



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

<b>Session 1</b>				
<b>Friday 23 August, 4:00pm</b>				
<b>B</b>	<b>G</b>			
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
16	17	Open MC	100m	Breaststroke
	18	13 Years	100m	Breaststroke
19	20	14 Years	100m	Breaststroke
21	22	15 Years	100m	Breaststroke
23	24	16 Years	100m	Breaststroke
25	26	17 Years/Over	100m	Breaststroke
27	28	Open	1500m	Freestyle

<b>Session 2</b>					<b>Session 3</b>				
<b>Saturday 25 August, 9:00am</b>					<b>Saturday 25 August, Not before 12:30pm</b>				
<b>B</b>	<b>G</b>				<b>B</b>	<b>G</b>			
29	30	Open	50m	Butterfly	55	56	Open	50m	Backstroke
	31	13 Years	100m	Freestyle	57	58	Open MC	100m	Backstroke
32	33	14 Years	100m	Backstroke		59	13 Years	200m	Butterfly
34	35	15 Years	200m	Breaststroke	60	61	14 Years	100m	Freestyle
36	37	16 Years	200m	Backstroke	62	63	15 Years	100m	Butterfly
38	39	17 Years/Over	100m	Freestyle	64	65	16 Years	100m	Freestyle
	40	13 Years	200m	Backstroke	66	67	17 Years/Over	200m	Butterfly
41	42	14 Years	100m	Butterfly		68	13 Years	100m	Backstroke
43	44	15 Years	200m	Backstroke	69	70	14 Years	200m	Breaststroke
45	46	16 Years	50m	Freestyle	71	72	15 Years	50m	Freestyle
47	48	17 Years/Over	200m	Backstroke	73	74	16 Years	200m	Butterfly
49	50	Open MC	100m	Butterfly	75	76	17 Years/Over	100m	Backstroke
51		14-15 Years	4x50m	Freestyle Relay	77		14-15 Years	400m	Freestyle
	52	13-15 Years	4x50m	Freestyle Relay		78	13-15 Years	400m	Freestyle
53	54	16 Years/Over	400m	Freestyle	79	80	16 Years/Over	4x50m	Medley Relay

**AGE AS AT 23 AUGUST 2019**

**ENTRIES CLOSE 5PM TUESDAY 13 AUGUST 2019**

**ENTRY FEE \$TBC PER INDIVIDUAL EVENT, RELAY EVENT \$TBC (GST INCLUSIVE)**

**NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY**



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Session 4 Sunday 26 August, 9:00am					Session 5 Sunday 26 August, Not before 12:30pm				
B	G				B	G			
81	82	Open	100m	Individual Medley	109	110	Open MC	50m	Freestyle
	83	13 Years	200m	Breaststroke	111	112	16 Years/Over	400m	Individual Medley
84	85	14 Years	50m	Freestyle		113	13 Years	100m	Butterfly
86	87	15 Years	100m	Freestyle	114	115	14 Years	200m	Backstroke
88	89	16 Years	200m	Freestyle	116	117	15 Years	100m	Backstroke
90	91	17 Years/Over	50m	Freestyle	118	119	16 Years	100m	Backstroke
	92	13 Years	50m	Freestyle	120	121	17 Years/Over	100m	Butterfly
93	94	14 Years	200m	Butterfly		122	13 Years	200m	Freestyle
95	96	15 Years	200m	Butterfly	123	124	14 Years	200m	Freestyle
97	98	16 Years	200m	Breaststroke	125	126	15 Years	200m	Freestyle
99	100	17 Years/Over	200m	Breaststroke	127	128	16 Years	100m	Butterfly
101	102	Open MC	100m	Freestyle	129	130	17 Years/Over	200m	Freestyle
103		14-15 Years	4x50m	Medley Relay	131		14-15 Years	400m	Individual Medley
	104	13-15 Years	4x50m	Medley Relay		132	13-15 Years	400m	Individual Medley
105	106	16 Years/Over	4x50m	Freestyle Relay					
107	108	Open	800m	Freestyle					

