

**NSW State Open Championships
Sydney Olympic Park Aquatic Centre
12-14 February 2010**

Day One HEATS Friday 12 February 9.00AM			Day One FINALS Friday 12 February 6.00PM		
1	Men's 400m Freestyle		1	Men's 400m Freestyle	
2	Women's 50m Butterfly		2	Women's 50m Butterfly	
3	Men's 200m Butterfly		3	Men's 200m Butterfly	
4	Women's 100m Breaststroke		4	Women's 100m Breaststroke	
101	Men's 200m MC Individual Medley	Timed Finals	103	Men's 50m MC Freestyle	Timed Finals
102	Women's 200m MC Individual Medley	Timed Finals	104	Women's 50m MC Freestyle	Timed Finals
5	Men's 50m Breaststroke		5	Men's 50m Breaststroke	
6	Women's 100m Freestyle		6	Women's 100m Freestyle	
7	Men's 100 Freestyle		7	Men's 100 Freestyle	
8	Women's 400 Individual Medley		8	Women's 400 Individual Medley	
9	Women's 200m Backstroke		9	Women's 200m Backstroke	
10	Men's 50m Backstroke		10	Men's 50m Backstroke	
*11	Women's 800m Freestyle	Timed Finals	*11	Women's 800m Freestyle	Timed Finals
			12	Women's 4x100m Club Medley Relay	Timed Finals
			13	Men's 4x100m Club Medley Relay	Timed Finals

* Fastest Heat to be swum in the Finals Session

ENTRIES CLOSE MONDAY 1 FEBRUARY 2010

**ENTRY FEE \$12.00 PER INDIVIDUAL EVENT \$24 PER RELAY EVENT
(GST INCLUSIVE)**

NOTE: 'B' Finals will be conducted for 50m, 100m, 200m and 400m events provided that twenty five (25) swimmers contest the heats of that event. Women's 800m Freestyle and Men's 1500 Freestyle will be swum as timed finals with the fastest heat swum in the finals session
Competitors must confirm their intention to swim no later than 9am on the day that the event is to be swum.

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Day Two HEATS Saturday 13 February 9.00AM			Day Two FINALS Saturday 13 February 6.00PM		
14	Women's 400m Freestyle		14	Women's 400m Freestyle	
15	Men's 50m Butterfly		15	Men's 50m Butterfly	
16	Women's 100m Butterfly		16	Women's 100m Butterfly	
105	Men's 100m MC Butterfly	Timed Finals	17	Men's 200m Backstroke	
106	Women's 100m MC Butterfly	Timed Finals	18	Women's 100m Backstroke	
17	Men's 200m Backstroke		19	Men's 100m Breaststroke	
18	Women's 100m Backstroke		109	Men's 100m MC Backstroke	Timed Finals
19	Men's 100m Breaststroke		110	Women's 100m MC Backstroke	Timed Finals
20	Women's 200m Breaststroke		20	Women's 200m Breaststroke	
21	Men's 200m Freestyle		21	Men's 200m Freestyle	
107	Men's 400m MC Freestyle	Timed Finals	22	Women's 50 Freestyle	
108	Women's 400m MC Freestyle	Timed Finals	23	Men's 200m Individual Medley	
22	Women's 50m Freestyle		24	Women's 4x200m Club Freestyle Relay	Timed Finals
23	Men's 200m Individual Medley		25	Men's 4x200m Club Freestyle Relay	Timed Finals

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Day Three HEATS Sunday 14 February 9.00AM			Day Three FINALS Sunday 14 February 6.00PM		
26	Women's 200 Butterfly		26	Women's 200 Butterfly	
27	Men's 100m Butterfly		27	Men's 100m Butterfly	
28	Women's 50m Breaststroke		28	Women's 50m Breaststroke	
29	Men's 200m Breaststroke		29	Men's 200m Breaststroke	
111	Men's 100m MC Breaststroke	Timed Finals	113	Men's 100m MC Freestyle	Timed Finals
112	Women's 100m MC Breaststroke	Timed Finals	114	Women's 100m MC Freestyle	Timed Finals
30	Women's 200m Freestyle		30	Women's 200m Freestyle	
31	Men's 50m Freestyle		31	Men's 50m Freestyle	
32	Women's 200m Individual Medley		32	Women's 200m Individual Medley	
33	Men's 400m Individual Medley		33	Men's 400m Individual Medley	
34	Women's 50m Backstroke		34	Women's 50m Backstroke	
35	Men's 100m Backstroke		35	Men's 100m Backstroke	
*36	Men's 1500m Freestyle	Timed Finals	*36	Men's 1500m Freestyle	Timed Finals
			37	Women's 4x100 Club Freestyle Relay	Timed Finals
			38	Men's 4x100 Club Freestyle Relay	Timed Finals

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QUALIFYING TIMES

MEN		WOMEN
FREESTYLE		
26.50	50m	29.00
57.00	100m	1:04.00
2:04.00	200m	2:16.00
4:22.50	400m	4:46.00
	800m	9:40.00
17:08.00	1500m	
BACKSTROKE		
30.50	50m	33.00
1:05.00	100m	1:13.00
2:20.00	200m	2:38.00
BREASTSTROKE		
33.50	50m	38.00
1:13.20	100m	1:23.80
2:37.00	200m	2:54.50
BUTTERFLY		
27.80	50m	31.60
1:02.00	100m	1:10.60
2:16.00	200m	2:35.80
INDIVIDUAL MEDLEY		
2:22.00	200m	2:36.00
4:57.00	400m	5:25.00
CLUB RELAYS		
3:58.00	4x100 F/S	4:22.00
8:35.00	4x200 F/S	9:18.00
4:26.00	4x100 Med	4:50.00

