



# BALLARAT GOLD SWIMMING CLUB

Presents

## 2023 Ballarat Gold Long Course Meet

A proposed long course qualifying meet.

*Sunday 22nd October 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 50m competition pool

### Program of events

| Event #      |      | SESSION 1                                 | Event #                             |      | SESSION 2                                    |
|--------------|------|---|-------------------------------------|------|--|
| Female       | Male | Event                                     | Female                              | Male | Event  |
|              | *1   | Mixed Open 400m IM*                       | 17                                  | 18   | Open 200m Freestyle                          |
|              | *2   | Mixed Open 400m Freestyle*                | 19                                  | 20   | Open 100m Butterfly                          |
|              | ^3   | Mixed MC 50m Breaststroke^                | ^21                                 |      | Mixed MC 50m Backstroke^                     |
| 4            | 5    | Open 50m Breaststroke                     | 22                                  | 23   | Open 50m Backstroke                          |
| 6            | 7    | Open 100m Backstroke                      | 24                                  |      | Mixed Open 200m Breaststroke                 |
| 8            |      | Mixed Open 200m Butterfly                 | 25                                  | 26   | Open 100m Freestyle                          |
|              | ^9   | Mixed MC 50m Freestyle^                   | ^27                                 |      | Mixed MC 50m Butterfly^                      |
| 10           | 11   | Open 50m Freestyle                        | 28                                  | 29   | Open 50m Butterfly                           |
| 12           | 13   | Open 100m Breaststroke                    | 30                                  | 31   | Open 200m IM                                 |
| 14           |      | Mixed Open 200m Backstroke                | ^32                                 |      | Mixed Para/Able-bodied 4x50m Freestyle Relay |
|              | ^15  | Mixed Para/Able-bodied 4x50m Medley Relay | 33                                  |      | Mixed Open 4x50m Freestyle Relay             |
| 16           |      | Mixed Open 4x50m Medley Relay             | <b>AGE GROUP MEDAL PRESENTATION</b> |      |  |
| <b>BREAK</b> |      |   |                                     |      |  |

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

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



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## Conditions of Entry

### Entries:

^Meet open to SAL registered swimmers only, with the exception of Multiclass events 3, 9, 21, 27, 15 & 32 which are also open to Special Olympics swimmers not registered with SAL.

Age of competitors is as at date of meet.

ONLINE entries via [Swim Central](http://Swim Central) (unregistered Special Olympics swimmers email [entries@ballaratgold.org.au](mailto:entries@ballaratgold.org.au) )

\$12 per event

Entry Fees will not be refunded.

Closing date Sunday 15<sup>th</sup> October.

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.

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### Meet:

Meet to be conducted under the rules of Swimming Australia and Swimming Victoria.

One start rule applies.

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

The Referees decisions will be final.

Backstroke ledges will be available for use at this Meet.

All events are timed finals with points awarded to the top 8 swimmers in the following categories: 9&U, 10/11, 12/13, 14/15, 16/17, 18&O for both male and female swimmers and for Mixed Open Para-swimmers. Medals for 1st, 2nd & 3rd aggregate in each category will be presented at the conclusion of the meet.

Ribbons for Individual Events.

### Relays:

Mixed relay – minimum 1 girl/team.

Email relay entry details to [jo@farmingit.com.au](mailto:jo@farmingit.com.au) by Tuesday 17<sup>th</sup> October.

Relay entries are \$16 per team. No restrictions on the number of teams entered

Relay payments -Direct deposit to Ballarat Gold SC Inc. BSB 633-000, Account No.1083-32453 using "LCRelay club name" as a reference. Please forward remittance advice to

[entries@ballaratgold.org.au](mailto:entries@ballaratgold.org.au)

### General:

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

Free spectator entry. Grandstand seating available.

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



swimmerch



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