

# SA COUNTRY CHAMPIONSHIPS

PERFORMANCE (ENDORSED)

## Contact

---

SwimmingSA

7123 0848 | [events@sa.swimming.org.au](mailto:events@sa.swimming.org.au)

## Event Information

---

**Thursday – Sunday, 4 – 7 January 2024**

**Nuriootpa War Memorial Swimming Pool | Kokoda Road, Nuriootpa SA 5355**

**Long Course Pool (50m)**

**AM Sessions: Start Time – 8:30am**

**PM Sessions: Start Time – 5:00pm**

Pool Entry & Event Nomination Fees: Prices will be available on Swim Central  
Free Entry: Accredited Coaches & Technical Officials

## Awards & Recognition

All 50m Events:	11   12 – 13   14 – 15   16 & Over
All 100m Events:	11 – 12   13 – 14   15 – 16   17 & Over
200m Free & IM:	11 – 12   13 – 14   15 – 16   17 & Over
200m Back, Breast, Fly:	Open Only
400m Free & IM:	12 – 13   14 – 15   16 & Over
800m & 1500m Free:	Open Only
Relay Medals:	Awarded as per Event Age Group

Open Medals and Points will not be awarded for 50m & 100m Events

## Entry Information

---

**Closing Date: Wednesday, 13 December 2023 at 9:00am**

**Entry Method: Entries via SWIM CENTRAL**

**Website: [sa.swimming.org.au](http://sa.swimming.org.au)**

Qualifying times apply and must be achieved in the heat to be eligible to swim in a final  
Time qualifying period 1 January 2022 – close of entries. Time qualifying course – LC & SC times allowed  
Championship minimum age applies – Individual 11 years, Relay 8 years  
Clubs are permitted to enter 2 teams in each relay event. Districts are permitted to enter 1 relay team as per the by-laws.

# SA COUNTRY CHAMPIONSHIPS

## EVENT LIST

### Session: 1 - Thursday 4 January (8:30am Start)

QT

Timed Finals	1	Female 400 Freestyle Multi Class	20MCPS
Timed Finals	1	Male 400 Freestyle Multi Class	20MCPS
Heats	2	Male 11 Years 50 Butterfly	46.50
Heats	2	Male 12-13 Years 50 Butterfly	42.75
Heats	3	Male 14-15 Years 50 Butterfly	40.80
Heats	3	Male 16 & Over 50 Butterfly	36.50
Heats	4	Female 11 Years 50 Butterfly	45.00
Heats	4	Female 12-13 Years 50 Butterfly	41.90
Heats	5	Female 14-15 Years 50 Butterfly	40.00
Heats	5	Female 16 & Over 50 Butterfly	39.00
Heats	6	Male 11-12 Years 100 Breaststroke	1:53.50
Heats	7	Male 13-14 Years 100 Breaststroke	1:44.00
Heats	7	Male 15-16 Years 100 Breaststroke	1:39.50
Heats	7	Male 17 & Over 100 Breaststroke	1:34.00
Heats	8	Female 11-12 Years 100 Breaststroke	1:53.00
Heats	9	Female 13-14 Years 100 Breaststroke	1:48.50
Heats	9	Female 15-16 Years 100 Breaststroke	1:46.50
Heats	9	Female 17 & Over 100 Breaststroke	1:45.00
Timed Finals	10	Female 100 Breaststroke Multi Class	20MCPS
Timed Finals	10	Male 100 Breaststroke Multi Class	20MCPS
Timed Finals	11	Female 8 & Under 50 Breaststroke SUPERFISH	
Timed Finals	11	Female 9 Years 50 Breaststroke SUPERFISH	
Timed Finals	11	Male 8 & Under 50 Breaststroke SUPERFISH	
Timed Finals	11	Male 9 Years 50 Breaststroke SUPERFISH	
Timed Finals	12	Female 10 Years 50 Breaststroke SUPERFISH	
Timed Finals	12	Male 10 Years 50 Breaststroke SUPERFISH	
Timed Finals	13	Female 11 Years 50 Breaststroke SUPERFISH	52.00 (Breaktime)
Timed Finals	13	Male 11 Years 50 Breaststroke SUPERFISH	52.00 (Breaktime)
Timed Finals	14	Mixed 4x100 Freestyle Relay	
Timed Finals	15	Mixed 4x100 Freestyle Relay Multi Class	
Timed Finals	16	Female 14 & Over 1500 Freestyle	21:38.00
Timed Finals	16	Male 14 & Over 1500 Freestyle	21:38.00

