



**NSW SHORT COURSE QUALIFYING MEET  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
18 - 19 MAY 2024**

<b>Day One</b>				
<b>Saturday 20 May 1.00PM</b>				
1	M	All Age	200m	Butterfly
2	F	All Age	200m	Butterfly
3	M	All Age	50m	Freestyle
4	F	All Age	50m	Freestyle
5*	M	11 Years & Over	800m	Freestyle
6*	F	11 Years & Over	800m	Freestyle
7	M	All Age	50m	Butterfly
8	F	All Age	50m	Butterfly
9	M	All Age	200m	Breaststroke
10	F	All Age	200m	Breaststroke
11	M	All Age	100m	Backstroke
12	F	All Age	100m	Backstroke
13*	M	12 Years & Over	400m	Individual Medley
14*	F	12 Years & Over	400m	Individual Medley
15	M	All Age	200m	Freestyle
16	F	All Age	200m	Freestyle

<b>Day Two</b>				
<b>Sunday 21 May 9.00AM</b>				
17	M	All Age	400m	Freestyle
18	F	All Age	400m	Freestyle
19	M	All Age	50m	Backstroke
20	F	All Age	50m	Backstroke
21	M	All Age	200m	Individual Medley
22	F	All Age	200m	Individual Medley
23	M	All Age	100m	Freestyle
24	F	All Age	100m	Freestyle
25	M	All Age	200m	Backstroke
26	F	All Age	200m	Backstroke
27	M	All Age	50m	Breaststroke
28	F	All Age	50m	Breaststroke
29	M	All Age	100m	Butterfly
30	F	All Age	100m	Butterfly
31	M	All Age	100m	Breaststroke
32	F	All Age	100m	Breaststroke
33*	M	12 Years & Over	1500m	Freestyle
34*	F	12 Years & Over	1500m	Freestyle

**AGE AS AT 18 MAY, 2024**

**ENTRIES CLOSE 5PM TUESDAY 7 MAY, 2024**

**ENTRY FEE \$13.50 PER INDIVIDUAL EVENT (GST INCLUSIVE)**

**QUALIFYING TIMES ACHIEVED SINCE THE 1<sup>ST</sup> OCTOBER 2022 CAN BE USED TO ENTER THIS MEET**

- **THERE WILL BE AN ENTRY LIMIT FOR EACH DAY, ONCE THIS LIMIT HAS BEEN REACHED, ENTRIES WILL BE CLOSED AND NO FURTHER ENTRIES WILL BE TAKEN.**
- Entry to Events 5, 6, 33 & 34 will utilise the 400 metre Freestyle qualifying standards.
- Entry to Events 13 and 14 will utilise the 200 metre Individual Medley qualifying standards.



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**Qualifying Times - Men & Boys**

		<b>10 &amp; Under</b>	<b>11 years</b>	<b>12 Years</b>	<b>13 Years</b>	<b>14 years</b>	<b>15 years</b>	<b>16 years</b>	<b>17 &amp; Over</b>
<b>Freestyle</b>	<b>50</b>	35.45	33.50	31.50	29.55	28.60	27.60	26.60	26.10
	<b>100</b>	1:17.80	1:15.85	1:10.95	1:06.00	1:03.55	1:01.10	1:00.10	58.15
	<b>200</b>	2:35.60	2:35.60	2:28.75	2:20.85	2:14.95	2:10.00	2:08.05	2:05.10
	<b>400</b>	5:15.20	5:15.20	5:10.30	4:52.55	4:43.70	4:33.85	4:29.90	4:22.00
	<b>800*</b>		5:15.20	5:10.30	4:52.55	4:43.70	4:33.85	4:29.90	4:22.00
	<b>1500*</b>			5:10.30	4:52.55	4:43.70	4:33.85	4:29.90	4:22.00
<b>Backstroke</b>	<b>50</b>	41.35	40.85	37.45	35.95	34.00	32.50	31.50	31.05
	<b>100</b>	1:27.65	1:27.65	1:22.75	1:16.85	1:13.40	1:11.90	1:09.45	1:07.50
	<b>200</b>	2:55.35	2:55.35	2:48.45	2:42.50	2:35.15	2:32.20	2:30.70	2:28.75
<b>Breaststroke</b>	<b>50</b>	48.30	46.30	43.35	39.90	38.45	37.45	36.45	35.95
	<b>100</b>	1:43.45	1:41.45	1:34.55	1:27.70	1:24.70	1:21.75	1:19.80	1:17.80
	<b>200</b>	3:22.90	3:22.90	3:15.05	3:05.20	2:56.30	2:52.40	2:51.40	2:47.45
<b>Butterfly</b>	<b>50</b>	41.35	38.40	34.95	33.00	31.05	29.55	28.60	27.60
	<b>100</b>	1:34.55	1:28.65	1:22.75	1:14.85	1:11.90	1:08.45	1:06.00	1:04.00
	<b>200</b>	3:04.20	3:04.20	2:55.35	2:47.45	2:42.52	2:37.60	2:30.70	2:27.75
<b>Individual Medley</b>	<b>200</b>	3:13.10	3:12.10	2:53.35	2:42.55	2:36.61	2:32.70	2:28.25	2:23.80
	<b>400*</b>			2:53.35	2:42.55	2:36.61	2:32.70	2:28.25	2:23.80

