



**BALLARAT GOLD
SWIMMING CLUB**

Takes pleasure in presenting the

2023 Ballarat Gold Short Course Meet

A proposed qualifying meet



**BALLARAT GOLD
SWIMMING CLUB**



coles

Ballarat Central

2023 Short Course Meet

Sunday 4th June
Ballarat Aquatic & Lifestyle Centre

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



Ballarat Central

Mark Stahl

Swim School



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 Short Course 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 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.

Ballarat GCO Swimming Club
Ballarat Gold Swimming Club
Ballarat Swimming Club
Bendigo East Swimming Club
Blue Lake Y
Camberwell Grammar Aquatic
DVE Aquatic Club
Echuca Swimming Club
Geelong Sharks Swimming Club
Geelong Swimming Club
Gisborne Thunder Swimming Club
Hamilton Olympic Swimming Club
Horsham Swimming Club
Kangaroo Flat
Kardinia International College
Laverton Wyndham Aquatics
Melbourne Swimming Club
Melbourne Vicentre Swimming Club
Melton Swimming Club
St Leonard's College Swimming
Surrey Park Swimming Club
Warrnambool Swimming Club
Westbourne Swim Club

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.

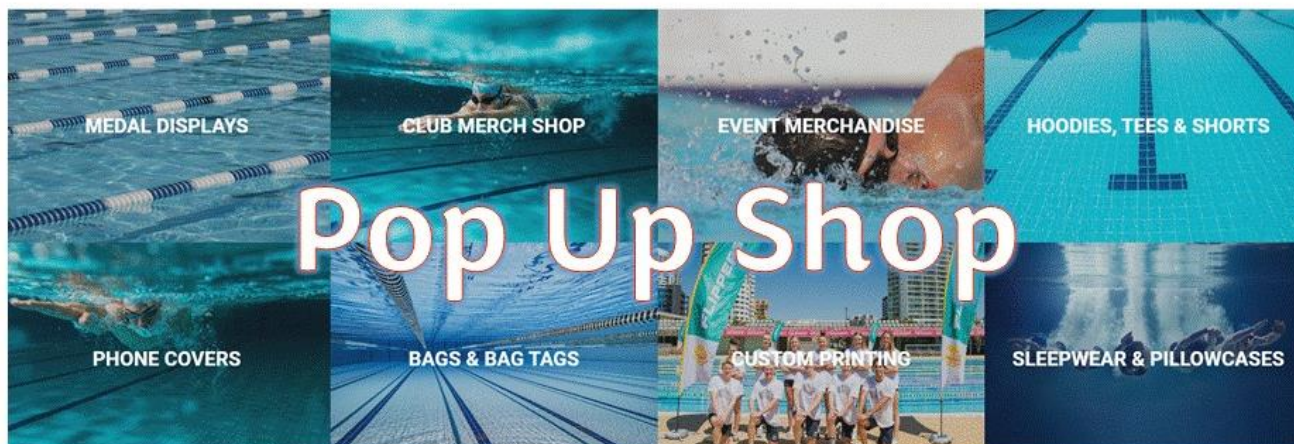
EVENT PARTNERS

swimmerch
2wimmerch

HOME GIFTS & CARDS POP UP SHOPS SWIMMING AUSTRALIA SWIMMING VICTORIA
CLUB MERCH SHOP MEDAL DISPLAYS APPAREL CUSTOM PRINTING GALLERY
EVENT MERCHANDISE LATEST SWIMMERCH EDIT



BALLARAT GOLD
SWIMMING CLUB



BALLARAT GOLD SWIMMING CLUB SHORT COURSE MEET

WHEN : Sunday 4th June

Time: From 10:00 am

WHERE : Ballarat Lifestyle and Aquatic Centre - Courtyard



FLOAT



BALLARAT GOLD
SWIMMING CLUB

coles

Ballarat Central



SHORT COURSE MEET:
SUNDAY 4TH JUNE 2023

**SAUSAGE
SIZZLE**

BALLARAT AQUATIC CENTRE



coles

Ballarat Central

**EVENT
SPONSOR**



BALLARAT GOLD SWIMMING CLUB

Presents

2023 Ballarat Gold Short Course Meet

A proposed short course qualifying meet.

Sunday 4th June 2023 at

Ballarat Aquatic and Lifestyle Centre, Gillies St North, Ballarat

Doors open 9.00am, warm up 9.15 am, start 10.00am
Entry is via double doors at the North end of the competition pool

Program of events

Event #		SESSION 1		Event #		SESSION 2
Female	Male	Event		Female	Male	Event
1		Mixed Open 400m Freestyle*		15	16	Open 200m IM
2		Mixed Open 400m IM*		17	18	Open 50m Backstroke
3	4	Open 50m Butterfly		19	20	Open 100m Freestyle
5	6	Open 100m Breaststroke		21		Mixed Open 200m Butterfly
7		Mixed Open 200m Backstroke		22	23	Open 50m Breaststroke
8	9	Open 50m Freestyle		24	25	Open 100m Backstroke
10	11	Open 100m Butterfly		26	27	Open 100m IM
12	13	Open 200m Freestyle		28		Mixed Open 200m Breaststroke
14		Mixed Open 4 x 50m Medley Relay		29		Mixed Open 4 x 50m Free Relay
BREAK				AGE GROUP MEDAL PRESENTATION		

*Events 1/2 may be combined. Limit of 3 combined heats, open to the first 24 swimmers to enter.
Only enter EITHER Event 1 OR Event 2, do NOT enter both.

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

Conditions of Entry

Entries:

Meet open to SAL registered swimmers only.

Age of competitors is as at date of meet.

[ONLINE entries via Swim Central.](#)

\$12 per event (includes Swimming Victoria levy)

Entry Fees will not be refunded for any reason.

Closing date 28th May at 6pm, 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 3 combined heats, open to the first 24 swimmers to enter.

Only enter EITHER Event 1 OR Event 2, do NOT enter both.

Meet:

One start rule applies.

The SV [11 & Under swim suit rule](#) will apply to this meet.

Backstroke ledges will be available for use at this Meet.

The Referees decisions will be final.

All events are timed finals with points awarded to the top 8 swimmers in the following age categories: 9 & U, 10/11, 12/13, 14/15, 16/17 and 18 & O for both male and female swimmers.

Medals for 1st, 2nd & 3rd aggregate in each age group presented at the conclusion of the meet.

Ribbons for individual Events.

Relays:

Mixed relay – minimum 1 girl/team.

Relay entry via Swim Central. Alternatively, [TM files](#) or [manual entry](#) welcome for Relay entries

ONLY. Email relay entry details to entries@ballaratgold.org.au

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 "SCRelay 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.

Pop-up shops in Courtyard: [Swim Merch](#), Ballarat Gold BBQ & 2nd Hand shop

JOLYN

swimmerch

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.

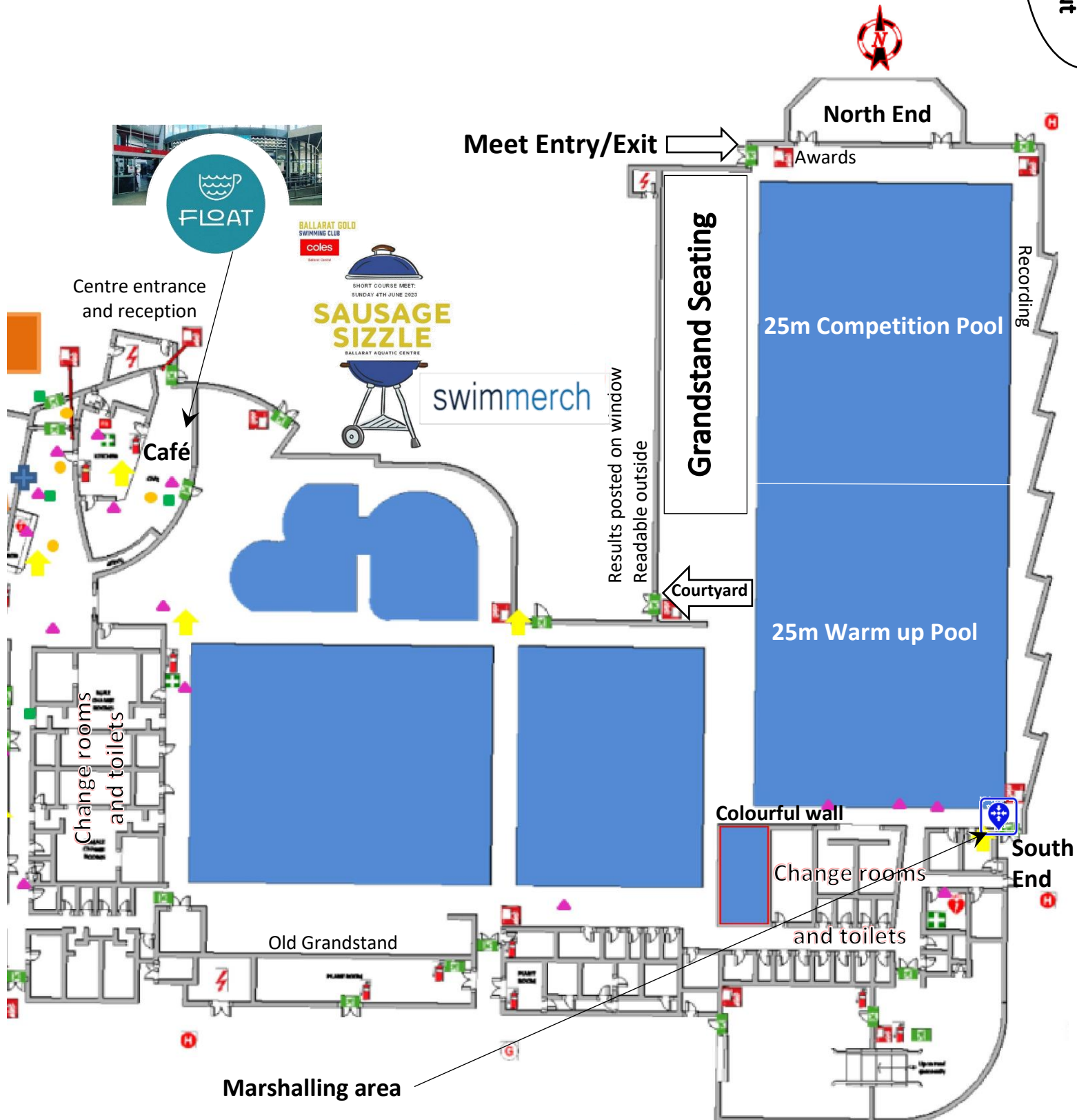
All Meet details subject to change based on Victorian Covid Rules and Restrictions at time of Meet.

Hockey Pitch

Prince of Wales Recreation Reserve
Gillies St N,
Lake Gardens
VIC 3350

To Car Park

Roundabout





2023 Ballarat Gold Short Course Meet Swimmer Marshalling Procedure

An informal Marshalling process will be in operation. All swimmers should Marshall in the far corner at the South end of the 25m Warm up pool (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.



2023 Ballarat Gold Short Course 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 2 clubs are sharing a lane, they have supplied **TWO** timekeepers to the correct lane for each Session of the meet. Please can other clubs, that are not listed below, please step up to fill any timekeeping gaps on the day. Thanks.

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 – 12:20ish)	Session 2 (12:50pm – 4pm)
1	Ballarat SC/BGOLD	BGOLD
2	Warrnambool/BGOLD	BGOLD
3	Geelong	BGOLD
4	BGOLD	BGOLD
5	BGOLD	BGOLD
6	Geelong	BGOLD
7	Geelong	Geelong
8	BGCO/BGOLD	BGCO/BGOLD

BACKSTROKE START LEDGES

Backstroke ledges will be installed and available to all swimmers.

Their use is optional at the discretion of each swimmer.

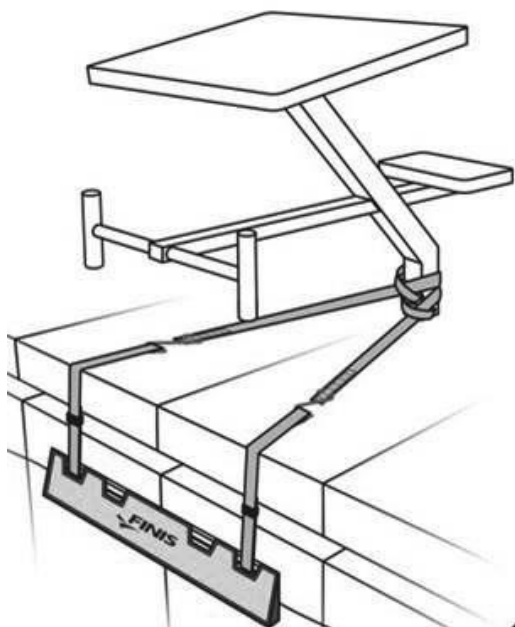
Technical officials (or timekeepers) will place the ledge in the water. This should not be undertaken by swimmers.

Swimmers may adjust the ledge once it is in the water using the hook on each strap.

When using a backstroke ledge at the start, the toes of both feet must be in contact with the face of the touchpad.

Once the race has started the ledge will be removed from the water and placed under the block.

If a swimmer does not wish to use the ledge, they should ask the official (or timekeeper) to remove the ledge from the water prior to the start of the race.



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 [Inclusive 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 [click here](#).

A promotional image for the 2023 Swimsuits World Championship Trials. It features a woman in a dark blue swimsuit and a shirtless man standing in front of a stylized, high-contrast image of the Melbourne skyline, including the State Opera House. The text "SWIMSUITS" is in yellow and green, "WORLD CHAMPIONSHIP" is in white, and "2023 TRIALS" is in large yellow and green numbers. "MELBOURNE, VICTORIA" is in white capital letters at the bottom of the graphic.

SWIMSUITS
WORLD CHAMPIONSHIP
2023 TRIALS
MELBOURNE, VICTORIA

13-18TH JUNE 2023

TICKETS ON SALE



2023 Ballarat Gold Short Course Meet - 4/06/2023

Session Report

Morning Session

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	_____

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.

RAD



Getting back to your best:

You'll need the right **rehab team** around you to help combat those sporting niggles, small or serious, or just general health and well being.

At RAD, we plan and support you from injury to full recovery.

Our rehab team will help you through:

Injury assessment and diagnosis

Implementing and navigating a successful rehab program

Get you back to what you love doing

STRENGTH & CONDITIONING - PHYSIOTHERAPY - INJURY REHABILITATION - DIETETICS



INFO@RADCENTRE.COM.AU
0428 109 400



2023 Ballarat Gold Short Course Meet - 4/06/2023

Meet Program - Session 1

Event 1 Mixed 400 SC Meter Free

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Timed Finals				
1	Alice Lin	W13	Ballarat Gold Swimming Club In	NT
2	Leah Ross	W15	Ballarat Gold Swimming Club In	6:03.64
3	Zoe Rouse	W18	Hamilton Olympic Swimming Club	5:02.23
4	Tom Urquhart	M15	Ballarat Gold Swimming Club In	4:29.61
5	Liam Paulsen	M12	Camberwell Grammar Aquatic	4:55.98
6	Isla Ho	W15	Ballarat Gold Swimming Club In	5:24.94
7	Ines Parlange	W14	Ballarat Gold Swimming Club In	NT

Event 2 Mixed 400 SC Meter IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Timed Finals				
2	Summer Morgan	W13	Geelong Swimming Club Incorpor	NT
3	Haydn Lowe	M15	Blue Lake Y	NT
4	Kevin Huang	M15	Ballarat Gold Swimming Club In	5:27.07
5	Holly Hembrow	W14	Kangaroo Flat	NT
7	Cameron Dole	M55	Ballarat Gco Swimming Club Inc	6:20.00 400m Breaststroke

Event 3 Girls 50 SC Meter Fly

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Timed Finals				
3	Julia de Lima	11	Geelong Swimming Club Incorpor	NT
4	Zara van Berkel	13	Geelong Swimming Club Incorpor	NT
5	Isabela de Lima	11	Geelong Swimming Club Incorpor	NT
Heat 2 of 8 Timed Finals				
1	Ivy Raff	9	Geelong Swimming Club Incorpor	1:00.49
2	Jordan Camfield	10	Geelong Swimming Club Incorpor	55.12
3	Anika Baireddy	12	Laverton Wyndham Aquatics Inc.	51.12
4	Sayuni Dharmasena	12	Geelong Swimming Club Incorpor	51.02
5	Evie Hayes	10	Geelong Swimming Club Incorpor	51.07
6	Belinda Su	10	Melbourne Vicentre Swimming Cl	53.39
7	Stella Vine	11	Geelong Swimming Club Incorpor	57.61
Heat 3 of 8 Timed Finals				
1	Shae O'Callaghan	10	Ballarat Gold Swimming Club In	50.36
2	Jade Hayward	11	Kangaroo Flat	47.84
3	Millie Leijer	10	Geelong Swimming Club Incorpor	47.30
4	Willow Crapp	13	Geelong Swimming Club Incorpor	46.69
5	Georgie Kennett	8	Ballarat Gold Swimming Club In	46.79
6	Juliette Mason	13	Geelong Swimming Club Incorpor	47.34
7	Aurelia Verdoorn	11	Ballarat Gold Swimming Club In	48.43
8	Clara Powell	11	Ballarat Gco Swimming Club Inc	50.91
Heat 4 of 8 Timed Finals				
1	Taryn Aldred	12	Geelong Swimming Club Incorpor	45.36
2	Amelia Wilson	11	Ballarat Gco Swimming Club Inc	43.89
3	Taylah Costello	11	Ballarat Gold Swimming Club In	42.85
4	Emma Heer	13	Kardinia Interna-ti	42.49
5	Zarah Gilmour	10	Geelong Swimming Club Incorpor	42.51
6	Chloe Nobes	14	Kardinia Interna-ti	43.76
7	Raina Snijders	10	Geelong Swimming Club Incorpor	44.58
8	Addison Hendley	10	Ballarat Gco Swimming Club Inc	46.61

2023 Ballarat Gold Short Course Meet - 4/06/2023

Meet Program - Session 1

Heat 5 Timed Finals... (Event 3 Girls 50 SC Meter Fly)

