

EVENT DETAILS & ENTRY INFORMATION

- **Event:** 2023/24 NSW Senior State Age Championships
- **Dates:** Sunday 10th- Saturday 16th December 2023
- **Closing Date:** Entries close at 5:00pm AEST, Tuesday 28th November
- **Age as at:** 10th December 2023
- **Event Fee:** \$23.50 per individual event (Meet Levy & GST Inclusive)
\$45.50 per relay events (Meet Levy & GST Inclusive)
- **Minimum Age:** The minimum age for this event is 12 years old as of 10th December 2023 (For males & females)
- **Qualifying Period/Criteria:**
 - Results must be achieved since 1st October 2022 to be eligible for entry into this event.
 - Long course times only from within this period can be used to enter this meet. Short course times will not be accepted.
 - 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.
- **Finals & Medals Breakdown:** Please refer to the fine print under each day below.
- **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
 - Only two (2) Relay Teams per Club per event will be eligible to score points and/or win Medals
 - 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 12 years.
 - Any swimmer that competes at Senior State Age Championships, including relays, will be ineligible for Junior State Age Championships in March.
- **Changes to NSW Senior & Junior State Age groups for 2023/24**

Swimming NSW has made the following changes to the age groups for Senior & Junior State Age Championships for 2023/24, Summer Long Course Season.

Senior State Age:
Minimum age is 12 years old as at 10th December 2023, for both boys and girls.

Junior State Age:
Minimum age is 9 years old as at 23rd March 2024, for both boys and girls.
Maximum age is 12 years old as at 23rd March 2024, for both boys & girls.

 - With the above changes, Swimmers are only permitted to swim at one (1) State Age Championship throughout the 2023-24 Long Course Season- therefore any swimmer that competes at this Senior State Age (December) event, will be ineligible for Junior State Age in March 2024- this includes relays. These age groups will also be reflected, and the same rule will apply for Metropolitan Championships. Please consult with your coach as to which age group stream is most appropriate for you. The program for Junior State Age LC will be released soon.

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

Heats Program				
DAY 1 HEATS Sunday 10th December 2023, 9:00am				
Session One				
Event	Age/Event	Gender	Distance	Stroke
1	15-17 Years	Girls	400m	Freestyle
2	15-17 Years	Boys	400m	Freestyle
3	12-14 Years	Girls	100m	Breaststroke
4	12-14 Years	Boys	100m	Breaststroke
5	15-17 Years	Girls	50m	Freestyle
6	15-17 Years	Boys	50m	Freestyle
7	12-14 Years	Girls	200m	Butterfly
8	12-14 Years	Boys	200m	Butterfly

Finals Program				
DAY 1 FINALS Sunday 10th December 2023, 5:30pm				
Session Two				
Event	Age/Event	Gender	Distance	Stroke
15	12-14 Years	Girls	4 x 50m	Club Freestyle Relay
16	12-14 Years	Boys	4 x 50m	Club Freestyle Relay
1	15 Years	Girls	400m	Freestyle
1a	16 Years	Girls	400m	Freestyle
1b	17 Years	Girls	400m	Freestyle
2	15 Years	Boys	400m	Freestyle
2a	16 Years	Boys	400m	Freestyle
2b	17 Years	Boys	400m	Freestyle
3	12 Years	Girls	100m	Breaststroke
3a	13 Years	Girls	100m	Breaststroke
3b	14 Years	Girls	100m	Breaststroke
4	12 Years	Boys	100m	Breaststroke
4a	13 Years	Boys	100m	Breaststroke
4b	14 Years	Boys	100m	Breaststroke
5	15 Years	Girls	50m	Freestyle
5a	16 Years	Girls	50m	Freestyle
5b	17 Years	Girls	50m	Freestyle
6	15 Years	Boys	50m	Freestyle
6a	16 Years	Boys	50m	Freestyle
6b	17 Years	Boys	50m	Freestyle
7	12-13 Years	Girls	200m	Butterfly
7a	14 Years	Girls	200m	Butterfly
8	12-13 Years	Boys	200m	Butterfly
8a	14 Years	Boys	200m	Butterfly

SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2023

DAY 1 HEATS Sunday 10th December 2023 continued...				
9	15-17 Years	Girls	200m	Individual Medley
10	15-17 Years	Boys	200m	Individual Medley
11	12-14 Years	Girls	800m	Freestyle*
12	12-14 Years	Boys	1500m	Freestyle*
13	12-14 Years	Girls	4 x 50m	Club Medley Relay
14	12-14 Years	Boys	4 x 50m	Club Medley Relay

DAY 1 FINALS Sunday 10 th December 2023 continued...				
9	15 Years	Girls	200m	Individual Medley
9a	16 Years	Girls	200m	Individual Medley
9b	17 Years	Girls	200m	Individual Medley
10	15 Years	Boys	200m	Individual Medley
10a	16 Years	Boys	200m	Individual Medley
10b	17 Years	Boys	200m	Individual Medley
11	12-14 Years	Girls	800m	Freestyle*
12	12-14 Years	Boys	1500m	Freestyle*

AGE AS AT 10 DECEMBER 2023
ENTRIES CLOSE 5:00PM TUESDAY 28 NOVEMBER 2023

- The following 15-17 years events: 1, 2, 5, 6, 9 & 10, will be swum as a combined age event for the heat's session and as separate age groups (15 years, 16 Years & 17 years) for the finals. Medals will be awarded in the separate age groups.
- The following 12-14 years events: 3 & 4, will be swum as a combined age event for the heat's session and as separate age groups (12 years, 13 Years & 14 years). Medals will be awarded in the separate age groups.
- Events 7 & 8 will be swum as a combined age group (12-14) for the heats session and as separate age groups (12-13 Years and 14 years) for finals. Medals will be awarded separately as 12, 13 and 14 years.
- *800m & 1500m Freestyle events will be swum as timed finals, with the fastest ten (10) swimmers, competing in the evening finals session. For events 11 & 12, medals will be awarded separately as 12, 13, 14 years. This may therefore result in some medals may be won in the heat's session.
- Relay Events 13 & 14 will be swum as timed finals in the heat's session only.
- Relay events 15 & 16 will be swum as timed finals at the beginning of the final's session.

