



EVENT DETAILS & ENTRY INFORMATION

- **Event:** 2025 New South Wales Country SC Championships
- **Dates:** 4th – 6th July 2025
- **Closing Date:** Entries Close at **11:59pm AEST, Tuesday 24th June 2025**
- **Age as at:** 4th July 2025
- **Event Fee:** **\$24.00** Per Individual Event & **\$46.00** Per Relay Event (GST Inclusive)
- **Minimum Age:** 9 Years Old (as of 4th July 2025)
- **Qualifying Period/Criteria:**
 - Approved LC & SC results achieved between 1st October 2023 & 24th June 2025 can be used to enter this meet.
 - All qualifying times must have been uploaded, approved and verified in Swim Central by 11:59pm AEST Tuesday 24th June 2025.
- **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.
- **Relays:**
 - A swimmer may only appear in one (1) relay team list for each relay 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.
- **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 5th July, 2:00pm					
M	F				<i>Medal As</i>
1	2	12-17yrs/O	800m	Freestyle	<i>12, 13, 14, 15, 16, 17/O</i>
3	4	Open MC	100m	Breaststroke	<i>12-14yrs; 15-16yrs; 17/O</i>
5	6	9-12yrs	100m	Butterfly	<i>9, 10, 11, 12</i>
7	8	13/14yrs	100m	Butterfly	<i>13, 14</i>
9	10	15yrs/O	100m	Butterfly	<i>15, 16, 17/O</i>
11	12	10-12yrs	200m	Ind Medley	<i>10, 11, 12</i>
13	14	13/14yrs	200m	Ind Medley	<i>13, 14</i>
15	16	15yrs/O	200m	Ind Medley	<i>15, 16, 17/O</i>
17	18	Open MC	200m	Ind Medley	<i>12-14yrs; 15-16yrs; 17/O</i>
19	20	9-12yrs	100m	Breaststroke	<i>9, 10, 11, 12</i>
21	22	13/14yrs	100m	Breaststroke	<i>13, 14</i>
23	24	15yrs/O	100m	Breaststroke	<i>15, 16, 17/O</i>

Age as at 4th July 2025

Entries close 11:59pm, Tuesday 24th June - no late entries will be accepted

SC & LC qualifying times achieved since 1st October 2023 can be used to enter this meet

Session 2					
Saturday 6th July, 9:00am					
M	F				Medal As
25	26	15yrs/O	200m	Freestyle	15, 16, 17/O
27	28	13/14yrs	200m	Freestyle	13, 14
29	30	10-12yrs	200m	Freestyle	10, 11, 12
31	32	Open MC	50m	Freestyle	12-14yrs; 15-16yrs; 17/O
33	34	17yrs/O	50m	Breaststroke	17yrs/O
35	36	15/16yrs	50m	Breaststroke	15, 16
37	38	13/14yrs	50m	Breaststroke	13, 14
39	40	11/12yrs	50m	Breaststroke	11, 12
41	42	9/10yrs	50m	Breaststroke	9, 10
43	44	15yrs/O	100m	Backstroke	15, 16, 17/O
45	46	13/14yrs	100m	Backstroke	13, 14yrs
47	48	9-12yrs	100m	Backstroke	9, 10, 11, 12yrs
49	50	Open MC	100m	Backstroke	12-14yrs; 15-16yrs; 17/O
51	52	13/14yrs	100m	IM	13, 14
53	54	9-12yrs	100m	IM	9, 10, 11, 12
55	56	15yrs/O	4x100m	Freestyle Relay	15yrs/O
57	58	13/14yrs	4x50m	Freestyle Relay	13-14
59	60	15yrs/O	4x100m	Medley Relay	15yrs/O
61	62	13/14yrs	4x50m	Medley Relay	13-14
63	64	15yrs & O	400m	Freestyle	15, 16, 17/O
65	66	11-14yrs	400m	Freestyle	11, 12, 13, 14
67	68	15yrs/O	100m	IM	15, 16, 17/O
69	70	Open MC	100m	Freestyle	12-14yrs; 15-16yrs; 17/O
71	72	15yrs/O	200m	Breaststroke	15, 16, 17/O
73	74	9/10yrs	50m	Freestyle	9, 10
75	76	11/12yrs	50m	Freestyle	11, 12
77	78	13/14yrs	50m	Freestyle	13, 14
79	80	15/16yrs	50m	Freestyle	15, 16
81	82	17yrs/O	50m	Freestyle	17/O
83	84	Open MC	100m	Butterfly	12-14yrs; 15-16yrs; 17/O
85	86	11yrs/O	200m	Butterfly	11, 12, 13, 14, 15, 16, 17/O

Saturday's program will be split into two (2) sessions with a 30min lunch break

Age as at 4th July 2025

Entries close 11:59pm, Tuesday 24th June - no late entries will be accepted

SC & LC qualifying times achieved since 1st October 2023 can be used to enter this meet

Session 4 Sunday 7th July, 9:00am					
M	F				Medal As
87	88	17yrs/O	50m	Butterfly	17/O
89	90	15/16yrs	50m	Butterfly	15, 16
91	92	13/14yrs	50m	Butterfly	13, 14
93	94	11/12yrs	50m	Butterfly	11, 12
95	96	9/10yrs	50m	Butterfly	9, 10
97	98	12-14yrs	400m	Ind Medley	12, 13, 14
99	100	15yrs/O	400m	Ind Medley	15, 16, 17/O
101	102	11-14yrs	200m	Backstroke	11, 12, 13, 14
103	104	15yrs/O	200m	Backstroke	15, 16, 17/O
105	106	9/10yrs	100m	Freestyle	9, 10
107	108	11/12yrs	100m	Freestyle	11, 12
109	110	13/14yrs	100m	Freestyle	13, 14
111	112	15/16yrs	100m	Freestyle	15, 16
113	114	17yrs/O	100m	Freestyle	17/O
115	116	9-12yrs	4x50m	Medley Relay	9-12yrs
117	118	13-17yrs/O	1500m	Freestyle	13, 14, 15, 16, 17/O
119	120	9-12yrs	4x50m	Freestyle Relay	9-12yrs
121	122	17yrs/O	50m	Backstroke	17yrs/O
123	124	15/16yrs	50m	Backstroke	15, 16
125	126	13/14yrs	50m	Backstroke	13, 14
127	128	11/12yrs	50m	Backstroke	11, 12
129	130	9/10yrs	50m	Backstroke	9, 10
131	132	11-14yrs	200m	Breaststroke	11, 12, 13, 14

Sunday's program will be split into two (2) sessions with a 30min lunch break

Age as at 4th July 2025

Entries close 11:59pm, Tuesday 24th June - no late entries will be accepted
SC & LC qualifying times achieved since 1st October 2023 can be used to enter this meet

QUALIFYING TIMES – MALE

Men		2025 Veriu NSW Country Short Course Championships				
		17yrs & Over	15-16yrs	13-14yrs	11-12yrs	9-10yrs
Free	50m	00:27.0	00:27.0	00:29.0	00:32.0	00:36.0
	100m	00:59.0	00:59.5	01:03.5	1:10.50	01:18.0
	200m	02:07.0	02:07.0	02:17.0	02:26.0	02:38.0
	400m	04:30.0	04:30.0	04:45.0	05:05.0	
	800m	09:20.0	09:30.0	10:00.0	10:00.0 (12yrs only)	
	1500m	17:30.0	18:20.0	18:45.0		
Back	50m	00:33.0	00:33.0	00:35.5	00:38.5	00:42.0
	100m	01:09.5	01:10.0	01:13.0	01:22.5	01:29.0
	200m	02:29.0	02:29.0	02:40.0	02:45.0	
Breast	50m	00:37.5	00:37.5	00:39.5	00:43.5	00:49.5
	100m	01:22.0	01:21.0	01:27.0	01:35.5	01:43.0
	200m	02:50.0	02:50.0	02:58.0	03:10.0	
Fly	50m	00:30.5	00:30.5	00:35.5	00:38.0	00:42.0
	100m	01:09.0	01:09.0	01:13.0	01:23.0	01:35.0
	200m	02:28.0	02:28.0	02:41.5	03:00.0	
Medley	100m	01:10.0	01:10.0	01:15.0	01:24.0	01:30.0
	200m	02:30.0	02:30.0	02:36.0	02:49.0	03:03.0
	400m	05:10.0	05:10.0	05:25.0	05:25.0 (12yrs only)	
Relays		15yrs & Over		13-14yrs	9-12yrs	
Freestyle	4 x 50m			02:01.0	02:13.0	
Medley	4 x 50m			02:23.5	2:38.50	
Freestyle	4 x 100m	04:08.0				
Medley	4 x 100m	04:56.0				

