

STATE LC PREP MEET

PERFORMANCE (ENDORSED)

Contact

SwimmingSA

7123 0848 | events@sa.swimming.org.au

Event Information

Saturday, 8 February 2025

SA Aquatic & Leisure Centre | 443 Morphett Road, Oaklands Park SA 5046

Long Course Pool (50m)

Session 1: Gates Open: 11:15am

Warm Up 11:30am - 12:15pm

Start Time: 12:30pm

Session 2: Gates Open: 4:45pm

Warm Up: 5pm – 5:45pm

Start Time: 6pm

Pool Entry & Event Nomination Fees: Prices will be available on Swim Central

Free Entry: Accredited Coaches | Working Technical Officials

Awards & Recognition

All individual points scored at these meets will accumulate towards the end of season Club Development and Club Handicap Pennant

Entry Information

Closing Date: **Wednesday, 22 January 2025 at 9:00am**

Entry Method: **Entries via SWIM CENTRAL**

Website: **sa.swimming.org.au**

This event is open to 11 years & Over only

Maximum entries 4 events per session per swimmer

Time qualifying period 1 October 2022 – close of entries

Time qualifying course – LC times only

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EVENT LIST

	Session: 1 Starts at 09:00 AM	QT
Finals	1 Female 12-13 Years 400 Freestyle	5:32.28
Finals	1 Female 14-15 Years 400 Freestyle	5:26.56
Finals	1 Female 16 & Over 400 Freestyle	5:20.32
Finals	1 Male 12-13 Years 400 Freestyle	5:33.06
Finals	1 Male 14-15 Years 400 Freestyle	5:00.00
Finals	1 Male 16 & Over 400 Freestyle	4:56.40
Finals	2 Female 11 Years 100 Breaststroke	1:53.36
Finals	2 Female 12 Years 100 Breaststroke	1:48.16
Finals	2 Female 13 Years 100 Breaststroke	1:44.00
Finals	2 Female 14 Years 100 Breaststroke	1:38.07
Finals	2 Female 15 Years 100 Breaststroke	1:37.34
Finals	2 Female 16 Years 100 Breaststroke	1:32.04
Finals	2 Female 17 & Over 100 Breaststroke	1:28.92
Finals	3 Male 11 Years 100 Breaststroke	1:54.92
Finals	3 Male 12 Years 100 Breaststroke	1:49.92
Finals	3 Male 13 Years 100 Breaststroke	1:39.58
Finals	3 Male 14 Years 100 Breaststroke	1:33.91
Finals	3 Male 15 Years 100 Breaststroke	1:31.26
Finals	3 Male 16 Years 100 Breaststroke	1:27.26
Finals	3 Male 17 & Over 100 Breaststroke	1:25.28
Finals	4 Female 11 Years 50 Butterfly	46.12
Finals	4 Female 12 Years 50 Butterfly	40.72
Finals	4 Female 13 Years 50 Butterfly	36.56
Finals	4 Female 14 Years 50 Butterfly	36.30
Finals	4 Female 15 Years 50 Butterfly	35.78
Finals	4 Female 16 Years 50 Butterfly	34.84
Finals	4 Female 17 & Over 50 Butterfly	33.59
Finals	5 Male 11 Years 50 Butterfly	46.12
Finals	5 Male 12 Years 50 Butterfly	40.04
Finals	5 Male 13 Years 50 Butterfly	36.92
Finals	5 Male 14 Years 50 Butterfly	34.74
Finals	5 Male 15 Years 50 Butterfly	33.12
Finals	5 Male 16 Years 50 Butterfly	31.98
Finals	5 Male 17 & Over 50 Butterfly	31.36
Finals	6 Female 12-13 200 Backstroke	3:07.62
Finals	6 Female 14-15 200 Backstroke	2:55.76
Finals	6 Female 16 & Over 200 Backstroke	2:46.92
Finals	6 Male 12-13 200 Backstroke	3:07.20
Finals	6 Male 14-15 200 Backstroke	2:48.74
Finals	6 Male 16 & Over 200 Backstroke	2:43.28
Finals	7 Female 11 Years 200 Individual Medley	3:24.88
Finals	7 Female 12 Years 200 Individual Medley	3:08.24
Finals	7 Female 13 Years 200 Individual Medley	3:02.00
Finals	7 Female 14 Years 200 Individual Medley	2:56.86
Finals	7 Female 15 Years 200 Individual Medley	2:54.72
Finals	7 Female 16 Years 200 Individual Medley	2:51.08
Finals	7 Female 17 & Over 200 Individual Medley	2:46.71

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Session: 1 Starts at 09:00 AM

			QT
Finals	7	Male 11 Years 200 Individual Medley	3:30.08
Finals	7	Male 12 Years 200 Individual Medley	3:12.40
Finals	7	Male 13 Years 200 Individual Medley	2:57.84
Finals	7	Male 14 Years 200 Individual Medley	2:49.83
Finals	7	Male 15 Years 200 Individual Medley	2:45.36
Finals	7	Male 16 Years 200 Individual Medley	2:39.85
Finals	7	Male 17 & Over 200 Individual Medley	2:38.70
Finals	8	Female 11 Years 100 Freestyle	1:22.16
Finals	8	Female 12 Years 100 Freestyle	1:20.08
Finals	8	Female 13 Years 100 Freestyle	1:12.80
Finals	8	Female 14 Years 100 Freestyle	1:09.78
Finals	8	Female 15 Years 100 Freestyle	1:09.26
Finals	8	Female 16 Years 100 Freestyle	1:07.86
Finals	8	Female 17 & Over 100 Freestyle	1:06.82
Finals	9	Male 11 Years 100 Freestyle	1:26.32
Finals	9	Male 12 Years 100 Freestyle	1:19.04
Finals	9	Male 13 Years 100 Freestyle	1:12.28
Finals	9	Male 14 Years 100 Freestyle	1:08.54
Finals	9	Male 15 Years 100 Freestyle	1:06.20
Finals	9	Male 16 Years 100 Freestyle	1:04.32
Finals	9	Male 17 & Over 100 Freestyle	1:01.99
Finals	10	Female 11 years 50 Backstroke	45.76
Finals	10	Female 12 years 50 Backstroke	44.72
Finals	10	Female 13 Years 50 Backstroke	40.56
Finals	10	Female 14 Years 50 Backstroke	39.00
Finals	10	Female 15 Years 50 Backstroke	37.96
Finals	10	Female 16 Years 50 Backstroke	37.44
Finals	10	Female 17 & Over 50 Backstroke	36.76
Finals	11	Male 11 years 50 Backstroke	47.58
Finals	11	Male 12 years 50 Backstroke	43.45
Finals	11	Male 13 Years 50 Backstroke	39.78
Finals	11	Male 14 Years 50 Backstroke	38.27
Finals	11	Male 15 Years 50 Backstroke	36.92
Finals	11	Male 16 Years 50 Backstroke	35.15
Finals	11	Male 17 & Over 50 Backstroke	33.96
Finals	12	Female 12-13 200 Butterfly	3:15.52
Finals	12	Female 14-15 200 Butterfly	3:02.00
Finals	12	Female 16 & Over 200 Butterfly	2:56.80
Finals	12	Male 12-13 200 Butterfly	3:19.78
Finals	12	Male 14-15 200 Butterfly	2:58.88
Finals	12	Male 16 & Over 200 Butterfly	2:47.44
Finals	13	Female 12-13 1500 Freestyle	20:35.00
Finals	13	Female 14-15 1500 Freestyle	20:20.00
Finals	13	Female 16 & Over 1500 Freestyle	19:50.00
Finals	13	Male 12-13 1500 Freestyle	20:00.00
Finals	13	Male 14-15 1500 Freestyle	19:40.00
Finals	13	Male 16 & Over 1500 Freestyle	18:52.20

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Session: 2 Starts at 02:30 PM

QT

Finals	14	Female 12-13 Years 400 Individual Medley	6:30.00
Finals	14	Female 14-15 Years 400 Individual Medley	6:15.00
Finals	14	Female 16 & Over 400 Individual Medley	6:00.00
Finals	14	Male 12-13 Years 400 Individual Medley	6:20.00
Finals	14	Male 14-15 Years 400 Individual Medley	6:00.00
Finals	14	Male 16 & Over 400 Individual Medley	5:45.00
Finals	15	Female 11 years 200 Freestyle	2:56.80
Finals	15	Female 12 years 200 Freestyle	2:47.44
Finals	15	Female 13 years 200 Freestyle	2:40.78
Finals	15	Female 14 years 200 Freestyle	2:34.54
Finals	15	Female 15 years 200 Freestyle	2 :29.97
Finals	15	Female 16 years 200 Freestyle	2:27.68
Finals	15	Female 17 & Over 200 Freestyle	2:24.56
Finals	15	Male 11 years 200 Freestyle	3:07.20
Finals	15	Male 12 years 200 Freestyle	2:54.77
Finals	15	Male 13 years 200 Freestyle	2:41.62
Finals	15	Male 14 years 200 Freestyle	2:28.72
Finals	15	Male 15 years 200 Freestyle	2:23.52
Finals	15	Male 16 years 200 Freestyle	2:19.88
Finals	15	Male 17 & Over 200 Freestyle	2:13.00
Finals	16	Female 11 Years 100 Backstroke	1:39.32
Finals	16	Female 12 Years 100 Backstroke	1:33.08
Finals	16	Female 13 Years 100 Backstroke	1:27.15
Finals	16	Female 14 Years 100 Backstroke	1:22.99
Finals	16	Female 15 Years 100 Backstroke	1:22.06
Finals	16	Female 16 Years 100 Backstroke	1:20.96
Finals	16	Female 17 & Over 100 Backstroke	1:17.48
Finals	16	Male 11 Years 100 Backstroke	1:39.32
Finals	16	Male 12 Years 100 Backstroke	1:32.21
Finals	16	Male 13 Years 100 Backstroke	1:26.49
Finals	16	Male 14 Years 100 Backstroke	1:22.16
Finals	16	Male 15 Years 100 Backstroke	1:18.00
Finals	16	Male 16 Years 100 Backstroke	1:16.02
Finals	16	Male 17 & Over 100 Backstroke	1:15.50
Finals	17	Female 12-13 200 Breaststroke	3:32.16
Finals	17	Female 14-15 200 Breaststroke	3:18.64
Finals	17	Female 16 & Over 200 Breaststroke	3:13.44
Finals	17	Male 12-13 200 Breaststroke	3:27.48
Finals	17	Male 14-15 200 Breaststroke	3:10.00
Finals	17	Male 16 & Over 200 Breaststroke	3:05.12
Finals	18	Female 11 Years 50 Freestyle	37.44
Finals	18	Female 12 Years 50 Freestyle	36.66
Finals	18	Female 13 Years 50 Freestyle	33.80
Finals	18	Female 14 Years 50 Freestyle	32.03
Finals	18	Female 15 Years 50 Freestyle	31.41
Finals	18	Female 16 Years 50 Freestyle	30.99
Finals	18	Female 17 & Over 50 Freestyle	30.68

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			QT
Finals	19	Male 11 Years 50 Freestyle	39.26
Finals	19	Male 12 Years 50 Freestyle	37.70
Finals	19	Male 13 Years 50 Freestyle	33.64
Finals	19	Male 14 Years 50 Freestyle	30.37
Finals	19	Male 15 Years 50 Freestyle	29.64
Finals	19	Male 16 Years 50 Freestyle	28.96
Finals	19	Male 17 & Over 50 Freestyle	27.77
Finals	20	Female 11 Years 50 Breaststroke	53.04
Finals	20	Female 12 Years 50 Breaststroke	50.44
Finals	20	Female 13 Years 50 Breaststroke	47.32
Finals	20	Female 14 Years 50 Breaststroke	45.42
Finals	20	Female 15 Years 50 Breaststroke	44.93
Finals	20	Female 16 Years 50 Breaststroke	42.69
Finals	20	Female 17 & Over 50 Breaststroke	41.56
Finals	21	Male 11 Years 50 Breaststroke	53.30
Finals	21	Male 12 Years 50 Breaststroke	49.56
Finals	21	Male 13 Years 50 Breaststroke	45.81
Finals	21	Male 14 Years 50 Breaststroke	44.04
Finals	21	Male 15 Years 50 Breaststroke	42.12
Finals	21	Male 16 Years 50 Breaststroke	40.04
Finals	21	Male 17 & Over 50 Breaststroke	38.79
Finals	22	Female 11 Years 100 Butterfly	1:41.92
Finals	22	Female 12 Years 100 Butterfly	1:32.56
Finals	22	Female 13 Years 100 Butterfly	1:26.32
Finals	22	Female 14 Years 100 Butterfly	1:24.24
Finals	22	Female 15 Years 100 Butterfly	1:21.64
Finals	22	Female 16 Years 100 Butterfly	1:17.74
Finals	22	Female 17 & Over 100 Butterfly	1:15.66
Finals	22	Male 11 Years 100 Butterfly	1:41.92
Finals	22	Male 12 Years 100 Butterfly	1:34.48
Finals	22	Male 13 Years 100 Butterfly	1:27.36
Finals	22	Male 14 Years 100 Butterfly	1:21.00
Finals	22	Male 15 Years 100 Butterfly	1:19.00
Finals	22	Male 16 Years 100 Butterfly	1:17.00
Finals	22	Male 17 & Over 100 Butterfly	1:14.00
Finals	23	Female 12 Years 800 Freestyle	10:55.08
Finals	23	Female 13 Years 800 Freestyle	10:55.08
Finals	23	Female 14 Years 800 Freestyle	10:44.78
Finals	23	Female 15 Years 800 Freestyle	10:44.78
Finals	23	Female 16 Years 800 Freestyle	10:40.66
Finals	23	Female 17 & Over 800 Freestyle	10:40.66
Finals	23	Male 12-13 Years 800 Freestyle	11:05.38
Finals	23	Male 14-15 Years 800 Freestyle	10:36.54
Finals	23	Male 16 & Over 800 Freestyle	10:00.00