

EVENT DETAILS & ENTRY INFORMATION

- **Event:** 2024 New South Wales Country SC Championships
- **Dates:** 5TH – 7TH July 2024
- **Closing Date:** Entries Close at 5:00pm AEST, Tuesday 25th June 2024
- **Age as at:** 5TH July 2024
- **Event Fee:** \$24.00 Per Individual Event & \$46.00 Per Relay Event (GST Inclusive)
- **Minimum Age:** 9 Years Old (as of 5th July 2024)
- **Qualifying Period/Criteria:**
 - Results must be achieved since 1st October 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:** Will be awarded as per the schedule of events

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



**2024 NEW SOUTH WALES
 COUNTRY SHORT COURSE CHAMPIONSHIPS
 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 5th – 7th JULY 2024**

Session 1					
Friday 5th July, 2:00pm					
M	F				Medalled as:
1	2	12-17yrs/O	800m	Freestyle	14/U; 15/O
3	4	Open MC	100m	Breaststroke	12-14yrs; 15-16yrs; 17/O
5	6	9/10yrs	100m	Butterfly	9-10yrs
7	8	11/12yrs	100m	Butterfly	11-12yrs
9	10	13/14yrs	100m	Butterfly	13-14yrs
11	12	15/16yrs	100m	Butterfly	15-16yrs
13	14	17yrs/O	100m	Butterfly	17yrs/O
15	16	10-12yrs	200m	Ind Medley	10yrs; 11-12yrs
17	18	13/14yrs	200m	Ind Medley	13-14yrs
19	20	15/16yrs	200m	Ind Medley	15-16yrs
21	22	17yrs/O	200m	Ind Medley	17yrs/O
23	24	Open MC	200m	Ind Medley	12-14yrs; 15-16yrs; 17/O
25	26	9/10yrs	100m	Breaststroke	9-10yrs
27	28	11/12yrs	100m	Breaststroke	11-12yrs
29	30	13/14yrs	100m	Breaststroke	13-14yrs
31	32	15/16yrs	100m	Breaststroke	15-16yrs
33	34	17yrs/O	100m	Breaststroke	17yrs/O

AGE AS AT 5th July 2024

ENTRIES CLOSE 5PM TUESDAY 25 JUNE 2024

ENTRY FEES \$24.00 per individual event and \$46.00 per relay event



**2024 NEW SOUTH WALES
COUNTRY SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
5th – 7th JULY 2024**

Session 2					Session 3								
Saturday 6th July, 9:00am					Saturday 6th July, 12:30pm								
M	F				Medalled as:		M	F				Medalled as:	
35	36	17yrs/O	200m	Freestyle	17yrs/O		75	76	15yrs/O	4x100m	Medley Relay	15yrs/O	
37	38	15/16yrs	200m	Freestyle	15-16yrs		77	78	13/14yrs	4x50m	Medley Relay	13-14yrs	
39	40	13/14yrs	200m	Freestyle	13-14yrs		79	80	15yrs & O	400m	Freestyle	15-16yrs; 17yrs/O	
41	42	10-12yrs	200m	Freestyle	10yrs; 11-12yrs		81	82	11-14yrs	400m	Freestyle	11-12yrs; 13-14yrs	
43	44	Open MC	50m	Freestyle	12-14yrs; 15-16yrs; 17/O		83	84	17yrs/O	100m	IM	17yrs/O	
45	46	17yrs/O	50m	Breaststroke	17yrs/O		85	86	15/16yrs	100m	IM	15-16yrs	
47	48	15/16yrs	50m	Breaststroke	15-16yrs		87	88	Open MC	100m	Freestyle	12-14yrs; 15-16yrs; 17/O	
49	50	13/14yrs	50m	Breaststroke	13-14yrs		89	90	17yrs/O	200m	Butterfly	17yrs/O	
51	52	11/12yrs	50m	Breaststroke	11-12yrs		91	92	15/16yrs	200m	Butterfly	15-16yrs	
53	54	9/10yrs	50m	Breaststroke	9-10yrs		93	94	13/14yrs	200m	Butterfly	13-14yrs	
55	56	17yrs/O	100m	Backstroke	17yrs/O		95	96	11/12yrs	200m	Butterfly	11-12yrs	
57	58	15/16yrs	100m	Backstroke	15-16yrs		97	98	Open MC	100m	Butterfly	12-14yrs; 15-16yrs; 17/O	
59	60	13/14yrs	100m	Backstroke	13-14yrs		99	100	17yrs/O	200m	Breaststroke	17yrs/O	
61	62	11/12yrs	100m	Backstroke	11-12yrs		101	102	9/10yrs	50m	Freestyle	9-10yrs	
63	64	9/10yrs	100m	Backstroke	9-10yrs		103	104	11/12yrs	50m	Freestyle	11-12yrs	
65	66	Open MC	100m	Backstroke	12-14yrs; 15-16yrs; 17/O		105	106	13/14yrs	50m	Freestyle	13-14yrs	
67	68	13/14yrs	100m	IM	13-14yrs		107	108	15/16yrs	50m	Freestyle	15-16yrs	
69	70	9-12yrs	100m	IM	9-10yrs; 11-12yrs		109	110	17yrs/O	50m	Freestyle	17yrs/O	
71	72	15yrs/O	4x100m	Freestyle Relay	15yrs/O								
73	74	13/14yrs	4x50m	Freestyle Relay	13-14yrs								