1	Lauren Davenport	10	Bendigo East Swimming Club	39.97
2	Grace Cofield	10	Ballarat Gold Swimming Club In	38.94
3	Ruth Whelan	11	Camberwell Grammar Aquatic	38.45
4	Isla Hassett	15	Geelong Swimming Club Incorpor	37.26
5	Matilda Gillespie	14	Ballarat Gold Swimming Club In	37.52
6	Sarah Collard	18	Geelong Swimming Club Incorpor	38.74
7	Emma Henderson	14	Camberwell Grammar Aquatic	39.25
8	Olivia Clark	13	Geelong Swimming Club Incorpor	40.14

Heat 6 of 8 Timed Finals

1	Macey Smither	11	St Leonard's College Swimming	36.81
2	Isabella Till	15	Ballarat Gco Swimming Club Inc	36.32
3	Lucy Dolan	11	St Leonard's College Swimming	35.63
4	Chelsea Ronning	13	Geelong Swimming Club Incorpor	34.91
5	Eve Pahos	13	Camberwell Grammar Aquatic	34.91
6	Aurora Aldersley	14	Geelong Swimming Club Incorpor	35.71
7	Keira Stubbings	10	Camberwell Grammar Aquatic	36.32
8	Georgia Mahony	14	Ballarat Gold Swimming Club In	36.84

Heat 7 of 8 Timed Finals

1	Sienna Mulheron	12	Surrey Park Swimming Club Inc	34.56
2	Sienna Lucas	13	Geelong Swimming Club Incorpor	34.45
3	Aaliyah Wong	13	Camberwell Grammar Aquatic	34.28
4	Harriet Meakin	15	Ballarat Swimming Club Inc	33.28
5	Imogen Ineson	15	Camberwell Grammar Aquatic	33.71
6	Lara Riddle	15	Ballarat Swimming Club Inc	34.41
7	April Macdonald	11	St Leonard's College Swimming	34.52
8	Elle Cofield	14	Ballarat Gold Swimming Club In	34.75

Heat 8 of 8 Timed Finals

1	Charley Ward	16	Ballarat Gold Swimming Club In	32.97
2	Sophie Kenafacke	14	Camberwell Grammar Aquatic	31.60
3	Alana Cummings	15	Camberwell Grammar Aquatic	31.26
4	Annie Steele	14	St Leonard's College Swimming	29.01
5	Mia Bates	13	St Leonard's College Swimming	30.23
6	Emmerson Wood	18	Ballarat Gold Swimming Club In	31.41
7	Ellie Morgan	15	Geelong Swimming Club Incorpor	31.77
8	Meg Conheady	15	Geelong Swimming Club Incorpor	33.13

Event 4 Boys 50 SC Meter Fly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Timed Finals

1	Henry O'Brien	11	Geelong Swimming Club Incorpor	1:05.19
2	Bernie Su	10	Melbourne Vicentre Swimming Cl	57.05
3	James Davenport	9	Bendigo East Swimming Club	49.42
4	Jack Hawkins	12	Echuca Swimming Club Inc	47.18
5	Byron Morgan	11	Geelong Swimming Club Incorpor	47.36
6	William Thompson	8	Melton Swimming Club Inc	56.80
7	Joziah Barron	9	Westbourne Swim Club	59.64
8	Mason Firth	12	Ballarat Gold Swimming Club In	NT

Heat 2 of 5 Timed Finals

1	Andrius Bruozis	13	Geelong Swimming Club Incorpor	45.23
2	Owen Barnes	10	Kangaroo Flat	43.32
3	Daniel Wilkie	12	Geelong Swimming Club Incorpor	42.49
4	Thomas Hembrow	11	Kangaroo Flat	40.33
5	L Reichenbach	11	Camberwell Grammar Aquatic	42.20
6	Eli Kerr	12	Warrnambool Swimming Club	42.52
7	Jayden Lim	11	Ballarat Gold Swimming Club In	44.09
8	Patrick Clark	10	Geelong Swimming Club Incorpor	46.19

2023 Ballarat Gold Short Course Meet - 4/06/2023**Meet Program - Session 1****Heat 3 Timed Finals... (Event 4 Boys 50 SC Meter Fly)**

1	Oscar Borthwick	13	Geelong Swimming Club Incorpor	40.10
2	Maxim Hocking	12	Ballarat Gold Swimming Club In	39.28
3	Sebastian Chambers	12	Geelong Swimming Club Incorpor	38.97
4	George Kitson	11	Geelong Swimming Club Incorpor	37.86
5	Hayden Wilson	12	Ballarat Gco Swimming Club Inc	38.56
6	Tom Hussey	12	Melbourne Swimming Club	39.11
7	Alex Bai	11	Camberwell Grammar Aquatic	39.98
8	Martin Ma	9	Ballarat Gold Swimming Club In	40.13

Heat 4 of 5 Timed Finals

1	Lewis Mccombe	14	Warrnambool Swimming Club	34.12
2	Reece Hornsby	14	Geelong Swimming Club Incorpor	32.26
3	Maximilian Coia	14	Camberwell Grammar Aquatic	31.27
4	William Lloyd-Johnsen	14	Geelong Swimming Club Incorpor	30.40
5	Xavier Lucas Chy	14	Dve Aquatic Club Inc	30.77
6	Miller Stott	14	Ballarat Gold Swimming Club In	31.65
7	Cade Faulkner	13	Camberwell Grammar Aquatic	33.69
8	Hugo Henderson	13	St Leonard's College Swimming	36.59

Heat 5 of 5 Timed Finals

1	Jack Green	14	St Leonard's College Swimming	29.76
2	Jacob Riches	13	Geelong Swimming Club Incorpor	28.74
3	Luke Gallagher	15	Ballarat Gco Swimming Club Inc	28.13
4	William Watson	16	Camberwell Grammar Aquatic	26.94
5	Lachlan Rundell	14	Camberwell Grammar Aquatic	27.83
6	Max Hussey	15	Melbourne Swimming Club	28.48
7	Harry McCraw	12	Camberwell Grammar Aquatic	28.94
8	Max Mason	15	Ballarat Gold Swimming Club In	30.29

Event 5 Girls 100 SC Meter Breast

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Timed Finals

2	Lily McCormack	10	Ballarat Gold Swimming Club In	NT
3	Amy Zheng	11	Ballarat Swimming Club Inc	NT
4	Louise Bussey	13	St Leonard's College Swimming	NT
5	Bronte Gooding	12	Ballarat Gco Swimming Club Inc	NT
6	Julia de Lima	11	Geelong Swimming Club Incorpor	NT

Heat 2 of 6 Timed Finals

1	Zoe Gooding	14	Ballarat Gco Swimming Club Inc	2:11.34
2	Clara Powell	11	Ballarat Gco Swimming Club Inc	1:56.38
3	Eva Robertson	13	Ballarat Gold Swimming Club In	1:51.86
4	Emily Wilks	14	Ballarat Gco Swimming Club Inc	1:50.02
5	Shasha Welch	12	Melbourne Swimming Club	1:51.46
6	Evie Lee	13	Geelong Swimming Club Incorpor	1:56.06
7	Jordan Camfield	10	Geelong Swimming Club Incorpor	1:56.45
8	Alice Mann	11	Ballarat Gold Swimming Club In	2:28.91

Heat 3 of 6 Timed Finals

1	Addison Biberow	13	Geelong Swimming Club Incorpor	1:48.14
2	Kate Beechey	12	Ballarat Gold Swimming Club In	1:47.88
3	Matilda Gillespie	14	Ballarat Gold Swimming Club In	1:45.98
4	Aurora Aldersley	14	Geelong Swimming Club Incorpor	1:44.59
5	Emerson McMaster	10	Kardinia Interna-ti	1:45.50
6	Holly Preston	13	Ballarat Gco Swimming Club Inc	1:46.08
7	Dior O'Callaghan	13	Ballarat Gold Swimming Club In	1:47.96
8	Lily Gillespie	12	Ballarat Gold Swimming Club In	1:48.94

2023 Ballarat Gold Short Course Meet - 4/06/2023**Meet Program - Session 1****Heat 4 Timed Finals... (Event 5 Girls 100 SC Meter Breast)**

1	Sayuni Dharmasena	12	Geelong Swimming Club Incorpor	1:43.59
2	Macy Lee	15	Geelong Swimming Club Incorpor	1:43.29
3	Michaela Pistorius	12	Geelong Swimming Club Incorpor	1:39.91
4	Amelia Luo	11	St Leonard's College Swimming	1:39.29
5	Emily McMillan	13	Echuca Swimming Club Inc	1:39.62
6	Amity Lowe	13	Blue Lake Y	1:42.47
7	Emma Colt	12	Kangaroo Flat	1:43.40
8	Nina Sutherland	12	Ballarat Gold Swimming Club In	1:44.46

Heat 5 of 6 Timed Finals

1	Grace Dillon	12	Ballarat Swimming Club Inc	1:38.43
2	Hollanah Hinde	13	Ballarat Gold Swimming Club In	1:37.81
3	Abby O'Meara	12	Geelong Swimming Club Incorpor	1:36.28
4	Charlie Henderson	13	St Leonard's College Swimming	1:30.03
5	Claire Mathison	14	Ballarat Gold Swimming Club In	1:30.86
6	Audrey Hogan	13	Bendigo East Swimming Club	1:37.61
7	Anja Hennig	13	Kardinia Interna-ti	1:37.86
8	Alice Lin	13	Ballarat Gold Swimming Club In	1:38.62

Heat 6 of 6 Timed Finals

1	Anna Leighton	23	Ballarat Gold Swimming Club In	1:29.72
2	Angela Harnden	14	St Leonard's College Swimming	1:29.44
3	Sophie Turanyik	13	St Leonard's College Swimming	1:26.45
4	Sarah Provily	15	Geelong Swimming Club Incorpor	1:19.27
5	Summer Morgan	13	Geelong Swimming Club Incorpor	1:25.87
6	Macey Kane	15	Warrnambool Swimming Club	1:29.28
7	Olivia Beechey	15	Ballarat Gold Swimming Club In	1:29.60
8	Scarlet Gilmour	12	Geelong Swimming Club Incorpor	1:29.94

Event 6 Boys 100 SC Meter Breast

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Timed Finals

3	Elliot Stott	12	Ballarat Gold Swimming Club In	NT
4	Lachlan Henderson	10	St Leonard's College Swimming	2:01.98
5	Andrius Bruozis	13	Geelong Swimming Club Incorpor	NT
6	William Thompson	8	Melton Swimming Club Inc	NT

Heat 2 of 5 Timed Finals

1	Lewis Mccombe	14	Warrnambool Swimming Club	2:01.43
2	Jayden Lim	11	Ballarat Gold Swimming Club In	1:51.95
3	Angus Lim	12	Camberwell Grammar Aquatic	1:48.70
4	George Kitson	11	Geelong Swimming Club Incorpor	1:45.89
5	Sebastian Chambers	12	Geelong Swimming Club Incorpor	1:47.13
6	Riley O'Callaghan	14	Ballarat Gold Swimming Club In	1:51.77
7	Henry Beechey	12	Ballarat Gold Swimming Club In	1:55.98
8	Edward McAdie	13	Ballarat Swimming Club Inc	2:01.90

Heat 3 of 5 Timed Finals

1	Graidey Masiero	12	Kangaroo Flat	1:41.24
2	Jack Hawkins	12	Echuca Swimming Club Inc	1:39.80
3	Kaelan McGee	13	Geelong Swimming Club Incorpor	1:36.62
4	James Hinde	12	Ballarat Gold Swimming Club In	1:31.74
5	Thomas Costello	14	Ballarat Gold Swimming Club In	1:34.57
6	Keppler Snijders	12	Geelong Swimming Club Incorpor	1:36.90
7	Oscar Borthwick	13	Geelong Swimming Club Incorpor	1:41.04
8	Jonty Ward	11	Ballarat Gold Swimming Club In	1:44.22

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Meet Program - Session 1

Heat 4 Timed Finals... (Event 6 Boys 100 SC Meter Breast)

1	Jeremy Watson	13	Dve Aquatic Club Inc	1:26.57
2	Angus Sharpe	14	Gisborne Thunder Swimming Club	1:24.68
3	Alric Wong	13	Kardinia Interna-ti	1:24.11
4	Reece Hornsby	14	Geelong Swimming Club Incorpor	1:20.08
5	William Lloyd-Johnsen	14	Geelong Swimming Club Incorpor	1:22.29
6	Quinn Richards	12	Camberwell Grammar Aquatic	1:24.23
7	Kai Moloney	14	Warrnambool Swimming Club	1:25.21
8	Jacob Ryder	14	Dve Aquatic Club Inc	1:28.46

Heat 5 of 5 Timed Finals

1	Max Mason	15	Ballarat Gold Swimming Club In	1:18.42
2	Harry Sanderson	16	Geelong Swimming Club Incorpor	1:15.36
3	Xander Zefferelli	15	Camberwell Grammar Aquatic	1:10.84
4	Dayne Schnyder	17	Ballarat Gold Swimming Club In	1:05.79
5	Nathan Nai	14	Camberwell Grammar Aquatic	1:08.15
6	Abdullah Sabaa	19	Camberwell Grammar Aquatic	1:13.92
7	Dax Conheady	13	Geelong Swimming Club Incorpor	1:18.01
8	Matthew Ellis	17	Horsham Swimming Club Inc	1:19.49

Event 7 Mixed 200 SC Meter Back

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Timed Finals

1	Emma Heer	W13	Kardinia Interna-ti	NT
2	Edward Meddings	M16	Ballarat Gold Swimming Club In	NT
3	Cameron Dole	M55	Ballarat Gco Swimming Club Inc	3:03.57
4	Joshua Mckenzie	M14	Warrnambool Swimming Club	2:57.51
5	Leah Ross	W15	Ballarat Gold Swimming Club In	3:02.16
6	Oscar Woithe	M13	Warrnambool Swimming Club	3:10.75
7	Layla Mccarthy	W14	Warrnambool Swimming Club	NT

Heat 2 of 2 Timed Finals

1	Summer Morgan	W13	Geelong Swimming Club Incorpor	2:40.31
2	Haydn Lowe	M15	Blue Lake Y	2:38.17
3	Liam Paulsen	M12	Camberwell Grammar Aquatic	2:36.81
4	Tom Urquhart	M15	Ballarat Gold Swimming Club In	2:24.91
5	Annie Steele	W14	St Leonard's College Swimming	2:26.91
6	Gianluca Paradiso	M13	Melbourne Swimming Club	2:37.02
7	Blake Scott	M14	Ballarat Gold Swimming Club In	2:39.98
8	Luka Lim	M13	Camberwell Grammar Aquatic	2:47.19

Event 8 Girls 50 SC Meter Free

Lane	Name	Age	Team	Seed Time
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Heat 1 of 14 Timed Finals

1	Aaliyah Wong	13	Camberwell Grammar Aquatic	29.51
2	Zoe Rouse	18	Hamilton Olympic Swimming Club	29.29
3	Ellie Morgan	15	Geelong Swimming Club Incorpor	28.92
4	Lillianah Jones	14	St Leonard's College Swimming	27.97
5	Ella Baas	17	Gisborne Thunder Swimming Club	28.49
6	Isla Ho	15	Ballarat Gold Swimming Club In	29.20
7	Alana Cummings	15	Camberwell Grammar Aquatic	29.39
8	Lucy Ma	12	St Leonard's College Swimming	29.68

Heat 2 of 14 Timed Finals

1	Charley Ward	16	Ballarat Gold Swimming Club In	31.03
2	Memphis Johnson	13	Geelong Swimming Club Incorpor	30.87
3	Ines Parlange	14	Ballarat Gold Swimming Club In	30.22
4	Imogen Ineson	15	Camberwell Grammar Aquatic	29.88
5	Holly Hembrow	14	Kangaroo Flat	30.19
6	Mary Steele	12	St Leonard's College Swimming	30.86
7	Isabella Till	15	Ballarat Gco Swimming Club Inc	30.94
8	Meg Conheady	15	Geelong Swimming Club Incorpor	31.05

2023 Ballarat Gold Short Course Meet - 4/06/2023**Meet Program - Session 1****Heat 3 Timed Finals... (Event 8 Girls 50 SC Meter Free)**

1	Amelia Jennings	15	Kardinia Interna-ti	31.69
2	Sienna Lucas	13	Geelong Swimming Club Incorpor	31.57
3	Arabella Johnson	12	Geelong Swimming Club Incorpor	31.39
4	April Macdonald	11	St Leonard's College Swimming	31.09
5	Eve Pahos	13	Camberwell Grammar Aquatic	31.10
6	Mayshara Welch	14	Melbourne Swimming Club	31.52
7	Charlie Henderson	13	St Leonard's College Swimming	31.66
8	Macey Kane	15	Warrnambool Swimming Club	31.75

Heat 4 of 14 Timed Finals

1	Lucy Dolan	11	St Leonard's College Swimming	32.47
2	Louise Bussey	13	St Leonard's College Swimming	31.97
3	Lara Riddle	15	Ballarat Swimming Club Inc	31.81
4	Aurora Aldersley	14	Geelong Swimming Club Incorpor	31.76
5	Elle Cofield	14	Ballarat Gold Swimming Club In	31.79
6	Angela Harnden	14	St Leonard's College Swimming	31.86
7	Isla Hassett	15	Geelong Swimming Club Incorpor	32.19
8	Chloe Bennie	14	Warrnambool Swimming Club	32.56

Heat 5 of 14 Timed Finals

1	Matilda Gillespie	14	Ballarat Gold Swimming Club In	33.39
2	Ruth Whelan	11	Camberwell Grammar Aquatic	33.25
3	Georgia Mahony	14	Ballarat Gold Swimming Club In	32.87
4	Emma Henderson	14	Camberwell Grammar Aquatic	32.74
5	Hollanah Hinde	13	Ballarat Gold Swimming Club In	32.85
6	Olivia Clark	13	Geelong Swimming Club Incorpor	32.99
7	Abbey Smith	13	Geelong Swimming Club Incorpor	33.33
8	Sarah Collard	18	Geelong Swimming Club Incorpor	33.75

Heat 6 of 14 Timed Finals

1	Sophie Turanyik	13	St Leonard's College Swimming	34.81
2	Michaela Pistorius	12	Geelong Swimming Club Incorpor	34.68
3	Taylah Costello	11	Ballarat Gold Swimming Club In	34.57
4	Audrey Hogan	13	Bendigo East Swimming Club	34.15
5	Keira Stubbings	10	Camberwell Grammar Aquatic	34.41
6	Alesha White	15	Kardinia Interna-ti	34.60
7	Hollie Watson	12	Bendigo East Swimming Club	34.78
8	Willow Crapp	13	Geelong Swimming Club Incorpor	35.11