Heats Program				
DAY 2 HEATS Monday 11th December 2023, 9:00am				
Session Three				
Event	Age/Event	Gender	Distance	Stroke
17	15-17 Years	Girls	200m	Freestyle
18	15-17 Years	Boys	200m	Freestyle
19	12-14 Years	Girls	400m	Freestyle
20	12-14 Years	Boys	400m	Freestyle
21	15-17 Years	Girls	100m	Breaststroke
22	15-17 Years	Boys	100m	Breaststroke
23	12 Years & Over MC	Boys	100m	Freestyle
24	12 Years & Over MC	Girls	100m	Freestyle
25	12-14 Years	Girls	50m	Freestyle

Finals Program				
DAY 2 FINALS Monday 11th December 2023, 5:30pm				
Session Four				
Event	Age/Event	Gender	Distance	Stroke
17	15 Years	Girls	200m	Freestyle
17a	16 Years	Girls	200m	Freestyle
17b	17 Years	Girls	200m	Freestyle
18	15 Years	Boys	200m	Freestyle
18a	16 Years	Boys	200m	Freestyle
18b	17 Years	Boys	200m	Freestyle
19	12-13 Years	Girls	400m	Freestyle
19a	14 Years	Girls	400m	Freestyle
20	12-13 Years	Boys	400m	Freestyle
20a	14 Years	Boys	400m	Freestyle
21	15 Years	Girls	100m	Breaststroke
21a	16 Years	Girls	100m	Breaststroke
22b	17 Years	Girls	100m	Breaststroke
22	15 Years	Boys	100m	Breaststroke
22a	16 Years	Boys	100m	Breaststroke
22b	17 Years	Boys	100m	Breaststroke
23	12-16 Years MC	Boys	100m	Freestyle
23a	17 Years & Over MC	Boys	100m	Freestyle
24	12-16 Years MC	Girls	100m	Freestyle
24a	17 Years & Over MC	Girls	100m	Freestyle
25	12 Years	Girls	50m	Freestyle
25a	13 Years	Girls	50m	Freestyle
25b	14 Years	Girls	50m	Freestyle

SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2023

DAY 2 HEATS Monday 11th December 2023 continued...				
26	12-14 Years	Boys	50m	Freestyle
27	15-17 Years	Girls	200m	Butterfly
28	15-17 Years	Boys	200m	Butterfly
29	12-14 Years	Boys	200m	Breaststroke
30	12-14 Years	Girls	200m	Breaststroke

DAY 2 FINALS Monday 11 th December 2023 continued...				
26	12 Years	Boys	50m	Freestyle
26a	13 Years	Boys	50m	Freestyle
26b	14 Years	Boys	50m	Freestyle
27	15 Years	Girls	200m	Butterfly
27a	16 Years	Girls	200m	Butterfly
27b	17 Years	Girls	200m	Butterfly
28	15 Years	Boys	200m	Butterfly
28a	16 Years	Boys	200m	Butterfly
28b	17 Years	Boys	200m	Butterfly
29	12-13 Years	Boys	200m	Breaststroke
29a	14 Years	Boys	200m	Breaststroke
30	12-13 Years	Girls	200m	Breaststroke
30a	14 Years	Girls	200m	Breaststroke

AGE AS AT 10 DECEMBER 2023

ENTRIES CLOSE 5:00PM TUESDAY 28 NOVEMBER 2023

- The following 15-17 years events: 17, 18, 21, 22, 27 & 28, will be swum as a combined age event for the heat's session and as separate age groups (15 years, 16 Years & 17 years) for the finals. Medals will be awarded in the separate age groups.
- The following 12-14 years events: 25, 26, will be swum as a combined age event for the heat's session and as separate age groups (12 years, 13 Years & 14 years). Medals will be awarded in the separate age groups.
- Events 19, 20, 29 & 30, will be swum as a combined age group (12-14) for the heat's session and as separate age groups (12-13 Years and 14 years) for finals. Medals will be awarded separately as 12, 13 and 14 years.
- The following Multi-Class Events: 23 & 24, will be swum as a combined age event in the heat's session and as separate age groups (12-16, 17 & over) for the finals session. Medals will be awarded in the following age groups: 12-14 Year, 15-16 Years and 17 & Over- therefore some medals may be won in the heat's session.

SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2023

Heats Program					Finals Program				
DAY 3 HEATS Tuesday 12th December 2023, 9:00am					DAY 3 FINALS Tuesday 12th December 2023, 5:30pm				
Session Five					Session Six				
Event	Age/Event	Gender	Distance	Stroke	Event	Age/Event	Gender	Distance	Stroke
31	12-14 Years	Girls	200m	Individual Medley	31	12 Years	Girls	200m	Individual Medley
					31a	13 Years	Girls	200m	Individual Medley
					31b	14 Years	Girls	200m	Individual Medley
32	12-14 Years	Boys	200m	Individual Medley	32	12 Years	Boys	200m	Individual Medley
					32a	13 Years	Boys	200m	Individual Medley
					32b	14 Years	Boys	200m	Individual Medley
33	15-17 Years	Boys	100m	Backstroke	33	15 Years	Boys	100m	Backstroke
					33a	16 Years	Boys	100m	Backstroke
					33b	17 Years	Boys	100m	Backstroke
34	15-17 Years	Girls	100m	Backstroke	34	15 Years	Girls	100m	Backstroke
					34a	16 Years	Girls	100m	Backstroke
					34b	17 Years	Girls	100m	Backstroke
35	12 Years & Over MC	Boys	50m	Butterfly	35	12-16 Years MC	Boys	50m	Butterfly
					35a	17 Years & Over MC	Boys	50m	Butterfly
36	12 Years & Over MC	Girls	50m	Butterfly	36	12-16 Years MC	Girls	50m	Butterfly
					36a	17 Years & Over MC	Girls	50m	Butterfly
37	12-14 Years	Boys	100m	Butterfly	37	12 Years	Boys	100m	Butterfly
					37a	13 Years	Boys	100m	Butterfly
					37b	14 Years	Boys	100m	Butterfly
38	12-14 Years	Girls	100m	Butterfly	38	12 Years	Girls	100m	Butterfly
					38a	13 Years	Girls	100m	Butterfly
					38b	14 Years	Girls	100m	Butterfly
39	15-17 Years	Boys	400m	Individual Medley	39	15 Years	Boys	400m	Individual Medley
					39a	16 Years	Boys	400m	Individual Medley
					39b	17 Years	Boys	400m	Individual Medley

SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2023

DAY 3 HEATS Tuesday 12th December 2023 continued...				
40	15-17 Years	Girls	400m	Individual Medley
41	12 Years & Over MC	Boys	200/150m	Individual Medley
42	12 Years & Over MC	Girls	200/150m	Individual Medley
43	12-14 Years	Boys	800m	Freestyle*
44	12-14 Years	Girls	1500m	Freestyle*