# SA COUNTRY CHAMPIONSHIPS

## EVENT LIST

### Session: 2 - Thursday 4 January (5:00pm Start)

QT

Timed Finals	17	Male 12 & Over 200 Backstroke	3:01.00
Timed Finals	18	Female 12 & Over 200 Backstroke	3:12.00
Timed Finals	19	Female 200 Individual Medley Multi Class	20MCPS
Timed Finals	19	Male 200 Individual Medley Multi Class	20MCPS
Final	2	Male 11 Years 50 Butterfly	46.50
Final	2	Male 12-13 Years 50 Butterfly	42.75
Final	3	Male 14-15 Years 50 Butterfly	40.80
Final	3	Male 16 & Over 50 Butterfly	36.50
Final	4	Female 11 Years 50 Butterfly	45.00
Final	4	Female 12-13 Years 50 Butterfly	41.90
Final	5	Female 14-15 Years 50 Butterfly	40.00
Final	5	Female 16 & Over 50 Butterfly	39.00
Timed Finals	20	Female 8 & Under 50 Backstroke SUPERFISH	
Timed Finals	20	Female 9 Years 50 Backstroke SUPERFISH	
Timed Finals	20	Male 8 & Under 50 Backstroke SUPERFISH	
Timed Finals	20	Male 9 Years 50 Backstroke SUPERFISH	
Timed Finals	21	Female 10 Years 50 Backstroke SUPERFISH	
Timed Finals	21	Male 10 Years 50 Backstroke SUPERFISH	
Timed Finals	22	Female 11 Years 50 Backstroke SUPERFISH	47.00 (Breaktime)
Timed Finals	22	Male 11 Years 50 Backstroke SUPERFISH	47.00 (Breaktime)
Timed Finals	23	Female 50 Backstroke Multi Class	20MCPS
Timed Finals	23	Male 50 Backstroke Multi Class	20MCPS
Final	6	Male 11-12 Years 100 Breaststroke	1:53.50
Final	7	Male 13-14 Years 100 Breaststroke	1:44.00
Final	7	Male 15-16 Years 100 Breaststroke	1:39.50
Final	7	Male 17 & Over 100 Breaststroke	1:34.00
Final	8	Female 11-12 Years 100 Breaststroke	1:53.00
Final	9	Female 13-14 Years 100 Breaststroke	1:48.50
Final	9	Female 15-16 Years 100 Breaststroke	1:46.50
Final	9	Female 17 & Over 100 Breaststroke	1:45.00
Timed Finals	24	Male 4x100 Freestyle Relay	
Timed Finals	25	Female 4x100 Freestyle Relay	

# SA COUNTRY CHAMPIONSHIPS

## EVENT LIST

### Session: 3 – Friday 5 January (8:30am Start)

QT

Heats	26	Female 11-12 Years 100 Backstroke	1:47.00
Heats	27	Female 13-14 Years 100 Backstroke	1:38.00
Heats	27	Female 15-16 Years 100 Backstroke	1:37.00
Heats	27	Female 17 & Over 100 Backstroke	1:34.00
Heats	28	Male 11-12 Years 100 Backstroke	1:46.00
Heats	29	Male 13-14 Years 100 Backstroke	1:36.00
Heats	29	Male 15-16 Years 100 Backstroke	1:30.00
Heats	29	Male 17 & Over 100 Backstroke	1:26.00
Timed Finals	30	Female 50 Breaststroke Multi Class	20MCPS
Timed Finals	30	Male 50 Breaststroke Multi Class	20MCPS
Timed Finals	31	Female 11-12 Years 200 Freestyle	3:17.00
Timed Finals	31	Female 13-14 Years 200 Freestyle	3:06.00
Timed Finals	32	Female 15-16 Years 200 Freestyle	3:01.50
Timed Finals	32	Female 17 & Over 200 Freestyle	2:54.00
Timed Finals	33	Female 8 & Under 50 Butterfly SUPERFISH	
Timed Finals	33	Female 9 Years 50 Butterfly SUPERFISH	
Timed Finals	33	Male 8 & Under 50 Butterfly SUPERFISH	
Timed Finals	33	Male 9 Years 50 Butterfly SUPERFISH	
Timed Finals	34	Female 10 Years 50 Butterfly SUPERFISH	
Timed Finals	34	Male 10 Years 50 Butterfly SUPERFISH	
Timed Finals	35	Female 11 Years 50 Butterfly SUPERFISH	45.00 (Breaktime)
Timed Finals	35	Male 11 Years 50 Butterfly SUPERFISH	45.00 (Breaktime)
Timed Finals	36	Male 12 & Over 200 Breaststroke	3:26.00
Timed Finals	37	Female 12 & Over 200 Breaststroke	3:31.00
Timed Finals	38	Male 4x100 Medley Relay	
Timed Finals	39	Female 4x100 Medley Relay	

