

Takes pleasure in presenting the

2023 Ballarat Gold 'Last Chance' Long Course Meet

A proposed qualifying meet



Ballarat Gold acknowledges the support of the following sponsors and partner organisations



Mark Stahl Swim School

Ballarat Central





























Thank you for your continued Support

Welcome

The Members and Committee of Ballarat Gold Swimming Club welcome all competitors to Ballarat for our club's 2023 'Last Chance' LC Meet. We wish everyone an enjoyable day at the Ballarat Aquatic and Lifestyle Centre and hope that you all achieve the goals that you have set for today.

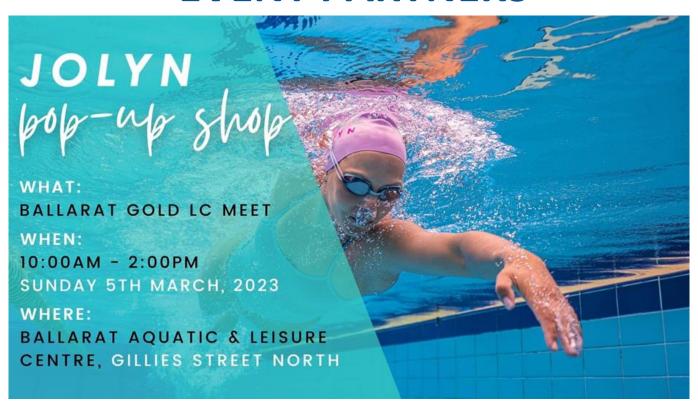
We would like to thank all of our Technical Officials and other Volunteers who have provided their time today to allow us to run a Qualifying Meet. Additionally, thanks to our timekeepers, without whom we would not be able to run the meet.

Ballarat Gold appreciates the support that the following clubs and their members have shown for this meet and would like to thank everyone for complying with Covid-Safe practices.

Albury Amateur Swim Club Ararat Swimming Club Inc Ballarat Gco Swimming Club Inc Ballarat Gold Swimming Club Inc Ballarat Swimming Club Inc Flyers Swim Team (Victoria) **Geelong Sharks Swimming Club Geelong Swimming Club Incorporated Gisborne Thunder Swimming Club Hamilton Olympic Swimming Club Horsham Swimming Club Inc Hume City Swimming Club Inc** Ivanhoe Aqua Power Swimming Club **Maccabi Ajax Swimming Club Melbourne Swimming Club Melbourne Vicentre Swimming Club Melton Swimming Club Inc** MIc Aquatic Inc (Victoria) Warrnambool Swimming Club **Western Melbourne Propulsion**

Ballarat Gold Swimming Club would like to Acknowledge the Traditional Custodians of the land, the Wadawurrung People, and pay our respects to their Elders past, present and emerging and extend that respect to all Aboriginal and Torres Strait Islander People.

EVENT PARTNERS









LONG COURSE MEET: SUNDAY 5TH MARCH

SAUSAGE SIZZLE









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	
1	2	Mixed Open 200m Backstroke	27	27 Mixed Open 4x50m Freest		
1	.3	Mixed Open 4x50m Medley Relay				
	_	BREAK				

All enquiries to Jo Peters, entries@ballaratgold.org.au, 0438 823 965

^{*}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.

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 27th 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 by Tuesday 28th 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

General:

Program, timeline and athlete roster available no later than two days prior to competition from Swim Central and Ballarat Gold Website

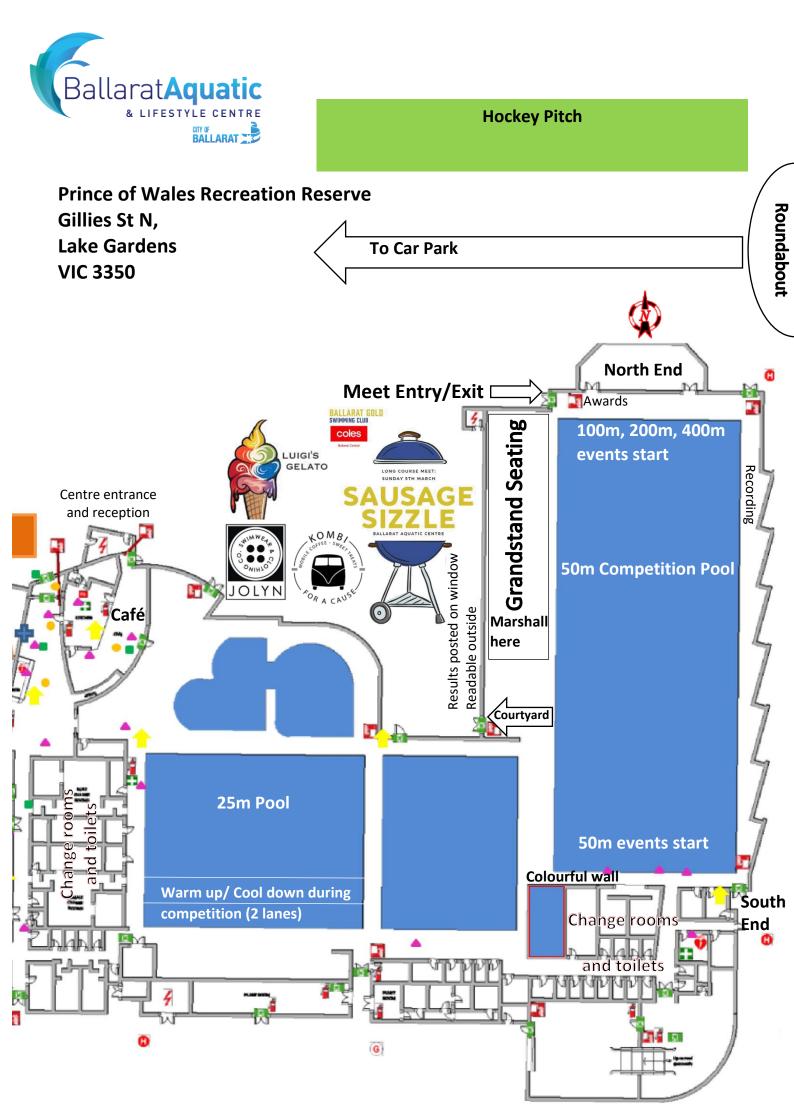
Free spectator entry. Grandstand seating available.

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.





2023 Ballarat Gold 'Last Chance' LC Meet Swimmer Marshalling Procedure

An informal Marshalling process will be in operation. All swimmers should Marshall in the end Bay at the South end of the Grandstand (see venue map)

Please listen for announcements and keep an eye on the Marshalling board to know when to go to the Marshalling Area. The Meet program will be displayed on the 'Colourful Wall' (see map) or swimmers can ask the Marshalling assistants for help.

To assist with marshalling, we recommend swimmers arrive at the event prepared with the following information that they will need for marshalling:

- Event number/s
- Heat number/s
- Lane number/s

It is a good idea for swimmers to write all event/heat/lane numbers on their arm, in that order.

Opportunity to have another go - 'Last Chance' Events following relays at the end of the Meet

We will be holding 'Last Chance' Events following the final Relay event of the day to allow Swimmers another chance to gain their State Age qualifying time.

Entries for the Last Chance events will be taken at during Meet and will cost \$15/ entry. Swimmers need to be within 1 second of the relevant qualifying time to enter.

'Last Chance' Entries **MUST** be submitted to the Recording Desk **BEFORE** the completion of Event 24 Boys Open 50 Fly.



2023 Ballarat Gold 'Last Chance' LC Meet Timekeeper Roster

The smooth running of this Meet is reliant on Volunteer Timekeepers. Your assistance in this matter is greatly appreciated. Please can all clubs listed below ensure that, unless otherwise specified, they have supplied **TWO** timekeepers to the correct lane for the duration of the meet.

Timekeepers should be ready to take their seats immediately prior to the conclusion of warm up for the first session. Timekeepers should take their seats 5 minutes prior to the commencement of the second session after the morning break. Please listen carefully for the starting time of the second session since this could be subject to change on the day of the meet. Timekeepers should bring their own water bottle and snacks as required. All Timekeepers should record their name, club and time period they were on duty in the Timekeeper log for their lane (in the clipboard).

Lane	Session 1 (10am – 11:30ish)	Session 2 (12:00pm – 1:45ish)
2	2 Ballarat SC/BGOLD Ballarat SC/E	
3	BGOLD	BGOLD
4	BGOLD	BGOLD
5	BGOLD	BGOLD
6	BGOLD	BGOLD
7	BGCO/BGOLD	BGCO



Product	RRP	Ballarat Swim Club Member Price	Contribution to Club
ANKLE/WRIST/ ELBOW	\$79.00	\$67.15	\$6.70 per brace
KNEE/ARM/ LEG	\$139.00	\$118.50	\$11.85 per brace
SHOULDER/HIP /GLUTE	\$129.00	\$ 109.65	\$10.90 per brace
BACK/CHEST	\$119.00	\$101.15	\$10.10 per brace

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Dodgy knee joints that plagued generations and sick of fossicking for a bag of peas at the bottom of the freezer, sparked the seed of an idea for Belinda Voigt. In 2018 the RE3 Ice Compression Pack was born. Belinda is a Melbourne based mother of 3 children all diagnosed with hyper-mobile knee joints, something they inherited from their Mum. As competitive young athletes, the consequence was significant pain and swelling with part of the recommended treatment being ice after every training and competition.

Evidence confirms ice works! The scientific thought is that if an injury site can be reduced to 10 degrees, this reduces nerve conduction velocity, thereby reducing pain from surface tissues. There are many thoughts as to when to apply and duration, but the fact remains that ice assists with recovery and so we see athletes on TV with various contraptions involving plastic, tape and a hard lump of ice. The same can be said of many patients coming out of orthopaedic surgery as a means to control swelling and pain.

The problem Belinda faced was that both her daughters who were swimming competitively, objected to the nightly "icing" ritual. As busy teenagers they didn't want to sit in one place for the required time, the ice would not stay in the correct position and as a result the ice was not clinically effective, not to mention the mess it created with pools of dripping water and copious amounts of complaining. It became just too hard. Belinda was convinced there had to be an easier solution. There were variations on the market, but many required actual ice that melted, were uncomfortable and didn't secure into place – they simply still didn't fulfill the brief. She knew she needed to design something that satisfied the full criteria – it needed to be comfortable, secure, reusable, would allow mobility, maintain temperature, one size fits all (children and adults) and most of all was easy to use and if it looked good, this would make it even better. Belinda consulted with various experts in medicine, science and high performance sport and after four years of planning, prototyping, testing and evaluating the RE3 Ice Compression Pack was born.

18 months of being in market the feedback to the product has been incredible. Not only is RE3 being used by elite athletes and sporting clubs, but an increasing number of orthopaedic surgeons have been using the pack as a post-operative recovery tool both in and out of hospital. This has broadened the customer base significantly and brought RE3 to the attention of all consumers that suffer muscular or joint pain.

Passionate and dedicated, Belinda is proud of RE3 and all that it has to offer.

11 & UNDER TECHNICAL/PERFORMANCE SUIT POLICY



Swimming Victoria, alongside Swimming Australia, is committed to creating a welcoming and inclusive swimming environment for all competitive members. In 2021, Swimming Australia introduced an <u>Inclusive</u> Swimming Policy with the aim to ensure:

- All Australians feel welcome safe, valued, and celebrated in swimming.
- All Australians can participate in the role and at the level of their choice in swimming.
- Australia's diversity is reflected in swimming.

Swimming Victoria have adopted this framework for all competitions run under the Swimming Victoria rules.

In addition to this framework, the Swimming Victoria Competitions & Events By-Law states that:

'Competitors 11 years and under are not permitted (or allowed) to wear a technical/performance suit in SV hosted competitions'.

This also extends to all competitions run under the Swimming Victoria rules.

Swimming Victoria believe that in order to keep young swimmers in our sport, we need to be providing an environment that encourages them and keeps the level of competition and pressure appropriate for their age. Further rationale for this policy is outlined below.

What is a Technical/Performance Suit?

Technical/Performance racing suits are typically manufactured using scientifically advanced materials. Materials of this type are normally comprised of spandex and nylon composite fabrics with features to reduce 'drag' against the water, reduce absorption of water and are highly compressive to increase the athlete's glide through the water.

The design of these suits also typically includes features like special seams and tape to optimise performance. Traditional one-piece race suits for girls as well as briefs and trunks for boys are not technical/performance suits and are permitted under this policy. Knee length suits and 'jammers' (suits that end closer to the knee than the hip) will be permitted provided they do not feature the key components of a technical/performance swimsuit.

The key, easily- identifiable component/s of a technical/performance suit that should be used when differentiating what is, and is not, permitted are the following:

- Bonded/Sealed seams
- Meshed seams
- Kinetic tape.



The below photographs are examples of swimsuit seaming which is **not permitted** for swimmers aged 11 and under.



The below images are examples of swimwear which **are permitted** for athletes aged 11 and under, noting the stitching is raised on the outside of the fabric.









It should be noted that some permitted swimwear is FINA approved and will have a FINA barcode attached to the back of the suit. FINA approved swimwear can be worn permitted it is not classed as a technical/performance suit. The differentiation between these suits is the fabric and stitching, as described above.

The rationale behind this decision by Swimming Victoria is outlined below.

- 1. There is no documented evidence that supports any benefits of performance/technical suits for athletes 11 years and under.
- 2. Personal best times should not be the only evaluation or measure of success for younger swimmers. Technique and skill development is essential for long-term swimmer development. It is crucial that as swimmers progress through the sport, they have developed a strong foundation in technique and stroke development to enable them to achieve higher results in the latter years of their career.
- 3. The cost of technical suits makes them unattainable for many families. Swimming Victoria does not want to add any extra financial pressure on parents with unnecessary purchases. We understand that for various reasons, cost of suits may not be an issue for all swimmers however, in order to effectively police this change, we must restrict all suits of this style.
- 4. These suits aren't designed for young swimmers. The manufacturers design these suits for older athletes. One of the main benefits of wearing a technical suit is for muscle compression. Swimmers, who are not yet developed, are not impacted by this benefit. Swimmers cannot 'grow into' these suits.
- 5. A common misconception amongst younger swimmers is that without a technical suit, a swimmer cannot swim fast. An age group swimmer does not need a performance suit to swim fast. Swimmers will improve and attain personal bests regardless of the suit they are wearing due to gradual increases in training and skill development.
- 6. The aim should be to build mentally strong swimmers, confident in their own ability and training ethic rather than an athlete depending on a technical suit to get an improved result.

For more information on Swimming Australia's Inclusive Swimming Framework and the swimsuits permitted under the Inclusive Swimwear Policy, please <u>click here</u>.



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2023 Ballarat Gold Last Chance LC Meet - 5/03/2023 Session Report

Session: 1 Session 1
Day of Meet: 1 Starts at 10:00 AM Heat Interval: 30 Seconds / Back +25 Seconds

Round		Event	Starts at	
Finals	2	Mixed Open 400 Free	10:00 AM	
Finals	3	Girls Open 50 Breast	10:06 AM	
Finals	4	Boys Open 50 Breast	10:15 AM	
Finals	5	Girls Open 100 Back	10:20 AM	
Finals	6	Boys Open 100 Back	10:25 AM	
Finals	8	Girls Open 50 Free	10:30 AM	
Finals	9	Boys Open 50 Free	10:40 AM	
Finals	10	Girls Open 100 Breast	10:47 AM	
Finals	11	Boys Open 100 Breast	10:56 AM	
Finals	12	Mixed Open 200 Back	11:02 AM	
Finals	13	Mixed Open 200 Medley Relay	11:11 AM	
		Swimmers Counts for Warm-ups: 120		
		Finish Time	11:28 AM	

NB Session and break times are a guide and are subject to change. Please keep an eye on the Marshalling board and listen for announcements.

NB There were no entries in Event 1 400m IM and Event 7 200m Butterfly. The first Event of the Meet is Event 2.

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Event	Z	Mixed	onen	4UU	LU	meter	rree

	2 Mixed Open 400 LC Meter Free Name	Ago	Toom	Sood Time	Finals	Place
Lane		Age	Team	Seed Time	Finals	Place
	1 of 1 Timed Finals	M16	Dellaret Car Carimonia - Clab In-	F 14 20		
2	Jonah Skewes-Clinton	M16	Ballarat Gco Swimming Club Inc	5:14.30		
3	Luke Gallagher	M14	Ballarat Gco Swimming Club Inc	4:53.00		
4	Kevin Huang		Ballarat Gold Swimming Club In	4:37.22		
5	Marley Sutherland	M14	Ballarat Gold Swimming Club In	4:52.25		
6	Zoe Rouse	W18	Hamilton Olympic Swimming Club	5:09.62		
7	Emily Perazic	W28	Ararat Swimming Club Inc	NT		
Event	3 Girls Open 50 LC Meter Breast					
Lane	Name	Age	Team	Seed Time	Finals	Place
Heat	1 of 6 Timed Finals					
3	Isabel Meneses Lopez	8	Ballarat Gold Swimming Club In	NT		
4	Lois Scruby	10	Ballarat Gold Swimming Club In	NT		
5	Georgie Kennett	8	Ballarat Gold Swimming Club In	NT		
Heat	2 of 6 Timed Finals					
2	Elena Merrifield	10	Ballarat Gold Swimming Club In	NT		
3	Emily Perazic	28	Ararat Swimming Club Inc	NT		
4	Mila Shillito	10	Ballarat Gco Swimming Club Inc	1:10.52		
5	Madeline Smith	12	Ballarat Gco Swimming Club Inc	1:13.23		
6	Trisha Kaura	12	Ballarat Gold Swimming Club In	NT		
Heat	3 of 6 Timed Finals					
2	Alice Mann	11	Ballarat Gold Swimming Club In	1:04.19		
3	Junqing Cao	10	Ballarat Gold Swimming Club In	58.75		
4	Taylah Costello	10	Ballarat Gold Swimming Club In	53.09		
5	Eva Skilton	10	Maccabi Ajax Swimming Club	54.39		
6	Rachael Orton	13	Ballarat Gco Swimming Club Inc	1:02.31		
7	Bonnie Naylor	11	Ballarat Gco Swimming Club Inc	1:04.52		
	4 of 6 Timed Finals		banarat des swimming stab me	1.0 1.02		
2	Amelia Wilson	11	Ballarat Gco Swimming Club Inc	51.41		
3	Grace Dillon	12	Ballarat Swimming Club Inc	49.46		
4	Lily McCormack	10	Ballarat Gold Swimming Club In	47.64		
5	Mia Riddle	13	Ballarat Swimming Club Inc	49.25		
6				49.49		
7	Kate Beechey Dior O'Callaghan	12	Ballarat Gold Swimming Club In			
	O .	13	Ballarat Gold Swimming Club In	52.58		
	5 of 6 Timed Finals	45		45.50		
2	Leah Ross		Ballarat Gold Swimming Club In	45.72		
3	Olivia Beechey		Ballarat Gold Swimming Club In	41.70		
4	Isabelle Jarvis	14	· ·	40.77		
5	Macey Kane	15	Warrnambool Swimming Club	41.68		
6	Isabella Till	15	Ballarat Gco Swimming Club Inc	45.43		
7	Hollanah Hinde	13	Ballarat Gold Swimming Club In	47.53		
Heat	6 of 6 Timed Finals					
2	Gemma Bond		Warrnambool Swimming Club	38.13		
3	Isla Ho	15	Ballarat Gold Swimming Club In	37.19		
4	Olivia Daly	18	Ballarat Gold Swimming Club In	36.48		
5	Anna Swanton	17	Ballarat Gold Swimming Club In	36.70		
6	Phoebe Perini	14	Albury Amateur Swim Club	37.92		
7	Ines Parlange	14	Ballarat Gold Swimming Club In	40.16		

Event 4	Roys Onen	50 LC Meter	Breact
Event 4	DOVS ODER	50 LC Meter	Dieast

Lane	t 4 Boys Open 50 LC Meter Breast Name	Age	Team	Seed Time	Finals	Place
Heat	1 of 4 Timed Finals					
2		12	Ballarat Gold Swimming Club In	NT		
3	Henry Beechey	12	Ballarat Gold Swimming Club In	1:00.44		
4	•	11	Ballarat Gold Swimming Club In	57.91		
5	Hayden Wilson	12	Ballarat Gco Swimming Club Inc	59.99		
6	Willem Woithe	10	Warrnambool Swimming Club	1:08.36		
7	Jack McRostie	9	Hamilton Olympic Swimming Club	NT		
	2 of 4 Timed Finals		3 - 1			
2		11	Albury Amateur Swim Club	52.51		
3	Cooper Hargreaves	13	Warrnambool Swimming Club	47.46		
4	• •	11	Ballarat Gold Swimming Club In	45.21		
5	Max Ravisa	12	Ballarat Gold Swimming Club In	45.30		
6	Jayden Lim	11		51.34		
7	Martin Ma	9	Ballarat Gold Swimming Club In	55.98		
	3 of 4 Timed Finals	,	banarat dold Swinning Gub III	33.70		
пеа t		13	Gisborne Thunder Swimming Club	41.20		
3	Cameron Dole		Ballarat Gco Swimming Club Inc	36.73		
	Vadim Rudoi	55	J			
4		18	Ballarat Swimming Club Inc	35.71		
5	Matthew Ellis	16	Horsham Swimming Club Inc	36.53		
6	Riley James	14	Ballarat Swimming Club Inc	37.93		
7		14	Ballarat Gold Swimming Club In	43.98		
	4 of 4 Timed Finals			25.42		
2	,	44	Ballarat Gold Swimming Club In	35.42		
3	Dylan Logan	20	Melbourne Swimming Club	32.60		
4	3	17	Ballarat Gold Swimming Club In	31.00		
5	Ethan Chiang-Cruise	16	Mlc Aquatic Inc (Victoria)	32.15		
6	Tom Urquhart	15	Ballarat Gold Swimming Club In	33.69		
7	Max Mason	15	Ballarat Gold Swimming Club In	35.45		
Event	t 5 Girls Open 100 LC Meter Back					
Lane	Name	Age	Team	Seed Time	Finals	Place
Heat	1 of 2 Timed Finals					
2	Grace Cofield	10	Ballarat Gold Swimming Club In	1:38.66		
3	Maddison Cannell	13	Ballarat Gold Swimming Club In	1:32.86		
4	Leah Ross		3	1.52.00		
5		15	Ballarat Gold Swimming Club In	1:25.40		
3	Kyana Jennings	15 15				
6	Kyana Jennings Annabel Myers	15	Ballarat Gold Swimming Club In	1:25.40		
	• , •	15	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In	1:25.40 1:26.85		
6 7	Annabel Myers	15 12	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In	1:25.40 1:26.85 1:33.68		
6 7	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals	15 12 11	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In	1:25.40 1:26.85 1:33.68		
6 7 Heat	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals	15 12 11	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In	1:25.40 1:26.85 1:33.68 NT		
6 7 Heat 2	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals Memphis Johnson Claire Mathison	15 12 11	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor	1:25.40 1:26.85 1:33.68 NT		
6 7 Heat 2 3	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals Memphis Johnson Claire Mathison	15 12 11 13 14	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In	1:25.40 1:26.85 1:33.68 NT 1:22.60 1:17.86		
6 7 Heat 2 3 4	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals Memphis Johnson Claire Mathison Ava Richardson	15 12 11 13 14 16	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In	1:25.40 1:26.85 1:33.68 NT 1:22.60 1:17.86 1:13.71		
6 7 Heat 2 3 4 5	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals Memphis Johnson Claire Mathison Ava Richardson Celeste Lean Lara Riddle	15 12 11 13 14 16 16	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In	1:25.40 1:26.85 1:33.68 NT 1:22.60 1:17.86 1:13.71 1:14.89		
6 7 Heat 2 3 4 5 6 7	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals Memphis Johnson Claire Mathison Ava Richardson Celeste Lean Lara Riddle Charley Ward	15 12 11 13 14 16 16	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Ballarat Swimming Club In	1:25.40 1:26.85 1:33.68 NT 1:22.60 1:17.86 1:13.71 1:14.89 1:21.62		
6 7 Heat 2 3 4 5 6 7	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals Memphis Johnson Claire Mathison Ava Richardson Celeste Lean Lara Riddle Charley Ward t 6 Boys Open 100 LC Meter Back	15 12 11 13 14 16 16 14 15	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club Inc	1:25.40 1:26.85 1:33.68 NT 1:22.60 1:17.86 1:13.71 1:14.89 1:21.62 1:23.42	Finale	Place
6 7 Heat 2 3 4 5 6 7 Event Lane	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals Memphis Johnson Claire Mathison Ava Richardson Celeste Lean Lara Riddle Charley Ward t 6 Boys Open 100 LC Meter Back Name	15 12 11 13 14 16 16 14 15	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Ballarat Swimming Club In	1:25.40 1:26.85 1:33.68 NT 1:22.60 1:17.86 1:13.71 1:14.89 1:21.62	Finals	Place
6 7 Heat 2 3 4 5 6 7 Event Lane Heat	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals Memphis Johnson Claire Mathison Ava Richardson Celeste Lean Lara Riddle Charley Ward 1 of 2 Timed Finals	15 12 11 13 14 16 16 16 14 15	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Team	1:25.40 1:26.85 1:33.68 NT 1:22.60 1:17.86 1:13.71 1:14.89 1:21.62 1:23.42 Seed Time	Finals	Place
6 7 Heat 2 3 4 5 6 7 Event Lane Heat	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals Memphis Johnson Claire Mathison Ava Richardson Celeste Lean Lara Riddle Charley Ward 1 of 8 Boys Open 100 LC Meter Back Name 1 of 2 Timed Finals Bryce Scott	15 12 11 13 14 16 16 14 15 Age	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In	1:25.40 1:26.85 1:33.68 NT 1:22.60 1:17.86 1:13.71 1:14.89 1:21.62 1:23.42 Seed Time 1:28.95	Finals	Place
6 7 Heat 2 3 4 5 6 7 Event Lane Heat 2 3	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals Memphis Johnson Claire Mathison Ava Richardson Celeste Lean Lara Riddle Charley Ward 1 of 2 Timed Finals Bryce Scott Matthew Ellis	15 12 11 13 14 16 16 14 15 Age	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In	1:25.40 1:26.85 1:33.68 NT 1:22.60 1:17.86 1:13.71 1:14.89 1:21.62 1:23.42 Seed Time 1:28.95 1:26.66	Finals	Place
6 7 Heat 2 3 4 5 6 7 Event Lane Heat 2 3	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals Memphis Johnson Claire Mathison Ava Richardson Celeste Lean Lara Riddle Charley Ward 4 6 Boys Open 100 LC Meter Back Name 1 of 2 Timed Finals Bryce Scott Matthew Ellis James Logan	15 12 11 13 14 16 16 14 15 Age 11 16 16	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Horsham Swimming Club In Horsham Swimming Club Inc Melbourne Swimming Club	1:25.40 1:26.85 1:33.68 NT 1:22.60 1:17.86 1:13.71 1:14.89 1:21.62 1:23.42 Seed Time 1:28.95 1:26.66 1:19.50	Finals	Place
6 7 Heat 2 3 4 5 6 7 Event Lane Heat 2 3 4	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals Memphis Johnson Claire Mathison Ava Richardson Celeste Lean Lara Riddle Charley Ward 1 of 2 Timed Finals Bryce Scott Matthew Ellis James Logan Oscar Woithe	15 12 11 13 14 16 16 14 15 Age 11 16 16 16 11	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Team Ballarat Gold Swimming Club In Horsham Swimming Club Inc Melbourne Swimming Club	1:25.40 1:26.85 1:33.68 NT 1:22.60 1:17.86 1:13.71 1:14.89 1:21.62 1:23.42 Seed Time 1:28.95 1:26.66 1:19.50 1:21.98	Finals	Place
6 7 Heat 2 3 4 5 6 7 Event Lane Heat 2 3	Annabel Myers Aurelia Verdoorn 2 of 2 Timed Finals Memphis Johnson Claire Mathison Ava Richardson Celeste Lean Lara Riddle Charley Ward 1 of 2 Timed Finals Bryce Scott Matthew Ellis James Logan Oscar Woithe James Hinde	15 12 11 13 14 16 16 14 15 Age 11 16 16	Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Geelong Swimming Club Incorpor Ballarat Gold Swimming Club In Melbourne Swimming Club Inc Melbourne Swimming Club Ballarat Gold Swimming Club Ballarat Gold Swimming Club In	1:25.40 1:26.85 1:33.68 NT 1:22.60 1:17.86 1:13.71 1:14.89 1:21.62 1:23.42 Seed Time 1:28.95 1:26.66 1:19.50	Finals	Place

leat	,	_	-			
2	Raphael Rush	14	Geelong Sharks Swimming Club	1:15.81		
3	Fraser Allan	14	Melbourne Swimming Club	1:11.09		
4	Thomas Smith	16	Geelong Swimming Club Incorpor	1:02.77		
5	Oliver Mccormack	14	Ballarat Gold Swimming Club In	1:09.51		
6	Blake Scott	14	Ballarat Gold Swimming Club In	1:14.19		
7	Kai Moloney	13	Warrnambool Swimming Club	1:18.82		
vent	8 Girls Open 50 LC Meter Free Name	Ago	Toom	Seed Time	Finale	Dlag
ane		Age	Team	Seeu Tille	Finals	Plac
	1 of 9 Timed Finals	10	Dellaret Cald Continue Club In	NIT		
3	Indi Mason	10	O	NT		
4	Elena Merrifield	10	Ballarat Gold Swimming Club In	NT		
	Millie Nunn	10	Ballarat Gold Swimming Club In	NT		
	2 of 9 Timed Finals	4.0		NITT		
2	Lois Scruby	10	Ballarat Gold Swimming Club In	NT		
3	Alice Mann	11	Ballarat Gold Swimming Club In	NT		
4	Emily Perazic	28	Ararat Swimming Club Inc	NT		
5	Kiera Butterworth	12	Ballarat Gold Swimming Club In	NT		
6	Ashleigh Atkins	11	Ballarat Gco Swimming Club Inc	NT		
7	Sophie Grech	10	Ballarat Gold Swimming Club In	NT		
leat	3 of 9 Timed Finals					
2	Mila Shillito	10	Ballarat Gco Swimming Club Inc	53.98		
3	Rachael Orton	13	Ballarat Gco Swimming Club Inc	47.45		
4	Bonnie Naylor	11	Ballarat Gco Swimming Club Inc	47.12		
5	Rose Dillon	9	Ballarat Swimming Club Inc	47.37		
6	Madeline Smith	12	Ballarat Gco Swimming Club Inc	50.46		
7	Emma Fisher	12	Ballarat Gold Swimming Club In	54.43		
	4 of 9 Timed Finals					
2	Georgie Kennett	8	Ballarat Gold Swimming Club In	46.11		
3	Aurelia Verdoorn	11	Ballarat Gold Swimming Club In	43.16		
4	Sienna Seater	10	Ballarat Gold Swimming Club In	43.02		
5	Camila Meneses Lopez	10	Ballarat Gold Swimming Club In	43.08		
6	Shae O'Callaghan	10	Ballarat Gold Swimming Club In	45.33		
7	Junqing Cao	10	Ballarat Gold Swimming Club In	46.17		
leat	5 of 9 Timed Finals					
2	Grace Dillon	12	Ballarat Swimming Club Inc	39.25		
3	Amelia Wilson	11	Ballarat Gco Swimming Club Inc	37.74		
4	Grace Cofield	10	Ballarat Gold Swimming Club In	36.55		
5	Taylah Costello	10	Ballarat Gold Swimming Club In	37.44		
6	Kate Beechey	12	Ballarat Gold Swimming Club In	38.85		
7	Eva Skilton	10	Maccabi Ajax Swimming Club	41.68		
leat	6 of 9 Timed Finals					
2	Georgia Mahony	14	Ballarat Gold Swimming Club In	35.24		
3	Makayla McRostie	14	Hamilton Olympic Swimming Club	35.02		
4	Mia Riddle	13	Ballarat Swimming Club Inc	34.42		
5	Nina Sutherland	12	Ballarat Gold Swimming Club In	34.96		
6	Emily Challis	12	Melton Swimming Club Inc	35.21		
7	Annabel Myers	12	Ballarat Gold Swimming Club In	35.80		
		12	Danarat Gold Swillilling Glub III	55.00		
	7 of 9 Timed Finals	4.0	Coolers Code Code	22.22		
2	Abbey Smith	12	Geelong Swimming Club Incorpor	33.33		
3	Layla Mccarthy	14	Warrnambool Swimming Club	32.20		
4	Kyana Jennings	15	Geelong Swimming Club Incorpor	31.93		
5	Bridie Hargreaves	17	Warrnambool Swimming Club	32.18		
6	Isabelle Kilborn	13	Ballarat Swimming Club Inc	32.62		

Heat	8 Timed Finals (Event 8 Girls Open	50 LC N	Meter Free)			
2	Elle Cofield		Ballarat Gold Swimming Club In	31.79		
3	Gemma Bond		Warrnambool Swimming Club	31.55		
4	Charley Ward	15	Ballarat Gold Swimming Club In	31.03		
5	Chloe Adams		Warrnambool Swimming Club	31.23		
6	Aurora Aldersley	13	Geelong Swimming Club Incorpor	31.76		
7						
	Macey Kane	15	Warrnambool Swimming Club	31.83		
	9 of 9 Timed Finals			00.05		
2	Anna Swanton	17	Ballarat Gold Swimming Club In	30.85		
3	Zoe Rouse	18	Hamilton Olympic Swimming Club	30.05		
4	Olivia Daly	18	Ballarat Gold Swimming Club In	28.59		
5	Celeste Lean	16	Ballarat Gold Swimming Club In	29.92		
6	Isabelle Jarvis	14	Ballarat Gold Swimming Club In	30.39		
7	Isabella Till	15	Ballarat Gco Swimming Club Inc	30.94		
Event	9 Boys Open 50 LC Meter Free					
Lane	Name	Age	Team	Seed Time	Finals	Place
	1 of 6 Timed Finals	1150	Touri	beca Time	Tillais	- 14400
3	Elliot Stott	12	Ballarat Gold Swimming Club In	NT		
4	Willem Woithe		Warrnambool Swimming Club	47.88		
		10	· ·			
5	Jack McRostie	9	Hamilton Olympic Swimming Club	54.00		
	2 of 6 Timed Finals			44.50		
2	Matthew Swanton		Ballarat Gold Swimming Club In	41.72		
3	Blake Perini	11	Albury Amateur Swim Club	39.07		
4	Jayden Lim	11	Ballarat Gold Swimming Club In	38.28		
5	Henry Beechey	12	Ballarat Gold Swimming Club In	38.98		
6	Martin Ma	9	Ballarat Gold Swimming Club In	39.53		
7	Phillip Fisher	14	Ballarat Gold Swimming Club In	42.24		
Heat	3 of 6 Timed Finals					
2	Riley O'Callaghan	14	Ballarat Gold Swimming Club In	35.42		
3	Hayden Wilson	12	Ballarat Gco Swimming Club Inc	33.87		
4	Kai Moloney	13	Warrnambool Swimming Club	32.08		
5	Cooper Hargreaves	13	Warrnambool Swimming Club	32.41		
6	Max Ravisa	12	Ballarat Gold Swimming Club In	34.88		
7	Jonty Ward	11	Ballarat Gold Swimming Club In	36.70		
Heat	4 of 6 Timed Finals					
2	Oscar Woithe	13	Warrnambool Swimming Club	31.69		
3	James Logan	16	Melbourne Swimming Club	30.73		
4	Marley Sutherland	14	Ballarat Gold Swimming Club In	30.28		
5	Jonah Skewes-Clinton	16	Ballarat Gco Swimming Club Inc	30.70		
6	Thomas Costello	14	Ballarat Gold Swimming Club In	30.77		
7	Codey Farquhar	13	Ballarat Gco Swimming Club Inc	31.91		
	5 of 6 Timed Finals		8			
2	Angus Sharpe	13	Gisborne Thunder Swimming Club	30.08		
3	Zavier Aberline	13	Warrnambool Swimming Club	29.44		
4	Raphael Rush	14	Geelong Sharks Swimming Club	29.10		
5	Reece Hornsby	14	Geelong Swimming Club Incorpor	29.37		
	Jack Turner			29.46		
6	•	15	Flyers Swim Team (Victoria)			
7	Noah Stephens	13	Geelong Swimming Club Incorpor	30.25	·	
	6 of 6 Timed Finals	4.0		00.65		
2	Miller Stott	13	Ballarat Gold Swimming Club In	28.65		
3	Max Mason	15	Ballarat Gold Swimming Club In	27.39		
4	Lachlan Rees	17	Hamilton Olympic Swimming Club	25.47		
5	Thomas Smith	16	Geelong Swimming Club Incorpor	25.60		
6	Vadim Rudoi	18	Ballarat Swimming Club Inc	28.56		
7	Matthew Ellis	16	Horsham Swimming Club Inc	29.03		

