

EVENT DETAILS & ENTRY INFORMATION

- Event: 2024 New South Wales Metropolitan SC Championships
- **Dates:** 19th 21st July 2024
- Closing Date: Entries Close at 5:00pm AEST, Tuesday 9th July 2024
- Age as at: 19TH July 2024
- Event Fee: \$24.00 Per Individual Event & \$46.00 Per Relay Event (GST Inclusive)
- Minimum Age: 9 Years Old (as of 19thth 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 <u>events@nsw.swimming.org.au</u>



Session 2	1				
Friday 19	9th July,	2:00pm		•	
м	F				Medalled as:
1	2	12-17yrs/0	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/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; 17/0
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



Session	n 2					Sessio	n 3				
Saturc	lay 20th	h July, 9:00am	<u> </u>		ļļ	Sature	lay 20tl	h July, 12:30pm	<u> </u>	1	
м	F				Medalled as:	м	F				Medalled as:
35	36	17yrs/O	200m	Freestyle	17yrs/O	71	72	17yrs/O	50m	Freestyle	17yrs/O
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	50m	Freestyle	13-14yrs
41	42	10-12yrs	200m	Freestyle	10yrs; 11-12yrs	77	78	17yrs/O	200m	Breaststroke	17yrs/O
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/O	81	82	17yrs/O	200m	Butterfly	17yrs/O
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	100m	IM	17yrs/O
55	56	17yrs/O	100m	Backstroke	17yrs/O	91	92	15/16yrs	100m	IM	15-16yrs
57	58	15/16yrs	100m	Backstroke	15-16yrs	93	94	Open MC	100m	Butterfly	12-14yrs; 15-16yrs; 17/0
59	60	13/14yrs	100m	Backstroke	13-14yrs	95	96	15yrs & O	400m	Freestyle	15-16yrs; 17yrs/O
61	62	11/12yrs	100m	Backstroke	11-12yrs	97	98	11-14yrs	400m	Freestyle	11-12yrs; 13-14yrs
63	64	9/10yrs	100m	Backstroke	9-10yrs	1				·	
65	66	Open MC	100m	Backstroke	12-14yrs; 15-16yrs; 17/0	1					
67	68	13/14yrs	100m	IM	13-14yrs	1					
69	70	9-12yrs	100m	IM	9-10yrs; 11-12yrs	1					



Session	4					Session !	5				
Sunday	21st July	/, 9:00am				Sunday 2	21st July	r, 12:30pm			
M	F				Medalled as:	M	F	•			Medalled as:
99	100	15-17yrs/0	1500m	Freestyle	15-16yrs; 17yrs/O	127	128	17yrs/O	100m	Freestyle	17yrs/O
101	102	17yrs/O	50m	Butterfly	17yrs/O	129	130	15/16yrs	100m	Freestyle	15-16yrs
103	104	15/16yrs	50m	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	50m	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/O	141	142	11/12yrs	200m	Breaststroke	11-12yrs
115	116	11/12yrs	200m	Backstroke	11-12yrs	143	144	17yrs/O	50m	Backstroke	17yrs/O
117	118	13/14yrs	200m	Backstroke	13-14yrs	145	146	15/16yrs	50m	Backstroke	15-16yrs
119	120	15/16yrs	200m	Backstroke	15-16yrs	147	148	13/14yrs	50m	Backstroke	13-14yrs
121	122	17yrs/O	200m	Backstroke	17yrs/O	149	150	11/12yrs	50m	Backstroke	11-12yrs
123	124	9/10yrs	50m	Freestyle	9-10yrs	151	152	9/10yrs	50m	Backstroke	9-10yrs
125	126	11/12yrs	50m	Freestyle	11-12yrs						



		Q	ualifying Times -	Men & Boys		
		17yrs & Over	15-16yrs	13-14yrs	11-12yrs	9-10yrs
Free	50m	25.50	27.00	28.50	30.00	33.00
	100m	55.00	58.00	01:02.50	01:06.50	01:16.00
	200m	02:02.00	02:07.00	02:15.00	02:23.00	10yrs only: 2:35.00
	400m	04:23.00	04:32.00	04:45.00	05:00.00	
	800m	09:10.00	09:25.00	12-14yr	s: 9:45.00	
	1500m	17:10.00	17:40.00			_
Back	50m	30.00	32.50	34.00	36.50	40.00
	100m	01:05.00	01:08.00	01:11.50	01:15.80	01:26.00
	200m	02:24.00	02:28.00	02:34.00	02:40.00	
Breast	50m	33.20	35.80	38.40	42.00	47.00
	100m	01:14.00	01:18.00	01:24.00	01:30.00	01:40.00
	200m	02:42.00	02:50.00	02:58.00	03:07.00	
Fly	50m	28.00	31.50	33.50	37.00	40.00
	100m	01:04.00	01:06.00	01:11.50	01:18.00	01:32.00
	200m	02:24.00	02:28.00	02:34.00	02:40.00	
Medley	100m	01:05.50	01:08.00	01:12.00	01:18.00	01:25.00
	200m	02:20.00	02:25.00	02:36.00	02:44.50	10yrs only: 3:02.00
	400m	05:04.00	05:10.00	12-14yr	s: 5:25.00	



