

## EVENT DETAILS & ENTRY INFORMATION

- **Event:** 2024/25 Speedo NSW Senior State Age Championships
- **Dates:** Friday 6<sup>th</sup> December 2024 - Thursday 12<sup>th</sup> December 2024
- **Closing Date:** Entries close at 11:59pm AEST, Tuesday 26<sup>th</sup> November 2024, **no late entries will be accepted**
- **Age as at:** 6<sup>th</sup> December 2024
- **Event Fee:** \$24.00 per individual event (GST Inclusive)  
\$46.00 per relay events (GST Inclusive)
- **Minimum Age:** The minimum age for this event is 12 years old as of 6<sup>th</sup> December 2024 (For males & females)
- **Qualifying Period/Criteria:**
  - Results must be achieved since 1<sup>st</sup> October 2023 to be eligible for entry into this event.
  - Long course times only from within this period can be used to enter this meet. Short course times will not be accepted.
  - 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.
- **Finals & Medals Breakdown:** Please refer to the fine print under each day below.
- **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 12 years.
  - Any swimmer that competes at Senior State Age Championships, including relays, will be ineligible for Junior State Age Championships in March.
- **NSW Senior & Junior State Age groups for 2024/25**

Swimming NSW advises the age groups for Senior & Junior State Age Championships for 2024/25, Summer Long Course Season.

**Senior State Age:**  
Minimum age is 12 years old as at 6<sup>th</sup> December 2024, for both boys and girls.

**Junior State Age:**  
Minimum age is 9 years old as at 15<sup>th</sup> March 2025, for both boys & girls.  
Maximum age is 12 years old as at 15<sup>th</sup> March 2025, for both boys & girls.

  - **Swimmers are only permitted to swim at one (1) State Age Championship throughout the 2024-25 Long Course Season - therefore any swimmer that competes at this Senior State Age (December) event, will be ineligible for Junior State Age in March 2025 - 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](mailto:events@nsw.swimming.org.au)



## 2024/25 SPEEDO NSW SENIOR STATE AGE CHAMPIONSHIPS

### SYDNEY OLYMPIC PARK AQUATIC CENTRE 6 - 12 DECEMBER 2024

Heats Program				
DAY 1 HEATS Friday 6th December				
Event	Age/Event	Gender	Distance	Stroke
1	12-14 Years	Girls	100m	Breaststroke
2	12-14 Years	Boys	100m	Breaststroke
3	15 -18 Years & Over	Girls	400m	Freestyle
4	15 -18 Years & Over	Boys	400m	Freestyle
5	12 Years & Over MC	Boys	200/150m	Individual Medley
6	12 Years & Over MC	Girls	200/150m	Individual Medley
7	12-14 Years	Girls	200m	Butterfly
8	12-14 Years	Boys	200m	Butterfly

Finals Program				
DAY 1 FINALS Friday 6th December				
Event	Age/Event	Gender	Distance	Stroke
1a	12 Years	Girls	100m	Breaststroke
1b	13 Years	Girls	100m	Breaststroke
1c	14 Years	Girls	100m	Breaststroke
2a	12 Years	Boys	100m	Breaststroke
2b	13 Years	Boys	100m	Breaststroke
2c	14 Years	Boys	100m	Breaststroke
3a	15 Years	Girls	400m	Freestyle
3b	16 Years	Girls	400m	Freestyle
3c	17 Years	Girls	400m	Freestyle
3d	18 Years & Over	Girls	400m	Freestyle
4a	15 Years	Boys	400m	Freestyle
4b	16 Years	Boys	400m	Freestyle
4c	17 Years	Boys	400m	Freestyle
4d	18 Years & Over	Boys	400m	Freestyle
5	12 Years & Over MC	Boys	200/150m	Individual Medley
6	12 Years & Over MC	Girls	200/150m	Individual Medley
7a	12 Years	Girls	200m	Butterfly
7b	13 Years	Girls	200m	Butterfly
7c	14 Years	Girls	200m	Butterfly
8a	12 Years	Boys	200m	Butterfly
8b	13 Years	Boys	200m	Butterfly
8c	14 Years	Boys	200m	Butterfly



## 2024/25 SPEEDO NSW SENIOR STATE AGE CHAMPIONSHIPS

### SYDNEY OLYMPIC PARK AQUATIC CENTRE 6 - 12 DECEMBER 2024

Heats Program Continued				
DAY 1 HEATS Friday 6th December				
Event	Age/Event	Gender	Distance	Stroke
9	15 -18 Years & Over	Girls	50m	Freestyle
10	15 -18 Years & Over	Boys	50m	Freestyle
11	12-14 Years	Girls	800m	Freestyle*
12	12-14 Years	Boys	1500m	Freestyle*

Finals Program Continued				
DAY 1 FINALS Friday 6th December				
Event	Age/Event	Gender	Distance	Stroke
9a	15 Years	Girls	50m	Freestyle
9b	16 Years	Girls	50m	Freestyle
9c	17 Years	Girls	50m	Freestyle
9d	18Years & Over	Girls	50m	Freestyle
10a	15 Years	Boys	50m	Freestyle
10b	16 Years	Boys	50m	Freestyle
10c	17 Years	Boys	50m	Freestyle
10d	18Years & Over	Boys	50m	Freestyle
11	12-14 Years	Girls	800m	Freestyle*
12	12-14 Years	Boys	1500m	Freestyle*
13	15-17 Years	Girls	4 x 50m	Club Medley Relay
14	15-17 Years	Boys	4 x 50m	Club Medley Relay

- The following 15-18 years & Over events: 3, 4, 9 & 10, will be swum as a combined age event for the heat's session and as separate age groups (15 years, 16 Years, 17 years & 18years & Over) for the finals. Medals will be awarded in the separate age groups.
- The following 12-14 years events: 1, 2, 7 & 8, will be swum as a combined age event for the heat's session and as separate age groups (12 years, 13 Years & 14 years) for the finals. Medals will be awarded in the separate age groups.
- The following Multi-Class Events: 5 & 6, will be swum as a combined age event in both the heat's and final's session Medals will be awarded in the following age groups: 12-14 Years, 15-16 Years and 17 & Over - therefore some medals may be won in the heat's session.
- \*800m & 1500m Freestyle evens will be swam as timed finals, with the fastest ten (10) swimmers, competing in the evening finals session. Medals will be awarded in each age group of 12 years, 13 years, 14 years, 15 years, 16 years, 17 years & 18 years & Over – therefore some medals will be won in the heats sessions.