DAY 3 FINALS Tuesday 12th December 2023 continued...				
40	15 Years	Girls	400m	Individual Medley
40a	16 Years	Girls	400m	Individual Medley
40b	17 Years	Girls	400m	Individual Medley
41	12 Years & Over MC	Boys	200/150m	Individual Medley
42	12 Years & Over MC	Girls	200/150m	Individual Medley
43	12-14 Years	Boys	800m	Freestyle*
44	12-14 Years	Girls	1500m	Freestyle*

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ENTRIES CLOSE 5:00PM TUESDAY 28 NOVEMBER 2023

- The following 15-17 years events: 33, 34, 39 & 40, will be swum as a combined age event for the heat's session and as separate age groups (15 years, 16 Years & 17 years) for the finals. Medals will be awarded in the separate age groups.
- The following 12-14 years events: 31, 32, 37 & 38, will be swum as a combined age event for the heat's session and as separate age groups (12 years, 13 Years & 14 years). Medals will be awarded in the separate age groups.
- The following Multi-Class Events: 35 & 36, will be swum as a combined age event in the heat's session and as separate age groups (12-16, 17 & over) for the final's session. For Multi-Class Events 41 & 42, they will be swum as a combined age event for heats & finals. For all Multi-Class Events, Medals will be awarded in the following age groups: 12-14 Year, 15-16 Years and 17 & Over- therefore some medals may be won in the heat's session.
- *800m & 1500m Freestyle events will be swum as timed finals, with the fastest ten (10) swimmers, competing in the evening finals session. For events 43 & 44, medals will be awarded separately as 12, 13, 14 years. This may therefore result in some medals may be won in the heat's session.

Heats Program				
DAY 4 HEATS Wednesday 13th December 2023, 9:00am				
Session Seven				
Event	Age/Event	Gender	Distance	Stroke
45	18 Years & Over	Boys	400m	Freestyle
46	18 Years & Over	Girls	400m	Freestyle
47	12-14 Years	Boys	100m	Backstroke
48	12-14 Years	Girls	100m	Backstroke
49	15-17 Years	Boys	200m	Breaststroke
50	18 Years & Over	Boys	100m	Butterfly
51	18 Years & Over	Girls	100m	Butterfly
52	12 Years & Over MC	Boys	50m	Backstroke
53	12 Years & Over MC	Girls	50m	Backstroke
54	15-17 Years	Girls	200m	Breaststroke
55	12-14 Years	Boys	200m	Freestyle
56	18 Years & Over	Boys	50m	Freestyle

Finals Program				
DAY 4 FINALS Wednesday 13th December 2023, 5:30pm				
Session Eight				
Event	Age/Event	Gender	Distance	Stroke
45	18 Years & Over	Boys	400m	Freestyle
46	18 Years & Over	Girls	400m	Freestyle
47	12 Years	Boys	100m	Backstroke
47a	13 Years	Boys	100m	Backstroke
47b	14 Years	Boys	100m	Backstroke
48	12 Years	Girls	100m	Backstroke
48a	13 Years	Girls	100m	Backstroke
48b	14 Years	Girls	100m	Backstroke
49	15 Years	Boys	200m	Breaststroke
49a	16 Years	Boys	200m	Breaststroke
49b	17 Years	Boys	200m	Breaststroke
50	18 Years & Over	Boys	100m	Butterfly
51	18 Years & Over	Girls	100m	Butterfly
52	12-16 Years MC	Boys	50m	Backstroke
52a	17 Years & Over MC	Boys	50m	Backstroke
53	12-16 Years MC	Girls	50m	Backstroke
53a	17 Years & Over MC	Girls	50m	Backstroke
54	15 Years	Girls	200m	Breaststroke
54a	16 Years	Girls	200m	Breaststroke
54b	17 Years	Girls	200m	Breaststroke
55	12 Years	Boys	200m	Freestyle
55a	13 Years	Boys	200m	Freestyle
55b	14 Years	Boys	200m	Freestyle
56	18 Years & Over	Boys	50m	Freestyle

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SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2023

DAY 4 HEATS Wednesday 13th December 2023 continued...				
57	18 Years & Over	Girls	50m	Freestyle
58	12-14 Years	Girls	200m	Freestyle
59	12 Years & Over MC	Boys	200m	Freestyle
60	12 Years & Over MC	Girls	200m	Freestyle
61	18 Years & Over	Boys	200m	Individual Medley
62	18 Years & Over	Girls	200m	Individual Medley
63	18yrs & Under	Boys	4 x 100m	Club Medley Relay
64	18yrs & Under	Girls	4 x 100m	Club Medley Relay

DAY 4 FINALS Wednesday 13th December 2023 continued...				
57	18 Years & Over	Girls	50m	Freestyle
58	12 Years	Girls	200m	Freestyle
58a	13 Years	Girls	200m	Freestyle
58b	14 Years	Girls	200m	Freestyle
59	12 Years & Over MC	Boys	200m	Freestyle
60	12 Years & Over MC	Girls	200m	Freestyle
61	18 Years & Over	Boys	200m	Individual Medley
62	18 Years & Over	Girls	200m	Individual Medley
65	18yrs & Under	Girls	4 x 100m	Club Freestyle Relay
66	18yrs & Under	Boys	4 x 100m	Club Freestyle Relay

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ENTRIES CLOSE 5:00PM TUESDAY 28 NOVEMBER 2023

- The following 15-17 years events: 49 & 54, will be swum as a combined age event for the heat's session and as separate age groups (15 years, 16 Years & 17 years) for the finals. Medals will be awarded in the separate age groups.
- The following 12-14 years events: 47, 48, 55 & 58, will be swum as a combined age event for the heat's session and as separate age groups (12 years, 13 Years & 14 years). Medals will be awarded in the separate age groups.
- The following Multi-Class Events: 52 & 53, will be swum as a combined age event in the heat's session and as separate age groups (12-16, 17 & over) for the finals session. For Multi-Class Events 59 & 60, they will be swum as a combined age event for heats & finals. For all Multi-Class Events, Medals will be awarded in the following age groups: 12-14 Year, 15-16 Years and 17 & Over- therefore some medals may be won in the heat's session.
- Relays: #63 & #64 will be swam in the heats session. #65 & #66 will be swam in the finals session.