		Qu	alifying Times – W	/omen & Girls		
		17yrs & Over	15-16yrs	13-14yrs	11-12yrs	9-10yrs
Free	50m	28.50	29.00	30.00	32.20	34.50
	100m	01:02.00	01:03.00	01:04.50	01:09.75	01:17.50
	200m	02:15.00	02:17.00	02:18.80	02:22.00	10yrs only: 2:32.00
	400m	04:46.00	04:48.00	04:55.00	05:05.00	
	800m	09:30.00	09:45.00	12-14yrs	: 10:10.00	
	1500m	18:20.00	19:00.00			
Back	50m	33.00	34.50	36.00	38.50	41.00
	100m	01:11.00	01:12.80	01:14.50	01:18.00	01:28.00
	200m	02:36.00	02:38.00	02:41.00	02:49.00	
Breast	50m	37.00	38.00	41.50	43.00	48.50
	100m	01:24.50	01:26.00	01:27.00	01:31.00	01:41.00
	200m	02:57.00	02:58.00	03:01.00	03:07.00	
Fly	50m	31.00	32.50	34.00	38.00	41.00
	100m	01:10.50	01:13.50	01:15.80	01:23.00	01:32.00
	200m	02:40.00	02:41.00	02:42.00	02:50.00	
Medley	100m	01:11.00	01:12.50	01:16.20	01:19.00	01:28.00
	200m	02:33.50	02:34.50	02:40.50	02:45.00	10yrs only: 3:01.00
	400m	05:27.50	05:27.50	12-14yrs	: 5:40.00	

2024 METROPOLITAN MULTI-CLASS QUALIFYING TIMES MALES 10-14 YEARS



MALE SHORT COURSE	S1	S2	S3	S4	S5	S6	S7	S8	S 9	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	

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 14TH JULY 2023 ENTRIES CLOSE 5PM TUESDAY 4TH JULY 2023 ENTRY FEE \$22 (GST INCLUSIVE)

2024 METROPOLITAN MULTI-CLASS QUALIFYING TIMES MALES 15-16 YEARS



MALE SHORT COURSE	S1	S2	S3	S4	S5	S6	S7	S8	S 9	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
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 14TH JULY 2023 ENTRIES CLOSE 5PM TUESDAY 4TH JULY 2023 ENTRY FEE \$22 (GST INCLUSIVE)

2024 METROPOLITAN MULTI-CLASS QUALIFYING TIMES MALES 17 YEARS & OVER



MALE SHORT COURSE	S1	S2	S3	S4	S5	S6	S7	S8	S 9	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 19TH JULY 2024 ENTRIES CLOSE 5PM TUESDAY 9TH JULY 2023 ENTRY FEE \$24 (GST INCLUSIVE)

2024 METROPOLITAN MULTI-CLASS QUALIFYING TIMES FEMALES 10-14 YEARS



FEMALE SHORT COURSE	S1	S2	S3	S4	S5	S6	S7	S8	S 9	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	S13	S14	S15	S16	S17	S18	S19
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 19TH JULY 2024 ENTRIES CLOSE 5PM TUESDAY 9TH JULY 2023 ENTRY FEE \$24 (GST INCLUSIVE)

2024 METROPOLITAN MULTI-CLASS QUALIFYING TIMES FEMALES 10-14 YEARS



FEMALE SHORT COURSE	S1	S2	S3	S4	S5	S6	S7	S8	S 9	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	S12	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. AGE AS AT 19[™] JULY 2024 ENTRIES CLOSE 5PM TUESDAY 9[™] JULY 2023 ENTRY FEE \$24 (GST INCLUSIVE)

2024 METROPOLITAN MULTI-CLASS QUALIFYING TIMES FEMALES 17 YEARS & OVER



FEMALE SHORT COURSE	S1	S2	S3	S4	S5		S6	S6		S8	S9	S10
17 years & Over												
50FR	02:03.77	01:58.71	01:33.51	01:13.96	01:03	03.43 00:58		8.02 00:53.4		8 00:51.7	8 00:48.58	00:47.03
100FR	04:36.71	04:04.74	03:08.97	02:38.36	02:16.10		02:05	02:05.18 01:55		2 01:51.4	3 01:43.75	01:41.54
100BK	04:45.74	04:24.15	03:38.35	03:07.02	02:42.13		02:22	02:22.01 02:15.		8 02:05.4	6 01:56.75	01:50.66
100BR		05:11.64	04:05.34	03:14.01	02:52.10		02:41	1.15 02:33.2		4 02:13.2	2 02:10.95	
100BF					03:19.39		02:23	3.03 02:10.		5 01:56.2	0 01:50.45	01:50.03
200IM					05:33	3.70	05:02	2.53	04:41.0	6 04:21.9	3 04:06.66	04:03.24
150IM			06:02.53	05:09.20								
FEMALE SHORT COURSE	S11	S12	S13	S1	4	S15		S16		S17	S18	S19
17 years & Over												
50FR	00:51.03	00:44.77	00:45.2	25 00:46	5.32	00:4	2.90	00:	48.82	00:48.34	00:48.64	00:46.32
100FR	01:52.03	01:38.15	01:37.	76 01:42	01:42.69		01:33.90		45.51	01:46.04	01:47.82	01:42.69
100BK	02:09.53	01:52.44	01:52.:	12 01:54	.36	01:4	6.78	02:	15.10	01:58.47	02:00.09	01:54.36
100BR	02:27.75	02:07.91	. 02:09.2	24 02:14	.85	01:5	9.11	02:	20.61	02:11.35	02:21.59	02:14.85
100BF	02:09.38	01:45.09	01:46.	56 01:53	8.54	01:4	4.77	02:	32.59	01:55.32	01:59.22	01:53.54
200IM	04:36.64	04:39.25	04:00.2	1:00.17 04:06		4 03:52.62		04:39.00		04:11.11	04:19.08	04:06.74

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 19TH JULY 2024 ENTRIES CLOSE 5PM TUESDAY 9TH JULY 2023 ENTRY FEE \$24 (GST INCLUSIVE)