



**BALLARAT GOLD
SWIMMING CLUB**

Takes pleasure in presenting the

2023 Ballarat Gold Long Course Meet

A proposed qualifying meet



**BALLARAT GOLD
SWIMMING CLUB**



coles

Ballarat Central

**2023 Ballarat Gold
Long Course Meet**

Sunday 22nd October
Ballarat Aquatic & Lifestyle Centre

The complex block is a promotional graphic for the 2023 Ballarat Gold Long Course Meet. It features a circular inset on the left showing a swimmer in a yellow cap and goggles in a pool. To the right, the Ballarat Gold Swimming Club logo is displayed above the Coles logo, which is a red rectangle with the word 'coles' in white. Below the Coles logo, the text 'Ballarat Central' is written in red. The main title '2023 Ballarat Gold Long Course Meet' is in large, bold, dark blue font. At the bottom, the date 'Sunday 22nd October' and the venue 'Ballarat Aquatic & Lifestyle Centre' are listed in dark blue.

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 Long 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.

Ballarat GCO Swimming Club
Ballarat Gold Swimming Club
Ballarat Special Olympics
Ballarat Swimming Club
Bendigo East Swimming Club
Bendigo Hawks Aquatic
Colac Swimming Club
Geelong Sharks Swimming Club
Geelong Swimming Club
Gisborne Thunder Swimming Club
Horsham Swimming Club
Kangaroo Flat
Lara Swimming Club
Maccabi Ajax Swimming Club
Melbourne Swimming Club
Mildura Swimming Club
MLC Aquatic Inc (Victoria)
Mt Gambier
Surrey Park Swimming Club
Swimland Swim Club
Warrnambool Swimming 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



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 LONG COURSE MEET

WHEN: Sunday 22nd October

TIME: from 10am

WHERE: Ballarat Aquatic & Lifestyle Center - Courtyard



BALLARAT GOLD
SWIMMING CLUB



LONG COURSE MEET:
SUNDAY 22ND OCTOBER 2023

SAUSAGE SIZZLE

BALLARAT AQUATIC CENTRE



Ballarat Central

EVENT SPONSOR



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	AGE GROUP MEDAL PRESENTATION		
BREAK					

*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, 0438 823 965



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 (unregistered Special Olympics swimmers email entries@ballaratgold.org.au)

\$12 per event

Entry Fees will not be refunded.

Closing date Sunday 15th 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.

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

Meet:

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

One start rule applies.

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

The Referees decisions will be final.

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 by Tuesday 17th 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

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

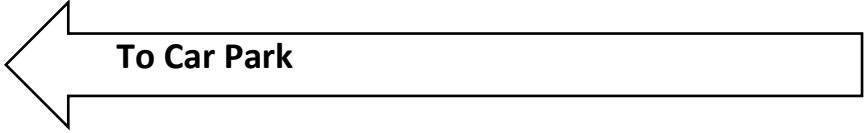
swimmerch



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



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





BALLARAT GOLD
SWIMMING CLUB

2023 Ballarat Gold Long Course Meet

Swimmer Check-In & Marshalling Procedure

A formal Marshalling process will be in operation. All swimmers should Marshall in the Grandstand next to the 25m 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 venue map) or swimmers can ask the Marshalling assistants for help.

The Meet has been seeded in an attempt to ensure that individual swimmer recovery times are greater than 15 minutes where possible. To achieve this, Events 30 and 31 (200IM) will be swum fastest to slowest heat. Additionally, some swimmers may find themselves in an unexpected heat. The first heat of Event 2 will be a mixed 400m IM/Freestyle heat.

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.



BALLARAT GOLD
SWIMMING CLUB

2023 Ballarat Gold Long Course Meet Club Timekeeper Lane Allocation

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

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

Lane	Session 1 (10am – 1:15ish)	Session 2 (1:45pm – 4:45ish)
1	Bendigo East/ WRN	Bendigo East/ WRN
2	Ballarat SC	Ballarat SC/BGOLD
3	BGOLD	BGOLD
4	BGOLD	BGOLD
5	BGOLD	BGOLD
6	BGOLD	BGOLD
7	Warrnambool	Warrnambool
8	BGCO/BGOLD	BGCO/BGOLD



BALLARAT GOLD
SWIMMING CLUB

2023 Ballarat Gold Long Course Meet

Warm-up Procedure

Pool deck access will be from 9am

Warm up from 9:15 – 9:45am in both pools.

The competition pool will be cleared at 9:45am, ready for racing to start at 10am.

The 25m pool will have 3 lanes available throughout the meet for swimmers to warm up and cool down.

The competition pool will be available for warmup during the break between sessions. It will be cleared 10 minutes prior to the start of the next session.

Swimmers are asked to please comply with any requests to clear the pool.

All coaches and swimmers should be aware of the general warm up procedures for meets.

- Initial warm up with no dive entries, feet first entry into water.
- Swimmers must swim in a clockwise direction.
- Starts are to be conducted in lanes 1 and 8 (under coaches' supervision) for the last 10 minutes of warmup in the competition pool. These are to be treated as walk back lanes.
- The request to clear the pool must be obeyed immediately.

BACKSTROKE START LEDGES

Backstroke ledges will be installed and available to all swimmers.

Their use is optional at the discretion of each swimmer.

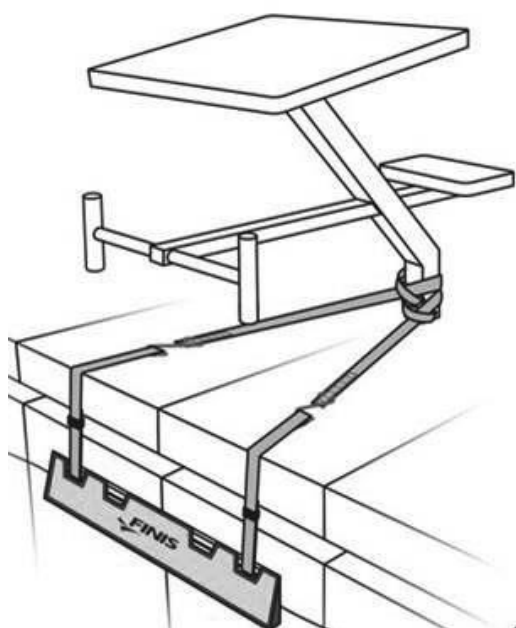
Technical officials (or timekeepers) will place the ledge in the water. This should not be undertaken by swimmers.

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](#).



2023 Ballarat Gold Long Course Meet - 22/10/2023

Session: 1

Starts at 10:00 AM Heat Interval: 35 Seconds / Back +35 Seconds

Event	Starts at	
*1 Mixed Open 400 IM	10:00 AM	_____
*2 Mixed Open 400 IM/Free	10:07 AM	_____
3 Mixed Open 50 Breast Multi-Class	10:28 AM	_____
4 Girls Open 50 Breast	10:30 AM	_____
5 Boys Open 50 Breast	10:46 AM	_____
6 Girls Open 100 Back - Sponsored by Premier Strategy	10:56 AM	_____
7 Boys Open 100 Back - Sponsored by Premier Strategy	11:18 AM	_____
8 Mixed Open 200 Fly	11:34 AM	_____
9 Mixed Open 50 Free Multi-Class	11:37 AM	_____
10 Girls Open 50 Free	11:40 AM	_____
11 Boys Open 50 Free	11:56 AM	_____
12 Girls Open 100 Breast	12:07 PM	_____
13 Boys Open 100 Breast	12:23 PM	_____
14 Mixed Open 200 Back	12:36 PM	_____
15 Mixed Open 200 Medley Relay Para/Ablebodied	12:57 PM	_____
16 Mixed Open 200 Medley Relay	01:01 PM	_____
Swimmers Counts for Warm-ups: 279		
Finish Time	01:13 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.

*Event 2 Heat 1 is mixed 400m IM and 400m Freestyle. Please check carefully.



BALLARAT GOLD
SWIMMING CLUB



All Abilities and Inclusion

SCHOLARSHIPS

For Teens
from Ballarat &
Surrounding areas

Introduction to Squad Swimming **Starting OCT 31st**

Each Scholarship Includes

- * Registration Fees
- * Ballarat Aquatic Centre Aquatic Pass
- * Ballarat Gold Shirt, Cap, Goggles and Equipment

To register your interest please email:

President@ballaratgold.org.au with applicants name, age, swimming experience and ability and why they would like to join the program.



2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 1

Event 1 Mixed Open 400 LC Meter IM

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
1	Titus Tang	M13	Swimland Swim Club	5:55.37	_____	_____
2	Chase Briggs	M16	Horsham Swimming Club Inc	5:50.54	_____	_____
3	Kevin Huang	M15	Ballarat Gold Swimming Club In	5:27.07	_____	_____
4	Oliver Mackenzie	M19	Surrey Park Swimming Club Inc	5:11.91	_____	_____
5	Joshua Fitzgerald	M14	Warrnambool Swimming Club	5:20.23	_____	_____
6	Isla Ho	W16	Ballarat Gold Swimming Club In	5:48.00	_____	_____
7	Hamish Knight	M14	Bendigo Hawks Aquatic	5:51.67	_____	_____
8	Macy Smyk	W13	Surrey Park Swimming Club Inc	6:00.05	_____	_____

Event 2 Mixed Open 400 LC Meter Free

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 3 Timed Finals						
IM 1	Liam Weissenfeld	M12	Ballarat Gold Swimming Club In	NT	_____	_____
IM 2	Charlotte McConvill	W12	Bendigo Hawks Aquatic	6:51.14	_____	_____
IM 3	Hei Lam Vincy Xu	W13	Surrey Park Swimming Club Inc	6:04.81	_____	_____
IM 4	Edward Meddings	M16	Ballarat Gold Swimming Club In	NT	_____	_____
Free 5	Harrison Chiller	M12	Warrnambool Swimming Club	NT	_____	_____
Free 6	Reece Hornsby	M14	Geelong Swimming Club Incorpor	NT	_____	_____
Free 7	Hayley Warren	W12	Surrey Park Swimming Club Inc	NT	_____	_____
Free 8	Riley Garner	M11	Mildura Swimming Club Inc.	NT	_____	_____

Heat 2 of 3 Timed Finals

1	Kate Crilly	W14	Ballarat Swimming Club Inc	5:54.21	_____	_____
2	Lachlan Patten	M14	Surrey Park Swimming Club Inc	5:37.57	_____	_____
3	Cameron Dole	M55	Ballarat Gco Swimming Club Inc	5:27.70	_____	_____
4	Blake Scott	M15	Ballarat Gold Swimming Club In	5:25.56	_____	_____
5	Danika Garner	W13	Mildura Swimming Club Inc.	5:25.64	_____	_____
6	Jack Stonehouse	M14	Warrnambool Swimming Club	5:34.63	_____	_____
7	Ella Matters	W14	Warrnambool Swimming Club	5:44.40	_____	_____
8	Martin Ma	M9	Ballarat Gold Swimming Club In	7:21.88	_____	_____

Heat 3 of 3 Timed Finals

1	Darcy Stewart	M14	Surrey Park Swimming Club Inc	4:48.45	_____	_____
2	Bettina Ambrose	W14	Ballarat Swimming Club Inc	4:40.88	_____	_____
3	George Huang	M15	Surrey Park Swimming Club Inc	4:21.17	_____	_____
4	Jesse Phillips	M18	Surrey Park Swimming Club Inc	4:12.66	_____	_____
5	Daniel Civitarese	M17	Surrey Park Swimming Club Inc	4:19.66	_____	_____
6	Tom Urquhart	M15	Ballarat Gold Swimming Club In	4:31.23	_____	_____
7	Marley Sutherland	M14	Ballarat Gold Swimming Club In	4:48.00	_____	_____
8	Harriet Meakin	W15	Ballarat Swimming Club Inc	4:58.98	_____	_____

Event 3 Mixed Open 50 LC Meter Breast Multi-Class

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
3	Elise Pierce SB14	W23	Ballarat Special Olympics	1:34.74	_____	_____
4	Aaron Skinner SB14	M32	Geelong Sharks Swimming Club	44.35	_____	_____
5	Alec Grant SB14	M26	Ballarat Special Olympics	1:16.20	_____	_____
6	Lyndsay Lee SB14	W51	Ballarat Special Olympics	NT	_____	_____

Event 4 Girls Open 50 LC Meter Breast

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 11 Timed Finals						
2	Billie Addlem	8	Bendigo East Swimming Club	NT	_____	_____
3	Winter Neil	9	Ballarat Gold Swimming Club In	NT	_____	_____
4	Harriet McKay	10	Ballarat Gold Swimming Club In	NT	_____	_____
5	Addison Hendley	10	Ballarat Gold Swimming Club In	NT	_____	_____
6	Camila Gonzalez-Zhu	9	Ballarat Gold Swimming Club In	NT	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 1

Heat 2 Timed Finals... (Event 4 Girls Open 50 LC Meter Breast)

1	Ingrid Sourivong	10	Ballarat Gold Swimming Club In	NT	_____	_____
2	Claudia Fumi	11	Ballarat Gold Swimming Club In	NT	_____	_____
3	Olivia Leehane	11	Colac Swimming Club	NT	_____	_____
4	Kiera Butterworth	13	Ballarat Gold Swimming Club In	NT	_____	_____
5	Penelope Roberts	11	Kangaroo Flat	NT	_____	_____
6	Zarah Hassan	11	Ballarat Gold Swimming Club In	NT	_____	_____
7	Leiarnna Ferguson	10	Ballarat Gold Swimming Club In	NT	_____	_____
8	Zoe Walsh	10	Ballarat Gold Swimming Club In	NT	_____	_____

Heat 3 of 11 Timed Finals

1	Abigail Tickell	8	Ballarat Gold Swimming Club In	1:15.65	_____	_____
2	Sophie Grech	10	Ballarat Gold Swimming Club In	1:05.90	_____	_____
3	Shae O'Callaghan	10	Ballarat Gold Swimming Club In	1:00.88	_____	_____
4	Jade Hayward	11	Kangaroo Flat	58.74	_____	_____
5	Julia Justin	12	Ballarat Swimming Club Inc	1:00.18	_____	_____
6	Chloe James	11	Colac Swimming Club	1:05.66	_____	_____
7	Isabel Meneses Lopez	9	Ballarat Gold Swimming Club In	1:09.23	_____	_____
8	Lorelai Henderson	16	Colac Swimming Club	NT	_____	_____

Heat 4 of 11 Timed Finals

1	Abby Frawley	11	Surrey Park Swimming Club Inc	58.64	_____	_____
2	Jessica McMillan	9	Bendigo Hawks Aquatic	57.13	_____	_____
3	Matisse Aberline	11	Warrnambool Swimming Club	56.60	_____	_____
4	Indianna Stonehouse	12	Warrnambool Swimming Club	54.65	_____	_____
5	Bonnie Naylor	12	Ballarat Gco Swimming Club Inc	54.95	_____	_____
6	Julia Macdonald	13	Surrey Park Swimming Club Inc	57.05	_____	_____
7	Lily Richards	10	Surrey Park Swimming Club Inc	57.74	_____	_____
8	Ella Featherston	11	Ballarat Gold Swimming Club In	58.70	_____	_____

Heat 5 of 11 Timed Finals

1	Estelle Karslake	12	Ballarat Gco Swimming Club Inc	52.74	_____	_____
2	Junqing Cao	10	Ballarat Gold Swimming Club In	52.00	_____	_____
3	Ruimi Zhang	12	Surrey Park Swimming Club Inc	51.26	_____	_____
4	Sophie Lee	9	Kangaroo Flat	51.00	_____	_____
5	Ashley Wilson	15	Surrey Park Swimming Club Inc	51.24	_____	_____
6	Georgie Kennett	8	Ballarat Gold Swimming Club In	51.87	_____	_____
7	Luella Webb	11	Bendigo Hawks Aquatic	52.06	_____	_____
8	Xier Li	10	Surrey Park Swimming Club Inc	52.79	_____	_____

Heat 6 of 11 Timed Finals

1	Mairead Hewson	14	Warrnambool Swimming Club	49.85	_____	_____
2	Wynter-Rose Wendt	9	Surrey Park Swimming Club Inc	49.42	_____	_____
3	Taylah Costello	11	Ballarat Gold Swimming Club In	48.67	_____	_____
4	Ainsley Justin	13	Ballarat Swimming Club Inc	48.06	_____	_____
5	Lily Goodman	12	Warrnambool Swimming Club	48.48	_____	_____
6	Amelia Wilson	12	Ballarat Gco Swimming Club Inc	48.82	_____	_____
7	Dior O'Callaghan	13	Ballarat Gold Swimming Club In	49.65	_____	_____
8	Emily Wilks	14	Ballarat Gco Swimming Club Inc	50.77	_____	_____

Heat 7 of 11 Timed Finals

1	Emma Colt	12	Kangaroo Flat	47.97	_____	_____
2	Abby Colt	11	Kangaroo Flat	47.19	_____	_____
3	Zi Li	12	Surrey Park Swimming Club Inc	46.65	_____	_____
4	Elsie Cock	11	Mildura Swimming Club Inc.	45.66	_____	_____
5	Sophie Frawley	13	Surrey Park Swimming Club Inc	46.15	_____	_____
6	Lily McCormack	11	Ballarat Gold Swimming Club In	46.84	_____	_____
7	Caitlin Hitchon	15	Mount Gambier	47.47	_____	_____
8	Kate Beechey	13	Ballarat Gold Swimming Club In	48.06	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 1

Heat 8 Timed Finals... (Event 4 Girls Open 50 LC Meter Breast)

1	Hayley Warren	12	Surrey Park Swimming Club Inc	45.17	_____	_____
2	Zara Bibby	14	Bendigo East Swimming Club	44.94	_____	_____
3	Isabel Neeson	13	Surrey Park Swimming Club Inc	44.59	_____	_____
4	Leah Ross	15	Ballarat Gold Swimming Club In	43.55	_____	_____
5	Matilda Brett	14	Surrey Park Swimming Club Inc	43.98	_____	_____
6	Krys Syrota	14	Surrey Park Swimming Club Inc	44.92	_____	_____
7	Hannah Syrota	12	Surrey Park Swimming Club Inc	44.97	_____	_____
8	Isabella Till	16	Ballarat Gco Swimming Club Inc	45.43	_____	_____

Heat 9 of 11 Timed Finals

1	Audrey Hogan	13	Bendigo East Swimming Club	43.22	_____	_____
2	Claire Mathison	15	Ballarat Gold Swimming Club In	43.10	_____	_____
3	Layan Hussein Eman	11	Surrey Park Swimming Club Inc	41.72	_____	_____
4	Holly Hembrow	14	Kangaroo Flat	40.94	_____	_____
5	Morgan Westbrook	12	Bendigo Hawks Aquatic	41.04	_____	_____
6	Danika Garner	13	Mildura Swimming Club Inc.	41.81	_____	_____
7	Maisy Graves	12	Surrey Park Swimming Club Inc	43.13	_____	_____
8	Riley Sterenberg	16	Bendigo Hawks Aquatic	43.55	_____	_____

Heat 10 of 11 Timed Finals

1	Lexin Zhao	12	Surrey Park Swimming Club Inc	39.80	_____	_____
2	Jacqueline Ho	13	Surrey Park Swimming Club Inc	39.45	_____	_____
3	Charley Ward	16	Ballarat Gold Swimming Club In	38.59	_____	_____
4	Zoe Davis	13	Warrnambool Swimming Club	38.22	_____	_____
5	Caitlyn Roberts	19	Surrey Park Swimming Club Inc	38.36	_____	_____
6	Bea Lovatt	22	Surrey Park Swimming Club Inc	39.35	_____	_____
7	Macey Kane	15	Warrnambool Swimming Club	39.77	_____	_____
8	Ania Siedlaczek	37	Ballarat Swimming Club Inc	40.29	_____	_____

Heat 11 of 11 Timed Finals

1	Grace Richards	15	Surrey Park Swimming Club Inc	37.58	_____	_____
2	Marley Addlem	16	Bendigo East Swimming Club	36.54	_____	_____
3	Farida Taha	16	Surrey Park Swimming Club Inc	35.06	_____	_____
4	Maaikje Vrij	25	Surrey Park Swimming Club Inc	31.84	_____	_____
5	Skylar Hay	17	Surrey Park Swimming Club Inc	34.45	_____	_____
6	Ella Matters	14	Warrnambool Swimming Club	36.28	_____	_____
7	Zara Burk	19	Surrey Park Swimming Club Inc	36.87	_____	_____
8	Telani Bibby	17	Bendigo East Swimming Club	37.60	_____	_____