Age as at 4th July 2025

Entries close 11:59pm, Tuesday 24th June - **no late entries will be accepted**
SC & LC qualifying times achieved since 1st October 2023 can be used to enter this meet

QUALIFYING TIMES – FEMALE

Women		2025 Veriu NSW Country Short Course Championships				
		17yrs & Over	15-16yrs	13-14yrs	11-12yrs	9-10yrs
Free	50m	00:30.5	00:30.5	00:30.5	00:32.5	00:36.5
	100m	01:05.5	01:05.5	01:06.5	01:12.5	01:18.0
	200m	02:17.0	02:18.0	02:23.0	02:28.0	02:40.0
	400m	04:48.0	04:48.0	05:00.0	05:15.0	
	800m	09:45.0	10:05.0	10:35.0	10:35.0 (12yrs only)	
	1500m	18:20.0	19:00.0	18:55.0		
Back	50m	00:35.0	00:35.0	00:37.5	00:39.0	00:43.0
	100m	01:15.0	01:15.0	01:15.5	01:23.0	01:29.0
	200m	02:38.0	02:38.0	02:41.0	02:49.0	
Breast	50m	00:39.0	00:39.0	00:41.5	00:44.0	00:50.0
	100m	01:28.0	01:28.0	01:29.0	01:36.0	01:45.0
	200m	02:59.0	02:59.0	03:02.0	03:10.0	
Fly	50m	00:33.0	00:33.0	00:36.5	00:40.0	00:43.0
	100m	01:14.5	01:14.5	01:15.5	01:24.0	01:36.0
	200m	02:40.0	02:40.0	02:42.0	03:00.0	
Medley	100m	01:15.0	01:15.0	01:17.0	1:23.50	01:30.0
	200m	02:38.0	02:39.0	02:37.0	02:51.5	03:04.0
	400m	05:27.5	05:27.5	05:40.0	05:45.0 (12yrs only)	
Relays		15yrs & Over		13-14yrs	9-12yrs	
Freestyle	4 x 50m			02:01.0	02:13.0	
Medley	4 x 50m			02:23.5	2:38.50	
Freestyle	4 x 100m	04:08.0				
Medley	4 x 100m	04:56.0				

Age as at 4th July 2025

Entries close 11:59pm, Tuesday 24th June - **no late entries will be accepted**
SC & LC qualifying times achieved since 1st October 2023 can be used to enter this meet



2025 VERIU NSW COUNTRY
SHORT COURSE CHAMPIONSHIPS
4th – 6th JULY 2025

Qualifying Times - Multi-Classification Men & Boys

BOYS 9-11 YEARS																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	2:42.11	2:08.70	1:38.60	1:32.11	1:08.74	1:05.95	1:02.49	0:58.46	0:51.22	0:49.63	0:54.15	0:49.26	0:49.72	0:52.10	0:49.59	0:53.00	1:00.82	1:04.58	0:48.28
100m Free	5:45.11	4:30.93	3:55.51	3:20.57	2:32.91	2:25.38	2:18.71	2:08.91	1:53.64	1:48.53	2:00.33	1:49.09	1:48.54	1:50.40	1:49.77	1:57.30	2:16.43	2:26.62	1:48.28
50m Back	2:32.35	1:59.85	1:47.24	1:44.15	1:12.54	1:15.17	1:15.17	1:09.19	0:59.60	0:59.70	1:06.51	0:59.55	0:56.17	1:01.16	0:55.61	1:06.61	1:09.23	1:18.03	0:54.95
100m Back	5:25.24	4:27.42	3:55.86	3:57.67	2:56.00	2:43.53	2:37.30	2:24.40	2:07.98	2:02.55	2:21.45	2:07.18	2:00.78	2:01.89	2:00.14	2:23.95	2:30.81	2:48.99	1:59.69
50m Fly				1:42.86	1:10.69	1:09.00	1:05.58	1:03.64	0:55.82	0:53.30	0:59.54	0:54.09	0:52.57	0:56.07	0:53.04	0:55.97	1:04.77	1:09.73	0:51.41
100m Fly							2:34.41	2:16.63	2:02.55	1:56.05	2:09.99	2:01.62	1:55.13	1:56.11	1:55.51	2:05.14	2:23.83	2:40.42	1:54.16
50m Breast	3:19.25	2:08.70	1:58.12	1:47.76	1:32.29	1:21.78	1:13.91	1:12.87	1:02.49		1:07.19	1:04.91	1:01.52	1:04.91	0:59.55	1:07.74	1:15.48	1:26.49	0:59.90
100m Breast			4:39.32	3:53.66	3:16.52	3:00.43	2:42.34	2:34.70	2:17.20		2:30.19	2:17.29	2:14.95	2:14.47	2:08.57	2:34.83	2:45.43	3:14.16	2:11.30
150/200m IM		9:10.34	7:12.51	6:21.16	6:41.98	6:20.20	5:59.64	5:37.92	4:53.13	4:38.84	5:06.65	4:50.48	4:32.35	4:43.00	4:33.74	5:10.08	5:31.57	6:28.56	4:35.14

