

## EVENT DETAILS & ENTRY INFORMATION

- **Dates:** 21<sup>st</sup> – 23<sup>rd</sup> March 2025
- **Location:** Sydney Olympic Park Aquatic Centre
- **Competition pool:** 50m, 10 Lanes utilised for competition.
- **Warm-up Pool:** 25m Utility pool, 12 lanes (Comp pool utilised for warm-up prior to sessions commencing)
  - Specific MC Warm-up Lanes
- **Warm-up Times:** 1.5 Hours prior to sessions commencing for full use of comp & utility pool. All other times during sessions, utility pool available.
- **Impairment Groups Eligible:** S1- S19
- **Entry Closing Date:** Tuesday 11<sup>th</sup> March 2025 @ 11:59pm AEDT – **no late entries will be accepted**
- Swimming Rules will be in line with Swimming NSW and Swimming Australia.
- Doping checking and procedures will be in line with World Aquatics and Swimming Australia requirements.
- **Minimum Age:** 13 years

**If you have any questions regarding this event, please contact**  
[events@nsw.swimming.org.au](mailto:events@nsw.swimming.org.au)



## 2025 SPEEDO NSW STATE OPEN CHAMPIONSHIPS

Day One HEATS Friday 21 March, 9:00am			Day One FINALS Friday 21 March, 6:00pm		
1	Men's 400m Freestyle		1	Men's 400m Freestyle	
2	Women's 50m Butterfly		2	Women's 50m Butterfly	
3	Men's 50m Backstroke		3	Men's 50m Backstroke	
4	Men's 200m Butterfly		4	Men's 200m Butterfly	
5	Women's 100m Breaststroke		5	Women's 100m Breaststroke	
6	Men's 11 & Over 200m MC Freestyle		6	Men's 11 & Over 200m MC Freestyle	
7	Women's 11 & Over 200m MC Freestyle		7	Women's 11 & Over 200m MC Freestyle	
9	Men's 200m Breaststroke		9	Men's 200m Breaststroke	
9	Women's 100m Freestyle		9	Women's 100m Freestyle	
10	Men's 100 Freestyle		10	Men's 100 Freestyle	
11	Women's 400 Individual Medley		11	Women's 400 Individual Medley	
12	Men's 11 & Over 100m MC Butterfly		12	Men's 11 & Over 100m MC Butterfly	
13	Women's 11 & Over 100m MC Butterfly		13	Women's 11 & Over 100m MC Butterfly	
14	Women's 200m Backstroke		14	Women's 200m Backstroke	
15	Men's 50m Breaststroke		15	Men's 50m Breaststroke	
16*	Women's 800m Freestyle	Timed Finals	16*	Women's 800m Freestyle	Timed Finals
			17	Men's 4x100m Club Medley Relay	Timed Finals
			18	Women's 4x100m Club Medley Relay	Timed Finals

\* Fastest Heat to be swum in the Finals Session

ENTRIES CLOSE 11:59PM TUESDAY 11th MARCH 2025 - **No late entries will be accepted**  
 ENTRY FEE \$24.00 PER INDIVIDUAL EVENT and \$46.00 PER RELAY EVENT (GST INCLUSIVE)

NOTE: 'B' Finals will be conducted for all events provided that twenty-five (25) swimmers contest the heats of that event. 800m & 1500m Freestyle events will be swum as timed finals with the fastest heat swum in the finals session. No 'B' Finals will be conducted for Multi Class Events. Each Multi Class Final will consist of a maximum of ten (10) swimmers. The Final will be filled with the top 10 qualifiers based on MC points.



## 2025 SPEEDO NSW STATE OPEN CHAMPIONSHIPS

Day Two HEATS Saturday 22 March, 9:00am			Day Two FINALS Saturday 22 March, 6:00pm		
19	Women's 400m Freestyle		19	Women's 400m Freestyle	
20	Men's 50m Butterfly		20	Men's 50m Butterfly	
21	Women's 100m Butterfly		21	Women's 100m Butterfly	
22	Men's 11 & Over 400m MC Freestyle		22	Men's 11 & Over 400m MC Freestyle	
23	Women's 11 & Over 400m MC Freestyle		23	Women's 11 & Over 400m MC Freestyle	
24	Women's 50m Breaststroke		24	Women's 50m Breaststroke	
25	Men's 200m Freestyle		25	Men's 200m Freestyle	
26	Women's 100m Backstroke		26	Women's 100m Backstroke	
27	Men's 100m Breaststroke		27	Men's 100m Breaststroke	
28	Men's 11 & Over 100m MC Backstroke		28	Men's 11 & Over 100m MC Backstroke	
29	Women's 11 & Over 100m MC Backstroke		29	Women's 11 & Over 100m MC Backstroke	
30	Men's 200m Backstroke		30	Men's 200m Backstroke	
31	Women's 50m Freestyle		31	Women's 50 Freestyle	
32	Men's 200m Individual Medley		32	Men's 200m Individual Medley	
33	Women's 200m Breaststroke		33	Women's 200m Breaststroke	
34	Women's 11 & Over 50m MC Freestyle		34	Women's 11 & Over 50m MC Freestyle	
35	Men's 11 & Over 50m MC Freestyle		35	Men's 11 & Over 50m MC Freestyle	
36*	Men's 800m Freestyle	Timed Finals	36*	Men's 800m Freestyle	Timed Finals
			37	Mixed 4x100m Club Medley Relay	Timed Finals
			38	Women's 4x200m Club Freestyle Relay	Timed Finals
			39	Men's 4x200m Club Freestyle Relay	Timed Finals