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- 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 Championships Multi-Class Qualifying Times

Women	50m Free	100m Free	400m Free	50m Back	100m Back	50m Fly	100m Fly		50m Breast	100m Breast		200m IM
S1	2:07.08	4:30.00		2:05.00	4:31.65			SB1	2:35.40			
S2	1:52.82	4:04.70		2:01.20	4:56.25			SB2	1:52.50			
S3	1:29.60	3:05.30		1:32.10	3:18.00	1:41.50		SB3	1:23.70	3:13.80		
S4	58.65	2:14.70		1:13.30	2:48.50	1:25.80		SB4	1:20.80	2:51.20		
S5	54.40	1:58.10		1:00.95	2:40.00	1:00.70		SB5	1:14.65	2:45.90	SM5	4:49.50
S6	53.82	1:59.10	9:03.40	1:14.30	2:12.50	58.50	2:35.00	SB6	1:11.30	2:36.30	SM6	4:58.70
S7	51.90	1:51.50	8:43.25	1:04.70	2:08.20	57.60	2:09.70	SB7	1:07.80	2:22.90	SM7	4:50.10
S8	47.60	1:43.00	7:37.40	59.80	1:57.50	59.35	2:03.10	SB8	1:07.60	2:02.00	SM8	4:27.30
S9	44.05	1:33.80	7:16.90	55.45	1:45.20	50.30	1:51.20	SB9	1:05.20	1:55.00	SM9	4:04.60
S10	42.55	1:32.20	7:00.00	54.40	1:50.75	54.90	1:42.90				SM10	3:49.70
S11	49.35	1:47.00	8:04.40	57.80	2:03.20	56.80	2:00.20	SB11	1:02.30	2:14.10	SM11	4:26.00
S12	42.10	1:29.72	7:18.40	52.80	1:44.50	47.50	1:41.00	SB12	59.10	2:06.70	SM12	3:47.90
S13	40.95	1:29.50	6:55.00	54.40	1:43.60	47.40	1:38.60	SB13	57.20	1:55.20	SM13	3:38.60
S14	43.25	1:33.30	7:06.40	48.68	1:44.30	46.50	1:44.20	SB14	55.30	2:02.00	SM14	3:49.30
S15	40.95	1:28.90	6:40.70	51.90	1:42.50	46.20	1:37.80	SB15	55.30	1:51.70	SM15	3:38.30
S16	47.40	1:46.30	8:43.70	56.35	2:24.00	52.00	1:48.30	SB16	1:05.70	2:24.20	SM16	4:43.70

Men	50m Free	100m Free	400m Free	50m Back	100m Back	50m Fly	100m Fly		50m Breast	100m Breast		200m IM
S1	1:43.20	3:48.30		2:01.40	4:48.50			SB1	2:19.80	5:24.40		
S2	1:29.82	3:15.20		1:41.70	3:19.20			SB2	1:28.10	3:19.40		
S3	1:09.90	2:38.80		1:18.80	3:05.70	1:33.30		SB3	1:13.70	2:52.70		
S4	56.80	2:04.40		1:08.70	2:31.90	1:10.30		SB4	1:20.80	2:25.40		
S5	49.35	1:53.60		56.80	2:23.50	58.90		SB5	1:03.60	2:16.00	SM5	4:38.60
S6	46.50	1:41.80	7:59.90	55.80	1:56.60	48.80	1:53.60	SB6	1:06.10	2:16.40	SM6	4:13.60
S7	42.80	1:33.50	7:19.50	53.40	1:52.50	49.80	1:56.30	SB7	58.80	2:05.60	SM7	4:07.80
S8	41.10	1:29.60	7:03.10	52.20	1:43.60	47.80	1:40.10	SB8	55.30	1:47.30	SM8	3:46.80
S9	39.45	1:27.60	6:37.20	49.80	1:37.20	46.20	1:36.30	SB9	50.40	1:49.90	SM9	3:33.70
S10	36.95	1:20.30	6:05.10	45.80	1:31.90	40.40	1:29.10				SM10	3:22.90
S11	38.80	1:24.80	6:29.80	50.30	1:43.50	50.30	1:35.00	SB11	51.90	1:48.10	SM11	3:33.80
S12	37.85	1:24.10	6:22.80	45.50	1:35.70	41.50	1:28.20	SB12	49.30	1:44.80	SM12	3:29.60
S13	36.90	1:22.20	6:23.10	45.40	1:35.30	43.40	1:30.50	SB13	47.50	1:41.80	SM13	3:28.80
S14	37.85	1:22.70	6:35.30	45.90	1:35.30	40.70	1:30.30	SB14	45.30	1:39.20	SM14	3:26.40
S15	35.55	1:18.70	5:48.90	42.00	1:28.80	39.20	1:26.10	SB15	46.50	1:34.30	SM15	3:04.30
S16	41.30	1:32.30	8:11.30	49.35	1:51.40	43.80	2:20.00	SB16	50.80	1:59.60	SM16	4:06.70