## 2024/25 SPEEDO NSW SENIOR STATE AGE CHAMPIONSHIPS

### SYDNEY OLYMPIC PARK AQUATIC CENTRE 6 - 12 DECEMBER 2024

Heats Program				
DAY 2 HEATS Saturday 7th December				
Event	Age/Event	Gender	Distance	Stroke
15	12-14 Years	Girls	50m	Freestyle
16	12-14 Years	Boys	50m	Freestyle
17	15 -18 Years & Over	Girls	100m	Breaststroke
18	15 -18 Years & Over	Boys	100m	Breaststroke
19	12 Years & Over MC	Girls	100m	Freestyle
20	12 Years & Over MC	Boys	100m	Freestyle
21	12-14 Years	Girls	200m	Backstroke
22	12-14 Years	Boys	200m	Backstroke

Finals Program				
DAY 2 FINALS Saturday 7th December				
Event	Age/Event	Gender	Distance	Stroke
15a	12 Years	Girls	50m	Freestyle
15b	13 Years	Girls	50m	Freestyle
15c	14 Years	Girls	50m	Freestyle
16a	12 Years	Boys	50m	Freestyle
16b	13 Years	Boys	50m	Freestyle
16c	14 Years	Boys	50m	Freestyle
17a	15 Years	Girls	100m	Breaststroke
17b	16 Years	Girls	100m	Breaststroke
17c	17 Years	Girls	100m	Breaststroke
17d	18 Years & Over	Girls	100m	Breaststroke
18a	15 Years	Boys	100m	Breaststroke
18b	16 Years	Boys	100m	Breaststroke
18c	17 Years	Boys	100m	Breaststroke
18d	18 Years & Over	Boys	100m	Breaststroke
19a	12-16 Years MC	Girls	100m	Freestyle
19b	17 Years & Over MC	Girls	100m	Freestyle
20a	12-16 Years MC	Boys	100m	Freestyle
20b	17 Years & Over MC	Boys	100m	Freestyle
21a	12 Years	Girls	200m	Backstroke
21b	13 Years	Girls	200m	Backstroke
21c	14 Years	Girls	200m	Backstroke
22a	12 Years	Boys	200m	Backstroke
22b	13 Years	Boys	200m	Backstroke
22c	14 Years	Boys	200m	Backstroke



## 2024/25 SPEEDO NSW SENIOR STATE AGE CHAMPIONSHIPS

### SYDNEY OLYMPIC PARK AQUATIC CENTRE 6 - 12 DECEMBER 2024

Heats Program Continued				
DAY 2 HEATS Saturday 7th December				
Event	Age/Event	Gender	Distance	Stroke
23	15-18 Years & Over	Girls	200m	Freestyle
24	15-18 Years & Over	Boys	200m	Freestyle

Finals Program Continued				
DAY 2 FINALS Saturday 7th December				
Event	Age/Event	Gender	Distance	Stroke
23a	15 Years	Girls	200m	Freestyle
23b	16 Years	Girls	200m	Freestyle
23c	17 Years	Girls	200m	Freestyle
23d	18 Years & Over	Girls	200m	Freestyle
24a	15 Years	Boys	200m	Freestyle
24b	16 Years	Boys	200m	Freestyle
24c	17 Years	Boys	200m	Freestyle
24d	18 Years & Over	Boys	200m	Freestyle
25	12-14 Years	Girls	4 x 50m	Club Freestyle Relay
26	12-14 Years	Boys	4 x 50m	Club Freestyle Relay

- The following 15-18 years & Over events: 17,18, 23 & 24, will be swum as a combined age event for the heat's session and as separate age groups (15 years, 16 Years, 17 years & 18years & Over) for the finals. Medals will be awarded in the separate age groups.
- The following 12-14 years events: 15, 16, 21 & 22, will be swum as a combined age event for the heat's session and as separate age groups (12 years, 13 Years & 14 years) for the finals. Medals will be awarded in the separate age groups.
- The following Multi-Class Events: 19 & 20, will be swum as a combined age event in the heat's session and as 12- 16 years and 17 years & Over in final's session Medals will be awarded in the following age groups: 12-14 Years, 15-16 Years and 17 & Over- therefore some medals may be won in the heat's session.



## 2024/25 SPEEDO NSW SENIOR STATE AGE CHAMPIONSHIPS

### SYDNEY OLYMPIC PARK AQUATIC CENTRE 6 - 12 DECEMBER 2024

Heats Program				
DAY 3 HEATS Sunday 8th December				
Event	Age/Event	Gender	Distance	Stroke
27	12-14 Years	Boys	200m	Breaststroke
28	12-14 Years	Girls	200m	Breaststroke
29	15 -18 Years & Over	Boys	100m	Backstroke
30	15 -18 Years & Over	Girls	100m	Backstroke
31	12 Years & Over MC	Boys	50m	Butterfly
32	12 Years & Over MC	Girls	50m	Butterfly

Finals Program				
DAY 3 FINALS Sunday 8th December				
Event	Age/Event	Gender	Distance	Stroke
27a	12 Years	Boys	200m	Breaststroke
27b	13 Years	Boys	200m	Breaststroke
27c	14 Years	Boys	200m	Breaststroke
28a	12 Years	Girls	200m	Breaststroke
28b	13 Years	Girls	200m	Breaststroke
28c	14 Years	Girls	200m	Breaststroke
29a	15 Years	Boys	100m	Backstroke
29b	16 Years	Boys	100m	Backstroke
29c	17 Years	Boys	100m	Backstroke
29d	18 Years & Over	Boys	100m	Backstroke
30a	15 Years	Girls	100m	Backstroke
30b	16 Years	Girls	100m	Backstroke
30c	17 Years	Girls	100m	Backstroke
30d	18 Years & Over	Girls	100m	Backstroke
31a	12-16 Years MC	Boys	50m	Butterfly
31b	17 Years & Over MC	Boys	50m	Butterfly
32a	12-16 Years MC	Girls	50m	Butterfly
32b	17 Years & Over MC	Girls	50m	Butterfly



## 2024/25 SPEEDO NSW SENIOR STATE AGE CHAMPIONSHIPS

### SYDNEY OLYMPIC PARK AQUATIC CENTRE 6 - 12 DECEMBER 2024

Heats Program Continued				
DAY 3 HEATS Sunday 8th December				
Event	Age/Event	Gender	Distance	Stroke
33	12-14 Years	Boys	100m	Butterfly
34	12-14 Years	Girls	100m	Butterfly
35	15-18 Years & Over	Boys	200m	Individual Medley
36	15-18 Years & Over	Girls	200m	Individual Medley
37	12-14 Years	Boys	800m	Freestyle*
38	12-14 Years	Girls	1500m	Freestyle*

Finals Program Continued				
DAY 3 FINALS Sunday 8th December				
Event	Age/Event	Gender	Distance	Stroke
33a	12 Years	Boys	100m	Butterfly
33b	13 Years	Boys	100m	Butterfly
33c	14 Years	Boys	100m	Butterfly
34a	12 Years	Girls	100m	Butterfly
34b	13 Years	Girls	100m	Butterfly
34c	14 Years	Girls	100m	Butterfly
35a	15 Years	Boys	200m	Individual Medley
35b	16 Years	Boys	200m	Individual Medley
35c	17 Years	Boys	200m	Individual Medley
35d	18 Years & Over	Boys	200m	Individual Medley
36a	15 Years	Girls	200m	Individual Medley
36b	16 Years	Girls	200m	Individual Medley
36c	17 Years	Girls	200m	Individual Medley
36d	18 Years & Over	Girls	200m	Individual Medley
37	12-14 Years	Boys	800m	Freestyle*
38	12-14 Years	Girls	1500m	Freestyle*
39	15-17 Years	Boys	4 x 50m	Club Freestyle Relay
40	15-17 Years	Girls	4 x 50m	Club Freestyle Relay

