## EVENT DETAILS \& ENTRY INFORMATION

- Event: 2024 New South Wales Metropolitan SC Championships
- Dates: $19^{\text {th }}-21$ st July 2024
- Closing Date: Entries Close at 5:00pm AEST, Tuesday 9 ${ }^{\text {th }}$ July 2024
- Age as at: $19^{\text {TH }}$ July 2024
- Event Fee: \$24.00 Per Individual Event \& \$46.00 Per Relay Event (GST Inclusive)
- Minimum Age: 9 Years Old (as of 19th ${ }^{\text {th }}$ July 2024)
- Qualifying Period/Criteria:
- Results must be achieved since $1^{\text {st }}$ 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

| Session 1 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Friday 19th 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; 17/0 |
| 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/0 |
| 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; 17/0 |
| 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 19th July 2024
ENTRIES CLOSE 5PM TUESDAY 9 July 2024
ENTRY FEES $\$ 24.00$ per individual event and $\$ 46.00$ per relay event
QUALIFYING TIMES ACHIEVED SINCE $1^{\text {ST }}$ OCTOBER 2022 CAN BE USED TO ENTER THIS MEET
swimming
2024 NEW SOUTH WALES METROPOLITAN SHORT COURSE CHAMPIONSHIPS SYDNEY OLYMPIC PARK AQUATIC CENTRE $19^{\text {th }}-21^{\text {st }}$ JULY 2024

| Session 2 |  |  |  |  |  | Session 3 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Saturday 20th July, 9:00am |  |  |  |  |  | Saturday 20th July, 12:30pm |  |  |  |  |  |
| M | F |  |  |  | Medalled as: | M | F |  |  |  | Medalled as: |
| 35 | 36 | 17yrs/O | 200m | Freestyle | 17yrs/0 | 71 | 72 | 17yrs/O | 50m | Freestyle | 17yrs/0 |
| 37 | 38 | 15/16yrs | 200m | Freestyle | 15-16yrs | 73 | 74 | 15/16yrs | 50m | Freestyle | 15-16yrs |
| 39 | 40 | 13/14yrs | 200m | Freestyle | 13-14yrs | 75 | 76 | 13/14yrs | 50 m | Freestyle | 13-14yrs |
| 41 | 42 | 10-12yrs | 200m | Freestyle | 10yrs; 11-12yrs | 77 | 78 | 17yrs/O | 200m | Breaststroke | 17yrs/0 |
| 43 | 44 | Open MC | 50m | Freestyle | 12-14yrs; 15-16yrs; 17/0 | 79 | 80 | Open MC | 100m | Freestyle | 12-14yrs; 15-16yrs; 17/0 |
| 45 | 46 | 17yrs/O | 50m | Breaststroke | 17yrs/0 | 81 | 82 | 17yrs/O | 200m | Butterfly | 17yrs/0 |
| 47 | 48 | 15/16yrs | 50m | Breaststroke | 15-16yrs | 83 | 84 | 15/16yrs | 200m | Butterfly | 15-16yrs |
| 49 | 50 | 13/14yrs | 50m | Breaststroke | 13-14yrs | 85 | 86 | 13/14yrs | 200m | Butterfly | 13-14yrs |
| 51 | 52 | 11/12yrs | 50m | Breaststroke | 11-12yrs | 87 | 88 | 11/12yrs | 200m | Butterfly | 11-12yrs |
| 53 | 54 | 9/10yrs | 50m | Breaststroke | 9-10yrs | 89 | 90 | 17yrs/O | 100 m | IM | 17yrs/0 |
| 55 | 56 | 17yrs/O | 100m | Backstroke | 17yrs/0 | 91 | 92 | 15/16yrs | 100m | IM | 15-16yrs |
| 57 | 58 | 15/16yrs | 100m | Backstroke | 15-16yrs | 93 | 94 | Open MC | 100 m | Butterfly | 12-14yrs; 15-16yrs; 17/0 |
| 59 | 60 | 13/14yrs | 100m | Backstroke | 13-14yrs | 95 | 96 | 15yrs \& 0 | 400m | Freestyle | 15-16yrs; 17yrs/0 |
| 61 | 62 | 11/12yrs | 100m | Backstroke | 11-12yrs | 97 | 98 | 11-14yrs | 400m | Freestyle | 11-12yrs; 13-14yrs |
| 63 | 64 | 9/10yrs | 100 m | Backstroke | 9-10yrs |  |  |  |  |  |  |
| 65 | 66 | Open MC | 100m | Backstroke | 12-14yrs; 15-16yrs; 17/0 |  |  |  |  |  |  |
| 67 | 68 | 13/14yrs | 100 m | IM | 13-14yrs |  |  |  |  |  |  |
| 69 | 70 | 9-12yrs | 100m | IM | 9-10yrs; 11-12yrs |  |  |  |  |  |  |

