



**NSW SENIOR STATE AGE
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
23 - 25 AUGUST 2019**

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

Session 2					Session 3				
Saturday 24 August, 9:00am					Saturday 24 August, Not before 12:30pm				
B	G				B	G			
27	28	Open	50m	Butterfly	53	54	Open	50m	Backstroke
	29	13 Years	100m	Freestyle	55	56	Open MC	100m	Backstroke
30	31	14 Years	100m	Backstroke		57	13 Years	200m	Butterfly
32	33	15 Years	200m	Breaststroke	58	59	14 Years	100m	Freestyle
34	35	16 Years	200m	Backstroke	60	61	15 Years	100m	Butterfly
36	37	17 Years/Over	100m	Freestyle	62	63	16 Years	100m	Freestyle
	38	13 Years	200m	Backstroke	64	65	17 Years/Over	200m	Butterfly
39	40	14 Years	100m	Butterfly		66	13 Years	100m	Backstroke
41	42	15 Years	200m	Backstroke	67	68	14 Years	200m	Breaststroke
43	44	16 Years	50m	Freestyle	69	70	15 Years	50m	Freestyle
45	46	17 Years/Over	200m	Backstroke	71	72	16 Years	200m	Butterfly
47	48	Open MC	100m	Butterfly	73	74	17 Years/Over	100m	Backstroke
49		14-15 Years	4x50m	Freestyle Relay	75		14-15 Years	400m	Freestyle
	50	13-15 Years	4x50m	Freestyle Relay		76	13-15 Years	400m	Freestyle
51	52	16 Years/Over	400m	Freestyle	77	78	16 Years/Over	4x50m	Medley Relay

AGE AS AT 23 AUGUST 2019

ENTRIES CLOSE 5PM TUESDAY 13 AUGUST 2019

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

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY



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Session 4 Sunday 25 August, 9:00am					Session 5 Sunday 25 August, Not before 12:30pm				
B	G				B	G			
79	80	Open	100m	Individual Medley	107	108	Open MC	50m	Freestyle
	81	13 Years	200m	Breaststroke	109	110	16 Years/Over	400m	Individual Medley
82	83	14 Years	50m	Freestyle		111	13 Years	100m	Butterfly
84	85	15 Years	100m	Freestyle	112	113	14 Years	200m	Backstroke
86	87	16 Years	200m	Freestyle	114	115	15 Years	100m	Backstroke
88	89	17 Years/Over	50m	Freestyle	116	117	16 Years	100m	Backstroke
	90	13 Years	50m	Freestyle	118	119	17 Years/Over	100m	Butterfly
91	92	14 Years	200m	Butterfly		120	13 Years	200m	Freestyle
93	94	15 Years	200m	Butterfly	121	122	14 Years	200m	Freestyle
95	96	16 Years	200m	Breaststroke	123	124	15 Years	200m	Freestyle
97	98	17 Years/Over	200m	Breaststroke	125	126	16 Years	100m	Butterfly
99	100	Open MC	100m	Freestyle	127	128	17 Years/Over	200m	Freestyle
101		14-15 Years	4x50m	Medley Relay	129		14-15 Years	400m	Individual Medley
	102	13-15 Years	4x50m	Medley Relay		130	13-15 Years	400m	Individual Medley
103	104	16 Years/Over	4x50m	Freestyle Relay					
105	106	Open	800m	Freestyle					

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- Only athletes who are aged *13 years or older are allowed to compete at these Championships
- *No minimum age restrictions on **MC events only**
- In 17 Years & Over events; medals will be awarded in the following age groups: 17/18yrs & 19yrs & Over
- In events 51, 52, 109 & 110, 400 Freestyle and Individual Medley; medals will be awarded in the following age groups: 16yrs, 17/18yrs & 19 & Over
- In events 75 & 129, 400 Freestyle and Individual Medley; medals will be awarded in the following age groups: 14yrs & 15yrs
- In events 76 & 130, 400 Freestyle and Individual Medley; medals will be awarded in the following age groups: 13yrs, 14yrs & 15yrs
- A swimmer may only appear in one (1) relay team list for that event
- In events 77, 78, 103 & 104 **16yrs & Over** relays, a maximum of one (1) swimmer from a younger age group may participate
- Where a club enters three (3) or more relay teams, **all teams** must meet the qualifying time to be eligible

Club Relay Qualifying Times

Men & Boys		16yrs & Over	14-15yrs
FREESTYLE	4x50m	1:57.50	2:02.50
MEDLEY	4x50m	2:15.00	2:22.50
Women & Girls		16yrs & Over	13-15yrs
FREESTYLE	4x50m	2:00.00	2:05.00
MEDLEY	4x50m	2:28.00	2:28.00



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Qualifying Times - Men & Boys

		Open	17yrs & Over	16yrs	15yrs	14yrs
FREESTYLE	50m		25.90	26.00	26.30	26.70
	100m		56.00	56.00	56.50	58.50
	200m		2:01.00	2:02.00	2:04.00	2:08.00
	400m		4:25.00	4:26.50	4:30.00	4:34.50
	800m	9:00.00				
	1500m	17:05.00				
BACKSTROKE	50m	28.00				
	100m		1:04.50	1:05.50	1:05.50	1:07.00
	200m		2:22.80	2:23.00	2:26.00	2:28.00
BREASTSTROKE	50m	31.00				
	100m		1:12.20	1:14.00	1:14.50	1:15.00
	200m		2:39.00	2:43.00	2:45.00	2:49.00
BUTTERFLY	50m	26.50				
	100m		1:01.50	1:04.00	1:04.50	1:05.00
	200m		2:21.00	2:24.00	2:27.00	2:35.00
INDIVIDUAL MEDLEY	100m	1:05.00				
	200m		2:19.00	2:21.00	2:22.00	2:24.50
	400m		4:51.00	4:55.00	4:57.00	5:02.00

