

Session 1 Friday 19 July, 4:00pm				
M	W			
1	2	Open	50m	Breaststroke
3	4	14/15 Years	200m	Individual Medley
5	6	16 Years/Over	200m	Individual Medley
7	8	13 Years/Under	400m	Individual Medley
9	10	Open MC	200m	Individual Medley
11	12	14/15 Years	400m	Freestyle
13	14	16 Years/Over	400m	Freestyle
15	16	13 Years	100m	Breaststroke
17	18	14 Years	100m	Breaststroke
19	20	15 Years	100m	Breaststroke
21	22	16 Years/Over	100m	Breaststroke

Session 2 Saturday 20 July, 9:00am					Session 3 Saturday 20 July, Not Before 12:30pm				
M	W				M	W			
23	24	Open	800m	Freestyle	45	46	Open	50m	Butterfly
25	26	Open MC	50m	Freestyle	47	48	13 Years/Under	200m	Butterfly
27	28	Open	100m	Individual Medley	49	50	14/15 Years	200m	Freestyle
29	30	14 Years	100m	Backstroke	51	52	16 Years/Over	200m	Freestyle
31	32	15 Years	100m	Backstroke	53	54	Open MC	100m	Breaststroke
33	34	16 Years/Over	100m	Backstroke	55	56	13 Years/Under	200m	Backstroke
35	36	14/15 Years	200m	Butterfly	57	58	10 Years/Under	100m	Breaststroke
37	38	16 Years/Over	200m	Butterfly	59	60	11 Years	100m	Breaststroke
39	40	Open	50m	Freestyle	61	62	12 Years	100m	Breaststroke
41	42	13 Years/Under	200m	Individual Medley	63	64	10 Years/Under	100m	Freestyle
43	44	Open MC	100m	Freestyle	65	66	11 Years	100m	Freestyle
					67	68	12 Years	100m	Freestyle
					69	70	13 Years	100m	Freestyle

Session 4 Sunday 21 July, 9:00am					Session 5 Sunday 21 July, Not Before 12:30pm				
M	W				M	W			
71	72	Open	1500m	Freestyle	97	98	16 Years/Over	400m	Individual Medley
73	74	14 Years	100m	Butterfly	99	100	Open MC	100m	Butterfly
75	76	15 Years	100m	Butterfly	101	102	Open	50m	Backstroke
77	78	16 Years/Over	100m	Butterfly	103	104	13 Years/Under	200m	Freestyle
79	80	13 Years/Under	200m	Breaststroke	105	106	14/15 Years	200m	Breaststroke
81	82	14/15 Years	200m	Backstroke	107	108	16 Years/Over	200m	Breaststroke
83	84	16 Years/Over	200m	Backstroke	109	110	10 Years/Under	100m	Backstroke
85	86	13 Years/Under	400m	Freestyle	111	112	11 Years	100m	Backstroke
87	88	14 Years	100m	Freestyle	113	114	12 Years	100m	Backstroke
89	90	Open MC	100m	Backstroke	115	116	13 Years	100m	Backstroke
91	92	15 Years	100m	Freestyle	117	118	10 Years/Under	100m	Butterfly
93	94	16 Years/Over	100m	Freestyle	119	120	11 Years	100m	Butterfly
95	96	14/15 Years	400m	Individual Medley	121	122	12 Years	100m	Butterfly
					123	124	13 Years	100m	Butterfly

AGE AS AT 19 JULY 2019

ENTRIES CLOSE 5PM TUESDAY 9 JULY 2019

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

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY



**NSW METROPOLITAN SHORT COURSE CHAMPIONSHIPS
 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 19 - 21 JULY 2019**

Qualifying Times - Men & Boys

		Open	16yrs/Over	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs/Under
FREESTYLE	50m	25.50							
	100m		55.00	59.00	1:00.00	1:03.00	1:07.00	1:12.00	1:16.50
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:02.00	2:08.00		2:16.50			
	400m		4:23.00	4:32.00		4:50.50			
	800m	9:10.00							
	1500m	17:10.00							
BACKSTROKE	50m	31.00							
	100m		1:05.00	1:08.00	1:09.50	1:13.00	1:18.00	1:22.00	1:26.50
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:24.00	2:28.00		2:37.00			
BREASTSTROKE	50m	33.10							
	100m		1:14.00	1:18.00	1:19.50	1:26.00	1:29.00	1:37.00	1:40.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:47.00	2:50.00		3:00.00			
BUTTERFLY	50m	28.00							
	100m		1:04.00	1:06.00	1:10.00	1:13.00	1:20.00	1:24.30	1:31.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:25.50	2:33.00		2:44.00			
INDIVIDUAL MEDLEY	100m	1:05.50							
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:20.00	2:24.50		2:38.50	2:42.00	2:51.00	3:01.00
	400m		5:08.00	5:10.00		13yrs/Under 5:30.50			

