

# SunSmart Western Australian State Age Swimming Championships

Saturday 15 December – Tuesday 18 December 2018  
HBF Stadium

Host: Swimming WA



|                |   |
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| <b>Contact</b> | <b>Zac Acott</b><br>(08) 9328 4599<br>waswim@wa.swimming.org.au |
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|                        |                |        |
|------------------------|----------------|--------|
| <b>Time:<br/>Heats</b> | <b>Warm up</b> | 8:00am |
|                        | <b>Start</b>   | 9:00am |

|                         |                |        |
|-------------------------|----------------|--------|
| <b>Time:<br/>Finals</b> | <b>Warm up</b> | 5:00pm |
|                         | <b>Start</b>   | 6:00pm |

|             |                   |         |
|-------------|-------------------|---------|
| <b>Cost</b> | <b>Individual</b> | \$12.00 |
|             | <b>Relay</b>      | \$20.00 |

## Recognition/Awards

- Medals to be awarded to the three fastest swimmers in finals for the following age groups 13yrs/U, 14yrs, 15yrs, 16yrs, 17-18yrs
- Medals for Multi Class events will be determined using the MCPS
- Medals will not be awarded if qualifying time is not met
- The long course shield will be awarded to the highest scoring metro and country club. The winning club will be determined by standard point system with bonus points awarded for relevant gae group resident records
- The Multi Class sprint championship is a mixed 50m freestyle event, the winner will be determined using the MCPC and awarded with the perpetual M/C Sprint Championships trophy

|                      |  |
|----------------------|--|
| <b>Entries Close</b> | <b>8:00pm Tuesday 11 December 2018</b> |
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|                     |  |
|---------------------|--|
| <b>Entry Method</b> | Online entries only via the SWA website <a href="http://wa.swimming.org.au">wa.swimming.org.au</a> |
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## Entry Information

- Relay entries can be made via Team Manger entry file or online
- All entrants must be 2018/19 Annual Members of Swimming WA
- Times must be achieved since 1 December 2016
- Age group categories are 13yrs/U, 14yrs, 15yrs, 16yrs, 17-18yrs
- Boys and Girls 14yrs/O 1500m Freestyle and 800m Freestyle will be swum as timed finals with the fastest heat taking place in the evening session
- Swimmers are requested to scratch from events they do not intend on swimming
- Swimmers are required to register intent to swim in 800m and 1500m freestyle events

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### Entry Information cont.

- All 50m, 100m, 200m, 400m events will be swum in heats and finals format, heats session will be seeded by time (not age) with the fastest swimmers in each age category advancing to swim in age group finals during the evening session
  - There will be no B Finals
  - Maximum of two visitors will be eligible to compete in finals
  - Clubs are permitted to enter two relay teams per event
  - Clubs are permitted to enter six swimmers in freestyle relays and eight in medley relays
  - All M/C events and relays will be swum as timed finals
  - **Swimmers who do not withdraw from a final within the allocated time frame will incur a \$50.00 fine (30 minutes after posting of morning heats results)**
  - **Heats results will be posted in marshalling area and on results board, withdrawals can be made at the marshalling table**
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### Qualifying Times

- Summer State qualifying times required
  - No qualifying times required for M/C events
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### Eligible Age Groups

- 13yrs to Open
  - 12yrs can compete provided they meet 13yrs State Qualifying Time
  - Age as of the first day of the meet
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## Programme

### Saturday 15 December 2018 - Heats

|     |               |                  |
|-----|---------------|------------------|
| 1   | Girls 13yrs/O | 200 Freestyle    |
| 2   | Boys 13yrs/O  | 200 Freestyle    |
| 101 | MC Women Open | 200 IM           |
| 3   | Girls 13yrs/O | 100 Backstroke   |
| 4   | Boys 13yrs/O  | 100 Backstroke   |
| 102 | MC Men Open   | 100 Butterfly    |
| 5   | Girls 13yrs/O | 800 Freestyle    |
| 6   | Girls 13yrs/O | 200 Breaststroke |
| 7   | Boys 13yrs/O  | 200 Breaststroke |

