



**NSW SENIOR STATE AGE
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
12 - 14 AUGUST 2022**

Session 1				
Friday 12 August, 3:00pm				
B	G			
1	2	Open	1500m	Freestyle
3	4	Open MC	200m	Individual Medley
	5	12/13 Years	200m	Individual Medley
6		13/14 Years	200m	Individual Medley
	7	14 Years	200m	Individual Medley
8	9	15 Years	200m	Individual Medley
10	11	16 Years	200m	Individual Medley
12	13	17 Years/Over	200m	Individual Medley
14	15	Open MC	100m	Breaststroke
	16	12/13 Years	100m	Breaststroke
17		13/14 Years	100m	Breaststroke
	18	14 Years	100m	Breaststroke
19	20	15 Years	100m	Breaststroke
21	22	16 Years	100m	Breaststroke
23	24	17 Years/Over	100m	Breaststroke
25		14-15 Years	4x50m	Freestyle Relay
	26	13-15 Years	4x50m	Freestyle Relay
27	28	16 Years/Over	4x50m	Medley Relay

Session 2					Session 3					
Saturday 13 August, 9:00am					Saturday 13 August, Not before 12:30pm					
B	G				B	G				
29	30	Open	50m	Butterfly	53	54	Open	50m	Backstroke	
	31	12/13 Years	100m	Freestyle	55	56	Open MC	100m	Backstroke	
32		13/14 Years	100m	Backstroke		57	12/13 Years	200m	Butterfly	
	33	14 Years	100m	Backstroke	58		13/14 Years	100m	Freestyle	
34	35	15 Years	200m	Breaststroke		59	14 Years	100m	Freestyle	
36	37	16 Years	200m	Backstroke	60	61	15 Years	100m	Butterfly	
38	39	17 Years/Over	100m	Freestyle	62	63	16 Years	100m	Freestyle	
	40	12/13 Years	200m	Backstroke	64	65	17 Years/Over	200m	Butterfly	
41		13/14 Years	100m	Butterfly		66	12/13 Years	100m	Backstroke	
	42	14 Years	100m	Butterfly	67		13/14 Years	200m	Breaststroke	
43	44	15 Years	200m	Backstroke		68	14 Years	200m	Breaststroke	
45	46	16 Years	50m	Freestyle	69	70	15 Years	50m	Freestyle	
47	48	17 Years/Over	200m	Backstroke	71	72	16 Years	200m	Butterfly	
49	50	Open MC	100m	Butterfly	73	74	17 Years/Over	100m	Backstroke	
51	52	16 Years/Over	400m	Freestyle	75		13-15 Years	400m	Freestyle	
						76	12-15 Years	400m	Freestyle	
						77	78	Open	50m	Breaststroke

AGE AS AT 12 AUGUST 2022
ENTRIES CLOSE 5PM TUESDAY 2 AUGUST 2022
ENTRY FEE \$21 PER INDIVIDUAL EVENT, RELAY EVENT \$42 (GST INCLUSIVE)



**NSW SENIOR STATE AGE
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SYDNEY OLYMPIC PARK AQUATIC CENTRE
12 - 14 AUGUST 2022**

Session 4 Sunday 14 August, 9:00am					Session 5 Sunday 14 August, Not before 12:30pm				
B	G				B	G			
79	80	Open	800m	Freestyle		107	12-15 Years	400m	Individual Medley
	81	12/13 Years	200m	Breaststroke	108		13-15 Years	400m	Individual Medley
82		13/14 Years	50m	Freestyle	109	110	16 Years/Over	400m	Individual Medley
	83	14 Years	50m	Freestyle	111	112	Open MC	50m	Freestyle
84	85	15 Years	100m	Freestyle		113	12/13 Years	100m	Butterfly
86	87	16 Years	200m	Breaststroke	114		13/14 Years	200m	Backstroke
88	89	17 Years/Over	50m	Freestyle		115	14 Years	200m	Backstroke
	90	12/13 Years	50m	Freestyle	116	117	15 Years	100m	Backstroke
91		13/14 Years	200m	Butterfly	118	119	16 Years	100m	Backstroke
	92	14 Years	200m	Butterfly	120	121	17 Years/Over	100m	Butterfly
93	94	15 Years	200m	Butterfly		122	12/13 Years	200m	Freestyle
95	96	16 Years	200m	Freestyle	123		13/14 Years	200m	Freestyle
97	98	17 Years/Over	200m	Breaststroke		124	14 Years	200m	Freestyle
99	100	Open MC	100m	Freestyle	125	126	15 Years	200m	Freestyle
101		14-15 Years	4x50m	Medley Relay	127	128	16 Years	100m	Butterfly
	102	13-15 Years	4x50m	Medley Relay	129	130	17 Years/Over	200m	Freestyle
103	104	16 Years/Over	4x50m	Freestyle Relay					
105	106	Open	100m	Individual Medley					

