



EVENT DETAILS & ENTRY INFORMATION

- **Event:** 2023 NSW Junior Metropolitan Championships
- **Dates:** 25th-26th November 2023
- **Closing Date:** Entries Close at 5:00pm AEST, Tuesday 14th November
- **Age as at:** 25th November 2023
- **Event Fee:** \$23.50 Per Individual Event (Meet Levy & GST Inclusive)
- **Minimum Age:** 9 Years Old (as of 25th November 2023)
- **Qualifying Period/Criteria:**
 - Results must be achieved since 1st October 2022 to be eligible for entry into this event.
 - LC & SC Times from within this period can be used to enter this meet.
 - A qualifying time must have been achieved, uploaded, approved and verified in Swim Central by the specified closing date of the meet.
 - Athletes must be a member of a NSW Metropolitan Club to compete at these championships
- **Multi-Class Entries:** MC Events are championship events and qualifying times as listed below apply. Whilst Swim Central will allow MC swimmers to enter all MC events – please ensure you refer to the QTs for your eligibility before entering.
- **Medal Breakdowns:**
 - For all 11/12 Years Events, medals will be awarded separately for 11 years and 12 years
 - For 10 Years & Under Events, only one set of medals will be awarded.
 - For Multi-Class Events, Medals will be awarded as 12 Years & under.
 - For all other events, medals will be awarded as per the age group of the event.

If you have any questions regarding this event, please contact
events@nsw.swimming.org.au



**2023 NSW JUNIOR METROPOLITAN
CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
25-26 NOVEMBER 2023**

Session 1 Saturday 25 Nov, 9:00am					Session 2 Saturday 25 Nov, PM				
BOYS	GIRLS				BOYS	GIRLS			
1	2	11/12 Years	400m	Freestyle	25	26	11/12 Years	200m	Freestyle
3	4	10 & Under	100m	Backstroke	27	28	10 & Under	100m	Breaststroke
5	6	12 & Under MC	100m	Breaststroke	29	30	12 & Under MC	100m	Backstroke
7	8	11/12 Years	200m	Breaststroke	31	32	11 Years	50m	Butterfly
9	10	9 Years	50m	Breaststroke	33	34	12 Years	50m	Butterfly
11	12	10 Years	50m	Butterfly	35	36	9 Years	50m	Backstroke
13	14	12 & Under MC	50m	Backstroke	37	38	10 Years	50m	Freestyle
15	16	11 Years	50m	Freestyle	39	40	12 & Under MC	50m	Freestyle
17	18	12 Years	50m	Freestyle	41	42	11/12 Years	200m	Backstroke
19	20	10 Years	100m	Freestyle	43	44	10 & Under	100m	Butterfly
21	22	11 Years	100m	Butterfly	45	46	12 Years	400m	Individual Medley
23	24	12 Years	100m	Butterfly					

Session 3 Sunday 26 Nov, 9:00am					Session 4 Sunday 26 Nov, PM				
BOYS	GIRLS				BOYS	GIRLS			
47	48	12 Years	100m	Freestyle	73	74	11/12 Years	200m	Butterfly
49	50	11 Years	100m	Freestyle	75	76	10 & Under	200m	Individual Medley
51	52	10 & Under	200m	Freestyle	77	78	12 & Under MC	100m	Freestyle
53	54	12 & Under MC	100m	Butterfly	79	80	12 Years	100m	Backstroke
55	56	9 Years	50m	Butterfly	81	82	11 Years	100m	Backstroke
57	58	12 Years	50m	Backstroke	83	84	10 Years	50m	Breaststroke
59	60	11 Years	50m	Backstroke	85	86	12 & Under MC	50m	Butterfly
61	62	10 Years	50m	Backstroke	87	88	12 Years	50m	Breaststroke
63	64	12 & Under MC	50m	Breaststroke	89	90	11 Years	50m	Breaststroke
65	66	12 Years	100m	Breaststroke	91	92	9 Years	50m	Freestyle
67	68	11 Years	100m	Breaststroke	93	94	12 & Under MC	200m	Individual Medley
69	70	9 Years	100m	Freestyle	95	96	11/12 Years	200m	Individual Medley
71	72	12 Years	800m	Freestyle					

**AGE AS AT 25 NOVEMBER 2023
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**NSW JUNIOR METROPOLITAN CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
25-26 NOVEMBER 2023**

BOYS QUALIFYING TIMES

FREESTYLE		12yrs	11yrs	10yrs	10yrs & Under	9yrs
	50m	31.50	34.50	36.50		39.00
	100m	1:08.00	01:13.0	01:16.5		1.20.00
	200m	02:27.0	02:38.0		2:46.00	
	400m	05:17.0	05:29.0			
	800m	10:46.0				
BACKSTROKE	50m	37.00	39.90	42.50		44.00
	100m	01:21.0	01:25.0		01:29.0	
	200m	02:53.5	03:05.0			
BREASTSTROKE	50m	44.00	46.90	49.00		51.00
	100m	01:33.0	01:38.5		01:44.0	
	200m	03:19.0	03:32.0			
BUTTERFLY	50m	36.50	41.10	44.00		45.00
	100m	01:20.0	01:26.0		01:34.0	
	200m	02:52.5	3.12.00			
INDIVIDUAL MEDLEY	200m	2:47.20	02:59.0		03:08.0	
	400m	05:50.0				

