



## 2023 Swimming Gold Coast Championships

### SESSION ONE

Friday Evening 10<sup>th</sup> March 2023

**Warm up: 5.00pm – Racing Starts: 6.00pm**

Event No. Girls	Event Details	Event No. Boys
1	12yrs & over 1500m Freestyle	2
3	11yrs & over 200m Breaststroke	4
5	11yrs & over 200m Butterfly	6

### SESSION TWO

Saturday 11<sup>th</sup> March 2023

**Warm up: 7.00am – Racing Starts: 8.00am**

Event No. Girls	Event	Event No. Boys
7	10yrs & over 200m Freestyle	8
9	Open 200m Freestyle – Multi-Class	10
11	8 – 11yrs 50m Backstroke	12
13	12yrs & over 50m Backstroke	14
15	8 – 9yrs 50m Breaststroke	16
17	Open 100m Breaststroke – Multi-Class	18
19	10yrs & over 100m Breaststroke	20
21	11yrs & over 200m Backstroke	22
23	8 – 9yrs 50m Butterfly	24
25	10yrs & over 50m Butterfly	26
27	11yrs & over 400m Individual Medley	28
29	8 – 9yrs 50m Freestyle	30
31	Open 100m Freestyle - Multi-Class	32
33	10yrs & Over 100m Freestyle	34



**SESSION THREE**

Sunday 12<sup>th</sup> March 2023

**Warm up: 7.30am – Racing Starts: 8.30am**

<b>Event No. Girls</b>	<b>Event Details</b>	<b>Event No. Boys</b>
35	12yrs & over 800m Freestyle	36
37	Open 200m Individual Medley - Multi-Class	39
39	10yrs & over 200m Individual Medley	40
41	Open 50m Freestyle - Multi-Class	42
43	10yrs & over 50m Freestyle	44
45	10yrs & over 100m Butterfly	46
47	Open 100m Butterfly – Multi-Class	48
49	10yrs & over 50m Breaststroke	50
51	10 – 11yrs 100m Backstroke	52
53	12yrs & over 100m Backstroke	54
55	Open 100m Backstroke – Multi-Class	56
57	11yrs & over 400m Freestyle	58



## 2023 SGC Championships Qualifying Times

There are no qualifying times for Multi-Class events

There are no qualifying times for 8-9yr old events

Event	Age (Girls)						
	10yrs	11yr	12yrs	13yrs	14yrs	15yrs	16 & Over
50m Freestyle	38.50	35.50	34.00	32.50	31.50	30.50	30.00
100m Freestyle	1:25.00	1:20.00	1:18.00	1:15.00	1:12.00	1:09.00	1:07.00
200m Freestyle	3:00.00	2:50.00	2:45.00	2:40.00	2:35.00	2:30.00	2:25.00
400m Freestyle		5:45.00	5:35.00	5:25.00	5:15.00	5:05.00	4:55.00
800m Freestyle			11:20.00	11:00.00	10:40.00	10:20.00	10:10.00
1500m Freestyle				19:40.00	19:15.00	19:00.00	18:45.00
50m Backstroke	46.00	42.00	40.00	39.00	37.50	36.00	35.00
100m Backstroke	1:45.00	1:35.00	1:32.00	1:28.00	1:24.00	1:22.00	1:20.00
200m Backstroke		3:15.00	3:12.00	3:05.00	3:00.00	2:55.00	2:50.00
50m Breaststroke	52.00	48.00	45.00	43.00	42.00	41.00	40.00
100m Breaststroke	1:55.00	1:50.00	1:45.00	1:40.00	1:36.00	1:32.00	1:30.00
200m Breaststroke		3:30.00	3:25.00	3:20.00	3:15.00	3:10.00	3:08.00
50m Butterfly	46.00	42.00	39.00	37.00	35.50	34.00	33.00
100m Butterfly	1:45.00	1:36.00	1:31.00	1:26.00	1:22.00	1:20.00	1:18.00
200m Butterfly		3:20.00	3:10.00	3:00.00	2:55.00	2:50.00	2:45.00
200m Individual Medley	3:30.00	3:20.00	3:12.00	3:05.00	2:58.00	2:52.00	2:47.00
400m Individual Medley		6:30.00	6:25.00	6:15.00	6:00.00	5:55.00	5:50.00

Event	Age (Boys)						
	10yrs	11yr	12yrs	13yrs	14yrs	15yrs	16 & Over
50m Freestyle	38.50	35.50	33.00	31.50	30.50	29.00	27.50
100m Freestyle	1:25.00	1:20.00	1:15.00	1:12.00	1:08.00	1:05.00	1:02.00
200m Freestyle	3:00.00	2:50.00	2:40.00	2:35.00	2:30.00	2:22.00	2:15.00
400m Freestyle		5:45.00	5:30.00	5:20.00	5:00.00	4:50.00	4:40.00
800m Freestyle			11:15.00	10:50.00	10:30.00	10:10.00	10:00.00
1500m Freestyle				19:20.00	19:00.00	18:30.00	18:00.00
50m Backstroke	46.00	42.00	40.00	38.00	36.00	34.50	33.00
100m Backstroke	1:45.00	1:35.00	1:31.00	1:25.00	1:22.00	1:19.00	1:16.00
200m Backstroke		3:05.00	3:00.00	2:55.00	2:50.00	2:45.00	2:40.00
50m Breaststroke	52.00	48.00	45.00	42.00	40.00	38.00	37.00
100m Breaststroke	1:50.00	1:45.00	1:40.00	1:35.00	1:32.00	1:28.00	1:24.00
200m Breaststroke		3:25.00	3:20.00	3:10.00	3:00.00	2:55.00	2:50.00
50m Butterfly	46.00	41.00	37.50	35.00	33.00	31.50	30.00
100m Butterfly	1:45.00	1:35.00	1:26.00	1:20.00	1:17.00	1:14.00	1:12.00
200m Butterfly		3:15.00	3:05.00	2:58.00	2:50.00	2:42.00	2:38.00
200m Individual Medley	3:25.00	3:15.00	3:10.00	2:55.00	2:50.00	2:45.00	2:40.00
400m Individual Medley		6:25.00	6:20.00	6:10.00	5:50.00	5:40.00	5:30.00