# SA COUNTRY CHAMPIONSHIPS

## EVENT LIST

### Session: 4 – Friday 5 January (5:00pm Start)

QT

Final	26	Female 11-12 Years 100 Backstroke	1:47.00
Final	27	Female 13-14 Years 100 Backstroke	1:38.00
Final	27	Female 15-16 Years 100 Backstroke	1:37.00
Final	27	Female 17 & Over 100 Backstroke	1:34.00
Final	28	Male 11-12 Years 100 Backstroke	1:46.00
Final	29	Male 13-14 Years 100 Backstroke	1:36.00
Final	29	Male 15-16 Years 100 Backstroke	1:30.00
Final	29	Male 17 & Over 100 Backstroke	1:26.00
Timed Finals	40	Female 12-13 Years 400 Individual Medley	7:15.00
Timed Finals	40	Female 14-15 Years 400 Individual Medley	7:01.00
Timed Finals	40	Female 16 & Over 400 Individual Medley	6:50.00
Timed Finals	41	Male 12-13 Years 400 Individual Medley	6:56.00
Timed Finals	41	Male 14-15 Years 400 Individual Medley	6:42.00
Timed Finals	41	Male 16 & Over 400 Individual Medley	6:31.00
Timed Finals	42	Female 100 Backstroke Multi Class	20MCPS
Timed Finals	42	Male 100 Backstroke Multi Class	20MCPS
Timed Finals	43	Male 11-12 Years 200 Freestyle	3:02.00
Timed Finals	43	Male 13-14 Years 200 Freestyle	2:54.00
Timed Finals	44	Male 15-16 Years 200 Freestyle	2:49.00
Timed Finals	44	Male 17 & Over 200 Freestyle	2:44.00
Timed Finals	45	Female 13-15 Years 4x100 Medley Relay	
Timed Finals	46	Female 16-18 Years 4x100 Medley Relay	
Timed Finals	47	Male 13-15 Years 4x100 Medley Relay	
Timed Finals	48	Male 16-18 Years 4x100 Medley Relay	

# SA COUNTRY CHAMPIONSHIPS

## EVENT LIST

### Session: 5 – Saturday 6 January (8:30am Start)

QT

Timed Finals	49	Male 11-12 Years 200 Individual Medley	3:28.00
Timed Finals	49	Male 13-14 Years 200 Individual Medley	3:12.00
Timed Finals	50	Male 15-16 Years 200 Individual Medley	3:00.00
Timed Finals	50	Male 17 & Over 200 Individual Medley	2:57.00
Heats	51	Female 11-12 Years 100 Freestyle	1:26.00
Heats	52	Female 13-14 Years 100 Freestyle	1:19.50
Heats	52	Female 15-16 Years 100 Freestyle	1:19.00
Heats	52	Female 17 & Over 100 Freestyle	1:18.00
Heats	53	Male 11-12 Years 100 Freestyle	1:31.00
Heats	54	Male 13-14 Years 100 Freestyle	1:21.00
Heats	54	Male 15-16 Years 100 Freestyle	1:15.00
Heats	54	Male 17 & Over 100 Freestyle	1:14.00
Heats	55	Female 11 Years 50 Backstroke	47.00
Heats	55	Female 12-13 Years 50 Backstroke	43.00
Heats	56	Female 14-15 Years 50 Backstroke	42.00
Heats	56	Female 16 & Over 50 Backstroke	41.00
Heats	57	Male 11 Years 50 Backstroke	47.00
Heats	57	Male 12-13 Years 50 Backstroke	42.75
Heats	58	Male 14-15 Years 50 Backstroke	39.50
Heats	58	Male 16 & Over 50 Backstroke	38.80
Timed Finals	59	Female 50 Freestyle Multi Class	20MCPS
Timed Finals	59	Male 50 Freestyle Multi Class	20MCPS
Timed Finals	60	Female 12 & Over 200 Butterfly	3:26.00
Timed Finals	61	Male 12 & Over 200 Butterfly	3:10.00
Timed Finals	62	Mixed 4x100 Medley Relay Multi Class	
Timed Finals	63	Mixed 8-10 Years 4x100 Medley Relay	
Timed Finals	64	Female 11-13 Years 4x100 Medley Relay	
Timed Finals	65	Female 12-14 Years 4x100 Medley Relay	
Timed Finals	66	Male 11-13 Years 4x100 Medley Relay	
Timed Finals	67	Male 12-14 Years 4x100 Medley Relay	