	40	0.10		4001			n .
Event	10	Girls (nen	100	LC M	leter	Breast

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat	1 of 4 Timed Finals					
3	Alice Mann	11	Ballarat Gold Swimming Club In	NT		
4	Dior O'Callaghan	13	Ballarat Gold Swimming Club In	NT		
5	Amelia Wilson	11	Ballarat Gco Swimming Club Inc	NT		
leat	2 of 4 Timed Finals					
2	Annabel Myers	12	Ballarat Gold Swimming Club In	1:57.85		
3	Kate Beechey	12	Ballarat Gold Swimming Club In	1:50.53		
4	Abbey Smith	12	Geelong Swimming Club Incorpor	1:46.92		
5	Grace Dillon	12	Ballarat Swimming Club Inc	1:47.86		
6	Eva Robertson	12	Ballarat Gold Swimming Club In	1:55.48		
7	Eva Skilton	10	Maccabi Ajax Swimming Club	2:03.40		
Heat	3 of 4 Timed Finals					
2	Audreanna David	12	Western Melbourne Propulsion I	1:39.33		
3	Olivia Beechey	14	Ballarat Gold Swimming Club In	1:33.55		
4	Mackenna Naylor	17	Ballarat Gold Swimming Club In	1:31.10		
5	Macey Kane	15	Warrnambool Swimming Club	1:32.75		
6	Hollanah Hinde	13	Ballarat Gold Swimming Club In	1:39.21		
7	Kyana Jennings	15	Geelong Swimming Club Incorpor	1:44.99		
	4 of 4 Timed Finals		8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8			
2	Layla Mccarthy	14	Warrnambool Swimming Club	1:28.34		
3	Isla Ho	15	Ballarat Gold Swimming Club In	1:22.60		
4	Madeline Pierce	16	Ballarat Gold Swimming Club In	1:20.78		
5	Phoebe Perini	14	Albury Amateur Swim Club	1:21.75		
6	Gemma Bond	14	Warrnambool Swimming Club	1:25.29		
7	Memphis Johnson	13	Geelong Swimming Club Incorpor	1:30.21		
,	Mempins joinison	13	deciong swimming dub meor por	1.50.21		
Event	11 Boys Open 100 LC Meter Breast					
Lane	Name	Age	Team	Seed Time	Finals	Place
	1 of 3 Timed Finals					
3	Angus Sharpe	13	· ·	NT		
4	James Hinde	12	· ·	1:39.87		
5	Jonty Ward					
Heat	,	11	Ballarat Gold Swimming Club In	1:45.40		
	2 of 3 Timed Finals	11		1:45.40		
3	, ,	11	Ballarat Gold Swimming Club In Warrnambool Swimming Club	1:45.40 1:26.63		
	2 of 3 Timed Finals					
3	2 of 3 Timed Finals Zavier Aberline	13 15	Warrnambool Swimming Club	1:26.63		
3 4	2 of 3 Timed Finals Zavier Aberline Jack Lanyon	13 15 16	Warrnambool Swimming Club Ballarat Gold Swimming Club In	1:26.63 1:24.60		
3 4 5 6	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis	13 15 16	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc	1:26.63 1:24.60 1:25.27		
3 4 5 6	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney	13 15 16	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club	1:26.63 1:24.60 1:25.27		
3 4 5 6 Heat	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney 3 of 3 Timed Finals	13 15 16 13	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club	1:26.63 1:24.60 1:25.27 1:28.35		
3 4 5 6 Heat 2	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney 3 of 3 Timed Finals Riley James	13 15 16 13	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club Ballarat Swimming Club Inc	1:26.63 1:24.60 1:25.27 1:28.35		
3 4 5 6 Heat 2 3	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney 3 of 3 Timed Finals Riley James Tom Urquhart	13 15 16 13 14 15	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In	1:26.63 1:24.60 1:25.27 1:28.35 1:23.32 1:14.35		
3 4 5 6 Heat 2 3 4	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney 3 of 3 Timed Finals Riley James Tom Urquhart Dylan Logan	13 15 16 13 14 15 20	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Melbourne Swimming Club	1:26.63 1:24.60 1:25.27 1:28.35 1:23.32 1:14.35 1:12.30		
3 4 5 6 Heat 2 3 4 5	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney 3 of 3 Timed Finals Riley James Tom Urquhart Dylan Logan Ethan Chiang-Cruise	13 15 16 13 14 15 20	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Melbourne Swimming Club Mlc Aquatic Inc (Victoria)	1:26.63 1:24.60 1:25.27 1:28.35 1:23.32 1:14.35 1:12.30 1:13.58		
3 4 5 6 Heat 2 3 4 5 6 7	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney 3 of 3 Timed Finals Riley James Tom Urquhart Dylan Logan Ethan Chiang-Cruise Cameron Dole Vadim Rudoi	13 15 16 13 14 15 20 16 55	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Melbourne Swimming Club Mlc Aquatic Inc (Victoria) Ballarat Gco Swimming Club Inc	1:26.63 1:24.60 1:25.27 1:28.35 1:23.32 1:14.35 1:12.30 1:13.58 1:22.58		
3 4 5 6 Heat 2 3 4 5 6 7	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney 3 of 3 Timed Finals Riley James Tom Urquhart Dylan Logan Ethan Chiang-Cruise Cameron Dole Vadim Rudoi	13 15 16 13 14 15 20 16 55 18	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Melbourne Swimming Club Mlc Aquatic Inc (Victoria) Ballarat Gco Swimming Club Inc Ballarat Swimming Club Inc	1:26.63 1:24.60 1:25.27 1:28.35 1:23.32 1:14.35 1:12.30 1:13.58 1:22.58 1:23.73	Finale	Place
3 4 5 6 Heat 2 3 4 5 6 7 Event Lane	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney 3 of 3 Timed Finals Riley James Tom Urquhart Dylan Logan Ethan Chiang-Cruise Cameron Dole Vadim Rudoi 12 Mixed Open 200 LC Meter Back Name	13 15 16 13 14 15 20 16 55 18	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Melbourne Swimming Club Mlc Aquatic Inc (Victoria) Ballarat Gco Swimming Club Inc	1:26.63 1:24.60 1:25.27 1:28.35 1:23.32 1:14.35 1:12.30 1:13.58 1:22.58	Finals	Place
3 4 5 6 Heat 2 3 4 5 6 7 7 Event Lane	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney 3 of 3 Timed Finals Riley James Tom Urquhart Dylan Logan Ethan Chiang-Cruise Cameron Dole Vadim Rudoi 1 12 Mixed Open 200 LC Meter Back Name 1 of 2 Timed Finals	13 15 16 13 14 15 20 16 55 18	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Melbourne Swimming Club Mlc Aquatic Inc (Victoria) Ballarat Gco Swimming Club Inc Ballarat Swimming Club Inc	1:26.63 1:24.60 1:25.27 1:28.35 1:23.32 1:14.35 1:12.30 1:13.58 1:22.58 1:23.73	Finals	Place
3 4 5 6 Heat 2 3 4 5 6 7 Event Lane 4 2	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney 3 of 3 Timed Finals Riley James Tom Urquhart Dylan Logan Ethan Chiang-Cruise Cameron Dole Vadim Rudoi 12 Mixed Open 200 LC Meter Back Name 1 of 2 Timed Finals Blake Scott	13 15 16 13 14 15 20 16 55 18 Age	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Melbourne Swimming Club Mlc Aquatic Inc (Victoria) Ballarat Gco Swimming Club Inc Ballarat Swimming Club Inc Ballarat Swimming Club Inc	1:26.63 1:24.60 1:25.27 1:28.35 1:23.32 1:14.35 1:12.30 1:13.58 1:22.58 1:23.73 Seed Time	Finals	Place
3 4 5 6 Heat 2 3 4 5 6 7 Eventuane Heat 2 3	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney 3 of 3 Timed Finals Riley James Tom Urquhart Dylan Logan Ethan Chiang-Cruise Cameron Dole Vadim Rudoi 1 12 Mixed Open 200 LC Meter Back Name 1 of 2 Timed Finals Blake Scott Lara Riddle	13 15 16 13 14 15 20 16 55 18 Age M14 W14	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Melbourne Swimming Club Mlc Aquatic Inc (Victoria) Ballarat Goo Swimming Club Inc Ballarat Swimming Club Inc Ballarat Swimming Club Inc	1:26.63 1:24.60 1:25.27 1:28.35 1:23.32 1:14.35 1:12.30 1:13.58 1:22.58 1:23.73 Seed Time NT 3:05.31	Finals	Place
3 4 5 6 4eat 2 3 4 5 6 7 Eventuane 2 3 4	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney 3 of 3 Timed Finals Riley James Tom Urquhart Dylan Logan Ethan Chiang-Cruise Cameron Dole Vadim Rudoi 2 12 Mixed Open 200 LC Meter Back Name 1 of 2 Timed Finals Blake Scott Lara Riddle Oliver Kallio	13 15 16 13 14 15 20 16 55 18 Age M14 W14 M13	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Melbourne Swimming Club Mlc Aquatic Inc (Victoria) Ballarat Goo Swimming Club Inc Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Ballarat Gold Swimming Club Inc	1:26.63 1:24.60 1:25.27 1:28.35 1:23.32 1:14.35 1:12.30 1:13.58 1:22.58 1:23.73 Seed Time NT 3:05.31 2:59.29	Finals	Place
3 4 5 6 Heat 2 3 4 5 6 7 EventLane 4 5 5 6 7 5 5 6 7 5 6 7 6 7 6 7 6 7 6 7 6	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney 3 of 3 Timed Finals Riley James Tom Urquhart Dylan Logan Ethan Chiang-Cruise Cameron Dole Vadim Rudoi 1 12 Mixed Open 200 LC Meter Back Name 1 of 2 Timed Finals Blake Scott Lara Riddle Oliver Kallio Leah Ross	13 15 16 13 14 15 20 16 55 18 Age M14 W14 M13 W15	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Melbourne Swimming Club Mlc Aquatic Inc (Victoria) Ballarat Goo Swimming Club Inc Ballarat Swimming Club Inc Ballarat Gold Swimming Club In	1:26.63 1:24.60 1:25.27 1:28.35 1:23.32 1:14.35 1:12.30 1:13.58 1:22.58 1:23.73 Seed Time NT 3:05.31 2:59.29 3:05.18	Finals	Place
3 4 5 6 Heat 2 3 4 5 6 6 7 Eventual Lane 2 3 4	2 of 3 Timed Finals Zavier Aberline Jack Lanyon Matthew Ellis Kai Moloney 3 of 3 Timed Finals Riley James Tom Urquhart Dylan Logan Ethan Chiang-Cruise Cameron Dole Vadim Rudoi 2 12 Mixed Open 200 LC Meter Back Name 1 of 2 Timed Finals Blake Scott Lara Riddle Oliver Kallio	13 15 16 13 14 15 20 16 55 18 Age M14 W14 M13 W15 W10	Warrnambool Swimming Club Ballarat Gold Swimming Club In Horsham Swimming Club Inc Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Melbourne Swimming Club Mlc Aquatic Inc (Victoria) Ballarat Goo Swimming Club Inc Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Ballarat Gold Swimming Club Inc	1:26.63 1:24.60 1:25.27 1:28.35 1:23.32 1:14.35 1:12.30 1:13.58 1:22.58 1:23.73 Seed Time NT 3:05.31 2:59.29	Finals	Place

Ballarat Gold Swimming Club In

Ballarat Gold Swimming Club In

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2023 Ballarat Gold Last Chance LC Meet - 5/03/2023 Meet Program - Session 1

			G			
Heat	2 Timed Finals (Event 12 Mixed	l Open 200	LC Meter Back)			
2	Zoe Schnyder	W14	Ballarat Gold Swimming Club In	2:44.22		
3	Max Mason	M15	Ballarat Gold Swimming Club In	2:34.09		
4	Thomas Smith	M16	Geelong Swimming Club Incorpor	2:20.32		
5	Jack Lanyon	M15	Ballarat Gold Swimming Club In	2:23.34		
6	Jake Denaro	M13	Warrnambool Swimming Club	2:42.78		
7	Ines Parlange	W14	Ballarat Gold Swimming Club In	2:50.41		
Event	13 Mixed Open 200 LC Meter Medle	ey Relay				
Lane	Team		Relay	Seed Time	Finals	Place
Heat	1 of 4 Timed Finals					
3	Ballarat Gold Swimming Club In		R	NT		
4	Ballarat Gold Swimming Club In		P	NT		
5	Ballarat Gold Swimming Club In		Q	NT		
Heat	2 of 4 Timed Finals					
3	Ballarat Gold Swimming Club In		N	NT		
4	Ballarat Gold Swimming Club In		L	NT		
5	Ballarat Gold Swimming Club In		M	NT		
6	Ballarat Gold Swimming Club In		0	NT		
Heat	3 of 4 Timed Finals					
2	Ballarat Gold Swimming Club In		J	NT		
3	Ballarat Gold Swimming Club In		Н	NT		
4	Ballarat Gold Swimming Club In		F	NT		
5	Ballarat Gold Swimming Club In		G	NT		
6	Ballarat Gold Swimming Club In		I	NT		
7	Ballarat Gold Swimming Club In		K	NT		
Heat	4 of 4 Timed Finals					
2	Ballarat Gold Swimming Club In		D	NT		
3	Ballarat Gold Swimming Club In		В	NT		
4	Ballarat Gco Swimming Club Inc		A	NT		
5	Ballarat Gold Swimming Club In		A	NT		

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2023 Ballarat Gold Last Chance LC Meet - 5/03/2023 Session Report

Session: 2 Session 2
Day of Meet: 1 Starts at 12:00 PM Heat Interval: 30 Seconds / Back +25 Seconds

Round	Event	Starts at
Finals	14 Girls Open 200 Free	12:00 PM
Finals	15 Boys Open 200 Free	12:08 PM
Finals	16 Girls Open 100 Fly	12:15 PM
Finals	17 Boys Open 100 Fly	12:19 PM
Finals	18 Girls Open 50 Back	12:19 PM 12:23 PM
Finals	19 Boys Open 50 Back	12:33 PM
Finals	20 Mixed Open 200 Breast	12:40 PM
Finals	21 Girls Open 100 Free	12:49 PM
Finals	22 Boys Open 100 Free	12:59 PM
Finals	23 Girls Open 50 Fly	01:06 PM
Finals	24 Boys Open 50 Fly	01:11 PM
Finals	25 Girls Open 200 IM	01:15 PM
Finals	26 Boys Open 200 IM	01:23 PM
Finals	27 Mixed Open 200 Free Relay	01:33 PM
	Swimmers Counts for Warm-ups: 119	
	Finish Time	01:47 PM

NB Session and break times are a guide and are subject to change. Please keep an eye on the Marshalling board and listen for announcements.

We will be holding 'Last Chance' Events following the final Relay event of the day to allow Swimmers another chance to gain their State Age qualifying time.

Entries for the Last Chance events will be taken during the Meet and will cost \$15/ entry. Swimmers need to be within 1 second of the relevant qualifying time to enter.

'Last Chance' Entries **MUST** be submitted to the Recording Desk **BEFORE** the completion of Event 24 Boys Open 50 Fly.

Event 14 Girls Open 200 LC Me	eter Free
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	Name	Age	Team	Seed Time	Finals	Place
Heat	1 of 2 Timed Finals					
2	Audreanna David	12	Western Melbourne Propulsion I	NT		
3	Maddison Cannell	13	Ballarat Gold Swimming Club In	3:14.79		
4	Makayla McRostie	14	Hamilton Olympic Swimming Club	2:58.73		
5	Memphis Johnson	13	Geelong Swimming Club Incorpor	3:03.30		
6	Ines Parlange	14	Ballarat Gold Swimming Club In	NT		
Heat	2 of 2 Timed Finals		_			
2	Aurora Aldersley	13	Geelong Swimming Club Incorpor	2:48.46		
3	Claire Mathison	14	Ballarat Gold Swimming Club In	2:32.04		
4	Zoe Rouse	18	Hamilton Olympic Swimming Club	2:24.93		
5	Macey Kane	15	Warrnambool Swimming Club	2:29.92		
6	Kyana Jennings	15	Geelong Swimming Club Incorpor	2:42.93		
7	Alice Lin		Ivanhoe Aqua Power Swimming Cl	2:51.16		
,	Three Em	12	Trainioe riqua i ower swimming or	2.51.10		
Event	15 Boys Open 200 LC Meter Free					
Lane	Name	Age	Team	Seed Time	Finals	Place
Heat	1 of 2 Timed Finals					
2	Jayden Lim	11	Ballarat Gold Swimming Club In	3:15.28		
3	Max Ravisa	12	Ballarat Gold Swimming Club In	2:49.19		
4	Kai Moloney	13	Warrnambool Swimming Club	2:39.70		
5	Bryce Scott	11	Ballarat Gold Swimming Club In	2:46.95		
6	Hayden Wilson	12	Ballarat Gco Swimming Club Inc	2:51.36		
7	Martin Ma	9	Ballarat Gold Swimming Club In	3:41.48		
Heat	2 of 2 Timed Finals		G			
2	Marley Sutherland	14	Ballarat Gold Swimming Club In	2:24.24		
3	Jack Lanyon	15	Ballarat Gold Swimming Club In	2:18.22		
4	Oliver Mccormack	14		2:10.27		
5	Kevin Huang	14		2:12.54		
6	Riley James	14	Ballarat Swimming Club Inc	2:22.47		
7	Zavier Aberline		Warrnambool Swimming Club	2:31.60		
,	Zavici riberinic	13	0			
	16 Girls Open 100 LC Meter Fly					
			Team	Seed Time	Finals	Place
Event Lane	16 Girls Open 100 LC Meter Fly				Finals	Place
Event Lane	16 Girls Open 100 LC Meter Fly Name	Age			Finals	Place
Event Lane Heat	16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis	Age	Team	Seed Time	Finals	Place
Event Lane Heat	16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison	Age 14 12	Team Ballarat Gold Swimming Club In	Seed Time	Finals	Place
Event Lane Heat 3 4 5	16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis	Age 14 12	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc	Seed Time NT 1:33.73	Finals	Place
Event Lane Heat 3 4 5	116 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe	Age 14 12	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In	Seed Time NT 1:33.73	Finals	Place
Event Lane Heat 3 4 5 Heat	16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals	14 12 17	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In	Seed Time NT 1:33.73 NT	Finals	Place
Event Lane Heat 3 4 5 Heat 2	116 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams	Age 14 12 17	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club	NT 1:33.73 NT 1:18.94	Finals	Place
Event Lane Heat 3 4 5 Heat 2 3	16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams Isabelle Kilborn	14 12 17 14 13	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club Ballarat Swimming Club Inc	NT 1:33.73 NT 1:18.94 1:17.46	Finals	Place
Event Lane Heat 3 4 5 Heat 2 3 4	16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams Isabelle Kilborn Isla Ho	14 12 17 14 13 15	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In	NT 1:33.73 NT 1:18.94 1:17.46 1:06.95	Finals	Place
Event Lane Heat 3 4 5 Heat 2 3 4 5	116 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams Isabelle Kilborn Isla Ho Olivia Daly	Age 14 12 17 14 13 15 18 14	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Albury Amateur Swim Club	NT 1:33.73 NT 1:18.94 1:17.46 1:06.95 1:07.17	Finals	Place
Event Lane Heat 3 4 5 Heat 2 3 4 5 6 7	16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams Isabelle Kilborn Isla Ho Olivia Daly Phoebe Perini Lara Riddle	Age 14 12 17 14 13 15 18 14	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In	NT 1:33.73 NT 1:18.94 1:17.46 1:06.95 1:07.17 1:18.69	Finals	Place
Event Lane	16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams Isabelle Kilborn Isla Ho Olivia Daly Phoebe Perini Lara Riddle 17 Boys Open 100 LC Meter Fly	14 12 17 14 13 15 18 14 14	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Albury Amateur Swim Club Ballarat Swimming Club Inc	NT 1:33.73 NT 1:18.94 1:17.46 1:06.95 1:07.17 1:18.69 1:31.35		
Event Lane Heat 3 4 5 Heat 2 3 4 5 6 7	16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams Isabelle Kilborn Isla Ho Olivia Daly Phoebe Perini Lara Riddle 17 Boys Open 100 LC Meter Fly Name	14 12 17 14 13 15 18 14 14	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Albury Amateur Swim Club	NT 1:33.73 NT 1:18.94 1:17.46 1:06.95 1:07.17 1:18.69	Finals	
Event	1 16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams Isabelle Kilborn Isla Ho Olivia Daly Phoebe Perini Lara Riddle 1 7 Boys Open 100 LC Meter Fly Name 1 of 2 Timed Finals	14 12 17 14 13 15 18 14 14	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Albury Amateur Swim Club Ballarat Swimming Club Inc	NT 1:33.73 NT 1:18.94 1:17.46 1:06.95 1:07.17 1:18.69 1:31.35 Seed Time		
Event Lane Heat 3 4 5 Heat 2 3 4 5 6 7	1 16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams Isabelle Kilborn Isla Ho Olivia Daly Phoebe Perini Lara Riddle 1 7 Boys Open 100 LC Meter Fly Name 1 of 2 Timed Finals James Hinde	14 12 17 14 13 15 18 14 14	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Albury Amateur Swim Club Ballarat Swimming Club Inc Team Ballarat Gold Swimming Club In	NT 1:33.73 NT 1:18.94 1:17.46 1:06.95 1:07.17 1:18.69 1:31.35 Seed Time 1:40.82		
Eventure	1 16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams Isabelle Kilborn Isla Ho Olivia Daly Phoebe Perini Lara Riddle 1 7 Boys Open 100 LC Meter Fly Name 1 of 2 Timed Finals James Hinde James Logan	Age 14 12 17 14 13 15 18 14 14 14 Age	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club Inc Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Albury Amateur Swim Club Ballarat Swimming Club Inc Team Ballarat Gold Swimming Club In Melbourne Swimming Club In	NT 1:33.73 NT 1:18.94 1:17.46 1:06.95 1:07.17 1:18.69 1:31.35 Seed Time 1:40.82 1:18.50		
Event Lane	16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams Isabelle Kilborn Isla Ho Olivia Daly Phoebe Perini Lara Riddle 17 Boys Open 100 LC Meter Fly Name 1 of 2 Timed Finals James Hinde James Logan Oscar Woithe	Age 14 12 17 14 13 15 18 14 14 14 Age	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Albury Amateur Swim Club Ballarat Swimming Club Inc Team Ballarat Gold Swimming Club In	NT 1:33.73 NT 1:18.94 1:17.46 1:06.95 1:07.17 1:18.69 1:31.35 Seed Time 1:40.82		
Event	1 16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams Isabelle Kilborn Isla Ho Olivia Daly Phoebe Perini Lara Riddle 1 7 Boys Open 100 LC Meter Fly Name 1 of 2 Timed Finals James Hinde James Logan	Age 14 12 17 14 13 15 18 14 14 14 Age	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club Inc Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Albury Amateur Swim Club Ballarat Swimming Club Inc Team Ballarat Gold Swimming Club In Melbourne Swimming Club In	NT 1:33.73 NT 1:18.94 1:17.46 1:06.95 1:07.17 1:18.69 1:31.35 Seed Time 1:40.82 1:18.50		
Event	16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams Isabelle Kilborn Isla Ho Olivia Daly Phoebe Perini Lara Riddle 17 Boys Open 100 LC Meter Fly Name 1 of 2 Timed Finals James Hinde James Logan Oscar Woithe	Age 14 12 17 14 13 15 18 14 14 Age 12 16 13	Team Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club Inc Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Albury Amateur Swim Club Ballarat Swimming Club Inc Team Ballarat Gold Swimming Club In Melbourne Swimming Club In	NT 1:33.73 NT 1:18.94 1:17.46 1:06.95 1:07.17 1:18.69 1:31.35 Seed Time 1:40.82 1:18.50		
Event Lane Heat 3 4 5 Heat 2 3 4 5 6 7 Event Lane Heat 3 4 5 Heat	16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams Isabelle Kilborn Isla Ho Olivia Daly Phoebe Perini Lara Riddle 17 Boys Open 100 LC Meter Fly Name 1 of 2 Timed Finals James Hinde James Logan Oscar Woithe 2 of 2 Timed Finals	Age 14 12 17 14 13 15 18 14 14 Age 12 16 13	Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club Inc Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Albury Amateur Swim Club Ballarat Swimming Club Inc Team Ballarat Gold Swimming Club In Melbourne Swimming Club In Melbourne Swimming Club	NT 1:33.73 NT 1:18.94 1:17.46 1:06.95 1:07.17 1:18.69 1:31.35 Seed Time 1:40.82 1:18.50 1:26.97		
Event Lane	16 Girls Open 100 LC Meter Fly Name 1 of 2 Timed Finals Claire Mathison Emily Challis Sarah Howe 2 of 2 Timed Finals Chloe Adams Isabelle Kilborn Isla Ho Olivia Daly Phoebe Perini Lara Riddle 17 Boys Open 100 LC Meter Fly Name 1 of 2 Timed Finals James Hinde James Logan Oscar Woithe 2 of 2 Timed Finals Jack Turner	Age 14 12 17 14 13 15 18 14 14 Age 12 16 13	Ballarat Gold Swimming Club In Melton Swimming Club Inc Ballarat Gold Swimming Club In Warrnambool Swimming Club Inc Ballarat Swimming Club Inc Ballarat Gold Swimming Club In Ballarat Gold Swimming Club In Albury Amateur Swim Club Ballarat Swimming Club Inc Team Ballarat Gold Swimming Club In Melbourne Swimming Club In Melbourne Swimming Club Warrnambool Swimming Club Flyers Swim Team (Victoria)	NT 1:33.73 NT 1:18.94 1:17.46 1:06.95 1:07.17 1:18.69 1:31.35 Seed Time 1:40.82 1:18.50 1:26.97 1:13.16		Place