Event 5 Boys Open 50 LC Meter Breast

Lane	Name	Age	Team	Seed Time	Finals	Place
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Heat 1 of 7 Timed Finals

2	Corey McMillin	10	Ballarat Gold Swimming Club In	NT	_____	_____
3	Lenny Ryan	12	Warrnambool Swimming Club	1:15.93	_____	_____
4	Liam Weissenfeld	12	Ballarat Gold Swimming Club In	1:04.59	_____	_____
5	Ben Goodman	10	Warrnambool Swimming Club	1:08.23	_____	_____
6	Patrick Orton	9	Ballarat Gco Swimming Club Inc	1:21.61	_____	_____
7	Ari Goodman	8	Warrnambool Swimming Club	NT	_____	_____

Heat 2 of 7 Timed Finals

1	Cohan Morgan	8	Ballarat Gold Swimming Club In	1:03.26	_____	_____
2	Ashton Silak	11	Ballarat Swimming Club Inc	1:00.55	_____	_____
3	William Knight	9	Bendigo Hawks Aquatic	58.39	_____	_____
4	Chi Hin Xu	10	Surrey Park Swimming Club Inc	57.61	_____	_____
5	Matthew Swanton	12	Ballarat Gold Swimming Club In	57.91	_____	_____
6	Francis Justin	10	Ballarat Swimming Club Inc	1:00.07	_____	_____
7	Joseph Scruby	9	Ballarat Gold Swimming Club In	1:00.60	_____	_____
8	Jasper Zowa	10	Surrey Park Swimming Club Inc	1:03.44	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 1

Heat 3 Timed Finals... (Event 5 Boys Open 50 LC Meter Breast)

1	William Fitzgerald	12	Warrnambool Swimming Club	56.75	_____	_____
2	Reyaaansh Vohra	12	Surrey Park Swimming Club Inc	55.63	_____	_____
3	Lucas Fitzgerald	10	Warrnambool Swimming Club	55.39	_____	_____
4	Ethan Wings	14	Ballarat Gold Swimming Club In	54.06	_____	_____
5	Miles Crilly	12	Ballarat Swimming Club Inc	54.14	_____	_____
6	Henry Beechey	13	Ballarat Gold Swimming Club In	55.42	_____	_____
7	Sebastian Gonzalez	11	Ballarat Gold Swimming Club In	56.32	_____	_____
8	Alex Hitchon	13	Mount Gambier	57.06	_____	_____

Heat 4 of 7 Timed Finals

1	Owen Frawley	11	Surrey Park Swimming Club Inc	52.92	_____	_____
2	Sean Wang	11	Surrey Park Swimming Club Inc	52.83	_____	_____
3	Paterson Norman	10	Lara Swimming Club	51.35	_____	_____
4	Martin Ma	9	Ballarat Gold Swimming Club In	50.45	_____	_____
5	Charlie Tickell	11	Ballarat Gold Swimming Club In	50.68	_____	_____
6	Clinton Wings	13	Ballarat Gold Swimming Club In	52.14	_____	_____
7	Riley O'Callaghan	15	Ballarat Gold Swimming Club In	52.83	_____	_____
8	Owen Barnes	11	Kangaroo Flat	53.96	_____	_____

Heat 5 of 7 Timed Finals

1	Mitchell Clarke	11	Gisborne Thunder Swimming Club	48.77	_____	_____
2	Jonty Ward	11	Ballarat Gold Swimming Club In	45.21	_____	_____
3	Thomas Dorrat-Sims	14	Surrey Park Swimming Club Inc	43.98	_____	_____
4	Segev Glasman	16	Maccabi Ajax Swimming Club	42.36	_____	_____
5	Max Ravisa	13	Ballarat Gold Swimming Club In	42.66	_____	_____
6	Oscar Woithe	13	Warrnambool Swimming Club	44.27	_____	_____
7	Lachlan Harris	12	Surrey Park Swimming Club Inc	46.71	_____	_____
8	Harrison Chiller	12	Warrnambool Swimming Club	49.30	_____	_____

Heat 6 of 7 Timed Finals

1	Xavier Ough	14	Bendigo East Swimming Club	40.28	_____	_____
2	Kai Moloney	14	Warrnambool Swimming Club	38.60	_____	_____
3	Jacob Chester	13	Surrey Park Swimming Club Inc	37.64	_____	_____
4	Mubal Ibrahim	22	Surrey Park Swimming Club Inc	36.06	_____	_____
5	Alfie Graves	14	Surrey Park Swimming Club Inc	36.57	_____	_____
6	Remy Bloom	15	Surrey Park Swimming Club Inc	37.99	_____	_____
7	Jack Stonehouse	14	Warrnambool Swimming Club	39.34	_____	_____
8	Thomas Costello	15	Ballarat Gold Swimming Club In	41.01	_____	_____

Heat 7 of 7 Timed Finals

1	Jack Sharp	21	Warrnambool Swimming Club	35.34	_____	_____
2	Jake Burleigh	14	Warrnambool Swimming Club	33.97	_____	_____
3	Thomas Greenwood	16	Surrey Park Swimming Club Inc	33.09	_____	_____
4	Kiran Jasinghe (V)	26	Surrey Park Swimming Club Inc	29.24	_____	_____
5	Dayne Schnyder	17	Ballarat Gold Swimming Club In	30.53	_____	_____
6	Anthony Lin	21	Surrey Park Swimming Club Inc	33.45	_____	_____
7	Max Malone	15	Surrey Park Swimming Club Inc	34.57	_____	_____
8	Aston Wilson	12	Surrey Park Swimming Club Inc	35.52	_____	_____

Event 6 Girls Open 100 LC Meter Back

Sponsor: Premier Strategy

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 7 Timed Finals						
1	Gabriella Tan	11	Surrey Park Swimming Club Inc	NT	_____	_____
2	Emma Fisher	13	Ballarat Gold Swimming Club In	1:56.78	_____	_____
3	Indianna Stonehouse	12	Warrnambool Swimming Club	1:47.16	_____	_____
4	Charlotte Matuschka	13	Horsham Swimming Club Inc	1:43.49	_____	_____
5	Aurelia Verdoorn	12	Ballarat Gold Swimming Club In	1:44.48	_____	_____
6	Xier Li	10	Surrey Park Swimming Club Inc	1:47.27	_____	_____
7	Amelia Kelly	13	Bendigo East Swimming Club	NT	_____	_____
8	Josephine Regalado-Jones	10	Surrey Park Swimming Club Inc	NT	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 1

Heat 2 Timed Finals... (Event 6 Girls Open 100 LC Meter Back)

1	Matilda Norman	12	Lara Swimming Club	1:42.31	_____	_____
2	Emilia Greening	11	Surrey Park Swimming Club Inc	1:41.38	_____	_____
3	Amanda Shen	12	Surrey Park Swimming Club Inc	1:37.79	_____	_____
4	Sophie Frawley	13	Surrey Park Swimming Club Inc	1:31.97	_____	_____
5	Hollie Watson	12	Bendigo East Swimming Club	1:34.39	_____	_____
6	Clara Powell	12	Ballarat Gold Swimming Club In	1:40.33	_____	_____
7	Mia Clements	10	Surrey Park Swimming Club Inc	1:41.43	_____	_____
8	Abby Frawley	11	Surrey Park Swimming Club Inc	1:43.14	_____	_____

Heat 3 of 7 Timed Finals

1	Chloe Bennie	14	Warrnambool Swimming Club	1:29.37	_____	_____
2	Ainsley Justin	13	Ballarat Swimming Club Inc	1:27.95	_____	_____
3	Jinxin Zhuang	11	Surrey Park Swimming Club Inc	1:26.36	_____	_____
4	Leah Ross	15	Ballarat Gold Swimming Club In	1:25.40	_____	_____
5	Grace Cofield	11	Ballarat Gold Swimming Club In	1:25.74	_____	_____
6	Sienna Mulheron	12	Surrey Park Swimming Club Inc	1:27.33	_____	_____
7	Evie Webb	12	Bendigo Hawks Aquatic	1:29.28	_____	_____
8	Neve Harrison	11	Ballarat Gold Swimming Club In	1:30.12	_____	_____

Heat 4 of 7 Timed Finals

1	Ashley Wilson	15	Surrey Park Swimming Club Inc	1:24.79	_____	_____
2	Miley Bird	10	Bendigo East Swimming Club	1:23.78	_____	_____
3	Kate Crilly	14	Ballarat Swimming Club Inc	1:23.25	_____	_____
4	Charley Ward	16	Ballarat Gold Swimming Club In	1:21.48	_____	_____
5	Riley Cardow	17	Surrey Park Swimming Club Inc	1:22.01	_____	_____
6	Lexin Zhao	12	Surrey Park Swimming Club Inc	1:23.54	_____	_____
7	Aaria Wendt	11	Surrey Park Swimming Club Inc	1:23.85	_____	_____
8	Isabelle Jarvis	14	Ballarat Gold Swimming Club In	1:24.95	_____	_____

Heat 5 of 7 Timed Finals

1	Emily McMillan	13	Bendigo Hawks Aquatic	1:21.39	_____	_____
2	Elle Cofield	14	Ballarat Gold Swimming Club In	1:20.11	_____	_____
3	Grace Richards	15	Surrey Park Swimming Club Inc	1:18.10	_____	_____
4	Marley Addlem	16	Bendigo East Swimming Club	1:17.20	_____	_____
5	Layla Mccarthy	15	Warrnambool Swimming Club	1:17.23	_____	_____
6	Caitlin Mulheron	14	Surrey Park Swimming Club Inc	1:18.88	_____	_____
7	Anna Leighton S14	23	Ballarat Gold Swimming Club In	1:21.07	_____	_____
8	Lara Riddle	15	Ballarat Swimming Club Inc	1:21.41	_____	_____

Heat 6 of 7 Timed Finals

1	Ava Candy	14	Ballarat Swimming Club Inc	1:16.63	_____	_____
2	Isabelle Kilborn	14	Ballarat Swimming Club Inc	1:16.14	_____	_____
3	Jolene Li Qing Lim	16	Surrey Park Swimming Club Inc	1:15.79	_____	_____
4	Ines Parlange	15	Ballarat Gold Swimming Club In	1:14.59	_____	_____
5	Astrid Buchanan	11	Ballarat Swimming Club Inc	1:15.02	_____	_____
6	Neve Turton	13	Surrey Park Swimming Club Inc	1:16.00	_____	_____
7	Claire Mathison	15	Ballarat Gold Swimming Club In	1:16.32	_____	_____
8	Zoe Gant	13	Surrey Park Swimming Club Inc	1:16.80	_____	_____

Heat 7 of 7 Timed Finals

1	Eleanor Justin	15	Ballarat Swimming Club Inc	1:14.28	_____	_____
2	Georgia Kirkpatrick	23	Surrey Park Swimming Club Inc	1:11.31	_____	_____
3	Jade King	16	Warrnambool Swimming Club	1:10.12	_____	_____
4	Sascha Jones	20	Surrey Park Swimming Club Inc	1:03.63	_____	_____
5	Alannah Banks	19	Surrey Park Swimming Club Inc	1:03.97	_____	_____
6	Matilda Clarke	13	Surrey Park Swimming Club Inc	1:11.10	_____	_____
7	Maaike Vrij	25	Surrey Park Swimming Club Inc	1:13.97	_____	_____
8	Hannah Buchanan	13	Ballarat Swimming Club Inc	1:14.44	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 1

Event 7 Boys Open 100 LC Meter Back

Sponsor: Premier Strategy

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 6 Timed Finals						
2	Joseph Scruby	9	Ballarat Gold Swimming Club In	NT	_____	_____
3	Ashton Silak	11	Ballarat Swimming Club Inc	NT	_____	_____
4	Jonty Ward	11	Ballarat Gold Swimming Club In	NT	_____	_____
5	Charlie Tickell	11	Ballarat Gold Swimming Club In	NT	_____	_____
6	Martin Ma	9	Ballarat Gold Swimming Club In	NT	_____	_____
7	Patrick Orton	9	Ballarat Gco Swimming Club Inc	NT	_____	_____
Heat 2 of 6 Timed Finals						
1	Sebastian Smith	17	Horsham Swimming Club Inc	NT	_____	_____
2	Mason Firth	13	Ballarat Gold Swimming Club In	1:42.21	_____	_____
3	Lenny Ryan	12	Warrnambool Swimming Club	1:40.04	_____	_____
4	Sean Hughan	12	Melbourne Swimming Club	1:37.00	_____	_____
5	Hayden Wilson	13	Ballarat Gco Swimming Club Inc	1:38.22	_____	_____
6	Cayden Dong	10	Surrey Park Swimming Club Inc	1:41.58	_____	_____
7	Owen Frawley	11	Surrey Park Swimming Club Inc	1:43.69	_____	_____
8	Elliot Stott	12	Ballarat Gold Swimming Club In	NT	_____	_____
Heat 3 of 6 Timed Finals						
1	Joshua Koe	12	Surrey Park Swimming Club Inc	1:33.85	_____	_____
2	Thomas Hembrow	12	Kangaroo Flat	1:31.38	_____	_____
3	Beau Turner	15	Warrnambool Swimming Club	1:30.70	_____	_____
4	Owen Barnes	11	Kangaroo Flat	1:29.80	_____	_____
5	Chase Briggs	16	Horsham Swimming Club Inc	1:30.54	_____	_____
6	Winston Kilborn	12	Ballarat Swimming Club Inc	1:30.89	_____	_____
7	Ashton Clements	13	Surrey Park Swimming Club Inc	1:33.04	_____	_____
8	Jonah Elliott	14	Warrnambool Swimming Club	1:34.68	_____	_____
Heat 4 of 6 Timed Finals						
1	Max Ravisa	13	Ballarat Gold Swimming Club In	1:26.71	_____	_____
2	Hugh White	12	Warrnambool Swimming Club	1:25.13	_____	_____
3	James Logan S15	17	Geelong Swimming Club Incorpor	1:19.50	_____	_____
4	Oscar Woithe	13	Warrnambool Swimming Club	1:17.89	_____	_____
5	Angus Sharpe	14	Gisborne Thunder Swimming Club	1:19.32	_____	_____
6	Maxim Hocking	13	Ballarat Gold Swimming Club In	1:19.72	_____	_____
7	Gabriele Herrington	15	Surrey Park Swimming Club Inc	1:25.58	_____	_____
8	Riley Garner	11	Mildura Swimming Club Inc.	1:29.66	_____	_____
Heat 5 of 6 Timed Finals						
1	Liam Orton	16	Ballarat Gco Swimming Club Inc	1:15.72	_____	_____
2	William Elliott	21	Warrnambool Swimming Club	1:14.45	_____	_____
3	Ryan Thach	16	Surrey Park Swimming Club Inc	1:10.98	_____	_____
4	Jack Stonehouse	14	Warrnambool Swimming Club	1:10.54	_____	_____
5	Codey Farquhar	14	Ballarat Gco Swimming Club Inc	1:10.66	_____	_____
6	Miller Stott	14	Ballarat Gold Swimming Club In	1:11.29	_____	_____
7	Hamish Knight	14	Bendigo Hawks Aquatic	1:14.87	_____	_____
8	Elliot Bird	14	Bendigo East Swimming Club	1:16.21	_____	_____
Heat 6 of 6 Timed Finals						
1	William Watkins	16	Surrey Park Swimming Club Inc	1:08.38	_____	_____
2	Tom Urquhart	15	Ballarat Gold Swimming Club In	1:06.28	_____	_____
3	George Huang	15	Surrey Park Swimming Club Inc	1:00.95	_____	_____
4	Anthony Bousounis	18	Surrey Park Swimming Club Inc	56.59	_____	_____
5	Jett Bird	17	Bendigo East Swimming Club	59.42	_____	_____
6	Alexander Hillman	19	Surrey Park Swimming Club Inc	1:03.82	_____	_____
7	Todd Robbins	17	Bendigo East Swimming Club	1:07.96	_____	_____
8	Max Mason	16	Ballarat Gold Swimming Club In	1:10.41	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 1

Event 8 Mixed Open 200 LC Meter Fly

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
1	Titus Tang	M13	Swimland Swim Club	2:59.34	_____	_____
2	Blake Scott	M15	Ballarat Gold Swimming Club In	2:46.14	_____	_____
3	Aston Wilson	M12	Surrey Park Swimming Club Inc	2:36.33	_____	_____
4	Tanin Kursidim	M21	Surrey Park Swimming Club Inc	2:12.94	_____	_____
5	Alfie Graves	M14	Surrey Park Swimming Club Inc	2:29.77	_____	_____
6	Stephanie Moran	W17	Bendigo East Swimming Club	2:42.38	_____	_____
7	Madelaine Regalado-Jones	W12	Surrey Park Swimming Club Inc	2:48.20	_____	_____
8	Luke Gallagher	M15	Ballarat Gco Swimming Club Inc	NT	_____	_____

Event 9 Mixed Open 50 LC Meter Free Multi-Class

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
1	Debbie Harper S14	W28	Ballarat Special Olympics	NT	_____	_____
2	Lyndsay Lee S14	W51	Ballarat Special Olympics	1:51.19	_____	_____
3	Alec Grant S14	M26	Ballarat Special Olympics	1:01.18	_____	_____
4	Anna Leighton S14	W23	Ballarat Gold Swimming Club In	31.56	_____	_____
5	Aaron Skinner S14	M32	Geelong Sharks Swimming Club	32.15	_____	_____
6	Elise Pierce S14	W23	Ballarat Special Olympics	1:09.98	_____	_____
7	Fran Wellard S14	W35	Ballarat Special Olympics	NT	_____	_____

Event 10 Girls Open 50 LC Meter Free

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 13 Timed Finals						
1	Abigail Tickell	8	Ballarat Gold Swimming Club In	NT	_____	_____
2	Leiarnna Ferguson	10	Ballarat Gold Swimming Club In	NT	_____	_____
3	Claudia Fumi	11	Ballarat Gold Swimming Club In	NT	_____	_____
4	Zarah Hassan	11	Ballarat Gold Swimming Club In	NT	_____	_____
5	Evie Merlo	11	Ballarat Gold Swimming Club In	NT	_____	_____
6	Olivia Leehane	11	Colac Swimming Club	NT	_____	_____
7	Ingrid Sourivong	10	Ballarat Gold Swimming Club In	NT	_____	_____
Heat 2 of 13 Timed Finals						
1	Penny Conway	11	Ballarat Gold Swimming Club In	NT	_____	_____
2	Winter Neil	9	Ballarat Gold Swimming Club In	1:08.79	_____	_____
3	Isabel Meneses Lopez	9	Ballarat Gold Swimming Club In	49.04	_____	_____
4	Rachael Orton	14	Ballarat Gco Swimming Club Inc	47.43	_____	_____
5	Billie Addlem	8	Bendigo East Swimming Club	48.57	_____	_____
6	Camila Gonzalez-Zhu	9	Ballarat Gold Swimming Club In	1:05.17	_____	_____
7	Samirah Hassan	13	Ballarat Gold Swimming Club In	NT	_____	_____
8	Aurelia Brown	11	Ballarat Gold Swimming Club In	NT	_____	_____
Heat 3 of 13 Timed Finals						
1	Chloe James	11	Colac Swimming Club	46.53	_____	_____
2	Lily Richards	10	Surrey Park Swimming Club Inc	42.59	_____	_____
3	Shae O'Callaghan	10	Ballarat Gold Swimming Club In	42.44	_____	_____
4	Dior O'Callaghan	13	Ballarat Gold Swimming Club In	41.37	_____	_____
5	Junqing Cao	10	Ballarat Gold Swimming Club In	42.16	_____	_____
6	Abby Frawley	11	Surrey Park Swimming Club Inc	42.46	_____	_____
7	Mairead Hewson	14	Warrnambool Swimming Club	42.60	_____	_____
8	Sophie Grech	10	Ballarat Gold Swimming Club In	47.18	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 1

Heat 4 Timed Finals... (Event 10 Girls Open 50 LC Meter Free)

1	Bonnie Naylor	12	Ballarat Gco Swimming Club Inc	40.43	_____	_____
2	Penelope Roberts	11	Kangaroo Flat	39.59	_____	_____
3	Jessica McMillan	9	Bendigo Hawks Aquatic	39.45	_____	_____
4	Ella Featherston	11	Ballarat Gold Swimming Club In	39.16	_____	_____
5	Julia Macdonald	13	Surrey Park Swimming Club Inc	39.31	_____	_____
6	Emily Wilks	14	Ballarat Gco Swimming Club Inc	39.50	_____	_____
7	Josephine Regalado-Jones	10	Surrey Park Swimming Club Inc	39.82	_____	_____
8	Emma Fisher	13	Ballarat Gold Swimming Club In	41.30	_____	_____