- The following 15-18 years & Over events: 29, 30, 35 & 36, will be swum as a combined age event for the heat's session and as separate age groups (15 years, 16 Years, 17 years & 18years & Over) for the finals. Medals will be awarded in the separate age groups.
- The following 12-14 years events: 27,28, 33 & 34, will be swum as a combined age event for the heat's session and as separate age groups (12 years, 13 Years & 14 years) in the finals. Medals will be awarded in the separate age groups.
- The following Multi-Class Events: 31 & 32, will be swum as a combined age event in the heat's session and as 12- 16 years and 17 years & Over in final's session. Medals will be awarded in the following age groups: 12-14 Years, 15-16 Years and 17 & Over - therefore some medals may be won in the heat's session.
- \*800m & 1500m Freestyle events will be swam as timed finals, with the fastest ten (10) swimmers, competing in the evening finals session. Medals will be awarded in each age group of 12 years, 13 years, 14 years, 15 years, 16 years, 17 years & 18 years & Over – therefore some medals will be won in the heats sessions.



## 2024/25 SPEEDO NSW SENIOR STATE AGE CHAMPIONSHIPS

### SYDNEY OLYMPIC PARK AQUATIC CENTRE 6 - 12 DECEMBER 2024

Heats Program				
DAY 4 HEATS Monday 9th December				
Event	Age/Event	Gender	Distance	Stroke
41	15 -18 Years & Over	Boys	100m	Butterfly
42	15 -18 Years & Over	Girls	100m	Butterfly
43	12-14 Years	Boys	100m	Backstroke
44	12-14 Years	Girls	100m	Backstroke
45	12 Years & Over MC	Boys	50m	Backstroke
46	12 Years & Over MC	Girls	50m	Backstroke
47	15 -18 Years & Over	Boys	200m	Breaststroke

Finals Program				
DAY 4 FINALS Monday 9th December				
Event	Age/Event	Gender	Distance	Stroke
41a	15 Years	Boys	100m	Butterfly
41b	16 Years	Boys	100m	Butterfly
41c	17 Years	Boys	100m	Butterfly
41d	18 Years & Over	Boys	100m	Butterfly
42a	15 Years	Girls	100m	Butterfly
42b	16 Years	Girls	100m	Butterfly
42c	17 Years	Girls	100m	Butterfly
42d	18 Years & Over	Girls	100m	Butterfly
43a	12 Years	Boys	100m	Backstroke
43b	13 Years	Boys	100m	Backstroke
43c	14 Years	Boys	100m	Backstroke
44a	12 Years	Girls	100m	Backstroke
44b	13 Years	Girls	100m	Backstroke
44c	14 Years	Girls	100m	Backstroke
45a	12-16 Years MC	Boys	50m	Backstroke
45b	17 Years & Over MC	Boys	50m	Backstroke
46a	12-16 Years MC	Girls	50m	Backstroke
46b	17 Years & Over MC	Girls	50m	Backstroke
47a	15 Years	Boys	200m	Breaststroke
47b	16 Years	Boys	200m	Breaststroke
47c	17 Years	Boys	200m	Breaststroke
47d	18 Years & Over	Boys	200m	Breaststroke







## 2024/25 SPEEDO NSW SENIOR STATE AGE CHAMPIONSHIPS

### SYDNEY OLYMPIC PARK AQUATIC CENTRE 6 - 12 DECEMBER 2024

Heats Program Continued				
DAY 4 HEATS Monday 9th December				
Event	Age/Event	Gender	Distance	Stroke
48	15 -18 Years & Over	Girls	200m	Breaststroke
49	12-14 Years	Boys	200m	Individual Medley
50	12-14 Years	Girls	200m	Individual Medley
51	12 Years & Over MC	Boys	200m	Freestyle
52	12 Years & Over MC	Girls	200m	Freestyle

Finals Program Continued				
DAY 4 FINALS Monday 9th December				
Event	Age/Event	Gender	Distance	Stroke
48a	15 Years	Girls	200m	Breaststroke
48b	16 Years	Girls	200m	Breaststroke
48c	17 Years	Girls	200m	Breaststroke
48d	18 Years & Over	Girls	200m	Breaststroke
49a	12 Years	Boys	200m	Individual Medley
49b	13 Years	Boys	200m	Individual Medley
49c	14 Years	Boys	200m	Individual Medley
50a	12 Years	Girls	200m	Individual Medley
50b	13 Years	Girls	200m	Individual Medley
50c	14 Years	Girls	200m	Individual Medley
51	12 Years & Over MC	Boys	200m	Freestyle
52	12 Years & Over MC	Girls	200m	Freestyle
53	12-14 Years	Boys	4 x 50m	Club Medley Relay
54	12-14 Years	Girls	4 x 50m	Club Medley Relay

- The following 15-18 years & Over events: 41, 42, 47 & 48, will be swum as a combined age event for the heat's session and as separate age groups (15 years, 16 Years, 17 years & 18years & Over) for the finals. Medals will be awarded in the separate age groups.
- The following 12-14 years events: 43, 44, 49 & 50, will be swum as a combined age event for the heat's session and as separate age groups (12 years, 13 Years & 14 years) in the finals. Medals will be awarded in the separate age groups.
- The following Multi-Class Events: 45 & 46, will be swum as a combined age event in the heat's session and as 12- 16 years and 17 years & Over in final's session. Medals will be awarded in the following age groups: 12-14 Years, 15-16 Years and 17 & Over- therefore some medals may be won in the heat's session.
- The following Multi-Class Events: 51 & 52, will be swum as a combined age event in the heat's & final's session. Medals will be awarded in the following age groups: 12-14 Years, 15-16 Years and 17 & Over- therefore some medals may be won in the heat's session.



## 2024/25 SPEEDO NSW SENIOR STATE AGE CHAMPIONSHIPS

### SYDNEY OLYMPIC PARK AQUATIC CENTRE 6 - 12 DECEMBER 2024

Heats Program				
DAY 5 HEATS Tuesday 10th December				
Event	Age/Event	Gender	Distance	Stroke
55	18 Years & Over#	Girls	50m	Butterfly
56	15-17 Years#	Girls	50m	Butterfly
57	12-14 Years#	Girls	50m	Butterfly
58	12 Years & Over MC	Boys	400m	Freestyle
59	12 Years & Over MC	Girls	400m	Freestyle
60	12-14 Years	Boys	400m	Individual Medley
61	12-14 Years	Girls	400m	Individual Medley
62	15 -18 Years & Over	Boys	200m	Backstroke
63	15 -18 Years & Over	Girls	200m	Backstroke
64	12-14 Years	Boys	200m	Freestyle

