



NSW State Open Championships
Sydney Olympic Park Aquatic Centre
15 - 17 March 2019

Day One HEATS Friday 15 March, 9:00am			Day One FINALS Friday 15 March, 6:00pm		
1	Men's 400m Freestyle		1	Men's 400m Freestyle	
2	Women's 50m Butterfly		2	Women's 50m Butterfly	
3	Men's 200m Butterfly		3	Men's 200m Butterfly	
4	Women's 100m Breaststroke		4	Women's 100m Breaststroke	
101	Men's 11 & O 50m MC Freestyle		101	Men's 11 & O 50m MC Freestyle	
102	Women's 11 & O 50m MC Freestyle		102	Women's 11 & O 50m MC Freestyle	
5	Men's 50m Breaststroke		5	Men's 50m Breaststroke	
6	Women's 100m Freestyle		6	Women's 100m Freestyle	
7	Men's 100 Freestyle		7	Men's 100 Freestyle	
8	Women's 400 Individual Medley		8	Women's 400 Individual Medley	
9	Women's 200m Backstroke		9	Women's 200m Backstroke	
103	Men's 11 & O 200m MC IM		103	Men's 11 & O 200m MC IM	
104	Women's 11 & O 200m MC IM		104	Women's 11 & O 200m MC IM	
10	Men's 50m Backstroke		10	Men's 50m Backstroke	
*11	Women's 800m Freestyle	Timed Finals	*11	Women's 800m Freestyle	Timed Finals
			12	Women's 4x100m Club Medley Relay	Timed Finals
			13	Men's 4x100m Club Medley Relay	Timed Finals

* Fastest Heat to be swum in the Finals Session

ENTRIES CLOSE 5PM TUESDAY 5 MARCH 2019

ENTRY FEE \$18 PER INDIVIDUAL EVENT \$36 PER RELAY EVENT (GST INCLUSIVE)

NOTE: 'B' Finals will be conducted for all events provided that twenty-five (25) swimmers contest the heats of that event. 800m & 1500m Freestyle events will be swum as timed finals with the fastest heat swam in the finals session. No 'B' Finals will be conducted for Multi Class Events. Each Multi Class Final will consist of ten (10) swimmers, with priority given to the top three (3) swimmers of each Class.



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Day Two HEATS Saturday 16 March, 9:00am			Day Two FINALS Saturday 16 March, 6:00pm		
14	Women's 400m Freestyle		14	Women's 400m Freestyle	
15	Men's 50m Butterfly		15	Men's 50m Butterfly	
16	Women's 100m Butterfly		16	Women's 100m Butterfly	
105	Men's 11 & O 100m MC Butterfly		105	Men's 11 & O 100m MC Butterfly	
106	Women's 11 & O 100m MC Butterfly		106	Women's 11 & O 100m MC Butterfly	
17	Men's 200m Freestyle		17	Men's 200m Freestyle	
18	Women's 100m Backstroke		18	Women's 100m Backstroke	
19	Men's 100m Breaststroke		19	Men's 100m Breaststroke	
107	Men's 11 & O 400m MC Freestyle		107	Men's 11 & O 400m MC Freestyle	
108	Women's 11 & O 400m MC Freestyle		108	Women's 11 & O 400m MC Freestyle	
20	Women's 200m Breaststroke		20	Women's 200m Breaststroke	
21	Men's 200m Backstroke		21	Men's 200m Backstroke	
22	Women's 50 Freestyle		22	Women's 50 Freestyle	
23	Men's 200m Individual Medley		23	Men's 200m Individual Medley	
109	Men's 11 & O 100m MC Backstroke		109	Men's 11 & O 100m MC Backstroke	
110	Women's 11 & O 100m MC Backstroke		110	Women's 11 & O 100m MC Backstroke	
*24	Men's 800m Freestyle	Timed Finals	*24	Men's 800m Freestyle	Timed Finals
			25	Women's 4x200m Club Freestyle Relay	Timed Finals
			26	Men's 4x200m Club Freestyle Relay	Timed Finals

