



# SWIMMING NORTH COAST INC. 2025 SHORT COURSE CHAMPIONSHIPS



**Saturday 21 June and Sunday 22 June 2025**

**NORTH: Evans Head Aquatic Centre – Evans Head**

**SOUTH: Great Lakes Aquatic Centre - Forster**

<b>Day 1: Saturday 21 June 2025</b>		
<b>Warm up 9.00 am Start 10.00 am</b>		
1	Mixed	12/u Medley Relay
2	Men	400m Freestyle Multi Age
3	Women	400m Freestyle Multi Age
4	Men	50m Butterfly Multi Class
5	Men	50m Butterfly Multi Age
6	Women	50m Butterfly Multi Class
7	Women	50m Butterfly Multi Age
8	Men	200m Individual Medley Multi Age
9	Women	200m Individual Medley Multi Age
10	Men	100m Breaststroke Multi Age
11	Women	100m Breaststroke Multi Age
12	Men	1500m Freestyle Multi Age
13	Women	1500m Freestyle Multi Age
14	Men	200m Butterfly Multi Age
15	Women	200m Butterfly Multi Age
16	Men	50m Breaststroke Multi Class
17	Men	50m Breaststroke Multi Age
18	Women	50m Breaststroke Multi Class
19	Women	50m Breaststroke Multi Age
20	Men	200m Freestyle Multi Age
21	Women	200m Freestyle Multi Age
22	Men	100m Backstroke Multi Age
23	Women	100m Backstroke Multi Age
24	Men	12/u 4x50m Medley Relay
25	Women	12/u 4x50m Medley Relay
26	Men	13/o 4x50m Medley Relay
27	Women	13/o 4x50m Medley Relay

<b>Day 2: Sunday 22 June 2025</b>		
<b>Warm up 8.00 am Start 9.00 am</b>		
28	Mixed	Open Medley Relay
29	Men	400m Individual Medley 11yr&Over
30	Women	400m Individual Medley 11yr&Over
31	Men	100m Freestyle Multi Class
32	Men	100m Freestyle Multi Age
33	Women	100m Freestyle Multi Class
34	Women	100m Freestyle Multi Age
35	Men	50m Backstroke Multi Class
36	Men	50m Backstroke Multi Age
37	Women	50m Backstroke Multi Class
38	Women	50m Backstroke Multi Age
39	Men	200m Breaststroke Multi Age
40	Women	200m Breaststroke Multi Age
41	Men	800m Freestyle Multi Age
42	Women	800m Freestyle Multi Age
43	Men	100m Butterfly Multi Age
44	Women	100m Butterfly Multi Age
45	Men	100m Individual Medley Multi Age
46	Women	100m Individual Medley Multi Age
47	Men	200m Backstroke Multi Age
48	Women	200m Backstroke Multi Age
49	Men	50m Freestyle Multi Class
50	Men	50m Freestyle Multi Age
51	Women	50m Freestyle Multi Class
52	Women	50m Freestyle Multi Age
53	Men	10/u 4x50m Freestyle Relay
54	Women	10/u 4x50m Freestyle Relay
55	Men	12/u 4x50m Freestyle Relay
56	Women	12/u 4x50m Freestyle Relay
57	Men	14/u 4x50m Freestyle Relay
58	Women	14/u 4x50m Freestyle Relay
59	Men	Open 4x50m Freestyle Relay
60	Women	Open 4x50m Freestyle Relay

**Age is at: 21 June 2025**

**Individual Entries Close: Friday 13 June 2025 at 11.59pm.**

**Relay Entries Close: Saturday 14 June 2025 at 11.59pm**

**Entry Fees: Individual \$8.50 per Event. Relay Teams: \$10 per team**



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## QUALIFYING TIMES

### MEN

		9/u	10	11	12	13	14	15	16	17/0
FREESTYLE	50m	56.80	56.80	44.80	44.80	40.60	40.60	37.80	37.80	35.00
	100m	1.55.00	1.50.00	1.45.00	1.40.00	1.30.00	1.30.00	1.25.00	1.25.00	1.20.00
	200m	3.20.00			3.10.00	3.00.00	2.50.00	2.40.00	2.40.00	2.30.00
	400m	6.40.00				6.10.00		5.50.00		5.30.00
	800m	11.20.00					11.00.00			
	1500m	22.30.00					22.00.00			
BACKSTROKE	50m	1.06.40	1.06.40	57.40	57.40	48.10	48.10	44.90	44.90	43.00
	100m	2.10.00	2.10.00	2.00.00	2.00.00	1.55.00	1.55.00	1.50.00	1.50.00	1.45.00
	200m	3.40.00			3.40.00	3.30.00	3.30.00	3.10.00	3.10.00	3.00.00
BREASTSTROKE	50m	1.16.00	1.16.00	1.05.90	1.05.90	1.00.00	1.00.00	55.00	55.00	55.00
	100m	2.30.00	2.30.00	2.15.00	2.15.00	2.00.00	2.00.00	1.55.00	1.55.00	1.50.00
	200m	4.10.00			4.00.00	3.50.00	3.40.00	3.35.00	3.35.00	3.30.00
BUTTERFLY	50m	1.02.40	1.02.40	54.60	54.60	50.00	50.00	47.20	47.20	45.00
	100m	2.20.00	2.20.00	2.00.00	2.00.00	1.55.00	1.55.00	1.50.00	1.50.00	1.40.00
	200m	3.40.00			3.40.00	3.20.00	3.20.00	3.10.00	3.10.00	3.00.00
INDIVIDUAL MEDLEY	100m	2.10.00	2.10.00	2.00.00	2.00.00	1.50.00	1.50.00	1.45.00	1.45.00	1.40.00
	200m	4.15.00	4.15.00	3.55.00	3.55.00	3.40.00	3.40.00	3.30.00	3.30.00	3.25.00
	400m				7.25.00			7.10.00		
FREESTYLE RELAY	4x50m	3.36.00 -10/U		2.59.20- 12/U		2.42.40- 14/U		2.31.40 - Open		
MEDLEY RELAY	4x50m	3.44.70 – 12/U				2.59.20 – 13/O				