**AGE AS AT 5th July 2024
ENTRIES CLOSE 5PM TUESDAY 25 JUNE 2024
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**2024 NEW SOUTH WALES
COUNTRY SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
5th – 7th JULY 2024**

Session 4						Session 5					
Sunday 7th July, 9:00am						Sunday 7th July, 12:30pm					
M	F				Medalled as:	M	F				Medalled as:
111	112	17yrs/O	50m	Butterfly	17yrs/O	145	146	15-17yrs/O	1500m	Freestyle	15-16yrs; 17yrs/O
113	114	15/16yrs	50m	Butterfly	15-16yrs	147	148	9-12yrs	4x50m	Freestyle Relay	9-12yrs
115	116	13/14yrs	50m	Butterfly	13-14yrs	149	150	17yrs/O	50m	Backstroke	17yrs/O
117	118	11/12yrs	50m	Butterfly	11-12yrs	151	152	15/16yrs	50m	Backstroke	15-16yrs
119	120	9/10yrs	50m	Butterfly	9-10yrs	153	154	13/14yrs	50m	Backstroke	13-14yrs
121	122	12-14yrs	400m	Ind Medley	12yrs; 13-14yrs	155	156	11/12yrs	50m	Backstroke	11-12yrs
123	124	15yrs/O	400m	Ind Medley	15-16yrs; 17yrs/O	157	158	9/10yrs	50m	Backstroke	9-10yrs
125	126	11/12yrs	200m	Backstroke	11-12yrs	159	160	15/16yrs	200m	Breaststroke	15-16yrs
127	128	13/14yrs	200m	Backstroke	13-14yrs	161	162	13/14yrs	200m	Breaststroke	13-14yrs
129	130	15/16yrs	200m	Backstroke	15-16yrs	163	164	11/12yrs	200m	Breaststroke	11-12yrs
131	132	17yrs/O	200m	Backstroke	17yrs/O						
133	134	9/10yrs	100m	Freestyle	9-10yrs						
135	136	11/12yrs	100m	Freestyle	11-12yrs						
137	138	13/14yrs	100m	Freestyle	13-14yrs						
139	140	15/16yrs	100m	Freestyle	15-16yrs						
141	142	17yrs/O	100m	Freestyle	17yrs/O						
143	144	9-12yrs	4x50m	Medley Relay	9-12yrs						

**AGE AS AT 5th July 2024
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**2024 NEW SOUTH WALES
COUNTRY SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
5th – 7th JULY 2024**

Qualifying Times - Men & Boy						
		17yrs & Over	15-16yrs	13-14yrs	11-12yrs	9-10yrs
Free	50m	27.00	27.00	29.00	32.00	36.00
	100m	59.50	59.50	01:05.0	01:12.0	01:18.0
	200m	02:07.0	02:07.0	02:17.0	02:25.0	10yrs only: 2:38.0
	400m	04:30.0	04:30.0	04:45.0	05:00.0	
	800m	09:20.0	09:30.0	12-14yrs: 10:00.00		
	1500m	17:30.0	18:20.0			
Back	50m	33.00	33.00	35.50	38.50	42.00
	100m	01:10.0	01:10.0	01:13.5	01:22.5	01:29.0
	200m	02:29.0	02:29.0	02:40.0	02:45.0	
Breast	50m	37.50	37.50	39.50	43.50	49.50
	100m	01:22.0	01:22.0	01:27.0	01:35.5	01:43.0
	200m	02:50.0	02:50.0	02:58.0	03:07.0	
Fly	50m	30.50	30.50	35.50	38.50	42.00
	100m	01:09.0	01:09.0	01:13.0	01:23.0	01:35.0
	200m	02:28.0	02:28.0	02:41.5	03:00.0	
Medley	100m	01:10.0	01:10.0	01:15.0	01:24.0	01:30.0
	200m	02:30.0	02:30.0	02:36.0	02:49.0	10yrs only: 3:03.00
	400m	05:10.0	05:10.0	12-14yrs: 5:25.00		
Relay	4x50m Free			02:01.0	9-12yrs: 2:13.00	
	4x50m Medley			02:23.5	9-12yrs: 2:38.50	
	4x100m Free	15yrs & O: 4:08.00				
	4x100m Medley	15yrs & O: 4:56.00				



