

EVENT DETAILS & ENTRY INFORMATION

- **Event:** 2024 New South Wales Senior Metropolitan Championships
- **Dates:** 24th – 25th February 2024
- **Closing Date:** Entries Close at 5:00pm AEDT, Tuesday 13th February 2024
- **Age as at:** 24th February 2024
- **Event Fee:** \$23.50 Per Individual Event (GST INCLUSIVE)
- **Minimum Age:** 12 Years Old (24th February 2024)
- **Qualifying Period/Criteria:**
 - Results must be achieved since 1st Oct 2022 to be eligible for entry into this event.
 - LC & SC 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.
- **Medals:**
 - Event medals will be award in the following groups:
 - 50m events will be medalled per age and 18yrs and over as one age group
 - 100m events will be medalled per age and 18yrs and over as one age group
 - 200m Form Strokes will be medalled as per the age group listed
 - 200m Freestyle and 200m Individual Medley will be medalled as per the age group listed
 - 400m Freestyle and 400m Individual Medley will be medalled as per the age group listed
 - 800m & 1500m events will be medalled per age and 18yrs and over as one age group
- **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.
- **Multi-Class Medals:**
 - In all Multi-Class Events, medals will be awarded in the following age groups:
 - 12-14 Years, 15-16 Years and 17 Years & Over

Event Contact: events@nsw.swimming.org.au

**NSW SENIOR METROPOLITAN CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
24TH -25TH FEBRUARY 2024**

Session 1 Saturday 24th 9:00am					Session 2 Saturday 24th NOT BEFORE 12:30pm				
M	W				M	W			
1	2	12-18yrs & Over	1500m	Freestyle	33	34	12-13 Years	200m	Freestyle
3	4	12-14 Years	200m	Butterfly	35	36	14-15 Years	200m	Freestyle
5	6	15-17 Years	200m	Butterfly	37	38	16-17 Years	200m	Freestyle
7	8	18 Years & Over	200m	Butterfly	39	40	18 Years & Over	200m	Freestyle
9	10	12-18yrs & Over	50m	Breaststroke	41	42	Open MC	100m	Breaststroke
11	12	Open MC	200m	Individual Medley	43	44	12-18yrs & Over	50m	Butterfly
13	14	12 Years	100m	Freestyle	45	46	12 Years	100m	Backstroke
15	16	13 Years	100m	Freestyle	47	48	13 Years	100m	Backstroke
17	18	14 Years	100m	Freestyle	49	50	14 Years	100m	Backstroke
19	20	15 Years	100m	Freestyle	51	52	15 Years	100m	Backstroke
21	22	16 Years	100m	Freestyle	53	54	16 Years	100m	Backstroke
23	24	17 Years	100m	Freestyle	55	56	17 Years	100m	Backstroke
25	26	18 Years & Over	100m	Freestyle	57	58	18 Years & Over	100m	Backstroke
27	28	Open MC	100m	Freestyle	59	60	Open MC	200m	Freestyle
29	30	12-14 Years	400m	Individual Medley	61	62	16-17 Years	200m	Individual Medley
31	32	15 Years & Over	400m	Individual Medley	63	64	18 Years & Over	200m	Individual Medley

Session 3 Sunday 25th 9:00am					Session 4 Sunday 25th NOT BEFORE 12:30pm				
M	W				M	W			
65	66	Open MC	400m	Freestyle	97	98	12-13 Years	200m	Individual Medley
67	68	12 Years	100m	Butterfly	99	100	14-15 Years	200m	Individual Medley
69	70	13 Years	100m	Butterfly	101	102	Open MC	100m	Backstroke
71	72	14 Years	100m	Butterfly	103	104	12-18yrs & Over	800m	Freestyle
73	74	15 Years	100m	Butterfly	105	106	12-14 Years	200m	Backstroke
75	76	16 Years	100m	Butterfly	107	108	15-17 Years	200m	Backstroke
77	78	17 Years	100m	Butterfly	109	110	18 Years & Over	200m	Backstroke
79	80	18 Years & Over	100m	Butterfly	111	112	Open MC	50m	Freestyle
81	82	12-18yrs & Over	50m	Backstroke	113	114	12-18yrs & Over	50m	Freestyle
83	84	12-14 Years	400m	Freestyle	115	116	12 Years	100m	Breaststroke
85	86	15-17 Years	400m	Freestyle	117	118	13 Years	100m	Breaststroke
87	88	18 Years & Over	400m	Freestyle	119	120	14 Years	100m	Breaststroke
89	90	Open MC	100m	Butterfly	121	122	15 Years	100m	Breaststroke
91	92	12-14 Years	200m	Breaststroke	123	124	16 Years	100m	Breaststroke
93	94	15-17 Years	200m	Breaststroke	125	126	17 Years	100m	Breaststroke
95	96	18 Years & Over	200m	Breaststroke	127	128	18 Years & Over	100m	Breaststroke

