

NSW STATE OPEN SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
24 – 25 JULY 2009

Session 1				
Friday 24 July 6.00pm				
1	Mens	Open	400m	Freestyle
2	Womens	Open	400m	Freestyle
3	Mens	Open	50m	Breaststroke
4	Womens	Open	50m	Breaststroke
5	Mens	Open	200m	Ind. Medley
6	Womens	Open	200m	Ind. Medley
7	Mens	14/15 Yrs	400m	Freestyle
8	Womens	14/15 Yrs	400m	Freestyle
9	Mens	Open	100m	Backstroke
10	Womens	Open	100m	Backstroke
11	Mens	Open	50m	Freestyle
12	Womens	Open	50m	Freestyle
13	Mens	Open	200m	Butterfly
14	Womens	Open	200m	Butterfly
15	Mens	Open	4x200m	Freestyle Relay
16	Womens	Open	4x200m	Freestyle Relay

Session 2				
Saturday 25 July 9.00am				
17	Mens	13 Yrs & U	400m	Freestyle
18	Womens	13 Yrs & U	400m	Freestyle
19	Mens	Open	100m	Ind. Medley
20	Womens	Open	100m	Ind. Medley
21	Mens	Open	200m	Backstroke
22	Womens	Open	200m	Backstroke
23	Mens	Open	200m	Breaststroke
24	Womens	Open	200m	Breaststroke
25	Mens	Open	50m	Butterfly
26	Womens	Open	50m	Butterfly
27	Mens	16-18 Yrs	400m	Freestyle
28	Womens	16-18 Yrs	400m	Freestyle
29	Mens	Open	100m	Freestyle
30	Womens	Open	100m	Freestyle
31	Mens	Open	1500m	Freestyle
32	Mens	Open	4x100m	Medley Relay
33	Womens	Open	4x100m	Medley Relay

Session 3				
Saturday 25 July Not before 12.30pm				
34	Womens	Open	800m	Freestyle
35	Mens	Open	100m	Butterfly
36	Womens	Open	100m	Butterfly
37	Mens	Open	400m	Ind. Medley
38	Womens	Open	400m	Ind. Medley
39	Mens	Open	50m	Backstroke
40	Womens	Open	50m	Backstroke
41	Mens	Open	200m	Freestyle
42	Womens	Open	200m	Freestyle
43	Mens	Open	100m	Breaststroke
44	Womens	Open	100m	Breaststroke
45	Mens	Open	4x100m	Freestyle Relay
46	Womens	Open	4x100m	Freestyle Relay

AGE AS AT 24 JULY, 2009
ENTRIES CLOSE MONDAY 13 JULY, 2009
ENTRY FEE \$12 PER INDIVIDUAL EVENT \$24 PER RELAY EVENT
(GST INCLUSIVE)

- 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.

**NSW STATE OPEN SHORT COURSE CHAMPIONSHIPS
 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 24 – 25 JULY 2009**

Qualifying Times – Open Events

MEN			WOMEN	
FREESTYLE				
00:25.20	50m		00:28.40	
00:55.60	100m		01:01.50	
02:03.00	200m		02:12.00	
04:22.50	400m		04:42.00	
	800m		09:25.00	
17:10.00	1500m			
BACKSTROKE				
00:29.40	50m		00:32.70	
01:03.00	100m		01:09.00	
02:18.50	200m		02:29.50	
BREASTSTROKE				
00:33.20	50m		00:36.90	
01:12.50	100m		01:19.50	
02:38.00	200m		02:50.00	
BUTTERFLY				
00:28.00	50m		00:31.00	
01:01.30	100m		01:08.60	
02:19.00	200m		02:31.00	
INDIVIDUAL MEDLEY				
1:05.00	100m		1:11.50	
2:20.80	200m		2:31.80	
5:00.00	400m		5.21.00	

Qualifying Times – Age Events

FREESTYLE				
16/18yrs	04:25.00	400m	16/18yrs	04:48.00
14/15yrs	04:30.00	400m	14/15yrs	04:48.00
13yrs/U	04:49.00	400m	13yrs/U	04:55.00

Qualifying Times – Relay Events

MEN			WOMEN	
08:20.00	4 x 200m Freestyle		09:00.00	
04:25.00	4 x 100m Medley		04:55.00	
03:50.00	4 x 100m Freestyle		04:15.00	

AGE AS AT 24 JULY, 2009

ENTRIES CLOSE MONDAY 13 JULY, 2009

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

- 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.