



WINTER ALMANAC 2019

Supplement to the NSW Swimmer Magazine



SWIMMING NEW SOUTH WALES Ltd.

(Since 1896)

President
Directors

Chris Fydler OAM
Graham Towle OAM
Janelle Barnett
Steven Traplin
Lynn Lonngren
David Goff
Mark Payne
Patrick Troy
Benjamin Tuxford

Chief Executive Officer
Events Manager

Mark Heathcote
Shannon Smith

The information contained in this publication has been compiled, primarily for the benefit of Club Race Secretaries or the responsible Club Official and to assist Coaches in the preparation of swimmers for Championship Meets.

Any enquiries concerning fixtures or meeting dates should be directed to:

Swimming New South Wales Ltd

PO Box 571

SYDNEY MARKETS NSW 2129

Telephone: (02) 9763 5833

Email: shannon.smith@nsw.swimming.org.au

Website: <https://nsw.swimming.org.au/>

AUSTRALIAN & STATE CHAMPIONSHIP ENTRIES

All entries for Swimming New South Wales Championships must be submitted by the correct Online Entry System or E-entry Procedure (where stated) by the scheduled closing date herein:

By Online Entry:

<https://nsw.swimming.org.au/>

By E-entry:

meet.entries@nsw.swimming.org.au

All entries for Swimming Australia Championships must be received via the Online Entry System by the scheduled closing date.



CONTACT DETAILS

Swimming New South Wales Ltd.	General Office	02 9763 5833
Swimming Australia Ltd.	General Office	03 9910 0700
ASCTA	General Office	07 5494 9649
NSW Diving-Springboard & Platform Diving	Mrs Gillian Brooker	02 4933 9935
Surf Life Saving NSW	General Office	02 9471 8000
Royal Life Saving Society (NSW)	General Office	02 9634 3700
State Primary Schools Sports Association	General Office	02 9707 6927
NSW Combined High Schools Sports Asso.	Mr Grant Parker	02 9707 6916
RSL Swimming	Mrs Kelly Prain	02 4721 4717
NSW Masters Swimming	Jillian Pateman	02 8116 9716
Union of Old Swimmers	Mr Graham Taylor	0408 472 482
Swimming New South Wales Website	https://nsw.swimming.org.au/	
ASCTA Website	www.ascta.com	

SWIMMING NEW SOUTH WALES MEETS

DATE	MEET	VENUE
1 June, 2019	NSW MC SC Meet #2	RYDE
5-7 July, 2019	NSW Country Short Course Championships	SOPAC
19-21 July, 2019	NSW Metropolitan Short Course Championships	SOPAC
3-4 August, 2019	NSW Senior Area Representative Squad Meet	WOY WOY
10 August, 2019	NSW MC SC Meet #3	RYDE
23-25 August, 2019	NSW Senior State Age SC Championships	SOPAC
7-8 September,	NSW Junior State Age SC	SOPAC
12 October, 2019	NSW Junior Area Representative Squad Meet	SOPAC
13 October, 2019	NSW MC LC Championships	RYDE

SWIMMING AUSTRALIA & INTERNATIONAL MEETS

DATE	MEET	VENUE
9-14 June, 2019	2019 Hancock Prospecting World Trials	South Korea
4-6 October 2019	2019 State Teams Championships	Canberra
24-26 October, 2019	2019 Hancock Prospecting Australian Short Course Championships	Melbourne

Swimming Australia Events

Please refer to the Swimming Australia website www.swimming.org.au for further details regarding Swimming Australia events. Swimming Australia Information Booklets containing all necessary information regarding their championship events will be available on the Swimming New South Wales website once finalised and made available by Swimming Australia.

SWIMMING NEW SOUTH WALES OPEN WATER SWIMMING

Is your club interested in holding an Open Water Swimming Meet during the 2019 - 2020 season?

Would your club like to have its swim as part of the NSW Open Water Swimming Marathon Series?

If so, the Competitions Committee requires all relevant information regarding the event, i.e. date, venue, distance/distances, map of course, entry details etc. by **Monday 5th August, 2019** for inclusion in the Swimming New South Wales Open Water Swimming Marathon Series Calendar and Summer Almanac.

The Open Water Marathon Series Information and calendar of events will be included in the Summer Almanac which is sent out with the October Swimmer Magazine.

All correspondence should be addressed to:

Shannon Smith

Swimming New South Wales Ltd.

PO Box 571

SYDNEY MARKETS NSW 2129

Telephone: (02) 8047 8503

shannon.smith@nsw.swimming.org.au

COACHES / SUPPORT STAFF PASSES

All Coaches will now be required to show their current ASCTA Membership Card to gain access to SOPAC. If a current card is not presented, then entry to the venue will be charged and access to pool deck will be denied.

Clubs must submit a [Support Staff Application Form](#) and provide their WWC Number if they require a support staff pass for an event. Forms can be downloaded from the Swimming New South Wales website. Passes will only be issued to those who apply in accordance with Swimming New South Wales Ltd. policy.