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- Only athletes who are aged 13 years or older are allowed to compete at these Championships
- In 17 Years & Over events; medals will be awarded in the following age groups: 17/18yrs & 19yrs & Over
- In events 53, 54, 111 & 112, 400 Freestyle and Individual Medley; medals will be awarded in the following age groups: 16yrs, 17/18yrs & 19 & Over
- In events 77 & 131, 400 Freestyle and Individual Medley; medals will be awarded in the following age groups: 14yrs & 15yrs
- In events 78 & 132, 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 79, 80, 105 & 106 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
<b>FREESTYLE</b>	<b>50m</b>		25.90	26.00	26.30	26.70
	<b>100m</b>		56.00	56.00	56.50	58.50
	<b>200m</b>		2:01.00	2:02.00	2:04.00	2:08.00
	<b>400m</b>		4:25.00	4:26.50	4:30.00	4:34.50
	<b>800m</b>	9:00.00				
	<b>1500m</b>	17:05.00				
<b>BACKSTROKE</b>	<b>50m</b>	28.00				
	<b>100m</b>		1:04.50	1:05.50	1:05.50	1:07.00
	<b>200m</b>		2:22.80	2:23.00	2:26.00	2:28.00
<b>BREASTSTROKE</b>	<b>50m</b>	31.00				
	<b>100m</b>		1:12.20	1:14.00	1:14.50	1:15.00
	<b>200m</b>		2:39.00	2:43.00	2:45.00	2:49.00
<b>BUTTERFLY</b>	<b>50m</b>	26.50				
	<b>100m</b>		1:01.50	1:04.00	1:04.50	1:05.00
	<b>200m</b>		2:21.00	2:24.00	2:27.00	2:35.00
<b>INDIVIDUAL MEDLEY</b>	<b>100m</b>	1:05.00				
	<b>200m</b>		2:19.00	2:21.00	2:22.00	2:24.50
	<b>400m</b>		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
<b>FREESTYLE</b>	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					
<b>BACKSTROKE</b>	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
<b>BREASTSTROKE</b>	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
<b>BUTTERFLY</b>	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
<b>INDIVIDUAL MEDLEY</b>	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	
<b>S1</b>	1:52.39	4:12.77	4:44.76		<b>SB1</b>				
<b>S2</b>	1:53.39	3:45.88	4:34.48		<b>SB2</b>				4:44.83
<b>S3</b>	1:29.37	3:11.93	3:23.82		<b>SB3</b>				3:23.13
<b>S4</b>	1:11.66	2:30.98	2:56.61		<b>SB4</b>				2:56.48
<b>S5</b>	56.22	2:00.09	2:25.57	3:05.55	<b>SB5</b>	2:27.04	<b>SM5</b>	5:03.30	
<b>S6</b>	55.78	1:59.03	2:16.11	2:20.42	<b>SB6</b>	2:29.64	<b>SM6</b>	4:56.50	
<b>S7</b>	49.57	1:47.25	2:10.34	2:05.56	<b>SB7</b>	2:22.58	<b>SM7</b>	4:23.89	
<b>S8</b>	48.90	1:44.27	1:56.51	1:52.24	<b>SB8</b>	2:01.58	<b>SM8</b>	4:08.04	
<b>S9</b>	45.50	1:35.70	1:48.58	1:44.57	<b>SB9</b>	2:00.53	<b>SM9</b>	3:51.62	
<b>S10</b>	44.42	1:36.18	1:44.14	1:46.64			<b>SM10</b>	3:55.24	
<b>S11</b>	48.90	1:47.42	2:05.00	2:05.28	<b>SB11</b>	2:20.23	<b>SM11</b>	4:30.05	
<b>S12</b>	42.24	1:33.18	1:47.94	1:38.88	<b>SB12</b>	2:00.36	<b>SM12</b>	3:55.16	
<b>S13</b>	42.90	1:32.24	1:48.25	1:43.33	<b>SB13</b>	2:00.83	<b>SM13</b>	3:52.12	
<b>S14</b>	45.36	1:38.39	1:49.30	1:49.14	<b>SB14</b>	2:07.72	<b>SM14</b>	4:00.34	
<b>S15</b>	40.97	1:29.76	1:45.24	1:40.31	<b>SB15</b>	1:55.14	<b>SM15</b>	3:45.40	
<b>S16</b>	49.67	1:47.76	2:22.64	3:00.18	<b>SB16</b>	2:23.52	<b>SM16</b>	4:52.83	
MEN									
	50m FREE	100m FREE	100m BACK	100m FLY		100m BREAST		200m IM	
<b>S1</b>	1:41.17	3:40.54	5:02.34		<b>SB1</b>				
<b>S2</b>	1:34.18	3:24.43	3:40.65		<b>SB2</b>				3:29.04
<b>S3</b>	1:06.74	2:27.31	3:03.61		<b>SB3</b>				2:54.13
<b>S4</b>	58.82	2:09.15	2:32.50		<b>SB4</b>				2:31.37
<b>S5</b>	51.27	1:50.05	1:59.97	2:05.70	<b>SB5</b>	2:23.36	<b>SM5</b>	4:25.13	
<b>S6</b>	46.66	1:42.55	1:55.93	1:52.42	<b>SB6</b>	2:13.35	<b>SM6</b>	4:14.10	
<b>S7</b>	43.35	1:34.54	1:52.71	1:46.92	<b>SB7</b>	2:08.15	<b>SM7</b>	4:04.29	
<b>S8</b>	41.44	1:41.32	1:41.32	1:34.71	<b>SB8</b>	1:44.99	<b>SM8</b>	3:40.79	
<b>S9</b>	39.70	1:36.91	1:36.91	1:32.97	<b>SB9</b>	1:43.35	<b>SM9</b>	3:29.32	
<b>S10</b>	36.73	1:34.87	1:34.87	1:27.72			<b>SM10</b>	3:25.72	
<b>S11</b>	40.45	1:46.13	1:46.13	1:35.76	<b>SB11</b>	1:50.51	<b>SM11</b>	3:44.00	
<b>S12</b>	36.02	1:33.02	1:33.02	1:29.15	<b>SB12</b>	1:45.70	<b>SM12</b>	3:25.42	
<b>S13</b>	37.21	1:33.07	1:33.77	1:29.75	<b>SB13</b>	1:41.26	<b>SM13</b>	3:26.56	
<b>S14</b>	39.62	1:33.96	1:39.96	1:34.67	<b>SB14</b>	1:44.07	<b>SM14</b>	3:36.40	
<b>S15</b>	37.38	1:33.15	1:33.15	1:24.45	<b>SB15</b>	1:34.01	<b>SM15</b>	3:11.49	
<b>S16</b>	41.22	1:51.45	1:51.45	1:46.54	<b>SB16</b>	1:57.79	<b>SM16</b>	4:19.13	

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