

NSW STATE 13 – 18 YEARS AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
4-9 JANUARY 2010

Day One HEATS Monday 4 January 9.00 AM				
Event No.	Age Group		Distance	Stroke
1	16 Years	G	200m	Butterfly
2	16 Years	B	200m	Butterfly
3	17/18 Years	G	50m	Freestyle
4	17/18 Years	B	50m	Freestyle
*5	15 Years	G	800m	Freestyle (Timed Finals)
6	14 Years	G	200m	Individual Medley
7	14 Years	B	200m	Individual Medley
8	13 Years	G	200m	Freestyle
9	13 Years	B	200m	Freestyle
10	16 Years	G	100m	Freestyle
11	16 Years	B	100m	Freestyle
12	17/18 Years	G	100m	Breaststroke
13	17/18 Years	B	100m	Breaststroke
14	15 Years	G	200m	Backstroke
15	15 Years	B	200m	Backstroke
16	14 Years	G	100m	Butterfly
17	14 Years	B	100m	Butterfly
18	13 Years	G	200m	Breaststroke
19	13 Years	B	200m	Breaststroke
20	17/18 Years	G	400m	Freestyle
21	17/18 Years	B	400m	Freestyle
*22	15 Years	B	1500m	Freestyle (Timed Finals)

Day One FINALS Monday 4 January 6.00 PM				
Event No.	Age Group		Distance	Stroke
1	16 Years	G	200m	Butterfly
2	16 Years	B	200m	Butterfly
3	17/18 Years	G	50m	Freestyle
4	17/18 Years	B	50m	Freestyle
*5	15 Years	G	800m	Freestyle (Timed Finals)
6	14 Years	G	200m	Individual Medley
7	14 Years	B	200m	Individual Medley
8	13 Years	G	200m	Freestyle
9	13 Years	B	200m	Freestyle
10	16 Years	G	100m	Freestyle
11	16 Years	B	100m	Freestyle
12	17/18 Years	G	100m	Breaststroke
13	17/18 Years	B	100m	Breaststroke
14	15 Years	G	200m	Backstroke
15	15 Years	B	200m	Backstroke
16	14 Years	G	100m	Butterfly
17	14 Years	B	100m	Butterfly
18	13 Years	G	200m	Breaststroke
19	13 Years	B	200m	Breaststroke
20	17/18 Years	G	400m	Freestyle
21	17/18 Years	B	400m	Freestyle
*22	15 Years	B	1500m	Freestyle (Timed Finals)
23	16 Years/Under	G	4 x 100m	Club Medley Relay
24	16 Years/Under	B	4 x 100m	Club Medley Relay

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals.
 Where * is indicated the fastest heat will be swum in the Finals Session.

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Day Two HEATS Tuesday 5 January 9.00 AM				
Event No.	Age Group		Distance	Stroke
25	16 Years	G	400m	Freestyle
26	16 Years	B	400m	Freestyle
27	15 Years	G	100m	Freestyle
28	15 Years	B	100m	Freestyle
29	14 Years	G	200m	Backstroke
30	14 Years	B	200m	Backstroke
31	13 Years	G	200m	Individual Medley
32	13 Years	B	200m	Individual Medley
33	17/18 Years	G	100m	Backstroke
34	17/18 Years	B	100m	Backstroke
35	16 Years	G	50m	Freestyle
36	16 Years	B	50m	Freestyle
37	15 Years	G	200m	Butterfly
38	15 Years	B	200m	Butterfly
*39	14 Years	B	1500m	Freestyle (Timed Finals)
40	13 Years	G	100m	Butterfly
41	13 Years	B	100m	Butterfly
42	17/18 Years	G	400m	Individual Medley
43	17/18 Years	B	400m	Individual Medley
44	16 Years	G	100m	Breaststroke
45	16 Years	B	100m	Breaststroke
*46	14 Years	G	800m	Freestyle (Timed Finals)

