



**NSW JUNIOR STATE AGE
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
7 - 8 SEPTEMBER 2019**

Session 1 - Saturday 7 September, 9:00am					Session 2 - Saturday 7 September, Not before 12.30pm				
B	G				B	G			
1		13 Years	400m	Freestyle	31		13 Years	200m	Individual Medley
2	3	11 Years	50m	Butterfly	32	33	10 Years/Under	50m	Breaststroke
4	5	12 Years/Under	400m	Freestyle	34	35	12 Years	100m	Freestyle
6	7	10 Years/Under	100m	Backstroke	36	37	11 Years/Under	200m	Freestyle
8		13 Years	100m	Backstroke	38		13 Years	100m	Freestyle
9	10	11 Years	200m	Individual Medley	39	40	12 Years	200m	Individual Medley
11	12	12 Years	100m	Breaststroke	41	42	10 Years/Under	100m	Butterfly
13	14	10 Years/Under	200m	Individual Medley	43	44	11 Years	100m	Breaststroke
15		13 Years	50m	Freestyle	45		13 Years	100m	Breaststroke
16	17	11 Years	100m	Freestyle	46	47	12 Years	50m	Freestyle
18	19	10 Years/Under	50m	Butterfly	48	49	11 Years/Under	200m	Butterfly
20	21	12 Years	200m	Backstroke	50	51	12 Years	200m	Breaststroke
22		13 Years	200m	Butterfly	52	53	11 Years	50m	Backstroke
23	24	11 Years/Under	200m	Breaststroke	54		13 Years/Under	800m	Freestyle
25	26	12 Years	100m	Butterfly	55	56	12 Years/Under	800m	Freestyle
27	28	11 Years	50m	Freestyle	57		13 Years/Under	4x50m	Club Medley Relay
29	30	12 Years/Under	400m	Individual Medley		58	12 Years/Under	4x50m	Club Medley Relay
Session 3 - Sunday 8 September, 9:00am									
B	G								
59		13 Years	200m	Freestyle					
60	61	11 Years	50m	Breaststroke					
62	63	10 Years/Under	100m	Freestyle					
64	65	12 Years	200m	Freestyle					
66		13 Years	200m	Breaststroke					
67	68	11 Years	100m	Butterfly					
69	70	10 Years/Under	100m	Breaststroke					
71		13 Years/Under	4 x 50m	Club Freestyle Relay					
	72	12 Years/Under	4 x 50m	Club Freestyle Relay					
73		13 Years	100m	Butterfly					
74	75	11 Years	100m	Backstroke					
76	77	10 Years/Under	50m	Freestyle					
78	79	12 Years	100m	Backstroke					
80		13 Years	400m	Individual Medley					
81	82	11 Years/Under	200m	Backstroke					
83	84	12 Years	200m	Butterfly					
85	86	10 Years/Under	50m	Backstroke					
87		13 Years	200m	Backstroke					

AGE AS AT 23 AUGUST 2019

ENTRIES CLOSE 5PM TUESDAY 27 AUGUST 2019

ENTRY FEE \$19 PER INDIVIDUAL EVENT, RELAY EVENT \$38 (GST INCLUSIVE)

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



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Qualifying Times - Boys

	13yrs	12yrs	11yrs	11yrs/Under	10yrs/Under
Freestyle					
50m	28.00	29.90	31.20		33.00
100m	1:00.50	1:04.00	1:09.00		1:13.00
200m	2:13.00	2:22.00		2:30.00	
400m	4:39.00	12yrs/Under 4:56.00			
800m	13yrs/Under 10:00.00				
Backstroke					
50m			37.00		39.20
100m	1:10.00	1:14.00	1:19.00		1:24.00
200m	2:33.00	2:42.00		2:49.00	
Breaststroke					
50m			42.00		45.50
100m	1:20.00	1:25.00	1:32.00		1:38.00
200m	2:55.00	3:02.00		3:14.00	
Butterfly					
50m			35.00		38.00
100m	1:09.00	1:14.50	1:21.00		1:27.50
200m	2:37.00	2:46.00		2:55.00	
Individual Medley					
200m	2:30.00	2:39.50	2:48.50		2:58.00
400m	5:12.50	12yrs/Under 5:30.00			
Club Relays					
4x50m Freestyle	13yrs/Under 2:12.00				
4x50m Medley	13yrs/Under 2:30.00				

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Qualifying Times - Girls

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

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