

SunSmart Long Course Qualifying Meet #1	
Please ensure swimmers are Annual members for the 2016/17 season prior to entering the meet.	
Host:	Swimming WA
Contact:	Ph: 9328 4599 Email: waswim@wa.swimming.org.au
Date of Event:	Friday 21 - Sunday 23 October 2016
Location:	HBF Stadium
Time:	Friday 21 October <ul style="list-style-type: none"> • Warm-up from 5:00 pm • Start at 6:00 pm Saturday 22 – Sunday 23 October <ul style="list-style-type: none"> • Warm-up from 8:00 am • Start at 9:00 am
Cost:	\$7.50 per individual entry
Closing Date:	9:30pm Tuesday 11 October 2016
Entry Method:	Online entries only via the Swimming WA website: wa.swimming.org.au
Entry Information:	<ul style="list-style-type: none"> • All entrants must be Annual Members of Swimming WA • All events will be swum as times finals • MC swimmers are eligible to enter 50m, 100m and 200m events. Swimmers must show their classification card to referee before their events
Timing Equipment:	AOE – touchpads at the start/finish and turn end
Qualifying Times:	No qualifying times required
Eligible Age Groups:	<ul style="list-style-type: none"> • Age as at the first day of competition • Seven years to Open



EVENT PROGRAMME

Friday 21 October 2016

1.	Womens Open 50 Back
2.	Mens Open 50 Back
3.	Mens 13/O 50 1500 Free
4.	Womens Open 50 Fly

5.	Mens Open 50 Fly
6.	Womens Open 50 Breast
7.	Mens Open 50 Breast
8.	Womens Open 800 Free

Saturday 22 October 2016

9.	Girls 9yrs-11yrs 200m Backstroke
10.	Boys 9yrs-11yrs 200m Backstroke
11.	Girls 9yrs-11yrs 100m Butterfly
12.	Boys 9yrs-11yrs 100m Butterfly
13.	Girls 9yrs-11yrs 200m Freestyle
14.	Boys 9yrs-11yrs 200m Freestyle
15.	Girls 11yrs/U 100m Breaststroke
16.	Boys 11yrs/U 100m Breaststroke
17.	Mens 12yrs/O 200m Freestyle
18.	Women 12yrs/O 100m Freestyle

19.	Mens 12yrs/O 100m Breaststroke
20.	Womens 12yrs/O 100m Backstroke
21.	Mens 12yrs/O 100m Butterfly
22.	Womens 12yrs/O 200m Butterfly
23.	Mens 12yrs/O 200m IM
24.	Womens 12yrs/O 400m Freestyle
25.	Mens 12yrs/O 50m Freestyle
26.	Womens 12yrs/O 200m Breaststroke
27.	Mens 12yrs/O 200m Backstroke
28.	Womens 12yrs/O 400m IM

Sunday 23 October 2016

29.	Girls 11yrs 200m Butterfly
30.	Boys 11yrs 200m Butterfly
31.	Girls 11yrs/U 100m Backstroke
32.	Boys 11yrs/U 100m Backstroke
33.	Girls 11yrs/U 50m Freestyle
34.	Boys 11yrs/U 50m Freestyle
35.	Girls 9yrs-11yrs 200m IM
36.	Boys 9yrs-11yrs 200m IM
37.	Girls 11yrs/U 100m Freestyle
38.	Boys 11yrs/U 100m Freestyle
39.	Girls 9yrs-11yrs 200m Breaststroke
40.	Boys 9yrs-11yrs 200m Breaststroke

41.	12yrs/O Womens 200m Freestyle
42.	12yrs/O Mens 100m Freestyle
43.	12yrs/O Womens 100m Breaststroke
44.	12yrs/O Mens 100m Backstroke
45.	12yrs/O Womens 100m Butterfly
46.	12yrs/O Mens 200m Butterfly
47.	12yrs/O Womens 200m IM
48.	12yrs/O Mens 400m Freestyle
49.	12yrs/O Womens 50m Freestyle
50.	12yrs/O Mens 200m Breaststroke
51.	12yrs/O Womens 200m Backstroke
52.	12yrs/O Mens 400m IM

The West Australian

2016-2017 STATE CHAMPIONSHIP LONG COURSE QUALIFYING TIMES

Male	8	9	10	11	12	13	14	15	16	17/18	Open	
Freestyle												
	50m	0:45.00	0:42.00	0:38.40	0:36.00	0:33.50	0:30.10	0:29.00	0:28.20	0:28.00	0:27.10	0:25.70
	100m	1:47.00	1:41.00	1:23.00	1:17.00	1:12.00	1:05.50	1:03.20	1:01.20	1:00.50	0:59.40	0:56.20
	200m		3:31.00	3:04.00	2:42.00	2:35.00	2:27.60	2:23.10	2:18.30	2:16.50	2:14.30	2:06.50
	400m				5:42.00	5:22.00	4:50.40	4:50.40	4:42.70	4:39.40	4:33.90	4:30.60
	800m				11:53.00	11:13.00	10:32.50	10:07.20	9:50.70	9:44.10	9:30.90	9:28.70
	1500m					19:40.30	19:04.00	18:42.00	18:09.00	18:03.50	17:36.00	
Backstroke												
	50m	0:53.00	0:50.00	0:46.00	0:44.00	0:41.00	0:35.80	0:34.40	0:33.40	0:32.80	0:32.30	0:30.10
	100m	1:58.00	1:52.00	1:34.00	1:29.00	1:24.00	1:15.50	1:12.60	1:10.40	1:09.30	1:08.00	1:04.70
	200m			3:26.00	3:06.00	2:55.00	2:48.80	2:41.90	2:37.40	2:35.10	2:31.70	2:22.80
Breaststroke												
	50m	0:58.00	0:55.00	0:51.00	0:49.00	0:46.00	0:40.10	0:38.30	0:37.20	0:36.30	0:35.80	0:33.20
	100m	2:16.00	2:07.00	1:48.00	1:43.00	1:36.00	1:26.10	1:22.30	1:20.10	1:18.10	1:17.00	1:12.50
	200m			3:59.00	3:33.00	3:18.00	3:11.60	3:04.70	3:01.30	2:56.70	2:55.40	2:41.70
Butterfly												
	50m	0:52.00	0:49.00	0:44.00	0:41.00	0:37.50	0:33.30	0:31.60	0:30.60	0:30.10	0:29.60	0:27.50
	100m		2:00.00	1:37.00	1:30.00	1:24.00	1:12.90	1:09.30	1:07.10	1:05.80	1:04.90	1:01.50
	200m				3:11.00	2:53.00	2:49.80	2:41.90	2:36.80	2:34.50	2:28.20	2:19.70
Ind. Medley												
	200m		4:05.00	3:40.00	3:15.00	2:55.00	2:49.00	2:42.50	2:39.10	2:35.10	2:33.40	2:23.00
	400m					6:12.00	5:52.00	5:33.30	5:25.60	5:18.50	5:13.50	5:07.70
Freestyle Relay												
	4x50m		3:12.00	2:47.00	2:30.00	2:21.00	2:10.00	2:05.00	2:02.00	2:01.00	1:58.00	1:48.00
	4x100m								4:15.00	4:12.00	4:06.00	3:57.00
	4x200m									9:06.00	8:57.00	8:43.00
Medley Relay												
	4x50m		3:43.00	3:20.00	2:54.00	2:41.00	2:30.00	2:22.00	2:20.00	2:17.00	2:14.00	2:00.00
	4x100m								4:40.00	4:39.00	4:34.00	4:24.00

2016/2017 STATE CHAMPIONSHIP LONG COURSE QUALIFYING TIMES

Female	8	9	10	11	12	13	14	15	16	17/18	Open
Freestyle											
50m	0:45.00	0:42.00	0:38.00	0:36.00	0:33.50	0:31.60	0:31.20	0:31.00	0:30.60	0:30.30	0:29.10
100m	1:47.00	1:41.00	1:22.00	1:17.00	1:13.00	1:08.60	1:07.50	1:06.90	1:06.30	1:06.00	1:02.60
200m		3:31.00	3:04.00	2:42.00	2:38.00	2:33.40	2:31.10	2:29.40	2:28.20	2:27.10	2:18.60
400m				5:42.00	5:27.00	5:10.50	5:05.60	5:02.50	4:59.20	4:57.00	4:52.60
800m				11:53.00	11:18.00	10:42.40	10:31.40	10:23.70	10:16.00	10:05.00	9:56.20
1500m						20:55.30	20:38.60	20:08.90	20:01.20	19:39.20	19:26.00
Backstroke											
50m	0:53.00	0:50.00	0:46.00	0:44.00	0:41.00	0:37.10	0:36.70	0:36.30	0:36.20	0:35.90	0:33.40
100m	1:58.00	1:52.00	1:34.00	1:29.00	1:24.00	1:18.10	1:17.30	1:16.50	1:16.30	1:15.70	1:11.30
200m			3:26.00	3:06.00	2:55.00	2:52.80	2:50.10	2:49.10	2:48.50	2:48.50	2:35.70
Breaststroke											
50m	0:58.00	0:55.00	0:51.00	0:49.00	0:46.00	0:41.60	0:41.40	0:41.20	0:40.90	0:40.60	0:37.10
100m	2:16.00	2:07.00	1:48.00	1:43.00	1:37.00	1:29.10	1:28.60	1:28.00	1:27.50	1:26.90	1:21.00
200m			3:59.00	3:33.00	3:20.00	3:18.40	3:16.10	3:15.60	3:14.40	3:12.70	2:57.70
Butterfly											
50m	0:52.00	0:49.00	0:44.00	0:41.00	0:38.50	0:34.60	0:33.90	0:33.70	0:33.40	0:33.30	0:30.90
100m		2:00.00	1:37.00	1:30.00	1:25.00	1:15.90	1:14.60	1:14.10	1:13.30	1:13.20	1:08.60
200m				3:11.00	3:00.00	2:54.70	2:53.60	2:48.80	2:48.20	2:47.60	2:35.40
Ind. Medley											
200m		4:05.00	3:40.00	3:15.00	2:57.00	2:53.30	2:51.80	2:50.50	2:49.90	2:48.80	2:37.60
400m					6:21.00	6:01.70	5:54.20	5:48.20	5:45.40	5:41.00	5:35.00
Freestyle Relay											
4x50m		3:12.00	2:47.00	2:30.00	2:21.00	2:16.00	2:14.00	2:13.00	2:12.00	2:10.00	2:05.00
4x100m								4:39.00	4:37.00	4:35.00	4:30.00
4x200m									9:52.00	9:49.00	9:32.00
Medley Relay											
4x50m		3:43.00	3:20.00	2:54.00	2:41.00	2:32.00	2:29.00	2:30.00	2:29.00	2:28.00	2:15.00
4x100m								5:06.00	5:06.00	5:03.00	4:57.00