



2025/26 SPEEDO NSW YOUTH
STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
21st – 22nd MARCH 2026



EVENT DETAILS & ENTRY INFORMATION

- **Event:** 2025/26 Speedo New South Wales Youth State Age Championships
- **Dates:** 21st – 22nd March 2026
- **Entries Opening** on or before 15th January 2026
- **Closing Date:** Entries Close at **11:59pm AEST, Tuesday 10th March 2026** **NO LATE ENTRIES WILL BE ACCEPTED**
- **Age as at:** 21st March 2026
- **Event Fee:** **\$24.00** Per Individual Event & **\$46.00** Per Relay Event (GST Inclusive)
- **Minimum Age:** 9 Years (as of 21st March 2026)
- **Maximum Age:** 12 years (as of 21st March 2026)
- **Qualifying Period/Criteria:**
 - Approved LC & SC results achieved from 1st October 2024 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 10th March 2026.
- **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
- Swimmers are only permitted to swim at one (1) State Age Championship throughout the 2025-26 Long Course Season - therefore any swimmer that competed at Senior State Age (December 2025) event, will be ineligible for Youth State Age. This includes relays as well.

If you have any questions regarding this event, please contact
events@nsw.swimming.org.au

Session 1					
Saturday 21 st March, 9:00am					
M	F				<i>Medal As</i>
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					
Saturday 21 st March, PM					
M	F				<i>Medal As</i>
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 21st March 2026

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Session 3					
Sunday 22nd March, 9:00am					
M	F				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 22nd March, PM					
M	F				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 21st March 2026

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QUALIFYING TIMES – BOYS

BOYS		2025/26 Speedo NSW Youth State Age Championships				
		12yrs	11yrs	10yrs	10yrs/ Under	9yrs
Free	50m	0:31.00	0:32.50	0:34.50		0:37.00
	100m	1:07.00	1:10.50	1:16.00		1:20.00
	200m	2:27.00	2:33.00		2:43.00	
	400m	5:08.00	5:20.00			
	800m	10:32.00				
	1500m					
Back	50m	0:36.50	0:38.50	0:41.50		0:43.50
	100m	1:19.00	1:23.00		1:27.00	
	200m	2:48.50	2:59.80			
Breast	50m	0:41.50	0:45.00	0:48.00		0:51.00
	100m	1:29.00	1:34.50		1:42.00	
	200m	3:12.00	3:28.00			
Fly	50m	0:34.00	0:37.50	0:41.50		0:44.50
	100m	1:17.00	1:22.00		1:30.00	
	200m	2:50.00	3:04.50			
Medley	200m	2:49.00	2:57.00		3:05.00	
	400m	5:45.00				
RELAYS						
		11-12yrs		9-10yrs		
Freestyle	4 x 50m	2:25.00		2:35.00		
Medley	4 x 50m	2:45.00		2:55.00		

Age as at 21st March 2026

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QUALIFYING TIMES – GIRLS

GIRLS		2025/26 Speedo NSW Youth State Age Championships				
		12yrs	11yrs	10yrs	10yrs/ Under	9yrs
Free	50m	0:31.50	0:33.50	0:35.50		0:37.50
	100m	1:08.00	1:11.00	1:17.50		1:20.50
	200m	2:29.00	2:36.00		2:49.00	
	400m	5:12.00	5:22.00			
	800m	10:35.00				
	1500m					
Back	50m	0:37.00	0:39.00	0:42.50		0:44.00
	100m	1:20.00	1:24.00		1:28.00	
	200m	2:50.00	3:00.50			
Breast	50m	0:43.50	0:46.00	0:49.00		0:51.50
	100m	1:32.50	1:35.00		1:43.00	
	200m	3:13.00	3:29.00			
Fly	50m	0:35.50	0:38.00	0:43.00		0:45.00
	100m	1:20.00	1:24.50		1:31.00	
	200m	2:58.00	3:07.00			
Medley	200m	2:50.00	2:59.00		3:09.00	
	400m	5:50.00				
RELAYS						
		11-12yrs		9-10yrs		
Freestyle	4 x 50m	2:30.00		2:40.00		
Medley	4 x 50m	2:49.00		2:59.00		

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**2026 SPEEDO NSW YOUTH
STATE AGE CHAMPIONSHIPS
21st – 22nd MARCH 2026**

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.

BOYS 12 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.



**2026 SPEEDO NSW YOUTH
STATE AGE CHAMPIONSHIPS
21st – 22nd MARCH 2026**

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 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.