Heat 7 of 14 Timed Finals

1	Taryn Aldred	12	Geelong Swimming Club Incorpor	36.37
2	Grace Cofield	10	Ballarat Gold Swimming Club In	36.05
3	Addison Biberow	13	Geelong Swimming Club Incorpor	35.85
4	Holly Preston	13	Ballarat Gco Swimming Club Inc	35.46
5	Macey Smither	11	St Leonard's College Swimming	35.47
6	Emily Wilks	14	Ballarat Gco Swimming Club Inc	35.89
7	Chloe Nobes	14	Kardinia Interna-ti	36.06
8	Amelia Wilson	11	Ballarat Gco Swimming Club Inc	36.38

Heat 8 of 14 Timed Finals

1	Sienna Seater	11	Ballarat Gold Swimming Club In	37.53
2	Lily Gillespie	12	Ballarat Gold Swimming Club In	37.39
3	Shasha Welch	12	Melbourne Swimming Club	36.95
4	Lily McCormack	10	Ballarat Gold Swimming Club In	36.64
5	Millie Leijer	10	Geelong Swimming Club Incorpor	36.80
6	Claire Baker	10	Ballarat Gco Swimming Club Inc	37.27
7	Juliette Mason	13	Geelong Swimming Club Incorpor	37.42
8	Matilda Biberow	11	Geelong Swimming Club Incorpor	37.89

2023 Ballarat Gold Short Course Meet - 4/06/2023**Meet Program - Session 1****Heat 9 Timed Finals... (Event 8 Girls 50 SC Meter Free)**

1	Zarah Gilmour	10	Geelong Swimming Club Incorpor	39.27
2	Kiera Butterworth	12	Ballarat Gold Swimming Club In	38.58
3	Lois Scruby	10	Ballarat Gold Swimming Club In	38.01
4	Bridie Steele	10	St Leonard's College Swimming	37.91
5	Addison Hendley	10	Ballarat Gco Swimming Club Inc	37.92
6	Amy Zheng	11	Ballarat Swimming Club Inc	38.19
7	Raina Snijders	10	Geelong Swimming Club Incorpor	38.82
8	Daphne Provily	10	Geelong Swimming Club Incorpor	39.27

Heat 10 of 14 Timed Finals

1	Jessica McMillan	9	Echuca Swimming Club Inc	41.18
2	Madeline Smith	12	Ballarat Gco Swimming Club Inc	40.48
3	Georgie Kennett	8	Ballarat Gold Swimming Club In	39.93
4	Anika Baireddy	12	Laverton Wyndham Aquatics Inc.	39.38
5	Emma Heer	13	Kardinia Interna-ti	39.78
6	Jade Hayward	11	Kangaroo Flat	40.43
7	Shae O'Callaghan	10	Ballarat Gold Swimming Club In	40.89
8	Emma Fisher	12	Ballarat Gold Swimming Club In	41.30

Heat 11 of 14 Timed Finals

1	Jayda Anesi	9	Ballarat Gco Swimming Club Inc	43.82
2	Amity Lowe	13	Blue Lake Y	43.12
3	Evie Hayes	10	Geelong Swimming Club Incorpor	42.06
4	Aurelia Verdoorn	11	Ballarat Gold Swimming Club In	41.75
5	Madalan Little	12	Geelong Swimming Club Incorpor	41.83
6	Zoe Bruce	11	Geelong Swimming Club Incorpor	42.74
7	Penny Rampton	9	Ballarat Swimming Club Inc	43.48
8	Dior O'Callaghan	13	Ballarat Gold Swimming Club In	43.85

Heat 12 of 14 Timed Finals

1	Belinda Su	10	Melbourne Vicentre Swimming Cl	46.77
2	Iris Grace	10	Geelong Swimming Club Incorpor	46.44
3	Abby Colt	10	Kangaroo Flat	45.37
4	Jordan Camfield	10	Geelong Swimming Club Incorpor	43.88
5	Zoe Gooding	14	Ballarat Gco Swimming Club Inc	45.16
6	Ivy Raff	9	Geelong Swimming Club Incorpor	45.50
7	Isabela de Lima	11	Geelong Swimming Club Incorpor	46.74
8	Julia de Lima	11	Geelong Swimming Club Incorpor	46.81

Heat 13 of 14 Timed Finals

1	Grace Fletcher	12	Ballarat Gold Swimming Club In	NT
2	Winifred Crapp	9	Geelong Swimming Club Incorpor	58.46
3	Maya Reid	8	Kangaroo Flat	49.13
4	Piper McKenzie	10	Geelong Swimming Club Incorpor	46.99
5	Sophie Grech	10	Ballarat Gold Swimming Club In	47.18
6	Isabel Meneses Lopez	9	Ballarat Gold Swimming Club In	55.46
7	Martha Grace	8	Geelong Swimming Club Incorpor	1:03.44

Heat 14 of 14 Timed Finals

3	Aria O'Meara	9	Geelong Swimming Club Incorpor	NT
4	Bronte Gooding	12	Ballarat Gco Swimming Club Inc	NT
5	Ella Featherston	10	Ballarat Gold Swimming Club In	NT

2023 Ballarat Gold Short Course Meet - 4/06/2023

Meet Program - Session 1

Event 9 Boys 50 SC Meter Free

Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Timed Finals				
1	Josh Stott	44	Ballarat Gold Swimming Club In	26.13
2	Maximilian Coia	14	Camberwell Grammar Aquatic	25.77
3	William Watson	16	Camberwell Grammar Aquatic	24.97
4	Thomas Smith	16	Geelong Swimming Club Incorpor	24.86
5	Cooper Sutherland	17	Ballarat Gold Swimming Club In	24.86
6	Max Hussey	15	Melbourne Swimming Club	25.69
7	Lachlan Rundell	14	Camberwell Grammar Aquatic	25.94
8	Dayne Schnyder	17	Ballarat Gold Swimming Club In	26.27
Heat 2 of 9 Timed Finals				
1	Harry McCraw	12	Camberwell Grammar Aquatic	27.71
2	Nathan Nai	14	Camberwell Grammar Aquatic	27.23
3	Sebastian Eagle	15	St Leonard's College Swimming	27.12
4	Luca Brown	13	Melbourne Swimming Club	26.33
5	Jack Lanyon	16	Ballarat Gold Swimming Club In	26.50
6	Max Mason	15	Ballarat Gold Swimming Club In	27.14
7	Tom Urquhart	15	Ballarat Gold Swimming Club In	27.33
8	Matthew Ellis	17	Horsham Swimming Club Inc	27.75
Heat 3 of 9 Timed Finals				
1	Liam Paulsen	12	Camberwell Grammar Aquatic	29.22
2	Reece Hornsby	14	Geelong Swimming Club Incorpor	28.70
3	Miller Stott	14	Ballarat Gold Swimming Club In	28.65
4	Xavier Lucas Chy	14	Dve Aquatic Club Inc	27.89
5	Jacob Ryder	14	Dve Aquatic Club Inc	28.12
6	Jack Green	14	St Leonard's College Swimming	28.69
7	Angus Sharpe	14	Gisborne Thunder Swimming Club	28.85
8	Tom Hussey	12	Melbourne Swimming Club	29.74
Heat 4 of 9 Timed Finals				
1	Hugo Henderson	13	St Leonard's College Swimming	30.88
2	Xavier Eagle	13	St Leonard's College Swimming	30.35
3	Tom Watmough	13	Camberwell Grammar Aquatic	30.17
4	Jonah Skewes-Clinton	17	Ballarat Gco Swimming Club Inc	30.01
5	Joshua Mckenzie	14	Warrnambool Swimming Club	30.06
6	Noah Stephens	13	Geelong Swimming Club Incorpor	30.25
7	Keppler Snijders	12	Geelong Swimming Club Incorpor	30.66
8	Kai Moloney	14	Warrnambool Swimming Club	31.07
Heat 5 of 9 Timed Finals				
1	Alex Bai	11	Camberwell Grammar Aquatic	33.57
2	Daniel Wilkie	12	Geelong Swimming Club Incorpor	32.73
3	Cade Faulkner	13	Camberwell Grammar Aquatic	32.11
4	Hayden Wilson	12	Ballarat Gco Swimming Club Inc	31.84
5	Dax Conheady	13	Geelong Swimming Club Incorpor	32.00
6	Jeremy Watson	13	Dve Aquatic Club Inc	32.38
7	Phillip Fisher	14	Ballarat Gold Swimming Club In	33.15
8	Owen Barnes	10	Kangaroo Flat	34.31
Heat 6 of 9 Timed Finals				
1	Thomas Hembrow	11	Kangaroo Flat	36.98
2	Jonty Ward	11	Ballarat Gold Swimming Club In	36.34
3	Bill Wang	13	Camberwell Grammar Aquatic	35.51
4	Riley O'Callaghan	14	Ballarat Gold Swimming Club In	34.38
5	Angus Lim	12	Camberwell Grammar Aquatic	34.80
6	Eli Kerr	12	Warrnambool Swimming Club	35.88
7	Maxim Hocking	12	Ballarat Gold Swimming Club In	36.73
8	Martin Ma	9	Ballarat Gold Swimming Club In	37.38

2023 Ballarat Gold Short Course Meet - 4/06/2023

Meet Program - Session 1

Heat 7 Timed Finals... (Event 9 Boys 50 SC Meter Free)

1	Matthew Swanton	11	Ballarat Gold Swimming Club In	39.70
2	Joziah Barron	9	Westbourne Swim Club	38.78
3	Byron Morgan	11	Geelong Swimming Club Incorpor	38.03
4	Jack Hawkins	12	Echuca Swimming Club Inc	37.62
5	L Reichenbach	11	Camberwell Grammar Aquatic	37.74
6	Patrick Clark	10	Geelong Swimming Club Incorpor	38.47
7	Lachlan Henderson	10	St Leonard's College Swimming	39.68
8	Spencer Stanley	10	Geelong Swimming Club Incorpor	41.18

Heat 8 of 9 Timed Finals

1	Lucas Cooke	11	Geelong Swimming Club Incorpor	45.92
2	Ashton Silak	10	Ballarat Swimming Club Inc	43.12
3	Charlie Tickell	11	Ballarat Gold Swimming Club In	42.57
4	Edward McAdie	13	Ballarat Swimming Club Inc	41.38
5	James Davenport	9	Bendigo East Swimming Club	41.92
6	Joseph Scruby	8	Ballarat Gold Swimming Club In	42.62
7	Henry O'Brien	11	Geelong Swimming Club Incorpor	44.71
8	Mason Firth	12	Ballarat Gold Swimming Club In	47.10

Heat 9 of 9 Timed Finals

3	Joshua Lee	12	Geelong Swimming Club Incorpor	NT
4	Bernie Su	10	Melbourne Vicentre Swimming Cl	50.75
5	Alexander MacRae	17	Camberwell Grammar Aquatic	NT
6	Noah Tucker	11	Geelong Swimming Club Incorpor	NT

Event 10 Girls 100 SC Meter Fly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Timed Finals

2	Macey Smither	11	St Leonard's College Swimming	NT
3	Eva Robertson	13	Ballarat Gold Swimming Club In	1:52.96
4	Nina Sutherland	12	Ballarat Gold Swimming Club In	1:45.16
5	Emma Heer	13	Kardinia Interna-ti	1:49.04
6	Lucy Dolan	11	St Leonard's College Swimming	NT

Heat 2 of 3 Timed Finals

1	Amelia Jennings	15	Kardinia Interna-ti	1:28.21
2	Claire Mathison	14	Ballarat Gold Swimming Club In	1:23.73
3	April Macdonald	11	St Leonard's College Swimming	1:21.57
4	Sienna Mulheron	12	Surrey Park Swimming Club Inc	1:20.04
5	Imogen Ineson	15	Camberwell Grammar Aquatic	1:21.13
6	Amelia Luo	11	St Leonard's College Swimming	1:22.93
7	Memphis Johnson	13	Geelong Swimming Club Incorpor	1:26.29
8	Chloe Bennie	14	Warrnambool Swimming Club	1:32.30

Heat 3 of 3 Timed Finals

1	Harriet Meakin	15	Ballarat Swimming Club Inc	1:13.41
2	Emmerson Wood	18	Ballarat Gold Swimming Club In	1:11.31
3	Annie Steele	14	St Leonard's College Swimming	1:07.74
4	Zara Jeffrey	13	Camberwell Grammar Aquatic	1:07.23
5	Mia Bates	13	St Leonard's College Swimming	1:07.27
6	Alana Cummings	15	Camberwell Grammar Aquatic	1:09.48
7	Sarah Provily	15	Geelong Swimming Club Incorpor	1:12.67
8	Lillianah Jones	14	St Leonard's College Swimming	1:16.05

Event 11 Boys 100 SC Meter Fly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Timed Finals

2	Martin Ma	9	Ballarat Gold Swimming Club In	NT
3	Kaelan McGee	13	Geelong Swimming Club Incorpor	NT
4	Beau Turner	15	Warrnambool Swimming Club	1:29.95
5	James Hinde	12	Ballarat Gold Swimming Club In	1:38.34
6	George Kitson	11	Geelong Swimming Club Incorpor	NT

2023 Ballarat Gold Short Course Meet - 4/06/2023

Meet Program - Session 1

Heat 2 Timed Finals... (Event 11 Boys 100 SC Meter Fly)

1	Oscar Woithe	13	Warrnambool Swimming Club	1:26.97
2	Lewis Mccombe	14	Warrnambool Swimming Club	1:19.94
3	Thomas Costello	14	Ballarat Gold Swimming Club In	1:15.79
4	Harry Sanderson	16	Geelong Swimming Club Incorpor	1:14.01
5	Luka Lim	13	Camberwell Grammar Aquatic	1:15.20
6	Ronan Kerr	14	Warrnambool Swimming Club	1:16.14
7	Alric Wong	13	Kardinia Interna-ti	1:21.85
8	Oscar Borthwick	13	Geelong Swimming Club Incorpor	1:27.96

Heat 3 of 3 Timed Finals

1	William Lloyd-Johnsen	14	Geelong Swimming Club Incorpor	1:11.36
2	Jack Green	14	St Leonard's College Swimming	1:07.41
3	Lachlan Rundell	14	Camberwell Grammar Aquatic	1:04.02
4	William Watson	16	Camberwell Grammar Aquatic	59.57
5	Harry McCraw	12	Camberwell Grammar Aquatic	1:03.89
6	Max Hussey	15	Melbourne Swimming Club	1:06.50
7	Xander Zefferelli	15	Camberwell Grammar Aquatic	1:08.02
8	Ross Sykiotis	16	Camberwell Grammar Aquatic	1:13.90

Event 12 Girls 200 SC Meter Free

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Timed Finals

1	Mary Steele	12	St Leonard's College Swimming	2:35.03
2	Madeline Pierce	17	Ballarat Gold Swimming Club In	2:27.44
3	Ella Baas	17	Gisborne Thunder Swimming Club	2:20.97
4	Leila Halse	15	St Leonard's College Swimming	2:19.37
5	Zoe Rouse	18	Hamilton Olympic Swimming Club	2:19.64
6	Lucy Ma	12	St Leonard's College Swimming	2:25.95
7	Macey Kane	15	Warrnambool Swimming Club	2:29.92
8	Sophie Kenafacke	14	Camberwell Grammar Aquatic	2:35.73

Heat 2 of 3 Timed Finals

1	Olivia Clark	13	Geelong Swimming Club Incorpor	2:52.02
2	Macy Lee	15	Geelong Swimming Club Incorpor	2:45.05
3	Anja Hennig	13	Kardinia Interna-ti	2:41.17
4	Ruth Whelan	11	Camberwell Grammar Aquatic	2:36.88
5	Anna Leighton	23	Ballarat Gold Swimming Club In	2:37.88
6	Louise Bussey	13	St Leonard's College Swimming	2:44.46
7	Aurora Aldersley	14	Geelong Swimming Club Incorpor	2:45.30
8	Charlie Henderson	13	St Leonard's College Swimming	2:54.54

Heat 3 of 3 Timed Finals

1	Sienna Mulheron	12	Surrey Park Swimming Club Inc	NT
2	Emily McMillan	13	Echuca Swimming Club Inc	NT
3	Amity Lowe	13	Blue Lake Y	3:46.49
4	Evie Lee	13	Geelong Swimming Club Incorpor	2:56.96
5	Bridie Steele	10	St Leonard's College Swimming	3:26.67
6	Camila Meneses Lopez	10	Ballarat Gold Swimming Club In	3:48.15
7	Chelsea Ronning	13	Geelong Swimming Club Incorpor	NT
8	Claire Baker	10	Ballarat Gco Swimming Club Inc	NT

Event 13 Boys 200 SC Meter Free

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Timed Finals

1	Joziah Barron	9	Westbourne Swim Club	NT
2	Sicheng Wang	12	Camberwell Grammar Aquatic	NT
3	Martin Ma	9	Ballarat Gold Swimming Club In	3:41.10
4	Joshua Mckenzie	14	Warrnambool Swimming Club	2:34.86
5	George Kitson	11	Geelong Swimming Club Incorpor	2:58.58
6	Quinn Richards	12	Camberwell Grammar Aquatic	2:40.26
7	Tom Hussey	12	Melbourne Swimming Club	NT

2023 Ballarat Gold Short Course Meet - 4/06/2023**Meet Program - Session 1****Heat 2 Timed Finals... (Event 13 Boys 200 SC Meter Free)**

1	Cade Faulkner	13	Camberwell Grammar Aquatic	2:31.03
2	Blake Scott	14	Ballarat Gold Swimming Club In	2:29.83
3	Sebastian Eagle	15	St Leonard's College Swimming	2:16.48
4	James Gargano	15	Camberwell Grammar Aquatic	2:04.61
5	Gianluca Paradiso	13	Melbourne Swimming Club	2:13.54
6	Xavier Eagle	13	St Leonard's College Swimming	2:29.68
7	William Lloyd-Johnsen	14	Geelong Swimming Club Incorpor	2:30.87
8	Keppler Snijders	12	Geelong Swimming Club Incorpor	2:33.47

Event 14 Mixed 200 SC Meter Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 3 Timed Finals			
1	Ballarat Gold Swimming Club In	O	NT
2	Ballarat Gold Swimming Club In	L	NT
3	Ballarat Gold Swimming Club In	J	NT
4	Ballarat Gold Swimming Club In	H	NT
5	Ballarat Gold Swimming Club In	I	NT
6	Ballarat Gold Swimming Club In	K	NT
7	Ballarat Gold Swimming Club In	N	NT
8	Ballarat Gold Swimming Club In	P	NT
Heat 2 of 3 Timed Finals			
1	Ballarat Gold Swimming Club In	G	NT
2	Ballarat Gold Swimming Club In	F	NT
3	Camberwell Grammar Aquatic	E	NT
4	Ballarat Gold Swimming Club In	D	NT
5	Camberwell Grammar Aquatic	D	NT
6	Ballarat Gold Swimming Club In	E	NT
7	Camberwell Grammar Aquatic	F	NT
8	Camberwell Grammar Aquatic	G	NT
Heat 3 of 3 Timed Finals			
1	Ballarat Gold Swimming Club In	C	NT
2	Camberwell Grammar Aquatic	B	NT
3	Camberwell Grammar Aquatic	A	NT
4	Ballarat Gco Swimming Club Inc	A	NT
5	Kardinia International College-ti	A	NT
6	Ballarat Gold Swimming Club In	A	NT
7	Ballarat Gold Swimming Club In	B	NT
8	Camberwell Grammar Aquatic	C	NT



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

<https://re3.global/collections/shop>
USE BGSC15 at checkout

SUPPORTING LOCAL

- 15% OFF ALL RE3 PRODUCTS SITE WIDE
- RE3 TO DONATE 10% OF SALES GENERATED BY THE CLUB BACK
- PRODUCTS WILL BE DELIVERED DIRECTLY TO THE CLUB ROOMS FOR DISTRIBUTION
- SUPPORTING LOCAL ATHLETES & THE CLUBS THAT SUPPORT THEM



RE3®
BALLARAT GOLD SWIM CLUB

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.

