



NSW State Open Championships

Sydney Olympic Park Aquatic Centre

4 - 6 March 2022

Day One HEATS Friday 4 March, 9:00am			Day One FINALS Friday 4 March, 6:00pm		
1	Men's 400m Freestyle		1	Men's 400m Freestyle	
2	Women's 50m Butterfly		2	Women's 50m Butterfly	
3	Men's 200m Butterfly		3	Men's 200m Butterfly	
4	Women's 100m Breaststroke		4	Women's 100m Breaststroke	
101	Men's 11 & O 200m MC Freestyle		101	Men's 11 & O 200m MC Freestyle	
102	Women's 11 & O 200m MC Freestyle		102	Women's 11 & O 200m MC Freestyle	
5	Men's 50m Breaststroke		5	Men's 50m Breaststroke	
6	Women's 100m Freestyle		6	Women's 100m Freestyle	
7	Men's 100 Freestyle		7	Men's 100 Freestyle	
8	Women's 400 Individual Medley		8	Women's 400 Individual Medley	
9	Women's 200m Backstroke		9	Women's 200m Backstroke	
103	Men's 11 & O 100m MC Butterfly		103	Men's Open 100m MC Butterfly	
104	Women's 11 & O 100m MC Butterfly		104	Women's Open 100m MC Butterfly	
10	Men's 50m Backstroke		10	Men's 50m Backstroke	
*11	Women's 800m Freestyle	Timed Finals	*11	Women's 800m Freestyle	Timed Finals
			12	Women's 4x100m Club Medley Relay	Timed Finals
			13	Men's 4x100m Club Medley Relay	Timed Finals

* Fastest Heat to be swum in the Finals Session

ENTRIES CLOSE 5PM TUESDAY 22 FEBRUARY 2021

ENTRY FEE \$20 PER INDIVIDUAL EVENT \$40 PER RELAY EVENT (GST INCLUSIVE)

NOTE: 'B' Finals will be conducted for all events provided that twenty-five (25) swimmers contest the heats of that event. 800m & 1500m Freestyle events will be swum as timed finals with the fastest heat swam in the finals session. No 'B' Finals will be conducted for Multi Class Events. Each Multi Class Final will consist of ten (10) swimmers, with priority given to the top three (3) swimmers of each Class. In events 103 & 104, Medals will be awarded for 11-18 Years and 19 & over.



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Day Two HEATS Saturday 5 March, 9:00am			Day Two FINALS Saturday 5 March, 6:00pm		
14	Women's 400m Freestyle		14	Women's 400m Freestyle	
15	Men's 50m Butterfly		15	Men's 50m Butterfly	
16	Women's 100m Butterfly		16	Women's 100m Butterfly	
105	Men's 11 & O 400m MC Freestyle		105	Men's 11 & O 400m MC Freestyle	
106	Women's 11 & O 400m MC Freestyle		106	Women's 11 & O 400m MC Freestyle	
17	Men's 200m Freestyle		17	Men's 200m Freestyle	
18	Women's 100m Backstroke		18	Women's 100m Backstroke	
19	Men's 100m Breaststroke		19	Men's 100m Breaststroke	
107	Men's 11 & O 100m MC Breaststroke		107	Men's 11 & O 100m MC Breaststroke	
108	Women's 11 & O 100m MC Breaststroke		108	Women's 11 & O 100m MC Breaststroke	
20	Women's 200m Breaststroke		20	Women's 200m Breaststroke	
21	Men's 200m Backstroke		21	Men's 200m Backstroke	
22	Women's 50 Freestyle		22	Women's 50 Freestyle	
23	Men's 200m Individual Medley		23	Men's 200m Individual Medley	
109	Men's 11 & O 50m MC Freestyle		109	Men's 11 & O 50m MC Freestyle	
110	Women's 11 & O 50m MC Freestyle		110	Women's 11 & O 50m MC Freestyle	
*24	Men's 800m Freestyle	Timed Finals	*24	Men's 800m Freestyle	Timed Finals
			25	Mixed 4x100m Club Medley Relay	Timed Finals
			26	Women's 4x200m Club Freestyle Relay	Timed Finals
			27	Men's 4x200m Club Freestyle Relay	Timed Finals