SWIMMING NSW TECHNICAL SWIMMING FORUM

An invitation is extended to all Technical Officials and other interested persons to attend the Technical Swimming Forum to be conducted on
Sunday 28 July 2019 commencing at 9.30am

The Forum will be held at Dooleys Silverwater.

Please note that the **Annual Swimming NSW Technical Officials Dinner and Awards Night** will be held at the Novotel, Sydney Olympic Park on
Saturday Night 27 July 2019 following the SNSW AGM and Forum.

Further information will become available closer to the date.

OPEN WATER EQUIPMENT AVAILABLE FOR HIRE



Group 1: Printout Stopwatches & Radios = \$150

Group 2: Four Inflatable Buoys,
Seven 10 metre lengths of Mooring Ropes,
Anchors and Mooring Weights = \$150

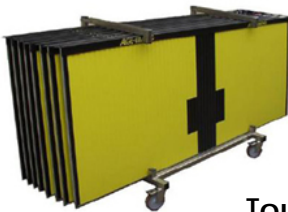
Group 3: Printout Stopwatches, Four Inflatable Buoys,
Seven 10 metre lengths of Mooring Ropes,
Anchors and Mooring Weights, Finish Gate (SIRC only),
Finish Funnelling Floats = \$200

Note: Only mid week pickup and return from SIRC

**Pick up and return is available from SIRC;
Alternatively, SNSW can transport the equipment for a fee:**

A deposit is required before the hiring of this equipment.

For full timing terms & conditions, please contact the Swimming NSW office on (02) 9763 5833



ELECTRONIC TIMING EQUIPMENT AVAILABLE FOR HIRE

Automatic Officiating Equipment (AOE)

Touch pads, AOE, SAT, ARES System and scoreboard
\$330.00 Club/Area \$660.00 School

Dolphin Wireless Timing System
\$200.00 Club/Area \$350.00 School

Semi-Automatic Timing System (SAT)

Push buttons, OSM6 and scoreboard
\$300.00 Club/Area \$400.00 School



Transportation fee of \$120.00 for 0-150km, \$240.00 for 151-300km and \$260.00 for 300km+

Contact Swimming New South Wales on (02) 9763 5833 for further details

Call for Technical Officials & Presentation Officers

This is a personal invitation for all Qualified Technical Officials to nominate to officiate at the following meets:

DATE	MEET	VENUE	CLOSING DATE
1 June, 2019	NSW MC SC Meet #2	Ryde	16 May, 2019
5-7 July, 2019	NSW Country SC Championships	SOPAC	09 June, 2019
19-21 July, 2019	NSW Metropolitan SC Championships	SOPAC	23 June, 2019
10 August, 2019	NSW MC SC Meet #3	Ryde	25 July, 2019
23-25 August, 2019	NSW Senior State Age SC Championships	SOPAC	28 July, 2019
7-8 September, 2019	NSW Junior State Age SC Championships	SOPAC	11 August, 2019
20 October, 2018	NSW MC Championships	Syde	TBC

Technical Official Nominations for all Swimming NSW meets are now conducted online through the [Swimming NSW website](#). To submit your nomination simply click on the Technical Officials tab, then Officiate and then [Appointments & Roles Available](#) and then select the event you wish to nominate for.

Officials should nominate on the appropriate online form(s) by the Closing Dates shown above. Official advice of your appointment will be forwarded shortly after Closing Dates for nominations and will be published on the Swimming New South Wales website.

Call for Technical Managers, & Announcers

This is a personal invitation for interested persons to nominate for Technical Manager or Announcer at the following meets:

DATE	MEET	VENUE	CLOSING DATE
5-7 July, 2019	NSW Country SC Championships	SOPAC	7 June, 2019
19-21 July, 2019	NSW Metropolitan SC Championships	SOPAC	7 June, 2019
23-25 August, 2019	NSW Senior State Age SC Championships	SOPAC	26 July, 2019
7-8 September, 2019	NSW Junior State Age SC Championships	SOPAC	26 July, 2019
12 October, 2019	NSW JARS Meet	SOPAC	26 July, 2019

TECHNICAL MANAGERS AND ANNOUNCERS are appointed by the CEO. Nomination forms for all meets are available from the Swimming New South Wales Ltd Office and on the [Swimming NSW website](#). Interested persons should nominate on the [Meet Directors and Announcers Application Form](#) and forward it to the [Chief Executive Officer](#) by the closing dates shown above. Official advice of your appointment will be forwarded shortly after Closing Dates for nominations and will be published on the Swimming New South Wales website.



ENTRY QUALIFYING TIMES

MEET	DATE
2019 NSW Country Short Course Championships	1 st June, 2018
2019 NSW Metropolitan Short Course Championships	1 st June, 2018
2019 NSW Senior State Age SC Championships	1 st June, 2018
2019 NSW Junior State Age SC Championships	1 st June, 2018

The responsible Club Official must certify that the entrant has qualified at one of the following approved Meets:

- State Championships
- Metropolitan Championships
- Country Championships
- Country Regional Meets
- Interstate Meets promoted by a State Association or Swimming Australia Ltd.
- International Meets Overseas
- Area Approved Meets*

* PROVIDED THAT results of such Meets are forwarded to Swimming New South Wales Ltd no later than **SEVEN (7)** days after the date of the Meet. Except where a qualifying time is established at a Qualifying Meet during the period of the seven (7) days immediately preceding the closing date for entries, the Names, Times and Stroke of all those qualifying at that Qualifying Meet must be lodged no later than the Closing Date for Entries.

