



2025 SPEEDO NSW YOUTH STATE AGE
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
13th – 14th SEPTEMBER 2025



EVENT DETAILS & ENTRY INFORMATION

- **Event:** 2025 NSW Youth State Age Short Course Championships
- **Dates:** 13th – 14th September 2025
- **Closing Date:** Entries Close at **11:59pm AEST, Tuesday 2nd September 2025**
- **Age as at:** 22nd August 2025
- **Event Fee:** **\$24.00** Per Individual Event & **\$46.00** Per Relay Event (GST Inclusive)
- **Minimum Age:** 9 Years (as at 22nd August 2025)
 - Swimmers who turn 14 between 23rd August 2025 and 13th September 2025 will swim at the Youth State Age championships as a 13 year old.
 - **Please note, swimmers are only permitted to swim at one (1) State Age Championship within the Short Course Season - this includes relays*
- **Qualifying Period/Criteria:**
 - Approved LC & SC results achieved between 1st October 2023 & 2nd September 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 2nd September 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 (as at 22nd August 2025).
- **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 Saturday 13 September, 9:00am					
B	G				Medal As
1	2	11-13 Years	400m	Freestyle	11, 12, 13
3	4	9-13 Years MC	200m	Individual Medley	9-10/11-13yrs
5	6	12/13 Years	100m	Breaststroke	12, 13
7	8	11 Years	100m	Breaststroke	11
9	10	9-10 Years	200m	Individual Medley	9, 10
11	12	9-13 Years MC	50m	Backstroke	9-10/11-13yrs
13	14	13 Years	50m	Backstroke	13
15	16	12 Years	50m	Backstroke	12
17	18	11 Years	50m	Backstroke	11
19	20	10 Years	50m	Breaststroke	10
21	22	9 Years	50m	Breaststroke	9
23	24	9-13 Years MC	100m	Freestyle	9-10/11-13yrs
25	26	11-13 Years	200m	Butterfly	11, 12, 13
27	28	10 Years	100m	Freestyle	10
29	30	9 Years	100m	Freestyle	9
31	32	11-13 Years	4x50m	Club Freestyle Relay	11-13yrs
33	34	11-13 Years	4x50m	Club Medley Relay	11-13yrs
35	36	11-13 Years	200m	Breaststroke	11, 12, 13
37	38	9 Years	100m	Backstroke	9
39	40	10 Years	100m	Backstroke	10
41	42	11-13 Years	100m	Individual Medley	11, 12, 13
43	44	11 Years	50m	Butterfly	11
45	46	12 Years	50m	Butterfly	12
47	48	13 Years	50m	Butterfly	13
49	50	9-13 Years MC	50m	Freestyle	9-10/11-13yrs
51	52	9 Years	50m	Freestyle	9
53	54	10 Years	50m	Freestyle	10
55	56	11 Years	100m	Freestyle	11
57	58	12/13 Years	100m	Freestyle	12, 13
59	60	9-13 Years MC	100m	Backstroke	9-10/11-13yrs
61	62	9 Years	100m	Breaststroke	9
63	64	10 Years	100m	Breaststroke	10
65	66	12/13 Years	800m	Freestyle	12, 13