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4 - 6 March 2022

Day Three HEATS Sunday 6 March, 9:00am			Day Three FINALS Sunday 6 March, 5:30pm		
28	Women's 200 Butterfly		28	Women's 200 Butterfly	
29	Men's 100m Butterfly		29	Men's 100m Butterfly	
111	Men's 11 & O 100m MC Backstroke		111	Men's 11 & O 100m MC Backstroke	
112	Women's 11 & O 100m MC Backstroke		112	Women's 11 & O 100m MC Backstroke	
30	Women's 50m Breaststroke		30	Women's 50m Breaststroke	
31	Men's 200m Breaststroke		31	Men's 200m Breaststroke	
32	Women's 200m Freestyle		32	Women's 200m Freestyle	
113	Men's 11 & O 200m MC IM		113	Men's 11 & O 200m MC IM	
114	Women's 11 & O 200m MC IM		114	Women's 11 & O 200m MC IM	
33	Men's 50m Freestyle		33	Men's 50m Freestyle	
34	Women's 200m Individual Medley		34	Women's 200m Individual Medley	
35	Men's 400m Individual Medley		35	Men's 400m Individual Medley	
36	Women's 50m Backstroke		36	Women's 50m Backstroke	
115	Men's 11 & O 100m MC Freestyle		115	Men's 11 & O 100m MC Freestyle	
116	Women's 11 & O 100m MC Freestyle		116	Women's 11 & O 100m MC Freestyle	
37	Men's 100m Backstroke		37	Men's 100m Backstroke	
*38	Men's 1500m Freestyle	Timed Finals	*38	Men's 1500m Freestyle	Timed Finals
*39	Women's 1500m Freestyle	Timed Finals	*39	Women's 1500m Freestyle	Timed Finals
			40	Women's 4x100 Club Freestyle Relay	Timed Finals
			41	Men's 4x100 Club Freestyle Relay	Timed Finals

* Fastest Heat to be swum in the Finals Session

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ENTRY FEE \$20 PER INDIVIDUAL EVENT \$40 PER RELAY EVENT (GST INCLUSIVE)

NOTE: 'B' Finals will be conducted for all events provided that twenty-five (25) swimmers contest the heats of that event. 800m & 1500m Freestyle events will be swum as timed finals with the fastest heat swam in the finals session. No 'B' Finals will be conducted for Multi Class Events. Each Multi Class Final will consist of ten (10) swimmers, with priority given to the top three (3) swimmers of each Class. In events, 111, 112, 115 & 116, Medals will be awarded for 11-18 Years and 19 & over.

**NSW State Open Championships
Sydney Olympic Park Aquatic Centre
4 - 6 March 2022**

QUALIFYING TIMES

MEN		WOMEN
FREESTYLE		
25.60	50m	28.50
54.50	100m	1:01.50
2:00.00	200m	2:12.00
4:20.50	400m	4:40.00
9:10.00	800m	9:25.00
16:50.00	1500m	18:15.00
BACKSTROKE		
30.50	50m	33.00
1:04.50	100m	1:10.50
2:18.50	200m	2:36.00
BREASTSTROKE		
33.50	50m	38.00
1:12.00	100m	1:21.50
2:37.00	200m	2:53.50
BUTTERFLY		
27.80	50m	31.00
1:00.00	100m	1:09.00
2:15.00	200m	2:34.50
INDIVIDUAL MEDLEY		
2:19.00	200m	2:33.50
4:57.00	400m	5:20.00
CLUB RELAYS		
3:58.00	4x100 F/S	4:22.00
8:35.00	4x200 F/S	9:18.00
4:26.00	4x100 Med	4:50.00
Mixed 4x100 Medley		4:45.00

ENTRIES CLOSE 5PM TUESDAY 22 FEBRUARY 2021

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NSW State Open Championships Multi-Class Qualifying Times

