
23	24	8 years	50m	Breaststroke
25	26	13 Years/Under	4x50m	Freestyle Area Relay
27	28	8-10 Years	4x50m	Freestyle Area Relay
29	30	13 Years/Under	4x50m	Medley Area Relay
31	32	8-10 Years	4x50m	Medley Area Relay
33	34	13 years	50m	Backstroke
35	36	12 years	50m	Backstroke
37	38	11 years	50m	Backstroke
39	40	10 years	50m	Backstroke
41	42	9 years	50m	Backstroke
43	44	8 years	50m	Backstroke
45	46	13 years	50m	Butterfly
47	48	12 years	50m	Butterfly
49	50	11 years	50m	Butterfly
51	52	10 years	50m	Butterfly
53	54	9 years	50m	Butterfly
55	56	8 years	50m	Butterfly

AGE AS AT 2 FEBRUARY 2019

- Up to four swimmers per event from each area are eligible to compete in the finals
- Swimmers must have competed at their Area Heats
- All swimmers that contest the finals must be registered with Swimming NSW Ltd
- Area Relay teams must comprise the Area swimmers eligible to swim the finals
- One (1) Area relay team per age group is eligible to compete in the finals
- Swimmers must swim in one age group only for events 25-32



NSW State Open Championships

Sydney Olympic Park Aquatic Centre

15 - 17 March 2019

Day One HEATS Friday 15 March, 9:00am			Day One FINALS Friday 15 March, 6:00pm		
1	Men's 400m Freestyle		1	Men's 400m Freestyle	
2	Women's 50m Butterfly		2	Women's 50m Butterfly	
3	Men's 200m Butterfly		3	Men's 200m Butterfly	
4	Women's 100m Breaststroke		4	Women's 100m Breaststroke	
101	Men's 11 & O 50m MC Freestyle		101	Men's 11 & O 50m MC Freestyle	
102	Women's 11 & O 50m MC Freestyle		102	Women's 11 & O 50m MC Freestyle	
5	Men's 50m Breaststroke		5	Men's 50m Breaststroke	
6	Women's 100m Freestyle		6	Women's 100m Freestyle	
7	Men's 100 Freestyle		7	Men's 100 Freestyle	
8	Women's 400 Individual Medley		8	Women's 400 Individual Medley	
9	Women's 200m Backstroke		9	Women's 200m Backstroke	
103	Men's 11 & O 200m MC IM		103	Men's 11 & O 200m MC IM	
104	Women's 11 & O 200m MC IM		104	Women's 11 & O 200m MC IM	
10	Men's 50m Backstroke		10	Men's 50m Backstroke	
*11	Women's 800m Freestyle	Timed Finals	*11	Women's 800m Freestyle	Timed Finals
			12	Women's 4x100m Club Medley Relay	Timed Finals
			13	Men's 4x100m Club Medley Relay	Timed Finals

* Fastest Heat to be swum in the Finals Session

ENTRIES CLOSE 5PM TUESDAY 5 MARCH 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT \$36 PER RELAY EVENT (GST INCLUSIVE)

NOTE: 'B' Finals will be conducted for all events provided that twenty-five (25) swimmers contest the heats of that event. 800m & 1500m Freestyle events will be swum as timed finals with the fastest heat swum in the finals session. No 'B' Finals will be conducted for Multi Class Events. Each Multi Class Final will consist of ten (10) swimmers, with priority given to the top three (3) swimmers of each Class.



NSW State Open Championships

Sydney Olympic Park Aquatic Centre

15 - 17 March 2019

Day Two HEATS Saturday 16 March, 9:00am			Day Two FINALS Saturday 16 March, 6:00pm		
14	Women's 400m Freestyle		14	Women's 400m Freestyle	
15	Men's 50m Butterfly		15	Men's 50m Butterfly	
16	Women's 100m Butterfly		16	Women's 100m Butterfly	
105	Men's 11 & O 100m MC Butterfly		105	Men's 11 & O 100m MC Butterfly	
106	Women's 11 & O 100m MC Butterfly		106	Women's 11 & O 100m MC Butterfly	
17	Men's 200m Freestyle		17	Men's 200m Freestyle	
18	Women's 100m Backstroke		18	Women's 100m Backstroke	
19	Men's 100m Breaststroke		19	Men's 100m Breaststroke	
107	Men's 11 & O 400m MC Freestyle		107	Men's 11 & O 400m MC Freestyle	
108	Women's 11 & O 400m MC Freestyle		108	Women's 11 & O 400m MC Freestyle	
20	Women's 200m Breaststroke		20	Women's 200m Breaststroke	
21	Men's 200m Backstroke		21	Men's 200m Backstroke	
22	Women's 50 Freestyle		22	Women's 50 Freestyle	
23	Men's 200m Individual Medley		23	Men's 200m Individual Medley	
109	Men's 11 & O 100m MC Backstroke		109	Men's 11 & O 100m MC Backstroke	
110	Women's 11 & O 100m MC Backstroke		110	Women's 11 & O 100m MC Backstroke	
*24	Men's 800m Freestyle	Timed Finals	*24	Men's 800m Freestyle	Timed Finals
			25	Women's 4x200m Club Freestyle Relay	Timed Finals
			26	Men's 4x200m Club Freestyle Relay	Timed Finals

