



EVENT DETAILS & ENTRY INFORMATION

- **Event:** 2023 NSW Metropolitan SC Championships
- **Dates:** 14th-16th July 2023
- **Closing Date:** Entries Close at 5:00pm AEST, Tuesday 4th July 2023
- **Age as at:** 14th July 2023
- **Event Fee:** \$22 Per Individual Event (GST Inclusive)
- **Minimum Age:** 9 Years Old (as of 14th July 2023)
- **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.
- **Multi-Class Events/Medals:** Medals will be awarded in the following age groups for all MC Events:
 - 10-14 Years
 - 15-16 Years
 - 17 Years & Over

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

Session 1				
Friday 14 July, 3:00pm				
M	W			
1	2	13 Years	100m	Freestyle
3	4	14/15 Years	200m	Individual Medley
5	6	16 Years/Over	200m	Individual Medley
7	8	13 Years/Under	400m	Individual Medley
9	10	16 Years/Over	400m	Freestyle
11	12	14/15 Years	400m	Freestyle
13	14	Open MC	200m	Individual Medley
15	16	16 Years/Over	100m	Breaststroke
17	18	15 Years	100m	Breaststroke
19	20	14 Years	100m	Breaststroke
21	22	13 Years	100m	Breaststroke

Session 2					Session 3				
Saturday 15 July, 9:00am					Saturday 15 July, Not Before 12:30pm				
M	W				M	W			
23	24	Open	800m	Freestyle	47	48	Open	50m	Butterfly
25	26	Open MC	50m	Freestyle	49	50	13 Years/Under	200m	Butterfly
27	28	Open	100m	Individual Medley	51	52	14/15 Years	200m	Freestyle
29	30	14 Years	100m	Backstroke	53	54	16 Years/Over	200m	Freestyle
31	32	15 Years	100m	Backstroke	55	56	Open MC	100m	Breaststroke
33	34	16 Years/Over	100m	Backstroke	57	58	13 Years/Under	200m	Backstroke
35	36	14/15 Years	200m	Butterfly	59	60	10 Years/Under	100m	Breaststroke
37	38	16 Years/Over	200m	Butterfly	61	62	11 Years	100m	Breaststroke
39	40	Open	50m	Freestyle	63	64	12 Years	100m	Breaststroke
41	42	13 Years/Under	200m	Individual Medley	65	66	10 Years/Under	100m	Freestyle
43	44	Open MC	100m	Freestyle	67	68	11 Years	100m	Freestyle
45	46	Open	50m	Breaststroke	69	70	12 Years	100m	Freestyle
Session 4					Session 5				
Sunday 16 July, 9:00am					Sunday 16 July, Not Before 12:30pm				
M	W				M	W			
71	72	Open	1500m	Freestyle	97	98	16 Years/Over	400m	Individual Medley
73	74	14 Years	100m	Butterfly	99	100	Open MC	100m	Butterfly
75	76	15 Years	100m	Butterfly	101	102	Open	50m	Backstroke
77	78	16 Years/Over	100m	Butterfly	103	104	13 Years/Under	200m	Freestyle
79	80	13 Years/Under	200m	Breaststroke	105	106	14/15 Years	200m	Breaststroke
81	82	14/15 Years	200m	Backstroke	107	108	16 Years/Over	200m	Breaststroke
83	84	16 Years/Over	200m	Backstroke	109	110	10 Years/Under	100m	Backstroke
85	86	13 Years/Under	400m	Freestyle	111	112	11 Years	100m	Backstroke
87	88	14 Years	100m	Freestyle	113	114	12 Years	100m	Backstroke
89	90	Open MC	100m	Backstroke	115	116	13 Years	100m	Backstroke
91	92	15 Years	100m	Freestyle	117	118	10 Years/Under	100m	Butterfly
93	94	16 Years/Over	100m	Freestyle	119	120	11 Years	100m	Butterfly
95	96	14/15 Years	400m	Individual Medley	121	122	12 Years	100m	Butterfly
					123	124	13 Years	100m	Butterfly

AGE AS AT 14 JULY 2023
ENTRIES CLOSE 5PM TUESDAY 4 JULY 2022
ENTRY FEE \$22 PER INDIVIDUAL EVENT (GST INCLUSIVE)