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

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

Session 3 Sunday 14 September, 9:00am					
B	G				Medal As
67	68	9-10 Years	100m	Individual Medley	9, 10
69	70	11-13 Years	200m	Individual Medley	11, 12, 13
71	72	10 Years	50m	Butterfly	10
73	74	9 Years	50m	Butterfly	9
75	76	9-13 Years MC	100m	Butterfly	9-10/11-13yrs
77	78	13 Years	50m	Freestyle	13
79	80	12 Years	50m	Freestyle	12
81	82	11 Years	50m	Freestyle	11
83	84	11-13 Years	200m	Backstroke	11, 12, 13
85	86	10 Years	200m	Freestyle	10
87	88	9-13 Years MC	50m	Breaststroke	9-10/11-13yrs
89	90	12-13 Years	100m	Butterfly	12, 13
91	92	11 Years	100m	Butterfly	11
93	94	9-10 Years	4x50m	Club Freestyle Relay	9-10yrs
95	96	9-10 Years	4x50m	Club Medley Relay	9-10yrs
97	98	12-13 Years	400m	Individual Medley	12, 13
99	100	9 Years	50m	Backstroke	9
101	102	10 Years	50m	Backstroke	10
103	104	9-13 Years MC	100m	Breaststroke	9-10/11-13yrs
105	106	11-13 Years	200m	Freestyle	11, 12, 13
107	108	9 Years	100m	Butterfly	9
109	110	10 Years	100m	Butterfly	10
111	112	11 Years	50m	Breaststroke	11
113	114	12 Years	50m	Breaststroke	12
115	116	13 Years	50m	Breaststroke	13
117	118	9-13 Years MC	50m	Butterfly	9-10/11-13yrs
119	120	12-13 Years	100m	Backstroke	12,13
121	122	11 Years	100m	Backstroke	11
123	124	13 years	1500m	Freestyle	13

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

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

QUALIFYING TIMES - BOYS

BOYS		2025 SPEEDO NSW YOUTH STATE AGE SHORT COURSE CHAMPIONSHIPS				
		13yrs	12yrs	11yrs	10yrs	9yrs
Free	50m	00:28.0	00:29.5	00:30.5	00:33.0	00:34.5
	100m	01:00.0	01:04.0	01:05.5	01:13.0	01:15.0
	200m	02:11.0	02:22.0	02:23.0	02:32.0	
	400m	04:35.0	04:51.0	05:00.0		
	800m	09:30.0	09:45.0			
	1500m	18:35.0				
Back	50m	00:31.5	00:34.5	00:37.0	00:39.0	00:42.0
	100m	01:09.5	01:14.0	01:16.0	01:24.0	01:26.0
	200m	02:31.0	02:40.0	02:42.0		
Breast	50m	00:36.0	00:39.0	00:41.5	00:45.5	00:46.5
	100m	01:20.0	01:25.0	01:30.0	01:38.0	01:40.5
	200m	02:50.0	03:02.0	03:07.0		
Fly	50m	00:30.5	00:33.0	00:35.0	00:38.0	00:39.5
	100m	01:09.5	01:14.5	01:19.0	01:27.5	01:30.0
	200m	02:37.0	02:46.0	02:55.0		
Medley	100m	01:09.5	01:15.0	01:18.0	01:20.0	01:22.5
	200m	02:28.5	02:39.5	02:44.0	02:57.0	03:00.0
	400m	05:21.0	05:35.0			
Relays		11-13 yrs			9-10 yrs	
Freestyle	4 x 50m	02:12.00			02:20.00	
Medley	4 x 50m	02:25.00			02:40.00	

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QUALIFYING TIMES - GIRLS

GIRLS		2025 SPEEDO NSW YOUTH STATE AGE SHORT COURSE CHAMPIONSHIPS				
		13yrs	12yrs	11yrs	10yrs	9yrs
Free	50m	00:29.5	00:30.0	00:31.0	00:33.5	00:34.5
	100m	01:04.0	01:07.0	01:08.0	01:14.0	01:16.0
	200m	02:16.0	02:22.0	02:23.5	02:32.0	
	400m	04:50.0	05:00.0	05:05.0		
	800m	10:10.0	10:20.0			
	1500m	18:45.0				
Back	50m	00:35.5	00:35.0	00:37.0	00:39.5	00:42.5
	100m	01:14.0	01:15.5	01:19.0	01:25.5	01:27.5
	200m	02:36.0	02:41.0	02:47.5		
Breast	50m	00:38.5	00:39.0	00:42.0	00:45.5	00:47.5
	100m	01:24.5	01:26.0	01:31.0	01:38.0	01:42.0
	200m	03:01.0	03:05.5	03:08.5		
Fly	50m	00:33.0	00:33.5	00:35.5	00:37.5	00:41.0
	100m	01:13.5	01:14.5	01:21.0	01:29.0	01:32.5
	200m	02:40.0	02:50.0	02:56.0		
Medley	100m	01:14.0	01:18.0	01:19.0	01:22.0	01:24.5
	200m	02:35.0	02:45.5	02:49.5	02:58.0	03:02.0
	400m	05:37.0	05:41.0			
Relays		11-13 yrs			9-10 yrs	
Freestyle	4 x 50m	02:16.00			02:24.00	
Medley	4 x 50m	02:28.00			02:44.00	

