



# **SUMMER ALMANAC 2019 - 2020**

Supplement to the NSW Swimmer Magazine



# Swimming New South Wales Ltd. (Since 1896)

President  
Directors

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Graham Towle OAM  
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Chief Executive Officer  
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Mark Heathcote  
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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:** [greta.brodie@nsw.swimming.org.au](mailto:greta.brodie@nsw.swimming.org.au)  
**Website:** [nsw.swimming.org.au](http://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:**

[nsw.swimming.org.au](http://nsw.swimming.org.au)

**By E-entry:**

[meet.entries@nsw.swimming.org.au](mailto: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	General Office	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 8736 1232
Union of Old Swimmers	Mr Graham Taylor	0408 472 482
Swimming New South Wales Website	<a href="http://nsw.swimming.org.au">nsw.swimming.org.au</a>	
ASCTA Web Site	<a href="http://www.ascta.com">www.ascta.com</a>	

## SWIMMING NEW SOUTH WALES MEETS

DATE	MEET	VENUE
30 Nov - 1 Dec, 2019	SNSW Senior Metropolitan Championships	SOPAC
13 - 18 December, 2019	SNSW Senior State Age Championships	SOPAC
20 - 21 December, 2019	SNSW Open Water Championships	SIRC
25 - 26 January, 2020	NSW Country Regional Meets	Various
1 - 2 February, 2020	NSW Speedo Sprint Series HEATS	Various
21 - 23 February, 2020	SNSW Country Championships	SOPAC
29 February, 2020	NSW Speedo Sprint Series FINALS	SOPAC
1 March, 2020	NSW MC (Disability) Meet #1	SOPAC
7 - 8 March, 2020	SNSW Junior Metropolitan Championships	SOPAC
13 - 15 March, 2020	SNSW State Open Championships	SOPAC
28 - 29 March, 2020	SNSW Junior State Age Championships	SOPAC
14 - 17 May, 2020	Sydney Open	SOPAC

## SWIMMING AUSTRALIA & INTERNATIONAL MEETS

DATE	MEET	VENUE
25 - 27 January, 2020	Australian Open Water Swimming Championships	Adelaide
07 - 14 April, 2020	Hancock Prospecting Australian Age Swimming Championships	Perth
	Hancock Prospecting Australian Club Championships	Perth
14 - 19 June, 2020	Hancock Prospecting Australian Swimming Championships	South Australia

## SWIMMING AUSTRALIA EVENTS

Please refer to Swimming Australia website [www.swimming.org.au](http://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.

## 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.

## 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,  
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

# Call for Technical Officials & Presentation Officers

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

DATE	MEET	VENUE	CLOSING DATE
30 Nov - 1 Dec, 2019	NSW Senior Metropolitan Championships	SOPAC	4/11/2019
13 - 18 December, 2019	NSW Senior State Age Championships	SOPAC	17/11/2019
20 - 21 December, 2019	NSW Open Water Championships	SIRC	24/11/2019
25 - 26 January, 2020	NSW Country Regional Meets	Various	6/01/2020
21 - 23 February, 2020	NSW Country Championships	SOPAC	26/01/2020
29 February, 2020	NSW Speedo Sprint Series FINALS	SOPAC	10/02/2020
1 March, 2020	NSW Multi Class Meet #1	SOPAC	2/02/2020
7 – 8 March, 2020	NSW Junior Metropolitan Championships	SOPAC	13/02/2020
13 - 15 March, 2020	NSW State Open Championships	SOPAC	16/02/2020
28 - 29 March, 2020	NSW Junior State Age Championships	SOPAC	02/03/2020
15 – 17 May, 2020	NSW Sydney Open	SOPAC	19/04/2020

Technical Official Nominations for all Swimming NSW meets are now available Online through the Swimming NSW website [www.nsw.swimming.org.au](http://www.nsw.swimming.org.au). To submit your nomination, simply click on Officials/Volunteers -> [Appointments & Nominations](#) 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 and Announcers

This is an invitation for interested persons to nominate for Technical Manager and Announcer at the following meets:

DATE	MEET	VENUE	CLOSING DATE
30 Nov - 1 Dec, 2019	NSW Senior Metropolitan Championships	SOPAC	1/11/2019
13 - 18 December, 2019	NSW Senior State Age Championships	SOPAC	1/11/2019
20 - 21 December, 2019	NSW Open Water Championships	SIRC	1/11/2019
21 - 23 February, 2020	NSW Country Championships	SOPAC	31/01/2020
29 February, 2020	NSW Speedo Sprint Series FINALS	SOPAC	31/01/2020
7 – 8 March, 2020	NSW Junior Metropolitan Championships	SOPAC	31/01/2020
13 - 15 March, 2020	NSW State Open Championships	SOPAC	31/01/2020
28 - 29 March, 2020	NSW Junior State Age Championships	SOPAC	31/01/2020
15 – 17 May, 2020	NSW Sydney Open	SOPAC	27/03/2020

TECHNICAL MANAGER AND ANNOUNCERS are appointed by the CEO. Nominations for these positions will also be advertised in the Online Swimmer Magazine. 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 [Technical Managers 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
SNSW Senior Metropolitan Championships	1 October 2018
SNSW Senior State Age Championships	1 December 2018
NSW Country Regional Meets	1 January 2019
SNSW Country Championships	1 October 2018
SNSW Junior Metropolitan Championships	1 October 2018
NSW State Open Championships	1 January 2019
SNSW Junior State Age Championships	1 January 2019

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.

**Please note** that for some Swimming NSW Meets, longer distance events may utilise a lesser distance qualifying standard, i.e. Country Regional Meets use the 400m Freestyle qualifying time as a base entry time into the 800 and 1500m distance events. These qualifying standards are listed in the program of events and noted on the Swimming NSW Calendar pages. **Please be aware** that any swimmer that enters these events on a time that **does not** meet the qualifying criteria outlined therein and cannot be verified, **will be removed from those events and no refund will be given**. Please refer to the [Swimming NSW Refund Policy](#)

## School Swim Meet Policy

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
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 [Meet Approval Process](#).

# NSW Entry Procedures

The following requirements apply to all NSW Meets. The responsible Club Official, Swimmer or Parent processing the entry 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, with the exception of Open Water entries, as outlined below:-**

- **ONLINE ENTRIES**

Online Entries can be made using the Swim Central Online Meet Entries System, accessible via the Swimming NSW website Calendar 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](mailto:meet.entries@nsw.swimming.org.au) within 48 hours of the closing date to request corrections.

- **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.

- **OPEN WATER E-ENTRIES**

E-Entries can still be used for Open Water Entries. When using the E-entry System, clubs must comply with the closing dates and procedures as published on the Swimming New South Wales website. Proof of Times report must be forwarded with E-entry. To ensure swimmers entry details are correct, Entry 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](mailto:meet.entries@nsw.swimming.org.au) within the set timeframe of the entry lists being posted to request corrections. Payment must be received by Swimming NSW within (2) days of the closing date.

## **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 List posted on the Swimming NSW website to ensure entry times are correct**

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

# Entry Fees

(All inclusive of GST)

## 2019-20 SNSW Senior & Junior Metropolitan Championships

Individual Events (including Multi Classification Events) \$19.00 per event

## 2019 SNSW Open and Age Open Water Championships

Individual Events \$38.00 per event

## 2019-20 SNSW Senior & Junior State Age Championships

Individual Events (including Multi Classification Events) \$19.00 per event

Team Events \$38.00 per event

## 2020 NSW Country Regional Meets

Individual Events (including Multi Classification Events) \$8.00 per event

## 2020 SNSW Country Championships

Individual Events (including Multi Classification Events) \$19.00 per event

Team Events \$38.00 per event

## 2020 NSW State Open Championships

Individual Events (including Multi Classification Events) \$19.00 per event

Team Events \$38.00 per event

## 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 Long Course Championships, swimmers can use either a Long Course or Short Course qualifying time, however if entering using a Short Course time, their entry time will be equal to the qualifying time for that event.
- (ii) 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.

**NOTE** - Australian Open Championship entry times must be achieved in a 50m pool.



### 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 0-150km, \$240.00 151-300km and \$260 for 300km+

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

# 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 may 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 shall be deemed to be one event for the purpose of this rule (including heats of 800 metres and 1500 metre freestyle).

**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 SNSW Championship rules incorporating the relevant World Para Swimming (WPS) rules as adopted by SNSW.

## 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.

## Finalist Ribbons

To avoid congestion at the end of the Championships, Top Ten swimmers entitled to a 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).

## 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.

## 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.

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## ARE YOU SICK OF PAYING YOUR ENTRY FEES BY CHEQUE?

### PAY YOUR ENTRY FEES FOR SWIMMING NSW CHAMPIONSHIP EVENTS BY ELECTRONIC TRANSFER.

Account Name: Swimming NSW Ltd.

BSB Number: Contact SNSW Office

Account Number: Contact SNSW Office

Please ensure that you include in the

Reference Field: Club Name\_Entry Fee\_Meet Name

For Example: Peakhurst\_Entry Fee\_Junior Metro

Following your Electronic Funds Transfer please ensure you email [meet.entries@nsw.swimming.org.au](mailto:meet.entries@nsw.swimming.org.au) with the details of the transfer, including the Club Name, Amount Transferred, which Swimming NSW event the entry fees are for and a Contact Number for the relevant person should there be any problems or queries in regards to your electronic funds transfer.

# 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 with the toes of both feet in contact with the end wall or face of the touchpad.
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 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.

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## Backstroke Ledges

Backstroke Ledges will be made available for use at most 2019-20 Swimming NSW meets.

The use of personal Backstroke Ledges is not permitted at any Swimming NSW conducted meets.

Please click [HERE](#) to view a short video on the use of the Backstroke Ledge.

# Swimming Australia Events



Please refer to the Swimming Australia website [www.swimming.org.au](http://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.

## Qualifying Times

Australian Open Water Swimming Championships	1 <sup>st</sup> October 2018
Hancock Prospecting Australian Age Swimming Championships	1 <sup>st</sup> May 2019
Hancock Prospecting Australian Club Championships	1 <sup>st</sup> May 2019
Hancock Prospecting Australian Swimming Championships	1 <sup>st</sup> May 2019

## Entries Procedure

Online Entries must be made using the Swim Central 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.



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 [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.**

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**SNSW SENIOR  
METROPOLITAN CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
30 NOVEMBER – 1 DECEMBER 2019**

<b>Session 1</b> <b>Saturday 30 November, 9:00am</b>					<b>Session 2</b> <b>Saturday 30 November NOT BEFORE 12:30pm</b>				
<b>M</b>	<b>W</b>				<b>M</b>	<b>W</b>			
1	2	Open	1500m	Freestyle	21	22	Open	50m	Butterfly
3		13 Years	200m	Butterfly	23	24	14/15 Years	200m	Freestyle
	4	12/13 Years	200m	Butterfly	25	26	16 Years/Over	200m	Freestyle
5	6	14 Years	100m	Backstroke	27	28	Open MC	100m	Breaststroke
7	8	15 Years	100m	Backstroke	29		13 Years	200m	Backstroke
9	10	16 Years/Over	100m	Backstroke		30	12/13 Years	200m	Backstroke
11	12	14/15 Years	200m	Butterfly	31	32	14 Years	100m	Breaststroke
13	14	16 Years/Over	200m	Butterfly	33	34	15 Years	100m	Breaststroke
15	16	Open	50m	Freestyle	35	36	16 Years/Over	100m	Breaststroke
17		13 Years	400m	Individual Medley	37		13 Years	100m	Breaststroke
	18	12/13 Years	400m	Individual Medley		38	12/13 Years	100m	Breaststroke
19	20	Open MC	100m	Freestyle	39	40	Open MC	50m	Freestyle
					41	42	14/15 Years	400m	Individual Medley
					43	44	16 Years/Over	400m	Individual Medley
					45		13 Years	100m	Freestyle
						46	12/13 Years	100m	Freestyle
					47	48	14 Years	100m	Freestyle
					49	50	15 Years	100m	Freestyle
					51	52	16 Years/Over	100m	Freestyle
<b>Session 3</b> <b>Sunday 1 December, 9:00am</b>					<b>Session 4</b> <b>Sunday 1 December NOT BEFORE 12:30am</b>				
<b>M</b>	<b>W</b>				<b>M</b>	<b>W</b>			
53	54	Open	800m	Freestyle	75	76	14/15 Years	400m	Freestyle
55		13 Years	100m	Butterfly	77	78	16 Years/Over	400m	Freestyle
	56	12/13 Years	100m	Butterfly	79		13 Years	100m	Backstroke
57	58	14 Years	100m	Butterfly		80	12/13 Years	100m	Backstroke
59	60	15 Years	100m	Butterfly	81	82	Open MC	100m	Backstroke
61	62	16 Years/Over	100m	Butterfly	83		13 Years	200m	Individual Medley
63		13 Years	200m	Breaststroke		84	12/13 Years	200m	Individual Medley
	64	12/13 Years	200m	Breaststroke	85	86	14/15 Years	200m	Individual Medley
65	66	14/15 Years	200m	Backstroke	87	88	16 Years/Over	200m	Individual Medley
67	68	16 Years/Over	200m	Backstroke	89	90	Open MC	100m	Butterfly
69		13 Years	400m	Freestyle	91	92	Open	50m	Backstroke
	70	12/13 Years	400m	Freestyle	93		13 Years	200m	Freestyle
71	72	Open	50m	Breaststroke		94	12/13 Years	200m	Freestyle
73	74	Open MC	200m	Individual Medley	95	96	14/15 Years	200m	Breaststroke
					97	98	16 Years/Over	200m	Breaststroke

**AGE AS AT 30 NOVEMBER 2019**

**ENTRIES CLOSE 5PM TUESDAY 19 NOVEMBER, 2019**

**ENTRY FEE \$19 PER INDIVIDUAL EVENT (GST INCLUSIVE)**

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



**SNSW SENIOR  
METROPOLITAN CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
30 NOVEMBER – 1 DECEMBER 2019**

**Qualifying Times - Men & Boys**

<b>FREESTYLE</b>		<b>Open</b>	<b>16yrs/Over</b>	<b>15yrs</b>	<b>14yrs</b>	<b>13yrs</b>
	<b>50m</b>	26.00				
	<b>100m</b>		56.50	1:00.00	1:00.50	1:02.50
			<b>16yrs/Over</b>	<b>14/15yrs</b>		
	<b>200m</b>		2:05.00	2:09.00		2:17.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		
	<b>400m</b>		4:31.00	4:34.00		4:53.00
	<b>800m</b>	9:15.00				
	<b>1500m</b>	17:30.00				
<b>BACKSTROKE</b>	<b>50m</b>	31.50				
	<b>100m</b>		1:07.00	1:11.00	1:11.50	1:15.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		
	<b>200m</b>		2:29.00	2:31.00		2:41.00
<b>BREASTSTROKE</b>	<b>50m</b>	34.50				
	<b>100m</b>		1:17.00	1:21.50	1:21.00	1:25.50
			<b>16yrs/Over</b>	<b>14/15yrs</b>		
	<b>200m</b>		2:52.00	2:53.00		3:05.00
<b>BUTTERFLY</b>	<b>50m</b>	28.50				
	<b>100m</b>		1:03.00	1:08.00	1:09.00	1:13.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		
	<b>200m</b>		2:28.50	2:37.00		2:48.00
<b>INDIVIDUAL MEDLEY</b>			<b>16yrs/Over</b>	<b>14/15yrs</b>		
	<b>200m</b>		2:26.00	2:28.00		2:38.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		
	<b>400m</b>		5:15.00	5:17.00		5:37.50

