



**BALLARAT GOLD
SWIMMING CLUB**

Takes pleasure in presenting the

Ballarat Gold Winter SC & Distance Meet

A proposed qualifying meet to be held on Sunday 29th June 2025

At the Ballarat Aquatic & Lifestyle Centre

Doors open 9am, Warm up from 9:15am, Racing Starts 10am





**BALLARAT GOLD
SWIMMING CLUB**

SHORT COURSE SWIM MEET

**FEATURING DISTANCE
EVENTS**

29 JUNE | WARM UP 9:15AM

- ENTRIES CLOSE JUNE 22ND
- TIMED FINALS
- POINTS AWARDED TO TOP 8
- FREE SPECTATOR ENTRY
- GRANDSTAND SEATING
- BBQ
- POP-UP SHOPS

ENTRIES VIA: SWIM CENTRAL

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



Ballarat Central



Mark Stahl

Swim School



the source
BULK FOODS

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 'Ballarat Gold Winter SC & Distance 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.

Ararat Swimming Club
Ballarat GCO Swimming Club
Ballarat Gold Swimming Club
Ballarat Swimming Club
Bendigo East Swimming Club
Bendigo Hawks Aquatic
Castlemaine Amateur Swimming Club
Geelong Sharks Swimming Club
Geelong Swimming Club
Gisborne Thunder Swimming Club
Ivanhoe Aquapower
Kangaroo Flat
Lara Swimming Club
Laverton Wyndham Aquatics
Melbourne Swimming Club
Melton Swimming Club
Mildura Swimming Club
Northcote Swim Club
Nunawading Swimming Club
Plc Aquatic (Victoria)
Shepparton Swimming Club
St Hilda's Aquatics (Qld)
Surrey Park Swimming Club
Swimland Swim Club
Timboon Amateur Swimming Club
Warrnambool Swimming Club
Western Aquatic Academy Swim Club
Western Melbourne Propulsion

The 'Ballarat Gold Winter SC & Distance Meet' is being held on the lands of the Wadawurrung people and Ballarat Gold Swimming Club wishes to acknowledge them as Traditional Owners. We would also like to pay our respects to their Elders, past and present, and to Aboriginal Elders of other communities who may be here today.

EVENT PARTNERS

The background of the banner is a photograph of several women in one-piece swimsuits, likely at a swim meet. The image is partially obscured by a large, vibrant pink graphic overlay.

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BALLARAT GOLD SWIM MEET - JUNE 29

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UP ON THE DAY**



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Ashlee Grace



BALLARAT GOLD SWIMMING CLUB

Presents

2025 Ballarat Gold Winter Short Course Meet

Featuring Distance Events

A proposed short course qualifying meet.

Sunday 29th June 2025 at

Ballarat Aquatic and Lifestyle Centre, Gillies St North, Ballarat

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

Program of events

Event #		SESSION 1		Event #		SESSION 2
Female	Male	Event		Female	Male	Event
1		Mixed Open 400m Freestyle*		14	15	Open 100m Backstroke
2		Mixed Open 400m IM*		16	17	Open 200m Freestyle
3	4	Open 50m Back		18	19	Open 50m Breaststroke
5	6	Open 100m Free		20	21	Open 100m IM
7		Mixed Open 200m Backstroke		22		Mixed Open 200m Butterfly
8	9	Open 50m Butterfly		23	24	Open 50m Freestyle
10	11	Open 100m Breaststroke		25		Mixed Open 200m Breaststroke
12	13	Open 200m IM		26	27	Open 100m Butterfly
		BREAK		Short BREAK – SESSION 3		
				28		Mixed Open 800m Freestyle^
				29		Mixed Open 1500m Freestyle^

*Events 1/2 may be combined. Limit of 3 combined heats, open to the first 24 swimmers to enter.

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

^800m & 1500m - Only enter EITHER Event 28 OR Event 29, do NOT enter both.

800m (QT 15:45.00) - limit of 2 heats, open to the first 16 swimmers to enter.

1500m (QT 26:45.00) – limit of 1 heat, open to the first 8 swimmers to enter.

Coach approved manual times may be accepted subject to space.

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



Conditions of Entry



Entries:

Meet open to SAL registered swimmers only.

Age of competitors is as at date of meet.

[ONLINE entries via Swim Central.](#)

\$15 per event (includes Swimming Victoria levy)

Entry Fees will not be refunded for any reason.

Closing date 22nd June at 6pm.

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.

Distance Events:

*400m Events 1/2 maybe combined. Limit of 3 combined heats, open to the first 24 swimmers to enter. Only enter EITHER Event 1 OR Event 2, do NOT enter both.

^800m & 1500m - Only enter EITHER Event 28 OR Event 29, do NOT enter both.

800m (QT 15:45.00) - limit of 2 heats, open to the first 16 swimmers to enter.

1500m (QT 26:45.00) – limit of 1 heat, open to the first 8 swimmers to enter.

Coach approved manual times may be accepted subject to space.

Meet:

One start rule applies.

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

Backstroke ledges will be available for use at this Meet.

The Referees decisions will be final.

All events are timed finals. Points will be awarded to the top 8 swimmers in the following age categories: 9 & U, 10/11, 12/13, 14/15, 16/17 and 18 & O for both male and female swimmers in all events in Session 1 and Session 2. Medals for 1st, 2nd & 3rd aggregate in each age group will be announced after the conclusion of Session 2.

Ribbons available for top 3 swimmers in individual Events.



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: Ballarat Gold BBQ & 2nd Hand shop



Ballarat Central



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



BALLARAT GOLD
SWIMMING CLUB

Ballarat Gold Winter SC & Distance Meet

Timekeeper Roster

The smooth running of this Meet is reliant on Volunteer Timekeepers. Your assistance in this matter is greatly appreciated. Please can all clubs listed below ensure that, unless 2 clubs are sharing a lane, they have supplied **TWO** timekeepers to the correct lane for each Session of the meet. Please can other clubs, that are not listed below, step up to fill any timekeeping gaps that may arise on the day. Thanks.

Timekeepers should be ready to take their seats at 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 lunchtime break. Please listen carefully for the starting time of the second and third session since these 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). Timekeepers may be asked to operate backstroke ledges – please familiarise yourself with instructions for use. When used, backstroke ledges should be removed from the pool immediately after the start of each heat.

Please see our Chief Timekeeper, Marissa, if there are any issues on the day of the Meet.

Lane	Session 1 (10am – 12:15ish)	Session 2 (12:45pm – 2:50ish)	Session 3* (approx.3 – 3:40pm)
1	Geelong/Melton	BGOLD/Melton	BGOLD
2	Warrnambool	Warrnambool	BGOLD
3	Warrnambool	Warrnambool	BGOLD
4	Ballarat	Ballarat	BGOLD
5	Ballarat GCO	Ballarat GCO	BGOLD
6	Ballarat Gold	Ballarat Gold	BGOLD
7	Ballarat Gold	Ballarat Gold	BGOLD
8	Ballarat Gold	Ballarat Gold	Not Required

*Session 3 (800/1500m) will require 2 timekeepers/lane, in addition to 1 lap counter per 2 lanes. It is envisaged that these roles will be undertaken by Ballarat Gold parents and Senior swimmers not involved in the Distance events. Assistance from other clubs with swimmers competing in a Distance event would also be appreciated. 1 heat of each distance (subject to Swimmer confirmation on the day of the Meet). 800/1500m competitors should confirm their intention to swim in Session 3 with staff at the Marshalling Area prior to the conclusion of Session 1.

Please listen for announcements calling for timekeepers at the Meet.

Please step up if you hear an announcement calling for additional timekeepers

Having an insufficient number of timekeepers will delay the Meet and may result in the Meet not achieving Qualifying Status. 2 timekeepers/lane are required at all times.

THANK YOU FOR VOLUNTEERING YOUR TIME



Timing Equipment Operation Instructions for Timekeepers

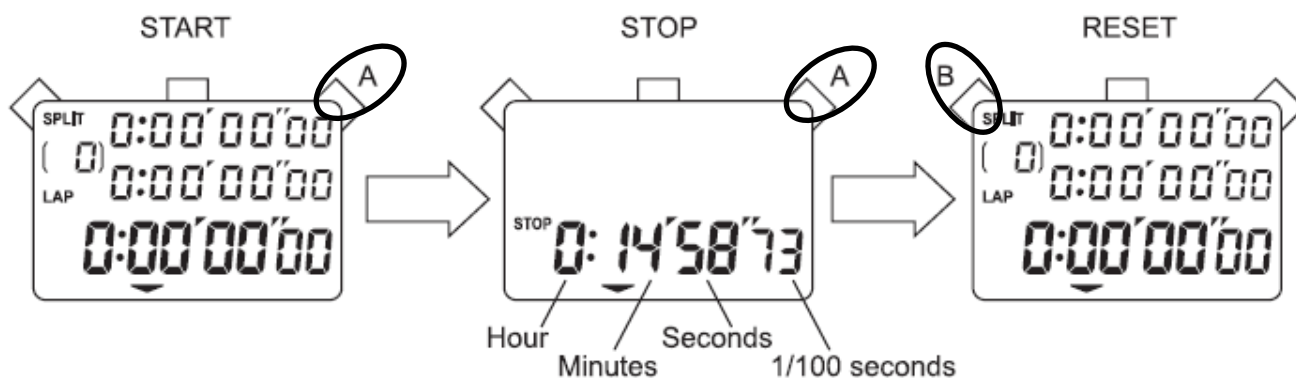
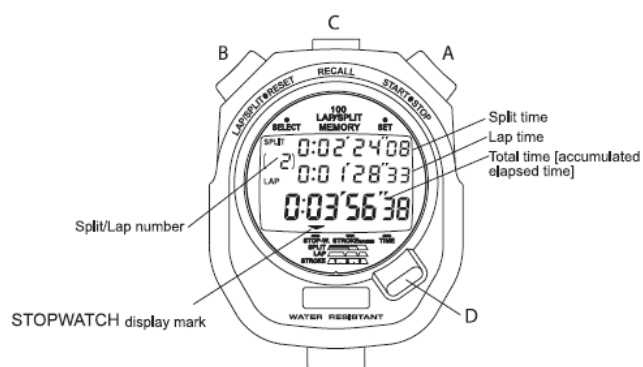
Automatic Timing Equipment

The Start is automatic with the Starters signal. Timekeepers are required to press the black button on the red handpiece when any part of the swimmer in their lane touches the wall on the final lap.



Manual Stopwatch

1. Ensure that the watch is reset and displaying zero prior to the start of the race.
2. Press the Start/Stop button (A) on the Starters signal (watch for the light on top of the Starting unit).
3. Press the Start/Stop button (A) at the End of the race. Please record this time on the Meet Program in the black clipboard
4. Press the Reset button (B) in preparation for the next race.



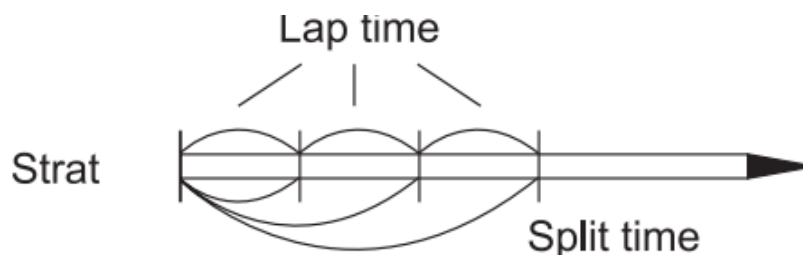
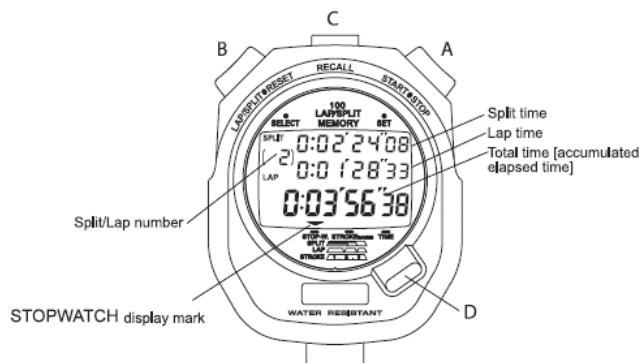


