



SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2022

Day One HEATS Saturday 10 December, 9:00am				
Event No.	Age Group		Distance	Stroke
1	12/13 Years	G	200m	Backstroke
2	13/14 Years	B	200m	Backstroke
3	15 Years	G	100m	Freestyle
4	16 Years	B	100m	Freestyle
5	13 & Over	G	150/200m	MC Individual Medley
6	13 & Over	B	150/200m	MC Individual Medley
7	16 Years & Over	G	200m	Breaststroke
8	17 Years & Over	B	200m	Breaststroke
9	14 Years	G	100m	Breaststroke
10	15 Years	B	100m	Breaststroke
11	12/13 Years	G	100m	Butterfly
12	13/14 Years	B	100m	Butterfly
13	15 Years	G	200m	Individual Medley
14	16 Years	B	200m	Individual Medley
15	16 Years & Over	G	400m	Freestyle
16	17 Years & Over	B	400m	Freestyle
17	13 & Over	G	50m	MC Freestyle
18	13 & Over	B	50m	MC Freestyle
19*	12-14 Years	G	800m	Freestyle (Timed Finals)
20*	13-15 Years	B	1500m	Freestyle (Timed Finals)

Day One FINALS Saturday 10 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
1	12/13 Years	G	200m	Backstroke
2	13/14 Years	B	200m	Backstroke
3	15 Years	G	100m	Freestyle
4	16 Years	B	100m	Freestyle
5	13 & Over	G	150/200m	MC Individual Medley
6	13 & Over	B	150/200m	MC Individual Medley
7	16 Years	G	200m	Breaststroke
7a	17 Years & Over	G	200m	Breaststroke
8	17 Years	B	200m	Breaststroke
8a	18 Years & Over	B	200m	Breaststroke
9	14 Years	G	100m	Breaststroke
10	15 Years	B	100m	Breaststroke
11	12/13 Years	G	100m	Butterfly
12	13/14 Years	B	100m	Butterfly
13	15 Years	G	200m	Individual Medley
14	16 Years	B	200m	Individual Medley
15	16 Years	G	400m	Freestyle
15a	17 Years & Over	G	400m	Freestyle
16	17 Years	B	400m	Freestyle
16a	18 Years & Over	B	400m	Freestyle
17	13 & Over	G	50m	MC Freestyle
18	13 & Over	B	50m	MC Freestyle
19*	12-14 Years	G	800m	Freestyle (Timed Finals)
20*	13-15 Years	B	1500m	Freestyle (Timed Finals)
21	15 - 17 Years	G	4 x 50m	Club Medley Relay
22	16 - 18 Years	B	4 x 50m	Club Medley Relay
23	12 - 14 Years	G	4 x 50m	Club Freestyle Relay
24	13 - 15 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 events 7 & 15, two (2) Finals will be swum (16 Years and 17 & Over). In events 8 & 16, two (2) Finals will be swum (17 Years and 18 & Over). In Event 19, Medals will be awarded in the following age groups; 12/13 Years & 14 Years. In Event 20, Medals will be awarded in the following age groups; 13/14 Years & 15 Years. In MC Events, medals will be awarded in the following age groups, 13-14 Years, 15-16 Years & 17 & Over.



SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2022

Day Two HEATS Sunday 11 December, 9:00am				
Event No.	Age Group		Distance	Stroke
25	16 Years & Over	G	200m	Individual Medley
26	17 Years & Over	B	200m	Individual Medley
27	12/13 Years	G	50m	Freestyle
28	13/14 Years	B	50m	Freestyle
29	13 & Over	G	100m	MC Breaststroke
30	13 & Over	B	100m	MC Breaststroke
31	14 Years	G	200m	Backstroke
32	15 Years	B	200m	Backstroke
33	15 Years	G	50m	Backstroke
34	16 Years	B	50m	Backstroke
35	16 Years & Over	G	50m	Butterfly
36	17 Years & Over	B	50m	Butterfly
37	12/13 Years	G	200m	Butterfly
38	13/14 Years	B	200m	Butterfly
39	14 Years	G	50m	Freestyle
40	15 Years	B	50m	Freestyle
41	13 & Over	G	200m	MC Freestyle
42	13 & Over	B	200m	MC Freestyle
43*	15 Years & Over	G	1500m	Freestyle (Timed Finals)
44*	16 Years & Over	B	800m	Freestyle (Timed Finals)

Day Two FINALS Sunday 11 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
25	16 Years	G	200m	Individual Medley
25a	17 Years	G	200m	Individual Medley
25b	18 Years & Over	G	200m	Individual Medley
26	17 Years	B	200m	Individual Medley
26a	18 Years	B	200m	Individual Medley
26b	19 Years & Over	B	200m	Individual Medley
27	12/13 Years	G	50m	Freestyle
28	13/14 Years	B	50m	Freestyle
29	13 & Over	G	100m	MC Breaststroke
30	13 & Over	B	100m	MC Breaststroke
31	14 Years	G	200m	Backstroke
32	15 Years	B	200m	Backstroke
33	15 Years	G	50m	Backstroke
34	16 Years	B	50m	Backstroke
35	16 Years	G	50m	Butterfly
35a	17 Years	G	50m	Butterfly
35b	18 Years & Over	G	50m	Butterfly
36	17 Years	B	50m	Butterfly
36a	18 Years	B	50m	Butterfly
36b	19 Years & Over	B	50m	Butterfly
37	12/13 Years	G	200m	Butterfly
38	13/14 Years	B	200m	Butterfly
39	14 Years	G	50m	Freestyle
40	15 Years	B	50m	Freestyle
41	13 & Over	G	200m	MC Freestyle
42	13 & Over	B	200m	MC Freestyle
43*	15 Years & Over	G	1500m	Freestyle (Timed Finals)
44*	16 Years & Over	B	800m	Freestyle (Timed Finals)
45	12 - 17 Years	G	4 x 100m	Club Freestyle Relay
46	13 - 18 Years	B	4 x 100m	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 events 25 & 35, three (3) Finals will be swum (16 Years, 17 Years and 18 & Over). In events 26 & 36, three (3) Finals will be swum (17 Years, 18 Years and 19 & Over). In Event 43, Medals will be awarded in the following age groups; 15 Years, 16 Years & 17 & Over. In Event 44, Medals will be awarded in the following age groups; 16 Years, 17 Years & 18 & Over. In MC Events, medals will be awarded in the following age groups, 13-14 Years, 15-16 Years & 17 & Over.



SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2022

Day Three HEATS Monday 12 December, 9:00am

Event No.	Age Group		Distance	Stroke
47	12/13 Years	G	100m	Backstroke
48	13/14 Years	B	100m	Backstroke
49	14 Years	G	100m	Butterfly
50	15 Years	B	100m	Butterfly
51	15 Years	G	50m	Freestyle
52	16 Years	B	50m	Freestyle
53	13 & Over	G	100m	MC Freestyle
54	13 & Over	B	100m	MC Freestyle
55	16 Years & Over	G	200m	Freestyle
56	17 Years & Over	B	200m	Freestyle
57	12/13 Years	G	50m	Breaststroke
58	13/14 Years	B	50m	Breaststroke
59	14 Years	G	50m	Breaststroke
60	15 Years	B	50m	Breaststroke
61	15 Years	G	200m	Butterfly
62	16 Years	B	200m	Butterfly
63	16 Years & Over	G	50m	Backstroke
64	17 Years & Over	B	50m	Backstroke
65	12/13 Years	G	400m	Freestyle
66	13/14 Years	B	400m	Freestyle
67	13 & Over	G	100m	MC Butterfly
68	13 & Over	B	100m	MC Butterfly
69	14 Years	G	200m	Freestyle
70	15 Years	B	200m	Freestyle
71	15 Years	G	100m	Backstroke

Day Three FINALS Monday 12 December, 5:30pm

Event No.	Age Group		Distance	Stroke
47	12/13 Years	G	100m	Backstroke
48	13/14 Years	B	100m	Backstroke
49	14 Years	G	100m	Butterfly
50	15 Years	B	100m	Butterfly
51	15 Years	G	50m	Freestyle
52	16 Years	B	50m	Freestyle
53	13 & Over	G	100m	MC Freestyle
54	13 & Over	B	100m	MC Freestyle
55	16 Years	G	200m	Freestyle
55a	17 Years	G	200m	Freestyle
55b	18 Years & Over	G	200m	Freestyle
56	17 Years	B	200m	Freestyle
56a	18 Years	B	200m	Freestyle
56b	19 Years & Over	B	200m	Freestyle
57	12/13 Years	G	50m	Breaststroke
58	13/14 Years	B	50m	Breaststroke
59	14 Years	G	50m	Breaststroke
60	15 Years	B	50m	Breaststroke
61	15 Years	G	200m	Butterfly
62	16 Years	B	200m	Butterfly
63	16 Years	G	50m	Backstroke
63a	17 Years	G	50m	Backstroke
63b	18 Years & Over	G	50m	Backstroke
64	17 Years	B	50m	Backstroke
64a	18 Years	B	50m	Breaststroke
64b	19 Years & Over	B	50m	Breaststroke
65	12/13 Years	G	400m	Freestyle
66	13/14 Years	B	400m	Freestyle
67	13 & Over	G	100m	MC Butterfly
68	13 & Over	B	100m	MC Butterfly
69	14 Years	G	200m	Freestyle
70	15 Years	B	200m	Freestyle
71	15 Years	G	100m	Backstroke



**SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2022**

Day Three HEATS Monday 12 December (CONTINUED)				
Event No.	Age Group		Distance	Stroke
72	16 Years	B	100m	Backstroke

Day Three FINALS Monday 12 December (CONTINUED)				
Event No.	Age Group		Distance	Stroke
72	16 Years	B	100m	Backstroke
73	12 - 14 Years	G	4 x 50m	Club Medley Relay
74	13 - 15 Years	B	4 x 50m	Club Medley 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 events 55 & 63, three (3) Finals will be swum (16 Years, 17 Years and 18 & Over). In events 56 & 64, three (3) Finals will be swum (17 Years, 18 Years and 19 & Over). In MC Events, medals will be awarded in the following age groups, 13-14 Years, 15-16 Years & 17 & Over.



SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2022

Day Four HEATS Tuesday 13 December, 9:00am				
Event No.	Age Group		Distance	Stroke
75	16 Years & Over	G	50m	Freestyle
76	17 Years & Over	B	50m	Freestyle
77	13 & Over	G	400m	MC Freestyle
78	13 & Over	B	400m	MC Freestyle
79	12/13 Years	G	400m	Individual Medley
80	13/14 Years	B	400m	Individual Medley
81	14 Years	G	200m	Breaststroke
82	15 Years	B	200m	Breaststroke
83	15 Years	G	200m	Breaststroke
84	16 Years	B	200m	Breaststroke
85	16 Years & Over	G	100m	Breaststroke
86	17 Years & Over	B	100m	Breaststroke
87	12/13 Years	G	50m	Butterfly
88	13/14 Years	B	50m	Butterfly
89	14 Years	G	400m	Freestyle
90	15 Years	B	400m	Freestyle
91	13 & Over	G	50m	MC Backstroke
92	13 & Over	B	50m	MC Backstroke
93*	15 Years & Over	G	800m	Freestyle (Timed Finals)
94*	16 Years & Over	B	1500m	Freestyle (Timed Finals)

Day Four FINALS Tuesday 13 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
75	16 Years	G	50m	Freestyle
75a	17 Years	G	50m	Freestyle
75b	18 Years & Over	G	50m	Freestyle
76	17 Years	B	50m	Freestyle
76a	18 Years	B	50m	Freestyle
76b	19 Years & Over	B	50m	Freestyle
77	13 & Over	G	400m	MC Freestyle
78	13 & Over	B	400m	MC Freestyle
79	12/13 Years	G	400m	Individual Medley
80	13/14 Years	B	400m	Individual Medley
81	14 Years	G	200m	Breaststroke
82	15 Years	B	200m	Breaststroke
83	15 Years	G	200m	Breaststroke
84	16 Years	B	200m	Breaststroke
85	16 Years	G	100m	Breaststroke
85a	17 Years	G	100m	Breaststroke
85b	18 Years & Over	G	100m	Breaststroke
86	17 Years	B	100m	Breaststroke
86a	18 Years	B	100m	Breaststroke
86b	19 Years & Over	B	100m	Breaststroke
87	12/13 Years	G	50m	Butterfly
88	13/14 Years	B	50m	Butterfly
89	14 Years	G	400m	Freestyle
90	15 Years	B	400m	Freestyle
91	13 & Over	G	50m	MC Backstroke
92	13 & Over	B	50m	MC Backstroke
93*	15 Years & Over	G	800m	Freestyle (Timed Finals)
94*	16 Years & Over	B	1500m	Freestyle (Timed Finals)
95	15 - 17 Years	G	4 x 50m	Club Freestyle Relay
96	16 - 18 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 events 75 & 85, three (3) Finals will be swum (16 Years, 17 Years and 18 & Over). In events 76 & 86, three (3) Finals will be swum (17 Years, 18 Years and 19 & Over). In Event 93, Medals will be awarded in the following age groups; 15 Years, 16 Years & 17 & Over. In Event 94, Medals will be awarded in the following age groups; 16 Years, 17 Years & 18 & Over. In MC Events, medals will be awarded in the following age groups, 13-14 Years, 15-16 Years & 17 & Over.



SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2022

Day Five HEATS Wednesday 14 December 9:00am				
Event No.	Age Group		Distance	Stroke
97	12/13 Years	G	50m	Backstroke
98	13/14 Years	B	50m	Backstroke
99	14 Years	G	50m	Butterfly
100	15 Years	B	50m	Butterfly
101	15 Years	G	100m	Butterfly
102	16 Years	B	100m	Butterfly
103	13 & Over	G	50m	MC Butterfly
104	13 & Over	B	50m	MC Butterfly
105	16 Years & Over	G	100m	Backstroke
106	17 Years & Over	B	100m	Backstroke
107	12/13 Years	G	200m	Freestyle
108	13/14 Years	B	200m	Freestyle
109	14 Years	G	100m	Freestyle
110	15 Years	B	100m	Freestyle
111	15 Years	G	400m	Freestyle
112	16 Years	B	400m	Freestyle
113	13 & Over	G	100m	MC Backstroke
114	13 & Over	B	100m	MC Backstroke
115	16 Years & Over	G	200m	Butterfly
116	17 Years & Over	B	200m	Butterfly
117	12/13 Years	G	100m	Breaststroke
118	13/14 Years	B	100m	Breaststroke
119	14 Years	G	400m	Individual Medley
120	15 Years	B	400m	Individual Medley
121	15 Years	G	50m	Breaststroke
122	16 Years	B	50m	Breaststroke

Day Five FINALS Wednesday 14 December, 5.30 PM				
Event No.	Age Group		Distance	Stroke
97	12/13 Years	G	50m	Backstroke
98	13/14 Years	B	50m	Backstroke
99	14 Years	G	50m	Butterfly
100	15 Years	B	50m	Butterfly
101	15 Years	G	100m	Butterfly
102	16 Years	B	100m	Butterfly
103	13 & Over	G	50m	MC Butterfly
104	13 & Over	B	50m	MC Butterfly
105	16 Years	G	100m	Backstroke
105a	17 Years	G	100m	Backstroke
105b	18 Years & Over	G	100m	Backstroke
106	17 Years	B	100m	Backstroke
106a	18 Years	B	100m	Backstroke
106b	19 Years & Over	B	100m	Backstroke
107	12/13 Years	G	200m	Freestyle
108	13/14 Years	B	200m	Freestyle
109	14 Years	G	100m	Freestyle
110	15 Years	B	100m	Freestyle
111	15 Years	G	400m	Freestyle
112	16 Years	B	400m	Freestyle
113	13 & Over	G	100m	MC Backstroke
114	13 & Over	B	100m	MC Backstroke
115	16 Years	G	200m	Butterfly
115a	17 Years & Over	G	200m	Butterfly
116	17 Years	B	200m	Butterfly
116a	18 Years & Over	B	200m	Butterfly
117	12/13 Years	G	100m	Breaststroke
118	13/14 Years	B	100m	Breaststroke
119	14 Years	G	400m	Individual Medley
120	15 Years	B	400m	Individual Medley
121	15 Years	G	50m	Breaststroke
122	16 Years	B	50m	Breaststroke
123	12 - 17 Years	G	4 x 100m	Club Medley Relay
124	13 - 18 Years	B	4 x 100m	Club Medley Relay



SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2022

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 event 105, three (3) Finals will be swum (16 Years, 17 Years and 18 & Over). In event 106, three (3) Finals will be swum (17 Years, 18 Years and 19 & Over). In event 115, two (2) Finals will be swum (16 Years and 17 & Over). In event 116, two (2) Finals will be swum (17 Years and 18 & Over). In MC Events, medals will be awarded in the following age groups, 13-14 Years, 15-16 Years & 17 & Over.



SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2022

Day Six HEATS Thursday 15 December, 9:00am				
Event No.	Age Group		Distance	Stroke
125	16 Years & Over	G	400m	Individual Medley
126	17 Years & Over	B	400m	Individual Medley
127	12/13 Years	G	100m	Freestyle
128	13/14 Years	B	100m	Freestyle
129	13 & Over	G	50m	MC Breaststroke
130	13 & Over	B	50m	MC Breaststroke
131	15 Years	G	200m	Freestyle
132	16 Years	B	200m	Freestyle
133	14 Years	G	50m	Backstroke
134	15 Years	B	50m	Backstroke
135	16 Years & Over	G	100m	Freestyle
136	18 Years & Over	B	100m	Freestyle
137	12/13 Years	G	200m	Individual Medley
138	13/14 Years	B	200m	Individual Medley
139	15 Years	G	50m	Butterfly
140	16 Years	B	50m	Butterfly
141	14 Years	G	200m	Individual Medley
142	15 Years	B	200m	Individual Medley
143	16 Years & Over	G	50m	Breaststroke
144	17 Years & Over	B	50m	Breaststroke
145	15 Years	G	100m	Breaststroke
146	16 Years	B	100m	Breaststroke

Day Six FINALS Thursday 15 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
125	16 Years	G	400m	Individual Medley
125a	17 Years & Over	G	400m	Individual Medley
126	17 Years	B	400m	Individual Medley
126a	18 Years & Over	B	400m	Individual Medley
127	12/13 Years	G	100m	Freestyle
128	13/14 Years	B	100m	Freestyle
129	13 & Over	G	50m	MC Breaststroke
130	13 & Over	B	50m	MC Breaststroke
131	15 Years	G	200m	Freestyle
132	16 Years	B	200m	Freestyle
133	14 Years	G	50m	Backstroke
134	15 Years	B	50m	Backstroke
135	16 Years	G	100m	Freestyle
135a	17 Years	G	100m	Freestyle
135b	18 Years & Over	G	100m	Freestyle
136	17 Years	B	100m	Freestyle
136a	18 Years	B	100m	Freestyle
136a	19 Years & Over	B	100m	Freestyle
137	12/13 Years	G	200m	Individual Medley
138	13/14 Years	B	200m	Individual Medley
139	15 Years	G	50m	Butterfly
140	16 Years	B	50m	Butterfly
141	14 Years	G	200m	Individual Medley
142	15 Years	B	200m	Individual Medley
143	16 Years	G	50m	Breaststroke
143a	17 Years	G	50m	Breaststroke
143b	18 Years & Over	G	50m	Breaststroke
144	17 Years	B	50m	Breaststroke
144a	18 Years	B	50m	Breaststroke
144b	19 Years & Over	B	50m	Breaststroke
145	15 Years	G	100m	Breaststroke
146	16 Years	B	100m	Breaststroke

NOTE: In event 125 two (2) Finals will be swum (16 Years and 17 & Over). In event 126, two (2) Finals will be swum (17 Years and 18 & Over). In events 135 & 143, three (3) Finals will be swum (16 Years, 17 Years and 18 & Over). In events 136 & 144, three (3) Finals will be swum (17 Years, 18 Years and 19 & Over). In MC Events, medals will be awarded in the following age groups, 13-14 Years, 15-16 Years & 17 & Over.



SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2022

Day Seven HEATS Friday 16 December, 9:00am				
Event No.	Age Group		Distance	Stroke
147	14 Years	G	200m	Butterfly
148	15 Years	B	200m	Butterfly
149	15 Years	G	400m	Individual Medley
150	16 Years	B	400m	Individual Medley
151	16 Years & Over	G	200m	Backstroke
152	17 Years & Over	B	200m	Backstroke
153	12/13 Years	G	200m	Breaststroke
154	13/14 Years	B	200m	Breaststroke
155	14 Years	G	100m	Backstroke
156	15 Years	B	100m	Backstroke
157	15 Years	G	200m	Backstroke
158	16 Years	B	200m	Backstroke
159	16 Years & Over	G	100m	Butterfly
160	17 Years & Over	B	100m	Butterfly
161*	12-14 Years	G	1500m	Freestyle (Timed Finals)
162*	13-15 Years	B	800m	Freestyle (Timed Finals)