AGE AS AT 24th FEBRUARY, 2024
ENTRIES CLOSE 5PM TUESDAY 13th FEBRUARY, 2024
ENTRY FEE \$23.50 PER INDIVIDUAL EVENT (including GST)



**NSW SENIOR METROPOLITAN CHAMPIONSHIPS
 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 24TH -25TH FEBRUARY 2024**

Qualifying Times - Men & Boys

FREESTYLE		18yrs/Over	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs
	50m	00:26.40	00:26.80	00:27.20	00:28.40	00:29.20	00:30.50	00:31.50
	100m	00:57.00	00:57.80	00:58.20	00:59.50	01:02.50	01:04.00	01:07.00
	200m	02:01.70	02:04.00	02:08.00	02:10.50	02:13.50	02:17.80	02:25.00
	400m	04:28.00	04:30.00	04:33.20	04:41.00	04:46.80	04:51.70	05:08.00
	800m	09:20.00	09:35.00	09:47.20	09:55.00	10:05.00	10:22.00	10:37.50
	1500m	17:40.00	18:05.00	18:15.00	18:42.00	19:08.00	19:35.00	19:52.00
BACKSTROKE	50m	00:29.80	00:30.20	00:30.90	00:32.20	00:33.70	00:35.10	00:37.00
	100m	01:06.90	01:07.80	01:09.20	01:11.50	01:14.20	01:16.50	01:19.90
	200m	02:27.50	02:30.70	02:33.00	02:35.00	02:38.00	02:41.00	02:47.00
BREASTSTROKE	50m	00:34.50	00:35.00	00:35.50	00:36.00	00:36.50	00:37.00	00:38.00
	100m	01:15.00	01:15.00	01:19.00	01:21.00	01:23.00	01:25.00	01:27.00
	200m	02:44.00	02:46.00	02:51.50	02:55.50	03:00.00	03:03.00	03:07.00
BUTTERFLY	50m	00:28.50	00:28.80	00:29.20	00:29.70	00:30.00	00:31.00	00:32.00
	100m	01:01.00	01:02.00	01:05.00	01:08.50	01:12.00	01:14.00	01:17.00
	200m	02:24.00	02:25.50	02:33.50	02:38.00	02:43.00	02:46.00	02:50.00
INDIVIDUAL MEDLEY	200m	02:24.00	02:24.00	02:27.50	02:31.00	02:34.50	02:37.00	02:41.00
	400m	05:00.00	05:00.00	05:12.00	05:18.50	05:25.00	05:28.00	05:32.00

**AGE AS AT 24th FEBRUARY, 2024
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 ENTRY FEE \$23.50 PER INDIVIDUAL EVENT (including GST)**

Qualifying Times - Women & Girls

FREESTYLE		18yrs/Over	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs
	50m	00:29.00	00:29.40	00:30.00	00:30.40	00:30.80	00:31.40	00:32.00
	100m	01:02.50	1:03.00	1:03.00	1:04.00	1:05.50	1:07.00	01:08.00
	200m	02:19.00	02:19.00	02:19.00	02:19.00	02:21.50	02:24.50	02:26.00
	400m	04:52.00	04:52.00	04:52.00	04:54.50	05:00.00	05:05.50	05:08.00
	800m	09:45.00	09:55.00	10:00.00	10:00.00	10:18.00	10:35.00	10:45.00
	1500m	18:35.00	18:35.00	18:45.00	19:00.00	19:25.00	19:50.00	20:00.00
BACKSTROKE	50m	00:34.00	00:34.50	00:35.90	00:35.40	00:35.80	00:36.40	00:37.40
	100m	01:15.50	01:15.50	01:15.50	01:16.50	01:16.50	01:18.00	01:20.00
	200m	02:42.00	02:42.00	02:42.00	02:42.00	02:45.00	02:48.00	02:50.00
BREASTSTROKE	50m	00:38.50	00:39.40	00:39.90	00:40.40	00:41.00	00:42.00	00:44.60
	100m	01:27.00	01:27.50	01:27.50	01:28.00	01:28.50	01:30.00	01:33.00
	200m	03:07.00	03:07.00	03:07.00	03:07.00	03:09.00	03:11.00	03:15.00
BUTTERFLY	50m	00:31.50	00:31.50	00:31.80	00:32.10	00:32.60	00:33.00	00:33.50
	100m	01:12.00	01:12.00	01:12.00	01:15.00	01:16.00	01:19.00	01:21.00
	200m	02:45.00	02:45.00	02:45.00	02:48.00	02:50.50	02:53.00	02:53.00
INDIVIDUAL MEDLEY	200m	02:42.00	02:42.00	02:42.00	02:42.50	02:43.00	02:45.50	02:49.00
	400m	05:40.00	05:40.00	05:40.00	05:45.50	05:47.50	05:50.00	05:50.00

AGE AS AT 24th FEBRUARY, 2024
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MEN

