



**NSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 19 DECEMBER 2018**

Day One HEATS Friday 14 December, 9:00am				
Event No.	Age Group		Distance	Stroke
1	14 Years	G	200m	Individual Medley
2	13/14 Years	B	200m	Individual Medley
3	16 Years & Over	G	200m	Butterfly
4	16 Years	B	200m	Butterfly
5	17 Years & Over	B	50m	Freestyle
6	12/13 Years	G	200m	Freestyle
7	14 Years	G	400m	Freestyle
8	13/14 Years	B	200m	Backstroke
9	17 Years & Over	B	100m	Breaststroke
10	15 Years	G	200m	Backstroke
11	15 Years	B	200m	Backstroke
12	14 Years	G	100m	Butterfly
13	13/14 Years	B	100m	Butterfly
14	12/13 Years	G	200m	Breaststroke
15	16 Years & Over	G	100m	Freestyle
16	16 Years	B	100m	Freestyle
17*	13-15 Years	B	1500m	Freestyle (Timed Finals)

Day One FINALS Friday 14 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
1	14 Years	G	200m	Individual Medley
2	13/14 Years	B	200m	Individual Medley
3	16 Years	G	200m	Butterfly
3a	17 Years & Over	G	200m	Butterfly
4	16 Years	B	200m	Butterfly
5	17 Years	B	50m	Freestyle
5a	18 Years & Over	B	50m	Freestyle
6	12/13 Years	G	200m	Freestyle
7	14 Years	G	400m	Freestyle
8	13/14 Years	B	200m	Backstroke
9	17 Years	B	100m	Breaststroke
9a	18 Years & Over	B	100m	Breaststroke
10	15 Years	G	200m	Backstroke
11	15 Years	B	200m	Backstroke
12	14 Years	G	100m	Butterfly
13	13/14 Years	B	100m	Butterfly
14	12/13 Years	G	200m	Breaststroke
15	16 Years	G	100m	Freestyle
15a	17 Years & Over	G	100m	Freestyle
16	16 Years	B	100m	Freestyle
17*	13-15 Years	B	1500m	Freestyle (Timed Finals)
18	12 - 16 Years	G	4 x 100m	Club Medley Relay
19	13 - 16 Years	B	4 x 100m	Club Medley Relay
20	12 - 14 Years	G	4 x 50m	Club Freestyle Relay
21	13 - 14 Years	B	4 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
 In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)
 In Event 17, Medals will be awarded in the following age groups; 13/14 Years & 15 Years



**NSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 19 DECEMBER 2018**

Day Two HEATS Saturday 15 December, 9:00am				
Event No.	Age Group		Distance	Stroke
22	16 Years & Over	G	400m	Freestyle
23	16 Years	B	400m	Freestyle
24	15 Years	G	100m	Freestyle
25	15 Years	B	100m	Freestyle
26	14 Years	G	200m	Backstroke
27	13/14 Years	B	400m	Freestyle
28	12/13 Years	G	200m	Individual Medley
29	17 Years & Over	B	100m	Backstroke
30	16 Years & Over	G	50m	Freestyle
31	16 Years	B	50m	Freestyle
32	15 Years	G	200m	Butterfly
33	15 Years	B	200m	Butterfly
34	12/13 Years	G	100m	Butterfly
35	17 Years & Over	B	200m	Freestyle
36	16 Years & Over	G	100m	Breaststroke
37	16 Years	B	100m	Breaststroke
38*	12-14 Years	G	800m	Freestyle (Timed Finals)

