



**COURTYARD BY MARRIOTT NORTH RYDE  
NSW COUNTRY SC CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
18 – 19 JULY 2009**

**SYDNEY-NORTH RYDE**

<b>Session 1 Saturday 18 July 9.00am</b>					<b>Session 2 Saturday 18 July Not before 12.30pm</b>				
<b>M</b>	<b>W</b>				<b>M</b>	<b>W</b>			
1	2	15yrs & Over	400m	Freestyle	33	34	15yrs & Over	200m	Butterfly
3	4	14yrs & Under	400m	Freestyle	35	36	13/14yrs	100m	Backstroke
5	6	10yrs & Under	50m	Butterfly	37	38	10yrs & Under	50m	Breaststroke
7	8	11/12yrs	100m	Breaststroke	39	40	15yrs & Over	50m	Breaststroke
9	10	13/14yrs	200m	IM	41	42	11/12yrs	50m	Breaststroke
11	12	15yrs & Over	200m	IM	43	44	13/14yrs	50m	Breaststroke
13	14	13/14yrs	50m	Backstroke	47	48	Open MD	50m	Butterfly
15	16	11/12yrs	50m	Backstroke	45	46	12yrs & Under	200m	Butterfly
17	18	15yrs & Over	100m	Breaststroke	49	50	15yrs & Over	200m	Breaststroke
19	20	10yrs & Under	100m	Backstroke	51	52	13/14yrs	200m	Breaststroke
21	22	15 yrs & Over	50m	Backstroke	53	54	10yrs & Under	100m	Butterfly
23	24	12yrs & Under	200m	IM	55	56	15yrs & Over	100m	Freestyle
25	26	Open MD	50m	Freestyle	57	58	13/14yrs	100m	Freestyle
27	28	13/14yrs	200m	Butterfly	59	60	12yrs & Under	200m	Freestyle
29	30	Open	4x50m	Free Relay	61		Open	1500m	Freestyle
	32	Open	800m	Freestyle					
<b>Session 3 Sunday 19 July 9.00am</b>					<b>Session 4 Sunday 19 July Not before 12.30pm</b>				
<b>M</b>	<b>W</b>				<b>M</b>	<b>W</b>			
63	64	15yrs & Over	400m	IM	93	94	Open	4x50m	Medley Relay
65	66	14yrs & Under	400m	IM	95	96	12yrs & Under	200m	Breaststroke
67	68	12yrs & Under	200m	Backstroke	97	98	15yrs & Over	200m	Freestyle
69	70	Open MD	50m	Breaststroke	99	100	13/14yrs	200m	Freestyle
71	72	11/12yrs	100m	Butterfly	101	102	11/12yrs	50m	Butterfly
73	74	15yrs & Over	50m	Freestyle	103	104	10yrs & Under	50m	Backstroke
75	76	13/14yrs	50m	Freestyle	105	106	13/14yrs	100m	Breaststroke
77	78	10yrs & Under	50m	Freestyle	107	108	Open MD	50m	Backstroke
79	80	Open	100m	IM	109	110	15yrs & Over	100m	Backstroke
81	82	11/12yrs	50m	Freestyle	111	112	11/12yrs	100m	Freestyle
83	84	13/14yrs	50m	Butterfly	113	114	10yrs & Under	100m	Freestyle
85	86	10yrs & Under	100m	Breaststroke	115	116	15yrs & Over	50m	Butterfly
87	88	15yrs & Over	100m	Butterfly	117	118	13/14yrs	200m	Backstroke
89	90	13/14yrs	100m	Butterfly	119	120	11/12yrs	100m	Backstroke
91	92	15yrs & Over	200m	Backstroke					

**AGE AS AT 18 JULY, 2009**

**ENTRIES CLOSE MONDAY 6 JULY, 2009**

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

**NOTE: MULTIDISABILITY EVENTS ARE CHAMPIONSHIP EVENTS. QUALIFYING TIMES APPLY**



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SYDNEY-NORTH RYDE

**Qualifying Times – Men & Boys**

		Open	15yrs & Over	13/14yrs	11/12yrs	10yrs & Under
Free	50m		27.00	29.00	32.00	36.00
	100m		1.01.00	1.05.50	1.12.00	1.18.00
					<b>12yrs &amp; Under</b>	
	200m		2.08.00	2.17.00	2.25.00	
					<b>14yrs &amp; Under</b>	
	400m		4.30.00		4.45.00	
	1500m	17.30.00				
Back	50m		33.00	35.00	38.50	40.50
	100m		1.11.50	1.14.50	1.23.00	1.26.50
					<b>12yrs &amp; Under</b>	
	200m		2.29.00	2.40.00	2.44.00	
Breast	50m		37.50	40.50	43.50	46.50
	100m		1.22.00	1.27.50	1.37.50	1.43.00
					<b>12yrs &amp; Under</b>	
	200m		2.50.00	2.58.00	3.02.00	
Fly	50m		32.00	34.00	37.00	39.00
	100m		1.10.50	1.14.50	1.23.50	1.35.00
					<b>12yrs &amp; Under</b>	
	200m		2.29.00	2.41.50	2.50.00	
Medley	100m	1.06.00				
					<b>12yrs &amp; Under</b>	
	200m		2.30.00	2.36.00	2.45.00	
					<b>14yrs &amp; Under</b>	
	400m		5.10.00		5.20.00	
Relay	4x50m Free	1.57.00				
	4x50m Medley	2.14.50				

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18 – 19 JULY 2009**

SYDNEY-NORTH RYDE

**Qualifying Times – Women & Girls**

		Open	15yrs & Over	13/14yrs	11/12yrs	10yrs & Under
Free	50m		30.50	32.00	35.00	37.00
	100m		1.07.50	1.09.00	1.12.00	1.18.00
					<b>12yrs &amp; Under</b>	
	200m		2.17.00	2.23.00	2.28.00	
					<b>14yrs &amp; Under</b>	
	400m		4.48.00		5.00.00	
	800m	9.45.00				
Back	50m		36.00	37.50	39.00	41.00
	100m		1.16.50	1.17.50	1.25.00	1.28.00
					<b>12yrs &amp; Under</b>	
	200m		2.38.00	2.41.50	2.50.00	
Breast	50m		41.50	43.00	47.00	49.00
	100m		1.28.00	1.30.00	1.35.00	1.43.00
					<b>12yrs &amp; Under</b>	
	200m		2.59.00	3.06.00	3.15.00	
Fly	50m		35.20	36.00	38.50	40.00
	100m		1.15.00	1.17.00	1.24.00	1.35.00
					<b>12yrs &amp; Under</b>	
	200m		2.40.00	2.45.00	2.57.00	
Medley	100m	1.13.00				
					<b>12yrs &amp; Under</b>	
	200m		2.38.00	2.41.00	2.47.00	
					<b>14yrs &amp; Under</b>	
	400m		5.27.50		5.32.00	
Relay	4x50m Free	2.06.00				
	4x50m Medley	2.25.00				

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**Qualifying Times- Multi-Disability**

<b>WOMEN</b>					
	<b>FREE</b>	<b>BACK</b>	<b>FLY</b>		<b>BREAST</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</b>					
	<b>FREE</b>	<b>BACK</b>	<b>FLY</b>		<b>BREAST</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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