**AGE AS AT 30 NOVEMBER 2019**

**ENTRIES CLOSE 5PM TUESDAY 19 NOVEMBER, 2019**

**ENTRY FEE \$19 PER INDIVIDUAL EVENT (GST INCLUSIVE)**

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



**SNSW SENIOR  
METROPOLITAN CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
30 NOVEMBER – 1 DECEMBER 2019**

**Qualifying Times - Women & Girls**

<b>FREESTYLE</b>		<b>Open</b>	<b>16yrs/Over</b>	<b>15yrs</b>	<b>14yrs</b>	<b>12/13yrs</b>
	<b>50m</b>	29.00				
	<b>100m</b>		1:03.00	1:04.00	1:05.50	1:07.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		
	<b>200m</b>		2:19.00	2:19.00		2:24.50
			<b>16yrs/Over</b>	<b>14/15yrs</b>		
	<b>400m</b>		4:52.00	4:54.50		5:05.50
	<b>800m</b>	9:45.00				
	<b>1500m</b>	18:20.00				
<b>BACKSTROKE</b>	<b>50m</b>	34.00				
	<b>100m</b>		1:15.50	1:16.50	1:16.00	1:18.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		
	<b>200m</b>		2:42.00	2:42.00		2:48.00
<b>BREASTSTROKE</b>	<b>50m</b>	38.50				
	<b>100m</b>		1:27.50	1:28.00	1:28.50	1:30.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		
	<b>200m</b>		3:07.00	3:07.00		3:11.00
<b>BUTTERFLY</b>	<b>50m</b>	31.50				
	<b>100m</b>		1:12.00	1:15.00	1:16.00	1:19.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		
	<b>200m</b>		2:45.00	2:48.00		2:53.00
<b>INDIVIDUAL MEDLEY</b>			<b>16yrs/Over</b>	<b>14/15yrs</b>		
	<b>200m</b>		2:42.00	2:40.50		2:45.50
			<b>16yrs/Over</b>	<b>14/15yrs</b>		
	<b>400m</b>		5:40.00	5:45.50		5:50.00

**AGE AS AT 30 NOVEMBER 2019**

**ENTRIES CLOSE 5PM TUESDAY 19 NOVEMBER, 2019**

**ENTRY FEE \$19 PER INDIVIDUAL EVENT (GST INCLUSIVE)**

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

**SNSW SENIOR  
METROPOLITAN CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
30 NOVEMBER – 1 DECEMBER 2019**

**Qualifying Times - Multi-Class**

<b>WOMEN</b>									
	<b>50m FREE</b>	<b>100m FREE</b>	<b>100m BACK</b>	<b>100m FLY</b>		<b>100m BREAST</b>		<b>200m IM</b>	
<b>S1</b>	2:12.81	4:51.77	5:24.76		<b>SB1</b>				
<b>S2</b>	2:05.76	4:13.88	5:02.48		<b>SB2</b>				5:11.83
<b>S3</b>	1:36.70	3:25.93	3:37.82		<b>SB3</b>				3:36.13
<b>S4</b>	1:04.91	2:40.98	3:06.61		<b>SB4</b>				3:05.48
<b>S5</b>	1:00.17	2:09.09	2:34.57	3:13.55	<b>SB5</b>	2:35.54	<b>SM5</b>	5:20.30	
<b>S6</b>	55.79	2:00.03	2:17.11	2:21.42	<b>SB6</b>	2:30.64	<b>SM6</b>	4:47.50	
<b>S7</b>	52.17	1:52.25	2:15.34	2:10.56	<b>SB7</b>	2:27.58	<b>SM7</b>	4:33.89	
<b>S8</b>	48.64	1:45.27	1:57.51	1:53.24	<b>SB8</b>	2:02.58	<b>SM8</b>	4:10.04	
<b>S9</b>	45.28	1:35.70	1:48.58	1:44.57	<b>SB9</b>	2:00.53	<b>SM9</b>	3:51.62	
<b>S10</b>	43.85	1:36.18	1:44.11	1:46.64			<b>SM10</b>	3:55.24	
<b>S11</b>	53.79	1:58.42	2:16.00	2:16.28	<b>SB11</b>	2:31.23	<b>SM11</b>	4:51.04	
<b>S12</b>	43.21	1:34.18	1:48.94	1:39.88	<b>SB12</b>	2:01.36	<b>SM12</b>	3:57.16	
<b>S13</b>	42.19	1:32.24	1:48.25	1:43.33	<b>SB13</b>	2:00.83	<b>SM13</b>	3:52.12	
<b>S14</b>	44.66	1:38.39	1:49.30	1:49.14	<b>SB14</b>	2:07.72	<b>SM14</b>	4:00.34	
<b>S15</b>	42.23	1:32.76	1:48.24	1:43.31	<b>SB15</b>	1:58.14	<b>SM15</b>	3:51.40	
<b>S16</b>	48.94	1:47.76	2:22.64	2:58.18	<b>SB16</b>	2:23.52	<b>SM16</b>	4:52.83	
<b>MEN</b>									
	<b>50m FREE</b>	<b>100m FREE</b>	<b>100m BACK</b>	<b>100m FLY</b>		<b>100m BREAST</b>		<b>200m IM</b>	
<b>S1</b>	1:48.73	3:54.54	5:15.34		<b>SB1</b>				
<b>S2</b>	1:39.97	3:34.43	3:50.65		<b>SB2</b>				3:38.04
<b>S3</b>	1:15.69	2:45.31	3:21.61		<b>SB3</b>				3:11.13
<b>S4</b>	58.62	2:09.15	2:32.50		<b>SB4</b>				2:31.37
<b>S5</b>	54.29	1:55.05	2:04.97	2:10.70	<b>SB5</b>	2:28.36	<b>SM5</b>	4:34.13	
<b>S6</b>	47.52	1:45.55	1:58.93	1:55.42	<b>SB6</b>	2:16.35	<b>SM6</b>	4:19.10	
<b>S7</b>	44.07	1:35.54	1:53.71	1:47.92	<b>SB7</b>	2:09.15	<b>SM7</b>	4:05.29	
<b>S8</b>	41.35	1:30.28	1:41.32	1:34.71	<b>SB8</b>	1:44.99	<b>SM8</b>	3:40.79	
<b>S9</b>	40.26	1:27.64	1:37.91	1:33.97	<b>SB9</b>	1:44.35	<b>SM9</b>	3:31.32	
<b>S10</b>	36.04	1:19.70	1:34.87	1:27.72			<b>SM10</b>	3:25.72	
<b>S11</b>	43.10	1:33.79	1:51.13	1:40.76	<b>SB11</b>	1:55.51	<b>SM11</b>	3:55.00	
<b>S12</b>	38.18	1:22.76	1:36.02	1:32.15	<b>SB12</b>	1:48.70	<b>SM12</b>	3:31.42	
<b>S13</b>	37.97	1:24.27	1:34.77	1:30.75	<b>SB13</b>	1:42.26	<b>SM13</b>	3:28.56	
<b>S14</b>	38.94	1:26.71	1:39.96	1:34.67	<b>SB14</b>	1:44.07	<b>SM14</b>	3:36.40	
<b>S15</b>	36.72	1:21.77	1:33.15	1:24.45	<b>SB15</b>	1:34.01	<b>SM15</b>	3:11.49	
<b>S16</b>	42.58	1:37.01	1:54.45	1:49.54	<b>SB16</b>	2:00.79	<b>SM16</b>	4:25.13	

**AGE AS AT 30 NOVEMBER 2019  
ENTRIES CLOSE 5PM TUESDAY 19 NOVEMBER, 2019  
ENTRY FEE \$19 PER INDIVIDUAL EVENT (GST INCLUSIVE)**



**SNSW SENIOR STATE AGE CHAMPIONSHIPS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
**13 - 18 DECEMBER 2019**

Day One HEATS Friday 13 December, 9:00am				
Event No.	Age Group		Distance	Stroke
1	14 Years	G	200m	Individual Medley
2	13/14 Years	B	200m	Individual Medley
3	16 Years & Over	G	200m	Butterfly
4	16 Years	B	200m	Butterfly
5	17 Years & Over	B	50m	Freestyle
6	12/13 Years	G	200m	Freestyle
7	14 Years	G	400m	Freestyle
8	13/14 Years	B	200m	Backstroke
9	17 Years & Over	B	100m	Breaststroke
10	15 Years	G	200m	Backstroke
11	15 Years	B	200m	Backstroke
12	14 Years	G	100m	Butterfly
13	13/14 Years	B	100m	Butterfly
14	12/13 Years	G	200m	Breaststroke
15	16 Years & Over	G	100m	Freestyle
16	16 Years	B	100m	Freestyle
17*	13-15 Years	B	1500m	Freestyle (Timed Finals)

Day One FINALS Friday 13 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
1	14 Years	G	200m	Individual Medley
2	13/14 Years	B	200m	Individual Medley
3	16 Years	G	200m	Butterfly
3a	17 Years & Over	G	200m	Butterfly
4	16 Years	B	200m	Butterfly
5	17 Years	B	50m	Freestyle
5a	18 Years & Over	B	50m	Freestyle
6	12/13 Years	G	200m	Freestyle
7	14 Years	G	400m	Freestyle
8	13/14 Years	B	200m	Backstroke
9	17 Years	B	100m	Breaststroke
9a	18 Years & Over	B	100m	Breaststroke
10	15 Years	G	200m	Backstroke
11	15 Years	B	200m	Backstroke
12	14 Years	G	100m	Butterfly
13	13/14 Years	B	100m	Butterfly
14	12/13 Years	G	200m	Breaststroke
15	16 Years	G	100m	Freestyle
15a	17 Years & Over	G	100m	Freestyle
16	16 Years	B	100m	Freestyle
17*	13-15 Years	B	1500m	Freestyle (Timed Finals)
18	12 - 16 Years	G	4 x 50m	Club Medley Relay
19	13 - 16 Years	B	4 x 50m	Club Medley Relay
20	12 - 14 Years	G	4 x 50m	Club Freestyle Relay
21	13 - 14 Years	B	4 x 50m	Club Freestyle Relay

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals. Where \* is indicated the fastest heat will be swum in the Finals Session  
 In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)  
 In Event 17, Medals will be awarded in the following age groups; 13/14 Years & 15 Years.



**SNSW SENIOR STATE AGE CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
13 - 18 DECEMBER 2019**

Day Two HEATS Saturday 14 December, 9:00am				
Event No.	Age Group		Distance	Stroke
22	16 Years & Over	G	400m	Freestyle
23	16 Years	B	400m	Freestyle
24	15 Years	G	100m	Freestyle
25*	11 & Over MC	B	50m	Freestyle
26*	11 & Over MC	G	50m	Freestyle
27	15 Years	B	100m	Freestyle
28	14 Years	G	200m	Backstroke
29	13/14 Years	B	400m	Freestyle
30	12/13 Years	G	200m	Individual Medley
31	17 Years & Over	B	100m	Backstroke
32	16 Years & Over	G	50m	Freestyle
33	16 Years	B	50m	Freestyle
34	15 Years	G	200m	Butterfly
35	15 Years	B	200m	Butterfly
36	12/13 Years	G	100m	Butterfly
37	17 Years & Over	B	200m	Freestyle
38	16 Years & Over	G	100m	Breaststroke
39	16 Years	B	100m	Breaststroke
40*	11 & Over MC	G	200m	Individual Medley
41*	11 & Over MC	B	200m	Individual Medley
42*	12-14 Years	G	800m	Freestyle (Timed Finals)

Day Two FINALS Saturday 14 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
22	16 Years	G	400m	Freestyle
22a	17 Years & Over	G	400m	Freestyle
23	16 Years	B	400m	Freestyle
24	15 Years	G	100m	Freestyle
25*	11 & Over MC	B	50m	Freestyle
26*	11 & Over MC	G	50m	Freestyle
27	15 Years	B	100m	Freestyle
28	14 Years	G	200m	Backstroke
29	13/14 Years	B	400m	Freestyle
30	12/13 Years	G	200m	Individual Medley
31	17 Years	B	100m	Backstroke
31a	18 Years & Over	B	100m	Backstroke
32	16 Years	G	50m	Freestyle
32a	17 Years & Over	G	50m	Freestyle
33	16 Years	B	50m	Freestyle
34	15 Years	G	200m	Butterfly
35	15 Years	B	200m	Butterfly
36	12/13 Years	G	100m	Butterfly
37	17 Years	B	200m	Freestyle
37a	18 Years & Over	B	200m	Freestyle
38	16 Years	G	100m	Breaststroke
38a	17 Years & Over	G	100m	Breaststroke
39	16 Years	B	100m	Breaststroke
40*	11 & Over MC	G	200m	Individual Medley
41*	11 & Over MC	B	200m	Individual Medley
42*	12 - 14 Years	G	800m	Freestyle (Timed Finals)
43	12 - 18 Years	G	4 x 100m	Club Freestyle Relay
44	13 - 18 Years	B	4 x 100m	Club Freestyle Relay

NOTE: Multi Class, Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals. Where \* is indicated the fastest heat will be swum in the Finals Session

In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over).

In Event 42, Medals will be awarded in the following age groups; 12/13 Years & 14 Years. In Events 25, 26, 40 & 41, Medals will be awarded in the following age groups; 11-14 Years & 15 & over.



**SNSW SENIOR STATE AGE CHAMPIONSHIPS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
**13 - 18 DECEMBER 2019**

Day Three HEATS Sunday 15 December, 9:00am				
Event No.	Age Group		Distance	Stroke
45*	16 Years & Over	B	800m	Freestyle (Timed Finals)
46*	11 & Over MC	G	100m	Breaststroke
47*	11 & Over MC	B	100m	Breaststroke
48	15 Years	G	100m	Breaststroke
49	15 Years	B	100m	Breaststroke
50	14 Years	G	200m	Butterfly
51	13/14 Years	B	200m	Butterfly
52	16 Years & Over	G	100m	Backstroke
53	16 Years	B	100m	Backstroke
54	17 Years & Over	B	400m	Individual Medley
55	15 Years	G	400m	Freestyle
56	15 Years	B	400m	Freestyle
57	14 Years	G	100m	Freestyle
58	13/14 Years	B	100m	Freestyle
59	12/13 Years	G	200m	Backstroke
60	17 Years & Over	B	200m	Breaststroke
61	16 Years & Over	G	400m	Individual Medley
62	16 Years	B	400m	Individual Medley
63*	11 & Over MC	G	100m	Freestyle
64*	11 & Over MC	B	100m	Freestyle
65	15 Years	G	50m	Freestyle
66	15 Years	B	50m	Freestyle

Day Three FINALS Sunday 15 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
45*	16 Years & Over	B	800m	Freestyle (Timed Finals)
46*	11 & Over MC	G	100m	Breaststroke
47*	11 & Over MC	B	100m	Breaststroke
48	15 Years	G	100m	Breaststroke
49	15 Years	B	100m	Breaststroke
50	14 Years	G	200m	Butterfly
51	13/14 Years	B	200m	Butterfly
52	16 Years	G	100m	Backstroke
52a	17 Years & Over	G	100m	Backstroke
53	16 Years	B	100m	Backstroke
54	17 Years	B	400m	Individual Medley
54a	18 Years & Over	B	400m	Individual Medley
55	15 Years	G	400m	Freestyle
56	15 Years	B	400m	Freestyle
57	14 Years	G	100m	Freestyle
58	13/14 Years	B	100m	Freestyle
59	12/13 Years	G	200m	Backstroke
60	17 Years	B	200m	Breaststroke
60a	18 Years & Over	B	200m	Breaststroke
61	16 Years	G	400m	Individual Medley
61a	17 Years & Over	G	400m	Individual Medley
62	16 Years	B	400m	Individual Medley
63*	11 & Over MC	G	100m	Freestyle
64*	11 & Over MC	B	100m	Freestyle
65	15 Years	G	50m	Freestyle
66	15 Years	B	50m	Freestyle
67	12 - 14 Years	G	4 x 50m	Club Medley Relay
68	13 - 14 Years	B	4 x 50m	Club Medley Relay

NOTE: Multi Class, Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals. Where \* is indicated the fastest heat will be swum in the Finals Session

In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)

In Event 45, Medals will be awarded in the following age groups; 16 Years, 17 Years and 18 & Over. In Events 46, 47, 63 & 64, Medals will be awarded in the following age groups; 11-14 Years & 15 & over.