Day Two FINALS Saturday 15 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
22	16 Years	G	400m	Freestyle
22a	17 Years & Over	G	400m	Freestyle
23	16 Years	B	400m	Freestyle
24	15 Years	G	100m	Freestyle
25	15 Years	B	100m	Freestyle
26	14 Years	G	200m	Backstroke
27	13/14 Years	B	400m	Freestyle
28	12/13 Years	G	200m	Individual Medley
29	17 Years	B	100m	Backstroke
29a	18 Years & Over	B	100m	Backstroke
30	16 Years	G	50m	Freestyle
30a	17 Years & Over	G	50m	Freestyle
31	16 Years	B	50m	Freestyle
32	15 Years	G	200m	Butterfly
33	15 Years	B	200m	Butterfly
34	12/13 Years	G	100m	Butterfly
35	17 Years	B	200m	Freestyle
35a	18 Years & Over	B	200m	Freestyle
36	16 Years	G	100m	Breaststroke
36a	17 Years & Over	G	100m	Breaststroke
37	16 Years	B	100m	Breaststroke
38*	12 - 14 Years	G	800m	Freestyle (Timed Finals)
39	12 - 18 Years	G	4 x 100m	Club Freestyle Relay
40	13 - 18 Years	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
 In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)
 In Event 38, Medals will be awarded in the following age groups; 12/13 Years & 14 Years



**NSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 19 DECEMBER 2018**

Day Three HEATS Sunday 16 December, 9:00am				
Event No.	Age Group		Distance	Stroke
41*	16 Years & Over	B	800m	Freestyle (Timed Finals)
42	15 Years	G	100m	Breaststroke
43	15 Years	B	100m	Breaststroke
44	14 Years	G	200m	Butterfly
45	13/14 Years	B	200m	Butterfly
46	16 Years & Over	G	100m	Backstroke
47	16 Years	B	100m	Backstroke
48	17 Years & Over	B	400m	Individual Medley
49	15 Years	G	400m	Freestyle
50	15 Years	B	400m	Freestyle
51	14 Years	G	100m	Freestyle
52	13/14 Years	B	100m	Freestyle
53	12/13 Years	G	200m	Backstroke
54	17 Years & Over	B	200m	Breaststroke
55	16 Years & Over	G	400m	Individual Medley
56	16 Years	B	400m	Individual Medley
57	15 Years	G	50m	Freestyle
58	15 Years	B	50m	Freestyle

Day Three FINALS Sunday 16 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
41*	16 Years & Over	B	800m	Freestyle (Timed Finals)
42	15 Years	G	100m	Breaststroke
43	15 Years	B	100m	Breaststroke
44	14 Years	G	200m	Butterfly
45	13/14 Years	B	200m	Butterfly
46	16 Years	G	100m	Backstroke
46a	17 Years & Over	G	100m	Backstroke
47	16 Years	B	100m	Backstroke
48	17 Years	B	400m	Individual Medley
48a	18 Years & Over	B	400m	Individual Medley
49	15 Years	G	400m	Freestyle
50	15 Years	B	400m	Freestyle
51	14 Years	G	100m	Freestyle
52	13/14 Years	B	100m	Freestyle
53	12/13 Years	G	200m	Backstroke
54	17 Years	B	200m	Breaststroke
54a	18 Years & Over	B	200m	Breaststroke
55	16 Years	G	400m	Individual Medley
55a	17 Years & Over	G	400m	Individual Medley
56	16 Years	B	400m	Individual Medley
57	15 Years	G	50m	Freestyle
58	15 Years	B	50m	Freestyle
59	12 - 14 Years	G	4 x 50m	Club Medley Relay
60	13 - 14 Years	B	4 x 50m	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
 In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)
 In Event 41, Medals will be awarded in the following age groups; 16 Years, 17 Years and 18 & Over



**NSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 19 DECEMBER 2018**

Day Four HEATS Monday 17 December, 9:00am				
Event No.	Age Group		Distance	Stroke
61*	12-14 Years	G	1500m	Freestyle (Timed Finals)
62	17 Years & Over	B	100m	Butterfly
63	16 Years & Over	G	200m	Freestyle
64	16 Years	B	200m	Freestyle
65	14 Years	G	50m	Freestyle
66	13/14 Years	B	50m	Freestyle
67	15 Years	G	100m	Backstroke
68	15 Years	B	100m	Backstroke
69	12/13 Years	G	200m	Butterfly
70	17 Years & Over	B	200m	Individual Medley
71	16 Years & Over	G	200m	Breaststroke
72	16 Years	B	200m	Breaststroke
73	15 Years	G	400m	Individual Medley
74	15 Years	B	400m	Individual Medley
75	12/13 Years	G	100m	Freestyle
76	14 Years	G	100m	Breaststroke
77	13/14 Years	B	100m	Breaststroke
78*	15 Years & Over	G	1500m	Freestyle (Timed Finals)

