



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

Session 1 - Saturday 8 September, 9:00am					Session 2 - Saturday 8 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 9 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



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

**Qualifying Times - Boys**

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

**AGE AS AT 23 AUGUST 2019  
ENTRIES CLOSE 5PM TUESDAY 27 AUGUST 2019  
ENTRY FEE \$19 PER INDIVIDUAL EVENT, RELAY EVENT \$38 (GST INCLUSIVE)**



**Qualifying Times - Girls**

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

**AGE AS AT 23 AUGUST 2019  
ENTRIES CLOSE 5PM TUESDAY 27 AUGUST 2019  
ENTRY FEE \$19 PER INDIVIDUAL EVENT, RELAY EVENT \$38 (GST INCLUSIVE)**