**SNSW SENIOR STATE AGE CHAMPIONSHIPS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
**13 - 18 DECEMBER 2019**

Day Four HEATS Monday 16 December, 9:00am				
Event No.	Age Group		Distance	Stroke
69*	12-14 Years	G	1500m	Freestyle (Timed Finals)
70	17 Years & Over	B	100m	Butterfly
71*	11 & Over MC	G	100m	Backstroke
72*	11 & Over MC	B	100m	Backstroke
73	16 Years & Over	G	200m	Freestyle
74	16 Years	B	200m	Freestyle
75	14 Years	G	50m	Freestyle
76	13/14 Years	B	50m	Freestyle
77	15 Years	G	100m	Backstroke
78	15 Years	B	100m	Backstroke
79	12/13 Years	G	200m	Butterfly
80	17 Years & Over	B	200m	Individual Medley
81	16 Years & Over	G	200m	Breaststroke
82	16 Years	B	200m	Breaststroke
83	15 Years	G	400m	Individual Medley
84	15 Years	B	400m	Individual Medley
85	12/13 Years	G	100m	Freestyle
66	14 Years	G	100m	Breaststroke
87	13/14 Years	B	100m	Breaststroke
88*	11 & Over MC	G	100m	Butterfly
89*	11 & Over MC	B	100m	Butterfly
90*	15 Years & Over	G	1500m	Freestyle (Timed Finals)

Day Four FINALS Monday 16 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
69*	12-14 Years	G	1500m	Freestyle (Timed Finals)
70	17 Years	B	100m	Butterfly
70a	18 Years & Over	B	100m	Butterfly
71*	11 & Over MC	G	100m	Backstroke
72*	11 & Over MC	B	100m	Backstroke
73	16 Years	G	200m	Freestyle
73a	17 Years & Over	G	200m	Freestyle
74	16 Years	B	200m	Freestyle
75	14 Years	G	50m	Freestyle
76	13/14 Years	B	50m	Freestyle
77	15 Years	G	100m	Backstroke
78	15 Years	B	100m	Backstroke
79	12/13 Years	G	200m	Butterfly
80	17 Years	B	200m	Individual Medley
80a	18 Years & Over	B	200m	Individual Medley
81	16 Years	G	200m	Breaststroke
81a	17 Years & Over	G	200m	Breaststroke
82	16 Years	B	200m	Breaststroke
83	15 Years	G	400m	Individual Medley
84	15 Years	B	400m	Individual Medley
85	12/13 Years	G	100m	Freestyle
86	14 Years	G	100m	Breaststroke
87	13/14 Years	B	100m	Breaststroke
88*	11 & Over MC	G	100m	Butterfly
89*	11 & Over MC	B	100m	Butterfly
90*	15 Years & Over	G	1500m	Freestyle (Timed Finals)
91	12 - 18 Years	G	4 x 200m	Club Freestyle Relay
92	13 - 18 Years	B	4 x 200m	Club Freestyle Relay

NOTE: Multi Class, Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals. Where \* is indicated the fastest heat will be swum in the Finals Session

In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)

In Event 69, Medals will be awarded in the following age groups; 12/13 Years & 14 Years. In Event 90, Medals will be awarded in the following age groups; 15 Years, 16 Years and 17 & Over.

In Events 71, 72, 88 & 89, Medals will be awarded in the following age groups; 11-14 Years & 15 & over.



**SNSW SENIOR STATE AGE CHAMPIONSHIPS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
**13 - 18 DECEMBER 2019**

Day Five HEATS Tuesday 17 December, 9:00am				
Event No.	Age Group		Distance	Stroke
93	17 Years & Over	B	200m	Backstroke
94	12/13 Years	G	400m	Freestyle
95	14 Years	G	100m	Backstroke
96	13/14 Years	B	100m	Backstroke
97	15 Years	G	200m	Freestyle
98	15 Years	B	200m	Freestyle
99	17 Years & Over	B	400m	Freestyle
100	16 Years & Over	G	100m	Butterfly
101	16 Years	B	100m	Butterfly
102	12/13 Years	G	50m	Freestyle
103	14 Years	G	400m	Individual Medley
104	13/14 Years	B	400m	Individual Medley
105	15 Years	G	200m	Breaststroke
106	15 Years	B	200m	Breaststroke
107	16 Years & Over	G	200m	Individual Medley
108	16 Years	B	200m	Individual Medley
109	12/13 Years	G	100m	Breaststroke
110*	13 - 15 Years	B	800m	Freestyle (Timed Finals)

Day Five FINALS Tuesday 17 December 5.30 PM				
Event No.	Age Group		Distance	Stroke
93	17 Years	B	200m	Backstroke
93a	18 Years & Over	B	200m	Backstroke
94	12/13 Years	G	400m	Freestyle
95	14 Years	G	100m	Backstroke
96	13/14 Years	B	100m	Backstroke
97	15 Years	G	200m	Freestyle
98	15 Years	B	200m	Freestyle
99	17 Years	B	400m	Freestyle
99a	18 Years & Over	B	400m	Freestyle
100	16 Years	G	100m	Butterfly
100a	17 Years & Over	G	100m	Butterfly
101	16 Years	B	100m	Butterfly
102	12/13 Years	G	50m	Freestyle
103	14 Years	G	400m	Individual Medley
104	13/14 Years	B	400m	Individual Medley
105	15 Years	G	200m	Breaststroke
106	15 Years	B	200m	Breaststroke
107	16 Years	G	200m	Individual Medley
107a	17 Years & Over	G	200m	Individual Medley
108	16 Years	B	200m	Individual Medley
109	12/13 Years	G	100m	Breaststroke
110*	13 - 15 Years	B	800m	Freestyle (Timed Finals)
111	12 - 16 Years	G	4 x 50m	Club Freestyle Relay
112	13 - 16 Years	B	4 x 50m	Club Freestyle Relay

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals. Where \* is indicated the fastest heat will be swum in the Finals Session  
 In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)  
 In Event 110, Medals will be awarded in the following age groups; 13/14 Years & 15 Years



**SNSW SENIOR STATE AGE CHAMPIONSHIPS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
**13 - 18 DECEMBER 2019**

Day Six HEATS Wednesday 18 December, 9:00am				
Event No.	Age Group		Distance	Stroke
113*	15 Years & Over	G	800m	Freestyle (Timed Finals)
114	17 Years & Over	B	200m	Butterfly
115	14 Years	G	200m	Freestyle
116	13/14 Years	B	200m	Freestyle
117	15 Years	G	200m	Individual Medley
118	15 Years	B	200m	Individual Medley
119	12/13 Years	G	100m	Backstroke
120	17 Years & Over	B	100m	Freestyle
121	16 Years & Over	G	200m	Backstroke
122	16 Years	B	200m	Backstroke
123	15 Years	G	100m	Butterfly
124	15 Years	B	100m	Butterfly
125	14 Years	G	200m	Breaststroke
126	13/14 Years	B	200m	Breaststroke
127	12/13 Years	G	400m	Individual Medley
128*	16 Years & Over	B	1500m	Freestyle (Timed Finals)

Day Six FINALS Wednesday 18 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
113*	15 Years & Over	G	800m	Freestyle (Timed Finals)
114	17 Years	B	200m	Butterfly
114a	18 Years & Over	B	200m	Butterfly
115	14 Years	G	200m	Freestyle
116	13/14 Years	B	200m	Freestyle
117	15 Years	G	200m	Individual Medley
118	15 Years	B	200m	Individual Medley
119	12/13 Years	G	100m	Backstroke
120	17 Years	B	100m	Freestyle
120a	18 Years & Over	B	100m	Freestyle
121	16 Years	G	200m	Backstroke
121a	17 Years & Over	G	200m	Backstroke
122	16 Years	B	200m	Backstroke
123	15 Years	G	100m	Butterfly
124	15 Years	B	100m	Butterfly
125	14 Years	G	200m	Breaststroke
126	13/14 Years	B	200m	Breaststroke
127	12/13 Years	G	400m	Individual Medley
128*	16 Years & Over	B	1500m	Freestyle (Timed Finals)
129	12 - 18 Years	G	4 x 100m	Club Medley Relay
130	13 - 18 Years	B	4 x 100m	Club Medley Relay
131	12 Years & Over	G	10 x 50m	Club Freestyle Relay
132	13 Years & Over	B	10 x 50m	Club Freestyle Relay

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals. Where \* is indicated the fastest heat will be swum in the Finals Session  
 In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)  
 In Event 113, Medals will be awarded in the following age groups; 15 Years, 16 Years and 17 & Over  
 In Event 128, Medals will be awarded in the following age groups; 16 Years, 17 Years and 18 & Over



**SNSW SENIOR STATE AGE CHAMPIONSHIPS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
**13 - 18 DECEMBER 2019**

**Qualifying Times - Boys**

	<b>18yrs &amp; Over</b>	<b>17yrs</b>	<b>16yrs</b>	<b>15yrs</b>	<b>13/14yrs</b>
<b>Freestyle</b>					
<b>50m</b>	25.80	26.00	26.50	27.80	28.00
<b>100m</b>	56.00	56.50	57.00	58.50	1:00.50
<b>200m</b>	2:01.00	2:02.00	2:06.00	2:08.00	2:11.00
<b>400m</b>	4:26.00	4:28.00	4:31.00	4:38.50	4:38.50
<b>800m</b>	9:15.00	9:30.00	9:40.00	9:50.00	10:00.00
<b>1500m</b>	17:31.00	17:59.00	18:08.00	18:36.00	18:55.00
<b>Backstroke</b>					
<b>100m</b>	1:05.50	1:06.50	1:08.00	1:09.50	1:13.00
<b>200m</b>	2:27.00	2:28.00	2:31.00	2:32.00	2:35.00
<b>Breaststroke</b>					
<b>100m</b>	1:17.00	1:17.00	1:17.00	1:20.00	1:21.00
<b>200m</b>	2:47.00	2:47.50	2:51.50	2:54.50	2:56.50
<b>Butterfly</b>					
<b>100m</b>	1:01.50	1:02.00	1:05.00	1:07.00	1:08.50
<b>200m</b>	2:23.00	2:24.00	2:28.00	2:33.00	2:36.50
<b>Individual Medley</b>					
<b>200m</b>	2:23.50	2:24.00	2:25.00	2:28.00	2:30.00
<b>400m</b>	5:02.00	5:03.00	5:05.00	5:15.00	5:20.00
<b>Club Relays</b>	<b>13 – 18 Years</b>		<b>13 – 16 Years</b>		<b>13 – 14 Years</b>
<b>4x50m Freestyle</b>	-		1:57.50		2:00.00
<b>4x50m Medley</b>	-		2:12.00		2:15.00
<b>4x100m Freestyle</b>	3:54.00		-		-
<b>4x100m Medley</b>	4:19.00		-		-
<b>4x200m Freestyle</b>	8:24.00		-		-
<b>10x50m Freestyle</b>	Open Event No Qualifying Time				

**AGE AS AT 13 DECEMBER 2019**

**ENTRIES CLOSE 5PM TUESDAY 3 DECEMBER 2019**

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

- A swimmer may only appear in one (1) relay team list for that event
- If a Club enters three (3) or more Relay Teams, all teams must meet the Qualifying Time
- Only two (2) Relay Teams per Club per event will be eligible to score points and/or win Medals
- In Club relays a maximum of one (1) swimmer from a younger age group may participate, however at these championships only male athletes who are aged 13 years or older are allowed to compete
- No qualifying times are applicable for Events 131 and 132. A Club may enter one team ONLY in Events 131 and 132.



**SNSW SENIOR STATE AGE CHAMPIONSHIPS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
**13 - 18 DECEMBER 2019**

**Qualifying Times - Girls**

	17yrs & Over	16yrs	15yrs	14yrs	12/13yrs
<b>Freestyle</b>					
50m	29.70	29.70	30.00	30.00	30.50
100m	1:03.00	1:03.00	1:03.00	1:04.50	1:06.50
200m	2:18.00	2:18.00	2:18.50	2:19.50	2:22.50
400m	4:49.00	4:52.00	4:54.00	4:55.00	5:05.00
800m	9:50.00	9:55.00	9:55.00	10:10.00	10:25.00
1500m	18:37.00	18:45.00	18:45.00	18:55.00	19:45.00
<b>Backstroke</b>					
100m	1:14.50	1:14.50	1:15.00	1:15.00	1:16.00
200m	2:41.00	2:41.00	2:42.00	2:42.00	2:46.00
<b>Breaststroke</b>					
100m	1:25.00	1:25.00	1:26.00	1:26.50	1:28.00
200m	3:04.30	3:06.00	3:06.50	3:08.00	3:11.00
<b>Butterfly</b>					
100m	1:10.00	1:12.00	1:12.00	1:13.50	1:16.00
200m	2:41.00	2:44.50	2:45.00	2:48.50	2:51.00
<b>Individual Medley</b>					
200m	2:38.50	2:40.00	2:40.00	2:41.00	2:43.00
400m	5:30.50	5:31.00	5:33.00	5:38.00	5:42.00
<b>Club Relays</b>	<b>12 – 18 Years</b>		<b>12 – 16 Years</b>		<b>12 – 14 Years</b>
4x50m Freestyle	-		2:05.50		2:08.00
4x50m Medley	-		2:19.00		2:22.00
4x100m Freestyle	4:20.00		-		-
4x100m Medley	4:48.00		-		-
4x200m Freestyle	9:10.00		-		-
10x50m Freestyle	Open Event No Qualifying Time				

**AGE AS AT 13 DECEMBER 2019**

**ENTRIES CLOSE 5PM TUESDAY 3 DECEMBER 2019**

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

- A swimmer may only appear in one (1) relay team list for that event
- If a Club enters three (3) or more Relay Teams, all teams must meet the Qualifying Time
- Only two (2) Relay Teams per Club per event will be eligible to score points and/or win Medals
- In Club relays a maximum of one (1) swimmer from a younger age group may participate, however at these championships only female athletes who are aged 12 years or older are allowed to compete
- No qualifying times are applicable for Events 131 and 132. A Club may enter one team ONLY in Events 131 and 132.



**SNSW SENIOR STATE AGE CHAMPIONSHIPS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
**13 - 18 DECEMBER 2019**

**Qualifying Times – Multi Class - Boys**

**11-14 Years**

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
<b>50FR</b>	51.67	46.95	49.70	46.74	45.28	50.73	46.14	49.80	51.94	54.29	58.35	1:04.01	1:13.30	1:23.04	1:56.76	2:05.35
<b>100FR</b>	1:57.55	1:42.51	1:48.58	1:44.36	1:40.05	1:51.14	1:39.97	1:48.50	1:52.97	1:58.21	2:08.05	2:17.27	2:40.75	3:03.07	4:13.29	4:33.08
<b>100BK</b>	2:18.99	1:56.49	2:04.87	1:57.26	1:56.34	2:12.46	1:58.61	2:01.11	2:06.55	2:20.55	2:24.49	2:29.46	3:09.44	3:47.69	4:33.22	6:13.63
<b>100BR</b>	2:26.79	1:57.55	2:09.92	2:06.47	2:11.92	2:17.83		2:09.03	2:11.05	2:39.52	2:45.91	2:58.22	3:08.06	3:36.04	4:18.95	
<b>100BF</b>	2:12.96	1:45.80	1:58.36	1:52.31	1:51.58	1:59.71	1:49.83	1:56.28	1:58.42	2:13.42	2:20.18	2:36.51				
<b>200IM</b>	5:22.52	3:59.38	4:30.00	4:17.90	4:16.50	4:39.34	4:16.86	4:21.29	4:35.39	5:04.28	5:16.34	5:29.89	4:59.75*	5:51.62*		

\*This event is 150m Individual Medley if required.

**15 Years & Over**

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
<b>50FR</b>	42.22	38.38	40.62	38.21	37.02	41.45	37.73	40.70	42.44	44.35	47.66	52.27	59.82	1:07.74	1:35.18	1:42.17
<b>100FR</b>	1:36.01	1:23.77	1:28.71	1:25.27	1:21.76	1:30.79	1:21.70	1:28.64	1:32.28	1:36.54	1:44.55	1:52.05	2:11.15	2:29.31	3:26.43	3:42.54
<b>100BK</b>	1:53.45	1:35.15	1:41.96	1:35.77	1:35.02	1:48.13	1:36.87	1:38.91	1:43.32	1:54.71	1:57.93	2:01.97	2:34.50	3:05.61	3:42.65	5:04.34
<b>100BR</b>	1:59.79	1:36.01	1:46.07	1:43.26	1:47.70	1:52.51		1:45.35	1:46.99	2:10.15	2:15.35	2:25.36	2:33.37	2:56.13	3:31.04	
<b>100BF</b>	1:48.54	1:26.45	1:36.67	1:31.75	1:31.15	1:37.76	1:29.72	1:34.97	1:36.71	1:48.92	1:54.42	2:07.70				
<b>200IM</b>	4:23.13	3:15.49	3:40.40	3:40.56	3:29.42	3:48.00	3:29.72	3:33.32	3:44.79	4:08.29	4:18.10	4:29.13	4:04.61*	4:46.80*		

\*This event is 150m Individual Medley if required.