Day Four FINALS Monday 17 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
61*	12-14 Years	G	1500m	Freestyle (Timed Finals)
62	17 Years	B	100m	Butterfly
62a	18 Years & Over	B	100m	Butterfly
63	16 Years	G	200m	Freestyle
63a	17 Years & Over	G	200m	Freestyle
64	16 Years	B	200m	Freestyle
65	14 Years	G	50m	Freestyle
66	13/14 Years	B	50m	Freestyle
67	15 Years	G	100m	Backstroke
68	15 Years	B	100m	Backstroke
69	12/13 Years	G	200m	Butterfly
70	17 Years	B	200m	Individual Medley
70a	18 Years & Over	B	200m	Individual Medley
71	16 Years	G	200m	Breaststroke
71a	17 Years & Over	G	200m	Breaststroke
72	16 Years	B	200m	Breaststroke
73	15 Years	G	400m	Individual Medley
74	15 Years	B	400m	Individual Medley
75	12/13 Years	G	100m	Freestyle
76	14 Years	G	100m	Breaststroke
77	13/14 Years	B	100m	Breaststroke
78*	15 Years & Over	G	1500m	Freestyle (Timed Finals)
79	12 - 18 Years	G	4 x 200m	Club Freestyle Relay
80	13 - 18 Years	B	4 x 200m	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
 In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)
 In Event 61, Medals will be awarded in the following age groups; 12/13 Years & 14 Years
 In Event 78, Medals will be awarded in the following age groups; 15 Years, 16 Years and 17 & Over



**NSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 19 DECEMBER 2018**

Day Five HEATS Tuesday 18 December, 9:00am				
Event No.	Age Group		Distance	Stroke
81	17 Years & Over	B	200m	Backstroke
82	12/13 Years	G	400m	Freestyle
83	14 Years	G	100m	Backstroke
84	13/14 Years	B	100m	Backstroke
85	15 Years	G	200m	Freestyle
86	15 Years	B	200m	Freestyle
87	17 Years & Over	B	400m	Freestyle
88	16 Years & Over	G	100m	Butterfly
89	16 Years	B	100m	Butterfly
90	12/13 Years	G	50m	Freestyle
91	14 Years	G	400m	Individual Medley
92	13/14 Years	B	400m	Individual Medley
93	15 Years	G	200m	Breaststroke
94	15 Years	B	200m	Breaststroke
95	16 Years & Over	G	200m	Individual Medley
96	16 Years	B	200m	Individual Medley
97	12/13 Years	G	100m	Breaststroke
98*	13 - 15 Years	B	800m	Freestyle (Timed Finals)

Day Five FINALS Tuesday 18 December 5.30 PM				
Event No.	Age Group		Distance	Stroke
81	17 Years	B	200m	Backstroke
81a	18 Years & Over	B	200m	Backstroke
82	12/13 Years	G	400m	Freestyle
83	14 Years	G	100m	Backstroke
84	13/14 Years	B	100m	Backstroke
85	15 Years	G	200m	Freestyle
86	15 Years	B	200m	Freestyle
87	17 Years	B	400m	Freestyle
87a	18 Years & Over	B	400m	Freestyle
88	16 Years	G	100m	Butterfly
88a	17 Years & Over	G	100m	Butterfly
89	16 Years	B	100m	Butterfly
90	12/13 Years	G	50m	Freestyle
91	14 Years	G	400m	Individual Medley
92	13/14 Years	B	400m	Individual Medley
93	15 Years	G	200m	Breaststroke
94	15 Years	B	200m	Breaststroke
95	16 Years	G	200m	Individual Medley
95a	17 Years & Over	G	200m	Individual Medley
96	16 Years	B	200m	Individual Medley
97	12/13 Years	G	100m	Breaststroke
98*	13 - 15 Years	B	800m	Freestyle (Timed Finals)
99	12 - 16 Years	G	4 x 100m	Club Freestyle Relay
100	13 - 16 Years	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
In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)
In Event 98, Medals will be awarded in the following age groups; 13/14 Years & 15 Years



**NSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 19 DECEMBER 2018**

Day Six HEATS Wednesday 19 December, 9:00am				
Event No.	Age Group		Distance	Stroke
101*	15 Years & Over	G	800m	Freestyle (Timed Finals)
102	17 Years & Over	B	200m	Butterfly
103	14 Years	G	200m	Freestyle
104	13/14 Years	B	200m	Freestyle
105	15 Years	G	200m	Individual Medley
106	15 Years	B	200m	Individual Medley
107	12/13 Years	G	100m	Backstroke
108	17 Years & Over	B	100m	Freestyle
109	16 Years & Over	G	200m	Backstroke
110	16 Years	B	200m	Backstroke
111	15 Years	G	100m	Butterfly
112	15 Years	B	100m	Butterfly
113	14 Years	G	200m	Breaststroke
114	13/14 Years	B	200m	Breaststroke
115	12/13 Years	G	400m	Individual Medley
116*	16 Years & Over	B	1500m	Freestyle (Timed Finals)

Day Six FINALS Wednesday 19 December, 5:30pm				
Event No.	Age Group		Distance	Stroke
101*	15 Years & Over	G	800m	Freestyle (Timed Finals)
102	17 Years	B	200m	Butterfly
102a	18 Years & Over	B	200m	Butterfly
103	14 Years	G	200m	Freestyle
104	13/14 Years	B	200m	Freestyle
105	15 Years	G	200m	Individual Medley
106	15 Years	B	200m	Individual Medley
107	12/13 Years	G	100m	Backstroke
108	17 Years	B	100m	Freestyle
108a	18 Years & Over	B	100m	Freestyle
109	16 Years	G	200m	Backstroke
109a	17 Years & Over	G	200m	Backstroke
110	16 Years	B	200m	Backstroke
111	15 Years	G	100m	Butterfly
112	15 Years	B	100m	Butterfly
113	14 Years	G	200m	Breaststroke
114	13/14 Years	B	200m	Breaststroke
115	12/13 Years	G	400m	Individual Medley
116*	16 Years & Over	B	1500m	Freestyle (Timed Finals)
117	12 - 18 Years	G	4 x 100m	Club Medley Relay
118	13 - 18 Years	B	4 x 100m	Club Medley Relay
119	13 Years & Over	G	10 x 50m	Club Freestyle Relay
120	14 Years & Over	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
 In Girls 16 & Over Events, two (2) Finals will be swum (16 Years and 17 & Over), in Boys 17 & Over Events, two (2) Finals will be swum (17 Years & 18 & Over)
 In Event 101, Medals will be awarded in the following age groups; 15 Years, 16 Years and 17 & Over
 In Event 116, Medals will be awarded in the following age groups; 16 Years, 17 Years and 18 & Over



**NSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 19 DECEMBER 2018**

Qualifying Times - Boys

	18yrs & Over	17yrs	16yrs	15yrs	13/14yrs
Freestyle					
50m	26.00	26.00	26.50	27.80	28.90
100m	56.00	56.50	57.00	59.50	1:01.50
200m	2:02.00	2:03.00	2:06.00	2:09.50	2:13.00
400m	4:26.00	4:28.00	4:34.00	4:38.50	4:42.00
800m	9:15.00	9:30.50	9:44.50	10:00.00	10:12.00
1500m	17:18.00	17:20.00	17:40.00	18:15.00	18:30.00
Backstroke					
100m	1:05.50	1:06.50	1:08.00	1:10.50	1:14.50
200m	2:27.00	2:28.00	2:31.00	2:33.00	2:38.50
Breaststroke					
100m	1:17.00	1:17.50	1:18.50	1:20.00	1:22.50
200m	2:47.00	2:47.50	2:51.50	2:54.50	2:58.50
Butterfly					
100m	1:01.50	1:02.00	1:05.50	1:08.00	1:10.50
200m	2:23.00	2:24.00	2:28.00	2:33.00	2:36.50
Individual Medley					
200m	2:23.50	2:24.00	2:25.00	2:28.50	2:33.50
400m	5:02.00	5:03.00	5:05.00	5:15.00	5:25.00
Club Relays	13 – 18 Years		13 – 16 Years		13 – 14 Years
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 14 DECEMBER 2018

ENTRIES CLOSE 5PM TUESDAY 4 DECEMBER 2018

ENTRY FEE \$18.00 PER INDIVIDUAL EVENT, \$36.00 PER RELAY EVENT (GST INCLUSIVE)

- A swimmer may only appear in one (1) relay team list for that event
- If a Club enters three (3) or more Relay Teams, all teams must meet the Qualifying Time
- Only two (2) Relay Teams per Club per event will be eligible to score points and/or win Medals
- In Club relays a maximum of one (1) swimmer from a younger age group may participate, however at these championships only male athletes who are aged 13 years or older are allowed to compete
- No qualifying times are applicable for Events 119 and 120. A Club may enter one team ONLY in Events 119 and 120



**NSW SENIOR STATE AGE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
14 - 19 DECEMBER 2018**

Qualifying Times - Girls

	17yrs & Over	16yrs	15yrs	14yrs	12/13yrs
Freestyle					
50m	30.10	30.10	30.00	30.50	30.90
100m	1:03.00	1:03.00	1:03.50	1:05.00	1:07.00
200m	2:19.00	2:19.00	2:18.50	2:20.00	2:24.00
400m	4:49.00	4:52.00	4:54.00	4:58.00	5:05.00
800m	9:50.00	9:58.00	9:58.00	10:15.00	10:30.00
1500m	18:20.00	18:20.00	18:22.00	18:40.00	19:00.00
Backstroke					
100m	1:14.50	1:14.50	1:15.50	1:16.00	1:18.00
200m	2:41.00	2:41.00	2:42.00	2:44.00	2:48.00
Breaststroke					
100m	1:25.00	1:25.50	1:26.00	1:27.00	1:29.50
200m	3:04.30	3:06.00	3:06.50	3:08.00	3:11.00
Butterfly					
100m	1:11.00	1:12.00	1:13.50	1:15.50	1:18.50
200m	2:41.00	2:44.50	2:45.00	2:48.50	2:51.00
Individual Medley					
200m	2:38.50	2:40.00	2:40.00	2:42.50	2:45.00
400m	5:30.50	5:31.00	5:33.00	5:38.00	5:42.00
Club Relays	12 – 18 Years		12 – 16 Years		12 – 14 Years
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				

AGE AS AT 14 DECEMBER 2018

ENTRIES CLOSE 5PM TUESDAY 4 DECEMBER 2018

ENTRY FEE \$18.00 PER INDIVIDUAL EVENT, \$36.00 PER RELAY EVENT (GST INCLUSIVE)

- A swimmer may only appear in one (1) relay team list for that event
- If a Club enters three (3) or more Relay Teams, all teams must meet the Qualifying Time
- Only two (2) Relay Teams per Club per event will be eligible to score points and/or win Medals
- In Club relays a maximum of one (1) swimmer from a younger age group may participate, however at these championships only female athletes who are aged 12 years or older are allowed to compete
- No qualifying times are applicable for Events 119 and 120. A Club may enter one team ONLY in Events 119 and 120