

NSW STATE 10 YEARS & UNDER - 12 YEARS AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
16-17 JANUARY 2010

Session One: Saturday 16 January 9.00AM					Session Two: Saturday 16 January NOT BEFORE 1.00PM				
B	G				B	G			
1	2	12 Years/Under	400m	Freestyle	23	24	12 Years	50m	Freestyle
3	4	10 Years/Under	100m	Backstroke	25	26	10 Years/Under	4x50m	Club Medley Relay
5	6	11 Years	200m	Individual Medley	27	28	11 Years/Under	200m	Freestyle
7	8	12 Years	100m	Breaststroke	29	30	12 Years	200m	Individual Medley
9	10	10 Years/Under	200m	Individual Medley	31	32	10 Years/Under	100m	Butterfly
11	12	11 Years	100m	Freestyle	33	34	11 Years	100m	Breaststroke
13	14	12 Years	200m	Backstroke	35	36	12 Years	100m	Freestyle
15	16	11 Years/Under	200m	Breaststroke	37	38	11 Years/Under	200m	Butterfly
17	18	12 Years	100m	Butterfly	39	40	12 Years	200m	Breaststroke
19	20	11 Years	50m	Freestyle	41	42	11/12 Years	4x50m	Club Freestyle Relay
21	22	10 Years/Under	4x50m	Club Freestyle Relay					
Session Three: Sunday 17 January 9.00AM									
B	G								
43	44	10 Years/Under	50m	Freestyle					
45	46	12 Years	200m	Freestyle					
47	48	11 Years	100m	Butterfly					
49	50	10 Years/Under	100m	Breaststroke					
51	52	12 Years	200m	Butterfly					
53	54	11 Years	100m	Backstroke					
55	56	10 Years/Under	100m	Freestyle					
57	58	12 Years	100m	Backstroke					
59	60	11 Years/Under	200m	Backstroke					
61	62	11/12 Years	4x50m	Club Medley Relay					
63		12 Years/Under	10x50m	Fred Lane Club Freestyle Relay					
	64	12 Years /Under	10x50m	Fanny Durack Club Freestyle Relay					

AGE AS AT 4 JANUARY 2010
ENTRIES CLOSE MONDAY 4 JANUARY 2010
ENTRY FEE \$12 PER INDIVIDUAL EVENT \$24 PER RELAY EVENT
(GST INCLUSIVE)

- In Club relays a maximum of one (1) swimmer from a younger age group may participate.
- 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 to Events 63 and 64.
- A Club may enter one team ONLY in Events 63 and 64.

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Qualifying Times - Boys

	12yrs	11yrs	11yrs/Under	10yrs/Under
Freestyle				
50m	0:32.00	0:33.50		0:35.50
100m	1:07.50	1:11.50		1:15.90
200m	2:27.00		2:33.50	
400m	12yrs/Under 5:07.00			
Backstroke				
100m	1:19.00	1:23.40		1:27.20
200m	2:49.00		2:57.00	
Breaststroke				
100m	1:30.00	1:36.50		1:40.60
200m	3:12.00		3:24.50	
Butterfly				
100m	1:18.00	1:22.00		1:31.00
200m	2:56.00		3:05.00	
Individual Medley				
200m	2:48.50	2:56.50		3:06.00
Club Relays				
4x50m Freestyle	11/12yrs 2:15.00			10yrs/Under 2:30.00
4x50m Medley	11/12 yrs 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	0:33.00	0:34.00		0:35.50
100m	1:08.50	1:11.50		1:16.50
200m	2:29.40		2:36.00	
400m	12yrs/Under 5:12.00			
Backstroke				
100m	1:20.00	1:23.60		1:28.50
200m	2:50.00		2:58.80	
Breaststroke				
100m	1:30.50	1:36.60		1:40.80
200m	3:14.70		3:25.00	
Butterfly				
100m	1:19.20	1:23.00		1:31.00
200m	3:00.00		3:06.10	
Individual Medley				
200m	2:50.50	2:57.30		3:07.00
Club Relays				
4x50m Freestyle	11/12yrs 2:16.50			10yrs/Under 2:30.00
4x50m Medley	11/12yrs 2:35.00			10yrs/Under 2:55.00
Fanny Durack 10x50m Freestyle	12yrs /Under No QT			

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