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SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2023

Heats Program				
DAY 5 HEATS Thursday 14th December 2023, 9:00am				
Session Nine				
Event	Age/Event	Gender	Distance	Stroke
67	18 Years & Over	Boys	400m	Individual Medley
68	18 Years & Over	Girls	400m	Individual Medley
69	15-17 Years	Boys	100m	Freestyle
70	12-14 Years	Girls	400m	Individual Medley
71	12 Years & Over MC	Boys	50m	Freestyle
72	12 Years & Over MC	Girls	50m	Freestyle
73	18 Years & Over	Boys	100m	Breaststroke
74	18 Years & Over	Girls	100m	Breaststroke
75	12-14 Years	Boys	400m	Individual Medley
76	15-17 Years	Girls	100m	Freestyle
77	12 Years & Over MC	Boys	400m	Freestyle
78	12 Years & Over MC	Girls	400m	Freestyle
79	18 Years & Over	Boys	200m	Butterfly
80	18 Years & Over	Girls	200m	Butterfly

Finals Program				
DAY 5 FINALS Thursday 14th December 2023, 5:00pm				
Session Ten				
Event	Age/Event	Gender	Distance	Stroke
67	18 Years & Over	Boys	400m	Individual Medley
68	18 Years & Over	Girls	400m	Individual Medley
69	15 Years	Boys	100m	Freestyle
69a	16 Years	Boys	100m	Freestyle
69b	17 Years	Boys	100m	Freestyle
70	12 Years	Girls	400m	Individual Medley
70a	13 Years	Girls	400m	Individual Medley
70b	14 Years	Girls	400m	Individual Medley
71	12-16 Years MC	Boys	50m	Freestyle
71a	17 Years & Over MC	Boys	50m	Freestyle
72	12-16 Years MC	Girls	50m	Freestyle
72a	17 Years & Over MC	Girls	50m	Freestyle
73	18 Years & Over	Boys	100m	Breaststroke
74	18 Years & Over	Girls	100m	Breaststroke
75	12 Years	Boys	400m	Individual Medley
75a	13 Years	Boys	400m	Individual Medley
75b	14 Years	Boys	400m	Individual Medley
76	15 Years	Girls	100m	Freestyle
76a	16 Years	Girls	100m	Freestyle
76b	17 Years	Girls	100m	Freestyle
77	12 Years & Over MC	Boys	400m	Freestyle
78	12 Years & Over MC	Girls	400m	Freestyle
79	18 Years & Over	Boys	200m	Butterfly
80	18 Years & Over	Girls	200m	Butterfly

SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2023

DAY 5 HEATS Thursday 14th December 2023 continued...				
81	12 Years & Over	Boys	50m	Backstroke
82	12 Years & Over	Girls	50m	Backstroke
83	15 Years & Over	Boys	800m	Freestyle*
84	15 Years & Over	Girls	1500m	Freestyle*

DAY 5 FINALS Thursday 14th December 2023 continued...				
81	12-14 Years	Boys	50m	Backstroke
81a	15-17 Years	Boys	50m	Backstroke
81b	18 Years & Over	Boys	50m	Backstroke
82	12-14 Years	Girls	50m	Backstroke
82a	15-17 Years	Girls	50m	Backstroke
82b	18 Years & Over	Girls	50m	Backstroke
83	15 Years & Over	Boys	800m	Freestyle*
84	15 Years & Over	Girls	1500m	Freestyle*

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ENTRIES CLOSE 5:00PM TUESDAY 28 NOVEMBER 2023

- The following 15-17 years events: 69 & 76, will be swum as a combined age event for the heat's session and as separate age groups (15 years, 16 Years & 17 years) for the finals. Medals will be awarded in the separate age groups.
- The following 12-14 years events: 70 & 75, will be swum as a combined age event for the heat's session and as separate age groups (12 years, 13 Years & 14 years). Medals will be awarded in the separate age groups.
- The following Multi-Class Events: 71 & 72, will be swum as a combined age event in the heat's session and as separate age groups (12-16, 17 & over) for the final's session. Medals will be awarded in the following age groups: 12-14 Year, 15-16 Years and 17 & Over- therefore some medals may be won in the heat's session. For Multi-Class Events 75 & 76, they will be swum as a combined age event for heats & finals. For all Multi-Class Events, Medals will be awarded in the following age groups: 12-14 Year, 15-16 Years and 17 & Over- therefore some medals may be won in the heat's session.
- The following 50m Form Stroke Events (81 & 82), will be swum as 12 Years & Over for the heat's session and as separate age groups (12-14 Years, 15-17 Years and 18 Years & Over). Medals will be awarded to each individual age group as follows: 12, 13, 14, 15, 16, 17 and 18 Years & over.
- *800m & 1500m Freestyle events will be swum as timed finals, with the fastest ten (10) swimmers, competing in the evening finals session. For events 83 & 84, medals will be awarded separately as 15, 16, 17 and 18 Years & Over. This may therefore result in some medals may be won in the heat's session.

Heats Program				
DAY 6 HEATS Friday 15th December 2023, 9:00am				
Session Eleven				
Event	Age/Event	Gender	Distance	Stroke
85	12-14 Years	Boys	100m	Freestyle
86	18 Years & Over	Boys	200m	Freestyle
87	18 Years & Over	Girls	200m	Freestyle
88	12-14 Years	Girls	100m	Freestyle
89	12 Years & Over MC	Boys	100m	Breaststroke
90	12 Years & Over MC	Girls	100m	Breaststroke
91	15-17 Years	Boys	200m	Backstroke
92	18 Years & Over	Boys	200m	Breaststroke
93	18 Years & Over	Girls	200m	Breaststroke
94	15-17 Years	Girls	200m	Backstroke
95	12 Years & Over	Boys	50m	Butterfly
96	12 Years & Over	Girls	50m	Butterfly

