



EVENT DETAILS & ENTRY INFORMATION

- **Event:** 2023 NSW Junior State Age Short Course Championships
- **Dates:** 9th-10th September 2023
- **Closing Date:** Entries Close at 5:00pm AEST, Tuesday 29th August
- **Age as at:** 9th September 2023
- **Event Fee:** \$23.50 Per Individual Event & \$45.50 Per Relay Event (GST Inclusive)
- **Minimum Age:** 10 Years Old
- **Maximum Age:**
 - Boys: 13 Years
 - Girls: 12 years
 - Multi-Class Swimmers: 12 Years

***Please note, swimmers are only permitted to swim at one (1) State Age Championship within the Short Course Season- this includes relays*
- **Qualifying Period/Criteria:**
 - Results must be achieved since 1st April 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.
- **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.
- **Medals:**
 - For the following events (excluding relays), medals will be awarded in the following age groups:
 - #1 Boys 400 Free: 11 years, 12 years and 13 Years
 - #2 Girls 400 Free: 11 years and 12 Years
 - #25 & #26 200 Butterfly: 11 years and 12 years
 - #36 Boys 400IM: 12 Years & 13 Years
 - #63 & #64 200m Back: 11 Years and 12 years
 - #86 800m Freestyle: 12 years and 13 years
 - #109 & #110 200 Breast: 11 Years and 12 years
- **Relays:**
 - A swimmer may only appear in one (1) relay team list for that event
 - Where a club enters three (3) or more relay teams, all teams must meet the qualifying time to be eligible
 - A maximum of one (1) swimmer from a younger age group may compete in a relay team, however the minimum age at these championships is 10 years old.

If you have any questions regarding this event, please contact

greta.brodie@nsw.swimming.org.au





**2023 NSW JUNIOR STATE AGE
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
9-10 SEPTEMBER 2023**

Session 1 - Saturday 9 September, 9:00am				
B	G			
1		11-13 Years	400m	Freestyle
	2	11-12 Years	400m	Freestyle
3	4	10-12 Years MC	200m	Individual Medley
5	6	10 Years	200m	Individual Medley
7	8	11 Years	100m	Backstroke
9	10	12 Years	100m	Breaststroke
11		13 Years	100m	Breaststroke
12	13	10-12 Years MC	50m	Backstroke
14	15	10 Years	50m	Backstroke
16	17	11 Years	50m	Freestyle
18	19	12 Years	50m	Freestyle
20		13 Years	200m	Butterfly
21	22	10-12 Years MC	100m	Freestyle
23	24	10 Years	100m	Freestyle
25	26	11-12 Years	200m	Butterfly
27		13 Years	50m	Backstroke
32		12/13 Years	4x50m	Club Freestyle Relay
	33	12 Years	4x50m	Club Freestyle Relay

Session 2 - Saturday 9 September NOT BEFORE 12:30pm				
B	G			
34	35	10/11 Years	4x50m	Club Medley Relay
36		12/13 Years	400m	Individual Medley
	37	12 Years	400m	Individual Medley
38	39	11 Years	50m	Breaststroke
40	41	10 Years	50m	Freestyle
42	43	10-12 Years MC	50m	Freestyle
44		13 Years	50m	Butterfly
45	46	12 Years	50m	Butterfly
47	48	11 Years	100m	Freestyle
49	50	10 Years	100m	Breaststroke
51		13 Years	100m	Freestyle
52	53	12 Years	100m	Freestyle
54	55	11 Years	50m	Backstroke
56	57	10 Years	100m	Backstroke
58	59	10-12 Years MC	100m	Backstroke
60		13 Years	200m	Backstroke
61	62	11 Years	200m	Individual Medley

Session 3 - Sunday 10 September, 9:00am				
B	G			
63	64	11-12 Years	200m	Backstroke
65		13 Years	200m	Individual Medley
66	67	10 Years	50m	Butterfly
68	69	11 Years	50m	Butterfly
70	71	12 Years	50m	Breaststroke
72	73	10-12 Years MC	100m	Butterfly
74		13 Years	50m	Freestyle
75	76	10 Years	200m	Freestyle
77	78	12 Years	200m	Individual Medley
79	80	11 Years	100m	Breaststroke
81	82	10-12 Years MC	50m	Breaststroke
83		13 Years	100m	Backstroke
84	85	12 Years	100m	Butterfly
86		12/13 Years	800m	Freestyle
	87	12 Years	800m	Freestyle
88	89	10/11 Years	4x50m	Club Freestyle Relay