Day Two FINALS Tuesday 5 January 6.00 PM				
Event No.	Age Group		Distance	Stroke
25	16 Years	G	400m	Freestyle
26	16 Years	B	400m	Freestyle
27	15 Years	G	100m	Freestyle
28	15 Years	B	100m	Freestyle
29	14 Years	G	200m	Backstroke
30	14 Years	B	200m	Backstroke
31	13 Years	G	200m	Individual Medley
32	13 Years	B	200m	Individual Medley
33	17/18 Years	G	100m	Backstroke
34	17/18 Years	B	100m	Backstroke
35	16 Years	G	50m	Freestyle
36	16 Years	B	50m	Freestyle
37	15 Years	G	200m	Butterfly
38	15 Years	B	200m	Butterfly
*39	14 Years	B	1500m	Freestyle (Timed Finals)
40	13 Years	G	100m	Butterfly
41	13 Years	B	100m	Butterfly
42	17/18 Years	G	400m	Individual Medley
43	17/18 Years	B	400m	Individual Medley
44	16 Years	G	100m	Breaststroke
45	16 Years	B	100m	Breaststroke
*46	14 Years	G	800m	Freestyle (Timed Finals)
47	14 Years/Under	G	4 x 50m	Club Freestyle Relay
48	14 Years/Under	B	4 x 50m	Club Freestyle Relay
49	18 Years/Under	G	4 x 100m	Club Freestyle Relay
50	18 Years/Under	B	4 x 100m	Club Freestyle Relay

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals.
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NSW STATE 13 – 18 YEARS AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
4-9 JANUARY 2010

Day Three HEATS Wednesday 6 January 9.00 AM				
Event No.	Age Group		Distance	Stroke
51	15 Years	G	100m	Breaststroke
52	15 Years	B	100m	Breaststroke
53	14 Years	G	200m	Butterfly
54	14 Years	B	200m	Butterfly
*55	13 Years	G	800m	Freestyle (Timed Finals)
56	17/18 Years	G	200m	Freestyle
57	17/18 Years	B	200m	Freestyle
58	16 Years	G	100m	Backstroke
59	16 Years	B	100m	Backstroke
60	15 Years	G	400m	Freestyle
61	15 Years	B	400m	Freestyle
62	14 Years	G	100m	Freestyle
63	14 Years	B	100m	Freestyle
64	13 Years	G	200m	Backstroke
65	13 Years	B	200m	Backstroke
66	17/18 Years	G	200m	Breaststroke
67	17/18 Years	B	200m	Breaststroke
68	16 Years	G	400m	Individual Medley
69	16 Years	B	400m	Individual Medley
70	15 Years	G	50m	Freestyle
71	15 Years	B	50m	Freestyle
*72	13 Years	B	800m	Freestyle (Timed Finals)

Day Three FINALS Wednesday 6 January 6.00 PM				
Event No.	Age Group		Distance	Stroke
51	15 Years	G	100m	Breaststroke
52	15 Years	B	100m	Breaststroke
53	14 Years	G	200m	Butterfly
54	14 Years	B	200m	Butterfly
*55	13 Years	G	800m	Freestyle (Timed Finals)
56	17/18 Years	G	200m	Freestyle
57	17/18 Years	B	200m	Freestyle
58	16 Years	G	100m	Backstroke
59	16 Years	B	100m	Backstroke
60	15 Years	G	400m	Freestyle
61	15 Years	B	400m	Freestyle
62	14 Years	G	100m	Freestyle
63	14 Years	B	100m	Freestyle
64	13 Years	G	200m	Backstroke
65	13 Years	B	200m	Backstroke
66	17/18 Years	G	200m	Breaststroke
67	17/18 Years	B	200m	Breaststroke
68	16 Years	G	400m	Individual Medley
69	16 Years	B	400m	Individual Medley
70	15 Years	G	50m	Freestyle
71	15 Years	B	50m	Freestyle
*72	13 Years	B	800m	Freestyle (Timed Finals)
73	14 Years/Under	G	4 x 50m	Club Medley Relay
74	14 Years/Under	B	4 x 50m	Club Medley Relay
75	16 Years/Under	G	4 x 100m	Club Freestyle Relay
76	16 Years/Under	B	4 x 100m	Club Freestyle Relay

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals.
 Where * is indicated the fastest heat will be swum in the Finals Session.