* Fastest Heat to be swum in the Finals Session

ENTRIES CLOSE 5PM TUESDAY 5 MARCH 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT \$36 PER RELAY EVENT (GST INCLUSIVE)

NOTE: 'B' Finals will be conducted for all events provided that twenty-five (25) swimmers contest the heats of that event. 800m & 1500m Freestyle events will be swum as timed finals with the fastest heat swam in the finals session. No 'B' Finals will be conducted for Multi Class Events. Each Multi Class Final will consist of ten (10) swimmers, with priority given to the top three (3) swimmers of each Class.



NSW State Open Championships

Sydney Olympic Park Aquatic Centre

15 - 17 March 2019

Day Three HEATS Sunday 17 March, 9:00AM			Day Three FINALS Sunday 17 March, 5:30PM		
27	Women's 200 Butterfly		27	Women's 200 Butterfly	
28	Men's 100m Butterfly		28	Men's 100m Butterfly	
29	Women's 50m Breaststroke		29	Women's 50m Breaststroke	
30	Men's 200m Breaststroke		30	Men's 200m Breaststroke	
111	Men's 11 & O 100m MC Freestyle		111	Men's 11 & O 100m MC Freestyle	
112	Women's 11 & O 100m MC Freestyle		112	Women's 11 & O 100m MC Freestyle	
31	Women's 200m Freestyle		31	Women's 200m Freestyle	
32	Men's 50m Freestyle		32	Men's 50m Freestyle	
33	Women's 200m Individual Medley		33	Women's 200m Individual Medley	
34	Men's 400m Individual Medley		34	Men's 400m Individual Medley	
35	Women's 50m Backstroke		35	Women's 50m Backstroke	
113	Men's 11 & O 100m MC Breaststroke		113	Men's 11 & O 100m MC Breaststroke	
114	Women's 11 & O 100m MC Breaststroke		114	Women's 11 & O 100m MC Breaststroke	
36	Men's 100m Backstroke		36	Men's 100m Backstroke	
*37	Men's 1500m Freestyle	Timed Finals	*37	Men's 1500m Freestyle	Timed Finals
*38	Women's 1500m Freestyle	Timed Finals	*38	Women's 1500m Freestyle	Timed Finals
			39	Women's 4x100 Club Freestyle Relay	Timed Finals
			40	Men's 4x100 Club Freestyle Relay	Timed Finals

* Fastest Heat to be swum in the Finals Session

ENTRIES CLOSE 5PM TUESDAY 5 MARCH 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT \$36 PER RELAY EVENT (GST INCLUSIVE)

NOTE: 'B' Finals will be conducted for all events provided that twenty-five (25) swimmers contest the heats of that event. 800m & 1500m Freestyle events will be swum as timed finals with the fastest heat swam in the finals session. No 'B' Finals will be conducted for Multi Class Events. Each Multi Class Final will consist of ten (10) swimmers, with priority given to the top three (3) swimmers of each Class.

NSW State Open Championships

Sydney Olympic Park Aquatic Centre

15 - 17 March 2019

QUALIFYING TIMES

MEN		WOMEN
FREESTYLE		
25.60	50m	28.50
54.50	100m	1:01.50
2:00.00	200m	2:12.00
4:20.50	400m	4:40.00
9:10.00	800m	9:25.00
16:50.00	1500m	18:15.00
BACKSTROKE		
30.50	50m	33.00
1:04.50	100m	1:11.00
2:18.50	200m	2:36.00
BREASTSTROKE		
33.50	50m	38.00
1:12.00	100m	1:21.50
2:37.00	200m	2:53.50
BUTTERFLY		
27.80	50m	31.00
1:00.00	100m	1:09.00
2:15.00	200m	2:34.50
INDIVIDUAL MEDLEY		
2:19.00	200m	2:33.50
4:57.00	400m	5:20.00
CLUB RELAYS		
3:58.00	4x100 F/S	4:22.00
8:35.00	4x200 F/S	9:18.00
4:26.00	4x100 Med	4:50.00

