

Swimming Metro North West 2025 Summer Championships

Qualifying Times												
Girls												
Events	Distance	8/u	9	10	11	12	13	14	15	16	17/0	Para
Freestyle	50m	53	47	43	41	39	37	35	33	32	31	2.00
	100m	1.51	1.40	1.29	1.25	1.23	1.21	1.19	1.17	1.15	1.13	5.00
	200m	3.59	3.34	3.09	3.03	2.57	2.50	2.44	2.38	2.31	2.25	
	400m	Χ			6.15		5.39	5.31	5.22	5.15	5.07	
	800m	Χ	X X 11.20									
	1500m	Χ	X X X 20.30									
Backstroke	50m	1.01	56	51	48	46	44	42	40	38	37	3.00
	100m	Χ	1.53	1.43	1.39	1.34	1.32	1.30	1.28	1.20	1.17	6.00
	200m	Χ	4.02	3.36	3.27	3.2	3.12	3.05	2.58	2.51	2.44	
Breaststroke	50m	1.09	1.01	55	53	51	49	47	45	43	41	3.00
	100m	Χ	2.07	1.52	1.49	1.46	1.42	1.38	1.34	1.32	1.30	6.00
	200m	Χ	4.32	4.01	3.52	3.44	3.36	3.28	3.2	3.12	3.04	
Butterfly	50m	57	51	47	45	43	41	39	37	35	34	3.00
	100m	Χ	1.48	1.36	1.33	1.31	1.29	1.25	1.21	1.17	1.15	6.00
	200m	Χ	4.01	3.33	3.26	3.19	3.12	3.05	2.58	2.51	2.43	
Individual Medley	200m	4.30	4.02	3.34	3.26	3.19	3.12	3.05	2.58	2.51	2.44	
	400m	Х	Х		6.45		6.26	6.17	6.07	5.58	5.50	

Boys												
Events	Distance	8/u	9	10	11	12	13	14	15	16	17/0	Para
Freestyle	50m	48	43	38	37	35	33	32	30	28	27	2.00
	100m	1.47	1.36	1.26	1.22	1.18	1.14	1.11	1.07	1.03	1.00	5.00
	200m	3.54	3.31	3.08	3.00	2.52	2.44	2.35	2.27	2.19	2.11	
	400m	X		6	.00		5.16	5.07	4.58	4.49	4.41	
	800m	X	X X 11:00									
	1500m	X	х	Χ				19:30				
Backstroke	50m	58	52	48	46	44	42	39	37	35	33	3.00
	100m	X	1.49	1.38	1.34	1.31	1.26	1.22	1.17	1.13	1.09	6.00
	200m	X	3.58	3.33	3.25	3.16	3.06	2.57	2.47	2.36	2.29	
Breaststroke	50m	1.04	58	53	51	49	47	44	42	40	38	3.00
	100m	X	2.01	1.51	1.45	1.43	1.40	1.33	1.27	1.23	1.17	6.00
	200m	X	4.23	3.55	3.49	3.35	3.25	3.15	3.04	2.54	2.44	
Butterfly	50m	53	48	44	42	41	39	37	35	33	31	3.00
	100m	X	1.5	1.39	1.35	1.3	1.27	1.22	1.18	1.15	1.13	6.00
	200m	X	3.56	3.31	3.22	3.13	3.03	2.55	2.45	2.36	2.27	
Individual Medley	200m	4.23	3.57	3.32	3.23	3.14	3.05	2.55	2.46	2.37	2.28	
	400m	X	X		6.45		5.53	5.45	5.36	5.28	5.20	



SNSW approved meet under SNSW Ltd rules SAL Safe Sport Framework applies to all meet attendees.

Swimmers' entries are limited to Primary Swimmers of SMNW Clubs only.

No spectators or parents permitted on pool deck.

SC and LC times achieved at approved meets since 1st Ocotber 2024 can be used. Clubs will be asked to assist with timekeeping & other duties.

All events are timed finals swum fastest to slowest.

For full terms and conditions please refer to https://smnw.org.au/



Pool Admission & Parking

Pool entry is free for spectators and athletes. We ask for your support in keeping the pool area and grandstands clean.

