



## **EVENT DETAILS & ENTRY INFORMATION**

- **Event:** 2024 NSW Junior State Age Short Course Championships
- **Dates:** 7<sup>th</sup>- 8<sup>th</sup> September 2024
- **Closing Date:** Entries Close at 5:00pm AEST, Tuesday 27<sup>th</sup> August
- **Age as at:** 23<sup>rd</sup> August 2024 (swimmers turning 13 between 23<sup>rd</sup> August and 7th September will compete at Junior State as a 12year old).
- **Event Fee:** **\$24.00** Per Individual Event & **\$46.00** Per Relay Event (GST Inclusive)
- **Minimum Age:** 9 Years Old
- **Maximum Age:** 12 Years Old
  - \*\*Please note, swimmers are only permitted to swim at one (1) State Age Championship within the Short Course Season- this includes relays*
- **Qualifying Period/Criteria:**
  - Results must be achieved since 1<sup>st</sup> 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
- **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
  - 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 old.

**If you have any questions regarding this event, please contact**

**[events@nsw.swimming.org.au](mailto:events@nsw.swimming.org.au)**





**2024 NSW JUNIOR STATE AGE  
SHORT COURSE CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
7-8 SEPTEMBER 2024**

Session 1 - Saturday 7 September, 9:00am						Session 2 - Saturday 7 September NOT BEFORE 12:30pm					
B	G				Medalled as	B	G				Medalled as
1	2	11-12 Years	400m	Freestyle	11-12yrs	31	32	11-12 Years	4x50m	Club Medley Relay	11-12yrs
3	4	10-12 Years MC	200m	Individual Medley	10-12yrs	33	34	12 Years	800m	Freestyle	12yrs
5	6	12 Years	100m	Breaststroke	12yrs	35	36	9 Years	100m	Breaststroke	9yrs
7	8	11 Years	100m	Breaststroke	11yrs	37	38	10 Years	100m	Breaststroke	10yrs
9	10	10 Years	200m	Individual Medley	10yrs	39	40	11 Years	50m	Butterfly	11yrs
11	12	10-12 Years MC	50m	Backstroke	10-12yrs	41	42	12 Years	50m	Butterfly	12yrs
13	14	12 Years	50m	Backstroke	12yrs	43	44	10-12 Years MC	50m	Freestyle	10-12yrs
15	16	11 Years	50m	Backstroke	11yrs	45	46	9 Years	50m	Freestyle	9yrs
17	18	10 Years	50m	Breaststroke	10yrs	47	48	10 Years	50m	Freestyle	10yrs
19	20	9 Years	50m	Breaststroke	9yrs	49	50	11 Years	100m	Freestyle	11yrs
21	22	10-12 Years MC	100m	Freestyle	10-12yrs	51	52	12 Years	100m	Freestyle	12yrs
23	24	11-12 Years	200m	Butterfly	11-12yrs	53	54	10-12 Years MC	100m	Backstroke	10-12yrs
25	26	10 Years	100m	Freestyle	10yrs	55	56	10 Years	100m	Backstroke	10yrs
27	28	9 Years	100m	Freestyle	9yrs	57	58	11-12 Years	200m	Breaststroke	11-12yrs
29	30	11-12 Years	4x50m	Club Freestyle Relay	11-12yrs						

Session 3 - Sunday 8 September, 9:00am						Session 4 - Sunday 8 September, NOT BEFORE 12:30pm					
B	G				Medalled as	B	G				Medalled as
59	60	12 Years	200m	Individual Medley	12yrs	87	88	9-10 Years	4x50m	Club Medley Relay	9-10yrs
61	62	11 Years	200m	Individual Medley	11yrs	89	90	12 Years	400m	Individual Medley	12yrs
63	64	10 Years	50m	Butterfly	10yrs	91	92	9 Years	100m	Butterfly	9yrs
65	66	9 Years	50m	Butterfly	9yrs	93	94	10 Years	100m	Butterfly	10yrs
67	68	10-12 Years MC	100m	Butterfly	10-12yrs	95	96	11 Years	50m	Breaststroke	11yrs
69	70	11-12 Years	200m	Backstroke	11-12yrs	97	98	12 Years	50m	Breaststroke	12yrs
71	72	10 Years	200m	Freestyle	10yrs	99	100	10-12 Years MC	100m	Breaststroke	10-12yrs
73	74	9 Years	100m	Backstroke	9yrs	101	102	11 Years	200m	Freestyle	11yrs
75	76	12 Years	50m	Freestyle	12yrs	103	104	12 Years	200m	Freestyle	12yrs
77	78	11 Years	50m	Freestyle	11yrs	105	106	10 Years	50m	Backstroke	10yrs
79	80	10-12 Years MC	50m	Breaststroke	10-12yrs	107	108	9 Years	50m	Backstroke	9yrs
81	82	12 Years	100m	Butterfly	12yrs	109	110	10-12 Years MC	50m	Butterfly	10-12yrs
83	84	11 Years	100m	Butterfly	11yrs	111	112	11 Years	100m	Backstroke	11yrs
85	86	9-10 Years	4x50m	Club Freestyle Relay	9-10yrs	113	114	12 Years	100m	Backstroke	12yrs