ENTRIES CLOSE 5PM TUESDAY 5 MARCH 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT \$36 PER RELAY EVENT (GST INCLUSIVE)



NSW State Open Championships Multi-Class Qualifying Times

Women	50m Free	100m Free	400m Free	50m Back	100m Back	50m Fly	100m Fly		50m Breast	100m Breast		200m IM
S1	2:07.08	4:30.00		2:05.00	4:31.65			SB1	2:35.40			
S2	1:52.82	4:04.70		2:01.20	4:56.25			SB2	1:52.50			
S3	1:29.60	3:05.30		1:32.10	3:18.00	1:41.50		SB3	1:23.70	3:13.80		
S4	58.65	2:14.70		1:13.30	2:48.50	1:25.80		SB4	1:20.80	2:51.20		
S5	54.40	1:58.10		1:03.95	2:40.00	1:00.70		SB5	1:14.65	2:45.90	SM5	4:49.50
S6	53.82	1:59.10	9:03.40	1:17.30	2:12.50	58.50	2:35.00	SB6	1:11.30	2:36.30	SM6	4:58.70
S7	51.90	1:51.50	8:43.25	1:04.70	2:08.20	57.60	2:09.70	SB7	1:07.80	2:22.90	SM7	4:50.10
S8	47.60	1:43.00	7:37.40	59.80	1:57.50	59.35	2:03.10	SB8	1:07.60	2:02.00	SM8	4:27.30
S9	44.05	1:33.80	7:16.90	55.45	1:45.20	50.30	1:51.20	SB9	1:05.20	1:55.00	SM9	4:04.60
S10	42.55	1:32.20	7:00.00	54.40	1:50.75	54.90	1:42.90				SM10	3:49.70
S11	49.35	1:47.00	8:04.40	57.80	2:03.20	56.80	2:00.20	SB11	1:02.30	2:14.10	SM11	4:26.00
S12	42.10	1:29.72	7:18.40	52.80	1:44.50	47.50	1:41.00	SB12	59.10	2:06.70	SM12	3:47.90
S13	40.95	1:29.50	6:55.00	54.40	1:43.60	47.40	1:38.60	SB13	57.20	1:55.20	SM13	3:38.60
S14	43.25	1:33.30	7:06.40	48.68	1:44.30	46.50	1:44.20	SB14	55.30	2:02.00	SM14	3:49.30
S15	40.95	1:28.90	6:40.70	51.90	1:42.50	46.20	1:37.80	SB15	55.30	1:51.70	SM15	3:38.30
S16	47.40	1:46.30	8:43.70	56.35	2:24.00	52.00	1:48.30	SB16	1:05.70	2:24.20	SM16	4:43.70

Men	50m Free	100m Free	400m Free	50m Back	100m Back	50m Fly	100m Fly		50m Breast	100m Breast		200m IM
S1	1:43.20	3:48.30		2:01.40	4:48.50			SB1	2:19.80	5:24.40		
S2	1:29.82	3:15.20		1:41.70	3:19.20			SB2	1:28.10	3:19.40		
S3	1:09.90	2:38.80		1:18.80	3:05.70	1:33.30		SB3	1:13.70	2:52.70		
S4	56.80	2:04.40		1:08.70	2:31.90	1:10.30		SB4	1:20.80	2:25.40		
S5	49.35	1:53.60		56.80	2:23.50	58.90		SB5	1:03.60	2:16.00	SM5	4:38.60
S6	46.50	1:41.80	7:59.90	55.80	1:56.60	48.80	1:53.60	SB6	1:06.10	2:16.40	SM6	4:13.60
S7	42.80	1:33.50	7:19.50	53.40	1:52.50	49.80	1:56.30	SB7	58.80	2:05.60	SM7	4:07.80
S8	41.10	1:29.60	7:03.10	52.20	1:43.60	47.80	1:40.10	SB8	55.30	1:47.30	SM8	3:46.80
S9	39.45	1:27.60	6:37.20	49.80	1:37.20	46.20	1:36.30	SB9	50.40	1:49.90	SM9	3:33.70
S10	36.95	1:20.30	6:05.10	45.80	1:31.90	40.40	1:29.10				SM10	3:22.90
S11	38.80	1:24.80	6:29.80	50.30	1:43.50	50.30	1:35.00	SB11	51.90	1:48.10	SM11	3:33.80
S12	37.85	1:24.10	6:22.80	45.50	1:35.70	41.50	1:28.20	SB12	49.30	1:44.80	SM12	3:29.60
S13	36.90	1:22.20	6:23.10	45.40	1:35.30	43.40	1:30.50	SB13	47.50	1:41.80	SM13	3:28.80
S14	37.85	1:22.70	6:35.30	45.90	1:35.30	40.70	1:30.30	SB14	45.30	1:39.20	SM14	3:26.40
S15	35.55	1:18.70	5:48.90	42.00	1:28.80	39.20	1:26.10	SB15	46.50	1:34.30	SM15	3:04.30
S16	41.30	1:32.30	8:11.30	49.35	1:51.40	43.80	2:20.00	SB16	50.80	1:59.60	SM16	4:06.70