School Swim Meet Policy for the Recognition of Qualifying Times

Any swim meets conducted by schools, school associations or groups who wish to have their Meets recognised for the purpose of achieving qualifying standards must meet the following requirements:

1. Prior Approval in writing must be sought from Swimming NSW - [Meet Approval Application Form](#) available from the Swimming NSW website
2. The names of the intended Referee and Starter must be provided at the time of application for Recognition of the Meet
3. Must be refereed by a currently accredited, registered Referee
4. Must be conducted under the rules of Swimming NSW
5. The Starter must be a fully accredited and registered Starter. That is a 'restricted' or 'school credential' is not acceptable
6. Times must be recorded by electronic timing equipment
7. Swimming NSW to verify that the Referee and Starter have the required qualifications
8. The results must be forwarded to Swimming NSW within seven (7) days and must include names of the Referee and Starter who actually officiated the meet
9. All swim Meets conducted by school associations etc that achieve the above criteria can submit times for recognition as qualifying standards
10. All swim Meets conducted by schools, school associations or groups, must comply with the Swimming NSW [School Swim Meet Policy](#)

Please Note:

It is a condition of entry to all Swimming New South Wales conducted meets that all Entry Times are able to be verified in accordance with the abovementioned criteria.

It is the responsibility of the Club to ensure that these times are able to be verified.

Should a Swimmer swim slower than the qualifying time in a Swimming New South Wales conducted meet and the qualifying time of the participant is not be able to be verified, then the Swimmer will be fined in accordance with Swimming New South Wales General Rule GR 7.

NSW ENTRY PROCEDURES

The following requirements apply to all NSW Meets. The responsible Club Official must certify that each entrant is eligible to compete and is the stipulated age in accordance with the Rules of Swimming New South Wales Ltd.

Swimming NSW provides an Online Meet Entry system (OME) method for entry as outlined below:-

1) ONLINE ENTRIES

Online Entries can be made using the Swim Central Online Meet Entries System, accessible via the [Swimming NSW website Competition Entries page](#) for both Relay entries and Individual entries. Competitors using the OME System must comply with the closing dates and procedures as published on the Swimming NSW website. To ensure swimmers entry details are correct Start Lists will be published on the Swimming NSW website following the closing date, it is the competitor's responsibility to email meet.entries@nsw.swimming.org.au within 48 hours of the closing date to request corrections.

2) RELAY ENTRIES

When submitting Relay entries online, you must include the swimmers names and proceed to payment in order for your relay team to be submitted successfully. Relay teams that are not paid for before the closing time and date will not be received by Swimming NSW. Club Race Secretaries may use the E-entry system to enter relay events only or if they are experiencing difficulties entering via the OME system. Club Race Secretaries must comply with the closing dates and procedures and must include the swimmers names in the order they are to swim as well as a Proof of Times report with their E-Entries. Failure to do so will result in your entries not being accepted.

NSW Championship Entry Times should be related to the Course in which the Meet is to be conducted. Entrants must use the appropriate Entry Qualifying Time where applicable. Where a swimmer is using a Short Course time to enter a Long Course meet the swimmers entry time will be equal to the qualifying time for that event.

Multi Classification Events

Multi-classification events may be submitted using the OME system. All Multi-classification entries must be accompanied by an email to [Swimming New South Wales](#) with notification of the athlete's current classification information.

Please Note:

- Entries submitted on Manual Entry cards will no longer be accepted for entry to Swimming NSW Meets
- Following the close of entries it is the responsibility of the competitor and/or relevant Club Official to check the Entry Lists posted on the Swimming NSW website to ensure entry times are correct
- Swimming NSW does not take any responsibility for entries processed via any external avenue. Please ensure you have checked that your entries and payments were successful with these companies prior to the entry closing date

Please refer to the [Swimming NSW Refund Policy](#)



Entry Fees

(All inclusive of GST)

NSW State Championships

Individual Events	(including Multi classification Events)	\$19.00 per event
Team Events		\$38.00 per event

Country

Individual Events	(including Multi classification Events)	\$19.00 per event
Team Events		\$38.00 per event

Metropolitan

Individual Events	(including Multi classification Events)	\$19.00 per event
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NSW Junior Area Representative Squad Meet

Individual Events	No Entry Fee
Team Events	No Entry Fee

NSW Multi Class Meets 1, 2 & 3

\$8.00 per event - up to
a maximum of 5 events

NSW Multi Class Championship Meet

\$10.00 per event - up to
a maximum of 5 events

NSW Championship Entry Times

NSW Championship Entry Times should be related to the Course in which the Meet is to be conducted.