Day Seven FINALS Friday 16 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
147	14 Years	G	200m	Butterfly
148	15 Years	B	200m	Butterfly
149	15 Years	G	400m	Individual Medley
150	16 Years	B	400m	Individual Medley
151	16 Years	G	200m	Backstroke
151a	17 Years & Over	G	200m	Backstroke
152	17 Years	B	200m	Backstroke
152a	18 Years & Over	B	200m	Backstroke
153	12/13 Years	G	200m	Breaststroke
154	13/14 Years	B	200m	Breaststroke
155	14 Years	G	100m	Backstroke
156	15 Years	B	100m	Backstroke
157	15 Years	G	200m	Backstroke
158	16 Years	B	200m	Backstroke
159	16 Years	G	100m	Butterfly
159a	17 Years	G	100m	Butterfly
159b	18 Years & Over	G	100m	Butterfly
160	17 Years	B	100m	Butterfly
160a	18 Years	B	100m	Butterfly
160b	19 Years & Over	B	100m	Butterfly
161*	12-14 Years	G	1500m	Freestyle (Timed Finals)
162*	13-15 Years	B	800m	Freestyle (Timed Finals)
163	12 Years & Over	G	10 x 50m	Club Freestyle Relay
164	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 event 151 two (2) Finals will be swum (16 Years and 17 & Over). In event 152, two (2) Finals will be swum (17 Years and 18 & Over). In event 159, three (3) Finals will be swum (16 Years, 17 Years and 18 & Over). In events 160, three (3) Finals will be swum (17 Years, 18 Years and 19 & Over). In Event 161, Medals will be awarded in the following age groups; 12/13 Years & 14 Years. In Event 162, Medals will be awarded in the following age groups; 13/14 Years & 15 Years.



SNSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
10 - 16 DECEMBER 2022

Qualifying Times - Boys

	18yrs & Over	17yrs	16yrs	15yrs	13/14yrs
Freestyle					
50m	25.80	26.00	26.50	27.80	28.00
100m	56.00	56.50	57.00	58.50	1:00.50
200m	2:01.00	2:02.00	2:06.00	2:08.00	2:11.00
400m	4:26.00	4:28.00	4:31.00	4:38.50	4:38.50
800m	9:15.00	9:30.00	9:40.00	9:50.00	10:00.00
1500m	17:31.00	17:59.00	18:08.00	18:36.00	18:55.00
Backstroke					
50m	29.44	29.74	30.30	31.73	32.81
100m	1:05.50	1:06.50	1:08.00	1:09.50	1:13.00
200m	2:27.00	2:28.00	2:31.00	2:32.00	2:35.00
Breaststroke					
50m	32.08	32.40	33.00	34.57	35.74
100m	1:17.00	1:17.00	1:17.00	1:20.00	1:21.00
200m	2:47.00	2:47.50	2:51.50	2:54.50	2:56.50
Butterfly					
50m	27.50	27.77	28.29	29.63	30.63
100m	1:01.50	1:02.00	1:05.00	1:07.00	1:08.50
200m	2:23.00	2:24.00	2:28.00	2:33.00	2:36.50
Individual Medley					
200m	2:23.50	2:24.00	2:25.00	2:28.00	2:34.00
400m	5:02.00	5:03.00	5:05.00	5:15.00	5:20.00
Club Relays	13 – 18 Years		16 – 18 Years		13 – 15 Years
4x50m Freestyle	-		1:57.50		2:00.00
4x50m Medley	-		2:12.00		2:15.00
4x100m Freestyle	3:54.00		-		-
4x100m Medley	4:19.00		-		-
10x50m Freestyle	Open Event No Qualifying Time				

AGE AS AT 10 DECEMBER 2022

ENTRIES CLOSE 5PM TUESDAY 29 NOVEMBER 2022

ENTRY FEE \$21 PER INDIVIDUAL EVENT, \$42 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 163 and 164. A Club may enter one team ONLY in Events 163 and 164.



SNSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
10 - 16 DECEMBER 2022

Qualifying Times - Girls

	17yrs & Over	16yrs	15yrs	14yrs	12/13yrs
Freestyle					
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
Backstroke					
50m	33.48	33.82	34.12	34.74	35.68
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
Breaststroke					
50m	37.47	37.85	38.22	38.88	39.93
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
Butterfly					
50m	31.33	31.65	31.96	32.52	33.39
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
Individual Medley					
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
Club Relays	12 – 17 Years		15 – 17 Years		12 – 14 Years
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		-		-
10x50m Freestyle	Open Event No Qualifying Time				

AGE AS AT 10 DECEMBER 2022

ENTRIES CLOSE 5PM TUESDAY 29 NOVEMBER 2022

ENTRY FEE \$21 PER INDIVIDUAL EVENT, \$42 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 163 and 144. A Club may enter one team ONLY in Events 163 and 164.

