

**2024/25 SPEEDO NSW JUNIOR
STATE AGE CHAMPIONSHIPS**
SYDNEY OLYMPIC PARK AQUATIC CENTRE
15th – 16th March 2025

EVENT DETAILS & ENTRY INFORMATION

- **Event:** 2024/25 Speedo NSW Junior State Age Championships
- **Dates:** 15th & 16th March 2025
- **Closing Date:** Entries close at 11:59pm AEST, Tuesday 4th March 2025 **no late entries will be accepted**
- **Age as at:** 15th March 2025
- **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 9 years old as of 15th March 2025 (For males & females)
- **Qualifying Period/Criteria:**
 - Results must be achieved since 1st October 2023 to be eligible for entry into this event.
 - Long Course & Short Course 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.
- **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 9 years.
 - Any swimmer that competes at Senior State Age Championships, including relays, will be ineligible for Junior State Age Championships.
- **NSW Senior & Junior State Age groups for 2024/25**

Swimming NSW confirms the following 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 6th December 2024, for both boys and girls.
 - **Junior State Age:**
Minimum age is 9 years old as at 15th March 2025, for both boys and girls.
Maximum age is 12 years old as at 15th March 2025, for both boys & girls.
 - With the above changes, 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 Senior State Age (December) event, will be ineligible for Junior State Age - 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





**2024/25 SPEEDO NSW JUNIOR
STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
15th – 16th March 2025**

Session 1					Medal As
Saturday 15 March, 9:00am					
B	G				
1	2	11/12 Years	400m	Freestyle	11yrs & 12 yrs
3	4	10 & Under	100m	Backstroke	10 & under
5	6	12 & Under MC	100m	Backstroke	9-12yrs
7	8	11/12 Years	200m	Breaststroke	11yrs & 12 yrs
9	10	9 Years	50m	Breaststroke	9yrs
11	12	10 Years	50m	Breaststroke	10yrs
13	14	12 & Under MC	50m	Breaststroke	9-12yrs
15	16	11 Years	50m	Freestyle	11yrs
17	18	12 Years	50m	Freestyle	12yrs
19	20	10 Years	100m	Freestyle	10yrs
21	22	11 Years	100m	Butterfly	11yrs
23	24	12 Years	100m	Butterfly	12yrs
25	26	9/10 Years	4x50m	Club Medley Relay	9-10yrs

Session 2					Medal As
Saturday 15 March, PM					
B	G				
27	28	9/10 Years	4x50m	Club Freestyle Relay	9-10yrs
29	30	11/12 Years	200m	Freestyle	11yrs & 12yrs
31	32	10 & Under	100m	Breaststroke	10 & under
33	34	12 & Under MC	100m	Breaststroke	9-12yrs
35	36	11 Years	50m	Butterfly	11yrs
37	38	12 Years	50m	Butterfly	12yrs
39	40	9 Years	50m	Butterfly	9yrs
41	42	10 Years	50m	Freestyle	10yrs
43	44	12 Years	100m	Backstroke	12yrs
45	46	11 Years	100m	Backstroke	11yrs
47	48	12 & Under MC	50m	Freestyle	9-12yrs
49	50	10 & Under	100m	Butterfly	10 & under
51	52	12 Years	400m	Individual Medley	12yrs
53	54	11/12 Years	4x50m	Club Freestyle Relay	11-12yrs

AGE AS AT 15th MARCH 2025

ENTRIES CLOSE 11:59PM TUESDAY 4th MARCH 2025 no late entries will be accepted

ENTRY FEE \$24.00 PER INDIVIDUAL EVENT, \$46.00 PER RELAY EVENT (GST INCLUSIVE)





**2024/25 SPEEDO NSW JUNIOR
STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
15th – 16th March 2025**

Session 3					
Sunday 16 March, 9:00am					
B	G				Medal As
55	56	12 Years	100m	Freestyle	12yrs
57	58	11 Years	100m	Freestyle	11yrs
59	60	10 & Under	200m	Freestyle	10&under
61	62	12 & Under MC	100m	Butterfly	9-12yrs
63	64	9 Years	50m	Backstroke	9yrs
65	66	12 Years	50m	Backstroke	12yrs
67	68	11 Years	50m	Backstroke	11yrs
69	70	10 Years	50m	Backstroke	10yrs
71	72	12 & Under MC	50m	Backstroke	9-12yrs
73	74	12 Years	100m	Breaststroke	12yrs
75	76	11 Years	100m	Breaststroke	11yrs
77	78	9 Years	100m	Freestyle	9yrs
79	80	12 Years	800m	Freestyle	12yrs
81	82	11/12 Years	4x50m	Club Medley Relay	11-12yrs