The following rules now apply for qualifying purposes:-

- (i) When qualifying for **Short Course** Championships, swimmers can use either a **Long Course** or **Short Course** qualifying time. Long Course qualifying times will be accepted given they have met the qualifying time without any conversion factor.
- (ii) When qualifying for **Long Course** Championships, swimmers can use either a **Long Course** or **Short Course** qualifying time, however if entering using a **Short Course** time, the entry time will be **converted to equal** the qualifying time for that event.

NOTE - Australian Open Short Course Championship entry times must be achieved in a 25m pool. A time in a 50m pool is acceptable without any conversion factor.

Drug Testing:

In accordance with the provisions of Rule GR4, SNSWL may authorise Random Drug Testing by an appropriate authority at Swimming NSW Championship events.



ACCOR HOTELS

Feel Welcome

NSW Championship Procedures

Obtain a Programme and check your name against Event/s. If incorrect immediately see the Chief Recorder.

MARSHALLING PROCEDURES

Any swimmer who fails to report personally to the Clerk of Course at least ten (10) minutes prior to the scheduled time for the start of that session if entered in the first or second events, or at the time of the start of an event at least two (2) events prior to the event in which they are entered shall be deemed to be withdrawn. It is permissible for a swimmer's representative to report to the Clerk of Course on their behalf. Where a swimmer has difficulty in reporting to the Clerk of Course by the required time, it is recommended that their representative report to the Clerk of Course on their behalf prior to the event closing. Once reported, a swimmer is not permitted to leave the marshalling area unless approval is first obtained from the Clerk of Course. All heats (including heats of 800 metres and 1500 metre freestyle) shall be deemed to be one event for the purpose of this rule.

For Example: If entered in Event 9, the swimmer must have personally reported to the Clerk of Course **before the start of the first heat of Event 7.**

Coaches or parents are not permitted to be in the Marshalling Area. Refer Swimming New South Wales Ltd. Swimming Rule SW10.17.

In the event of there being sufficient withdrawals from the heats of an event, which would enable the number of heats to be reduced, the Referee may at their discretion either amalgamate heats by filling vacant lanes in a heat or heats with those swimmers whose heat has been cancelled, or reseed the whole event.

All entrants in meets conducted by Swimming New South Wales must abide by and be subject to all the Swimming New South Wales General Rules, Swimming Rules, Open Water Swimming Rules, By-Laws, Policies, and published procedures in accordance with General Rule GR3.2

Relay Events

PLEASE NOTE: Should you wish to make any changes to your relay team, an updated relay form must be submitted to the Chief Recorder on race day prior to the start of the session in which the event will be contested. If you are adding new swimmers, you must include their DOB. Relay forms are not required if you are not making any changes.

- Forms are available from the Recording Room
- Please see the Chief Recorder if you have any questions

Withdrawals

Swimmers who fail to report to the Clerk of Course by the specified time shall be a withdrawal.

Multi Classification Events (Disability)

All MC events at Swimming New South Wales Championship meets will be conducted as per Swimming NSW Ltd. Rules for a swimmer with a disability in competitive swimming.

Top Ten Finalist Ribbons

To avoid congestion at the end of the Championships, swimmers entitled to a Top Ten Finalist ribbon **MUST** collect any ribbons earned in a session prior to the commencement of the next session. E.g. Ribbons earned in session one (1) **MUST** be collected **PRIOR** to the start of session two (2).

Medal Ceremony

Swimming NSW has recently seen an increase in the occurrence of either swimmers attending their medal presentation late and/or incorrectly attired or not attending the presentation at all. This behaviour is disrespectful to the other swimmers who have competed in the event.

In light of this, Swimming NSW requests that at the completion of their event medallists are to collect their club apparel and immediately proceed to the presentation area, competitors must ensure they wear their club apparel for the medal ceremony. Presentation of medals will take place as soon as results are finalised. Swim down will take place after the medal ceremony.

Failure to comply will result in the forfeiture of the medal.

If a swimmer needs to marshal or compete in another event, they must let the Presentation Officer know as soon as possible.

Condition of Entry

It is a condition of entry to all Swimming New South Wales conducted meets that all Entry Times are able to be verified in accordance with the Swimming New South Wales procedures. It is the responsibility of the Club to ensure that these times are able to be verified.

Should a swimmer swim slower than the qualifying time in a Swimming New South Wales conducted meet and the qualifying time of the participant is not able to be verified, then the swimmer will be fined in accordance with Swimming New South Wales General Rule GR7.

Swimming Australia Events



Please refer to the Swimming Australia website www.swimming.org.au for further details regarding Swimming Australia Events.

Swimming Australia Information Booklets containing all necessary information regarding these events will be available once finalised and made available by clicking on the Event in the Events Calendar on the Swimming Australia website.

Entries Procedure

Online Entries must be made using the Online entries system accessible via the Swimming Australia website by clicking on the event in the Calendar. Competitors using the online entries system must comply with the closing dates and procedures as published on the Swimming Australia website. For further information please refer to the information booklet available for download by clicking on the event in the Events calendar.