Dist/Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
MALE LONG COURSE																			
13-14 Years																			
50FR	01:55.51	01:44.99	01:15.90	01:06.24	00:57.42	00:50.88	00:47.76	00:45.49	00:43.67	00:40.66	00:44.24	00:39.79	00:40.65	00:43.68	00:41.36	00:43.09	00:44.86	00:45.86	00:43.68
100FR	04:04.52	03:47.26	02:46.71	02:23.52	02:03.31	01:51.23	01:43.40	01:38.11	01:34.05	01:27.57	01:36.64	01:26.80	01:28.89	01:32.58	01:30.06	01:36.23	01:34.86	01:26.29	01:32.58
50BK	02:18.62	01:51.68	01:24.42	01:19.56	01:07.08	01:03.61	01:01.13	00:54.78	00:52.88	00:50.09	00:56.15	00:50.25	00:49.89	00:52.03	00:47.54	00:54.37	00:52.54	00:54.63	00:52.03
100BK	04:55.06	03:46.01	03:13.89	02:51.97	02:22.88	02:06.01	02:00.69	01:51.23	01:45.63	01:42.44	01:48.30	01:39.14	01:39.41	01:46.85	01:40.90	01:55.59	01:47.72	01:52.20	01:46.85
50BR	02:40.78	01:38.77	01:26.81	01:21.09	01:16.28	01:05.55	01:05.42	00:57.61	00:52.73		00:59.49	00:55.99	00:53.94	00:53.17	00:49.50	00:55.48	00:56.27	00:55.83	00:53.17
100BR		03:58.46	03:18.85	02:51.44	02:44.61	02:24.22	02:19.13	01:58.86	01:55.27		02:04.60	01:55.77	01:52.49	01:56.10	01:44.36	02:03.00	01:56.68	02:01.90	01:56.10
50BF	03:38.09	02:19.75	01:40.50	01:14.70	01:02.79	00:54.00	00:53.20	00:49.18	00:47.68	00:44.76	00:48.10	00:45.41	00:46.45	00:46.95	00:43.53	00:48.15	00:47.83	00:49.29	00:46.95
100BF					02:13.76	02:00.12	01:57.90	01:40.61	01:39.13	01:34.02	01:41.77	01:34.11	01:34.15	01:39.41	01:33.75	01:46.80	01:39.44	01:44.38	01:39.41
200IM					05:00.05	04:28.12	04:16.10	03:54.10	03:42.53	03:35.94	03:55.45	03:34.23	03:35.34	03:44.19	03:31.36	04:15.39	03:46.96	03:55.40	03:44.19
150IM			05:41.08	04:59.36															
15/16 Years																			
50FR	01:42.55	01:32.97	01:06.99	00:58.40	00:50.61	00:44.86	00:42.15	00:40.11	00:38.52	00:35.95	00:39.00	00:35.13	00:35.83	00:38.00	00:35.99	00:37.30	00:38.94	00:39.90	00:38.00
100FR	03:36.61	03:21.39	02:27.19	02:06.48	01:48.75	01:38.09	01:31.27	01:26.55	01:22.95	01:17.34	01:25.26	01:16.58	01:18.24	01:21.50	01:18.43	01:23.22	01:23.36	01:25.58	01:21.50
50BK	02:02.07	01:38.72	01:14.60	01:10.16	00:59.30	00:56.19	00:53.83	00:48.31	00:46.65	00:44.12	00:49.44	00:44.25	00:43.83	00:45.22	00:41.36	00:47.11	00:45.63	00:47.48	00:45.22
100BK	04:16.10	03:18.38	02:49.93	02:31.79	02:06.79	01:51.17	01:46.28	01:38.22	01:33.20	01:30.30	01:39.92	01:27.26	01:27.45	01:34.08	01:27.73	01:40.08	01:34.79	01:38.78	01:34.08
50BR	02:22.39	01:27.32	01:16.36	01:11.15	01:07.16	00:57.59	00:57.49	00:50.72	00:46.64		00:52.33	00:49.20	00:47.46	00:46.34	00:43.08	00:48.01	00:48.86	00:48.66	00:46.34
100BR		04:01.89	03:25.58	02:41.67	02:32.94	02:17.85	02:11.64	01:52.32	01:49.96		01:58.72	01:48.52	01:47.18	01:50.15	01:30.94	01:46.56	01:50.62	01:55.66	01:50.15
50BF	03:13.91	02:02.40	01:28.21	01:05.63	00:55.39	00:47.65	00:46.92	00:43.39	00:42.01	00:39.48	00:42.26	00:39.92	00:40.86	00:40.77	00:37.94	00:41.55	00:41.33	00:42.81	00:40.77
100BF					01:57.49	01:45.85	01:44.27	01:28.60	01:27.34	01:22.87	01:29.64	01:22.82	01:22.79	01:28.14	01:21.69	01:32.15	01:28.16	01:32.55	01:28.14
200IM					04:18.89	03:56.32	03:45.56	03:26.45	03:16.32	03:10.22	03:27.44	03:08.57	03:09.54	03:17.18	03:04.24	03:40.22	03:19.44	03:27.04	03:17.18
150IM			04:35.39	03:56.00															
17 Years & Over																			
50FR	01:38.19	01:28.97	01:04.22	00:55.99	00:48.52	00:42.69	00:40.12	00:38.19	00:36.69	00:34.23	00:37.13	00:33.45	00:34.11	00:35.44	00:33.57	00:34.81	00:36.34	00:37.21	00:35.44