Finals Program				
DAY 5 FINALS Tuesday 10th December				
Event	Age/Event	Gender	Distance	Stroke
58	12 Years & Over MC	Boys	400m	Freestyle
59	12 Years & Over MC	Girls	400m	Freestyle
60a	12-13 Years	Boys	400m	Individual Medley
60b	14 Years	Boys	400m	Individual Medley
61a	12-13 Years	Girls	400m	Individual Medley
61b	14 Years	Girls	400m	Individual Medley
62a	15 Years	Boys	200m	Backstroke
62b	16 Years	Boys	200m	Backstroke
62c	17 Years	Boys	200m	Backstroke
62d	18 Years & Over	Boys	200m	Backstroke
63a	15 Years	Girls	200m	Backstroke
63b	16 Years	Girls	200m	Backstroke
63c	17 Years	Girls	200m	Backstroke
63d	18 Years & Over	Girls	200m	Backstroke
64a	12 Years	Boys	200m	Freestyle
64b	13 Years	Boys	200m	Freestyle
64c	14 Years	Boys	200m	Freestyle



## 2024/25 SPEEDO NSW SENIOR STATE AGE CHAMPIONSHIPS

### SYDNEY OLYMPIC PARK AQUATIC CENTRE 6 - 12 DECEMBER 2024

Heats Program Continued				
DAY 5 HEATS Tuesday 10th December				
Event	Age/Event	Gender	Distance	Stroke
65	12-14 Years	Girls	200m	Freestyle
66	12 Years & Over MC	Boys	50m	Freestyle
67	12 Years & Over MC	Girls	50m	Freestyle
68	18 Years & Over#	Boys	50m	Butterfly
69	15-17 Years#	Boys	50m	Butterfly
70	12-14 Years#	Boys	50m	Butterfly
71	15 Years & Over	Boys	800m	Freestyle*
72	15 Years & Over	Girls	1500m	Freestyle*

Finals Program Continued				
DAY 5 FINALS Tuesday 10th December				
Event	Age/Event	Gender	Distance	Stroke
65a	12 Years	Girls	200m	Freestyle
65b	13 Years	Girls	200m	Freestyle
65c	14 Years	Girls	200m	Freestyle
66a	12-16 Years MC	Boys	50m	Freestyle
66b	17 Years & Over MC	Boys	50m	Freestyle
67a	12-16 Years MC	Girls	50m	Freestyle
67b	17 Years & Over MC	Girls	50m	Freestyle
71	15 Years & Over	Boys	800m	Freestyle*
72	15 Years & Over	Girls	1500m	Freestyle*
73	18 Years & Under	Boys	4 x 100m	Club Freestyle Relay
74	18 Years & Under	Girls	4 x 100m	Club Freestyle Relay

- The 50m formstroke events 55, 56, 57, 68, 69 & 70 will be swam as timed finals in the heats session and medals will be awarded to each age group 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17yrs and 18yrs & over and will be presented during the heats session.
- The following 15-18 years & Over events: 62 & 63, will be swam as a combined age event for the heat's session and as separate age groups (15 years, 16 Years, 17 years & 18years & Over) for the finals. Medals will be awarded in the separate age groups.
- The following 12-14 years events: 60, 61, 64 & 65, will be swam as a combined age event for the heat's session and as separate age groups (12 years, 13 Years & 14 years). Medals will be awarded in the separate age groups.
- The following Multi-Class Events: 66 & 67, will be swam as a combined age event in the heat's session and as 12- 16 years and 17 years & Over in final's session. Medals will be awarded in the following age groups: 12-14 Years, 15-16 Years and 17 & Over - therefore some medals may be won in the heat's session.
- The following Multi-Class Events: 58 & 59, will be swam as a combined age event in the heat's & final's session. Medals will be awarded in the following age groups: 12-14 Year, 15-16 Years and 17 & Over - therefore some medals may be won in the heat's session.
- \*800m & 1500m Freestyle events will be swam as timed finals, with the fastest ten (10) swimmers, competing in the evening finals session. Medals will be awarded in each age group of 12 years, 13 years, 14 years, 15 years, 16 years, 17 years & 18 years & Over – therefore some medals will be won in the heats sessions.



## 2024/25 SPEEDO NSW SENIOR STATE AGE CHAMPIONSHIPS

### SYDNEY OLYMPIC PARK AQUATIC CENTRE 6 - 12 DECEMBER 2024

Heats Program				
DAY 6 HEATS Wednesday 11th December				
Event	Age/Event	Gender	Distance	Stroke
75	18 Years & Over#	Boys	50m	Breaststroke
76	15-17 Years#	Boys	50m	Breaststroke
77	12-14 Years#	Boys	50m	Breaststroke
78	15 -18 Years & Over	Boys	100m	Freestyle
79	15 -18 Years & Over	Girls	100m	Freestyle
80	12 Years & Over MC	Boys	100m	Breaststroke
81	12 Years & Over MC	Girls	100m	Breaststroke
82	12-14 Years	Boys	400m	Freestyle
83	12-14 Years	Girls	400m	Freestyle

Finals Program				
DAY 6 FINALS Wednesday 11th December				
Event	Age/Event	Gender	Distance	Stroke
78a	15 Years	Boys	100m	Freestyle
78b	16 Years	Boys	100m	Freestyle
78c	17 Years	Boys	100m	Freestyle
78d	18 Years & Over	Boys	100m	Freestyle
79a	15 Years	Girls	100m	Freestyle
79b	16 Years	Girls	100m	Freestyle
79c	17 Years	Girls	100m	Freestyle
79d	18 Years & Over	Girls	100m	Freestyle
80a	12-16 Years MC	Boys	100m	Breaststroke
80b	17 Years & Over MC	Boys	100m	Breaststroke
81a	12-16 Years MC	Girls	100m	Breaststroke
81b	17 Years & Over MC	Girls	100m	Breaststroke
82a	12 Years	Boys	400m	Freestyle
82b	13 Years	Boys	400m	Freestyle
82c	14 Years	Boys	400m	Freestyle
83a	12 Years	Girls	400m	Freestyle
83b	13 Years	Girls	400m	Freestyle
83c	14 Years	Girls	400m	Freestyle



## 2024/25 SPEEDO NSW SENIOR STATE AGE CHAMPIONSHIPS

### SYDNEY OLYMPIC PARK AQUATIC CENTRE 6 - 12 DECEMBER 2024

Heats Program Continued				
DAY 6 HEATS Wednesday 11th December				
Event	Age/Event	Gender	Distance	Stroke
84	15 -18 Years & Over	Boys	400m	Individual Medley
85	15 -18 Years & Over	Girls	400m	Individual Medley
86	12 Years & Over MC	Boys	100m	Backstroke
87	12 Years & Over MC	Girls	100m	Backstroke
88	18 Years & Over#	Girls	50m	Breaststroke
89	15-17 Years#	Girls	50m	Breaststroke
90	12-14 Years#	Girls	50m	Breaststroke

Finals Program Continued				
DAY 6 FINALS Wednesday 11th December				
Event	Age/Event	Gender	Distance	Stroke
84a	15 Years	Boys	400m	Individual Medley
84b	16-17 Years	Boys	400m	Individual Medley
84c	18 Years & Over	Boys	400m	Individual Medley
85a	15 Years	Girls	400m	Individual Medley
85b	16-17 Years	Girls	400m	Individual Medley
85c	18 Years & Over	Girls	400m	Individual Medley
86a	12-16 Years MC	Boys	100m	Backstroke
86b	17 Years & Over MC	Boys	100m	Backstroke
87a	12-16 Years MC	Girls	100m	Backstroke
87b	17 Years & Over MC	Girls	100m	Backstroke
91	18 Years & Under	Boys	4 x 100m	Club Medley Relay
92	18 Years & Under	Girls	4 x 100m	Club Medley Relay