**NSW METROPOLITAN SHORT COURSE CHAMPIONSHIPS
 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 14 - 16 JULY 2023**

Qualifying Times - Men & Boys

		Open	16yrs/Over	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs/Under
FREESTYLE	50m	25.50							
	100m		55.00	59.00	1:00.00	1:03.00	1:07.00	1:12.00	1:16.50
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:02.00	2:08.00		2:16.50			
	400m		4:23.00	4:32.00		4:50.50			
	800m	9:10.00							
	1500m	17:10.00							
BACKSTROKE	50m	31.00							
	100m		1:05.00	1:08.00	1:09.50	1:13.00	1:18.00	1:22.00	1:26.50
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:24.00	2:28.00		2:37.00			
BREASTSTROKE	50m	33.10							
	100m		1:14.00	1:18.00	1:19.50	1:26.00	1:29.00	1:37.00	1:40.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:47.00	2:50.00		3:00.00			
BUTTERFLY	50m	28.00							
	100m		1:04.00	1:06.00	1:10.00	1:13.00	1:20.00	1:24.30	1:31.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:25.50	2:33.00		2:44.00			
INDIVIDUAL MEDLEY	100m	1:05.50							
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:20.00	2:24.50		2:38.50	2:42.00	2:51.00	3:01.00
	400m		5:08.00	5:10.00		13yrs/Under 5:30.50			

**AGE AS AT 14 JULY 2023
 ENTRIES CLOSE 5PM TUESDAY 4 JULY 2023
 ENTRY FEE \$22 PER INDIVIDUAL EVENT (GST INCLUSIVE)**

**NSW METROPOLITAN SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 16 JULY 2023**

Qualifying Times - Women & Girls

		Open	16yrs/Over	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs/Under
FREESTYLE	50m	28.50							
	100m		1:02.00	1:04.00	1:04.00	1:05.00	1:07.50	1:12.00	1:17.50
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:16.00	2:16.00		2:19.00			
	400m		4:49.00	4:48.50		4:58.00			
	800m	9:40.00							
	1500m	18:10.00							
BACKSTROKE	50m	33.50							
	100m		1:12.50	1:14.00	1:14.00	1:15.00	1:18.00	1:22.00	1:28.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:38.00	2:36.00		2:41.50			
BREASTSTROKE	50m	37.30							
	100m		1:25.00	1:26.00	1:26.00	1:28.00	1:29.50	1:37.00	1:42.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:58.50	2:59.00		3:06.00			
BUTTERFLY	50m	31.00							
	100m		1:10.50	1:14.00	1:14.00	1:16.00	1:20.00	1:26.00	1:33.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:42.50	2:45.00		2:52.00			
INDIVIDUAL MEDLEY	100m	1:12.00							
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2:34.00	2:33.00		2:40.00	2:43.00	2:52.00	3:01.00
	400m		5:30.00	5:40.00		13yrs/Under 5:45.00			

**AGE AS AT 14 JULY 2023
ENTRIES CLOSE 5PM TUESDAY 4 JULY 2023
ENTRY FEE \$22 PER INDIVIDUAL EVENT (GST INCLUSIVE)**

MULTI-CLASS QUALIFYING TIMES
MALES 10-14 YEARS



MALE SHORT COURSE	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10
10-14 years										
50FR	02:12.84	02:00.74	01:27.29	01:16.18	01:06.04	00:58.52	00:54.93	00:52.31	00:50.22	00:46.75
100FR	04:43.91	04:23.86	03:13.56	02:46.63	02:23.17	02:09.14	02:00.05	01:53.92	01:49.19	01:41.67
100BK	05:42.58	04:22.41	03:45.11	03:19.67	02:45.89	02:26.30	02:20.13	02:09.14	02:02.65	01:58.94
100BR		04:36.87	03:50.87	03:19.06	03:11.12	02:47.44	02:41.54	02:18.01	02:13.84	
100BF					02:35.31	02:19.47	02:16.89	01:56.81	01:55.10	01:49.16
200IM					05:51.76	05:14.32	05:00.23	04:34.44	04:20.88	04:13.15
150IM			06:39.86	05:50.95						
MALE SHORT COURSE	S11	S12	S13	S14	S15	S16	S17	S18	S19	
10-14 years										
50FR	00:50.87	00:45.76	00:46.74	00:50.23	00:47.56	00:49.56	00:51.58	00:52.74	00:50.23	
100FR	01:52.20	01:40.78	01:43.21	01:47.49	01:44.57	01:51.73	01:50.14	01:40.19	01:47.49	
100BK	02:05.74	01:55.11	01:55.42	02:04.06	01:57.15	02:14.20	02:05.07	02:10.27	02:04.06	
100BR	02:24.67	02:14.42	02:10.60	02:14.79	02:01.17	02:22.81	02:15.47	02:21.53	02:14.79	
100BF	01:58.17	01:49.27	01:49.31	01:55.42	01:48.84	02:04.00	01:55.46	02:01.20	01:55.42	
200IM	04:36.02	04:11.15	04:12.45	04:22.82	04:07.78	04:59.40	04:26.07	04:35.96	04:22.82	