	50m FREE	100m FREE	200m Free	400m Free	100m BACK	100m FLY		100m BREAST		200m IM	
S1	1:48.73	3:54.54	9:52.22		5:15.34		SB1				
S2	1:39.97	3:34.43	9:11.69		3:50.65		SB2				3:38.04
S3	1:15.69	2:45.31	6:44.46		3:21.61		SB3				3:11.13
S4	58.62	2:09.15	5:56.24		2:32.50		SB4				2:31.37
S5	54.29	1:55.05	5:03.35		2:04.97		2:10.70	SB5	2:28.36	SM5	4:34.13
S6	47.52	1:45.55	4:08.99	9:46.99	1:58.93	1:55.42	SB6	2:16.35	SM6	4:19.10	
S7	44.07	1:35.54	3:57.35	9:30.51	1:53.71	1:47.92	SB7	2:09.15	SM7	4:05.29	
S8	41.35	1:30.28	3:41.18	8:50.41	1:41.32	1:34.71	SB8	1:44.99	SM8	3:40.79	
S9	40.26	1:27.64	3:28.45	8:30.81	1:37.91	1:33.97	SB9	1:44.35	SM9	3:31.32	
S10	36.04	1:19.70	3:17.32	8:04.88	1:34.87	1:27.72			SM10	3:25.72	
S11	43.10	1:33.79	3:39.84	8:51.71	1:51.13	1:40.76	SB11	1:55.51	SM11	3:55.00	
S12	38.18	1:22.76	3:08.37	8:12.26	1:36.02	1:32.15	SB12	1:48.70	SM12	3:31.42	
S13	37.97	1:24.27	3:15.65	8:06.01	1:34.77	1:30.75	SB13	1:42.26	SM13	3:28.56	
S14	38.94	1:26.71	3:19.50	8:35.30	1:39.96	1:34.67	SB14	1:44.07	SM14	3:36.40	
S15	36.72	1:21.77	3:19.39	8:43.38	1:33.15	1:24.45	SB15	1:34.01	SM15	3:11.49	
S16	42.58	1:37.01	3:44.81	10:40.51	1:54.45	1:49.54	SB16	2:00.79	SM16	4:25.13	
S18	42.72	1:35.31	3:29.48	9:01.07	1:49.86	1:44.07	SB18	1:54.47	SM19	3:58.00	
S19	38.94	1:26.71	3:19.50	8:35.30	1:39.96	1:34.67	SB19	1:44.07	SM19	3:36.40	

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WOMEN

	50m FREE	100m FREE	200m Free	400m Free	100m BACK	100m FLY		100m BREAST		200m IM	
S1	2:12.81	4:51.77	10:48.62		5:24.76		SB1				
S2	2:05.76	4:13.88	10:26.69		5:02.48		SB2				5:11.83
S3	1:36.70	3:25.93	8:01.00		3:37.82		SB3				3:36.13
S4	1:04.91	2:40.98	6:33.90		3:06.61		SB4				3:05.48
S5	1:00.17	2:09.09	5:39.31		2:34.57		3:13.55	SB5	2:35.54	SM5	5:20.30
S6	55.79	2:00.03	4:29.26	10:47.88	2:17.11	2:21.42	SB6	2:30.64	SM6	4:47.50	
S7	52.17	1:52.25	4:28.49	10:08.80	2:15.34	2:10.56	SB7	2:27.58	SM7	4:33.89	
S8	48.64	1:45.27	4:07.79	9:35.04	1:57.51	1:53.24	SB8	2:02.58	SM8	4:10.04	
S9	45.28	1:35.70	4:03.26	9:02.66	1:48.58	1:44.57	SB9	2:00.53	SM9	3:51.62	
S10	43.85	1:36.18	3:42.82	9:01.81	1:44.11	1:46.64			SM10	3:55.24	
S11	53.79	1:58.42	4:04.84	10:11.63	2:16.00	2:16.28	SB11	2:31.23	SM11	4:51.04	
S12	43.21	1:34.18	3:41.82	9:02.93	1:48.94	1:39.88	SB12	2:01.36	SM12	3:57.16	
S13	42.19	1:32.24	3:47.24	8:53.55	1:48.25	1:43.33	SB13	2:00.83	SM13	3:52.12	
S14	44.66	1:38.39	3:46.16	9:18.47	1:49.30	1:49.14	SB14	2:07.72	SM14	4:00.34	
S15	42.23	1:32.76	3:44.67	9:58.49	1:48.24	1:43.31	SB15	1:58.14	SM15	3:51.40	
S16	48.94	1:47.76	4:19.99	11:59.81	2:22.64	2:58.18	SB16	2:23.52	SM16	4:52.83	
S18	49.06	1:48.19	3:57.48	9:47.39	2:00.02	2:00.04	SB18	2:20.42	SM18	4:24.34	
S19	44.66	1:38.39	3:19.39	9:18.47	1:49.30	1:49.14	SB19	2:07.72	SM19	4:00.34	

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