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**2025 SPEEDO NSW YOUTH STATE AGE
SHORT COURSE CHAMPIONSHIPS
13th – 14th SEPTEMBER 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	2:36.10	2:03.93	1:34.95	1:28.70	1:06.20	1:03.51	1:00.18	0:56.29	0:49.32	0:47.79	0:52.14	0:47.44	0:47.88	0:50.17	0:47.75	0:51.04	0:58.57	1:02.19	0:46.49
100m Free	5:32.33	4:20.90	3:46.78	3:13.14	2:27.25	2:20.00	2:13.58	2:04.14	1:49.43	1:44.51	1:55.87	1:45.05	1:44.52	1:46.31	1:45.70	1:52.96	2:11.38	2:21.19	1:44.27
50m Back	2:26.71	1:55.41	1:43.27	1:40.29	1:09.85	1:12.38	1:12.38	1:06.63	0:57.39	0:57.49	1:04.05	0:57.34	0:54.09	0:58.89	0:53.55	1:04.14	1:06.66	1:15.14	0:52.91
100m Back	5:13.20	4:17.52	3:47.12	3:48.87	2:49.48	2:37.47	2:31.48	2:19.05	2:03.24	1:58.01	2:16.21	2:02.47	1:56.31	1:57.38	1:55.69	2:18.62	2:25.22	2:42.73	1:55.26
50m Fly				1:39.05	1:08.07	1:06.44	1:03.15	1:01.28	0:53.76	0:51.32	0:57.33	0:52.09	0:50.62	0:53.99	0:51.08	0:53.90	1:02.37	1:07.14	0:49.50
100m Fly							2:28.69	2:11.57	1:58.01	1:51.75	2:05.18	1:57.12	1:50.86	1:51.81	1:51.23	2:00.51	2:18.50	2:34.48	1:49.93
50m Breast	3:11.87	2:03.93	1:53.75	1:43.77	1:28.87	1:18.75	1:11.17	1:10.17	1:00.18		1:04.70	1:02.50	0:59.24	1:02.50	0:57.34	1:05.23	1:12.68	1:23.29	0:57.68
100m Breast			4:28.97	3:45.00	3:09.24	2:53.75	2:36.32	2:28.97	2:12.12		2:24.63	2:12.21	2:09.95	2:09.49	2:03.81	2:29.10	2:39.30	3:06.97	2:06.44
150/200m IM		8:49.96	6:56.49	6:07.04	6:27.09	6:06.12	5:46.32	5:25.40	4:42.27	4:28.52	4:55.30	4:39.72	4:22.26	4:32.52	4:23.60	4:58.60	5:19.29	6:14.17	4:24.95

