

SHORT COURSE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE

Saturday 25 May 2024

Session One

Warm Up 8:00am

Start Time: 9:00am

M	F	Age	Dist	Event	Qualifying Times	
1	2	Open	400m	Freestyle	5:00.00	5:20.00
3	4	10 Years	200m	Individual Medley	4:00.00	4:00.00
5	6	12 Years	100m	Butterfly	1:50.00	1:55.00
7	8	16 Years	200m	Individual Medley	3:10.00	3:15.00
9	10	Senior (17/Over)	50m	Freestyle		
11	12	Multi Class	50m	Butterfly		
13	14	14 Years	100m	Backstroke	1:40.00	1:45.00
15	16	11 Years	100m	Backstroke	2:00.00	2:05.00
17	18	Open	100m	Backstroke	1:30.00	1:32.00
19	20	13 Years	100m	Breaststroke	1:45.00	1:50.00
21	22	15 Years	100m	Butterfly	1:35.00	1:40.00
23	24	10 Years & Under	4x50m	Freestyle Relay		
25	26	Open	50m	Freestyle	38.00	38.00
27	28	9/Under	100m	Freestyle	2:30.00	2:30.00
29	30	16 Years	100m	Freestyle	1:15.00	1:20.00
31	32	Open	200m	Individual Medley	2:55.00	3:00.00
33	34	10 Years	100m	Breaststroke	2:20.00	2:20.00
35	36	12 Years	200m	Individual Medley	3:25.00	3:30.00
37	38	15 Years & Over	4x50	Medley Relay		
39	40	Multi Class	50m	Breaststroke		
41	42	Open	800m	Freestyle	10:50.00	11:20.00

Session Two

Start Time: Not before 12:30pm

M	F	Age	Dist	Event	Qualifying Times	
43	44	Open	200m	Backstroke	2:55.00	3:00.00
45	46	9/Under	100m	Backstroke	2:50.00	2:50.00
47	48	Multi Class	50m	Backstroke		
49	50	Senior (17/Over)	50m	Butterfly		
51	52	12 Years	100m	Breaststroke	1:55.00	2:00.00
53	54	14 Years	200m	Individual Medley	3:15.00	3:20.00
55	56	16 Years	100m	Breaststroke	1:40.00	1:45.00
57	58	15 Years & Over	4x50m	Freestyle Relay		
59	60	10 Years	100m	Butterfly	2:15.00	2:15.00
61	62	Open	200m	Butterfly	2:55.00	3:00.00
63	64	9/Under	200m	Individual Medley	4:30.00	4:30.00
65	66	13 Years	100m	Freestyle	1:20.00	1:25.00
67	68	15 Years	100m	Breaststroke	1:40.00	1:45.00
69	70	14 Years	100m	Freestyle	1:20.00	1:25.00
71	72	10 Years & Under	4x50m	Medley Relay		
73	74	Multi Class	50m	Freestyle		
75	76	Open	50m	Butterfly	42.00	42.00
77	78	11 Years	100m	Butterfly	2:00.00	2:05.00
79	80	Open	100m	Breaststroke	1:45.00	1:46.00

SHORT COURSE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE

Sunday 26 May 2024

Session Three

Warm Up 8:00am

Start Time 9:00am

M	F	Age	Dist	Event	Qualifying Times	
81	82	Open	200m	Freestyle	2:30.00	2:35.00
83	84	11 Years	100m	Breaststroke	2:20.00	2:25.00
85	86	Open	50m	Breaststroke	50.00	50.00
87	88	13 & 14 Years	4x50	Freestyle Relay		
89	90	Senior (17/Over)	50m	Backstroke		
91	92	12 Years	100m	Backstroke	1:45.00	1:50.00
93	94	15 Years	100m	Backstroke	1:35.00	1:40.00
95	96	13 Years	200m	Individual Medley	3:10.00	3:16.00
97	98	10 Years	100m	Backstroke	2:15.00	2:15.00
99	100	Open	200m	Breaststroke	3:10.00	3:20.00
101	102	14 Years	100m	Butterfly	1:40.00	1:45.00
103	104	16 Years	100m	Butterfly	1:31.00	1:35.00
105	106	11 & 12 Years	4x50	Medley Relay		
107	108	9/Under	100m	Breaststroke	2:55.00	2:55.00
109	110	Open	100m	Individual Medley	1:15.00	1:20.00
111	112	13 Years	100m	Butterfly	1:40.00	1:45.00
113	114	11 Years	100m	Freestyle	1:50.00	1:55.00
115	116	Open	1500	Freestyle	20:30.00	22:00.00

Session Four

Start Time: Not before 12:30pm

M	F	Age	Dist	Event	Qualifying Times	
117	118	Open	400m	Individual Medley	5:40.00	6:00.00
119	120	9/Under	100m	Butterfly	2:55.00	2:55.00
121	122	Open	50m	Backstroke	42.00	42.00
123	124	13 Years	100m	Backstroke	1:40.00	1:45.00
125	126	16 Years	100m	Backstroke	1:35.00	1:40.00
127	128	13 & 14 Years	4x50m	Medley Relay		
129	130	Senior (17/Over)	50m	Breaststroke		
131	132	12 Years	100m	Freestyle	1:25.00	1:30.00
133	134	15 Years	200m	Individual Medley	3:10.00	3:15.00
135	136	10 Years	100m	Freestyle	2:00.00	2:00.00
137	138	Open	100m	Freestyle	1:20.00	1:21.00
139	140	11 Years	200m	Individual Medley	3:50.00	3:55.00
141	142	14 Years	100m	Breaststroke	1:45.00	1:50.00
143	144	15 Years	100m	Freestyle	1:15.00	1:20.00
145	146	Open	100m	Butterfly	1:35.00	1:36.00
147	148	11 & 12 Years	4x50m	Freestyle Relay		



CONDITIONS OF ENTRY

1. Meet conducted under the rules of SNSW & SAL and is Area approved.
2. **Only swimmers from the Metro South West Area are eligible to attend.**
3. All Events are Timed Finals.
4. Online entries are available via Swim Central. Approved and non-approved times will be accepted.
5. **Multi-Class swimmers** can submit requests to enter the age and open events to registrar@metrosw.org.au
6. Entry Fees: \$13.00 per championship event.
 \$17.00 per relay event
7. Entries Close: Wednesday 15 May 2024
8. Age as at: 25 May 2024
9. Pool Entry: Free
10. Programmes: Available to download from <https://metroswsw.swimming.org.au/>
11. Championship medals will be awarded to 1st, 2nd, 3rd placegetters in all events.
12. Finalists ribbons will be awarded for 4th to 10th in all individual events.
13. Points will be awarded to championship and relay events only.
14. Clubs can enter a maximum of 2 relay teams per event.
15. Age point score will be awarded in the following age groups:
 - 9 Years and Under Boys and Girls
 - 10 Years Boys and Girls
 - 11 Years Boys and Girls
 - 12 Years Boys and Girls
 - 13 Years Boys and Girls
 - 14 Years Boys and Girls
 - 15 Years Boys and Girls
 - 16 Years Boys and Girls
 - Senior Boys and Girls (17 Years and Over)
 - Open Mens and Womens
16. No Phone or Late Entries will be accepted.

Enquiries: Kathy Thompson
 Phone: 0419 144524
 Email: registrar@metrosw.org.au

Online Entries: