

# 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>		

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