**AGE AS AT 13 DECEMBER 2019**  
**ENTRIES CLOSE 5PM TUESDAY 3 DECEMBER 2019**  
**ENTRY FEE \$19 PER INDIVIDUAL EVENT, \$38 PER RELAY EVENT (GST INCLUSIVE)**



**SNSW SENIOR STATE AGE CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
13 - 18 DECEMBER 2019**

**Qualifying Times – Multi Class – Girls**

**11-14 years**

	<b>S16</b>	<b>S15</b>	<b>S14</b>	<b>S13</b>	<b>S12</b>	<b>S11</b>	<b>S10</b>	<b>S9</b>	<b>S8</b>	<b>S7</b>	<b>S6</b>	<b>S5</b>	<b>S4</b>	<b>S3</b>	<b>S2</b>	<b>S1</b>
<b>50FR</b>	1:02.05	51.36	56.75	53.73	52.92	1:01.11	55.60	56.93	1:01.11	1:01.93	1:09.56	1:10.10	1:29.09	1:50.85	2:20.37	2:19.14
<b>100FR</b>	2:14.46	1:52.33	2:02.94	1:55.38	1:56.53	2:14.04	2:00.23	1:59.63	2:10.17	2:13.82	2:28.31	2:29.62	3:07.58	3:57.92	4:39.65	5:12.70
<b>100BK</b>	2:57.33	2:11.36	2:16.35	2:15.06	2:14.67	2:35.64	2:10.01	2:15.46	2:25.21	2:42.21	2:49.30	3:00.93	3:39.08	4:12.53	5:39.39	5:52.02
<b>100BR</b>	2:56.41	2:21.53	2:37.00	2:28.52	2:27.94	2:52.36		2:28.16	2:29.45	2:55.25	3:03.94	3:00.74	3:36.93	4:09.69	5:50.10	
<b>100BF</b>	3:43.47	2:05.29	2:16.16	2:09.01	2:03.54	2:35.99	2:13.07	2:10.53	2:19.97	2:36.34	2:54.60	3:50.08				
<b>200IM</b>	6:03.94	4:41.05	4:59.43	4:49.32	4:53.05	5:35.94	4:53.15	4:48.70	5:08.88	5:28.37	6:08.45	6:16.81	5:27.24*	6:47.20*		

\*This event is 150m Individual Medley if required.

**15 Years & Over**

	<b>S16</b>	<b>S15</b>	<b>S14</b>	<b>S13</b>	<b>S12</b>	<b>S11</b>	<b>S10</b>	<b>S9</b>	<b>S8</b>	<b>S7</b>	<b>S6</b>	<b>S5</b>	<b>S4</b>	<b>S3</b>	<b>S2</b>	<b>S1</b>
<b>50FR</b>	50.67	41.97	46.36	43.90	43.24	49.90	45.42	46.50	49.90	50.57	56.78	57.22	1:12.66	1:30.37	1:54.39	1:53.39
<b>100FR</b>	1:49.76	1:31.76	1:40.39	1:34.24	1:35.18	1:49.42	1:38.18	1:37.70	1:46.27	1:49.25	2:01.03	2:02.09	2:32.98	3:13.93	3:47.88	4:14.77
<b>100BK</b>	2:24.64	1:47.24	1:51.30	1:50.25	1:49.94	2:07.00	1:46.14	1:50.58	1:58.51	2:12.34	2:18.11	2:27.57	2:58.61	3:25.82	4:36.48	4:46.76
<b>100BR</b>	2:25.52	1:57.14	2:09.72	2:02.83	2:02.36	2:22.23		2:02.53	2:03.58	2:24.58	2:31.64	2:29.04	2:58.48	3:25.13	4:46.83	
<b>100BF</b>	3:02.18	1:42.31	1:51.14	1:45.33	1:40.88	2:07.28	1:48.64	1:46.57	1:54.24	2:07.56	2:22.42	3:07.55				
<b>200IM</b>	4:56.83	3:49.40	4:04.34	3:56.12	3:59.16	4:34.05	3:59.24	3:55.62	4:12.04	4:27.89	5:00.50	5:07.30	4:26.97*	5:34.02*		

\*This event is 150m Individual Medley if required.

**AGE AS AT 13 DECEMBER 2019  
ENTRIES CLOSE 5PM TUESDAY 3 DECEMBER 2019  
ENTRY FEE \$19 PER INDIVIDUAL EVENT, \$38 PER RELAY EVENT (GST INCLUSIVE)**



# NSW Country Regional Meets Narromine, Tuggeranong and Woy Woy 25 - 26 January 2020

## ELIGIBILITY TO SWIM

Open to all affiliated members of NSW Country Clubs. Any swimmer who has won a medal in any State Championship (Country, State Age or State Open) in either Summer or Winter from the 1<sup>st</sup> February 2019 may enter but they are **INELIGIBLE TO RECEIVE A MEDAL in that stroke/s in the All Age Events at the Regional Meets.**

Indication by these medallists at the time of entry is requested.

Members of NSW Metropolitan Clubs are able to enter these meets; however, they will be classed as visitors and will be ineligible to receive a medal in any event.

Day One Saturday 25 January, 2020				
Session One - 10:00am				
1	M	11yrs & O	400m	Individual Medley
2	W	11yrs & O	400m	Individual Medley
3	M	All Age	200m	Freestyle
4	W	All Age	200m	Freestyle
5	M	All Age	200m	Breaststroke
6	W	All Age	200m	Breaststroke
7	M	MC	100m	Freestyle
8	W	MC	100m	Freestyle
9	M	All Age	100m	Backstroke
10	W	All Age	100m	Backstroke
11	M	All Age	50m	Butterfly
12	W	All Age	50m	Butterfly
13	M	12yrs & O	1500m	Freestyle
14	W	12yrs & O	1500m	Freestyle
15	M	All Age	200m	Butterfly
16	W	All Age	200m	Butterfly
17	M	MC	50m	Butterfly
18	W	MC	50m	Butterfly
19	M	All Age	100m	Freestyle
20	W	All Age	100m	Freestyle

Day Two Sunday 26 January, 2020				
Session Two - 9:00am				
21	M	11yrs & O	800m	Freestyle
22	W	11yrs & O	800m	Freestyle
23	M	All Age	50m	Breaststroke
24	W	All Age	50m	Breaststroke
25	M	MC	50m	Freestyle
26	W	MC	50m	Freestyle
27	M	All Age	100m	Butterfly
28	W	All Age	100m	Butterfly
29	M	11yrs & O	400m	Freestyle
30	W	11yrs & O	400m	Freestyle
31	M	All Age	50m	Backstroke
32	W	All Age	50m	Backstroke
33	M	MC	50m	Backstroke
34	W	MC	50m	Backstroke
35	M	All Age	100m	Breaststroke
36	W	All Age	100m	Breaststroke
37	M	All Age	200m	Individual Medley
38	W	All Age	200m	Individual Medley
39	M	All Age	50m	Freestyle
40	W	All Age	50m	Freestyle
41	M	MC	50m	Breaststroke
42	W	MC	50m	Breaststroke
43	M	All Age	200m	Backstroke
44	W	All Age	200m	Backstroke

**AGE AS AT 25 JANUARY 2020**

**ENTRIES CLOSE 5PM TUESDAY 14 JANUARY 2020**

**ENTRY FEE \$8.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)**

**NOTE:** All events will be swum as timed finals. The all age events will be swum with all age groups combined with the slowest heat first.



# NSW Country Regional Meets Narromine, Tuggeranong and Woy Woy 25 - 26 January 2020

No entry qualifying times are applicable except for the events listed in the table below.  
800m & 1500m Freestyle entry times must be times achieved in a 400m Freestyle Event.

Qualifying Times	Male	Female
All Age 200m Freestyle	2:40.00	2:50.00
All Age 400m Freestyle	5:30.00	5:50.00
All Age 800m Freestyle	<b>Use 400m QT for these events</b>	
All Age 1500m Freestyle		
All Age 200m Backstroke	3:00.00	3:10.00
All Age 200m Breaststroke	3:20.00	3:35.00
All Age 200m Butterfly	3:00.00	3:10.00
All Age 200m Individual Medley	3:10.00	3:15.00
All Age 400m Individual Medley	6:30.00	6:40.00

**AGE AS AT 25 JANUARY 2020**

**ENTRIES CLOSE 5PM TUESDAY 14 JANUARY 2020**

**ENTRY FEE \$8.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)**

**NOTE:**

- Following the completion of each all age event, medals will be awarded to the first 3 place-getters in each of the following age groups:  
9 years & under, 10 years, 11 years, 12 years, 13 years, 14 years and 15 years & over
- For events 1 & 2 and 29 & 30, medals will be awarded to the first 3 place-getters in the following age groups:  
11 years, 12 years, 13 years, 14 years and 15 years & over
- For events 13 & 14, medals will be awarded to the first 3 place-getters in the following age groups:  
12-14 Years & 15 & over
- For events 21 & 22, medals will be awarded to the first 3 place-getters in the following age groups:  
11-14 Years & 15 & over
- For the MC events, medals will be awarded to the first 3 place-getters in the following age groups:  
12 years & under, 13-14 years and 15 years & over



# Speedo Sprint Series

## Heats - Various Venues State Wide

### 1 - 2 February 2020

Refer to the Speedo Sprint Series Poster for  
Area Dates, Venues, Starting Times and Entry Conditions.

**Entries must be forwarded to your Area, not Swimming NSW Ltd.**

BOYS	GIRLS	AGE		STROKE
1	2	13 years	50m	Butterfly
3	4	12 years	50m	Butterfly
5	6	11 years	50m	Butterfly
7	8	10 years	50m	Butterfly
9	10	9 years	50m	Butterfly
11	12	8 years	50m	Butterfly
13	14	13 years	50m	Freestyle
15	16	12 years	50m	Freestyle
17	18	11 years	50m	Freestyle
19	20	10 years	50m	Freestyle
21	22	9 years	50m	Freestyle
23	24	8 years	50m	Freestyle
33	34	13 years	50m	Breaststroke
35	36	12 years	50m	Breaststroke
37	38	11 years	50m	Breaststroke
39	40	10 years	50m	Breaststroke
41	42	9 years	50m	Breaststroke
43	44	8 years	50m	Breaststroke
45	46	13 years	50m	Backstroke
47	48	12 years	50m	Backstroke
49	50	11 years	50m	Backstroke
51	52	10 years	50m	Backstroke
53	54	9 years	50m	Backstroke
55	56	8 years	50m	Backstroke

**AGE AS AT 1 FEBRUARY 2020**

**ENTRY FEE MAXIMUM \$7.00 PER EVENT (refer to the poster)**

- Any Swimmer who has qualified for the 2020 National Age Championships (excluding MC & Open Water) is ineligible to compete in the Series
- Any Swimmer who wins a medal in an individual event at the 2019 SNSW Senior State Age Championships is ineligible to compete in the stroke in which they won the medal
- Swimmers do not need to be registered with a club to compete in the heats. However, registration at a SNSW affiliated Club is a requirement to contest the finals
- Up to four (4) swimmers per event from each area are eligible to compete in the finals

**NOTE:** Area relays (Events 25-32) will be conducted on the finals day, thus omitted from the Heats program  
Relay teams to be selected from those swimmers who have qualified for the finals

<b>Session 1</b>				
<b>Friday 21 February, 3:00pm</b>				
<b>M</b>	<b>F</b>			
1	2	Open	1500m	Freestyle
3	4	17yrs/O	100m	Breaststroke
5	6	15/16yrs	100m	Breaststroke
7	8	14yrs	100m	Breaststroke
9	10	13yrs	100m	Breaststroke
11	12	17yrs/O	100m	Freestyle
13	14	15/16yrs	100m	Freestyle
15	16	14yrs	100m	Freestyle
17	18	13yrs	100m	Freestyle
19	20	17yrs/O	400m	Ind Medley
21	22	15/16yrs	400m	Ind Medley
23	24	14yrs/U	400m	Ind Medley
25	26	17yrs/O	50m	Freestyle
27	28	15/16yrs	50m	Freestyle
29	30	15yrs/O	4x50m	Medley Relay
31	32	13/14yrs	4x50m	Medley Relay
33	34	12yrs/U	4x50m	Medley Relay

<b>Session 2</b>					<b>Session 3</b>				
<b>Saturday 22 February, 9:00am</b>					<b>Saturday 22 February, Not Before 12:30pm</b>				
<b>M</b>	<b>F</b>				<b>M</b>	<b>F</b>			
35	36	Open MC	100m	Backstroke	71	72	Open MC	100m	Butterfly
37	38	12yrs/U	400m	Freestyle	73	74	17yrs/O	200m	Ind Medley
39	40	13/14yrs	400m	Freestyle	75	76	10yrs/U	100m	Backstroke
41	42	15/16yrs	400m	Freestyle	77	78	11yrs	100m	Backstroke
43	44	17yrs/O	400m	Freestyle	79	80	12yrs	100m	Backstroke
45	46	12yrs/U	200m	Breaststroke	81	82	13/14yrs	200m	Butterfly
47	48	15/16yrs	100m	Butterfly	83	84	11yrs/U	50m	Breaststroke
49	50	17yrs/O	100m	Butterfly	85	86	Open	50m	Breaststroke
51	52	11yrs	100m	Butterfly	87	88	Open MC	100m	Breaststroke
53	54	12yrs	100m	Butterfly	89	90	12yrs/U	200m	Freestyle
55	56	Open MC	50m	Freestyle	91	92	13yrs	100m	Backstroke
57	58	10yrs/U	50m	Freestyle	93	94	14yrs	100m	Backstroke
59	60	11/12yrs	50m	Freestyle	95	96	15/16yrs	100m	Backstroke
61	62	13yrs	100m	Butterfly	97	98	17yrs/O	100m	Backstroke
63	64	14yrs	100m	Butterfly	99	100	12yrs/U	4x50m	Freestyle Relay
65	66	10yrs/U	100m	Butterfly	101	102	13/14yrs	4x50m	Freestyle Relay
67	68	12yrs/U	200m	Backstroke	103	104	15yrs/O	4x50m	Freestyle Relay
69	70	15/16yrs	200m	Ind Medley					

**AGE AS AT 21 FEBRUARY, 2020**

**ENTRIES CLOSE 5PM TUESDAY 11 FEBRUARY, 2020**

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

In Events 55, 56, 71, 72, 87 & 88, Medals will be awarded in the following age groups; 11-14 Years & 15 & over.

Session 4 Sunday 23 February, 9:00am					Session 5 Sunday 23 February, Not Before 12:30pm				
M	F				M	F			
105	106	15/16yrs	200m	Butterfly	133	134	13/14yrs	50m	Freestyle
107	108	17yrs/O	200m	Butterfly	135	136	15/16yrs	200m	Breaststroke
109	110	13/14yrs	200m	Ind Medley	137	138	17yrs/O	200m	Breaststroke
111	112	Open MC	200m	Ind Medley	139	140	10yrs/U	100m	Freestyle
113	114	10yrs/U	100m	Breaststroke	141	142	11yrs	100m	Freestyle
115	116	11yrs	100m	Breaststroke	143	144	12yrs	100m	Freestyle
117	118	12yrs	100m	Breaststroke	145	146	13/14yrs	200m	Breaststroke
119	120	Open MC	100m	Freestyle	147	148	12yrs/U	200m	Ind Medley
121	122	15/16yrs	200m	Freestyle	149	150	11yrs/U	50m	Butterfly
123	124	17yrs/O	200m	Freestyle	151	152	Open	50m	Butterfly
125	126	13/14yrs	200m	Freestyle	153	154	13/14yrs	200m	Backstroke
127	128	11yrs/U	50m	Backstroke	155	156	15/16yrs	200m	Backstroke
129	130	Open	50m	Backstroke	157	158	17yrs/O	200m	Backstroke
131	132	12yrs/U	200m	Butterfly	159	160	Open	800m	Freestyle

**AGE AS AT 21 FEBRUARY, 2020**

**ENTRIES CLOSE 5PM TUESDAY 11 FEBRUARY, 2020**

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

In Events 111, 112, 119 & 120, Medals will be awarded in the following age groups; 11-14 Years & 15 & over.

