

EVENT DETAILS & ENTRY INFORMATION

- **Event:** 2024 NSW Junior State Age Championships
- **Dates:** Sunday 23rd & 24th March 2024
- **Closing Date:** Entries close at 5:00pm AEST, Tuesday 12th March 2024
- **Age as at:** 23rd March 2024
- **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 9 years old as of 23rd March 2024 (For males & females)
- **Qualifying Period/Criteria:**
 - Results must be achieved since 1st October 2022 to be eligible for entry into this event.
 - Long Course & Short Course 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.
- **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 9 years.
 - Any swimmer that competes at Senior State Age Championships, including relays, will be ineligible for Junior State Age Championships.
- **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 Senior State Age (December) event, will be ineligible for Junior State Age- 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.

If you have any questions regarding this event, please contact

events@nsw.swimming.org.au



**NSW JUNIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
23-24 MARCH 2024**

Session 1					Session 2				
Saturday 23 March, 9:00am					Saturday 23 March, PM				
B	G				B	G			
1	2	11/12 Years	400m	Freestyle	27	28	9/10 Years	4x50m	Freestyle Relay
3	4	10 & Under	100m	Backstroke	29	30	11/12 Years	200m	Freestyle
5	6	12 & Under MC	100m	Breaststroke	31	32	10 & Under	100m	Breaststroke
7	8	11/12 Years	200m	Breaststroke	33	34	12 & Under MC	100m	Backstroke
9	10	9 Years	50m	Breaststroke	35	36	11 Years	50m	Butterfly
11	12	10 Years	50m	Butterfly	37	38	12 Years	50m	Butterfly
13	14	12 & Under MC	50m	Backstroke	39	40	9 Years	50m	Backstroke
15	16	11 Years	50m	Freestyle	41	42	10 Years	50m	Freestyle
17	18	12 Years	50m	Freestyle	43	44	12 Years	100m	Backstroke
19	20	10 Years	100m	Freestyle	45	46	11 Years	100m	Backstroke
21	22	11 Years	100m	Butterfly	47	48	12 & Under MC	50m	Freestyle
23	24	12 Years	100m	Butterfly	49	50	10 & Under	100m	Butterfly
25	26	9/10 Years	4x50m	Medley Relay	51	52	12 Years	400m	Individual Medley
					53	54	11/12 Years	4x50m	Freestyle Relay

Session 3					Session 4				
Sunday 24 March, 9:00am					Sunday 24 March, PM				
B	G				B	G			
55	56	12 Years	100m	Freestyle	83	84	11/12 Years	200m	Individual Medley
57	58	11 Years	100m	Freestyle	85	86	10 & Under	200m	Individual Medley
59	60	10 & Under	200m	Freestyle	87	88	12 & Under MC	100m	Freestyle
61	62	12 & Under MC	100m	Butterfly	89	90	11/12 Years	200m	Backstroke
63	64	9 Years	50m	Butterfly	91	92	10 Years	50m	Breaststroke
65	66	12 Years	50m	Backstroke	93	94	12 & Under MC	50m	Butterfly
67	68	11 Years	50m	Backstroke	95	96	12 Years	50m	Breaststroke
69	70	10 Years	50m	Backstroke	97	98	11 Years	50m	Breaststroke
71	72	12 & Under MC	50m	Breaststroke	99	100	9 Years	50m	Freestyle
73	74	12 Years	100m	Breaststroke	101	102	12 & Under MC	200m	Individual Medley
75	76	11 Years	100m	Breaststroke	103	104	11/12 Years	200m	Butterfly
77	78	9 Years	100m	Freestyle	105	107	9-12 Years	10x50m	Fred Lane Free Relay
79	80	12 Years	800m	Freestyle	107	109	9-12 Years	10x50m	Fanny Durack Free Relay
81	82	11/12 Years	4x50m	Medley Relay					

AGE AS AT 23 MARCH 2024

ENTRIES CLOSE 5PM TUESDAY 12 MARCH 2024

ENTRY FEE \$23.50 PER INDIVIDUAL EVENT, \$45.50 PER RELAY EVENT (MEET LEVY & GST INCLUSIVE)

BOYS QUALIFYING TIMES

Qualifying Times – Boys				
	12yrs	11yrs	10yrs	9yrs
Freestyle				
50m	0:30.50	0:32.50	0:34.50	0:37.00
100m	1:07.00	1:10.50	01:16.0	01:20.00
200m	2:25.00	2:33.00	2:41.50	
400m	5:10.00	5:20.00		
800m	10:13.00			
Backstroke				
50m	0:36.50	0:38.50	0:41.50	0:43.50
100m	1:19.00	1:23.00	1:27.00	
200m	2:48.50	3:01.00		
Breaststroke				
50m	0:41.50	0:45.00	0:48.00	0:51.00
100m	01:29.00	1:36.00	1:42.00	
200m	3:13.00	3:28.00		
Butterfly				
50m	0:35.00	0:37.50	0:41.50	0:44.50
100m	1:17.00	1:22.00	1:30.00	
200m	2:50.00	3:04.50		
Individual Medley				
200m	2:47.00	2:56.00	3:00.00	
400m	5:38.00			
Club Relays				
4x50m Freestyle	11-12 Years: 2:25.00		9-10 Years: 2:35.00	
4x50m Medley	11-12 Years: 2:45.00		9-10 Years: 2:55.00	
Fred Lane 10x50m Freestyle	9-12 Years: No QT			