AGE AS AT 12 AUGUST 2022

ENTRIES CLOSE 5PM TUESDAY 2 AUGUST 2022

ENTRY FEE \$21 PER INDIVIDUAL EVENT, RELAY EVENT \$42 (GST INCLUSIVE)

- Swimmers may only compete in one of the NSW Senior State Age SC Championships or the NSW Junior State Age SC Championships
- *No minimum age restrictions on **MC events only**
- In all Multi Class Events, Medals will be awarded in the following age groups; 11 Years & Under, 12 -14 Years, 15 – 17 Years & Open
- In 17 Years & Over events; medals will be awarded in the following age groups: 17/18yrs & 19yrs & Over
- In events 51, 52, 109 & 110, 400 Freestyle and Individual Medley; medals will be awarded in the following age groups: 16yrs, 17/18yrs & 19 & Over
- In events 75 & 108, 400 Freestyle and Individual Medley; medals will be awarded in the following age groups: 13/14yrs & 15yrs
- In events 76 & 107, 400 Freestyle and Individual Medley; medals will be awarded in the following age groups: 12/13yrs, 14yrs & 15yrs
- A swimmer may only appear in one (1) relay team list for that event
- A maximum of one (1) swimmer from a younger age group may swim-up for relays, however the rule covered in the first dot point above still applies
- Where a club enters three (3) or more relay teams, **all teams** must meet the qualifying time to be eligible

Club Relay Qualifying Times

Men & Boys		16yrs & Over	14-15yrs
FREESTYLE	4x50m	1:57.50	2:02.50
MEDLEY	4x50m	2:15.00	2:22.50
Women & Girls		16yrs & Over	13-15yrs
FREESTYLE	4x50m	2:00.00	2:05.00
MEDLEY	4x50m	2:28.00	2:28.00



**NSW SENIOR STATE AGE
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
12 - 14 AUGUST 2022**

Qualifying Times - Men & Boys

		Open	17yrs & Over	16yrs	15yrs	13/14yrs
FREESTYLE	50m		25.90	26.00	26.30	26.70
	100m		55.00	56.00	56.00	58.00
	200m		2:01.00	2:02.00	2:04.00	2:08.00
	400m		4:25.00	4:26.00	4:28.00	4:32.50
	800m	8:55.00				
	1500m	17:00.00				
BACKSTROKE	50m	28.00				
	100m		1:04.50	1:05.00	1:05.00	1:07.00
	200m		2:22.80	2:23.00	2:23.00	2:27.00
BREASTSTROKE	50m	31.00				
	100m		1:12.00	1:14.00	1:14.00	1:15.00
	200m		2:39.00	2:43.00	2:45.00	2:49.00
BUTTERFLY	50m	26.50				
	100m		1:00.50	1:04.00	1:04.00	1:05.00
	200m		2:21.00	2:24.00	2:27.00	2:35.00
INDIVIDUAL MEDLEY	100m	1:04.00				
	200m		2:19.00	2:19.00	2:20.00	2:23.50
	400m		4:51.00	4:55.00	4:57.00	5:02.00

**AGE AS AT 12 AUGUST 2022
ENTRIES CLOSE 5PM TUESDAY 2 AUGUST 2022
ENTRY FEE \$21 PER INDIVIDUAL EVENT, RELAY EVENT \$42 (GST INCLUSIVE)**