Entry Fees

Entry Fees will be advised by Swimming Australia in the Event Information Booklet.

NSW Championship Starting Instructions

1. When the swimmers have been placed behind the starting platforms, the Announcer will announce the Event and Heat number, e.g. Event 4 Heat 3.
2. On the long whistle from the Referee, the swimmers shall step onto the starting platform and remain there. For Backstroke and Medley Relay events they shall immediately enter the water and a second long whistle shall bring them back to the starting position.
3. On the command **“Take your marks”**, the swimmers will immediately take up their starting positions with at least one foot at the front of the starting platform, or in the case of a Backstroke or Medley Relay event, their starting position in the water and remain stationary.
4. When all swimmers are stationary the Starter shall give the starting signal.
5. Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.
6. Swimmers must finish in the lane in which they start, and will remain in the water in their lanes at the finish of the event. On the signal from the Referee swimmers are to leave the water by the side of the pool.
7. In an Individual Medley event, the sequence of strokes is Butterfly, Backstroke, Breaststroke, Freestyle. In a Medley Relay event, the sequence of stroke is Backstroke, Breaststroke, Butterfly, Freestyle.
8. In 800 and 1500 metre events, lap counters will be displayed at either the start or the turning end of the pool to advise the number of laps to be completed. A warning whistle will be given when each swimmer has two (2) lengths plus five (5) metres of the course to finish.

NOTE: If, because of the length of the program, “starting over the top” is used, swimmers from the preceding heat are to move to the side of the lane, against the finishing wall, and remain still. Where the next race will be backstroke the swimmers are to move down the lane rope towards the backstroke flags and remain still. When the next heat has started they should leave the pool by the sides as quickly as possible.

Swimming New South Wales Ltd recognises that, from time to time, various people have the need to access the field of play during swim meets. By necessity access to this area is restricted and only persons authorised by Swimming New South Wales are permitted access.

Authorised personnel includes but is not limited to:

- Appointed Technical Officials & Volunteers (*must have a valid Working with Children Check*)
- Swimmers who are entered in events of the swim meet
- Accredited Coaches who are current members of ascta
- One pre-nominated team manager or where no accredited coach or pre-nominated manager, a swimmer's parent who has been approved by Swimming NSW staff (*must have a valid Working with Children Check*)
- Sport Science staff who have been approved by Swimming NSW staff (*must have a valid Working with Children Check*)
- SNSW Staff
- Security personnel and venue lifeguards
- Media personnel
- Swimming NSW invited guests

All of whom require physical access to pool deck and the area of competition as part of their function.

The Swimmers' change rooms/toilets are part of the "Field of Play" and are out of bounds for non-swimmers, including parents and coaches. For further clarification, please refer to the [Field of Play Access Policy](#) on the Swimming NSW Website.

The granting, controlling, and monitoring of the physical access to the pool deck and the area of competition is important to the safety of persons authorised.

Coaches must display their current ascta membership card at all times on pool deck.

Individuals that require pool access to assist swimmers in the event that their Club coach cannot attend or they do not have a Club coach, may apply to Swimming NSW to be granted pool deck access by filling in the [Support Staff Application Form](#) and completing the [Working With Children](#) declaration.

Sport Science staff and Team managers may apply to Swimming New South Wales prior to the meet. Sport Science Staff and Team Managers must display their pool deck accreditation at all times.

This access privilege may be revoked at any time by the Board, its authorised representatives, or the Technical Manager.

Session 1 - Friday 5 July, 5:30pm				
B	G			
1	2	Open MC	200m	Individual Medley
3	4	15 Years/Over	400m	Freestyle
5	6	14 Years/Under	400m	Freestyle
7	8	10 Years/Under	100m	Breaststroke
9	10	11 Years	100m	Breaststroke
11	12	12 Years	100m	Breaststroke
13	14	15 Years/Over	100m	Breaststroke
15	16	14 Years	100m	Breaststroke
17	18	13 Years	100m	Breaststroke
19	20	Open MC	100m	Breaststroke

Session 2 - Saturday 6 July, 9:00am				
M	F			
21	22	Open	1500m	Freestyle
23	24	Open MC	100m	Butterfly
25	26	12 Years/Under	200m	Breaststroke
27	28	13/14 Years	200m	Backstroke
29	30	15 Years/Over	100m	Butterfly
31	32	11 Years	100m	Butterfly
33	34	12 Years	100m	Butterfly
35	36	Open	100m	Individual Medley
37	38	10 Years/Under	50m	Freestyle
39	40	11/12 Years	50m	Freestyle
41	42	13/14 Years	50m	Freestyle
43	44	15 Years/Over	50m	Freestyle
45	46	Open MC	50m	Freestyle
47	48	13 Years	100m	Butterfly
49	50	14 Years	100m	Butterfly
51	52	10 Years/Under	100m	Butterfly
53	54	12 Years/Under	200m	Backstroke