Event 18 Girls Open 50 LC Meter 1

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat	1 of 6 Timed Finals					
3	Sophie Grech	10	Ballarat Gold Swimming Club In	NT		
4	Indi Mason	10	Ballarat Gold Swimming Club In	NT		
5	Mila Shillito	10	Ballarat Gco Swimming Club Inc	NT		
Heat	2 of 6 Timed Finals					
2	Trisha Kaura	12	Ballarat Gold Swimming Club In	NT		
3	Shae O'Callaghan	10	Ballarat Gold Swimming Club In	55.54		
4	Bonnie Naylor	11	Ballarat Gco Swimming Club Inc	54.69		
5	Emma Fisher	12	Ballarat Gold Swimming Club In	55.19		
6	Madeline Smith	12	Ballarat Gco Swimming Club Inc	1:03.42		
7	Ashleigh Atkins	11	Ballarat Gco Swimming Club Inc	NT		
leat	3 of 6 Timed Finals					
2	Rachael Orton	13	Ballarat Gco Swimming Club Inc	52.37		
3	Rose Dillon	9	Ballarat Swimming Club Inc	51.42		
4	Grace Dillon	12	Ballarat Swimming Club Inc	50.55		
5	Georgie Kennett	8	Ballarat Gold Swimming Club In	51.39		
6	Eva Skilton	10	Maccabi Ajax Swimming Club	51.76		
7	Alice Mann	11	Ballarat Gold Swimming Club In	54.13		
Heat	4 of 6 Timed Finals					
2	Sienna Seater	10	Ballarat Gold Swimming Club In	47.46		
3	Dior O'Callaghan	13	Ballarat Gold Swimming Club In	46.48		
4	Lily McCormack	10	Ballarat Gold Swimming Club In	45.14		
5	Makayla McRostie	14	Hamilton Olympic Swimming Club	45.23		
6	Junqing Cao	10	Ballarat Gold Swimming Club In	46.85		
7	Aurelia Verdoorn	11	Ballarat Gold Swimming Club In	50.52		
leat	5 of 6 Timed Finals					
2	Georgia Mahony	14	Ballarat Gold Swimming Club In	43.58		
3	Kate Beechey	12	Ballarat Gold Swimming Club In	42.98		
4	Mia Riddle	13	Ballarat Swimming Club Inc	38.64		
5	Neve Harrison	11	Ballarat Gco Swimming Club Inc	42.45		
6	Taylah Costello	10	Ballarat Gold Swimming Club In	43.22		
7	Alice Lin	12		45.06		
leat	6 of 6 Timed Finals		-			
2	Bridie Hargreaves	17	Warrnambool Swimming Club	37.43		
3	Sarah Howe	17	Ballarat Gold Swimming Club In	35.94		
4	Ava Richardson	16	Ballarat Gold Swimming Club In	33.01		
5	Celeste Lean	16	Ballarat Gold Swimming Club In	34.63		
6	Ines Parlange	14	Ballarat Gold Swimming Club In	36.38		
7	Isabelle Jarvis	14	Ballarat Gold Swimming Club In	38.61		
	19 Boys Open 50 LC Meter Back		m.	C 1m'	n: 1	D.
Lane	Name	Age	Team	Seed Time	Finals	Place
	1 of 4 Timed Finals					
3	Jack McRostie	9	Hamilton Olympic Swimming Club	1:04.91		
4	Willem Woithe	10	Warrnambool Swimming Club	54.66		
5	Jude Harrison	9	Ballarat Gco Swimming Club Inc	56.17		
6	Elliot Stott	12	Ballarat Gold Swimming Club In	NT		
7	Oliver Mccormack	14	Ballarat Gold Swimming Club In	31.54		
	2 of 4 Timed Finals					
2	Blake Perini	11	Albury Amateur Swim Club	48.04		
3	Henry Beechey	12	Ballarat Gold Swimming Club In	46.03		
4	Riley O'Callaghan	14	Ballarat Gold Swimming Club In	45.78		
5	Martin Ma	9	Ballarat Gold Swimming Club In	45.91		
6	Matthew Swanton	11	Ballarat Gold Swimming Club In	47.62		
O			· ·			

Heat	3 Timed Finals (Event 19	Bovs Open 50 LC	Meter Back)			
2	Maxim Hocking		Ballarat Gold Swimming Club In	42.25		
3	Angus Sharpe	13	Gisborne Thunder Swimming Club	37.98		
4	Thomas Costello	14	Ballarat Gold Swimming Club In	36.92		
5	Oscar Woithe	13	Warrnambool Swimming Club	37.29		
6	William Richardson	12	Ballarat Gold Swimming Club In	41.75		
7	Max Ravisa	12	Ballarat Gold Swimming Club In	42.58		
Heat	4 of 4 Timed Finals		S			
2	Matthew Ellis	16	Horsham Swimming Club Inc	34.23		
3	Jake Denaro	13	Warrnambool Swimming Club	32.21		
4	Dylan Logan	20	Melbourne Swimming Club	27.85		
5	Tom Urquhart	15	Ballarat Gold Swimming Club In	31.49		
6	Miller Stott	13	Ballarat Gold Swimming Club In	33.55		
7	Jonah Skewes-Clinton	16	Ballarat Gco Swimming Club Inc	34.23		
Evont	20 Mixed Open 200 LC Meter	Projet				
gvent Lane	Name		Team	Seed Time	Finals	Place
Heat	1 of 2 Timed Finals	<u> </u>				
3	Sophia Beaton	W12	Ballarat Gold Swimming Club In	NT		
4	Zoe Rouse	W18	Hamilton Olympic Swimming Club	NT		
5	Memphis Johnson	W13	Geelong Swimming Club Incorpor	NT		
6	Jayden Lim	M11	Ballarat Gold Swimming Club In	NT		
Heat	2 of 2 Timed Finals		S			
2	Eva Robertson	W12	Ballarat Gold Swimming Club In	4:05.32		
3	Gemma Bond	W14		3:03.71		
4	Ethan Chiang-Cruise		Mlc Aquatic Inc (Victoria)	2:49.30		
5	Cameron Dole	M55	Ballarat Gco Swimming Club Inc	2:59.58		
6	Jonty Ward	M11	Ballarat Gold Swimming Club In	3:48.34		
7	Emily Perazic		Ararat Swimming Club Inc	NT		
Event	21 Cirls Onen 100 IC Meter E	TOO				
Event Lane	21 Girls Open 100 LC Meter F Name		Team	Seed Time	Finals	Place
Heat	1 of 5 Timed Finals					
2	Aurelia Verdoorn	11	Ballarat Gold Swimming Club In	NT		
3	Dior O'Callaghan	13	Ballarat Gold Swimming Club In	NT		
4	Taylah Costello	10	Ballarat Gold Swimming Club In	1:36.82		
5	Eva Robertson	12	Ballarat Gold Swimming Club In	1:52.74		
6	Grace Dillon		Ballarat Swimming Club Inc	NT		
7	Lily McCormack		Ballarat Gold Swimming Club In	NT		
Heat	2 of 5 Timed Finals		S			
2	Annabel Myers	12	Ballarat Gold Swimming Club In	1:26.42		
3	Georgia Mahony	14	Ballarat Gold Swimming Club In	1:25.69		
4	Neve Harrison	11	Ballarat Gco Swimming Club Inc	1:22.31		
5	Makayla McRostie	14	Hamilton Olympic Swimming Club	1:22.54		
6	Maddison Cannell	13	Ballarat Gold Swimming Club In	1:26.35		
7	Grace Cofield	10	· ·	1:27.58		
	3 of 5 Timed Finals	10	Zamarat Gold Owninning Glub III	1.27.50		
пеа с 2	Emily Challis	12	Melton Swimming Club Inc	1:19.16		
3	Olivia Beechey	14		1:17.95		
	Bridie Hargreaves		Warrnambool Swimming Club			
4		17	· ·	1:15.04		
5	Lara Riddle	14	O .	1:16.92		
-	Hollanah Hinde	13	Ballarat Gold Swimming Club In	1:18.49		
6						
6 7	Nina Sutherland	12	Ballarat Gold Swimming Club In	1:20.64		

Heat	4 Timed Finals (Event 21	Girls Open 100 I	C Mater Free)			
2	Audreanna David	=	Western Melbourne Propulsion I	1:14.35		
3	Kyana Jennings	15	Geelong Swimming Club Incorpor	1:11.88		
4	Layla Mccarthy	14	Warrnambool Swimming Club	1:10.71		
5	Isabelle Kilborn	13	Ballarat Swimming Club Inc	1:10.87		
6	Ada Mayr	13	Hume City Swimming Club Inc	1:12.19	-	
7	Aurora Aldersley					
	•	13	Geelong Swimming Club Incorpor	1:14.97		
	5 of 5 Timed Finals	15	M. 1 10 : : Cl 1	1.00.57		
2	Macey Kane	15	Warrnambool Swimming Club	1:08.57	-	
3	Isabelle Jarvis	14	Ballarat Gold Swimming Club In	1:06.82	-	
4	Zoe Schnyder	14	o o	1:02.90		
5	Zoe Rouse	18	Hamilton Olympic Swimming Club	1:06.31		
6	Madeline Pierce	16	Ballarat Gold Swimming Club In	1:07.03		
7	Sarah Howe	17	Ballarat Gold Swimming Club In	1:09.41		
	22 Boys Open 100 LC Meter					
Lane	Name	Age	Team	Seed Time	Finals	Place
	1 of 4 Timed Finals					
3	Riley O'Callaghan	14	O .	NT		
4	James Hinde	12	Ballarat Gold Swimming Club In	1:19.60		
5	Jude Harrison	9	Ballarat Gco Swimming Club Inc	2:03.84		
	2 of 4 Timed Finals					
2	Oliver Kallio	13	Ballarat Gold Swimming Club In	1:16.41		
3	Oscar Woithe	13	Warrnambool Swimming Club	1:14.60		
4	Matthew Ellis	16	Horsham Swimming Club Inc	1:10.05		
5	Cooper Hargreaves	13	Warrnambool Swimming Club	1:13.42		
6	Bryce Scott	11	Ballarat Gold Swimming Club In	1:16.06		
7	William Richardson	12	Ballarat Gold Swimming Club In	1:17.38	·	
leat	3 of 4 Timed Finals					
2	Riley James	14	Ballarat Swimming Club Inc	1:08.00		
3	James Logan	16	Melbourne Swimming Club	1:07.11		
4	Raphael Rush	14	Geelong Sharks Swimming Club	1:05.46		
5	Zavier Aberline	13	Warrnambool Swimming Club	1:05.80		
6	Marley Sutherland	14	Ballarat Gold Swimming Club In	1:07.69		
7	Codey Farquhar	13	Ballarat Gco Swimming Club Inc	1:08.34		
leat	4 of 4 Timed Finals					
2	Vadim Rudoi	18	Ballarat Swimming Club Inc	1:03.73		
3	Kevin Huang	14	Ballarat Gold Swimming Club In	59.44		
4	Heath Corry	16	Melbourne Vicentre Swimming Cl	57.77		
5	Dayne Schnyder	17	Ballarat Gold Swimming Club In	59.39		
6	Max Mason	15	Ballarat Gold Swimming Club In	1:00.75		
7	Jack Turner	15	Flyers Swim Team (Victoria)	1:03.97		
7	23 Girls Open 50 LC Meter F	1				
Lane	Name		Team	Seed Time	Finals	Place
	1 of 4 Timed Finals	3-			·	
2	Camila Meneses Lopez	10	Ballarat Gold Swimming Club In	NT		
3	Amelia Wilson	11	Ballarat Gco Swimming Club Inc	NT		
4	Georgia Mahony	14		NT		
5	Annabel Myers	12	Ballarat Gold Swimming Club In	NT		
6	Alice Mann	11	Ballarat Gold Swimming Club In	NT		
7	Rose Dillon	9	Ballarat Swimming Club Inc	NT		
	2 of 4 Timed Finals		3			
2	Georgie Kennett	8	Ballarat Gold Swimming Club In	53.21	_	
3	Neve Harrison	11	Ballarat Gco Swimming Club Inc	43.88		
4	Mia Riddle	13	Ballarat Swimming Club Inc	39.61		
5	Grace Cofield	10	Ballarat Gold Swimming Club In	40.04		
6	Eva Robertson	12	Ballarat Gold Swimming Club In	52.77		
7	Shae O'Callaghan	10	Ballarat Gold Swimming Club In	1:01.62		
,	Shac o Ganaghan	10	Sanarat Gold Ownmining Glub III	1.01.02		

Heat	3 Timed Finals (Event 23	Girls Open 50 LC	Meter Flv)			
2	Hollanah Hinde	=	Ballarat Gold Swimming Club In	35.86		
3	Bridie Hargreaves	17	-	34.91		
4	Anna Swanton	17	Ballarat Gold Swimming Club In	33.72		
5	Phoebe Perini	14	Albury Amateur Swim Club	33.74		
6	Mackenna Naylor	17	Ballarat Gold Swimming Club In	35.83		
7	Isabella Till	15	Ballarat Gco Swimming Club Inc	36.32		
	4 of 4 Timed Finals		8 - 1 - 1			
2	Chloe Adams	14	Warrnambool Swimming Club	32.65		
3	Celeste Lean	16	Ballarat Gold Swimming Club In	31.28		
4	Olivia Daly	18	Ballarat Gold Swimming Club In	29.34		
5	Ava Richardson	16	Ballarat Gold Swimming Club In	30.93		
6	Bettina Ambrose	13	Ballarat Swimming Club Inc	32.47		
7	Charley Ward	15	Ballarat Gold Swimming Club In	32.97		
Event	24 Boys Open 50 LC Meter Fl	y				
Lane	Name	Age	Team	Seed Time	Finals	Place
Heat	1 of 3 Timed Finals					
3	Oliver Kallio	13	Ballarat Gold Swimming Club In	NT		
4	Henry Beechey	12	Ballarat Gold Swimming Club In	49.14		
5	Jonty Ward	11	Ballarat Gold Swimming Club In	52.32		
6	Willem Woithe	10	Warrnambool Swimming Club	NT		
Heat	2 of 3 Timed Finals					
2	Martin Ma	9	Ballarat Gold Swimming Club In	42.68		
3	Hayden Wilson	12	Ballarat Gco Swimming Club Inc	40.08		
4	Cooper Hargreaves	13	Warrnambool Swimming Club	35.27		
5	Thomas Costello	14	Ballarat Gold Swimming Club In	35.39		
6	William Richardson	12	Ballarat Gold Swimming Club In	40.42		
7	Maxim Hocking	12	Ballarat Gold Swimming Club In	45.03		
Heat	3 of 3 Timed Finals					
2	Heath Corry	16	Melbourne Vicentre Swimming Cl	28.81		
3	Jack Lanyon	15	Ballarat Gold Swimming Club In	28.04		
4	Lachlan Rees	17	Hamilton Olympic Swimming Club	27.16		
5	Cooper Sutherland	16	Ballarat Gold Swimming Club In	27.34		
6	Dayne Schnyder	17	Ballarat Gold Swimming Club In	28.06		
7	Jack Turner	15	Flyers Swim Team (Victoria)	30.40		
Event	25 Girls Open 200 LC Meter I					
Lane	Name	Age	Team	Seed Time	Finals	Place
	1 of 2 Timed Finals					
3	Nina Sutherland		Ballarat Gold Swimming Club In	3:28.73		
4	Aurora Aldersley	13	Geelong Swimming Club Incorpor	3:08.19		
5	Emily Challis	12	Melton Swimming Club Inc	3:21.77		
	2 of 2 Timed Finals					
2	Ada Mayr	13	Hume City Swimming Club Inc	3:07.35		
3	Charley Ward	15	Ballarat Gold Swimming Club In	2:53.45		
4	Zoe Schnyder	14	Ballarat Gold Swimming Club In	2:34.64		
5	Grace Dobie	13	Melbourne Swimming Club	2:52.51		
6	Sophia Beaton	12	Ballarat Gold Swimming Club In	2:57.84		
Event Lane	26 Boys Open 200 LC Meter I Name		Team	Seed Time	Finals	Place
	1 of 3 Timed Finals	Age	ı Canı	Jeeu Hille	Filiais	1 lace
Heat 3	Oscar Woithe	13	Warrnambool Swimming Club	3:06.84		
3 4	Marley Sutherland	13	Ballarat Gold Swimming Club In	2:49.59		
5	Vadim Rudoi	18		2:49.59		
Э	vaumi kuuui	18	Danatat Swithining Ciub IIIC	2:55.14		

We will be holding 'Last Chance' Events following the final Relay event of the day to allow Swimmers another chance to gain their State Age qualifying time. Entries for the Last Chance events will be taken during the Meet and will cost \$15/ entry. Swimmers need to be within 1 second of the relevant qualifying time to enter.