Session 4					
Sunday 16 March, PM					
B	G				Medal As
83	84	11/12 Years	200m	Individual Medley	11yrs & 12 yrs
85	86	10 & Under	200m	Individual Medley	10 & under
87	88	12 & Under MC	100m	Freestyle	9-12 yrs
89	90	11/12 Years	200m	Backstroke	11yrs & 12 yrs
91	92	10 Years	50m	Butterfly	10yrs
93	94	12 & Under MC	50m	Butterfly	9-12 yrs
95	96	12 Years	50m	Breaststroke	12 yrs
97	98	11 Years	50m	Breaststroke	11 yrs
99	100	9 Years	50m	Freestyle	9 yrs
101	102	12 & Under MC	200m	Individual Medley	9-12 yrs
103	104	11/12 Years	200m	Butterfly	11yrs & 12 yrs
105		9-12 Years	10x50m	Fred Lane Club Free Relay	9-12 yrs
	106	9-12 Years	10x50m	Fanny Durack Club Free Relay	9-12 yrs

AGE AS AT 15th MARCH 2025

**ENTRIES CLOSE 11:59PM TUESDAY 4 MARCH 2025 no late entries will be accepted
ENTRY FEE \$24.00 PER INDIVIDUAL EVENT, \$46.00 PER RELAY EVENT (GST INCLUSIVE)**



**2024/25 SPEEDO NSW JUNIOR STATE AGE CHAMPIONSHIPS
QUALIFYING TIMES**

BOYS	12yrs	11yrs	10yrs	9yrs
	2024/25 Jnr State Age	2024/25 Jnr State Age	2024/25 Jnr State Age	2024/25 Jnr State Age
50 Free	0:31.00	0:32.50	0:34.50	0:37.00
100 Free	1:07.00	1:10.50	1:16.00	1:20.00
200 Free	2:25.00	2:33.00	2:43.00	
400 Free	5:08.00	5:20.00		
800 Free	10:32.00			
1500 Free				
50 Bk	0:36.50	0:38.50	0:41.50	0:43.50
100 Bk	1:19.00	1:23.00	1:27.00	
200 Bk	2:48.50	2:59.80		
50 Brs	0:41.50	0:45.00	0:48.00	0:51.00
100 Brs	1:29.00	1:34.50	1:42.00	
200 Brs	3:12.00	3:28.00		
50 Fly	0:34.00	0:37.50	0:41.50	0:44.50
100 Fly	1:17.00	1:22.00	1:30.00	
200 Fly	2:50.00	3:04.50		
200 IM	2:47.00	2:57.00	3:05.00	
400 IM	5:45.00			
GIRLS	2024/25 Jnr State Age	2024/25 Jnr State Age	2024/25 Jnr State Age	2024/25 Jnr State Age
50 Free	0:31.50	0:33.50	0:35.50	0:37.50
100 Free	1:07.80	1:11.00	1:17.50	1:20.50
200 Free	2:28.00	2:36.00	2:49.00	
400 Free	5:12.00	5:22.00		
800 Free	10:35.00			
1500 Free				
50 Bk	0:37.00	0:39.00	0:42.50	0:44.00
100 Bk	1:19.50	1:24.00	1:28.00	
200 Bk	2:50.00	3:00.50		
50 Brs	0:42.50	0:46.00	0:49.00	0:51.50
100 Brs	1:31.50	1:35.00	1:43.00	
200 Brs	3:13.00	3:29.00		
50 Fly	0:35.50	0:38.00	0:43.00	0:45.00
100 Fly	1:19.00	1:24.50	1:31.00	
200 Fly	2:58.00	3:07.00		
200 IM	2:48.50	2:59.00	3:09.00	
400 IM	5:50.00			

MALES RELAY QTS			FEMALES RELAY QTS		
Club Relays	11-12 Years	9-10 Years	Club Relays	11-12 Years	9-10 Years
4x50m Freestyle	02:25.00	02:35.00	4x50m Freestyle	02:30.00	02:40.00
4x50m Medley	02:45.00	02:55.00	4x50m Medley	02:49.00	02:59.00
Fred Lane 10x50m Freestyle	No Qualifying Time		Fanny Durak 10x50m Freestyle	No Qualifying Time	