### Saturday 15 December 2018 - Finals

|     |               |                |
|-----|---------------|----------------|
| 1   | Girls 13yrs/O | 200 Freestyle  |
| 2   | Boys 13yrs/O  | 200 Freestyle  |
| 103 | MC Women Open | 50 Backstroke  |
| 3   | Girls 13yrs/O | 100 Backstroke |
| 4   | Boys 13yrs/O  | 100 Backstroke |
| 104 | MC Men Open   | 100 Freestyle  |
| 5   | Girls 13yrs/O | 800 Freestyle  |

|     |               |                   |
|-----|---------------|-------------------|
| 105 | MC Women Open | 100 Backstroke    |
| 6   | Girls 13yrs/O | 200 Breaststroke  |
| 7   | Boys 13yrs/O  | 200 Breaststroke  |
| 8   | Girls 14yrs/U | 4x50 Medley Relay |
| 9   | Boys 14yrs/U  | 4x50 Medley Relay |

### Sunday 16 December 2018 - Heats

|     |               |                  |
|-----|---------------|------------------|
| 10  | Boys 13yrs/O  | 800 freestyle    |
| 11  | Girls 13yrs/O | 100 breaststroke |
| 106 | MC Women Open | 400 freestyle    |
| 12  | Boys 13yrs/O  | 100 breaststroke |
| 13  | Girls 13yrs/O | 100 freestyle    |
| 107 | MC Men Open   | 50 backstroke    |
| 14  | Boys 13yrs/O  | 100 freestyle    |
| 15  | Girls 13yrs/O | 400 IM           |
| 16  | Boys 13yrs/O  | 400 IM           |

## Programme cont.

### Sunday 16 December 2018 - Finals

|     |                   |                       |
|-----|-------------------|-----------------------|
| 10  | Boys 13yrs/O      | 800 freestyle         |
| 108 | MC Men Open       | 400 freestyle         |
| 11  | Girls 13yrs/O     | 100 breaststroke      |
| 12  | Boys 13yrs/O      | 10 breaststroke       |
| 109 | MC Women Open     | 50 butterfly          |
| 13  | Girls 13yrs/O     | 100 freestyle         |
| 14  | Boys 13yrs/O      | 100 freestyle         |
| 110 | MC Men Open       | 100 breaststroke      |
| 15  | Girls 13yrs/O     | 400 IM                |
| 16  | Boys 13yrs/O      | 400 IM                |
| 17  | Girls 13yrs-18yrs | 4x200 freestyle relay |
| 18  | Boys 13yrs-18yrs  | 4x200 freestyle relay |

### Monday 17 December 2018 - Heats

|     |               |                       |
|-----|---------------|-----------------------|
| 19  | Girls 13yrs   | 100 butterfly         |
| 20  | Boys 13yrs    | 100 butterfly         |
| 111 | MC Women Open | 50 freestyle          |
| 21  | Girls 13yrs   | 400 freestyle         |
| 112 | MC Men Open   | 200 IM                |
| 22  | Boys 13yrs    | 400 freestyle         |
| 23  | Girls 13yrs   | 200 backstroke        |
| 113 | MC Women Open | 100 backstroke        |
| 24  | Boys 13yrs/O  | 200 backstroke        |
| 25  | Girls 16yrs/U | 4x100 freestyle relay |
| 26  | Boys 16yrs/U  | 4x100 freestyle relay |
| 27  | Girls 14yrs/O | 1500 freestyle        |