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GIRLS QUALIFYING TIMES

Qualifying Times – Girls				
	12yrs	11yrs	10yrs	9yrs
Freestyle				
50m	0:31.00	0:33.50	0:35.50	0:37.50
100m	1:08.50	1:11.00	1:17.50	1:20.50
200m	2:29.00	2:36.00	2:49.00	
400m	5:12.00	5:21.00		
800m	10:30.00			
Backstroke				
50m	0:37.00	0:39.00	0:42.00	0:44.00
100m	1:20.00	1:24.00	1:28.00	
200m	2:50.00	3:01.00		
Breaststroke				
50m	0:42.50	0:45.50	0:49.00	0:51.50
100m	1:31.50	1:35.00	1:42.00	
200m	3:15.00	3:28.00		
Butterfly				
50m	0:35.50	0:38.00	0:43.00	0:45.00
100m	1:19.00	1:24.50	1:31.00	
200m	2:58.00	3:05.50		
Individual Medley				
200m	2:48.50	2:56.00	3:09.00	
400m	5:49.00			
Club Relays				
4x50m Freestyle	11-12 Years: 2:30.00		9-10 Years: 2:40.00	
4x50m Medley	11-12 Years: 2:49.00		9-10 Years: 2:59.00	
Fanny Durak 10x50m Freestyle	9-12 Years: No QT			

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MULTI-CLASS QTS: BOYS

Dist/Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9
BOYS LONG COURSE									
9-12 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
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
50BK	02:39.41	02:08.43	01:37.08	01:31.49	01:17.15	01:13.15	01:10.30	01:03.00	01:00.81
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
50BR	03:04.89	01:53.59	01:39.84	01:33.26	01:27.72	01:15.38	01:15.23	01:06.26	01:00.64
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
50BF	04:10.80	02:40.72	01:55.57	01:25.90	01:12.21	01:02.10	01:01.18	00:56.56	00:54.83
100BF					02:35.31	02:19.47	02:16.89	01:56.81	01:55.10
200IM					05:51.76	05:14.32	05:00.23	04:34.44	04:20.88
150IM			06:39.86	05:50.95					

Dist/Stroke	S10	S11	S12	S13	S14	S15	S16	S18	S19
BOYS LONG COURSE									
9-12 years									
50FR	00:46.75	00:50.87	00:45.76	00:46.74	00:50.23	00:47.56	00:49.56	00:52.74	00:50.23
100FR	01:41.67	01:52.20	01:40.78	01:43.21	01:47.49	01:44.57	01:51.73	01:40.19	01:47.49
50BK	00:57.60	01:04.58	00:57.79	00:57.37	00:59.83	00:54.68	01:02.52	01:02.83	00:59.83
100BK	01:58.94	02:05.74	01:55.11	01:55.42	02:04.06	01:57.15	02:14.20	02:10.27	02:04.06
50BR		01:08.42	01:04.38	01:02.03	01:01.15	00:56.92	01:03.80	01:04.20	01:01.15
100BR		02:24.67	02:14.42	02:10.60	02:14.79	02:01.17	02:22.81	02:21.53	02:14.79
50BF	00:51.48	00:55.32	00:52.22	00:53.42	00:53.99	00:50.06	00:55.38	00:56.68	00:53.99
100BF	01:49.16	01:58.17	01:49.27	01:49.31	01:55.42	01:48.84	02:04.00	02:01.20	01:55.42
200IM	04:13.15	04:36.02	04:11.15	04:12.45	04:22.82	04:07.78	04:59.40	04:35.96	04:22.82
150IM									

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MULTI-CLASS QTS: GIRLS

Dist/Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9
GIRLS LONG COURSE									
9-12 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
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
50BK	02:28.59	02:20.38	01:58.09	01:44.84	01:27.60	01:25.10	01:20.12	01:15.50	01:09.09
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
50BR	03:38.53	02:31.98	01:56.81	01:48.19	01:34.35	01:31.85	01:30.48	01:17.75	01:15.82
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
50BF			02:04.17	01:51.61	01:28.53	01:26.12	01:11.28	01:09.71	01:05.82
100BF					04:06.97	02:58.73	02:42.98	02:24.95	02:17.47
200IM					06:50.75	06:16.64	05:48.18	05:24.80	05:05.58
150IM			07:13.43	06:07.55					

Dist/Stroke	S10	S11	S12	S13	S14	S15	S16	S18	S19
GIRLS LONG COURSE									
9-12 years	00:56.18	01:01.04	00:53.48	00:54.06	00:57.11	00:52.82	01:00.36	00:59.98	00:57.11
50FR	02:01.32	02:14.23	01:57.30	01:56.75	02:02.85	01:55.59	02:10.52	02:09.00	02:02.85
100FR	01:05.75	01:14.06	01:07.27	01:06.53	01:03.79	01:01.30	01:12.78	01:06.98	01:03.79
50BK	02:11.77	02:34.68	02:14.21	02:13.90	02:16.44	02:11.74	02:47.52	02:23.26	02:16.44
100BK		01:21.76	01:11.99	01:14.80	01:11.12	01:06.07	01:15.46	01:14.68	01:11.12
50BR		02:56.96	02:33.06	02:34.56	02:41.48	02:26.74	02:53.93	02:49.56	02:41.48
100BR	01:26.12	01:08.42	01:04.52	01:01.04	01:02.16	00:57.45	01:04.23	01:05.27	01:02.16
50BF	02:58.73	02:41.42	02:10.70	02:12.96	02:21.56	02:14.61	03:19.24	02:28.64	02:21.56
100BF	06:16.64	05:44.24	05:02.10	04:58.53	05:00.66	04:59.12	06:00.86	05:15.69	05:00.66
200IM									
150IM									

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