AGE AS AT 19th July 2024
ENTRIES CLOSE 5PM TUESDAY 9 July 2024
ENTRY FEES $\mathbf{\$ 2 4 . 0 0}$ per individual event and $\$ 46.00$ per relay event
QUALIFYING TIMES ACHIEVED SINCE $1^{\text {ST }}$ OCTOBER 2022 CAN BE USED TO ENTER THIS MEET
swimming
2024 NEW SOUTH WALES
METROPOLITAN SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
$19^{\text {th }}-21^{\text {st }}$ JULY 2024

| Session 4 |  |  |  |  |  | Session 5 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sunday 21st July, 9:00am |  |  |  |  |  | Sunday 21st July, 12:30pm |  |  |  |  |  |
| M | F |  |  |  | Medalled as: | M | F |  |  |  | Medalled as: |
| 99 | 100 | 15-17yrs/0 | 1500m | Freestyle | 15-16yrs; 17yrs/0 | 127 | 128 | 17yrs/O | 100m | Freestyle | 17yrs/0 |
| 101 | 102 | 17yrs/O | 50 m | Butterfly | 17yrs/0 | 129 | 130 | 15/16yrs | 100m | Freestyle | 15-16yrs |
| 103 | 104 | 15/16yrs | 50 m | Butterfly | 15-16yrs | 131 | 132 | 13/14yrs | 100m | Freestyle | 13-14yrs |
| 105 | 106 | 13/14yrs | 50m | Butterfly | 13-14yrs | 133 | 134 | 11/12yrs | 100m | Freestyle | 11-12yrs |
| 107 | 108 | 11/12yrs | 50m | Butterfly | 11-12yrs | 135 | 136 | 9/10yrs | 100m | Freestyle | 9-10yrs |
| 109 | 110 | 9/10yrs | 50 m | Butterfly | 9-10yrs | 137 | 138 | 15/16yrs | 200m | Breaststroke | 15-16yrs |
| 111 | 112 | 12-14yrs | 400m | Ind Medley | 12yrs; 13-14yrs | 139 | 140 | 13/14yrs | 200m | Breaststroke | 13-14yrs |
| 113 | 114 | 15yrs/O | 400m | Ind Medley | 15-16yrs; 17yrs/0 | 141 | 142 | 11/12yrs | 200m | Breaststroke | 11-12yrs |
| 115 | 116 | 11/12yrs | 200m | Backstroke | 11-12yrs | 143 | 144 | 17yrs/O | 50m | Backstroke | 17yrs/0 |
| 117 | 118 | 13/14yrs | 200m | Backstroke | 13-14yrs | 145 | 146 | 15/16yrs | 50 m | Backstroke | 15-16yrs |
| 119 | 120 | 15/16yrs | 200m | Backstroke | 15-16yrs | 147 | 148 | 13/14yrs | 50 m | Backstroke | 13-14yrs |
| 121 | 122 | 17yrs/O | 200m | Backstroke | 17yrs/0 | 149 | 150 | 11/12yrs | 50m | Backstroke | 11-12yrs |
| 123 | 124 | 9/10yrs | 50 m | Freestyle | 9-10yrs | 151 | 152 | 9/10yrs | 50m | Backstroke | 9-10yrs |
| 125 | 126 | 11/12yrs | 50m | Freestyle | 11-12yrs |  |  |  |  |  |  |

AGE AS AT 19th July 2024
ENTRIES CLOSE 5PM TUESDAY 9 July 2024
ENTRY FEES $\mathbf{\$ 2 4 . 0 0}$ per individual event and $\mathbf{\$ 4 6 . 0 0}$ per relay event
QUALIFYING TIMES ACHIEVED SINCE $1^{\text {ST }}$ OCTOBER 2022 CAN BE USED TO ENTER THIS MEET



