



SWIMMING NORTH COAST INC 2025 DIVISION 1 CHAMPIONSHIPS



Saturday 22 November 2025 - Sunday 23 November 2025

Grafton Memorial Pool – Grafton

Saturday 22 November 2025		
Day 1		
Warm-up 8.00 am Start 9.00 am		
1	Men	400m Freestyle
2	Women	400m Freestyle
3	Mixed	Open 4x50m Medley Relay
4	Men	50m Backstroke Multi Class
5	Women	50m Backstroke Multi Class
6	Boys	50m Backstroke 12/u
7	Girls	50m Backstroke 12/u
8	Men	50m Backstroke 13/o
9	Women	50m Backstroke 13/o
10	Men	100m Freestyle Multi Class
11	Women	100m Freestyle Multi Class
12	Boys	100m Freestyle 12/u
13	Girls	100m Freestyle 12/u
14	Men	100m Freestyle 13/o
15	Women	100m Freestyle 13/o
16	Men	200m Backstroke
17	Women	200m Backstroke
18	Men	1500m Freestyle
19	Women	1500m Freestyle
20	Men	50m Butterfly Multi Class
21	Women	50m Butterfly Multi Class
22	Boys	50m Butterfly 12/u
23	Girls	50m Butterfly 12/u
24	Men	50m Butterfly 13/o
25	Women	50m Butterfly 13/o
26	Boys	200m Individual Medley 12/u
27	Girls	200m Individual Medley 12/u
28	Men	200m Individual Medley 13/o Multi Class
29	Men	200m Individual Medley 13/o
30	Women	200m Individual Medley 13/o Multi Class
31	Women	200m Individual Medley 13/o
32	Boys	100m Breaststroke 12/u
33	Girls	100m Breaststroke 12/u
34	Men	100m Breaststroke 13/o Multi Class
35	Men	100m Breaststroke 13/o
36	Women	100m Breaststroke 13/o Multi Class
37	Women	100m Breaststroke 13/o
38	Boys	12/u 4x50m Medley Relay
39	Girls	12/u 4x50m Medley Relay
40	Men	13/o 4x50m Medley Relay
41	Women	13/o 4x50m Medley Relay

Sunday 23 November 2025		
Day 2		
Warm-up 8.00 am Start 9.00 am		
42	Men	400m Individual Medley 11/o
43	Women	400m Individual Medley 11/o
44	Mixed	12/u 4x50m Medley Relay
45	Men	50m Breaststroke Multi Class
46	Women	50m Breaststroke Multi Class
47	Boys	50m Breaststroke 12/u
48	Girls	50m Breaststroke 12/u
49	Men	50m Breaststroke 13/o
50	Women	50m Breaststroke 13/o
51	Men	200m Freestyle 13/o Multi Class
52	Men	200m Freestyle
53	Women	200m Freestyle 13/o Multi Class
54	Women	200m Freestyle
55	Boys	100m Backstroke 12/u
56	Girls	100m Backstroke 12/u
57	Men	100m Backstroke 13/o Multi Class
58	Men	100m Backstroke 13/o
59	Women	100m Backstroke 13/o Multi Class
60	Women	100m Backstroke 13/o
61	Men	200m Breaststroke
62	Women	200m Breaststroke
63	Men	800m Freestyle
64	Women	800m Freestyle
65	Boys	100m Butterfly 12/u
66	Girls	100m Butterfly 12/u
67	Men	100m Butterfly 13/o Multi Class
68	Men	100m Butterfly 13/o
69	Women	100m Butterfly 13/o Multi Class
70	Women	100m Butterfly 13/o
71	Men	50m Freestyle Multi Class
72	Women	50m Freestyle Multi Class
73	Boys	50m Freestyle 12/u
74	Girls	50m Freestyle 12/u
75	Men	50m Freestyle 13/o
76	Women	50m Freestyle 13/o
77	Men	200m Butterfly
78	Women	200m Butterfly
79	Men	10/u 4x50m Freestyle Relay
80	Women	10/u 4x50m Freestyle Relay
81	Men	12/u 4x50m Freestyle Relay
82	Women	12/u 4x50m Freestyle Relay
83	Men	14/u 4x50m Freestyle Relay
84	Women	14/u 4x50m Freestyle Relay
85	Men	Open 4x50m Freestyle Relay
86	Women	Open 4x50m Freestyle Relay

Age is at: Saturday 22 November 2025.