**AGE AS AT 7<sup>TH</sup> SEPTEMBER 2024  
ENTRIES CLOSE 5:00PM, TUESDAY 27<sup>TH</sup> AUGUST  
ENTRY FEES: \$24.00 INDIVIDUAL EVENTS, \$46.00 RELAYS (GST INCLUSIVE)  
QUALIFYING TIMES ACHIEVED SINCE 1<sup>ST</sup> OCTOBER 2022 CAN BE USED TO ENTER THIS MEET**



**2024 NSW JUNIOR STATE AGE  
SHORT COURSE CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
7-8 SEPTEMBER 2024**

**QUALIFYING TIMES - BOYS**

<b>Boys</b>				
	<b>12yrs</b>	<b>11yrs</b>	<b>10yrs</b>	<b>9yrs</b>
<b>Freestyle</b>				
50m	0:29.90	0:31.20	0:33.00	0:35.50
100m	1:04.00	1:09.00	1:13.00	1:17.00
200m	2:22.00	2:30.00	2:32.00	
400m	4:51.00	5:05.00		
800m	10:00.00			
<b>Backstroke</b>				
50m	0:34.80	0:37.00	0:39.20	0:41.80
100m	1:14.00	1:19.00	1:24.00	1:28.00
200m	2:42.00	2:49.00		
<b>Breaststroke</b>				
50m	0:39.00	0:42.00	0:45.50	0:48.50
100m	1:25.00	1:32.00	1:38.00	1:42.00
200m	3:02.00	3:14.00		
<b>Butterfly</b>				
50m	0:33.00	0:35.00	0:38.00	0:41.50
100m	1:14.50	1:21.00	1:27.50	1:34.00
200m	2:46.00	2:55.00		
<b>Individual Medley</b>				
200m	2:39.50	2:48.50	2:58.00	
400m	5:35.00			
<b>Club Relays</b>				
4x50m Freestyle	<b>11 - 12yrs: 2:12.00</b>		<b>9 - 10yrs: 2:20.00</b>	
4x50m Medley	<b>11 - 12yrs: 2:25.00</b>		<b>9 - 10yrs: 2:40.00</b>	

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**2024 NSW JUNIOR STATE AGE  
 SHORT COURSE CHAMPIONSHIPS  
 SYDNEY OLYMPIC PARK AQUATIC CENTRE  
 7-8 SEPTEMBER 2024**

**QUALIFYING TIMES - GIRLS**

Girls				
	12yrs	11yrs	10yrs	9yrs
<b>Freestyle</b>				
50m	0:30.30	0:31.40	0:33.60	0:36.00
100m	1:05.50	1:09.00	1:14.00	1:18.00
200m	2:22.50	2:30.00	2:32.00	
400m	5:00.00	5:20.00		
800m	10:10.00			
<b>Backstroke</b>				
50m	0:35.00	0:37.00	0:39.40	0:42.80
100m	1:14.50	1:19.50	1:25.50	1:28.50
200m	2:42.50	2:50.50		
<b>Breaststroke</b>				
50m	0:39.00	0:42.00	0:45.50	0:49.50
100m	1:26.00	1:31.00	1:38.00	1:42.50
200m	3:07.00	3:18.00		
<b>Butterfly</b>				
50m	0:33.50	0:35.50	0:37.50	0:42.50
100m	1:14.50	1:21.00	1:29.00	1:35.00
200m	2:50.00	2:56.10		
<b>Individual Medley</b>				
200m	2:41.00	2:49.50	2:57.00	
400m	5:48.00			
<b>Club Relays</b>				
4x50m Freestyle	<b>11 - 12yrs: 2:16.00</b>		<b>10 - 11yrs 2:24.00</b>	
4x50m Medley	<b>11 - 12yrs: 2:28.00</b>		<b>10 - 11yrs 2:44.00</b>	

