

**2023 Ballarat Gold Short Course Meet - 4/06/2023**  
**Session Report**

Session 1 - Morning

Sunday 4<sup>th</sup> June - Starts at 10:00 AM    Heat Interval: 35 Seconds / Back +25 Seconds

Event	Starts at
1 Mixed 400 Free	10:00 AM
2 Mixed 400 IM	10:07 AM
3 Girls 50 Fly	10:14 AM
4 Boys 50 Fly	10:25 AM
5 Girls 100 Breast	10:31 AM
6 Boys 100 Breast	10:46 AM
7 Mixed 200 Back	10:57 AM
8 Girls 50 Free	11:05 AM
9 Boys 50 Free	11:22 AM
10 Girls 100 Fly	11:33 AM
11 Boys 100 Fly	11:40 AM
12 Girls 200 Free	11:46 AM
13 Boys 200 Free	11:57 AM
14 Mixed 200 Medley Relay	12:04 PM
Swimmers Counts for Warm-ups: 246	
Finish Time	12:22 PM

Session 2 - Afternoon

Sunday 4<sup>th</sup> June - Starts at 12:50 PM    Heat Interval: 35 Seconds / Back +25 Seconds

Event	Starts at
15 Girls 200 IM	12:50 PM
16 Boys 200 IM	12:58 PM
17 Girls 50 Back	01:06 PM
18 Boys 50 Back	01:22 PM
19 Girls 100 Free	01:31 PM
20 Boys 100 Free	01:52 PM
21 Mixed 200 Fly	02:09 PM
22 Girls 50 Breast	02:12 PM
23 Boys 50 Breast	02:26 PM
24 Girls 100 Back	02:35 PM
25 Boys 100 Back	02:47 PM
26 Girls 100 IM	03:00 PM
27 Boys 100 IM	03:19 PM
28 Mixed 200 Breast	03:34 PM
29 Mixed 200 Free Relay	03:43 PM
Swimmers Counts for Warm-ups: 258	
Finish Time	03:54 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.**