



**BALLARAT GOLD**  
**SWIMMING CLUB**

Presents

## 2023 Ballarat Gold Last Chance LC Meet

A proposed long course qualifying meet.

***Sunday 5th March 2023 at***

***Ballarat Aquatic and Lifestyle Centre, Gillies St North, Ballarat***

One of the last opportunities to qualify for 2023 Victorian Age Championships

Doors open 9.00am, warm up 9.15 am, start 10.00am

Entry is via double doors at the North end of the 50m competition pool

### Program of events

Event #		SESSION 1	Event #		SESSION 2
Female	Male	Event	Female	Male	Event
1		Mixed Open 400m IM*	14	15	Open 200m Freestyle
2		Mixed Open 400m Freestyle*	16	17	Open 100m Butterfly
3	4	Open 50m Breaststroke	18	19	Open 50m Backstroke
5	6	Open 100m Backstroke	20		Mixed Open 200m Breaststroke
7		Mixed Open 200m Butterfly	21	22	Open 100m Freestyle
8	9	Open 50m Freestyle	23	24	Open 50m Butterfly
10	11	Open 100m Breaststroke	25	26	Open 200m IM
12		Mixed Open 200m Backstroke	27		Mixed Open 4x50m Freestyle Relay
13		Mixed Open 4x50m Medley Relay			
		<b>BREAK</b>			

\*Events 1/2 may be combined. Limit of 5 combined heats, open to the first 40 swimmers to enter.  
Only enter EITHER Event 1 OR Event 2, do NOT enter both.

All enquiries to Jo Peters, [entries@ballaratgold.org.au](mailto:entries@ballaratgold.org.au), 0438 823 965

# Conditions of Entry

## Entries:

Meet open to SAL registered swimmers only.  
Age of competitors is as at date of meet.  
ONLINE entries via [Swim Central](#).  
\$12 per event (includes Swimming Victoria levy)  
Entry Fees will not be refunded\*.  
Closing date Monday 27<sup>th</sup> February, no late entries will be accepted.  
The Meet Director reserves the right to cancel/ merge events or alter the program as required.  
Ballarat Gold Swimming Club reserves the right to close online entries early to accommodate time constraints.  
\*Events 1/2 maybe combined. Limit of 5 combined heats, open to the first 40 swimmers to enter.  
Only enter EITHER Event 1 OR Event 2, do NOT enter both.

## Meet:

Meet to be conducted under the rules of Swimming Australia and Swimming Victoria.  
One start rule applies.  
The SV **11 & Under swim suit rule** will apply to this meet.  
The Referees decisions will be final.  
All events are timed finals.

## Relays:

Mixed relay – minimum 1 girl/team.  
Email relay entry details to [jo@farmingit.com.au](mailto:jo@farmingit.com.au) by Tuesday 28<sup>th</sup> February.  
Relay entries are \$16 per team. No restrictions on the number of teams entered  
Relay payments -Direct deposit to Ballarat Gold SC Inc. BSB 633-000, Account No.1083-32453  
using "LCRelay club name" as a reference. Please forward remittance advice to  
[entries@ballaratgold.org.au](mailto:entries@ballaratgold.org.au)

## General:

Program, timeline and athlete roster available no later than two days prior to competition from  
[Swim Central](#) and [Ballarat Gold Website](#)  
Free spectator entry. Grandstand seating available.

## Covid-19 information:

Nominees agree to adhere to Victorian Covid Rules and Restrictions in place at time of Meet, in addition to any Venue specific requirements and [SV's COVID-19 Terms & Conditions](#).  
If you are feeling sick or have symptoms of COVID-19, DO NOT ATTEND this competition.  
\*Individual refunds may be considered.  
All Meet details subject to change based on Victorian Covid Rules and Restrictions at time of Meet.