



2025 NSW COUNTRY REGIONALS CHAMPIONSHIPS - GULGONG 18TH & 19TH JANUARY 2025

Saturday 18th January 2025 Day One: Session 1

	Event	Entries	Heats	Starts	
1	Men 11 & Over 400 IM	1	1	10:00 AM	
2	Women 11 & Over 400 IM	0	0	10:08 AM	
3	Men 200 Freestyle	14	2	10:08 AM	
4	Women 200 Freestyle	24	4	10:14 AM	
5	Men 200 Breaststroke	7	1	10:27 AM	
6	Women 200 Breaststroke	7	1	10:31 AM	
7	Men 100 Freestyle Multi-Class	3	1	10:35 AM	
8	Women 100 Freestyle Multi-Class	1	1	10:38 AM	
9	Men 50 Freestyle	109	16	10:40 AM	
10	Women 50 Freestyle	130	19	11:02 AM	
11	Men 100 Backstroke	62	9	11:27 AM	
12	Women 100 Backstroke	53	8	11:51 AM	
	Finish Time			12:12 PM	

TIMELINE IS SUBJECT TO CHANGE & IS TO BE USED AS A GUIDE ONLY

Saturday 18 th January 2025 Day One: Session 2					
	Event	Entries	Heats	Starts	
13	Men 50 Butterfly	84	12	12:45 PM	
14	Women 50 Butterfly	98	14	1:03 PM	
15	Men 12 & Over 1500 Freestyle	0	0	1:24 PM	
16	Women 12 & Over 1500 Freestyle	4	1	1:24 PM	
17	Men 200 Butterfly	3	1	1:46 PM	
18	Women 200 Butterfly	0	0	1:49 PM	
19	Men 50 Butterfly Multi-Class	4	1	1:49 PM	
20	Women 50 Butterfly Multi-Class	1	1	1:51 PM	
21	Men 100 Freestyle	92	14	1:53 PM	
22	Women 100 Freestyle	105	15	2:23 PM	
	Finish Time			2:55 PM	
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Sunday 19th January 2025 Day Two: Session 3

		Entries	Heats	Starts	
	Event				
23	Men 11 & Over 800 Freestyle	2	1	09:00 AM	
24	Women 11 & Over 800 Freestyle	4	1	09:13 AM	
25	Men 50 Breaststroke	89	13	09:26 AM	
26	Women 50 Breaststroke	110	16	09:47 AM	
27	Men 50 Freestyle Multi-Class	4	1	10:12 AM	
28	Women 50 Freestyle Multi-Class	1	1	10:14 AM	
29	Men 100 Butterfly	26	4	10:15 AM	
30	Women 100 Butterfly	24	4	10:24 AM	
31	Men 11 & Over 400 Freestyle	4	1	10:34 AM	
32	Women 11 & Over 400 Freestyle	12	2	10:39 AM	
33	Men 50 Backstroke	85	13	10:52 AM	
34	Women 50 Backstroke	98	14	11:15 AM	
	Finish Time			11:40AM	

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Sunday 19 th January 2025 Day Two: Session 4					
	Event	Entries	Heats	Starts	
35	Men 50 Backstroke Multi-Class	3	1	12:10 PM	
36	Women 50 Backstroke Multi-Class	1	1	12:12 PM	
37	Men 100 Breaststroke	63	9	12:14 PM	
38	Women 100 Breaststroke	69	10	12:37 PM	
39	Men 200 IM	15	3	1:03 PM	
40	Women 200 IM	25	4	1:15 PM	
41	Men 50 Breaststroke Multi-Class	3	1	1:30 PM	
42	Women 50 Breaststroke Multi-Class	1	1	1:31 PM	
43	Men 200 Backstroke	3	1	1:33 PM	
44	Women 200 Backstroke	7	1	1:37 PM	
	Finish Time			1:41PM	
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