Heat 5 of 13 Timed Finals

1	Kate Beechey	13	Ballarat Gold Swimming Club In	38.85	_____	_____
2	Kiera Butterworth	13	Ballarat Gold Swimming Club In	38.58	_____	_____
3	Emilia Greening	11	Surrey Park Swimming Club Inc	38.08	_____	_____
4	Lily Gillespie	12	Ballarat Gold Swimming Club In	37.39	_____	_____
5	Abby Colt	11	Kangaroo Flat	37.48	_____	_____
6	Indianna Stonehouse	12	Warrnambool Swimming Club	38.37	_____	_____
7	Estelle Karslake	12	Ballarat Gco Swimming Club Inc	38.85	_____	_____
8	Julia Justin	12	Ballarat Swimming Club Inc	39.03	_____	_____

Heat 6 of 13 Timed Finals

1	Addison Hendley	10	Ballarat Gold Swimming Club In	37.16	_____	_____
2	Clara Powell	12	Ballarat Gold Swimming Club In	36.65	_____	_____
3	Matisse Aberline	11	Warrnambool Swimming Club	36.53	_____	_____
4	Georgie Kennett	8	Ballarat Gold Swimming Club In	36.29	_____	_____
5	Evie Webb	12	Bendigo Hawks Aquatic	36.39	_____	_____
6	Sophie Lee	9	Kangaroo Flat	36.62	_____	_____
7	Luella Webb	11	Bendigo Hawks Aquatic	37.10	_____	_____
8	Audrey Hogan	13	Bendigo East Swimming Club	37.34	_____	_____

Heat 7 of 13 Timed Finals

1	Charlotte Matuschka	13	Horsham Swimming Club Inc	35.83	_____	_____
2	Sophie Beggs	11	Mlc Aquatic Inc (Victoria)	35.63	_____	_____
3	Sofia Sarayana	15	Surrey Park Swimming Club Inc	35.15	_____	_____
4	Taylah Costello	11	Ballarat Gold Swimming Club In	34.83	_____	_____
5	Madelaine Regalado-Jones	12	Surrey Park Swimming Club Inc	34.98	_____	_____
6	Jade Hayward	11	Kangaroo Flat	35.15	_____	_____
7	Wynter-Rose Wendt	9	Surrey Park Swimming Club Inc	35.77	_____	_____
8	Grace Cofield	11	Ballarat Gold Swimming Club In	36.05	_____	_____

Heat 8 of 13 Timed Finals

1	Ashley Wilson	15	Surrey Park Swimming Club Inc	34.77	_____	_____
2	Sienna Mulheron	12	Surrey Park Swimming Club Inc	34.60	_____	_____
3	Zi Li	12	Surrey Park Swimming Club Inc	33.95	_____	_____
4	Georgie Vague	13	Geelong Swimming Club Incorpor	33.70	_____	_____
5	Morgan Westbrook	12	Bendigo Hawks Aquatic	33.89	_____	_____
6	Elsie Cock	11	Mildura Swimming Club Inc.	34.27	_____	_____
7	Charlotte McConvill	12	Bendigo Hawks Aquatic	34.73	_____	_____
8	Sophie Frawley	13	Surrey Park Swimming Club Inc	34.80	_____	_____

Heat 9 of 13 Timed Finals

1	Neve Harrison	11	Ballarat Gold Swimming Club In	33.37	_____	_____
2	Ainsley Justin	13	Ballarat Swimming Club Inc	33.00	_____	_____
3	Lara Riddle	15	Ballarat Swimming Club Inc	32.83	_____	_____
4	Aaria Wendt	11	Surrey Park Swimming Club Inc	32.58	_____	_____
5	Maisy Graves	12	Surrey Park Swimming Club Inc	32.78	_____	_____
6	Kate Crilly	14	Ballarat Swimming Club Inc	32.90	_____	_____
7	Matilda Gillespie	14	Ballarat Gold Swimming Club In	33.20	_____	_____
8	Mia Clements	10	Surrey Park Swimming Club Inc	33.42	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 1

Heat 10 Timed Finals... (Event 10 Girls Open 50 LC Meter Free)

1	Zara Bibby	14	Bendigo East Swimming Club	32.53	_____	_____
2	Isabel Neeson	13	Surrey Park Swimming Club Inc	32.37	_____	_____
3	Layla Mccarthy	15	Warrnambool Swimming Club	32.20	_____	_____
4	Macey Kane	15	Warrnambool Swimming Club	31.75	_____	_____
5	Jinxin Zhuang	11	Surrey Park Swimming Club Inc	31.83	_____	_____
6	Paige Dorman	17	Colac Swimming Club	32.35	_____	_____
7	Riley Sterenberg	16	Bendigo Hawks Aquatic	32.44	_____	_____
8	Chloe Bennie	14	Warrnambool Swimming Club	32.56	_____	_____

Heat 11 of 13 Timed Finals

1	Ania Siedlaczek	37	Ballarat Swimming Club Inc	31.48	_____	_____
2	Grace Richards	15	Surrey Park Swimming Club Inc	31.30	_____	_____
3	Cheryl Chan	15	Surrey Park Swimming Club Inc	31.20	_____	_____
4	Caitlin Mulheron	14	Surrey Park Swimming Club Inc	30.86	_____	_____
5	Ella Matters	14	Warrnambool Swimming Club	31.05	_____	_____
6	Neve Turton	13	Surrey Park Swimming Club Inc	31.23	_____	_____
7	Lily Goodman	12	Warrnambool Swimming Club	31.30	_____	_____
8	Matilda Brett	14	Surrey Park Swimming Club Inc	31.62	_____	_____

Heat 12 of 13 Timed Finals

1	Isabella Till	16	Ballarat Gco Swimming Club Inc	30.42	_____	_____
2	Zoe Gant	13	Surrey Park Swimming Club Inc	30.34	_____	_____
3	Eleanor Justin	15	Ballarat Swimming Club Inc	30.20	_____	_____
4	Danika Garner	13	Mildura Swimming Club Inc.	30.12	_____	_____
5	Georgia Kirkpatrick	23	Surrey Park Swimming Club Inc	30.18	_____	_____
6	Hannah Buchanan	13	Ballarat Swimming Club Inc	30.22	_____	_____
7	Isabelle Jarvis	14	Ballarat Gold Swimming Club In	30.39	_____	_____
8	Tarni Cavanagh	21	Surrey Park Swimming Club Inc	30.62	_____	_____

Heat 13 of 13 Timed Finals

1	Marley Addlem	16	Bendigo East Swimming Club	29.63	_____	_____
2	Zara Burk	19	Surrey Park Swimming Club Inc	28.72	_____	_____
3	Melissa Sharp	21	Surrey Park Swimming Club Inc	27.99	_____	_____
4	Sascha Jones	20	Surrey Park Swimming Club Inc	26.92	_____	_____
5	Skylar Hay	17	Surrey Park Swimming Club Inc	27.12	_____	_____
6	Telani Bibby	17	Bendigo East Swimming Club	28.58	_____	_____
7	Lucy Reed	19	Surrey Park Swimming Club Inc	28.86	_____	_____
8	Riley Cardow	17	Surrey Park Swimming Club Inc	29.76	_____	_____

Event 11 Boys Open 50 LC Meter Free

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

1	Corey McMillin	10	Ballarat Gold Swimming Club In	NT	_____	_____
2	Sebastian Smith	17	Horsham Swimming Club Inc	NT	_____	_____
3	Patrick Orton	9	Ballarat Gco Swimming Club Inc	59.08	_____	_____
4	Liam Weissenfeld	12	Ballarat Gold Swimming Club In	46.82	_____	_____
5	Francis Justin	10	Ballarat Swimming Club Inc	46.88	_____	_____
6	Ari Goodman	8	Warrnambool Swimming Club	1:04.06	_____	_____
7	Thomas Hembrow	12	Kangaroo Flat	NT	_____	_____

Heat 2 of 9 Timed Finals

1	Lucas Fitzgerald	10	Warrnambool Swimming Club	45.70	_____	_____
2	Jasper Zowa	10	Surrey Park Swimming Club Inc	43.36	_____	_____
3	Owen Frawley	11	Surrey Park Swimming Club Inc	42.66	_____	_____
4	Sean Hughan	12	Melbourne Swimming Club	40.88	_____	_____
5	Joseph Scruby	9	Ballarat Gold Swimming Club In	41.14	_____	_____
6	Ashton Silak	11	Ballarat Swimming Club Inc	43.13	_____	_____
7	William Knight	9	Bendigo Hawks Aquatic	45.11	_____	_____
8	Cohan Morgan	8	Ballarat Gold Swimming Club In	46.57	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 1

Heat 3 Timed Finals... (Event 11 Boys Open 50 LC Meter Free)

1	Reyaaansh Vohra	12	Surrey Park Swimming Club Inc	40.21	_____	_____
2	Matthew Swanton	12	Ballarat Gold Swimming Club In	39.70	_____	_____
3	Mitchell Clarke	11	Gisborne Thunder Swimming Club	39.30	_____	_____
4	Chi Hin Xu	10	Surrey Park Swimming Club Inc	39.24	_____	_____
5	Ben Goodman	10	Warrnambool Swimming Club	39.27	_____	_____
6	Adam Conway	13	Ballarat Gold Swimming Club In	39.65	_____	_____
7	Elliot Stott	12	Ballarat Gold Swimming Club In	40.17	_____	_____
8	Alex Hitchon	13	Mount Gambier	40.43	_____	_____

Heat 4 of 9 Timed Finals

1	Lenny Ryan	12	Warrnambool Swimming Club	38.78	_____	_____
2	Miles Crilly	12	Ballarat Swimming Club Inc	36.24	_____	_____
3	Paterson Norman	10	Lara Swimming Club	35.13	_____	_____
4	Riley Garner	11	Mildura Swimming Club Inc.	34.05	_____	_____
5	Clinton Wings	13	Ballarat Gold Swimming Club In	34.12	_____	_____
6	Mason Firth	13	Ballarat Gold Swimming Club In	35.71	_____	_____
7	Harrison Chiller	12	Warrnambool Swimming Club	36.66	_____	_____
8	Henry Beechey	13	Ballarat Gold Swimming Club In	38.98	_____	_____

Heat 5 of 9 Timed Finals

1	Owen Barnes	11	Kangaroo Flat	33.58	_____	_____
2	Maxim Hocking	13	Ballarat Gold Swimming Club In	33.32	_____	_____
3	Ashton Clements	13	Surrey Park Swimming Club Inc	32.49	_____	_____
4	Hayden Wilson	13	Ballarat Gco Swimming Club Inc	31.84	_____	_____
5	Oliver Kallio	13	Ballarat Gold Swimming Club In	31.96	_____	_____
6	Riley O'Callaghan	15	Ballarat Gold Swimming Club In	32.81	_____	_____
7	Hugh White	12	Warrnambool Swimming Club	33.55	_____	_____
8	Theo Kane	17	Warrnambool Swimming Club	33.67	_____	_____

Heat 6 of 9 Timed Finals

1	Lachlan Harris	12	Surrey Park Swimming Club Inc	31.50	_____	_____
2	Thomas Dorrat-Sims	14	Surrey Park Swimming Club Inc	30.88	_____	_____
3	Maconnel Malone	13	Bendigo East Swimming Club	30.19	_____	_____
4	Zavier Aberline	14	Warrnambool Swimming Club	29.16	_____	_____
5	Codey Farquhar	14	Ballarat Gco Swimming Club Inc	29.74	_____	_____
6	Beau Gear	18	Ballarat Gco Swimming Club Inc	30.66	_____	_____
7	Kai Moloney	14	Warrnambool Swimming Club	31.07	_____	_____
8	Gabriele Herrington	15	Surrey Park Swimming Club Inc	31.67	_____	_____

Heat 7 of 9 Timed Finals

1	Tadhg Hughan	15	Melbourne Swimming Club	28.64	_____	_____
2	Xavier Ough	14	Bendigo East Swimming Club	28.23	_____	_____
3	Thomas Greenwood	16	Surrey Park Swimming Club Inc	27.97	_____	_____
4	Angus Addlem	14	Bendigo East Swimming Club	27.78	_____	_____
5	Remy Bloom	15	Surrey Park Swimming Club Inc	27.90	_____	_____
6	Max Malone	15	Surrey Park Swimming Club Inc	28.03	_____	_____
7	Jack Stonehouse	14	Warrnambool Swimming Club	28.26	_____	_____
8	Angus Sharpe	14	Gisborne Thunder Swimming Club	28.85	_____	_____

Heat 8 of 9 Timed Finals

1	Mubal Ibrahim	22	Surrey Park Swimming Club Inc	27.49	_____	_____
2	Cody Bird	15	Bendigo East Swimming Club	27.24	_____	_____
3	Jett Bird	17	Bendigo East Swimming Club	26.73	_____	_____
4	Oliver McCormack	15	Ballarat Gold Swimming Club In	26.60	_____	_____
5	Jesse Phillips	18	Surrey Park Swimming Club Inc	26.69	_____	_____
6	Dayne Schnyder	17	Ballarat Gold Swimming Club In	26.73	_____	_____
7	Max Mason	16	Ballarat Gold Swimming Club In	27.39	_____	_____
8	Austin Robbins	18	Bendigo East Swimming Club	27.59	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 1

Heat 9 Timed Finals... (Event 11 Boys Open 50 LC Meter Free)

1	Jack Sharp	21	Warrnambool Swimming Club	25.89	_____	_____
2	Daniel Civitarese	17	Surrey Park Swimming Club Inc	25.03	_____	_____
3	Anthony Lin	21	Surrey Park Swimming Club Inc	24.67	_____	_____
4	Kiran Jasinghe (V)	26	Surrey Park Swimming Club Inc	24.15	_____	_____
5	Anthony Boussounis	18	Surrey Park Swimming Club Inc	24.58	_____	_____
6	Tyson Caddy	24	Surrey Park Swimming Club Inc	24.73	_____	_____
7	Ryan Thach	16	Surrey Park Swimming Club Inc	25.75	_____	_____
8	Jacob Matuschka	17	Melbourne Swimming Club	26.04	_____	_____

Event 12 Girls Open 100 LC Meter Breast

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 7 Timed Finals						
2	Georgie Kennett	8	Ballarat Gold Swimming Club In	NT	_____	_____
3	Claudia Fumi	11	Ballarat Gold Swimming Club In	NT	_____	_____
4	Estelle Karslake	12	Ballarat Gco Swimming Club Inc	NT	_____	_____
5	Ella Featherston	11	Ballarat Gold Swimming Club In	NT	_____	_____
6	Harriet McKay	10	Ballarat Gold Swimming Club In	NT	_____	_____
Heat 2 of 7 Timed Finals						
1	Sienna Mulheron	12	Surrey Park Swimming Club Inc	NT	_____	_____
2	Elle Cofield	14	Ballarat Gold Swimming Club In	NT	_____	_____
3	Madeline Smith	12	Ballarat Gco Swimming Club Inc	2:07.78	_____	_____
4	Emily Wilks	14	Ballarat Gco Swimming Club Inc	2:00.53	_____	_____
5	Lorelai Henderson	16	Colac Swimming Club	2:04.47	_____	_____
6	Charlotte Matuschka	13	Horsham Swimming Club Inc	2:11.43	_____	_____
7	Amelia Kelly	13	Bendigo East Swimming Club	NT	_____	_____
8	Ella Tyrrell	12	Bendigo East Swimming Club	NT	_____	_____
Heat 3 of 7 Timed Finals						
1	Matilda Norman	12	Lara Swimming Club	1:55.46	_____	_____
2	Xier Li	10	Surrey Park Swimming Club Inc	1:53.96	_____	_____
3	Camila Meneses Lopez	11	Ballarat Gold Swimming Club In	1:53.14	_____	_____
4	Mairead Hewson	14	Warrnambool Swimming Club	1:50.10	_____	_____
5	Jone Greeff	12	Ballarat Swimming Club Inc	1:52.74	_____	_____
6	Clara Powell	12	Ballarat Gold Swimming Club In	1:53.40	_____	_____
7	Ruimi Zhang	12	Surrey Park Swimming Club Inc	1:54.16	_____	_____
8	Wynter-Rose Wendt	9	Surrey Park Swimming Club Inc	1:59.67	_____	_____
Heat 4 of 7 Timed Finals						
1	Lois Scruby	10	Ballarat Gold Swimming Club In	1:49.31	_____	_____
2	Amelia Wilson	12	Ballarat Gco Swimming Club Inc	1:48.39	_____	_____
3	Caitlin Hitchon	15	Mount Gambier	1:45.05	_____	_____
4	Zara Bibby	14	Bendigo East Swimming Club	1:44.68	_____	_____
5	Sophie Frawley	13	Surrey Park Swimming Club Inc	1:44.92	_____	_____
6	Kate Beechey	13	Ballarat Gold Swimming Club In	1:47.88	_____	_____
7	Lily Gillespie	12	Ballarat Gold Swimming Club In	1:48.94	_____	_____
8	Zi Li	12	Surrey Park Swimming Club Inc	1:49.63	_____	_____
Heat 5 of 7 Timed Finals						
1	Leah Ross	15	Ballarat Gold Swimming Club In	1:41.29	_____	_____
2	Hannah Syrota	12	Surrey Park Swimming Club Inc	1:40.77	_____	_____
3	Kate Crilly	14	Ballarat Swimming Club Inc	1:39.34	_____	_____
4	Audrey Hogan	13	Bendigo East Swimming Club	1:37.61	_____	_____
5	Isabel Neeson	13	Surrey Park Swimming Club Inc	1:38.19	_____	_____
6	Matilda Brett	14	Surrey Park Swimming Club Inc	1:40.35	_____	_____
7	Gabriella Tan	11	Surrey Park Swimming Club Inc	1:41.11	_____	_____
8	Lily McCormack	11	Ballarat Gold Swimming Club In	1:43.50	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 1

Heat 6 Timed Finals... (Event 12 Girls Open 100 LC Meter Breast)

1	Holly Hembrow	14	Kangaroo Flat	1:34.95	_____	_____
2	Lexin Zhao	12	Surrey Park Swimming Club Inc	1:31.83	_____	_____
3	Layan Hussein Eman	11	Surrey Park Swimming Club Inc	1:31.38	_____	_____
4	Jade King	16	Warrnambool Swimming Club	1:29.71	_____	_____
5	Jacqueline Ho	13	Surrey Park Swimming Club Inc	1:31.04	_____	_____
6	Bea Lovatt	22	Surrey Park Swimming Club Inc	1:31.56	_____	_____
7	Matilda Clarke	13	Surrey Park Swimming Club Inc	1:32.52	_____	_____
8	Krys Syrota	14	Surrey Park Swimming Club Inc	1:36.09	_____	_____

Heat 7 of 7 Timed Finals

1	Macy Smyk	13	Surrey Park Swimming Club Inc	1:27.81	_____	_____
2	Caitlyn Roberts	19	Surrey Park Swimming Club Inc	1:23.80	_____	_____
3	Skylar Hay	17	Surrey Park Swimming Club Inc	1:18.52	_____	_____
4	Maaïke Vrij	25	Surrey Park Swimming Club Inc	1:10.13	_____	_____
5	Farida Taha	16	Surrey Park Swimming Club Inc	1:14.61	_____	_____
6	Grace Richards	15	Surrey Park Swimming Club Inc	1:22.53	_____	_____
7	Zoe Davis	13	Warrnambool Swimming Club	1:24.69	_____	_____
8	Ines Parlange	15	Ballarat Gold Swimming Club In	1:28.82	_____	_____