**NSW SENIOR STATE AGE
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
12 - 14 AUGUST 2022**

Qualifying Times - Women & Girls

		Open	17yrs & Over	16yrs	15yrs	14yrs	12/13yrs					
FREESTYLE	50m		28.60	28.70	28.80	28.90	29.50					
	100m		1:02.00	1:02.00	1:02.00	1:02.00	1:03.50					
	200m		2:15.50	2:16.00	2:16.00	2:16.50	2:17.50					
	400m		4:43.00	4:46.50	4:46.50	4:48.00	4:52.50					
	800m		9:30.00									
1500m	17:55.00											
BACKSTROKE	50m	31.00										
	100m							1:11.00	1:11.00	1:11.00	1:11.00	1:12.00
	200m							2:33.00	2:33.50	2:34.50	2:35.00	2:36.50
BREASTSTROKE	50m	35.00										
	100m							1:22.00	1:22.00	1:22.00	1:21.00	1:24.00
	200m							2:54.00	2:55.00	2:57.00	2:56.50	3:01.00
BUTTERFLY	50m	30.00										
	100m							1:11.00	1:11.00	1:11.00	1:11.00	1:12.50
	200m							2:35.50	2:35.50	2:36.00	2:38.00	2:40.00
INDIVIDUAL MEDLEY	100m	1:10.00										
	200m							2:33.00	2:33.00	2:33.00	2:33.00	2:35.40
	400m							5:15.00	5:15.00	5:20.00	5:25.00	5:30.00

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**NSW SENIOR STATE AGE
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SYDNEY OLYMPIC PARK AQUATIC CENTRE
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Qualifying Times - Multi-Classification

Men & Boys

10-14 Years Men/Boys

	50m FREE	100m FREE	100m BACK	100m FLY		100m BREAST		200m IM	
S1	2:12.01	4:42.14	5:40.45		SB1				
S2	1:59.99	4:22.22	4:20.78		SB2				4:35.15
S3	1:26.75	3:12.36	3:43.72		SB3				3:49.44
S4	1:15.71	2:45.60	3:18.43		SB4				3:17.82
S5	1:05.63	2:22.28	2:44.86	2:34.34	SB5	3:09.94	SM5	5:49.57	
S6	58.15	2:08.34	2:25.39	2:18.60	SB6	2:46.40	SM6	5:12.37	
S7	54.59	1:59.30	2:19.26	2:16.04	SB7	2:40.54	SM7	4:58.37	
S8	51.98	1:53.21	2:08.34	1:56.09	SB8	2:17.15	SM8	4:32.74	
S9	49.91	1:48.53	2:01.88	1:54.38	SB9	2:13.01	SM9	4:19.26	
S10	46.46	1:41.04	1:58.20	1:48.48			SM10	4:11.58	
S11	50.56	1:51.50	2:04.96	1:57.43	SB11	2:23.77	SM11	4:34.31	
S12	45.48	1:40.15	1:54.40	1:48.59	SB12	2:13.58	SM12	4:09.59	
S13	46.45	1:42.56	1:54.71	1:48.64	SB13	2:09.79	SM13	4:10.88	
S14	49.92	1:46.82	2:03.29	1:54.71	SB14	2:13.96	SM14	4:21.19	
S15	47.27	1:43.92	1:56.42	1:48.17	SB15	2:00.42	SM15	4:06.24	
S16	49.25	1:51.04	2:13.37	2:03.23	SB16	2:21.92	SM16	4:57.54	
S18	52.42	1:39.56	2:09.46	2:00.44	SB18	2:20.65	SM18	4:34.25	
S19	49.92	1:46.82	2:03.29	1:54.71	SB19	2:13.96	SM19	4:21.19	

15/16 Years Men/Boys

	50m FREE	100m FREE	100m BACK	100m FLY		100m BREAST		200m IM	
S1	1:57.20	4:09.94	4:55.50		SB1				
S2	1:46.25	3:52.37	3:48.90		SB2				4:39.11
S3	1:16.56	2:49.84	3:16.07		SB3				3:57.20
S4	1:06.74	2:25.94	2:55.14		SB4				3:06.54
S5	57.84	2:05.48	2:26.29	2:15.56	SB5	2:56.47	SM5	5:01.62	
S6	51.26	1:53.18	2:08.27	2:02.14	SB6	2:39.06	SM6	4:35.33	
S7	48.17	1:45.31	2:02.63	2:00.31	SB7	2:31.90	SM7	4:22.79	
S8	45.84	1:39.86	1:53.33	1:42.23	SB8	2:09.60	SM8	4:00.53	
S9	44.03	1:35.71	1:47.54	1:40.78	SB9	2:06.88	SM9	3:48.72	
S10	41.09	1:29.24	1:44.20	1:35.62			SM10	3:41.62	
S11	44.57	1:38.38	1:55.30	1:43.43	SB11	2:16.98	SM11	4:01/68	
S12	40.15	1:28.36	1:40.68	1:35.56	SB12	2:05.22	SM12	3:39.70	
S13	40.94	1:30.28	1:40.91	1:35.53	SB13	2:03.67	SM13	3:40.82	
S14	43.43	1:34.49	1:48.55	1:41.70	SB14	2:07.09	SM14	3:49.73	
S15	41.14	1:30.49	1:41.23	1:34.26	SB15	1:44.93	SM15	3:34.64	
S16	42.62	1:36.02	1:55.48	1:46.33	SB16	2:02.95	SM16	4:16.57	
S18	45.60	1:38.75	1:53.98	1:46.79	SB18	2:13.45	SM18	4:01.21	
S19	43.43	1:34.04	1:48.55	1:41.70	SB19	2:07.09	SM19	3:49.73	



NSW SENIOR STATE AGE
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Qualifying Times - Multi-Classification
Men & Boys Continued...

