



# NSW State Open Championships

## Sydney Olympic Park Aquatic Centre

### 10 - 12 March 2023

Day One HEATS Friday 10 March, 9:00am			Day One FINALS Friday 10 March, 6:00pm		
1	Men's 400m Freestyle		1	Men's 400m Freestyle	
2	Women's 50m Butterfly		2	Women's 50m Butterfly	
3	Men's 200m Butterfly		3	Men's 200m Butterfly	
4	Women's 100m Breaststroke		4	Women's 100m Breaststroke	
5	Men's 11 & Over 200m MC Freestyle		5	Men's 11 & Over 200m MC Freestyle	
6	Women's 11 & Over 200m MC Freestyle		6	Women's 11 & Over 200m MC Freestyle	
7	Men's 50m Breaststroke		7	Men's 50m Breaststroke	
8	Women's 100m Freestyle		8	Women's 100m Freestyle	
9	Men's 100 Freestyle		9	Men's 100 Freestyle	
10	Women's 400 Individual Medley		10	Women's 400 Individual Medley	
11	Women's 200m Backstroke		11	Women's 200m Backstroke	
12	Men's 11 & Over 100m MC Butterfly		12	Men's 11 & Over 100m MC Butterfly	
13	Women's 11 & Over 100m MC Butterfly		13	Women's 11 & Over 100m MC Butterfly	
14	Men's 50m Backstroke		14	Men's 50m Backstroke	
*15	Women's 800m Freestyle	Timed Finals	*15	Women's 800m Freestyle	Timed Finals
			16	Women's 4x100m Club Medley Relay	Timed Finals
			17	Men's 4x100m Club Medley Relay	Timed Finals

\* Fastest Heat to be swum in the Finals Session

**ENTRIES CLOSE 5PM TUESDAY 28 FEBRUARY 2023**

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

**NOTE:** 'B' Finals will be conducted for all events provided that twenty-five (25) swimmers contest the heats of that event. 800m & 1500m Freestyle events will be swum as timed finals with the fastest heat swum in the finals session. No 'B' Finals will be conducted for Multi Class Events. Each Multi Class Final will consist of a maximum of ten (10) swimmers. The Final will be filled with a maximum of three (3) swimmers from each Class. If lanes are available, following this process, these will be filled based on the next highest scoring swimmers from the heats, regardless of class.



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### 10 - 12 March 2023

Day Two HEATS Saturday 11 March, 9:00am			Day Two FINALS Saturday 11 March, 6:00pm		
18	Women's 400m Freestyle		18	Women's 400m Freestyle	
19	Men's 50m Butterfly		19	Men's 50m Butterfly	
20	Women's 100m Butterfly		20	Women's 100m Butterfly	
21	Men's 11 & Over 400m MC Freestyle		21	Men's 11 & Over 400m MC Freestyle	
22	Women's 11 & Over 400m MC Freestyle		22	Women's 11 & Over 400m MC Freestyle	
23	Men's 200m Freestyle		23	Men's 200m Freestyle	
24	Women's 100m Backstroke		24	Women's 100m Backstroke	
25	Men's 100m Breaststroke		25	Men's 100m Breaststroke	
26	Men's 11 & Over 100m MC Breaststroke		26	Men's 11 & Over 100m MC Breaststroke	
27	Women's 11 & Over 100m MC Breaststroke		27	Women's 11 & Over 100m MC Breaststroke	
28	Women's 200m Breaststroke		28	Women's 200m Breaststroke	
29	Men's 200m Backstroke		29	Men's 200m Backstroke	
30	Women's 50 Freestyle		30	Women's 50 Freestyle	
31	Men's 200m Individual Medley		31	Men's 200m Individual Medley	
32	Men's 11 & Over 50m MC Freestyle		32	Men's 11 & Over 50m MC Freestyle	
33	Women's 11 & Over 50m MC Freestyle		33	Women's 11 & Over 50m MC Freestyle	
34*	Men's 800m Freestyle	Timed Finals	34*	Men's 800m Freestyle	Timed Finals
			35	Mixed 4x100m Club Medley Relay	Timed Finals
			36	Women's 4x200m Club Freestyle Relay	Timed Finals
			37	Men's 4x200m Club Freestyle Relay	Timed Finals

