



**NSW METROPOLITAN  
SHORT COURSE CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
15 - 17 JULY 2016**

<b>Session One</b>				
<b>Friday 15 July 4.00PM</b>				
<b>M</b>	<b>W</b>			
1	2	13 Years/Under	400m	Individual Medley
3	4	14/15 Years	200m	Individual Medley
5	6	16 Years/Over	200m	Individual Medley
7	8	14/15 Years	400m	Freestyle
9	10	16 Years/Over	400m	Freestyle
11	12	14 Years	100m	Breaststroke
13	14	15 Years	100m	Breaststroke
15	16	16 Years/Over	100m	Breaststroke

<b>Session Two</b>					<b>Session Three</b>				
<b>Saturday 16 July 9.00AM</b>					<b>Saturday 16 July NOT BEFORE 12.30PM</b>				
<b>M</b>	<b>W</b>				<b>M</b>	<b>W</b>			
17	18	Open	100m	Individual Medley	37	38	Open	50m	Butterfly
19	20	14/15 Years	200m	Butterfly	39	40	13 Years/Under	200m	Butterfly
21	22	16 Years/Over	200m	Butterfly	41	42	14/15 Years	200m	Freestyle
23	24	14 Years	100m	Backstroke	43	44	16 Years/Over	200m	Freestyle
25	26	15 Years	100m	Backstroke	45	46	Open MC	50m	Breaststroke
27	28	16 Years/Over	100m	Backstroke	47	48	13 Years/Under	200m	Backstroke
29	30	Open	50m	Freestyle	49	50	10 Years/Under	100m	Breaststroke
31	32	13 Years/Under	200m	Individual Medley	51	52	11 Years	100m	Breaststroke
33	34	Open MC	50m	Freestyle	53	54	12 Years	100m	Breaststroke
35		Open	1500m	Freestyle	55	56	13 Years	100m	Breaststroke
	36	Open	800m	Freestyle	57	58	10 Years/Under	100m	Freestyle
					59	60	11 Years	100m	Freestyle
					61	62	12 Years	100m	Freestyle
					63	64	13 Years	100m	Freestyle
<b>Session Four</b>					<b>Session Five</b>				
<b>Sunday 17 July 9.00AM</b>					<b>Sunday 17 July NOT BEFORE 12:30PM</b>				
<b>M</b>	<b>W</b>				<b>M</b>	<b>W</b>			
65	66	14 Years	100m	Butterfly	89	90	14/15 Years	400m	Individual Medley
67	68	15 Years	100m	Butterfly	91	92	16 Years/Over	400m	Individual Medley
69	70	16 Years/Over	100m	Butterfly	93	94	Open MC	50m	Butterfly
71	72	13 Years/Under	200m	Breaststroke	95	96	Open	50m	Backstroke
73	74	14/15 Years	200m	Backstroke	97	98	13 Years/Under	200m	Freestyle
75	76	16 Years/Over	200m	Backstroke	99	100	14/15 Years	200m	Breaststroke
77	78	13 Years/Under	400m	Freestyle	101	102	16 Years/Over	200m	Breaststroke
79	80	Open	50m	Breaststroke	103	104	10 Years/Under	100m	Backstroke
81	82	14 Years	100m	Freestyle	105	106	11 Years	100m	Backstroke
83	84	Open MC	50m	Backstroke	107	108	12 Years	100m	Backstroke
85	86	15 Years	100m	Freestyle	109	110	13 Years	100m	Backstroke
87	88	16 Years/Over	100m	Freestyle	111	112	10 Years/Under	100m	Butterfly
					113	114	11 Years	100m	Butterfly
					115	116	12 Years	100m	Butterfly
					117	118	13 Years	100m	Butterfly

**AGE AS AT 15 JULY 2016**

**ENTRIES CLOSE 5PM TUESDAY 5 JULY, 2016**

**ENTRY FEE \$17.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)**

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



**NSW METROPOLITAN SHORT COURSE CHAMPIONSHIPS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
**15 - 17 JULY 2016**

**Qualifying Times - Men & Boys**

		Open	16yrs/Over	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs/Under
FREESTYLE	50m	25.50							
	100m		56.00	59.50	1.01.00	1.04.00	1.07.00	1.12.00	1.16.50
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2.02.00	2.10.00		2.18.00			
	400m		4.23.00	4.32.00		4.50.50			
	1500m	17.10.00							
BACKSTROKE	50m	31.00							
	100m		1.05.00	1.08.50	1.09.50	1.13.00	1.18.00	1.22.00	1.26.50
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2.26.00	2.30.00		2.37.00			
BREASTSTROKE	50m	33.10							
	100m		1.15.00	1.18.00	1.19.50	1.26.00	1.29.20	1.37.00	1.40.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2.47.00	2.52.00		3.00.00			
BUTTERFLY	50m	28.00							
	100m		1.04.00	1.07.50	1.10.00	1.13.00	1.20.00	1.24.30	1.31.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2.25.50	2.33.50		2.44.00			
INDIVIDUAL MEDLEY	100m	1.05.50							
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2.22.00	2.25.50		2.38.50			
	400m		5.08.00	5.10.00		5.30.50			

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**NSW METROPOLITAN SHORT COURSE CHAMPIONSHIPS**  
**SYDNEY OLYMPIC PARK AQUATIC CENTRE**  
**15 - 17 JULY 2016**

**Qualifying Times - Women & Girls**

		Open	16yrs/Over	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs/Under
FREESTYLE	50m	28.60							
	100m		1.04.00	1.05.00	1.04.50	1.05.50	1.07.50	1.12.00	1.17.50
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2.17.00	2.17.00		2.20.00			
	400m		4.49.00	4.50.00		4.58.50			
	800m	9.25.00							
BACKSTROKE	50m	33.50							
	100m		1.13.50	1.14.00	1:14.00	1.15.00	1.18.00	1.22.00	1.28.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2.38.00	2.36.00		2.41.50			
BREASTSTROKE	50m	37.30							
	100m		1.25.00	1.26.00	1.26.00	1.28.00	1.29.50	1.37.00	1.42.50
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2.58.50	3:01.00		3.06.00			
BUTTERFLY	50m	31.00							
	100m		1.12.50	1.14.00	1.14.00	1.16.00	1.20.00	1.26.00	1.33.00
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2.42.50	2.45.00		2.52.00			
INDIVIDUAL MEDLEY	100m	1.13.00							
			16yrs/Over	14/15yrs		13yrs/Under			
	200m		2.39.50	2.37.00		2.41.00			
	400m		5.30.00	5.40.00		5.45.00			

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**Qualifying Times - Multi-Classification**

<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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