



NSW JUNIOR STATE AGE CHAMPIONSHIPS SYDNEY OLYMPIC PARK AQUATIC CENTRE 25 - 26 MARCH 2023

Session 1 - Saturday 25 March, 9:00am					Session 2 - Saturday 25 March NOT BEFORE 12:30pm				
B	G				B	G			
1		11-13 Years	400m	Freestyle	32		12/13 Years	4x50m	Club Freestyle Relay
	2	11-12 Years	400m	Freestyle		33	12 Years	4x50m	Club Freestyle Relay
3	4	10-12 Years	200m	MC IM	34	35	10 Years	100m	Backstroke
5	6	10 Years	200m	Individual Medley	36	37	11 Years	200m	Individual Medley
7	8	11 Years	100m	Breaststroke	38	39	12 Years	200m	Backstroke
9	10	12 Years	200m	Breaststroke	40		13 Years	200m	Backstroke
11		13 Years	200m	Breaststroke	41	42	10-12 Years	100m	MC Backstroke
12	13	10-12 Years	50m	MC Backstroke	43	44	11 Years	100m	Backstroke
14	15	10 Years	50m	Backstroke	45		13 Years	50m	Butterfly
16	17	11 Years	50m	Backstroke	46	47	12 Years	50m	Butterfly
18	19	12 Years	50m	Freestyle	48	49	10 Years	50m	Freestyle
20		13 Years	50m	Freestyle	50	51	11 Years	50m	Breaststroke
21	22	10-12 Years	100m	MC Freestyle	52	53	10-12 Years	50m	MC Freestyle
23	24	10 Years	100m	Freestyle	54	55	12 Years	100m	Freestyle
25	26	11 Years	200m	Butterfly	56		13 Years	100m	Freestyle
27	28	12 Years	200m	Butterfly	57	58	11 Years	100m	Freestyle
29		13 Years	200m	Butterfly	59		13 Years	400m	Individual Medley
30	31	10/11 Years	4x50m	Club Medley Relay	60	61	12 Years	400m	Individual Medley
					62	63	10/11 Years	4x50m	Club Freestyle Relay
Session 3 - Sunday 26 March, 9:00am					Session 4 - Sunday 26 March NOT BEFORE 12:30pm				
B	G				B	G			
64		12/13 Years	800m	Freestyle	93	94	10-12 Years	50m	MC Butterfly
	65	12 Years	800m	Freestyle	95		13 Years	200m	Freestyle
66	67	11 Years	200m	Freestyle	96	97	12 Years	200m	Freestyle
68	69	10 Years	200m	Freestyle	98	99	11 Years	100m	Butterfly
70		13 Years	50m	Breaststroke	100	101	10 Years	50m	Breaststroke
71	72	12 Years	50m	Breaststroke	102		13 Years	100m	Breaststroke
73	74	11 Years	200m	Breaststroke	103	104	12 Years	100m	Breaststroke
75	76	10 Years	100m	Breaststroke	105	106	10-12 Years	100m	MC Breaststroke
77	78	10-12 Years	50m	MC Breaststroke	107	108	11 Years	200m	Backstroke
79		13 Years	200m	Individual Medley	109	110	10 Years	100m	Butterfly
80	81	12 Years	200m	Individual Medley	111		13 Years	100m	Butterfly
82	83	10 Years	50m	Butterfly	112	113	12 Years	100m	Butterfly
84		13 Years	100m	Backstroke	114	115	11 Years	50m	Freestyle
85	86	12 Years	100m	Backstroke	116		13 Years	50m	Backstroke
87	88	11 Years	50m	Butterfly	117	118	12 Years	50m	Backstroke
89	90	10-12 Years	100m	MC Butterfly	119		10-13 Years	10x50m	Fred Lane Club Free Relay
91		12/13 Years	4x50m	Club Medley Relay		120	10-12 Years	10x50m	Fanny Durack Club Free Relay
	92	12 Years	4x50m	Club Medley Relay					

AGE AS AT 25 MARCH 2023

ENTRIES CLOSE 5PM TUESDAY 14 MARCH 2023

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

NSW JUNIOR STATE AGE CHAMPIONSHIPS SYDNEY OLYMPIC PARK AQUATIC CENTRE 25 - 26 MARCH 2023

Qualifying Times – Boys

	13yrs	12yrs	11yrs	10yrs
Freestyle				
50m	29.00	30.50	32.50	34.50
100m	1:02.50	1:06.00	1:10.50	1:14.50
200m	2:16.00	2:24.50	2:32.00	2:40.50
400m	4:46.00	5:09.00	5:20.00	
800m	10:00.00	10:10.00		
Backstroke				
50m	35.60	36.50	38.50	41.35
100m	1:15.00	1:18.00	1:22.00	1:26.00
200m	2:40.00	2:47.50	3:00.00	
Breaststroke				
50m	39.50	41.50	45.00	48.00
100m	1:23.50	1:28.00	1:36.00	1:41.00
200m	3:02.50	3:12.00	3:27.00	
Butterfly				
50m	33.00	35.00	37.50	41.50
100m	1:12.00	1:16.00	1:21.00	1:29.00
200m	2:37.50	2:50.00	3:04.50	
Individual Medley				
200m	2:37.00	2:46.00	2:54.00	2:58.50
400m	5:30.00	5:38.00		
Club Relays				
4x50m Freestyle	12/13yrs 2:10.00			10/11yrs 2:25.00
4x50m Medley	12/13yrs 2:30.00			10/11yrs 2:47:00
Fred Lane 10x50m Freestyle	10-13yrs No QT			

AGE AS AT 25 MARCH 2023

ENTRIES CLOSE 5PM TUESDAY 14 MARCH 2023

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

- In **Event 1**, Medals will be awarded in the following age groups, **11 Years, 12 Years & 13 Years**
- In **Event 64**, Medals will be awarded in the following age groups, **12 Years & 13 Years**
- In **Multi Class events**, Medals will be awarded in the following age groups: **10-11 Years & 12 Years**
- 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
- No qualifying times are applicable for Events 119 and 120. A Club may enter one team ONLY in Events 119 and 120.



Qualifying Times – Girls

	12yrs	11yrs	10yrs
Freestyle			
50m	31.00	32.50	35.00
100m	1:07.50	1:11.00	1:16.00
200m	2:27.00	2:35.00	2:46.00
400m	5:10.00	5:21.00	
800m	10:25.00		
Backstroke			
50m	36.50	38.50	41.50
100m	1:19.00	1:23.00	1:27.50
200m	2:49.00	2:58.00	
Breaststroke			
50m	42.50	44.50	48.00
100m	1:31.50	1:34.00	1:40.80
200m	3:15.00	3:27.20	
Butterfly			
50m	35.00	37.50	42.00
100m	1:18.00	1:23.00	1:30.00
200m	2:58.00	3:05.50	
Individual Medley			
200m	2:47.50	2:55.00	3:07.50
400m	5:49.00		
Club Relays			
4x50m Freestyle	12yrs 2:16.50		10/11yrs 2:25.00
4x50m Medley	12yrs 2:35.00		10/11yrs 2:50.00
Fred Lane 10x50m Freestyle	10-12yrs No QT		

AGE AS AT 25 MARCH 2023

ENTRIES CLOSE 5PM TUESDAY 14 MARCH 2023

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

- In **Event 2**, Medals will be awarded in the following age groups: **11 Years & 12 Years**
- In **Multi Class events**, Medals will be awarded in the following age groups: **10-11 Years & 12 Years**
- 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
- No qualifying times are applicable for Events 119 and 120. A Club may enter one team ONLY in Events 119 and 120.

