



# BALLARAT GOLD SWIMMING CLUB

Presents

## 2024 Ballarat Gold Proficiency & Encouragement Meet

SV Proficiency Assessment for SV registered Club Swimmers

Encouragement Meet to introduce Recreational Swimmers to Competitive Swimming

**THIS IS NOT A QUALIFYING MEET**

*Sunday 18th February 2024 at*

**50m Outdoor Pool, Eureka Aquatic Centre,  
102 Stawell Street South, Eureka, VIC 3350**

Doors open 9.00am, warm up 9.15 am, start 10.00am



**Entries Close Monday 12<sup>th</sup> February at 6pm**

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

# Swimming Victoria Proficiency Certificates & Awards (\$15/swimmer plus Nomination fees)

The Proficiency program provides **SV Registered Club swimmers** with an opportunity to gain a range of awards by achieving the relevant standards in the four swimming strokes. The Certificates and Awards are technique focused, non-competitive and allow swimmers to track their progress by applying for and achieving higher awards each year. There are 4 technique certificates and 6 levels of Award. Each award prescribes a distance for each stroke that needs to be swum within a set time for each gender. Swimmers can apply for as many levels as they wish, with the exception of “Bar to Gold”. “Bar to Gold” applicants **MUST** already hold the Gold standard. Swimmers will only receive a Certificate or Award if it has been applied for **AND** the swimmer achieves the required standard.

## Certificates (\$2.50/Certificate Nomination)

1. Elementary - competence in swimming 50m in Freestyle & Backstroke
2. Intermediate Butterfly - competence in swimming 50m in Freestyle, Backstroke & Butterfly
3. Intermediate Breaststroke - competence in swimming 50m in Freestyle, Backstroke & Breaststroke
4. Proficiency - competence in swimming 50m in all four strokes

## Awards - successful swimmers receive a cloth badge (\$5.50/Award Nomination)

1. Bronze Award (50 BR, 50 FLY, 50 BK, 50 FR)
2. Bronze Star Award (50 BR, 50 FLY, 100 BK, 100 FR)
3. Silver Award (100 BR, 100 FLY, 100 BK, 100 FR)
4. Silver Star Award (100 BR, 100 FLY, 100 BK, 100 FR)
5. Gold Award (100 BR, 100 FLY, 200 FR, 100 BK, 100 FR)
6. Bar to Gold Award (100 BR, 400 FR, 100 FLY, 200 FR, 100 BK, 100 FR)

### GIRLS PROFICIENCY TIME STANDARDS



Bronze					
50m Breast	50m Fly	50m Back	50m Free		
1:00.00	1:00.00	55.00	55.00		
Bronze Star					
50m Breast	50m Fly	100m Back	100m Free		
55.00	55.00	1:50.00	1:37.00		
Silver					
100m Breast	100m Fly	100m Back	100m Free		
1:52.00	1:47.00	1:42.00	1:27.00		
Silver Star					
100m Breast	100m Fly	100m Back	100m Free		
1:47.00	1:41.00	1:38.00	1:23.00		
Gold					
100m Breast	100m Fly	200m Free	100m Back	100m Free	
1:42.00	1:35.00	2:55.00	1:35.00	1:20.00	
Bar to Gold					
100m Breast	400m Free	100m Fly	200m Free	100m Back	100m Free
1:33.00	6:00.00	1:28.00	2:45.00	1:25.00	1:15.00

### BOYS PROFICIENCY TIME STANDARDS



Bronze					
50m Breast	50m Fly	50m Back	50m Free		
55.00	55.00	50.00	47.00		
Bronze Star					
50m Breast	50m Fly	100m Back	100m Free		
50.00	50.00	1:45.00	1:32.00		
Silver					
100m Breast	100m Fly	100m Back	100m Free		
1:47.00	1:42.00	1:37.00	1:22.00		
Silver Star					
100m Breast	100m Fly	100m Back	100m Free		
1:42.00	1:36.00	1:33.00	1:18.00		
Gold					
100m Breast	100m Fly	200m Free	100m Back	100m Free	
1:37.00	1:30.00	2:44.00	1:30.00	1:15.00	
Bar to Gold					
100m Breast	400m Free	100m Fly	200m Free	100m Back	100m Free
1:27.00	5:40.00	1:20.00	2:30.00	1:20.00	1:08.00

## [Proficiency Meet FAQs](#)

[Enter Proficiency Meet online](#) and nominate for Certificates and Awards through Swim Central.

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

Free spectator entry. BYO Chairs & Picnic Blankets.

# A Taste of Competition Encouragement Meet

## (\$15/swimmer – includes 2 strokes)

Fun events for any swimmer looking to try competitive swimming and experience racing before their School's Swimming Carnival.

Events to choose from:

- 50m Freestyle
- 50m Backstroke
- 50m Breaststroke
- 50m Butterfly



You can choose to swim any number of strokes from only 1 race to all 4 Events. The entry fee includes your choice of 2 strokes. Additional Events cost \$5.50/event. All participants will be awarded a participation certificate.

No requirement to be registered with a club.

Suitable for "Swim School" and new, inexperienced club swimmers.

All Events will be 50m (1 length of the pool).

Swimmer must be able to swim 50m without stopping.

Events will be split into Age Groups based on swimmer's age on 18<sup>th</sup> February 2024.

Events with only 1 competitor may be combined with the next nearest age group

Entry fees are not refundable.

[Enter Encouragement Meet Online](#) through TryBooking.

Event name: "2024 BALLARAT GOLD ENCOURAGEMENT SWIM MEET"

Check out our [Guide for Swim Meet Newbies](#)

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

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