



**NSW METROPOLITAN  
SHORT COURSE CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
14 - 16 JULY 2017**

<b>Session One</b>				
<b>Friday 14 July 4.00PM</b>				
<b>M</b>	<b>W</b>			
1	2	14/15 Years	200m	Individual Medley
3	4	16 Years/Over	200m	Individual Medley
5	6	13 Years/Under	400m	Individual Medley
7	8	14/15 Years	400m	Freestyle
9	10	16 Years/Over	400m	Freestyle
11	12	14 Years	100m	Breaststroke
13	14	15 Years	100m	Breaststroke
15	16	16 Years/Over	100m	Breaststroke

<b>Session Two</b>					<b>Session Three</b>				
<b>Saturday 15 July 9.00AM</b>					<b>Saturday 15 July NOT BEFORE 12.30PM</b>				
<b>M</b>	<b>W</b>				<b>M</b>	<b>W</b>			
17		Open	1500m	Freestyle	37	38	Open	50m	Butterfly
	18	Open	800m	Freestyle	39	40	13 Years/Under	200m	Butterfly
19	20	Open	100m	Individual Medley	41	42	14/15 Years	200m	Freestyle
21	22	14 Years	100m	Backstroke	43	44	16 Years/Over	200m	Freestyle
23	24	15 Years	100m	Backstroke	45	46	Open MC	50m	Breaststroke
25	26	16 Years/Over	100m	Backstroke	47	48	13 Years/Under	200m	Backstroke
27	28	14/15 Years	200m	Butterfly	49	50	10 Years/Under	100m	Breaststroke
29	30	16 Years/Over	200m	Butterfly	51	52	11 Years	100m	Breaststroke
31	32	Open	50m	Freestyle	53	54	12 Years	100m	Breaststroke
33	34	13 Years/Under	200m	Individual Medley	55	56	13 Years	100m	Breaststroke
35	36	Open MC	50m	Freestyle	57	58	10 Years/Under	100m	Freestyle
					59	60	11 Years	100m	Freestyle
					61	62	12 Years	100m	Freestyle
					63	64	13 Years	100m	Freestyle

<b>Session Four</b>					<b>Session Five</b>				
<b>Sunday 16 July 9.00AM</b>					<b>Sunday 16 July NOT BEFORE 12:30PM</b>				
<b>M</b>	<b>W</b>				<b>M</b>	<b>W</b>			
65	66	14 Years	100m	Butterfly	89	90	14/15 Years	400m	Individual Medley
67	68	15 Years	100m	Butterfly	91	92	16 Years/Over	400m	Individual Medley
69	70	16 Years/Over	100m	Butterfly	93	94	Open MC	50m	Butterfly
71	72	13 Years/Under	200m	Breaststroke	95	96	Open	50m	Backstroke
73	74	14/15 Years	200m	Backstroke	97	98	13 Years/Under	200m	Freestyle
75	76	16 Years/Over	200m	Backstroke	99	100	14/15 Years	200m	Breaststroke
77	78	13 Years/Under	400m	Freestyle	101	102	16 Years/Over	200m	Breaststroke
79	80	Open	50m	Breaststroke	103	104	10 Years/Under	100m	Backstroke
81	82	14 Years	100m	Freestyle	105	106	11 Years	100m	Backstroke
83	84	Open MC	50m	Backstroke	107	108	12 Years	100m	Backstroke
85	86	15 Years	100m	Freestyle	109	110	13 Years	100m	Backstroke
87	88	16 Years/Over	100m	Freestyle	111	112	10 Years/Under	100m	Butterfly
					113	114	11 Years	100m	Butterfly
					115	116	12 Years	100m	Butterfly
					117	118	13 Years	100m	Butterfly

**AGE AS AT 14 JULY 2017**

**ENTRIES CLOSE 5PM TUESDAY 4 JULY, 2017**

**ENTRY FEE TBC PER INDIVIDUAL EVENT (GST INCLUSIVE)**

**NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY**



**NSW METROPOLITAN SHORT COURSE CHAMPIONSHIPS  
 SYDNEY OLYMPIC PARK AQUATIC CENTRE  
 14 - 16 JULY 2017**

**Qualifying Times - Men & Boys**

		Open	16yrs/Over	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs/Under
<b>FREESTYLE</b>	50m	25.50							
	100m		56.00	59.00	1:00.00	1:03.00	1:07.00	1:12.00	1:16.50
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	200m		2:02.00	2:08.00		2:16.50			
	400m		4:23.00	4:32.00		4:50.50			
	1500m	17:10.00							
<b>BACKSTROKE</b>	50m	31.00							
	100m		1:05.00	1:08.00	1:09.50	1:13.00	1:18.00	1:22.00	1:26.50
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	200m		2:26.00	2:28.00		2:37.00			
<b>BREASTSTROKE</b>	50m	33.10							
	100m		1:14.00	1:18.00	1:19.50	1:26.00	1:29.00	1:37.00	1:40.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	200m		2:47.00	2:50.00		3:00.00			
<b>BUTTERFLY</b>	50m	28.00							
	100m		1:04.00	1:06.00	1:10.00	1:13.00	1:20.00	1:24.30	1:31.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	200m		2:25.50	2:33.00		2:44.00			
<b>INDIVIDUAL MEDLEY</b>	100m	1:05.50							
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	200m		2:20.00	2:24.50		2:38.50			
	400m		5:08.00	5:10.00		5:30.50			

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**Qualifying Times - Women & Girls**

		Open	16yrs/Over	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs/Under
<b>FREESTYLE</b>	50m	28.50							
	100m		1:03.00	1:04.00	1:04.50	1:05.00	1:07.50	1:12.00	1:17.50
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	200m		2:16.00	2:16.00		2:19.00			
	400m		4:49.00	4:48.00		4:58.00			
	800m	9:25.00							
<b>BACKSTROKE</b>	50m	33.50							
	100m		1:12.50	1:14.00	1:14.00	1:15.00	1:18.00	1:22.00	1:28.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	200m		2:38.00	2:36.00		2:41.50			
<b>BREASTSTROKE</b>	50m	37.30							
	100m		1:25.00	1:26.00	1:26.00	1:28.00	1:29.50	1:37.00	1:42.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	200m		2:58.50	3:00.00		3:06.00			
<b>BUTTERFLY</b>	50m	31.00							
	100m		1:11.00	1:14.00	1:14.00	1:16.00	1:20.00	1:26.00	1:33.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	200m		2:42.50	2:45.00		2:52.00			
<b>INDIVIDUAL MEDLEY</b>	100m	1:12.00							
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	200m		2:35.50	2:35.50		2:40.00			
	400m		5:30.00	5:40.00		5:45.00			

**AGE AS AT 14 JULY 2017**

**ENTRIES CLOSE 5PM TUESDAY 4 JULY, 2017**

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**Qualifying Times - Multi-Classification**

<b>WOMEN &amp; GIRLS</b>					
	<b>Freestyle</b>	<b>Backstroke</b>	<b>Butterfly</b>		<b>Breaststroke</b>
<b>S1</b>	2:13.81	2:18.14		<b>SB1</b>	2:54.53
<b>S2</b>	2:06.76	2:12.14		<b>SB2</b>	2:06.32
<b>S3</b>	1:37.70	1:43.56	1:38.84	<b>SB3</b>	1:34.40
<b>S4</b>	1:05.91	1:22.20	1:34.68	<b>SB4</b>	1:31.03
<b>S5</b>	1:01.17	1:08.60	1:08.16	<b>SB5</b>	1:20.83
<b>S6</b>	56.19	1:12.57	1:01.03	<b>SB6</b>	1:13.24
<b>S7</b>	52.67	1:02.47	58.28	<b>SB7</b>	1:10.77
<b>S8</b>	49.14	1:00.37	56.56	<b>SB8</b>	1:01.11
<b>S9</b>	45.78	52.94	52.50	<b>SB9</b>	1:00.17
<b>S10</b>	44.35	56.78	54.33		
<b>S11</b>	54.29	1:04.63	1:01.05	<b>SB11</b>	1:09.89
<b>S12</b>	43.71	52.45	49.59	<b>SB12</b>	1:01.28
<b>S13</b>	42.69	53.65	48.93	<b>SB13</b>	57.50
<b>S14</b>	45.16	50.79	48.42	<b>SB14</b>	57.41
<b>S15</b>	42.73	50.40	47.65	<b>SB15</b>	55.73
<b>S16</b>	49.44	57.00	53.04	<b>SB16</b>	1:07.32
<b>MEN &amp; BOYS</b>					
	<b>Freestyle</b>	<b>Backstroke</b>	<b>Butterfly</b>		<b>Breaststroke</b>
<b>S1</b>	1:49.73	2:16.77	3:18.48	<b>SB1</b>	2:37.08
<b>S2</b>	1:40.97	1:48.36	2:55.88	<b>SB2</b>	1:34.52
<b>S3</b>	1:16.69	1:28.57	1:43.48	<b>SB3</b>	1:22.83
<b>S4</b>	59.12	1:16.82	1:15.79	<b>SB4</b>	1:18.44
<b>S5</b>	54.79	1:01.73	1:02.82	<b>SB5</b>	1:10.89
<b>S6</b>	48.02	57.05	50.70	<b>SB6</b>	1:04.03
<b>S7</b>	44.57	55.62	48.86	<b>SB7</b>	1:00.57
<b>S8</b>	41.85	52.56	46.81	<b>SB8</b>	56.46
<b>S9</b>	40.76	48.90	45.74	<b>SB9</b>	52.25
<b>S10</b>	36.54	46.26	42.07		
<b>S11</b>	43.60	54.27	52.61	<b>SB11</b>	58.27
<b>S12</b>	38.68	47.19	43.41	<b>SB12</b>	51.42
<b>S13</b>	38.47	45.63	42.64	<b>SB13</b>	49.59
<b>S14</b>	39.44	47.47	42.37	<b>SB14</b>	47.24
<b>S15</b>	37.22	43.51	40.57	<b>SB15</b>	45.79
<b>S16</b>	43.08	51.36	45.48	<b>SB16</b>	53.04

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