Ballarat Gold Swimming Club In

NT

2023 Ballarat Gold Last Chance LC Meet - 5/03/2023 Meet Program - Session 2

Heat	2 Timed Finals (Event 26 Boys Op	oen 200 I	.C Meter IM)			
2	Jake Denaro	13	Warrnambool Swimming Club	2:48.97		
3	Miller Stott	13	Ballarat Gold Swimming Club In	2:44.50		
4	Ethan Chiang-Cruise	16	Mlc Aquatic Inc (Victoria)	2:36.65		
5	Blake Scott	14	Ballarat Gold Swimming Club In	2:37.56		
6	Codey Farquhar	13	Ballarat Gco Swimming Club Inc	2:47.98		
Heat	3 of 3 Timed Finals					
2	Oliver Mccormack	14	Ballarat Gold Swimming Club In	2:30.02		
3	Tom Urquhart	15	Ballarat Gold Swimming Club In	2:24.81		
4	Dylan Logan	20	Melbourne Swimming Club	2:18.93		
5	Edward Meddings	16	Ballarat Gold Swimming Club In	2:20.59		
6	Max Mason	15	Ballarat Gold Swimming Club In	2:28.30		
7	Jack Lanyon	15	Ballarat Gold Swimming Club In	2:33.87		
Event	: 27 Mixed Open 200 LC Meter Free Re	lav				
Lane	Team	, iu	Relay	Seed Time	Finals	Place
	1 of 4 Timed Finals					
3	Ballarat Gold Swimming Club In		R	NT		
4	Ballarat Gco Swimming Club Inc		В	NT		
5	Ballarat Gold Swimming Club In		Q	NT		
6	Ballarat Gold Swimming Club In		P	NT		
Heat	2 of 4 Timed Finals					
3	Ballarat Gold Swimming Club In		0	NT		
4	Ballarat Gold Swimming Club In		M	NT		
5	Ballarat Gold Swimming Club In		L	NT		
6	Ballarat Gold Swimming Club In		N	NT		
Heat	3 of 4 Timed Finals					
2	Ballarat Gold Swimming Club In		K	NT		
3	Ballarat Gold Swimming Club In		I	NT		
4	Ballarat Gold Swimming Club In		G	NT		
5	Ballarat Gold Swimming Club In		F	NT		
6	Ballarat Gold Swimming Club In		Н	NT		
7	Ballarat Gold Swimming Club In		J	NT		
Heat	4 of 4 Timed Finals					
2	Ballarat Gold Swimming Club In		С	NT		
3	Ballarat Gold Swimming Club In		В	NT		
4	Ballarat Gco Swimming Club Inc		A	NT		
5	Ballarat Gold Swimming Club In		A	NT		
6	Ballarat Gold Swimming Club In		D	NT		
_	D. W		_			

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2023 VICTORIAN AGE LONG COURSE CHAMPIONSHIPS (

swimming victoria

9 - 13 MARCH 2023 - QUALIFYING TIMES

			GII	RLS										
Distance	Course	17-18 Years	16 Years	15 Years	14 Years	13 Years	12 Years							
			FREE	STYLE										
50m	LC	30.19	30.40	31.00	31.21	31.93	33.80							
100m	LC	1:04.58	1:05.66	1:07.40	1:08.50	1:10.26	1:13.03							
200m	LC	2:21.21	2:23.59	2:27.39	2:29.79	2:33.66	2:39.71							
400m	LC	4:51.64	4:56.67	5:04.65	5:09.73	5:17.87	5:22.98							
800m	LC	10:04.22	10:14.63	10:31.17	10:41.70	10:58.55	11:09.17							
1500m	LC	19:20.70	19:40.71	20:12.50	20:32.70	21:05.08	21:25.47							
	BACKSTROKE													
100m	LC	1:15.66	1:16.27	1:17.63	1:18.25	1:19.63	1:22.74							
200m	LC	2:41.44	2:42.74	2:45.65	2:46.96	2:49.92	2:56.55							
			BREAST	STROKE										
100m	LC	1:25.18	1:25.86	1:27.40	1:28.09	1:29.63	1:33.11							
200m	LC	3:03.36	3:04.82	3:08.12	3:09.60	3:12.93	3:20.42							
			BUTT	ERFLY										
100m	LC	1:12.90	1:13.49	1:14.81	1:15.40	1:16.73	1:19.73							
200m	LC	2:41.67	2:42.97	2:45.88	2:47.20	2:50.15	2:56.80							
			INDIVIDU	AL MEDLEY										
200m	LC	2:41.00	2:42.33	2:45.26	2:46.61	2:49.58	2:56.37							
400m	LC	5:36.40	5:39.22	5:45.40	5:48.25	5:54.52	6:08.93							

2023 VICTORIAN AGE LONG COURSE CHAMPIONSHIPS



9 - 13 MARCH 2023 - QUALIFYING TIMES

			R(DYS										
Distance	Course	17-18 Years	16 Years	15 Years	14 Years	13 Years	12 Years							
			FREE	STYLE										
50m	LC	27.09	27.53	28.25	28.92	30.11	32.38							
100m	LC	58.64	59.63	1:01.70	1:03.70	1:06.82	1:11.84							
200m	LC	2:09.00	2:11.17	2:14.64	2:17.93	2:23.69	2:34.74							
400m	LC	4:32.19	4:36.80	4:44.17	4:51.16	5:03.39	5:26.90							
800m	LC	9:26.85	9:36.46	9:51.82	10:06.37	10:31.85	11:20.84							
1500m	LC	18:02.42	18:20.76	18:50.09	19:17.87	20:06.52	21:40.05							
	BACKSTROKE													
100m	LC	1:07.44	1:08.54	1:10.87	1:13.09	1:16.60	1:22.19							
200m	LC	2:25.68	2:28.04	2:31.88	2:35.47	2:41.81	2:53.89							
			BREAST	STROKE										
100m	LC	1:15.53	1:16.73	1:19.32	1:21.76	1:25.63	1:31.80							
200m	LC	2:44.22	2:46.85	2:51.13	2:55.12	3:02.18	3:15.57							
			BUTT	ERFLY										
100m	LC	1:05.42	1:06.46	1:08.70	1:10.82	1:14.17	1:19.51							
200m	LC	2:27.36	2:29.73	2:33.57	2:37.15	2:43.48	2:55.50							
			INDIVIDU	AL MEDLEY										
200m	LC	2:26.60	2:29.00	2:32.89	2:36.53	2:42.96	2:55.21							
400m	LC	5:10.36	5:15.57	5:23.94	5:31.84	5:45.70	6:12.29							

SWIMMING VICTORIA CHAMPIONSHIPS



								12	-14 Ye	ear Ol	d								
							Ma	ale Mo	C Qua	lifying	g Time	es							
Distance	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
									FREES	TYLE									
50m	00:56.01	01:01.61	00:58.58	00:58.27	00:52.84	00:56.01	00:52.60	00:50.92	00:57.19	00:51.91	00:56.12	00:58.58	01:01.28	01:05.95	01:12.46	01:23.15	01:34.35	02:13.12	02:23.00
100m	02:02.57	02:14.82	02:07.62	02:12.88	01:55.59	02:02.57	01:57.71	01:52.76	02:05.51	01:52.67	02:02.47	02:07.62	02:13.64	02:24.96	02:35.56	03:02.56	03:28.23	04:48.98	05:11.74
200m	03:13.72	03:33.09	03:34.81	03:54.86	03:04.60	03:13.72	03:11.16	02:46.30	03:31.68	03:10.87	03:21.36	03:34.81	03:50.41	03:59.49	05:24.48	06:29.37	07:27.29	10:24.65	11:02.69
400m	09:38.05	10:35.85	09:49.29	12:04.22	08:36.96	09:38.05	09:06.84	09:10.68	09:37.67	09:00.83	09:29.23	09:49.29	10:36.49	10:37.30					
	400m 09:38.05 10:35.85 09:49.29 12:04.22 08:36.96 09:38.05 09:06.84 09:10.68 09:37.67 09:00.83 09:29.23 09:49.29 10:36.49 10:37.30																		
50m	01:07.41	01:14.15	01:08.53	01:13.70	01:01.79	01:07.41	01:04.78	01:03.85	01:11.55	01:03.34	01:06.00	01:08.53	01:17.72	01:18.32	01:17.60	01:34.59	01:38.13	02:19.91	02:59.95
100m	02:21.30	02:35.43	02:23.23	02:37.54	02:11.66	02:21.30	02:12.55	02:11.49	02:30.03	02:14.10	02:16.98	02:23.23	02:39.33	02:43.86	02:49.58	03:35.56	04:19.54	05:11.90	07:07.37
								BRI	EASTSTROK	E									
50m	01:07.08	01:13.79	01:13.86	01:15.37	01:03.05	01:07.08	01:09.47	01:13.02	01:16.83		01:04.58	01:13.86	01:25.07	01:25.66	01:33.46	01:42.91	01:47.39	02:04.63	03:19.19
100m	02:27.11	02:41.82	02:28.41	02:46.51	02:12.88	02:27.11	02:23.14	02:29.41	02:36.20		02:26.08	02:28.41	03:01.15	03:08.50	03:22.65	03:33.97	04:06.15	04:55.49	
								В	UTTERFLY										
50m	01:00.16	01:06.17	01:02.10	01:07.33	00:54.97	01:00.16	01:00.37	00:59.22	01:03.03	00:56.67	01:00.78	01:02.10	01:07.26	01:08.20	01:16.03	01:34.39	02:08.03	03:05.41	04:21.65
100m	02:13.81	02:27.20	02:13.88	02:30.60	01:59.37	02:13.81	02:06.86	02:06.02	02:15.37	02:04.00	02:11.42	02:13.88	02:31.13	02:38.91	02:57.69				
								INDIV	IDUAL MED	LEY									
200m	05:05.90	05:36.49	05:12.10	06:06.30	04:30.69	05:05.90	04:51.98	04:50.37	05:16.64	04:50.79	04:55.88	05:12.10	05:45.32	05:59.19	06:14.77	05:40.11	06:39.76		

SWIMMING VICTORIA CHAMPIONSHIPS



							Ma	15, ale M(/16 Y			25							
Distance	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
								L	FREES	ГҮГЕ		L					L		
50m	00:45.56	00:50.12	00:47.66	00:47.40	00:42.99	00:45.56	00:42.79	00:41.42	00:46.52	00:42.24	00:45.66	00:47.66	00:49.85	00:53.66	00:58.96	01:07.64	01:16.75	01:48.31	01:56.35
100m	01:39.72	01:49.69	01:43.82	01:48.11	01:34.04	01:39.72	01:35.76	01:31.72	01:42.11	01:31.65	01:39.64	01:43.82	01:48.72	01:57.93	02:06.56	02:28.52	02:49.41	03:55.09	04:13.62
200m	200m 03:13.72 03:33.09 03:34.81 03:54.86 03:04.60 03:13.72 03:11.16 02:46.30 03:31.68 03:10.87 03:21.36 03:34.81 03:50.41 03:59.49 05:24.48 06:29.37 07:27.29 10:24.65 11:02 09:38.05 10:35.85 09:49.29 12:04.22 08:36.96 09:38.05 09:06.84 09:10.68 09:37.67 09:00.83 09:29.23 09:49.29 10:36.49 10:37.30 09:07.30 0															11:02.69			
400m	400m 09:38.05 10:35.85 09:49.29 12:04.22 08:36.96 09:38.05 09:06.84 09:10.68 09:37.67 09:00.83 09:29.23 09:49.29 10:36.49 10:37.30																		
	400m 09:38.05 10:35.85 09:49.29 12:04.22 08:36.96 09:38.05 09:06.84 09:10.68 09:37.67 09:00.83 09:29.23 09:49.29 10:36.49 10:37.30 BACKSTROKE																		
50m	00:54.84	01:00.33	00:55.75	00:59.96	00:50.27	00:54.84	00:52.70	00:51.95	00:58.21	00:51.53	00:53.69	00:55.75	01:03.23	01:03.71	01:03.14	01:16.96	01:19.83	01:53.82	02:26.39
100m	01:54.95	02:06.45	01:56.52	02:08.17	01:47.12	01:54.95	01:47.84	01:46.97	02:02.05	01:49.10	01:51.45	01:56.52	02:09.62	02:13.32	02:17.97	02:55.37	03:31.15	04:13.75	05:47.69
								BRI	ASTSTROK	E									
50m	00:54.58	01:00.04	01:00.09	01:01.32	00:51.30	00:54.58	00:56.52	00:59.41	01:02.50		00:52.54	01:00.09	01:09.21	01:09.69	01:16.04	01:23.73	01:27.37	01:41.38	02:42.06
100m	01:59.68	02:11.65	02:00.74	02:15.46	01:48.11	01:59.68	01:56.45	02:01.55	02:07.09		01:58.85	02:00.74	02:27.37	02:33.35	02:44.86	02:54.08	03:20.26	04:00.40	
								В	UTTERFLY										
50m	00:48.93	00:53.83	00:50.52	00:54.77	00:44.72	00:48.93	00:49.12	00:48.19	00:51.28	00:46.10	00:49.44	00:50.52	00:54.72	00:55.48	01:01.86	01:16.80	01:44.17	02:30.85	03:32.86
100m	01:48.87	01:59.76	01:48.92	02:02.52	01:37.12	01:48.87	01:43.21	01:42.52	01:50.12	01:40.88	01:46.92	01:48.92	02:02.96	02:09.28	02:24.56				
								INDIV	IDUAL MED	LEY									
200m	04:08.86	04:33.75	04:13.91	04:58.00	03:40.21	04:08.86	03:57.54	03:56.23	04:17.60	03:56.58	04:00.72	04:13.91	04:40.93	04:52.22	05:04.90	04:36.70	05:25.22		

SWIMMING VICTORIA CHAMPIONSHIPS



								_	/18 Y										
							Ma	ale Mo	C Qua	lifying	g Time	es							
Distance	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
									FREES	TYLE									
50m	00:42.98	00:47.27	00:44.94	00:44.70	00:40.54	00:42.98	00:40.35	00:39.07	00:43.87	00:39.82	00:43.06	00:44.94	00:47.01	00:50.60	00:55.60	01:03.79	01:12.38	01:42.14	01:49.72
100m	01:34.04	01:43.44	01:37.91	01:41.95	01:28.68	01:34.04	01:30.31	01:26.50	01:36.29	01:26.43	01:33.97	01:37.91	01:42.53	01:51.22	01:59.35	02:20.07	02:39.76	03:41.71	03:59.18
200m																11:02.69			
400m																			
	400m 07:44.39 08:30.83 07:53.43 09:41.82 06:55.32 07:44.39 07:19.32 07:22.39 07:44.09 07:14.50 07:37.31 07:53.43 08:31.35 08:31.99																		
50m	00:51.73	00:56.90	00:52.58	00:56.55	00:47.40	00:51.73	00:49.70	00:48.99	00:54.90	00:48.60	00:50.63	00:52.58	00:59.63	01:00.09	00:59.54	01:12.58	01:15.29	01:47.34	02:18.06
100m	01:48.41	01:59.25	01:49.88	02:00.86	01:41.02	01:48.41	01:41.69	01:40.88	01:55.10	01:42.89	01:45.10	01:49.88	02:02.24	02:05.72	02:10.11	02:45.38	03:19.13	03:59.30	05:27.90
								BRI	EASTSTROK	E									
50m	00:51.47	00:56.62	00:56.67	00:57.82	00:48.38	00:51.47	00:53.30	00:56.03	00:58.95		00:49.55	00:56.67	01:05.26	01:05.72	01:11.70	01:18.96	01:22.40	01:35.61	02:32.82
100m	01:52.86	02:04.15	01:53.86	02:07.74	01:41.95	01:52.86	01:49.81	01:54.63	01:59.84		01:52.08	01:53.86	02:18.98	02:24.62	02:35.48	02:44.16	03:08.85	03:46.71	
								В	UTTERFLY										
50m	00:46.15	00:50.76	00:47.64	00:51.66	00:42.17	00:46.15	00:46.32	00:45.44	00:48.36	00:43.48	00:46.62	00:47.64	00:51.60	00:52.31	00:58.33	01:12.42	01:38.23	02:22.25	03:20.74
100m	01:42.66	01:52.93	01:42.72	01:55.54	01:31.59	01:42.66	01:37.32	01:36.68	01:43.86	01:35.14	01:40.83	01:42.72	01:55.95	02:01.92	02:16.32				
								INDIV	IDUAL MED	LEY									
200m	03:54.69	04:18.16	03:59.45	04:41.03	03:27.68	03:54.69	03:44.02	03:42.78	04:02.94	03:43.10	03:47.01	03:59.45	04:24.94	04:35.57	04:47.53	04:20.95	05:06.70		