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

Starts at 12:50 PM Heat Interval: 35 Seconds / Back +25 Seconds

Event	Starts at	
15 Mixed 200 IM - Ev15&16 Combined	12:50 PM	_____
17 Girls 50 Back	01:02 PM	_____
18 Boys 50 Back	01:18 PM	_____
19 Girls 100 Free	01:26 PM	_____
20 Boys 100 Free	01:48 PM	_____
21 Mixed 200 Fly	02:05 PM	_____
22 Girls 50 Breast	02:08 PM	_____
23 Boys 50 Breast	02:22 PM	_____
24 Girls 100 Back	02:30 PM	_____
25 Boys 100 Back	02:43 PM	_____
26 Girls 100 IM	02:55 PM	_____
27 Boys 100 IM	03:17 PM	_____
28 Mixed 200 Breast	03:32 PM	_____
29 Mixed 200 Free Relay	03:41 PM	_____
Swimmers Counts for Warm-ups: 258		
Finish Time	03:51 PM	_____

Please note that Event 15 & 16 have been combined and will be swum as a mixed event.

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.

2023 Ballarat Gold Short Course Meet - 4/06/2023

Meet Program - Session 2

Event 15 Mixed 200 SC Meter IM - Ev15&16 Combined

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Timed Finals				
1	Emerson McMaster	W10	Kardinia Interna-ti	3:27.15
2	Lucy Dolan	W11	St Leonard's College Swimming	3:20.03
3	Beau Turner	M15	Warrnambool Swimming Club	3:10.76
4	Louise Bussey	W13	St Leonard's College Swimming	3:06.59
5	Aurora Aldersley	W14	Geelong Swimming Club Incorpor	3:08.19
6	Keira Stubbings	W10	Camberwell Grammar Aquatic	3:15.51
7	Sienna Mulheron	W12	Surrey Park Swimming Club Inc	3:22.56
8	William Thompson	M8	Melton Swimming Club Inc	NT
Heat 2 of 3 Timed Finals				
1	Ronan Kerr	M14	Warrnambool Swimming Club	2:59.20
2	Claire Mathison	W14	Ballarat Gold Swimming Club In	2:49.89
3	Luka Lim	M13	Camberwell Grammar Aquatic	2:47.58
4	Reece Hornsby	M14	Geelong Swimming Club Incorpor	2:44.86
5	Cade Faulkner	M13	Camberwell Grammar Aquatic	2:47.19
6	Arabella Johnson	W12	Geelong Swimming Club Incorpor	2:47.66
7	Quinn Richards	M12	Camberwell Grammar Aquatic	2:57.19
8	Emily McMillan	W13	Echuca Swimming Club Inc	3:02.17
Heat 3 of 3 Timed Finals				
1	Keppler Snijders	M12	Geelong Swimming Club Incorpor	2:41.54
2	Isla Ho	W15	Ballarat Gold Swimming Club In	2:37.68
3	Haydn Lowe	M15	Blue Lake Y	2:30.89
4	Annie Steele	W14	St Leonard's College Swimming	2:25.22
5	Harry McCraw	M12	Camberwell Grammar Aquatic	2:26.44
6	Sarah Provily	W15	Geelong Swimming Club Incorpor	2:34.57
7	Leila Halse	W15	St Leonard's College Swimming	2:39.90
8	Miller Stott	M14	Ballarat Gold Swimming Club In	2:44.50

Event 17 Girls 50 SC Meter Back

Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Timed Finals				
1	Aria O'Meara	9	Geelong Swimming Club Incorpor	NT
2	Ella Featherston	10	Ballarat Gold Swimming Club In	NT
3	Ivy Raff	9	Geelong Swimming Club Incorpor	56.47
4	Madeline Smith	12	Ballarat Gco Swimming Club Inc	55.97
5	Julia de Lima	11	Geelong Swimming Club Incorpor	56.00
6	Isabela de Lima	11	Geelong Swimming Club Incorpor	NT
7	Jayda Anesi	9	Ballarat Gco Swimming Club Inc	NT
Heat 2 of 9 Timed Finals				
1	Belinda Su	10	Melbourne Vicentre Swimming Cl	54.99
2	Sophie Grech	10	Ballarat Gold Swimming Club In	54.63
3	Maya Reid	8	Kangaroo Flat	53.72
4	Madalan Little	12	Geelong Swimming Club Incorpor	53.35
5	Iris Grace	10	Geelong Swimming Club Incorpor	53.45
6	Alice Mann	11	Ballarat Gold Swimming Club In	53.99
7	Amity Lowe	13	Blue Lake Y	54.84
8	Bronte Gooding	12	Ballarat Gco Swimming Club Inc	55.20
Heat 3 of 9 Timed Finals				
1	Zoe Gooding	14	Ballarat Gco Swimming Club Inc	52.61
2	Piper McKenzie	10	Geelong Swimming Club Incorpor	50.96
3	Georgie Kennett	8	Ballarat Gold Swimming Club In	49.93
4	Emma Fisher	12	Ballarat Gold Swimming Club In	49.47
5	Abby Colt	10	Kangaroo Flat	49.69
6	Penny Rampton	9	Ballarat Swimming Club Inc	50.04
7	Shae O'Callaghan	10	Ballarat Gold Swimming Club In	51.10
8	Winifred Crapp	9	Geelong Swimming Club Incorpor	52.80

2023 Ballarat Gold Short Course Meet - 4/06/2023**Meet Program - Session 2****Heat 4 Timed Finals... (Event 17 Girls 50 SC Meter Back)**

1	Jessica McMillan	9	Echuca Swimming Club Inc	48.52
2	Evie Hayes	10	Geelong Swimming Club Incorpor	48.13
3	Jordan Camfield	10	Geelong Swimming Club Incorpor	47.70
4	Zoe Bruce	11	Geelong Swimming Club Incorpor	46.91
5	Holly Preston	13	Ballarat Gco Swimming Club Inc	47.40
6	Jade Hayward	11	Kangaroo Flat	47.77
7	Stella Vine	11	Geelong Swimming Club Incorpor	48.13
8	Matilda Biberow	11	Geelong Swimming Club Incorpor	49.38

Heat 5 of 9 Timed Finals

1	Anika Baireddy	12	Laverton Wyndham Aquatics Inc.	46.43
2	Raina Snijders	10	Geelong Swimming Club Incorpor	46.15
3	Sienna Seater	11	Ballarat Gold Swimming Club In	45.94
4	Millie Leijer	10	Geelong Swimming Club Incorpor	45.16
5	Zarah Gilmour	10	Geelong Swimming Club Incorpor	45.20
6	Daphne Provily	10	Geelong Swimming Club Incorpor	46.15
7	Amy Zheng	11	Ballarat Swimming Club Inc	46.40
8	Dior O'Callaghan	13	Ballarat Gold Swimming Club In	46.48

Heat 6 of 9 Timed Finals

1	Hannah Cao	10	Ballarat Gold Swimming Club In	44.64
2	Bridie Steele	10	St Leonard's College Swimming	44.38
3	Annabel Myers	12	Ballarat Gold Swimming Club In	43.21
4	Evie Lee	13	Geelong Swimming Club Incorpor	42.92
5	Juliette Mason	13	Geelong Swimming Club Incorpor	43.02
6	Taryn Aldred	12	Geelong Swimming Club Incorpor	44.19
7	Addison Hendley	10	Ballarat Gco Swimming Club Inc	44.60
8	Amelia Wilson	11	Ballarat Gco Swimming Club Inc	45.09

Heat 7 of 9 Timed Finals

1	Sarah Collard	18	Geelong Swimming Club Incorpor	41.91
2	Sophie Turanyik	13	St Leonard's College Swimming	41.57
3	Alesha White	15	Kardinia Interna-ti	40.15
4	Hollie Watson	12	Bendigo East Swimming Club	39.65
5	Taylah Costello	11	Ballarat Gold Swimming Club In	39.77
6	Abbey Smith	13	Geelong Swimming Club Incorpor	40.22
7	Audrey Hogan	13	Bendigo East Swimming Club	41.69
8	Charlie Henderson	13	St Leonard's College Swimming	42.29

Heat 8 of 9 Timed Finals

1	Chloe Bennie	14	Warrnambool Swimming Club	39.18
2	Macey Smither	11	St Leonard's College Swimming	38.11
3	April Macdonald	11	St Leonard's College Swimming	36.66
4	Chelsea Ronning	13	Geelong Swimming Club Incorpor	35.82
5	Charley Ward	16	Ballarat Gold Swimming Club In	35.88
6	Mary Steele	12	St Leonard's College Swimming	38.02
7	Sienna Lucas	13	Geelong Swimming Club Incorpor	38.20
8	Leah Ross	15	Ballarat Gold Swimming Club In	39.26

Heat 9 of 9 Timed Finals

1	Lucy Ma	12	St Leonard's College Swimming	35.01
2	Lara Riddle	15	Ballarat Swimming Club Inc	34.79
3	Ines Parlange	14	Ballarat Gold Swimming Club In	34.39
4	Zara Jeffrey	13	Camberwell Grammar Aquatic	32.03
5	Emmerson Wood	18	Ballarat Gold Swimming Club In	32.92
6	Layla Mccarthy	14	Warrnambool Swimming Club	34.58
7	Claire Mathison	14	Ballarat Gold Swimming Club In	34.87
8	Holly Hembrow	14	Kangaroo Flat	35.40

2023 Ballarat Gold Short Course Meet - 4/06/2023

Meet Program - Session 2

Event 18 Boys 50 SC Meter Back

Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Timed Finals				
2	Joshua Lee	12	Geelong Swimming Club Incorpor	NT
3	Henry O'Brien	11	Geelong Swimming Club Incorpor	54.34
4	Bernie Su	10	Melbourne Vicentre Swimming Cl	53.67
5	William Thompson	8	Melton Swimming Club Inc	54.12
6	Ashton Silak	10	Ballarat Swimming Club Inc	54.66
7	Spencer Stanley	10	Geelong Swimming Club Incorpor	NT
Heat 2 of 5 Timed Finals				
1	Lucas Cooke	11	Geelong Swimming Club Incorpor	51.50
2	Joseph Scruby	8	Ballarat Gold Swimming Club In	48.76
3	Matthew Swanton	11	Ballarat Gold Swimming Club In	47.38
4	Jack Hawkins	12	Echuca Swimming Club Inc	45.98
5	Joziah Barron	9	Westbourne Swim Club	46.13
6	James Davenport	9	Bendigo East Swimming Club	48.39
7	Jayden Lim	11	Ballarat Gold Swimming Club In	48.80
8	Charlie Tickell	11	Ballarat Gold Swimming Club In	52.22
Heat 3 of 5 Timed Finals				
1	Byron Morgan	11	Geelong Swimming Club Incorpor	45.15
2	Angus Lim	12	Camberwell Grammar Aquatic	43.09
3	Mason Firth	12	Ballarat Gold Swimming Club In	42.56
4	Riley O'Callaghan	14	Ballarat Gold Swimming Club In	42.40
5	Owen Barnes	10	Kangaroo Flat	42.51
6	Eli Kerr	12	Warrnambool Swimming Club	42.71
7	L Reichenbach	11	Camberwell Grammar Aquatic	44.28
8	Martin Ma	9	Ballarat Gold Swimming Club In	45.91
Heat 4 of 5 Timed Finals				
1	Thomas Hembrow	11	Kangaroo Flat	41.63
2	Maxim Hocking	12	Ballarat Gold Swimming Club In	38.38
3	Tom Watmough	13	Camberwell Grammar Aquatic	35.69
4	Liam Paulsen	12	Camberwell Grammar Aquatic	34.18
5	Tom Hussey	12	Melbourne Swimming Club	35.56
6	Hugo Henderson	13	St Leonard's College Swimming	37.25
7	Bill Wang	13	Camberwell Grammar Aquatic	40.83
8	Daniel Wilkie	12	Geelong Swimming Club Incorpor	42.25
Heat 5 of 5 Timed Finals				
1	Alexander MacRae	17	Camberwell Grammar Aquatic	32.03
2	Luca Brown	13	Melbourne Swimming Club	30.40
3	Tom Urquhart	15	Ballarat Gold Swimming Club In	30.26
4	Thomas Smith	16	Geelong Swimming Club Incorpor	28.45
5	Jack Lanyon	16	Ballarat Gold Swimming Club In	28.97
6	Sebastian Eagle	15	St Leonard's College Swimming	30.33
7	Maximilian Coia	14	Camberwell Grammar Aquatic	31.17
8	Edward Meddings	16	Ballarat Gold Swimming Club In	32.27

Event 19 Girls 100 SC Meter Free

Lane	Name	Age	Team	Seed Time
Heat 1 of 11 Timed Finals				
3	Evie Fletcher	11	Ballarat Gold Swimming Club In	NT
4	Kiera Butterworth	12	Ballarat Gold Swimming Club In	NT
5	Millie Nunn	11	Ballarat Gold Swimming Club In	NT

2023 Ballarat Gold Short Course Meet - 4/06/2023**Meet Program - Session 2****Heat 2 Timed Finals... (Event 19 Girls 100 SC Meter Free)**

2	Stella Vine	11	Geelong Swimming Club Incorpor	1:50.51
3	Ivy Raff	9	Geelong Swimming Club Incorpor	1:46.81
4	Zara van Berkel	13	Geelong Swimming Club Incorpor	1:36.30
5	Dior O'Callaghan	13	Ballarat Gold Swimming Club In	1:37.76
6	Emily Wilks	14	Ballarat Gco Swimming Club Inc	1:50.23
7	Piper McKenzie	10	Geelong Swimming Club Incorpor	1:55.22
8	Madalan Little	12	Geelong Swimming Club Incorpor	NT

Heat 3 of 11 Timed Finals

1	Sayuni Dharmasena	12	Geelong Swimming Club Incorpor	1:34.29
2	Sienna Seater	11	Ballarat Gold Swimming Club In	1:33.22
3	Millie Leijer	10	Geelong Swimming Club Incorpor	1:31.55
4	Grace Cofield	10	Ballarat Gold Swimming Club In	1:27.58
5	Raina Snijders	10	Geelong Swimming Club Incorpor	1:31.22
6	Grace Fletcher	12	Ballarat Gold Swimming Club In	1:31.90
7	Hollie Watson	12	Bendigo East Swimming Club	1:33.30
8	Matilda Biberow	11	Geelong Swimming Club Incorpor	1:34.34

Heat 4 of 11 Timed Finals

1	Amity Lowe	13	Blue Lake Y	1:26.25
2	Clara Powell	11	Ballarat Gco Swimming Club Inc	1:25.76
3	Addison Biberow	13	Geelong Swimming Club Incorpor	1:24.54
4	Kate Beechey	12	Ballarat Gold Swimming Club In	1:23.62
5	Bridie Steele	10	St Leonard's College Swimming	1:24.02
6	Lily Gillespie	12	Ballarat Gold Swimming Club In	1:24.90
7	Grace Dillon	12	Ballarat Swimming Club Inc	1:25.88
8	Claire Baker	10	Ballarat Gco Swimming Club Inc	1:26.72

Heat 5 of 11 Timed Finals

1	Chloe Nobes	14	Kardinia Interna-ti	1:21.25
2	Willow Crapp	13	Geelong Swimming Club Incorpor	1:19.60
3	Annabel Myers	12	Ballarat Gold Swimming Club In	1:18.96
4	Hollanah Hinde	13	Ballarat Gold Swimming Club In	1:18.43
5	Mikayla Grunberg	13	Geelong Swimming Club Incorpor	1:18.64
6	Lauren Davenport	10	Bendigo East Swimming Club	1:19.32
7	Abby O'Meara	12	Geelong Swimming Club Incorpor	1:20.51
8	Holly Preston	13	Ballarat Gco Swimming Club Inc	1:21.97

Heat 6 of 11 Timed Finals

1	Alesha White	15	Kardinia Interna-ti	1:16.06
2	Macey Smither	11	St Leonard's College Swimming	1:15.78
3	Charlie Henderson	13	St Leonard's College Swimming	1:15.00
4	Georgia Mahony	14	Ballarat Gold Swimming Club In	1:14.42
5	Matilda Gillespie	14	Ballarat Gold Swimming Club In	1:14.92
6	Nina Sutherland	12	Ballarat Gold Swimming Club In	1:15.23
7	Olivia Clark	13	Geelong Swimming Club Incorpor	1:15.99
8	Emma Henderson	14	Camberwell Grammar Aquatic	1:16.59

