



**NSW LONG COURSE QUALIFYING MEET
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 15 OCTOBER 2023**

Day One				
Saturday 14 October 9:00AM				
1	M	All Age	200m	Butterfly
2	F	All Age	200m	Butterfly
3	M	All Age	50m	Freestyle
4	F	All Age	50m	Freestyle
5*	M	11 Years & Over	800m	Freestyle
6*	F	11 Years & Over	800m	Freestyle
7	M	All Age	50m	Butterfly
8	F	All Age	50m	Butterfly
9	M	All Age	200m	Breaststroke
10	F	All Age	200m	Breaststroke
11	M	All Age	100m	Backstroke
12	F	All Age	100m	Backstroke
13*	M	12 Years & Over	400m	Individual Medley
14*	F	12 Years & Over	400m	Individual Medley
15	M	All Age	200m	Freestyle
16	F	All Age	200m	Freestyle

Day Two				
Sunday 15 October 9:00AM				
17	M	All Age	400m	Freestyle
18	F	All Age	400m	Freestyle
19	M	All Age	50m	Backstroke
20	F	All Age	50m	Backstroke
21	M	All Age	200m	Individual Medley
22	F	All Age	200m	Individual Medley
23	M	All Age	100m	Freestyle
24	F	All Age	100m	Freestyle
25	M	All Age	200m	Backstroke
26	F	All Age	200m	Backstroke
27	M	All Age	50m	Breaststroke
28	F	All Age	50m	Breaststroke
29	M	All Age	100m	Butterfly
30	F	All Age	100m	Butterfly
31	M	All Age	100m	Breaststroke
32	F	All Age	100m	Breaststroke
33*	M	12 Years & Over	1500m	Freestyle
34*	F	12 Years & Over	1500m	Freestyle

AGE AS AT 14th OCTOBER 2023

ENTRIES CLOSE 5PM TUESDAY 3rd OCTOBER 2023

ENTRY FEE \$13.50 PER INDIVIDUAL EVENT (MEET LEVY & GST INCLUSIVE)

QUALIFYING TIMES ACHIEVED SINCE THE 1ST MAY 2022 CAN BE USED TO ENTER THIS MEET

- **THERE WILL BE AN ENTRY LIMIT FOR EACH DAY, ONCE THIS LIMIT HAS BEEN REACHED, ENTRIES WILL BE CLOSED AND NO FURTHER ENTRIES WILL BE TAKEN.**
- Following the close of entries the event listing for each day will be separated into two sessions.
- Entry to Events 5, 6, 33 & 34 will utilise the 400 metre Freestyle qualifying standards.
- Entry to Events 13 and 14 will utilise the 200 metre Individual Medley qualifying standards.



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 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 14 - 15 OCTOBER 2023**

Qualifying Times - Men & Boys

		10 & Under	11 years	12 Years	13 Years	14 years	15 years	16 years	17 & Over
Freestyle	50	36.00	34.00	32.00	30.00	29.00	28.00	27.00	26.50
	100	1:19.00	1:17.00	1:12.00	1:07.00	1:04.50	1:02.00	1:01.00	59.00
	200	2:38.00	2:38.00	2:31.00	2:23.00	2:17.00	2:12.00	2:10.00	2:07.00
	400	5:20.00	5:20.00	5:15.00	4:57.00	4:48.00	4:38.00	4:34.00	4:26.00
	800		5:20.00	5:15.00	4:57.00	4:48.00	4:38.00	4:34.00	4:26.00
	1500			5:15.00	4:57.00	4:48.00	4:38.00	4:34.00	4:26.00
Backstroke	50	42.00	41.50	38.00	36.50	34.50	33.00	32.00	31.50
	100	1:29.00	1:29.00	1:24.00	1:18.00	1:14.50	1:13.00	1:10.50	1:08.50
	200	2:58.00	2:58.00	2:51.00	2:45.00	2:37.50	2:34.50	2:33.00	2:31.00
Breaststroke	50	49.00	47.00	44.00	40.50	39.00	38.00	37.00	36.50
	100	1:45.00	1:43.00	1:36.00	1:29.00	1:26.00	1:23.00	1:21.00	1:19.00
	200	3:26.00	3:26.00	3:18.00	3:08.00	2:59.00	2:55.00	2:54.00	2:50.00
Butterfly	50	42.00	39.00	35.50	33.50	31.50	30.00	29.00	28.00
	100	1:36.00	1:30.00	1:24.00	1:16.00	1:13.00	1:09.50	1:07.00	1:05.00
	200	3:07.00	3:07.00	2:58.00	2:50.00	2:45.00	2:40.00	2:33.00	2:30.00
Individual Medley	200	3:16.00	3:15.00	2:56.00	2:45.00	2:39.00	2:35.00	2:30.50	2:26.00
	400			2:56.00	2:45.00	2:39.00	2:35.00	2:30.50	2:26.00

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		10 & Under	11 years	12 Years	13 Years	14 years	15 years	16 years	17 & Over
Freestyle	50	36.00	34.00	32.50	31.00	30.00	29.50	29.00	29.00
	100	1:20.00	1:17.00	1:13.00	1:09.00	1:08.00	1:06.50	1:06.00	1:05.00
	200	2:38.00	2:38.00	2:34.00	2:27.00	2:24.00	2:21.00	2:20.00	2:19.00
	400	5:22.00	5:22.00	5:22.00	5:06.00	5:00.00	4:55.00	4:52.00	4:52.00
	800		5:22.00	5:22.00	5:06.00	5:00.00	4:55.00	4:52.00	4:52.00
	1500m			5:22.00	5:06.00	5:00.00	4:55.00	4:52.00	4:52.00
Backstroke	50	43.00	41.50	39.00	38.00	37.00	36.00	35.50	35.50
	100	1:29.50	1:29.00	1:24.00	1:20.50	1:18.00	1:17.50	1:17.00	1:16.50
	200	3:00.00	3:00.00	2:56.00	2:48.00	2:45.00	2:42.50	2:42.00	2:40.50
Breaststroke	50	49.00	47.00	45.00	43.00	42.00	41.00	40.00	39.00
	100	1:43.00	1:43.00	1:37.50	1:31.00	1:30.00	1:28.50	1:28.50	1:28.00
	200	3:25.00	3:25.00	3:21.00	3:11.00	3:10.00	3:07.00	3:07.00	3:07.00
Butterfly	50	42.00	39.00	36.00	34.50	33.50	32.50	32.00	31.50
	100	1:36.00	1:30.00	1:25.00	1:18.50	1:17.50	1:16.00	1:15.00	1:14.00
	200	3:07.50	3:07.50	3:02.50	2:54.00	2:49.00	2:48.00	2:46.00	2:45.00
Individual Medley	200	3:15.00	3:15.00	2:58.00	2:50.00	2:47.00	2:44.00	2:42.50	2:40.00
	400			2:58.00	2:50.00	2:47.00	2:44.00	2:42.50	2:40.00

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