



NSW STATE
10 YEARS & UNDER - 12 YEARS AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
15 - 16 JANUARY 2016

Session One:					Session Two:				
Friday 15 January 2:00PM					Saturday 16 January 9:00AM				
B	G				B	G			
1	2	12 Years/Under	400m	Freestyle	25	26	12 Years	100m	Freestyle
3	4	10 Years/Under	100m	Backstroke	27	28	10 Years/Under	4x50m	Club Medley Relay
5	6	11 Years	200m	Individual Medley	29	30	11 Years/Under	200m	Freestyle
7	8	12 Years	100m	Breaststroke	31	32	12 Years	200m	Individual Medley
9	10	10 Years/Under	200m	Individual Medley	33	34	10 Years/Under	100m	Butterfly
11	12	11 Years	100m	Freestyle	35	36	11 Years	100m	Breaststroke
13	14	12 Years	200m	Backstroke	37	38	12 Years	50m	Freestyle
15	16	11 Years/Under	200m	Breaststroke	39	40	11 Years/Under	200m	Butterfly
17	18	12 Years	100m	Butterfly	41	42	12 Years	200m	Breaststroke
19	20	11 Years	50m	Freestyle	43	44	12 Years/Under	4x50m	Club Freestyle Relay
21	22	10 Years/Under	4x50m	Club Freestyle Relay	45	46	12 Years/Under	800m	Freestyle
23	24	12 Years/Under	400m	Individual Medley					
Session Three:									
Saturday 16 January Not before 1:00PM									
B	G								
47	48	10 Years/Under	100m	Freestyle					
49	50	12 Years	200m	Freestyle					
51	52	11 Years	100m	Butterfly					
53	54	10 Years/Under	100m	Breaststroke					
55	56	12 Years/Under	4 x 50m	Club Medley Relay					
57	58	11 Years	100m	Backstroke					
59	60	10 Years/Under	50m	Freestyle					
61	62	12 Years	100m	Backstroke					
63	64	11 Years/Under	200m	Backstroke					
65	66	12 Years	200m	Butterfly					
67		12 Years/Under	10x50m	Fred Lane Club Freestyle Relay					
	68	12 Years/Under	10x50m	Fanny Durack Club Freestyle Relay					

AGE AS AT 15 JANUARY 2016

ENTRIES CLOSE 5PM WEDNESDAY 6 JANUARY 2016

ENTRY FEE \$16.00 PER INDIVIDUAL EVENT, \$32.00 PER RELAY EVENT (GST INCLUSIVE)

- A swimmer may only appear in one (1) relay team list for that event.
- A club may enter no more than two (2) teams per relay event.
- Where a club enters two (2) teams both teams may score points provided the qualifying time has been met.
- No qualifying times are applicable for Events 67 and 68. A Club may enter one team ONLY in Events 67 and 68.



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Qualifying Times - Boys

	12yrs	11yrs	11yrs/Under	10yrs/Under
Freestyle				
50m	0:31.50	0:33.00		0:34.50
100m	1:06.50	1:10.50		1:15.00
200m	2:26.00		2:33.50	
400m	12yrs/Under 4:59.00			
800m	12yrs/Under 10:10.00			
Backstroke				
100m	1:18.00	1:22.00		1:26.50
200m	2:49.00		2:56.00	
Breaststroke				
100m	1:29.00	1:36.00		1:40.00
200m	3:12.00		3:24.00	
Butterfly				
100m	1:16.50	1:22.00		1:30.00
200m	2:56.00		3:05.00	
Individual Medley				
200m	2:47.50	2:56.50		3:06.00
400m	12yrs/Under 5:30.00			
Club Relays				
4x50m Freestyle	12yrs/Under 2:15.00			10yrs/Under 2:30.00
4x50m Medley	12yrs/Under 2:34.00			10yrs/Under 2:52.00
Fred Lane 10x50m Freestyle	12yrs /Under No QT			

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Qualifying Times - Girls

	12yrs	11yrs	11yrs/Under	10yrs/Under
Freestyle				
50m	0:32.00	0:33.00		0:35.00
100m	1:07.50	1:11.50		1:16.00
200m	2:28.00		2:35.00	
400m	12yrs/Under 5:10.00			
800m	12yrs/Under 10:10.00			
Backstroke				
100m	1:18.00	1:22.00		1:27.50
200m	2:50.00		2:58.00	
Breaststroke				
100m	1:29.50	1:36.00		1:40.80
200m	3:14.50		3:25.00	
Butterfly				
100m	1:17.50	1:22.00		1:31.00
200m	3:00.00		3:06.10	
Individual Medley				
200m	2:48.00	2:56.50		3:07.00
400m	12yrs/Under 5:40.00			
Club Relays				
4x50m Freestyle	12yrs/Under 2:16.50			10yrs/Under 2:30.00
4x50m Medley	12yrs/Under 2:35.00			10yrs/Under 2:55.00
Fanny Durack 10x50m Freestyle	12yrs /Under No QT			

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