100FR	03:27.32	03:12.75	02:21.16	02:01.25	01:44.28	01:33.38	01:26.90	01:22.40	01:18.98	01:13.63	01:21.17	01:12.90	01:14.47	01:17.56	01:13.12	01:17.67	01:19.32	01:21.44	01:17.56
50BK	01:56.22	01:34.04	01:11.29	01:07.04	00:56.69	00:53.19	00:50.96	00:45.74	00:44.15	00:41.76	00:46.80	00:41.88	00:41.48	00:42.19	00:38.57	00:43.95	00:42.58	00:44.31	00:42.19
100BK	04:05.76	03:09.58	02:42.74	02:25.56	02:01.72	01:45.82	01:41.16	01:33.52	01:28.73	01:25.96	01:35.11	01:23.00	01:23.23	01:29.55	01:21.82	01:33.39	01:30.22	01:34.04	01:29.55
50BR	02:15.79	01:23.24	01:12.99	01:07.97	01:04.19	00:54.57	00:54.47	00:48.07	00:44.22		00:49.59	00:46.62	00:44.97	00:43.22	00:40.17	00:44.80	00:45.59	00:45.38	00:43.22
100BR		03:21.83	02:47.52	02:24.30	02:18.76	02:00.32	01:56.13	01:39.66	01:36.50		01:44.45	01:36.72	01:34.12	01:37.19	01:24.78	01:39.43	01:37.65	01:42.04	01:37.19
50BF	03:05.18	01:56.70	01:24.34	01:02.75	00:53.00	00:45.20	00:44.52	00:41.17	00:39.86	00:37.45	00:40.09	00:37.87	00:38.76	00:38.09	00:35.36	00:38.80	00:38.78	00:39.99	00:38.09
100BF					01:52.66	01:40.92	01:39.46	01:24.47	01:23.26	01:19.02	01:25.46	01:18.94	01:18.92	01:23.35	01:16.16	01:26.47	01:23.37	01:27.52	01:23.35
200IM					04:15.48	03:45.45	03:35.25	03:17.06	03:07.39	03:01.54	03:17.98	02:59.94	03:00.87	03:08.14	02:51.74	03:25.66	03:10.26	03:17.54	03:08.14
150IM			04:23.43	03:45.78															
13 Years & Over: 200m Freestyle																			
	08:26.87	07:50.60	05:45.01	05:03.87	04:18.76	03:32.39	03:22.46	03:08.67	02:57.81	02:48.31	03:07.52	02:40.68	02:46.89	02:50.18	02:50.08	03:11.77	02:59.63	02:58.68	02:50.18
13 – 15 Years: 400m Freestyle																			
							08:20.70	08:06.64	07:32.44	07:15.72	06:53.61	07:33.55	06:59.90	06:54.56	07:19.55	07:26.44	09:06.35	07:24.59	07:19.55
16 years & Over: 400m Freestyle																			
						07:11.37	06:58.23	06:28.97	06:14.51	05:55.46	06:30.73	06:00.77	05:56.00	06:17.57	05:56.59	07:16.82	06:21.61	06:36.45	06:17.57
FEMALE LONG COURSE																			
13-14 Years																			
50FR	02:12.37	02:02.63	01:36.96	01:16.81	01:05.25	01:00.39	00:55.44	00:53.79	00:50.42	00:48.86	00:53.08	00:46.50	00:47.01	00:49.67	00:45.93	00:52.49	00:51.95	00:52.15	00:49.67
100FR	04:41.72	04:09.44	03:15.45	02:42.60	02:18.59	02:08.88	01:58.44	01:54.52	01:46.48	01:44.49	01:55.61	01:41.03	01:40.56	01:45.81	01:39.56	01:52.41	01:49.56	01:51.10	01:45.81
50BK	02:09.21	02:02.07	01:42.69	01:31.16	01:16.18	01:14.00	01:09.67	01:05.66	01:00.08	00:57.17	01:04.40	00:58.50	00:57.86	00:55.47	00:53.31	01:03.28	01:00.18	00:58.24	00:55.47
100BK	04:53.26	04:32.53	03:43.10	03:11.34	02:44.95	02:25.95	02:19.76	02:08.50	01:59.59	01:53.50	02:13.22	01:55.60	01:55.33	01:57.51	01:53.46	02:24.28	02:02.12	02:03.39	01:57.51
50BR	03:10.03	02:12.15	01:41.58	01:34.08	01:22.05	01:19.87	01:18.68	01:07.61	01:05.93		01:11.10	01:02.60	01:05.05	01:01.85	00:57.46	01:05.61	01:03.79	01:04.94	01:01.85
100BR		05:17.90	04:08.85	03:18.63	02:55.09	02:56.76	02:37.76	02:16.88	02:14.67		02:32.41	02:11.83	02:13.12	02:19.08	02:06.38	02:29.80	02:15.15	02:26.04	02:19.08
50BF			01:47.97	01:37.05	01:16.99	01:14.89	01:01.98	01:00.62	00:57.24	00:55.41	00:59.49	00:56.10	00:53.08	00:54.05	00:49.96	00:55.85	00:56.72	00:56.75	00:54.05
100BF					03:23.85	02:27.52	02:14.52	01:59.64	01:53.46	01:53.31	02:13.23	01:47.88	01:49.74	01:56.84	01:51.10	02:44.46	01:58.82	02:02.69	01:56.84

