



2019 Swimming NSW State Open Championships

- Relays and Distance Events -





2019 Swimming NSW State Open Championships

The following relay and distance events will be swum in the Finals sessions.

PLEASE NOTE: Relay forms are only required if you are making changes to your teams. Please submit these to the Chief Recorder **PRIOR** to the **START** of the session in which the relay is to be swum.

PLEASE NOTE: Swimmers entered into the finals heat of their distance event **must marshal in the morning** as if you would for any other event. If you aren't physically coming in the morning, you can get your Coach or Club representative to Marshal for you. If you do not marshal in the morning, you will be withdrawn even if you are swimming at night.

SWIMMING NSW LIMITED

RETURN TO: THE RECORDING ROOM

USE FOR: 4 x 200m, 4 x 100m and 4 x 50m RELAY EVENTS ONLY



DATE: _____ CLUB/AREA: _____ SIGNED: _____

EVENT NAME: _____ EVENT NO.: _____ A or B(circle)

TEAM IN ORDER OF SWIMMING

MEDLEY	FREESTYLE	NAME	DOB (If not already entered)
BACKSTROKE	1		
BREASTSTROKE	2		
BUTTERFLY	3		
FREESTYLE	4		
RESERVES			

Clubs must submit their relay changes on the Swimming NSW Relay Form to the Chief Recorder prior to the commencement of the session in which the event is to be conducted.

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Event 11 Womens 800 Metre Freestyle

NSW:	8:19.76	28/02/2014	JESSICA ASHWOOD	SOPAC
NSW A/C:	8:19.59	04/03/2016	JESSICA ASHWOOD	CHANDLER
WORLD:	8:04.79	18/08/2016	KATIE LEDECKY	UNITED STATES
AUSTRALIAN:	8:17.07	10/08/2018	ARIARNE TITMUS	ST PETERS WESTERN
AUSTRALIAN A/C:	8:11.35	21/08/2014	KATIE LEDECKY	UNITED STATES
COMMONWEALTH:	8:14.10	16/08/2008	REBECCA ADLINGTON	GREAT BRITAIN
TITLEHOLDER:	8:28.73	19/01/2018	JESSICA ASHWOOD	CHANDLER

Meet Qualifying: 9:25.00

Lane	Name	Age	Team	Seed Time	Prelim Time	Place
Heat	2 of 2	Timed Finals				
0	DELMENICO, MELA	15	KRB AQUATICS	9:13.55	_____	_____
1	FINEGAN, ASHLEY	16	UNIVERSITY OF NSW	9:07.00	_____	_____
2	TAYLOR, LAURA	19	TSS AQUATIC	8:51.93	_____	_____
3	ROGERS, DAHLAS	24	USC SPARTANS	8:41.62	_____	_____
4	MELVERTON, KIAH	22	TSS AQUATIC	8:25.64	_____	_____
5	JOHNSON, MOESHA	21	PALM BEACH CURRUMBIN	8:41.61	_____	_____
6	ADAMS, OLIVIA	19	RAVENSWOOD	8:51.47	_____	_____
7	DEANS, CAITLIN	19	NEPTUNE	8:58.28	_____	_____
8	SHIRES, FRANCES	17	UNIVERSITY OF NSW	9:08.97	_____	_____
9	ARMSTRONG, MADISYN	18	KAWANA WATERS	9:15.82	_____	_____

Event 12 Womens 4x100 Metre Medley Relay

NSW:	4:09.48	23/04/2011	CRANBROOK
NSW A/C:	3:57.62	10/05/2009	AUSTRALIA
WORLD:	3:51.55	30/07/2017	UNITED STATES
AUSTRALIAN:	3:52.58	01/08/2009	AUSTRALIA
AUSTRALIAN A/C:	3:54.36	10/04/2018	AUSTRALIA
COMMONWEALTH:	3:52.58	01/08/2009	AUSTRALIA
TITLEHOLDER:	4:08.27	19/01/2018	JAPAN