In all Multi-Class Events, medals will be awarded in the following age groups:

10-14 Years, 15-16 Years and 17 Years & Over.

AGE AS AT 14TH JULY 2023

ENTRIES CLOSE 5PM TUESDAY 4TH JULY 2023

ENTRY FEE \$22 (GST INCLUSIVE)

MULTI-CLASS QUALIFYING TIMES
MALES 15-16 YEARS



MALE SHORT COURSE	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10
15/16 years										
50FR	01:57.94	01:46.91	01:17.04	01:07.16	00:58.20	00:51.58	00:48.47	00:46.13	00:44.30	00:41.34
100FR	04:11.50	03:53.82	02:50.90	02:26.86	02:06.27	01:53.89	01:45.97	01:40.49	01:36.31	01:29.80
100BK	04:57.35	03:50.33	03:17.29	02:56.23	02:27.21	02:09.07	02:03.39	01:54.04	01:48.22	01:44.85
100BR		04:40.85	03:58.69	03:07.71	02:57.57	02:40.05	02:32.85	02:10.41	02:07.67	
100BF					02:16.41	02:02.90	02:01.06	01:42.87	01:41.41	01:36.21
200IM					05:03.51	04:37.05	04:24.43	04:02.03	03:50.15	03:43.00
150IM			05:22.85	04:36.67						

MALE SHORT COURSE	S11	S12	S13	S14	S15	S16	S17	S18	S19
15/16 years									
50FR	00:44.85	00:40.40	00:41.20	00:43.70	00:41.39	00:42.89	00:44.79	00:45.89	00:43.70
100FR	01:38.99	01:28.91	01:30.84	01:34.63	01:31.06	01:36.62	01:36.78	01:39.37	01:34.63
100BK	01:56.02	01:41.31	01:41.54	01:49.23	01:41.86	01:56.20	01:50.05	01:54.69	01:49.23
100BR	02:17.84	02:06.00	02:04.44	02:07.89	01:45.58	02:03.72	02:08.44	02:14.29	02:07.89
100BF	01:44.07	01:36.15	01:36.13	01:42.34	01:34.85	01:47.00	01:42.36	01:47.46	01:42.34
200IM	04:03.19	03:41.07	03:42.20	03:51.16	03:35.99	04:18.18	03:53.81	04:02.72	03:51.16

In all Multi-Class Events, medals will be awarded in the following age groups:

10-14 Years, 15-16 Years and 17 Years & Over.

AGE AS AT 14TH JULY 2023

ENTRIES CLOSE 5PM TUESDAY 4TH JULY 2023

ENTRY FEE \$22 (GST INCLUSIVE)

MULTI-CLASS QUALIFYING TIMES
MALES 17 YEARS & OVER



MALE SHORT COURSE	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10
17 years & Over										
50FR	02:00.28	01:48.98	01:18.67	01:08.58	00:59.44	00:52.30	00:49.15	00:46.78	00:44.94	00:41.93
100FR	04:16.41	03:58.39	02:54.58	02:29.96	02:08.97	01:55.49	01:47.48	01:41.91	01:37.68	01:31.07
100BK	05:03.95	03:54.47	03:21.27	03:00.02	02:30.54	02:10.88	02:05.11	01:55.66	01:49.74	01:46.31
100BR		04:09.62	03:27.19	02:58.47	02:51.61	02:28.81	02:23.62	02:03.26	01:59.35	
100BF					02:19.34	02:04.82	02:03.00	01:44.47	01:42.98	01:37.73
200IM					05:19.04	04:41.53	04:28.80	04:06.09	03:54.01	03:46.70
150IM			05:28.97	04:41.95						