*150m IM is only available for classes S1 - S4. The times shown above for classes S5-S19 are for the 200m IM only.

1500m IM is only available for classes S1 – S4. The times shown above for classes S5 – S19 are for the 200m IM only.

BOYS 12-14 YEARS																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	2:24.10	1:54.40	1:27.65	1:21.88	1:01.10	0:58.62	0:55.55	0:51.96	0:45.53	0:44.11	0:48.13	0:43.79	0:44.20	0:46.31	0:44.08	0:47.11	0:54.06	0:57.41	0:42.91
100m Free	5:06.77	4:00.83	3:29.34	2:58.28	2:15.92	2:09.23	2:03.30	1:54.59	1:41.02	1:36.47	1:46.96	1:36.97	1:36.48	1:38.14	1:37.57	1:44.27	2:01.27	2:10.33	1:36.25
50m Back	2:15.42	1:46.54	1:35.33	1:32.58	1:04.48	1:06.82	1:06.82	1:01.50	0:52.98	0:53.06	0:59.12	0:52.93	0:49.93	0:54.36	0:49.43	0:59.21	1:01.54	1:09.36	0:48.84
100m Back	4:49.10	3:57.71	3:29.65	3:31.26	2:36.44	2:25.36	2:19.82	2:08.35	1:53.76	1:48.94	2:05.74	1:53.05	1:47.36	1:48.35	1:46.79	2:07.96	2:14.05	2:30.22	1:46.39
50m Fly				1:31.43	1:02.83	1:01.33	0:58.30	0:56.57	0:49.62	0:47.38	0:52.92	0:48.08	0:46.73	0:49.84	0:47.15	0:49.75	0:57.58	1:01.98	0:45.70
100m Fly							2:17.26	2:01.45	1:48.94	1:43.15	1:55.55	1:48.11	1:42.34	1:43.21	1:42.67	1:51.24	2:07.85	2:22.60	1:41.47
50m Breast	2:57.11	1:54.40	1:45.00	1:35.78	1:22.03	1:12.70	1:05.70	1:04.78	0:55.55		0:59.72	0:57.70	0:54.68	0:57.70	0:52.93	1:00.22	1:07.09	1:16.88	0:53.24
100m Breast			4:08.28	3:27.70	2:54.68	2:40.38	2:24.30	2:17.51	2:01.96		2:13.50	2:02.04	1:59.95	1:59.53	1:54.29	2:17.63	2:27.05	2:52.58	1:56.71
150/200m IM		8:09.19	6:24.46	5:38.81	5:57.31	5:37.96	5:19.68	5:00.37	4:20.56	4:07.86	4:32.58	4:18.20	4:02.09	4:11.56	4:03.32	4:35.63	4:54.73	5:45.38	4:04.57

*150m IM is only available for classes S1 - S4. The times shown above for classes S5-S19 are for the 200m IM only.



2025 VERIU NSW COUNTRY
SHORT COURSE CHAMPIONSHIPS
4th – 6th JULY 2025

Qualifying Times - Multi-Classification Men & Boys (Continued)