# SA COUNTRY CHAMPIONSHIPS

## EVENT LIST

### Session: 6 – Saturday 6 January (5:00pm Start)

QT

Timed Finals	68	Female 12-13 400 Freestyle	6:15.00
Timed Finals	68	Female 14-15 400 Freestyle	6:01.00
Timed Finals	68	Female 16 & Over 400 Freestyle	5:56.00
Timed Finals	69	Male 12-13 400 Freestyle	5:56.00
Timed Finals	69	Male 14-15 400 Freestyle	5:43.00
Timed Finals	69	Male 16 & Over 400 Freestyle	5:19.00
Timed Finals	70	Female 100 Butterfly Multi-Class	20MPCS
Timed Finals	70	Male 100 Butterfly Multi-Class	20MPCS
Finals	51	Female 11-12 Years 100 Freestyle	1:26.00
Finals	52	Female 13-14 Years 100 Freestyle	1:19.50
Finals	52	Female 15-16 Years 100 Freestyle	1:19.00
Finals	52	Female 17 & Over 100 Freestyle	1:18.00
Finals	53	Male 11-12 Years 100 Freestyle	1:31.00
Finals	54	Male 13-14 Years 100 Freestyle	1:21.00
Finals	54	Male 15-16 Years 100 Freestyle	1:15.00
Finals	54	Male 17 & Over 100 Freestyle	1:14.00
Finals	55	Female 11 Years 50 Backstroke	47.00
Finals	55	Female 12-13 Years 50 Backstroke	43.00
Finals	56	Female 14-15 Years 50 Backstroke	42.00
Finals	56	Female 16 & Over 50 Backstroke	41.00
Finals	57	Male 11 Years 50 Backstroke	47.00
Finals	57	Male 12-13 Years 50 Backstroke	42.75
Finals	58	Male 14-15 Years 50 Backstroke	39.50
Finals	58	Male 16 & Over 50 Backstroke	38.80
Timed Finals	71	Female 13-15 Years 4x100 Freestyle Relay	
Timed Finals	72	Female 16-18 Years 4x100 Freestyle Relay	
Timed Finals	73	Male 13-15 Years 4x100 Freestyle Relay	
Timed Finals	74	Male 16-18 Years 4x100 Freestyle Relay	