Session 4 - Sunday 10 September, NOT BEFORE 12:30pm				
B	G			
90		12/13 Years	4x50m	Club Medley Relay
	91	12 Years	4x50m	Club Medley Relay
92		13 Years	200m	Freestyle
93	94	12 Years	100m	Backstroke
95	96	11 Years	200m	Freestyle
97	98	10 Years	100m	Butterfly
99	100	10-12 Years MC	100m	Breaststroke
101		13 Years	100m	Butterfly
102	103	12 Years	200m	Freestyle
104	105	11 Years	100m	Butterfly
106	107	10 Years	50m	Breaststroke
108		13 Years	200m	Breaststroke
109	110	11-12 Years	200m	Breaststroke
111	112	10-12 Years MC	50m	Butterfly
113		13 Years	50m	Breaststroke
114	115	12 Years	50m	Backstroke

**AGE AS AT 9TH SEPTEMBER 2023
ENTRIES CLOSE 5:00PM, TUESDAY 29TH AUGUST
ENTRY FEES: \$23.50 INDIVIDUAL EVENTS, \$45.50 RELAYS (GST INCLUSIVE)
QUALIFYING TIMES ACHIEVED SINCE 1ST APRIL 2022 CAN BE USED TO ENTER THIS MEET**



**2023 NSW JUNIOR STATE AGE
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
9-10 SEPTEMBER 2023**

QUALIFYING TIMES- BOYS

Boys				
	13yrs	12yrs	11yrs	10yrs
Freestyle				
50m	0:28.00	0:29.90	0:31.20	0:33.00
100m	1:00.50	1:04.00	1:09.00	1:13.00
200m	2:13.00	2:22.00	2:30.00	2:32.00
400m	4:39.00	4:51.00	5:05.00	
800m	09:50.00	10:00.00		
Backstroke				
50m	0:32.60	0:34.80	0:37.00	0:39.20
100m	1:10.00	1:14.00	1:19.00	1:24.00
200m	2:33.00	2:42.00	2:49.00	
Breaststroke				
50m	0:35.50	0:39.00	0:42.00	0:45.50
100m	1:20.00	1:25.00	1:32.00	1:38.00
200m	2:55.00	3:02.00	3:14.00	
Butterfly				
50m	0:30.50	0:33.00	0:35.00	0:38.00
100m	1:09.00	1:14.50	1:21.00	1:27.50
200m	2:37.00	2:46.00	2:55.00	
Individual Medley				
200m	2:30.00	2:39.50	2:48.50	2:58.00
400m	5:25.00	5:35.00		
Club Relays				
4x50m Freestyle	12 - 13yrs 2:12.00		10 - 11yrs 2:20.00	
4x50m Medley	12 - 13yrs 2:30.00		10 - 11yrs 2:40.00	

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QUALIFYING TIMES- GIRLS

Girls			
	12yrs	11yrs	10yrs
Freestyle			
50m	0:30.30	0:31.40	0:33.60
100m	1:05.50	1:09.00	1:14.00
200m	2:22.50	2:30.00	2:32.00
400m	5:00.00	5:20.00	
800m	10:10.00		
Backstroke			
50m	0:35.00	0:37.00	0:39.40
100m	1:14.50	1:19.50	1:25.50
200m	2:42.50	2:50.50	
Breaststroke			
50m	0:39.00	0:42.00	0:45.50
100m	1:26.00	1:31.00	1:38.00
200m	3:07.00	3:18.00	
Butterfly			
50m	0:33.50	0:35.50	0:37.50
100m	1:14.50	1:21.00	1:29.00
200m	2:50.00	2:56.10	
Individual Medley			
200m	2:41.00	2:49.50	2:57.00
400m	5:48.00		
Club Relays			
4x50m Freestyle	2:12.00	10 - 11yrs 2:20.00	
4x50m Medley	2:30.00	10 - 11yrs 2:40.00	