MENS 15 YEARS & OVER																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	1:59.00	1:34.47	1:12.39	1:07.61	0:52.28	0:50.15	0:47.52	0:44.44	0:39.84	0:38.61	0:42.14	0:38.33	0:38.68	0:40.54	0:38.59	0:41.23	0:42.02	0:50.25	0:36.71
100m Free	4:13.35	3:18.88	2:52.89	2:27.24	1:56.27	1:50.54	1:45.47	1:38.01	1:28.42	1:24.44	1:33.62	1:24.88	1:24.45	1:25.90	1:25.40	1:31.27	1:34.25	1:54.08	1:22.33
50m Back	1:51.84	1:27.98	1:18.73	1:16.46	0:55.15	0:57.15	0:57.15	0:52.60	0:46.37	0:46.45	0:51.76	0:46.33	0:43.70	0:47.59	0:43.26	0:51.82	0:47.82	1:00.71	0:41.77
100m Back	3:58.76	3:16.31	2:53.15	2:54.48	2:13.82	2:04.34	1:59.60	1:49.79	1:39.57	1:35.35	1:50.06	1:38.96	1:33.96	1:34.83	1:33.47	1:51.99	1:44.18	2:11.48	1:31.00
50m Fly				1:15.51	0:53.74	0:52.46	0:49.87	0:48.39	0:43.43	0:41.47	0:46.32	0:42.09	0:40.90	0:43.62	0:41.27	0:43.55	0:44.74	0:54.25	0:39.09
100m Fly							1:57.41	1:43.89	1:35.35	1:30.29	1:41.14	1:34.62	1:29.57	1:30.33	1:29.86	1:37.36	1:39.36	2:04.82	1:26.80
50m Breast	2:26.26	1:34.47	1:26.72	1:19.10	1:10.17	1:02.19	0:56.20	0:55.41	0:48.62		0:52.28	0:50.50	0:47.87	0:50.50	0:46.33	0:52.70	0:52.13	1:07.29	0:45.54
100m Breast			3:25.04	2:51.53	2:29.42	2:17.19	2:03.42	1:57.62	1:46.74		1:56.84	1:46.82	1:44.99	1:44.62	1:40.04	2:00.46	1:54.28	2:31.06	1:39.84
150/200m IM		6:33.78	5:09.47	4:32.72	5:00.93	4:44.63	4:29.24	4:12.98	3:45.69	3:34.71	3:56.12	3:43.66	3:29.69	3:37.90	3:30.77	3:58.75	3:49.05	4:59.18	3:25.98

*150m IM is only available for classes S1 - S4. The times shown above for classes S5-S19 are for the 200m IM only.

BOYS 12-14 YEARS: 200m & 400m Freestyle																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
200m Free		7:38.65	6:31.37	5:41.26	4:30.20	4:23.69	4:10.07	3:59.18	3:24.07	3:19.86	3:37.54	3:26.67	3:12.67	3:16.26	3:16.53	3:37.59	4:01.72	4:28.04	3:11.86
400m Free						9:01.26	8:29.86	8:08.57	7:16.41	6:55.07	7:35.44	7:09.46	6:51.32	7:08.63	6:47.58	7:50.67	8:41.54	9:34.13	6:53.94

*150m IM is only available for classes S1 - S4. The times shown above for classes S5-S19 are for the 200m IM only.

MENS 15 YEARS & OVER: 200m & 400m Freestyle																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
200m Free		6:56.71	5:55.58	5:10.06	4:10.83	4:04.79	3:52.14	3:42.04	3:12.04	3:08.08	3:24.71	3:14.49	3:01.31	3:04.69	3:04.94	3:24.75	3:31.17	4:12.23	2:58.10
400m Free						8:22.45	7:53.31	7:33.54	6:50.69	6:30.60	7:08.59	6:44.14	6:27.07	6:43.35	6:23.55	7:22.91	7:35.61	9:00.28	6:24.27

*150m IM is only available for classes S1 - S4. The times shown above for classes S5-S19 are for the 200m IM only.