- The 50m formstroke events 75, 76, 77, 88, 89 & 90 will be swam as timed finals in the heats session and medals will be awarded to each age group 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17yrs and 18yrs & over and will be presented during the heats session.
- The following 15-18 years & Over events: 78, 79, 84 & 85, will be swam as a combined age event for the heat's session and as separate age groups (15 years, 16 Years, 17 years & 18years & Over) for the finals. Medals will be awarded in the separate age groups.
- The following 12-14 years events: 82 & 83 will be swam as a combined age event for the heat's session and as separate age groups (12 years, 13 Years & 14 years). Medals will be awarded in the separate age groups.
- The following Multi-Class Events: 80, 81, 86 & 87, will be swam as a combined age event in the heat's session and as 12- 16 years and 17 years & Over in final's session. Medals will be awarded in the following age groups: 12-14 Years, 15-16 Years and 17 & Over - therefore some medals may be won in the heat's session.



## 2024/25 SPEEDO NSW SENIOR STATE AGE CHAMPIONSHIPS

### SYDNEY OLYMPIC PARK AQUATIC CENTRE 6 - 12 DECEMBER 2024

Heats Program				
DAY 7 HEATS Thursday 12th December				
Event	Age/Event	Gender	Distance	Stroke
93	18 Years & Over#	Boys	50m	Backstroke
94	15-17 Years#	Boys	50m	Backstroke
95	12-14 Years#	Boys	50m	Backstroke
96	12 Years & Over MC	Boys	100m	Butterfly
97	12 Years & Over MC	Girls	100m	Butterfly
98	12-14 Years	Boys	100m	Freestyle
99	12-14 Years	Girls	100m	Freestyle
100	15 -18 Years & Over	Boys	200m	Butterfly
101	15 -18 Years & Over	Girls	200m	Butterfly

Finals Program				
DAY 7 FINALS Thursday 12th December				
Event	Age/Event	Gender	Distance	Stroke
96a	12-16 Years MC	Boys	100m	Butterfly
96b	17 Years & Over MC	Boys	100m	Butterfly
97a	12-16 Years MC	Girls	100m	Butterfly
97b	17 Years & Over MC	Girls	100m	Butterfly
98a	12 Years	Boys	100m	Freestyle
98b	13 Years	Boys	100m	Freestyle
98c	14 Years	Boys	100m	Freestyle
99a	12 Years	Girls	100m	Freestyle
99b	13 Years	Girls	100m	Freestyle
99c	14 Years	Girls	100m	Freestyle
100a	15 Years	Boys	200m	Butterfly
100b	16 Years	Boys	200m	Butterfly
100c	17 Years	Boys	200m	Butterfly
100d	18 Years & Over	Boys	200m	Butterfly
101a	15 Years	Girls	200m	Butterfly
101b	16 Years	Girls	200m	Butterfly
101c	17 Years	Girls	200m	Butterfly
101d	18 Years & Over	Girls	200m	Butterfly



## 2024/25 SPEEDO NSW SENIOR STATE AGE CHAMPIONSHIPS

### SYDNEY OLYMPIC PARK AQUATIC CENTRE 6 - 12 DECEMBER 2024

Heats Program Continued				
DAY 7 HEATS Thursday 12th December				
Event	Age/Event	Gender	Distance	Stroke
102	12 Years & Over MC	Boys	50m	Breaststroke
103	12 Years & Over MC	Girls	50m	Breaststroke
104	18 Years & Over#	Girls	50m	Backstroke
105	15-17 Years#	Girls	50m	Backstroke
106	12-14 Years#	Girls	50m	Backstroke
107	15 Years & Over	Girls	800m	Freestyle
108	15 Years & Over	Boys	1500m	Freestyle

Finals Program Continued				
DAY 7 FINALS Thursday 12th December				
Event	Age/Event	Gender	Distance	Stroke
102a	12-16 Years MC	Boys	50m	Breaststroke
102b	17 Years & Over MC	Boys	50m	Breaststroke
103a	12-16 Years MC	Girls	50m	Breaststroke
103b	17 Years & Over MC	Girls	50m	Breaststroke
107	15 Years & Over	Girls	800m	Freestyle
108	15 Years & Over	Boys	1500m	Freestyle
109	Open	Girls	10 x 50m	Club Freestyle Relay
110	Open	Boys	10 x 50m	Club Freestyle Relay

- The 50m formstroke events 93, 94, 95, 104, 105 & 106 will be swam as timed finals in the heats session and medals will be awarded to each age group 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17yrs and 18yrs & over and will be presented during the heats session.
- The following 15-18 years & Over events: 100 & 101, will be swam as a combined age event for the heat's session and as separate age groups (15 years, 16 Years, 17 years & 18years & Over) for the finals. Medals will be awarded in the separate age groups
- The following 12-14 years events: 98 & 99, will be swam as a combined age event for the heat's session and as separate age groups (12 years, 13 Years & 14 years). Medals will be awarded in the separate age groups.
- The following Multi-Class Events: 96, 97, 102 & 103, will be swam as a combined age event in the heat's session and as 12- 16 years and 17 years & Over in final's session. Medals will be awarded in the following age groups: 12-14 Years, 15-16 Years and 17 & Over - therefore some medals may be won in the heat's session.
- \*800m & 1500m Freestyle events will be swam as timed finals, with the fastest ten (10) swimmers, competing in the evening finals session. Medals will be awarded in each age group of 12 years, 13 years, 14 years, 15 years, 16 years, 17 years & 18 years & Over – therefore some medals will be won in the heats sessions.