SWIMMING VICTORIA CHAMPIONSHIPS



								12	-14 Y	ear C	ld								
							Fem	ale N	1C Qu	ıalifyi	ing Ti	mes							
Distance	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
									FREE	STYLE									
50m	01:04.11	01:10.52	01:09.13	01:10.21	00:57.91	01:04.11	01:00.64	00:59.71	01:09.13	01:02.79	01:04.32	01:09.13	01:10.07	01:18.84	01:19.46	01:41.30	02:06.33	02:40.28	02:38.86
100m	02:19.08	02:32.99	02:27.40	02:32.33	02:06.88	02:19.08	02:10.39	02:11.71	02:31.85	02:15.96	02:15.27	02:27.40	02:31.59	02:48.26	02:49.76	03:33.42	04:31.31	05:19.30	05:57.31
200m	03:39.28	04:01.21	04:01.71	04:25.06	03:31.80	03:39.28	03:40.41	03:34.82	03:58.43	03:35.58	03:56.20	04:01.71	04:21.69	04:21.53	06:04.57	07:26.98	09:23.53	11:31.93	12:25.72
400m	10:31.78	11:34.95	10:32.68	12:59.85	09:53.15	10:31.78	09:54.96	10:14.30	11:28.27	10:04.96	09:44.27	10:32.68	11:15.21	12:05.64					
	400m 10:31.78 11:34.95 10:32.68 12:59.85 09:53.15 10:31.78 09:54.96 10:14.30 11:28.27 10:04.96 09:44.27 10:32.68 11:15.21 12:05.64																		
50m	01:12.12	01:19.33	01:22.41	01:23.54	01:08.90	01:12.12	01:12.91	01:13.91	01:21.37	01:12.05	01:15.14	01:22.41	01:27.57	01:33.31	01:25.66	01:48.36	02:05.40	02:32.73	02:37.18
100m	02:34.50	02:49.95	02:44.69	03:21.63	02:28.76	02:34.50	02:33.02	02:32.57	02:56.69	02:27.21	02:33.48	02:44.69	03:04.24	03:12.40	03:25.77	04:09.64	04:48.11	06:28.00	06:42.52
									BREAST	STROKE									
50m	01:21.52	01:29.68	01:25.80	01:27.04	01:13.68	01:21.52	01:20.66	01:19.13	01:32.15		01:25.44	01:25.80	01:38.05	01:42.00	01:36.76	01:56.54	02:00.06	02:40.84	03:50.09
100m	03:00.55	03:18.60	02:51.87	03:22.87	02:42.76	03:00.55	02:50.80	02:50.13	03:18.21		02:50.38	02:51.87	03:21.54	03:31.53	03:27.85	04:09.47	04:47.14	06:42.62	
									BUTT	ERFLY									
50m	01:08.77	01:15.65	01:14.61	01:14.53	01:04.58	01:08.77	01:07.41	01:06.60	01:20.47	01:10.03	01:10.83	01:14.61	01:16.34	01:25.13	01:29.72	02:04.82	02:10.32		
100m	02:34.28	02:49.71	02:38.67	04:14.69	02:21.78	02:34.28	02:26.06	02:19.77	02:57.09	02:30.73	02:27.81	02:38.67	02:57.49	03:18.49	04:22.29				
									INDIVIDUA	AL MEDLEY									
200m	05:39.74	06:13.72	05:50.61	06:53.93	05:18.61	05:39.74	05:28.12	05:32.41	06:21.73	05:32.52	05:27.40	05:50.61	06:13.03	06:59.12	07:08.73	06:11.73	07:43.68		

SWIMMING VICTORIA CHAMPIONSHIPS



								15	/16 Y	ear C	Old								
							Fem	ale N	1C Qu	alify	ing Ti	mes							
Distance	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
									FREES	STYLE									
50m	00:52.16	00:57.38	00:56.23	00:57.12	00:47.12	00:52.16	00:49.33	00:48.58	00:56.23	00:51.08	00:52.32	00:56.23	00:57.01	01:04.15	01:04.65	01:22.41	01:42.78	02:10.40	02:09.25
100m	01:53.15	02:04.46	01:59.91	02:03.92	01:43.22	01:53.15	01:46.08	01:47.16	02:03.53	01:50.61	01:50.06	01:59.91	02:03.34	02:16.88	02:18.10	02:53.63	03:40.72	04:19.76	04:50.69
200m	03:39.28	04:01.21	04:01.71	04:25.06	03:31.80	03:39.28	03:40.41	03:34.82	03:58.43	03:35.58	03:56.20	04:01.71	04:21.69	04:21.53	06:04.57	07:26.98	09:23.53	11:31.93	12:25.95
400m	10:31.78	11:34.95	10:32.68	12:59.85	09:53.15	10:31.78	09:54.96	10:14.30	11:28.27	10:04.96	09:44.27	10:32.68	11:15.21	12:05.64					
	400m 10:31.78 11:34.95 10:32.68 12:59.85 09:53.15 10:31.78 09:54.96 10:14.30 11:28.27 10:04.96 09:44.27 10:32.68 11:15.21 12:05.64																		
50m	00:58.66	01:04.53	01:07.04	01:07.97	00:56.05	00:58.66	00:59.32	01:00.12	01:06.19	00:58.62	01:01.13	01:07.04	01:11.24	01:15.91	01:09.69	01:28.16	01:42.02	02:04.26	02:07.87
100m	02:05.69	02:18.26	02:13.99	02:44.04	02:01.03	02:05.69	02:04.49	02:04.13	02:23.75	01:59.76	02:04.75	02:13.99	02:29.89	02:36.53	02:47.41	03:23.10	03:54.39	05:15.65	05:27.47
									BREAST	STROKE									
50m	01:06.32	01:12.95	01:09.80	01:10.81	00:59.95	01:06.32	01:05.62	01:04.38	01:14.97		01:09.52	01:09.80	01:19.76	01:23.00	01:18.72	01:34.81	01:37.68	02:10.85	03:07.19
100m	02:26.88	02:41.57	02:19.82	02:45.05	02:12.41	02:26.88	02:18.95	02:18.41	02:41.26		02:18.61	02:19.82	02:43.97	02:52.09	02:49.10	03:22.95	03:53.60	05:27.55	
									BUTT	ERFLY									
50m	00:55.95	01:01.54	01:00.70	01:00.63	00:52.54	00:55.95	00:54.84	00:54.18	01:05.46	00:56.97	00:57.63	01:00.70	01:02.11	01:09.26	01:12.99	01:41.54	01:46.02		
100m	02:05.51	02:18.06	02:09.08	03:27.21	01:55.36	02:05.51	01:58.83	01:53.71	02:24.07	02:02.64	02:00.26	02:09.08	02:24.39	02:41.48	03:33.38				
									INDIVIDUA	L MEDLEY									
200m	04:36.39	05:04.03	04:45.25	05:36.75	04:19.21	04:36.39	04:26.95	04:30.43	05:10.56	04:30.53	04:26.36	04:45.25	05:03.47	05:40.97	05:48.80	05:02.42	06:17.22		

SWIMMING VICTORIA CHAMPIONSHIPS



								17	/18 Y	ear C	Old								
							Fem	ale N	1C Qu	alify	ing Ti	mes							
Distance	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
									FREE	STYLE									
50m	00:49.20	00:54.12	00:53.03	00:53.87	00:44.44	00:49.20	00:46.53	00:45.82	00:53.03	00:48.17	00:49.35	00:53.03	00:53.76	01:00.49	01:00.96	01:17.72	01:36.92	02:02.97	02:01.89
100m	01:46.71	01:57.38	01:53.08	01:56.87	01:37.35	01:46.71	01:40.03	01:41.05	01:56.49	01:44.32	01:43.79	01:53.08	01:56.31	02:09.09	02:10.25	02:43.74	03:28.15	04:04.97	04:34.14
200m	03:39.28	04:01.21	04:01.71	04:25.06	03:31.80	03:39.28	03:40.41	03:34.82	03:58.43	03:35.58	03:56.20	04:01.71	04:21.69	04:21.53	06:04.57	07:26.98	09:23.53	11:31.93	12:25.72
400m 08:27.55 09:18.31 08:28.29 10:26.52 07:56.53 08:27.55 07:57.99 08:13.52 09:12.94 08:06.01 07:49.40 08:28.29 09:02.44 09:42.96																			
	400m 08:27.55 09:18.31 08:28.29 10:26.52 07:56.53 08:27.55 07:57.99 08:13.52 09:12.94 08:06.01 07:49.40 08:28.29 09:02.44 09:42.96																		
50m	00:55.33	01:00.86	01:03.23	01:04.09	00:52.87	00:55.33	00:55.94	00:56.71	01:02.43		00:57.65	01:03.23	01:07.18	01:11.59	01:05.72	01:23.15	01:36.21	01:57.17	02:00.59
100m	01:58.53	02:10.38	02:06.35	02:34.70	01:54.14	01:58.53	01:57.39	01:57.06	02:15.56		01:57.76	02:06.35	02:21.36	02:27.61	02:37.87	03:11.53	03:41.05	04:57.68	05:08.83
					I					STROKE	ı		I		I		I	I	
50m	01:02.55	01:08.80	01:05.83	ł	00:56.53		01:01.88	01:00.71	01:10.70		01:05.55	01:05.83	01:15.22	01:18.27	01:14.23	01:29.41	1	02:03.39	02:56.53
100m	02:18.52	02:32.37	02:11.86	02:35.64	02:04.88	02:18.52	02:11.04	02:10.54	02:32.08		02:10.72	02:11.86	02:34.63	02:42.29	02:39.47	03:11.39	03:40.31	05:08.90	
				1	I				BUTT		I		I		T		T		
50m	00:52.76	00:58.04	00:57.25	00:57.18	00:49.55		00:51.73	00:51.09	01:01.73	00:53.73	00:54.34	00:57.25	00:58.57	01:05.32	01:08.84	01:35.77	01:39.98		
100m	01:58.37	02:10.21	02:01.73	03:15.41	01:48.78	01:58.37	01:52.07	01:47.24			01:53.40	02:01.73	02:16.17	02:32.28	03:21.24				
					1				INDIVIDUA	AL MEDLEY	1								
200m	04:20.66	04:46.72	04:29.00	05:17.58	04:04.44	04:20.66	04:11.74	04:15.04	04:52.87	04:15.12	04:11.19	04:29.00	04:46.20	05:21.55	05:28.93	04:45.19	05:55.74		

				BOYS						
EN/ENIT	14 YI	EARS	15 Y	ears	16 Y	EARS	17 YI	EARS	18 Y	EARS
EVENT	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM
50m Freestyle	26.24	26.78	25.46	25.98	24.93	25.44	24.41	24.91	24.14	24.64
100m Freestyle	57.78	58.96	56.05	57.19	54.89	56.01	53.74	54.84	53.16	54.24
200m Freestyle	2:05.41	2:07.97	2:01.65	2:04.13	1:59.14	2:01.57	1:56.63	1:59.01	1:55.38	1:57.73
400m Freestyle	4:28.39	4:33.87	4:20.14	4:25.65	4:14.98	4:20.18	4:09.61	4:14.70	4:06.92	4:11.96
800m Freestyle	9:15.10	9:26.43	8:58.58	9:09.57	8:47.57	8:58.34	8:36.55	8:47.10	8:31.06	8:41.49
1500m Freestyle	17:41.36	18:03.02	17:09.78	17:30.80	16:48.73	17:09.32	16:27.68	16:47.84	16:17.16	16:37.10
50m Backstroke	30.45	31.08	29.55	30.16	28.65	29.24	28.05	28.63	27.66	28.23
100m Backstroke	1:05.41	1:06.75	1:03.47	1:04.76	1:01.52	1:02.78	1:00.87	1:02.11	1:00.22	1:01.45
200m Backstroke	2:22.49	2:25.40	2:18.22	2:21.04	2:13.95	2:16.68	2:12.51	2:15.22	2:11.09	2:13.77
50m Breaststroke	33.43	34.12	32.45	33.12	31.47	32.12	31.15	31.79	30.83	31.46
100m Breaststroke	1:13.70	1:15.20	1:11.50	1:12.96	1:09.31	1:10.72	1:08.57	1:09.97	1:07.84	1:09.23
200m Breaststroke	2:40.92	2:44.20	2:36.16	2:39.35	2:31.41	2:34.50	2:29.82	2:32.88	2:28.24	2:31.27
50m Butterfly	27.98	28.55	27.13	27.69	26.30	26.84	26.02	26.55	25.74	26.27
100m Butterfly	1:02.83	1:04.11	1:00.94	1:02.19	59.05	1:00.26	58.42	59.62	57.80	58.98
200m Butterfly	2:21.27	2:24.15	2:17.03	2:19.83	2:14.20	2:16.94	2:11.37	2:14.06	2:09.97	2:12.62
200m Individual Medley	2:23.37	2:26.30	2:19.07	2:21.91	2:16.21	2:18.99	2:13.34	2:16.06	2:11.90	2:14.60
400m Individual Medley	5:10.17	5:16.50	5:00.86	5:07.00	4:54.66	5:00.67	4:48.45	4:54.34	4:45.36	4:51.18
				RELAYS						
4 x 50m Freestyle			14 – 15 years	5				1:47.00		
4 x 50m Freestyle			16 – 17 years	5				1:43.00		
4 x 100m Freestyle			17 and unde	r				3:44.00		
4 x 50m Medley			14 – 15 years	5				2:05.00		
4 x 50m Medley			16 – 17 years	5				2:01.00		
4 x 100m Medley			17 and unde	r				4:12.00		

Short course times can only be used where a long course time has not been achieved.

Qualifying time must be achieved after 1st May 2022.

Age as at 7 April 2023.



ENTRY QUALIFYING TIMES

2023 Australian Age Swimming Championships

Gold Coast Aquatic Centre, Southport QLD 7-15 April 2023

				GIRLS						
EVENT	13 Y	EARS	14 Y	ears	15 YI	EARS	16 Y	EARS	17 Y	EARS
EVENT	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM
50m Freestyle	28.76	29.35	28.18	28.76	27.72	28.29	27.43	27.99	27.15	27.70
100m Freestyle	1:02.69	1:03.97	1:01.43	1:02.69	59.89	1:01.12	59.27	1:00.48	58.64	59.84
200m Freestyle	2:15.09	2:17.85	2:12.39	2:15.09	2:11.37	2:14.05	2:10.06	2:12.67	2:08.66	2:11.29
400m Freestyle	4:45.75	4:51.58	4:40.04	4:45.75	4:37.17	4:42.83	4:34.32	4:39.92	4:31.46	4:37.00
800m Freestyle	9:44.42	9:56.35	9:32.83	9:44.52	9:18.10	9:29.49	9:12.31	9:23.58	9:06.50	9:17.66
1500m Freestyle	18:33.32	18:56.04	18:21.25	18:33.52	17:53.98	18:13.98	17:41.06	18:02.71	17:30.02	17:51.45
50m Backstroke	34.04	34.74	33.06	33.74	32.41	33.07	32.09	32.74	31.75	32.40
100m Backstroke	1:11.97	1:13.44	1:09.86	1:11.29	1:08.46	1:09.86	1:07.75	1:09.14	1:07.06	1:08.43
200m Backstroke	2:35.97	2:39.16	2:31.41	2:34.50	2:28.37	2:31.40	2:26.85	2:29.85	2:25.33	2:28.29
50m Breaststroke	38.10	38.88	37.00	37.76	36.27	37.01	35.90	36.64	35.54	36.26
100m Breaststroke	1:22.03	1:23.71	1:19.60	1:21.22	1:17.97	1:19.56	1:17.15	1:18.73	1:16.34	1:17.90
200m Breaststroke	2:56.63	3:00.23	2:51.36	2:54.86	2:47.86	2:51.29	2:46.11	2:49.50	2:44.36	2:47.71
50m Butterfly	31.60	32.25	30.69	31.32	30.07	30.69	29.77	30.38	29.47	30.07
100m Butterfly	1:08.82	1:10.23	1:06.78	1:08.14	1:05.41	1:06.75	1:04.73	1:06.05	1:04.05	1:05.36
200m Butterfly	2:35.56	2:38.74	2:30.96	2:34.04	2:27.89	2:30.91	2:26.35	2:29.34	2:24.62	2:27.78
200m Individual Medley	2:34.73	2:37.89	2:30.09	2:33.15	2:27.00	2:30.00	2:25.45	2:28.42	2:23.70	2:26.84
400m Individual Medley	5:30.28	5:37.02	5:20.37	5:26.91	5:13.77	5:20.17	5:10.46	5:16.80	5:07.16	5:13.43
				RELAYS						
4 x 50m Freestyle			13 – 14 years	5				1:58.00		
4 x 50m Freestyle			15 – 16 years	5				1:54.00		
4 x 100m Freestyle 16 and under 4:11.00										
4 x 50m Medley			13 – 14 years	5				2:11.00		
4 x 50m Medley			15 – 16 years	5				2:07.00		

Short course times can only be used where a long course time has not been achieved. Qualifying time must be achieved after 1st May 2022.

Age as at 7 April 2023.

4 x 100m Medley



16 and under



									BOYS 12-1	L3 YEARS									
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	01:52.01	01:34.58	01:14.32	01:02.38	54.10	47.90	45.44	44.10	41.06	38.08	43.14	38.91	38.13	41.10	39.39	43.96	38.08	43.68	41.10
100m Free	03:59.12	03:37.04	02:44.30	02:15.30	02:00.19	01:45.38	01:38.00	01:36.16	01:28.72	01:24.64	01:34.67	01:26.40	01:25.34	01:25.14	01:26.60	01:32.53	01:24.64	01:22.97	01:25.14
50m Back	02:02.00	01:31.26	01:14.59	01:09.78	01:00.77	01:03.30	01:02.05	54.35	49.23	50.88	57.26	54.82	47.18	49.05	45.28	51.78	50.88	52.03	49.05
100m Back	04:38.51	03:15.28	03:48.48	02:44.94	03:42.00	02:07.78	01:55.30	01:48.53	01:38.45	01:37.63	01:52.59	01:46.24	01:37.52	01:36.51	01:37.02	01:51.14	01:37.63	01:47.88	01:36.51
50m Fly				01:19.28	57.68	51.10	47.38	45.54	45.52	44.10	49.46	48.29	45.28	44.21	41.46	45.86	44.10	46.94	44.21
100m Fly							01:58.66	01:41.47	01:38.02	01:32.05	01:41.82	01:36.94	01:31.10	01:31.25	01:30.14	01:42.69	01:32.05	01:40.37	01:31.25
50m Breast	02:33.12	01:40.22	01:21.79	01:27.97	01:12.14	01:05.39	01:00.29	56.26	53.01		59.73	59.94	52.13	50.14	47.14	52.84	53.01	53.17	50.14
100m Breast			03:16.96	02:49.02	02:33.20	02:13.06	02:09.39	01:55.92	01:53.66		02:01.55	01:57.09	01:45.14	01:44.03	01:40.35	01:58.27	01:53.66	01:57.21	01:44.03
150/200m IM		09:21.94	04:59.06	04:25.04	05:12.02	04:26.80	04:03.36	03:57.34	03:45.58	03:34.21	03:57.07	04:15.28	03:32.86	03:32.45	03:25.20	04:07.95	03:34.21	03:48.54	03:32.45