Finals Program				
DAY 6 FINALS Friday 15th December 2023, 5:30pm				
Session Twelve				
Event	Age/Event	Gender	Distance	Stroke
85	12 Years	Boys	100m	Freestyle
85a	13 Years	Boys	100m	Freestyle
85b	14 Years	Boys	100m	Freestyle
86	18 Years & Over	Boys	200m	Freestyle
87	18 Years & Over	Girls	200m	Freestyle
88	12 Years	Girls	100m	Freestyle
88a	13 Years	Girls	100m	Freestyle
88b	14 Years	Girls	100m	Freestyle
89	12-16 Years MC	Boys	100m	Breaststroke
89a	17 Years & Over MC	Boys	100m	Breaststroke
90	12-16 Years MC	Girls	100m	Breaststroke
90a	17 Years & Over MC	Girls	100m	Breaststroke
91	15 Years	Boys	200m	Backstroke
91a	16 Years	Boys	200m	Backstroke
91b	17 Years	Boys	200m	Backstroke
92	18 Years & Over	Boys	200m	Breaststroke
93	18 Years & Over	Girls	200m	Breaststroke
94	15 Years	Girls	200m	Backstroke
94a	16 Years	Girls	200m	Backstroke
94b	17 Years	Girls	200m	Backstroke
95	12-14 Years	Boys	50m	Butterfly
95a	15-17 Years	Boys	50m	Butterfly
95b	18 Years & Over	Boys	50m	Butterfly
96	12-14 Years	Girls	50m	Butterfly
96a	15-17 Years	Girls	50m	Butterfly
96b	18 Years & Over	Girls	50m	Butterfly

SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2023

DAY 6 HEATS Friday 15th December 2023 continued...				
97	12 Years & Over MC	Boys	100m	Backstroke
98	12 Years & Over MC	Girls	100m	Backstroke
99	18 Years & Over	Boys	100m	Backstroke
100	18 Years & Over	Girls	100m	Backstroke
101	15-17 Years	Girls	4 x 50m	Club Medley Relay
102	15-17 Years	Boys	4 x 50m	Club Medley Relay

DAY 6 FINALS Friday 15th December 2023 continued...				
97	12-16 Years MC	Boys	100m	Backstroke
97a	17 Years & Over MC	Boys	100m	Backstroke
98	12-16 Years MC	Girls	100m	Backstroke
98a	17 Years & Over MC	Girls	100m	Backstroke
99	18 Years & Over	Boys	100m	Backstroke
100	18 Years & Over	Girls	100m	Backstroke
103	15-17 Years	Girls	4 x 50m	Club Freestyle Relay
104	15-17 Years	Boys	4 x 50m	Club Freestyle Relay

AGE AS AT 10 DECEMBER 2023

ENTRIES CLOSE 5:00PM TUESDAY 28 NOVEMBER 2023

- The following 15-17 years events: 91 & 94, will be swum as a combined age event for the heat's session and as separate age groups (15 years, 16 Years & 17 years) for the finals. Medals will be awarded in the separate age groups.
- The following 12-14 years events: 85 & 88, will be swum as a combined age event for the heat's session and as separate age groups (12 years, 13 Years & 14 years). Medals will be awarded in the separate age groups.
- The following Multi-Class Events: 89, 90, 97 & 98, will be swum as a combined age event in the heat's session and as separate age groups (12-16, 17 & over) for the final's session. Medals will be awarded in the following age groups: 12-14 Year, 15-16 Years and 17 & Over- therefore some medals may be won in the heat's session.
- The following 50m Form Stroke Events (95 & 96), will be swum as 12 Years & Over for the heat's session and as separate age groups (12-14 Years, 15-17 Years and 18 Years & Over). Medals will be awarded to each individual age group as follows: 12, 13, 14, 15, 16, 17 and 18 Years & over.
- Relays: #101 & #102 will be swam in the heats session. #103 & #104 will be swam in the finals session.

SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2023

Heats Program				
DAY 7 HEATS Saturday 16th December 2023, 9:00am				
Session Thirteen				
Event	Age/Event	Gender	Distance	Stroke
105	18 Years & Over	Boys	100m	Freestyle
106	18 Years & Over	Girls	100m	Freestyle
107	12 Years & Over MC	Boys	50m	Breaststroke
108	12 Years & Over MC	Girls	50m	Breaststroke
109	15-17 Years	Boys	100m	Butterfly
110	12-14 Years	Girls	200m	Backstroke
111	15-17 Years	Girls	100m	Butterfly
112	12-14 Years	Boys	200m	Backstroke
113	18 Years & Over	Boys	200m	Backstroke
114	18 Years & Over	Girls	200m	Backstroke
115	12 Years & Over MC	Boys	100m	Butterfly
116	12 Years & Over MC	Girls	100m	Butterfly

Finals Program				
DAY 7 FINALS Saturday 16th December 2023, 5:30pm				
Session Fourteen				
Event	Age/Event	Gender	Distance	Stroke
105	18 Years & Over	Boys	100m	Freestyle
106	18 Years & Over	Girls	100m	Freestyle
107	12-16 Years MC	Boys	50m	Breaststroke
107a	17 Years & Over MC	Boys	50m	Breaststroke
108	12-16 Years MC	Girls	50m	Breaststroke
108a	17 Years & Over MC	Girls	50m	Breaststroke
109	15 Years	Boys	100m	Butterfly
109a	16 Years	Boys	100m	Butterfly
109b	17 Years	Boys	100m	Butterfly
110	12-13 Years	Girls	200m	Backstroke
110a	14 Years	Girls	200m	Backstroke
111	15 Years	Girls	100m	Butterfly
111a	16 Years	Girls	100m	Butterfly
111b	17 Years	Girls	100m	Butterfly
112	12-13 Years	Boys	200m	Backstroke
112b	14 Years	Boys	200m	Backstroke
113	18 Years & Over	Boys	200m	Backstroke
114	18 Years & Over	Girls	200m	Backstroke
115	12-16 Years MC	Boys	100m	Butterfly
115a	17 Years & Over MC	Boys	100m	Butterfly
116	12-16 Years MC	Girls	100m	Butterfly
116b	17 Years & Over MC	Girls	100m	Butterfly

SWIMMING NSW SENIOR STATE AGE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE 10 - 16 DECEMBER 2023

DAY 7 HEATS Saturday 16th December 2023 continued...				
117	12 Years & Over	Boys	50m	Breaststroke
118	12 Years & Over	Girls	50m	Breaststroke
119	15 Years & Over	Girls	800m	Freestyle*
120	15 Years & Over	Boys	1500m	Freestyle*

DAY 7 FINALS Saturday 16th December 2023 continued...				
117	12-14 Years	Boys	50m	Breaststroke
117a	15-17 Years	Boys	50m	Breaststroke
117b	18 Years & Over	Boys	50m	Breaststroke
118	12-14 Years	Girls	50m	Breaststroke
118a	15-17 Years	Girls	50m	Breaststroke
118b	18 Years & Over	Girls	50m	Breaststroke
119	15 Years & Over	Girls	800m	Freestyle
120	15 Years & Over	Boys	1500m	Freestyle
121	Open	Boys	10 x 50m	Club Freestyle Relay
122	Open	Girls	10 x 50m	Club Freestyle Relay

