



**SNSW SENIOR STATE AGE CHAMPIONSHIPS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
**20 - 25 JANUARY 2022**

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

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



**SNSW SENIOR STATE AGE CHAMPIONSHIPS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
**20 - 25 JANUARY 2022**

Day Two HEATS Friday 21 January, 9:00am				
Event No.	Age Group		Distance	Stroke
24	16 Years	B	400m	Freestyle
25	16 Years & Over	G	400m	Freestyle
26	17 Years & Over	B	100m	Backstroke
27	15 Years	G	100m	Freestyle
28	15 Years	B	100m	Freestyle
29	14 Years	G	200m	Backstroke
30	13/14 Years	B	400m	Freestyle
31	12/13 Years	G	200m	Individual Medley
32	17 Years & Over	B	200m	Freestyle
33	16 Years	B	50m	Freestyle
34	16 Years & Over	G	50m	Freestyle
35	15 Years	G	200m	Butterfly
36	15 Years	B	200m	Butterfly
37	13/14 Years	B	100m	Butterfly
38	12/13 Years	G	100m	Butterfly
39	16 Years & Over	G	100m	Breaststroke
40	16 Years	B	100m	Breaststroke
41	16 Years & Over	G	50m	Backstroke
42	17 Years & Over	B	50m	Backstroke
43	15/16 Years	B	50m	Backstroke
44*	12-14 Years	G	800m	Freestyle (Timed Finals)

Day Two FINALS Friday 21 January, 5:30pm				
Event No.	Age Group		Distance	Stroke
24	16 Years	B	400m	Freestyle
25	16 Years	G	400m	Freestyle
25a	17 Years & Over	G	400m	Freestyle
26	17 Years	B	100m	Backstroke
26a	18 Years & Over	B	100m	Backstroke
27	15 Years	G	100m	Freestyle
28	15 Years	B	100m	Freestyle
29	14 Years	G	200m	Backstroke
30	13/14 Years	B	400m	Freestyle
31	12/13 Years	G	200m	Individual Medley
32	17 Years	B	200m	Freestyle
32a	18 Years & Over	B	200m	Freestyle
33	16 Years	B	50m	Freestyle
34	16 Years	G	50m	Freestyle
34a	17 Years & Over	G	50m	Freestyle
35	15 Years	G	200m	Butterfly
36	15 Years	B	200m	Butterfly
37	13/14 Years	B	100m	Butterfly
38	12/13 Years	G	100m	Butterfly
39	16 Years	G	100m	Breaststroke
39a	17 Years & Over	G	100m	Breaststroke
40	16 Years	B	100m	Breaststroke
41	16 Years	G	50m	Backstroke
41a	17 Years & Over	G	50m	Backstroke
42	17 Years	B	50m	Backstroke
42a	18 Years & Over	B	50m	Backstroke
43	15 Years	B	50m	Backstroke
43a	16 Years	B	50m	Backstroke
44*	12 - 14 Years	G	800m	Freestyle (Timed Finals)
45	13 - 18 Years	B	4 x 100m	Club Freestyle Relay
46	12 - 17 Years	G	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.

Where \* is indicated the fastest heat will be swum in the Finals Session. In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over). In Event 43, two (2) Finals will be swum (15 Years and 16 Years). In Event 44, Medals will be awarded in the following age groups; 12/13 Years & 14 Years.



**SNSW SENIOR STATE AGE CHAMPIONSHIPS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
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Day Three HEATS Saturday 22 January, 9:00am				
Event No.	Age Group		Distance	Stroke
47	15 Years	G	400m	Freestyle
48	15 Years	B	400m	Freestyle
49	16 Years & Over	G	100m	Backstroke
50	16 Years	B	400m	Individual Medley
51	14 Years	G	200m	Butterfly
52	13/14 Years	B	200m	Butterfly
53	17 Years & Over	B	400m	Individual Medley
54	15 Years	G	100m	Breaststroke
55	15 Years	B	100m	Breaststroke
56	16 Years	B	100m	Backstroke
57	14 Years	G	100m	Freestyle
58	13/14 Years	B	100m	Freestyle
59	12/13 Years	G	200m	Backstroke
60	16 Years & Over	G	400m	Individual Medley
61	17 Years & Over	B	200m	Breaststroke
62	15 Years	B	50m	Freestyle
63	15 Years	G	50m	Freestyle
64	12/13 Years	G	50m	Breaststroke
65	13/14 Years	B	50m	Breaststroke
66	14/15 Years	G	50m	Breaststroke
67*	16 Years & Over	B	800m	Freestyle (Timed Finals)
68*	12-14 Years	G	1500m	Freestyle (Timed Finals)