2025 VERIU NSW COUNTRY
SHORT COURSE CHAMPIONSHIPS
4th – 6th JULY 2025

Qualifying Times - Multi-Classification Women & Girls

GIRLS 9-11 YEARS																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	2:48.33	2:17.05	1:42.45	1:33.81	1:18.65	1:15.14	1:13.04	1:06.88	0:58.55	0:58.66	1:02.57	0:57.10	0:56.92	0:58.71	0:56.04	1:05.70	1:08.85	1:14.06	0:54.65
100m Free	4:40.71	4:56.03	3:42.63	3:21.43	2:49.30	2:43.58	2:37.05	2:26.96	2:08.10	2:04.59	2:19.59	2:05.17	2:02.88	2:01.26	2:02.51	2:21.29	2:30.40	2:48.29	1:59.37
50m Back	2:49.03	2:30.88	2:03.20	1:53.52	1:25.83	1:28.11	1:27.72	1:13.90	1:08.59	1:07.86	1:15.20	1:07.74	1:05.83	1:04.91	1:02.87	1:20.84	1:18.48	1:31.85	1:02.29
100m Back	6:10.02	5:22.91	4:26.62	4:24.02	3:34.47	3:03.68	3:03.45	2:37.07	2:24.46	2:21.14	2:37.42	2:21.56	2:18.52	2:17.25	2:14.18	2:52.38	2:47.09	3:20.88	2:12.62
50m Fly				1:42.19	1:30.77	1:19.76	1:16.15	1:10.69	1:00.33	1:00.82	1:10.55	1:02.56	0:59.97	1:05.19	0:58.89	1:10.15	1:11.05	1:22.97	0:56.39
100m Fly							3:01.56	2:37.44	2:13.89	2:14.15	2:41.08	2:15.24	2:13.34	2:15.72	2:16.48	2:41.04	2:41.37	3:18.91	2:08.07
50m Breast	3:26.06	2:43.44	2:13.77	2:02.08	1:40.37	1:39.40	1:34.16	1:18.76	1:09.03		1:17.42	1:12.01	1:12.23	1:10.82	1:08.51	1:23.17	1:25.21	1:40.70	1:07.64
100m Breast			5:23.68	4:23.91	3:36.65	3:27.47	3:23.45	2:50.44	2:32.13		2:50.96	2:35.82	2:29.09	2:34.33	2:33.29	3:08.47	3:06.52	3:44.40	2:28.04
150/200m IM			7:38.46	7:10.35	7:46.86	7:06.42	6:46.51	6:14.83	5:22.33	5:21.50	5:55.36	5:20.87	5:13.94	5:07.12	5:09.30	6:12.11	6:06.82	7:39.46	5:04.40

*150m IM is only available for classes S3 - S4. The times shown above for classes S5-S19 are for the 200m IM only.

GIRLS 12-14 YEARS																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	2:29.63	2:01.82	1:31.07	1:23.39	1:09.91	1:06.79	1:04.92	0:59.45	0:52.04	0:52.14	0:55.62	0:50.76	0:50.59	0:52.19	0:49.81	0:58.40	1:01.20	1:05.83	0:48.58
100m Free	4:09.52	4:23.14	3:17.89	2:59.05	2:30.49	2:25.40	2:19.60	2:10.63	1:53.87	1:50.75	2:04.08	1:51.26	1:49.22	1:47.78	1:48.90	2:05.59	2:13.69	2:29.59	1:46.10
50m Back	2:30.25	2:14.11	1:49.51	1:40.91	1:16.30	1:18.32	1:17.98	1:05.69	1:00.97	1:00.32	1:06.84	1:00.22	0:58.51	0:57.70	0:55.88	1:11.86	1:09.76	1:21.65	0:55.37
100m Back	5:28.91	4:47.03	3:57.00	3:54.68	3:10.64	2:43.27	2:43.07	2:19.62	2:08.41	2:05.46	2:19.93	2:05.83	2:03.13	2:02.00	1:59.27	2:33.23	2:28.52	2:58.56	1:57.89
50m Fly				1:30.84	1:20.69	1:10.90	1:07.69	1:02.83	0:53.63	0:54.06	1:02.71	0:55.61	0:53.30	0:57.95	0:52.34	1:02.35	1:03.16	1:13.75	0:50.12
100m Fly							2:41.39	2:22.86	2:01.50	1:59.24	2:23.18	2:00.22	1:58.52	2:00.64	2:01.32	2:23.15	2:23.44	2:56.81	1:53.84
50m Breast	3:03.17	2:25.28	1:58.91	1:48.52	1:29.22	1:28.36	1:23.70	1:10.01	1:01.36		1:08.82	1:04.01	1:04.20	1:02.95	1:00.90	1:13.93	1:15.74	1:29.51	1:00.12
100m Breast			4:47.71	3:54.59	3:12.58	3:04.42	3:00.84	2:31.50	2:15.23		2:31.97	2:18.50	2:12.53	2:17.18	2:16.26	2:47.53	2:45.79	3:19.46	2:11.59
150/200m IM			6:47.52	6:22.54	6:54.98	6:19.04	6:01.34	5:33.18	4:46.51	4:45.78	5:15.88	4:45.22	4:39.06	4:33.00	4:34.93	5:30.77	5:26.06	6:48.41	4:30.58

*150m IM is only available for classes S3 - S4. The times shown above for classes S5-S19 are for the 200m IM only.