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 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 25-26 NOVEMBER 2023**

GIRLS QUALIFYING TIMES

FREESTYLE		12yrs	11yrs	10yrs	10yrs & Under	9yrs
	50m	32.50	34.60	36.80		39.50
	100m	01:10.0	1:13.50	01:18.0		1.21.00
	200m	02:33.0	02:39.0		02:49.5	
	400m	05:14.0	05:32.0			
	800m	10:58.0				
BACKSTROKE	50m	38.50	40.00	43.00		45.00
	100m	01:23.0	1:26.00		01:33.0	
	200m	02:56.0	03:05.0			
BREASTSTROKE	50m	45.50	46.90	49.50		52.00
	100m	1.34.00	01:39.0		01:44.5	
	200m	03:10.5	03:33.0			
BUTTERFLY	50m	38.00	41.35	44.50		45.50
	100m	01:21.5	01:26.5		01:36.0	
	200m	03:02.00	3.15.00			
INDIVIDUAL MEDLEY	200m	2.:54.00	3.02.00		3.14.00	
	400m	6:00.00				

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**NSW JUNIOR METROPOLITAN CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
25-26 NOVEMBER 2023**

**MULTI-CLASS QUALIFYING TIMES
BOYS**

	S19	S18	S16	S15	S14	S13	S12	S11	S10
50FR	50.70	55.70	52.67	47.95	50.70	78.74	46.28	51.73	47.14
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
50BK	1:05.82	1:03.30	1:05.50	57.28	1:02.68	1:00.10	1:00.54	1:07.65	1:00.34
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
50BR	1:07.26	1:07.26	1:06.84	0:59.63	1:04.06	1:04.06	1:07.45	1:11.67	
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	
10BF	0:59.38	0:57.62	0:58.01	0:52.45	0:56.56	0:55.96	0:54.71	0:57.95	0:53.93
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
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
	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	50.80	52.94	55.29	59.35	1:05.01	1:14.30	1:24.04	1:57.76	2:06.35
100FR	1:50.50	1:54.97	2:00.21	2:10.05	2:19.27	2:42.75	3:05.07	4:15.29	4:35.08
50BK	1:03.71	1:06.00	1:13.65	1:16.63	1:20.82	1:35.85	1:41.71	2:14.55	2:47.01
100BK	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
50BR	1:03.53	1:09.41	1:18.81	1:18.97	1:31.90	1:37.70	1:44.59	1:59.00	3:13.70
100BR	2:11.03	2:13.05	2:41.52	2:47.91	3:00.22	3:10.06	3:38.04	4:20.95	
50BF	0:57.44	0:59.25	1:04.10	1:05.06	1:15.65	1:29.99	2:01.07	2:48.37	4:22.74
100BF	1:58.28	2:00.42	2:15.42	2:22.18	2:38.51				
200IM	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.

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**MULTI-CLASS QUALIFYING TIMES
GIRLS**

	S19	S18	S16	S15	S14	S13	S12	S11	S10
50FR	57.75	1:03.45	1:03.05	52.36	57.75	54.73	53.92	1:02.11	56.60
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
50BK	1:10.17	1:12.50	1:16.24	1:04.22	1:06.83	1:09.70	1:10.47	1:17.58	1:08.88
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
50BR	1:18.24	1:16.85	1:19.05	1:09.22	1:14.51	1:18.37	1:15.42	1:25.65	
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	
50BF	1:08.37	1:08.34	1:07.29	1:00.19	1:05.12	1:03.95	1:07.59	1:11.67	1:06.75
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
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

	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	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	2:01.63	2:12.17	2:15.82	2:30.31	2:31.62	3:09.58	3:59.92	4:41.65	5:14.70
50BK	1:12.38	1:19.10	1:23.93	1:29.16	1:31.78	1:49.83	2:03.72	2:27.07	2:35.67
100BK	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
50BR	1:19.43	1:21.45	1:34.79	1:36.23	1:38.85	1:53.34	2:02.38	2:39.21	3:48.94
100BR	2:32.16	2:33.45	2:58.25	3:07.94	3:04.74	3:40.93	4:13.69	5:54.10	
50BF	1:08.96	1:13.03	1:14.67	1:30.22	1:32.75	1:56.92	2:10.08		
100BF	2:12.53	2:21.97	2:38.34	2:56.60	3:52.08				
200IM	4:51.70	5:11.88	5:31.37	6:11.45	6:19.81	5:30.24*	6:50.20*		

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