AGE AS AT 10 DECEMBER 2023

ENTRIES CLOSE 5:00PM TUESDAY 28 NOVEMBER 2023

- The following 15-17 years events: 109 & 111, will be swum as a combined age event for the heat's session and as separate age groups (15 years, 16 Years & 17 years) for the finals. Medals will be awarded in the separate age groups.
- Events 110 & 112 will be swum as a combined age group (12-14) for the heats session and as separate age groups (12-13 Years and 14 years) for finals. Medals will be awarded separately as 12, 13 and 14 years.
- The following Multi-Class Events: 107, 108, 115, 116, will be swum as a combined age event in the heat's session and as separate age groups (12-16, 17 & over) for the finals session. Medals will be awarded in the following age groups: 12-14 Year, 15-16 Years and 17 & Over- therefore some medals may be won in the heat's session.
- The following 50m Form Stroke Events (117 & 118), will be swum as 12 Years & Over for the heat's session and as separate age groups (12-14 Years, 15-17 Years and 18 Years & Over). Medals will be awarded to each individual age group as follows: 12, 13, 14, 15, 16, 17 and 18 Years & over.
- *800m & 1500m Freestyle events will be swum as timed finals, with the fastest ten (10) swimmers, competing in the evening finals session. For events 119 & 120, medals will be awarded separately as 15, 16, 17 and 18 Years & Over. This may therefore result in some medals may be won in the heat's session.

QUALIFYING TIMES: MALES							
	18yrs & Over	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs
Freestyle							
50m	00:25.8	00:26.0	00:26.5	00:27.8	00:28.2	00:29.2	00:30.5
100m	00:56.0	00:56.5	00:57.0	00:58.5	01:00.5	01:02.5	01:05.5
200m	02:01.0	02:02.0	02:06.0	02:08.5	02:11.0	02:15.0	02:22.0
400m	04:26.0	04:28.0	04:31.0	04:38.5	04:40.0	04:45.0	05:00.0
800m	09:15.0	09:30.0	09:40.0	09:50.0	10:00.0	10:15.0	10:30.0
1500m	17:31.0	17:59.0	18:08.0	18:36.0	18:55.0	19:20.0	19:40.0
Backstroke							
50m	00:29.4	00:29.7	00:30.3	00:31.7	00:32.8	00:34.0	00:35.5
100m	01:05.5	01:06.5	01:08.0	01:09.5	01:13.0	01:15.0	01:18.0
200m	02:27.0	02:28.0	02:31.0	02:32.0	02:35.0	02:38.0	02:44.0
Breaststroke							
50m	00:32.1	00:32.5	00:33.0	00:34.6	00:35.8	00:37.2	00:40.5
100m	01:17.0	01:17.0	01:17.0	01:20.0	01:21.0	01:23.5	01:26.5
200m	02:47.0	02:47.5	02:51.5	02:54.5	02:56.5	03:02.5	03:08.5
Butterfly							
50m	00:27.5	00:27.8	00:28.3	00:29.7	00:30.6	00:33.0	00:35.0
100m	01:01.5	01:02.0	01:05.0	01:07.0	01:08.5	01:12.0	01:16.0
200m	02:23.0	02:24.0	02:28.0	02:33.0	02:36.5	02:38.0	02:45.0
Individual Medley							
200m	02:23.5	02:24.0	02:25.0	02:28.0	02:34.0	02:39.0	02:45.0
400m	05:02.0	05:03.0	05:05.0	05:15.0	05:20.0	05:30.0	05:38.0

MALES RELAY QTS			
Club Relays	18yrs & Under	15 – 17 Years	12 – 14 Years
4x50m Freestyle		01:57.5	02:10.0
4x50m Medley		02:12.0	02:25.0
4x100m Freestyle	03:55.0		
4x100m Medley	04:20.0		
10x50m Freestyle	Open Event No Qualifying Time		

QUALIFYING TIMES: FEMALES							
	18yrs & Over	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs
Freestyle							
50m	00:29.0	00:29.4	00:29.7	00:30.0	00:30.0	00:30.5	00:31.0
100m	01:02.5	01:02.8	01:03.0	01:03.5	01:04.5	01:06.5	01:07.5
200m	02:16.0	02:17.5	02:18.0	02:18.5	02:19.5	02:22.5	02:27.0
400m	04:47.5	04:49.0	04:52.0	04:54.0	04:55.0	05:05.0	05:10.0
800m	09:45.0	09:50.0	09:55.0	09:55.0	10:10.0	10:25.0	10:35.0
1500m	18:25.0	18:30.0	18:38.0	18:50.0	19:15.0	19:45.0	19:55.0
Backstroke							
50m	00:32.8	00:33.5	00:33.9	00:34.1	00:34.8	00:35.7	00:36.5
100m	01:12.0	01:13.0	01:14.0	01:14.5	01:15.0	01:17.0	01:19.0
200m	02:35.0	02:38.5	02:40.0	02:41.0	02:42.0	02:46.0	02:49.0
Breaststroke							
50m	00:36.5	00:37.5	00:38.0	00:38.5	00:39.0	00:40.0	00:42.5
100m	01:22.5	01:24.5	01:25.0	01:26.0	01:27.0	01:29.0	01:31.5
200m	02:59.5	03:02.0	03:05.5	03:07.0	03:09.5	03:12.0	03:15.0
Butterfly							
50m	00:31.0	00:31.4	00:31.7	00:32.0	00:32.6	00:33.5	00:35.0
100m	01:09.0	01:10.0	01:12.0	01:12.5	01:14.0	01:16.0	01:18.0
200m	02:38.0	02:41.0	02:43.0	02:45.0	02:48.5	02:52.0	02:58.0
Individual Medley							
200m	02:36.0	02:38.0	02:39.0	02:40.0	02:41.0	02:44.0	02:47.5
400m	05:25.0	05:30.0	05:31.0	05:33.0	05:38.0	05:42.0	05:49.0

FEMALES RELAY QTS			
Club Relays	18yrs & Under	15 – 17 Years	12 – 14 Years
4x50m Freestyle		02:06.0	02:18.0
4x50m Medley		02:20.0	02:35.0
4x100m Freestyle	04:25.0		
4x100m Medley	04:48.0		
10x50m Freestyle	Open Event No Qualifying Time		