**Qualifying Times - Men & Boys**

		Open	17yrs & Over	15/16yrs	14yrs	13yrs	12yrs	11yrs	10/U	
Freestyle	50m		26.50	27.00	13/14yrs 29.00		11/12yrs 32.30		35.50	
	100m		58.00	59.50	1:03.50	1:05.70	1:11.00	1:13.00	1:19.00	
	200m		2:08.50	2:10.50	13/14yrs 2:18.50		12yrs/U 2:33.00			
	400m		4:31.00	4:35.00	13/14yrs 4:48.00		12yrs/U 5:10.00			
	800m		9:40.00							
	1500m		17:30.00							
Backstroke	50m	31.50					11yrs/U 39.00			
	100m		1:11.50	1:13.00	1:15.60	1:16.80	1:23.50	1:26.00	1:29.00	
	200m		2:30.00	2:32.00	13/14yrs 2:42.40		12yrs/U 2:55.00			
Breaststroke	50m	34.50					11yrs/U 45.00			
	100m		1:19.50	1:21.50	1:26.50	1:27.50	1:38.00	1:39.00	1:45.00	
	200m		2:49.00	2:53.50	13/14yrs 3:01.00		12yrs/ U 3:25.00			
Butterfly	50m	29.00					11yrs/U 38.00			
	100m		1:07.50	1:09.00	1:13.00	1:16.00	1:23.00	1:28.00	1:36.00	
	200m		2:30.00	2:32.00	13/14yrs 2:43.50		12yrs/U 2:57.00			
Individual Medley	200m		2:29.00	2:31.00	13/14yrs 2:39.00		12yrs/U 2:55.00			
Relays	400m		5:15.00	5:18.10	14yrs/U 5:35.00					
	4x50m Free		15 & Over 2:00.00		13/14yrs 2:03.00		12yrs/U 2:15.00			
	4x50m Medley		15 & Over 2:20.00		13/14yrs 2:25.50		12yrs/U 2:40.50			

**AGE AS AT 21 FEBRUARY, 2020**

**ENTRIES CLOSE 5PM TUESDAY 11 FEBRUARY, 2020**

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

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

**Qualifying Times - Women & Girls**

		Open	17yrs & Over	15/16yrs	14yrs	13yrs	12yrs	11yrs	10/U
Freestyle	50m		30.10	30.10	13/14yrs 30.50		11/12yrs 33.00		35.50
	100m		1:05.00	1:06.00	1:06.50	1:08.50	1:10.50	1:14.50	1:20.00
	200m		2:19.00	2:19.00	13/14yrs 2:24.50		12yrs/U 2:35.00		
	400m		4:50.00	4:54.00	13/14yrs 5:04.00		12yrs/U 5:17.00		
	800m	10:00.00							
	1500m	18:30.00							
Backstroke	50m	35.00					11yrs/U 39.00		
	100m		1:17.00	1:17.50	1:19.00	1:20.50	1:23.50	1:25.50	1:30.50
	200m		2:42.00	2:42.00	13/14yrs 2:43.90		12yrs/U 2:57.40		
Breaststroke	50m	39.00					11yrs/U 45.00		
	100m		1:26.50	1:27.50	1:30.00	1:31.00	1:35.50	1:38.00	1:46.00
	200m		3:05.00	3:07.50	13/14yrs 3:09.00		12yrs/U 3:22.50		
Butterfly	50m	32.50					11yrs/U 37.00		
	100m		1:14.00	1:16.00	1:17.50	1:19.00	1:23.00	1:29.50	1:36.00
	200m		2:42.00	2:46.50	13/14yrs 2:50.00		12yrs/U 3:05.00		
Individual Medley	200m		2:39.50	2:41.60	13/14yrs 2:43.50		12yrs/U 2:55.00		
	400m		5:32.00	5:35.60	14yrs/U 5:55.00				
Relays	4x50m Free		15 & Over 2:05.00		13/14yrs 2:08.00		12yrs/U 2:17.00		
	4x50m Medley		15 & Over 2:27.00		13/14yrs 2:32.00		12yrs/U 2:49.00		

**AGE AS AT 21 FEBRUARY, 2020  
ENTRIES CLOSE 5PM TUESDAY 11 FEBRUARY, 2020  
ENTRY FEE \$19 PER INDIVIDUAL EVENT \$38 PER RELAY EVENT (GST INCLUSIVE)**

**Qualifying Times – Multi Class – Girls**

**11-14 years**

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
<b>50FR</b>	1:03.05	52.36	57.75	54.73	53.92	1:02.11	56.60	57.93	1:02.11	1:02.93	1:10.56	1:11.10	1:30.09	1:51.85	2:21.37	2:20.14
<b>100FR</b>	2:16.46	1:54.33	2:04.94	1:57.38	1:57.53	2:16.04	2:02.23	2:01.63	2:12.17	2:15.82	2:30.31	2:31.62	3:09.58	3:59.92	4:41.65	5:14.70
<b>100BK</b>	2:59.33	2:13.36	2:18.35	2:17.06	2:16.67	2:37.64	2:12.01	2:17.46	2:27.21	2:44.21	2:51.30	3:02.93	3:41.08	4:42.53	5:41.39	5:54.02
<b>100BR</b>	3:00.41	2:25.53	2:41.00	2:32.52	2:31.94	2:56.36		2:32.16	2:33.45	2:58.25	3:07.94	3:04.74	3:40.93	4:13.69	5:54.10	
<b>100BF</b>	3:45.47	2:07.29	2:18.16	2:11.01	2:05.54	2:37.99	2:15.07	2:12.53	2:21.97	2:38.34	2:56.60	3:52.08				
<b>200IM</b>	6:06.94	4:44.05	5:02.43	4:52.32	4:56.05	5:38.94	4:56.15	4:51.70	5:11.88	5:31.37	6:11.45	6:19.81	5:30.24*	6:50.20*		

\*This event is 150m Individual Medley if required.

**15 Years & Over**

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
<b>50FR</b>	51.67	42.97	47.36	44.90	44.24	50.90	46.42	47.50	50.90	51.57	57.78	58.22	1:13.66	1:31.37	1:55.39	1:54.39
<b>100FR</b>	1:51.76	1:33.76	1:42.39	1:36.24	1:37.18	1:51.42	1:40.18	1:39.70	1:48.27	1:51.25	2:03.03	2:04.09	2:34.98	3:15.93	3:49.88	4:16.77
<b>100BK</b>	2:26.64	1:49.24	1:53.30	1:52.25	1:51.94	2:09.00	1:48.14	1:52.58	2:00.51	2:14.34	2:20.11	2:29.57	2:30.61	3:27.82	4:38.48	4:48.76
<b>100BR</b>	2:27.52	1:59.14	2:11.72	2:04.83	2:04.36	2:24.23		2:04.53	2:05.58	2:26.58	2:33.64	2:31.04	3:00.48	3:27.13	4:48.83	
<b>100BF</b>	3:04.18	1:44.31	1:53.14	1:47.33	1:42.88	2:09.28	1:50.64	1:48.57	1:56.24	2:09.56	2:24.42	3:09.55				
<b>200IM</b>	5:00.83	3:53.40	4:08.34	4:00.12	4:03.16	4:38.05	4:03.24	3:59.62	4:16.04	4:31.89	5:04.50	5:11.30	4:30.97*	5:38.02*		

\*This event is 150m Individual Medley if required.

**AGE AS AT 21 FEBRUARY, 2020**  
**ENTRIES CLOSE 5PM TUESDAY 11 FEBRUARY, 2020**  
**ENTRY FEE \$19 PER INDIVIDUAL EVENT \$38 PER RELAY EVENT (GST INCLUSIVE)**

**Qualifying Times – Multi Class – Boys**

**11-14 years**

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
<b>50FR</b>	52.67	47.95	50.70	78.74	46.28	51.73	47.14	50.80	52.94	55.29	59.35	1:05.01	1:14.30	1:24.04	1:57.76	2:06.35
<b>100FR</b>	1:59.55	1:44.51	1:50.58	1:46.36	1:42.05	1:53.14	1:41.97	1:50.50	1:54.97	2:00.21	2:10.05	2:19.27	2:42.75	3:05.07	4:15.29	4:35.08
<b>100BK</b>	2:20.99	1:58.49	2:06.87	1:59.26	1:58.34	2:14.46	2:00.61	2:03.11	2:08.55	2:22.55	2:26.49	2:31.46	3:11.44	3:49.69	4:35.22	6:15.63
<b>100BR</b>	2:28.79	1:59.55	2:11.92	2:08.47	2:13.92	2:19.83		2:11.03	2:13.05	2:41.52	2:47.91	3:00.22	3:10.06	3:38.04	4:20.95	
<b>100BF</b>	2:14.96	1:47.80	2:00.36	1:54.31	1:53.58	2:00.71	1:51.83	1:58.28	2:00.42	2:15.42	2:22.18	2:38.51				
<b>200IM</b>	5:25.52	4:02.38	4:33.00	4:20.90	4:19.50	4:42.34	4:19.86	4:24.29	4:38.39	5:07.28	5:19.34	5:32.89	5:02.75*	5:54.62*		

\*This event is 150m Individual Medley if required.

**15 Years & Over**

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
<b>50FR</b>	43.22	39.38	41.62	39.21	38.02	42.45	38.73	41.70	43.44	45.35	48.66	53.27	1:00.82	1:08.74	1:36.18	1:43.17
<b>100FR</b>	1:38.01	1:25.77	1:30.71	1:27.27	1:23.76	1:32.79	1:23.70	1:30.64	1:34.28	1:38.54	1:46.55	1:54.05	2:13.15	2:31.31	3:28.43	3:44.54
<b>100BK</b>	1:55.45	1:37.15	1:43.96	1:37.77	1:37.02	1:50.13	1:38.87	1:40.91	1:45.32	1:56.71	1:59.93	2:03.97	2:36.50	3:07.61	3:44.65	5:06.34
<b>100BR</b>	2:01.79	1:38.01	1:48.07	1:45.26	1:49.70	1:54.51		1:47.35	1:48.99	2:12.15	2:17.35	2:27.36	2:35.37	2:58.13	3:33.04	
<b>100BF</b>	1:50.54	1:28.45	1:38.67	1:33.75	1:33.15	1:39.76	1:31.72	1:36.97	1:38.71	1:50.92	1:56.42	2:09.70				
<b>200IM</b>	4:27.13	3:19.49	3:44.40	3:44.56	3:33.42	3:52.00	3:33.72	3:37.32	3:48.79	4:12.29	4:22.10	4:33.13	4:08.61*	4:50.80*		

\*This event is 150m Individual Medley if required.

**AGE AS AT 21 FEBRUARY, 2020**  
**ENTRIES CLOSE 5PM TUESDAY 11 FEBRUARY, 2020**  
**ENTRY FEE \$19 PER INDIVIDUAL EVENT \$38 PER RELAY EVENT (GST INCLUSIVE)**



**SPEEDO SPRINT SERIES FINALS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
**29 FEBRUARY 2020**

<b>BOYS</b>	<b>GIRLS</b>	<b>AGE</b>		<b>STROKE</b>
1	2	13 years	50m	Butterfly
3	4	12 years	50m	Butterfly
5	6	11 years	50m	Butterfly
7	8	10 years	50m	Butterfly
9	10	9 years	50m	Butterfly
11	12	8 years	50m	Butterfly
13	14	13 years	50m	Freestyle
15	16	12 years	50m	Freestyle
17	18	11 years	50m	Freestyle
19	20	10 years	50m	Freestyle
21	22	9 years	50m	Freestyle
23	24	8 years	50m	Freestyle
25	26	13 Years/Under	4x50m	Freestyle Area Relay
27	28	8-10 Years	4x50m	Freestyle Area Relay
29	30	13 Years/Under	4x50m	Medley Area Relay
31	32	8-10 Years	4x50m	Medley Area Relay
33	34	13 years	50m	Breaststroke
35	36	12 years	50m	Breaststroke
37	38	11 years	50m	Breaststroke
39	40	10 years	50m	Breaststroke
41	42	9 years	50m	Breaststroke
43	44	8 years	50m	Breaststroke
45	46	13 years	50m	Backstroke
47	48	12 years	50m	Backstroke
49	50	11 years	50m	Backstroke
51	52	10 years	50m	Backstroke
53	54	9 years	50m	Backstroke
55	56	8 years	50m	Backstroke

**AGE AS AT 1 FEBRUARY 2020**

- Up to four swimmers per event from each area are eligible to compete in the finals
- Swimmers must have competed at their Area Heats
- All swimmers that contest the finals must be registered with Swimming NSW Ltd
- Area Relay teams must comprise the Area swimmers eligible to swim the finals
- One (1) Area relay team per age group is eligible to compete in the finals
- Swimmers must swim in one age group only for events 25-32



# SWIMMING NSW JUNIOR METROPOLITAN CHAMPIONSHIPS SYDNEY OLYMPIC PARK AQUATIC CENTRE 7 - 8 MARCH 2020

Session 1 Saturday 7 March, 9:00am					Session 2 Saturday 7 March NOT BEFORE 12:30pm				
B	G				B	G			
1		11-13 Years	400m	Freestyle	23		12/13 Years	200m	Freestyle
	2	11-12 Years	400m	Freestyle		24	12 Years	200m	Freestyle
3	4	10 & Under	100m	Backstroke	25	26	10 & Under	50m	Backstroke
5	6	11 Years	200m	Individual Medley	27	28	11 Years	50m	Backstroke
7		12/13 Years	100m	Breaststroke	29		13 & Under MC	100m	Backstroke
	8	12 Years	100m	Breaststroke		30	12 & Under MC	100m	Backstroke
9	10	10 & Under	200m	Individual Medley	31		12/13 Years	100m	Backstroke
11	12	11 Years	100m	Freestyle		32	12 Years	100m	Backstroke
13		12/13 Years	200m	Backstroke	33	34	10 & Under	100m	Butterfly
	14	12 Years	200m	Backstroke	35	36	11 Years	200m	Freestyle
15	16	10 & Under	50m	Freestyle	37		12/13 Years	400m	Individual Medley
17	18	11 Years	50m	Breaststroke		38	12 Years	400m	Individual Medley
19		13 & Under MC	100m	Butterfly	39	40	10 & Under	200m	Freestyle
	20	12 & Under MC	100m	Butterfly	41	42	11 Years	100m	Breaststroke
21		12/13 Years	50m	Butterfly	43		12/13 Years	50m	Breaststroke
	22	12 Years	50m	Butterfly		44	12 Years	50m	Breaststroke
Session 3 Sunday 8 March, 9:00am					Session 4 Sunday 8 March NOT BEFORE 12:30pm				
B	G				B	G			
45		12/13 Years	100m	Freestyle	69		13 & Under MC	200m	Individual Medley
	46	12 Years	100m	Freestyle		70	12 & Under MC	200m	Individual Medley
47	48	11 Years	200m	Breaststroke	71	72	11 Years	200m	Butterfly
49	50	10 & Under	100m	Freestyle	73		12/13 Years	200m	Breaststroke
51		12/13 Years	50m	Backstroke		74	12 Years	200m	Breaststroke
	52	12 Years	50m	Backstroke	75	76	11 Years	50m	Freestyle
53	54	10 & Under	100m	Breaststroke	77		13 & Under MC	100m	Freestyle
55	56	11 Years	100m	Butterfly		78	12 & Under MC	100m	Freestyle
57		12/13 Years	100m	Butterfly	79		12/13 Years	200m	Butterfly
	58	12 Years	100m	Butterfly		80	12 Years	200m	Butterfly
59	60	11 Years	100m	Backstroke	81	82	10 & Under	50m	Breaststroke
61		13 & Under MC	100m	Breaststroke	83		12/13 Years	50m	Freestyle
	62	12 & Under MC	100m	Breaststroke		84	12 Years	50m	Freestyle
63	64	10 & Under	50m	Butterfly	85	86	11 Years	200m	Backstroke
65		12/13 Years	800m	Freestyle	87		12/13 Years	200m	Individual Medley
	66	12 Years	800m	Freestyle		88	12 Years	200m	Individual Medley
67		13 & Under MC	50m	Freestyle	89	90	11 Years	50m	Butterfly
	68	12 & Under MC	50m	Freestyle					