17 Years & Over Men/Boys									
	50m FREE	100m FREE	100m BACK	100m FLY		100m BREAST		200m IM	
S1	1:54.55	4:04.20	4:49.48		SB1				
S2	1:43.70	3:47.04	3:43.31		SB2				3:57.74
S3	1:14.92	2:46.27	3:11.69		SB3				3:17.32
S4	1:05.32	2:22.82	2:51.45		SB4				2:49.97
S5	56.61	2:02.83	2:23.37	2:12.70	SB5	2:43.44	SM5	5:03.85	
S6	49.81	1:49.99	2:04.64	1:58.87	SB6	2:21.72	SM6	4:28.13	
S7	46.81	1:42.36	1:59.16	1:57.15	SB7	2:16.78	SM7	4:16.00	
S8	44.55	1:37.06	1:50.15	1:39.49	SB8	1:57.39	SM8	3:54.37	
S9	42.80	1:33.03	1:44.52	1:38.07	SB9	1:53.67	SM9	3:42.86	
S10	39.94	1:26.73	1:41.25	1:33.08			SM10	3:35.91	
S11	43.32	1:35.61	1:52.03	1:40.66	SB11	2:03.03	SM11	3:55.46	
S12	39.03	1:25.87	1:37.77	1:32.98	SB12	1:53.93	SM12	3:34.01	
S13	39.80	1:27.72	1:38.04	1:32.95	SB13	1:50.86	SM13	3:35.11	
S14	41.34	1:31.36	1:45.48	1:38.17	SB14	1:54.48	SM14	3:43.76	
S15	39.16	1:26.13	1:36.37	1:29.71	SB15	1:39.86	SM15	3:24.26	
S16	40.61	1:31.48	1:50.00	1:41.85	SB16	1:57.12	SM16	4:04.60	
S18	43.41	1:35.93	1:50.76	1:43.08	SB18	2:00.20	SM18	3:54.94	
S19	41.34	1:31.36	1:45.48	1:38.17	SB19	1:54.48	SM19	3:43.76	

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*No minimum age restrictions on MC events only



**NSW SENIOR STATE AGE
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
12 - 14 AUGUST 2022**

**Qualifying Times - Multi-Classification
Women & Girls**

10-14 Years Women/Girls									
	50m FREE	100m FREE	100m BACK	100m FLY		100m BREAST		200m IM	
S1	2:31.28	5:25.06	5:38.38		SB1				
S2	2:20.15	4:47.82	5:14.46		SB2				6:06.80
S3	1:50.81	3:45.52	4:17.42		SB3				4:47.14
S4	1:27.78	3:07.62	3:40.78		SB4				3:49.19
S5	1:14.57	2:39.91	3:10.33	3:55.21	SB5	3:22.03	SM5	6:31.19	
S6	1:09.01	2:28.70	2:48.41	2:50.22	SB6	3:23.95	SM6	5:58.70	
S7	1:03.36	2:16.66	2:41.26	2:35.22	SB7	3:02.03	SM7	4:31.60	
S8	1:01.48	2:12.14	2:28.27	2:18.05	SB8	2:37.94	SM8	5:09.34	
S9	57.62	2:02/86	2:17.99	2:10.92	SB9	2:35.39	SM9	4:51.02	
S10	55.84	2:00.56	2:10.96	2:10.74			SM10	4:47.95	
S11	1:00.66	2:13.49	2:33.72	2:33.73	SB11	2:55.86	SM11	5:27.85	
S12	53.15	1:56.57	2:13.38	2:04.48	SB12	2:32.11	SM12	4:47.71	
S13	53.72	1:56.03	2:13.07	2:06.62	SB13	2:33.60	SM13	4:44.32	
S14	56.76	2:02.09	2:15.59	2:14.82	SB14	2:40.48	SM14	4:46.34	
S15	52.49	1:54.88	2:10.92	2:08.20	SB15	2:25.82	SM15	4:44.88	
S16	59.99	2:09.71	2:46.48	3:09.76	SB16	2:52.85	SM16	5:43.68	
S18	59.60	2:08.20	2:22.37	2:21.56	SB18	2:48.50	SM18	5:00.66	
S19	56.76	2:02.09	2:15.59	2:14.82	SB19	2:40.48	SM19	4:46.34	