Women		S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16
50m Free	Open	01:51.2	01:38.7	01:18.4	00:51.3	00:47.6	00:47.1	00:45.4	00:41.7	00:38.5	00:37.2	00:43.2	00:36.8	00:35.8	00:37.8	00:35.8	00:41.5
	11-18yrs	02:02.3	01:48.6	01:26.2	00:56.5	00:52.4	00:51.8	00:50.0	00:45.8	00:42.4	00:41.0	00:47.5	00:40.5	00:39.4	00:41.6	00:39.4	00:45.6
100m Free	Open	03:56.2	03:34.1	02:42.1	01:57.9	01:43.3	01:44.2	01:37.6	01:30.1	01:22.1	01:20.7	01:33.6	01:18.5	01:18.3	01:21.6	01:17.8	01:33.0
	11-18yrs	04:19.9	03:55.5	02:58.4	02:09.6	01:53.7	01:54.6	01:47.3	01:39.1	01:30.3	01:28.7	01:43.0	01:26.4	01:26.1	01:29.8	01:25.6	01:42.3
200m Free	Open						03:50.6	03:29.6	03:15.0	02:54.8	02:54.8	03:23.0	02:47.3	02:51.2	02:56.1	02:48.9	03:28.6
	11-18yrs						04:13.7	03:50.6	03:34.5	03:12.2	03:12.3	03:43.3	03:04.0	03:08.3	03:13.7	03:05.8	03:49.5
400m Free	Open						07:55.5	07:37.8	06:40.2	06:22.3	06:07.5	07:03.9	06:23.6	06:03.1	06:13.1	05:50.6	07:38.2
	11-18yrs						08:43.0	08:23.6	07:20.2	07:00.5	06:44.3	07:46.2	07:02.0	06:39.4	06:50.4	06:25.7	08:24.1
100m Back	Open	03:57.7	04:19.2	02:53.2	02:27.4	02:20.0	01:55.9	01:52.2	01:42.8	01:32.0	01:36.9	01:47.8	01:31.4	01:30.6	01:31.3	01:29.7	02:06.0
	11-18yrs	04:21.5	04:45.1	03:10.6	02:42.2	02:34.0	02:07.5	02:03.4	01:53.1	01:41.3	01:46.6	01:58.6	01:40.6	01:39.7	01:40.4	01:38.7	02:18.6
100m Fly	Open						02:15.6	01:53.5	01:47.7	01:37.3	01:30.0	01:45.2	01:28.4	01:26.3	01:31.2	01:25.6	01:34.8
	11-18yrs						02:29.2	02:04.8	01:58.5	01:47.0	01:39.0	01:55.7	01:37.2	01:34.9	01:40.3	01:34.1	01:44.2
100m Breast (SB)	Open			02:49.6	02:29.8	02:25.2	02:16.8	02:05.0	01:46.8	01:40.6		01:57.3	01:50.9	01:40.8	01:46.8	01:37.7	02:06.2
	11-18yrs			03:06.5	02:44.8	02:39.7	02:30.4	02:17.5	01:57.4	01:50.7		02:09.1	02:01.9	01:50.9	01:57.4	01:47.5	02:18.8
200m IM (SM)	Open					04:13.3	04:21.4	04:13.8	03:53.9	03:34.0	03:21.0	03:52.7	03:19.4	03:11.3	03:20.6	03:11.0	04:08.2
	11-18yrs					04:38.6	04:47.5	04:39.2	04:17.3	03:55.4	03:41.1	04:16.0	03:39.4	03:30.4	03:40.7	03:30.1	04:33.1
Men		S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16
50m Free	Open	01:30.3	01:18.6	01:01.2	00:49.7	00:43.2	00:40.7	00:37.4	00:36.0	00:34.5	00:32.3	00:34.0	00:33.1	00:32.3	00:33.1	00:31.1	00:36.1
	11-18yrs	01:39.3	01:26.5	01:07.3	00:54.7	00:47.5	00:44.8	00:41.2	00:39.6	00:38.0	00:35.6	00:37.3	00:36.4	00:35.5	00:36.4	00:34.2	00:39.8
100m Free	Open	03:19.8	02:50.8	02:18.9	01:48.9	01:39.4	01:29.1	01:21.8	01:18.4	01:16.6	01:10.3	01:14.2	01:13.6	01:11.9	01:12.4	01:08.9	01:20.8
	11-18yrs	03:39.7	03:07.9	02:32.8	01:59.7	01:49.3	01:38.0	01:30.0	01:26.2	01:24.3	01:17.3	01:21.6	01:20.9	01:19.1	01:19.6	01:15.7	01:28.8
200m Free	Open						03:17.1	02:55.8	02:49.6	02:43.2	02:32.3	02:40.9	02:36.8	02:37.2	02:36.1	02:29.5	03:01.1
	11-18yrs						03:36.8	03:13.3	03:06.6	02:59.5	02:47.5	02:57.0	02:52.5	02:52.9	02:51.7	02:44.4	03:19.2
400m Free	Open						06:59.9	06:24.6	06:10.2	05:47.6	05:19.5	05:41.1	05:35.0	05:35.2	05:45.9	05:05.3	07:09.9
	11-18yrs						07:41.9	07:03.0	06:47.2	06:22.3	05:51.4	06:15.2	06:08.4	06:08.7	06:20.5	05:35.8	07:52.9
100m Back	Open	04:12.4	02:54.3	02:42.5	02:12.9	02:05.6	01:42.0	01:38.4	01:30.6	01:25.1	01:20.4	01:30.6	01:23.7	01:23.4	01:23.4	01:17.7	01:37.5
	11-18yrs	04:37.7	03:11.7	02:58.7	02:26.2	02:18.1	01:52.2	01:48.3	01:39.7	01:33.6	01:28.5	01:39.6	01:32.1	01:31.7	01:31.7	01:25.5	01:47.2
100m Fly	Open						01:39.4	01:41.8	01:27.6	01:24.3	01:18.0	01:23.1	01:17.2	01:19.2	01:19.0	01:15.3	02:02.5
	11-18yrs						01:49.3	01:51.9	01:36.3	01:32.7	01:25.8	01:31.4	01:24.9	01:27.1	01:26.9	01:22.9	02:14.8
100m Breast (SB)	Open			02:31.1	02:07.2	01:59.0	01:59.4	01:49.9	01:33.9	01:36.2		01:48.1	01:44.8	01:41.8	01:39.2	01:34.3	01:59.6
	11-18yrs			02:46.2	02:19.9	02:10.9	02:11.3	02:00.9	01:43.3	01:45.8		01:58.9	01:55.3	01:52.0	01:49.1	01:43.7	02:11.6
200m IM (SM)	Open					04:03.8	03:41.9	03:36.8	03:18.5	03:07.0	02:57.5	03:07.1	03:03.4	03:02.7	03:00.6	02:41.3	03:35.9
	11-18yrs					04:28.2	04:04.1	03:58.5	03:38.3	03:25.7	03:15.3	03:25.8	03:21.7	03:21.0	03:18.7	02:57.4	03:57.4