Event 13 Boys Open 100 LC Meter Breast

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 5 Timed Finals						
2	Liam Weissenfeld	12	Ballarat Gold Swimming Club In	NT	_____	_____
3	Alexander Hillman	19	Surrey Park Swimming Club Inc	NT	_____	_____
4	Francis Justin	10	Ballarat Swimming Club Inc	2:14.95	_____	_____
5	Jack Sharp	21	Warrnambool Swimming Club	NT	_____	_____
6	Adam Conway	13	Ballarat Gold Swimming Club In	NT	_____	_____
7	Mitchell Clarke	11	Gisborne Thunder Swimming Club	NT	_____	_____
Heat 2 of 5 Timed Finals						
1	Ashton Silak	11	Ballarat Swimming Club Inc	2:10.13	_____	_____
2	William Fitzgerald	12	Warrnambool Swimming Club	2:02.33	_____	_____
3	Jayden Thach	12	Surrey Park Swimming Club Inc	1:53.68	_____	_____
4	Sean Hughan	12	Melbourne Swimming Club	1:50.93	_____	_____
5	Harrison Chiller	12	Warrnambool Swimming Club	1:51.49	_____	_____
6	Cayden Dong	10	Surrey Park Swimming Club Inc	1:57.29	_____	_____
7	Sebastian Gonzalez	11	Ballarat Gold Swimming Club In	2:08.84	_____	_____
8	Alex Hitchon	13	Mount Gambier	2:11.35	_____	_____
Heat 3 of 5 Timed Finals						
1	Jonah Elliott	14	Warrnambool Swimming Club	1:47.31	_____	_____
2	James Logan SB15	17	Geelong Swimming Club Incorpor	1:38.55	_____	_____
3	Max Ravisa	13	Ballarat Gold Swimming Club In	1:36.10	_____	_____
4	Oliver Kallio	13	Ballarat Gold Swimming Club In	1:35.06	_____	_____
5	Thomas Dorrat-Sims	14	Surrey Park Swimming Club Inc	1:35.44	_____	_____
6	Segev Glasman	16	Maccabi Ajax Swimming Club	1:36.84	_____	_____
7	Hugh White	12	Warrnambool Swimming Club	1:40.97	_____	_____
8	Joshua Koe	12	Surrey Park Swimming Club Inc	1:48.69	_____	_____
Heat 4 of 5 Timed Finals						
1	Oscar Woithe	13	Warrnambool Swimming Club	1:31.55	_____	_____
2	Oliver Mackenzie	19	Surrey Park Swimming Club Inc	1:29.55	_____	_____
3	Joshua Fitzgerald	14	Warrnambool Swimming Club	1:24.33	_____	_____
4	Reece Hornsby	14	Geelong Swimming Club Incorpor	1:20.08	_____	_____
5	William Elliott	21	Warrnambool Swimming Club	1:21.31	_____	_____
6	Zavier Aberline	14	Warrnambool Swimming Club	1:26.63	_____	_____
7	Thomas Costello	15	Ballarat Gold Swimming Club In	1:31.35	_____	_____
8	Liam Orton	16	Ballarat Gco Swimming Club Inc	1:34.01	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 1

Heat 5 Timed Finals... (Event 13 Boys Open 100 LC Meter Breast)

1	Austin Robbins	18	Bendigo East Swimming Club	1:17.52	_____	_____
2	Cooper Sutherland	17	Ballarat Gold Swimming Club Inc	1:14.37	_____	_____
3	Darcy Stewart	14	Surrey Park Swimming Club Inc	1:12.96	_____	_____
4	Kiran Jasinghe (V)	26	Surrey Park Swimming Club Inc	1:04.04	_____	_____
5	George Huang	15	Surrey Park Swimming Club Inc	1:10.51	_____	_____
6	Thomas Greenwood	16	Surrey Park Swimming Club Inc	1:13.22	_____	_____
7	Max Malone	15	Surrey Park Swimming Club Inc	1:15.88	_____	_____
8	Todd Robbins	17	Bendigo East Swimming Club	1:18.52	_____	_____

Event 14 Mixed Open 200 LC Meter Back

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 5 Timed Finals						
2	Lachlan Harris	M12	Surrey Park Swimming Club Inc	NT	_____	_____
3	Lily Goodman	W12	Warrnambool Swimming Club	NT	_____	_____
4	Aurelia Verdoorn	W12	Ballarat Gold Swimming Club Inc	NT	_____	_____
5	Indianna Stonehouse	W12	Warrnambool Swimming Club	NT	_____	_____
6	Amanda Shen	W12	Surrey Park Swimming Club Inc	NT	_____	_____
7	Jinxin Zhuang	W11	Surrey Park Swimming Club Inc	NT	_____	_____
Heat 2 of 5 Timed Finals						
1	Charley Ward	W16	Ballarat Gold Swimming Club Inc	NT	_____	_____
2	Mubal Ibrahim	M22	Surrey Park Swimming Club Inc	NT	_____	_____
3	Lenny Ryan	M12	Warrnambool Swimming Club	3:48.59	_____	_____
4	Lexin Zhao	W12	Surrey Park Swimming Club Inc	2:57.35	_____	_____
5	Maxim Hocking	M13	Ballarat Gold Swimming Club Inc	3:30.87	_____	_____
6	Junqing Cao	W10	Ballarat Gold Swimming Club Inc	4:00.08	_____	_____
7	Sebastian Smith	M17	Horsham Swimming Club Inc	NT	_____	_____
8	Beau Turner	M15	Warrnambool Swimming Club	NT	_____	_____
Heat 3 of 5 Timed Finals						
1	Astrid Buchanan	W11	Ballarat Swimming Club Inc	2:53.47	_____	_____
2	Chase Briggs	M16	Horsham Swimming Club Inc	2:46.71	_____	_____
3	Miller Stott	M14	Ballarat Gold Swimming Club Inc	2:45.36	_____	_____
4	Isabelle Kilborn	W14	Ballarat Swimming Club Inc	2:42.88	_____	_____
5	Hei Lam Vincy Xu	W13	Surrey Park Swimming Club Inc	2:43.17	_____	_____
6	Jolene Li Qing Lim	W16	Surrey Park Swimming Club Inc	2:46.17	_____	_____
7	Emily McMillan	W13	Bendigo Hawks Aquatic	2:48.37	_____	_____
8	Aaria Wendt	W11	Surrey Park Swimming Club Inc	2:53.69	_____	_____
Heat 4 of 5 Timed Finals						
1	Caitlin Mulheron	W14	Surrey Park Swimming Club Inc	2:41.15	_____	_____
2	Hamish Knight	M14	Bendigo Hawks Aquatic	2:39.17	_____	_____
3	Kevin Huang	M15	Ballarat Gold Swimming Club Inc	2:35.53	_____	_____
4	Jack Stonehouse	M14	Warrnambool Swimming Club	2:31.73	_____	_____
5	Maconnel Malone	M13	Bendigo East Swimming Club	2:32.41	_____	_____
6	Aston Wilson	M12	Surrey Park Swimming Club Inc	2:36.12	_____	_____
7	Neve Turton	W13	Surrey Park Swimming Club Inc	2:39.98	_____	_____
8	Layla Mccarthy	W15	Warrnambool Swimming Club	2:42.18	_____	_____
Heat 5 of 5 Timed Finals						
1	Tom Urquhart	M15	Ballarat Gold Swimming Club Inc	2:27.34	_____	_____
2	William Watkins	M16	Surrey Park Swimming Club Inc	2:24.54	_____	_____
3	Cody Bird	M15	Bendigo East Swimming Club	2:19.24	_____	_____
4	Tyson Caddy	M24	Surrey Park Swimming Club Inc	2:08.42	_____	_____
5	Tanin Kursidim	M21	Surrey Park Swimming Club Inc	2:09.02	_____	_____
6	Sascha Jones	W20	Surrey Park Swimming Club Inc	2:22.43	_____	_____
7	Todd Robbins	M17	Bendigo East Swimming Club	2:26.29	_____	_____
8	Stephanie Moran	W17	Bendigo East Swimming Club	2:30.95	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 1

Event 15 Mixed Open 200 LC Meter Medley Relay Para/Ablebodied

Lane	Team	Relay	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals					
3	Ballarat Gold Swimming Club In	C	NT	_____	_____
4	Ballarat Gold Swimming Club In	A	NT	_____	_____
5	Ballarat Gold Swimming Club In	B	NT	_____	_____
6	Ballarat Gold Swimming Club In	D	NT	_____	_____

Event 16 Mixed Open 200 LC Meter Medley Relay

Lane	Team	Relay	Seed Time	Finals	Place
Heat 1 of 3 Timed Finals					
1	Ballarat Gold Swimming Club In	S	NT	_____	_____
2	Ballarat Gold Swimming Club In	Q	NT	_____	_____
3	Ballarat Gold Swimming Club In	O	NT	_____	_____
4	Ballarat Gold Swimming Club In	M	NT	_____	_____
5	Ballarat Gold Swimming Club In	N	NT	_____	_____
6	Ballarat Gold Swimming Club In	P	NT	_____	_____
7	Ballarat Gold Swimming Club In	R	NT	_____	_____
8	Ballarat Gold Swimming Club In	T	NT	_____	_____
Heat 2 of 3 Timed Finals					
1	Ballarat Gold Swimming Club In	K	NT	_____	_____
2	Ballarat Gold Swimming Club In	I	NT	_____	_____
3	Ballarat Gold Swimming Club In	G	NT	_____	_____
4	Surrey Park Swimming Club Inc	C	1:59.00	_____	_____
5	Ballarat Gold Swimming Club In	F	NT	_____	_____
6	Ballarat Gold Swimming Club In	H	NT	_____	_____
7	Ballarat Gold Swimming Club In	J	NT	_____	_____
8	Ballarat Gold Swimming Club In	L	NT	_____	_____
Heat 3 of 3 Timed Finals					
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	Surrey Park Swimming Club Inc	A	1:53.00	_____	_____
5	Ballarat Gco Swimming Club Inc	A	NT	_____	_____
6	Surrey Park Swimming Club Inc	B	1:56.00	_____	_____
7	Ballarat Gold Swimming Club In	B	NT	_____	_____
8	Ballarat Gold Swimming Club In	D	NT	_____	_____



2023 Ballarat Gold Long Course Meet - 22/10/2023

Session: 2

Starts at 01:45 PM Heat Interval: 35 Seconds / Back +35 Seconds

Event	Starts at	
17 Girls Open 200 Free	01:45 PM	_____
18 Boys Open 200 Free	02:00 PM	_____
19 Girls Open 100 Fly	02:10 PM	_____
20 Boys Open 100 Fly	02:17 PM	_____
21 Mixed Open 50 Back Multi-Class	02:25 PM	_____
22 Girls Open 50 Back	02:28 PM	_____
23 Boys Open 50 Back	02:46 PM	_____
24 Mixed Open 200 Breast	02:59 PM	_____
25 Girls Open 100 Free	03:16 PM	_____
26 Boys Open 100 Free	03:32 PM	_____
27 Mixed Open 50 Fly Multi-Class	03:47 PM	_____
28 Girls Open 50 Fly	03:48 PM	_____
29 Boys Open 50 Fly	03:57 PM	_____
^30 Girls Open 200 IM	04:02 PM	_____
^31 Boys Open 200 IM	04:22 PM	_____
32 Mixed Open 200 Free Relay Para/Ablebodied	04:39 PM	_____
33 Mixed Open 200 Free Relay	04:43 PM	_____
Swimmers Counts for Warm-ups: 255		
Finish Time	04:52 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.

^Events 30 & 31 have been seeded Fast to Slow to optimise recovery time

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.

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2023 Ballarat Gold Long Course Meet - 22/10/2023
Meet Program - Session 2

Event 17 Girls Open 200 LC Meter Free

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 4 Timed Finals						
2	Lois Scruby	10	Ballarat Gold Swimming Club In	NT	_____	_____
3	Gabriella Tan	11	Surrey Park Swimming Club Inc	NT	_____	_____
4	Hayley Warren	12	Surrey Park Swimming Club Inc	NT	_____	_____
5	Aurelia Verdoorn	12	Ballarat Gold Swimming Club In	NT	_____	_____
6	Luella Webb	11	Bendigo Hawks Aquatic	NT	_____	_____
Heat 2 of 4 Timed Finals						
1	Indianna Stonehouse	12	Warrnambool Swimming Club	3:15.96	_____	_____
2	Caitlin Hitchon	15	Mount Gambier	3:07.73	_____	_____
3	Wynter-Rose Wendt	9	Surrey Park Swimming Club Inc	2:59.90	_____	_____
4	Mia Clements	10	Surrey Park Swimming Club Inc	2:57.87	_____	_____
5	Sofia Sarayana	15	Surrey Park Swimming Club Inc	2:58.06	_____	_____
6	Emma Colt	12	Kangaroo Flat	3:02.86	_____	_____
7	Neve Harrison	11	Ballarat Gold Swimming Club In	3:08.56	_____	_____
8	Camila Meneses Lopez	11	Ballarat Gold Swimming Club In	3:48.15	_____	_____
Heat 3 of 4 Timed Finals						
1	Charlotte McConvill	12	Bendigo Hawks Aquatic	2:49.00	_____	_____
2	Sophie Frawley	13	Surrey Park Swimming Club Inc	2:45.02	_____	_____
3	Kate Crilly	14	Ballarat Swimming Club Inc	2:41.04	_____	_____
4	Jolene Li Qing Lim	16	Surrey Park Swimming Club Inc	2:30.13	_____	_____
5	Isabelle Kilborn	14	Ballarat Swimming Club Inc	2:39.63	_____	_____
6	Madelaine Regalado-Jones	12	Surrey Park Swimming Club Inc	2:44.60	_____	_____
7	Aaria Wendt	11	Surrey Park Swimming Club Inc	2:48.37	_____	_____
8	Layan Hussein Eman	11	Surrey Park Swimming Club Inc	2:49.30	_____	_____
Heat 4 of 4 Timed Finals						
1	Zoe Davis	13	Warrnambool Swimming Club	2:29.75	_____	_____
2	Hannah Buchanan	13	Ballarat Swimming Club Inc	2:28.13	_____	_____
3	Ava Candy	14	Ballarat Swimming Club Inc	2:11.57	_____	_____
4	Alannah Banks	19	Surrey Park Swimming Club Inc	2:07.27	_____	_____
5	Farida Taha	16	Surrey Park Swimming Club Inc	2:09.70	_____	_____
6	Zoe Gant	13	Surrey Park Swimming Club Inc	2:23.23	_____	_____
7	Eleanor Justin	15	Ballarat Swimming Club Inc	2:29.10	_____	_____
8	Macey Kane	15	Warrnambool Swimming Club	2:29.92	_____	_____

Event 18 Boys Open 200 LC Meter Free

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 3 Timed Finals						
2	Joshua Koe	12	Surrey Park Swimming Club Inc	NT	_____	_____
3	Martin Ma	9	Ballarat Gold Swimming Club In	3:41.10	_____	_____
4	Harrison Chiller	12	Warrnambool Swimming Club	3:11.97	_____	_____
5	Lenny Ryan	12	Warrnambool Swimming Club	3:18.46	_____	_____
6	Alexander Hillman	19	Surrey Park Swimming Club Inc	NT	_____	_____
7	Chi Hin Xu	10	Surrey Park Swimming Club Inc	NT	_____	_____
Heat 2 of 3 Timed Finals						
1	Ashton Clements	13	Surrey Park Swimming Club Inc	2:42.13	_____	_____
2	Zavier Aberline	14	Warrnambool Swimming Club	2:31.60	_____	_____
3	Joshua Fitzgerald	14	Warrnambool Swimming Club	2:27.24	_____	_____
4	Marley Sutherland	14	Ballarat Gold Swimming Club In	2:15.71	_____	_____
5	Jack Stonehouse	14	Warrnambool Swimming Club	2:21.70	_____	_____
6	Codey Farquhar	14	Ballarat Gco Swimming Club Inc	2:28.58	_____	_____
7	Jacob Chester	13	Surrey Park Swimming Club Inc	2:39.02	_____	_____
8	Beau Turner	15	Warrnambool Swimming Club	2:45.47	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 2

Heat 3 Timed Finals... (Event 18 Boys Open 200 LC Meter Free)

1	William Watkins	16	Surrey Park Swimming Club Inc	2:10.84	_____	_____
2	Oliver McCormack	15	Ballarat Gold Swimming Club In	2:04.43	_____	_____
3	George Huang	15	Surrey Park Swimming Club Inc	1:58.36	_____	_____
4	Tanin Kursidim	21	Surrey Park Swimming Club Inc	1:53.96	_____	_____
5	Oliver Mackenzie	19	Surrey Park Swimming Club Inc	1:54.09	_____	_____
6	Jesse Phillips	18	Surrey Park Swimming Club Inc	2:02.84	_____	_____
7	Darcy Stewart	14	Surrey Park Swimming Club Inc	2:08.39	_____	_____
8	Jake Burleigh	14	Warrnambool Swimming Club	2:14.16	_____	_____

Event 19 Girls Open 100 LC Meter Fly

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 3 Timed Finals						
3	Matilda Norman	12	Lara Swimming Club	NT	_____	_____
4	Xier Li	10	Surrey Park Swimming Club Inc	1:56.53	_____	_____
5	Evie Webb	12	Bendigo Hawks Aquatic	1:57.04	_____	_____
6	Miley Bird	10	Bendigo East Swimming Club	NT	_____	_____
Heat 2 of 3 Timed Finals						
1	Julia Justin	12	Ballarat Swimming Club Inc	1:34.23	_____	_____
2	Sienna Mulheron	12	Surrey Park Swimming Club Inc	1:28.32	_____	_____
3	Josephine Simmons	14	Bendigo Hawks Aquatic	1:26.14	_____	_____
4	Matilda Clarke	13	Surrey Park Swimming Club Inc	1:16.96	_____	_____
5	Holly Hembrow	14	Kangaroo Flat	1:19.49	_____	_____
6	Morgan Westbrook	12	Bendigo Hawks Aquatic	1:28.13	_____	_____
7	Zi Li	12	Surrey Park Swimming Club Inc	1:32.46	_____	_____
8	Paige Dorman	17	Colac Swimming Club	1:41.93	_____	_____
Heat 3 of 3 Timed Finals						
1	Macy Smyk	13	Surrey Park Swimming Club Inc	1:14.16	_____	_____
2	Danika Garner	13	Mildura Swimming Club Inc.	1:12.88	_____	_____
3	Riley Cardow	17	Surrey Park Swimming Club Inc	1:10.68	_____	_____
4	Jade King	16	Warrnambool Swimming Club	1:09.47	_____	_____
5	Bettina Ambrose	14	Ballarat Swimming Club Inc	1:09.78	_____	_____
6	Lexin Zhao	12	Surrey Park Swimming Club Inc	1:12.80	_____	_____
7	Melissa Sharp	21	Surrey Park Swimming Club Inc	1:13.39	_____	_____
8	Caitlin Mulheron	14	Surrey Park Swimming Club Inc	1:14.81	_____	_____

Event 20 Boys Open 100 LC Meter Fly

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 4 Timed Finals						
3	Owen Barnes	11	Kangaroo Flat	NT	_____	_____
4	Miles Crilly	12	Ballarat Swimming Club Inc	NT	_____	_____
5	Lachlan Harris	12	Surrey Park Swimming Club Inc	NT	_____	_____
Heat 2 of 4 Timed Finals						
2	Chase Briggs	16	Horsham Swimming Club Inc	1:26.93	_____	_____
3	Gabriele Herrington	15	Surrey Park Swimming Club Inc	1:22.30	_____	_____
4	Hamish Knight	14	Bendigo Hawks Aquatic	1:19.58	_____	_____
5	Oscar Woithe	13	Warrnambool Swimming Club	1:20.44	_____	_____
6	Maxim Hocking	13	Ballarat Gold Swimming Club In	1:23.35	_____	_____
7	Jayden Thach	12	Surrey Park Swimming Club Inc	1:29.70	_____	_____
Heat 3 of 4 Timed Finals						
1	Titus Tang	13	Swimland Swim Club	1:17.56	_____	_____
2	Thomas Costello	15	Ballarat Gold Swimming Club In	1:13.95	_____	_____
3	Aston Wilson	12	Surrey Park Swimming Club Inc	1:09.81	_____	_____
4	Tadhg Hughan	15	Melbourne Swimming Club	1:06.22	_____	_____
5	Angus Addlem	14	Bendigo East Swimming Club	1:06.64	_____	_____
6	James Logan S15	17	Geelong Swimming Club Incorpor	1:13.18	_____	_____
7	Liam Orton	16	Ballarat Gco Swimming Club Inc	1:14.13	_____	_____
8	Reece Hornsby	14	Geelong Swimming Club Incorpor	1:17.76	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 2

Heat 4 Timed Finals... (Event 20 Boys Open 100 LC Meter Fly)

1	William Elliott	21	Warrnambool Swimming Club	1:04.73	_____	_____
2	Austin Robbins	18	Bendigo East Swimming Club	1:02.59	_____	_____
3	Kiran Jasinghe (V)	26	Surrey Park Swimming Club Inc	59.03	_____	_____
4	Tyson Caddy	24	Surrey Park Swimming Club Inc	57.13	_____	_____
5	Daniel Civitarese	17	Surrey Park Swimming Club Inc	58.28	_____	_____
6	Anthony Lin	21	Surrey Park Swimming Club Inc	1:00.95	_____	_____
7	Jacob Matuschka	17	Melbourne Swimming Club	1:02.72	_____	_____
8	Ryan Thach	16	Surrey Park Swimming Club Inc	1:04.89	_____	_____