### Monday 17 December 2018 - Finals

|     |               |                 |
|-----|---------------|-----------------|
| 19  | Girls 13yrs   | 100 butterfly   |
| 20  | Boys 13yrs    | 100 butterfly   |
| 114 | MC Men Open   | 50 breaststroke |
| 21  | Girls 13yrs   | 400 freestyle   |
| 22  | Boys 13yrs    | 400 freestyle   |
| 115 | MC Women Open | 100 butterfly   |
| 23  | Girls 13yrs   | 200 backstroke  |

|    |                   |                        |
|----|-------------------|------------------------|
| 24 | Boys 13yrs/O      | 200m backstroke        |
| 27 | Girls 14yrs/O     | 1500m freestyle        |
| 28 | Girls 13yrs-18yrs | 4x100m freestyle relay |
| 29 | Boys 13yrs-18yrs  | 4x100m freestyle relay |

### Tuesday 18 December 2018 - Heats

|     |               |                    |
|-----|---------------|--------------------|
| 30  | Girls 13yrs/O | 200 IM             |
| 31  | Boys 13yrs/O  | 200 IM             |
| 116 | MC Men Open   | 100 backstroke     |
| 32  | Girls 13yrs/O | 50 freestyle       |
| 33  | Boys 13yrs/O  | 50 freestyle       |
| 117 | MC Women Open | 100 freestyle      |
| 34  | Boys 14yrs/O  | 1500 freestyle     |
| 118 | MC Men Open   | 50 freestyle       |
| 35  | Girls 13yrs/O | 200 butterfly      |
| 36  | Boys 13yrs/O  | 200 butterfly      |
| 37  | Girls 16yrs/U | 4x100 medley relay |
| 38  | Girls 16yrs/U | 4x100 medley relay |

### Tuesday 18 December 2018 - Finals

|     |                   |                      |
|-----|-------------------|----------------------|
| 30  | Girls 13yrs/O     | 200 IM               |
| 31  | Boys 13yrs/O      | 200 IM               |
| 119 | MC Men Open       | 50 butterfly         |
| 120 | MC Women Open     | 50 breaststroke      |
| 32  | Girls 13yrs/O     | 50 freestyle         |
| 33  | Boys 13yrs/O      | 50 freestyle         |
| 34  | Boys 14yrs/O      | 1500 freestyle       |
| 201 | MC Mixed Open     | 50 freestyle         |
| 35  | Girls 13yrs/O     | 200 butterfly        |
| 36  | Boys 13yrs/O      | 200 butterfly        |
| 39  | Girls 14 yrs/U    | 4x50 freestyle relay |
| 40  | Boys 14 yrs/U     | 4x50 freestyle relay |
| 41  | Girls 13yrs-18yrs | 4x100 medley relay   |
| 42  | Boys 13yrs-18yrs  | 4x100 medley relay   |