Distance Events – 800m & 1500m

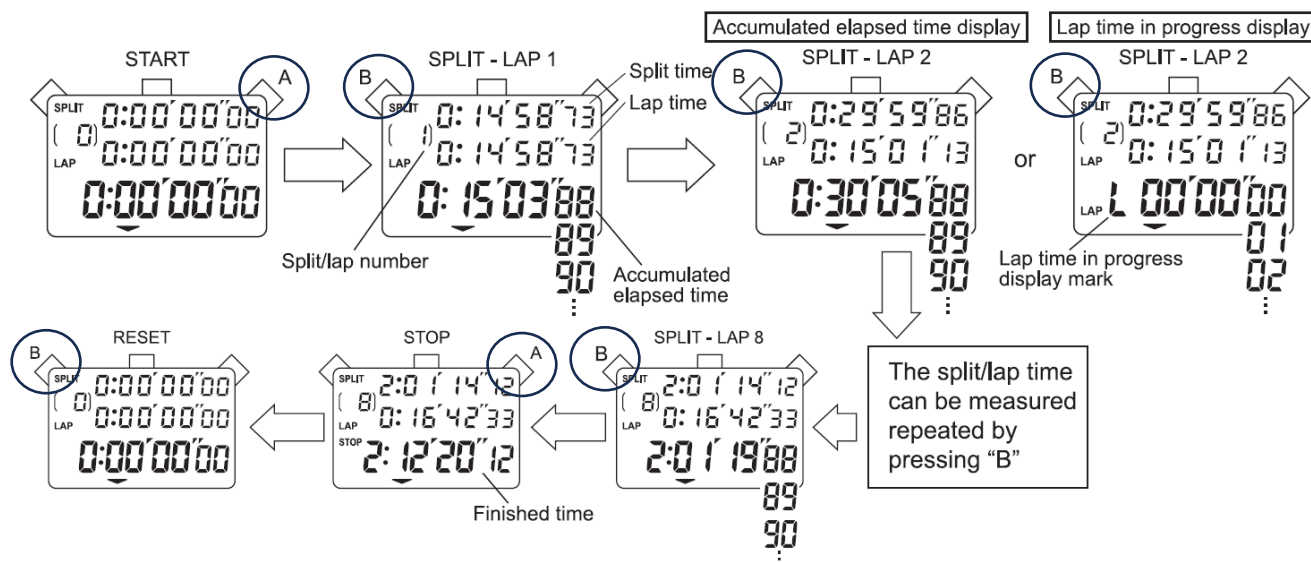
Black Manual Stop Watch Instructions

Please take and record splits

1. Ensure the watch is showing the Stopwatch display (if not, press D until it is).
2. Ensure that the watch is reset and displaying zero prior to the start of each race (Press B to reset a stopped watch).
3. Press the Start/Stop button (A) on the Starters signal (watch for the light on top of the Starting unit). Check the watch is running.
4. **YOU HAVE BEEN ASKED TO TAKE SPLITS** - press B to record each 50m split. Please record the Split time - 1st line at top of watch display (not lap time) on the Split sheet.
5. Alert a Technical Official prior to your lane requiring final 50m whistle (see split sheet)
6. Press the Start/Stop button (A) at the End of the race. Please also record this time on the Split sheet.
7. Press the Reset button (B) in preparation for the next race.



3. SPLIT TIME/LAP TIME MEASUREMENT





BALLARAT GOLD
SWIMMING CLUB

Distance Events – 800m & 1500m

Lap Counter Instructions

1. Prior to the start of each heat ensure that the Lap Counter is displaying the correct number. The laps are counted downwards
 - a. 800m Heat, ensure that the Lap Counter is displaying “**31**” and is easily visible to the swimmer in that lane.
 - b. 1500m Heat, ensure that the Lap counter is displaying “**59**” and is easily visible to the swimmer in that lane.
2. Change the lap counter when the swimmer has passed 5m after the turn.
3. Check that the new number displayed is 2 less than the previous number displayed
 - a. 800m - the numbers should countdown from 31,29,27,25,23,21,19...,9,7,5,3,1).
 - b. 1500m - the numbers should countdown from 59,57,55,53,51,49...,9,7,5,3,1).
4. Remember to move both sides of the Lap Counter when changing from 51 to 49, from 41 to 39 and so on.



BACKSTROKE START LEDGES

Backstroke ledges will be installed and available to all swimmers.

Their use is optional at the discretion of each swimmer.

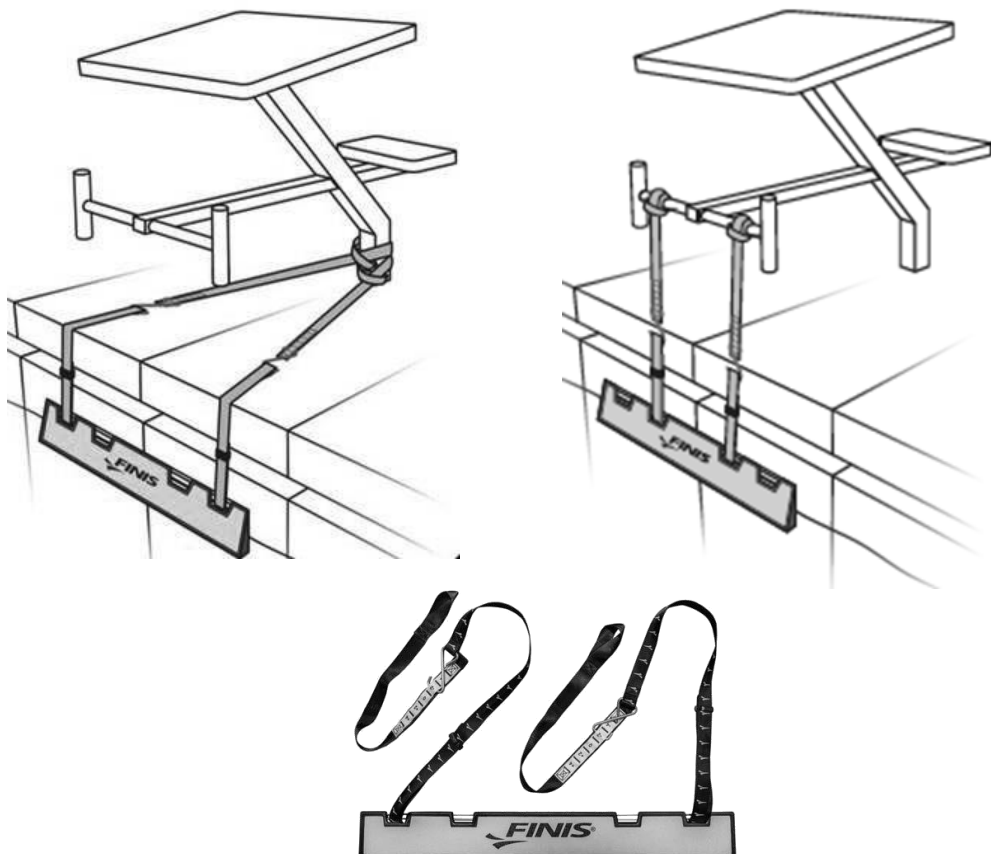
Technical officials (or timekeepers) will place the ledge in the water. This should not be undertaken by swimmers.

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 must be removed from the water. If the next heat is Backstroke, place the ledge on top of the block, otherwise it should be placed under the block. This should be done by timekeeper or technical official.

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.



Prince of Wales Recreation Reserve
Gillies St N,
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VIC 3350

Hockey Pitch

To Car Park

Roundabout



FLOAT

Centre entrance
and reception

Café

**SAUSAGE
SIZZLE**

BALLARAT AQUATIC CENTRE

Ashlee Grace
activewear & swimwear

Meet Entry/Exit

Grandstand Seating

Courtyard

North End

Ribbons

25m Competition Pool

Recording

**25m Warm up/
Cool down Pool**

Colourful wall

**Change rooms
and toilets**

**South
End**

Old Grandstand

Marshalling area



Ballarat Gold Winter SC & Distance 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 second 25m pool will be 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 competition pool must be obeyed immediately.

Pool Deck Safety

Ballarat Gold Swimming Club requests that pool deck remains clear at all times, for the safety of Technical Officials and to allow them to operate effectively. Attendees should not be standing on pool deck, with the exception of swimmers receiving feedback from their coach. Please remain seated as much as possible and be aware that those around you also wish to have a good view of the pool. Thank you for being courteous and considerate.



**BALLARAT GOLD
SWIMMING CLUB**

Ballarat Gold Winter SC & Distance Meet Swimmer Check-In & Marshalling Procedure

A formal Marshalling process will be in operation for Sessions 1 & 2. All swimmers should Marshall in the Old 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 wall of the Old Grandstand or swimmers can ask the Marshalling assistants for help.

To assist with marshalling, we recommend swimmers arrive at the event prepared with the following information that they will need for marshalling:

- Event number/s
- Heat number/s
- Lane number/s

It is a good idea for swimmers to write all event/heat/lane numbers on their arm, in that order.

Instructions for Session 3 - Distance Events (800 & 1500m)

Withdrawals prior to the Meet

800/1500m competitors not intending to compete should advise entries@ballaratgold.org.au ASAP.

Check-in at the Meet

800/1500m competitors should confirm their intention to swim in Session 3 with staff at the Marshalling Area **PRIOR** to the conclusion of **Session 1**. These events may be reseeded if required.

Marshalling

800/1500m swimmers will self-marshall behind the blocks at the start end of the pool. There will be a short break between the last heat of Session 2 and the start of Session 3 to allow for timekeeper changeover and lap counter setup. Please listen for announcements in relation to start time.

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](#).

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BALLARAT GOLD SWIM MEET - JUNE 29

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UP ON THE DAY***



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Ballarat Gold Winter SC & Distance Meet - 29/06/2025

Session Report

Morning Session

Starts at 10:00 AM

Heat Interval: 35 Seconds / Back +40 Seconds

Event	Starts at
1 Mixed 400 Free	10:00 AM
2 Mixed 400 IM	10:07 AM
3 Girls 50 Back	10:23 AM
4 Boys 50 Back	10:33 AM
5 Girls 100 Free	10:42 AM
6 Boys 100 Free	10:56 AM
7 Mixed 200 Back	11:07 AM
8 Girls 50 Fly	11:16 AM
9 Boys 50 Fly	11:24 AM
10 Girls 100 Breast	11:29 AM
11 Boys 100 Breast	11:43 AM
12 Girls 200 IM	11:52 AM
13 Boys 200 IM	12:00 PM
Swimmers Counts for Warm-ups: 185	
Finish Time	12:11 PM

Session and break times are a guide and are subject to change. Please keep an eye on the Marshalling board and listen for announcements.

800/1500m Event Check-in at the Meet

800/1500m competitors should confirm their intention to swim in Session 3 with staff at the Marshalling Area **PRIOR** to the conclusion of **Session 1**. These events may be reseeded if required.



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7am - 4pm Monday to Friday
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Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Morning Session
Event 1 Mixed 400 SC Meter Free

Event Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1	Timed Finals					
1	Winter Neil	W11	Ballarat Gold Swimming Club In	NTL	_____	_____
2	Lisa Bail S19	W16	Warrnambool Swimming Club	5:40.99	_____	_____
3	Daniel Wilkie	M14	Geelong Swimming Club Incorpor	5:02.48	_____	_____
4	Manar Mahfouz	W22	Melton Swimming Club Inc	4:27.93	_____	_____
5	Chloe Burke	W16	Melton Swimming Club Inc	4:44.96	_____	_____
6	Sophie Ryan	W15	Warrnambool Swimming Club	5:33.77L	_____	_____
7	Matilda John	W14	Melton Swimming Club Inc	5:51.15	_____	_____

Event 2 Mixed 400 SC Meter IM

Event Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 2	Timed Finals					
1	Sienna Harmon	W10	Swimland Swim Club	NT	_____	_____
2	Estelle Karslake	W13	Ballarat Gco Swimming Club Inc	NTL	_____	_____
3	James Meddings	M23	Ballarat Gold Swimming Club In	NTL	_____	_____
4	Remy Huynh	M12	Swimland Swim Club	7:36.47	_____	_____
5	Jayden Nguyen	M11	Swimland Swim Club	8:07.83	_____	_____
6	Oscar Borthwick	M15	Geelong Swimming Club Incorpor	NTL	_____	_____
7	Noah Berens	M13	Melton Swimming Club Inc	NTL	_____	_____
Heat 2 of 2	Timed Finals					
1	Astrid Buchanan	W13	Ballarat Swimming Club Inc	6:01.31L	_____	_____
2	Hannah Buchanan	W14	Ballarat Swimming Club Inc	5:21.04	_____	_____
3	Layla Mahfouz	W19	Melton Swimming Club Inc	4:58.62	_____	_____
4	Mitchell Davies	M17	Melton Swimming Club Inc	4:47.12	_____	_____
5	Blake Scott	M16	Ballarat Swimming Club Inc	4:52.78	_____	_____
6	Ava Candy	W16	Ballarat Swimming Club Inc	5:17.96	_____	_____
7	Chase Briggs	M17	Ballarat Gold Swimming Club In	5:22.17	_____	_____
8	Bradley Doolan SM18	M31	Geelong Swimming Club Incorpor	6:55.90L	_____	_____