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

BOYS 12-13 YEARS																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	2:21.09	1:52.01	1:25.82	1:20.17	0:59.83	0:57.40	0:54.39	0:50.88	0:44.58	0:43.19	0:47.13	0:42.88	0:43.28	0:45.34	0:43.16	0:46.13	0:52.93	0:56.21	0:42.02
100m Free	5:00.38	3:55.81	3:24.98	2:54.57	2:13.09	2:06.54	2:00.73	1:52.20	1:38.91	1:34.46	1:44.73	1:34.95	1:34.47	1:36.09	1:35.54	1:42.10	1:58.75	2:07.62	1:34.25
50m Back	2:12.60	1:44.32	1:33.34	1:30.65	1:03.13	1:05.42	1:05.42	1:00.22	0:51.88	0:51.96	0:57.89	0:51.83	0:48.89	0:53.23	0:48.40	0:57.97	1:00.25	1:07.92	0:47.82
100m Back	4:43.08	3:52.76	3:25.28	3:26.86	2:33.18	2:22.33	2:16.91	2:05.68	1:51.39	1:46.67	2:03.12	1:50.70	1:45.13	1:46.09	1:44.56	2:05.29	2:11.26	2:27.09	1:44.18
50m Fly				1:29.52	1:01.52	1:00.05	0:57.08	0:55.39	0:48.59	0:46.39	0:51.82	0:47.08	0:45.75	0:48.80	0:46.17	0:48.72	0:56.38	1:00.69	0:44.74
100m Fly							2:14.40	1:58.92	1:46.67	1:41.00	1:53.14	1:45.86	1:40.20	1:41.06	1:40.53	1:48.92	2:05.18	2:19.63	1:39.36
50m Breast	2:53.42	1:52.01	1:42.81	1:33.79	1:20.32	1:11.18	1:04.33	1:03.43	0:54.39		0:58.48	0:56.49	0:53.54	0:56.49	0:51.83	0:58.96	1:05.69	1:15.28	0:52.13
100m Breast			4:03.11	3:23.37	2:51.04	2:37.04	2:21.29	2:14.64	1:59.42		2:10.72	1:59.50	1:57.45	1:57.04	1:51.91	2:14.76	2:23.98	2:48.99	1:54.28
150/200m IM		7:59.00	6:16.45	5:31.75	5:49.87	5:30.92	5:13.02	4:54.11	4:15.13	4:02.70	4:26.90	4:12.82	3:57.04	4:06.32	3:58.25	4:29.89	4:48.59	5:38.19	3:59.48

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

BOYS 12-13 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		7:21.97	6:17.14	5:28.85	4:20.38	4:14.10	4:00.98	3:50.49	3:16.65	3:12.59	3:29.63	3:19.15	3:05.66	3:09.13	3:09.38	3:29.68	3:52.94	4:18.29	3:04.89
400m Free						8:41.57	8:11.32	7:50.80	7:00.54	6:39.98	7:18.88	6:53.85	6:36.37	6:53.04	6:32.76	7:33.55	8:22.58	9:13.26	6:38.89

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	2:42.10	2:11.98	1:38.66	1:30.34	1:15.74	1:12.36	1:10.33	1:04.40	0:56.38	0:56.49	1:00.26	0:54.99	0:54.81	0:56.54	0:53.96	1:03.27	1:06.30	1:11.32	0:52.62
100m Free	4:30.31	4:45.06	3:34.38	3:13.97	2:43.03	2:37.52	2:31.23	2:21.52	2:03.36	1:59.98	2:14.42	2:00.54	1:58.33	1:56.77	1:57.98	2:16.06	2:24.83	2:42.06	1:54.95
50m Back	2:42.77	2:25.29	1:58.64	1:49.32	1:22.65	1:24.85	1:24.47	1:11.16	1:06.05	1:05.35	1:12.41	1:05.23	1:03.39	1:02.50	1:00.54	1:17.84	1:15.57	1:28.45	0:59.98
100m Back	5:56.32	5:10.95	4:16.75	4:14.24	3:26.53	2:56.88	2:56.66	2:31.25	2:19.11	2:15.92	2:31.59	2:16.32	2:13.39	2:12.17	2:09.21	2:46.00	2:40.90	3:13.44	2:07.71
50m Fly				1:38.41	1:27.41	1:16.80	1:13.33	1:08.07	0:58.10	0:58.57	1:07.94	1:00.24	0:57.75	1:02.78	0:56.71	1:07.55	1:08.42	1:19.90	0:54.30
100m Fly							2:54.84	2:31.61	2:08.93	2:09.18	2:35.12	2:10.23	2:08.40	2:10.69	2:11.43	2:35.08	2:35.39	3:11.54	2:03.33
50m Breast	3:18.43	2:37.39	2:08.82	1:57.56	1:36.65	1:35.72	1:30.67	1:15.84	1:06.47		1:14.56	1:09.34	1:09.55	1:08.20	1:05.98	1:20.09	1:22.06	1:36.97	1:05.13
100m Breast			5:11.69	4:14.14	3:28.62	3:19.78	3:15.91	2:44.12	2:26.50		2:44.63	2:30.05	2:23.57	2:28.62	2:27.61	3:01.49	2:59.61	3:36.09	2:22.56
150/200m IM			7:21.48	6:54.41	7:29.57	6:50.63	6:31.46	6:00.94	5:10.39	5:09.59	5:42.20	5:08.98	5:02.32	4:55.75	4:57.84	5:58.33	5:53.24	7:22.44	4:53.12