OPTUS SNSW JUNIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE

30 - 31 MARCH 2019

Session 1 Saturday 30 March, 9:00am					Session 2 Saturday 30 March NOT BEFORE 12:30pm				
B	G				B	G			
1		11-13 Years	400m	Freestyle	25		12/13 Years	200m	Freestyle
	2	11-12 Years	400m	Freestyle		26	12 Years	200m	Freestyle
3	4	10 Years	100m	Backstroke	27	28	10 Years	50m	Backstroke
5	6	11 Years	200m	Individual Medley	29	30	11 Years	50m	Backstroke
7		12/13 Years	100m	Breaststroke	31		12/13 Years	100m	Backstroke
	8	12 Years	100m	Breaststroke		32	12 Years	100m	Backstroke
9	10	10 Years	200m	Individual Medley	33	34	10 Years	100m	Butterfly
11	12	11 Years	100m	Freestyle	35	36	11 Years	200m	Freestyle
13		12/13 Years	200m	Backstroke	37		12/13 Years	400m	Individual Medley
	14	12 Years	200m	Backstroke		38	12 Years	400m	Individual Medley
15	16	10 Years	50m	Freestyle	39	40	10 Years	200m	Freestyle
17	18	11 Years	50m	Breaststroke	41	42	11 Years	100m	Breaststroke
19		12/13 Years	50m	Butterfly	43		12/13 Years	4x50m	Club Freestyle Relay
	20	12 Years	50m	Butterfly		44	12 Years	4x50m	Club Freestyle Relay
21	22	10/11 Years	4x50m	Club Freestyle Relay					
23		12/13 Years	50m	Breaststroke					
	24	12 Years	50m	Breaststroke					
Session 3 Sunday 31 March, 9:00am					Session 4 Sunday 31 March NOT BEFORE 12:30pm				
B	G				B	G			
45		12/13 Years	50m	Backstroke	69	70	11 Years	200m	Butterfly
	46	12 Years	50m	Backstroke	71		12/13 Years	200m	Breaststroke
47	48	11 Years	200m	Breaststroke		72	12 Years	200m	Breaststroke
49	50	10 Years	100m	Freestyle	73	74	11 Years	50m	Freestyle
51		12/13 Years	100m	Freestyle	75		12/13 Years	200m	Butterfly
	52	12 Years	100m	Freestyle		76	12 Years	200m	Butterfly
53	54	10 Years	100m	Breaststroke	77	78	10 Years	50m	Breaststroke
55	56	11 Years	100m	Butterfly	79		12/13 Years	50m	Freestyle
57		12/13 Years	4x50m	Club Medley Relay		80	12 Years	50m	Freestyle
	58	12 Years	4x50m	Club Medley Relay	81	82	11 Years	200m	Backstroke
59	60	10/11 Years	4x50m	Club Medley Relay	83		12/13 Years	200m	Individual Medley
61		12/13 Years	100m	Butterfly		84	12 Years	200m	Individual Medley
	62	12 Years	100m	Butterfly	85	86	11 Years	50m	Butterfly
63	64	11 Years	100m	Backstroke	87		10-13 Years	10x50m	Fred Lane Club Freestyle Relay
65	66	10 Years	50m	Butterfly		88	10-12 Years	10x50m	Fanny Durack Club Freestyle Relay
67		12/13 Years	800m	Freestyle					
	68	12 Years	800m	Freestyle					