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4-9 JANUARY 2010

Day Four HEATS Thursday 7 January 9.00 AM				
Event No.	Age Group		Distance	Stroke
77	17/18 Years	G	100m	Butterfly
78	17/18 Years	B	100m	Butterfly
79	16 Years	G	200m	Freestyle
80	16 Years	B	200m	Freestyle
81	14 Years	G	50m	Freestyle
82	14 Years	B	50m	Freestyle
83	15 Years	G	100m	Backstroke
84	15 Years	B	100m	Backstroke
85	13 Years	G	200m	Butterfly
86	13 Years	B	200m	Butterfly
87	17/18 Years	G	200m	Individual Medley
88	17/18 Years	B	200m	Individual Medley
89	14 Years	G	400m	Freestyle
90	14 Years	B	400m	Freestyle
91	16 Years	G	200m	Breaststroke
92	16 Years	B	200m	Breaststroke
93	15 Years	G	400m	Individual Medley
94	15 Years	B	400m	Individual Medley
95	13 Years	G	100m	Freestyle
96	13 Years	B	100m	Freestyle
97	14 Years	G	100m	Breaststroke
98	14 Years	B	100m	Breaststroke

Day Four FINALS Thursday 7 January 6.00 PM				
Event No.	Age Group		Distance	Stroke
77	17/18 Years	G	100m	Butterfly
78	17/18 Years	B	100m	Butterfly
79	16 Years	G	200m	Freestyle
80	16 Years	B	200m	Freestyle
81	14 Years	G	50m	Freestyle
82	14 Years	B	50m	Freestyle
83	15 Years	G	100m	Backstroke
84	15 Years	B	100m	Backstroke
85	13 Years	G	200m	Butterfly
86	13 Years	B	200m	Butterfly
87	17/18 Years	G	200m	Individual Medley
88	17/18 Years	B	200m	Individual Medley
89	14 Years	G	400m	Freestyle
90	14 Years	B	400m	Freestyle
91	16 Years	G	200m	Breaststroke
92	16 Years	B	200m	Breaststroke
93	15 Years	G	400m	Individual Medley
94	15 Years	B	400m	Individual Medley
95	13 Years	G	100m	Freestyle
96	13 Years	B	100m	Freestyle
97	14 Years	G	100m	Breaststroke
98	14 Years	B	100m	Breaststroke
99	18 Years/Under	G	4 x 200m	Club Freestyle Relay
100	18 Years/Under	B	4 x 200m	Club Freestyle Relay

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals.
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Day Five HEATS Friday 8 January 9.00 AM				
Event No.	Age Group		Distance	Stroke
101	17/18 Years	G	200m	Backstroke
102	17/18 Years	B	200m	Backstroke
103	13 Years	G	400m	Freestyle
104	13 Years	B	400m	Freestyle
105	14 Years	G	100m	Backstroke
106	14 Years	B	100m	Backstroke
107	15 Years	G	200m	Freestyle
108	15 Years	B	200m	Freestyle
109	16 Years	G	100m	Butterfly
110	16 Years	B	100m	Butterfly
*111	17/18 Years	B	1500m	Freestyle (Timed Finals)
112	13 Years	G	50m	Freestyle
113	13 Years	B	50m	Freestyle
114	14 Years	G	400m	Individual Medley
115	14 Years	B	400m	Individual Medley
116	15 Years	G	200m	Breaststroke
117	15 Years	B	200m	Breaststroke
118	16 Years	G	200m	Individual Medley
119	16 Years	B	200m	Individual Medley
120	13 Years	G	100m	Breaststroke
121	13 Years	B	100m	Breaststroke
*122	17/18 Years	G	800m	Freestyle (Timed Finals)