Heat 7 of 11 Timed Finals

1	Louise Bussey	13	St Leonard's College Swimming	1:13.64
2	Ruth Whelan	11	Camberwell Grammar Aquatic	1:13.42
3	Lucy Dolan	11	St Leonard's College Swimming	1:13.12
4	Macy Lee	15	Geelong Swimming Club Incorpor	1:12.67
5	Sophia Beaton	12	Ballarat Gold Swimming Club In	1:12.73
6	Amelia Jennings	15	Kardinia Interna-ti	1:13.14
7	Aurora Aldersley	14	Geelong Swimming Club Incorpor	1:13.50
8	Scarlet Gilmour	12	Geelong Swimming Club Incorpor	1:14.02

2023 Ballarat Gold Short Course Meet - 4/06/2023**Meet Program - Session 2****Heat 8 Timed Finals... (Event 19 Girls 100 SC Meter Free)**

1	Olivia Beechey	15	Ballarat Gold Swimming Club In	1:12.29
2	Arabella Johnson	12	Geelong Swimming Club Incorpor	1:12.06
3	Angela Harnden	14	St Leonard's College Swimming	1:11.70
4	Memphis Johnson	13	Geelong Swimming Club Incorpor	1:10.98
5	Anja Hennig	13	Kardinia Interna-ti	1:11.21
6	Chloe Bennie	14	Warrnambool Swimming Club	1:12.03
7	Mayshara Welch	14	Melbourne Swimming Club	1:12.24
8	Amelia Luo	11	St Leonard's College Swimming	1:12.59

Heat 9 of 11 Timed Finals

1	Mary Steele	12	St Leonard's College Swimming	1:10.49
2	Elle Cofield	14	Ballarat Gold Swimming Club In	1:10.30
3	Emily Jellie	16	Hamilton Olympic Swimming Club	1:09.69
4	Macey Kane	15	Warrnambool Swimming Club	1:08.57
5	Isla Hassett	15	Geelong Swimming Club Incorpor	1:09.05
6	Anna Leighton	23	Ballarat Gold Swimming Club In	1:09.82
7	Isabella Till	15	Ballarat Gco Swimming Club Inc	1:10.46
8	Layla Mccarthy	14	Warrnambool Swimming Club	1:10.71

Heat 10 of 11 Timed Finals

1	Summer Morgan	13	Geelong Swimming Club Incorpor	1:07.75
2	Meg Conheady	15	Geelong Swimming Club Incorpor	1:07.48
3	Mia Bates	13	St Leonard's College Swimming	1:06.19
4	Imogen Ineson	15	Camberwell Grammar Aquatic	1:05.28
5	Ellie Morgan	15	Geelong Swimming Club Incorpor	1:05.34
6	Sophie Kenafacke	14	Camberwell Grammar Aquatic	1:07.09
7	Eve Pahos	13	Camberwell Grammar Aquatic	1:07.67
8	April Macdonald	11	St Leonard's College Swimming	1:08.56

Heat 11 of 11 Timed Finals

1	Lucy Ma	12	St Leonard's College Swimming	1:04.77
2	Leila Halse	15	St Leonard's College Swimming	1:03.43
3	Ella Baas	17	Gisborne Thunder Swimming Club	1:02.61
4	Annie Steele	14	St Leonard's College Swimming	58.36
5	Lillianah Jones	14	St Leonard's College Swimming	1:02.40
6	Alana Cummings	15	Camberwell Grammar Aquatic	1:03.41
7	Zoe Rouse	18	Hamilton Olympic Swimming Club	1:04.45
8	Aaliyah Wong	13	Camberwell Grammar Aquatic	1:04.81

Event 20 Boys 100 SC Meter Free

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Timed Finals

2	Joziah Barron	9	Westbourne Swim Club	NT
3	Lucas Cooke	11	Geelong Swimming Club Incorpor	NT
4	Spencer Stanley	10	Geelong Swimming Club Incorpor	NT
6	Ronan Kerr	14	Warrnambool Swimming Club	1:10.15
7	Jacob Riches	13	Geelong Swimming Club Incorpor	59.23

Heat 2 of 9 Timed Finals

1	L Reichenbach	11	Camberwell Grammar Aquatic	NT
2	Joshua Lee	12	Geelong Swimming Club Incorpor	NT
3	Andrius Bruozis	13	Geelong Swimming Club Incorpor	NT
4	William Thompson	8	Melton Swimming Club Inc	1:48.97
5	Elliot Stott	12	Ballarat Gold Swimming Club In	1:49.32
6	Bill Wang	13	Camberwell Grammar Aquatic	NT
7	Beau Finnigan	12	Ballarat Swimming Club Inc	NT

2023 Ballarat Gold Short Course Meet - 4/06/2023**Meet Program - Session 2****Heat 3 Timed Finals... (Event 20 Boys 100 SC Meter Free)**

1	Mason Firth	12	Ballarat Gold Swimming Club In	1:35.11
2	Byron Morgan	11	Geelong Swimming Club Incorpor	1:28.39
3	Patrick Clark	10	Geelong Swimming Club Incorpor	1:25.75
4	Jayden Lim	11	Ballarat Gold Swimming Club In	1:24.39
5	Owen Barnes	10	Kangaroo Flat	1:25.38
6	Henry Beechey	12	Ballarat Gold Swimming Club In	1:26.52
7	Jonty Ward	11	Ballarat Gold Swimming Club In	1:33.51
8	Lachlan Henderson	10	St Leonard's College Swimming	1:41.79

Heat 4 of 9 Timed Finals

1	Graidey Masiero	12	Kangaroo Flat	1:19.72
2	Beau Turner	15	Warrnambool Swimming Club	1:19.01
3	Hugo Henderson	13	St Leonard's College Swimming	1:17.91
4	Kaelan McGee	13	Geelong Swimming Club Incorpor	1:17.72
5	Phillip Fisher	14	Ballarat Gold Swimming Club In	1:17.85
6	Riley O'Callaghan	14	Ballarat Gold Swimming Club In	1:18.28
7	Sebastian Chambers	12	Geelong Swimming Club Incorpor	1:19.65
8	Eli Kerr	12	Warrnambool Swimming Club	1:22.32

Heat 5 of 9 Timed Finals

1	George Kitson	11	Geelong Swimming Club Incorpor	1:17.34
2	James Hinde	12	Ballarat Gold Swimming Club In	1:15.60
3	Samuel Johnson	12	Kangaroo Flat	1:15.35
4	Ben Hynam	13	Geelong Sharks Swimming Club	1:13.98
5	Oscar Woithe	13	Warrnambool Swimming Club	1:14.60
6	Jeremy Watson	13	Dve Aquatic Club Inc	1:15.59
7	Oscar Borthwick	13	Geelong Swimming Club Incorpor	1:16.06
8	Seth Finnigan	13	Ballarat Swimming Club Inc	1:17.44

Heat 6 of 9 Timed Finals

2	Hayden Wilson	12	Ballarat Gco Swimming Club Inc	1:13.59
3	Lewis McCombe	14	Warrnambool Swimming Club	1:12.37
4	Tom Watmough	13	Camberwell Grammar Aquatic	1:07.69
5	Cade Faulkner	13	Camberwell Grammar Aquatic	1:07.83
6	Dax Conheady	13	Geelong Swimming Club Incorpor	1:11.06
7	Oliver Kallio	13	Ballarat Gold Swimming Club In	1:12.92
8	Daniel Wilkie	12	Geelong Swimming Club Incorpor	1:13.64

Heat 7 of 9 Timed Finals

1	Alric Wong	13	Kardinia Interna-ti	1:07.37
2	Luka Lim	13	Camberwell Grammar Aquatic	1:07.22
3	Angus Sharpe	14	Gisborne Thunder Swimming Club	1:06.71
4	Matthew Ellis	17	Horsham Swimming Club Inc	1:06.49
5	Xavier Eagle	13	St Leonard's College Swimming	1:06.50
6	Thomas Costello	14	Ballarat Gold Swimming Club In	1:06.81
7	Joshua Mckenzie	14	Warrnambool Swimming Club	1:07.27
8	Noah Stephens	13	Geelong Swimming Club Incorpor	1:07.66

Heat 8 of 9 Timed Finals

1	Jacob Ryder	14	Dve Aquatic Club Inc	1:03.64
2	Jack Green	14	St Leonard's College Swimming	1:03.59
3	Miller Stott	14	Ballarat Gold Swimming Club In	1:01.33
4	Xavier Lucas Chy	14	Dve Aquatic Club Inc	1:00.67
5	Max Mason	15	Ballarat Gold Swimming Club In	1:00.75
6	Liam Paulsen	12	Camberwell Grammar Aquatic	1:03.06
7	Jonah Skewes-Clinton	17	Ballarat Gco Swimming Club Inc	1:03.29

2023 Ballarat Gold Short Course Meet - 4/06/2023

Meet Program - Session 2

Heat 9 Timed Finals... (Event 20 Boys 100 SC Meter Free)

1	Ross Sykietis	16	Camberwell Grammar Aquatic	59.12
2	James Gargano	15	Camberwell Grammar Aquatic	57.62
3	Max Hussey	15	Melbourne Swimming Club	57.37
4	William Watson	16	Camberwell Grammar Aquatic	54.55
5	Luca Brown	13	Melbourne Swimming Club	57.27
6	Maximilian Coia	14	Camberwell Grammar Aquatic	57.41
7	Lachlan Rundell	14	Camberwell Grammar Aquatic	57.91
8	Harry McCraw	12	Camberwell Grammar Aquatic	59.88

Event 21 Mixed 200 SC Meter Fly

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Timed Finals				
3	Caitlin Mulheron	W14	Surrey Park Swimming Club Inc	NT
4	Kevin Huang	M15	Ballarat Gold Swimming Club In	2:30.69
5	Ronan Kerr	M14	Warrnambool Swimming Club	NT
6	Jacob Riches	M13	Geelong Swimming Club Incorpor	NT

Event 22 Girls 50 SC Meter Breast

Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Timed Finals				
3	Ella Featherston	10	Ballarat Gold Swimming Club In	NT
4	Millie Nunn	11	Ballarat Gold Swimming Club In	NT
5	Evie Fletcher	11	Ballarat Gold Swimming Club In	NT
6	Jayda Anesi	9	Ballarat Gco Swimming Club Inc	NT
Heat 2 of 9 Timed Finals				
1	Emma Fisher	12	Ballarat Gold Swimming Club In	NT
2	Martha Grace	8	Geelong Swimming Club Incorpor	1:21.95
3	Sophie Grech	10	Ballarat Gold Swimming Club In	1:05.90
4	Isabela de Lima	11	Geelong Swimming Club Incorpor	1:05.35
5	Ivy Raff	9	Geelong Swimming Club Incorpor	1:05.48
6	Isabel Meneses Lopez	9	Ballarat Gold Swimming Club In	1:09.23
7	Grace Fletcher	12	Ballarat Gold Swimming Club In	NT
8	Jade Hayward	11	Kangaroo Flat	NT
Heat 3 of 9 Timed Finals				
1	Piper McKenzie	10	Geelong Swimming Club Incorpor	1:03.15
2	Zara van Berkel	13	Geelong Swimming Club Incorpor	1:00.68
3	Julia de Lima	11	Geelong Swimming Club Incorpor	1:00.26
4	Zoe Gooding	14	Ballarat Gco Swimming Club Inc	59.74
5	Belinda Su	10	Melbourne Vicentre Swimming Cl	1:00.15
6	Madeline Smith	12	Ballarat Gco Swimming Club Inc	1:00.49
7	Shae O'Callaghan	10	Ballarat Gold Swimming Club In	1:01.23
8	Alice Mann	11	Ballarat Gold Swimming Club In	1:04.19

Heat 4 of 9 Timed Finals

1	Maya Reid	8	Kangaroo Flat	58.32
2	Penny Rampton	9	Ballarat Swimming Club Inc	57.56
3	Iris Grace	10	Geelong Swimming Club Incorpor	57.07
4	Matilda Biberow	11	Geelong Swimming Club Incorpor	56.31
5	Grace Cofield	10	Ballarat Gold Swimming Club In	56.47
6	Evie Hayes	10	Geelong Swimming Club Incorpor	57.10
7	Stella Vine	11	Geelong Swimming Club Incorpor	58.22
8	Georgie Kennett	8	Ballarat Gold Swimming Club In	59.60

2023 Ballarat Gold Short Course Meet - 4/06/2023**Meet Program - Session 2****Heat 5 Timed Finals... (Event 22 Girls 50 SC Meter Breast)**

1	Annabel Myers	12	Ballarat Gold Swimming Club In	55.06
2	Alesha White	15	Kardinia Interna-ti	53.76
3	Anika Baireddy	12	Laverton Wyndham Aquatics Inc.	53.59
4	Daphne Provily	10	Geelong Swimming Club Incorpor	52.05
5	Raina Snijders	10	Geelong Swimming Club Incorpor	52.06
6	Camila Meneses Lopez	10	Ballarat Gold Swimming Club In	53.72
7	Zoe Bruce	11	Geelong Swimming Club Incorpor	55.05
8	Juliette Mason	13	Geelong Swimming Club Incorpor	55.18

Heat 6 of 9 Timed Finals

1	Amy Zheng	11	Ballarat Swimming Club Inc	51.86
2	Lily Gillespie	12	Ballarat Gold Swimming Club In	49.87
3	Emily Wilks	14	Ballarat Gco Swimming Club Inc	49.49
4	Zarah Gilmour	10	Geelong Swimming Club Incorpor	48.28
5	Emma Colt	12	Kangaroo Flat	49.21
6	Dior O'Callaghan	13	Ballarat Gold Swimming Club In	49.65
7	Lois Scruby	10	Ballarat Gold Swimming Club In	50.76
8	Hannah Cao	10	Ballarat Gold Swimming Club In	52.00

Heat 7 of 9 Timed Finals

1	Taryn Aldred	12	Geelong Swimming Club Incorpor	47.86
2	Chloe Nobes	14	Kardinia Interna-ti	47.52
3	Holly Preston	13	Ballarat Gco Swimming Club Inc	46.84
4	Jordan Camfield	10	Geelong Swimming Club Incorpor	46.05
5	Abby Colt	10	Kangaroo Flat	46.75
6	Lily McCormack	10	Ballarat Gold Swimming Club In	46.96
7	Lauren Davenport	10	Bendigo East Swimming Club	47.81
8	Taylah Costello	11	Ballarat Gold Swimming Club In	47.97

Heat 8 of 9 Timed Finals

1	Sarah Howe	18	Ballarat Gold Swimming Club In	45.64
2	Abbey Smith	13	Geelong Swimming Club Incorpor	44.62
3	Emerson McMaster	10	Kardinia Interna-ti	43.42
4	Summer Morgan	13	Geelong Swimming Club Incorpor	40.78
5	Holly Hembrow	14	Kangaroo Flat	41.54
6	Matilda Gillespie	14	Ballarat Gold Swimming Club In	44.59
7	Sarah Collard	18	Geelong Swimming Club Incorpor	45.18
8	Grace Dillon	12	Ballarat Swimming Club Inc	46.01

Heat 9 of 9 Timed Finals

1	Sophia Beaton	12	Ballarat Gold Swimming Club In	40.16
2	Macey Kane	15	Warrnambool Swimming Club	39.77
3	Mackenna Naylor	17	Ballarat Gold Swimming Club In	38.94
4	Charley Ward	16	Ballarat Gold Swimming Club In	38.28
5	Layla Mccarthy	14	Warrnambool Swimming Club	38.72
6	Angela Harnden	14	St Leonard's College Swimming	39.55
7	Sienna Lucas	13	Geelong Swimming Club Incorpor	40.12
8	Audrey Hogan	13	Bendigo East Swimming Club	40.66

Event 23 Boys 50 SC Meter Breast

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Timed Finals

3	Joseph Scruby	8	Ballarat Gold Swimming Club In	NT
4	Noah Tucker	11	Geelong Swimming Club Incorpor	NT
5	Lucas Cooke	11	Geelong Swimming Club Incorpor	NT

2023 Ballarat Gold Short Course Meet - 4/06/2023**Meet Program - Session 2****Heat 2 Timed Finals... (Event 23 Boys 50 SC Meter Breast)**

1	Elliot Stott	12	Ballarat Gold Swimming Club In	NT
2	Bernie Su	10	Melbourne Vicentre Swimming Cl	1:00.91
3	Maxim Hocking	12	Ballarat Gold Swimming Club In	58.23
4	Joziah Barron	9	Westbourne Swim Club	56.17
5	Matthew Swanton	11	Ballarat Gold Swimming Club In	57.91
6	Ashton Silak	10	Ballarat Swimming Club Inc	59.36
7	Henry O'Brien	11	Geelong Swimming Club Incorpor	1:05.63
8	Mason Firth	12	Ballarat Gold Swimming Club In	NT

Heat 3 of 6 Timed Finals

1	Spencer Stanley	10	Geelong Swimming Club Incorpor	54.90
2	Patrick Clark	10	Geelong Swimming Club Incorpor	54.46
3	Martin Ma	9	Ballarat Gold Swimming Club In	53.80
4	James Davenport	9	Bendigo East Swimming Club	52.81
5	Riley O'Callaghan	14	Ballarat Gold Swimming Club In	52.83
6	Byron Morgan	11	Geelong Swimming Club Incorpor	53.95
7	Beau Finnigan	12	Ballarat Swimming Club Inc	54.75
8	Henry Beechey	12	Ballarat Gold Swimming Club In	55.42

Heat 4 of 6 Timed Finals

1	Lachlan Henderson	10	St Leonard's College Swimming	52.57
2	Graidey Masiero	12	Kangaroo Flat	49.43
3	Oscar Borthwick	13	Geelong Swimming Club Incorpor	45.57
4	Sicheng Wang	12	Camberwell Grammar Aquatic	40.16
5	Jonty Ward	11	Ballarat Gold Swimming Club In	45.21
6	Angus Lim	12	Camberwell Grammar Aquatic	46.53
7	Charlie Tickell	11	Ballarat Gold Swimming Club In	52.44
8	L Reichenbach	11	Camberwell Grammar Aquatic	52.81

Heat 5 of 6 Timed Finals

1	Angus Sharpe	14	Gisborne Thunder Swimming Club	38.22
2	Harry Sanderson	16	Geelong Swimming Club Incorpor	35.55
3	Haydn Lowe	15	Blue Lake Y	34.91
4	Matthew Ellis	17	Horsham Swimming Club Inc	34.20
5	Jack Lanyon	16	Ballarat Gold Swimming Club In	34.88
6	Xavier Eagle	13	St Leonard's College Swimming	35.48
7	Quinn Richards	12	Camberwell Grammar Aquatic	37.63
8	Jeremy Watson	13	Dve Aquatic Club Inc	39.51

