



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

Session: 1

Day of Meet: 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

Session: 2

Day of Meet: 1 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.

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