Event 21 Mixed Open 50 LC Meter Back Multi-Class

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
2	Fran Wellard S14	W35	Ballarat Special Olympics	NT	_____	_____
3	Elise Pierce S14	W23	Ballarat Special Olympics	1:31.80	_____	_____
4	Anna Leighton S14	W23	Ballarat Gold Swimming Club In	36.50	_____	_____
5	Aaron Skinner S14	M32	Geelong Sharks Swimming Club	43.65	_____	_____
6	Lyndsay Lee S14	W51	Ballarat Special Olympics	2:12.23	_____	_____
7	Debbie Harper S14	W28	Ballarat Special Olympics	NT	_____	_____

Event 22 Girls Open 50 LC Meter Back

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 9 Timed Finals						
2	Isabel Meneses Lopez	9	Ballarat Gold Swimming Club In	NT	_____	_____
3	Olivia Leehane	11	Colac Swimming Club	NT	_____	_____
4	Penny Conway	11	Ballarat Gold Swimming Club In	NT	_____	_____
5	Claudia Fumi	11	Ballarat Gold Swimming Club In	NT	_____	_____
6	Leiarnna Ferguson	10	Ballarat Gold Swimming Club In	NT	_____	_____
7	Winter Neil	9	Ballarat Gold Swimming Club In	NT	_____	_____
Heat 2 of 9 Timed Finals						
1	Evie Merlo	11	Ballarat Gold Swimming Club In	NT	_____	_____
2	Chloe James	11	Colac Swimming Club	1:00.40	_____	_____
3	Bonnie Naylor	12	Ballarat Gco Swimming Club Inc	54.69	_____	_____
4	Billie Addlem	8	Bendigo East Swimming Club	53.53	_____	_____
5	Sophie Grech	10	Ballarat Gold Swimming Club In	54.63	_____	_____
6	Abigail Tickell	8	Ballarat Gold Swimming Club In	59.18	_____	_____
7	Samirah Hassan	13	Ballarat Gold Swimming Club In	NT	_____	_____
8	Aurelia Brown	11	Ballarat Gold Swimming Club In	NT	_____	_____
Heat 3 of 9 Timed Finals						
1	Ella Featherston	11	Ballarat Gold Swimming Club In	51.27	_____	_____
2	Shae O'Callaghan	10	Ballarat Gold Swimming Club In	50.36	_____	_____
3	Emma Fisher	13	Ballarat Gold Swimming Club In	49.47	_____	_____
4	Indianna Stonehouse	12	Warrnambool Swimming Club	47.41	_____	_____
5	Abby Frawley	11	Surrey Park Swimming Club Inc	48.17	_____	_____
6	Rachael Orton	14	Ballarat Gco Swimming Club Inc	50.36	_____	_____
7	Penelope Roberts	11	Kangaroo Flat	51.26	_____	_____
8	Camila Meneses Lopez	11	Ballarat Gold Swimming Club In	51.81	_____	_____
Heat 4 of 9 Timed Finals						
1	Dior O'Callaghan	13	Ballarat Gold Swimming Club In	46.48	_____	_____
2	Paige Dorman	17	Colac Swimming Club	45.20	_____	_____
3	Georgie Kennett	8	Ballarat Gold Swimming Club In	44.68	_____	_____
4	Lily McCormack	11	Ballarat Gold Swimming Club In	44.23	_____	_____
5	Luella Webb	11	Bendigo Hawks Aquatic	44.51	_____	_____
6	Jessica McMillan	9	Bendigo Hawks Aquatic	45.12	_____	_____
7	Lois Scruby	10	Ballarat Gold Swimming Club In	45.52	_____	_____
8	Matisse Aberline	11	Warrnambool Swimming Club	46.92	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 2

Heat 5 Timed Finals... (Event 22 Girls Open 50 LC Meter Back)

1	Ella Tyrrell	12	Bendigo East Swimming Club	43.72	_____	_____
2	Caitlin Hitchon	15	Mount Gambier	43.35	_____	_____
3	Jade Hayward	11	Kangaroo Flat	43.21	_____	_____
4	Wynter-Rose Wendt	9	Surrey Park Swimming Club Inc	42.75	_____	_____
5	Sophie Lee	9	Kangaroo Flat	43.13	_____	_____
6	Matilda Brett	14	Surrey Park Swimming Club Inc	43.30	_____	_____
7	Abby Colt	11	Kangaroo Flat	43.70	_____	_____
8	Emilia Greening	11	Surrey Park Swimming Club Inc	43.75	_____	_____

Heat 6 of 9 Timed Finals

1	Mia Clements	10	Surrey Park Swimming Club Inc	42.46	_____	_____
2	Sophie Beggs	11	Mlc Aquatic Inc (Victoria)	41.00	_____	_____
3	Isabel Neeson	13	Surrey Park Swimming Club Inc	40.67	_____	_____
4	Grace Cofield	11	Ballarat Gold Swimming Club In	40.46	_____	_____
5	Josephine Simmons	14	Bendigo Hawks Aquatic	40.63	_____	_____
6	Ania Siedlaczek	37	Ballarat Swimming Club Inc	40.76	_____	_____
7	Layan Hussein Eman	11	Surrey Park Swimming Club Inc	41.21	_____	_____
8	Addison Hendley	10	Ballarat Gold Swimming Club In	42.70	_____	_____

Heat 7 of 9 Timed Finals

1	Ella Matters	14	Warrnambool Swimming Club	40.37	_____	_____
2	Zara Bibby	14	Bendigo East Swimming Club	39.97	_____	_____
3	Chloe Bennie	14	Warrnambool Swimming Club	39.18	_____	_____
4	Charley Ward	16	Ballarat Gold Swimming Club In	36.50	_____	_____
5	Danika Garner	13	Mildura Swimming Club Inc.	37.83	_____	_____
6	Lily Goodman	12	Warrnambool Swimming Club	39.59	_____	_____
7	Ashley Wilson	15	Surrey Park Swimming Club Inc	40.25	_____	_____
8	Taylah Costello	11	Ballarat Gold Swimming Club In	40.40	_____	_____

Heat 8 of 9 Timed Finals

1	Zoe Gant	13	Surrey Park Swimming Club Inc	36.47	_____	_____
2	Tarni Cavanagh	21	Surrey Park Swimming Club Inc	36.24	_____	_____
3	Harriet Meakin	15	Ballarat Swimming Club Inc	35.80	_____	_____
4	Claire Mathison	15	Ballarat Gold Swimming Club In	34.87	_____	_____
5	Elle Cofield	14	Ballarat Gold Swimming Club In	35.71	_____	_____
6	Hei Lam Vincy Xu	13	Surrey Park Swimming Club Inc	35.91	_____	_____
7	Aaria Wendt	11	Surrey Park Swimming Club Inc	36.25	_____	_____
8	Jinxin Zhuang	11	Surrey Park Swimming Club Inc	36.48	_____	_____

Heat 9 of 9 Timed Finals

1	Lara Riddle	15	Ballarat Swimming Club Inc	34.79	_____	_____
2	Isla Ho	16	Ballarat Gold Swimming Club In	34.26	_____	_____
3	Georgia Kirkpatrick	23	Surrey Park Swimming Club Inc	33.82	_____	_____
4	Matilda Clarke	13	Surrey Park Swimming Club Inc	32.94	_____	_____
5	Maaike Vrij	25	Surrey Park Swimming Club Inc	33.21	_____	_____
6	Telani Bibby	17	Bendigo East Swimming Club	34.09	_____	_____
7	Neve Turton	13	Surrey Park Swimming Club Inc	34.40	_____	_____
8	Lucy Reed	19	Surrey Park Swimming Club Inc	34.80	_____	_____

Event 23 Boys Open 50 LC Meter Back

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 7 Timed Finals						
3	Ari Goodman	8	Warrnambool Swimming Club	NT	_____	_____
4	Liam Weissenfeld	12	Ballarat Gold Swimming Club In	NT	_____	_____
5	Corey McMillin	10	Ballarat Gold Swimming Club In	NT	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 2

Heat 2 Timed Finals... (Event 23 Boys Open 50 LC Meter Back)

2	Patrick Orton	9	Ballarat Gco Swimming Club Inc	1:03.89	_____	_____
3	Ashton Silak	11	Ballarat Swimming Club Inc	54.66	_____	_____
4	Jasper Zowa	10	Surrey Park Swimming Club Inc	52.00	_____	_____
5	Charlie Tickell	11	Ballarat Gold Swimming Club In	52.22	_____	_____
6	Ben Goodman	10	Warrnambool Swimming Club	56.28	_____	_____
7	Adam Conway	13	Ballarat Gold Swimming Club In	NT	_____	_____

Heat 3 of 7 Timed Finals

1	Lucas Fitzgerald	10	Warrnambool Swimming Club	50.10	_____	_____
2	Jonty Ward	11	Ballarat Gold Swimming Club In	49.31	_____	_____
3	Miles Crilly	12	Ballarat Swimming Club Inc	46.67	_____	_____
4	Owen Frawley	11	Surrey Park Swimming Club Inc	45.18	_____	_____
5	Henry Beechey	13	Ballarat Gold Swimming Club In	45.50	_____	_____
6	Matthew Swanton	12	Ballarat Gold Swimming Club In	47.38	_____	_____
7	Alex Hitchon	13	Mount Gambier	49.72	_____	_____
8	William Knight	9	Bendigo Hawks Aquatic	50.44	_____	_____

Heat 4 of 7 Timed Finals

1	Lenny Ryan	12	Warrnambool Swimming Club	44.43	_____	_____
2	Paterson Norman	10	Lara Swimming Club	43.93	_____	_____
3	Thomas Hembrow	12	Kangaroo Flat	42.80	_____	_____
4	Max Ravisa	13	Ballarat Gold Swimming Club In	42.45	_____	_____
5	Sean Wang	11	Surrey Park Swimming Club Inc	42.53	_____	_____
6	Ashton Clements	13	Surrey Park Swimming Club Inc	42.88	_____	_____
7	Winston Kilborn	12	Ballarat Swimming Club Inc	44.14	_____	_____
8	Harrison Chiller	12	Warrnambool Swimming Club	44.91	_____	_____

Heat 5 of 7 Timed Finals

1	Riley Garner	11	Mildura Swimming Club Inc.	40.88	_____	_____
2	Chase Briggs	16	Horsham Swimming Club Inc	40.35	_____	_____
3	Gabriele Herrington	15	Surrey Park Swimming Club Inc	38.65	_____	_____
4	Hugh White	12	Warrnambool Swimming Club	37.06	_____	_____
5	Beau Gear	18	Ballarat Gco Swimming Club Inc	38.35	_____	_____
6	Mason Firth	13	Ballarat Gold Swimming Club In	39.63	_____	_____
7	Owen Barnes	11	Kangaroo Flat	40.69	_____	_____
8	Riley O'Callaghan	15	Ballarat Gold Swimming Club In	42.40	_____	_____

Heat 6 of 7 Timed Finals

1	Kai Moloney	14	Warrnambool Swimming Club	36.31	_____	_____
2	Xavier Ough	14	Bendigo East Swimming Club	34.90	_____	_____
3	Alfie Graves	14	Surrey Park Swimming Club Inc	33.55	_____	_____
4	Codey Farquhar	14	Ballarat Gco Swimming Club Inc	33.37	_____	_____
5	Mubal Ibrahim	22	Surrey Park Swimming Club Inc	33.51	_____	_____
6	Austin Robbins	18	Bendigo East Swimming Club	33.70	_____	_____
7	Angus Addlem	14	Bendigo East Swimming Club	34.92	_____	_____
8	Oscar Woithe	13	Warrnambool Swimming Club	36.89	_____	_____

Heat 7 of 7 Timed Finals

1	Jack Stonehouse	14	Warrnambool Swimming Club	31.09	_____	_____
2	Cody Bird	15	Bendigo East Swimming Club	29.55	_____	_____
3	Jett Bird	17	Bendigo East Swimming Club	28.05	_____	_____
4	Anthony Boussounis	18	Surrey Park Swimming Club Inc	26.18	_____	_____
5	George Huang	15	Surrey Park Swimming Club Inc	28.04	_____	_____
6	Alexander Hillman	19	Surrey Park Swimming Club Inc	28.60	_____	_____
7	Tom Urquhart	15	Ballarat Gold Swimming Club In	30.26	_____	_____
8	Blake Scott	15	Ballarat Gold Swimming Club In	32.12	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023
Meet Program - Session 2

Event 24 Mixed Open 200 LC Meter Breast

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 4 Timed Finals						
3	Martin Ma	M9	Ballarat Gold Swimming Club In	NT	_____	_____
4	Sebastian Gonzalez	M11	Ballarat Gold Swimming Club In	NT	_____	_____
5	Junqing Cao	W10	Ballarat Gold Swimming Club In	NT	_____	_____
Heat 2 of 4 Timed Finals						
1	Amanda Shen	W12	Surrey Park Swimming Club Inc	NT	_____	_____
2	Zara Burk	W19	Surrey Park Swimming Club Inc	NT	_____	_____
3	Melissa Sharp	W21	Surrey Park Swimming Club Inc	NT	_____	_____
4	Kiran Jasinghe (V)	M26	Surrey Park Swimming Club Inc	NT	_____	_____
5	Bea Lovatt	W22	Surrey Park Swimming Club Inc	NT	_____	_____
6	Tanin Kursidim	M21	Surrey Park Swimming Club Inc	NT	_____	_____
7	Kate Beechey	W13	Ballarat Gold Swimming Club In	NT	_____	_____
Heat 3 of 4 Timed Finals						
1	Hannah Syrota	W12	Surrey Park Swimming Club Inc	3:57.10	_____	_____
2	Jacqueline Ho	W13	Surrey Park Swimming Club Inc	3:28.59	_____	_____
3	Lachlan Patten	M14	Surrey Park Swimming Club Inc	3:13.84	_____	_____
4	Kevin Huang	M15	Ballarat Gold Swimming Club In	3:10.20	_____	_____
5	Ines Parlange	W15	Ballarat Gold Swimming Club In	3:13.33	_____	_____
6	Krys Syrota	W14	Surrey Park Swimming Club Inc	3:28.09	_____	_____
7	Mairead Hewson	W14	Warrnambool Swimming Club	3:48.29	_____	_____
8	Eva Robertson	W13	Ballarat Gold Swimming Club In	4:01.73	_____	_____
Heat 4 of 4 Timed Finals						
1	Marley Addlem	W16	Bendigo East Swimming Club	3:04.05	_____	_____
2	Cameron Dole	M55	Ballarat Gco Swimming Club Inc	2:58.79	_____	_____
3	Max Malone	M15	Surrey Park Swimming Club Inc	2:44.32	_____	_____
4	Thomas Greenwood	M16	Surrey Park Swimming Club Inc	2:37.91	_____	_____
5	Cooper Sutherland	M17	Ballarat Gold Swimming Club In	2:42.81	_____	_____
6	Zoe Davis	W13	Warrnambool Swimming Club	2:56.60	_____	_____
7	Caitlyn Roberts	W19	Surrey Park Swimming Club Inc	3:03.95	_____	_____
8	Maisy Graves	W12	Surrey Park Swimming Club Inc	3:07.84	_____	_____

Event 25 Girls Open 100 LC Meter Free

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 8 Timed Finals						
2	Abigail Tickell	8	Ballarat Gold Swimming Club In	NT	_____	_____
3	Samirah Hassan	13	Ballarat Gold Swimming Club In	NT	_____	_____
4	Madeline Smith	12	Ballarat Gco Swimming Club Inc	1:44.52	_____	_____
5	Rachael Orton	14	Ballarat Gco Swimming Club Inc	1:46.92	_____	_____
6	Ruimi Zhang	12	Surrey Park Swimming Club Inc	NT	_____	_____
Heat 2 of 8 Timed Finals						
1	Xier Li	10	Surrey Park Swimming Club Inc	1:38.62	_____	_____
2	Amelia Wilson	12	Ballarat Gco Swimming Club Inc	1:33.61	_____	_____
3	Amelia Kelly	13	Bendigo East Swimming Club	1:32.03	_____	_____
4	Matilda Norman	12	Lara Swimming Club	1:29.94	_____	_____
5	Wynter-Rose Wendt	9	Surrey Park Swimming Club Inc	1:30.34	_____	_____
6	Hollie Watson	12	Bendigo East Swimming Club	1:33.30	_____	_____
7	Ella Featherston	11	Ballarat Gold Swimming Club In	1:37.59	_____	_____
8	Emma Fisher	13	Ballarat Gold Swimming Club In	1:39.02	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 2

Heat 3 Timed Finals... (Event 25 Girls Open 100 LC Meter Free)

1	Josephine Regalado-Jones	10	Surrey Park Swimming Club Inc	1:27.10	_____	_____
2	Kiera Butterworth	13	Ballarat Gold Swimming Club In	1:26.52	_____	_____
3	Sophie Lee	9	Kangaroo Flat	1:25.88	_____	_____
4	Zi Li	12	Surrey Park Swimming Club Inc	1:24.40	_____	_____
5	Lois Scruby	10	Ballarat Gold Swimming Club In	1:25.67	_____	_____
6	Jade Hayward	11	Kangaroo Flat	1:25.98	_____	_____
7	Emilia Greening	11	Surrey Park Swimming Club Inc	1:26.90	_____	_____
8	Lily McCormack	11	Ballarat Gold Swimming Club In	1:28.95	_____	_____

Heat 4 of 8 Timed Finals

1	Ella Tyrrell	12	Bendigo East Swimming Club	1:22.73	_____	_____
2	Charlotte Matuschka	13	Horsham Swimming Club Inc	1:20.81	_____	_____
3	Sofia Sarayana	15	Surrey Park Swimming Club Inc	1:19.02	_____	_____
4	Madelaine Regalado-Jones	12	Surrey Park Swimming Club Inc	1:18.74	_____	_____
5	Sienna Mulheron	12	Surrey Park Swimming Club Inc	1:18.76	_____	_____
6	Jinxin Zhuang	11	Surrey Park Swimming Club Inc	1:20.63	_____	_____
7	Caitlin Hitchon	15	Mount Gambier	1:21.58	_____	_____
8	Evie Webb	12	Bendigo Hawks Aquatic	1:24.05	_____	_____

Heat 5 of 8 Timed Finals

1	Isabel Neeson	13	Surrey Park Swimming Club Inc	1:17.29	_____	_____
2	Sophie Frawley	13	Surrey Park Swimming Club Inc	1:16.15	_____	_____
3	Anna Leighton S14	23	Ballarat Gold Swimming Club In	1:14.45	_____	_____
4	Chloe Bennie	14	Warrnambool Swimming Club	1:13.76	_____	_____
5	Neve Harrison	11	Ballarat Gold Swimming Club In	1:14.08	_____	_____
6	Matilda Gillespie	14	Ballarat Gold Swimming Club In	1:14.92	_____	_____
7	Aaria Wendt	11	Surrey Park Swimming Club Inc	1:16.67	_____	_____
8	Georgie Vague	13	Geelong Swimming Club Incorpor	1:18.34	_____	_____

Heat 6 of 8 Timed Finals

1	Lily Goodman	12	Warrnambool Swimming Club	1:12.46	_____	_____
2	Riley Sterenberg	16	Bendigo Hawks Aquatic	1:11.14	_____	_____
3	Caitlin Mulheron	14	Surrey Park Swimming Club Inc	1:09.86	_____	_____
4	Macy Smyk	13	Surrey Park Swimming Club Inc	1:08.94	_____	_____
5	Hei Lam Vincy Xu	13	Surrey Park Swimming Club Inc	1:09.02	_____	_____
6	Layla Mccarthy	15	Warrnambool Swimming Club	1:10.71	_____	_____
7	Isabella Till	16	Ballarat Gco Swimming Club Inc	1:12.01	_____	_____
8	Matilda Brett	14	Surrey Park Swimming Club Inc	1:13.62	_____	_____

Heat 7 of 8 Timed Finals

1	Macey Kane	15	Warrnambool Swimming Club	1:08.57	_____	_____
2	Lexin Zhao	12	Surrey Park Swimming Club Inc	1:06.96	_____	_____
3	Claire Mathison	15	Ballarat Gold Swimming Club In	1:06.70	_____	_____
4	Georgia Kirkpatrick	23	Surrey Park Swimming Club Inc	1:05.01	_____	_____
5	Danika Garner	13	Mildura Swimming Club Inc.	1:06.24	_____	_____
6	Isabelle Jarvis	14	Ballarat Gold Swimming Club In	1:06.82	_____	_____
7	Neve Turton	13	Surrey Park Swimming Club Inc	1:08.26	_____	_____
8	Cheryl Chan	15	Surrey Park Swimming Club Inc	1:08.90	_____	_____