Day Five FINALS Friday 8 January 6.00 PM				
Event No.	Age Group		Distance	Stroke
101	17/18 Years	G	200m	Backstroke
102	17/18 Years	B	200m	Backstroke
103	13 Years	G	400m	Freestyle
104	13 Years	B	400m	Freestyle
105	14 Years	G	100m	Backstroke
106	14 Years	B	100m	Backstroke
107	15 Years	G	200m	Freestyle
108	15 Years	B	200m	Freestyle
109	16 Years	G	100m	Butterfly
110	16 Years	B	100m	Butterfly
*111	17/18 Years	B	1500m	Freestyle (Timed Finals)
112	13 Years	G	50m	Freestyle
113	13 Years	B	50m	Freestyle
114	14 Years	G	400m	Individual Medley
115	14 Years	B	400m	Individual Medley
116	15 Years	G	200m	Breaststroke
117	15 Years	B	200m	Breaststroke
118	16 Years	G	200m	Individual Medley
119	16 Years	B	200m	Individual Medley
120	13 Years	G	100m	Breaststroke
121	13 Years	B	100m	Breaststroke
*122	17/18 Years	G	800m	Freestyle (Timed Finals)

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals.
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NSW STATE 13 – 18 YEARS AGE CHAMPIONSHIPS
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Day Six HEATS Saturday 9 January 9.00 AM				
Event No.	Age Group		Distance	Stroke
123	17/18 Years	G	200m	Butterfly
124	17/18 Years	B	200m	Butterfly
*125	16 Years	G	800m	Freestyle (Timed Finals)
126	15 Years	G	200m	Individual Medley
127	15 Years	B	200m	Individual Medley
128	14 Years	G	200m	Freestyle
129	14 Years	B	200m	Freestyle
130	13 Years	G	100m	Backstroke
131	13 Years	B	100m	Backstroke
132	17/18 Years	G	100m	Freestyle
133	17/18 Years	B	100m	Freestyle
134	16 Years	G	200m	Backstroke
135	16 Years	B	200m	Backstroke
136	15 Years	G	100m	Butterfly
137	15 Years	B	100m	Butterfly
138	14 Years	G	200m	Breaststroke
139	14 Years	B	200m	Breaststroke
140	13 Years	G	400m	Individual Medley
141	13 Years	B	400m	Individual Medley
*142	16 Years	B	1500m	Freestyle (Timed Finals)

Day Six FINALS Saturday 9 January 6.00 PM				
Event No.	Age Group		Distance	Stroke
123	17/18 Years	G	200m	Butterfly
124	17/18 Years	B	200m	Butterfly
*125	16 Years	G	800m	Freestyle (Timed Finals)
126	15 Years	G	200m	Individual Medley
127	15 Years	B	200m	Individual Medley
128	14 Years	G	200m	Freestyle
129	14 Years	B	200m	Freestyle
130	13 Years	G	100m	Backstroke
131	13 Years	B	100m	Backstroke
132	17/18 Years	G	100m	Freestyle
133	17/18 Years	B	100m	Freestyle
134	16 Years	G	200m	Backstroke
135	16 Years	B	200m	Backstroke
136	15 Years	G	100m	Butterfly
137	15 Years	B	100m	Butterfly
138	14 Years	G	200m	Breaststroke
139	14 Years	B	200m	Breaststroke
140	13 Years	G	400m	Individual Medley
141	13 Years	B	400m	Individual Medley
*142	16 Years	B	1500m	Freestyle (Timed Finals)
143	18 Years/Under	G	4 x 100m	Club Medley Relay
144	18 Years/Under	B	4 x 100m	Club Medley Relay
145	Open	G	10 x 50m	Club Freestyle Relay
146	Open	B	10 x 50m	Club Freestyle Relay

NOTE: Club Relays & Distance Events (800m & 1500m Freestyle) are Timed Finals.
 Where * is indicated the fastest heat will be swum in the Finals Session.