**2024/25 Speedo NSW Senior State Age Championships**  
**Qualifying Time**

MEN	18yrs & Over	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs
	2024/25 Snr State Age	2024/25 Snr State Age	2024/25 Snr State Age	2024/25 Snr State Age	2024/25 Snr State Age	2024/25 Snr State Age	2024/25 Snr State Age
50 Free	0:25.70	0:26.00	0:26.50	0:27.50	0:28.00	0:29.00	0:30.50
100 Free	0:55.80	0:56.00	0:56.50	0:58.00	1:00.00	1:02.50	1:05.50
200 Free	2:01.00	2:02.00	2:05.00	2:08.00	2:10.00	2:15.00	2:22.00
400 Free	4:26.00	4:26.50	4:28.00	4:35.00	4:40.00	4:45.00	5:00.00
800 Free	9:15.00	9:30.00	9:35.00	9:45.00	10:00.00	10:15.00	10:30.00
1500 Free	17:31.00	17:59.00	18:08.00	18:36.00	18:55.00	19:20.00	19:40.00
50 Bk	0:29.40	0:29.70	0:30.30	0:31.50	0:32.80	0:34.00	0:35.50
100 Bk	1:05.50	1:06.50	1:07.50	1:08.50	1:12.00	1:14.00	1:18.00
200 Bk	2:25.00	2:27.00	2:30.00	2:31.00	2:35.00	2:38.00	2:44.00
50 Brs	0:32.80	0:32.50	0:33.00	0:34.00	0:35.50	0:36.50	0:40.50
100 Brs	1:14.00	1:15.50	1:16.50	1:19.50	1:20.50	1:23.50	1:26.50
200 Brs	2:42.00	2:44.50	2:50.50	2:54.00	2:56.00	3:02.00	3:08.50
50 Fly	0:27.80	0:27.60	0:28.00	0:29.50	0:30.50	0:32.00	0:33.80
100 Fly	1:00.80	1:01.70	1:04.50	1:07.00	1:08.50	1:11.50	1:16.00
200 Fly	2:23.00	2:23.00	2:27.00	2:31.00	2:36.50	2:38.00	2:45.00
200 IM	2:23.50	2:23.00	2:24.00	2:27.00	2:33.00	2:38.00	2:45.00
400 IM	5:02.00	5:01.00	5:05.00	5:15.00	5:20.00	5:30.00	5:38.00
WOMEN	18yrs & Over	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs
	2024/25 Snr State Age	2024/25 Snr State Age	2024/25 Snr State Age	2024/25 Snr State Age	2024/25 Snr State Age	2024/25 Snr State Age	2024/25 Snr State Age
50 Free	0:29.00	0:29.20	0:29.50	0:29.60	0:29.80	0:30.00	0:31.00
100 Free	1:02.50	1:02.80	1:03.00	1:03.50	1:04.00	1:06.00	1:07.50
200 Free	2:16.00	2:17.50	2:17.00	2:18.00	2:19.00	2:22.00	2:27.00
400 Free	4:47.50	4:46.00	4:48.00	4:50.00	4:55.00	5:04.00	5:10.00
800 Free	9:45.00	9:50.00	9:55.00	9:55.00	10:00.00	10:25.00	10:35.00
1500 Free	18:25.00	18:30.00	18:38.00	18:50.00	19:15.00	19:45.00	19:50.00
50 Bk	0:33.20	0:33.50	0:33.80	0:34.00	0:34.50	0:35.20	0:36.00
100 Bk	1:12.00	1:13.00	1:13.00	1:14.00	1:14.50	1:16.50	1:18.50
200 Bk	2:37.00	2:38.50	2:40.00	2:41.00	2:42.00	2:46.00	2:48.00
50 Brs	0:37.50	0:37.50	0:37.80	0:38.00	0:39.00	0:39.50	0:41.50
100 Brs	1:22.50	1:24.50	1:25.00	1:25.00	1:26.00	1:28.00	1:31.00
200 Brs	2:59.50	3:02.00	3:05.50	3:08.00	3:09.00	3:10.00	3:10.50
50 Fly	0:31.00	0:31.00	0:31.50	0:31.50	0:32.00	0:32.50	0:34.00
100 Fly	1:09.00	1:10.00	1:11.00	1:11.50	1:13.50	1:15.50	1:18.00
200 Fly	2:38.00	2:41.00	2:43.00	2:45.00	2:48.50	2:52.00	2:56.00
200 IM	2:36.00	2:38.00	2:38.00	2:39.00	2:40.00	2:43.00	2:47.50
400 IM	5:30.00	5:30.00	5:31.00	5:33.00	5:38.00	5:42.00	5:48.00



MALES RELAY QTS				FEMALES RELAY QTS			
Club Relays	18yrs & Under	15 – 17 Years	12 – 14 Years	Club Relays	18yrs & Under	15 – 17 Years	12 – 14 Years
4x50m Freestyle		01:57.5	02:10.0	4x50m Freestyle		02:06.0	02:18.0
4x50m Medley		02:12.0	02:25.0	4x50m Medley		02:20.0	02:35.0
4x100m Freestyle	03:55.0			4x100m Freestyle	04:25.0		
4x100m Medley	04:20.0			4x100m Medley	04:48.0		
10x50m Freestyle	Open Event No Qualifying Time			10x50m Freestyle	Open Event No Qualifying Time		

