



**SCU NSW METROPOLITAN CHAMPIONSHIPS  
 SYDNEY OLYMPIC PARK AQUATIC CENTRE  
 12-13 DECEMBER 2009**

<b>Session One</b>					<b>Session Two</b>				
<b>Saturday 12 December 9.00AM</b>					<b>Saturday 12 December NOT BEFORE 12.30PM</b>				
<b>M</b>	<b>W</b>				<b>M</b>	<b>W</b>			
1	2	14/15 Years	200m	Butterfly	29	30	Open	50m	Butterfly
3	4	16 Years/Over	200m	Butterfly	31	32	13 Years/Under	200m	Butterfly
5	6	14 Years	100m	Breaststroke	33	34	14/15 Years	200m	Freestyle
7	8	15 Years	100m	Breaststroke	35	36	16 Years/Over	200m	Freestyle
9	10	16 Years/Over	100m	Breaststroke	37	38	Open MC	50m	Breaststroke
11	12	14 Years	100m	Backstroke	39	40	13 Years/Under	200m	Backstroke
13	14	15 Years	100m	Backstroke	41	42	10 Years/Under	100m	Breaststroke
15	16	16 Years/Over	100m	Backstroke	43	44	11 Years	100m	Breaststroke
17	18	Open	50m	Breaststroke	45	46	12 Years	100m	Breaststroke
19	20	13 Years/Under	200m	Individual Medley	47	48	13 Years	100m	Breaststroke
21	22	14/15 Years	200m	Individual Medley	49	50	10 Years/Under	100m	Freestyle
23	24	16 Years/Over	200m	Individual Medley	51	52	11 Years	100m	Freestyle
25	26	Open MC	50m	Freestyle	53	54	12 Years	100m	Freestyle
27		Open	1500m	Freestyle	55	56	13 Years	100m	Freestyle
	28	Open	800m	Freestyle					

<b>Session Three</b>					<b>Session Four</b>				
<b>Sunday 13 December 2009 9.00AM</b>					<b>Sunday 13 December 2009 NOT BEFORE 12:30PM</b>				
<b>M</b>	<b>W</b>				<b>M</b>	<b>W</b>			
57	58	14/15 Years	400m	Freestyle	85	86	14/15 Years	400m	Individual Medley
59	60	16 Years/Over	400m	Freestyle	87	88	16 Years/Over	400m	Individual Medley
61	62	14 Years	100m	Butterfly	89	90	Open MC	50m	Butterfly
63	64	15 Years	100m	Butterfly	91	92	Open	50m	Backstroke
65	66	16 Years/Over	100m	Butterfly	93	94	13 Years/Under	200m	Freestyle
67	68	13 Years/Under	200m	Breaststroke	95	96	14/15 Years	200m	Breaststroke
69	70	14/15 Years	200m	Backstroke	97	98	16 Years/Over	200m	Breaststroke
71	72	16 Years/Over	200m	Backstroke	99	100	10 Years/Under	100m	Backstroke
73	74	13 Years/Under	400m	Freestyle	101	102	11 Years	100m	Backstroke
75	76	Open	50m	Freestyle	103	104	12 Years	100m	Backstroke
77	78	14 Years	100m	Freestyle	105	106	13 Years	100m	Backstroke
79	80	Open MC	50m	Backstroke	107	108	10 Years/Under	100m	Butterfly
81	82	15 Years	100m	Freestyle	109	110	11 Years	100m	Butterfly
83	84	16 Years/Over	100m	Freestyle	111	112	12 Years	100m	Butterfly
					113	114	13 Years	100m	Butterfly

**AGE AS AT 12 DECEMBER 2009**

**ENTRIES CLOSE MONDAY 30 NOVEMBER, 2009**

**ENTRY FEE \$12.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)**

**THIS EVENT WILL USE ONLINE ENTRIES, IF ENTERING BY MANUAL ENTRIES, A SWIMMER SURCHARGE OF \$5 WILL APPLY**

**NOTE: MULTI CLASS EVENTS ARE CHAMPIONSHIP EVENTS QUALIFYING TIMES APPLY**



**SCU NSW METROPOLITAN CHAMPIONSHIPS  
 SYDNEY OLYMPIC PARK AQUATIC CENTRE  
 12-13 DECEMBER 2009**

**Qualifying Times – Men & Boys**

<b>FREESTYLE</b>		<b>Open</b>	<b>16yrs/Over</b>	<b>15yrs</b>	<b>14yrs</b>	<b>13yrs</b>	<b>12yrs</b>	<b>11yrs</b>	<b>10yrs/Under</b>
	<b>50m</b>	0:26.00							
	<b>100m</b>		0:58.50	1:00.00	1:01.50	1:04.50	1:08.00	1:12.00	1:17.50
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	<b>200m</b>		2:07.00	2:14.00		2:20.00			
	<b>400m</b>		4:31.00	4:35.00		4:55.00			
	<b>1500m</b>	17.35.00							
<b>BACKSTROKE</b>	<b>50m</b>	0:31.90							
	<b>100m</b>		1:08.50	1:12.50	1:12.50	1:16.00	1:19.50	1:24.50	1:28.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	<b>200m</b>		2:30.50	2:33.00		2:44.00			
<b>BREASTSTROKE</b>	<b>50m</b>	0:34.50							
	<b>100m</b>		1:18.50	1:23.00	1:23.00	1:26.50	1:31.00	1:38.00	1:43.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	<b>200m</b>		2:52.00	2:58.00		3:05.00			
<b>BUTTERFLY</b>	<b>50m</b>	0.28.50							
	<b>100m</b>		1:05.50	1:09.00	1:10.50	1:14.50	1:19.50	1:25.50	1:34.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	<b>200m</b>		2:28.50	2:37.00		2:50.00			
<b>INDIVIDUAL MEDLEY</b>			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	<b>200m</b>		2:28.50	2:31.50		2:41.50			
	<b>400m</b>		5:13.00	5:18.00					