Session 4 - Sunday 7 July, 9:00am				
M	F			
91	92	15 Years/Over	400m	Individual Medley
93	94	13/14 Years	200m	Individual Medley
95	96	15 Years/Over	200m	Freestyle
97	98	13/14 Years	200m	Freestyle
99	100	11 Years/Under	50m	Backstroke
101	102	Open	50m	Backstroke
103	104	12 Years/Under	200m	Butterfly
105	106	12 Years/Under	4x50m	Medley Relay
107	108	13/14 Years	4x50m	Medley Relay
109	110	15 Years/Over	4x100m	Medley Relay

Session 3 - Saturday 6 July, Not Before 12:30pm				
M	F			
55	56	Open MC	100m	Backstroke
57	58	14 Years/Under	400m	Individual Medley
59	60	15 Years/Over	200m	Individual Medley
61	62	10 Years/Under	100m	Backstroke
63	64	11 Years	100m	Backstroke
65	66	12 Years	100m	Backstroke
67	68	13/14 Years	200m	Butterfly
69	70	11 Years/Under	50m	Breaststroke
71	72	Open	50m	Breaststroke
73	74	Open MC	100m	Freestyle
75	76	12 Years/Under	200m	Freestyle
77	78	15 Years/Over	200m	Butterfly
79	80	13 Years	100m	Backstroke
81	82	14 Years	100m	Backstroke
83	84	15 Years/Over	100m	Backstroke
85	86	12 Years/Under	4x50m	Freestyle Relay
87	88	13/14 Years	4x50m	Freestyle Relay
89	90	15 Years/Over	4x100m	Freestyle Relay

Session 5 - Sunday 7 July, Not Before 12:30pm				
M	F			
111	112	Open	800m	Freestyle
113	114	15 Years/Over	200m	Breaststroke
115	116	10 Years/Under	100m	Freestyle
117	118	11 Years	100m	Freestyle
119	120	12 Years	100m	Freestyle
121	122	15 Years/Over	100m	Freestyle
123	124	13/14 Years	200m	Breaststroke
125	126	12 Years/Under	200m	Individual Medley
127	128	Open	50m	Butterfly
129	130	11 Years/Under	50m	Butterfly
131	132	13 Years	100m	Freestyle
133	134	14 Years	100m	Freestyle
135	136	15 Years/Over	200m	Backstroke

***In all "15 Years & Over" Individual Events (excluding relays),
Medals will be awarded in the following Age Groups;**

**15/16 Years & 17 & Over
AGE AS AT 5 JULY 2019**

ENTRIES CLOSE 5PM TUESDAY 25 JUNE 2019

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



NSW COUNTRY SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
5 - 7 JULY 2019

Qualifying Times - Men & Boys

		Open	17yrs & Over	15-16yrs	14yrs	13yrs	12yrs	11yrs	10/U
Free	50m		27.00	27.00	13/14yrs: 29.00		11/12yrs: 32.00		36.00
	100m		59.50	59.50	1:03.00	1:06.40	1:10.30	1:13.00	1:18.00
	200m		2:07.00	2:07.00	13/14yrs: 2:17.00		12yrs/Under: 2:25.00		
	400m		4:30.00	4:30.00	14yrs/Under: 4:45.00				
	800m	9:20.00							
	1500m	17:30.00							
Back	50m	33.00						11yrs/Under: 40.00	
	100m		1:10.00	1:10.00	1:12.00	1:15.00	1:21.00	1:24.00	1:29.00
	200m		2:29.00	2:29.00	13/14yrs: 2:40.00		12yrs/Under: 2:45.00		
Breast	50m	37.50						11yrs/Under: 46.50	
	100m		1:22.00	1:22.00	1:25.00	1:30.00	1:33.50	1:39.00	1:45.00
	200m		2:50.00	2:50.00	13/14yrs: 2:58.00		12yrs/ Under: 3:07.00		
Fly	50m	30.50						11yrs/Under: 38.60	
	100m		1:09.00	1:09.00	1:11.80	1:14.60	1:20.50	1:25.00	1:36.00
	200m		2:28.00	2:28.00	13/14yrs: 2:41.50		12yrs/Under: 3:00.00		
Medley	100m	1:09.00							
	200m		2:30.00	2:30.00	13/14yrs: 2:36.00		2:46.00	2:52.00	3:03.00
	400m		5:10.00	5:10.00	14yrs/Under: 5:25.00				
Relay	4x50m Free				13/14yrs: 2:01.00		12yrs/Under: 2:13.00		
	4x50m Medley				13/14yrs: 2:23.50		12yrs/Under: 2:38.50		
	4x100m Free		15yrs/Over: 4:08.00						
	4x100m Medley		15yrs/Over: 4:56.00						

*In all "15 Years & Over" Individual Events (excluding relays), Medals will be awarded in the following Age Groups;

15/16 Years & 17 & Over

AGE AS AT 5 JULY 2019

ENTRIES CLOSE 5PM TUESDAY 25 JUNE 2019

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

NOTE: MULTI CLASSIFICATION EVENTS ARE CHAMPIONSHIP EVENTS. QUALIFYING TIMES APPLY



NSW COUNTRY SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
5 - 7 JULY 2019