MULTI-CLASS QUALIFYING TIMES
MALES 17 YEARS & OVER

17 Yrs & Over	S1	S2	S3	S4	S5	S6	S7	S8	S9
50FR	01:54.55	01:43.79	01:14.92	01:05.32	00:56.61	00:49.81	00:46.81	00:44.55	00:42.80
100FR	04:04.20	03:47.04	02:46.27	02:22.82	02:02.83	01:49.99	01:42.36	01:37.06	01:33.03
50BK	02:15.60	01:49.71	01:23.18	01:18.22	01:06.14	01:02.06	00:59.45	00:53.36	00:51.51
100BK	04:49.48	03:43.31	03:11.69	02:51.45	02:23.37	02:04.64	01:59.16	01:50.15	01:44.52
50BR	02:38.42	01:37.12	01:25.15	01:19.29	01:14.88	01:03.66	01:03.55	00:56.08	00:51.58
100BR		03:57.74	03:17.32	02:49.97	02:43.44	02:21.72	02:16.78	01:57.39	01:53.67
50BF	03:36.04	02:16.15	01:38.39	01:13.21	01:01.84	00:52.74	00:51.94	00:48.03	00:46.50
100BF					02:12.70	01:58.87	01:57.15	01:39.49	01:38.07
200IM					05:03.85	04:28.13	04:16.00	03:54.37	03:42.86
150IM			05:13.31	04:28.52					

17 Yrs & Over	S10	S11	S12	S13	S14	S15	S16	S18	S19
50FR	00:39.94	00:43.32	00:39.03	00:39.80	00:41.34	00:39.16	00:40.61	00:43.41	00:41.34
100FR	01:26.73	01:35.61	01:25.87	01:27.72	01:31.36	01:26.13	01:31.48	01:35.93	01:31.36
50BK	00:48.72	00:54.60	00:48.87	00:48.39	00:49.22	00:44.99	00:51.28	00:51.70	00:49.22
100BK	01:41.25	01:52.03	01:37.77	01:38.04	01:45.48	01:36.37	01:50.00	01:50.76	01:45.48
50BR		00:57.86	00:54.39	00:52.47	00:50.42	00:46.87	00:52.27	00:52.94	00:50.42
100BR		02:03.03	01:53.93	01:50.86	01:54.48	01:39.86	01:57.12	02:00.20	01:54.48
50BF	00:43.70	00:46.77	00:44.19	00:45.21	00:44.44	00:41.26	00:45.26	00:46.66	00:44.44
100BF	01:33.08	01:40.66	01:32.98	01:32.95	01:38.17	01:29.71	01:41.85	01:43.08	01:38.17
200IM	03:35.91	03:55.46	03:34.01	03:35.11	03:43.76	03:24.26	04:04.60	03:54.94	03:43.76
150IM									

MALES 200M & 400M FREESTYLE

	S1	S2	S3	S4	S5	S6	S7	S8	S9
12-17 Years & Over:									
200m Freestyle	09:25.93	08:45.42	06:25.20	05:39.27	04:48.90	03:57.13	03:46.04	03:30.65	03:18.52
12 – 16 years:									
400m Freestyle						09:19.04	09:03.34	08:25.15	08:06.48
17 years & Over:									
400m Freestyle						08:01.63	07:46.96	07:14.29	06:58.14

	S10	S11	S12	S13	S14	S15	S16	S18	S19
12-17 years & Over:									
200m Freestyle	03:07.92	03:29.37	02:59.40	03:06.33	03:10.00	03:09.90	03:34.11	03:19.50	03:10.00
12 – 16 years:									
400m Freestyle	07:41.79	08:26.39	07:48.82	07:42.86	08:10.76	08:18.46	10:10.01	08:35.30	08:10.76
17 years & Over:									
400m Freestyle	06:36.88	07:16.25	06:42.80	06:37.47	07:01.56	06:38.13	08:07.71	07:22.64	07:01.56

MULTI-CLASS QUALIFYING TIMES:
FEMALES 12-14 YEARS

12/14 years	S1	S2	S3	S4	S5	S6	S7	S8	S9
50FR	02:24.98	02:14.31	01:46.19	01:24.12	01:11.46	01:06.14	01:00.72	00:58.91	00:55.22
100FR	05:11.51	04:35.83	03:36.12	02:59.80	02:33.25	02:22.51	02:10.96	02:06.64	01:57.74
50BK	02:21.52	02:13.70	01:52.47	01:39.84	01:23.43	01:21.05	01:16.30	01:11.91	01:05.80
100BK	05:24.28	05:01.36	04:06.70	03:31.58	03:02.40	02:41.39	02:34.54	02:22.09	02:12.24
50BR	03:28.13	02:24.74	01:51.25	01:43.04	01:29.86	01:27.48	01:26.17	01:14.05	01:12.21
100BR		05:51.52	04:35.17	03:39.64	03:13.61	03:15.45	02:54.44	02:31.36	02:28.91
50BF			01:58.25	01:46.29	01:24.32	01:22.02	01:07.88	01:06.39	01:02.69
100BF					03:55.21	02:50.22	02:35.22	02:18.05	02:10.92
200IM					06:31.19	05:58.70	05:31.60	05:09.34	04:51.02
150IM			06:52.79	05:50.05					

12/14 years	S10	S11	S12	S13	S14	S15	S16	S18	S19
50FR	00:53.51	00:58.13	00:50.93	00:51.49	00:54.40	00:50.30	00:57.49	00:57.12	00:54.40
100FR	01:55.54	02:07.83	01:51.71	01:51.19	01:57.00	01:50.09	02:04.30	02:02.85	01:57.00
50BK	01:02.62	01:10.53	01:04.07	01:03.36	01:00.75	00:58.39	01:09.31	01:03.79	01:00.75
100BK	02:05.50	02:27.31	02:07.82	02:07.52	02:09.94	02:05.46	02:39.54	02:16.44	02:09.94
50BR		01:17.87	01:08.56	01:11.24	01:07.74	01:02.93	01:11.86	01:11.13	01:07.74
100BR		02:48.53	02:25.77	02:27.20	02:33.79	02:19.75	02:45.65	02:41.48	02:33.79
50BF	01:00.69	01:05.16	01:01.44	00:58.13	00:59.20	00:54.72	01:01.17	01:02.16	00:59.20
100BF	02:10.74	02:33.73	02:04.48	02:06.62	02:14.82	02:08.20	03:09.76	02:21.56	02:14.82
200IM	04:47.95	05:27.85	04:47.71	04:44.32	04:46.34	04:44.88	05:43.68	05:00.66	04:46.34
150IM									