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Day Three HEATS Sunday 17 March, 9:00AM			Day Three FINALS Sunday 17 March, 5:30PM		
27	Women's 200 Butterfly		27	Women's 200 Butterfly	
28	Men's 100m Butterfly		28	Men's 100m Butterfly	
29	Women's 50m Breaststroke		29	Women's 50m Breaststroke	
30	Men's 200m Breaststroke		30	Men's 200m Breaststroke	
111	Men's 11 & O 100m MC Freestyle		111	Men's 11 & O 100m MC Freestyle	
112	Women's 11 & O 100m MC Freestyle		112	Women's 11 & O 100m MC Freestyle	
31	Women's 200m Freestyle		31	Women's 200m Freestyle	
32	Men's 50m Freestyle		32	Men's 50m Freestyle	
33	Women's 200m Individual Medley		33	Women's 200m Individual Medley	
34	Men's 400m Individual Medley		34	Men's 400m Individual Medley	
35	Women's 50m Backstroke		35	Women's 50m Backstroke	
113	Men's 11 & O 100m MC Breaststroke		113	Men's 11 & O 100m MC Breaststroke	
114	Women's 11 & O 100m MC Breaststroke		114	Women's 11 & O 100m MC Breaststroke	
36	Men's 100m Backstroke		36	Men's 100m Backstroke	
*37	Men's 1500m Freestyle	Timed Finals	*37	Men's 1500m Freestyle	Timed Finals
*38	Women's 1500m Freestyle	Timed Finals	*38	Women's 1500m Freestyle	Timed Finals
			39	Women's 4x100 Club Freestyle Relay	Timed Finals
			40	Men's 4x100 Club Freestyle Relay	Timed Finals

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QUALIFYING TIMES

MEN		WOMEN
FREESTYLE		
25.60	50m	28.50
54.50	100m	1:01.50
2:00.00	200m	2:12.00
4:20.50	400m	4:40.00
9:10.00	800m	9:25.00
16:50.00	1500m	18:15.00
BACKSTROKE		
30.50	50m	33.00
1:04.50	100m	1:11.00
2:18.50	200m	2:36.00
BREASTSTROKE		
33.50	50m	38.00
1:12.00	100m	1:21.50
2:37.00	200m	2:53.50
BUTTERFLY		
27.80	50m	31.00
1:00.00	100m	1:09.00
2:15.00	200m	2:34.50
INDIVIDUAL MEDLEY		
2:19.00	200m	2:33.50
4:57.00	400m	5:20.00
CLUB RELAYS		
3:58.00	4x100 F/S	4:22.00
8:35.00	4x200 F/S	9:18.00
4:26.00	4x100 Med	4:50.00

**ENTRIES CLOSE 5PM TUESDAY 5 MARCH 2019
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NSW State Open Championships Multi-Class Qualifying Times

Women	50m Free	100m Free	400m Free	50m Back	100m Back	50m Fly	100m Fly		50m Breast	100m Breast		200m IM
S1	2:07.08	4:30.00		2:05.00	4:31.65			SB1	2:35.40			
S2	1:52.82	4:04.70		2:01.20	4:56.25			SB2	1:52.50			
S3	1:29.60	3:05.30		1:32.10	3:18.00	1:41.50		SB3	1:23.70	3:13.80		
S4	58.65	2:14.70		1:13.30	2:48.50	1:25.80		SB4	1:20.80	2:51.20		
S5	54.40	1:58.10		1:03.95	2:40.00	1:00.70		SB5	1:14.65	2:45.90	SM5	4:49.50
S6	53.82	1:59.10	9:03.40	1:17.30	2:12.50	58.50	2:35.00	SB6	1:11.30	2:36.30	SM6	4:58.70
S7	51.90	1:51.50	8:43.25	1:04.70	2:08.20	57.60	2:09.70	SB7	1:07.80	2:22.90	SM7	4:50.10
S8	47.60	1:43.00	7:37.40	59.80	1:57.50	59.35	2:03.10	SB8	1:07.60	2:02.00	SM8	4:27.30
S9	44.05	1:33.80	7:16.90	55.45	1:45.20	50.30	1:51.20	SB9	1:05.20	1:55.00	SM9	4:04.60
S10	42.55	1:32.20	7:00.00	54.40	1:50.75	54.90	1:42.90				SM10	3:49.70
S11	49.35	1:47.00	8:04.40	57.80	2:03.20	56.80	2:00.20	SB11	1:02.30	2:14.10	SM11	4:26.00
S12	42.10	1:29.72	7:18.40	52.80	1:44.50	47.50	1:41.00	SB12	59.10	2:06.70	SM12	3:47.90
S13	40.95	1:29.50	6:55.00	54.40	1:43.60	47.40	1:38.60	SB13	57.20	1:55.20	SM13	3:38.60
S14	43.25	1:33.30	7:06.40	48.68	1:44.30	46.50	1:44.20	SB14	55.30	2:02.00	SM14	3:49.30
S15	40.95	1:28.90	6:40.70	51.90	1:42.50	46.20	1:37.80	SB15	55.30	1:51.70	SM15	3:38.30
S16	47.40	1:46.30	8:43.70	56.35	2:24.00	52.00	1:48.30	SB16	1:05.70	2:24.20	SM16	4:43.70

Men	50m Free	100m Free	400m Free	50m Back	100m Back	50m Fly	100m Fly		50m Breast	100m Breast		200m IM
S1	1:43.20	3:48.30		2:01.40	4:48.50			SB1	2:19.80	5:24.40		
S2	1:29.82	3:15.20		1:41.70	3:19.20			SB2	1:28.10	3:19.40		
S3	1:09.90	2:38.80		1:18.80	3:05.70	1:33.30		SB3	1:13.70	2:52.70		
S4	56.80	2:04.40		1:08.70	2:31.90	1:10.30		SB4	1:20.80	2:25.40		
S5	49.35	1:53.60		56.80	2:23.50	58.90		SB5	1:03.60	2:16.00	SM5	4:38.60
S6	46.50	1:41.80	7:59.90	55.80	1:56.60	48.80	1:53.60	SB6	1:06.10	2:16.40	SM6	4:13.60
S7	42.80	1:33.50	7:19.50	53.40	1:52.50	49.80	1:56.30	SB7	58.80	2:05.60	SM7	4:07.80
S8	41.10	1:29.60	7:03.10	52.20	1:43.60	47.80	1:40.10	SB8	55.30	1:47.30	SM8	3:46.80
S9	39.45	1:27.60	6:37.20	49.80	1:37.20	46.20	1:36.30	SB9	50.40	1:49.90	SM9	3:33.70
S10	36.95	1:20.30	6:05.10	45.80	1:31.90	40.40	1:29.10				SM10	3:22.90
S11	38.80	1:24.80	6:29.80	50.30	1:43.50	50.30	1:35.00	SB11	51.90	1:48.10	SM11	3:33.80
S12	37.85	1:24.10	6:22.80	45.50	1:35.70	41.50	1:28.20	SB12	49.30	1:44.80	SM12	3:29.60
S13	36.90	1:22.20	6:23.10	45.40	1:35.30	43.40	1:30.50	SB13	47.50	1:41.80	SM13	3:28.80
S14	37.85	1:22.70	6:35.30	45.90	1:35.30	40.70	1:30.30	SB14	45.30	1:39.20	SM14	3:26.40
S15	35.55	1:18.70	5:48.90	42.00	1:28.80	39.20	1:26.10	SB15	46.50	1:34.30	SM15	3:04.30
S16	41.30	1:32.30	8:11.30	49.35	1:51.40	43.80	2:20.00	SB16	50.80	1:59.60	SM16	4:06.70