Qualifying Times - Women & Girls

		Open	17yrs & Over	15-16yrs	14yrs	13yrs	12yrs	11yrs	10/U
Free	50m		30.50	30.50	13/14yrs: 30.50		11/12yrs: 32.50		36.50
	100m		1:05.50	1:05.50	1:07.00	1:08.50	1:12.00	1:13.60	1:18.00
	200m		2:17.00	2:17.00	13/14yrs: 2:23.00		12yrs/Under: 2:28.00		
	400m		4:48.00	4:48.00	14yrs/Under: 5:00.00				
	800m		9:45.00						
	1500m	18:20.00							
Back	50m	35.00						11yrs/Under: 40.00	
	100m		1:15.00	1:15.00	1:16.50	1:17.00	1:21.50	1:24.50	1:29.00
	200m		2:38.00	2:38.00	13/14yrs: 2:41.00		12yrs/Under: 2:49.00		
Breast	50m	39.00						11yrs/Under: 47.00	
	100m		1:28.00	1:28.00	1:29.00	1:30.00	1:33.50	1:36.00	1:43.00
	200m		2:59.00	2:59.00	13/14yrs: 3:06.00		12yrs/Under: 3:15.00		
Fly	50m	33.00						11yrs/Under: 38.60	
	100m		1:14.50	1:14.50	1:15.20	1:16.00	1:22.00	1:26.00	1:36.00
	200m		2:40.00	2:40.00	13/14yrs: 2:45.00		12yrs/Under: 3:00.00		
Medley	100m	1:15.00							
	200m		2:38.00	2:38.00	13/14yrs: 2:41.00		2:49.00	2:53.50	3:03.00
	400m		5:27.50	5:27.50	14yrs/Under: 5:40.00				
Relay	4x50m Free				13/14yrs: 2:06.00		12yrs/Under: 2:15.00		
	4x50m Medley				13/14yrs: 2:28.00		12yrs/Under: 2:41.00		
	4x100m Free		15yrs/Over: 4:32.00						
	4x100m Medley		15yrs/Over: 5:18.00						

*In all "15 Years & Over" Individual Events (excluding relays), Medals will be awarded in the following Age Groups;

15/16 Years & 17 & Over

AGE AS AT 5 JULY 2019

ENTRIES CLOSE 5PM TUESDAY 25 JUNE 2019

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

NOTE: MULTI CLASSIFICATION EVENTS ARE CHAMPIONSHIP EVENTS. QUALIFYING TIMES APPLY



**NSW COUNTRY SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
5 - 7 JULY 2019**

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

AGE AS AT 5 JULY 2019

ENTRIES CLOSE 5PM TUESDAY 25 JUNE 2019

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

NOTE: MULTI CLASSIFICATION EVENTS ARE CHAMPIONSHIP EVENTS. QUALIFYING TIMES APPLY

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					
	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					
	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)

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

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	

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 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 Saturday 24 August, 9:00am					Session 3 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



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

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					

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

- 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



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

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

**AGE AS AT 23 AUGUST 2019
ENTRIES CLOSE 5PM TUESDAY 13 AUGUST 2019
ENTRY FEE \$19 PER INDIVIDUAL EVENT, RELAY EVENT \$38 (GST INCLUSIVE)**



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

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						
	200m		1:11.70	1:12.00	1:11.50	1:11.00	1:12.00
			2:33.00	2:33.50	2:34.50	2:35.50	2:36.50
BREASTSTROKE	50m	35.00					
	100m						
	200m		1:22.00	1:22.00	1:22.00	1:21.00	1:24.00
			2:54.00	2:55.00	2:57.00	2:56.50	3:01.00
BUTTERFLY	50m	30.00					
	100m						
	200m		1:11.00	1:11.00	1:11.00	1:11.00	1:12.50
			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

**AGE AS AT 23 AUGUST 2019
ENTRIES CLOSE 5PM TUESDAY 13 AUGUST 2019
ENTRY FEE \$19 PER INDIVIDUAL EVENT, RELAY EVENT \$38 (GST INCLUSIVE)**