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MULTI-CLASS QUALIFYING TIMES																		
MALE MULTI-CLASS QUALIFYING TIMES																		
Dist/Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S18	S19
10-12 Years																		
50FR	1:57.38	1:46.69	1:17.13	1:07.32	0:58.35	0:51.71	0:48.54	0:46.22	0:44.38	0:41.31	0:44.95	0:40.44	0:41.30	0:44.39	0:42.03	0:43.79	0:46.61	0:44.39
100FR	4:10.87	3:53.16	2:51.04	2:27.25	2:06.51	1:54.12	1:46.08	1:40.66	1:36.49	1:29.84	1:39.15	1:29.05	1:31.20	1:34.98	1:32.40	1:38.73	1:28.53	1:34.98
50BK	2:20.87	1:53.49	1:25.79	1:20.85	1:08.17	1:04.64	1:02.12	0:55.67	0:53.73	0:50.90	0:57.06	0:51.07	0:50.69	0:52.87	0:48.31	0:55.25	0:55.52	0:52.87
100BK	5:02.72	3:51.88	3:18.92	2:56.44	2:26.58	2:09.28	2:03.83	1:54.12	1:48.38	1:45.10	1:51.11	1:41.72	1:41.99	1:49.62	1:43.52	1:58.59	1:55.11	1:49.62
50BR	2:43.38	1:40.37	1:28.22	1:22.40	1:17.52	1:06.61	1:06.47	0:58.55	0:53.58		1:00.46	0:56.89	0:54.81	0:54.03	0:50.30	0:56.38	0:56.73	0:54.03
100BR		4:04.65	3:24.01	2:55.89	2:48.88	2:27.96	2:22.74	2:01.95	1:58.27		2:07.84	1:58.78	1:55.41	1:59.11	1:47.07	2:06.19	2:05.06	1:59.11
50BF	3:41.62	2:22.02	1:42.12	1:15.91	1:03.81	0:54.88	0:54.06	0:49.98	0:48.45	0:45.49	0:48.88	0:46.15	0:47.20	0:47.71	0:44.24	0:48.93	0:50.08	0:47.71
100BF					2:17.24	2:03.24	2:00.97	1:43.22	1:41.71	1:36.46	1:44.42	1:36.55	1:36.60	1:41.99	1:36.18	1:49.57	1:47.09	1:41.99
200IM					5:10.83	4:37.75	4:25.30	4:02.51	3:50.53	3:43.70	4:03.91	3:41.93	3:43.08	3:52.24	3:38.95	4:24.56	4:03.85	3:52.24
150IM			5:53.34	5:10.11														
FEMALE MULTI-CLASS QUALIFYING TIMES																		
Dist/Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S18	S19
10-12 Years																		
50FR	2:14.52	2:04.61	1:38.53	1:18.05	1:06.30	1:01.36	0:56.34	0:54.66	0:51.24	0:49.65	0:53.94	0:47.26	0:47.77	0:50.47	0:46.67	0:53.34	0:53.00	0:50.47
100FR	4:49.03	4:15.92	3:20.52	2:46.83	2:22.19	2:12.22	2:01.51	1:57.50	1:49.24	1:47.20	1:58.61	1:43.65	1:43.17	1:48.56	1:42.14	1:55.33	1:53.99	1:48.56
50BK	2:11.31	2:04.05	1:44.35	1:32.64	1:17.41	1:15.20	1:10.80	1:06.72	1:01.05	0:58.10	1:05.44	0:59.44	0:58.79	0:56.37	0:54.17	1:04.31	0:59.19	0:56.37
100BK	5:00.87	4:39.61	3:48.89	3:16.31	2:49.24	2:29.74	2:23.38	2:11.84	2:02.69	1:56.44	2:16.68	1:58.60	1:58.32	2:00.56	1:56.41	2:28.02	2:06.59	2:00.56
50BR	3:13.11	2:14.29	1:43.22	1:35.60	1:23.38	1:21.17	1:19.95	1:08.70	1:07.00		1:12.25	1:03.61	1:06.10	1:02.85	0:58.39	1:06.68	1:05.99	1:02.85
100BR		5:26.15	4:15.31	3:23.79	2:59.64	3:01.35	2:41.85	2:20.44	2:18.17		2:36.37	2:15.25	2:16.58	2:22.69	2:09.66	2:33.69	2:29.83	2:22.69
50BF			1:49.72	1:38.62	1:18.23	1:16.10	1:02.99	1:01.60	0:58.16	0:56.31	1:00.46	0:57.01	0:53.94	0:54.93	0:50.77	0:56.75	0:57.67	0:54.93
100BF					3:29.14	2:31.35	2:18.02	2:02.75	1:56.41	1:56.25	2:16.69	1:50.68	1:52.59	1:59.88	1:53.99	2:48.72	2:05.87	1:59.88
200IM					5:47.83	5:18.95	4:54.84	4:35.05	4:18.77	4:16.04	4:51.52	4:15.82	4:12.80	4:14.61	4:13.31	5:05.59	4:27.34	4:14.61
150IM			6:23.00	5:24.78														

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