# 2018/19 State Championship Long Course Qualifying Times

| MALE              |        | 9       | 10      | 11      | 12       | 13       | 14       | 15       | 16       | 17/18    | Open     |
|-------------------|--------|---------|---------|---------|----------|----------|----------|----------|----------|----------|----------|
| Freestyle         | 50m    | 0:42.00 | 0:38.45 | 0:35.82 | 0:33.42  | 0:29.55  | 0:28.55  | 0:28.04  | 0:27.54  | 0:27.04  | 0:25.56  |
|                   | 100m   | 1:42.00 | 1:23.00 | 1:18.65 | 1:13.47  | 1:04.86  | 1:02.67  | 1:01.57  | 1:00.47  | 0:59.37  | 0:56.56  |
|                   | 200m   |         | 3:15.00 | 2:45.00 | 2:35.00  | 2:23.62  | 2:21.15  | 2:18.66  | 2:16.19  | 2:13.71  | 2:06.47  |
|                   | 400m   |         |         |         | 5:27.00  | 5:04.52  | 4:59.27  | 4:54.03  | 4:48.77  | 4:43.52  | 4:29.91  |
|                   | 800m   |         |         |         | 11:20.00 | 10:34.69 | 10:20.49 | 10:08.28 | 9:58.29  | 9:44.97  | 9:28.70  |
|                   | 1500m  |         |         |         |          | 19:45.48 | 19:32.04 | 19:11.49 | 18:50.92 | 18:40.64 | 17:46.62 |
| Backstroke        | 50m    | 0:47.76 | 0:43.78 | 0:40.80 | 0:38.06  | 0:35.09  | 0:33.33  | 0:32.78  | 0:32.23  | 0:31.35  | 0:29.48  |
|                   | 100m   | 1:47.00 | 1:29.00 | 1:26.95 | 1:21.10  | 1:14.13  | 1:10.49  | 1:09.27  | 1:08.06  | 1:06.23  | 1:03.43  |
|                   | 200m   |         |         | 3:11.67 | 2:59.33  | 2:46.17  | 2:38.00  | 2:35.28  | 2:32.57  | 2:28.46  | 2:21.71  |
| Breaststroke      | 50m    | 0:52.68 | 0:48.29 | 0:45.00 | 0:41.98  | 0:39.27  | 0:37.40  | 0:36.74  | 0:36.19  | 0:35.20  | 0:32.45  |
|                   | 100m   | 2:04.00 | 1:42.00 | 1:37.57 | 1:31.01  | 1:24.56  | 1:20.47  | 1:19.10  | 1:17.74  | 1:15.69  | 1:11.63  |
|                   | 200m   |         |         | 3:22.00 | 3:18.71  | 3:07.96  | 2:58.87  | 2:55.83  | 2:52.81  | 2:48.26  | 2:38.29  |
| Butterfly         | 50m    | 0:44.93 | 0:41.18 | 0:38.37 | 0:35.79  | 0:32.78  | 0:31.24  | 0:30.69  | 0:30.14  | 0:29.37  | 0:27.54  |
|                   | 100m   |         | 1:31.00 | 1:24.49 | 1:18.81  | 1:12.04  | 1:08.50  | 1:07.32  | 1:06.13  | 1:04.36  | 1:01.19  |
|                   | 200m   |         |         | 3:16.39 | 2:56.79  | 2:44.53  | 2:36.45  | 2:33.75  | 2:31.05  | 2:27.00  | 2:20.06  |
| Individual Medley | 200m   |         | 3:46.99 | 3:13.08 | 3:00.10  | 2:47.62  | 2:39.38  | 2:36.63  | 2:33.88  | 2:29.76  | 2:22.13  |
|                   | 400m   |         |         |         | 6:12.00  | 6:02.41  | 5:44.60  | 5:38.65  | 5:32.71  | 5:23.80  | 5:06.31  |
| Freestyle Relay   | 4x50m  | 3:14.00 | 2:56.00 | 2:27.00 | 2:22.00  | 2:06.56  | 2:00.96  | 1:59.84  | 1:57.60  | 1:55.36  | 1:46.70  |
|                   | 4x100m |         |         |         |          |          |          | 4:20.96  | 4:14.24  | 4:06.40  | 3:56.50  |
|                   | 4x200m |         |         |         |          |          |          |          | 9:19.50  | 8:58.35  | 8:42.50  |
| Medley Relay      | 4x50m  | 3:38.00 | 3:14.00 | 2:41.00 | 2:34.00  | 2:24.48  | 2:17.76  | 2:15.52  | 2:13.28  | 2:09.92  | 1:58.80  |
|                   | 4x100m |         |         |         |          |          |          | 4:43.36  | 4:41.12  | 4:37.76  | 4:24.00  |