200IM					05:35.77	05:07.89	04:44.62	04:25.51	04:09.80	04:07.16	04:41.41	04:06.95	04:04.04	04:05.78	04:04.52	04:54.99	04:15.79	04:18.07	04:05.78
150IM			06:09.72	05:13.52															
15/16 Years																			
50FR	01:52.69	01:48.11	01:25.01	01:07.24	00:57.59	00:53.12	00:48.95	00:47.40	00:44.47	00:43.05	00:46.71	00:40.99	00:41.41	00:43.20	00:40.02	00:45.50	00:45.06	00:45.36	00:43.20
100FR	04:09.43	03:40.65	02:50.33	02:22.58	02:02.38	01:53.50	01:44.54	01:41.02	01:34.05	01:32.06	01:41.75	01:28.99	01:28.63	01:33.11	01:26.76	01:37.39	01:36.18	01:37.77	01:33.11
50BK	01:54.53	01:47.88	01:30.26	01:20.31	01:07.43	01:05.18	01:01.39	00:57.86	00:52.97	00:50.37	00:56.71	00:51.51	00:50.97	00:48.21	00:46.35	00:54.91	00:52.03	00:50.62	00:48.21
100BK	04:17.56	03:58.26	03:16.03	02:48.14	02:25.62	02:08.53	02:03.07	01:53.52	01:45.62	01:40.13	01:57.25	01:41.77	01:41.49	01:43.51	01:38.61	02:04.62	01:47.26	01:48.69	01:43.51
50BR	02:48.51	01:57.12	01:29.59	01:22.60	01:12.38	01:10.28	01:09.38	00:59.51	00:57.91		01:02.44	00:55.13	00:57.39	00:53.67	00:50.00	00:56.90	00:55.26	00:56.35	00:53.67
100BR		04:41.31	03:40.67	02:54.73	02:34.86	02:26.32	02:19.14	02:00.94	01:58.89		02:11.05	01:56.15	01:57.35	02:02.45	01:50.01	02:09.79	01:59.26	02:08.58	02:02.45
50BF			01:34.97	01:24.86	01:07.94	00:57.98	00:54.16	00:51.90	00:49.09	00:48.12	00:54.85	00:46.39	00:47.03	00:47.06	00:43.43	00:48.40	00:49.23	00:49.41	00:47.06
100BF					02:59.30	02:09.57	01:58.41	01:45.25	01:40.03	01:39.65	01:57.18	01:35.16	01:36.51	01:43.83	01:36.80	02:20.52	01:45.45	01:49.02	01:43.83
200IM					04:56.50	04:37.89	04:18.35	03:54.29	03:40.61	03:37.64	04:07.55	03:37.43	03:34.88	03:40.78	03:32.83	04:14.95	03:44.75	03:51.82	03:40.78
150IM			05:09.80	04:23.26															
17 Years & Over																			
50FR	01:47.63	01:43.23	01:21.31	01:04.31	00:55.16	00:50.45	00:46.50	00:45.02	00:42.24	00:40.90	00:44.37	00:38.93	00:39.34	00:40.28	00:37.31	00:42.45	00:42.03	00:42.29	00:40.28
100FR	03:58.33	03:30.79	02:42.76	02:16.40	01:57.22	01:47.82	01:39.32	01:35.97	01:29.36	01:27.45	01:36.49	01:24.53	01:24.20	01:28.44	01:20.87	01:30.88	01:31.33	01:32.86	01:28.44
50BK	01:49.03	01:42.67	01:26.15	01:16.68	01:04.43	01:01.65	00:58.05	00:54.73	00:50.10	00:47.63	00:53.63	00:48.71	00:48.20	00:44.97	00:43.23	00:51.22	00:48.58	00:47.22	00:44.97
100BK	04:06.11	03:47.51	03:08.06	02:41.08	02:19.64	02:02.31	01:57.11	01:48.06	01:40.56	01:35.31	01:51.56	01:36.84	01:36.56	01:38.50	01:31.97	01:56.36	01:42.03	01:43.43	01:38.50
50BR	02:41.50	01:51.52	01:25.52	01:18.81	01:09.10	01:06.45	01:05.64	00:56.29	00:54.77		00:59.05	00:52.14	00:54.30	00:50.05	00:46.62	00:53.09	00:51.56	00:52.55	00:50.05
100BR		04:28.41	03:31.31	02:47.10	02:28.23	02:18.80	02:11.99	01:54.74	01:52.79		02:07.25	01:50.17	01:51.31	01:56.15	01:42.59	02:01.11	01:53.13	02:01.95	01:56.15
50BF			01:30.64	01:20.92	01:04.87	00:54.81	00:51.20	00:49.08	00:46.40	00:45.50	00:51.85	00:43.87	00:44.47	00:43.88	00:40.51	00:45.16	00:45.93	00:46.07	00:43.88
100BF					02:51.74	02:03.19	01:52.61	01:40.08	01:35.13	01:34.76	01:51.44	01:30.51	01:31.78	01:37.79	01:30.24	02:11.42	01:39.32	01:42.68	01:37.79
200IM					04:44.65	04:18.06	03:59.74	03:43.43	03:30.40	03:27.48	03:55.97	03:58.20	03:24.87	03:30.47	03:18.43	03:57.99	03:34.20	03:41.00	03:30.47
150IM			05:09.24	04:23.75															
13 years & Over: 200m Freestyle																			
	09:13.27	08:54.57	06:50.48	05:36.00	04:49.43	03:49.68	03:49.02	03:31.37	03:27.50	03:10.07	03:28.85	03:09.21	03:13.84	03:12.92	03:11.64	03:41.77	03:22.96	03:22.57	02:50.08
12 – 15 Years: 400m Freestyle																			
						09:12.65	08:39.31	08:10.51	07:42.89	07:42.16	08:41.73	07:43.12	07:35.12	07:56.37	08:30.51	10:14.00	07:56.79	08:21.04	07:56.37
16 Years & Over: 400m Freestyle																			
						07:54.91	07:26.67	07:02.22	06:39.22	06:37.28	07:28.14	06:37.61	06:31.28	06:48.99	06:47.77	08:10.71	06:49.32	07:09.79	06:48.99