Parking Fees: Set by the venue.



Schedule of Events

	Saturday 1st of	November - 9am		Saturday 1st of November - Check Timeline				
Boys	Age	Event	Girls	Boys	Age	Event	Girls	
1	13&0	400 IM	2	29	13&0	200 Freestyle	30	
3	MC	100 Free	4	31	10&U	4x50 Free Relay	32	
5	12&U	100 Free	6	33	12&U	4x50 Free Relay	34	
7	13&0	100 Free	8	35	14&U	4x50 Free Relay	36	
9	MC	50 Breast	10	37	15&0	4x50 Free Relay	38	
11	10&U	50 Breast	12	39	9-12	200 Breast	40	
13	11-13yrs	50 Breast	14	41	13&0	200 Breast	42	
15	14&0	50 Breast	16	43	MC	100 Back	44	
17	9-12yrs	200 Back	18	45	12&U	100 Back	46	
19	13&0	200 Back	20	47	13&0	100 Back	48	
21	Mixed	1 10&U 4x50 Medley	Relay	49	MC	50 Fly	50	
23	Mixed	1 12&U 4x50 Medley	Relay	51	10&U	50 Fly	52	
25	Mixed	114&U 4x50 Medley	Relay	53	11-13yrs	50 Fly	54	
27	Mixed	115&O 4x50 Medley	Relay	55	14&0	50 Fly	56	

	Sunday 2nd of N	November - 9am		Sunday 2nd of November - Check Timeline					
Boys	Age	Event	Girls	Boys	Age	Event	Girls		
59	13&0	400 Free	60	81	10&U	4x50 Medley Relay	82		
61	MC	50 Back	62	83	12&U	4x50 Medley Relay	84		
63	10&U	50 Back	64	85	14&U	4x50 Medley Relay	86		
65	11-13yrs	50 Back	66	87	15&0	4x50 Medley Relay	88		
67	14&0	50 Back	68	89	MC	100 Breast	90		
69	MC	100 Fly	70	91	12&U	100 Breast	92		
71	12&U	100 Fly	72	93	13&0	100 Breast	94		
73	13&0	100 Fly	74	95	MC	50 Free	96		
75	12&U	200 Free	76	97	10&U	50 Free	98		
77	13&0	200 IM	78	99	11-13yrs	50 Free	100		
79	79 Mixed Open 10x50 Handicap Relay				14&0	50 Free	102		
				103	9-12	200 Fly	104		
				105	13&0	200 Fly	106		

Entries close 11:59pm Saturday the 25th of Ocotber, 2025



SNSW approved meet under SNSW Ltd rules
SAL Safe Sport Framework applies to all meet attendees.
Swimmers' entries are limited to Primary Swimmers of SMNW Clubs only.
No spectators or parents permitted on pool deck.
SC and LC times achieved at approved meets since 1st Ocotber 2024 can be used.
Clubs will be asked to assist with timekeeping & other duties.
All events are timed finals swum fastest to slowest.
For full terms and conditions please refer to https://smnw.org.au/

Pool Admission & Parking

Pool entry is free for spectators and athletes. We ask for your support in keeping the pool area and grandstands clean.

Parking Fees: Set by the venue.

Summer Championships - Distance Events 9th of November - St Josephs College Pool, Hunters Hill

Schedule of Events

Sunday 9th of November - Pm - Check Timeline							
Boys	Age	Event	Girls				
107	12&U	400 IM	108				
109	10&0	800 Free	110				
111	12&U	200 IM	112				
113	11&0	1500 Free	114				
115	12&U	400 Free	116				



Age as of the 1st of November, 2025
In events 109/110/113/114 13&O Swimmers may only enter 1 (one) event
In the remaining events 12&U Swimmers may chose 3 (three) events
Swim Central will allow you to enter multiple evnets, please check the above conditions carefully.
Entries close 11:59pm Tuesday the 4th of November, 2025



SNSW approved meet under SNSW Ltd rules
SAL Safe Sport Framework applies to all meet attendees.
Swimmers' entries are limited to Primary Swimmers of SMNW Clubs only.
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Clubs will be asked to assist with timekeeping & other duties.
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TBC from Centre