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## 2025 SPEEDO NSW STATE OPEN CHAMPIONSHIPS

Day Three HEATS Sunday 22 March, 9:00am			Day Three FINALS Sunday 23 March, 5:30pm		
40	Women's 200m Butterfly		40	Women's 200m Butterfly	
41	Men's 100m Butterfly		41	Men's 100m Butterfly	
42	Women's 11 & Over 100m MC Freestyle		42	Women's 11 & Over 100m MC Freestyle	
43	Men's 11 & Over 100m MC Freestyle		43	Men's 11 & Over 100m MC Freestyle	
44	Women's 200m Freestyle		44	Women's 200m Freestyle	
45	Men's 11 & Over 200m MC Individual Medley		45	Men's 11 & Over 200m MC Individual Medley	
46	Women's 11 & Over 200m MC Individual Medley		46	Women's 11 & Over 200m MC Individual Medley	
47	Men's 50m Freestyle		47	Men's 50m Freestyle	
48	Women's 200m Individual Medley		48	Women's 200m Individual Medley	
49	Men's 400m Individual Medley		49	Men's 400m Individual Medley	
50	Women's 50m Backstroke		50	Women's 50m Backstroke	
51	Men's 11 & Over 100m MC Breaststroke		51	Men's 11 & Over 100m MC Breaststroke	
52	Women's 11 & Over 100m MC Breaststroke		52	Women's 11 & Over 100m MC Breaststroke	
43	Men's 100m Backstroke		43	Men's 100m Backstroke	
54*	Women's 1500m Freestyle	Timed Finals	54*	Women's 1500m Freestyle	Timed Finals
55*	Men's 1500m Freestyle	Timed Finals	55*	Men's 1500m Freestyle	Timed Finals
			56	Women's 4x100 Club Freestyle Relay	Timed Finals
			57	Men's 4x100 Club Freestyle Relay	Timed Finals

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**2025 Speedo NSW State Open Championships  
Qualifying Times**

MEN	OPEN	WOMEN	OPEN
	State Open		State Open
<b>50 Free</b>	0:25.60	<b>50 Free</b>	0:28.50
<b>100 Free</b>	0:54.50	<b>100 Free</b>	1:01.50
<b>200 Free</b>	2:00.00	<b>200 Free</b>	2:12.00
<b>400 Free</b>	4:20.50	<b>400 Free</b>	4:40.00
<b>800 Free</b>	9:10.00	<b>800 Free</b>	9:25.00
<b>1500 Free</b>	16:50.00	<b>1500 Free</b>	18:15.00
<b>50 Bk</b>	0:29.20	<b>50 Bk</b>	0:32.80
<b>100 Bk</b>	1:04.50	<b>100 Bk</b>	1:10.50
<b>200 Bk</b>	2:18.50	<b>200 Bk</b>	2:36.00
<b>50 Brs</b>	0:32.20	<b>50 Brs</b>	0:37.00
<b>100 Brs</b>	1:12.00	<b>100 Brs</b>	1:21.50
<b>200 Brs</b>	2:37.00	<b>200 Brs</b>	2:53.50
<b>50 Fly</b>	0:27.50	<b>50 Fly</b>	0:30.50
<b>100 Fly</b>	1:00.00	<b>100 Fly</b>	1:08.50
<b>200 Fly</b>	2:15.00	<b>200 Fly</b>	2:34.50
<b>200 IM</b>	2:19.00	<b>200 IM</b>	2:33.50
<b>400 IM</b>	4:57.00	<b>400 IM</b>	5:20.00
	<b>Club Relays</b>		
3:59.00	<b>4x100 Freestyle</b>		4:22.00
8:35.00	<b>4x200 Freestyle</b>		9:18.00
4:26.00	<b>4x 100 Medley</b>		4:50.00
4:45.00	<b>Mixed 4 x 100 Medley</b>		4:45.00



