

**NSW STATE AGE SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE**

28 – 30 AUGUST, 2009

Session 1

Friday 28 August 5:30pm

B	G			
1	2	12yrs/Under	200m	Ind. Medley
3	4	13 yrs	200m	Ind. Medley
5	6	14 yrs	200m	Ind. Medley
7	8	15 yrs	200m	Ind. Medley
9	10	16 yrs	200m	Ind. Medley
11	12	17/18 yrs	200m	Ind. Medley
13	14	12 yrs	100m	Freestyle
15	16	13 yrs	100m	Freestyle
17	18	14 yrs	100m	Freestyle
19	20	15 yrs	100m	Freestyle
21	22	16 yrs	100m	Freestyle
23	24	17/18 yrs	100m	Freestyle
25	26	15yrs/Under	4x100m	Freestyle Relay

Session 2

Saturday 29 August 9.00am

B	G			
27	28	18yrs/Under	400m	Ind. Medley
29	30	10yrs/Under	50m	Freestyle
31	32	11 yrs	100m	Butterfly
33	34	12 yrs	200m	Backstroke
35	36	13 yrs	100m	Breaststroke
37	38	14 yrs	200m	Freestyle
39	40	15 yrs	100m	Butterfly
41	42	16 yrs	200m	Backstroke
43	44	17/18 yrs	100m	Breaststroke
45	46	10yrs/Under	100m	Backstroke
47	48	11 yrs	50m	Breaststroke
49	50	12 yrs	100m	Breaststroke
51	52	13 yrs	200m	Freestyle
53	54	14 yrs	100m	Butterfly
55	56	15 yrs	200m	Backstroke
57	58	16 yrs	100m	Breaststroke
59	60	17/18 yrs	200m	Freestyle
61	62	12yrs/Under	4x50m	Medley Relay

Session 3

Saturday 29 August Not Before 12.30pm

B	G			
63	64	18yrs/Under	4x100m	Medley Relay
65	66	10yrs/Under	100m	Freestyle
67	68	11 yrs	50m	Butterfly
69	70	12 yrs	50m	Freestyle
71	72	13 yrs	200m	Butterfly
73	74	14 yrs	100m	Backstroke
75	76	15 yrs	200m	Breaststroke
77	78	16 yrs	50m	Freestyle
79	80	17/18 yrs	200m	Butterfly
81	82	10yrs/Under	50m	Backstroke
83	84	11 yrs	100m	Breaststroke
85	86	12 yrs	200m	Butterfly
87	88	13 yrs	100m	Backstroke
89	90	14 yrs	200m	Breaststroke
91	92	15 yrs	50m	Freestyle
93	94	16 yrs	200m	Butterfly
95	96	17/18 yrs	100m	Backstroke
97	98	12yrs/Under	4x50m	Freestyle Relay

AGE AS AT 28 AUGUST, 2009

ENTRIES CLOSE MONDAY 17 AUGUST, 2009

ENTRY FEE \$12 PER INDIVIDUAL EVENT \$24 PER RELAY EVENT (GST INCLUSIVE)

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Session 4

Sunday 30 August 9.00am

Session 5

Sunday 30 August Not Before 12.30pm

B	G				B	G			
99	100	10yrs/Under	50m	Butterfly	133	134	15yrs/Under	4x100m	Medley Relay
101	102	11 yrs	100m	Freestyle	135	136	10yrs/Under	100m	Butterfly
103	104	12 yrs	100m	Backstroke	137	138	11 yrs	50m	Freestyle
105	106	13 yrs	200m	Breaststroke	139	140	12 yrs/Under	200m	Freestyle
107	108	14 yrs	50m	Freestyle	141	142	13 yrs	100m	Butterfly
109	110	15 yrs	200m	Butterfly	143	144	14 yrs	200m	Backstroke
111	112	16 yrs	100m	Backstroke	145	146	15 yrs	100m	Breaststroke
113	114	17/18 yrs	200m	Breaststroke	147	148	16 yrs	200m	Freestyle
115	116	10yrs/Under	100m	Breaststroke	149	150	17/18 yrs	100m	Butterfly
117	118	11 yrs	50m	Backstroke	151	152	10yrs/Under	50m	Breaststroke
119	120	12 yrs	200m	Breaststroke	153	154	11 yrs	100m	Backstroke
121	122	13 yrs	50m	Freestyle	155	156	12 yrs	100m	Butterfly
123	124	14 yrs	200m	Butterfly	157	158	13 yrs	200m	Backstroke
125	126	15 yrs	100m	Backstroke	159	160	14 yrs	100m	Breaststroke
127	128	16 yrs	200m	Breaststroke	161	162	15 yrs	200m	Freestyle
129	130	17/18 yrs	50m	Freestyle	163	164	16 yrs	100m	Butterfly
131	132	18yrs/Under	4x100m	Freestyle Relay	165	166	17/18 yrs	200m	Backstroke