Heat 8 of 8 Timed Finals

1	Telani Bibby	17	Bendigo East Swimming Club	1:04.01	_____	_____
2	Lucy Reed	19	Surrey Park Swimming Club Inc	1:00.94	_____	_____
3	Farida Taha	16	Surrey Park Swimming Club Inc	59.24	_____	_____
4	Alannah Banks	19	Surrey Park Swimming Club Inc	58.12	_____	_____
5	Skylar Hay	17	Surrey Park Swimming Club Inc	58.61	_____	_____
6	Sascha Jones	20	Surrey Park Swimming Club Inc	1:00.50	_____	_____
7	Bettina Ambrose	14	Ballarat Swimming Club Inc	1:02.04	_____	_____
8	Riley Cardow	17	Surrey Park Swimming Club Inc	1:04.79	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 2

Event 26 Boys Open 100 LC Meter Free

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 8 Timed Finals						
1	Sean Wang	11	Surrey Park Swimming Club Inc	NT	_____	_____
2	Ethan Wings	14	Ballarat Gold Swimming Club In	NT	_____	_____
3	Jasper Zowa	10	Surrey Park Swimming Club Inc	1:42.82	_____	_____
4	Alex Hitchon	13	Mount Gambier	1:35.31	_____	_____
5	Jude Harrison	9	Ballarat Gold Swimming Club In	1:41.34	_____	_____
6	Sebastian Smith	17	Horsham Swimming Club Inc	NT	_____	_____
7	Liam Weissenfeld	12	Ballarat Gold Swimming Club In	NT	_____	_____
Heat 2 of 8 Timed Finals						
1	Lenny Ryan	12	Warrnambool Swimming Club	1:34.27	_____	_____
2	Charlie Tickell	11	Ballarat Gold Swimming Club In	1:33.28	_____	_____
3	Cayden Dong	10	Surrey Park Swimming Club Inc	1:30.84	_____	_____
4	Miles Crilly	12	Ballarat Swimming Club Inc	1:28.91	_____	_____
5	Jayden Lim	11	Ballarat Gold Swimming Club In	1:29.81	_____	_____
6	Harrison Chiller	12	Warrnambool Swimming Club	1:33.00	_____	_____
7	Jonty Ward	11	Ballarat Gold Swimming Club In	1:33.51	_____	_____
8	Ashton Silak	11	Ballarat Swimming Club Inc	1:34.99	_____	_____
Heat 3 of 8 Timed Finals						
1	Hugh White	12	Warrnambool Swimming Club	1:28.25	_____	_____
2	Owen Frawley	11	Surrey Park Swimming Club Inc	1:26.30	_____	_____
3	Joshua Koe	12	Surrey Park Swimming Club Inc	1:24.56	_____	_____
4	Mason Firth	13	Ballarat Gold Swimming Club In	1:23.06	_____	_____
5	Paterson Norman	10	Lara Swimming Club	1:23.55	_____	_____
6	Jonah Elliott	14	Warrnambool Swimming Club	1:24.75	_____	_____
7	Henry Beechey	13	Ballarat Gold Swimming Club In	1:26.52	_____	_____
8	Chi Hin Xu	10	Surrey Park Swimming Club Inc	1:28.47	_____	_____
Heat 4 of 8 Timed Finals						
1	Sean Hughan	12	Melbourne Swimming Club	1:20.59	_____	_____
2	Owen Barnes	11	Kangaroo Flat	1:17.84	_____	_____
3	Max Ravisa	13	Ballarat Gold Swimming Club In	1:15.64	_____	_____
4	Riley Garner	11	Mildura Swimming Club Inc.	1:13.55	_____	_____
5	Maxim Hocking	13	Ballarat Gold Swimming Club In	1:14.27	_____	_____
6	Theo Kane	17	Warrnambool Swimming Club	1:16.20	_____	_____
7	Beau Turner	15	Warrnambool Swimming Club	1:19.01	_____	_____
8	Winston Kilborn	12	Ballarat Swimming Club Inc	1:21.63	_____	_____
Heat 5 of 8 Timed Finals						
1	Chase Briggs	16	Horsham Swimming Club Inc	1:13.02	_____	_____
2	Lachlan Harris	12	Surrey Park Swimming Club Inc	1:08.99	_____	_____
3	Jayden Thach	12	Surrey Park Swimming Club Inc	1:08.40	_____	_____
4	Gabriele Herrington	15	Surrey Park Swimming Club Inc	1:08.30	_____	_____
5	Maconnel Malone	13	Bendigo East Swimming Club	1:08.34	_____	_____
6	Thomas Dorrat-Sims	14	Surrey Park Swimming Club Inc	1:08.73	_____	_____
7	Hayden Wilson	13	Ballarat Gco Swimming Club Inc	1:12.84	_____	_____
8	Jacob Chester	13	Surrey Park Swimming Club Inc	1:13.42	_____	_____
Heat 6 of 8 Timed Finals						
1	Angus Sharpe	14	Gisborne Thunder Swimming Club	1:07.36	_____	_____
2	Remy Bloom	15	Surrey Park Swimming Club Inc	1:04.92	_____	_____
3	James Logan S15	17	Geelong Swimming Club Incorpor	1:04.73	_____	_____
4	Xavier Ough	14	Bendigo East Swimming Club	1:03.99	_____	_____
5	Titus Tang	13	Swimland Swim Club	1:04.11	_____	_____
6	Codey Farquhar	14	Ballarat Gco Swimming Club Inc	1:04.77	_____	_____
7	Marley Sutherland	14	Ballarat Gold Swimming Club In	1:05.09	_____	_____
8	Elliot Bird	14	Bendigo East Swimming Club	1:07.90	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 2

Heat 7 Timed Finals... (Event 26 Boys Open 100 LC Meter Free)

1	Tadhg Hughan	15	Melbourne Swimming Club	1:01.87	_____	_____
2	Max Mason	16	Ballarat Gold Swimming Club In	1:00.75	_____	_____
3	William Watkins	16	Surrey Park Swimming Club Inc	59.57	_____	_____
4	Jesse Phillips	18	Surrey Park Swimming Club Inc	56.47	_____	_____
5	Luke Gallagher	15	Ballarat Gco Swimming Club Inc	58.69	_____	_____
6	Thomas Greenwood	16	Surrey Park Swimming Club Inc	1:00.25	_____	_____
7	Todd Robbins	17	Bendigo East Swimming Club	1:00.89	_____	_____
8	Max Malone	15	Surrey Park Swimming Club Inc	1:02.52	_____	_____

Heat 8 of 8 Timed Finals

1	Jacob Matuschka	17	Melbourne Swimming Club	56.16	_____	_____
2	William Elliott	21	Warrnambool Swimming Club	56.10	_____	_____
3	Anthony Lin	21	Surrey Park Swimming Club Inc	54.25	_____	_____
4	Oliver Mackenzie	19	Surrey Park Swimming Club Inc	52.70	_____	_____
5	Daniel Civitarese	17	Surrey Park Swimming Club Inc	53.54	_____	_____
6	Alexander Hillman	19	Surrey Park Swimming Club Inc	55.73	_____	_____
7	Ryan Thach	16	Surrey Park Swimming Club Inc	56.15	_____	_____
8	Jack Sharp	21	Warrnambool Swimming Club	56.34	_____	_____

Event 27 Mixed Open 50 LC Meter Fly Multi-Class

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
4	Aaron Skinner S14	M32	Geelong Sharks Swimming Club	36.92	_____	_____
5	Alec Grant S14	M26	Ballarat Special Olympics	NT	_____	_____

Event 28 Girls Open 50 LC Meter Fly

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 7 Timed Finals						
3	Jessica McMillan	9	Bendigo Hawks Aquatic	NT	_____	_____
4	Penelope Roberts	11	Kangaroo Flat	NT	_____	_____
5	Junqing Cao	10	Ballarat Gold Swimming Club In	NT	_____	_____
Heat 2 of 7 Timed Finals						
1	Rachael Orton	14	Ballarat Gco Swimming Club Inc	NT	_____	_____
2	Chloe James	11	Colac Swimming Club	56.65	_____	_____
3	Billie Addlem	8	Bendigo East Swimming Club	52.65	_____	_____
4	Abby Frawley	11	Surrey Park Swimming Club Inc	51.15	_____	_____
5	Aurelia Verdoorn	12	Ballarat Gold Swimming Club In	52.46	_____	_____
6	Madeline Smith	12	Ballarat Gco Swimming Club Inc	55.25	_____	_____
7	Bonnie Naylor	12	Ballarat Gco Swimming Club Inc	57.39	_____	_____
8	Emma Colt	12	Kangaroo Flat	NT	_____	_____
Heat 3 of 7 Timed Finals						
1	Shae O'Callaghan	10	Ballarat Gold Swimming Club In	48.81	_____	_____
2	Estelle Karslake	12	Ballarat Gco Swimming Club Inc	46.90	_____	_____
3	Ashley Wilson	15	Surrey Park Swimming Club Inc	46.07	_____	_____
4	Luella Webb	11	Bendigo Hawks Aquatic	45.51	_____	_____
5	Amelia Wilson	12	Ballarat Gco Swimming Club Inc	45.99	_____	_____
6	Charlotte Matuschka	13	Horsham Swimming Club Inc	46.85	_____	_____
7	Matisse Aberline	11	Warrnambool Swimming Club	47.71	_____	_____
8	Ruimi Zhang	12	Surrey Park Swimming Club Inc	49.20	_____	_____
Heat 4 of 7 Timed Finals						
1	Sophie Lee	9	Kangaroo Flat	44.49	_____	_____
2	Jade Hayward	11	Kangaroo Flat	42.67	_____	_____
3	Georgie Kennett	8	Ballarat Gold Swimming Club In	41.14	_____	_____
4	Ella Tyrrell	12	Bendigo East Swimming Club	38.47	_____	_____
5	Matilda Norman	12	Lara Swimming Club	40.60	_____	_____
6	Hollie Watson	12	Bendigo East Swimming Club	41.80	_____	_____
7	Addison Hendley	10	Ballarat Gold Swimming Club In	44.05	_____	_____
8	Camila Meneses Lopez	11	Ballarat Gold Swimming Club In	45.35	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 2

Heat 5 Timed Finals... (Event 28 Girls Open 50 LC Meter Fly)

1	Zi Li	12	Surrey Park Swimming Club Inc	37.77	_____	_____
2	Paige Dorman	17	Colac Swimming Club	36.91	_____	_____
3	Ella Matters	14	Warrnambool Swimming Club	36.48	_____	_____
4	Isabella Till	16	Ballarat Gco Swimming Club Inc	36.32	_____	_____
5	Charlotte McConvill	12	Bendigo Hawks Aquatic	36.36	_____	_____
6	Jinxin Zhuang	11	Surrey Park Swimming Club Inc	36.64	_____	_____
7	Ania Siedlaczek	37	Ballarat Swimming Club Inc	37.58	_____	_____
8	Sophie Beggs	11	Mlc Aquatic Inc (Victoria)	38.47	_____	_____

Heat 6 of 7 Timed Finals

1	Matilda Gillespie	14	Ballarat Gold Swimming Club In	35.82	_____	_____
2	Sienna Mulheron	12	Surrey Park Swimming Club Inc	35.77	_____	_____
3	Ines Parlange	15	Ballarat Gold Swimming Club In	35.08	_____	_____
4	Lara Riddle	15	Ballarat Swimming Club Inc	34.41	_____	_____
5	Lily Goodman	12	Warrnambool Swimming Club	34.81	_____	_____
6	Matilda Brett	14	Surrey Park Swimming Club Inc	35.55	_____	_____
7	Zoe Gant	13	Surrey Park Swimming Club Inc	35.80	_____	_____
8	Neve Turton	13	Surrey Park Swimming Club Inc	35.84	_____	_____

Heat 7 of 7 Timed Finals

1	Emily McMillan	13	Bendigo Hawks Aquatic	33.82	_____	_____
2	Tarni Cavanagh	21	Surrey Park Swimming Club Inc	31.66	_____	_____
3	Zara Burk	19	Surrey Park Swimming Club Inc	31.30	_____	_____
4	Jade King	16	Warrnambool Swimming Club	29.66	_____	_____
5	Sascha Jones	20	Surrey Park Swimming Club Inc	29.68	_____	_____
6	Danika Garner	13	Mildura Swimming Club Inc.	31.49	_____	_____
7	Lexin Zhao	12	Surrey Park Swimming Club Inc	31.72	_____	_____
8	Zoe Davis	13	Warrnambool Swimming Club	34.33	_____	_____

Event 29 Boys Open 50 LC Meter Fly

Lane	Name	Age	Team	Seed Time	Finals	Place
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Heat 1 of 4 Timed Finals

1	Sebastian Smith	17	Horsham Swimming Club Inc	NT	_____	_____
2	Ben Goodman	10	Warrnambool Swimming Club	53.88	_____	_____
3	Jonty Ward	11	Ballarat Gold Swimming Club In	52.32	_____	_____
4	Winston Kilborn	12	Ballarat Swimming Club Inc	46.93	_____	_____
5	Owen Frawley	11	Surrey Park Swimming Club Inc	49.90	_____	_____
6	Jasper Zowa	10	Surrey Park Swimming Club Inc	53.60	_____	_____
7	Alex Hitchon	13	Mount Gambier	58.91	_____	_____

Heat 2 of 4 Timed Finals

1	Adam Conway	13	Ballarat Gold Swimming Club In	44.59	_____	_____
2	Owen Barnes	11	Kangaroo Flat	42.97	_____	_____
3	Thomas Hembrow	12	Kangaroo Flat	40.21	_____	_____
4	Gabriele Herrington	15	Surrey Park Swimming Club Inc	36.93	_____	_____
5	Lachlan Harris	12	Surrey Park Swimming Club Inc	39.94	_____	_____
6	Miles Crilly	12	Ballarat Swimming Club Inc	41.70	_____	_____
7	Riley Garner	11	Mildura Swimming Club Inc.	43.98	_____	_____
8	Harrison Chiller	12	Warrnambool Swimming Club	45.44	_____	_____

Heat 3 of 4 Timed Finals

1	Elliot Bird	14	Bendigo East Swimming Club	34.48	_____	_____
2	Segev Glasman	16	Maccabi Ajax Swimming Club	34.01	_____	_____
3	Remy Bloom	15	Surrey Park Swimming Club Inc	33.51	_____	_____
4	James Logan S15	17	Geelong Swimming Club Incorpor	32.34	_____	_____
5	Zavier Aberline	14	Warrnambool Swimming Club	33.49	_____	_____
6	Maconnel Malone	13	Bendigo East Swimming Club	34.00	_____	_____
7	Chase Briggs	16	Horsham Swimming Club Inc	34.40	_____	_____
8	Jayden Thach	12	Surrey Park Swimming Club Inc	35.72	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 2

Heat 4 Timed Finals... (Event 29 Boys Open 50 LC Meter Fly)

1	Mubal Ibrahim	22	Surrey Park Swimming Club Inc	30.57	_____	_____
2	Jesse Phillips	18	Surrey Park Swimming Club Inc	28.51	_____	_____
3	Jett Bird	17	Bendigo East Swimming Club	27.70	_____	_____
4	Anthony Boussounis	18	Surrey Park Swimming Club Inc	26.32	_____	_____
5	Anthony Lin	21	Surrey Park Swimming Club Inc	27.34	_____	_____
6	Ryan Thach	16	Surrey Park Swimming Club Inc	27.98	_____	_____
7	Alfie Graves	14	Surrey Park Swimming Club Inc	29.93	_____	_____
8	Angus Addlem	14	Bendigo East Swimming Club	30.62	_____	_____

Event 30 Girls Open 200 LC Meter IM (Seeded Fast to Slow)

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 5 Timed Finals						
1	Matilda Clarke	13	Surrey Park Swimming Club Inc	2:48.98	_____	_____
2	Lucy Reed	19	Surrey Park Swimming Club Inc	2:41.18	_____	_____
3	Ava Candy	14	Ballarat Swimming Club Inc	2:31.54	_____	_____
4	Farida Taha	16	Surrey Park Swimming Club Inc	2:28.17	_____	_____
5	Maaike Vrij	25	Surrey Park Swimming Club Inc	2:30.24	_____	_____
6	Riley Cardow	17	Surrey Park Swimming Club Inc	2:33.35	_____	_____
7	Hei Lam Vincy Xu	13	Surrey Park Swimming Club Inc	2:46.76	_____	_____
8	Claire Mathison	15	Ballarat Gold Swimming Club In	2:49.89	_____	_____
Heat 2 of 5 Timed Finals						
1	Josephine Simmons	14	Bendigo Hawks Aquatic	3:09.63	_____	_____
2	Krys Syrota	14	Surrey Park Swimming Club Inc	3:07.20	_____	_____
3	Isabelle Jarvis	14	Ballarat Gold Swimming Club In	2:53.96	_____	_____
4	Holly Hembrow	14	Kangaroo Flat	2:51.53	_____	_____
5	Maisy Graves	12	Surrey Park Swimming Club Inc	2:53.48	_____	_____
6	Riley Sterenberg	16	Bendigo Hawks Aquatic	2:53.96	_____	_____
7	Morgan Westbrook	12	Bendigo Hawks Aquatic	3:08.01	_____	_____
8	Sophie Frawley	13	Surrey Park Swimming Club Inc	3:14.08	_____	_____
Heat 3 of 5 Timed Finals						
1	Caitlin Hitchon	15	Mount Gambier	3:38.66	_____	_____
2	Paige Dorman	17	Colac Swimming Club	3:31.36	_____	_____
3	Jone Greeff	12	Ballarat Swimming Club Inc	3:25.13	_____	_____
4	Zi Li	12	Surrey Park Swimming Club Inc	3:16.62	_____	_____
5	Sienna Mulheron	12	Surrey Park Swimming Club Inc	3:22.56	_____	_____
6	Grace Cofield	11	Ballarat Gold Swimming Club In	3:31.22	_____	_____
7	Amanda Shen	12	Surrey Park Swimming Club Inc	3:33.68	_____	_____
8	Hannah Syrota	12	Surrey Park Swimming Club Inc	3:45.72	_____	_____
Heat 4 of 5 Timed Finals						
1	Elsie Cock	11	Mildura Swimming Club Inc.	NT	_____	_____
2	Aurelia Verdoorn	12	Ballarat Gold Swimming Club In	NT	_____	_____
3	Georgie Vague	13	Geelong Swimming Club Incorpor	NT	_____	_____
4	Xier Li	10	Surrey Park Swimming Club Inc	3:48.12	_____	_____
5	Eva Robertson	13	Ballarat Gold Swimming Club In	NT	_____	_____
6	Madeline Smith	12	Ballarat Gco Swimming Club Inc	NT	_____	_____
7	Jade Hayward	11	Kangaroo Flat	NT	_____	_____
Heat 5 of 5 Timed Finals						
3	Sophie Lee	9	Kangaroo Flat	NT	_____	_____
4	Taylah Costello	11	Ballarat Gold Swimming Club In	NT	_____	_____
5	Miley Bird	10	Bendigo East Swimming Club	NT	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 2

Event 31 Boys Open 200 LC Meter IM (Seeded Fast to Slow)