Meet Qualifying: 4:50.00

Lane	Team	Relay	Seed Time	Finals	Place
Heat	1 of 1	Timed Finals			
0	SLC AQUADOT	A	4:35.32	_____	_____
1	KNOX PYMBLE	B	4:25.29	_____	_____
2	CARLILE	A	4:22.39	_____	_____
3	KNOX PYMBLE	A	4:19.04	_____	_____
4	BOND	A	4:10.78	_____	_____
5	ABBOTSLEIGH	A	4:17.43	_____	_____
6	ABBOTSLEIGH	B	4:21.51	_____	_____
7	KNOX PYMBLE	C	4:24.82	_____	_____
8	UNIVERSITY OF NSW	A	4:27.66	_____	_____
9	GALSTON	A	4:39.35	_____	_____

Event 13 Mens 4x100 Metre Medley Relay

NSW:	3:37.09	14/12/2013	SOPAC
NSW A/C:	3:33.73	23/09/2000	UNITED STATES
WORLD:	3:27.28	02/08/2009	UNITED STATES
AUSTRALIAN:	3:28.64	02/08/2009	AUSTRALIA
AUSTRALIAN A/C:	3:29.94	24/08/2014	UNITED STATES
COMMONWEALTH:	3:28.64	02/08/2009	AUSTRALIA
TITLEHOLDER:	3:42.92	19/01/2018	JAPAN

Meet Qualifying: 4:26.00

Lane	Team	Relay	Seed Time	Finals	Place
Heat	1 of 2	Timed Finals			
3	SYDNEY UNIVERSITY	A	4:26.00	_____	_____
4	SLC AQUADOT	A	4:18.12	_____	_____
5	GALSTON	B	4:18.18	_____	_____
Heat	2 of 2	Timed Finals			
0	GALSTON	A	4:05.68	_____	_____
1	UNIVERSITY OF NSW	A	4:00.29	_____	_____
2	KNOX PYMBLE	B	3:57.47	_____	_____
3	CARLILE	A	3:48.07	_____	_____

4	MELBOURNE VICENTRE	A	3:40.82	_____	_____
5	RAVENSWOOD	A	3:47.94	_____	_____
6	KNOX PYMBLE	A	3:54.41	_____	_____
7	ABBOTSLEIGH	A	3:58.59	_____	_____
8	CARLILE	B	4:02.03	_____	_____

Event 24 Mens 800 Metre Freestyle

NSW:	7:39.16	24/07/2001	IAN THORPE	SLC AQUADOT
NSW A/C:	7:43.16	14/03/2005	GRANT HACKETT	QUEENSLAND
WORLD:	7:32.12	29/07/2009	LIN ZHANG	CHINA
AUSTRALIAN:	7:38.65	27/07/2005	GRANT HACKETT	MIAMI
AUSTRALIAN A/C:	7:41.59	26/03/2001	IAN THORPE	SLC AQUADOT
COMMONWEALTH:	7:38.65	27/07/2001	GRANT HACKETT	AUSTRALIA

Meet Qualifying: 9:10.00

Lane	Name	Age	Team	Seed Time	Prelim Time	Place
Heat 4 of 4 Timed Finals						
0	MIDDLETON, NICHOLAS	16	REVESBY WORKERS	8:36.72	_____	_____
1	GEORGE, ZAC	17	WARRINGAH AQUATIC	8:35.19	_____	_____
2	GUTHRIE, CORMAC	19	SYDNEY UNIVERSITY	8:26.49	_____	_____
3	ROBERTS, WESLEY	21	WESTS ILLAWARRA	8:17.39	_____	_____
4	PARRISH, JOSHUA	21	TSS AQUATIC	7:59.91	_____	_____
5	REID, ZAC	19	AQUABLADZ NEW PLYMOUTH	8:01.87	_____	_____
6	JENNENS, NICK	17	MANLY	8:18.49	_____	_____
7	GALEA, MATTHEW	17	BLACKTOWN CITY	8:31.11	_____	_____
8	WEEKS, ALEX	15	SOPAC	8:36.20	_____	_____
9	KAPOCIUS, TOMAS	17	SOPAC	8:38.44	_____	_____

Event 25 Womens 4x200 Metre Freestyle Relay

NSW:	8:12.44	05/09/1994	AUSTRALIA
NSW A/C:	7:57.61	26/08/1999	UNITED STATES
WORLD:	7:42.08	30/07/2009	CHINA
AUSTRALIAN:	7:44.31	14/08/2008	AUSTRALIA
AUSTRALIAN A/C:	7:46.90	22/08/2014	UNITED STATES
COMMONWEALTH:	7:44.31	14/08/2008	AUSTRALIA
TITLEHOLDER:	8:17.20	20/01/2018	JAPAN

