



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

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

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Qualifying Times - Girls

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

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Qualifying Times – Multi Class – Girls

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	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
100FR	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
100BK	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
100BR	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	
100BF	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				
200IM	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

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	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
100FR	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
100BK	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
100BR	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	
100BF	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				
200IM	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.

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