Dist/Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
<b>MALE LONG COURSE</b>																			
<b>12-14 Years</b>																			
50FR	2:01.01	1:49.99	1:19.52	1:09.40	1:00.16	0:53.31	0:50.04	0:47.65	0:45.75	0:42.59	0:46.34	0:41.69	0:42.58	0:45.76	0:43.33	0:45.14	0:46.99	0:48.05	0:45.76
100FR	4:18.63	4:00.37	2:56.33	2:31.80	2:10.43	1:57.65	1:49.36	1:43.77	1:39.47	1:32.62	1:42.21	1:31.81	1:34.02	1:37.92	1:35.26	1:41.78	1:40.33	1:31.27	1:37.92
50BK	2:25.22	1:57.00	1:28.44	1:23.35	1:10.28	1:06.64	1:04.04	0:57.39	0:55.40	0:52.47	0:58.83	0:52.65	0:52.26	0:54.51	0:49.81	0:56.96	0:55.04	0:57.23	0:54.51
100BK	5:12.08	3:59.05	3:25.07	3:01.90	2:31.12	2:13.28	2:07.66	1:57.65	1:51.73	1:48.35	1:54.54	1:44.86	1:45.15	1:53.01	1:46.72	2:02.25	1:53.94	1:58.67	1:53.01
50BR	2:48.43	1:43.48	1:30.95	1:24.95	1:19.92	1:08.67	1:08.53	1:00.36	0:55.24		1:02.33	0:58.65	0:56.51	0:55.70	0:51.85	0:58.12	0:58.95	0:58.49	0:55.70
100BR		4:12.22	3:30.32	3:01.33	2:54.11	2:32.54	2:27.16	2:05.72	2:01.92		2:11.79	2:02.45	1:58.98	2:02.79	1:50.38	2:10.10	2:03.41	2:08.93	2:02.79
50BF	3:48.47	2:26.41	1:45.28	1:18.25	1:05.78	0:56.57	0:55.74	0:51.52	0:49.95	0:46.89	0:50.39	0:47.58	0:48.66	0:49.18	0:45.61	0:50.45	0:50.11	0:51.63	0:49.18
100BF					2:21.48	2:07.05	2:04.71	1:46.41	1:44.85	1:39.44	1:47.65	1:39.54	1:39.58	1:45.15	1:39.15	1:52.96	1:45.18	1:50.41	1:45.15
200IM					5:20.44	4:46.34	4:33.50	4:10.01	3:57.66	3:50.61	4:11.45	3:48.79	3:49.98	3:59.43	3:45.72	4:32.74	4:02.39	4:11.39	3:59.43
150IM			6:04.26	5:19.70															
<b>15/16 years</b>																			
50FR	1:47.44	1:37.39	1:10.18	1:01.18	0:53.02	0:46.99	0:44.15	0:42.02	0:40.36	0:37.66	0:40.85	0:36.81	0:37.53	0:39.81	0:37.71	0:39.07	0:40.80	0:41.80	0:39.81
100FR	3:49.11	3:33.00	2:35.68	2:13.78	1:55.03	1:43.75	1:36.54	1:31.54	1:27.74	1:21.81	1:30.18	1:20.99	1:22.75	1:26.21	1:22.95	1:28.02	1:28.17	1:30.52	1:26.21
50BK	2:07.89	1:43.42	1:18.16	1:13.50	1:02.13	0:58.86	0:56.40	0:50.61	0:48.87	0:46.22	0:51.80	0:46.35	0:45.91	0:47.38	0:43.33	0:49.36	0:47.81	0:49.74	0:47.38
100BK	4:30.88	3:29.83	2:59.73	2:40.54	2:14.10	1:57.58	1:52.41	1:43.88	1:38.58	1:35.51	1:45.69	1:32.29	1:32.50	1:39.51	1:32.80	1:45.85	1:40.25	1:44.48	1:39.51
50BR	2:29.17	1:31.48	1:19.99	1:14.54	1:10.36	1:00.34	1:00.23	0:53.13	0:48.86		0:54.82	0:51.55	0:49.72	0:48.54	0:45.13	0:50.29	0:51.18	0:50.97	0:48.54
100BR		4:15.85	3:37.44	2:50.99	2:41.77	2:25.81	2:19.24	1:58.80	1:56.30		2:05.57	1:54.79	1:53.37	1:56.50	1:36.18	1:52.71	1:57.01	2:02.33	1:56.50
50BF	3:23.15	2:08.23	1:32.41	1:08.75	0:58.03	0:49.92	0:49.16	0:45.45	0:44.01	0:41.36	0:44.28	0:41.82	0:42.80	0:42.71	0:39.74	0:43.53	0:43.30	0:44.85	0:42.71
100BF					2:04.27	1:51.96	1:50.29	1:33.71	1:32.38	1:27.65	1:34.81	1:27.59	1:27.57	1:33.23	1:26.40	1:37.47	1:33.25	1:37.89	1:33.23
200IM					4:36.48	4:12.38	4:00.89	3:40.48	3:29.66	3:23.15	3:41.54	3:21.39	3:22.42	3:30.58	3:16.76	3:55.19	3:32.99	3:41.11	3:30.58
150IM			4:54.11	4:12.04															
<b>17 &amp; Overs</b>																			
50FR	1:42.86	1:33.20	1:07.28	0:58.65	0:50.83	0:44.73	0:42.03	0:40.01	0:38.43	0:35.86	0:38.90	0:35.05	0:35.74	0:37.13	0:35.17	0:36.46	0:38.07	0:38.98	0:37.13
100FR	3:39.29	3:23.87	2:29.30	2:08.25	1:50.30	1:38.77	1:31.92	1:27.15	1:23.53	1:17.88	1:25.86	1:17.11	1:18.77	1:22.04	1:17.34	1:22.15	1:23.90	1:26.14	1:22.04
50BK	2:01.76	1:38.52	1:14.69	1:10.24	0:59.39	0:55.73	0:53.38	0:47.92	0:46.26	0:43.75	0:49.03	0:43.88	0:43.45	0:44.20	0:40.40	0:46.05	0:44.60	0:46.42	0:44.20
100BK	4:19.94	3:20.52	2:52.13	2:33.96	2:08.74	1:51.92	1:47.00	1:38.91	1:33.85	1:30.92	1:40.60	1:27.79	1:28.03	1:34.72	1:26.54	1:38.78	1:35.43	1:39.46	1:34.72
50BR	2:22.25	1:27.21	1:16.46	1:11.20	1:07.24	0:57.17	0:57.07	0:50.36	0:46.32		0:51.95	0:48.84	0:47.11	0:45.28	0:42.09	0:46.94	0:47.76	0:47.54	0:45.28
100BR		3:33.48	2:57.19	2:32.63	2:26.76	2:07.26	2:02.83	1:45.41	1:42.07		1:50.47	1:42.30	1:39.55	1:42.80	1:29.67	1:45.17	1:43.28	1:47.93	1:42.80
50BF	3:14.00	2:02.25	1:28.35	1:05.74	0:55.53	0:47.36	0:46.64	0:43.13	0:41.76	0:39.24	0:42.00	0:39.68	0:40.60	0:39.91	0:37.05	0:40.65	0:40.62	0:41.90	0:39.91
100BF					1:59.16	1:46.74	1:45.19	1:29.34	1:28.07	1:23.58	1:30.39	1:23.49	1:23.47	1:28.15	1:20.55	1:31.45	1:28.18	1:32.57	1:28.15
200IM					4:32.84	4:00.77	3:49.88	3:30.45	3:20.12	3:13.88	3:31.43	3:12.17	3:13.16	3:20.93	3:03.41	3:39.64	3:23.19	3:30.97	3:20.93
150IM			4:46.45	4:05.50															
<b>12 &amp; Overs: 200m Freestyle</b>																			
	9:01.32	8:22.58	6:08.46	5:24.52	4:36.34	3:46.82	3:36.22	3:21.49	3:09.89	2:59.75	3:20.27	2:51.60	2:58.23	3:01.74	3:01.64	3:24.80	3:11.84	3:10.83	3:01.74
<b>12 – 15 years: 400m Freestyle</b>																			
						8:54.73	8:39.72	8:03.19	7:45.33	7:21.72	8:04.37	7:28.44	7:22.74	7:49.43	7:56.78	9:43.48	7:54.80	8:12.90	7:49.43
<b>16 &amp; Overs: 400m Freestyle</b>																			
						7:40.69	7:26.66	6:55.40	6:39.96	6:19.62	6:57.29	6:25.29	6:20.19	6:43.23	6:20.82	7:46.51	6:47.55	7:03.39	6:43.23