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 4 Timed Finals						
1	Austin Robbins	18	Bendigo East Swimming Club	2:29.10	_____	_____
2	Max Mason	16	Ballarat Gold Swimming Club In	2:28.30	_____	_____
3	Darcy Stewart	14	Surrey Park Swimming Club Inc	2:21.39	_____	_____
4	Daniel Civitarese	17	Surrey Park Swimming Club Inc	2:10.94	_____	_____
5	Tyson Caddy	24	Surrey Park Swimming Club Inc	2:13.00	_____	_____
6	Tom Urquhart	15	Ballarat Gold Swimming Club In	2:23.73	_____	_____
7	Oliver Mccormack	15	Ballarat Gold Swimming Club In	2:28.72	_____	_____
8	Jack Sharp	21	Warrnambool Swimming Club	2:29.17	_____	_____
Heat 2 of 4 Timed Finals						
1	Remy Bloom	15	Surrey Park Swimming Club Inc	2:54.66	_____	_____
2	Jacob Chester	13	Surrey Park Swimming Club Inc	2:50.25	_____	_____
3	Liam Orton	16	Ballarat Gco Swimming Club Inc	2:46.92	_____	_____
4	Aston Wilson	12	Surrey Park Swimming Club Inc	2:34.25	_____	_____
5	Reece Hornsby	14	Geelong Swimming Club Incorpor	2:44.86	_____	_____
6	Codey Farquhar	14	Ballarat Gco Swimming Club Inc	2:47.98	_____	_____
7	Xavier Ough	14	Bendigo East Swimming Club	2:53.55	_____	_____
8	Thomas Dorrat-Sims	14	Surrey Park Swimming Club Inc	2:55.29	_____	_____
Heat 3 of 4 Timed Finals						
1	Maxim Hocking	13	Ballarat Gold Swimming Club In	3:34.17	_____	_____
2	Beau Turner	15	Warrnambool Swimming Club	3:10.76	_____	_____
3	Lachlan Patten	14	Surrey Park Swimming Club Inc	3:04.67	_____	_____
4	Kai Moloney	14	Warrnambool Swimming Club	2:56.77	_____	_____
5	Thomas Costello	15	Ballarat Gold Swimming Club In	3:00.12	_____	_____
6	Oliver Kallio	13	Ballarat Gold Swimming Club In	3:05.09	_____	_____
7	Aaron Skinner SM14	32	Geelong Sharks Swimming Club	3:20.43	_____	_____
8	Jayden Lim	11	Ballarat Gold Swimming Club In	3:41.98	_____	_____
Heat 4 of 4 Timed Finals						
2	Jude Harrison	9	Ballarat Gold Swimming Club In	NT	_____	_____
3	Ben Goodman	10	Warrnambool Swimming Club	5:16.04	_____	_____
4	Martin Ma	9	Ballarat Gold Swimming Club In	3:53.34	_____	_____
5	Liam Weissenfeld	12	Ballarat Gold Swimming Club In	4:23.37	_____	_____
6	Joshua Koe	12	Surrey Park Swimming Club Inc	NT	_____	_____

Event 32 Mixed Open 200 LC Meter Free Relay Para/Ablebodied

Lane	Team	Relay	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals					
3	Ballarat Gold Swimming Club In	C	NT	_____	_____
4	Ballarat Gold Swimming Club In	A	NT	_____	_____
5	Ballarat Gold Swimming Club In	B	NT	_____	_____
6	Ballarat Gold Swimming Club In	D	NT	_____	_____

Event 33 Mixed Open 200 LC Meter Free Relay

Lane	Team	Relay	Seed Time	Finals	Place
Heat 1 of 3 Timed Finals					
1	Ballarat Gold Swimming Club In	R	NT	_____	_____
2	Ballarat Gold Swimming Club In	P	NT	_____	_____
3	Ballarat Gold Swimming Club In	N	NT	_____	_____
4	Ballarat Gco Swimming Club Inc	B	NT	_____	_____
5	Ballarat Gold Swimming Club In	M	NT	_____	_____
6	Ballarat Gold Swimming Club In	O	NT	_____	_____
7	Ballarat Gold Swimming Club In	Q	NT	_____	_____
8	Ballarat Gold Swimming Club In	S	NT	_____	_____

2023 Ballarat Gold Long Course Meet - 22/10/2023

Meet Program - Session 2

Heat 2 Timed Finals... (Event 33 Mixed Open 200 LC Meter Free Relay)

1	Ballarat Gold Swimming Club In	K	NT	_____	_____
2	Ballarat Gold Swimming Club In	I	NT	_____	_____
3	Ballarat Gold Swimming Club In	F	NT	_____	_____
4	Surrey Park Swimming Club Inc	C	1:49.00	_____	_____
5	Ballarat Gold Swimming Club In	G	NT	_____	_____
6	Ballarat Gold Swimming Club In	H	NT	_____	_____
7	Ballarat Gold Swimming Club In	J	NT	_____	_____
8	Ballarat Gold Swimming Club In	L	NT	_____	_____

Heat 3 of 3 Timed Finals

1	Ballarat Gold Swimming Club In	D	NT	_____	_____
2	Ballarat Gold Swimming Club In	C	NT	_____	_____
3	Ballarat Gco Swimming Club Inc	A	NT	_____	_____
4	Surrey Park Swimming Club Inc	A	1:43.00	_____	_____
5	Ballarat Gold Swimming Club In	A	NT	_____	_____
6	Surrey Park Swimming Club Inc	B	1:46.00	_____	_____
7	Ballarat Gold Swimming Club In	B	NT	_____	_____
8	Ballarat Gold Swimming Club In	E	NT	_____	_____



BALLARAT GOLD SWIM CLUB

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



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.



Boys

Stroke	Distance	Course	17-18 Yrs	16 Years	15 Years	14 Years	13 Years	12 Years
FREESTYLE								
FREESTYLE	50m	LC	27.15	27.46	27.88	28.83	30.27	33.16
	100m	LC	59.78	1:00.10	1:01.40	1:03.69	1:05.92	1:11.97
	200m	LC	2:08.53	2:11.11	2:13.90	2:18.73	2:22.89	2:36.76
	400m	LC	4:32.53	4:36.81	4:42.69	4:52.70	5:04.41	5:29.29
	800m	LC	9:27.21	9:32.79	9:47.77	10:09.89	10:46.48	11:23.07
1500m	LC	17:58.39	18:21.37	18:40.71	19:18.83	20:28.36	21:37.89	
BACKSTROKE								
BACKSTROKE	50m	LC						
	100m	LC	1:07.70	1:08.43	1:10.50	1:13.30	1:15.50	1:23.56
	200m	LC	2:23.33	2:27.61	2:31.99	2:38.13	2:46.04	2:55.53
BREASTSTROKE								
BREASTSTROKE	50m	LC						
	100m	LC	1:15.57	1:16.38	1:18.80	1:21.22	1:27.71	1:37.46
	200m	LC	2:43.58	2:45.32	2:50.50	2:55.69	3:09.75	3:22.05
BUTTERFLY								
BUTTERFLY	50m	LC						
	100m	LC	1:05.58	1:06.29	1:08.21	1:10.96	1:17.35	1:27.28
	200m	LC	2:26.13	2:29.26	2:32.41	2:38.18	2:47.67	3:14.56
INDIVIDUAL MEDLEY								
INDIVIDUAL MEDLEY	100m	LC						
	200m	LC	2:25.58	2:28.72	2:31.68	2:36.54	2:45.93	2:55.33
	400m	LC	5:09.06	5:15.74	5:21.70	5:30.29	5:50.11	6:13.23



Girls

Stroke	Distance	Course	17-18 Yrs	16 Years	15 Years	14 Years	13 Years	12 Years
FREESTYLE								
FREESTYLE	50m	LC	30.47	30.79	30.82	31.33	31.92	32.31
	100m	LC	1:05.82	1:06.53	1:07.13	1:08.22	1:09.87	1:10.57
	200m	LC	2:24.42	2:25.18	2:27.24	2:28.60	2:31.58	2:33.10
	400m	LC	5:04.70	5:03.09	5:10.50	5:12.33	5:19.79	5:22.99
	800m	LC	10:13.43	10:13.97	10:26.44	10:38.75	10:47.63	11:07.05
	1500m	LC	19:43.06	19:50.98	20:03.38	20:24.87	20:42.60	21:19.88
BACKSTROKE								
BACKSTROKE	50m	LC						
	100m	LC	1:15.27	1:16.05	1:16.85	1:18.32	1:20.33	1:22.74
	200m	LC	2:41.64	2:43.34	2:44.84	2:47.40	2:51.64	2:55.08
BREASTSTROKE								
BREASTSTROKE	50m	LC						
	100m	LC	1:24.91	1:25.82	1:26.72	1:28.53	1:31.06	1:32.88
200m	LC	3:02.80	3:04.76	3:08.12	3:11.69	3:16.78	3:18.75	
BUTTERFLY								
BUTTERFLY	50m	LC						
	100m	LC	1:12.55	1:13.32	1:14.09	1:16.06	1:18.87	1:20.44
	200m	LC	2:41.52	2:43.26	2:46.00	2:50.43	2:55.73	3:02.75
INDIVIDUAL MEDLEY								
INDIVIDUAL MEDLEY	100m	LC						
	200m	LC	2:41.52	2:43.27	2:45.00	2:48.47	2:54.78	2:55.30
	400m	LC	5:32.24	5:35.81	5:39.38	5:48.64	5:57.24	6:07.96

MULTI-CLASS QUALIFYING TIMES – LONG COURSE

SWIMMING VICTORIA CHAMPIONSHIPS

AGE & OPEN CHAMPIONSHIPS



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

Female 12-14 Years

	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50m Free	54.42	58.75	1.05.4	55.19	49.69	52.06	53.12	50.77	58.4	54.74	51.91	57.94	1.00.12	1.17.66	1.16.75	1.27.55	1.30.83	2.19.09	2.12.36
100m Free	1.58.88	2.13.5	2.22.88	1.58.67	1.48.62	1.47.5	1.48.95	1.56.82	2.10.28	1.56.28	1.59.56	2.00.95	2.16.06	2.40.10	2.53.91	2.58.59	3.27.77	5.00.44	4.44.89
200m Free	4.19.73	4.55.66	5.12.17	4.26.99	3.56.82	4.04.18	4.02.52	4.08.88	4.33.54	4.04.42	4.06.77	4.58.48	4.38.24	5.49.37	6.25.00	6.26.41	7.20.36	12.20.34	10.16.36
50m Back	1.02.03	1.12.86	1.14.55	1.07.90	55.75	57.55	58.37	1.00.06	1.09.33	1.00.17	1.01.37	1.00.82	1.12.2	1.25.99	1.28.16	1.45.95	1.54.98	2.41.18	2.51.56
100m Back	2.12.07	2.39.36	2.38.74	2.24.79	1.58.96	2.08.10	2.09.28	1.12.12	2.26.92	2.11.72	2.14.82	2.16.08	2.38.94	3.08.68	3.29.3	3.54.08	3.56.4	5.44.98	6.15.54
50m Breast	1.07.36	1.19.88	1.20.96	1.09.86	1.00.74	1.02.8	1.04.03	1.04.79	1.08.65		1.01.2	1.04.83	1.17.5	1.37.00	1.37.95	1.48.24	2.04.85	2.05.89	3.29.13
100m Breast	2.27.43	2.58.01	2.57.19	2.38.31	2.15.91	2.24.04	2.19.14	2.25.42	2.39.56		2.21.98	2.27.66	2.56.26	3.33.11	3.42.54	4.26.3	4.46.97	7.05.54	8.15.25
50m Fly	56.16	1.05.82	1.07.5	58.91	52.21	57.8	53.16	56.03	1.02.55	53.92	53.49	58.18	1.05.98	1.21.95	1.33.76	1.30.6	2.06.15	2.30.26	2.11.85
100m Fly	2.07.54	2.37.79	2.33.29	2.15.06	2.01.01	2.06.66	2.04.44	1.59.91	2.22.82	2.05.2	2.04.96	2.16.4	2.29.44	3.13.91	3.55.52				
150m IM																6.07.96	6.22.51	12.28.67	9.42.37
200m IM	4.49.94	5.51.90	5.48.47	5.57.79	5.13.91	5.28.11	5.35.39	5.25.65	6.24.48	5.43.48	5.44.35	6.08.26	6.39.39	6.58.95	7.38.67	9.16.1	11.07.9		

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	47.54	52.52	1.00.71	49.33	44.41	46.54	47.48	45.38	52.20	48.93	46.4	51.79	53.74	1.05.5	1.04.73	1.13.84	1.16.61	2.01.51	1.55.63
100m Free	1.43.85	1.59.34	2.12.63	1.46.08	1.37.1	1.36.1	1.37.39	1.44.43	1.56.46	1.43.94	1.46.88	1.48.12	2.01.62	2.15.03	2.26.68	2.30.63	2.55.24	4.22.46	4.08.88
200m Free	3.46.90	4.24.3	4.49.79	3.58.67	3.31.69	3.38.27	3.36.79	3.42.48	4.04.52	3.38.48	3.40.59	3.51.05	4.08.72	4.54.67	5.24.72	5.25.91	6.11.41	9.05.49	8.58.44
50m Back	54.18	1.05.13	1.09.2	1.00.69	49.83	51.45	52.18	53.69	1.01.98	53.79	54.86	54.37	1.04.54	1.04.83	1.14.36	1.29.36	1.36.98	2.20.81	2.29.87
100m Back	1.55.38	2.22.45	2.27.36	2.09.43	1.46.34	1.54.51	1.55.56	1.58.1	2.11.33	1.57.74	2.00.52	2.01.64	2.22.08	2.39.14	2.56.53	3.17.43	3.19.39	5.01.36	5.28.06
50m Breast	58.84	1.11.41	1.15.15	1.02.45	54.3	56.13	57.24	57.92	1.01.36		54.71	57.95	1.09.28	1.21.81	1.22.61	1.31.3	1.45.3	2.24.92	3.02.69
100m Breast	2.08.79	2.39.12	2.44.49	2.21.51	2.01.49	2.08.76	2.04.38	2.09.99	2.42.63		2.06.92	2.11.99	2.37.56	2.59.74	3.07.7	3.27.74	4.02.04	6.11.74	7.30.11
50m Fly	49.06	58.84	1.02.66	52.66	46.67	51.67	47.52	50.09	55.91	48.2	47.81	52.01	58.98	1.09.12	1.19.08	1.16.42	1.46.4	2.11.26	1.55.18
100m Fly	1.51.42	2.21.05	2.22.3	2.00.73	1.48.17	1.53.22	1.51.24	1.47.19	2.07.67	1.51.92	1.51.7	2.01.93	2.13.58	2.43.55	3.18.65				
150m IM																5.18.78	5.22.62	10.54.03	8.28.75
200m IM	4.13.29	5.14.56	5.23.49	4.29.75	3.56.67	4.07.38	4.12.87	4.05.52	4.49.88	4.18.96	4.19.63	4.37.65	5.01.12	5.53.36	6.26.86	7.49.03	9.23.33		

MULTI-CLASS QUALIFYING TIMES – LONG 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	42.05	46.63	57.13	43.8	39.44	41.32	42.16	40.29	46.35	43.45	41.2	45.99	47.71	58.55	57.87	1.09.49	1.12.09	1.50.40	1.45.06
100m Free	1.31.87	1.49.75	2.04.81	1.37.56	1.29.3	1.28.37	1.29.56	1.36.03	1.47.1	1.35.59	1.38.29	1.39.43	1.51.85	2.00.71	2.11.12	2.21.75	2.44.91	3.58.46	3.46.12
200m Free	3.20.72	4.03.06	4.32.70	3.39.49	3.14.68	3.20.73	3.19.37	3.24.6	3.44.87	3.20.93	3.22.86	3.32.49	3.48.73	4.23.41	4.50.27	5.06.69	5.49.51	9.47.61	8.09.21
50m Back	47.93	59.9	1.05.12	55.82	45.83	47.31	47.98	49.37	56.99	49.47	50.45	50.00	59.35	1.04.83	1.06.47	1.24.09	1.31.26	2.07.93	2.16.17
100m Back	1.42.07	2.11.00	2.18.67	1.59.03	1.37.79	1.45.31	1.46.28	1.48.61	2.00.78	1.48.28	1.50.83	1.51.87	2.10.66	2.22.26	2.37.8	3.05.79	3.07.63	4.33.81	4.58.06
50m Breast	52.05	1.05.67	1.10.72	57.43	49.94	51.62	52.64	53.26	56.43		50.31	53.29	1.03.71	1.13.13	1.13.85	1.25.91	1.39.09	2.11.67	2.45.99
100m Breast	1.53.93	2.26.33	2.34.79	2.10.14	1.51.73	1.58.41	1.54.38	1.59.55	2.11.17		1.56.72	2.01.39	2.24.90	2.40.67	2.47.79	3.15.49	3.47.77	5.37.75	6.48.95
50m Fly	43.4	54.11	58.97	48.43	42.92	47.51	43.7	46.06	51.42	44.33	43.97	47.83	54.24	1.01.79	1.10.69	1.11.91	1.40.13	1.59.26	1.44.65
100m Fly	1.38.57	2.09.72	2.13.91	1.51.03	1.39.48	1.44.12	1.42.3	1.38.57	1.57.41	1.42.92	1.42.73	1.52.13	2.02.85	2.26.2	2.57.57				
150m IM																4.59.98	5.03.60	9.54.22	462.23
200m IM	3.44.07	4.49.29	5.04.42	4.08.08	3.37.66	3.47.50	3.52.55	3.45.79	4.26.58	3.58.15	3.58.76	4.15.34	4.36.92	5.15.87	5.45.82	7.21.38	8.50.11		

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	48.07	51.24	57.77	44.51	43.97	46.19	46.4	43.68	50.54	46.32	48	48.11	54.14	1.04.36	1.11.52	1.25.96	1.32.03	2.10.61	2.44.52
100m Free	1.47.84	1.56.31	2.09.61	1.38.53	1.37.32	1.37.89	1.36.24	1.41.82	1.46.69	1.41.28	1.40.76	1.51.68	1.54.65	2.30.93	2.37.07	3.09.16	3.28.8	4.34.97	5.50.26
200m Free	3.54.49	4.20.95	2.41.83	2.24.3	3.33.85	3.44.8	3.29.65	3.46.92	3.56.7	3.37.47	3.46.14	4.01.6	4.12.61	5.15.81	5.40.63	6.30.88	7.28.26	10.01.35	12.47.91
50m Back	54.71	1.01.90	1.05.76	55.94	49.31	54.23	49.8	53.33	1.00.33	52.93	52.84	56.94	1.01.86	1.14.05	1.14.51	1.37.2	1.40.09	2.08.04	2.42.76
100m Back	1.59.20	2.14.06	2.23.26	2.00.91	1.46.51	1.53.76	1.52.72	1.58.7	2.13.32	1.54.38	1.59.44	2.05.1	2.16.28	2.47.98	2.51.75	3.30.72	3.29.12	4.45.69	5.47.47
50m Breast	59.66	1.08.61	1.11.7	56.9	52.8	57.55	54.55	57.55	59.57		55.4	59.98	1.01.24	1.23.46	1.30.06	1.35.54	1.50.24	2.17.49	3.22.22
100m Breast	2.10.76	2.34.02	2.37.16	2.10.05	1.54.00	2.07.48	2.05.94	2.08.14	2.20.16		2.08.04	2.14.02	2.22.36	3.06.64	3.21.87	3.38.06	4.07.64	5.33.68	9.04.34
50m Fly	51.2	55.32	1.01.53	47.02	47.03	49.7	46.61	47.96	52.78	47.25	50.52	52.38	56.82	1.10.88	1.12.61	1.31.19	1.52.07	2.23.35	5.04.65
100m Fly	1.53.68	2.07.26	2.16.63	1.45.18	1.42.41	1.48.36	1.47.44	1.53.5	2.02.24	1.48.3	1.54.38	1.58.38	2.07.09	2.38.27	2.55.24				
150m IM																5.34.75	6.19.85	9.15.55	12.35.25
200m IM	4.22.08	4.57.6	5.14.98	4.11.46	3.54.33	4.15.00	4.05.4	4.08.65	4.36.94	4.11.26	4.26.86	4.40.02	4.58.02	6.24.94	6.18.50	7.59.85	9.44.53		

MULTI-CLASS QUALIFYING TIMES – LONG 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	41.99	45.8	53.63	39.79	39.3	41.29	41.48	39.05	45.18	41.41	42.91	43	48.4	54.28	1.00.32	1.12.5	1.17.62	1.54.10	2.23.72	
100m Free	1.34.21	1.43.97	2.00.32	1.28.08	1.26.99	1.27.5	1.26.02	1.31.02	1.35.37	1.30.53	1.30.07	1.39.83	1.42.48	2.07.3	2.12.48	2.39.54	2.56.11	4.00.21	5.05.98	
200m Free	3.24.85	3.53.26	4.41.63	3.20.5	3.11.16	3.20.95	3.07.4	3.22.84	3.31.59	3.14.4	3.22.15	3.35.97	3.45.8	4.26.36	4.47.3	5.29.68	6.18.08	8.45.33	11.10.83	
50m Back	47.8	55.33	1.01.05	50.01	44.07	48.47	44.52	47.67	53.92	47.32	47.23	50.9	55.3	1.02.45	1.02.84	1.21.98	1.24.42	1.51.85	2.22.18	
100m Back	1.44.13	1.59.84	2.12.99	1.48.08	1.35.21	1.41.69	1.40.76	1.46.11	1.59.18	1.42.24	1.46.77	1.51.83	2.01.82	2.21.68	2.24.86	2.57.73	2.56.38	4.09.58	5.03.55	
50m Breast	52.12	1.01.33	1.06.56	50.86	47.2	51.45	48.76	51.45	53.25		49.53	53.62	54.74	1.10.4	1.15.96	1.20.58	1.32.98	2.00.10	2.56.66	
100m Breast	1.54.23	2.17.68	2.25.9	1.56.25	1.41.91	1.53.95	1.52.58	1.54.54	2.05.29		1.54.46	1.59.8	2.07.26	2.37.42	2.50.26	3.03.92	3.28.87	4.51.50	7.55.52	
50m Fly	44.72	49.45	57.12	42.03	42.04	44.43	41.66	42.87	47.18	42.24	45.16	46.83	50.79	59.78	1.01.24	1.16.91	1.34.53	2.05.23	4.26.13	
100m Fly	1.39.31	1.53.76	2.06.84	1.34.02	1.31.54	1.36.86	1.36.04	1.41.46	1.49.27	1.36.81	1.42.24	1.45.82	1.53.61	2.13.49	2.27.80					
150m IM																	4.42.34	5.20.38	8.05.32	10.59.77
200m IM	3.48.95	4.26.03	4.52.41	3.44.78	3.29.47	3.47.95	3.39.36	3.42.27	4.07.56	3.44.60	3.58.55	4.10.31	4.26.4	5.16.24	5.19.24	6.44.72	8.13.01			