# 2018/19 State Championship Long Course Qualifying Times

| FEMALE            |        | 9       | 10      | 11      | 12       | 13       | 14       | 15       | 16       | 17/18    | Open     |
|-------------------|--------|---------|---------|---------|----------|----------|----------|----------|----------|----------|----------|
| Freestyle         | 50m    | 0:43.45 | 0:39.29 | 0:36.45 | 0:34.85  | 0:31.55  | 0:31.26  | 0:30.99  | 0:30.70  | 0:30.41  | 0:28.99  |
|                   | 100m   | 1:43.00 | 1:25.00 | 1:18.27 | 1:14.83  | 1:07.74  | 1:07.13  | 1:06.52  | 1:05.91  | 1:05.30  | 1:02.89  |
|                   | 200m   |         | 3:15.00 | 2:45.00 | 2:39.00  | 2:31.31  | 2:29.95  | 2:28.58  | 2:27.22  | 2:25.86  | 2:18.94  |
|                   | 400m   |         |         |         | 5:33.00  | 5:17.16  | 5:14.30  | 5:11.44  | 5:08.59  | 5:05.73  | 4:54.13  |
|                   | 800m   |         |         |         | 11:23.00 | 10:40.36 | 10:34.59 | 10:28.83 | 10:23.06 | 10:17.29 | 10:02.27 |
|                   | 1500m  |         |         |         |          | 21:35.37 | 21:03.18 | 20:34.32 | 20:27.66 | 20:03.24 | 19:26.00 |
| Backstroke        | 50m    | 0:48.66 | 0:44.00 | 0:40.62 | 0:39.04  | 0:36.19  | 0:35.86  | 0:35.64  | 0:35.31  | 0:34.98  | 0:33.12  |
|                   | 100m   | 1:52.00 | 1:30.00 | 1:26.22 | 1:22.85  | 1:16.34  | 1:15.67  | 1:15.00  | 1:14.32  | 1:13.65  | 1:10.93  |
|                   | 200m   |         |         | 3:11.67 | 2:59.33  | 2:48.26  | 2:46.77  | 2:45.28  | 2:43.80  | 2:42.32  | 2:36.29  |
| Breaststroke      | 50m    | 0:54.25 | 0:49.05 | 0:45.29 | 0:43.51  | 0:40.92  | 0:40.59  | 0:40.26  | 0:39.93  | 0:39.49  | 0:36.98  |
|                   | 100m   | 2:11.00 | 1:44.00 | 1:37.24 | 1:33.43  | 1:27.63  | 1:26.87  | 1:26.11  | 1:25.34  | 1:24.58  | 1:20.45  |
|                   | 200m   |         |         | 3:28.94 | 3:22.85  | 3:13.71  | 3:12.02  | 3:10.34  | 3:08.66  | 3:06.97  | 2:54.68  |
| Butterfly         | 50m    | 0:45.43 | 0:41.08 | 0:37.93 | 0:36.45  | 0:34.10  | 0:33.55  | 0:33.22  | 0:33.00  | 0:32.67  | 0:30.64  |
|                   | 100m   |         | 1:31.00 | 1:24.04 | 1:20.76  | 1:15.08  | 1:13.76  | 1:13.11  | 1:12.45  | 1:11.79  | 1:08.97  |
|                   | 200m   |         |         | 3:17.50 | 2:59.01  | 2:49.45  | 2:46.48  | 2:44.99  | 2:43.50  | 2:42.01  | 2:34.51  |
| Individual Medley | 200m   |         | 3:42.12 | 3:09.65 | 3:02.23  | 2:50.98  | 2:49.47  | 2:47.96  | 2:46.45  | 2:44.94  | 2:37.54  |
|                   | 400m   |         |         |         | 6:16.00  | 6:03.24  | 6:00.03  | 5:56.81  | 5:53.60  | 5:50.39  | 5:33.56  |
| Freestyle Relay   | 4x50m  | 3:14.00 | 2:56.00 | 2:27.00 | 2:22.00  | 2:12.16  | 2:09.92  | 2:09.92  | 2:08.80  | 2:07.68  | 2:04.30  |
|                   | 4x100m |         |         |         |          |          |          | 4:42.24  | 4:38.88  | 4:37.76  | 4:29.50  |
|                   | 4x200m |         |         |         |          |          |          |          | 10:03.90 | 9:48.30  | 9:32.00  |
| Medley Relay      | 4x50m  | 3:38.00 | 3:14.00 | 2:41.00 | 2:34.00  | 2:26.72  | 2:24.48  | 2:23.00  | 2:21.00  | 2:19.00  | 2:14.20  |
|                   | 4x100m |         |         |         |          |          |          | 5:06.88  | 5:03.00  | 4:59.00  | 4:57.00  |