



**SMNW Speedo Sprint Heats**  
**SOPAC**  
**7th February 2026**

BOYS	GIRLS	AGE		STROKE
1	2	13 years	50m	Breaststroke
3	4	12 years	50m	Breaststroke
5	6	11 years	50m	Breaststroke
7	8	10 years	50m	Breaststroke
9	10	9 years	50m	Breaststroke
11	12	8 years	50m	Breaststroke
13	14	13 years	50m	Freestyle
15	16	12 years	50m	Freestyle
17	18	11 years	50m	Freestyle
19	20	10 years	50m	Freestyle
21	22	9 years	50m	Freestyle
23	24	8 years	50m	Freestyle
25	26	13 Years/Under	4x50m	Freestyle Area Relay
27	28	8-10 Years	4x50m	Freestyle Area Relay
29	30	13 Years/Under	4x50m	Medley Area Relay
31	32	8-10 Years	4x50m	Medley Area Relay
33	34	13 years	50m	Butterfly
35	36	12 years	50m	Butterfly
37	38	11 years	50m	Butterfly
39	40	10 years	50m	Butterfly
41	42	9 years	50m	Butterfly
43	44	8 years	50m	Butterfly
45	46	13 years	50m	Backstroke
47	48	12 years	50m	Backstroke
49	50	11 years	50m	Backstroke
51	52	10 years	50m	Backstroke
53	54	9 years	50m	Backstroke
55	56	8 years	50m	Backstroke

**AGE AS AT 31 January 2026**  
**ENTRY FEE \$10 PER EVENT**

- Any Swimmer who is age eligible and has qualified for the 2026 National Age Championships by the 9th February 2026 (excluding MC & Open Water) is ineligible to compete in the Speedo FINAL series.
- Swimmers do not need to hold a full swimmer membership with a club to compete in the area heats, but are encouraged to sign up to the free club come n try membership. However, registration at a SNSW affiliated Club as a full swimmer member is a requirement to contest the finals.
- Up to four (4) swimmers per event from each area are eligible to compete in the finals

NOTE: Area relays (Events 25-32) will be conducted on the finals day, thus omitted from the Heats program  
Relay teams to be selected from those swimmers who have qualified for the finals