Heat 6 of 6 Timed Finals

1	Tom Urquhart	15	Ballarat Gold Swimming Club In	32.51
2	Josh Stott	44	Ballarat Gold Swimming Club In	32.38
3	Max Hussey	15	Melbourne Swimming Club	31.62
4	Dayne Schnyder	17	Ballarat Gold Swimming Club In	30.53
5	Joshua Stahl	22	Ballarat Gold Swimming Club In	31.06
6	Nathan Nai	14	Camberwell Grammar Aquatic	31.82
7	Xander Zefferelli	15	Camberwell Grammar Aquatic	32.42
8	Abdullah Sabaa	19	Camberwell Grammar Aquatic	33.29

Event 24 Girls 100 SC Meter Back

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Timed Finals

2	Eva Robertson	13	Ballarat Gold Swimming Club In	NT
3	Zara van Berkel	13	Geelong Swimming Club Incorpor	2:01.34
4	Kate Beechey	12	Ballarat Gold Swimming Club In	1:39.11
5	Aurelia Verdoorn	11	Ballarat Gold Swimming Club In	1:47.26
6	Dior O'Callaghan	13	Ballarat Gold Swimming Club In	2:01.62
7	Sophie Turanyik	13	St Leonard's College Swimming	NT

2023 Ballarat Gold Short Course Meet - 4/06/2023**Meet Program - Session 2****Heat 2 Timed Finals... (Event 24 Girls 100 SC Meter Back)**

1	Mikayla Grunberg	13	Geelong Swimming Club Incorpor	1:35.10
2	Abby O'Meara	12	Geelong Swimming Club Incorpor	1:33.42
3	Willow Crapp	13	Geelong Swimming Club Incorpor	1:32.08
4	Shasha Welch	12	Melbourne Swimming Club	1:31.75
5	Addison Biberow	13	Geelong Swimming Club Incorpor	1:32.03
6	Annabel Myers	12	Ballarat Gold Swimming Club In	1:32.27
7	Evie Lee	13	Geelong Swimming Club Incorpor	1:33.80
8	Sayuni Dharmasena	12	Geelong Swimming Club Incorpor	1:36.94

Heat 3 of 5 Timed Finals

1	Nina Sutherland	12	Ballarat Gold Swimming Club In	1:30.35
2	Michaela Pistorius	12	Geelong Swimming Club Incorpor	1:27.99
3	Hollie Watson	12	Bendigo East Swimming Club	1:27.11
4	Keira Stubbings	10	Camberwell Grammar Aquatic	1:26.75
5	Macey Smither	11	St Leonard's College Swimming	1:27.04
6	Olivia Beechey	15	Ballarat Gold Swimming Club In	1:27.19
7	Louise Bussey	13	St Leonard's College Swimming	1:28.54
8	Alice Lin	13	Ballarat Gold Swimming Club In	1:31.70

Heat 4 of 5 Timed Finals

1	Mary Steele	12	St Leonard's College Swimming	1:25.81
2	Amelia Luo	11	St Leonard's College Swimming	1:24.35
3	Sophia Beaton	12	Ballarat Gold Swimming Club In	1:20.18
4	Lara Riddle	15	Ballarat Swimming Club Inc	1:18.76
5	Arabella Johnson	12	Geelong Swimming Club Incorpor	1:19.37
6	Chelsea Ronning	13	Geelong Swimming Club Incorpor	1:20.26
7	Amelia Jennings	15	Kardinia Interna-ti	1:25.49
8	Macy Lee	15	Geelong Swimming Club Incorpor	1:26.47

Heat 5 of 5 Timed Finals

1	Charley Ward	16	Ballarat Gold Swimming Club In	1:18.25
2	Lillianah Jones	14	St Leonard's College Swimming	1:15.99
3	Ines Parlange	14	Ballarat Gold Swimming Club In	1:14.59
4	Sarah Provily	15	Geelong Swimming Club Incorpor	1:08.46
5	Emmerson Wood	18	Ballarat Gold Swimming Club In	1:11.87
6	Mayshara Welch	14	Melbourne Swimming Club	1:15.67
7	Hayley Jellie	16	Hamilton Olympic Swimming Club	1:17.10
8	Tiffany Lee	14	Surrey Park Swimming Club Inc	1:18.26

Event 25 Boys 100 SC Meter Back

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Timed Finals

3	L Reichenbach	11	Camberwell Grammar Aquatic	NT
4	Samuel Johnson	12	Kangaroo Flat	NT
5	Joshua Lee	12	Geelong Swimming Club Incorpor	NT
6	Alex Bai	11	Camberwell Grammar Aquatic	NT

Heat 2 of 5 Timed Finals

1	Owen Barnes	10	Kangaroo Flat	1:42.41
2	Riley O'Callaghan	14	Ballarat Gold Swimming Club In	1:39.70
3	Henry Beechey	12	Ballarat Gold Swimming Club In	1:36.01
4	Ben Hynam	13	Geelong Sharks Swimming Club	1:33.75
5	Kaelan McGee	13	Geelong Swimming Club Incorpor	1:35.94
6	Phillip Fisher	14	Ballarat Gold Swimming Club In	1:36.38
7	Mason Firth	12	Ballarat Gold Swimming Club In	1:42.21
8	Seth Finnigan	13	Ballarat Swimming Club Inc	NT

2023 Ballarat Gold Short Course Meet - 4/06/2023

Meet Program - Session 2

Heat 3 Timed Finals... (Event 25 Boys 100 SC Meter Back)

1	Maxim Hocking	12	Ballarat Gold Swimming Club In	1:27.63
2	George Kitson	11	Geelong Swimming Club Incorpor	1:24.34
3	Ronan Kerr	14	Warrnambool Swimming Club	1:22.02
4	Noah Stephens	13	Geelong Swimming Club Incorpor	1:19.09
5	Matthew Ellis	17	Horsham Swimming Club Inc	1:20.75
6	James Hinde	12	Ballarat Gold Swimming Club In	1:23.65
7	Hugo Henderson	13	St Leonard's College Swimming	1:24.96
8	Beau Turner	15	Warrnambool Swimming Club	1:30.70

Heat 4 of 5 Timed Finals

1	Kai Moloney	14	Warrnambool Swimming Club	1:18.25
2	Cade Faulkner	13	Camberwell Grammar Aquatic	1:17.63
3	Tom Hussey	12	Melbourne Swimming Club	1:16.19
4	Alexander MacRae	17	Camberwell Grammar Aquatic	1:14.07
5	Jonah Skewes-Clinton	17	Ballarat Gco Swimming Club Inc	1:14.10
6	Alric Wong	13	Kardinia Interna-ti	1:16.46
7	Thomas Costello	14	Ballarat Gold Swimming Club In	1:18.21
8	Joshua Mckenzie	14	Warrnambool Swimming Club	1:19.07

Heat 5 of 5 Timed Finals

1	Liam Paulsen	12	Camberwell Grammar Aquatic	1:11.77
2	Harry McCraw	12	Camberwell Grammar Aquatic	1:08.55
3	Luca Brown	13	Melbourne Swimming Club	1:04.56
4	Ross Sykiotis	16	Camberwell Grammar Aquatic	1:02.68
5	James Gargano	15	Camberwell Grammar Aquatic	1:04.16
6	Sebastian Eagle	15	St Leonard's College Swimming	1:05.52
7	Maximilian Coia	14	Camberwell Grammar Aquatic	1:09.30
8	Gianluca Paradiso	13	Melbourne Swimming Club	1:12.75

Event 26 Girls 100 SC Meter IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 10 Timed Finals				
3	Georgie Kennett	8	Ballarat Gold Swimming Club In	NT
4	Hannah Cao	10	Ballarat Gold Swimming Club In	NT
5	Bridie Steele	10	St Leonard's College Swimming	NT
Heat 2 of 10 Timed Finals				
2	Abby Colt	10	Kangaroo Flat	NT
3	Isabela de Lima	11	Geelong Swimming Club Incorpor	NT
4	Zoe Bruce	11	Geelong Swimming Club Incorpor	NT
5	Millie Nunn	11	Ballarat Gold Swimming Club In	NT
6	Amelia Wilson	11	Ballarat Gco Swimming Club Inc	NT
7	Iris Grace	10	Geelong Swimming Club Incorpor	NT
Heat 3 of 10 Timed Finals				
1	Kate Beechey	12	Ballarat Gold Swimming Club In	NT
2	Sienna Lucas	13	Geelong Swimming Club Incorpor	NT
3	Audrey Hogan	13	Bendigo East Swimming Club	NT
4	Chelsea Ronning	13	Geelong Swimming Club Incorpor	NT
5	Olivia Clark	13	Geelong Swimming Club Incorpor	NT
6	Louise Bussey	13	St Leonard's College Swimming	NT
7	Taryn Aldred	12	Geelong Swimming Club Incorpor	NT
8	Anika Baireddy	12	Laverton Wyndham Aquatics Inc.	NT

2023 Ballarat Gold Short Course Meet - 4/06/2023**Meet Program - Session 2****Heat 4 Timed Finals... (Event 26 Girls 100 SC Meter IM)**

1	Memphis Johnson	13	Geelong Swimming Club Incorpor	NT
2	Aurora Aldersley	14	Geelong Swimming Club Incorpor	NT
3	Aurelia Verdoorn	11	Ballarat Gold Swimming Club In	1:54.60
4	Penny Rampton	9	Ballarat Swimming Club Inc	1:46.32
5	Raina Snijders	10	Geelong Swimming Club Incorpor	1:52.43
6	Sarah Howe	18	Ballarat Gold Swimming Club In	NT
7	Chloe Nobes	14	Kardinia Interna-ti	NT
8	Dior O'Callaghan	13	Ballarat Gold Swimming Club In	NT

Heat 5 of 10 Timed Finals

1	Daphne Provily	10	Geelong Swimming Club Incorpor	1:44.21
2	Zarah Gilmour	10	Geelong Swimming Club Incorpor	1:40.87
3	Grace Cofield	10	Ballarat Gold Swimming Club In	1:40.43
4	Emma Colt	12	Kangaroo Flat	1:38.95
5	Lauren Davenport	10	Bendigo East Swimming Club	1:39.16
6	Nina Sutherland	12	Ballarat Gold Swimming Club In	1:40.56
7	Clara Powell	11	Ballarat Gco Swimming Club Inc	1:42.65
8	Evie Hayes	10	Geelong Swimming Club Incorpor	1:44.53

Heat 6 of 10 Timed Finals

1	Addison Hendley	10	Ballarat Gco Swimming Club Inc	1:38.05
2	April Macdonald	11	St Leonard's College Swimming	1:33.70
3	Mikayla Grunberg	13	Geelong Swimming Club Incorpor	1:32.10
4	Annabel Myers	12	Ballarat Gold Swimming Club In	1:29.38
5	Taylah Costello	11	Ballarat Gold Swimming Club In	1:31.61
6	Emerson McMaster	10	Kardinia Interna-ti	1:32.32
7	Willow Crapp	13	Geelong Swimming Club Incorpor	1:33.90
8	Abby O'Meara	12	Geelong Swimming Club Incorpor	1:38.95

Heat 7 of 10 Timed Finals

1	Sarah Collard	18	Geelong Swimming Club Incorpor	1:29.03
2	Isabella Till	15	Ballarat Gco Swimming Club Inc	1:26.19
3	Hollanah Hinde	13	Ballarat Gold Swimming Club In	1:25.25
4	Scarlet Gilmour	12	Geelong Swimming Club Incorpor	1:25.11
5	Chloe Bennie	14	Warrnambool Swimming Club	1:25.15
6	Amelia Jennings	15	Kardinia Interna-ti	1:25.84
7	Anja Hennig	13	Kardinia Interna-ti	1:26.95
8	Hollie Watson	12	Bendigo East Swimming Club	1:29.05

Heat 8 of 10 Timed Finals

1	Olivia Beechey	15	Ballarat Gold Swimming Club In	1:23.99
2	Eve Pahos	13	Camberwell Grammar Aquatic	1:21.70
3	Caitlin Mulheron	14	Surrey Park Swimming Club Inc	1:21.08
4	Ellie Morgan	15	Geelong Swimming Club Incorpor	1:20.76
5	Angela Harnden	14	St Leonard's College Swimming	1:20.95
6	Sophie Kenafacke	14	Camberwell Grammar Aquatic	1:21.54
7	Ruth Whelan	11	Camberwell Grammar Aquatic	1:23.25
8	Sienna Mulheron	12	Surrey Park Swimming Club Inc	1:24.91

Heat 9 of 10 Timed Finals

1	Lucy Ma	12	St Leonard's College Swimming	1:20.47
2	Anna Leighton	23	Ballarat Gold Swimming Club In	1:19.82
3	Meg Conheady	15	Geelong Swimming Club Incorpor	1:19.08
4	Summer Morgan	13	Geelong Swimming Club Incorpor	1:16.69
5	Aaliyah Wong	13	Camberwell Grammar Aquatic	1:18.02
6	Emily McMillan	13	Echuca Swimming Club Inc	1:19.65
7	Mackenna Naylor	17	Ballarat Gold Swimming Club In	1:19.96
8	Isla Hassett	15	Geelong Swimming Club Incorpor	1:20.64

2023 Ballarat Gold Short Course Meet - 4/06/2023

Meet Program - Session 2

Heat 10 Timed Finals... (Event 26 Girls 100 SC Meter IM)

1	Leila Halse	15	St Leonard's College Swimming	1:15.09
2	Zara Jeffrey	13	Camberwell Grammar Aquatic	1:13.60
3	Mia Bates	13	St Leonard's College Swimming	1:11.26
4	Annie Steele	14	St Leonard's College Swimming	1:07.98
5	Sarah Provily	15	Geelong Swimming Club Incorpor	1:09.72
6	Alana Cummings	15	Camberwell Grammar Aquatic	1:13.57
7	Zoe Rouse	18	Hamilton Olympic Swimming Club	1:15.00
8	Madeline Pierce	17	Ballarat Gold Swimming Club In	1:15.60

Event 27 Boys 100 SC Meter IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 7 Timed Finals				
2	Joziah Barron	9	Westbourne Swim Club	NT
3	James Davenport	9	Bendigo East Swimming Club	NT
4	L Reichenbach	11	Camberwell Grammar Aquatic	NT
5	Jack Hawkins	12	Echuca Swimming Club Inc	1:37.09
6	Matthew Ellis	17	Horsham Swimming Club Inc	NT
Heat 2 of 7 Timed Finals				
1	Sicheng Wang	12	Camberwell Grammar Aquatic	NT
2	Oliver Kallio	13	Ballarat Gold Swimming Club In	NT
3	Andrius Bruozis	13	Geelong Swimming Club Incorpor	NT
4	Riley O'Callaghan	14	Ballarat Gold Swimming Club In	NT
5	Jack Green	14	St Leonard's College Swimming	NT
6	Hugo Henderson	13	St Leonard's College Swimming	NT
7	Samuel Johnson	12	Kangaroo Flat	NT
8	Abdullah Sabaa	19	Camberwell Grammar Aquatic	NT
Heat 3 of 7 Timed Finals				
2	Byron Morgan	11	Geelong Swimming Club Incorpor	1:51.16
3	Eli Kerr	12	Warrnambool Swimming Club	1:43.22
4	Jonty Ward	11	Ballarat Gold Swimming Club In	1:38.07
5	Daniel Wilkie	12	Geelong Swimming Club Incorpor	1:41.58
6	Sebastian Chambers	12	Geelong Swimming Club Incorpor	1:49.69
7	Martin Ma	9	Ballarat Gold Swimming Club In	2:05.00
Heat 4 of 7 Timed Finals				
1	Owen Barnes	10	Kangaroo Flat	1:35.60
2	Angus Lim	12	Camberwell Grammar Aquatic	1:34.20
3	Kaelan McGee	13	Geelong Swimming Club Incorpor	1:32.98
4	Maxim Hocking	12	Ballarat Gold Swimming Club In	1:31.11
5	Graidey Masiero	12	Kangaroo Flat	1:31.62
6	Thomas Hembrow	11	Kangaroo Flat	1:34.10
7	George Kitson	11	Geelong Swimming Club Incorpor	1:34.97
Heat 5 of 7 Timed Finals				
1	Lewis Mccombe	14	Warrnambool Swimming Club	1:26.56
2	Liam Paulsen	12	Camberwell Grammar Aquatic	1:19.12
3	Noah Stephens	13	Geelong Swimming Club Incorpor	1:18.47
4	Reece Hornsby	14	Geelong Swimming Club Incorpor	1:17.91
5	Luka Lim	13	Camberwell Grammar Aquatic	1:18.38
6	Dax Conheady	13	Geelong Swimming Club Incorpor	1:18.99
7	Oscar Woithe	13	Warrnambool Swimming Club	1:24.17
8	Jeremy Watson	13	Dve Aquatic Club Inc	1:26.82

2023 Ballarat Gold Short Course Meet - 4/06/2023

Meet Program - Session 2

Heat 6 Timed Finals... (Event 27 Boys 100 SC Meter IM)

1	Xavier Eagle	13	St Leonard's College Swimming	1:16.40
2	Harry Sanderson	16	Geelong Swimming Club Incorpor	1:14.28
3	Jacob Ryder	14	Dve Aquatic Club Inc	1:12.14
4	Sebastian Eagle	15	St Leonard's College Swimming	1:09.65
5	Jacob Riches	13	Geelong Swimming Club Incorpor	1:10.09
6	Xavier Lucas Chy	14	Dve Aquatic Club Inc	1:12.69
7	Harry McCraw	12	Camberwell Grammar Aquatic	1:15.12
8	Thomas Costello	14	Ballarat Gold Swimming Club In	1:16.50

Heat 7 of 7 Timed Finals

1	Luke Gallagher	15	Ballarat Gco Swimming Club Inc	1:07.73
2	Josh Stott	44	Ballarat Gold Swimming Club In	1:05.72
3	Thomas Smith	16	Geelong Swimming Club Incorpor	1:02.73
4	Cooper Sutherland	17	Ballarat Gold Swimming Club In	1:02.09
5	Dayne Schnyder	17	Ballarat Gold Swimming Club In	1:02.38
6	Tom Urquhart	15	Ballarat Gold Swimming Club In	1:04.90
7	William Watson	16	Camberwell Grammar Aquatic	1:05.80
8	Nathan Nai	14	Camberwell Grammar Aquatic	1:08.42