Dist/Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
<b>FEMALE LONG COURSE</b>																			
<b>12-14 years</b>																			
50FR	2:18.68	2:08.47	1:41.57	1:20.47	1:08.35	1:03.26	0:58.08	0:56.35	0:52.82	0:51.18	0:55.61	0:48.72	0:49.25	0:52.03	0:48.11	0:54.99	0:54.43	0:54.64	0:52.03
100FR	4:57.97	4:23.83	3:26.72	2:51.99	2:26.59	2:16.31	2:05.27	2:01.13	1:52.62	1:50.52	2:02.28	1:46.85	1:46.36	1:51.91	1:45.30	1:58.90	1:55.89	1:57.51	1:51.91
50BK	2:15.37	2:07.89	1:47.58	1:35.50	1:19.81	1:17.53	1:12.99	1:08.78	1:02.94	0:59.90	1:07.46	1:01.28	1:00.61	0:58.11	0:55.85	1:06.30	1:03.04	1:01.02	0:58.11
100BK	5:10.18	4:48.26	3:55.97	3:22.38	2:54.47	2:34.37	2:27.82	2:15.92	2:06.49	2:00.04	2:20.91	2:02.27	2:01.98	2:04.29	2:00.01	2:32.60	2:09.16	2:10.50	2:04.29
50BR	3:19.08	2:18.45	1:46.41	1:38.56	1:25.95	1:23.68	1:22.42	1:10.83	1:09.07		1:14.48	1:05.58	1:08.15	1:04.79	1:00.19	1:08.74	1:06.83	1:08.04	1:04.79
100BR		5:36.24	4:23.21	3:30.09	3:05.20	3:06.96	2:46.86	2:24.78	2:22.44		2:41.21	2:19.44	2:20.80	2:27.10	2:13.67	2:38.44	2:22.94	2:34.46	2:27.10
50BF			1:53.11	1:41.67	1:20.65	1:18.45	1:04.93	1:03.50	0:59.96	0:58.05	1:02.33	0:58.77	0:55.61	0:56.63	0:52.34	0:58.51	0:59.42	0:59.46	0:56.63
100BF					3:35.61	2:36.03	2:22.29	2:06.54	2:00.01	1:59.85	2:20.92	1:54.10	1:56.07	2:03.58	1:57.51	2:53.94	2:05.67	2:09.77	2:03.58
200IM					5:58.59	5:28.81	5:03.96	4:43.56	4:26.77	4:23.96	5:00.53	4:23.74	4:20.62	4:22.48	4:21.14	5:15.04	4:33.17	4:35.61	4:22.48
150IM			6:34.85	5:34.83															
<b>15/16 years</b>																			
50FR	1:58.05	1:53.26	1:29.06	1:10.44	1:00.34	0:55.65	0:51.28	0:49.65	0:46.59	0:45.10	0:48.94	0:42.94	0:43.38	0:45.25	0:41.92	0:47.66	0:47.20	0:47.52	0:45.25
100FR	4:23.82	3:53.38	3:00.16	2:30.81	2:09.44	2:00.04	1:50.57	1:46.84	1:39.47	1:37.37	1:47.62	1:34.13	1:33.74	1:38.48	1:31.76	1:43.00	1:41.73	1:43.41	1:38.48
50BK	1:59.99	1:53.01	1:34.56	1:24.14	1:10.64	1:08.29	1:04.32	1:00.61	0:55.50	0:52.77	0:59.41	0:53.97	0:53.39	0:50.50	0:48.55	0:57.53	0:54.51	0:53.03	0:50.50
100BK	4:32.42	4:12.01	3:27.34	2:57.84	2:34.02	2:15.95	2:10.17	2:00.07	1:51.72	1:45.91	2:04.01	1:47.65	1:47.35	1:49.48	1:44.30	2:11.81	1:53.44	1:54.96	1:49.48
50BR	2:56.54	2:02.69	1:33.85	1:26.54	1:15.82	1:13.62	1:12.69	1:02.35	1:00.67		1:05.42	0:57.75	1:00.13	0:56.22	0:52.38	0:59.61	0:57.89	0:59.04	0:56.22
100BR		4:57.54	3:53.40	3:04.81	2:43.79	2:34.76	2:27.17	2:07.92	2:05.75		2:18.61	2:02.85	2:04.12	2:09.51	1:56.36	2:17.28	2:06.14	2:15.99	2:09.51
50BF			1:39.50	1:28.90	1:11.17	1:00.74	0:56.74	0:54.37	0:51.43	0:50.41	0:57.46	0:48.60	0:49.27	0:49.30	0:45.50	0:50.71	0:51.58	0:51.77	0:49.30
100BF					3:09.64	2:17.05	2:05.25	1:51.32	1:45.80	1:45.40	2:03.94	1:40.65	1:42.08	1:49.82	1:42.39	2:28.63	1:51.53	1:55.31	1:49.82
200IM					5:16.65	4:56.78	4:35.91	4:10.22	3:55.60	3:52.43	4:24.37	3:52.21	3:49.48	3:55.78	3:47.29	4:32.27	4:00.02	4:07.58	3:55.78
150IM			5:30.86	4:41.15															
<b>17 &amp; Overs years</b>																			
50FR	1:52.75	1:48.14	1:25.18	1:07.38	0:57.78	0:52.86	0:48.72	0:47.17	0:44.25	0:42.85	0:46.49	0:40.79	0:41.22	0:42.20	0:39.08	0:44.47	0:44.03	0:44.31	0:42.20
100FR	4:12.08	3:42.95	2:52.15	2:24.27	2:03.98	1:54.04	1:45.05	1:41.51	1:34.51	1:32.50	1:42.06	1:29.41	1:29.06	1:33.54	1:25.54	1:36.12	1:36.60	1:38.22	1:33.54
50BK	1:54.22	1:47.56	1:30.25	1:20.33	1:07.50	1:04.58	1:00.82	0:57.33	0:52.48	0:49.90	0:56.19	0:51.03	0:50.49	0:47.11	0:45.29	0:53.66	0:50.90	0:49.47	0:47.11
100BK	4:20.30	4:00.64	3:18.91	2:50.37	2:27.70	2:09.37	2:03.87	1:54.29	1:46.36	1:40.80	1:58.00	1:42.43	1:42.13	1:44.18	1:37.27	2:03.07	1:47.92	1:49.40	1:44.18
50BR	2:49.19	1:56.83	1:29.60	1:22.57	1:12.39	1:09.62	1:08.76	0:58.97	0:57.38		1:01.86	0:54.63	0:56.88	0:52.44	0:48.84	0:55.62	0:54.01	0:55.06	0:52.44
100BR		4:43.90	3:43.50	2:56.74	2:36.78	2:26.81	2:19.60	2:01.36	1:59.30		2:14.60	1:56.52	1:57.73	2:02.85	1:48.50	2:08.10	1:59.66	2:08.99	2:02.85
50BF			1:34.95	1:24.78	1:07.96	0:57.42	0:53.64	0:51.41	0:48.61	0:47.66	0:54.32	0:45.96	0:46.59	0:45.97	0:42.44	0:47.31	0:48.11	0:48.27	0:45.97
100BF					3:01.64	2:10.30	1:59.11	1:45.85	1:40.62	1:40.23	1:57.87	1:35.73	1:37.08	1:43.43	1:35.45	2:19.01	1:45.05	1:48.60	1:43.43
200IM					5:04.00	4:35.59	4:16.04	3:58.61	3:44.70	3:41.58	4:12.01	4:14.39	3:38.79	3:44.77	3:31.92	4:14.17	3:48.76	3:56.02	3:44.77
150IM			5:30.25	4:41.68															
<b>12 &amp; Overs: 200m Freestyle</b>																			
	9:50.88	9:30.90	7:18.37	5:58.83	5:09.10	4:05.29	4:04.59	3:45.73	3:41.61	3:22.98	3:43.05	3:22.07	3:27.01	3:26.03	3:24.67	3:56.84	3:36.76	3:36.34	3:01.64
<b>12 – 15 years: 400m Freestyle</b>																			
					9:50.21	9:14.60	8:43.84	8:14.35	8:13.57	9:17.18	8:14.59	8:06.05	8:28.75	9:05.20	10:55.73	8:29.19	8:55.10	8:28.75	
<b>16 &amp; Overs: 400m Freestyle</b>																			
						8:27.19	7:57.03	7:30.91	7:06.35	7:04.28	7:58.60	7:04.63	6:57.87	7:16.79	7:15.48	8:44.06	7:17.14	7:39.00	7:16.79