FEMALES 15-16 YEARS

15/16 years	S1	S2	S3	S4	S5	S6	S7	S8	S9
50FR	02:03.42	01:58.40	01:33.10	01:13.65	01:03.08	00:58.18	00:53.61	00:51.91	00:48.70
100FR	04:35.82	04:03.98	03:08.35	02:37.66	02:15.32	02:05.50	01:55.60	01:51.70	01:43.99
50BK	02:05.44	01:58.15	01:38.85	01:27.96	01:13.85	01:11.39	01:07.24	01:03.36	00:58.02
100BK	04:44.80	04:23.46	03:36.76	03:05.92	02:41.02	02:22.13	02:16.09	02:05.52	01:56.79
50BR	03:04.56	02:08.27	01:38.12	01:30.47	01:19.27	01:16.97	01:15.99	01:05.18	01:03.42
100BR		05:11.06	04:04.01	03:13.21	02:51.23	02:41.79	02:33.86	02:13.73	02:11.47
50BF			01:44.02	01:32.94	01:14.40	01:03.50	00:59.32	00:56.84	00:53.76
100BF					03:18.26	02:23.28	02:10.94	01:56.38	01:50.61
200IM					05:31.04	05:10.27	04:48.45	04:21.59	04:06.31
150IM			05:45.90	04:53.93					

15/16 years	S10	S11	S12	S13	S14	S15	S16	S18	S19
50FR	00:47.15	00:51.16	00:44.90	00:45.36	00:47.31	00:43.83	00:49.83	00:49.68	00:47.31
100FR	01:41.80	01:52.52	01:38.41	01:38.00	01:42.96	01:35.93	01:47.69	01:48.11	01:42.96
50BK	00:55.17	01:02.11	00:56.42	00:55.82	00:52.80	00:50.76	01:00.14	00:55.44	00:52.80
100BK	01:50.72	02:09.65	01:52.54	01:52.23	01:54.46	01:49.04	02:17.80	02:00.19	01:54.46
50BR		01:08.39	01:00.37	01:02.86	00:58.78	00:54.76	01:02.32	01:01.72	00:58.78
100BR		02:24.91	02:08.43	02:09.77	02:15.40	02:01.65	02:23.52	02:22.17	02:15.40
50BF	00:52.70	01:00.08	00:50.81	00:51.51	00:51.54	00:47.56	00:53.01	00:54.12	00:51.54
100BF	01:50.19	02:09.57	01:45.22	01:46.72	01:54.82	01:47.04	02:35.39	02:00.55	01:54.82
200IM	04:03.00	04:36.39	04:02.77	03:59.91	04:06.50	03:57.62	04:44.65	04:18.83	04:06.50

MULTI-CLASS QUALIFYING TIMES
FEMALES 17 YEARS & OVER

17 Yrs & Over	S1	S2	S3	S4	S5	S6	S7	S8	S9
50FR	01:57.87	01:53.06	01:29.06	01:10.44	01:00.41	00:55.26	00:50.93	00:49.31	00:46.26
100FR	04:23.53	03:53.08	02:59.97	02:30.82	02:09.62	01:59.22	01:49.82	01:46.12	01:38.81
50BK	01:59.42	01:52.45	01:34.36	01:23.98	01:10.56	01:07.52	01:03.58	00:59.94	00:54.87
100BK	04:32.14	04:11.57	03:27.95	02:58.11	02:34.41	02:15.25	02:09.50	01:59.49	01:51.19
50BR	02:56.88	02:02.14	01:33.67	01:26.32	01:15.68	01:12.78	01:11.89	01:01.65	00:59.98
100BR		04:56.80	03:53.66	03:04.77	02:43.91	02:33.48	02:25.95	02:06.88	02:04.72
50BF			01:39.27	01:28.63	01:11.05	01:00.03	00:56.07	00:53.75	00:50.82
100BF					03:09.90	02:16.22	02:04.52	01:50.66	01:45.19
200IM					05:17.81	04:48.12	04:27.67	04:09.46	03:54.91
150IM			05:45.26	04:54.48					

17 Yrs & Over	S10	S11	S12	S13	S14	S15	S16	S18	S19
50FR	00:44.79	00:48.60	00:42.64	00:43.09	00:44.11	00:40.86	00:46.49	00:46.32	00:44.11
100FR	01:36.70	01:46.70	01:33.47	01:33.10	01:37.80	01:29.42	01:40.49	01:42.68	01:37.80
50BK	00:52.16	00:58.74	00:53.35	00:52.79	00:49.25	00:47.35	00:56.10	00:51.72	00:49.25
100BK	01:45.39	02:03.36	01:47.09	01:46.78	01:48.92	01:41.69	02:08.66	01:54.37	01:48.92
50BR		01:04.68	00:57.11	00:59.47	00:54.82	00:51.06	00:58.14	00:57.56	00:54.82
100BR		02:20.71	02:01.82	02:03.08	02:08.43	01:53.44	02:13.92	02:14.85	02:08.43
50BF	00:49.83	00:56.79	00:48.05	00:48.70	00:48.06	00:44.37	00:49.46	00:50.46	00:48.06
100BF	01:44.79	02:03.22	01:40.08	01:41.49	01:48.13	01:39.79	02:25.33	01:53.54	01:48.13
200IM	03:51.66	04:23.46	04:25.95	03:48.73	03:54.99	03:41.55	04:25.72	04:06.74	03:54.99
150IM									

FEMALES 200M & 400M FREESTYLE

	S1	S2	S3	S4	S5	S6	S7	S8	S9
12 – 17 Yrs & Over:									
200m Freestyle	10:17.73	09:56.85	07:38.30	06:15.14	05:23.15	04:16.44	04:15.70	03:55.99	03:51.68
12 – 16 years:									
400m Freestyle						10:17.03	09:39.81	09:07.65	08:36.82
17 Yrs & Over:									
400m Freestyle						08:50.24	08:18.71	07:51.41	07:25.73

	S10	S11	S12	S13	S14	S15	S16	S18	S19
12 – 17 Yrs & Over:									
200m Freestyle	03:32.21	03:53.19	03:31.25	03:36.42	03:35.40	03:33.97	04:07.61	03:46.17	03:09.90
12 – 16 years:									
400m Freestyle	08:36.00	09:42.51	08:37.07	08:28.14	08:51.87	09:29.99	11:25.54	09:19.42	08:51.87
17 years & Over:									
400m Freestyle	07:23.57	08:20.35	07:23.93	07:16.86	07:36.64	07:35.27	09:07.88	07:59.86	07:36.64