AGE AS AT 19th July 2024
ENTRIES CLOSE 5PM TUESDAY 9 July 2024
ENTRY FEES $\mathbf{\$ 2 4 . 0 0}$ per individual event and $\mathbf{\$ 4 6 . 0 0}$ per relay event
QUALIFYING TIMES ACHIEVED SINCE $1^{\text {ST }}$ OCTOBER 2022 CAN BE USED TO ENTER THIS MEET

| 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 |  |  |  |  |  |  |  |  |  |  |
| MALE SHORT COURSE | $\mathbf{S 1 1}$ | $\mathbf{S 1 2}$ | $\mathbf{S 1 3}$ | $\mathbf{S 1 4}$ | $\mathbf{S 1 5}$ | $\mathbf{S 1 6}$ | $\mathbf{S 1 7}$ | $\mathbf{S 1 8}$ | 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 | $04: 36.02$ | $04: 11.15$ | $04: 12.45$ | $04: 22.82$ | $04: 07.78$ | $04: 59.40$ | $04: 26.07$ | $04: 35.96$ | $04: 22.82$ |  |

In all Multi-Class Events, medals will be awarded in the following age groups:
10-14 Years, 15-16 Years and 17 Years \& Over.
AGE AS AT 14 ${ }^{\text {TH }}$ JULY 2023
ENTRIES CLOSE 5PM TUESDAY $4^{\text {TH }}$ JULY 2023
ENTRY FEE \$22 (GST INCLUSIVE)

| 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 |
| 2001M |  |  |  |  | 05:03.51 | 04:37.05 | 04:24.43 | 04:02.03 | 03:50.15 | 03:43.00 |
| 1501M |  |  | 05:22.85 | 04:36.67 |  |  |  |  |  |  |


| MALE SHORT COURSE | S11 | S12 | $\mathbf{S 1 3}$ | $\mathbf{S 1 4}$ | $\mathbf{S 1 5}$ | $\mathbf{S 1 6}$ | $\mathbf{S 1 7}$ | 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 | $01: 38.99$ | $01: 28.91$ | $01: 30.84$ | $01: 34.63$ | $01: 31.06$ | $01: 36.62$ | $01: 36.78$ | $01: 39.37$ | $01: 34.63$ |
| 100BK | $01: 56.02$ | $01: 41.31$ | $01: 41.54$ | $01: 49.23$ | $01: 41.86$ | $01: 56.20$ | $01: 50.05$ | $01: 54.69$ | $01: 49.23$ |
| 100BR | $02: 17.84$ | $02: 06.00$ | $02: 04.44$ | $02: 07.89$ | $01: 45.58$ | $02: 03.72$ | $02: 08.44$ | $02: 14.29$ | $02: 07.89$ |
| 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 | $04: 03.19$ | $03: 41.07$ | $03: 42.20$ | $03: 51.16$ | $03: 35.99$ | $04: 18.18$ | $03: 53.81$ | $04: 02.72$ | $03: 51.16$ |

In all Multi-Class Events, medals will be awarded in the following age groups:
10-14 Years, 15-16 Years and 17 Years \& Over.
AGE AS AT 14 ${ }^{\text {TH }}$ JULY 2023
ENTRIES CLOSE 5PM TUESDAY $4^{\text {TH }}$ JULY 2023
ENTRY FEE $\mathbf{\$ 2 2}$ (GST INCLUSIVE)

| 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 | $04: 16.41$ | $03: 58.39$ | $02: 54.58$ | $02: 29.96$ | $02: 08.97$ | $01: 55.49$ | $01: 47.48$ | $01: 41.91$ | $01: 37.68$ | $01: 31.07$ |
| 100BK | $05: 03.95$ | $03: 54.47$ | $03: 21.27$ | $03: 00.02$ | $02: 30.54$ | $02: 10.88$ | $02: 05.11$ | $01: 55.66$ | $01: 49.74$ | $01: 46.31$ |
| 100BR |  | $04: 09.62$ | $03: 27.19$ | $02: 58.47$ | $02: 51.61$ | $02: 28.81$ | $02: 23.62$ | $02: 03.26$ | $01: 59.35$ |  |
| 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 | $01: 40.39$ | $01: 30.17$ | $01: 32.11$ | $01: 35.93$ | $01: 30.44$ | $01: 36.06$ | $01: 38.10$ | $01: 40.73$ | $01: 35.93$ |
| 100BK | $01: 57.63$ | $01: 42.66$ | $01: 42.94$ | $01: 50.76$ | $01: 41.19$ | $01: 55.51$ | $01: 51.58$ | $01: 56.30$ | $01: 50.76$ |
| 100BR | $02: 09.18$ | $01: 59.62$ | $01: 56.41$ | $02: 00.20$ | $01: 44.86$ | $02: 02.98$ | $02: 00.77$ | $02: 06.21$ | $02: 00.20$ |
| 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 | $04: 07.23$ | $03: 44.71$ | $03: 45.87$ | $03: 54.95$ | $03: 34.47$ | $04: 16.83$ | $03: 57.60$ | $04: 06.69$ | $03: 54.95$ |