IN **EVENT 1**, MEDALS WILL BE AWARDED IN THE FOLLOWING AGE GROUPS: 11 YEARS, 12 YEARS & 13 YEARS

IN **EVENT 2**, MEDALS WILL BE AWARDED IN THE FOLLOWING AGE GROUPS: 11 YEARS & 12 YEARS

IN **12/13 YEARS BOYS EVENTS** MEDALS WILL BE AWARDED IN THE FOLLOWING AGE GROUPS: 12 YEARS & 13 YEARS

OPTUS SNSW JUNIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE

30 - 31 MARCH 2019

Qualifying Times – Boys

	13yrs	12yrs	11yrs	10yrs
Freestyle				
50m	29.50	31.50	33.50	35.50
100m	1:02.50	1:07.00	1:11.50	1:14.50
200m	2:16.00	2:25.00	2:32.00	2:40.50
400m	4:46.00	5:10.00	5:20.00	
800m	10:12.00	10:35.00		
Backstroke				
50m	35.60	37.50	39.45	41.35
100m	1:15.50	1:19.00	1:23.00	1:26.00
200m	2:42.00	2:49.50	3:00.00	
Breaststroke				
50m	40.40	42.80	45.70	48.10
100m	1:25.00	1:30.00	1:36.00	1:41.00
200m	3:02.50	3:14.00	3:27.00	
Butterfly				
50m	34.15	36.80	39.45	42.80
100m	1:12.00	1:16.50	1:23.50	1:29.00
200m	2:37.50	2:50.00	3:04.50	
Individual Medley				
200m	2:37.00	2:46.50	2:54.00	2:58.50
400m	5:30.00	5:38.00		
Club Relays				
4x50m Freestyle	12/13yrs 2:10.00			10/11yrs 2:25.00
4x50m Medley	12/13yrs 2:30.00			10/11yrs 2:47:00
Fred Lane 10x50m Freestyle	10-13yrs No QT			

AGE AS AT 30 MARCH 2019

ENTRIES CLOSE 5PM TUESDAY 19 MARCH 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT, \$36 PER RELAY EVENT (GST INCLUSIVE)

- A swimmer may only appear in one (1) relay team list for that event
- If a Club enters three (3) or more Relay Teams, all teams must meet the Qualifying Time
- Only two (2) Relay Teams per Club per event will be eligible to score points and/or win Medals
- No qualifying times are applicable for Events 87 and 88. A Club may enter one team ONLY in Events 87 and 88



OPTUS SNSW JUNIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE

30 - 31 MARCH 2019

Qualifying Times – Girls

	12yrs	11yrs	10yrs
Freestyle			
50m	31.50	33.00	36.00
100m	1:08.50	1:11.50	1:16.00
200m	2:27.50	2:35.00	2:46.00
400m	5:10.00	5:21.00	
800m	10:43.00		
Backstroke			
50m	37.50	39.50	42.10
100m	1:20.00	1:23.00	1:27.50
200m	2:51.50	2:58.00	
Breaststroke			
50m	43.10	45.70	48.50
100m	1:31.50	1:35.00	1:40.80
200m	3:15.40	3:27.20	
Butterfly			
50m	37.30	39.45	43.30
100m	1:19.50	1:24.50	1:30.00
200m	2:58.00	3:05.50	
Individual Medley			
200m	2:48.00	2:56.50	3:07.50
400m	5:49.00		
Club Relays			
4x50m Freestyle	12yrs 2:16.50		10/11yrs 2:25.00
4x50m Medley	12yrs 2:35.00		10/11yrs 2:50.00
Fred Lane 10x50m Freestyle	10-12yrs No QT		

AGE AS AT 30 MARCH 2019

ENTRIES CLOSE 5PM TUESDAY 19 MARCH 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT, \$36 PER RELAY EVENT (GST INCLUSIVE)

- A swimmer may only appear in one (1) relay team list for that event
- If a Club enters three (3) or more Relay Teams, all teams must meet the Qualifying Time
- Only two (2) Relay Teams per Club per event will be eligible to score points and/or win Medals
- No qualifying times are applicable for Events 87 and 88. A Club may enter one team ONLY in Events 87 and 88



Open Water Swimming Marathon Series Information

Date	Meet	Venue	Contact
11/11/18	Metro South West Open Water Championships	SIRC	registrar@metrosw.org.au
08/12/2018	NSW State Age & Open OW Championships - 7.5m and 10km	SIRC	meet.entries@nsw.swimming.org.au
09/12/2018	NSW OW JX Event - 2.5km	SIRC	meet.entries@nsw.swimming.org.au
09/12/2018	NSW State Age & Open OW Championships - 5km	SIRC	meet.entries@nsw.swimming.org.au
23/03/19	Copeton Dam Swim	Copeton	TBA

The Swimming New South Wales Open Water Swimming Marathon Series for 2018 - 2019 will be held in conjunction with various Clubs throughout the State. This information pack includes the following:

1. 2018-2019 Program of Events
2. A copy of a Swimming NSW Open Water Swimming Entry Card - these can be purchased from Swimming NSW and can be used for any of the Marathon Series Swims and State Open Water Championships
3. General Information regarding procedures for Open Water Swimming Events
4. Information Sheets for the Marathon Series events
5. Information Sheets for the SNSW Open Water Open & Age Championships

This year entry fees to State Open Water Swimming Championships are **\$36.00 (incl. GST)**.