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### 10 - 12 March 2023

Day Three HEATS Sunday 12 March, 9:00am			Day Three FINALS Sunday 12 March, 5:30pm		
38	Women's 200 Butterfly		38	Women's 200 Butterfly	
39	Men's 100m Butterfly		39	Men's 100m Butterfly	
40	Men's 11 & Over 100m MC Backstroke		40	Men's 11 & Over 100m MC Backstroke	
41	Women's 11 & Over 100m MC Backstroke		41	Women's 11 & Over 100m MC Backstroke	
42	Women's 50m Breaststroke		42	Women's 50m Breaststroke	
43	Men's 200m Breaststroke		43	Men's 200m Breaststroke	
44	Women's 200m Freestyle		44	Women's 200m Freestyle	
45	Men's 11 & Over 200m MC Individual Medley		45	Men's 11 & Over 200m MC Individual Medley	
46	Women's 11 & Over 200m MC Individual Medley		46	Women's 11 & Over 200m MC Individual Medley	
47	Men's 50m Freestyle		47	Men's 50m Freestyle	
48	Women's 200m Individual Medley		48	Women's 200m Individual Medley	
49	Men's 400m Individual Medley		49	Men's 400m Individual Medley	
50	Women's 50m Backstroke		50	Women's 50m Backstroke	
51	Men's 11 & Over 100m MC Freestyle		51	Men's 11 & Over 100m MC Freestyle	
52	Women's 11 & Over 100m MC Freestyle		52	Women's 11 & Over 100m MC Freestyle	
53	Men's 100m Backstroke		53	Men's 100m Backstroke	
54*	Men's 1500m Freestyle	Timed Finals	54*	Men's 1500m Freestyle	Timed Finals
55*	Women's 1500m Freestyle	Timed Finals	55*	Women's 1500m Freestyle	Timed Finals
			56	Women's 4x100 Club Freestyle Relay	Timed Finals
			57	Men's 4x100 Club Freestyle Relay	Timed Finals

\* Fastest Heat to be swum in the Finals Session

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**NSW State Open Championships  
Sydney Olympic Park Aquatic Centre  
10 - 12 March 2023**

**QUALIFYING TIMES**

<b>MEN</b>		<b>WOMEN</b>
<b>FREESTYLE</b>		
25.60	50m	28.50
54.50	100m	1:01.50
2:00.00	200m	2:12.00
4:20.50	400m	4:40.00
9:10.00	800m	9:25.00
16:50.00	1500m	18:15.00
<b>BACKSTROKE</b>		
30.50	50m	33.00
1:04.50	100m	1:10.50
2:18.50	200m	2:36.00
<b>BREASTSTROKE</b>		
33.50	50m	38.00
1:12.00	100m	1:21.50
2:37.00	200m	2:53.50
<b>BUTTERFLY</b>		
27.80	50m	31.00
1:00.00	100m	1:09.00
2:15.00	200m	2:34.50
<b>INDIVIDUAL MEDLEY</b>		
2:19.00	200m	2:33.50
4:57.00	400m	5:20.00
<b>CLUB RELAYS</b>		
3:58.00	4x100 F/S	4:22.00
8:35.00	4x200 F/S	9:18.00
4:26.00	4x100 Med	4:50.00
Mixed 4x100 Medley		4:45.00

**ENTRIES CLOSE 5PM TUESDAY 28 FEBRUARY 2023**

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## NSW State Open Championships Multi-Class Qualifying Times