2025 VERIU NSW COUNTRY
SHORT COURSE CHAMPIONSHIPS
4th – 6th JULY 2025

Qualifying Times - Multi-Classification Women & Girls (Continued)

WOMENS 15 YEARS & OVER																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	1:46.00	1:40.60	1:15.20	1:08.87	0:59.80	0:57.13	0:55.53	0:50.85	0:45.55	0:45.64	0:48.68	0:44.44	0:44.29	0:45.68	0:43.60	0:51.12	0:47.56	0:57.62	0:41.55
100m Free	3:26.07	3:37.32	2:43.43	2:27.87	2:08.73	2:04.37	1:59.40	1:51.74	1:39.68	1:36.94	1:48.61	1:37.38	1:35.60	1:34.34	1:35.32	1:49.92	1:43.89	2:10.93	1:30.76
50m Back	2:04.09	1:50.76	1:30.44	1:23.34	1:05.26	1:07.00	1:06.69	0:56.19	0:53.37	0:52.80	0:58.50	0:52.70	0:51.22	0:50.50	0:48.92	1:02.89	0:54.21	1:11.46	0:47.35
100m Back	4:31.62	3:57.04	3:15.73	3:13.82	2:43.08	2:19.66	2:19.48	1:59.43	1:52.39	1:49.80	2:02.48	1:50.14	1:47.77	1:46.80	1:44.39	2:14.11	1:55.43	2:36.30	1:40.84
50m Fly				1:15.02	1:09.02	1:00.64	0:57.90	0:53.74	0:46.93	0:47.32	0:54.88	0:48.67	0:46.65	0:50.72	0:45.81	0:54.57	0:49.08	1:04.55	0:42.88
100m Fly							2:18.05	1:59.71	1:44.18	1:46.60	2:05.33	1:45.22	1:43.74	1:45.59	1:46.20	2:05.29	1:51.47	2:34.76	1:37.38
50m Breast	2:31.27	1:59.99	1:38.21	1:29.62	1:16.32	1:15.58	1:11.59	0:59.89	0:53.71		1:00.24	0:56.02	0:56.19	0:55.11	0:53.30	1:04.71	0:58.87	1:18.35	0:51.43
100m Breast			3:57.61	3:13.73	2:44.72	2:37.74	2:34.69	2:09.59	1:58.36		2:13.02	2:01.22	1:56.00	2:00.08	1:59.26	2:26.64	2:08.85	2:54.58	1:52.57
150/200m IM			5:28.04	5:07.92	5:49.50	5:19.24	5:04.34	4:40.60	4:08.18	4:07.55	4:33.61	4:07.06	4:01.72	3:56.48	3:58.15	4:46.51	4:13.40	5:53.77	3:47.88

*150m IM is only available for classes S3 - S4. The times shown above for classes S5-S19 are for the 200m IM only.

GIRLS 12-14 YEARS: 200m & 400m Freestyle																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
200m Free		9:42.70	6:44.70	5:55.11	5:05.39	4:51.72	4:35.45	4:15.89	3:46.79	3:44.62	4:08.02	3:48.72	3:42.88	3:33.19	3:37.63	4:19.01	4:27.75	5:03.69	3:32.51
400m Free						9:32.89	9:13.53	8:47.30	7:40.65	7:41.12	8:34.22	7:38.08	7:33.28	7:46.36	7:44.37	9:21.14	9:20.38	10:51.73	7:24.77

*150m IM is only available for classes S3 - S4. The times shown above for classes S5-S19 are for the 200m IM only.

WOMENS 15 YEARS & OVER: 200m & 400m Freestyle																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
200m Free		8:49.42	6:07.70	5:22.64	4:43.50	4:30.81	4:15.71	3:57.54	3:33.41	3:31.38	3:53.40	3:35.24	3:29.74	3:20.62	3:24.81	4:03.74	3:53.90	4:45.78	3:17.27
400m Free						8:51.82	8:33.85	8:09.50	7:13.49	7:13.93	8:03.90	7:11.07	7:06.56	7:18.86	7:16.99	8:48.06	8:09.53	10:13.31	6:52.90

*150m IM is only available for classes S3 - S4. The times shown above for classes S5-S19 are for the 200m IM only.