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

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	

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

*No minimum age restrictions on **MC events only**



**NSW JUNIOR STATE AGE
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
7 - 8 SEPTEMBER 2019**

Session 1 - Saturday 8 September, 9:00am					Session 2 - Saturday 8 September, Not before 12.30pm				
B	G				B	G			
1		13 Years	400m	Freestyle	31		13 Years	200m	Individual Medley
2	3	11 Years	50m	Butterfly	32	33	10 Years/Under	50m	Breaststroke
4	5	12 Years/Under	400m	Freestyle	34	35	12 Years	100m	Freestyle
6	7	10 Years/Under	100m	Backstroke	36	37	11 Years/Under	200m	Freestyle
8		13 Years	100m	Backstroke	38		13 Years	100m	Freestyle
9	10	11 Years	200m	Individual Medley	39	40	12 Years	200m	Individual Medley
11	12	12 Years	100m	Breaststroke	41	42	10 Years/Under	100m	Butterfly
13	14	10 Years/Under	200m	Individual Medley	43	44	11 Years	100m	Breaststroke
15		13 Years	50m	Freestyle	45		13 Years	100m	Breaststroke
16	17	11 Years	100m	Freestyle	46	47	12 Years	50m	Freestyle
18	19	10 Years/Under	50m	Butterfly	48	49	11 Years/Under	200m	Butterfly
20	21	12 Years	200m	Backstroke	50	51	12 Years	200m	Breaststroke
22		13 Years	200m	Butterfly	52	53	11 Years	50m	Backstroke
23	24	11 Years/Under	200m	Breaststroke	54		13 Years/Under	800m	Freestyle
25	26	12 Years	100m	Butterfly	55	56	12 Years/Under	800m	Freestyle
27	28	11 Years	50m	Freestyle	57		13 Years/Under	4x50m	Club Medley Relay
29	30	12 Years/Under	400m	Individual Medley		58	12 Years/Under	4x50m	Club Medley Relay
Session 3 - Sunday 9 September, 9:00am									
B	G								
59		13 Years	200m	Freestyle					
60	61	11 Years	50m	Breaststroke					
62	63	10 Years/Under	100m	Freestyle					
64	65	12 Years	200m	Freestyle					
66		13 Years	200m	Breaststroke					
67	68	11 Years	100m	Butterfly					
69	70	10 Years/Under	100m	Breaststroke					
71		13 Years/Under	4 x 50m	Club Freestyle Relay					
	72	12 Years/Under	4 x 50m	Club Freestyle Relay					
73		13 Years	100m	Butterfly					
74	75	11 Years	100m	Backstroke					
76	77	10 Years/Under	50m	Freestyle					
78	79	12 Years	100m	Backstroke					
80		13 Years	400m	Individual Medley					
81	82	11 Years/Under	200m	Backstroke					
83	84	12 Years	200m	Butterfly					
85	86	10 Years/Under	50m	Backstroke					
87		13 Years	200m	Backstroke					

AGE AS AT 23 AUGUST 2019

ENTRIES CLOSE 5PM TUESDAY 27 AUGUST 2019

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

- A swimmer may only appear in one (1) relay team list for that event
- Where a club enters three (3) or more relay teams, **all teams** must meet the qualifying time to be eligible



**NSW JUNIOR STATE AGE
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
7 - 8 SEPTEMBER 2019**

Qualifying Times - Boys

	13yrs	12yrs	11yrs	11yrs/Under	10yrs/Under
Freestyle					
50m	28.00	29.90	31.20		33.00
100m	1:00.50	1:04.00	1:09.00		1:13.00
200m	2:13.00	2:22.00		2:30.00	
400m	4:39.00	12yrs/Under 4:56.00			
800m	13yrs/Under 10:00.00				
Backstroke					
50m			37.00		39.20
100m	1:10.00	1:14.00	1:19.00		1:24.00
200m	2:33.00	2:42.00		2:49.00	
Breaststroke					
50m			42.00		45.50
100m	1:20.00	1:25.00	1:32.00		1:38.00
200m	2:55.00	3:02.00		3:14.00	
Butterfly					
50m			35.00		38.00
100m	1:09.00	1:14.50	1:21.00		1:27.50
200m	2:37.00	2:46.00		2:55.00	
Individual Medley					
200m	2:30.00	2:39.50	2:48.50		2:58.00
400m	5:12.50	12yrs/Under 5:30.00			
Club Relays					
4x50m Freestyle	13yrs/Under 2:12.00				
4x50m Medley	13yrs/Under 2:30.00				

AGE AS AT 23 AUGUST 2019
ENTRIES CLOSE 5PM TUESDAY 27 AUGUST 2019
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NSW JUNIOR STATE AGE
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
7 - 8 SEPTEMBER 2019

Qualifying Times - Girls

	12yrs	11yrs	11yrs/Under	10yrs/Under
Freestyle				
50m	30.30	31.40		33.60
100m	1:05.50	1:09.00		1:14.00
200m	2:22.50		2:30.00	
400m	12yrs/Under 5:00.00			
800m	12yrs/Under 10:10.00			
Backstroke				
50m		37.00		39.40
100m	1:14.50	1:19.50		1:25.50
200m	2:42.50		2:50.50	
Breaststroke				
50m		42.00		45.50
100m	1:26.00	1:31.00		1:38.00
200m	3:07.00		3:18.00	
Butterfly				
50m		35.50		37.50
100m	1:14.50	1:21.00		1:29.00
200m	2:50.00		2:56.10	
Individual Medley				
200m	2:41.00	2:49.50		2:57.00
400m	12yrs/Under 5:38.00			
Club Relays				
4x50m Freestyle	12yrs/Under 2:12.00			
4x50m Medley	12yrs/Under 2:30.00			

AGE AS AT 23 AUGUST 2019

ENTRIES CLOSE 5PM TUESDAY 27 AUGUST 2019

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

