



**NSW JUNIOR STATE AGE
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
3 - 4 SEPTEMBER 2022**

Session 1 - Saturday 3 September, 9:00am					Session 2 - Saturday 3 September, Not before 12.30pm				
B	G				B	G			
1		13 Years	400m	Freestyle	31		13 Years	200m	Individual Medley
2	3	11 Years	50m	Butterfly	32	33	10 Years	50m	Breaststroke
4	5	10-12 Years	400m	Freestyle	34	35	12 Years	100m	Freestyle
6	7	10 Years	100m	Backstroke	36	37	11 Years	200m	Freestyle
8		13 Years	100m	Backstroke	38	39	10 Years	200m	Freestyle
9	10	11 Years	200m	Individual Medley	40		13 Years	100m	Freestyle
11	12	12 Years	100m	Breaststroke	41	42	12 Years	200m	Individual Medley
13	14	10 Years	200m	Individual Medley	43	44	10 Years	100m	Butterfly
15		13 Years	50m	Freestyle	45	46	11 Years	100m	Breaststroke
16	17	11 Years	100m	Freestyle	47		13 Years	100m	Breaststroke
18	19	10 Years	50m	Butterfly	48	49	12 Years	50m	Freestyle
20	21	12 Years	200m	Backstroke	50	51	10-11 Years	200m	Butterfly
22		13 Years	200m	Butterfly	52	53	12 Years	200m	Breaststroke
23	24	10-11 Years	200m	Breaststroke	54	55	11 Years	50m	Backstroke
25	26	12 Years	100m	Butterfly	56		13 Years	800m	Freestyle
27	28	11 Years	50m	Freestyle	57	58	11-12 Years	800m	Freestyle
29	30	11-12 Years	400m	Individual Medley	59		10-13 Years	4x50m	Club Medley Relay
						60	10-12 Years	4x50m	Club Medley Relay
Session 3 - Sunday 4 September, 9:00am									
B	G								
61		13 Years	200m	Freestyle					
62	63	11 Years	50m	Breaststroke					
64	65	10 Years	100m	Freestyle					
66	67	12 Years	200m	Freestyle					
68		13 Years	200m	Breaststroke					
69	70	11 Years	100m	Butterfly					
71	72	10 Years	100m	Breaststroke					
73		10-13 Years	4 x 50m	Club Freestyle Relay					
	74	10-12 Years	4 x 50m	Club Freestyle Relay					
75		13 Years	100m	Butterfly					
76	77	11 Years	100m	Backstroke					
78	79	10 Years	50m	Freestyle					
80	81	12 Years	100m	Backstroke					
82		13 Years	400m	Individual Medley					
83	84	10-11 Years	200m	Backstroke					
85	86	12 Years	200m	Butterfly					
87	88	10 Years	50m	Backstroke					
89		13 Years	200m	Backstroke					

**AGE AS AT 3 SEPTEMBER 2022
ENTRIES CLOSE 5PM TUESDAY 23 AUGUST 2022
ENTRY FEE \$21 PER INDIVIDUAL EVENT, RELAY EVENT \$42 (GST INCLUSIVE)**

Qualifying Times - Boys

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

AGE AS AT 3 SEPTEMBER 2022

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- Swimmers may only compete in one of the NSW Senior State Age SC Championships or the NSW Junior State Age SC Championships
- A swimmer may only appear in one (1) relay team list for that event
- Where a club enters three (3) or more relay teams, **all teams** must meet the qualifying time to be eligible

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Qualifying Times - Girls

	12yrs	11yrs	10 - 11yrs	10yrs
Freestyle				
50m	30.30	31.40		33.60
100m	1:05.50	1:09.00		1:14.00
200m	2:22.50	2:30.00		2:32.00
400m	10 - 12yrs 5:00.00			
800m	11 - 12yrs 10:10.00			
Backstroke				
50m		37.00		39.40
100m	1:14.50	1:19.50		1:25.50
200m	2:42.50		2:50.50	
Breaststroke				
50m		42.00		45.50
100m	1:26.00	1:31.00		1:38.00
200m	3:07.00		3:18.00	
Butterfly				
50m		35.50		37.50
100m	1:14.50	1:21.00		1:29.00
200m	2:50.00		2:56.10	
Individual Medley				
200m	2:41.00	2:49.50		2:57.00
400m	11 - 12yrs 5:38.00			
Club Relays				
4x50m Freestyle	10 - 12yrs 2:12.00			
4x50m Medley	10 - 12yrs 2:30.00			

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