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**\*800M & 1500M FREESTYLE EVENTS WILL UTILISE THE 400M FREESTYLE QUALIFYING TIME. 400M INDIVIDUAL MEDLEY EVENTS WILL UTILISE THE 200M INDIVIDUAL MEDLEY QUALIFYING TIMES.**



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		<b>10 &amp; Under</b>	<b>11 years</b>	<b>12 Years</b>	<b>13 Years</b>	<b>14 years</b>	<b>15 years</b>	<b>16 years</b>	<b>17 &amp; Over</b>
<b>Freestyle</b>	<b>50</b>	35.45	33.50	32.00	30.55	29.55	29.05	28.60	28.60
	<b>100</b>	1:18.80	1:15.85	1:11.90	1:07.95	1:07.00	1:05.50	1:05.00	1:04.00
	<b>200</b>	2:35.65	2:35.65	2:31.70	2:24.80	2:21.85	2:18.90	2:17.90	2:16.90
	<b>400</b>	5:17.15	5:17.15	5:17.15	5:01.40	4:55.50	4:50.55	4:47.60	4:47.60
	<b>800*</b>		5:17.15	5:17.15	5:01.40	4:55.50	4:50.55	4:47.60	4:47.60
	<b>1500*</b>			5:17.15	5:01.40	4:55.50	4:50.55	4:47.60	4:47.60
<b>Backstroke</b>	<b>50</b>	42.35	40.90	38.40	37.45	36.45	35.45	35.00	35.00
	<b>100</b>	1:28.15	1:27.65	1:22.75	1:19.30	1:16.85	1:16.35	1:15.85	1:15.35
	<b>200</b>	2:57.30	2:57.30	2:53.35	2:45.50	2:42.50	2:40.05	2:40.00	2:38.10
<b>Breaststroke</b>	<b>50</b>	48.30	46.30	44.35	42.35	41.35	40.40	39.40	38.45
	<b>100</b>	1:41.45	1:41.45	1:36.05	1:29.65	1:28.65	1:27.20	1:27.20	1:26.70
	<b>200</b>	3:21.90	3:21.90	3:18.00	3:08.15	3:07.15	3:04.20	3:04.20	3:04.20
<b>Butterfly</b>	<b>50</b>	41.35	38.40	35.45	34.00	33.00	32.00	31.55	31.05
	<b>100</b>	1:34.55	1:28.65	1:23.75	1:17.30	1:16.35	1:14.85	1:13.90	1:12.90
	<b>200</b>	3:04.70	3:04.70	2:59.75	2:51.40	2:46.45	2:45.45	2:43.50	2:42.50
<b>Individual Medley</b>	<b>200</b>	3:12.05	3:12.05	2:55.35	2:47.45	2:44.50	2:41.55	2:40.05	2:37.60
	<b>400*</b>			2:55.35	2:47.45	2:44.50	2:41.55	2:40.05	2:37.60

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