Each year the SNSW Marathon Series gives our Open Water swimmers great competition for the coming season. Please circulate the information to your friends, and if they want to be included in the mailing list then let us know.

Insurance: Please ensure that you are a registered member of Swimming New South Wales when you submit your entry. Only Registered members of Swimming New South Wales will be permitted to compete in Open Water Events that have the approval of Swimming NSW. Visitors from interstate who are registered members of an affiliated State Association are also welcome to compete. Provided they have obtained clearance to compete from their State Association.

Risk Assessment: All Clubs hosting events will be required to complete a Risk Assessment on the day of their event and forward copy of completed Assessment to the Association.

Swimmers with disability: Must have their own support craft and personnel (not to be a swimmer in the water). They must report to the Referee immediately after registration.

Conditions of Entry: To compete in NSW State Open & Age Open Water Swimming Championships swimmers must have achieved the relevant qualifying times as set by Swimming NSW.

Running an Open Water Event: If your Club or Area is interested in hosting an event, please contact the Technical Swimming Committee through the Swimming NSW Office. Your questions regarding the running of an open water event will be answered or a Committee member may visit to assist you in planning such an event.

Marathon Series Event Information: Should you require information regarding any of the events in the Marathon Series, please contact the person named in the Information Sheet.

PLEASE NOTE: The wearing of a Swimming Cap provided at an open water swimming event is compulsory. This is a water safety requirement for the issue of a license to conduct an Open Water Swimming event and must be adhered to.

General Competitor Information

Please read the information set out in this sheet as it contains Rules that relate to the general conduct of Open Water Swimming events.

Venue and Start Time: Check the information sheet for the Open Water Swimming Meet.

Entries Close: Closing date will be noted on the information sheet for the Open Water Swimming Meet. **State Open Water Swimming Championship Entries Close at 5pm on Tuesday 27 November 2018.**

Registration: For all Open Water Swimming Events will commence 1½ hours before the advertised Starting Time of the Meet or events if multiple events are being held and starting times are advertised.

Number Marking: This will occur at the same place and time that you register. Swimmers should report to the registration area in the costume they will be wearing during the race so numbering can be completed ensuring that it can be seen clearly and not obscured by the cut of the costume when worn. Please leave your upper arms and shoulders free of grease and/or sunscreen so that your number can be written on these areas. You will also be issued with a swimming cap that must be worn at all times while swimming. This is a safety requirement and a condition entry.

Ready Area: All entrants and handlers must be in the designated Ready Area - **15 MINUTES** prior to the Start of the Event. The Referee will issue any specific instructions in relation to the Event, review this information sheet and the course.

The Course: Please check the information provided for the relevant Open Water Swimming Meet. A course map may be on display or a copy given to entrants, usually in the Registration Area. Please ensure that you and your handler are familiar with the Course layout and directions.

Water Safety: The organising body will nominate who will be in charge of Safety and this person will be responsible for water safety.

Feed station Control: All handlers will be under the direct control of the officials supervising access to the designated feed station area. The Rules governing feeding a swimmer will be applied and any infringements may result in the disqualification of the swimmer. Your handler is responsible for ensuring you receive refreshments at the designated feed station area.

What to do if you require Assistance: Your safety is most important to us. If you should find yourself in any difficulty, be it cramp or some other form of distress either make your way to the shore or raise one arm to indicate your need for assistance. A support craft will be with you as soon as possible. Should you fail to complete the course; you **MUST** report to First Aid and the Recorders, so they are aware that you have failed to finish the course. **This requirement is mandatory - please do not leave the area without reporting to the Recorders.**

Rules: The **Open Water Swimming Rules** will apply at all times. Officials on the course will observe swimmers and any infraction of the Rules will be reported to the Referee. A warning may be issued during the event but non-observance of the Rules will result in disqualification.

Finish: The finish area will be clearly defined; usually with a chute leading in to a finish gate with a touch plate or banner, which must be touched at the finish. Instructions on how the finish will be judged will be advised by the organising body and the Referee when giving final instructions in the ready area.