In all Multi-Class Events, medals will be awarded in the following age groups:
12-14 Years, 15-16 Years and 17 Years \& Over.
AGE AS AT 19 ${ }^{\text {TH }}$ JULY 2024
ENTRIES CLOSE 5PM TUESDAY $9^{\text {TH }}$ JULY 2023
ENTRY FEE \$24 (GST INCLUSIVE)

| FEMALE SHORT COURSE | S1 | S2 | S3 | S4 | S5 | S6 | S7 | S8 | S9 | S10 |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 10-14 years |  |  |  |  |  |  |  |  |  |  |
| 50FR | $02: 32.23$ | $02: 21.02$ | $01: 51.50$ | $01: 28.33$ | $01: 15.03$ | $01: 09.44$ | $01: 03.76$ | $01: 01.86$ | $00: 57.98$ | $00: 56.18$ |
| 100FR | $05: 27.09$ | $04: 49.62$ | $03: 46.93$ | $03: 08.79$ | $02: 40.91$ | $02: 29.63$ | $02: 17.51$ | $02: 12.97$ | $02: 03.62$ | $02: 01.32$ |
| 100BK | $05: 40.49$ | $05: 16.43$ | $04: 19.03$ | $03: 42.16$ | $03: 11.52$ | $02: 49.46$ | $02: 42.26$ | $02: 29.20$ | $02: 18.85$ | $02: 11.77$ |
| 100BR |  | $06: 09.10$ | $04: 48.93$ | $03: 50.62$ | $03: 23.29$ | $03: 25.23$ | $03: 03.17$ | $02: 38.93$ | $02: 36.36$ |  |
| 100BF |  |  |  | $04: 06.97$ | $02: 58.73$ | $02: 42.98$ | $02: 24.95$ | $02: 17.47$ | $02: 58.73$ |  |
| 200IM |  |  |  |  | $06: 50.75$ | $06: 16.64$ | $05: 48.18$ | $05: 24.80$ | $05: 05.58$ | $06: 16.64$ |
| 150IM |  |  | $07: 13.43$ | $06: 07.55$ |  |  |  |  |  |  |


| FEMALE SHORT COURSE | S11 | S12 | $\mathbf{S 1 3}$ | $\mathbf{S 1 4}$ | $\mathbf{S 1 5}$ | $\mathbf{S 1 6}$ | $\mathbf{S 1 7}$ | $\mathbf{S 1 8}$ | $\mathbf{S 1 9}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 10-14 years |  |  |  |  |  |  |  |  |  |
| 50FR | $01: 01.04$ | $00: 53.48$ | $00: 54.06$ | $00: 57.11$ | $00: 52.82$ | $01: 00.36$ | $00: 59.75$ | $00: 59.98$ | $00: 57.11$ |
| 100FR | $02: 14.23$ | $01: 57.30$ | $01: 56.75$ | $02: 02.85$ | $01: 55.59$ | $02: 10.52$ | $02: 07.21$ | $02: 09.00$ | $02: 02.85$ |
| 100BK | $02: 34.68$ | $02: 14.21$ | $02: 13.90$ | $02: 16.44$ | $02: 11.74$ | $02: 47.52$ | $02: 21.78$ | $02: 23.26$ | $02: 16.44$ |
| 100BR | $02: 56.96$ | $02: 33.06$ | $02: 34.56$ | $02: 41.48$ | $02: 26.74$ | $02: 53.93$ | $02: 36.91$ | $02: 49.56$ | $02: 41.48$ |
| 100BF | $02: 41.42$ | $02: 10.70$ | $02: 12.96$ | $02: 21.56$ | $02: 14.61$ | $03: 19.24$ | $02: 23.96$ | $02: 28.64$ | $02: 21.56$ |
| 200IM | $05: 44.24$ | $05: 02.10$ | $04: 58.53$ | $05: 00.66$ | $04: 59.12$ | $06: 00.86$ | $05: 12.91$ | $05: 15.69$ | $05: 00.66$ |