### WOMEN

		9/u	10	11	12	13	14	15	16	17/0
FREESTYLE	50m	56.80	56.80	46.90	46.90	43.40	43.40	42.00	42.00	40.00
	100m	1.55.00	1.50.00	1.45.00	1.40.00	1.35.00	1.35.00	1.30.00	1.30.00	1.25.00
	200m	3.30.00			3.20.00	3.10.00	3.00.00	2.55.00	2.55.00	2.45.00
	400m	6.50.00				6.20.00		6.00.00		5.50.00
	800m	12.25.00					12.10.00			
	1500m	24.30.00					24.00.00			
BACKSTROKE	50m	1.06.40	1.06.40	58.10	58.10	52.60	52.60	49.10	49.10	47.00
	100m	2.10.00	2.10.00	2.00.00	2.00.00	1.55.00	1.55.00	1.50.00	1.50.00	1.45.00
	200m	3.40.00			3.40.00	3.30.00	3.30.00	3.10.00	3.10.00	3.05.00
BREASTSTROKE	50m	1.16.00	1.16.00	1.06.50	1.06.50	1.00.00	1.00.00	56.00	56.00	56.00
	100m	2.30.00	2.30.00	2.15.00	2.15.00	2.00.00	2.00.00	1.55.00	1.55.00	1.50.00
	200m	4.10.00			4.00.00	3.50.00	3.45.00	3.40.00	3.40.00	3.35.00
BUTTERFLY	50m	1.02.40	1.02.40	54.60	54.60	50.00	50.00	47.20	47.20	47.20
	100m	2.20.00	2.20.00	2.05.00	2.05.00	2.00.00	2.00.00	1.55.00	1.55.00	1.45.00
	200m	3.40.00			3.40.00	3.20.00	3.20.00	3.15.00	3.15.00	3.10.00
INDIVIDUAL MEDLEY	100m	2.10.00	2.10.00	2.00.00	2.00.00	1.55.00	1.55.00	1.50.00	1.50.00	1.45.00
	200m	4.15.00	4.15.00	3.55.00	3.55.00	3.50.00	3.50.00	3.45.00	3.45.00	3.40.00
	400m				7.35.00			7.20.00		
FREESTYLE RELAY	4x50m	3.39.00 -10/U		3.10.40- 12/U		2.53.60- 14/U		2.50.80 - Open		
MEDLEY RELAY	4x50m	3.44.70 – 12/U				3.23.70 – 13/O				

Terms and Conditions of Entry



	200m			11/u	x	x	x	x	x	x
	400m			12/u		13-14		15-16		17/o
	800m			13/u				14/o		
	1500m			13/u				14/0		
BACKSTROKE	50m	12/u	13/o	x	x	x	x	x	x	x
	100m			x	x	x	x	x	x	x
	200m			11/u		x	x	x	x	x
BREASTSTROKE	50m	12/u	13/o	x	x	x	x	x	x	x
	100m			x	x	x	x	x	x	x
	200m			11/u		x	x	x	x	x
BUTTERFLY	50m	12/u	13/o	x	x	x	x	x	x	x
	100m			x	x	x	x	x	x	x
	200m			11/u		x	x	x	x	x
INDIVIDUAL MEDLEY	100m			x	x	x	x	x	x	x
	200m			x	x	x	x	x	x	x
	400m				11-12	13-14		15-16		x
FREESTYLE RELAY	4x50m			10/u	12/u	14/u		Open		
MEDLEY RELAY	4x50m			12/u		13/o				
MIXED MEDLEY RELAY	4X50m			12/u		Open				

### **Championship Trophies**

1. **Age Champion Trophies** will be awarded to the highest point scorer male and female in each age group: 9yrs/U, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17yrs & O. Events used to determine age champions will include the 100m & 200m Individual Medley and all 50m and 100m events.
2. **Multi-Class Swimmers of the Meet Trophies** will be awarded to the highest male and female point scorer in the Multi-Class events only.
3. **Distance Swimmers of the Meet Trophies** will be awarded to the highest point scorer Junior (13yrs & Under) and Senior (14yrs & Over) male and female. Events used to determine Distance Swimmers of the Meet will include 200m, 400m, 800m, & 1500m Freestyle, 200m Form strokes and the 400m Individual Medley.
4. **Male & Female Open Point Score Trophies** will be awarded to Open Point Score Champion male and female
5. **Keith Midgley Memorial Mixed Medley Relay Trophy** will be awarded to the fastest Open Mixed Medley Relay team.
6. **SNC Premiership Plaques** will be awarded to the top three winning clubs of Point Score. (Please Note SNC Premiership Plaques will be presented to the winning clubs at the Swimming North Coast AGM).