**2024 NEW SOUTH WALES
COUNTRY SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
5th – 7th JULY 2024**

Qualifying Times - Women & Girls						
		17yrs & Over	15-16yrs	13-14yrs	11-12yrs	9-10yrs
Free	50m	30.50	30.50	30.50	32.50	36.50
	100m	01:05.5	01:05.5	01:07.5	01:12.5	01:18.0
	200m	02:17.0	02:17.0	02:23.0	02:28.0	10yrs only: 2:40.0
	400m	04:48.0	04:48.0	05:00.0	05:15.0	
	800m	09:45.0	10:05.0	12-14yrs: 10:35.00		
	1500m	18:20.0	19:00.0			
Back	50m	35.00	35.00	37.50	40.00	43.00
	100m	01:15.0	01:15.0	01:17.0	01:23.0	01:29.0
	200m	02:38.0	02:38.0	02:41.0	02:49.0	
Breast	50m	39.00	39.00	41.50	44.00	50.00
	100m	01:28.0	01:28.0	01:29.5	01:36.0	01:45.0
	200m	02:59.0	02:59.0	02:58.0	03:07.0	
Fly	50m	33.00	33.00	37.50	40.00	43.00
	100m	01:14.5	01:14.5	01:15.8	01:24.0	01:36.0
	200m	02:40.0	02:40.0	02:42.0	03:00.0	
Medley	100m	01:15.0	01:15.0	01:17.0	01:24.5	01:30.0
	200m	02:38.0	02:38.0	02:41.0	02:51.5	10yrs only: 3:03.00
	400m	05:27.5	05:27.5	12-14yrs: 5:40.00		
Relay	4x50m Free			02:06.0	9-12yrs: 2:15.0	
	4x50m Medley			02:28.0	9-12yrs: 2:41.0	
	4x100m Free	15yrs/Over: 4:32.0				
	4x100m Medley	15yrs/Over: 5:18.0				

2024 COUNTRY SC 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	

2024 COUNTRY SC 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
50BK	00:56.86	00:50.88	00:50.40	00:52.01	00:47.56	00:54.18	00:52.48	00:54.60	00:52.01
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
50BR	01:00.18	00:56.58	00:54.58	00:53.29	00:49.54	00:55.21	00:56.18	00:55.96	00:53.29
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
50BF	00:48.60	00:45.91	00:46.98	00:46.89	00:43.63	00:47.78	00:47.53	00:49.23	00:46.89
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

2024 COUNTRY SC 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
50BK	02:22.38	01:55.20	01:27.34	01:22.13	01:09.44	01:05.16	01:02.42	00:56.03	00:54.09	00:51.15
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
50BR	02:46.34	01:41.97	01:29.41	01:23.26	01:18.63	01:06.85	01:06.73	00:58.88	00:54.16	
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	
50BF	03:46.84	02:22.95	01:43.31	01:16.87	01:04.93	00:55.37	00:54.54	00:50.43	00:48.83	00:45.88
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
50BK	00:57.33	00:51.31	00:50.81	00:51.68	00:47.24	00:53.84	00:52.16	00:54.28	00:51.68
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
50BR	01:00.75	00:57.11	00:55.09	00:52.94	00:49.21	00:54.88	00:55.85	00:55.59	00:52.94
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
50BF	00:49.11	00:46.40	00:47.48	00:46.67	00:43.32	00:47.53	00:47.50	00:48.99	00:46.67
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

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
50BK	02:05.39	01:58.07	01:39.08	01:28.18	01:14.09	01:10.89	01:06.76	01:02.93	00:57.61	00:54.77
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
50BR	03:05.73	02:08.25	01:38.35	01:30.63	01:19.47	01:16.42	01:15.48	01:04.73	01:02.98	
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	
50BF			01:44.23	01:33.06	01:14.60	01:03.03	00:58.88	00:56.44	00:53.36	00:52.32
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
50BK	01:01.68	00:56.02	00:55.42	00:51.72	00:49.71	00:58.90	00:55.87	00:54.30	00:51.72
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
50BR	01:07.91	00:59.96	01:02.44	00:57.56	00:53.61	01:01.05	00:59.29	01:00.44	00:57.56
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
50BF	00:59.63	00:50.45	00:51.14	00:50.46	00:46.59	00:51.93	00:52.82	00:52.99	00:50.46
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