15/16 Years Women/Girls									
	50m FREE	100m FREE	100m BACK	100m FLY		100m BREAST		200m IM	
S1	2:08.78	4:47.81	4:57.18		SB1				
S2	2:03.55	4:14.59	4:34/92		SB2				5:24.59
S3	1:37.15	3:16.54	3:46.19		SB3				4:14.62
S4	1:16.85	2:44.52	3:14.00		SB4				3:21.61
S5	1:05.82	2:21.20	2:48.02	3:26.88	SB5	2:58.68	SM5	5:45.43	
S6	1:00.71	2:10.96	2:28.31	2:29.51	SB6	2:48.83	SM6	5:23.76	
S7	55.94	2:00.62	2:22.01	2:16.63	SB7	2:40.55	SM7	5:01.00	
S8	54.17	1:56.56	2:10.98	2:01.44	SB8	2:19.55	SM8	4:32.96	
S9	50.82	1:48.52	2:01.87	1:55.42	SB9	2:17.18	SM9	4:17.02	
S10	49.20	1:46.22	1:55.54	1:54.98			SM10	4:13.56	
S11	53.39	1:57.41	2:15/29	2:15.20	SB11	2:31.21	SM11	4:48.41	
S12	46.85	1:42.68	1:57.43	1:49.80	SB12	2:14.02	SM12	4:13.32	
S13	47.33	1:42.26	1:57.11	1:51.36	SB13	2:15.41	SM13	4:10.34	
S14	49.37	1:47.44	1:59.44	1:59.81	SB14	2:21.29	SM14	4:17.22	
S15	45.73	1:40.10	1:53.78	1:51.70	SB15	2:06.94	SM15	4:07.96	
S16	52.00	1:52.37	2:23.80	2:42.14	SB16	2:29.76	SM16	4:57.02	
S18	51.84	1:52.81	2:05.41	2:05.80	SB18	2:28.36	SM18	4:30.08	
S19	49.37	1:47.44	1:59.44	1:59/81	SB19	2:21.29	SM19	4:17.22	



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Qualifying Times - Multi-Classification
Women & Girls Continued..

17 Years & Over Women/Girls									
	50m FREE	100m FREE	100m BACK	100m FLY		100m BREAST		200m IM	
S1	2:05.56	4:40.72	4:49.88		SB1				
S2	2:00.43	4:08.28	4:27.98		SB2				5:16.16
S3	1:34.86	3:11.71	3:41.52		SB3				4:08.90
S4	1:15.03	2:40.66	3:09.73		SB4				3:16.82
S5	1:04.35	2:18.07	2:44.48	3:22.28	SB5	2:54.60	SM5	5:38.54	
S6	58.86	2:07.00	2:24.07	2:25.10	SB6	2:43.49	SM6	5:06.91	
S7	54.26	1:56.99	2:17.95	2:12.64	SB7	2:35.46	SM7	4:45.13	
S8	52:53	1:53.04	2:07.28	1:57.88	SB8	2:15.15	SM8	4:25.73	
S9	49.28	1:45.25	1:58.45	1:52.05	SB9	2:12.85	SM9	4:10.23	
S10	47.71	1:43.01	1:52.26	1:51.62			SM10	4:06.76	
S11	51:77	1:53.66	2:11.41	2:11.26	SB11	2:39.89	SM11	4:40.65	
S12	45.42	1:39.57	1:54.07	1:46.61	SB12	2:07.76	SM12	4:43.29	
S13	45.90	1:39.18	1:53.74	1:48.11	SB13	2:11.11	SM13	4:03.65	
S14	46.99	1:44.17	1:56.02	1:55.19	SB14	2:16.81	SM14	4:10.32	
S15	43.52	1:35.26	1:48.33	1:46.29	SB15	2:00.83	SM15	3:56.00	
S16	49.53	1:47.04	2:17.05	2:34.80	SB16	2:22.65	SM16	4:43.05	
S18	49.34	1:49.38	2:01.83	2:00.94	SB18	2:23.64	SM18	4:22.84	
S19	46.99	1:44.17	1:56.02	1:55.19	SB19	2:16.81	SM19	4:10.32	