MEN QUALIFY TIMES

		13/o MC	9/u	10	11	12	13	14	15	16	17/0
FREESTYLE	50m		44.00	42.00	38.00	36.50	33.00	32.00	31.00	31.00	31.00
	100m		1.38.00	1.30.00	1.25.00	1.20.00	1.16.00	1.12.00	1.10.00	1.10.00	1.10.00
	200m	5.00.00	2.50.00			2.45.00	2.40.00	2.30.00	2.25.00	2.25.00	2.25.00
	400m		5.45.00				5.20.00		5.00.00		5.00.00
	800m		11.25.00					11.00.00			
	1500m		22.30.00					22.00.00			
BACKSTROKE	50m		55.00	52.00	49.00	46.00	43.00	40.00	38.00	38.00	37.00
	100m	3.00.00	1.50.00	1.47.00	1.42.00	1.35.00	1.31.00	1.26.00	1.20.00	1.20.00	1.20.00
	200m		3.10.00			3.05.00	2.55.00	2.50.00	2.45.00	2.40.00	2.40.00
BREASTSTROKE	50m		1.03.00	1.00.00	54.00	52.00	50.00	45.00	41.00	41.00	41.00
	100m	3.30.00	2.07.00	2.00.00	1.54.00	1.46.00	1.41.00	1.35.00	1.32.00	1.32.00	1.32.00
	200m		3.45.00			3.35.00	3.30.00	3.20.00	3.15.00	3.15.00	3.15.00
BUTTERFLY	50m		52.00	50.00	48.00	43.00	40.00	38.00	35.00	35.00	35.00
	100m	3.15.00	1.55.00	1.50.00	1.45.00	1.45.00	1.37.00	1.30.00	1.25.00	1.25.00	1.25.00
	200m		3.10.00			3.08.00	3.00.00	2.55.00	2.50.00	2.50.00	2.50.00
INDIVIDUAL MEDLEY	200m	6.00.00	3.50.00	3.40.00	3.25.00	3.20.00	3.10.00	3.00.00	2.50.00	2.45.00	2.45.00
	400m				6.15.00		5.55.00		5.35.00		5.30.00
FREESTYLE RELAY	4x50m		3.36.00 -10/U		3.00.00 - 12/U		2.43.00 - 14/U		2.32.00 - Open		
MEDLEY RELAY	4x50m		3.45.00 – 12/U				3.00.00 – 13/O				

WOMEN QUALIFY TIMES

		13/o MC	9/u	10	11	12	13	14	15	16	17/0
FREESTYLE	50m		45.00	43.00	40.00	38.00	36.00	35.00	34.00	33.00	33.00
	100m		1.38.00	1.35.00	1.30.00	1.25.00	1.20.00	1.15.00	1.12.00	1.12.00	1.12.00
	200m	5.15.00	2.52.00			2.47.00	2.45.00	2.40.00	2.30.00	2.30.00	2.30.00
	400m		5.50.00				5.25.00		5.15.00		5.10.00
	800m		11.45.00					11.30.00			
	1500m		23.00.00					22.30.00			
BACKSTROKE	50m		56.00	53.00	49.00	47.00	44.00	42.00	40.00	38.00	38.00
	100m	3.15.00	1.52.00	1.49.00	1.45.00	1.40.00	1.35.00	1.30.00	1.25.00	1.23.00	1.23.00
	200m		3.10.00			3.03.00	2.58.00	2.53.00	2.45.00	2.45.00	2.45.00
BREASTSTROKE	50m		1.04.00	1.02.00	58.00	54.00	52.00	47.00	45.00	45.00	43.00
	100m	3.45.00	2.03.00	1.59.00	1.52.00	1.49.00	1.42.00	1.37.00	1.37.00	1.35.00	1.35.00
	200m		3.45.00			3.38.00	3.32.00	3.25.00	3.20.00	3.20.00	3.20.00
BUTTERFLY	50m		52.00	50.00	48.00	45.00	41.00	39.00	37.00	37.00	37.00
	100m	3.30.00	1.55.00	1.50.00	1.48.00	1.40.00	1.35.00	1.33.00	1.30.00	1.25.00	1.25.00
	200m		3.10.00			3.08.00	3.00.00	2.55.00	2.50.00	2.50.00	2.50.00
INDIVIDUAL MEDLEY	200m	6.15.00	3.50.00	3.40.00	3.35.00	3.27.00	3.25.00	3.10.00	3.05.00	2.55.00	2.55.00
	400m				6.25.00		6.05.00		5.55.00		5.45.00
FREESTYLE RELAY	4x50m		3.39.00 -10/U		3.11.00 12/U		2.53.00- 14/U		2.51.00 - Open		
MEDLEY RELAY	4x50m		3.45.00 – 12/U				3.24.00 – 13/O				