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

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GIRLS 12-13 YEARS																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	2:26.51	1:59.29	1:29.17	1:21.65	1:08.46	1:05.40	1:03.57	0:58.21	0:50.96	0:51.05	0:54.46	0:49.70	0:49.54	0:51.10	0:48.77	0:57.19	0:59.93	1:04.46	0:47.56
100m Free	4:04.32	4:17.65	3:13.77	2:55.32	2:27.36	2:22.37	2:16.69	2:07.91	1:51.50	1:48.44	2:01.50	1:48.95	1:46.95	1:45.54	1:46.63	2:02.98	2:10.91	2:26.48	1:43.89
50m Back	2:27.12	2:11.32	1:47.23	1:38.81	1:14.71	1:16.69	1:16.35	1:04.32	0:59.70	0:59.07	1:05.45	0:58.96	0:57.29	0:56.49	0:54.72	1:10.36	1:08.30	1:19.95	0:54.21
100m Back	5:22.06	4:41.05	3:52.06	3:49.79	3:06.67	2:39.87	2:39.67	2:16.71	2:05.74	2:02.85	2:17.02	2:03.21	2:00.57	1:59.46	1:56.78	2:30.04	2:25.43	2:54.84	1:55.43
50m Fly				1:28.95	1:19.01	1:09.42	1:06.28	1:01.52	0:52.51	0:52.93	1:01.41	0:54.45	0:52.19	0:56.74	0:51.25	1:01.05	1:01.84	1:12.22	0:49.08
100m Fly							2:38.03	2:17.03	1:56.54	1:56.76	2:20.20	1:57.71	1:56.05	1:58.12	1:58.79	2:20.17	2:20.45	2:53.12	1:51.47
50m Breast	2:59.35	2:22.26	1:56.43	1:46.26	1:27.36	1:26.52	1:21.96	1:08.55	1:00.08		1:07.39	1:02.67	1:02.86	1:01.64	0:59.63	1:12.39	1:14.17	1:27.64	0:58.87
100m Breast			4:41.72	3:49.70	3:08.56	3:00.57	2:57.07	2:28.34	2:12.41		2:28.80	2:15.62	2:09.77	2:14.33	2:13.42	2:44.04	2:42.34	3:15.31	2:08.85
150/200m IM			6:39.03	6:14.57	6:46.34	6:11.15	5:53.82	5:26.24	4:40.54	4:39.83	5:09.30	4:39.27	4:33.25	4:27.31	4:29.20	5:23.88	5:19.27	6:39.90	4:24.94

*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		9:21.51	6:29.98	5:42.20	4:54.29	4:41.11	4:25.43	4:06.59	3:38.54	3:36.45	3:59.00	3:40.41	3:34.78	3:25.44	3:29.72	4:09.59	4:18.01	4:52.64	3:24.78
400m Free						9:12.06	8:53.40	8:28.12	7:23.90	7:24.35	8:15.52	7:21.43	7:16.79	7:29.40	7:27.48	9:00.74	9:00.01	10:28.03	7:08.60

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