Women		S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S18	S19
50m Free	Open	1:51.2	1:38.7	1:18.4	0:51.3	0:47.6	0:47.1	0:45.4	0:41.7	0:38.5	0:37.2	0:43.2	0:36.8	0:35.8	0:37.8	0:35.8	0:41.5	0:39.7	0:37.8
100m Free	Open	3:56.2	3:34.1	2:42.1	1:57.9	1:43.3	1:44.2	1:37.6	1:30.1	1:22.1	1:20.7	1:33.6	1:18.5	1:18.3	1:21.6	1:17.8	1:33.0	1:25.7	1:21.6
200m Free	Open						3:50.6	3:29.6	3:15.0	2:54.8	2:54.8	3:23.0	2:47.3	2:51.2	2:56.1	2:48.9	3:28.6	3:04.9	2:56.1
400m Free	Open						7:55.5	7:37.8	6:40.2	6:22.3	6:07.5	7:03.9	6:23.6	6:03.1	6:13.1	5:50.6	7:38.2	6:31.8	6:13.1
100m Back	Open	3:57.7	4:19.2	2:53.2	2:27.4	2:20.0	1:55.9	1:52.2	1:42.8	1:32.0	1:36.9	1:47.8	1:31.4	1:30.6	1:31.3	1:29.7	2:06.0	1:35.9	1:31.3
100m Fly	Open						2:15.6	1:53.5	1:47.7	1:37.3	1:30.0	1:45.2	1:28.4	1:26.3	1:31.2	1:25.6	1:34.8	1:35.8	1:31.2
100m Breast	Open			2:49.6	2:29.8	2:25.2	2:16.8	2:05.0	1:46.8	1:40.6		1:57.3	1:50.9	1:40.8	1:46.8	1:37.7	2:06.2	1:52.1	1:46.8
200m IM	Open					4:13.3	4:21.4	4:13.8	3:53.9	3:34.0	3:21.0	3:52.7	3:19.4	3:11.3	3:20.6	3:11.0	4:08.2	3:30.6	3:20.6
Men		S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S18	S19
50m Free	Open	1:30.3	1:18.6	1:01.2	0:49.7	0:43.2	0:40.7	0:37.4	0:36.0	0:34.5	0:32.3	0:34.0	0:33.1	0:32.3	0:33.1	0:31.1	0:36.1	0:34.8	0:33.1
100m Free	Open	3:19.8	2:50.8	2:18.9	1:48.9	1:39.4	1:29.1	1:21.8	1:18.4	1:16.6	1:10.3	1:14.2	1:13.6	1:11.9	1:12.4	1:08.9	1:20.8	1:16.0	1:12.4
200m Free	Open						3:17.1	2:55.8	2:49.6	2:43.2	2:32.3	2:40.9	2:36.8	2:37.2	2:36.1	2:29.5	3:01.1	2:43.9	2:36.1
400m Free	Open						6:59.9	6:24.6	6:10.2	5:47.6	5:19.5	5:41.1	5:35.0	5:35.2	5:45.9	5:05.3	7:09.9	6:03.2	5:45.9
100m Back	Open	4:12.4	2:54.3	2:42.5	2:12.9	2:05.6	1:42.0	1:38.4	1:30.6	1:25.1	1:20.4	1:30.6	1:23.7	1:23.4	1:23.4	1:17.7	1:37.5	1:27.6	1:23.4
100m Fly	Open						1:39.4	1:41.8	1:27.6	1:24.3	1:18.0	1:23.1	1:17.2	1:19.2	1:19.0	1:15.3	2:02.5	1:23.0	1:19.0
100m Breast	Open			2:31.1	2:07.2	1:59.0	1:59.4	1:49.9	1:33.9	1:36.2		1:48.1	1:44.8	1:41.8	1:39.2	1:34.3	1:59.6	1:44.2	1:39.2
200m IM	Open					4:03.8	3:41.9	3:36.8	3:18.5	3:07.0	2:57.5	3:07.1	3:03.4	3:02.7	3:00.6	2:41.3	3:35.9	3:09.6	3:00.6