MALE SHORT COURSE	S11	S12	S13	S14	S15	S16	S17	S18	S19
17 years & Over									
50FR	00:45.48	00:40.98	00:41.79	00:43.41	00:41.12	00:42.64	00:44.52	00:45.58	00:43.41
100FR	01:40.39	01:30.17	01:32.11	01:35.93	01:30.44	01:36.06	01:38.10	01:40.73	01:35.93
100BK	01:57.63	01:42.66	01:42.94	01:50.76	01:41.19	01:55.51	01:51.58	01:56.30	01:50.76
100BR	02:09.18	01:59.62	01:56.41	02:00.20	01:44.86	02:02.98	02:00.77	02:06.21	02:00.20
100BF	01:45.69	01:37.63	01:37.60	01:43.08	01:34.19	01:46.94	01:43.11	01:48.24	01:43.08
200IM	04:07.23	03:44.71	03:45.87	03:54.95	03:34.47	04:16.83	03:57.60	04:06.69	03:54.95

In all Multi-Class Events, medals will be awarded in the following age groups:

10-14 Years, 15-16 Years and 17 Years & Over.

AGE AS AT 14TH JULY 2023

ENTRIES CLOSE 5PM TUESDAY 4TH JULY 2023

ENTRY FEE \$22 (GST INCLUSIVE)

MULTI-CLASS QUALIFYING TIMES

FEMALES 10-14 YEARS



FEMALE SHORT COURSE	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10
10-14 years										
50FR	02:32.23	02:21.02	01:51.50	01:28.33	01:15.03	01:09.44	01:03.76	01:01.86	00:57.98	00:56.18
100FR	05:27.09	04:49.62	03:46.93	03:08.79	02:40.91	02:29.63	02:17.51	02:12.97	02:03.62	02:01.32
100BK	05:40.49	05:16.43	04:19.03	03:42.16	03:11.52	02:49.46	02:42.26	02:29.20	02:18.85	02:11.77
100BR		06:09.10	04:48.93	03:50.62	03:23.29	03:25.23	03:03.17	02:38.93	02:36.36	
100BF					04:06.97	02:58.73	02:42.98	02:24.95	02:17.47	02:58.73
200IM					06:50.75	06:16.64	05:48.18	05:24.80	05:05.58	06:16.64
150IM			07:13.43	06:07.55						

FEMALE SHORT COURSE	S11	S12	S13	S14	S15	S16	S17	S18	S19
10-14 years									
50FR	01:01.04	00:53.48	00:54.06	00:57.11	00:52.82	01:00.36	00:59.75	00:59.98	00:57.11
100FR	02:14.23	01:57.30	01:56.75	02:02.85	01:55.59	02:10.52	02:07.21	02:09.00	02:02.85
100BK	02:34.68	02:14.21	02:13.90	02:16.44	02:11.74	02:47.52	02:21.78	02:23.26	02:16.44
100BR	02:56.96	02:33.06	02:34.56	02:41.48	02:26.74	02:53.93	02:36.91	02:49.56	02:41.48
100BF	02:41.42	02:10.70	02:12.96	02:21.56	02:14.61	03:19.24	02:23.96	02:28.64	02:21.56
200IM	05:44.24	05:02.10	04:58.53	05:00.66	04:59.12	06:00.86	05:12.91	05:15.69	05:00.66

In all Multi-Class Events, medals will be awarded in the following age groups:

10-14 Years, 15-16 Years and 17 Years & Over.