Meet Qualifying: 9:18.00

Lane	Team	Relay	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals					
3	CARLILE	A	8:47.40	_____	_____
4	SLC AQUADOT	A	8:38.84	_____	_____
5	UNIVERSITY OF NSW	A	8:39.69	_____	_____
6	SLC AQUADOT	B	9:13.55	_____	_____

Event 26 Mens 4x200 Metre Freestyle Relay

NSW:	7:26.61	20/01/2018	SOPAC
NSW A/C:	7:07.05	19/09/2000	AUSTRALIA
WORLD:	6:58.55	31/07/2009	UNITED STATES
AUSTRALIAN:	7:01.65	31/07/2009	AUSTRALIA
AUSTRALIAN A/C:	7:03.24	30/03/2007	UNITED STATES
COMMONWEALTH:	7:01.65	31/07/2009	AUSTRALIA
TITLEHOLDER:	7:26.61	20/01/2018	SOPAC

Meet Qualifying: 8:35.00

Lane	Team	Relay	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals					
2	SYDNEY UNIVERSITY	A	8:05.86	_____	_____
3	CARLILE	A	7:46.70	_____	_____
4	BOND	A	7:21.89	_____	_____
5	KNOX PYMBLE	A	7:45.72	_____	_____
6	UNIVERSITY OF NSW	A	7:50.23	_____	_____

Event 37 Mens 1500 Metre Freestyle

NSW:	14:53.18	29/03/2008	CRAIG STEVENS	SLC AQUADOT
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NSW A/C:	14:44.09	03/04/2015	MACK HORTON	MELBOURNE VICENTRE
WORLD:	14:31.02	04/08/2012	SUN YANG	CHINA
AUSTRALIAN:	14:34.56	29/07/2001	GRANT HACKETT	MIAMI
AUSTRALIAN A/C:	14:39.54	14/04/2016	MACK HORTON	MELBOURNE VICENTRE
COMMONWEALTH:	14:34.56	29/07/2001	GRANT HACKETT	AUSTRALIA
TITLEHOLDER:	15:13.14	21/01/2018	GREGORIO PALTRINIERI	ITALY

Meet Qualifying: 16:50.00

Lane	Name	Age	Team	Seed Time	Prelim Time	Place
Heat 2 of 2 Timed Finals						
0	MEACHAM, JORDAN	16	MANLY	16:41.39	_____	_____
1	MIDDLETON, NICHOLAS	16	REVESBY WORKERS	16:31.82	_____	_____
2	ROBINSON, MATTHEW	22	KAWANA WATERS	15:56.74	_____	_____
3	ROBERTS, WESLEY	21	WESTS ILLAWARRA	15:40.36	_____	_____
4	PARRISH, JOSHUA	21	TSS AQUATIC	15:15.70	_____	_____
5	SIM, WELSON	21	MALAYSIA	15:31.14	_____	_____
6	SMITH, BRENDON	18	NUNAWADING	15:45.46	_____	_____
7	BULLEN, TRISTAN	18	BOND	16:01.57	_____	_____
8	EASTON, RILEY	19	CARLILE	16:31.88	_____	_____
9	HARGREAVES, THOMAS	19	UNIVERSITY OF NSW	16:43.39	_____	_____

Event 38 Womens 1500 Metre Freestyle

NSW:	16:08.36	30/07/2013	LAURA CROCKART	AUSTRALIA
NSW A/C:	16:03.24	21/03/2010	MELISSA GORMAN	REDCLIFFE
WORLD:	15:20.48	17/05/2018	KATIE LEDECKY	UNITED STATES
AUSTRALIAN:	15:52.17	04/08/2015	JESSICA ASHWOOD	CHANDLER
AUSTRALIAN A/C:	15:28.36	24/08/2014	KATIE LEDECKY	UNITED STATES
COMMONWEALTH:	15:40.14	04/08/2015	LAUREN BOYLE	NEW ZEALAND