First Name		Last Name		Date of Birth	Age
Swimming Club			Male	Female	
Name of Meet		Date of Meet		Australian Citizen YES / NO	
Event No	Distance (km)	Entry Time	Achievement Date / Place	Entry Fee	
Multi Disability Swimmers Must have own support craft for all Open Water Events – this is mandatory-			For events over 10km own Escort Craft is mandatory.		
Handler Name					
Performances over past 12 months – venue, distance <i>e.g. 5th NSW State Age 5km OWS Champs, Penrith Lakes</i>					
Multi-disability Swimmer - YES / NO ID No: Classification:					

* Competitors must complete the declaration on the reverse of this card.

CLUB RACE SECRETARY / OFFICIAL

DECLARATION

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the event for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of my loss of life, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event AND I admit that I participate in the said event solely at my own risk.
2. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agent, representatives and officers of them and includes but is not limited to Swimming New South Wales Limited, any host, medical and paramedical personnel, police officers and shall operate whether or not the loss, injury or damage is attributable to the act or neglect of any one or more of them.
3. I hereby acknowledge that I have sole responsibility for my personal possessions and swimming equipment during the event.
4. I hereby attest and verify that I am physically fit and have sufficiently trained for this event. If requested, I agree to provide with my entry form a signed doctor's certificate attesting to my physical fitness to participate in the said event.
5. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the event.
6. I hereby agree that in the event of cancellation due to storm, rain, inclement weather, winds or other 'Act of God' conditions my entry fee shall be refundable except for an administration fee of \$5.00. I also agree that in the event of cancellation, the event organisers have the right to reschedule the event to another day of their choosing.
7. In the event that I exceed the nominated time limit and have not completed the course, I agree to leave the water when asked by the officials or their representatives conducting the event.
8. I have read the Rules and these Conditions of Entry and agree to abide by them.

Signature of Competitor (or Parent / Guardian if under 18 years of age)

Date

OPEN WATER CHAMPIONSHIPS

SUNDAY 11 NOVEMBER 2018

Sydney International Regatta Centre (SIRC), Penrith Lakes, Castlereagh Road, Penrith

START TIME: 2.5 Kms JX Event **BRIEFING: 8:30 AM** **EVENT START: 09:00 AM**
5.0, 7.5 and 10 Kms Events **BRIEFING: 10:00 AM** **EVENT START: 10:15 AM**

DISTANCES: 2.5 kms (min. age 11 to 13 years) / 5 kms (min. age 12 years, competing in 13 Yrs Age)
7.5 kms (ONLY 15 - 17 years compete) / 10 kms (ONLY 17 & 18 years compete)
5 kms ONLY SUMMER SWIM LEADER BOARD ATHLETES

Swimmers can elect to enter 5, 7.5 and 10 Kms and these shall be swum concurrently.

Swimmers will not have to swim through finish gate at intermediate turns, but they will only gain times when crossing the finish gate, at the completion of required distance.

A swimmer entered in 10 Kms, can gain a 5 Kms and a 7.5 Kms time by swim through finish gate at the completion of those distances

ENTRIES: **CLOSE TUESDAY 6 NOVEMBER 2018**

Please send entry card and/or signed indemnity form to:

The Registrar - Swimming Metro South West Inc., 215 York Road, South Penrith NSW 2750

Note: Only a signed indemnity form is required if entering manually.

PRE ENTRY FEE: \$ 15. 00 for 2.5 Kms JX / \$35.00 for 5 kms / \$ 35.00 for 7.5 Kms / \$ 35.00 for 10 kms
The declaration in the terms and conditions will be accepted as the swimmer's waiver when entering online. There will be no requirement for a signed waiver form. JX entrants are still required to complete a consent form.
Summer Swim Leader Board Athletes can download entry and waiver forms on MSW Website, complete them and return by email to MSW Registrar

LATE ENTRIES: **SUNDAY 11 NOVEMBER 2018 from 7:15 AM TO 8:15 AM**

LATE ENTRY FEE: \$ 20.00 for 2.5 Kms / \$40.00 for 5 Kms / \$ 40.00 for 7. 5 Kms / \$ 40.00 for 10 Kms

REGISTRATION: 2.5 Kms JX Event 7: 15 to 8:30 AM
5, 7.5 and 10 Kms Events 7:15 to 9:30 AM (Precedence given to JX Event at 7:15 AM)

NOTE: Swimmers with a disability must have own support craft and personnel (not a swimmer in the water).