# SA COUNTRY CHAMPIONSHIPS

## EVENT LIST

### Session: 7 – Sunday 7 January (8:30am Start)

QT

Heats	75	Male 11 Years 50 Freestyle	39.00
Heats	75	Male 12-13 Years 50 Freestyle	35.80
Heats	76	Male 14-15 Years 50 Freestyle	32.00
Heats	76	Male 16 & Over 50 Freestyle	30.00
Heats	77	Female 11 Years 50 Freestyle	38.00
Heats	77	Female 12-13 Years 50 Freestyle	35.00
Heats	78	Female 14-15 Years 50 Freestyle	34.00
Heats	78	Female 16 & Over 50 Freestyle	33.00
Timed Finals	79	Female 100 Freestyle Multi Class	20MCPS
Timed Finals	79	Male 100 Freestyle Multi Class	20MCPS
Heats	80	Male 11-12 Years 100 Butterfly	1:57.00
Heats	81	Male 13-14 Years 100 Butterfly	1:44.00
Heats	81	Male 15-16 Years 100 Butterfly	1:33.00
Heats	81	Male 17 & Over 100 Butterfly	1:28.00
Heats	82	Female 11-12 Years 100 Butterfly	1:57.00
Heats	83	Female 13-14 Years 100 Butterfly	1:48.00
Heats	83	Female 15-16 Years 100 Butterfly	1:40.00
Heats	83	Female 17 & Over 100 Butterfly	1:35.00
Heats	84	Male 11 Years 50 Breaststroke	52.00
Heats	84	Male 12-13 Years 50 Breaststroke	49.00
Heats	85	Male 14-15 Years 50 Breaststroke	45.00
Heats	85	Male 16 & Over 50 Breaststroke	42.00
Heats	86	Female 11 Years 50 Breaststroke	52.00
Heats	86	Female 12-13 Years 50 Breaststroke	48.00
Heats	87	Female 14-15 Years 50 Breaststroke	47.00
Heats	87	Female 16 & Over 50 Breaststroke	46.00
Timed Finals	88	Female 8 & Under 50 Freestyle SUPERFISH	
Timed Finals	88	Female 9 Years 50 Freestyle SUPERFISH	
Timed Finals	88	Male 8 & Under 50 Freestyle SUPERFISH	
Timed Finals	88	Male 9 Years 50 Freestyle SUPERFISH	
Timed Finals	89	Female 10 Years 50 Freestyle SUPERFISH	
Timed Finals	89	Male 10 Years 50 Freestyle SUPERFISH	
Timed Finals	90	Female 11 Years 50 Freestyle SUPERFISH	38.00 (Breaktime)
Timed Finals	90	Male 11 Years 50 Freestyle SUPERFISH	39.00 (Breaktime)
Timed Finals	91	Male 12-14 4x100 Freestyle Relay	
Timed Finals	92	Male 11-13 4x100 Freestyle Relay	
Timed Finals	93	Female 12-14 4x100 Freestyle Relay	
Timed Finals	94	Female 11-13 4x100 Freestyle Relay	
Timed Finals	95	Male 12 & Over 800 Freestyle	10:53.00
Timed Finals	96	Female 12 & Over 800 Freestyle	11:27.00



# SA COUNTRY CHAMPIONSHIPS

## EVENT LIST

### Session: 8 – Sunday 7 January (5:00pm Start)

QT

Timed Finals	98	Female 11-12 Years 200 Individual Medley	3:28.00
Timed Finals	98	Female 13-14 Years 200 Individual Medley	3:21.00
Timed Finals	99	Female 15-16 Years 200 Individual Medley	3:18.00
Timed Finals	99	Female 17 & Over 200 Individual Medley	3:15.00
Timed Finals	100	Female 200 Freestyle Multi Class	20MCPS
Timed Finals	100	Male 200 Freestyle Multi Class	20MCPS
Finals	75	Male 11 Years 50 Freestyle	39.00
Finals	75	Male 12-13 Years 50 Freestyle	35.80
Finals	86	Male 14-15 Years 50 Freestyle	32.00
Finals	86	Male 16 & Over 50 Freestyle	30.00
Finals	87	Female 11 Years 50 Freestyle	38.00
Finals	87	Female 12-13 Years 50 Freestyle	35.00
Finals	88	Female 14-15 Years 50 Freestyle	34.00
Finals	88	Female 16 & Over 50 Freestyle	33.00
Finals	80	Male 11-12 Years 100 Butterfly	1:57.00
Finals	81	Male 13-14 Years 100 Butterfly	1:44.00
Finals	81	Male 15-16 Years 100 Butterfly	1:33.00
Finals	81	Male 17 & Over 100 Butterfly	1:28.00
Finals	82	Female 11-12 Years 100 Butterfly	1:57.00
Finals	83	Female 13-14 Years 100 Butterfly	1:48.00
Finals	83	Female 15-16 Years 100 Butterfly	1:40.00
Finals	83	Female 17 & Over 100 Butterfly	1:35.00
Timed Finals	101	Female 50 Butterfly Multi Class	20MCPS
Timed Finals	101	Male 50 Butterfly Multi Class	20MCPS
Finals	84	Male 11 Years 50 Breaststroke	52.00
Finals	84	Male 12-13 Years 50 Breaststroke	49.00
Finals	85	Male 14-15 Years 50 Breaststroke	45.00
Finals	85	Male 16 & Over 50 Breaststroke	42.00
Finals	86	Female 11 Years 50 Breaststroke	52.00
Finals	86	Female 12-13 Years 50 Breaststroke	48.00
Finals	87	Female 14-15 Years 50 Breaststroke	47.00
Finals	87	Female 16 & Over 50 Breaststroke	46.00
Timed Finals	102	Mixed 4x100 Medley Relay	