									GIRLS 12-	13 YEARS									
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	02:06.07	01:56.79	01:33.39	01:03.74	59.82	53.65	53.76	51.71	46.56	45.39	49.78	44.74	43.30	46.80	43.74	49.99	45.39	49.67	46.80
100m Free	04:30.88	03:59.85	03:21.68	02:26.03	02:14.42	01:58.46	01:57.90	01:48.58	01:41.36	01:38.00	01:59.04	01:38.00	01:36.85	01:37.36	01:35.73	01:48.09	01:38.00	01:46.83	01:37.36
50m Back	02:03.06	01:55.82	01:38.11	01:22.62	01:14.03	01:11.04	01:10.14	01:05.65	56.53	55.12	01:29.70	57.02	57.76	52.33	50.77	01:00.27	55.12	55.47	52.33
100m Back	04:41.98	04:10.34	03:50.20	03:45.30	03:53.14	02:13.54	02:15.07	02:08.88	01:54.14	01:52.38	02:16.05	01:57.84	01:48.56	01:50.53	01:49.10	02:18.73	01:52.38	01:58.64	01:50.53
50m Fly				02:11.10	01:08.86	59.49	56.64	58.96	50.59	49.92	59.68	57.68	55.68	50.98	47.58	00:53.19	49.92	00:54.05	50.98
100m Fly							02:13.35	02:07.42	01:49.55	01:49.60	04:09.94	01:50.40	01:50.48	01:47.63	01:46.83	02:38.13	01:49.60	01:57.97	01:47.63
50m Breast	03:54.66	02:44.66	01:35.44	02:10.42	01:22.06	01:19.28	01:19.04	01:07.30	01:00.67		01:08.70	01:26.03	58.35	58.40	54.72	01:02.49	01:00.67	01:01.85	58.40
100m Breast			04:03.28	03:29.86	03:08.45	02:41.87	02:34.30	02:12.67	02:02.80		02:24.51	02:17.42	02:02.32	02:03.60	02:01.52	02:24.04	02:02.80	02:20.42	02:03.60
150/200m IM	•	10:33.49	06:13.49	04:59.10	06:03.36	04:51.82	04:51.63	04:34.46	04:12.08	04:04.45	04:57.12	04:20.05	03:56.43	04:03.36	03:57.40	04:46.40	04:04.45	04:10.55	04:03.36

									BOYS 14-1	L5 YEARS									
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	01:52.01	01:34.58	01:14.32	01:02.38	54.10	43.41	41.18	39.96	37.21	34.51	39.09	35.26	34.55	35.69	34.28	38.64	34.51	38.00	35.69
100m Free	03:59.12	03:37.04	02:44.30	02:15.30	02:00.19	01:35.50	01:28.81	01:27.15	01:20.40	01:16.71	01:25.80	01:18.30	01:17.34	01:17.15	01:15.41	01:20.02	01:16.71	01:22.29	01:17.15
50m Back	02:02.00	01:31.26	01:14.59	01:09.78	01:00.77	57.36	56.23	49.26	44.62	46.11	51.90	49.68	42.76	42.57	39.39	44.87	46.11	45.22	42.57
100m Back	04:38.51	03:15.28	03:48.48	02:44.94	03:42.00	01:55.80	01:44.49	01:38.35	01:29.22	01:28.48	01:42.04	01:36.28	01:28.38	01:27.46	01:24.36	01:36.23	01:28.48	01:34.98	01:27.46
50m Fly				01:19.28	57.68	46.31	42.93	41.27	41.25	39.96	44.82	43.76	41.04	38.33	36.13	39.57	39.96	40.77	38.33
100m Fly							01:47.53	01:31.96	01:28.83	01:23.42	01:32.28	01:27.86	01:22.56	01:22.69	01:18.55	01:28.61	01:23.42	01:28.99	01:22.69
50m Breast	02:33.12	01:40.22	01:21.79	01:27.97	01:12.14	59.26	54.64	50.98	48.04		54.13	54.32	47.24	43.63	41.03	45.72	48.04	46.34	43.63
100m Breast			03:16.96	02:49.02	02:33.20	02:00.58	01:57.26	01:45.05	01:43.01		01:50.16	01:46.11	01:35.28	01:34.28	01:27.44	01:42.46	01:43.01	01:51.21	01:34.28
150/200m IM		09:21.94	04:59.06	04:25.04	05:12.02	04:01.79	03:40.55	03:35.09	03:24.44	03:14.13	03:34.85	03:51.35	03:12.91	03:12.53	02:58.87	03:33.81	03:14.13	03:21.01	03:12.53

									GIRLS 14-	15 YEARS									
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	02:06.07	01:56.79	01:33.39	01:03.74	59.82	48.62	48.72	46.86	42.20	41.14	45.11	40.54	39.24	40.64	38.11	43.33	41.14	43.20	40.64
100m Free	04:30.88	03:59.85	03:21.68	02:26.03	02:14.42	01:47.36	01:46.85	01:38.40	01:31.86	01:28.81	01:47.88	01:28.81	01:27.77	01:28.23	01:23.42	01:33.64	01:28.81	01:34.01	01:28.23
50m Back	02:03.06	01:55.82	01:38.11	01:22.62	01:14.03	01:04.38	01:03.57	59.49	51.23	49.95	21.29	51.68	52.35	45.41	44.14	52.30	49.95	48.21	45.41
100m Back	04:41.98	04:10.34	03:50.20	03:45.30	03:53.14	02:01.02	02:02.41	01:56.80	01:43.44	01:41.85	02:03.29	01:46.79	01:38.38	01:40.17	01:34.82	01:59.83	01:41.85	01:44.51	01:40.17
50m Fly				02:11.10	01:08.86	53.91	51.33	53.43	45.85	45.24	54.46	52.46	50.46	44.32	41.36	46.10	45.24	53.67	44.32
100m Fly							01:57.86	01:55.48	01:39.28	01:39.32	03:46.50	01:40.05	01:40.12	01:37.54	01:33.08	02:15.12	01:39.32	02:03.63	01:37.54
50m Breast	03:54.66	02:44.66	01:35.44	02:10.42	01:22.06	01:11.85	01:11.63	01:00.99	54.98		01:02.26	01:17.97	52.88	50.61	47.62	54.19	54.98	53.67	50.61
100m Breast			04:03.28	03:29.86	03:08.45	02:26.70	02:19.84	02:00.23	01:51.29		02:10.96	02:04.54	01:50.85	01:52.01	01:45.78	02:04.80	01:51.29	02:03.63	01:52.01
150/200m IM		10:33.49	06:13.49	04:59.10	06:03.36	04:24.47	04:24.29	04:08.73	03:48.45	03:41.53	04:29.27	03:55.67	03:34.27	03:40.55	03:26.63	04:07.52	03:41.53	03:45.07	03:40.55

Qualifying Times must be achieved since 1st May 2022





									BOYS 16-2	L8 YEARS									
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	01:52.01	01:34.58	01:14.32	01:02.38	54.10	40.42	38.34	37.21	34.64	32.13	36.40	32.83	32.17	33.25	31.97	35.21	32.13	35.44	33.25
100m Free	03:59.12	03:37.04	02:44.30	02:15.30	02:00.19	01:28.91	01:22.69	01:21.14	01:14.86	01:11.41	01:19.88	01:12.90	01:12.01	01:11.83	01:10.31	01:14.68	01:11.41	01:18.31	01:11.83
50m Back	Back 02:02.00 01:31.26 01:14.59 01:09.78 01:00.77 53.41 52.35 45.86 41.54 42.93 48.32 46.25 39.81 39.68 36.73 41.86 42.93 42.20 39.68														39.68				
100m Back	mBack 04:38.51 03:15.28 03:48.48 02:44.94 03:42.00 01:47.81 01:37.28 01:31.57 01:23.07 01:22.38 01:35.00 01:29.64 01:22.28 01:21.43 01:18.67 01:29.80 01:22.38 01:30.42 01:21.43														01:21.43				
50m Fly																35.78			
100m Fly							01:40.12	01:25.62	01:22.70	01:17.67	01:25.91	01:21.80	01:16.87	01:16.99	01:13.23	01:23.14	01:17.67	01:24.15	01:16.99
50m Breast	02:33.12	01:40.22	01:21.79	01:27.97	01:12.14	55.17	50.87	47.47	44.73		50.40	50.57	43.98	40.66	38.26	42.67	44.73	43.22	40.66
100m Breast			03:16.96	02:49.02	02:33.20	01:52.27	01:49.17	01:37.81	01:35.90		01:42.56	01:38.79	01:28.71	01:27.78	01:21.52	01:35.61	01:35.90	01:38.12	01:27.78
150/200m IM		09:21.94	04:59.06	04:25.04	05:12.02	03:45.11	03:25.34	03:20.26	03:10.34	03:00.74	03:20.03	03:35.39	02:59.60	02:59.25	02:46.74	03:19.67	03:00.74	03:11.79	02:59.25
							•		•	•		•							
									CIBICAC	I O VE A DC									

									GIRLS 16-	18 YEARS									
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	02:06.07	01:56.79	01:33.39	01:03.74	59.82	45.27	45.36	43.63	39.29	38.30	42.00	37.75	36.53	37.83	35.53	40.43	38.30	40.28	37.83
100m Free	04:30.88	03:59.85	03:21.68	02:26.03	02:14.42	01:39.95	01:39.48	01:31.61	01:25.52	01:22.69	01:40.44	01:22.69	01:21.72	01:22.15	01:17.76	01:27.38	01:22.69	01:29.29	01:22.15
50m Back	02:03.06	01:55.82	01:38.11	01:22.62	01:14.03	59.94	59.18	55.39	47.70	46.51	15.68	48.11	48.74	42.33	41.17	48.78	46.51	44.97	42.33
100m Back	04:41.98	04:10.34	03:50.20	03:45.30	03:53.14	01:52.67	01:53.97	01:48.74	01:36.31	01:34.82	01:54.79	01:39.43	01:31.60	01:33.26	01:28.43	01:51.88	01:34.82	01:39.45	01:33.26
50m Fly				02:11.10	01:08.86	50.19	47.79	49.75	42.69	42.12	50.98	48.98	46.98	41.29	38.58	43.01	42.12	43.88	41.29
100m Fly							01:52.28	01:47.51	01:32.43	01:32.47	03:30.88	01:33.15	01:33.22	01:30.81	01:26.77	02:06.37	01:32.47	01:38.73	01:30.81
50m Breast	03:54.66	02:44.66	01:35.44	02:10.42	01:22.06	01:06.89	01:06.69	56.78	51.19		57.97	01:12.59	49.23	47.17	44.40	50.56	51.19	50.05	47.17
100m Breast			04:03.28	03:29.86	03:08.45	02:16.58	02:10.19	01:51.94	01:43.61		02:01.93	01:55.95	01:43.21	01:44.29	01:38.64	01:56.45	01:43.61	01:57.26	01:44.29
150/200m IM		10:33.49	06:13.49	04:59.10	06:03.36	04:06.23	04:06.06	03:51.58	03:32.69	03:26.25	04:10.70	03:39.42	03:19.49	03:25.34	03:12.65	03:51.06	03:26.25	03:34.56	03:25.34

							l	BOYS 12-15	YEARS: 20	0m & 400n	reestyle								
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
200m Free	08:12.11	07:08.34	05:42.66	04:51.90	04:45.50	04:38.37	03:53.71	03:50.35	03:33.92	03:17.38	05:28.59	03:54.35	03:23.76	03:03.06	03:06.81	03:27.13	03:17.38	03:32.12	03:03.06
400m Free						08:12.59	07:32.98	07:17.39	06:46.48	06:39.81	07:29.04	07:56.37	06:54.88	06:58.85	07:13.44	08:50.44	06:39.81	07:28.09	06:58.85

							(GIRLS 12-15	YEARS: 20	0m & 400n	n Freestyle								
Event	S1 S2 S3 S4 S5 S6 S7 S8 S9 S10 S11 S12 S13 S14 S15 S16 S17 S18 S19																		
200m Free	08:57.16	08:39.00	07:56.93	05:08.59	05:07.38	05:01.22	04:31.22	04:26.22	03:59.49	03:55.58	06:12.08	05:12.08	04:42.08	03:29.95	03:39.42	03:54.99	03:55.58	03:51.26	03:29.95
400m Free						08:50.75	08:35.38	08:08.64	07:37.10	07:45.17	08:43.74	07:43.74	07:05.82	08:31.10	08:05.72	09:44.19	07:45.17	07:55.91	08:31.10

							1	BOYS 16-18	YEARS: 20	0m & 400n	n Freestyle								
Event																			
200m Free	08:12.11	07:08.34	05:42.66	04:51.90	04:45.50	04:03.57	03:24.50	03:21.56	03:07.18	02:52.70	04:47.52	03:25.06	02:58.29	02:40.17	02:45.13	03:06.18	02:52.70	2:53.48	02:40.17
400m Free						07:11.02	06:36.35	06:22.72	05:55.67	05:49.83	06:32.91	06:56.82	06:03.02	06:06.49	05:46.20	07:04.10	05:49.83	06:24.90	06:06.49

							(SIRLS 16-18	YEARS: 20	0m & 400n	1 Freestyle								
Event																			
200m Free	08:57.16	08:39.00	07:56.93	05:08.59	05:07.38	04:51.22	04:01.22	03:52.95	03:29.55	03:26.14	05:25.57	04:25.57	03:55.57	03:03.71	03:06.06	03:35.31	03:26.14	3:16.67	03:03.71
400m Free						07:44.41	07:30.95	07:07.56	06:39.97	06:47.02	07:38.28	06:38.28	06:12.60	07:27.22	06:27.97	07:46.89	06:47.02	06:48.59	07:27.22

Qualifying Times must be achieved since 1st May 2022





								E	3OYS 12-13	YEARS									
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	01:49.77	01:32.68	01:12.83	01:01.14	53.01	46.95	44.53	43.21	40.23	37.32	42.27	38.13	37.37	40.28	38.61	43.08	37.32	42.81	40.28
100m Free	03:54.34	03:32.70	02:41.01	02:12.59	01:57.79	01:43.27	01:36.04	01:34.24	01:26.95	01:22.95	01:32.78	01:24.67	01:23.64	01:23.43	01:24.87	01:30.68	01:22.95	01:21.31	01:23.43
50m Back																			
100m Back	04:32.94	03:11.37	03:43.91	02:41.65	03:37.56	02:05.22	01:52.99	01:46.36	01:36.48	01:35.68	01:50.34	01:44.12	01:35.57	01:34.58	01:35.08	01:48.92	01:35.68	01:45.72	01:34.58
50m Fly				01:17.69	56.53	50.08	46.43	44.63	44.61	43.21	48.47	47.32	44.37	43.33	40.63	44.94	43.21	52.11	43.33
100m Fly							01:56.28	01:39.44	01:36.06	01:30.21	01:39.79	01:35.01	01:29.28	01:29.42	01:28.34	01:40.64	01:30.21	01:38.36	01:29.42
50m Breast	02:30.06	01:38.22	01:20.16	01:26.21	01:10.70	01:04.08	59.08	55.13	51.95		58.53	58.74	51.09	49.14	46.19	51.78	51.95	46.00	49.14
100m Breast			03:13.02	02:45.64	02:30.14	02:10.39	02:06.80	01:53.60	01:51.39		01:59.12	01:54.75	01:43.03	01:41.95	01:38.34	01:55.90	01:51.39	01:54.87	01:41.95
150/200m IM		09:10.70	04:53.07	04:19.74	05:05.78	04:21.46	03:58.49	03:52.60	03:41.07	03:29.92	03:52.33	04:10.17	03:28.61	03:28.20	03:21.10	04:02.99	03:29.92	03:43.97	03:28.20

								(GIRLS 12-13	YEARS									
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	02:03.55	01:54.45	01:31.52	01:02.47	58.63	52.58	52.68	50.68	45.63	44.48	48.78	43.84	42.43	45.86	42.86	48.99	44.48	48.68	45.86
100m Free	04:25.46	03:55.05	03:17.65	02:23.11	02:11.73	01:56.09	01:55.55	01:46.40	01:39.33	01:36.04	01:56.66	01:36.04	01:34.91	01:35.41	01:33.82	01:45.92	01:36.04	01:44.69	01:35.41
50m Back	02:00.60	01:53.51	01:36.15	01:20.97	01:12.55	01:09.62	01:08.74	01:04.34	55.40	54.02	01:27.90	55.88	56.60	51.28	49.76	59.06	54.02	54.36	51.28
100m Back	04:36.34	04:05.33	03:45.60	03:40.79	03:48.47	02:10.87	02:12.37	02:06.30	01:51.86	01:50.14	02:13.33	01:55.48	01:46.39	01:48.32	01:46.92	02:15.96	01:50.14	01:56.27	01:48.32
50m Fly				02:08.48	01:07.49	58.30	55.51	57.78	49.58	48.92	58.49	56.53	54.57	49.96	46.63	01:01.24	48.92	01:00.61	49.96
100m Fly							02:10.68	02:04.88	01:47.36	01:47.41	04:04.94	01:48.19	01:48.27	01:45.48	01:44.70	02:34.97	01:47.41	01:55.61	01:45.48
50m Breast	03:49.97	02:41.36	01:33.53	02:07.81	01:20.42	01:17.69	01:17.46	01:05.95	59.46		01:07.33	01:24.31	57.18	57.23	53.63	52.12	59.46	01:00.60	57.23
100m Breast			03:58.41	03:25.66	03:04.68	02:38.63	02:31.22	02:10.02	02:00.34		02:21.62	02:14.68	01:59.87	02:01.13	01:44.70	02:21.16	02:00.34	02:17.61	02:01.13
150/200m IM		10:20.82	06:06.02	04:53.12	05:56.09	04:45.99	04:45.80	04:28.97	04:07.04	03:59.56	04:51.18	04:14.85	03:51.70	03:58.49	03:52.65	04:40.68	03:59.56	04:05.54	03:58.49

									BOYS 14-15	YEARS									
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	01:49.77	01:32.68	01:12.83	01:01.14	53.01	42.54	40.36	39.16	36.46	33.82	38.31	34.56	33.86	34.98	33.60	37.87	33.82	37.24	34.98
100m Free																			
50m Back	01:59.56	01:29.44	01:13.10	01:08.38	59.55	56.21	55.11	48.27	43.72	45.19	50.86	48.68	41.91	41.72	38.61	43.97	45.19	44.32	41.72
100m Back	04:32.94	03:11.37	03:43.91	02:41.65	03:37.56	01:53.48	01:42.40	01:36.39	01:27.43	01:26.71	01:40.00	01:34.35	01:26.61	01:25.71	01:22.67	01:34.31	01:26.71	01:33.08	01:25.71
50m Fly				01:17.69	56.53	45.39	42.08	40.44	40.43	39.16	43.92	42.89	40.21	37.56	35.40	38.77	39.16	45.41	37.56
100m Fly							01:45.38	01:30.12	01:27.05	01:21.75	01:30.43	01:26.10	01:20.91	01:21.04	01:16.98	01:26.84	01:21.75	01:27.21	01:21.04
50m Breast	02:30.06	01:38.22	01:20.16	01:26.21	01:10.70	58.08	53.54	49.96	47.08		53.05	53.23	46.30	42.76	40.21	44.81	47.08	39.95	42.76
100m Breast			03:13.02	02:45.64	02:30.14	01:58.17	01:54.92	01:42.95	01:40.95		01:47.95	01:43.99	01:33.37	01:32.39	01:25.70	01:40.42	01:40.95	01:48.99	01:32.39
150/200m IM		09:10.70	04:53.07	04:19.74	05:05.78	03:56.95	03:36.13	03:30.79	03:20.35	03:10.24	03:30.55	03:46.72	03:09.05	03:08.68	02:55.29	03:29.54	03:10.24	03:16.99	03:08.68