**NSW STATE 13 - 18 YEARS AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
4-9 JANUARY 2010**

Qualifying Times - Boys

	17/18yrs	16yrs	15yrs	14yrs	13yrs
Freestyle					
50m	0:26.70	0:27.00	0:27.30	0:27.80	0:29.20
100m	0:57.40	0:58.00	0:59.00	1:00.30	1:03.00
200m	2:07.00	2:08.80	2:10.80	2:14.00	2:19.00
400m	4:28.00	4:34.20	4:37.00	4:40.00	4:52.00
800m					10:10.00
1500m	17:20.00	17:40.00	18:15.00	18:30.00	
Backstroke					
100m	1:08.00	1:08.50	1:09.00	1:10.10	1:13.50
200m	2:29.30	2:31.00	2:33.00	2:34.00	2:42.00
Breaststroke					
100m	1:18.50	1:18.50	1:19.30	1:20.00	1:24.50
200m	2:47.50	2:51.50	2:52.50	2:57.00	3:01.50
Butterfly					
100m	1:03.80	1:05.00	1:05.80	1:07.30	1:11.50
200m	2:24.00	2:28.00	2:31.00	2:36.50	2:43.50
Individual Medley					
200m	2:25.00	2:26.80	2:28.10	2:31.00	2:38.00
400m	5:03.00	5:05.00	5:15.00	5:25.00	5:25.00
Club Relays	18 & Under		16 & Under		14 & Under
4x50m Freestyle	-		-		2:00.00
4x50m Medley	-		-		2:15.00
4x100m Freestyle	3:54.00		4:00.00		-
4x100m Medley	4:19.00		4:23.00		-
4x200m Freestyle	8:24.00		-		-
10x50m Freestyle	Open Event No Qualifying Time				

AGE AS AT 4 JANUARY 2010

ENTRIES CLOSE MONDAY 14 DECEMBER 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.
- No qualifying times are applicable to Events 145 and 146.
- A Club may enter one team ONLY in Events 145 and 146.

**NSW STATE 13 - 18 YEARS AGE CHAMPIONSHIPS
 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 4-9 JANUARY 2010**

Qualifying Times - Girls

	17/18yrs	16yrs	15yrs	14yrs	13yrs
Freestyle					
50m	0:30.10	0:30.10	0:30.10	0:30.30	0:30.90
100m	1:04.50	1:04.60	1:04.60	1:04.60	1:06.00
200m	2:19.00	2:20.50	2:20.60	2:20.60	2:23.00
400m	4:49.00	4:52.00	4:55.00	4:57.00	5:03.00
800m	9:56.00	9:58.00	9:58.00	10:06.00	10:10.00
Backstroke					
100m	1:14.50	1:15.00	1:15.00	1:15.30	1:16.50
200m	2:41.00	2:42.00	2:42.00	2:43.00	2:44.80
Breaststroke					
100m	1:25.00	1:25.80	1:26.00	1:26.00	1:27.00
200m	3:04.30	3:06.00	3:06.50	3:08.00	3:10.00
Butterfly					
100m	1:11.40	1:12.00	1:12.00	1:12.00	1:15.00
200m	2:41.00	2:44.50	2:45.00	2:47.50	2:51.00
Individual Medley					
200m	2:38.50	2:40.00	2:40.30	2:40.30	2:43.50
400m	5:30.50	5:31.00	5:33.00	5:40.00	5:40.00
Club Relays	18 & Under		16 & Under		14 & Under
4x50m Freestyle	-		-		2:08.00
4x50m Medley	-		-		2:22.00
4x100m Freestyle	4:20.00		4:25.00		-
4x100m Medley	4:48.00		4:50.00		-
4x200m Freestyle	9:10.00		-		-
10x50m Freestyle	Open Event No Qualifying Time				

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ENTRIES CLOSE MONDAY 14 DECEMBER 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.
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- A Club may enter one team ONLY in Events 145 and 146.