Event 28 Mixed 200 SC Meter Breast

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Timed Finals

3	Arabella Johnson	W12	Geelong Swimming Club Incorpor	NT
4	Ellie Morgan	W15	Geelong Swimming Club Incorpor	NT
5	Michaela Pistorius	W12	Geelong Swimming Club Incorpor	NT
6	Charlie Tickell	M11	Ballarat Gold Swimming Club In	NT

Heat 2 of 2 Timed Finals

1	Eva Robertson	W13	Ballarat Gold Swimming Club In	4:05.32
2	Kai Moloney	M14	Warrnambool Swimming Club	3:19.76
3	Matthew Ellis	M17	Horsham Swimming Club Inc	3:08.09
5	Sophie Turanyik	W13	St Leonard's College Swimming	3:04.23
6	Memphis Johnson	W13	Geelong Swimming Club Incorpor	3:09.91
7	Jack Hawkins	M12	Echuca Swimming Club Inc	3:32.62

Event 29 Mixed 200 SC Meter Free Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 3 Timed Finals

2	Ballarat Gold Swimming Club In	Q	NT
3	Ballarat Gold Swimming Club In	O	NT
4	Ballarat Gco Swimming Club Inc	C	NT
5	Ballarat Gold Swimming Club In	N	NT
6	Ballarat Gold Swimming Club In	P	NT

Heat 2 of 3 Timed Finals

1	Ballarat Gold Swimming Club In	L	NT
2	Ballarat Gold Swimming Club In	J	NT
3	Ballarat Gold Swimming Club In	H	NT
4	Ballarat Gco Swimming Club Inc	B	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
8	Ballarat Gold Swimming Club In	M	NT

2023 Ballarat Gold Short Course Meet - 4/06/2023**Meet Program - Session 2****Heat 3 Timed Finals... (Event 29 Mixed 200 SC Meter Free Relay)**

1	Ballarat Gold Swimming Club In	E	NT
2	Ballarat Gold Swimming Club In	C	NT
3	Ballarat Gold Swimming Club In	A	NT
4	Ballarat Gco Swimming Club Inc	A	NT
5	Kardinia International College-ti	A	NT
6	Ballarat Gold Swimming Club In	B	NT
7	Ballarat Gold Swimming Club In	D	NT
8	Ballarat Gold Swimming Club In	F	NT

2023 VICTORIAN COUNTRY SHORT COURSE CHAMPIONSHIPS

12 – 13 AUGUST 2023

QUALIFYING TIMES



Qualifying Period: Times must have been achieved from 30th July 2022 until entry closing date.

Unconverted Long Course times accepted.

Men

Distance	Open	18 Yrs & Over	16-17 Years	14-15 Years	12-13 Years	11 Yrs/Under
FREESTYLE						
50m		27.73				37.75
100m		1:00.29	1:00.84	1:04.68	1:11.26	1:24.08
200m		2:12.06	2:13.26	2:21.67	2:36.07	
400m	4:43.23					
BACKSTROKE						
50m		36.39				44.76
100m			1:11.26	1:15.63	1:25.01	
200m	2:32.97					
BREASTSTROKE						
50m		39.86				51.03
100m			1:19.81	1:24.72	1:35.22	
200m	2:53.11					
BUTTERFLY						
50m		33.67				43.78
100m			1:11.65	1:16.05	1:25.48	
200m	2:32.34					
INDIVIDUAL MEDLEY						
100m		1:11.24	1:12.52	1:16.97	1:26.51	1:34.30
200m	2:34.79					
400m	5:23.73					

RELAY			
MIXED		13 & Under	14 & Over
4x50m	Freestyle Relay	2:15.00	2:00.00
4x50m	Medley Relay	2:35.00	2:20.00

*There are no QTs for the mixed Para & Able-Bodied relay

2023 VICTORIAN COUNTRY SHORT COURSE CHAMPIONSHIPS

12 – 13 AUGUST 2023

QUALIFYING TIMES



Qualifying Period: Times must have been achieved from 30th July 2022 until entry closing date.

Unconverted Long Course times accepted.

Women

Distance	Open	18 Yrs & Over	16-17 Years	14-15 Years	12-13 Years	11 Yrs/Under
FREESTYLE						
50m		31.31				36.87
100m		1:07.39	1:08.01	1:12.30	1:19.04	1:23.78
200m		2:25.70	2:27.03	2:36.30	2:50.87	
400m	5:09.29					
BACKSTROKE						
50m		40.50				44.14
100m			1:19.10	1:21.18	1:23.96	
200m	2:48.45					
BREASTSTROKE						
50m		45.06				50.47
100m			1:29.51	1:31.86	1:35.00	
200m	3:10.25					
BUTTERFLY						
50m		37.66				43.31
100m			1:20.72	1:22.84	1:25.68	
200m	2:49.54					
INDIVIDUAL MEDLEY						
100m		1:20.17	1:21.60	1:23.75	1:26.61	1:31.81
200m	2:45.09					
400m	5:50.15					

RELAY			
MIXED		13 & Under	14 & Over
4x50m	Freestyle Relay	2:15.00	2:00.00
4x50m	Medley Relay	2:35.00	2:20.00

2023 VICTORIAN METROPOLITAN SHORT COURSE CHAMPIONSHIPS

29 – 30 JULY 2023

QUALIFYING TIMES



Qualifying Period: Times must have been achieved from 23rd July 2022 until entry closing date.

Unconverted Long Course times accepted.

Men

Distance	17 Yrs & Over	15-16 Years	13-14 Years	12 Years	11/Under
FREESTYLE					
50m	27.20	28.19	29.92	31.66	35.45
100m	59.16	1:02.38	1:06.15	1:09.91	1:21.10
200m	2:09.57	2:16.64	2:24.88	2:33.13	
400m	4:37.89	4:53.05	5:08.20	5:25.89	
800m	9:41.39	10:13.10	10:44.82	11:21.81	
1500m	18:35.78	19:36.64	20:37.50	21:48.50	
BACKSTROKE					
50m					43.87
100m	1:08.69	1:11.14	1:17.89	1:23.41	1:31.75
200m	2:30.08	2:35.44	2:50.19	3:02.25	
BREASTSTROKE					
50m					48.05
100m	1:16.94	1:19.68	1:27.24	1:33.42	1:42.76
200m	2:49.84	2:55.91	3:12.59	3:26.23	
BUTTERFLY					
50m					40.59
100m	1:05.37	1:07.70	1:14.12	1:19.38	1:24.93
200m	2:29.47	2:34.81	2:49.49	3:01.50	
INDIVIDUAL MEDLEY					
100m	1:09.90	1:12.40	1:19.26	1:24.88	1:33.37
200m	2:31.87	2:34.27	2:48.89	3:00.86	3:07.96
400m	5:26.88	5:38.55	6:10.66	6:36.92	

2023 VICTORIAN METROPOLITAN SHORT COURSE CHAMPIONSHIPS

29 – 30 JULY 2023

QUALIFYING TIMES



Qualifying Period: Times must have been achieved from 23rd July 2022 until entry closing date.

Unconverted Long Course times accepted.

Women

Distance	17Yrs & Over	15-16 Years	13-14 Years	12 Years	11/Under
FREESTYLE					
50m	30.72	31.83	33.51	35.46	36.88
100m	1:06.12	1:09.73	1:13.34	1:17.54	1:25.30
200m	2:22.95	2:30.75	2:38.55	2:47.65	
400m	5:03.46	5:20.01	5:36.56	5:55.87	
800m	10:24.92	10:59.01	11:33.09	12:12.86	
1500m	20:02.72	21:08.32	22:13.93	23:30.46	
BACKSTROKE					
50m					44.85
100m	1:16.25	1:18.97	1:21.01	1:22.37	1:29.79
200m	2:45.27	2:51.18	2:55.60	2:58.55	
BREASTSTROKE					
50m					49.90
100m	1:26.28	1:29.36	1:31.67	1:33.21	1:39.73
200m	3:06.66	3:13.33	3:18.33	3:21.66	
BUTTERFLY					
50m					41.70
100m	1:13.64	1:16.27	1:18.24	1:19.56	1:25.92
200m	2:46.35	2:52.29	2:56.74	2:59.71	
INDIVIDUAL MEDLEY					
100m	1:18.66	1:21.47	1:23.58	1:24.98	1:28.38
200m	2:46.69	2:49.33	2:53.71	2:56.63	3:03.55
400m	5:53.55	6:06.18	6:15.65	6:21.96	

2023 VICTORIAN AGE SHORT COURSE CHAMPIONSHIPS

1 – 3 SEPTEMBER 2023

QUALIFYING TIMES



Qualifying Period: Times must have been achieved from 5th August 2022 until entry closing date.

Unconverted Long Course times accepted.

Reverting back to pre-covid times, and remaining in line with our by-laws, 11yr olds and under will not be included as part of the 2023 Victorian Age or Open Short Course Championships. This age group was only included in 2022 due to the lack of the Short Course Competitions due to covid.

BOYS

Distance	17-18 Yrs	16 Years	15 Years	14 Years	13 Years	12 Years
FREESTYLE						
50m	26.16	26.40	27.11	27.58	28.77	30.44
100m	56.88	57.40	59.98	1:01.02	1:03.60	1:07.22
200m	2:04.59	2:05.72	2:11.38	2:13.65	2:19.31	2:27.24
400m	4:27.20	4:29.63	4:41.78	4:46.63	4:56.35	5:13.35
800m	9:19.03	9:24.11	9:49.52	9:59.69	10:20.02	10:55.59
1500m	17:52.86	18:02.62	18:51.38	19:10.89	19:49.90	20:58.18
BACKSTROKE						
50m						
100m	1:06.05	1:07.23	1:08.41	1:11.35	1:14.89	1:20.20
200m	2:24.31	2:26.89	2:29.47	2:35.91	2:43.64	2:55.24
BREASTSTROKE						
50m						
100m	1:13.98	1:15.30	1:16.62	1:19.92	1:23.88	1:29.83
200m	2:43.31	2:46.22	2:49.14	2:56.43	3:05.18	3:18.30
BUTTERFLY						
50m						
100m	1:02.85	1:03.98	1:05.10	1:07.91	1:11.27	1:16.32
200m	2:23.72	2:26.28	2:28.85	2:35.27	2:42.97	2:54.52
INDIVIDUAL MEDLEY						
100m	1:07.21	1:08.41	1:09.61	1:12.61	1:16.21	1:21.61
200m	2:26.03	2:28.63	2:31.24	2:37.76	2:45.58	2:57.32
400m	5:14.31	5:19.92	5:25.53	5:39.56	5:56.40	6:21.66

RELAYS	12 & Under	13-14 Years	13-18 Years
4 x 50m Freestyle	2:22.00	2:12.00	1:53.00
4 x 50m Medley	2:47.00	2:37.00	2:20.00
4 x 50m Freestyle MIXED		2:15.00	2:05.00

2023 VICTORIAN AGE SHORT COURSE CHAMPIONSHIPS

1 – 3 SEPTEMBER 2023

QUALIFYING TIMES



Qualifying Period: Times must have been achieved from 5th August 2022 until entry closing date.

Unconverted Long Course times accepted.

Reverting back to pre-covid times, and remaining in line with our by-laws, 11yr olds and under will not be included in the 2023 Victorian Age Short Course Championships. This age group was only included in 2022 due to the lack of the Short Course Competitions due to covid.

GIRLS

Distance	17-18 Yrs	16 Years	15 Years	14 Years	13 Years	12 Years
FREESTYLE						
50m	29.54	29.80	30.61	31.15	32.22	34.10
100m	1:03.58	1:04.16	1:07.05	1:08.20	1:10.52	1:14.56
200m	2:17.46	2:18.71	2:24.95	2:27.45	2:32.45	2:41.20
400m	4:51.79	4:54.44	5:07.70	5:13.01	5:23.62	5:42.19
800m	10:00.89	10:06.35	10:33.66	10:44.59	11:06.44	11:44.68
1500m	19:16.46	19:26.98	20:19.54	20:40.57	21:22.62	22:36.22
BACKSTROKE						
50m						
100m	1:13.32	1:14.62	1:15.93	1:16.59	1:17.90	1:19.21
200m	2:38.92	2:41.75	2:44.59	2:46.01	2:48.85	2:51.69
BREASTSTROKE						
50m						
100m	1:22.96	1:24.44	1:25.92	1:26.66	1:28.14	1:29.62
200m	2:59.48	3:02.68	3:05.89	3:07.49	3:10.70	3:13.90
BUTTERFLY						
50m						
100m	1:10.81	1:12.07	1:13.34	1:13.97	1:15.23	1:16.50
200m	2:39.95	2:42.80	2:45.66	2:47.09	2:49.94	2:52.80
INDIVIDUAL MEDLEY						
100m	1:15.63	1:16.98	1:18.33	1:19.01	1:20.36	1:21.71
200m	2:40.28	2:43.15	2:46.01	2:47.44	2:50.30	2:53.16
400m	5:39.95	5:46.02	5:52.09	5:55.13	6:01.20	6:07.27

RELAYS	12 & Under	13-14 Years	13-18 Years
4 x 50m Freestyle	2:20.00	2:10.00	2:03.00
4 x 50m Medley	2:47.00	2:37.00	2:20.00
4 x 50m Freestyle MIXED		2:15.00	2:05.00

2023 VICTORIAN OPEN SHORT COURSE CHAMPIONSHIPS

19 – 20 AUGUST 2023

QUALIFYING TIMES



Qualifying Period: Times must have been achieved from 13th August 2022 until entry closing date.

Reverting back to pre-covid times, and remaining in line with our by-laws, 11yr olds and under will not be included as part of the 2023 Victorian Age or Open Short Course Championships. This age group was only included in 2022 due to the lack of the Short Course Competitions due to covid.

Unconverted Long Course times accepted.

	MEN		WOMEN	
	Distance	OPEN	Distance	OPEN
FREESTYLE				
50m		25.68	50m	29.00
100m		55.85	100m	1:02.42
200m		2:02.32	200m	2:14.96
400m		4:22.34	400m	4:46.48
800m		9:08.87	800m	9:49.96
1500m		17:33.36	1500m	18:55.44
BACKSTROKE				
50m		30.33	50m	33.75
100m		1:04.87	100m	1:12.01
200m		2:21.74	200m	2:36.08
BREASTSTROKE				
50m		33.22	50m	37.55
100m		1:12.66	100m	1:21.48
200m		2:40.39	200m	2:56.28
BUTTERFLY				
50m		28.06	50m	31.38
100m		1:01.73	100m	1:09.54
200m		2:21.15	200m	2:37.09
INDIVIDUAL MEDLEY				
100m		1:06.01	100m	1:14.28
200m		2:23.42	200m	2:37.42
400m		5:08.69	400m	5:33.88
RELAYS				
4 x 50m Freestyle	Men		Women	Mixed
4 x 100m Freestyle	4:01.50		4:26.80	2:02.50
4 x 50m Medley				2:13.00
4 x 100m Medley	4:26.80		5:04.80	

MULTI-CLASS QUALIFYING TIMES – SHORT COURSE

SWIMMING VICTORIA CHAMPIONSHIPS

AGE & OPEN CHAMPIONSHIPS

Swimming Victoria - Short Course State Championship Qualifying Times 2023-24

	Female 12-14 Years																Female 15-18 Years															
	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1													
50m Free	52.71	54.18	1:03.36	52.53	48.58	51.85	50.95	49.95	56.73	51.23	53.07	57.23	1:00.55	1:13.72	1:20.55	1:27.77	1:41.86	2:12.84	2:08.40													
100m Free	1:55.52	2:04.33	2:18.84	1:58.66	1:45.58	1:48.90	1:48.86	1:50.29	2:05.59	1:54.59	1:59.31	2:03.46	2:09.03	2:45.29	2:55.82	3:11.21	3:36.07	5:34.54	4:41.78													
200m Free	4:13.87	4:30.02	5:05.12	5:20.89	4:00.10	3:52.83	4:01.90	4:04.99	4:32.26	3:55.41	4:17.98	4:23.81	4:41.20	5:44.62	6:01.32	6:53.67	7:26.03	11:46.19	11:57.00													
50m Back	58.85	1:08.89	1:10.73	1:03.93	55.28	59.04	57.08	1:01.36	1:08.56	57.38	1:00.87	1:07.55	1:07.83	1:25.25	1:31.87	1:53.97	1:48.99	2:38.57	2:40.25													
100m Back	2:06.19	2:25.10	2:31.66	2:19.63	1:57.74	2:03.61	1:59.68	2:03.80	2:25.33	2:07.12	2:06.8	2:24.17	2:21.10	2:59.94	3:17.71	3:52.61	3:49.02	5:33.33	5:32.88													
50m Breast	1:05.66	1:12.82	1:18.91	1:06.67	1:01.43	1:08.19	1:06.32	1:03.24	1:12.50		1:02.64	1:07.85	1:17.82	1:34.55	1:33.47	1:43.61	2:05.98	2:52.53	3:17.17													
100m Breast	143.36	164.23	172.3	149.74	134.68	140.57	141.95	136.64	160.03		2:13.1	2:22.17	2:43.46	3:24.46	2:25.32	3:44.69	4:43.35	6:41.48	7:29.52													
50m Fly	56.05	1:02.31	1:07.36	57.83	54.37	59.08	55.39	55.6	1:01.94	53.49	54.02	1:03.22	1:05.19	1:18.49	1:50.09	1:51.60	2:20.68	2:19.12	2:00.41													
100m Fly	2:05.54	2:23.51	2:30.89	2:09.26	2:00.92	2:03.80	2:00.30	2:02.52	2:24.49	1:58.82	2:06.49	2:15.96	2:32.30	3:06.01	3:55.52																	
100m IM	2:09.91	2:31.29	2:36.14	2:19.03	2:03.31	2:14.4	2:07.76	2:09.54	2:28.16	2:02.35	2:15.19	2:16.02	2:36.34	3:07.46	3:23.31	4:10.91	4:53.09	7:20.26	4:53.09													
150m IM																5:57.05	8:02.27	13:35.09	19:49.78													
200m IM	4:40.15	5:20.56	5:36.70	5:15.04	4:33.03	4:29.31	4:35.84	4:41.58	5:03.09	4:26.22	4:39.54	4:53.28	5:25.73	6:34.09	7:15.93	10:37.04	10:31.72															

