swimming metro SOUTH WEST

LONG COURSE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE
Saturday 14 November 2026

Session One

Warm Up 8:00am — Start Time: 9:00am

M	F	Age	Dist	Event	Qualifying Times
1	2	Open	400m	Freestyle	Refer to Table
3	4	Multi Class	50m	Backstroke	
5	6	Open (includes 17/Over)	50m	Backstroke	Refer to Table
7	8	9U/10/11/12	100m	Butterfly	Refer to Table
9	10	13/14/15/16	100m	Butterfly	Refer to Table
11	12	Multi Class	100m	Butterfly	
13	14	Open	100m	Butterfly	Refer to Table
15	16	11-12 Years	4 x 50m	Freestyle Relay	
17	18	15 Years and Over	4 x 50m	Freestyle Relay	
19	20	13-14 Years	4 x 50m	Freestyle Relay	
21	22	10 Years and Under	4 x 50m	Freestyle Relay	
23	24	Open	200m	Breaststroke	Refer to Table

Session Two

Start Time: Not before 12:30pm

M	F	Age	Dist	Event	Qualifying Times
25	26	Open	200m	Individual Medley	Refer to Table
27	28	Multi Class	50m	Breaststroke	
29	30	Open (includes 17/Over)	50m	Breaststroke	Refer to Table
31	32	Open	200m	Butterfly	Refer to Table
33	34	9U/10/11/12 Years	100m	Freestyle	Refer to Table
35	36	13-16 Years	100m	Freestyle	Refer to Table
37	38	Multi Class	100m	Freestyle	
39	40	Open	100m	Freestyle	Refer to Table
41	42	9U/10/11/12	200m	Individual Medley	Refer to Table
43	44	Open	800m	Freestyle	Refer to Table

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SYDNEY OLYMPIC PARK AQUATIC CENTRE
Sunday 15 November 2026

Session Three

Warm Up 8:00am — Start Time 9:00am

M	F	Age	Dist	Event	Qualifying Times
45	46	Open	200m	Freestyle	Refer to Table
47	48	Multi Class	50m	Freestyle	
49	50	Open (includes 17/Over)	50m	Freestyle	Refer to Table
51	52	9U/10/11/12 Years	100m	Backstroke	Refer to Table
53	54	13/14/15/16 Years	100m	Backstroke	Refer to Table
55	56	Multi Class	100m	Backstroke	
57	58	Open	100m	Backstroke	Refer to Table
59	60	11-12 Years	4 x 50m	Medley Relay	
61	62	10 Years & Under	4 x 50m	Medley Relay	
63	64	Open	1500m	Freestyle	Refer to Table
65	66	Open	10 x 50m	Freestyle Relay	

Session Four

Start Time: Not before 12:30pm

M	F	Age	Dist	Event	Qualifying Times
67	68	Open	400m	Individual Medley	Refer to Table
69	70	15 Years & Over	4 x 50m	Medley Relay	
71	72	13-14 Years	4 x 50m	Medley Relay	
73	74	Open	200m	Backstroke	Refer to Table
75	76	Multi Class	50m	Butterfly	
77	78	Open (includes 17/Over)	50m	Butterfly	Refer to Table
79	80	13/14/15/16 Years	100m	Breaststroke	Refer to Table
81	82	9U/10/11/12 Years	100m	Breaststroke	Refer to Table
83	84	Open	100m	Breaststroke	Refer to Table
85	86	Multi Class	100m	Breaststroke	
87	88	13/14/15/16 Years	200m	Individual Medley	Refer to Table

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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 request entry to Open events if they are within a reasonable time limit of the advertised qualifying time.
6. Entry Fees: $15.00 per championship event.
   $17.00 per relay event
7. Entries Close: Wednesday 4 November 2026
8. Age as at: 14 November 2026
9. Pool Entry: Free
10. Programmes: Available to download from https://metroswnsw.swimming.org.au/
11. Championship medals will be awarded to 1st, 2nd, 3rd placegetters in all events, including multi age events.
12. Finalists ribbons will be awarded for 4th to 10th in all individual events.
13. Multi class events will be awarded medals as 13 Years and Under and 14 Years and Over
14. Points will be awarded to all events, including multi-aged individual events.
15. Clubs can enter a maximum of 2 relay teams per event.
16. 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
17. No Phone or Late Entries will be accepted.

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

Online Entries:

Qualifying Times for Open Events - Male

	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
9-10	42.00	1:27.00					48.00	1:35.00		55.00	1:50.50		49.00	1:38.00			
11-12	37.00	1:15.00	2:42.00	5:34.00	10:50.00		43.50	1:25.50	3:08.00	51.00	1:44.00	3:40.00	42.00	1:30.00	3:19.00	3:12.00	6:05.00
13-14	33.00	1:08.00	2:24.00	4:59.00	10:40.00	19:55.00	38.00	1:20.50	2:47.00	42.50	1:32.00	3:15.00	36.50	1:19.50	2:51.00	2:50.00	5:55.00
15-16	31.00	1:04.50	2:16.50	4:45.00	10:10.00	18:55.00	35.50	1:15.50	2:42.50	40.00	1:28.00	3:05.00	33.50	1:13.50	2:46.00	2:41.00	5:30.00
17	34.00	1:05.00	2:16.00	4:42.00	9:50.00	18:50.00	37.00	1:13.00	2:41.00	42.00	1:27.00	2:58.00	37.00	1:11.00	2:34.00	2:34.00	5:18.00

Qualifying Times for Open Events - Female

	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
9-10	43.50	1:28.00					49.00	1:37.00		57.00	1:51.50		50.00	1:40.00			
11-12	37.50	1:19.00	2:47.00	5:39.00	11:00.00		43.50	1:31.00	3:13.00	52.00	1:44.00	3:40.00	42.50	1:32.00	3:20.00	3:14.00	6:06.00
13-14	35.00	1:13.00	2:33.00	5:15.00	10:55.00	20:20.00	40.00	1:23.50	2:55.00	45.50	1:35.00	3:20.00	37.00	1:25.00	3:08.00	3:00.00	5:58.00
15-16	34.00	1:08.50	2:28.00	5:04.00	10:25.00	19:50.00	39.50	1:21.00	2:50.50	43.00	1:33.00	3:10.00	35.50	1:20.50	2:58.00	2:53.50	5:55.50
17	36.00	1:08.00	2:24.00	5:03.00	10:20.00	19:25.00	39.50	1:19.50	2:48.00	43.00	1:32.00	3:05.00	35.00	1:18.00	2:54.00	2:49.00	5:48.50

Qualifying Times for Age Events – Male

	100m Free	100m Back	100m Breast	100m Fly	200m IM
9-10	2:30.00	2:50.00	3:00.00	2:55.00	4:30.00
11-12	1:55.00	2:00.00	2:20.00	2:00.00	3:55.00
13-14	1:20.00	1:40.00	1:45.00	1:40.00	3:10.00
15-16	1:15.00	1:35.00	1:40.00	1:35.00	3:05.00

Qualifying Times for Age Events – Female

	100m Free	100m Back	100m Breast	100m Fly	200m IM
9-10	2:30.00	2:50.00	3:00.00	2:55.00	4:30.00
11-12	1:55.00	2:05.00	2:25.00	2:05.00	3:55.00
13-14	1:25.00	1:45.00	1:50.00	1:45.00	3:15.00
15-16	1:20.00	1:40.00	1:45.00	1:40.00	3:10.00