Meet Qualifying: 18:15.00

Lane	Name	Age	Team	Seed Time	Prelim Time	Place
Heat 1 of 1 Timed Finals						
0	SIMMONS-CURCIO, VERONICA	14	WOLLONGONG	18:15.00	_____	_____
1	HART, DOMINIQUE	17	LORETO AQUATIC	18:01.38	_____	_____
2	FINEGAN, ASHLEY	16	UNIVERSITY OF NSW	17:32.05	_____	_____
3	SHIRES, FRANCES	17	UNIVERSITY OF NSW	17:25.26	_____	_____
4	MELVERTON, KIAH	22	TSS AQUATIC	15:59.92	_____	_____
5	JOHNSON, MOESHA	21	PALM BEACH CURRUMBIN	16:36.70	_____	_____
6	ROWLANDS, HAYLEY	15	REVESBY WORKERS	17:31.72	_____	_____
7	HEATH, RUBY	19	CAPITAL SWIM CLUB	17:58.06	_____	_____
8	RILEY-GOODE, TARA	15	KRB AQUATICS	18:12.16	_____	_____
9	LOUW, JODIE	15	MANLY	18:15.00	_____	_____

Event 39 Womens 4x100 Metre Freestyle Relay

NSW:	3:42.67	03/12/2005	NEW SOUTH WALES
NSW A/C:	3:36.61	19/06/2000	UNITED STATES
WORLD:	3:30.05	05/04/2018	AUSTRALIA
AUSTRALIAN:	3:30.05	05/04/2018	AUSTRALIA
AUSTRALIAN A/C:	3:30.05	05/04/2018	AUSTRALIA
COMMONWEALTH:	3:30.05	05/04/2018	AUSTRALIA
TITLEHOLDER:	3:48.47	21/01/2018	JAPAN

Meet Qualifying: 4:22.00

Lane	Team	Relay	Seed Time	Finals	Place
Heat 1 of 2 Timed Finals					
3	MOUNTIES	A	4:22.00	_____	_____
4	ABBOTSLEIGH	B	4:09.80	_____	_____
5	SLC AQUADOT	B	4:17.77	_____	_____
Heat 2 of 2 Timed Finals					
0	SLC AQUADOT	A	4:06.78	_____	_____
1	UNIVERSITY OF NSW	A	4:01.83	_____	_____
2	CARLILE	A	3:59.01	_____	_____
3	ABBOTSLEIGH	A	3:55.18	_____	_____
4	RAVENSWOOD	A	3:52.55	_____	_____
5	KNOX PYMBLE	A	3:53.73	_____	_____

6	BOND	A	3:56.36	_____	_____
7	KNOX PYMBLE	B	3:59.79	_____	_____
8	KNOX PYMBLE	C	4:06.78	_____	_____

Event 40 Mens 4x100 Metre Freestyle Relay

NSW:	3:17.68	17/01/2014	SOPAC
NSW A/C:	3:13.67	16/09/2000	AUSTRALIA
WORLD:	3:08.24	11/08/2008	UNITED STATES
AUSTRALIAN:	3:09.91	11/08/2008	AUSTRALIA
AUSTRALIAN A/C:	3:12.26	14/04/2016	AUSTRALIA
COMMONWEALTH:	3:09.91	11/08/2008	AUSTRALIA
TITLEHOLDER:	3:22.56	21/01/2018	JAPAN

Meet Qualifying: 3:58.00

Lane	Team	Relay	Seed Time	Finals	Place
Heat 1 of 2 Timed Finals					
3	USC SPARTANS	A	3:53.68	_____	_____
4	GALSTON	A	3:45.43	_____	_____
5	SLC AQUADOT	A	3:52.25	_____	_____
6	CARLILE	A	3:58.00	_____	_____
Heat 2 of 2 Timed Finals					
0	UNIVERSITY OF NSW	A	3:40.36	_____	_____
1	KNOX PYMBLE	B	3:36.72	_____	_____
2	KNOX PYMBLE	A	3:30.84	_____	_____
3	MELBOURNE VICENTRE	A	3:25.85	_____	_____
4	BOND	A	3:21.36	_____	_____
5	SOMERSET	A	3:23.00	_____	_____
6	RAVENSWOOD	A	3:28.77	_____	_____
7	SYDNEY UNIVERSITY	A	3:35.93	_____	_____
8	CARLILE	B	3:39.56	_____	_____
9	ABBOTSLEIGH	A	3:42.26	_____	_____