In all Multi-Class Events, medals will be awarded in the following age groups:
12-14 Years, 15-16 Years and 17 Years \& Over.
AGE AS AT 19 ${ }^{\text {TH }}$ JULY 2024
ENTRIES CLOSE 5PM TUESDAY ${ }^{\text {TH }}$ JULY 2023
ENTRY FEE \$24 (GST INCLUSIVE)

| FEMALE SHORT COURSE | S1 | S2 | S3 | S4 | S5 | S6 | S7 | S8 | S9 | S10 |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 15/16 years |  |  |  |  |  |  |  |  |  |  |
| 50FR | $02: 09.59$ | $02: 04.32$ | $01: 37.76$ | $01: 17.33$ | $01: 06.23$ | $01: 01.09$ | $00: 56.29$ | $00: 54.51$ | $00: 51.14$ | $00: 49.51$ |
| 100FR | $04: 49.61$ | $04: 16.18$ | $03: 17.76$ | $02: 45.55$ | $02: 22.09$ | $02: 11.77$ | $02: 01.38$ | $01: 57.28$ | $01: 49.19$ | $01: 46.89$ |
| 100BK | $04: 59.04$ | $04: 36.64$ | $03: 47.60$ | $03: 15.22$ | $02: 49.07$ | $02: 29.23$ | $02: 22.90$ | $02: 11.80$ | $02: 02.63$ | $01: 56.26$ |
| 100BR |  | $05: 26.62$ | $04: 16.21$ | $03: 22.87$ | $02: 59.80$ | $02: 49.88$ | $02: 41.55$ | $02: 20.42$ | $02: 18.04$ |  |
| 100BF |  |  |  | $03: 28.17$ | $02: 30.44$ | $02: 17.49$ | $02: 02.20$ | $01: 56.14$ | $01: 55.70$ |  |
| 200IM |  |  |  |  | $05: 47.59$ | $05: 25.78$ | $05: 02.88$ | $04: 34.67$ | $04: 18.62$ | $05: 25.78$ |
| 150IM |  |  | $06: 03.19$ | $05: 08.62$ |  |  |  |  |  |  |
| FEMALE SHORT COURSE | S11 | $\mathbf{S 1 2}$ | S13 | S14 | S15 | S16 | S17 | S18 | S19 |  |
| 15/16 years |  |  |  |  |  |  |  |  |  |  |
| 50FR | $00: 53.72$ | $00: 47.14$ | $00: 47.62$ | $00: 49.68$ | $00: 46.02$ | $00: 52.32$ | $00: 51.81$ | $00: 52.16$ | $00: 49.68$ |  |
| 100FR | $01: 58.14$ | $01: 43.33$ | $01: 42.90$ | $01: 48.11$ | $01: 40.73$ | $01: 53.07$ | $01: 51.67$ | $01: 53.52$ | $01: 48.11$ |  |
| 100BK | $02: 16.13$ | $01: 58.17$ | $01: 57.84$ | $02: 00.18$ | $01: 54.50$ | $02: 24.69$ | $02: 04.53$ | $02: 06.20$ | $02: 00.18$ |  |
| 100BR | $02: 32.16$ | $02: 14.85$ | $02: 16.25$ | $02: 22.17$ | $02: 07.73$ | $02: 30.70$ | $02: 18.46$ | $02: 29.28$ | $02: 22.17$ |  |
| 100BF | $02: 16.05$ | $01: 50.49$ | $01: 52.06$ | $02: 00.56$ | $01: 52.39$ | $02: 43.16$ | $02: 02.43$ | $02: 06.58$ | $02: 00.56$ |  |
| 200IM | $05: 02.88$ | $04: 34.67$ | $04: 18.62$ | $04: 15.14$ | $04: 50.21$ | $04: 14.90$ | $04: 11.91$ | $04: 18.83$ | $04: 09.51$ |  |

In all Multi-Class Events, medals will be awarded in the following age groups:
12-14 Years, 15-16 Years and 17 Years \& Over.
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ENTRIES CLOSE 5PM TUESDAY $9^{\text {TH }}$ JULY 2023
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