MULTI-CLASS QUALIFYING TIMES – SHORT COURSE

SWIMMING VICTORIA CHAMPIONSHIPS

AGE & OPEN CHAMPIONSHIPS



Female 19 Years & Over																			
	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50m Free	40.74	45.7	55.35	44.3	40.97	43.73	42.97	42.13	47.84	43.21	44.76	48.27	51.07	58.52	1.03.94	1.09.66	1.20.85	1.45.43	1.41.91
100m Free	1.29.28	1.44.87	2.01.29	1.40.08	1.29.05	1.31.85	1.31.82	1.33.02	1.43.51	1.34.45	1.38.34	1.44.13	1.48.83	2.11.19	2.19.55	2.31.76	2.51.49	4.25.52	3.43.65
200m Free	3.16.19	3.47.75	4.26.55	4.30.65	3.22.50	3.16.38	3.24.03	3.26.63	3.49.63	3.18.55	3.37.59	3.42.51	3.57.17	4.33.53	4.46.78	5.28.33	5.54.02	9.20.5	9.29.08
50m Back	45.48	58.1	1.01.79	53.92	46.62	49.80	48.15	51.75	57.83	48.4	51.34	56.97	57.21	1.07.66	1.12.91	1.30.46	1.26.51	1.25.85	1.27.19
100m Back	1.37.52	2.02.38	2.12.49	1.57.76	1.39.31	1.44.26	1.40.94	1.44.42	2.02.58	1.47.21	1.46.94	2.01.59	1.59.01	2.22.82	2.36.92	3.04.63	3.01.77	4.24.56	4.24.21
50m Breast	50.74	1.01.42	1.08.94	56.23	51.81	57.51	55.94	53.34	1.01.15		52.83	57.23	1.05.64	1.15.29	1.14.44	1.22.51	1.40.32	2.16.94	2.36.49
100m Breast	1.50.79	2.18.52	2.30.52	2.06.29	1.53.59	1.58.56	1.59.72	1.55.25	2.14.98		1.52.26	1.59.91	2.17.87	2.42.28	2.42.96	2.58.33	3.44.9	5.18.65	5.56.78
50m Fly	47.27	52.55	58.85	48.77	45.86	49.83	46.72	46.89	52.24	45.11	45.56	53.32	54.99	1.02.29	1.27.38	1.28.58	2.07.53	1.50.42	95.57
100m Fly	1.37.02	2.01.04	2.11.81	1.49.02	1.41.99	1.44.42	1.41.47	1.43.34	2.01.86	1.40.21	1.46.69	1.54.67	2.08.45	2.27.64	3.06.93				
100m IM	1.40.40	2.07.60	2.16.40	1.57.26	1.44.01	1.53.36	1.47.75	1.49.26	2.04.96	1.43.20	1.54.02	1.54.72	2.11.87	2.28.79	2.41.37	3.19.14	3.52.63	5.49.43	3.52.63
150m IM																4.43.39	6.22.78	9.25.15	13.44.95
200m IM	3.36.5	4.30.37	4.54.14	4.25.72	3.50.28	3.47.14	3.52.65	3.57.49	4.15.64	3.44.54	3.55.78	4.07.36	4.34.73	5.12.79	5.46.00	8.25.62	8.21.4		

Male 12-14 Years																			
	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50m Free	46.35	48.22	55.70	46.16	43.51	46.28	44.00	44.91	51.55	42.23	45.88	49.10	51.34	1:03.84	1:07.89	1:20.79	1:47.16	2:23.20	3:03.04
100m Free	1:43.08	1:47.62	2:03.89	1:41.01	1:35.38	1:36.51	1:38.04	1:37.85	1:54.15	1:31.66	1:39.32	1:47.67	1:53.19	2:17.73	2:25.51	2:58.77	3:41.54	5:27.59	9:25.14
200m Free	3:48.44	3:57.52	4:34.56	3:56.75	3:26.16	3:31.71	3:38.25	3:52.02	4:16.21	3:32.35	3:37.89	3:57.31	4:17.73	4:55.05	5:22.84	6:25.82	8:30.45	11:17.54	11:49.53
50m Back	51.08	57.53	1:01.39	52.9	47.71	54.03	49.86	49.95	1:03.46	50.76	52.02	57.72	1:03.48	1:17.09	1:15.53	1:33.46	1:44.47	2:36.79	2:57.35
100m Back	1:51.11	2:01.10	2:13.54	2:14.29	1:44.00	1:50.27	1:47.11	1:47.69	2:17.15	1:47.82	1:49.03	1:58.91	2:07.96	2:40.55	2:39.64	3:56.04	3:48.28	5:23.75	6:13.07
50m Breast	58.05	1:01.65	1:09.77	55.66	52.15	55.95	56.8	57.67	1:05.19		54.75	59.08	1:04.84	1:21.11	1:30.14	1:35.18	1:43.95	2:23.96	3:48.42
100m Breast	2:07.22	2:17.34	2:32.91	2:13.9	1:53.07	1:55.31	1:53.41	2:07.47	2:21.76		1:59.68	2:08.08	2:20.36	2:55.05	3:10.93	3:17.11	3:51.69	5:28.68	8:34.68
50m Fly	50.00	52.18	1:00.10	50.63	47.28	51.15	46.3	47.15	57.69	48.01	50.08	51.74	59.66	1:07.61	1:13.29	1:32.92	2:01.01	3:10.65	4:40.14
100m Fly	1:49.84	1:59.10	2:12.02	1:55.59	1:43.25	1:43.97	1:45.02	1:49.71	2:06.14	1:42.18	1:49.72	1:52.75	2:16.68	2:35.46	3:41.76				
100m IM	1:53.29	2:06.29	2:16.16	2:05.92	1:45.41	1:58.91	1:50.63	1:51.85	2:10.58	1:48.56	1:51.17	2:01.69	2:14.23	2:40.87	2:50.18	3:26.24	4:05.94	11:34.20	11:34.20
150m IM																5:33.08	6:17.26	12:15.44	15:56.72
200m IM	4:12.03	4:29.88	5:02.91	4:37.00	3:43.29	4:03.69	3:59.85	4:05.86	4:51.83	3:53.47	4:04.09	4:18.15	4:46.87	5:43.14	5:57.51	7:36.89	9:55.18		

MULTI-CLASS QUALIFYING TIMES – SHORT COURSE

SWIMMING VICTORIA CHAMPIONSHIPS

AGE & OPEN CHAMPIONSHIPS



Male 15-18 Years																			
	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50m Free	40.49	43.81	51.71	41.94	39.53	42.05	39.98	40.80	46.84	38.37	41.69	44.61	46.65	55.77	59.3	1.10.58	1.33.61	2.10.11	2.46.30
100m Free	1.30.05	1.37.78	1.55.01	1.31.77	1.26.66	1.27.69	1.29.07	1.28.9	1.43.71	1.23.28	1.30.24	1.37.83	1.42.84	2.00.32	2.07.12	2.36.17	3.13.53	4.57.64	8.33.47
200m Free	3.19.56	3.35.8	4.14.88	3.35.1	3.07.31	3.12.36	3.18.29	3.30.81	3.52.78	3.12.94	3.17.96	3.35.61	3.54.16	4.57.75	4.42.03	5.37.04	7.25.92	10.15.59	10.44.65
50m Back	44.62	52.27	56.99	48.06	43.35	49.09	45.3	45.38	57.66	46.12	47.26	52.44	57.68	1.07.34	1.05.99	1.21.64	1.31.26	2.22.45	2.41.13
100m Back	1.37.06	1.50.03	2.03.96	2.02.01	1.34.49	1.40.19	1.37.31	1.37.84	2.04.61	1.37.96	1.39.06	1.48.04	1.56.26	2.20.25	2.19.46	3.26.2	3.19.42	4.54.14	5.38.96
50m Breast	50.71	56.02	1.04.77	50.57	47.38	50.84	51.61	52.39	59.23		49.74	53.68	58.91	1.10.86	1.18.75	1.23.15	1.30.81	2.10.80	3.27.54
100m Breast	1.51.14	2.04.78	2.21.95	2.01.66	1.42.74	1.44.77	1.43.04	1.55.82	2.08.80		1.48.74	1.56.36	2.07.53	2.32.92	2.46.79	2.52.19	3.22.4	4.58.63	7.47.62
50m Fly	43.68	47.41	55.79	46.00	42.95	46.48	42.07	42.83	52.41	43.62	45.5	47.01	54.21	59.06	1.04.03	1.21.17	1.45.72	2.53.22	4.14.52
100m Fly	1.35.96	1.48.21	2.02.55	1.45.02	1.33.81	1.34.46	1.35.42	1.39.67	1.54.6	1.32.83	1.39.69	1.42.44	2.04.18	2.15.81	3.13.72				
100m IM	1.38.97	1.54.74	2.06.40	1.54.40	1.35.78	1.48.04	1.40.51	1.41.62	1.58.64	1.38.63	1.41.01	1.50.57	2.01.96	2.20.53	2.28.66	3.00.17	4.09.79	10.06.44	10.06.44
150m IM																4.50.97	5.29.57	9.43.72	12.39.35
200m IM	3.40.17	4.05.20	4.41.20	4.11.67	3.22.87	3.41.41	3.37.92	3.43.37	4.25.15	3.32.12	3.41.77	3.54.54	4.20.63	4.59.76	5.12.31	6.39.13	8.39.94		

	Male 19 Years & Over																		
	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50m Free	35.82	40.67	48.66	38.93	36.7	39.03	37.11	37.88	43.48	35.62	38.7	41.42	43.3	50.67	53.88	1.04.12	1.25.05	1.53.66	2.25.28
100m Free	1.19.66	1.30.77	1.48.23	1.25.19	1.20.45	1.21.4	1.22.69	1.22.53	1.36.28	1.17.31	1.23.77	1.30.82	1.35.47	1.49.32	1.55.49	2.21.89	2.55.84	4.40.01	7.28.55
200m Free	2.56.54	3.20.33	3.59.85	3.19.68	2.53.88	2.58.57	3.04.08	3.15.69	3.36.09	2.59.11	3.03.77	3.20.16	3.37.38	3.54.18	4.16.24	5.06.22	6.45.14	8.57.76	9.23.15
50m Back	39.48	48.52	53.63	44.62	40.24	45.57	42.05	42.13	53.53	42.81	43.88	48.69	53.54	1.01.18	59.95	1.14.18	1.22.92	2.04.44	2.20.76
100m Back	1.25.86	1.42.14	1.56.66	1.53.26	1.27.72	1.33.01	1.30.34	1.30.83	1.55.67	1.30.94	1.31.96	1.40.29	1.47.93	2.07.43	2.06.71	3.07.34	3.01.19	4.16.96	4.56.11
50m Breast	44.86	52.00	1.00.95	46.95	43.99	47.19	47.91	48.64	54.99		46.18	49.83	54.69	1.04.38	1.11.55	1.15.55	1.22.51	1.54.26	3.01.30
100m Breast	1.38.32	1.55.84	2.13.58	1.52.94	1.35.37	1.37.26	1.35.66	1.47.51	1.59.56		1.40.94	1.48.02	1.58.39	2.18.94	2.31.54	2.36.45	3.03.89	4.20.87	6.48.50
50m Fly	38.64	44.01	52.5	42.7	39.88	43.15	39.05	39.76	48.65	40.49	42.24	43.64	50.32	53.66	58.17	1.13.75	1.36.05	2.31.32	3.42.35
100m Fly	1.24.89	1.40.45	1.55.33	1.37.49	1.27.08	1.27.69	1.28.58	1.32.53	1.46.39	1.26.18	1.32.55	1.35.1	1.55.28	2.03.39	2.56.01				
100m IM	1.27.55	1.46.51	1.58.95	1.46.20	1.28.91	1.40.29	1.33.31	1.34.34	1.50.13	1.31.56	1.33.77	1.42.64	1.53.21	2.07.68	2.15.07	2.43.7	3.46.95	9.50.99	9.50.99
150m IM																4.24.36	4.59.43	8.29.93	11.03.36
200m IM	3.14.77	3.47.63	4.24.62	3.53.63	3.08.33	3.25.54	3.22.30	3.27.36	4.06.14	3.16.92	3.25.87	3.37.73	4.01.95	4.32.35	4.43.75	6.02.63	7.52.4		

2023 AUSTRALIAN SHORT COURSE CHAMPIONSHIPS

LOCATION (TBA)

13-16 SEPTEMBER, 2023

QUALIFYING TIMES

MEN	FREESTYLE	WOMEN
23.78	50m Freestyle	26.85
51.71	100m Freestyle	57.80
1:53.26	200m Freestyle	2:04.96
4:02.91	400m Freestyle	4:25.26
8:28.21	800m Freestyle	9:06.26
16:15.33	1500m Freestyle	17:31.33
BACKSTROKE		
27.57	50m Backstroke	30.68
58.97	100m Backstroke	1:05.46
2:08.85	200m Backstroke	2:21.89
BREASTSTROKE		
30.20	50m Breaststroke	34.14
1:06.05	100m Breaststroke	1:14.07
2:25.81	200m Breaststroke	2:40.25
BUTTERFLY		
25.51	50m Butterfly	28.53
56.12	100m Butterfly	1:03.22
2:08.32	200m Butterfly	2:22.81
INDIVIDUAL MEDLEY		
1:00.01	100m Individual Medley	1:07.56
2:10.38	200m Individual Medley	2:23.11
4:40.63	400m Individual Medley	5:03.53
RELAYS		
3:42.00	4 x 100m Freestyle	4:00.00
8:00.00	4 x 200m Freestyle	8:40.00
4:04.00	4 x 100m Medley	4:28.00
MIXED RELAYS		
Mixed 4 x 50 Freestyle Relay		1:42.00
Mixed 4x50 Medley Relay		2:00.00

Qualifying time must be achieved since 1st January, 2022.

Long course times, unconverted, can only be used where a short course time has not been achieved.

Minimum age for swimmers is 13 years for girls and 14 years for boys, as at September 13, 2023.

Entries close 11:59pm AEDT Tuesday 29th August, 2023 - times achieved after the closing date will not be accepted under any circumstances.

2023 Australian Short Course Championships
13-16 September, 2023
MC Qualifying Times

	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
WOMEN																			
50m FR	33.27	36.58	33.27	33.27	33.27	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	1:15.75	1:23.33	1:15.75	1:15.75	1:15.75	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	2:44.61	3:01.07	2:44.61	2:44.61	2:44.61	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	5:28.70	6:01.57	5:28.70	5:28.70	5:28.70	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	36.80	40.48	36.80	36.80	36.80	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	1:24.28	1:32.71	1:24.28	1:24.28	1:24.28	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 BST	40.13	44.14	40.13	40.13	40.13	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 BST	1:40.94	1:51.03	1:40.94	1:40.94	1:40.94	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 FLY	36.95	40.65	36.95	36.95	36.95	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 FLY	1:23.30	1:31.63	1:23.30	1:23.30	1:23.30	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																4:18.86	4:45.29		
200m IM	2:58.38	3:16.22	2:58.38	2:58.38	2:58.38	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				

	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
MEN																			
50m FR	29.54	32.49	29.54	29.54	29.54	29.54	29.28	29.15	31.92	29.95	31.78	33.00	34.84	36.57	43.18	50.16	58.22	1:19.04	1:29.79
100m FR	1:06.05	1:12.66	1:06.05	1:06.05	1:06.05	1:06.05	1:03.39	1:03.67	1:10.91	1:05.12	1:08.76	1:11.84	1:16.40	1:21.21	1:34.82	1:49.15	2:09.90	2:54.33	3:06.92
200m FR	2:21.30	2:35.43	2:21.30	2:21.30	2:21.30	2:21.30	2:21.98	2:30.59	2:41.96	2:24.70	2:33.07	2:41.51	2:53.41	3:03.63	3:30.40	4:00.19	4:28.34		
400m FR	5:06.67	5:37.34	5:06.67	5:06.67	5:06.67	5:06.67	4:47.97	4:54.11	5:30.71	4:50.91	5:02.87	5:19.98	5:42.18	6:05.43					
50m BK	34.67	38.13	34.67	34.67	34.67	34.67	35.07	36.43	40.56	36.54	39.28	40.56	44.30	48.09	55.08	1:03.29	1:08.93	1:24.06	1:39.30
100m BK	1:16.38	1:23.75	1:16.38	1:16.38	1:16.38	1:16.38	1:10.20	1:10.55	1:21.16	1:14.32	1:17.67	1:22.60	1:26.48	1:32.30	1:58.51	2:13.39	2:17.00	2:33.36	3:03.74
50m BST	36.80	40.48	36.80	36.80	36.80	36.80	38.52	39.27	42.33	40.13	41.42	46.07	45.85	58.71	59.58	1:06.01	1:13.91	1:33.91	2:03.24
100m BST	1:26.99	1:35.69	1:26.99	1:26.99	1:26.99	1:26.99	1:23.81	1:24.60	1:34.71	1:26.37	1:30.81	1:40.42	1:43.52	2:09.02	2:12.06	2:34.78	3:07.18		
50m FLY	31.78	34.96	31.78	31.78	31.78	31.78	32.87	31.97	33.62	32.86	34.68	36.25	39.13	39.80	49.23	55.41	1:13.71		
100m FLY	1:09.58	1:16.54	1:09.58	1:09.58	1:09.58	1:09.58	1:05.79	1:06.39	1:12.54	1:07.84	1:10.99	1:11.65	1:28.63	1:26.30	1:36.16	3:27.27	3:59.93		
150m IM																			
200m IM	2:38.01	2:53.81	2:38.01	2:38.01	2:38.01	2:38.01	2:33.27	2:32.56	2:49.71	2:35.32	2:43.13	2:50.93	3:03.83	3:14.36	4:01.12				

Entries close 11:50PM AEDT Tuesday 29th August, 2023.

Long course times, unconverted, can only be used where a short course time has not been achieved.

Qualifying time must be achieved since 1st January 2022.

Please ensure you have qualified for your events before processing entries. Refunds will not be processed for ineligible entries.

Thank You.

We hope that you enjoyed
swimming with us.

Looking forward to seeing
you again at our
Winter Short Course Meet
on Sunday 23rd July.