								(GIRLS 14-15	YEARS									
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	02:03.55	01:54.45	01:31.52	01:02.47	58.63	47.65	47.75	45.93	41.35	40.31	44.21	39.73	38.45	39.83	37.35	42.46	40.31	42.34	39.83
100m Free	04:25.46	03:55.05	03:17.65	02:23.11	02:11.73	01:45.21	01:44.71	01:36.43	01:30.02	01:27.04	01:45.72	01:27.04	01:26.01	01:26.47	01:21.75	01:31.77	01:27.04	01:32.13	01:26.47
50m Back	02:00.60	01:53.51	01:36.15	01:20.97	01:12.55	01:03.09	01:02.30	58.30	50.20	48.95	01:19.66	50.64	51.30	44.50	43.26	51.25	48.95	47.25	44.50
100m Back	04:36.34	04:05.33	03:45.60	03:40.79	03:48.47	01:58.60	01:59.96	01:54.46	01:41.37	01:39.81	02:00.83	01:44.66	01:36.41	01:38.16	01:32.92	01:57.43	01:39.81	01:42.42	01:38.16
50m Fly				02:08.48	01:07.49	00:52.83	50.30	52.36	44.93	44.34	53.37	51.41	49.45	43.43	40.53	45.18	44.34	52.60	43.43
100m Fly							01:55.50	01:53.17	01:37.30	01:37.34	03:41.97	01:38.05	01:38.12	01:35.59	01:31.22	02:12.42	01:37.34	02:01.16	01:35.59
50m Breast	03:49.97	02:41.36	01:33.53	02:07.81	01:20.42	01:10.41	01:10.20	59.77	53.88		01:01.02	01:16.41	51.82	49.60	46.66	53.11	53.88	46.12	49.60
100m Breast			03:58.41	03:25.66	03:04.68	02:23.76	02:17.04	01:57.83	01:49.06		02:08.34	02:02.05	01:48.64	01:49.77	01:43.66	02:02.30	01:49.06	02:01.16	01:49.77
150/200m IM		10:20.82	06:06.02	04:53.12	05:56.09	04:19.18	04:19.01	04:03.76	03:43.88	03:37.10	04:23.88	03:50.96	03:29.98	03:36.13	03:22.49	04:02.57	03:37.10	03:40.57	03:36.13

^{*}SC Times will only be accepted where a swimmer does not have an eligible LC time available





									BOYS 16-18	YEARS									
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	01:49.77	01:32.68	01:12.83	01:01.14	53.01	39.61	37.57	36.46	33.95	31.49	35.67	32.18	31.53	32.59	31.33	34.51	31.49	34.73	32.59
100m Free	03:54.34	03:32.70	02:41.01	02:12.59	01:57.79	01:27.13	01:21.03	01:19.51	01:13.36	01:09.99	01:18.28	01:11.44	01:10.57	01:10.40	01:08.90	01:13.19	01:09.99	01:16.74	01:10.40
50m Back	01:59.56	01:29.44	01:13.10	01:08.38	59.55	52.34	51.31	44.94	40.71	42.07	47.35	45.33	39.02	38.89	36.00	41.02	42.07	41.36	38.89
100m Back	04:32.94	03:11.37	03:43.91	02:41.65	03:37.56	01:45.65	01:35.34	01:29.74	01:21.40	01:20.73	01:33.10	01:27.85	01:20.64	01:19.80	01:17.10	01:28.01	01:20.73	01:28.61	01:19.80
50m Fly				01:17.69	56.53	42.26	39.17	37.65	37.64	36.46	40.89	39.93	37.44	35.06	33.00	36.21	36.46	42.36	35.06
100m Fly							01:38.11	01:23.90	01:21.05	01:16.11	01:24.20	01:20.16	01:15.33	01:15.45	01:11.77	01:21.48	01:16.11	01:22.47	01:15.45
50m Breast	02:30.06	01:38.22	01:20.16	01:26.21	01:10.70	54.07	49.85	46.52	43.83		49.39	49.56	43.10	39.85	37.49	41.82	43.83	37.33	39.85
100m Breast			03:13.02	02:45.64	02:30.14	01:50.02	01:46.99	01:35.85	01:33.99		01:40.51	01:36.82	01:26.93	01:26.02	01:19.88	01:33.70	01:33.99	01:36.16	01:26.02
150/200m IM		09:10.70	04:53.07	04:19.74	05:05.78	03:40.61	03:21.23	03:16.25	03:06.53	02:57.12	03:16.03	03:31.08	02:56.01	02:55.67	02:43.41	03:15.67	02:57.12	03:07.95	02:55.67
		•	•	•	•											•			

								(GIRLS 16-18	YEARS									
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	02:03.55	01:54.45	01:31.52	01:02.47	58.63	44.36	44.45	42.76	38.50	37.53	41.16	36.99	35.80	37.07	34.82	39.62	37.53	39.47	37.07
100m Free	04:25.46	03:55.05	03:17.65	02:23.11	02:11.73	01:37.95	01:37.49	01:29.78	01:23.81	01:21.03	01:38.43	01:21.03	01:20.08	01:20.50	01:16.20	01:25.63	01:21.03	01:27.50	01:20.50
50m Back	02:00.60	01:53.51	01:36.15	01:20.97	01:12.55	58.74	58.00	54.28	46.74	45.58	14.17	47.15	47.76	41.48	40.35	47.81	45.58	44.07	41.48
100m Back	04:36.34	04:05.33	03:45.60	03:40.79	03:48.47	01:50.42	01:51.69	01:46.57	01:34.38	01:32.93	01:52.49	01:37.44	01:29.77	01:31.39	01:26.67	01:49.64	01:32.93	01:37.46	01:31.39
50m Fly				02:08.48	01:07.49	49.19	46.83	48.75	41.83	41.28	49.96	48.00	46.04	40.46	37.81	42.15	41.28	49.05	40.46
100m Fly							01:50.03	01:45.36	01:30.59	01:30.63	03:26.67	01:31.29	01:31.35	01:29.00	01:25.04	02:03.84	01:30.63	01:36.76	01:29.00
50m Breast	03:49.97	02:41.36	01:33.53	02:07.81	01:20.42	01:05.55	01:05.36	55.65	50.17		56.81	01:11.14	48.25	46.23	43.51	49.55	50.17	43.00	46.23
100m Breast			03:58.41	03:25.66	03:04.68	02:13.85	02:07.59	01:49.70	01:41.54		01:59.49	01:53.63	01:41.14	01:42.20	01:36.66	01:54.12	01:41.54	01:54.91	01:42.20
150/200m IM		10:20.82	06:06.02	04:53.12	05:56.09	04:01.30	04:01.14	03:46.95	03:28.44	03:22.13	04:05.68	03:35.03	03:15.50	03:21.23	03:08.80	03:46.44	03:22.13	03:30.27	03:21.23

							ВС	OYS 12-15 \	'EARS: 200	m & 400m l	Freestyle								
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
200m Free	08:02.27	06:59.77	05:35.80	04:46.07	04:39.79	04:32.80	03:49.04	03:45.74	03:29.64	03:13.43	05:22.02	03:49.66	03:19.68	02:59.39	03:03.07	03:22.99	03:13.43	03:27.88	02:59.39
400m Free						08:02.74	07:23.92	07:08.64	06:38.35	06:31.81	07:20.06	07:46.84	06:46.58	06:50.47	07:04.77	08:39.83	06:31.81	07:19.13	06:50.47

							GI	RLS 12-15 \	/EARS: 200	m & 400m l	Freestyle								
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
200m Free	08:46.42	08:28.62	07:47.39	05:02.42	05:01.23	04:55.20	04:25.80	04:20.90	03:54.70	03:50.87	06:04.64	05:05.84	04:36.44	03:25.75	03:35.03	03:50.29	03:50.87	03:46.63	03:25.75
400m Free						08:40.14	08:25.07	07:58.87	07:27.96	07:35.86	08:33.27	07:34.47	06:57.31	08:20.88	07:56.01	09:32.51	07:35.86	07:46.39	08:20.88

							ВС	DYS 16-18 Y	'EARS: 200	n & 400m l	reestyle								
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
200m Free	08:02.27	06:59.77	05:35.80	04:46.07	04:39.79	03:58.70	03:20.41	03:17.53	03:03.44	02:49.25	04:41.77	03:20.96	02:54.72	02:36.97	02:41.82	03:02.46	02:49.25	02:50.01	02:36.97
400m Free						07:02.40	06:28.43	06:15.06	05:48.56	05:42.84	06:25.05	06:48.49	05:55.76	05:59.16	05:39.28	06:55.61	05:42.84	06:17.20	05:59.16

							GI	RLS 16-18 \	/EARS: 200	n & 400m l	reestyle								
Event	tent S1 S2 S3 S4 S5 S6 S7 S8 S9 S10 S11 S12 S13 S14 S15 S16 S17 S18 S19																		
200m Free	08:46.42	08:28.62	07:47.39	05:02.42	05:01.23	04:45.40	03:56.40	03:48.29	03:25.36	03:22.01	05:19.06	04:20.26	03:50.86	03:00.03	03:02.34	03:31.01	03:22.01	03:12.74	03:00.03
400m Free						07:35.12	07:21.93	06:59.01	06:31.97	06:38.88	07:29.11	06:30.31	06:05.14	07:18.27	06:20.21	07:37.55	06:38.88	06:40.42	07:18.27

^{*}SC Times will only be accepted where a swimmer does not have an eligible LC time available



QUALIFYING TIMES 2023 Australian Swimming Championships Gold Coast Aquatic Centre, Southport QLD 17-20 April 2023

		WOMEN		
=1/=1-	OF	EN	18 – 19	YEARS
EVENT	SCM	LCM	SCM	LCM
50m Freestyle	26.51	27.05	26.99	27.54
100m Freestyle	56.42	57.57	57.47	58.64
200m Freestyle	2:03.65	2:06.17	2:05.93	2:08.50
400m Freestyle	4:21.53	4:26.87	4:26.37	4:31.81
800m Freestyle	9:00.48	9:11.51	9:08.38	9:19.57
1500m Freestyle	16:58.97	17:19.77	17:17.82	17:39.03
50m Backstroke	29.96	30.57	30.50	31.12
100m Backstroke	1:04.48	1:05.80	1:05.66	1:07.00
200m Backstroke	2:19.49	2:22.34	2:22.03	2:24.93
50m Breaststroke	33.83	34.52	34.44	35.14
100m Breaststroke	1:12.85	1:14.34	1:14.17	1:15.68
200m Breaststroke	2:37.43	2:40.64	2:39.66	2:42.92
50m Butterfly	28.04	28.61	28.55	29.13
100m Butterfly	1:02.13	1:03.40	1:03.22	1:04.51
200m Butterfly	2:18.44	2:21.27	2:20.96	2:23.84
200m Individual Medley	2:19.39	2:22.23	2:21.94	2:24.84
400m Individual Medley	4:57.53	5:03.60	5:02.99	5:09.17
		RELAYS		
4 x 100m Free	Op	oen	3:57	'.94
4 x 200m Free	Op	oen	8:39	0.37
4 x 100m Medley	Op	pen	4:23	3.54

Short course times can only be used where a long course has not been achieved Qualifying time must be achieved after 1st January 2022 Entries close Tuesday 28th March, 2023 - Times achieved after the closing date will not be accepted under any circumstances



QUALIFYING TIMES 2023 Australian Swimming Championships Gold Coast Aquatic Centre, Southport QLD 17-20 April 2023

		MEN		
EN (ENIT	ОР	EN	19 – 20	YEARS
EVENT	SCM	LCM	SCM	LCM
50m Freestyle	23.04	23.51	23.68	24.16
100m Freestyle	51.16	52.20	52.58	53.65
200m Freestyle	1:52.48	1:54.78	1:55.04	1:57.39
400m Freestyle	3:59.56	4:04.45	4:06.00	4:11.02
800m Freestyle	8:18.48	8:28.65	8:24.63	8:34.93
1500m Freestyle	15:52.33	16:11.77	16:04.88	16:24.57
50m Backstroke	26.80	27.35	27.28	27.84
100m Backstroke	57.96	59.14	59.01	1:00.21
200m Backstroke	2:06.41	2:08.99	2:08.70	2:11.33
50m Breaststroke	29.46	30.06	29.99	30.60
100m Breaststroke	1:04.44	1:05.76	1:05.66	1:07.00
200m Breaststroke	2:20.11	2:22.97	2:22.63	2:25.54
50m Butterfly	25.13	25.64	25.59	26.11
100m Butterfly	55.73	56.87	56.74	57.90
200m Butterfly	2:05.32	2:07.88	2:07.60	2:10.20
200m Individual Medley	2:06.03	2:08.60	2:09.50	2:12.14
400m Individual Medley	4:33.13	4:38.70	4:40.64	4:46.37
		RELAYS		
4 x 100m Free	Ор	en	3:32	.42
4 x 200m Free	Ор	en	7:49	.28
4 x 100m Medley	Ор	en	3:53	.07
Mixed 4 x 100 Medley	Ор	en	4:08	.15

Short course times can only be used where a long course has not been achieved
Qualifying time must be achieved after 1st January 2022
Entries close Tuesday 28th March, 2023 - Times achieved after the closing date will not be accepted under any circumstances





QUALIFYING TIMES 2023 Australian Swimming Championships Gold Coast Aquatic Centre, Southport QLD 17-20 April 2023

		A 100 A																	
WOMEN	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S 5	S4	S3	S2	S1
50m FR LC	33.95	35.92	36.01	37.49	30.38	33.95	34.47	34.32	38.40	36.01	37.56	39.65	41.83	43.50	52.05	54.91	1:10.60	1:29.69	1:39.01
50m FR SC	33.27	35.20	35.29	36.74	29.77	33.27	33.78	33.63	37.63	35.29	36.81	38.86	40.99	42.63	51.01	53.81	1:09.19	1:27.90	1:37.03
100m FR LC	1:17.30	1:24.08	1:17.47	1:20.47	1:06.29	1:17.30	1:14.93	1:14.68	1:24.26	1:17.47	1:21.60	1:26.22	1:29.86	1:35.08	1:52.16	1:59.93	2:12.01	3:12.34	3:39.95
100m FR SC	1:15.75	1:22.40	1:09.03	1:18.86	1:04.96	1:15.75	1:07.02	1:07.49	1:15.18	1:09.03	1:12.88	1:16.17	1:28.06	1:33.18	1:49.92	1:57.53	2:09.37	3:08.49	3:35.55
200m FR LC	2:47.97	3:02.44	2:45.85	3:01.04	2:24.52	2:47.97	2:48.70	2:44.95	3:01.04	2:45.85	3:00.40	3:02.88	3:18.33	3:19.62	3:58.40	4:16.66	4:58.75		
200m FR SC	2:44.61	2:58.79	2:42.53	2:57.42	2:21.63	2:44.61	2:45.33	2:41.65	2:57.42	2:42.53	2:56.79	2:59.22	3:14.36	3:15.63	3:53.63	4:11.53	4:52.78		
400m FR LC	5:35.41	6:33.11	5:31.60	6:32.23	5:08.36	5:35.41	5:27.14	5:26.00	6:10.19	5:31.60	5:48.91	5:59.21	6:16.12	6:34.77					
400m FR SC	5:28.70	6:25.25	5:24.97	6:24.39	5:02.19	5:28.70	5:20.60	5:19.48	6:02.77	5:24.97	5:41.93	5:52.03	6:08.60	6:26.87					
50m BK LC	37.55	44.16	42.65	46.04	34.02	37.55	43.16	43.48	47.87	42.65	45.28	49.25	52.16	55.17	1:05.57	1:13.76	1:20.43	1:33.67	1:42.82
50m BK SC	36.80	43.28	41.80	45.12	33.34	36.80	42.30	42.61	46.91	41.80	44.37	48.27	51.12	54.07	1:04.26	1:12.18	1:18.82	1:31.80	1:40.76
100m BK LC	1:26.00	1:34.47	1:25.06	1:38.18	1:12.60	1:26.00	1:23.63	1:24.46	1:36.67	1:25.06	1:30.97	1:37.93	1:42.31	1:46.86	2:11.25	2:23.21	2:49.44	2:58.67	3:24.74
100m BK SC	1:24.28	1:32.58	1:23.36	1:36.22	1:11.15	1:24.28	1:21.96	1:22.77	1:34.74	1:23.36	1:29.15	1:35.97	1:40.26	1:44.72	2:08.62	2:20.35	2:46.05	2:55.10	3:20.65
50m BR LC	40.95	48.75	47.32	47.37	37.07	40.95	49.60	46.52	51.00		47.32	49.98	59.61	58.52	1:07.06	1:12.37	1:22.81	1:45.13	2:32.13
50m BR SC	40.13	47.78	46.37	46.42	36.33	40.13	48.61	45.59	49.98		46.37	48.98	58.42	57.35	1:04.26	1:12.28	1:18.82	1:31.80	2:29.09
100m BR LC	1:43.00	1:48.63	1:43.23	1:47.37	1:22.94	1:43.00	1:40.12	1:38.36	1:52.48		1:43.23	1:46.00	1:59.37	2:05.80	2:26.39	2:34.90	3:34.80	4:07.57	
100m BR SC	1:40.94	1:46.46	1:41.17	1:45.22	1:21.28	1:40.94	1:38.12	1:36.39	1:50.23		1:41.17	1:43.88	1:56.98	2:03.28	2:23.46	2:31.80	3:30.50	4:02.62	
50m BF LC	37.70	40.17	39.93	39.95	31.86	37.70	39.71	39.13	45.09	39.93	41.13	43.69	46.59	47.60	1:03.69	1:10.85	1:25.71		
50m BF SC	36.95	39.37	39.13	39.15	31.22	36.95	38.92	38.35	44.19	39.13	40.31	42.89	45.66	47.65	1:02.42	1:09.43	1:24.00		
100m BF LC	1:25.00	1:36.30	1:21.67	1:31.64	1:13.85	1:25.00	1:19.04	1:20.81	1:36.14	1:21.67	1:24.34	1:26.62	1:38.16	1:44.48	2:35.28				
100m BF SC	1:23.30	1:34.37	1:20.04	1:29.81	1:12.37	1:23.30	1:17.46	1:19.19	1:34.22	1:20.04	1:22.65	1:24.89	1:36.20	1:42.39	2:32.17				
150m IM LC																4:24.14	4:51.11		
150m IM SC																4:18.86	4:45.29		
200m IM LC	3:02.02	3:28.84	3:01.04	3:24.62	2:41.58	3:02.02	2:58.90	3:00.74	3:23.54	3:01.04	3:10.12	3:19.94	3:36.64	3:41.48	4:26.69				
200m IM SC	2:58.38	3:24.66	2:57.42	3:20.53	2:38.35	2:58.38	2:55.32	2:57.13	3:19.47	2:57.42	3:06.32	3:15.94	3:32.31	3:37.05	4:21.36				

Age as at 17 April, 2023

Short course times can only be used where a long course time has not been achieved.

Qualifying time must be achieved after 1st January 2022.





QUALIFYING TIMES 2023 Australian Swimming Championships Gold Coast Aquatic Centre, Southport QLD 17-20 April 2023

SOM_FRICE 30.14 31.27 30.56 30.18 26.83 30.14 29.88 29.74 32.57 30.56 32.43 33.67 35.55 37.32 44.06 51.18 59.41 12.50	S1	S2	S3	S4	S 5	S6	S 7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19	MEN
SOM_FRICE 29.54 30.64 29.95 29.58 26.29 29.54 29.28 29.15 31.92 29.95 31.78 33.00 34.84 36.57 43.18 50.16 58.22 11.10		1:20.65									-							0.00		
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Age as at 17 April, 2023

Short course times can only be used where a long course time has not been achieved.

Qualifying time must be achieved after 1st January 2022.



Thank You.
We hope that you enjoyed swimming with us.

Looking forward to seeing you again at our Short Course Meet on Sunday 4th June.