Day Three FINALS Saturday 22 January, 5:30pm				
Event No.	Age Group		Distance	Stroke
47	15 Years	G	400m	Freestyle
48	15 Years	B	400m	Freestyle
49	16 Years	G	100m	Backstroke
49a	17 Years & Over	G	100m	Backstroke
50	16 Years	B	400m	Individual Medley
51	14 Years	G	200m	Butterfly
52	13/14 Years	B	200m	Butterfly
53	17 Years	B	400m	Individual Medley
53a	18 Years & Over	B	400m	Individual Medley
54	15 Years	G	100m	Breaststroke
55	15 Years	B	100m	Breaststroke
56	16 Years	B	100m	Backstroke
57	14 Years	G	100m	Freestyle
58	13/14 Years	B	100m	Freestyle
59	12/13 Years	G	200m	Backstroke
60	16 Years	G	400m	Individual Medley
60a	17 Years & Over	G	400m	Individual Medley
61	17 Years	B	200m	Breaststroke
62a	18 Years & Over	B	200m	Breaststroke
62	15 Years	B	50m	Freestyle
63	15 Years	G	50m	Freestyle
64	12/13 Years	G	50m	Breaststroke
65	13/14 Years	B	50m	Breaststroke
66	14 Years	G	50m	Breaststroke
66a	15 Years	G	50m	Breaststroke
67*	16 Years & Over	B	800m	Freestyle (Timed Finals)
68*	12 - 14 Years	G	1500m	Freestyle (Timed Finals)
69	13 - 15 Years	B	4 x 50m	Club Medley Relay
70	12 - 14 Years	G	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 Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)  
 In Event 66, two (2) Finals will be swum (14 Years and 15 Years). In Event 67, Medals will be awarded in the following age groups; 16 Years, 17 Years and 18 & Over.  
 In Event 68, Medals will be awarded in the following age groups; 12/13 Years & 14 Years.



**SNSW SENIOR STATE AGE CHAMPIONSHIPS**  
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Day Four HEATS Sunday 23 January, 9:00am				
Event No.	Age Group		Distance	Stroke
71	15 Years	G	400m	Individual Medley
72	17 Years & Over	B	100m	Butterfly
73	16 Years & Over	G	200m	Freestyle
74	16 Years	B	200m	Freestyle
75	14 Years	G	50m	Freestyle
76	13/14 Years	B	50m	Freestyle
77	15 Years	G	100m	Backstroke
78	15 Years	B	100m	Backstroke
79	12/13 Years	G	200m	Butterfly
80	17 Years & Over	B	200m	Individual Medley
81	16 Years & Over	G	200m	Breaststroke
82	16 Years	B	200m	Breaststroke
83	15 Years	B	400m	Individual Medley
84	12/13 Years	G	100m	Freestyle
85	13/14 Years	B	100m	Breaststroke
86	14 Years	G	100m	Breaststroke
87	17 Years & Over	B	50m	Breaststroke
88	16 Years & Over	G	50m	Breaststroke
89	15/16 Years	B	50m	Breaststroke
90*	15 Years & Over	G	1500m	Freestyle (Timed Finals)

Day Four FINALS Sunday 23 January, 5:30pm				
Event No.	Age Group		Distance	Stroke
71	15 Years	G	400m	Individual Medley
72	17 Years	B	100m	Butterfly
72a	18 Years & Over	B	100m	Butterfly
73	16 Years	G	200m	Freestyle
73a	17 Years & Over	G	200m	Freestyle
74	16 Years	B	200m	Freestyle
75	14 Years	G	50m	Freestyle
76	13/14 Years	B	50m	Freestyle
77	15 Years	G	100m	Backstroke
78	15 Years	B	100m	Backstroke
79	12/13 Years	G	200m	Butterfly
80	17 Years	B	200m	Individual Medley
80a	18 Years & Over	B	200m	Individual Medley
81	16 Years	G	200m	Breaststroke
81a	17 Years & Over	G	200m	Breaststroke
82	16 Years	B	200m	Breaststroke
83	15 Years	B	400m	Individual Medley
84	12/13 Years	G	100m	Freestyle
85	13/14 Years	B	100m	Breaststroke
86	14 Years	G	100m	Breaststroke
87	17 Years	B	50m	Breaststroke
87a	18 Years & Over	B	50m	Breaststroke
88	16 Years	G	50m	Breaststroke
88a	17 Years & Over	G	50m	Breaststroke
89	15 Years	B	50m	Breaststroke
89a	16 Years	B	50m	Breaststroke
90*	15 Years & Over	G	1500m	Freestyle (Timed Finals)

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 Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)  
 In Event 89, two (2) Finals will be swum (15 Years and 16 Years). In Event 90, Medals will be awarded in the following age groups; 15 Years, 16 Years and 17 & Over.



