

Swimming NSW Qualifying Meet

Sydney Olympic Park Aquatic Centre

6-7 March 2010

Session One Saturday 6 March 9.00AM		Session Two Saturday 6 March NOT BEFORE 12:30PM	
1	Men's 400m Freestyle	16	Men's 400m Freestyle
2	Women's 400m Freestyle	17	Women's 400m Freestyle
3	Men's 50m Freestyle	18	Men's 50m Freestyle
4	Women's 50m Freestyle	19	Women's 50m Freestyle
5	Women's 200m Breaststroke	20	Women's 200m Breaststroke
6	Men's 100m Breaststroke	21	Men's 100m Breaststroke
7	Women's 100m Butterfly	22	Women's 100m Butterfly
8	Men's 200m Butterfly	23	Men's 200m Butterfly
9	Women's 100m Backstroke	24	Women's 100m Backstroke
10	Men's 200m Backstroke	25	Men's 200m Backstroke
11	Women's 200m Freestyle	26	Women's 200m Freestyle
12	Men's 100 Freestyle	27	Men's 100 Freestyle
13	Women's 800m Freestyle	28	Women's 800m Freestyle
14	13 Years/Under Boys 800m Freestyle	29	13 Years/Under Boys 800m Freestyle
15	Women's 200m Individual Medley	30	Women's 200m Individual Medley

Session Three Sunday 7 March 9.00AM		Session Four Sunday 7 March NOT BEFORE 12.30PM	
31	Men's 400m Individual Medley	45	Men's 400m Individual Medley
32	Women's 400 Individual Medley	46	Women's 400 Individual Medley
33	Men's 50m Freestyle	47	Men's 50m Freestyle
34	Women's 50m Freestyle	48	Women's 50m Freestyle
35	Men's 200m Breaststroke	49	Men's 200m Breaststroke
36	Women's 100m Breaststroke	50	Women's 100m Breaststroke
37	Men's 100m Butterfly	51	Men's 100m Butterfly
38	Women's 200 Butterfly	52	Women's 200 Butterfly
39	Men's 100m Backstroke	53	Men's 100m Backstroke
40	Women's 200m Backstroke	54	Women's 200m Backstroke
41	Men's 200m Freestyle	55	Men's 200m Freestyle
42	Women's 100m Freestyle	56	Women's 100m Freestyle
43	Men's 1500m Freestyle	57	Men's 1500m Freestyle
44	Men's 200m Individual Medley	58	Men's 200m Individual Medley

AGE AS AT 6 MARCH, 2010

ENTRIES CLOSE MONDAY 1 MARCH, 2010

ENTRY FEE \$6 PER INDIVIDUAL EVENT

(GST INCLUSIVE)

**Only swimmers who are eligible to compete at the 2010
National Age Championships can enter this event.**

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Qualifying Times – Girls

		17/18 yrs	16 yrs	15 yrs	14 yrs	11-13 yrs
FREESTYLE	50m	29.50	29.70	29.70	29.90	30.20
	100m	1:02.00	1:02.40	1:02.50	1:03.00	1:03.90
	200m	2:12.00	2:13.50	2:14.20	2:15.20	2:18.00
	400m	4:35.00	4:37.00	4:40.50	4:41.50	4:46.50
	800m	9:56.00	9:58.00	9:58.00	10:06.00	10:10.00
BACKSTROKE	100m	1:11.20	1:11.20	1:11.30	1:11.50	1:12.80
	200m	2:32.50	2:33.00	2:33.00	2:33.50	2:35.50
BREASTSTROKE	100m	1:20.00	1:21.00	1:21.00	1:21.60	1:23.40
	200m	2:51.00	2:53.20	2:53.30	2:54.50	2:56.30
BUTTERFLY	100m	1:08.00	1:09.00	1:09.20	1:09.70	1:10.60
	200m	2:29.00	2:30.50	2:31.00	2:32.80	2:36.50
INDIVIDUAL MEDLEY	200m	2:31.00	2:32.00	2:32.50	2:33.50	2:36.50
	400m	5:14.00	5:19.00	5:24.00	5:29.00	5:39.00

Qualifying Times – Boys

		17/18 yrs	16 yrs	15 yrs	14 yrs	11-13 yrs
FREESTYLE	50m	26.20	26.70	27.10	27.80	28.80
	100m	55.40	56.40	57.40	59.20	1:01.60
	200m	2:00.20	2:03.50	2:05.00	2:08.80	2:14.00
	400m	4:14.00	4:19.50	4:23.50	4:29.50	4:40.20
	800m					10:10.00
	1500m	17:20.00	17:45.00	18:15.00	18:30.00	
BACKSTROKE	100m	1:03.00	1:04.80	1:05.70	1:07.80	1:10.50
	200m	2:16.70	2:20.60	2:22.00	2:25.30	2:32.00
BREASTSTROKE	100m	1:12.00	1:13.80	1:15.50	1:17.00	1:20.00
	200m	2:37.00	2:40.70	2:42.70	2:46.50	2:54.00
BUTTERFLY	100m	1:00.10	1:02.30	1:03.20	1:06.30	1:08.50
	200m	2:14.00	2:18.50	2:20.50	2:25.50	2:33.00
INDIVIDUAL MEDLEY	200m	2:16.50	2:20.00	2:21.70	2:26.00	2:32.00
	400m	4:49.00	4:54.00	5:04.00	5:19.00	5:39.00

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