

<b>2019 STATE SC CHAMPIONSHIPS</b>	<b>Performance – Championship Meet</b>	
	<b>Contact:</b>	<b>Contact:</b> SwimmingSA <b>Email:</b> <a href="mailto:events@sa.swimming.org.au">events@sa.swimming.org.au</a> <b>Phone:</b> 7123 0848
	<b>Date of Event:</b>	<b>WEDNESDAY 17<sup>th</sup> – SUNDAY 21<sup>st</sup> JULY 2019</b>
	<b>Location of Event:</b>	SA Aquatic & Leisure Centre 443 Morphett Road, Oaklands Park
	<b>Event Type:</b>	Short Course (25m)
<b>Times:</b>	<b>Heat Sessions</b> Gates Open: 7:30am Warm Up: 7:45am – 8:45am Start Time (1st Race): 9:00am	<b>Final Sessions</b> Gates Open: 3:30pm Warm Up: 3:45pm – 4:45pm Start Time (1st Race): 5:00pm
<b>Costs:</b>	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	
<b>Awards / Recognition:</b>	<b>Medal/Point Age Groups:</b> 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	
<b>Entry Information:</b>	<b>Closing Date:</b> Monday 1st July @ 12:00pm Login to your <b>MYLANE</b> profile to enter!	<b>Entry Method:</b> OME <b>Website:</b> <a href="http://sa.swimming.org.au">sa.swimming.org.au</a>
	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 <sup>th</sup> July 2019 - Session 1 (9:00am start)		
<b>1</b>	Male 13&U 200 Backstroke	Age Heats
<b>2</b>	Male 14&O 200 Backstroke	Age Timed Finals/Open Heats
<b>3</b>	Female 13&U 200 Backstroke	Age Heats
<b>4</b>	Female 14&O 200 Backstroke	Age Timed Finals/Open Heats
<b>5</b>	Male 13&U 50 Freestyle	Age Heats
<b>6</b>	Male 14&O 50 Freestyle	Age Timed Finals/Open Heats
<b>7</b>	Female 13&U 50 Freestyle	Age Heats
<b>8</b>	Female 14&O 50 Freestyle	Age Timed Finals/Open Heats
<b>9</b>	Male 13&U 200 Individual Medley	Age Heats
<b>10</b>	Male 14&O 200 Individual Medley	Age Timed Finals/Open Heats
<b>11</b>	Female 13&U 200 Individual Medley	Age Heats
<b>12</b>	Female 14&O 200 Individual Medley	Age Timed Finals/Open Heats
<b>13</b>	Male 13&U 100 Butterfly	Age Heats
<b>14</b>	Male 14&O 100 Butterfly	Age Timed Finals/Open Heats
<b>15</b>	Female 13&U 100 Butterfly	Age Heats
<b>16</b>	Female 14&O 100 Butterfly	Age Timed Finals/Open Heats

<b>Day 1 – Wednesday 17<sup>th</sup> July 2019 - Session 2 (5:00pm start)</b>		
<b>17</b>	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
<b>18</b>	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
<b>19</b>	Female 800 Freestyle	Timed Finals
<b>20</b>	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

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

<b>Day 2 – Thursday 18<sup>th</sup> July 2019 - Session 4 (5:00am start)</b>		
<b>37</b>	Mixed Multi-Class 100 Backstroke	Timed Finals
	Male 13&U 100 Backstroke	Age Final
<b>38</b>	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
<b>39</b>	Mixed Multi-Class 400 Freestyle	Timed Final
<b>40</b>	Female 4x100 Medley Relay	Timed Final
<b>41</b>	Male 4x100 Medley Relay	Timed Final

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

<b>Day 3 – Friday 19<sup>th</sup> July 2019 - Session 6 (5:00pm start)</b>		
<b>56</b>	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
<b>57</b>	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
	<b>58</b>	Mixed Multi-Class 100 Individual Medley
<b>59</b>	Female 13&U 100 Individual Medley	Timed Finals
<b>60</b>	Female 14&O 100 Individual Medley	Timed Finals
<b>61</b>	Male 13&U 100 Individual Medley	Timed Finals
<b>62</b>	Male 14&O 100 Individual Medley	Timed Finals

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

Day 4 – Saturday 20 <sup>th</sup> July 2019 - Session 8 (5:00pm start)		
<b>79</b>	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
<b>80</b>	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
<b>81</b>	Male 1500 Freestyle	Timed Finals
<b>82</b>	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
<b>83</b>	Female 4x100 Freestyle Relay	Timed Finals
<b>84</b>	Male 4x100 Freestyle Relay	Timed Finals

Day 5 – Sunday 21 <sup>st</sup> July 2019 - Session 9 (8:00am start) - JUNIOR PARTICPATION EVENT		
	Mixed 7-8 50 Butterfly Mixed 9-10 50 Butterfly Mixed 11-12 50 Butterfly Mixed 7-8 50 Backstroke Mixed 9-10 50 Backstroke Mixed 11-12 50 Backstroke Mixed 7-8 50 Breaststroke Mixed 9-10 50 Breaststroke Mixed 11-12 50 Breaststroke Mixed 7-8 50 Freestyle Mixed 9-10 50 Freestyle Mixed 11-12 50 Freestyle	<b>For more information visit <a href="http://sa.swimming.org.au">sa.swimming.org.au</a> closer to the event</b>

Day 5 – Sunday 21 <sup>st</sup> July 2019 - Session 9 (2:00pm start) - RELAYS		
<b>85</b>	Mixed 4x50m Freestyle Relay	Timed Finals
<b>86</b>	Mixed 4x50m Freestyle Relay Multi Class	Timed Finals
<b>87</b>	Female 4x50m Medley Relay	Timed Finals
<b>88</b>	Male 4x50m Medley Relay	Timed Finals
<b>89</b>	Female 7-12 4x50m Freestyle Relay	Timed Finals
<b>90</b>	Male 7-12 4x50m Freestyle Relay	Timed Finals
<b>91</b>	Female 14&U 4x50m Freestyle Relay	Timed Finals
<b>92</b>	Male 14&U 4x50m Freestyle Relay	Timed Finals
<b>93</b>	Female 16&U 4x50m Freestyle Relay	Timed Finals
<b>94</b>	Male 16&U 4x50m Freestyle Relay	Timed Finals
<b>95</b>	Female 18&U 4x50m Freestyle Relay	Timed Finals
<b>96</b>	Male 18&U 4x50m Freestyle Relay	Timed Finals
<b>97</b>	Mixed 4x50m Medley Relay Multi Class	Timed Finals
<b>98</b>	Female 4x50m Freestyle Relay	Timed Finals
<b>99</b>	Male 4x50m Freestyle Relay	Timed Finals
<b>100</b>	Female 7-12 4x50m Medley Relay	Timed Finals
<b>101</b>	Male 7-12 4x50m Medley Relay	Timed Finals
<b>102</b>	Female 14&U 4x50m Medley Relay	Timed Finals
<b>103</b>	Male 14&U 4x50m Medley Relay	Timed Finals
<b>104</b>	Female 16&U 4x50m Medley Relay	Timed Finals
<b>105</b>	Male 16&U 4x50m Medley Relay	Timed Finals
<b>106</b>	Female 18&U 4x50m Medley Relay	Timed Finals
<b>107</b>	Male 18&U 4x50m Medley Relay	Timed Finals
<b>108</b>	Mixed 4x50m Medley Relay	Timed Finals