**SNSW SENIOR STATE AGE CHAMPIONSHIPS**  
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Day Five HEATS Monday 24 January, 9:00am				
Event No.	Age Group		Distance	Stroke
91	16 Years & Over	G	100m	Butterfly
92	17 Years & Over	B	200m	Backstroke
93	12/13 Years	G	50m	Freestyle
94	13/14 Years	B	100m	Backstroke
95	14 Years	G	100m	Backstroke
96	15 Years	B	200m	Freestyle
97	15 Years	G	200m	Freestyle
98	16 Years	B	100m	Butterfly
99	12/13 Years	G	100m	Breaststroke
100	16 Years & Over	G	200m	Individual Medley
101	17 Years & Over	B	400m	Freestyle
102	13/14 Years	B	400m	Individual Medley
103	14 Years	G	400m	Individual Medley
104	15 Years	B	200m	Breaststroke
105	15 Years	G	200m	Breaststroke
106	16 Years	B	200m	Individual Medley
107	12/13 Years	G	400m	Freestyle
108	14/15 Years	G	50m	Butterfly
109	13/14 Years	B	50m	Butterfly
110	12/13 Years	G	50m	Butterfly
111*	13 - 15 Years	B	800m	Freestyle (Timed Finals)

Day Five FINALS Monday 24 January, 5.30 PM				
Event No.	Age Group		Distance	Stroke
91	16 Years	G	100m	Butterfly
91a	17 Years & Over	G	100m	Butterfly
92	17 Years	B	200m	Backstroke
92a	18 Years & Over	B	200m	Backstroke
93	12/13 Years	G	50m	Freestyle
94	13/14 Years	B	100m	Backstroke
95	14 Years	G	100m	Backstroke
96	15 Years	B	200m	Freestyle
97	15 Years	G	200m	Freestyle
98	16 Years	B	100m	Butterfly
99	12/13 Years	G	100m	Breaststroke
100	16 Years	G	200m	Individual Medley
100a	17 Years & Over	G	200m	Individual Medley
101	17 Years	B	400m	Freestyle
101a	18 Years & Over	B	400m	Freestyle
102	13/14 Years	B	400m	Individual Medley
103	14 Years	G	400m	Individual Medley
104	15 Years	B	200m	Breaststroke
105	15 Years	G	200m	Breaststroke
106	16 Years	B	200m	Individual Medley
107	12/13 Years	G	400m	Freestyle
108	14 Years	G	50m	Butterfly
108a	15 Years	G	50m	Butterfly
109	13/14 Years	B	50m	Butterfly
110	12/13 Years	G	50m	Butterfly
111*	13 - 15 Years	B	800m	Freestyle (Timed Finals)
112	12 - 16 Years	G	4 x 50m	Club Freestyle Relay
113	13 - 17 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 Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)  
 In Event 108, two (2) Finals will be swum (14 Years and 15 Years). In Event 111, Medals will be awarded in the following age groups; 13/14 Years & 15 Years.



**SNSW SENIOR STATE AGE CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
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Day Six HEATS Tuesday 25 January, 9:00am				
Event No.	Age Group		Distance	Stroke
114*	15 Years & Over	G	800m	Freestyle (Timed Finals)
115	17 Years & Over	B	200m	Butterfly
116	14 Years	G	200m	Freestyle
117	13/14 Years	B	200m	Freestyle
118	15 Years	G	100m	Butterfly
119	15 Years	B	100m	Butterfly
120	16 Years	B	200m	Backstroke
121	16 Years & Over	G	200m	Backstroke
122	12/13 Years	G	100m	Backstroke
123	17 Years & Over	B	100m	Freestyle
124	15 Years	G	200m	Individual Medley
125	15 Years	B	200m	Individual Medley
126	14 Years	G	200m	Breaststroke
127	13/14 Years	B	200m	Breaststroke
128	12/13 Years	G	400m	Individual Medley
129	15/16 Years	B	50m	Butterfly
130	16 Years & Over	G	50m	Butterfly
131	17 Years & Over	B	50m	Butterfly
132*	16 Years & Over	B	1500m	Freestyle (Timed Finals)