AGE AS AT 14TH JULY 2023

ENTRIES CLOSE 5PM TUESDAY 4TH JULY 2023

ENTRY FEE \$22 (GST INCLUSIVE)

MULTI-CLASS QUALIFYING TIMES
FEMALES 10-14 YEARS



FEMALE SHORT COURSE	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10
15/16 years										
50FR	02:09.59	02:04.32	01:37.76	01:17.33	01:06.23	01:01.09	00:56.29	00:54.51	00:51.14	00:49.51
100FR	04:49.61	04:16.18	03:17.76	02:45.55	02:22.09	02:11.77	02:01.38	01:57.28	01:49.19	01:46.89
100BK	04:59.04	04:36.64	03:47.60	03:15.22	02:49.07	02:29.23	02:22.90	02:11.80	02:02.63	01:56.26
100BR		05:26.62	04:16.21	03:22.87	02:59.80	02:49.88	02:41.55	02:20.42	02:18.04	
100BF					03:28.17	02:30.44	02:17.49	02:02.20	01:56.14	01:55.70
200IM					05:47.59	05:25.78	05:02.88	04:34.67	04:18.62	05:25.78
150IM			06:03.19	05:08.62						
FEMALE SHORT COURSE	S11	S12	S13	S14	S15	S16	S17	S18	S19	
15/16 years										
50FR	00:53.72	00:47.14	00:47.62	00:49.68	00:46.02	00:52.32	00:51.81	00:52.16	00:49.68	
100FR	01:58.14	01:43.33	01:42.90	01:48.11	01:40.73	01:53.07	01:51.67	01:53.52	01:48.11	
100BK	02:16.13	01:58.17	01:57.84	02:00.18	01:54.50	02:24.69	02:04.53	02:06.20	02:00.18	
100BR	02:32.16	02:14.85	02:16.25	02:22.17	02:07.73	02:30.70	02:18.46	02:29.28	02:22.17	
100BF	02:16.05	01:50.49	01:52.06	02:00.56	01:52.39	02:43.16	02:02.43	02:06.58	02:00.56	
200IM	05:02.88	04:34.67	04:18.62	04:15.14	04:50.21	04:14.90	04:11.91	04:18.83	04:09.51	

In all Multi-Class Events, medals will be awarded in the following age groups:

10-14 Years, 15-16 Years and 17 Years & Over.

AGE AS AT 14TH JULY 2023

ENTRIES CLOSE 5PM TUESDAY 4TH JULY 2023

ENTRY FEE \$22 (GST INCLUSIVE)

**MULTI-CLASS QUALIFYING TIMES
FEMALES 17 YEARS & OVER**



FEMALE SHORT COURSE	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10
17 years & Over										
50FR	02:03.77	01:58.71	01:33.51	01:13.96	01:03.43	00:58.02	00:53.48	00:51.78	00:48.58	00:47.03
100FR	04:36.71	04:04.74	03:08.97	02:38.36	02:16.10	02:05.18	01:55.32	01:51.43	01:43.75	01:41.54
100BK	04:45.74	04:24.15	03:38.35	03:07.02	02:42.13	02:22.01	02:15.98	02:05.46	01:56.75	01:50.66
100BR		05:11.64	04:05.34	03:14.01	02:52.10	02:41.15	02:33.24	02:13.22	02:10.95	
100BF					03:19.39	02:23.03	02:10.75	01:56.20	01:50.45	01:50.03
200IM					05:33.70	05:02.53	04:41.06	04:21.93	04:06.66	04:03.24
150IM			06:02.53	05:09.20						

FEMALE SHORT COURSE	S11	S12	S13	S14	S15	S16	S17	S18	S19
17 years & Over									
50FR	00:51.03	00:44.77	00:45.25	00:46.32	00:42.90	00:48.82	00:48.34	00:48.64	00:46.32
100FR	01:52.03	01:38.15	01:37.76	01:42.69	01:33.90	01:45.51	01:46.04	01:47.82	01:42.69
100BK	02:09.53	01:52.44	01:52.12	01:54.36	01:46.78	02:15.10	01:58.47	02:00.09	01:54.36
100BR	02:27.75	02:07.91	02:09.24	02:14.85	01:59.11	02:20.61	02:11.35	02:21.59	02:14.85
100BF	02:09.38	01:45.09	01:46.56	01:53.54	01:44.77	02:32.59	01:55.32	01:59.22	01:53.54
200IM	04:36.64	04:39.25	04:00.17	04:06.74	03:52.62	04:39.00	04:11.11	04:19.08	04:06.74

In all Multi-Class Events, medals will be awarded in the following age groups:

10-14 Years, 15-16 Years and 17 Years & Over.

AGE AS AT 14TH JULY 2023

ENTRIES CLOSE 5PM TUESDAY 4TH JULY 2023

ENTRY FEE \$22 (GST INCLUSIVE)