**AGE AS AT 12 DECEMBER, 2009**

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**SCU NSW METROPOLITAN CHAMPIONSHIPS  
 SYDNEY OLYMPIC PARK AQUATIC CENTRE  
 12-13 DECEMBER 2009**

**Qualifying Times – Women & Girls**

<b>FREESTYLE</b>		<b>Open</b>	<b>16yrs/Over</b>	<b>15yrs</b>	<b>14yrs</b>	<b>13yrs</b>	<b>12yrs</b>	<b>11yrs</b>	<b>10yrs/Under</b>
	<b>50m</b>	0:29.50							
	<b>100m</b>		1:05.00	1:06.00	1:06.00	1:07.00	1:09.00	1:13.00	1:18.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	<b>200m</b>		2:20.50	2:21.00		2:25.50			
	<b>400m</b>		4:52.00	4:57.00		5:04.00			
	<b>800m</b>	9:45.00							
<b>BACKSTROKE</b>	<b>50m</b>	0:34.00							
	<b>100m</b>		1:16.50	1:17.00	1:17.00	1:17.50	1:20.50	1:24.50	1:30.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	<b>200m</b>		2:42.00	2:43.00		2:45.00			
<b>BREASTSTROKE</b>	<b>50m</b>	0:38.50							
	<b>100m</b>		1:27.50	1:28.50	1:28.50	1:30.00	1:32.00	1:38.00	1:42.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	<b>200m</b>		3:07.00	3:08.00		3:10.00			
<b>BUTTERFLY</b>	<b>50m</b>	0:31.50							
	<b>100m</b>		1:14.00	1:15.50	1:15.50	1:17.50	1:20.50	1:27.00	1:34.00
			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	<b>200m</b>		2:45.00	2:48.00		2:53.00			
<b>INDIVIDUAL MEDLEY</b>			<b>16yrs/Over</b>	<b>14/15yrs</b>		<b>13yrs/Under</b>			
	<b>200m</b>		2:42.00	2:42.00		2:43.50			
	<b>400m</b>		5:38.00	5:45.50					

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**SCU**  
**NSW METROPOLITAN CHAMPIONSHIPS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
**12-13 DECEMBER 2009**

**Qualifying Times- Multi-Class**

<b>WOMEN &amp; GIRLS</b>					
	<b>Freestyle</b>	<b>Backstroke</b>	<b>Butterfly</b>		<b>Breaststroke</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>	0:56.19	1:12.57	1:01.03	<b>SB6</b>	1:13.24
<b>S7</b>	0:52.67	1:02.47	0:58.28	<b>SB7</b>	1:10.77
<b>S8</b>	0:49.14	1:00.37	0:56.56	<b>SB8</b>	1:01.11
<b>S9</b>	0:45.78	0:52.94	0:52.50	<b>SB9</b>	1:00.17
<b>S10</b>	0:44.35	0:56.78	0:54.33		
<b>S11</b>	0:54.29	1:04.63	1:01.05	<b>SB11</b>	1:09.89
<b>S12</b>	0:43.71	0:52.45	0:49.59	<b>SB12</b>	1:01.28
<b>S13</b>	0:42.69	0:53.65	0:48.93	<b>SB13</b>	0:57.50
<b>S14</b>	0:45.16	0:50.79	0:48.42	<b>SB14</b>	0:57.41
<b>S15</b>	0:42.73	0:50.40	0:47.65	<b>SB15</b>	0:55.73
<b>S16</b>	0:49.44	0:57.00	0:53.04	<b>SB16</b>	1:07.32
<b>MEN &amp; BOYS</b>					
	<b>Freestyle</b>	<b>Backstroke</b>	<b>Butterfly</b>		<b>Breaststroke</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>	0:59.12	1:16.82	1:15.79	<b>SB4</b>	1:18.44
<b>S5</b>	0:54.79	1:01.73	1:02.82	<b>SB5</b>	1:10.89
<b>S6</b>	0:48.02	0:57.05	0:50.70	<b>SB6</b>	1:04.03
<b>S7</b>	0:44.57	0:55.62	0:48.86	<b>SB7</b>	1:00.57
<b>S8</b>	0:41.85	0:52.56	0:46.81	<b>SB8</b>	0:56.46
<b>S9</b>	0:40.76	0:48.90	0:45.74	<b>SB9</b>	0:52.25
<b>S10</b>	0:36.54	0:46.26	0:42.07		
<b>S11</b>	0:43.60	0:54.27	0:52.61	<b>SB11</b>	0:58.27
<b>S12</b>	0:38.68	0:47.19	0:43.41	<b>SB12</b>	0:51.42
<b>S13</b>	0:38.47	0:45.63	0:42.64	<b>SB13</b>	0:49.59
<b>S14</b>	0:39.44	0:47.47	0:42.37	<b>SB14</b>	0:47.24
<b>S15</b>	0:37.22	0:43.51	0:40.57	<b>SB15</b>	0:45.79
<b>S16</b>	0:43.08	0:51.36	0:45.48	<b>SB16</b>	0:53.04

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