IN EVENT 1, MEDALS WILL BE AWARDED IN THE FOLLOWING AGE GROUPS: 11 YEARS, 12 YEARS & 13 YEARS

IN EVENT 2, MEDALS WILL BE AWARDED IN THE FOLLOWING AGE GROUPS: 11 YEARS & 12 YEARS

IN 12/13 YEARS BOYS EVENTS MEDALS WILL BE AWARDED IN THE FOLLOWING AGE GROUPS: 12 YEARS & 13 YEARS

**AGE AS AT 7 MARCH 2020**

**ENTRIES CLOSE 5PM TUESDAY 25 FEBRUARY 2020**

**ENTRY FEE \$19 PER INDIVIDUAL EVENT**

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



**SWIMMING NSW JUNIOR  
METROPOLITAN CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
7 - 8 MARCH 2020**

**Qualifying Times – Boys**

<b>FREESTYLE</b>		<b>13yrs</b>	<b>12yrs</b>	<b>11yrs</b>	<b>10yrs &amp; Under</b>
	<b>50m</b>	29.90	31.50	34.15	36.40
	<b>100m</b>	1:03.50	1:08.00	1:12.50	1:16.00
	<b>200m</b>	2:19.00	2:26.75	2:35.50	2:44.00
	<b>400m</b>	4:53.00	5:16.80	5:28.10	
	<b>800m</b>	10:25.00	10:44.00		
<b>BACKSTROKE</b>	<b>50m</b>	36.00	37.70	39.90	42.30
	<b>100m</b>	1:16.00	1:20.00	1:24.00	1:28.00
	<b>200m</b>	2:44.00	2:52.50	3:03.00	
<b>BREASTSTROKE</b>	<b>50m</b>	41.00	42.80	46.90	49.05
	<b>100m</b>	1:26.50	1:31.00	1:37.50	1:42.50
	<b>200m</b>	3:05.70	3:16.40	3:30.00	
<b>BUTTERFLY</b>	<b>50m</b>	35.10	37.50	41.10	44.25
	<b>100m</b>	1:13.00	1:19.50	1:25.50	1:32.00
	<b>200m</b>	2:48.00	2:51.70	3:07.00	
<b>INDIVIDUAL MEDLEY</b>	<b>200m</b>	2:38.00	2:47.20	2:55.50	3:03.50
	<b>400m</b>	5:44.00	5:46.90		

**AGE AS AT 7 MARCH 2020**

**ENTRIES CLOSE 5PM TUESDAY 25 FEBRUARY 2020**

**ENTRY FEE \$19 PER INDIVIDUAL EVENT**

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



**SWIMMING NSW JUNIOR  
METROPOLITAN CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
7 - 8 MARCH 2020**

**Qualifying Times - Girls**

<b>FREESTYLE</b>		<b>12yrs</b>	<b>11yrs</b>	<b>10yrs &amp; Under</b>
	<b>50m</b>	32.50	34.60	36.80
	<b>100m</b>	1:09.50	1:13.50	1:17.00
	<b>200m</b>	2:30.00	2:37.00	2:48.50
	<b>400m</b>	5:12.00	5:30.00	
	<b>800m</b>	10:55.00		
<b>BACKSTROKE</b>	<b>50m</b>	38.22	40.00	43.00
	<b>100m</b>	1:22.00	1:26.00	1:31.00
	<b>200m</b>	2:52.70	3:00.00	
<b>BREASTSTROKE</b>	<b>50m</b>	43.75	46.90	49.00
	<b>100m</b>	1:33.00	1:38.00	1:43.50
	<b>200m</b>	3:18.55	3:31.00	
<b>BUTTERFLY</b>	<b>50m</b>	38.00	41.35	44.80
	<b>100m</b>	1:20.00	1:26.00	1:34.50
	<b>200m</b>	3:00.00	3:08.00	
<b>INDIVIDUAL MEDLEY</b>	<b>200m</b>	2:49.25	2:59.00	3:10.00
	<b>400m</b>	5:55.00		

**AGE AS AT 7 MARCH 2020**

**ENTRIES CLOSE 5PM TUESDAY 25 FEBRUARY 2020**

**ENTRY FEE \$19 PER INDIVIDUAL EVENT**

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



**SWIMMING NSW JUNIOR  
METROPOLITAN CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
7 - 8 MARCH 2020**

**Qualifying Times – Multi Class – Girls**

	<b>S16</b>	<b>S15</b>	<b>S14</b>	<b>S13</b>	<b>S12</b>	<b>S11</b>	<b>S10</b>	<b>S9</b>	<b>S8</b>	<b>S7</b>	<b>S6</b>	<b>S5</b>	<b>S4</b>	<b>S3</b>	<b>S2</b>	<b>S1</b>
<b>50FR</b>	1:03.05	52.36	57.75	54.73	53.92	1:02.11	56.60	57.93	1:02.11	1:02.93	1:10.56	1:11.10	1:30.09	1:51.85	2:21.37	2:20.14
<b>100FR</b>	2:16.46	1:54.33	2:04.94	1:57.38	1:57.53	2:16.04	2:02.23	2:01.63	2:12.17	2:15.82	2:30.31	2:31.62	3:09.58	3:59.92	4:41.65	5:14.70
<b>100BK</b>	2:59.33	2:13.36	2:18.35	2:17.06	2:16.67	2:37.64	2:12.01	2:17.46	2:27.21	2:44.21	2:51.30	3:02.93	3:41.08	4:42.53	5:41.39	5:54.02
<b>100BR</b>	3:00.41	2:25.53	2:41.00	2:32.52	2:31.94	2:56.36		2:32.16	2:33.45	2:58.25	3:07.94	3:04.74	3:40.93	4:13.69	5:54.10	
<b>100BF</b>	3:45.47	2:07.29	2:18.16	2:11.01	2:05.54	2:37.99	2:15.07	2:12.53	2:21.97	2:38.34	2:56.60	3:52.08				
<b>200IM</b>	6:06.94	4:44.05	5:02.43	4:52.32	4:56.05	5:38.94	4:56.15	4:51.70	5:11.88	5:31.37	6:11.45	6:19.81	5:30.24*	6:50.20*		

\*This event is 150m Individual Medley if required.

**Qualifying Times – Multi Class - Boys**

	<b>S16</b>	<b>S15</b>	<b>S14</b>	<b>S13</b>	<b>S12</b>	<b>S11</b>	<b>S10</b>	<b>S9</b>	<b>S8</b>	<b>S7</b>	<b>S6</b>	<b>S5</b>	<b>S4</b>	<b>S3</b>	<b>S2</b>	<b>S1</b>
<b>50FR</b>	52.67	47.95	50.70	78.74	46.28	51.73	47.14	50.80	52.94	55.29	59.35	1:05.01	1:14.30	1:24.04	1:57.76	2:06.35
<b>100FR</b>	1:59.55	1:44.51	1:50.58	1:46.36	1:42.05	1:53.14	1:41.97	1:50.50	1:54.97	2:00.21	2:10.05	2:19.27	2:42.75	3:05.07	4:15.29	4:35.08
<b>100BK</b>	2:20.99	1:58.49	2:06.87	1:59.26	1:58.34	2:14.46	2:00.61	2:03.11	2:08.55	2:22.55	2:26.49	2:31.46	3:11.44	3:49.69	4:35.22	6:15.63
<b>100BR</b>	2:28.79	1:59.55	2:11.92	2:08.47	2:13.92	2:19.83		2:11.03	2:13.05	2:41.52	2:47.91	3:00.22	3:10.06	3:38.04	4:20.95	
<b>100BF</b>	2:14.96	1:47.80	2:00.36	1:54.31	1:53.58	2:00.71	1:51.83	1:58.28	2:00.42	2:15.42	2:22.18	2:38.51				
<b>200IM</b>	5:25.52	4:02.38	4:33.00	4:20.90	4:19.50	4:42.34	4:19.86	4:24.29	4:38.39	5:07.28	5:19.34	5:32.89	5:02.75*	5:54.62*		

\*This event is 150m Individual Medley if required.

**AGE AS AT 7 MARCH 2020  
ENTRIES CLOSE 5PM TUESDAY 25 FEBRUARY 2020  
ENTRY FEE \$19 PER INDIVIDUAL EVENT  
NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY**



**NSW State Open Championships**  
**Sydney Olympic Park Aquatic Centre**  
**13 - 15 March 2020**

Day One HEATS Friday 13 March, 9:00am			Day One FINALS Friday 13 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 3 MARCH 2020**

**ENTRY FEE \$19 PER INDIVIDUAL EVENT \$38 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.



**NSW State Open Championships**  
**Sydney Olympic Park Aquatic Centre**  
**13 - 15 March 2020**

Day Two HEATS Saturday 14 March, 9:00am			Day Two FINALS Saturday 14 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

\* Fastest Heat to be swum in the Finals Session

**ENTRIES CLOSE 5PM TUESDAY 3 MARCH 2020**

**ENTRY FEE \$19 PER INDIVIDUAL EVENT \$38 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.



# NSW State Open Championships

## Sydney Olympic Park Aquatic Centre

### 13 - 15 March 2020

Day Three HEATS Sunday 15 March, 9:00AM			Day Three FINALS Sunday 15 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

\* Fastest Heat to be swum in the Finals Session

**ENTRIES CLOSE 5PM TUESDAY 3 MARCH 2020**

**ENTRY FEE \$19 PER INDIVIDUAL EVENT \$38 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.

**NSW State Open Championships  
Sydney Olympic Park Aquatic Centre  
13 - 15 March 2020**

**QUALIFYING TIMES**

<b>MEN</b>		<b>WOMEN</b>
<b>FREESTYLE</b>		
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
<b>BACKSTROKE</b>		
30.50	50m	33.00
1:04.50	100m	1:10.50
2:18.50	200m	2:36.00
<b>BREASTSTROKE</b>		
33.50	50m	38.00
1:12.00	100m	1:21.50
2:37.00	200m	2:53.50
<b>BUTTERFLY</b>		
27.80	50m	31.00
1:00.00	100m	1:09.00
2:15.00	200m	2:34.50
<b>INDIVIDUAL MEDLEY</b>		
2:19.00	200m	2:33.50
4:57.00	400m	5:20.00
<b>CLUB RELAYS</b>		
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 3 MARCH 2020**

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



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

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

# NSW JUNIOR STATE AGE CHAMPIONSHIPS

## SYDNEY OLYMPIC PARK AQUATIC CENTRE

### 28 - 29 MARCH 2020

Session 1					Session 2				
Saturday 28 March, 9:00am					Saturday 28 March NOT BEFORE 12:30pm				
B	G				B	G			
1		11-13 Years	400m	Freestyle	25		12/13 Years	200m	Freestyle
	2	11-12 Years	400m	Freestyle		26	12 Years	200m	Freestyle
3	4	10 Years	100m	Backstroke	27	28	10 Years	50m	Backstroke
5	6	11 Years	200m	Individual Medley	29	30	11 Years	50m	Backstroke
7		12/13 Years	100m	Breaststroke	31		12/13 Years	50m	Butterfly
	8	12 Years	100m	Breaststroke		32	12 Years	50m	Butterfly
9	10	10 Years	200m	Individual Medley	33	34	10 Years	100m	Butterfly
11	12	11 Years	100m	Freestyle	35	36	11 Years	200m	Freestyle
13		12/13 Years	200m	Backstroke	37		12/13 Years	400m	Individual Medley
	14	12 Years	200m	Backstroke		38	12 Years	400m	Individual Medley
15	16	10 Years	50m	Freestyle	39	40	10 Years	200m	Freestyle
17	18	11 Years	50m	Breaststroke	41	42	11 Years	100m	Breaststroke
19		12/13 Years	100m	Backstroke	43		12/13 Years	4x50m	Club Freestyle Relay
	20	12 Years	100m	Backstroke		44	12 Years	4x50m	Club Freestyle Relay
21	22	10/11 Years	4x50m	Club Freestyle Relay					
23		12/13 Years	50m	Breaststroke					
	24	12 Years	50m	Breaststroke					
Session 3					Session 4				
Sunday 29 March, 9:00am					Sunday 29 March NOT BEFORE 12:30pm				
B	G				B	G			
45		12/13 Years	50m	Backstroke	69	70	11 Years	200m	Butterfly
	46	12 Years	50m	Backstroke	71		12/13 Years	200m	Breaststroke
47	48	11 Years	200m	Breaststroke		72	12 Years	200m	Breaststroke
49	50	10 Years	100m	Freestyle	73	74	11 Years	50m	Freestyle
51		12/13 Years	100m	Freestyle	75		12/13 Years	200m	Butterfly
	52	12 Years	100m	Freestyle		76	12 Years	200m	Butterfly
53	54	10 Years	100m	Breaststroke	77	78	10 Years	50m	Breaststroke
55	56	11 Years	100m	Butterfly	79		12/13 Years	50m	Freestyle
57		12/13 Years	4x50m	Club Medley Relay		80	12 Years	50m	Freestyle
	58	12 Years	4x50m	Club Medley Relay	81	82	11 Years	200m	Backstroke
59	60	10/11 Years	4x50m	Club Medley Relay	83		12/13 Years	200m	Individual Medley
61		12/13 Years	100m	Butterfly		84	12 Years	200m	Individual Medley
	62	12 Years	100m	Butterfly	85	86	11 Years	50m	Butterfly
63	64	11 Years	100m	Backstroke	87		10-13 Years	10x50m	Fred Lane Club Freestyle Relay
65	66	10 Years	50m	Butterfly		88	10-12 Years	10x50m	Fanny Durack Club Freestyle Relay
67		12/13 Years	800m	Freestyle					
	68	12 Years	800m	Freestyle					

IN EVENT 1, MEDALS WILL BE AWARDED IN THE FOLLOWING AGE GROUPS: 11 YEARS, 12 YEARS & 13 YEARS

IN EVENT 2, MEDALS WILL BE AWARDED IN THE FOLLOWING AGE GROUPS: 11 YEARS & 12 YEARS

IN 12/13 YEARS BOYS EVENTS MEDALS WILL BE AWARDED IN THE FOLLOWING AGE GROUPS: 12 YEARS & 13 YEARS

**Qualifying Times – Boys**

	<b>13yrs</b>	<b>12yrs</b>	<b>11yrs</b>	<b>10yrs</b>
<b>Freestyle</b>				
<b>50m</b>	29.00	30.50	32.50	34.50
<b>100m</b>	1:02.50	1:06.00	1:10.50	1:14.50
<b>200m</b>	2:16.00	2:24.50	2:32.00	2:40.50
<b>400m</b>	4:46.00	5:09.00	5:20.00	
<b>800m</b>	10:00.00	10:10.00		
<b>Backstroke</b>				
<b>50m</b>	35.60	36.50	38.50	41.35
<b>100m</b>	1:15.00	1:18.00	1:22.00	1:26.00
<b>200m</b>	2:40.00	2:47.50	3:00.00	
<b>Breaststroke</b>				
<b>50m</b>	39.50	41.50	45.00	48.00
<b>100m</b>	1:23.50	1:28.00	1:36.00	1:41.00
<b>200m</b>	3:02.50	3:12.00	3:27.00	
<b>Butterfly</b>				
<b>50m</b>	33.00	35.00	37.50	41.50
<b>100m</b>	1:12.00	1:16.00	1:21.00	1:29.00
<b>200m</b>	2:37.50	2:50.00	3:04.50	
<b>Individual Medley</b>				
<b>200m</b>	2:37.00	2:46.00	2:54.00	2:58.50
<b>400m</b>	5:30.00	5:38.00		
<b>Club Relays</b>				
<b>4x50m Freestyle</b>	<b>12/13yrs</b> 2:10.00			<b>10/11yrs</b> 2:25.00
<b>4x50m Medley</b>	<b>12/13yrs</b> 2:30.00			<b>10/11yrs</b> 2:47:00
<b>Fred Lane 10x50m Freestyle</b>	<b>10-13yrs No QT</b>			