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- 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.
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Club Relay Qualifying Times

Men & Boys

		18yrs & Under	15yrs & Under	12yrs & Under
FREESTYLE	4x50m			2:05.00
	4x100m	3:55.00	4:05.00	
MEDLEY	4x50m			2:30.00
	4x100m	4:30.00	4:45.00	

Women & Girls

		18yrs & Under	15yrs & Under	12yrs & Under
FREESTYLE	4x50m			2:05.00
	4x100m	4:20.00	4:20.00	
MEDLEY	4x50m			2:30.00
	4x100m	5:00.00	5:00.00	

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28 – 30 AUGUST, 2009

Qualifying Times – Men & Boys

		17/18yrs	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs/U
FREESTYLE	50m	25.90	26.00	26.30	27.00	28.00	29.90	31.20	33.50
	100m	56.60	56.80	56.80	59.20	1:01.60	1:05.30	1:09.60	1:13.50
	200m	2:03.00	2:04.50	2:05.00	2:09.50	2:16.00	12/under 2:22.40		
BACKSTROKE	50m							37.00	39.20
	100m	1:05.40	1:05.50	1:05.50	1:07.50	1:10.60	1:15.00	1:20.20	1:25.00
	200m	2:22.80	2:23.40	2:26.00	2:30.00	2:36.00	2:42.00		
BREASTSTROKE	50m							42.40	45.80
	100m	1:12.20	1:15.50	1:16.00	1:17.80	1:21.50	1:26.50	1:32.80	1:39.00
	200m	2:39.00	2:43.00	2:48.00	2:53.00	2:55.00	2:58.00		
BUTTERFLY	50m							36.00	38.50
	100m	1:02.50	1:04.00	1:04.00	1:06.00	1:10.30	1:15.20	1:21.00	1:27.50
	200m	2:21.00	2:25.00	2:27.00	2:35.00	2:39.00	2:46.00		
INDIVIDUAL MEDLEY	200m	2:20.00	2:20.00	2:20.00	2:24.50	2:31.00	12/under 2:39.50		
	400m	5:04.00	5:04.00	5:07.00	5:07.00	13/Under 5:10.00			

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NSW STATE AGE SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
28 – 30 AUGUST, 2009

Qualifying Times – Women & Girls

		17/18yrs	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs/U
FREESTYLE	50m	28.60	28.70	28.80	28.90	29.50	30.30	31.40	33.60
	100m	1:02.80	1:02.80	1:03.00	1:03.00	1:04.00	1:06.50	1:09.80	1:14.00
	200m	2.15.00	2.16.00	2.16.50	2.16.50	2.18.00	12/under 2.23.00		
BACKSTROKE	50m							37.00	39.40
	100m	1:11.70	1:11.80	1:12.00	1:12.00	1:12.90	1:15.80	1:20.20	1:25.50
	200m	2.32.50	2.34.00	2.34.50	2.35.50	2.36.90	2.43.50		
BREASTSTROKE	50m							42.00	45.90
	100m	1:22.00	1:22.10	1:22.10	1:22.60	1:24.70	1.26.50	1:31.00	1:39.00
	200m	2.54.00	2.55.00	2.57.00	2.59.00	3.03.00	3.08.00		
BUTTERFLY	50m							36.00	38.50
	100m	1:11.00	1:11.00	1:11.00	1:11.00	1:12.50	1.16.00	1.21.50	1:29.00
	200m	2.34.70	2.34.80	2.36.00	2.38.00	2.40.00	2.50.00		
INDIVIDUAL MEDLEY	200m	2.33.00	2.33.00	2.33.00	2.33.80	2:35.40	12/under 2:41.00		
	400m	5:22.00	5:22.00	5:25.00	5:25.00	13/Under 5:30.00			

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