



# NSW State Open Championships

## Sydney Olympic Park Aquatic Centre

### 4 - 6 March 2016

Day One HEATS Friday 4 March 9.00AM			Day One FINALS Friday 4 March 6.00PM		
1	Men's 400m Freestyle		1	Men's 400m Freestyle	
2	Women's 50m Butterfly		2	Women's 50m Butterfly	
3	Men's 200m Butterfly		3	Men's 200m Butterfly	
4	Women's 100m Breaststroke		4	Women's 100m Breaststroke	
5	Men's 50m Breaststroke		103	Men's 50m MC Freestyle	Timed Finals
6	Women's 100m Freestyle		104	Women's 50m MC Freestyle	Timed Finals
7	Men's 100 Freestyle		5	Men's 50m Breaststroke	
8	Women's 400 Individual Medley		6	Women's 100m Freestyle	
9	Women's 200m Backstroke		7	Men's 100 Freestyle	
10	Men's 50m Backstroke		8	Women's 400 Individual Medley	
101	Men's 200m MC Individual Medley	Timed Finals	9	Women's 200m Backstroke	
102	Women's 200m MC Individual Medley	Timed Finals	10	Men's 50m Backstroke	
*12	Women's 800m Freestyle	Timed Finals	*11	Mixed 4x50m Freestyle Club Relay	Timed Finals
			*12	Women's 800m Freestyle	Timed Finals
			13	Women's 4x100m Club Medley Relay	Timed Finals
			14	Men's 4x100m Club Medley Relay	Timed Finals

\* Fastest Heat to be swum in the Finals Session

**ENTRIES CLOSE 5PM WEDNESDAY 24 FEBRUARY 2016**

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

**NOTE:** 'B' Finals will be conducted for 200m and 400m events provided that twenty five (25) swimmers contest the heats of that event. Women's 800m Freestyle and Men's 1500 Freestyle will be swum as timed finals with the fastest heat swam in the finals session.



# NSW State Open Championships

## Sydney Olympic Park Aquatic Centre

### 4 - 6 March 2016

Day Two HEATS Saturday 5 March 9.00AM			Day Two FINALS Saturday 5 March 6.00PM		
15	Women's 400m Freestyle		15	Women's 400m Freestyle	
16	Men's 50m Butterfly		16	Men's 50m Butterfly	
17	Women's 100m Butterfly		17	Women's 100m Butterfly	
18	Men's 200m Backstroke		18	Men's 200m Backstroke	
19	Women's 100m Backstroke		19	Women's 100m Backstroke	
105	Men's 100m MC Butterfly	Timed Finals	20	Men's 100m Breaststroke	
106	Women's 100m MC Butterfly	Timed Finals	109	Men's 100m MC Backstroke	Timed Finals
20	Men's 100m Breaststroke		110	Women's 100m MC Backstroke	Timed Finals
21	Women's 200m Breaststroke		21	Women's 200m Breaststroke	
22	Men's 200m Freestyle		22	Men's 200m Freestyle	
23	Women's 50m Freestyle		23	Women's 50 Freestyle	
24	Men's 200m Individual Medley		24	Men's 200m Individual Medley	
107	Men's 400m MC Freestyle	Timed Finals	25	Mixed 4x50m Medley Club Relay	Timed Finals
108	Women's 400m MC Freestyle	Timed Finals	26	Women's 4x200m Club Freestyle Relay	Timed Finals
			27	Men's 4x200m Club Freestyle Relay	Timed Finals

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# NSW State Open Championships

## Sydney Olympic Park Aquatic Centre

### 4 - 6 March 2016

Day Three HEATS Sunday 6 March 9.00AM			Day Three FINALS Sunday 6 March 5.30PM		
28	Women's 200 Butterfly		28	Women's 200 Butterfly	
29	Men's 100m Butterfly		29	Men's 100m Butterfly	
30	Women's 50m Breaststroke		30	Women's 50m Breaststroke	
31	Men's 200m Breaststroke		31	Men's 200m Breaststroke	
32	Women's 200m Freestyle		113	Men's 100m MC Freestyle	Timed Finals
33	Men's 50m Freestyle		114	Women's 100m MC Freestyle	Timed Finals
34	Women's 200m Individual Medley		32	Women's 200m Freestyle	
35	Men's 400m Individual Medley		33	Men's 50m Freestyle	
36	Women's 50m Backstroke		34	Women's 200m Individual Medley	
37	Men's 100m Backstroke		35	Men's 400m Individual Medley	
111	Men's 100m MC Breaststroke	Timed Finals	36	Women's 50m Backstroke	
112	Women's 100m MC Breaststroke	Timed Finals	37	Men's 100m Backstroke	
*38	Men's 1500m Freestyle	Timed Finals	*38	Men's 1500m Freestyle	Timed Finals
			39	Women's 4x100 Club Freestyle Relay	Timed Finals
			40	Men's 4x100 Club Freestyle Relay	Timed Finals

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**NOTE:** 'B' Finals will be conducted for 200m and 400m events provided that twenty five (25) swimmers contest the heats of that event. Women's 800m Freestyle and Men's 1500 Freestyle will be swum as timed finals with the fastest heat swam in the finals session.



**NSW State Open Championships**  
**Sydney Olympic Park Aquatic Centre**  
**4 - 6 March 2016**

**QUALIFYING TIMES**

<b>MEN</b>		<b>WOMEN</b>
<b>FREESTYLE</b>		
25.60	50m	28.50
54.50	100m	1:01.50
2:00.00	200m	2:12.00
4:20.50	400m	4:40.00
	800m	9:25.00
16:50.00	1500m	
<b>BACKSTROKE</b>		
30.50	50m	33.00
1:04.50	100m	1:11.00
2:18.50	200m	2:36.00
<b>BREASTSTROKE</b>		
33.50	50m	38.00
1:12.00	100m	1:21.50
2:37.00	200m	2:53.50
<b>BUTTERFLY</b>		
27.80	50m	31.00
1:00.00	100m	1:09.00
2:15.00	200m	2:34.50
<b>INDIVIDUAL MEDLEY</b>		
2:19.00	200m	2:33.50
4:57.00	400m	5:20.00
<b>CLUB RELAYS</b>		
3:58.00	4x100 F/S	4:22.00
8:35.00	4x200 F/S	9:18.00
4:26.00	4x100 Med	4:50.00
<b>MIXED CLUB RELAYS</b>		
4 x 50m Freestyle Relay		2:00.00
4 x 50m Medley Relay		2:14.00

**ENTRIES CLOSE 5PM WEDNESDAY 24 FEBRUARY 2016**

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- 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.
- A Mixed relay team consists of two (2) members of each gender.

## NSW State Open Championships Multi-Class Qualifying Times

Women	50m Free	100m Free	400m Free	50m Back	100m Back	50m Fly	100m Fly		50m Breast	100m Breast		200m IM
S1	2:07.08	4:30.00		2:05.00	4:31.65			SB1	2:35.40			
S2	1:52.82	4:04.70		2:01.20	4:56.25			SB2	1:52.50			
S3	1:29.60	3:05.30		1:32.10	3:18.00	1:41.50		SB3	1:23.70	3:13.80		
S4	58.65	2:14.70		1:13.30	2:48.50	1:25.80		SB4	1:20.80	2:51.20		
S5	54.40	1:58.10		1:03.95	2:40.00	1:00.70		SB5	1:14.65	2:45.90	SM5	4:49.50
S6	53.82	1:59.10	9:03.40	1:17.30	2:12.50	58.50	2:35.00	SB6	1:11.30	2:36.30	SM6	4:58.70
S7	51.90	1:51.50	8:43.25	1:04.70	2:08.20	57.60	2:09.70	SB7	1:07.80	2:22.90	SM7	4:50.10
S8	47.60	1:43.00	7:37.40	59.80	1:57.50	59.35	2:03.10	SB8	1:07.60	2:02.00	SM8	4:27.30
S9	44.05	1:33.80	7:16.90	55.45	1:45.20	50.30	1:51.20	SB9	1:05.20	1:55.00	SM9	4:04.60
S10	42.55	1:32.20	7:00.00	54.40	1:50.75	54.90	1:42.90				SM10	3:49.70
S11	49.35	1:47.00	8:04.40	57.80	2:03.20	56.80	2:00.20	SB11	1:02.30	2:14.10	SM11	4:26.00
S12	42.10	1:29.72	7:18.40	52.80	1:44.50	47.50	1:41.00	SB12	59.10	2:06.70	SM12	3:47.90
S13	40.95	1:29.50	6:55.00	54.40	1:43.60	47.40	1:38.60	SB13	57.20	1:55.20	SM13	3:38.60
S14	43.25	1:33.30	7:06.40	48.68	1:44.30	46.50	1:44.20	SB14	55.30	2:02.00	SM14	3:49.30
S15	40.95	1:28.90	6:40.70	51.90	1:42.50	46.20	1:37.80	SB15	55.30	1:51.70	SM15	3:38.30
S16	47.40	1:46.30	8:43.70	56.35	2:24.00	52.00	1:48.30	SB16	1:05.70	2:24.20	SM16	4:43.70

Men	50m Free	100m Free	400m Free	50m Back	100m Back	50m Fly	100m Fly		50m Breast	100m Breast		200m IM
S1	1:43.20	3:48.30		2:01.40	4:48.50			SB1	2:19.80	5:24.40		
S2	1:29.82	3:15.20		1:41.70	3:19.20			SB2	1:28.10	3:19.40		
S3	1:09.90	2:38.80		1:18.80	3:05.70	1:33.30		SB3	1:13.70	2:52.70		
S4	56.80	2:04.40		1:08.70	2:31.90	1:10.30		SB4	1:20.80	2:25.40		
S5	49.35	1:53.60		56.80	2:23.50	58.90		SB5	1:03.60	2:16.00	SM5	4:38.60
S6	46.50	1:41.80	7:59.90	55.80	1:56.60	48.80	1:53.60	SB6	1:06.10	2:16.40	SM6	4:13.60
S7	42.80	1:33.50	7:19.50	53.40	1:52.50	49.80	1:56.30	SB7	58.80	2:05.60	SM7	4:07.80
S8	41.10	1:29.60	7:03.10	52.20	1:43.60	47.80	1:40.10	SB8	55.30	1:47.30	SM8	3:46.80
S9	39.45	1:27.60	6:37.20	49.80	1:37.20	46.20	1:36.30	SB9	50.40	1:49.90	SM9	3:33.70
S10	36.95	1:20.30	6:05.10	45.80	1:31.90	40.40	1:29.10				SM10	3:22.90
S11	38.80	1:24.80	6:29.80	50.30	1:43.50	50.30	1:35.00	SB11	51.90	1:48.10	SM11	3:33.80
S12	37.85	1:24.10	6:22.80	45.50	1:35.70	41.50	1:28.20	SB12	49.30	1:44.80	SM12	3:29.60
S13	36.90	1:22.20	6:23.10	45.40	1:35.30	43.40	1:30.50	SB13	47.50	1:41.80	SM13	3:28.80
S14	37.85	1:22.70	6:35.30	45.90	1:35.30	40.70	1:30.30	SB14	45.30	1:39.20	SM14	3:26.40
S15	35.55	1:18.70	5:48.90	42.00	1:28.80	39.20	1:26.10	SB15	46.50	1:34.30	SM15	3:04.30
S16	41.30	1:32.30	8:11.30	49.35	1:51.40	43.80	2:20.00	SB16	50.80	1:59.60	SM16	4:06.70