**AGE AS AT 28 MARCH 2020**

**ENTRIES CLOSE 5PM TUESDAY 17 MARCH 2020**

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

- A swimmer may only appear in one (1) relay team list for that event
- If a Club enters three (3) or more Relay Teams, all teams must meet the Qualifying Time
- Only two (2) Relay Teams per Club per event will be eligible to score points and/or win Medals
- No qualifying times are applicable for Events 87 and 88. A Club may enter one team ONLY in Events 87 and 88



**Qualifying Times – Girls**

	<b>12yrs</b>	<b>11yrs</b>	<b>10yrs</b>
<b>Freestyle</b>			
50m	31.00	32.50	35.00
100m	1:07.50	1:11.00	1:16.00
200m	2:27.00	2:35.00	2:46.00
400m	5:10.00	5:21.00	
800m	10:25.00		
<b>Backstroke</b>			
50m	36.50	38.50	41.50
100m	1:19.00	1:23.00	1:27.50
200m	2:49.00	2:58.00	
<b>Breaststroke</b>			
50m	42.50	44.50	48.00
100m	1:31.50	1:34.00	1:40.80
200m	3:15.00	3:27.20	
<b>Butterfly</b>			
50m	35.00	37.50	42.00
100m	1:18.00	1:23.00	1:30.00
200m	2:58.00	3:05.50	
<b>Individual Medley</b>			
200m	2:47.50	2:55.00	3:07.50
400m	5:49.00		
<b>Club Relays</b>			
4x50m Freestyle	12yrs 2:16.50		10/11yrs 2:25.00
4x50m Medley	12yrs 2:35.00		10/11yrs 2:50.00
<b>Fred Lane 10x50m Freestyle</b>	<b>10-12yrs No QT</b>		

**AGE AS AT 28 MARCH 2020**

**ENTRIES CLOSE 5PM TUESDAY 17 MARCH 2020**

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

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**2020 Sydney Open**  
**(Incorporating the 2020 UniSport Nationals - Swimming)**  
**Sydney Olympic Park Aquatic Centre**  
**14 - 17 May 2020**



<b>Day One HEATS Thursday 14 May, 6.00pm</b>		
1	Men's 15 & O 400m Freestyle	
2	Women's 15 & O 50m Butterfly	
3	Men's 15 & O 200m Butterfly	
4	Women's 15 & O 100m Breaststroke	
101	Men's 11 & O 50m MC Freestyle	
102	Women's 11 & O 50m MC Freestyle	
5	Men's 15 & O 50m Breaststroke	
6	Women's 15 & O 100m Freestyle	
7	Men's 15 & O 100 Freestyle	
8	Women's 15 & O 400 Individual Medley	
9	Women's 15 & O 200m Backstroke	
103	Men's 11 & O 200m MC IM	
104	Women's 11 & O 200m MC IM	
10	Men's 15 & O 50m Backstroke	
*11	Women's 15 & O 800m Freestyle	Timed Finals

\* Fastest Heat to be swum in the Finals Session

**ENTRIES CLOSE 5PM TUESDAY 5 MAY 2020**

**ENTRY FEE \$20.50 PER INDIVIDUAL EVENT \$41 PER RELAY EVENT (GST INCLUSIVE)**

**NOTE:** 'University' & 'Club' Finals will be conducted after the 'A' Final for all events provided that thirty-five (35) 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 'University' or 'Club' Finals will be conducted for Multi Class Events.



**2020 Sydney Open**  
**(Incorporating the 2020 UniSport Nationals - Swimming)**  
**Sydney Olympic Park Aquatic Centre**  
**14 - 17 May 2020**



Day Two FINALS Friday 15 May, 9.00am			Day Two HEATS Friday 15 May, 6.00pm		
1	Men's 15 & O 400m Freestyle		14	Women's 15 & O 400m Freestyle	
2	Women's 15 & O 50m Butterfly		15	Men's 15 & O 50m Butterfly	
3	Men's 15 & O 200m Butterfly		16	Women's 15 & O 100m Butterfly	
4	Women's 15 & O 100m Breaststroke		105	Men's 11 & O 100m MC Butterfly	
101	Men's 11 & O 50m MC Freestyle		106	Women's 11 & O 100m MC Butterfly	
102	Women's 11 & O 50m MC Freestyle		17	Men's 15 & O 200m Freestyle	
5	Men's 15 & O 50m Breaststroke		18	Women's 15 & O 100m Backstroke	
6	Women's 15 & O 100m Freestyle		19	Men's 15 & O 100m Breaststroke	
7	Men's 15 & O 100 Freestyle		107	Men's 11 & O 400m MC Freestyle	
8	Women's 15 & O 400 Individual Medley		108	Women's 11 & O 400m MC Freestyle	
9	Women's 15 & O 200m Backstroke		20	Women's 15 & O 200m Breaststroke	
103	Men's 11 & O 200m MC IM		21	Men's 15 & O 200m Backstroke	
104	Women's 11 & O 200m MC IM		22	Women's 50 Freestyle	
10	Men's 15 & O 50m Backstroke		23	Men's 15 & O 200m Individual Medley	
*11	Women's 15 & O 800m Freestyle	Timed Finals	109	Men's 11 & O 100m MC Backstroke	
12	Women's 15 & O 4 x 50m Club Medley Relay	Timed Finals	110	Women's 11 & O 100m MC Backstroke	
13	Men's 15 & O 4 x 50m Club Medley Relay	Timed Finals	*24	Men's 15 & O 800m Freestyle	Timed Finals

\* Fastest Heat to be swum in the Finals Session

**ENTRIES CLOSE 5PM TUESDAY 5 MAY 2020**

**ENTRY FEE \$20.50 PER INDIVIDUAL EVENT \$41 PER RELAY EVENT (GST INCLUSIVE)**

**NOTE:** 'University' & 'Club' Finals will be conducted after the 'A' Final for all events provided that thirty-five (35) 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.

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**2020 Sydney Open**  
**(Incorporating the 2020 UniSport Nationals - Swimming)**  
**Sydney Olympic Park Aquatic Centre**  
**14 - 17 May 2020**



Day Three FINALS Saturday 16 May, 9.00am			Day Three HEATS Saturday 16 May, 6.00pm		
14	Women's 15 & O 400m Freestyle		27	Women's 15 & O 200 Butterfly	
15	Men's 15 & O 50m Butterfly		28	Men's 15 & O 100m Butterfly	
16	Women's 15 & O 100m Butterfly		29	Women's 15 & O 50m Breaststroke	
105	Men's 11 & O 100m MC Butterfly		30	Men's 15 & O 200m Breaststroke	
106	Women's 11 & O 100m MC Butterfly		111	Men's 11 & O 100m MC Freestyle	
17	Men's 15 & O 200m Freestyle		112	Women's 11 & O 100m MC Freestyle	
18	Women's 15 & O 100m Backstroke		31	Women's 15 & O 200m Freestyle	
19	Men's 15 & O 100m Breaststroke		32	Men's 15 & O 50m Freestyle	
107	Men's 11 & O 400m MC Freestyle		33	Women's 15 & O 200m Individual Medley	
108	Women's 11 & O 400m MC Freestyle		34	Men's 15 & O 400m Individual Medley	
20	Women's 15 & O 200m Breaststroke		35	Women's 15 & O 50m Backstroke	
21	Men's 15 & O 200m Backstroke		113	Men's 11 & O 100m MC Breaststroke	
22	Women's 15 & O 50 Freestyle		114	Women's 11 & O 100m MC Breaststroke	
23	Men's 15 & O 200m Individual Medley		36	Men's 15 & O 100m Backstroke	
109	Men's 11 & O 100m MC Backstroke		*37	Men's 15 & O 1500m Freestyle	Timed Finals
110	Women's 11 & O 100m MC Backstroke		*38	Women's 15 & O 1500m Freestyle	Timed Finals
*24	Men's 15 & O 800m Freestyle	Timed Finals			
25	Women's 15 & O 4 x 100m Club Freestyle Relay	Timed Finals			
26	Men's 15 & O 4 x 100m Club Freestyle Relay	Timed Finals			

\* Fastest Heat to be swum in the Finals Session

**ENTRIES CLOSE 5PM TUESDAY 5 MAY 2020**

**ENTRY FEE \$20.50 PER INDIVIDUAL EVENT \$41 PER RELAY EVENT (GST INCLUSIVE)**

**NOTE:** 'University' & 'Club' Finals will be conducted after the 'A' Final for all events provided that thirty-five (35) swimmers contest the heats of that event.

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**2020 Sydney Open**  
**(Incorporating the 2020 UniSport Nationals - Swimming)**  
**Sydney Olympic Park Aquatic Centre**  
**14 - 17 May 2020**



<b>Day Four FINALS Sunday 17 May, 9.00AM</b>		
27	Women's 15 & O 200 Butterfly	
28	Men's 15 & O 100m Butterfly	
29	Women's 15 & O 50m Breaststroke	
30	Men's 15 & O 200m Breaststroke	
111	Men's 11 & O 100m MC Freestyle	
112	Women's 11 & O 100m MC Freestyle	
31	Women's 15 & O 200m Freestyle	
32	Men's 15 & O 50m Freestyle	
33	Women's 15 & O 200m Individual Medley	
34	Men's 15 & O 400m Individual Medley	
35	Women's 15 & O 50m Backstroke	
113	Men's 11 & O 100m MC Breaststroke	
114	Women's 11 & O 100m MC Breaststroke	
36	Men's 15 & O 100m Backstroke	
*37	Men's 15 & O 1500m Freestyle	Timed Finals
*38	Women's 15 & O 1500m Freestyle	Timed Finals
39	Women's 15 & O 4 x50 Club Freestyle Relay	Timed Finals
40	Men's 15 & O 4 x50 Club Freestyle Relay	Timed Finals

\* Fastest Heat to be swum in the Finals Session

**ENTRIES CLOSE 5PM TUESDAY 5 MAY 2020**

**ENTRY FEE \$20.50 PER INDIVIDUAL EVENT \$41 PER RELAY EVENT (GST INCLUSIVE)**

**NOTE:** 'University' & 'Club' Finals will be conducted after the 'A' Final for all events provided that thirty-five (35) swimmers contest the heats of that event.

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**2020 Sydney Open**  
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**Sydney Olympic Park Aquatic Centre**  
**14 - 17 May 2020**

**QUALIFYING TIMES**

<b>MEN</b>		<b>WOMEN</b>
<b>FREESTYLE</b>		
26.50	50m	31.50
56.50	100m	1:04.50
2:05.00	200m	2:16.00
4:25.00	400m	4:45.00
9:20.00	800m	9:50.00
17:10.00	1500m	18:45.00
<b>BACKSTROKE</b>		
31.00	50m	35.00
1:06.00	100m	1:13.00
2:27.00	200m	2:42.50
<b>BREASTSTROKE</b>		
35.00	50m	39.00
1:12.00	100m	1:23.50
2:43.00	200m	2:59.00
<b>BUTTERFLY</b>		
29.00	50m	32.00
1:02.00	100m	1:10.00
2:25.50	200m	2:42.00
<b>INDIVIDUAL MEDLEY</b>		
2:21.00	200m	2:35.50
5:03.00	400m	5:32.00
<b>CLUB RELAYS</b>		
1:50.00	4x50 F/S	2:10.00
3:58.00	4x100 F/S	4:22.00
2:05.00	4x50 Med	2:20.00

**ENTRIES CLOSE 5PM TUESDAY 5 MAY 2020**

**ENTRY FEE \$20.50 PER INDIVIDUAL EVENT \$41 PER RELAY EVENT (GST INCLUSIVE)**



## Sydney Open Multi-Class Qualifying Times

Women	50m Free	100m Free	400m Free	100m Back	100m Fly		100m Breast		200m IM
<b>S1</b>	2:07.08	4:30.00		4:31.65		<b>SB1</b>			
<b>S2</b>	1:52.82	4:04.70		4:56.25		<b>SB2</b>			
<b>S3</b>	1:29.60	3:05.30		3:18.00		<b>SB3</b>	3:13.80		
<b>S4</b>	58.65	2:14.70		2:48.50		<b>SB4</b>	2:51.20		
<b>S5</b>	54.40	1:58.10		2:40.00		<b>SB5</b>	2:45.90	<b>SM5</b>	4:49.50
<b>S6</b>	53.82	1:59.10	9:03.40	2:12.50	2:35.00	<b>SB6</b>	2:36.30	<b>SM6</b>	4:58.70
<b>S7</b>	51.90	1:51.50	8:43.25	2:08.20	2:09.70	<b>SB7</b>	2:22.90	<b>SM7</b>	4:50.10
<b>S8</b>	47.60	1:43.00	7:37.40	1:57.50	2:03.10	<b>SB8</b>	2:02.00	<b>SM8</b>	4:27.30
<b>S9</b>	44.05	1:33.80	7:16.90	1:45.20	1:51.20	<b>SB9</b>	1:55.00	<b>SM9</b>	4:04.60
<b>S10</b>	42.55	1:32.20	7:00.00	1:50.75	1:42.90			<b>SM10</b>	3:49.70
<b>S11</b>	49.35	1:47.00	8:04.40	2:03.20	2:00.20	<b>SB11</b>	2:14.10	<b>SM11</b>	4:26.00
<b>S12</b>	42.10	1:29.72	7:18.40	1:44.50	1:41.00	<b>SB12</b>	2:06.70	<b>SM12</b>	3:47.90
<b>S13</b>	40.95	1:29.50	6:55.00	1:43.60	1:38.60	<b>SB13</b>	1:55.20	<b>SM13</b>	3:38.60
<b>S14</b>	43.25	1:33.30	7:06.40	1:44.30	1:44.20	<b>SB14</b>	2:02.00	<b>SM14</b>	3:49.30
<b>S15</b>	40.95	1:28.90	6:40.70	1:42.50	1:37.80	<b>SB15</b>	1:51.70	<b>SM15</b>	3:38.30
<b>S16</b>	47.40	1:46.30	8:43.70	2:24.00	1:48.30	<b>SB16</b>	2:24.20	<b>SM16</b>	4:43.70

Men	50m Free	100m Free	400m Free	100m Back	100m Fly		100m Breast		200m IM
<b>S1</b>	1:43.20	3:48.30		4:48.50		<b>SB1</b>	5:24.40		
<b>S2</b>	1:29.82	3:15.20		3:19.20		<b>SB2</b>	3:19.40		
<b>S3</b>	1:09.90	2:38.80		3:05.70		<b>SB3</b>	2:52.70		
<b>S4</b>	56.80	2:04.40		2:31.90		<b>SB4</b>	2:25.40		
<b>S5</b>	49.35	1:53.60		2:23.50		<b>SB5</b>	2:16.00	<b>SM5</b>	4:38.60
<b>S6</b>	46.50	1:41.80	7:59.90	1:56.60	1:53.60	<b>SB6</b>	2:16.40	<b>SM6</b>	4:13.60
<b>S7</b>	42.80	1:33.50	7:19.50	1:52.50	1:56.30	<b>SB7</b>	2:05.60	<b>SM7</b>	4:07.80
<b>S8</b>	41.10	1:29.60	7:03.10	1:43.60	1:40.10	<b>SB8</b>	1:47.30	<b>SM8</b>	3:46.80
<b>S9</b>	39.45	1:27.60	6:37.20	1:37.20	1:36.30	<b>SB9</b>	1:49.90	<b>SM9</b>	3:33.70
<b>S10</b>	36.95	1:20.30	6:05.10	1:31.90	1:29.10			<b>SM10</b>	3:22.90
<b>S11</b>	38.80	1:24.80	6:29.80	1:43.50	1:35.00	<b>SB11</b>	1:48.10	<b>SM11</b>	3:33.80
<b>S12</b>	37.85	1:24.10	6:22.80	1:35.70	1:28.20	<b>SB12</b>	1:44.80	<b>SM12</b>	3:29.60
<b>S13</b>	36.90	1:22.20	6:23.10	1:35.30	1:30.50	<b>SB13</b>	1:41.80	<b>SM13</b>	3:28.80
<b>S14</b>	37.85	1:22.70	6:35.30	1:35.30	1:30.30	<b>SB14</b>	1:39.20	<b>SM14</b>	3:26.40
<b>S15</b>	35.55	1:18.70	5:48.90	1:28.80	1:26.10	<b>SB15</b>	1:34.30	<b>SM15</b>	3:04.30
<b>S16</b>	41.30	1:32.30	8:11.30	1:51.40	2:20.00	<b>SB16</b>	1:59.60	<b>SM16</b>	4:06.70

# Open Water Swimming Marathon Series Information

Date	Meet	Venue	Contact
17/11/2019	<a href="#">SMSW 'John Saliba' Open Water Championships</a>	SIRC	<a href="mailto:registrar@metrosw.org.au">registrar@metrosw.org.au</a>
20/12/2019	<a href="#">NSW State Age &amp; Open OW Championships - 7.5m &amp; 10km</a>	SIRC	<a href="mailto:meet.entries@nsw.swimming.org.au">meet.entries@nsw.swimming.org.au</a>
21/12/2019	<a href="#">NSW OW JX Event - 2.5km</a>	SIRC	<a href="mailto:meet.entries@nsw.swimming.org.au">meet.entries@nsw.swimming.org.au</a>
21/12/2019	<a href="#">NSW State Age &amp; Open OW Championships - 5km</a>	SIRC	<a href="mailto:meet.entries@nsw.swimming.org.au">meet.entries@nsw.swimming.org.au</a>

The Swimming New South Wales Open Water Swimming Marathon Series for 2019 - 2020 will be held in conjunction with various Clubs throughout the State. This information pack includes the following:

1. 2019-2020 Program of Events
2. A copy of a Swimming NSW Open Water Swimming Entry Card - these can be purchased from Swimming NSW and can be used for any of the Marathon Series Swims and State Open Water Championships
3. General Information regarding procedures for Open Water Swimming Events
4. Information Sheets for the Marathon Series events
5. Information Sheets for the SNSW Open Water Open & Age Championships

This year entry fees to State Open Water Swimming Championships are **\$38.00 (incl. GST)**.