Swimmers between 11 and 13 Years invited to swim in 2.5 Kms. JX Event.

All JX swimmers to attend rules presentation at 8:15 AM

A Certificate of Participation issued to all participating in JX Event, with Official time
5, 7.5 and 10 Kms Events are swum concurrently.

Swimmers from Clubs in SMSW Area will compete in Area Championship

Area Non Championship medals awarded to Competitors from outside SMSW boundaries.

All Summer Leader Board Swimmers will be required to attend briefing for 5 Kms. Event and are allowed a MAXIMUM time equal to the winner of 10 Kms event, or a max of 2.15 Hours.

INFORMATION: Further information can be obtained by contacting: -
Kathy Thompson (Area Competition & Registrar) on 0419 144 524
Or by email: registrar@metrosw.org.au

MARATHON SERIES

NSW STATE AGE & OPEN 10KM & 7.5KM OPEN WATER SWIMMING CHAMPIONSHIPS

- DATE:** Saturday 8th December, 2018
- VENUE:** Sydney International Regatta Centre, Penrith Lakes
Castlereagh Road, Penrith
- START TIME:** From 9:00am
9:00am - 17/18 Years & Open 10km Men
9:00am - 15, 16, 17 Years 7.5km Men
9:10am - 17/18 Years & Open 10km Women
9:10am - 15, 16, 17 Years 7.5km Women
- AGE AS AT:** 8th December, 2018
- ENTRIES:** E Entries only will be accepted for this event which close on
Tuesday, 27th November, 2018
- ENTRY FEE:** \$36.00 - **NO LATE ENTRIES**
- REGISTRATION:** From 7:30am at Penrith Lakes
- NOTE:** Swimmers with a disability must have own support craft and
personnel (not to be a swimmer in the water). Swimmers are
only permitted to enter either Age or Open 10km
Championships - not both
- Swimmers entered into the 7.5km events are not eligible to enter
the 10km event
- INFORMATION:** Further information can be obtained by contacting:
- Swimming New South Wales on 9763 5833
Email: meet.entries@nsw.swimming.org.au
Web: www.nsw.swimming.org.au

Please Note: Caps will not be supplied. Swimmers are
instructed to wear their club cap while competing

MARATHON SERIES

NSW STATE JX OPEN WATER SWIMMING MEET

DATE:	Sunday 9 th December, 2018
VENUE:	Sydney International Regatta Centre, Penrith Lakes Castlereagh Road, Penrith
START TIME:	9:00am
ENTRIES:	E Entries only will be accepted for this event which close on Tuesday, 27 th November, 2018
ENTRY FEE:	\$36.00 - <u>NO LATE ENTRIES</u>
REGISTRATION:	From 7:30am at Penrith Lakes
DISTANCE:	2.5km
AGE AS AT:	11 - 13 years of age as at 8 th December, 2018
ELIGIBILITY:	Swimmers aged 11 - 13 years of age as at 8 th December, 2018 that have achieved the JX Qualification standards since 1 st January, 2018 in either of the Bronze, Silver and Gold pool standards
INFORMATION:	Further information can be obtained by contacting: Swimming New South Wales on 9763 5833 Email: meet.entries@nsw.swimming.org.au Web: www.nsw.swimming.org.au

Please Note: Caps will not be supplied. Swimmers are
instructed to wear their club cap while competing

MARATHON SERIES

NSW STATE AGE & OPEN 5KM OPEN WATER SWIMMING CHAMPIONSHIPS

- DATE:** Sunday 9th December, 2018
- VENUE:** Sydney International Regatta Centre, Penrith Lakes
Castlereagh Road, Penrith
- START TIME:** From 10:30am
10:30am - 13-15 Years Men
12:00pm - 13-15 Years Women
1:30pm - 16-18 Years & Open Men
3:00pm - 16-18 Years & Open Women
- AGE AS AT:** 8th December, 2018
- ENTRIES:** E Entries only will be accepted for this event which close on
Tuesday, 27th November, 2018
- ENTRY FEE:** \$36.00 - **NO LATE ENTRIES**
- REGISTRATION:** From 9:00am at Penrith Lakes
- NOTE:** Swimmers with a disability must have own support craft and
personnel (not to be a swimmer in the water)
Swimmers are only permitted to enter either Age or Open 5km
Championships - not both
- INFORMATION:** Further information can be obtained by contacting:

Swimming New South Wales on 9763 5833
Email: meet.entries@nsw.swimming.org.au
Web: www.nsw.swimming.org.au

Please Note: Caps will not be supplied. Swimmers are
instructed to wear their club cap while competing