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**2024 NSW JUNIOR STATE AGE  
SHORT COURSE CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
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MALE MC QTs																			
Dist/Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
10-12 Years																			
50FR	1:57.38	1:46.69	1:17.13	1:07.32	0:58.35	0:51.71	0:48.54	0:46.22	0:44.38	0:41.31	0:44.95	0:40.44	0:41.30	0:44.39	0:42.03	0:43.79	0:45.58	0:46.61	0:44.39
100FR	4:10.87	3:53.16	2:51.04	2:27.25	2:06.51	1:54.12	1:46.08	1:40.66	1:36.49	1:29.84	1:39.15	1:29.05	1:31.20	1:34.98	1:32.40	1:38.73	1:37.32	1:28.53	1:34.98
50BK	2:20.87	1:53.49	1:25.79	1:20.85	1:08.17	1:04.64	1:02.12	0:55.67	0:53.73	0:50.90	0:57.06	0:51.07	0:50.69	0:52.87	0:48.31	0:55.25	0:53.39	0:55.52	0:52.87
100BK	5:02.72	3:51.88	3:18.92	2:56.44	2:26.58	2:09.28	2:03.83	1:54.12	1:48.38	1:45.10	1:51.11	1:41.72	1:41.99	1:49.62	1:43.52	1:58.59	1:50.52	1:55.11	1:49.62
50BR	2:43.38	1:40.37	1:28.22	1:22.40	1:17.52	1:06.61	1:06.47	0:58.55	0:53.58		1:00.46	0:56.89	0:54.81	0:54.03	0:50.30	0:56.38	0:57.18	0:56.73	0:54.03
100BR		4:04.65	3:24.01	2:55.89	2:48.88	2:27.96	2:22.74	2:01.95	1:58.27		2:07.84	1:58.78	1:55.41	1:59.11	1:47.07	2:06.19	1:59.71	2:05.06	1:59.11
50BF	3:41.62	2:22.02	1:42.12	1:15.91	1:03.81	0:54.88	0:54.06	0:49.98	0:48.45	0:45.49	0:48.88	0:46.15	0:47.20	0:47.71	0:44.24	0:48.93	0:48.60	0:50.08	0:47.71
100BF					2:17.24	2:03.24	2:00.97	1:43.22	1:41.71	1:36.46	1:44.42	1:36.55	1:36.60	1:41.99	1:36.18	1:49.57	1:42.03	1:47.09	1:41.99
200IM					5:10.83	4:37.75	4:25.30	4:02.51	3:50.53	3:43.70	4:03.91	3:41.93	3:43.08	3:52.24	3:38.95	4:24.56	3:55.11	4:03.85	3:52.24
150IM			5:53.34	5:10.11															
FEMALE MC QTs																			
Dist/Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
10-12 Years																			
50FR	2:14.52	2:04.61	1:38.53	1:18.05	1:06.30	1:01.36	0:56.34	0:54.66	0:51.24	0:49.65	0:53.94	0:47.26	0:47.77	0:50.47	0:46.67	0:53.34	0:52.80	0:53.00	0:50.47
100FR	4:49.03	4:15.92	3:20.52	2:46.83	2:22.19	2:12.22	2:01.51	1:57.50	1:49.24	1:47.20	1:58.61	1:43.65	1:43.17	1:48.56	1:42.14	1:55.33	1:52.41	1:53.99	1:48.56
50BK	2:11.31	2:04.05	1:44.35	1:32.64	1:17.41	1:15.20	1:10.80	1:06.72	1:01.05	0:58.10	1:05.44	0:59.44	0:58.79	0:56.37	0:54.17	1:04.31	1:01.15	0:59.19	0:56.37
100BK	5:00.87	4:39.61	3:48.89	3:16.31	2:49.24	2:29.74	2:23.38	2:11.84	2:02.69	1:56.44	2:16.68	1:58.60	1:58.32	2:00.56	1:56.41	2:28.02	2:05.29	2:06.59	2:00.56
50BR	3:13.11	2:14.29	1:43.22	1:35.60	1:23.38	1:21.17	1:19.95	1:08.70	1:07.00		1:12.25	1:03.61	1:06.10	1:02.85	0:58.39	1:06.68	1:04.82	1:05.99	1:02.85
100BR		5:26.15	4:15.31	3:23.79	2:59.64	3:01.35	2:41.85	2:20.44	2:18.17		2:36.37	2:15.25	2:16.58	2:22.69	2:09.66	2:33.69	2:18.66	2:29.83	2:22.69
50BF			1:49.72	1:38.62	1:18.23	1:16.10	1:02.99	1:01.60	0:58.16	0:56.31	1:00.46	0:57.01	0:53.94	0:54.93	0:50.77	0:56.75	0:57.64	0:57.67	0:54.93
100BF					3:29.14	2:31.35	2:18.02	2:02.75	1:56.41	1:56.25	2:16.69	1:50.68	1:52.59	1:59.88	1:53.99	2:48.72	2:01.90	2:05.87	1:59.88
200IM					5:47.83	5:18.95	4:54.84	4:35.05	4:18.77	4:16.04	4:51.52	4:15.82	4:12.80	4:14.61	4:13.31	5:05.59	4:24.98	4:27.34	4:14.61
150IM			6:23.00	5:24.78															

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