**AGE AS AT 19 JULY 2019
 ENTRIES CLOSE 5PM TUESDAY 9 JULY 2019
 ENTRY FEE \$19 PER INDIVIDUAL EVENT (GST INCLUSIVE)**



**NSW METROPOLITAN SHORT COURSE CHAMPIONSHIPS
 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 19 - 21 JULY 2019**

Qualifying Times - Women & Girls

		Open	16yrs/Over	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs/Under
FREESTYLE	50m	28.50							
	100m		1:02.00	1:04.00	1:04.00	1:05.00	1:07.50	1:12.00	1:17.50
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:16.00	2:16.00		2:19.00			
	400m		4:49.00	4:48.50		4:58.00			
	800m	9:40.00							
	1500m	18:10.00							
BACKSTROKE	50m	33.50							
	100m		1:12.50	1:14.00	1:14.00	1:15.00	1:18.00	1:22.00	1:28.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:38.00	2:36.00		2:41.50			
BREASTSTROKE	50m	37.30							
	100m		1:25.00	1:26.00	1:26.00	1:28.00	1:29.50	1:37.00	1:42.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:58.50	2:59.00		3:06.00			
BUTTERFLY	50m	31.00							
	100m		1:10.50	1:14.00	1:14.00	1:16.00	1:20.00	1:26.00	1:33.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:42.50	2:45.00		2:52.00			
INDIVIDUAL MEDLEY	100m	1:12.00							
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:34.00	2:33.00		2:40.00	2:43.00	2:52.00	3:01.00
	400m		5:30.00	5:40.00	13yrs/Under 5:45.00				

**AGE AS AT 19 JULY 2019
 ENTRIES CLOSE 5PM TUESDAY 9 JULY 2019
 ENTRY FEE \$19 PER INDIVIDUAL EVENT (GST INCLUSIVE)**

Qualifying Times - Multi-Classification

WOMEN									
	50m FREE	100m FREE	100m BACK	100m FLY		100m BREAST		200m IM	
S1	2:13.81	4:54.77	5:26.76		SB1				
S2	2:06.76	4:15.88	5:04.48		SB2				5:14.83
S3	1:37.70	3:27.93	3:39.82		SB3				3:39.13
S4	1:05.91	2:42.98	3:08.61		SB4				3:08.48
S5	1:01.17	2:10.09	2:35.57	3:15.55	SB5	2:37.04	SM5	5:23.30	
S6	56.19	2:01.03	2:18.11	2:22.42	SB6	2:31.64	SM6	5:00.50	
S7	52.67	1:53.25	2:16.34	2:11.56	SB7	2:28.58	SM7	4:35.89	
S8	49.14	1:46.27	1:58.51	1:54.24	SB8	2:03.58	SM8	4:12.04	
S9	45.78	1:36.70	1:49.58	1:45.57	SB9	2:01.53	SM9	3:53.62	
S10	44.35	1:37.18	1:45.11	1:47.64			SM10	3:57.24	
S11	54.29	1:59.42	2:17.00	2:17.28	SB11	2:32.23	SM11	4:54.04	
S12	43.71	1:35.18	1:49.94	1:40.88	SB12	2:02.36	SM12	3:59.16	
S13	42.69	1:33.24	1:49.25	1:44.33	SB13	2:01.83	SM13	3:54.12	
S14	45.16	1:39.39	1:50.30	1:50.14	SB14	2:08.72	SM14	4:02.34	
S15	42.73	1:33.76	1:49.24	1:44.31	SB15	1:59.14	SM15	3:53.40	
S16	49.44	1:48.76	2:23.64	3:01.18	SB16	2:24.52	SM16	4:54.83	
MEN									
	50m FREE	100m FREE	100m BACK	100m FLY		100m BREAST		200m IM	
S1	1:49.73	3:56.54	5:18.34		SB1				
S2	1:40.97	3:36.43	3:52.65		SB2				3:41.04
S3	1:16.69	2:47.31	3:23.61		SB3				3:14.13
S4	59.12	2:10.15	2:33.50		SB4				2:32.37
S5	54.79	1:56.05	2:05.97	2:11.70	SB5	2:29.36	SM5	4:37.13	
S6	48.02	1:46.55	1:59.93	1:56.42	SB6	2:17.35	SM6	4:22.10	
S7	44.57	1:36.54	1:54.71	1:48.92	SB7	2:10.15	SM7	4:08.29	
S8	41.85	1:31.28	1:42.32	1:35.71	SB8	1:45.99	SM8	3:42.79	
S9	40.76	1:28.64	1:38.91	1:34.97	SB9	1:45.35	SM9	3:33.32	
S10	36.54	1:20.70	1:35.87	1:28.72			SM10	3:27.72	
S11	43.60	1:34.79	1:52.13	1:41.76	SB11	1:56.51	SM11	3:56.00	
S12	38.68	1:23.76	1:37.02	1:33.15	SB12	1:49.70	SM12	3:33.42	
S13	38.47	1:25.27	1:35.77	1:31.75	SB13	1:43.26	SM13	3:30.56	
S14	39.44	1:27.71	1:40.96	1:35.67	SB14	1:45.07	SM14	3:38.40	
S15	37.22	1:22.77	1:34.15	1:25.45	SB15	1:35.01	SM15	3:13.49	
S16	43.08	1:38.01	1:55.45	1:50.54	SB16	2:01.79	SM16	4:27.13	

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