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	37.15	42.12	50.47	36.59	36.14	37.97	38.14	35.91	41.55	38.08	39.46	39.55	44.51	48.52	53.92	1.08.23	1.13.04	1.43.67	2.10.58	
100m Free	1.23.34	1.35.62	1.53.23	1.21.00	1.20.00	1.20.47	1.19.11	1.23.70	1.27.70	1.23.26	1.22.83	1.31.81	1.34.25	1.53.79	1.58.42	2.30.13	1.45.73	3.09.71	3.38.24	
200m Free	3.01.22	3.34.52	4.06.20	3.04.39	2.55.80	3.04.80	2.52.34	3.06.54	3.14.59	2.58.78	3.05.90	3.18.62	3.27.66	3.58.10	4.16.82	5.10.24	5.55.79	7.57.29	10.09.49	
50m Back	42.28	50.88	57.45	45.99	40.53	44.58	40.94	43.84	49.59	43.52	43.44	46.81	50.86	55.83	56.17	1.17.15	1.19.44	1.41.62	2.09.18	
100m Back	1.32.12	1.50.21	1.25.15	1.39.39	1.27.56	1.33.52	1.32.66	1.37.58	1.49.6	1.34.03	1.38.19	1.42.84	1.52.03	2.06.65	2.09.49	2.47.25	2.45.98	3.46.75	4.35.79	
50m Breast	46.1	56.4	1.02.64	46.71	43.34	47.24	44.78	47.24	48.89		45.48	49.24	50.27	1.02.93	1.07.90	1.15.83	1.27.5	1.49.12	2.40.50	
100m Breast	1.41.05	2.06.62	2.17.29	1.46.91	1.33.72	1.44.8	1.43.53	1.45.34	1.55.22		1.45.26	1.50.17	1.57.03	2.20.72	2.32.2	2.53.08	3.16.55	4.24.84	7.12.04	
50m Fly	39.57	45.48	53.75	38.65	38.66	40.86	38.31	39.42	43.39	38.85	41.53	43.06	46.71	53.44	54.74	1.12.38	1.28.95	1.53.78	4.01.8	
100m Fly	1.27.85	1.44.62	1.59.36	1.26.46	1.24.19	1.29.08	1.28.32	1.03.31	1.40.49	1.29.03	1.34.03	1.37.32	1.44.48	1.59.33	2.12.12					
150m IM																	4.25.69	5.01.49	440.94	9.59.44
200m IM	3.22.53	4.04.65	4.35.16	3.26.72	3.12.63	3.29.63	3.21.74	3.24.41	3.47.66	3.26.55	3.39.38	3.50.20	4.04.99	4.42.69	4.45.37	6.20.86	7.43.94			

2024 VICTORIAN SPRINT CHAMPIONSHIPS

13 - 14 JANUARY 2024



QUALIFYING TIMES

Qualifying Requirements

Qualifying times must have been achieved between 14 January 2023 and 2nd January 2024

Converted short course qualifying times will **not** be used.

Mixed relays must be made up of 2 Women and 2 Men (swum in any order)

MEN									
Distance	Course	19 & Over	17-18 Years	16 Years	15 Years	14 Years	13 Years	12 Years	11 Years & Under
FREESTYLE									
50m	LC	28.88	29.10	29.52	29.96	30.60	31.46	33.62	35.78
BACKSTROKE									
50m	LC	34.18	34.67	35.16	35.66	36.39	37.38	39.84	42.29
BREASTSTROKE									
50m	LC	37.63	38.16	38.70	39.23	40.04	41.10	43.77	46.44
BUTTERFLY									
50m	LC	32.08	32.54	33.00	33.46	34.16	35.08	37.38	39.69

WOMEN									
Distance	Course	19 & Over	17-18 Years	16 Years	15 Years	14 Years	13 Years	12 Years	11 Years & Under
FREESTYLE									
50m	LC	31.89	32.14	32.62	33.11	33.59	34.09	35.30	36.14
BACKSTROKE									
50m	LC	36.89	37.43	37.71	37.98	38.25	38.53	39.90	42.63
BREASTSTROKE									
50m	LC	41.06	41.66	41.90	42.26	42.56	42.87	44.37	47.39
BUTTERFLY									
50m	LC	34.39	34.90	35.15	35.40	35.66	35.92	37.19	39.74

RELAY			
Event	15 & Over	13 – 14 Years	12 & Under
Mixed 4 x 50m Freestyle	2:05.08	2:11.05	2:23.87

2024 VICTORIAN COUNTRY LONG COURSE CHAMPIONSHIPS

20 - 22 JANUARY 2024

QUALIFYING TIMES



MEN								
Distance	Course	Open	18 & Over	16-17 Years	14-15 Years	13 Years	12 Years	11 Years & Under
FREESTYLE								
50m	LC		29.50					38.40
100m	LC	59.50		1:03.40	1:05.20	1:10.90	1:16.70	
200m	LC	2:11.90						
400m	LC	4:40.10						
BACKSTROKE								
50m	LC		37.60					45.30
100m	LC	1:09.20		1:15.10	1:18.30	1:27.20	1:31.20	
200m	LC	2:30.30						
BREASTSTROKE								
50m	LC		41.60					51.90
100m	LC	1:18.00		1:24.40	1:28.80	1:36.90	1:43.70	
200m	LC	2:49.70						
BUTTERFLY								
50m	LC		34.60					45.90
100m	LC	1:07.00		1:13.00	1:17.00	1:28.10	1:36.40	
200m	LC	2:28.70						
INDIVIDUAL MEDLEY								
200m	LC		2:36.90	2:38.60	2:46.20	2:59.10	2:59.10	3:13.10
400m	LC	5:19.80						

2024 VICTORIAN COUNTRY LONG COURSE CHAMPIONSHIPS

20 - 22 JANUARY 2024

QUALIFYING TIMES



WOMEN								
Distance	Course	Open	18 & Over	16-17 Years	14-15 Years	13 Years	12 Years	11 Years & Under
FREESTYLE								
50m	LC		33.00					38.11
100m	LC	1:05.30		1:09.50	1:10.50	1:13.00	1:16.10	
200m	LC	2:22.90						
400m	LC	5:00.00						
BACKSTROKE								
50m	LC		39.90					45.10
100m	LC	1:15.50		1:21.80	1:22.60	1:25.20	1:29.10	
200m	LC	2:41.20						
BREASTSTROKE								
50m	LC		45.50					51.10
100m	LC	1:26.50		1:33.60	1:34.70	1:37.10	1:42.30	
200m	LC	3:05.10						
BUTTERFLY								
50m	LC		36.30					45.00
100m	LC	1:15.20		1:21.30	1:22.80	1:31.70	1:38.80	
200m	LC	2:45.30						
INDIVIDUAL MEDLEY								
200m	LC		2:50.80	2:51.50	2:52.40	2:57.00	2:57.00	3:14.10
400m	LC	5:42.60						



ENTRY QUALIFYING TIMES

2024 Australian Age Swimming Championships

Gold Coast Aquatic Centre, Southport QLD | 6-14 April 2024

GIRLS					
EVENT	13 Yrs	14 Yrs	15 Yrs	16 Yrs	17 Yrs
50m Freestyle	29.02	28.48	28.02	27.99	27.70
100m Freestyle	1:03.52	1:02.02	1:01.03	1:00.48	59.84
200m Freestyle	2:17.80	2:15.09	2:13.85	2:11.98	2:11.29
400m Freestyle	4:50.72	4:43.94	4:42.27	4:35.54	4:37.00
800m Freestyle	9:48.75	9:40.68	9:29.49	9:18.15	9:17.66
1500m Freestyle	18:49.64	18:33.52	18:13.98	18:02.71	17:55.51
50m Backstroke	33.71	32.97	32.55	32.51	32.40
100m Backstroke	1:13.03	1:11.20	1:09.86	1:09.14	1:08.43
200m Backstroke	2:37.47	2:33.58	2:31.23	2:29.85	2:28.29
50m Breaststroke	37.79	37.14	36.53	36.48	35.68
100m Breaststroke	1:23.54	1:21.22	1:19.56	1:18.73	1:17.90
200m Breaststroke	3:00.53	2:55.86	2:52.59	2:49.50	2:47.71
50m Butterfly	31.55	30.79	30.18	29.93	29.54
100m Butterfly	1:11.05	1:08.52	1:06.75	1:06.05	1:05.36
200m Butterfly	2:39.75	2:34.94	2:30.91	2:29.34	2:27.78
200m IM	2:38.89	2:33.15	2:30.00	2:28.42	2:26.84
400m IM	5:37.02	5:28.91	5:20.17	5:16.80	5:13.43
RELAYS					
4 x 50m Freestyle	13 - 14 years		1:57.42		
4 x 50m Freestyle	15 - 16 years		1:54.00		
4 x 50m Freestyle	13 - 17 years		1:53.99		
4 x 100m Freestyle	13 - 17 years		4:07.92		
4 x 50m Medley	13 - 14 years		2:11.00		
4 x 50m Medley	15 - 16 years		2:07.00		
4 x 50m Medley	13 - 17 years		2:06.81		
4 x 100m Medley	13 - 17 years		4:37.36		

BOYS					
EVENT	14 Yrs	15 Yrs	16 Yrs	17 Yrs	18 Yrs
50m Freestyle	26.45	25.58	25.19	24.91	24.64
100m Freestyle	58.43	56.33	55.14	54.84	54.24
200m Freestyle	2:08.45	2:03.98	2:01.40	1:59.01	1:57.73
400m Freestyle	4:33.55	4:24.20	4:18.70	4:14.70	4:11.96
800m Freestyle	9:24.71	9:04.23	8:50.36	8:45.19	8:41.49
1500m Freestyle	18:03.02	17:27.39	17:09.32	16:47.84	16:37.10
50m Backstroke	31.06	29.94	29.24	28.63	28.23
100m Backstroke	1:07.25	1:04.68	1:02.78	1:02.11	1:01.45
200m Backstroke	2:26.42	2:20.73	2:16.68	2:15.22	2:13.77
50m Breaststroke	34.12	33.12	32.12	31.79	31.46
100m Breaststroke	1:15.20	1:12.96	1:10.72	1:09.97	1:09.23
200m Breaststroke	2:44.20	2:39.35	2:34.50	2:32.88	2:31.27
50m Butterfly	29.25	27.58	26.84	26.55	26.27
100m Butterfly	1:04.51	1:02.01	1:00.26	59.62	58.98
200m Butterfly	2:25.12	2:19.83	2:16.94	2:14.06	2:12.62
200m IM	2:26.30	2:21.76	2:18.99	2:16.06	2:14.60
400m IM	5:14.56	5:06.38	05:00.7	4:54.34	4:51.18
RELAYS					
4 x 50m Freestyle	14 - 15 years		1:46.80		
4 x 50m Freestyle	16 - 17 years		1:42.63		
4 x 50m Freestyle	14 - 18 years		1:42.08		
4 x 100m Freestyle	14 - 18 years		3:43.32		
4 x 50m Medley	14 - 15 years		2:03.00		
4 x 50m Medley	16 - 17 years		2:01.00		
4 x 50m Medley	14 - 18 years		1:57.38		
4 x 100m Medley	14 - 18 years		4:09.06		

Age as at 6th April 2024.

Short course times are not eligible for this meet.

Qualifying time must be achieved after 1st May 2023.

Entries close 11:59pm AEST Monday 18th March 2024. Times achieved after this date will not be accepted.

BOYS 12-13 YEARS																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	01:52.01	01:34.58	01:14.32	01:02.38	54.10	47.90	45.44	44.10	41.06	38.08	43.14	38.91	38.13	41.10	39.39	43.96	38.08	43.68	41.10
100m Free	03:59.12	03:37.04	02:44.30	02:15.30	02:00.19	01:45.38	01:38.00	01:36.16	01:28.72	01:24.64	01:34.67	01:26.40	01:25.34	01:25.14	01:26.60	01:32.53	01:24.64	01:22.97	01:25.14
50m Back	02:02.00	01:31.26	01:14.59	01:09.78	01:00.77	01:03.30	01:02.05	54.35	49.23	50.88	57.26	54.82	47.18	49.05	45.28	51.78	50.88	52.03	49.05
100m Back	04:38.51	03:15.28	03:48.48	02:44.94	03:42.00	02:07.78	01:55.30	01:48.53	01:38.45	01:37.63	01:52.59	01:46.24	01:37.52	01:36.51	01:37.02	01:51.14	01:37.63	01:47.88	01:36.51
50m Fly				01:19.28	57.68	51.10	47.38	45.54	45.52	44.10	49.46	48.29	45.28	44.21	41.46	45.86	44.10	46.94	44.21
100m Fly							01:58.66	01:41.47	01:38.02	01:32.05	01:41.82	01:36.94	01:31.10	01:31.25	01:30.14	01:42.69	01:32.05	01:40.37	01:31.25
50m Breast	02:33.12	01:40.22	01:21.79	01:27.97	01:12.14	01:05.39	01:00.29	56.26	53.01		59.73	59.94	52.13	50.14	47.14	52.84	53.01	53.17	50.14
100m Breast			03:16.96	02:49.02	02:33.20	02:13.06	02:09.39	01:55.92	01:53.66		02:01.55	01:57.09	01:45.14	01:44.03	01:40.35	01:58.27	01:53.66	01:57.21	01:44.03
150/200m IM		09:21.94	04:59.06	04:25.04	05:12.02	04:26.80	04:03.36	03:57.34	03:45.58	03:34.21	03:57.07	04:15.28	03:32.86	03:32.45	03:25.20	04:07.95	03:34.21	03:48.54	03:32.45

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

BOYS 14-15 YEARS																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	01:52.01	01:34.58	01:14.32	01:02.38	54.10	43.41	41.18	39.96	37.21	34.51	39.09	35.26	34.55	35.69	34.28	38.64	34.51	38.00	35.69
100m Free	03:59.12	03:37.04	02:44.30	02:15.30	02:00.19	01:35.50	01:28.81	01:27.15	01:20.40	01:16.71	01:25.80	01:18.30	01:17.34	01:17.15	01:15.41	01:20.02	01:16.71	01:22.29	01:17.15
50m Back	02:02.00	01:31.26	01:14.59	01:09.78	01:00.77	57.36	56.23	49.26	44.62	46.11	51.90	49.68	42.76	42.57	39.39	44.87	46.11	45.22	42.57
100m Back	04:38.51	03:15.28	03:48.48	02:44.94	03:42.00	01:55.80	01:44.49	01:38.35	01:29.22	01:28.48	01:42.04	01:36.28	01:28.38	01:27.46	01:24.36	01:36.23	01:28.48	01:34.98	01:27.46
50m Fly				01:19.28	57.68	46.31	42.93	41.27	41.25	39.96	44.82	43.76	41.04	38.33	36.13	44.86	39.96	40.77	38.33
100m Fly							01:47.53	01:31.96	01:28.83	01:23.42	01:32.28	01:27.86	01:22.56	01:22.69	01:18.55	01:28.61	01:23.42	01:28.99	01:22.69
50m Breast	02:33.12	01:40.22	01:21.79	01:27.97	01:12.14	59.26	54.64	50.98	48.04		54.13	54.32	47.24	43.63	41.03	45.72	48.04	46.34	43.63
100m Breast			03:16.96	02:49.02	02:33.20	02:00.58	01:57.26	01:45.05	01:43.01		01:50.16	01:46.11	01:35.28	01:34.28	01:27.44	02:15.77	01:43.01	01:51.21	01:34.28
150/200m IM		09:21.94	04:59.06	04:25.04	05:12.02	04:01.79	03:40.55	03:35.09	03:24.44	03:14.13	03:34.85	03:51.35	03:12.91	03:12.53	02:58.87	03:33.81	03:14.13	03:21.01	03:12.53

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

»Age as at 6th April 2024.

»Short Course times are not eligible for this meet.

»Qualifying Times must be achieved since 1st May 2023

»Entries close 11:59PM AEST Monday 18th March 2024.

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

BOYS 16-18 YEARS																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Free	01:52.01	01:34.58	01:14.32	01:02.38	54.10	40.42	38.34	37.21	34.64	32.13	36.40	32.83	32.17	33.25	31.97	35.21	32.13	35.44	33.25
100m Free	03:59.12	03:37.04	02:44.30	02:15.30	02:00.19	01:28.91	01:22.69	01:21.14	01:14.86	01:11.41	01:19.88	01:12.90	01:12.01	01:11.83	01:10.31	01:14.68	01:11.41	01:18.31	01:11.83
50m Back	02:02.00	01:31.26	01:14.59	01:09.78	01:00.77	53.41	52.35	45.86	41.54	42.93	48.32	46.25	39.81	39.68	36.73	41.86	42.93	42.20	39.68
100m Back	04:38.51	03:15.28	03:48.48	02:44.94	03:42.00	01:47.81	01:37.28	01:31.57	01:23.07	01:22.38	01:35.00	01:29.64	01:22.28	01:21.43	01:18.67	01:29.80	01:22.38	01:30.42	01:21.43
50m Fly				01:19.28	57.68	43.12	39.97	38.42	38.41	37.21	41.73	40.74	38.20	35.78	33.68	36.95	37.21	38.09	35.78
100m Fly								01:40.12	01:25.62	01:22.70	01:17.67	01:25.91	01:21.80	01:16.87	01:16.99	01:13.23	01:23.14	01:17.67	01:24.15
50m Breast	02:33.12	01:40.22	01:21.79	01:27.97	01:12.14	55.17	50.87	47.47	44.73		50.40	50.57	43.98	40.66	38.26	42.67	44.73	43.22	40.66
100m Breast			03:16.96	02:49.02	02:33.20	01:52.27	01:49.17	01:37.81	01:35.90		01:42.56	01:38.79	01:28.71	01:27.78	01:21.52	01:35.61	01:35.90	01:38.12	01:27.78
150/200m IM		09:21.94	04:59.06	04:25.04	05:12.02	03:45.11	03:25.34	03:20.26	03:10.34	03:00.74	03:20.03	03:35.39	02:59.60	02:59.25	02:46.74	03:19.67	03:00.74	03:11.79	02:59.25

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

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

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

BOYS 16-18 YEARS: 200m & 400m Freestyle																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
200m Free	08:12.11	07:08.34	05:42.66	04:51.90	04:45.50	04:03.57	03:24.50	03:21.56	03:07.18	02:52.70	04:47.52	03:25.06	02:58.29	02:40.17	02:45.13	03:06.18	02:52.70	2:53.48	02:40.17
400m Free						07:11.02	06:36.35	06:22.72	05:55.67	05:49.83	06:32.91	06:56.82	06:03.02	06:06.49	05:46.20	07:04.10	05:49.83	06:24.90	06:06.49

GIRLS 16-18 YEARS: 200m & 400m Freestyle																			
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
200m Free	08:57.16	08:39.00	07:56.93	05:08.59	05:07.38	04:51.22	04:01.22	03:52.95	03:29.55	03:26.14	05:25.57	04:25.57	03:55.57	03:03.71	03:06.06	03:35.31	03:26.14	3:16.67	03:03.71
400m Free						07:44.41	07:30.95	07:07.56	06:39.97	06:47.02	07:38.28	06:38.28	06:12.60	07:27.22	06:27.97	07:46.89	06:47.02	06:48.59	07:27.22

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- »Entries close 11:59PM AEST Monday 18th March 2024.
- »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**

Last Chance

**Long Course Meet on
Saturday 2nd March 2024
(TBC)**