

SA STATE AGE CHAMPIONSHIPS

PERFORMANCE (ENDORSED)

Contact

SwimmingSA

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Event Information

Thursday 6 – Monday 10 March 2025

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

Long Course Pool (50m)

AM Sessions: Gates Open: 7:30am Warm Up Starts: 7:30am Warm Up Finishes: 8:45am Start Time: 9am

PM Sessions: Gates Open: 3:30pm Warm Up Starts: 3:45pm Warm Up Finishes: 4:45pm Start Time: 5pm

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

Free Entry: Accredited Coaches | Working Technical Officials

Awards & Recognition

All 50m & 100m Events: 11 | 12 | 13 | 14 | 15 | 16 | 17 – 18

200m Free & IM: 11 – 12 | 13 | 14 | 15 | 16 | 17 – 18

200m Back, Breast, Fly: 12 – 13 | 14 – 15 | 16 – 18

400m, 800m 1500m: 12 – 13 | 14 – 15 | 16 – 18

Entry Information

Closing Date: Monday, 17 February 2025 at 9:00am

Entry Method: Entries via SWIM CENTRAL

Website: sa.swimming.org.au

Time qualifying period 1 October 2022 – close of entries

Time qualifying course – LC times only

Qualifying times apply to all individual events

All events less than 800m in distance will have heats in the AM and Finals in the PM

800m & 1500m events are timed finals – fastest heat at swum in the Finals session



2025 SA LC Age State Championships Program of Events

Day 1: Thursday 6th March 2025

Heats Start: 9am / Finals Start: 5pm

- 1 Women 11-13 50 Freestyle
- 2 Women 14-18 50 Freestyle
- 3 Men 11-13 50 Freestyle
- 4 Men 14-18 50 Freestyle
- 5 Women 12-18 200 Breaststroke

Warm Up Break: 40 Minutes

- 6 Men 12-18 200 Breaststroke
- 7 Women 11-13 100 Butterfly
- 8 Women 14-18 100 Butterfly
- 9 Men 11-13 100 Butterfly
- 10 Men 14-18 100 Butterfly
- 11 Women 12-18 1500 Freestyle (TF)
Fastest Heat swum in Finals session
- 12 Men 12-18 1500 Freestyle (TF)
Fastest Heat swum in Finals session

Day 2: Friday 7th March 2025

Heats Start: 9am / Finals Start: 5pm

- 13 Women 11-13 50 Backstroke
- 14 Women 14-18 50 Backstroke
- 15 Men 11-13 50 Backstroke
- 16 Men 14-18 50 Backstroke
- 17 Women 12-18 400 IM

Warm Up Break: 40 Minutes

- 18 Men 12-18 400 IM
- 19 Women 11-13 200 Freestyle
- 20 Women 14-18 200 Freestyle
- 21 Men 11-13 200 Freestyle
- 22 Men 14-18 200 Freestyle

Day 3: Saturday 8th March 2025

Heats Start: 9am / Finals Start: 5pm

- 23 Women 11-13 50 Butterfly
- 24 Women 14-18 50 Butterfly
- 25 Men 11-13 50 Butterfly
- 26 Men 14-18 50 Butterfly
- 27 Women 12-18 400 Freestyle
Warm Up Break: 40 Minutes
- 28 Men 12-18 400 Freestyle
- 29 Women 11-13 100 Breaststroke
- 30 Women 14-18 100 Breaststroke
- 31 Men 11-13 100 Breaststroke
- 32 Men 14-18 100 Breaststroke

Day 4: Sunday 9th March 2025

Heats Start: 9am / Finals Start: 5pm

- 33 Women 11-13 100 Freestyle
- 34 Women 14-18 100 Freestyle
- 35 Men 11-13 100 Freestyle
- 36 Men 14-18 100 Freestyle
- 37 Women 11-13 200 IM
Warm Up Break: 40 Minutes
- 38 Women 14-18 200 IM
- 39 Men 11-13 200 IM
- 40 Men 14-18 200 IM
- 41 Women 12-18 200 Backstroke
- 42 Men 12-18 200 Backstroke

Day 5: Monday 10th March 2025

Heats Start: 9am / Finals Start: 5pm

- 43 Women 11-13 50 Breaststroke
- 44 Women 14-18 50 Breaststroke
- 45 Men 11-13 50 Breaststroke
- 46 Men 14-18 50 Breaststroke
- 47 Women 12-18 200 Butterfly
- 48 Men 12-18 200 Butterfly
Warm Up Break: 40 Minutes
- 49 Women 11-13 100 Backstroke
- 50 Women 14-18 100 Backstroke
- 51 Men 11-13 100 Backstroke
- 52 Men 14-18 100 Backstroke
- 53 Women 12-18 800 Freestyle (TF) - Fastest Heat swum in Finals session
- 54 Men 12-18 800 Freestyle (TF) - Fastest Heat swum in Finals session