Terms and Conditions of Entry

1. SNC reserves the right to alter the program and accept and reject entries.
 2. SNC Long Course Area Championships will be conducted under the Rules of SNSW, SA and World Aquatics.
 3. New SNC Area Long Course records will be established when swimmers or relay teams swim faster than the current records.
 4. Qualifying Times apply to all events and ages with exceptions of the following
 - Multi Class events 50m and 100m Freestyle,
 - Mixed Medley Relays.
 5. Qualifying Times must come from Results Central.
 6. Qualifying Times: It is the responsibility of the person processing the online entries to ensure that all times listed in the system are legal and valid to the swimmer. Errors can happen in the Swim Central system from time to time so we trust that stakeholders will not take advantage of this and use incorrect times to process entry into events they do not actually qualify for. If the swimmer enters an event on an incorrect time they may be withdrawn from the event without a refund.
 7. If insufficient swimmers have entered Multi Class events, swimmers may be amalgamated into the able body event with results being transferred into the Multi Class event.
 8. Relays: Relay entry times are calculated from the sum of the team's 50m times. No Lead Leg times from this meet will be available for use as QTs. All swimmers in a team must be from the same club. SNC Relay forms only need to be submitted if the relay team has changed.
 9. Freestyle Relay: Swimmers may swim in a maximum of two (2) freestyle relay teams for which their age qualifies them. These can be either two (2) age group relays or one (1) age group relay plus one (1) open relay. Open is any age swimmer.
 10. Medley Relay: The medley relay teams are as the age stated in the program, 12yrs/Under or 13yrs/Over.
 11. Mixed Medley Relay: 2 male and 2 female swimmers only.
 12. Medals are based on the SNC Medal Matrix with the first 3 placegetters receiving medals.
 13. First Claim Swimmers registered with SNC are eligible for points, medals and records with points being awarded to the ten fastest times, in age groups as per SNC Medal Matrix. Points will only be awarded if swimmers meet the qualifying times.
 14. Age is at: Saturday 22 November 2025.
 15. Qualifying Times must be achieved since the 1 June 2024
 16. Entries can be submitted by the following methods:
 - Online entries – Via Swim Central for all individual entries
 - Online entries -via Swim Central available for relays
 17. Closing Date of online Swim Central Individual Entries: Sunday 16 November 2025 at 11.59pm
 18. Closing Date of Club Relay Entries: Monday 17 November 2025 at 11.59pm
 19. Entry fees are \$9.00 for Individual Events (This includes the SNSW \$1.50 Event Levy) and \$10.00 for Relays.
 20. Late Entries will not be accepted
 21. The Competition Committee reserves the right to vary the program as required
- Any enquiries, please contact Helen Green or Jennie Riley via snccompcoordinator@gmail.com**

SNC Division 1 Summer Championships Medal Matrix

		MC		9/u	10	11	12	13	14	15	16	17/o
Freestyle	50m	12/u	13/o	X	X	X	X	X	X	X	X	X
	100m	12/u	13/o	9/u	X	X	X	X	X	X	X	X
	200m		13/o	11/u			X	X	X	X	X	X
	400m			12/u				13-14		15-16		X
	800m			13/u					14/o			
	1500m			13/u					14/o			
Backstroke	50m	12/u	13/o	X	X	X	X	X	X	X	X	X
	100m		13/o	X	X	X	X	X	X	X	X	X
	200m			11/u			X	X	X	X	X	X
Breaststroke	50m	12/u	13/o	X	X	X	X	X	X	X	X	X
	100m		13/o	X	X	X	X	X	X	X	X	X
	200m			11/u			X	X	X	X	X	X
Butterfly	50m	12/u	13/o	X	X	X	X	X	X	X	X	X
	100m		13/o	X	X	X	X	X	X	X	X	X
	200m			11/u			X	X	X	X	X	X
Individual Medley	200m		13/o	X	X	X	X	X	X	X	X	X
	400m					11-12		13-14		15-16		X

Championship Trophies

ALL awards are for SNC Swimmers only. Visitors cannot claim awards.

- Age Champion Trophies** will be awarded to the highest pointscore male and female in each age group:
Events used to determine age champions will include the 200m Individual Medley and all 50m and 100m events.
 - 9yrs/u
 - 10yrs
 - 11yrs
 - 12yrs
 - 13yrs
 - 14yrs
 - 15yrs
 - 16yrs
 - 17yrs/o.
- Multi Class Swimmers of the Meet Trophies** will be awarded to the highest male and female point scorer in the Multi Class
 - 12yrs & Under all the 50m events and 100m Freestyle
 - 13yrs & Over all the 50m and 100m events and 200m Freestyle and 200m Individual Medley
- Distance Swimmers of the Meet Trophies** will be awarded to the highest pointscore male and female.
Events used to determine Distance Swimmers of the Meet will include 200m, 400m, 800m, & 1500m Freestyle, 200m Formstrokes and the 400m Individual Medley
 - Junior - 13yrs & Under
 - Senior - 14yrs & Over
- Male & Female Open Point Score Trophies** will be awarded to Open Point Score Champion male and female (Please Note that the Open Point Score Trophies will be presented to the winners at 2026 SNC Winter SC Championships).
- Rex Clark Memorial Mixed Medley Relay Trophy** will be awarded to the fastest Open Mixed Medley Relay team.
- Tim Mullens 13yrs Boys Memorial Trophy** will be awarded to the fastest 13yrs male in the 100m Freestyle.
- SNC Premiership Plaques** will be awarded to the top three winning clubs of Point Score. (Please Note SNC Premiership Plaques will be presented to the winning clubs at Swimming North Coast AGM).

Please Note:

No Championship Trophies – Age, Distance or Multi Class will be announced or presented at the conclusion of the 2025 Division 1 Championships.

Winners of the Championship Trophies will be announced via Swimming North Coast Website and Facebook page. Swimming North Coast will facilitate the delivery of the Championship Trophies to the winners.