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Qualifying Times - Women & Girls

		Open	17yrs & Over	16yrs	15yrs	14yrs	13yrs
FREESTYLE	50m		28.60	28.70	28.80	28.90	29.50
	100m		1:02.00	1:02.00	1:02.00	1:02.00	1:03.50
	200m		2:15.50	2:16.00	2:16.00	2:15.00	2:17.50
	400m		4:43.00	4:46.50	4:48.50	4:50.00	4:52.50
	800m	9:35.00					
	1500m	18:05.00					
BACKSTROKE	50m	31.00					
	100m		1:11.70	1:12.00	1:11.50	1:11.00	1:12.00
	200m		2:33.00	2:33.50	2:34.50	2:35.50	2:36.50
BREASTSTROKE	50m	35.00					
	100m		1:22.00	1:22.00	1:22.00	1:21.00	1:24.00
	200m		2:54.00	2:55.00	2:57.00	2:56.50	3:01.00
BUTTERFLY	50m	30.00					
	100m		1:11.00	1:11.00	1:11.00	1:11.00	1:12.50
	200m		2:35.50	2:35.50	2:36.00	2:38.00	2:40.00
INDIVIDUAL MEDLEY	100m	1:11.50					
	200m		2:33.00	2:33.00	2:33.00	2:33.00	2:35.40
	400m		5:15.00	5:15.00	5:20.00	5:25.00	5:30.00

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Qualifying Times - Multi-Classification

WOMEN									
	50m FREE	100m FREE	100m BACK	100m FLY		100m BREAST		200m IM	
S1	1:52.39	4:12.77	4:44.76		SB1				
S2	1:53.39	3:45.88	4:34.48		SB2				4:44.83
S3	1:29.37	3:11.93	3:23.82		SB3				3:23.13
S4	1:11.66	2:30.98	2:56.61		SB4				2:56.48
S5	56.22	2:00.09	2:25.57	3:05.55	SB5	2:27.04	SM5	5:03.30	
S6	55.78	1:59.03	2:16.11	2:20.42	SB6	2:29.64	SM6	4:56.50	
S7	49.57	1:47.25	2:10.34	2:05.56	SB7	2:22.58	SM7	4:23.89	
S8	48.90	1:44.27	1:56.51	1:52.24	SB8	2:01.58	SM8	4:08.04	
S9	45.50	1:35.70	1:48.58	1:44.57	SB9	2:00.53	SM9	3:51.62	
S10	44.42	1:36.18	1:44.14	1:46.64			SM10	3:55.24	
S11	48.90	1:47.42	2:05.00	2:05.28	SB11	2:20.23	SM11	4:30.05	
S12	42.24	1:33.18	1:47.94	1:38.88	SB12	2:00.36	SM12	3:55.16	
S13	42.90	1:32.24	1:48.25	1:43.33	SB13	2:00.83	SM13	3:52.12	
S14	45.36	1:38.39	1:49.30	1:49.14	SB14	2:07.72	SM14	4:00.34	
S15	40.97	1:29.76	1:45.24	1:40.31	SB15	1:55.14	SM15	3:45.40	
S16	49.67	1:47.76	2:22.64	3:00.18	SB16	2:23.52	SM16	4:52.83	
MEN									
	50m FREE	100m FREE	100m BACK	100m FLY		100m BREAST		200m IM	
S1	1:41.17	3:40.54	5:02.34		SB1				
S2	1:34.18	3:24.43	3:40.65		SB2				3:29.04
S3	1:06.74	2:27.31	3:03.61		SB3				2:54.13
S4	58.82	2:09.15	2:32.50		SB4				2:31.37
S5	51.27	1:50.05	1:59.97	2:05.70	SB5	2:23.36	SM5	4:25.13	
S6	46.66	1:42.55	1:55.93	1:52.42	SB6	2:13.35	SM6	4:14.10	
S7	43.35	1:34.54	1:52.71	1:46.92	SB7	2:08.15	SM7	4:04.29	
S8	41.44	1:41.32	1:41.32	1:34.71	SB8	1:44.99	SM8	3:40.79	
S9	39.70	1:36.91	1:36.91	1:32.97	SB9	1:43.35	SM9	3:29.32	
S10	36.73	1:34.87	1:34.87	1:27.72			SM10	3:25.72	
S11	40.45	1:46.13	1:46.13	1:35.76	SB11	1:50.51	SM11	3:44.00	
S12	36.02	1:33.02	1:33.02	1:29.15	SB12	1:45.70	SM12	3:25.42	
S13	37.21	1:33.07	1:33.77	1:29.75	SB13	1:41.26	SM13	3:26.56	
S14	39.62	1:33.96	1:39.96	1:34.67	SB14	1:44.07	SM14	3:36.40	
S15	37.38	1:33.15	1:33.15	1:24.45	SB15	1:34.01	SM15	3:11.49	
S16	41.22	1:51.45	1:51.45	1:46.54	SB16	1:57.79	SM16	4:19.13	

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