Each year the SNSW Marathon Series gives our Open Water swimmers great competition for the coming season. Please circulate the information to your friends, and if they want to be included in the mailing list then let us know.

**Insurance:** Please ensure that you are a registered member of Swimming New South Wales when you submit your entry. Only Registered members of Swimming New South Wales will be permitted to compete in Open Water Events that have the approval of Swimming NSW. Visitors from interstate who are registered members of an affiliated State Association are also welcome to compete. Provided they have obtained clearance to compete from their State Association.

**Risk Assessment:** All Clubs hosting events will be required to complete a Risk Assessment on the day of their event and forward copy of completed Assessment to the Association.

**Swimmers with disability:** Must have their own support craft and personnel (not to be a swimmer in the water). They must report to the Referee immediately after registration.

**Conditions of Entry:** To compete in NSW State Open & Age Open Water Swimming Championships swimmers must have achieved the relevant qualifying times as set by Swimming NSW.

**Running an Open Water Event:** If your Club or Area is interested in hosting an event, please contact the Technical Swimming Committee through the Swimming NSW Office. Your questions regarding the running of an open water event will be answered or a Committee member may visit to assist you in planning such an event.

**Marathon Series Event Information:** Should you require information regarding any of the events in the Marathon Series, please contact the person named in the Information Sheet.

**PLEASE NOTE:** The wearing of a Swimming Cap provided at an open water swimming event is compulsory. This is a water safety requirement for the issue of a license to conduct an Open Water Swimming event and must be adhered to.

# General Competitor Information

Please read the information set out in this sheet as it contains Rules that relate to the general conduct of Open Water Swimming events.

**Venue and Start Time:** Check the information sheet for the Open Water Swimming Meet.

**Entries Close:** Closing date will be noted on the information sheet for the Open Water Swimming Meet. **State Open Water Swimming Championship Entries Close at 5pm on Tuesday 10 December 2019.**

**Registration:** For all Open Water Swimming Events will commence 1½ hours before the advertised Starting Time of the Meet or events if multiple events are being held and starting times are advertised.

**Number Marking:** This will occur at the same place and time that you register. Swimmers should report to the registration area in the costume they will be wearing during the race so numbering can be completed ensuring that it can be seen clearly and not obscured by the cut of the costume when worn. Please leave your upper arms and shoulders free of grease and/or sunscreen so that your number can be written on these areas. You will also be issued with a swimming cap that must be worn at all times while swimming. This is a safety requirement and a condition entry.

**Ready Area:** All entrants and handlers must be in the designated Ready Area - **15 MINUTES** prior to the Start of the Event. The Referee will issue any specific instructions in relation to the Event, review this information sheet and the course.

**The Course:** Please check the information provided for the relevant Open Water Swimming Meet. A course map may be on display or a copy given to entrants, usually in the Registration Area. Please ensure that you and your handler are familiar with the Course layout and directions.

**Water Safety:** The organising body will nominate who will be in charge of Safety and this person will be responsible for water safety.

**Feed station Control:** All handlers will be under the direct control of the officials supervising access to the designated feed station area. The Rules governing feeding a swimmer will be applied and any infringements may result in the disqualification of the swimmer. Your handler is responsible for ensuring you receive refreshments at the designated feed station area.

**What to do if you require Assistance: Your safety is most important to us.** If you should find yourself in any difficulty, be it cramp or some other form of distress either make your way to the shore or raise one arm to indicate your need for assistance. A support craft will be with you as soon as possible. Should you fail to complete the course; you **MUST** report to First Aid and the Recorders, so they are aware that you have failed to finish the course. **This requirement is mandatory - please do not leave the area without reporting to the Recorders.**

**Rules:** The **Open Water Swimming Rules** will apply at all times. Officials on the course will observe swimmers and any infraction of the Rules will be reported to the Referee. A warning may be issued during the event but non-observance of the Rules will result in disqualification.

**Finish:** The finish area will be clearly defined; usually with a chute leading in to a finish gate with a touch plate or banner, which must be touched at the finish. Instructions on how the finish will be judged will be advised by the organising body and the Referee when giving final instructions in the ready area.



**OPEN WATER ENTRY CARD**

First Name		Last Name		Date of Birth	Age
Swimming Club			Male	Female	
Name of Meet		Date of Meet		Australian Citizen YES / NO	
Event No	Distance (km)	Entry Time	Achievement Date / Place	Entry Fee	
<b>Multi Disability Swimmers</b> Must have own support craft for all Open Water Events – this is mandatory-			For events over 10km own Escort Craft is mandatory.		
Handler Name					
<b>Performances over past 12 months – venue, distance</b> <i>e.g. 5<sup>th</sup> NSW State Age 5km OWS Champs, Penrith Lakes</i>					
Multi-disability Swimmer - YES / NO		ID No:	Classification:		

\* Competitors must complete the declaration on the reverse of this card.

**DECLARATION**

- I, the undersigned, in consideration of and as a condition of acceptance of my entry in the event for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of my loss of life, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event AND I admit that I participate in the said event solely at my own risk.
- This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agent, representatives and officers of them and includes but is not limited to Swimming New South Wales Limited, any host, medical and paramedical personnel, police officers and shall operate whether or not the loss, injury or damage is attributable to the act or neglect of any one or more of them.
- I hereby acknowledge that I have sole responsibility for my personal possessions and swimming equipment during the event.
- I hereby attest and verify that I am physically fit and have sufficiently trained for this event. If requested, I agree to provide with my entry form a signed doctor's certificate attesting to my physical fitness to participate in the said event.
- I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the event.
- I hereby agree that in the event of cancellation due to storm, rain, inclement weather, winds or other 'Act of God' conditions my entry fee shall be refundable except for an administration fee of \$5.00. I also agree that in the event of cancellation, the event organisers have the right to reschedule the event to another day of their choosing.
- In the event that I exceed the nominated time limit and have not completed the course, I agree to leave the water when asked by the officials or their representatives conducting the event.
- I have read the Rules and these Conditions of Entry and agree to abide by them.

\_\_\_\_\_  
CLUB RACE SECRETARY / OFFICIAL

\_\_\_\_\_  
Signature of Competitor (or Parent / Guardian if under 18 years of age)

\_\_\_\_\_  
Date

# “JOHN SALIBA” OPEN WATER CHAMPIONSHIPS

## SUNDAY 17 NOVEMBER 2019

Sydney International Regatta Centre (SIRC), Main Competition Lake, Castlereagh Road, Penrith

EVENT	BRIEFING		START MALE	START FEMALE	REGISTRATION	
2.5 KMS JX	8.00 AM		8:15 AM	8:30 AM	7:00 to 8:00 AM (M & F)	
5.0 KMS*	9:00 AM ALL MALES including SSSL	11:00 AM ALL FEMALES including SSSL	Not Before 9:15 AM	Not Before 11:30 AM	7:30 – 9:00 AM MALE including SSSL	9:00 – 10:45 AM FEMALES including SSSL
7.5 KMS			Not Before 9:15 AM	Not Before 11:30 AM		
10.0 KMS			Not Before 9:15 AM	Not Before 11:30 AM		

DISTANCES	AGES
2.5 KMS	MINIMUM AGE 11 YEARS TO A MAXIMUM 13 YEARS
5.0 KMS	MINIMUM AGE 12 YEARS
7.5 KMS	ONLY 15 to 17 YEARS
10.0 KMS	ONLY 17 and 18 YEARS
5.00 KMS*	ONLY DISTANCE FOR SUMMER SWIM LEADER BOARD ATHLETES (SSSL) START WITH 5Kms EVENT / GDR and COMPLETE AT FINISH OF 10 KMS EVENT / GDR

SWIMMERS CAN ONLY ENTER INDIVIDUAL 5.0, 7.5 AND 10 KMS.

SWIMMERS WILL NOT BE ALLOWED TO SWIM THROUGH FINISH GATE AT INTERMEDIATE TURNS, NOR SHORTER DISTANCES THAN ENTERED, BUT MUST COMPLETE THE COURSE, BY CROSSING AND CONTACTING FINISH GATE.

**ENTRIES:** CLOSE OF BUSINESS, 5:00 pm: TUESDAY 11 NOVEMBER 2019  
ANY ENTRY RECEIVED AFTER COB TUESDAY WILL ATTRACT LATE FEE, AS SCHEDULED BELOW

Please email entry card and/or signed indemnity form to: [registrar@metrosw.org.au](mailto:registrar@metrosw.org.au)

ALL Swimmers must have a signed entry card or indemnity form to be eligible to compete.

**Summer Swim Leader Board Athletes download entry and waiver forms on MSW Website, complete and return by email to Registrar.**

**PRE ENTRY FEE:** \$ 15.00 for 2.5 Kms / \$35.00 for 5 kms / \$ 35.00 for 7.5 Kms / \$ 35.00 for 10 kms

**LATE ENTRIES:** SUNDAY 17 NOVEMBER 2019 AS OF START OF REGISTRATION OF EACH EVENT

LATE ENTRY FEE: \$ 20.00 for 2.5 Kms / \$40.00 for 5 Kms / \$ 40.00 for 7.5 Kms / \$ 40.00 for 10 Kms.

**NOTE:**

Swimmers with a disability must have own support craft and personnel (not a swimmer in the water).

**ATHLETES from SMSW Area Clubs, ONLY, may compete in Area Championship**

Competitors from outside SMSW boundaries are awarded all comers medals

Further information can be obtained by contacting:  
**Kathy Thompson (Area Competition & Registrar) on 0419 144 524**  
 Or by email: [registrar@metrosw.org.au](mailto:registrar@metrosw.org.au)

## MARATHON SERIES

### NSW STATE AGE & OPEN 10KM & 7.5KM OPEN WATER SWIMMING CHAMPIONSHIPS

- DATE:** Friday 20<sup>th</sup> December, 2019
- VENUE:** Sydney International Regatta Centre, Penrith Lakes  
Castlereagh Road, Penrith
- START TIME:** From 9:00am  
9:00am - 17/18 Years & Open 10km Men  
9:00am - 15, 16, 17 Years 7.5km Men  
9:10am - 17/18 Years & Open 10km Women  
9:10am - 15, 16, 17 Years 7.5km Women
- AGE AS AT:** 20<sup>th</sup> December, 2019
- ENTRIES:** E Entries only will be accepted for this event which close on  
Tuesday, 10<sup>th</sup> December, 2019
- ENTRY FEE:** \$38.00 - **NO LATE ENTRIES**
- REGISTRATION:** From 7:30am at Penrith Lakes
- NOTE:** Swimmers with a disability must have own support craft and  
personnel (not to be a swimmer in the water). Swimmers are  
only permitted to enter either Age or Open 10km  
Championships - not both
- Swimmers entered into the 7.5km events are not eligible to enter  
the 10km event
- INFORMATION:** Further information can be obtained by contacting:
- Swimming New South Wales on 9763 5833  
**Email:** [meet.entries@nsw.swimming.org.au](mailto:meet.entries@nsw.swimming.org.au)  
**Web:** [nsw.swimming.org.au](http://nsw.swimming.org.au)

**Please Note:** Caps will not be supplied. Swimmers are  
instructed to wear their club cap while competing

## MARATHON SERIES

### NSW BIO ISLAND JX OPEN WATER SWIMMING MEET (Non-Championship)

- DATE:** Saturday 21<sup>st</sup> December, 2019
- VENUE:** Sydney International Regatta Centre, Penrith Lakes  
Castlereagh Road, Penrith
- START TIME:** 9:00am
- ENTRIES:** E Entries only will be accepted for this event which close on  
Tuesday, 10<sup>th</sup> December, 2019
- ENTRY FEE:** \$38.00 - **NO LATE ENTRIES**
- REGISTRATION:** From 7:30am at Penrith Lakes
- DISTANCE:** 2.5km
- AGE AS AT:** 11 - 13 years of age as at 20<sup>th</sup> December, 2019
- ELIGIBILITY:** Swimmers aged 11 - 13 years of age as at 20<sup>th</sup> December,  
2019 that have achieved the JX Qualification standards since  
1<sup>st</sup> January, 2019 in either of the Bronze, Silver and Gold  
pool standards
- INFORMATION:** Further information can be obtained by contacting:  
  
Swimming New South Wales on 97635833  
**Email:** [meet.entries@nsw.swimming.org.au](mailto:meet.entries@nsw.swimming.org.au)  
**Web:** [nsw.swimming.org.au](http://nsw.swimming.org.au)

**Please Note:** Caps will not be supplied. Swimmers are  
instructed to wear their club cap while competing

## MARATHON SERIES

### NSW STATE AGE & OPEN 5KM OPEN WATER SWIMMING CHAMPIONSHIPS

- DATE:** Saturday 21<sup>st</sup> December, 2019
- VENUE:** Sydney International Regatta Centre, Penrith Lakes  
Castlereagh Road, Penrith
- START TIME:** From 10:30am  
10:30am - 13-15 Years Men  
12:00pm - 13-15 Years Women  
1:30pm - 16-18 Years & Open Men  
3:00pm - 16-18 Years & Open Women
- AGE AS AT:** 20<sup>th</sup> December, 2019
- ENTRIES:** E Entries only will be accepted for this event which close on  
Tuesday, 10<sup>th</sup> December, 2019
- ENTRY FEE:** \$38.00 - **NO LATE ENTRIES**
- REGISTRATION:** From 9:00am at Penrith Lakes
- NOTE:** Swimmers with a disability must have own support craft and  
personnel (not to be a swimmer in the water)  
Swimmers are only permitted to enter either Age or Open 5km  
Championships - not both
- INFORMATION:** Further information can be obtained by contacting:  
  
Swimming New South Wales on 9763 5833  
**Email:** [meet.entries@nsw.swimming.org.au](mailto:meet.entries@nsw.swimming.org.au)  
**Web:** [nsw.swimming.org.au](http://nsw.swimming.org.au)

**Please Note:** Caps will not be supplied. Swimmers are  
instructed to wear their club cap while competing