



SWIMMING NSW JUNIOR METROPOLITAN CHAMPIONSHIPS SYDNEY OLYMPIC PARK AQUATIC CENTRE 26 - 27 NOVEMBER 2022

Session 1 Saturday 26 Nov, 9:00am					Session 2 Saturday 26 Nov, 12:00pm				
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 27 Nov, 9:00am					Session 4 Sunday 27 Nov, 12:00pm				
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 26TH NOVEMBER 2022

ENTRIES CLOSE 5PM TUESDAY 15 NOVEMBER 2022

ENTRY FEE \$21 PER INDIVIDUAL EVENT

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY



**SWIMMING NSW JUNIOR
METROPOLITAN CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
26 - 27 NOVEMBER 2022**

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	2:37.00	2:44.00
	400m	4:53.00	5:16.80	5:28.10	
	800m	10:25.00	10:44.00		
BACKSTROKE	50m	36.00	37.00	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	34.50	36.50	41.10	44.25
	100m	1:13.00	1:19.50	1:25.50	1:32.00
	200m	2:48.00	2:51.70	3:10.00	
INDIVIDUAL MEDLEY	200m	2:38.00	2:47.20	2:57.00	3:05.00
	400m	5:44.00	5:46.90		

**AGE AS AT 26TH NOVEMBER 2022
ENTRIES CLOSE 5PM TUESDAY 15 NOVEMBER 2022
ENTRY FEE \$21 PER INDIVIDUAL EVENT**

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY



**SWIMMING NSW JUNIOR
METROPOLITAN CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
26 - 27 NOVEMBER 2022**

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	2:31.50	2:38.50	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	2:54.00	3:03.00	
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	3:02.00	3:10.00	
INDIVIDUAL MEDLEY	200m	2:51.00	3:00.00	3:11.00
	400m	5:55.00		

**AGE AS AT 26TH NOVEMBER 2022
ENTRIES CLOSE 5PM TUESDAY 15 NOVEMBER 2022
ENTRY FEE \$21 PER INDIVIDUAL EVENT**

NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY



**SWIMMING NSW JUNIOR
METROPOLITAN CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
26 - 27 NOVEMBER 2022**

Qualifying Times – Multi Class – Girls

	S19	S18	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	57.75	1:03.45	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	2:04.94	2:16.99	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	2:18.35	2:50.50	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	2:41.00	2:57.10	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	2:18.16	2:31.96	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	5:02.43	5:32.53	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

	S19	S18	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	50.70	55.70	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	1:50.58	2:01.58	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	2:06.87	2:18.93	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	2:11.92	2:24.92	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	2:00.36	2:12.36	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	4:33.00	5:00.30	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 26TH NOVEMBER 2022
ENTRIES CLOSE 5PM TUESDAY 15 NOVEMBER 2022
ENTRY FEE \$21 PER INDIVIDUAL EVENT
NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY**