

2019 STATE SC CHAMPIONSHIPS	Performance – Championship Meet	
	Contact:	Contact: SwimmingSA Email: events@sa.swimming.org.au Phone: 7123 0848
	Date of Event:	WEDNESDAY 17th – SUNDAY 21st JULY 2019
	Location of Event:	SA Aquatic & Leisure Centre 443 Morphett Road, Oaklands Park
	Event Type:	Short Course (25m)
Times:	Heat Sessions Gates Open: 7:30am Warm Up: 7:45am – 8:45am Start Time (1st Race): 9:00am	Final Sessions Gates Open: 3:30pm Warm Up: 3:45pm – 4:45pm Start Time (1st Race): 5:00pm
Costs:	Event Nomination Fees: Individual: \$17.90 per event Relay: \$21.00 per event Competitors, ASCTA accredited coaches and working technical officials receive free pool entry	
Awards / Recognition:	Medal/Point Age Groups: All 50m, All 100m – 10-11,12,13,14,15,16,17-18,19&O, Open 200m Free, 200m IM - 10-11,12,13,14,15,16,17-18,19&O, Open 200m Back, Breast, Fly – 12,13,14,15,16,17-18, 19&O, Open 400m Free, 400m IM – 12,13,14,15,16,17-18, 19&O, Open Female 800m Free – 12-13,14-15,16-18,19&O, Open Female 1500m Free – Open Male 800m Free – 12-13, Open Male 1500m Free – 14-15,16-18,19&O, Open	
Entry Information:	Closing Date: Monday 1st July @ 12:00pm Login to your MYLANE profile to enter!	Entry Method: OME Website: sa.swimming.org.au
	Time qualifying period: 1 October 2016 – close of entries Time qualifying course: SC times or LC times without conversion Qualifying times apply to all individual events (excluding MC and relays) Events will be swum as age timed finals in the AM with open finals in the PM, unless otherwise specified.	

Events

Day 1 – Wednesday 17 th July 2019 - Session 1 (9:00am start)		
1	Male 13&U 200 Backstroke	Age Heats
2	Male 14&O 200 Backstroke	Age Timed Finals/Open Heats
3	Female 13&U 200 Backstroke	Age Heats
4	Female 14&O 200 Backstroke	Age Timed Finals/Open Heats
5	Male 13&U 50 Freestyle	Age Heats
6	Male 14&O 50 Freestyle	Age Timed Finals/Open Heats
7	Female 13&U 50 Freestyle	Age Heats
8	Female 14&O 50 Freestyle	Age Timed Finals/Open Heats
9	Male 13&U 200 Individual Medley	Age Heats
10	Male 14&O 200 Individual Medley	Age Timed Finals/Open Heats
11	Female 13&U 200 Individual Medley	Age Heats
12	Female 14&O 200 Individual Medley	Age Timed Finals/Open Heats
13	Male 13&U 100 Butterfly	Age Heats
14	Male 14&O 100 Butterfly	Age Timed Finals/Open Heats
15	Female 13&U 100 Butterfly	Age Heats
16	Female 14&O 100 Butterfly	Age Timed Finals/Open Heats

Day 1 – Wednesday 17th July 2019 - Session 2 (5:00pm start)		
17	Male 13&U 200 Backstroke	Age Final
	Male 14&O 200 Backstroke	A/B Open Finals
	Female 13&U 200 Backstroke	Age Final
	Female 14&O 200 Backstroke	A/B Open Finals
	Mixed Multi-Class 50 Freestyle	Timed Finals
	Male 13&U 50 Freestyle	Age Final
	Male 14&O 50 Freestyle	A/B Open Finals
	Female 13&U 50 Freestyle	Age Final
	Female 14&O 50 Freestyle	A/B Open Finals
	Male 13&U 200 Individual Medley	Age Final
18	Male 14&O 200 Individual Medley	A/B Open Finals
	Female 13&U 200 Individual Medley	Age Final
	Female 43&O 200 Individual Medley	A/B Open Finals
	Mixed Multi-Class 200 Individual Medley	Timed Finals
19	Female 800 Freestyle	Timed Finals
20	Mixed Multi-Class 100 Butterfly	Timed Finals
	Male 13&U 100 Butterfly	Age Final
	Male 14&O 100 Butterfly	A/B Open Finals
	Female 13&U 100 Butterfly	Age Final
	Female 14&O 100 Butterfly	A/B Open Finals

Day 2 – Thursday 18th July 2019 - Session 3 (9:00am start)		
21	Male 13&U 100 Backstroke	Age Heats
22	Male 14&O 100 Backstroke	Age Timed Finals/Open Heats
23	Female 13&U 100 Backstroke	Age Heats
24	Female 14&O 100 Backstroke	Age Timed Finals/Open Heats
25	Male 13&U 50 Breaststroke	Age Heats
26	Male 14&O 50 Breaststroke	Age Timed Finals/Open Heats
27	Female 13&U 50 Breaststroke	Age Heats
28	Female 14&O 50 Breaststroke	Age Timed Finals/Open Heats
29	Male 13&U 200 Butterfly	Age Heats
30	Male 14&O 200 Butterfly	Age Timed Finals/Open Heats
31	Female 13&U 200 Butterfly	Age Heats
32	Female 14&O 200 Butterfly	Age Timed Finals/Open Heats
33	Male 13&U 400 Freestyle Slow	Age Heats
34	Male 14&O 400 Freestyle Slow	Age Timed Finals/Open Heats
35	Female 13&U 400 Freestyle Slow	Age Heats
36	Female 14&O 400 Freestyle Slow	Age Timed Finals/Open Heats

Day 2 – Thursday 18th July 2019 - Session 4 (5:00am start)		
37	Mixed Multi-Class 100 Backstroke	Timed Finals
	Male 13&U 100 Backstroke	Age Final
38	Male 14&O 100 Backstroke	A/B Open Finals
	Female 13&U 100 Backstroke	Age Final
	Female 14&O 100 Backstroke	A/B Open Finals
	Mixed Multi-Class 50 Breaststroke	Timed Finals
	Male 13&U 50 Breaststroke	Age Final
	Male 14&O 50 Breaststroke	A/B Open Finals
	Female 13&U 50 Breaststroke	Age Final
	Female 14&O 50 Breaststroke	A/B Open Finals
	Male 13&U 200 Butterfly	Age Final
	Male 14&O 200 Butterfly	A/B Open Finals
	Female 13&U 200 Butterfly	Age Final
	Female 14&O 200 Butterfly	A/B Open Finals
	Male 13&U 400 Freestyle Fast	Age Final
	Male 14&O 400 Freestyle Fast	A/B Open Finals
	Female 13&U 400 Freestyle Fast	Age Final
	Female 14&O 400 Freestyle Fast	A/B Open Finals
39	Mixed Multi-Class 400 Freestyle	Timed Final
40	Female 4x100 Medley Relay	Timed Final
41	Male 4x100 Medley Relay	Timed Final

Day 3 – Friday 19th July 2019 - Session 5 (9:00am start)		
42	Female 13&U 50 Backstroke	Age Heats
43	Female 14&O 50 Backstroke	Age Timed Finals/Open Heats
44	Male 13&U 50 Backstroke	Age Heats
45	Male 14&O 50 Backstroke	Age Timed Finals/Open Heats
46	Female 13&U 100 Freestyle	Age Heats
47	Female 14&O 100 Freestyle	Age Timed Finals/Open Heats
48	Male 13&U 100 Freestyle	Age Heats
49	Male 14&O 100 Freestyle	Age Timed Finals/Open Heats
50	Female 13&U 200 Breaststroke	Age Heats
51	Female 14&O 200 Breaststroke	Age Timed Finals/Open Heats
52	Male 13&U 200 Breaststroke	Age Heats
53	Male 14&O 200 Breaststroke	Age Timed Finals/Open Heats
54	Female 1500 Freestyle	Timed Finals
55	Male 800 Freestyle	Age / Open Timed Finals

Day 3 – Friday 19th July 2019 - Session 6 (5:00pm start)		
56	Mixed Multi-Class 50 Backstroke	Timed Finals
	Female 13&U 50 Backstroke	Age Final
	Female 14&O 50 Backstroke	A/B Open Finals
	Male 13&U 50 Backstroke	Age Final
	Male 14&O 50 Backstroke	A/B Open Finals
57	Mixed Multi-Class 100 Freestyle	Timed Finals
	Female 13&U 100 Freestyle	Age Final
	Female 14&O 100 Freestyle	A/B Open Finals
	Male 13&U 100 Freestyle	Age Final
	Male 14&O 100 Freestyle	A/B Open Finals
	Female 13&U 200 Breaststroke	Age Final
	Female 14&O 200 Breaststroke	A/B Open Finals
	Male 13&U 200 Breaststroke	Age Final
	Male 14&O 200 Breaststroke	A/B Open Finals
	58	Mixed Multi-Class 100 Individual Medley
Female 13&U 100 Individual Medley		Timed Finals
59	Female 14&O 100 Individual Medley	Timed Finals
60	Male 13&U 100 Individual Medley	Timed Finals
61	Male 14&O 100 Individual Medley	Timed Finals
62	Male 14&O 100 Individual Medley	Timed Finals

Day 4 – Saturday 20th July 2019 - Session 7 (9:00am start)		
63	Male 13&U 200 Freestyle	Age Heats
64	Male 14&O 200 Freestyle	Age Timed Finals/Open Heats
65	Female 13&U 200 Freestyle	Age Heats
66	Female 14&O 200 Freestyle	Age Timed Finals/Open Heats
67	Male 13&U 400 Individual Medley Slow	Age Heats
68	Male 14&O 400 Individual Medley Slow	Age Timed Finals/Open Heats
69	Female 13&U 400 Individual Medley Slow	Age Heats
70	Female 14&O 400 Individual Medley Slow	Age Timed Finals/Open Heats
71	Male 13&U 100 Breaststroke	Age Heats
72	Male 14&O 100 Breaststroke	Age Timed Finals/Open Heats
73	Female 13&U 100 Breaststroke	Age Heats
74	Female 14&O 100 Breaststroke	Age Timed Finals/Open Heats
75	Male 13&U 50 Butterfly	Age Heats
76	Male 14&O 50 Butterfly	Age Timed Finals/Open Heats
77	Female 13&U 50 Butterfly	Age Heats
78	Female 14&O 50 Butterfly	Age Timed Finals/Open Heats

Day 4 – Saturday 20th July 2019 - Session 8 (5:00pm start)		
79	Mixed Multi-Class 200 Freestyle Male 13&U 200 Freestyle Male 14&O 200 Freestyle Female 13&U 200 Freestyle Female 14&O 200 Freestyle Male 13&U 400 Individual Medley Fast Male 14&O 400 Individual Medley Fast Female 13&U 400 Individual Medley Fast Female 14&O 400 Individual Medley Fast	Timed Finals Age Final A/B Open Finals Age Final A/B Open Finals Age Final A/B Open Finals Age Final A/B Open Finals
80	Mixed Multi-Class 100 Breaststroke Male 13&U 100 Breaststroke Male 14&O 100 Breaststroke Female 13&U 100 Breaststroke Female 14&O 100 Breaststroke	Timed Finals Age Final A/B Open Finals Age Final A/B Open Finals
81	Male 1500 Freestyle	Timed Finals
82	Mixed Multi-Class 50 Butterfly Male 13&U 50 Butterfly Male 14&O 50 Butterfly Female 13&U 50 Butterfly Female 14&O 50 Butterfly	Timed Finals Age Final A/B Open Finals Age Final A/B Open Finals
83	Female 4x100 Freestyle Relay	Timed Finals
84	Male 4x100 Freestyle Relay	Timed Finals

Day 5 – Sunday 21st July 2019 - Session 9 (11:00am start) - RELAYS		
85	Mixed 4x50m Freestyle Relay	Timed Finals
86	Mixed 4x50m Freestyle Relay Multi Class	Timed Finals
87	Female 4x50m Medley Relay	Timed Finals
88	Male 4x50m Medley Relay	Timed Finals
89	Female 7-12 4x50m Freestyle Relay	Timed Finals
90	Male 7-12 4x50m Freestyle Relay	Timed Finals
91	Female 14&U 4x50m Freestyle Relay	Timed Finals
92	Male 14&U 4x50m Freestyle Relay	Timed Finals
93	Female 16&U 4x50m Freestyle Relay	Timed Finals
94	Male 16&U 4x50m Freestyle Relay	Timed Finals
95	Female 18&U 4x50m Freestyle Relay	Timed Finals
96	Male 18&U 4x50m Freestyle Relay	Timed Finals
97	Mixed 4x50m Medley Relay Multi Class	Timed Finals
98	Female 4x50m Freestyle Relay	Timed Finals
99	Male 4x50m Freestyle Relay	Timed Finals
100	Female 7-12 4x50m Medley Relay	Timed Finals
101	Male 7-12 4x50m Medley Relay	Timed Finals
102	Female 14&U 4x50m Medley Relay	Timed Finals
103	Male 14&U 4x50m Medley Relay	Timed Finals
104	Female 16&U 4x50m Medley Relay	Timed Finals
105	Male 16&U 4x50m Medley Relay	Timed Finals
106	Female 18&U 4x50m Medley Relay	Timed Finals
107	Male 18&U 4x50m Medley Relay	Timed Finals
108	Mixed 4x50m Medley Relay	Timed Finals