Day Six FINALS Tuesday 25 January, 5:30pm				
Event No.	Age Group		Distance	Stroke
114*	15 Years & Over	G	800m	Freestyle (Timed Finals)
115	17 Years	B	200m	Butterfly
115a	18 Years & Over	B	200m	Butterfly
116	14 Years	G	200m	Freestyle
117	13/14 Years	B	200m	Freestyle
118	15 Years	G	100m	Butterfly
119	15 Years	B	100m	Butterfly
120	16 Years	B	200m	Backstroke
121	16 Years	G	200m	Backstroke
121a	17 Years & Over	G	200m	Backstroke
122	12/13 Years	G	100m	Backstroke
123	17 Years	B	100m	Freestyle
123a	18 Years & Over	B	100m	Freestyle
124	15 Years	G	200m	Individual Medley
125	15 Years	B	200m	Individual Medley
126	14 Years	G	200m	Breaststroke
127	13/14 Years	B	200m	Breaststroke
128	12/13 Years	G	400m	Individual Medley
129	15 Years	B	50m	Butterfly
129a	16 Years	B	50m	Butterfly
130	16 Years	G	50m	Butterfly
130a	17 Years & Over	G	50m	Butterfly
131	17 Years	B	50m	Butterfly
131a	18 Years & Over	b	50m	Butterfly
132*	16 Years & Over	B	1500m	Freestyle (Timed Finals)
133	12 - 17 Years	G	4 x 100m	Club Medley Relay
134	13 - 18 Years	B	4 x 100m	Club Medley Relay
135	12 Years & Over	G	10 x 50m	Club Freestyle Relay
136	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 Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over). In Event 114, Medals will be awarded in the following age groups; 15 Years, 16 Years and 17 & Over. In Event 129, two (2) Finals will be swum (15 Years and 16 Years). In Event 132, Medals will be awarded in the following age groups; 16 Years, 17 Years and 18 & Over.



**SNSW SENIOR STATE AGE CHAMPIONSHIPS**  
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**Qualifying Times - Boys**

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

**AGE AS AT 20 JANUARY 2022**

**ENTRIES CLOSE 5PM TUESDAY 11 JANUARY 2022**

**ENTRY FEE \$20 PER INDIVIDUAL EVENT, \$40 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 135 and 136. A Club may enter one team ONLY in Events 135 and 136.



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**Qualifying Times - Girls**

	<b>17yrs &amp; Over</b>	<b>16yrs</b>	<b>15yrs</b>	<b>14yrs</b>	<b>12/13yrs</b>
<b>Freestyle</b>					
<b>50m</b>	29.70	29.70	30.00	30.00	30.50
<b>100m</b>	1:03.00	1:03.00	1:03.00	1:04.50	1:06.50
<b>200m</b>	2:18.00	2:18.00	2:18.50	2:19.50	2:22.50
<b>400m</b>	4:49.00	4:52.00	4:54.00	4:55.00	5:05.00
<b>800m</b>	9:50.00	9:55.00	9:55.00	10:10.00	10:25.00
<b>1500m</b>	18:37.00	18:45.00	18:45.00	18:55.00	19:45.00
<b>Backstroke</b>					
<b>50m</b>	33.48	33.82	34.12	34.74	35.68
<b>100m</b>	1:14.50	1:14.50	1:15.00	1:15.00	1:16.00
<b>200m</b>	2:41.00	2:41.00	2:42.00	2:42.00	2:46.00
<b>Breaststroke</b>					
<b>50m</b>	37.47	37.85	38.22	38.88	39.93
<b>100m</b>	1:25.00	1:25.00	1:26.00	1:26.50	1:28.00
<b>200m</b>	3:04.30	3:06.00	3:06.50	3:08.00	3:11.00
<b>Butterfly</b>					
<b>50m</b>	31.33	31.65	31.96	32.52	33.39
<b>100m</b>	1:10.00	1:12.00	1:12.00	1:13.50	1:16.00
<b>200m</b>	2:41.00	2:44.50	2:45.00	2:48.50	2:51.00
<b>Individual Medley</b>					
<b>200m</b>	2:38.50	2:40.00	2:40.00	2:41.00	2:43.00
<b>400m</b>	5:30.50	5:31.00	5:33.00	5:38.00	5:42.00
<b>Club Relays</b>	<b>12 – 17 Years</b>		<b>12 – 16 Years</b>		<b>12 – 14 Years</b>
<b>4x50m Freestyle</b>	-		2:05.50		2:08.00
<b>4x50m Medley</b>	-		2:19.00		2:22.00
<b>4x100m Freestyle</b>	4:20.00		-		-
<b>4x100m Medley</b>	4:48.00		-		-
<b>10x50m Freestyle</b>	Open Event No Qualifying Time				

**AGE AS AT 20 JANUARY 2022**

**ENTRIES CLOSE 5PM TUESDAY 11 JANUARY 2022**

**ENTRY FEE \$20 PER INDIVIDUAL EVENT, \$40 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 135 and 136. A Club may enter one team ONLY in Events 135 and 136.