Event 3 Girls 50 SC Meter Back

Event Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 5	Timed Finals					
3	Lola Hards	9	Castlemaine Amateur Swimming C	NTL	_____	_____
4	Matilda Renato	8	Swimland Swim Club	1:04.07	_____	_____
5	Amelia Harmon	7	Swimland Swim Club	1:04.12	_____	_____
Heat 2 of 5	Timed Finals					
1	Nina Yuan	10	Ballarat Gold Swimming Club In	57.44L	_____	_____
2	Madelyn Lawson	9	Bendigo Hawks Aquatic	52.76	_____	_____
3	Lindi Greeff	9	Ballarat Swimming Club Inc	52.00	_____	_____
4	Hannah Matheson	14	Ballarat Gold Swimming Club In	48.92	_____	_____
5	Indi Morden	9	Shepparton Swimming Club	51.69	_____	_____
6	Mila Lei	9	Western Aquatic Academy Swimmi	52.49	_____	_____
7	Sasha Shukla	9	Ballarat Gold Swimming Club In	55.14	_____	_____
Heat 3 of 5	Timed Finals					
1	Charlotte Norman	10	Surf Coast Swimming Club Inc.	47.37	_____	_____
2	Bella Leonard	11	Warrnambool Swimming Club	47.00	_____	_____
3	Harriet Conheady	10	Warrnambool Swimming Club	46.53	_____	_____
4	Zoe Braham	10	Ballarat Gold Swimming Club In	45.75	_____	_____
5	Sienna Harmon	10	Swimland Swim Club	46.98L	_____	_____
6	Caitlin Callanan	11	Geelong Sharks Swimming Club	47.63L	_____	_____
7	Dara Anthony	9	Bendigo Hawks Aquatic	47.10	_____	_____
8	Emily Perazic	30	Ararat Swimming Club Inc	48.78L	_____	_____

Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Morning Session

Heat	4	Timed Finals...	(Event	3	Girls 50 SC Meter Back)				
1	Lily Hills		11	Ballarat Swimming Club Inc	44.36				
2	Indianna Stonehouse		13	Warrnambool Swimming Club	38.58				
3	Leah Ross		17	Ballarat Gold Swimming Club In	37.32				
4	Amelia Martin		15	Ballarat Gold Swimming Club In	37.52L				
5	Sophie Hudson		14	Kangaroo Flat	36.81				
6	Evie Hayes		12	Geelong Swimming Club Incorpor	37.79				
7	Estelle Hespe		11	Warrnambool Swimming Club	43.82				
8	Naomi Faure		14	Western Melbourne Propulsion	44.95				
Heat	5 of 5	Timed Finals							
1	Grace Cofield		13	Ballarat Gold Swimming Club In	35.63				
2	Georgia Turner		19	Warrnambool Swimming Club	33.86				
3	Isla Ho		17	Ballarat Gold Swimming Club In	31.39				
4	Claire Mathison		16	Ballarat Gold Swimming Club In	31.09				
5	Jade King		18	Warrnambool Swimming Club	31.34				
6	Ruby Kenwright		13	Warrnambool Swimming Club	32.95				
7	Pippa Barr		15	Warrnambool Swimming Club	34.51				
8	Anna Leighton S14		25	Ballarat Gold Swimming Club In	35.88				
Event	4	Boys 50 SC Meter Back							
Lane	Name		Age	Team	Seed Time		Finals	Place	
Heat	1 of 4	Timed Finals							
3	Dylan Hrebenyuk		7	Timboon Amateur Swimming Club	1:03.23				
4	Allen Zhou		9	Plc Aquatic Inc (Victoria)	55.79				
5	Lennon Joyce		8	Ballarat Swimming Club Inc	57.72				
Heat	2 of 4	Timed Finals							
1	Alistair Majetic		10	Lara Swimming Club	54.36				
2	Oliver Turnbull		10	Ballarat Swimming Club Inc	48.40				
3	Corey McMillin		11	Ballarat Gold Swimming Club In	46.16				
4	Nelson Cook		9	Warrnambool Swimming Club	43.28				
5	Lukas Hrebenyuk		11	Timboon Amateur Swimming Club	43.62				
6	Barry Song		9	Ballarat Gold Swimming Club In	46.50				
7	Phoenix Zhang S15		11	Caulfield Aquatics	52.25				
8	Yuchen Dong		11	Ballarat Gco Swimming Club Inc	55.53L				
Heat	3 of 4	Timed Finals							
1	Ethan Bruce		14	Ballarat Gold Swimming Club In	42.25				
2	Liam Weissenfeld		14	Ballarat Gold Swimming Club In	40.33				
3	Lucas Fitzgerald		11	Warrnambool Swimming Club	40.03				
4	Beau Turner		17	Warrnambool Swimming Club	32.58				
5	Daniel Grbac		14	Swimland Swim Club	36.67				
6	Raymond Wang		13	Ballarat Gold Swimming Club In	40.96L				
7	Paterson Norman		11	Lara Swimming Club	40.43				
8	Thomas Bruce		14	Ballarat Gold Swimming Club In	43.11				
Heat	4 of 4	Timed Finals							
1	Andreas Ginis		17	Bendigo East Swimming Club	32.31				
2	Mason Firth		14	Ballarat Gold Swimming Club In	31.62				
3	Austin Robbins		20	Bendigo East Swimming Club	30.03				
4	Kevin Huang		17	Ballarat Gold Swimming Club In	29.84				
5	Jack Stonehouse		16	Warrnambool Swimming Club	29.87				
6	Joshua Fitzgerald		16	Warrnambool Swimming Club	30.09				
7	Spencer Davies		15	Melton Swimming Club Inc	31.75				
8	Maxim Hocking		14	Ballarat Gold Swimming Club In	32.47				
Event	5	Girls 100 SC Meter Free							
Lane	Name		Age	Team	Seed Time		Finals	Place	
Heat	1 of 7	Timed Finals							
3	Dara Anthony		9	Bendigo Hawks Aquatic	NTL				
4	Lily Hills		11	Ballarat Swimming Club Inc	NTL				
5	Caitlin Callanan		11	Geelong Sharks Swimming Club	NTL				

Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Morning Session

Heat	2	Timed Finals...	(Event	5	Girls 100 SC Meter Free)			
1	Lindi Greeff		9	Ballarat Swimming Club Inc	1:54.69L			
2	Ruby-Sue Lawson		11	Bendigo Hawks Aquatic	1:41.83			
3	Ariana Edwards		11	Ballarat Gold Swimming Club In	1:39.20			
4	Amy Bail S19		11	Warrnambool Swimming Club	1:34.25			
5	Hannah Matheson		14	Ballarat Gold Swimming Club In	1:34.41			
6	Eleanor Majetic		13	Lara Swimming Club	1:40.20			
7	Sasha Shukla		9	Ballarat Gold Swimming Club In	1:49.88			
8	Matilda Renato		8	Swimland Swim Club	2:07.04			
Heat	3 of 7	Timed Finals						
1	Estelle Hespe		11	Warrnambool Swimming Club	1:23.05			
2	Leilani Baulch		13	Warrnambool Swimming Club	1:19.35			
3	Matilda Norman		14	Lara Swimming Club	1:17.70			
4	Essi Myers		12	Warrnambool Swimming Club	1:16.98			
5	Lottie Ward		14	Warrnambool Swimming Club	1:17.42			
6	Junqing Cao		12	Ballarat Gold Swimming Club In	1:18.55			
7	Farah Cameron		12	Geelong Swimming Club Incorpor	1:22.56			
8	Iesha Laxton		13	Ballarat Gold Swimming Club In	1:27.47			
Heat	4 of 7	Timed Finals						
1	Rae XT Anwyl		11	Bendigo East Swimming Club	1:15.93			
2	Zoe Bruce		13	Geelong Swimming Club Incorpor	1:15.54			
3	Samirah Hassan		15	Ballarat Gold Swimming Club In	1:14.83			
4	Lois Scruby		12	Ballarat Swimming Club Inc	1:14.04			
5	Trinity Brundell		11	Ballarat Gco Swimming Club Inc	1:15.90L			
6	Shasha Welch		14	Geelong Sharks Swimming Club	1:15.34			
7	Ruby Skene		12	Warrnambool Swimming Club	1:15.67			
8	Imogen Barr		11	Warrnambool Swimming Club	1:16.77			
Heat	5 of 7	Timed Finals						
1	Addison Jane Mari		13	Lara Swimming Club	1:12.64			
2	Georgie Kennett		10	Ballarat Gold Swimming Club In	1:12.06			
3	Indianna Stonehouse		13	Warrnambool Swimming Club	1:11.69			
4	Amelia Wilson		13	Ballarat Gco Swimming Club Inc	1:11.45			
5	Emma Pomeroy		14	Bendigo Hawks Aquatic	1:11.59			
6	Ruby Cookson		14	Ballarat Swimming Club Inc	1:11.73			
7	Amelia Martin		15	Ballarat Gold Swimming Club In	1:13.58L			
8	Aleisha Busuttil		15	Melton Swimming Club Inc	1:13.70			
Heat	6 of 7	Timed Finals						
1	Ruby Burns		15	Geelong Sharks Swimming Club	1:11.38			
2	Madeline Smith		14	Ballarat Gco Swimming Club Inc	1:11.15			
3	Julia de Lima		14	Geelong Swimming Club Incorpor	1:11.03			
4	Jone Greeff		13	Ballarat Swimming Club Inc	1:10.17			
5	Kiera Butterworth		14	Ballarat Gold Swimming Club In	1:10.40			
6	Matilda John		14	Melton Swimming Club Inc	1:11.11			
7	Maeve Timms		13	Geelong Sharks Swimming Club	1:11.23			
8	Yuxin Hu		13	Geelong Swimming Club Incorpor	1:11.43			
Heat	7 of 7	Timed Finals						
1	Holly Preston		15	Ballarat Gco Swimming Club Inc	1:09.52			
2	Zoe Benson		14	Warrnambool Swimming Club	1:07.71			
3	Ruby Kenwright		13	Warrnambool Swimming Club	1:06.95			
4	Ella Matters		15	Ballarat Swimming Club Inc	1:04.91			
5	Isabella Till		17	Ballarat Gco Swimming Club Inc	1:06.12			
6	Miranda Jansz		12	Warrnambool Swimming Club	1:07.61			
7	Gemma Bond		17	Warrnambool Swimming Club	1:07.72			
8	Annabel Myers		14	Ballarat Gold Swimming Club In	1:09.80			



Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Morning Session

Event 6 Boys 100 SC Meter Free

Event Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 6	Timed Finals					
3	Yuchen Dong	11	Ballarat Gco Swimming Club Inc	1:34.01	_____	_____
4	Lenny Chiller	10	Warrnambool Swimming Club	1:32.57L	_____	_____
5	Jayden Nguyen	11	Swimland Swim Club	1:32.74	_____	_____
6	Harrison Gull	12	Ballarat Gold Swimming Club In	NTL	_____	_____
Heat 2 of 6	Timed Finals					
1	Reuben Greeff	11	Ballarat Swimming Club Inc	1:27.97	_____	_____
2	Corey McMillin	11	Ballarat Gold Swimming Club In	1:27.18	_____	_____
3	Jasper Zhang	11	Laverton Wyndham Aquatics Inc.	1:26.42	_____	_____
4	Toby Rhook	12	Geelong Sharks Swimming Club	1:23.39	_____	_____
5	Menzel Cook	10	Warrnambool Swimming Club	1:24.49	_____	_____
6	Sebastian Duyvestyn	11	Melton Swimming Club Inc	1:27.16	_____	_____
7	William Lynch	11	Ballarat Gold Swimming Club In	1:27.88	_____	_____
8	Phoenix Zhang S15	11	Caulfield Aquatics	1:28.24	_____	_____
Heat 3 of 6	Timed Finals					
1	Lachlan Mifsud	13	Warrnambool Swimming Club	1:20.18	_____	_____
2	Walter Lay	11	Surrey Park Swimming Club Inc	1:18.19	_____	_____
3	Edward Valentan	12	Ballarat Swimming Club Inc	1:17.51	_____	_____
4	Ashton Silak	13	Ballarat Swimming Club Inc	1:16.36	_____	_____
5	Ryan Nguyen	12	Swimland Swim Club	1:17.15	_____	_____
6	Charlie Tickell	13	Ballarat Gold Swimming Club In	1:17.79	_____	_____
7	Sonny Davis	12	Warrnambool Swimming Club	1:20.00	_____	_____
8	Lukas Hrebenyuk	11	Timboon Amateur Swimming Club	1:20.88	_____	_____
Heat 4 of 6	Timed Finals					
1	Paterson Norman	11	Lara Swimming Club	1:14.97	_____	_____
2	Isaac Brown	13	Warrnambool Swimming Club	1:13.03	_____	_____
3	Jock Liberts	15	Geelong Sharks Swimming Club	1:10.65	_____	_____
4	Filip Golubovic	14	Melton Swimming Club Inc	1:09.16	_____	_____
5	Harrison Chiller	13	Warrnambool Swimming Club	1:10.50	_____	_____
6	Johnny Guthrie	13	Mildura Swimming Club Inc.	1:13.00	_____	_____
7	Eli Kerr S9	14	Warrnambool Swimming Club	1:13.94	_____	_____
8	Liam Weissenfeld	14	Ballarat Gold Swimming Club In	1:15.22	_____	_____
Heat 5 of 6	Timed Finals					
1	Matthew Andrei Cobreros	17	Melton Swimming Club Inc	1:07.54	_____	_____
2	Logan Brundell	12	Ballarat Gco Swimming Club Inc	1:05.21	_____	_____
3	Maxim Hocking	14	Ballarat Gold Swimming Club In	1:03.83	_____	_____
4	Beau Turner	17	Warrnambool Swimming Club	1:01.17	_____	_____
5	Cooper Byham	16	Melton Swimming Club Inc	1:01.45	_____	_____
6	Mason Firth	14	Ballarat Gold Swimming Club In	1:04.01	_____	_____
7	Sebastian Majetic	16	Lara Swimming Club	1:06.09	_____	_____
8	Daniel Hyatt	12	Warrnambool Swimming Club	1:08.99	_____	_____
Heat 6 of 6	Timed Finals					
1	Daniel Wilkie	14	Geelong Swimming Club Incorpor	1:00.23	_____	_____
2	Hayden Wilson	14	Ballarat Gco Swimming Club Inc	59.27	_____	_____
3	Jack Stonehouse	16	Warrnambool Swimming Club	58.37	_____	_____
4	Peter Berens	17	Melton Swimming Club Inc	55.88	_____	_____
5	Zavier Aberline	15	Warrnambool Swimming Club	57.15	_____	_____
6	Benjamin Wills S19	24	Melton Swimming Club Inc	59.13	_____	_____
7	Alexander Bell	17	Warrnambool Swimming Club	1:00.00	_____	_____
8	Angus Sharpe	16	Gisborne Thunder Swimming Club	1:00.35	_____	_____

Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Morning Session
Event 7 Mixed 200 SC Meter Back

Event Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 2	Timed Finals					
3	Mila Lei	W9	Western Aquatic Academy Swimmi	NTL	_____	_____
4	Ethan Ma	M11	Surrey Park Swimming Club Inc	NTL	_____	_____
5	Jayden Nguyen	M11	Swimland Swim Club	NTL	_____	_____
Heat 2 of 2	Timed Finals					
1	Sophie Hudson	W14	Kangaroo Flat	NTL	_____	_____
2	Bradley Doolan S18	M31	Geelong Swimming Club Incorpor	3:14.66L	_____	_____
3	Audreanna David	W14	Melbourne Swimming Club	2:38.08	_____	_____
4	Miller Stott	M16	Ballarat Gold Swimming Club In	2:12.37	_____	_____
5	Chase Briggs	M17	Ballarat Gold Swimming Club In	2:28.97	_____	_____
6	Pippa Barr	W15	Warrnambool Swimming Club	2:44.98	_____	_____
7	Remy Huynh	M12	Swimland Swim Club	3:31.21	_____	_____

Event 8 Girls 50 SC Meter Fly

Event Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 5	Timed Finals					
3	Indi Morden	9	Shepparton Swimming Club	NTL	_____	_____
4	Sasha Shukla	9	Ballarat Gold Swimming Club In	1:05.46L	_____	_____
5	Amelia Harmon	7	Swimland Swim Club	1:16.85	_____	_____
Heat 2 of 5	Timed Finals					
1	Dara Anthony	9	Bendigo Hawks Aquatic	54.45	_____	_____
2	Zarah Hassan	12	Ballarat Gold Swimming Club In	49.21	_____	_____
3	Harriet Conheady	10	Warrnambool Swimming Club	46.57	_____	_____
4	Caitlin Callanan	11	Geelong Sharks Swimming Club	46.89L	_____	_____
5	Zoe Braham	10	Ballarat Gold Swimming Club In	46.15	_____	_____
6	Bella Leonard	11	Warrnambool Swimming Club	48.35	_____	_____
7	Eleanor Majetic	13	Lara Swimming Club	51.58	_____	_____
Heat 3 of 5	Timed Finals					
1	Summer Davis	10	Warrnambool Swimming Club	45.06	_____	_____
2	Ariana Edwards	11	Ballarat Gold Swimming Club In	43.17	_____	_____
3	Imogen Barr	11	Warrnambool Swimming Club	40.99	_____	_____
4	Indianna Stonehouse	13	Warrnambool Swimming Club	40.51	_____	_____
5	Estelle Hespe	11	Warrnambool Swimming Club	40.94	_____	_____
6	Naomi Faure	14	Western Melbourne Propulsion	42.88	_____	_____
7	Charlotte Norman	10	Surf Coast Swimming Club Inc.	43.28	_____	_____
8	Hannah Matheson	14	Ballarat Gold Swimming Club In	45.66	_____	_____
Heat 4 of 5	Timed Finals					
1	Matilda Norman	14	Lara Swimming Club	39.49	_____	_____
2	Lois Scruby	12	Ballarat Swimming Club Inc	36.58	_____	_____
3	Isabella Till	17	Ballarat Gco Swimming Club Inc	35.41	_____	_____
4	Sarah Howe S10	20	St Hilda's Aquatics (Qld)	34.63	_____	_____
5	Kiera Butterworth	14	Ballarat Gold Swimming Club In	35.03	_____	_____
6	Jayda Anesi	11	Ballarat Gco Swimming Club Inc	36.31	_____	_____
7	Madeline Smith	14	Ballarat Gco Swimming Club Inc	36.93	_____	_____
8	Hannah Ragg	13	Warrnambool Swimming Club	39.52	_____	_____
Heat 5 of 5	Timed Finals					
1	Amelia Martin	15	Ballarat Gold Swimming Club In	34.65L	_____	_____
2	Sophia Beaton	14	Ballarat Gold Swimming Club In	32.85	_____	_____
3	Isla Ho	17	Ballarat Gold Swimming Club In	29.46	_____	_____
4	Manar Mahfouz	22	Melton Swimming Club Inc	27.63	_____	_____
5	Jade King	18	Warrnambool Swimming Club	29.33	_____	_____
6	Ava Candy	16	Ballarat Swimming Club Inc	30.04	_____	_____
7	Georgie Kennett	10	Ballarat Gold Swimming Club In	33.91	_____	_____
8	Emma Pomeroy	14	Bendigo Hawks Aquatic	34.20	_____	_____



Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Morning Session

Event 9 Boys 50 SC Meter Fly

Event Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 4	Timed Finals					
3	Lennon Joyce	8	Ballarat Swimming Club Inc	NTL	_____	_____
4	Alistair Majetic	10	Lara Swimming Club	1:07.02	_____	_____
5	Lukas Hrebenyuk	11	Timboon Amateur Swimming Club	NTL	_____	_____
Heat 2 of 4	Timed Finals					
1	Corey McMillin	11	Ballarat Gold Swimming Club In	52.93	_____	_____
2	Nelson Cook	9	Warrnambool Swimming Club	49.56	_____	_____
3	Phoenix Zhang S15	11	Caulfield Aquatics	47.47	_____	_____
4	William Lynch	11	Ballarat Gold Swimming Club In	46.19	_____	_____
5	Jayden Nguyen	11	Swimland Swim Club	46.85	_____	_____
6	Lenny Chiller	10	Warrnambool Swimming Club	47.72	_____	_____
7	Barry Song	9	Ballarat Gold Swimming Club In	51.98L	_____	_____
8	Allen Zhou	9	Plc Aquatic Inc (Victoria)	1:01.65	_____	_____
Heat 3 of 4	Timed Finals					
1	Menzel Cook	10	Warrnambool Swimming Club	44.31	_____	_____
2	Paterson Norman	11	Lara Swimming Club	41.49L	_____	_____
3	Raymond Wang	13	Ballarat Gold Swimming Club In	36.08	_____	_____
4	Thomas Bruce	14	Ballarat Gold Swimming Club In	35.12	_____	_____
5	Maxim Hocking	14	Ballarat Gold Swimming Club In	35.56	_____	_____
6	Liam Weissenfeld	14	Ballarat Gold Swimming Club In	39.73	_____	_____
7	Lucas Fitzgerald	11	Warrnambool Swimming Club	41.45	_____	_____
8	Jasper Zhang	11	Laverton Wyndham Aquatics Inc.	44.50	_____	_____
Heat 4 of 4	Timed Finals					
1	Mason Firth	14	Ballarat Gold Swimming Club In	30.67	_____	_____
2	Joshua Fitzgerald	16	Warrnambool Swimming Club	28.33	_____	_____
3	Jack Lanyon	18	Ballarat Gold Swimming Club In	27.60	_____	_____
4	Zavier Aberline	15	Warrnambool Swimming Club	27.44	_____	_____
5	Luke Gallagher	17	Ballarat Gco Swimming Club Inc	27.56	_____	_____
6	Sebastian Smith	19	Ballarat Gold Swimming Club In	28.13	_____	_____
7	Jack Stonehouse	16	Warrnambool Swimming Club	29.49	_____	_____
8	Matthew Andrei Cobreros	17	Melton Swimming Club Inc	34.61	_____	_____

Event 10 Girls 100 SC Meter Breast

Event Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 6	Timed Finals					
3	Zarah Hassan	12	Ballarat Gold Swimming Club In	NTL	_____	_____
4	Emily Perazic	30	Ararat Swimming Club Inc	NTL	_____	_____
5	Iesha Laxton	13	Ballarat Gold Swimming Club In	NTL	_____	_____
6	Ingrid Sourivong	11	Ballarat Gold Swimming Club In	NTL	_____	_____
Heat 2 of 6	Timed Finals					
1	Eleanor Majetic	13	Lara Swimming Club	2:08.15L	_____	_____
2	Winter Neil	11	Ballarat Gold Swimming Club In	1:53.97	_____	_____
3	Matilda Norman	14	Lara Swimming Club	1:46.02	_____	_____
4	Eva Robertson	15	Ballarat Gold Swimming Club In	1:43.60	_____	_____
5	Annabel Myers	14	Ballarat Gold Swimming Club In	1:46.69L	_____	_____
6	Hannah Matheson	14	Ballarat Gold Swimming Club In	1:50.00	_____	_____
7	Sienna Harmon	10	Swimland Swim Club	1:55.90	_____	_____
8	Matilda Renato	8	Swimland Swim Club	2:19.77	_____	_____

Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Morning Session

Heat	3	Timed Finals...	(Event	10	Girls 100 SC Meter Breast)			
1	Bella Leonard		11	Warrnambool Swimming Club	1:40.92			
2	Arusha Cashmore		13	Warrnambool Swimming Club	1:40.36			
3	Ruby Cookson		14	Ballarat Swimming Club Inc	1:39.90			
4	Hannah Ragg		13	Warrnambool Swimming Club	1:38.66			
5	Matilda Conheady		12	Warrnambool Swimming Club	1:39.50			
6	Julia de Lima		14	Geelong Swimming Club Incorpor	1:40.27			
7	Essi Myers		12	Warrnambool Swimming Club	1:40.91			
8	Camila Meneses Lopez		12	Ballarat Gold Swimming Club In	1:42.60			
Heat	4 of 6	Timed Finals						
1	Lottie Ward		14	Warrnambool Swimming Club	1:38.25			
2	Miranda Jansz		12	Warrnambool Swimming Club	1:36.16			
3	Junqing Cao		12	Ballarat Gold Swimming Club In	1:33.66			
4	Isabela de Lima		14	Geelong Swimming Club Incorpor	1:33.06			
5	Kiera Butterworth		14	Ballarat Gold Swimming Club In	1:33.36			
6	Farah Cameron		12	Geelong Swimming Club Incorpor	1:35.28			
7	Evie Hayes		12	Geelong Swimming Club Incorpor	1:36.43			
8	Trinity Brundell		11	Ballarat Gco Swimming Club Inc	1:40.38L			
Heat	5 of 6	Timed Finals						
1	Aleisha Busuttill		15	Melton Swimming Club Inc	1:32.17			
2	Ruby Kenwright		13	Warrnambool Swimming Club	1:31.68			
3	Shasha Welch		14	Geelong Sharks Swimming Club	1:31.20			
4	Maeve Timms		13	Geelong Sharks Swimming Club	1:28.58			
5	Zoe Benson		14	Warrnambool Swimming Club	1:28.69			
6	Ellua Boyd		15	Ballarat Gold Swimming Club In	1:31.39			
7	Leah Ross		17	Ballarat Gold Swimming Club In	1:31.85			
8	Anna Leighton SB14		25	Ballarat Gold Swimming Club In	1:32.20			
Heat	6 of 6	Timed Finals						
1	Zoe Berens		15	Melton Swimming Club Inc	1:25.16			
2	Claire Mathison		16	Ballarat Gold Swimming Club In	1:23.37			
3	Sophia Beaton		14	Ballarat Gold Swimming Club In	1:22.62			
4	Ella Matters		15	Ballarat Swimming Club Inc	1:15.49			
5	Gemma Bond		17	Warrnambool Swimming Club	1:17.78			
6	Audreanna David		14	Melbourne Swimming Club	1:22.94			
7	Elle Cofield		16	Ballarat Gold Swimming Club In	1:24.72			
8	Sophie Ryan		15	Warrnambool Swimming Club	1:25.89			
Event	11	Boys 100 SC Meter Breast						
Lane	Name		Age	Team	Seed Time		Finals	Place
Heat	1 of 4	Timed Finals						
1	Harrison Gull		12	Ballarat Gold Swimming Club In	NTL			
2	Alexander David		10	Western Melbourne Propulsion	2:00.39L			
3	Raymond Wang		13	Ballarat Gold Swimming Club In	1:47.89			
4	Jacob Liu		11	Surrey Park Swimming Club Inc	1:47.05L			
5	Eli Kerr SB9		14	Warrnambool Swimming Club	1:46.41			
6	Sebastian Duyvestyn		11	Melton Swimming Club Inc	1:48.36			
7	Matthew Hyatt		9	Warrnambool Swimming Club	2:07.21			
Heat	2 of 4	Timed Finals						
1	Toby Rhook		12	Geelong Sharks Swimming Club	1:41.82			
2	Ethan Ma		11	Surrey Park Swimming Club Inc	1:33.37			
3	Andriel Chan		12	Surrey Park Swimming Club Inc	1:30.07			
4	Ethan Bruce		14	Ballarat Gold Swimming Club In	1:26.94			
5	Jock Liberts		15	Geelong Sharks Swimming Club	1:27.74			
6	Reuben Greeff		11	Ballarat Swimming Club Inc	1:32.01			
7	Lucas Fitzgerald		11	Warrnambool Swimming Club	1:40.45			
8	Lachlan Mifsud		13	Warrnambool Swimming Club	1:43.77			

Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Morning Session

Heat	3	Timed Finals...	(Event	11	Boys 100 SC Meter Breast)				
1	Max Ravisa		14	Ballarat Gold Swimming Club In	1:26.23				
2	Angus Sharpe		16	Gisborne Thunder Swimming Club	1:19.44				
3	Cameron Dole		57	Ballarat Gco Swimming Club Inc	1:18.57				
4	Benjamin Wills SB19		24	Melton Swimming Club Inc	1:17.63				
5	Oliver Kallio		15	Ballarat Gold Swimming Club In	1:18.10				
6	Alexander Bell		17	Warrnambool Swimming Club	1:19.00				
7	Matthew Andrei Cobreros		17	Melton Swimming Club Inc	1:21.30				
8	Daniel Hyatt		12	Warrnambool Swimming Club	1:26.37				
Heat	4 of 4	Timed Finals							
1	Sebastian Majetic		16	Lara Swimming Club	1:16.27				
2	Chase Briggs		17	Ballarat Gold Swimming Club In	1:12.70				
3	Austin Robbins		20	Bendigo East Swimming Club	1:08.17				
4	Mitchell Davies		17	Melton Swimming Club Inc	1:03.93				
5	Dayne Schnyder		19	Ballarat Gold Swimming Club In	1:05.69				
6	Spencer Davies		15	Melton Swimming Club Inc	1:09.02				
7	Andreas Ginis		17	Bendigo East Swimming Club	1:15.53				
8	Cooper Byham		16	Melton Swimming Club Inc	1:16.41				
Event	12	Girls 200 SC Meter IM							
Lane	Name		Age	Team	Seed Time		Finals	Place	
Heat	1 of 2	Timed Finals							
3	Sophie Hudson		14	Kangaroo Flat	NLT				
4	Matilda John		14	Melton Swimming Club Inc	3:10.02				
5	Mila Lei		9	Western Aquatic Academy Swimmi	3:22.54				
Heat	2 of 2	Timed Finals							
1	Amelia Wilson		13	Ballarat Gco Swimming Club Inc	3:08.13L				
2	Ruby Kenwright		13	Warrnambool Swimming Club	2:47.49				
3	Georgie Vague		15	Geelong Swimming Club Incorpor	2:42.04				
4	Layla Mahfouz		19	Melton Swimming Club Inc	2:23.68				
5	Chloe Burke		16	Melton Swimming Club Inc	2:26.77				
6	Jone Greeff		13	Ballarat Swimming Club Inc	2:45.99				
7	Amelia Martin		15	Ballarat Gold Swimming Club In	3:06.99L				
Event	13	Boys 200 SC Meter IM							
Lane	Name		Age	Team	Seed Time		Finals	Place	
Heat	1 of 3	Timed Finals							
3	Allen Zhou		9	Plc Aquatic Inc (Victoria)	NLT				
4	Noah Harding		16	Geelong Sharks Swimming Club	NLT				
5	Thomas Bruce		14	Ballarat Gold Swimming Club In	NLT				
Heat	2 of 3	Timed Finals							
1	Daniel Hyatt		12	Warrnambool Swimming Club	3:45.60				
2	Lukas Hrebenyuk		11	Timboon Amateur Swimming Club	3:42.27				
3	Remy Huynh		12	Swimland Swim Club	3:16.01				
4	Filip Golubovic		14	Melton Swimming Club Inc	3:00.68				
5	Walter Lay		11	Surrey Park Swimming Club Inc	3:09.36				
6	Jasper Zhang		11	Laverton Wyndham Aquatics Inc.	3:28.97				
7	Jayden Nguyen		11	Swimland Swim Club	3:44.83				
Heat	3 of 3	Timed Finals							
1	Jayden Lim		13	Ballarat Gold Swimming Club In	2:43.71				
2	Oliver Kallio		15	Ballarat Gold Swimming Club In	2:25.13				
3	Jack Lanyon		18	Ballarat Gold Swimming Club In	2:18.10				
4	Peter Berens		17	Melton Swimming Club Inc	2:16.73				
5	Joshua Fitzgerald		16	Warrnambool Swimming Club	2:17.68				
6	Sebastian Smith		19	Ballarat Gold Swimming Club In	2:24.81				
7	Angus Sharpe		16	Gisborne Thunder Swimming Club	2:38.47				
8	Logan Brundell		12	Ballarat Gco Swimming Club Inc	2:48.09L				

Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Session Report

Starts at 12:45 PM Afternoon Session
Heat Interval: 35 Seconds / Back +40 Seconds

Event	Starts at
14 Girls 100 Back	12:45 PM
15 Boys 100 Back	12:57 PM
16 Girls 200 Free	01:08 PM
17 Boys 200 Free	01:19 PM
18 Girls 50 Breast	01:26 PM
19 Boys 50 Breast	01:32 PM
20 Girls 100 IM	01:39 PM
21 Boys 100 IM	01:55 PM
22 Mixed 200 Fly	02:08 PM
23 Girls 50 Free	02:13 PM
24 Boys 50 Free	02:20 PM
25 Mixed 200 Breast	02:28 PM
26 Girls 100 Fly	02:40 PM
27 Boys 100 Fly	02:44 PM
Swimmers Counts for Warm-ups: 189	
Finish Time	02:49 PM

Session and break times are a guide and are subject to change. Please keep an eye on the Marshalling board and listen for announcements.

800/1500m Event Check-in at the Meet

800/1500m competitors should confirm their intention to swim in Session 3 with staff at the Marshalling Area **PRIOR** to the conclusion of **Session 1**. These events may be reseeded if required.

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Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Afternoon Session
Event 14 Girls 100 SC Meter Back

Event Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 4	Timed Finals					
1	Sally Huynh	9	Swimland Swim Club	2:04.87	_____	_____
2	Iesha Laxton	13	Ballarat Gold Swimming Club In	1:45.64	_____	_____
3	Lottie Ward	14	Warrnambool Swimming Club	1:30.17	_____	_____
4	Farah Cameron	12	Geelong Swimming Club Incorpor	1:28.82	_____	_____
5	Addison Jane Mari	13	Lara Swimming Club	1:29.32	_____	_____
6	Essi Myers	12	Warrnambool Swimming Club	1:31.39	_____	_____
7	Eva Robertson	15	Ballarat Gold Swimming Club In	1:46.46	_____	_____
8	Ariana Edwards	11	Ballarat Gold Swimming Club In	NTL	_____	_____
Heat 2 of 4	Timed Finals					
1	Estelle Karslake	13	Ballarat Gco Swimming Club Inc	1:26.74	_____	_____
2	Camila Meneses Lopez	12	Ballarat Gold Swimming Club In	1:26.19	_____	_____
3	Maeve Timms	13	Geelong Sharks Swimming Club	1:24.89	_____	_____
4	Ellua Boyd	15	Ballarat Gold Swimming Club In	1:24.73	_____	_____
5	Arusha Cashmore	13	Warrnambool Swimming Club	1:24.80	_____	_____
6	Amelia Wilson	13	Ballarat Gco Swimming Club Inc	1:24.95	_____	_____
7	Miranda Jansz	12	Warrnambool Swimming Club	1:26.54	_____	_____
8	Ruby Skene	12	Warrnambool Swimming Club	1:27.93	_____	_____
Heat 3 of 4	Timed Finals					
1	Isabela de Lima	14	Geelong Swimming Club Incorpor	1:23.96	_____	_____
2	Evie Hayes	12	Geelong Swimming Club Incorpor	1:25.23L	_____	_____
3	Junqing Cao	12	Ballarat Gold Swimming Club In	1:22.98	_____	_____
4	Matilda John	14	Melton Swimming Club Inc	1:21.79	_____	_____
5	Aleisha Busuttill	15	Melton Swimming Club Inc	1:22.18	_____	_____
6	Rae XT Anwyl	11	Bendigo East Swimming Club	1:23.06	_____	_____
7	Shasha Welch	14	Geelong Sharks Swimming Club	1:23.69	_____	_____
8	Penny Rampton	12	Ballarat Swimming Club Inc	1:24.16	_____	_____
Heat 4 of 4	Timed Finals					
1	Amelia Martin	15	Ballarat Gold Swimming Club In	1:21.96L	_____	_____
2	Yuxin Hu	13	Geelong Swimming Club Incorpor	1:18.05	_____	_____
3	Georgia Turner	19	Warrnambool Swimming Club	1:11.08	_____	_____
4	Manar Mahfouz	22	Melton Swimming Club Inc	1:05.58	_____	_____
5	Layla Mahfouz	19	Melton Swimming Club Inc	1:07.30	_____	_____
6	Ruby Kenwright	13	Warrnambool Swimming Club	1:14.89	_____	_____
7	Gemma Bond	17	Warrnambool Swimming Club	1:18.54	_____	_____
8	Hannah Ragg	13	Warrnambool Swimming Club	1:21.78	_____	_____

Event 15 Boys 100 SC Meter Back

Event Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 4	Timed Finals					
1	Lukas Hrebenyuk	11	Timboon Amateur Swimming Club	NTL	_____	_____
2	Nelson Cook	9	Warrnambool Swimming Club	1:52.29L	_____	_____
3	Phoenix Zhang S15	11	Caulfield Aquatics	1:37.32	_____	_____
4	Johnny Guthrie	13	Mildura Swimming Club Inc.	1:31.64	_____	_____
5	Alexander David	10	Western Melbourne Propulsion	1:38.87L	_____	_____
6	Menzel Cook	10	Warrnambool Swimming Club	1:47.09	_____	_____
7	Lachlan Mifsud	13	Warrnambool Swimming Club	NTL	_____	_____
Heat 2 of 4	Timed Finals					
1	Edward Valentan	12	Ballarat Swimming Club Inc	1:30.56	_____	_____
2	Sebastian Gonzalez	13	Ballarat Gold Swimming Club In	1:30.39	_____	_____
3	Sonny Davis	12	Warrnambool Swimming Club	1:29.26	_____	_____
4	Lucas Fitzgerald	11	Warrnambool Swimming Club	1:27.37	_____	_____
5	Walter Lay	11	Surrey Park Swimming Club Inc	1:28.67	_____	_____
6	Ryan Nguyen	12	Swimland Swim Club	1:29.39	_____	_____
7	Bradley Doolan S18	31	Geelong Swimming Club Incorpor	1:30.47	_____	_____
8	Raymond Wang	13	Ballarat Gold Swimming Club In	1:33.11L	_____	_____

Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Afternoon Session

Heat	3	Timed Finals...	(Event	15	Boys 100 SC Meter Back)				
1	Oliver Rodoni		13	Western Melbourne Propulsion	1:28.64L				
2	Isaac Brown		13	Warrnambool Swimming Club	1:25.35				
3	Daniel Hyatt		12	Warrnambool Swimming Club	1:23.01				
4	Ethan Ma		11	Surrey Park Swimming Club Inc	1:21.21				
5	Eli Kerr S9		14	Warrnambool Swimming Club	1:22.95				
6	Aaron Zhong		10	Nunawading Swimming Club Inc	1:23.73				
7	Andriel Chan		12	Surrey Park Swimming Club Inc	1:26.66				
8	Ashton Silak		13	Ballarat Swimming Club Inc	1:27.02				
Heat	4 of 4	Timed Finals							
1	Mason Firth		14	Ballarat Gold Swimming Club In	1:18.75				
2	Filip Golubovic		14	Melton Swimming Club Inc	1:14.91				
3	Jack Stonehouse		16	Warrnambool Swimming Club	1:05.83				
4	Joshua Fitzgerald		16	Warrnambool Swimming Club	1:03.19				
5	Peter Berens		17	Melton Swimming Club Inc	1:03.80				
6	Sebastian Smith		19	Ballarat Gold Swimming Club In	1:06.11				
7	Noah Berens		13	Melton Swimming Club Inc	1:17.27				
8	Jock Liberts		15	Geelong Sharks Swimming Club	1:20.91				
Event	16	Girls 200 SC Meter Free							
Lane	Name		Age	Team	Seed Time		Finals	Place	
Heat	1 of 4	Timed Finals							
3	Estelle Hespe		11	Warrnambool Swimming Club	NTL				
4	Iesha Laxton		13	Ballarat Gold Swimming Club In	NTL				
5	Matilda Conheady		12	Warrnambool Swimming Club	NTL				
Heat	2 of 4	Timed Finals							
2	Sienna Harmon		10	Swimland Swim Club	3:06.43				
3	Samirah Hassan		15	Ballarat Gold Swimming Club In	2:57.60L				
4	Penny Rampton		12	Ballarat Swimming Club Inc	2:45.02				
5	Leilani Baulch		13	Warrnambool Swimming Club	2:52.40				
6	Essi Myers		12	Warrnambool Swimming Club	2:54.81				
7	Sally Huynh		9	Swimland Swim Club	4:18.74L				
Heat	3 of 4	Timed Finals							
1	Ruby Cookson		14	Ballarat Swimming Club Inc	2:38.72				
2	Holly Preston		15	Ballarat Gco Swimming Club Inc	2:35.07				
3	Zoe Benson		14	Warrnambool Swimming Club	2:33.51				
4	Jone Greeff		13	Ballarat Swimming Club Inc	2:29.79				
5	Ellua Boyd		15	Ballarat Gold Swimming Club In	2:32.20				
6	Hannah Ragg		13	Warrnambool Swimming Club	2:34.41				
7	Isabela de Lima		14	Geelong Swimming Club Incorpor	2:36.43				
8	Lisa Bail S19		16	Warrnambool Swimming Club	2:41.07				
Heat	4 of 4	Timed Finals							
1	Isabella Till		17	Ballarat Gco Swimming Club Inc	2:28.53				
2	Elle Cofield		16	Ballarat Gold Swimming Club In	2:25.79				
3	Ella Matters		15	Ballarat Swimming Club Inc	2:22.89				
4	Ava Candy		16	Ballarat Swimming Club Inc	2:05.05				
5	Claire Mathison		16	Ballarat Gold Swimming Club In	2:12.89				
6	Georgie Vague		15	Geelong Swimming Club Incorpor	2:25.06				
7	Sophie Ryan		15	Warrnambool Swimming Club	2:28.44				
8	Pippa Barr		15	Warrnambool Swimming Club	2:29.62				
Event	17	Boys 200 SC Meter Free							
Lane	Name		Age	Team	Seed Time		Finals	Place	
Heat	1 of 2	Timed Finals							
2	Yuchen Dong		11	Ballarat Gco Swimming Club Inc	NTL				
3	Jayden Nguyen		11	Swimland Swim Club	3:10.80				
4	Harrison Chiller		13	Warrnambool Swimming Club	2:35.94				
5	Remy Huynh		12	Swimland Swim Club	3:00.03				
6	Jiarui Zhang		12	Ballarat Gold Swimming Club In	NTL				

Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Afternoon Session

Heat	2	Timed Finals...	(Event	17	Boys 200 SC Meter Free)			
1	Logan Brundell		12	Ballarat Gco Swimming Club Inc	2:31.35			
2	Daniel Grbac		14	Swimland Swim Club	2:23.44			
3	Zavier Aberline		15	Warrnambool Swimming Club	2:11.26			
4	Kevin Huang		17	Ballarat Gold Swimming Club In	1:57.55			
5	Daniel Wilkie		14	Geelong Swimming Club Incorpor	2:10.43			
6	Beau Turner		17	Warrnambool Swimming Club	2:14.75			
7	Jacob Liu		11	Surrey Park Swimming Club Inc	2:32.52L			
8	Daniel Hyatt		12	Warrnambool Swimming Club	2:33.01			

Event	18	Girls 50 SC Meter Breast						
Lane	Name		Age	Team	Seed Time		Finals	Place
Heat	1 of 4	Timed Finals						
3	Lindi Greeff		9	Ballarat Swimming Club Inc	1:02.79			
4	Nina Yuan		10	Ballarat Gold Swimming Club In	59.16			
5	Indi Morden		9	Shepparton Swimming Club	1:00.66			
6	Lola Hards		9	Castlemaine Amateur Swimming C	NTL			
Heat	2 of 4	Timed Finals						
1	Sasha Shukla		9	Ballarat Gold Swimming Club In	56.80			
2	Amy Bail SB19		11	Warrnambool Swimming Club	53.18			
3	Isabel Meneses Lopez		11	Ballarat Gold Swimming Club In	51.79			
4	Bella Leonard		11	Warrnambool Swimming Club	48.76			
5	Harriet Conheady		10	Warrnambool Swimming Club	50.08			
6	Winter Neil		11	Ballarat Gold Swimming Club In	51.80			
7	Charlotte Norman		10	Surf Coast Swimming Club Inc.	53.92			
8	Sienna Harmon		10	Swimland Swim Club	58.06L			
Heat	3 of 4	Timed Finals						
1	Lily Hills		11	Ballarat Swimming Club Inc	48.38			
2	Naomi Faure		14	Western Melbourne Propulsion	45.66			
3	Emily Perazic		30	Ararat Swimming Club Inc	45.08			
4	Imogen Barr		11	Warrnambool Swimming Club	43.57			
5	Lois Scruby		12	Ballarat Swimming Club Inc	44.36			
6	Jayda Anesi		11	Ballarat Gco Swimming Club Inc	45.09			
7	Stella Snibson		14	Ballarat Gold Swimming Club In	45.94			
8	Ingrid Sourivong		11	Ballarat Gold Swimming Club In	48.65			
Heat	4 of 4	Timed Finals						
1	Rae XT Anwyl		11	Bendigo East Swimming Club	41.63			
2	Anna Leighton SB14		25	Ballarat Gold Swimming Club In	39.28			
3	Isla Ho		17	Ballarat Gold Swimming Club In	36.73			
4	Ella Matters		15	Ballarat Swimming Club Inc	35.63			
5	Gemma Bond		17	Warrnambool Swimming Club	35.79			
6	Sophia Beaton		14	Ballarat Gold Swimming Club In	39.01			
7	Estelle Karslake		13	Ballarat Gco Swimming Club Inc	40.27			
8	Leah Ross		17	Ballarat Gold Swimming Club In	42.81			

Event	19	Boys 50 SC Meter Breast						
Lane	Name		Age	Team	Seed Time		Finals	Place
Heat	1 of 5	Timed Finals						
3	Harrison Gull		12	Ballarat Gold Swimming Club In	NTL			
4	Alistair Majetic		10	Lara Swimming Club	1:02.05			
5	Albert Pan		10	Ballarat Gold Swimming Club In	1:05.50			
Heat	2 of 5	Timed Finals						
2	Yuchen Dong		11	Ballarat Gco Swimming Club Inc	59.07			
3	Oliver Rodoni		13	Western Melbourne Propulsion	56.22			
4	Heath McClelland		13	Ballarat Gold Swimming Club In	55.06			
5	Oliver Turnbull		10	Ballarat Swimming Club Inc	55.88			
6	Matthew Hyatt		9	Warrnambool Swimming Club	58.62			
7	Allen Zhou		9	Plc Aquatic Inc (Victoria)	1:01.33			

Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Afternoon Session

Heat	3	Timed Finals...	(Event	19	Boys 50 SC Meter Breast)			
1	Jasper Zhang		11	Laverton Wyndham Aquatics Inc.	54.04			
2	Ted Gladman		10	Ballarat Gold Swimming Club In	52.78			
3	Liam Weissenfeld		14	Ballarat Gold Swimming Club In	48.50			
4	Walter Lay		11	Surrey Park Swimming Club Inc	46.03			
5	Lucas Fitzgerald		11	Warrnambool Swimming Club	46.28			
6	Paterson Norman		11	Lara Swimming Club	48.62			
7	Phoenix Zhang SB15		11	Caulfield Aquatics	53.82			
8	Corey McMillin		11	Ballarat Gold Swimming Club In	54.30			
Heat	4 of 5	Timed Finals						
1	Aaron Zhong		10	Nunawading Swimming Club Inc	42.05			
2	Charlie Tickell		13	Ballarat Gold Swimming Club In	39.22			
3	Max Ravisa		14	Ballarat Gold Swimming Club In	38.66			
4	Jack Stonehouse		16	Warrnambool Swimming Club	35.77			
5	Matthew Andrei Cobreros		17	Melton Swimming Club Inc	36.59			
6	Mason Firth		14	Ballarat Gold Swimming Club In	38.85			
7	Ethan Bruce		14	Ballarat Gold Swimming Club In	40.15			
8	Reuben Greeff		11	Ballarat Swimming Club Inc	42.30			
Heat	5 of 5	Timed Finals						
1	Andreas Ginis		17	Bendigo East Swimming Club	34.80			
2	Jack Lanyon		18	Ballarat Gold Swimming Club In	34.01			
3	Luke Gallagher		17	Ballarat Gco Swimming Club Inc	31.35			
4	Dayne Schnyder		19	Ballarat Gold Swimming Club In	30.04			
5	Austin Robbins		20	Bendigo East Swimming Club	31.13			
6	Spencer Davies		15	Melton Swimming Club Inc	32.09			
7	Miller Stott		16	Ballarat Gold Swimming Club In	34.27			
8	Sebastian Majetic		16	Lara Swimming Club	35.15			
Event	20	Girls 100 SC Meter IM						
Lane	Name		Age	Team	Seed Time		Finals	Place
Heat	1 of 7	Timed Finals						
2	Zarah Hassan		12	Ballarat Gold Swimming Club In	NTL			
3	Matilda Renato		8	Swimland Swim Club	2:22.68			
4	Sasha Shukla		9	Ballarat Gold Swimming Club In	2:01.55			
5	Sally Huynh		9	Swimland Swim Club	2:02.71			
6	Amelia Martin		15	Ballarat Gold Swimming Club In	NTL			
7	Amelia Harmon		7	Swimland Swim Club	NTL			
Heat	2 of 7	Timed Finals						
1	Dara Anthony		9	Bendigo Hawks Aquatic	1:49.18			
2	Estelle Hespe		11	Warrnambool Swimming Club	1:35.62			
3	Summer Davis		10	Warrnambool Swimming Club	1:33.41			
4	Indianna Stonehouse		13	Warrnambool Swimming Club	1:30.73			
5	Ariana Edwards		11	Ballarat Gold Swimming Club In	1:31.48			
6	Leilani Baulch		13	Warrnambool Swimming Club	1:34.07			
7	Bella Leonard		11	Warrnambool Swimming Club	1:41.65			
8	Eleanor Majetic		13	Lara Swimming Club	1:56.49			
Heat	3 of 7	Timed Finals						
1	Matilda Norman		14	Lara Swimming Club	1:29.00			
2	Hannah Ragg		13	Warrnambool Swimming Club	1:28.62			
3	Addison Jane Mari		13	Lara Swimming Club	1:28.25			
4	Ruby Cookson		14	Ballarat Swimming Club Inc	1:27.31			
5	Lottie Ward		14	Warrnambool Swimming Club	1:27.59			
6	Imogen Barr		11	Warrnambool Swimming Club	1:28.43			
7	Essi Myers		12	Warrnambool Swimming Club	1:28.66			
8	Matilda Conheady		12	Warrnambool Swimming Club	1:29.49			

Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Afternoon Session

Heat	4	Timed Finals...	(Event	20	Girls 100 SC Meter IM)			
1	Madeline Smith		14	Ballarat Gco Swimming Club Inc	1:25.68	_____	_____	
2	Penny Rampton		12	Ballarat Swimming Club Inc	1:25.51	_____	_____	
3	Trinity Brundell		11	Ballarat Gco Swimming Club Inc	1:24.84	_____	_____	
4	Aleisha Busuttil		15	Melton Swimming Club Inc	1:23.48	_____	_____	
5	Annabel Myers		14	Ballarat Gold Swimming Club In	1:24.17	_____	_____	
6	Ruby Skene		12	Warrnambool Swimming Club	1:25.22	_____	_____	
7	Arusha Cashmore		13	Warrnambool Swimming Club	1:25.62	_____	_____	
8	Farah Cameron		12	Geelong Swimming Club Incorpor	1:26.31	_____	_____	
Heat	5 of 7	Timed Finals						
1	Holly Preston		15	Ballarat Gco Swimming Club Inc	1:23.29	_____	_____	
2	Eva Robertson		15	Ballarat Gold Swimming Club In	1:22.98	_____	_____	
3	Ruby Burns		15	Geelong Sharks Swimming Club	1:22.12	_____	_____	
4	Stella Snibson		14	Ballarat Gold Swimming Club In	1:21.82	_____	_____	
5	Evie Hayes		12	Geelong Swimming Club Incorpor	1:21.88	_____	_____	
6	Yuxin Hu		13	Geelong Swimming Club Incorpor	1:22.52	_____	_____	
7	Emma Pomeroy		14	Bendigo Hawks Aquatic	1:23.06	_____	_____	
8	Lois Scruby		12	Ballarat Swimming Club Inc	1:23.38	_____	_____	
Heat	6 of 7	Timed Finals						
1	Sarah Howe SM10		20	St Hilda's Aquatics (Qld)	1:19.74	_____	_____	
2	Maeve Timms		13	Geelong Sharks Swimming Club	1:19.12	_____	_____	
3	Miranda Jansz		12	Warrnambool Swimming Club	1:18.08	_____	_____	
4	Ruby Kenwright		13	Warrnambool Swimming Club	1:17.60	_____	_____	
5	Georgie Kennett		10	Ballarat Gold Swimming Club In	1:17.69	_____	_____	
6	Grace Cofield		13	Ballarat Gold Swimming Club In	1:18.72	_____	_____	
7	Liwen Niu		12	Geelong Swimming Club Incorpor	1:19.70	_____	_____	
8	Rae XT Anwyl		11	Bendigo East Swimming Club	1:19.77	_____	_____	
Heat	7 of 7	Timed Finals						
1	Zoe Benson		14	Warrnambool Swimming Club	1:16.56	_____	_____	
2	Georgia Turner		19	Warrnambool Swimming Club	1:13.35	_____	_____	
3	Jade King		18	Warrnambool Swimming Club	1:10.82	_____	_____	
4	Chloe Burke		16	Melton Swimming Club Inc	1:08.40	_____	_____	
5	Layla Mahfouz		19	Melton Swimming Club Inc	1:08.61	_____	_____	
6	Sophia Beaton		14	Ballarat Gold Swimming Club In	1:12.62	_____	_____	
7	Elle Cofield		16	Ballarat Gold Swimming Club In	1:14.14	_____	_____	
8	Sophie Ryan		15	Warrnambool Swimming Club	1:17.35	_____	_____	
Event	21	Boys 100 SC Meter IM						
Lane	Name		Age	Team	Seed Time		Finals	Place
Heat	1 of 6	Timed Finals						
3	Osborn guo		7	Ballarat Swimming Club Inc	NTL	_____	_____	
4	Heath McClelland		13	Ballarat Gold Swimming Club In	NTL	_____	_____	
5	Edward Valentan		12	Ballarat Swimming Club Inc	NTL	_____	_____	
Heat	2 of 6	Timed Finals						
1	Mason Firth		14	Ballarat Gold Swimming Club In	NTL	_____	_____	
2	Lennon Joyce		8	Ballarat Swimming Club Inc	2:13.57	_____	_____	
3	Nelson Cook		9	Warrnambool Swimming Club	1:48.64	_____	_____	
4	Jayden Nguyen		11	Swimland Swim Club	1:44.05	_____	_____	
5	Sebastian Duyvestyn		11	Melton Swimming Club Inc	1:47.59	_____	_____	
6	Alistair Majetic		10	Lara Swimming Club	1:58.05	_____	_____	
7	Noah Harding		16	Geelong Sharks Swimming Club	NTL	_____	_____	
8	Ethan Bruce		14	Ballarat Gold Swimming Club In	NTL	_____	_____	

Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Afternoon Session

Heat	3	Timed Finals...	(Event	21	Boys 100 SC Meter IM)			
1	Lukas Hrebenyuk		11	Timboon Amateur Swimming Club	1:39.92			
2	Isaac Brown		13	Warrnambool Swimming Club	1:38.41			
3	Lenny Chiller		10	Warrnambool Swimming Club	1:37.42			
4	Raymond Wang		13	Ballarat Gold Swimming Club In	1:32.70			
5	Lachlan Mifsud		13	Warrnambool Swimming Club	1:33.16			
6	Menzel Cook		10	Warrnambool Swimming Club	1:37.54			
7	William Lynch		11	Ballarat Gold Swimming Club In	1:39.78			
8	Corey McMillin		11	Ballarat Gold Swimming Club In	1:43.24			
Heat	4 of 6	Timed Finals						
1	Paterson Norman		11	Lara Swimming Club	1:30.60			
2	Ryan Nguyen		12	Swimland Swim Club	1:28.87			
3	Sonny Davis		12	Warrnambool Swimming Club	1:28.77			
4	Eli Kerr SM9		14	Warrnambool Swimming Club	1:25.76			
5	Lucas Fitzgerald		11	Warrnambool Swimming Club	1:28.19			
6	Remy Huynh		12	Swimland Swim Club	1:28.81			
7	Charlie Tickell		13	Ballarat Gold Swimming Club In	1:29.58			
8	Toby Rhook		12	Geelong Sharks Swimming Club	1:32.12			
Heat	5 of 6	Timed Finals						
1	Harrison Chiller		13	Warrnambool Swimming Club	1:24.06			
2	Oliver Rodoni		13	Western Melbourne Propulsion	1:19.93			
3	Thomas Bruce		14	Ballarat Gold Swimming Club In	1:18.58			
4	Cooper Byham		16	Melton Swimming Club Inc	1:11.95			
5	Matthew Andrei Cobreros		17	Melton Swimming Club Inc	1:14.41			
6	Max Ravisa		14	Ballarat Gold Swimming Club In	1:18.66			
7	Bradley Doolan SM18		31	Geelong Swimming Club Incorpor	1:23.70			
8	Johnny Guthrie		13	Mildura Swimming Club Inc.	1:24.54			
Heat	6 of 6	Timed Finals						
1	Beau Turner		17	Warrnambool Swimming Club	1:10.82			
2	Alexander Bell		17	Warrnambool Swimming Club	1:07.37			
3	Joshua Fitzgerald		16	Warrnambool Swimming Club	1:04.30			
4	Austin Robbins		20	Bendigo East Swimming Club	1:01.83			
5	Mitchell Davies		17	Melton Swimming Club Inc	1:03.15			
6	Andreas Ginis		17	Bendigo East Swimming Club	1:05.94			
7	Benjamin Wills SM19		24	Melton Swimming Club Inc	1:07.98			
8	Sebastian Majetic		16	Lara Swimming Club	1:11.39			
Event	22	Mixed 200 SC Meter Fly						
Lane	Name	Age	Team	Seed Time		Finals	Place	
Heat	1 of 1	Timed Finals						
1	Jasper Zhang	M11	Laverton Wyndham Aquatics Inc.	3:53.33				
2	Hayden Wilson	M14	Ballarat Gco Swimming Club Inc	2:40.19				
3	Manar Mahfouz	W22	Melton Swimming Club Inc	2:22.23				
4	Peter Berens	M17	Melton Swimming Club Inc	2:13.11				
5	Miller Stott	M16	Ballarat Gold Swimming Club In	2:14.21				
6	Audreanna David	W14	Melbourne Swimming Club	2:34.68				
7	Remy Huynh	M12	Swimland Swim Club	3:41.69				
8	Jayden Nguyen	M11	Swimland Swim Club	4:07.95				
Event	23	Girls 50 SC Meter Free						
Lane	Name	Age	Team	Seed Time		Finals	Place	
Heat	1 of 6	Timed Finals						
1	Lola Hards	9	Castlemaine Amateur Swimming C	NTL				
2	Amelia Harmon	7	Swimland Swim Club	56.36				
3	Nina Yuan	10	Ballarat Gold Swimming Club In	51.83L				
4	Sasha Shukla	9	Ballarat Gold Swimming Club In	48.93				
5	Aoife Doherty	11	Ballarat Gco Swimming Club Inc	50.40				
6	Matilda Renato	8	Swimland Swim Club	53.01				
7	Margot Denham	12	Ballarat Gold Swimming Club In	NTL				

Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Afternoon Session

Heat	2	Timed Finals...	(Event	23	Girls 50 SC Meter Free)			
1	Indi Morden		9	Shepparton Swimming Club	42.98			
2	Harriet Conheady		10	Warrnambool Swimming Club	40.83			
3	Dara Anthony		9	Bendigo Hawks Aquatic	39.99			
4	Sienna Harmon		10	Swimland Swim Club	39.47			
5	Madelyn Lawson		9	Bendigo Hawks Aquatic	39.73			
6	Isabel Meneses Lopez		11	Ballarat Gold Swimming Club In	40.78			
7	Winter Neil		11	Ballarat Gold Swimming Club In	41.18			
8	Lindi Greeff		9	Ballarat Swimming Club Inc	44.18			
Heat	3 of 6	Timed Finals						
1	Amy Bail S19		11	Warrnambool Swimming Club	38.55			
2	Zoe Braham		10	Ballarat Gold Swimming Club In	37.58			
3	Naomi Faure		14	Western Melbourne Propulsion	37.41			
4	Emily Perazic		30	Ararat Swimming Club Inc	36.46			
5	Summer Davis		10	Warrnambool Swimming Club	37.32			
6	Ingrid Sourivong		11	Ballarat Gold Swimming Club In	37.58			
7	Lily Hills		11	Ballarat Swimming Club Inc	38.20			
8	Ruby-Sue Lawson		11	Bendigo Hawks Aquatic	39.40			
Heat	4 of 6	Timed Finals						
1	Imogen Barr		11	Warrnambool Swimming Club	34.24			
2	Camila Meneses Lopez		12	Ballarat Gold Swimming Club In	33.68			
3	Estelle Karlslake		13	Ballarat Gco Swimming Club Inc	32.61			
4	Amelia Martin		15	Ballarat Gold Swimming Club In	32.90L			
5	Jayda Anesi		11	Ballarat Gco Swimming Club Inc	32.47			
6	Madeline Smith		14	Ballarat Gco Swimming Club Inc	32.97			
7	Samirah Hassan		15	Ballarat Gold Swimming Club In	33.90			
8	Charlotte Norman		10	Surf Coast Swimming Club Inc.	35.98			
Heat	5 of 6	Timed Finals						
1	Stella Snibson		14	Ballarat Gold Swimming Club In	31.32			
2	Anna Leighton S14		25	Ballarat Gold Swimming Club In	31.18			
3	Zoe Berens		15	Melton Swimming Club Inc	30.88			
4	Emma Pomeroy		14	Bendigo Hawks Aquatic	30.70			
5	Ellua Boyd		15	Ballarat Gold Swimming Club In	30.76			
6	Miranda Jansz		12	Warrnambool Swimming Club	30.99			
7	Annabel Myers		14	Ballarat Gold Swimming Club In	31.22			
8	Indianna Stonehouse		13	Warrnambool Swimming Club	31.96			
Heat	6 of 6	Timed Finals						
1	Grace Cofield		13	Ballarat Gold Swimming Club In	30.64			
2	Pippa Barr		15	Warrnambool Swimming Club	30.26			
3	Ruby Kenwright		13	Warrnambool Swimming Club	30.17			
4	Elle Cofield		16	Ballarat Gold Swimming Club In	29.28			
5	Isabella Till		17	Ballarat Gco Swimming Club Inc	29.63			
6	Gemma Bond		17	Warrnambool Swimming Club	30.25			
7	Kiera Butterworth		14	Ballarat Gold Swimming Club In	30.61			
8	Georgia Turner		19	Warrnambool Swimming Club	30.67			
Event	24	Boys 50 SC Meter Free						
Lane	Name		Age	Team	Seed Time		Finals	Place
Heat	1 of 6	Timed Finals						
3	Harrison Gull		12	Ballarat Gold Swimming Club In	NTL			
4	Albert Pan		10	Ballarat Gold Swimming Club In	59.91			
5	Dylan Hrebenyuk		7	Timboon Amateur Swimming Club	1:06.07			

Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Afternoon Session

Heat	2	Timed Finals...	(Event	24	Boys 50 SC Meter Free)			
1	Matthew Hyatt		9	Warrnambool Swimming Club	49.35			
2	Lennon Joyce		8	Ballarat Swimming Club Inc	46.15			
3	Alexander David		10	Western Melbourne Propulsion	42.35			
4	Ted Gladman		10	Ballarat Gold Swimming Club In	42.16			
5	Thomas Turnbull		12	Ballarat Swimming Club Inc	42.26			
6	Osborn guo		7	Ballarat Swimming Club Inc	43.20			
7	Allen Zhou		9	Plc Aquatic Inc (Victoria)	46.64			
8	Alistair Majetic		10	Lara Swimming Club	51.63			
Heat	3 of 6	Timed Finals						
1	Phoenix Zhang S15		11	Caulfield Aquatics	40.51			
2	Barry Song		9	Ballarat Gold Swimming Club In	39.90			
3	Nelson Cook		9	Warrnambool Swimming Club	39.47			
4	Corey McMillin		11	Ballarat Gold Swimming Club In	37.32			
5	Heath McClelland		13	Ballarat Gold Swimming Club In	37.35			
6	William Lynch		11	Ballarat Gold Swimming Club In	39.65			
7	Yuchen Dong		11	Ballarat Gco Swimming Club Inc	40.30			
8	Oliver Turnbull		10	Ballarat Swimming Club Inc	41.93			
Heat	4 of 6	Timed Finals						
1	Lukas Hrebenyuk		11	Timboon Amateur Swimming Club	35.09			
2	Matthew Swanton		13	Ballarat Gold Swimming Club In	34.62			
3	Raymond Wang		13	Ballarat Gold Swimming Club In	33.42			
4	Isaac Brown		13	Warrnambool Swimming Club	32.92			
5	Paterson Norman		11	Lara Swimming Club	33.18			
6	Ryan Nguyen		12	Swimland Swim Club	34.27			
7	Liam Weissenfeld		14	Ballarat Gold Swimming Club In	34.69			
8	Menzel Cook		10	Warrnambool Swimming Club	37.31			
Heat	5 of 6	Timed Finals						
1	Harrison Chiller		13	Warrnambool Swimming Club	31.94			
2	Max Ravisa		14	Ballarat Gold Swimming Club In	31.82			
3	Charlie Tickell		13	Ballarat Gold Swimming Club In	30.22			
4	Sebastian Majetic		16	Lara Swimming Club	28.43			
5	Logan Brundell		12	Ballarat Gco Swimming Club Inc	29.68			
6	Filip Golubovic		14	Melton Swimming Club Inc	30.38			
7	Oliver Rodoni		13	Western Melbourne Propulsion	31.90			
8	Jock Liberts		15	Geelong Sharks Swimming Club	32.87			
Heat	6 of 6	Timed Finals						
1	Daniel Wilkie		14	Geelong Swimming Club Incorpor	27.26			
2	Jack Stonehouse		16	Warrnambool Swimming Club	26.78			
3	Noah Harding		16	Geelong Sharks Swimming Club	26.34			
4	Jack Lanyon		18	Ballarat Gold Swimming Club In	25.37			
5	Zavier Aberline		15	Warrnambool Swimming Club	25.71			
6	Chase Briggs		17	Ballarat Gold Swimming Club In	26.67			
7	Sebastian Smith		19	Ballarat Gold Swimming Club In	26.79			
8	Mason Firth		14	Ballarat Gold Swimming Club In	27.90			
Event	25	Mixed 200 SC Meter Breast						
Lane	Name	Age	Team	Seed Time		Finals	Place	
Heat	1 of 3	Timed Finals						
3	Lois Scruby	W12	Ballarat Swimming Club Inc	NTL				
4	Indianna Stonehouse	W13	Warrnambool Swimming Club	NTL				
5	Andriel Chan	M12	Surrey Park Swimming Club Inc	NTL				

Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Meet Program - Afternoon Session

Heat	2	Timed Finals...	(Event	25	Mixed 200 SC Meter Breast)			
1	Bella Leonard		W11	Warrnambool Swimming Club	3:44.24			
2	Daniel Grbac		M14	Swimland Swim Club	3:30.77			
3	Imogen Barr		W11	Warrnambool Swimming Club	3:30.25			
4	Noah Berens		M13	Melton Swimming Club Inc	3:22.29L			
5	Matthew Andrei Cobrerros		M17	Melton Swimming Club Inc	3:24.84L			
6	Ryan Nguyen		M12	Swimland Swim Club	3:30.73			
7	Reuben Greeff		M11	Ballarat Swimming Club Inc	3:35.69			
Heat	3 of 3	Timed Finals						
1	Jayden Lim		M13	Ballarat Gold Swimming Club In	3:06.31			
2	Claire Mathison		W16	Ballarat Gold Swimming Club In	2:59.43			
3	Spencer Davies		M15	Melton Swimming Club Inc	2:32.69			
4	Mitchell Davies		M17	Melton Swimming Club Inc	2:19.77			
5	Dayne Schnyder		M19	Ballarat Gold Swimming Club In	2:27.10			
6	Chloe Burke		W16	Melton Swimming Club Inc	2:48.63			
7	Sebastian Majetic		M16	Lara Swimming Club	3:00.60			
8	Jone Greeff		W13	Ballarat Swimming Club Inc	3:06.51			
Event	26	Girls 100 SC Meter Fly						
Lane	Name		Age	Team	Seed Time		Finals	Place
Heat	1 of 2	Timed Finals						
1	Estelle Hespe		11	Warrnambool Swimming Club	NTL			
2	Lisa Bail S19		16	Warrnambool Swimming Club	1:41.90L			
3	Amelia Martin		15	Ballarat Gold Swimming Club In	1:26.83L			
4	Stella Snibson		14	Ballarat Gold Swimming Club In	1:24.40			
5	Julia de Lima		14	Geelong Swimming Club Incorpor	1:24.50			
6	Addison Jane Mari		13	Lara Swimming Club	1:35.87			
7	Junqing Cao		12	Ballarat Gold Swimming Club In	NTL			
8	Sally Huynh		9	Swimland Swim Club	NTL			
Heat	2 of 2	Timed Finals						
1	Matilda Norman		14	Lara Swimming Club	1:22.82			
2	Liwen Niu		12	Geelong Swimming Club Incorpor	1:20.36			
3	Zoe Berens		15	Melton Swimming Club Inc	1:12.53			
4	Isla Ho		17	Ballarat Gold Swimming Club In	1:04.61			
5	Sophia Beaton		14	Ballarat Gold Swimming Club In	1:10.88			
6	Amelia Wilson		13	Ballarat Gco Swimming Club Inc	1:19.49			
7	Gemma Bond		17	Warrnambool Swimming Club	1:21.99			
8	Pippa Barr		15	Warrnambool Swimming Club	1:23.11			
Event	27	Boys 100 SC Meter Fly						
Lane	Name		Age	Team	Seed Time		Finals	Place
Heat	1 of 2	Timed Finals						
2	Jayden Nguyen		11	Swimland Swim Club	1:52.75			
3	Eli Kerr S9		14	Warrnambool Swimming Club	1:32.18			
4	Remy Huynh		12	Swimland Swim Club	1:29.16			
5	Daniel Hyatt		12	Warrnambool Swimming Club	1:29.48			
6	Johnny Guthrie		13	Mildura Swimming Club Inc.	1:37.04			
Heat	2 of 2	Timed Finals						
1	Jacob Liu		11	Surrey Park Swimming Club Inc	1:15.38			
2	Noah Harding		16	Geelong Sharks Swimming Club	1:11.34			
3	Alexander Bell		17	Warrnambool Swimming Club	1:09.56			
4	Joshua Fitzgerald		16	Warrnambool Swimming Club	1:02.64			
5	Zavier Aberline		15	Warrnambool Swimming Club	1:03.37			
6	Oliver Kallio		15	Ballarat Gold Swimming Club In	1:09.60			
7	Cooper Byham		16	Melton Swimming Club Inc	1:12.05			
8	Aaron Zhong		10	Nunawading Swimming Club Inc	1:17.17			



BALLARAT GOLD
SWIMMING CLUB

MENU

Sausage in bread +/- onion \$3.50

Soup \$4

Soft drink \$2.50

Water \$2.50

Fruit box \$2.50

RAFFLE TICKETS

\$2 each or 3 for \$5



Thank you for supporting Ballarat Gold



Ballarat Gold Winter SC & Distance Meet - 29/06/2025
Session Report

Distance Events

Starts at 03:00 PM

Heat Interval: 35 Seconds / Back +30 Seconds

Event	Starts at
28 Mixed 800 Free	03:00 PM
29 Mixed 1500 Free & 1500 Breast	03:13 PM
Swimmers Counts for Warm-ups: 13	
Finish Time	03:39 PM

Session and break times are a guide and are subject to change. Please keep an eye on the Marshalling board and listen for announcements.

800/1500m Event Check-in at the Meet

800/1500m competitors should confirm their intention to swim in Session 3 with staff at the Marshalling Area **PRIOR** to the conclusion of **Session 1**. These events may be reseeded if required.



PHYSIOTHERAPY



Scan to book
appointment

**Did you know: Through Swimming
Victoria sports insurance, you can access up to
\$5,000 for injury rehabilitation costs?**



Ballarat Gold Winter SC & Distance Meet - 29/06/2025

Meet Program – Session 3: Distance Events

Event	28	Mixed 800 SC Meter Free						
Lane	Name	Age	Team	Seed Time		Finals	Place	
Heat	1 of 1	Timed Finals						
2	Georgie Kennett	W10	Ballarat Gold Swimming Club In	11:41.48L		_____	_____	
3	Sophie Frawley	W15	Surrey Park Swimming Club Inc	10:50.04		_____	_____	
4	Ben Hynam	M15	Geelong Sharks Swimming Club	9:29.30L		_____	_____	
5	Benjamin Wills S19	M24	Melton Swimming Club Inc	9:53.89		_____	_____	
6	Jayden Lim	M13	Ballarat Gold Swimming Club In	11:19.68		_____	_____	
7	Camila Meneses Lopez	W12	Ballarat Gold Swimming Club In	12:25.56L		_____	_____	
Event	29	Mixed 1500 SC Meter Free & Mixed 1500 SC Meter Breast						
Lane	Name	Age	Team	Seed Time		Finals	Place	
Heat	1 of 1	Timed Finals						
Breast 1	Cameron Dole	M57	Ballarat Gco Swimming Club Inc	25:16.68		_____	_____	
Free 3	Chase Briggs	M17	Ballarat Gold Swimming Club In	21:32.32		_____	_____	
Free 4	Piper Hall	W14	Ivanhoe Aqua Power Swimming Cl	19:52.81		_____	_____	
Free 5	Tom Urquhart	M17	Ballarat Swimming Club Inc	16:38.61		_____	_____	
Free 6	Leah Betson	W15	Northcote Swim Club	19:50.66		_____	_____	
Free 7	Bryce Scott	M13	Ballarat Swimming Club Inc	20:24.39		_____	_____	
Free 8	Jayda Anesi	W11	Ballarat Gco Swimming Club Inc	25:18.36L		_____	_____	



PERFORMANCE TESTING

Give us a call to book in for your performance assessment and mention this ad to get a discounted rate.

You'll leave with a testing report outlining your strengths, weaknesses, and what you need to do improve.

2025/26 VICTORIAN COUNTRY SHORT COURSE CHAMPIONSHIPS

9 – 10 AUGUST 2025

QUALIFYING TIMES



Qualifying Period: Times must have been achieved from 10th August 2024 until entry closing date.

Unconverted Long Course times accepted.

[Qualifying Times Policy & Procedures](#)

Men

Distance	Open	18 Years & Over	16-17 Years	14-15 Years	12-13 Years	11 Years & Under
FREESTYLE						
50m		27.50				37.87
100m		1:00.29	1:00.21	1:02.32	1:13.00	1:24.42
200m		2:12.06	2:13.26	2:24.80	2:36.96	
400m	4:43.23					
BACKSTROKE						
50m		36.39				45.94
100m			1:11.12	1:15.41	1:24.74	
200m	2:32.12					
BREASTSTROKE						
50m		39.86				49.80
100m			1:19.49	1:25.44	1:32.83	
200m	2:45.06					
BUTTERFLY						
50m		33.67				46.05
100m			1:10.82	1:15.29	1:24.50	
200m	2:32.56					
INDIVIDUAL MEDLEY						
100m		1:11.24	1:12.82	1:11.22	1:27.04	1:34.30
200m	2:29.37					
400m	5:21.76					

RELAY				
MIXED		13 & Under	14 & Over	Open Para & Able Bodied
4x50m	Freestyle Relay	2:15.00	2:05.00	No qualifying time
4x50m	Medley Relay	2:40.00	2:20.00	No qualifying time

2025/26 VICTORIAN COUNTRY SHORT COURSE CHAMPIONSHIPS

9 – 10 AUGUST 2025

QUALIFYING TIMES



Qualifying Period: Times must have been achieved from 10th August 2024 until entry closing date.

Unconverted Long Course times accepted.

[Qualifying Times Policy & Procedures](#)

Women

Distance	Open	18 Years & Over	16-17 Years	14-15 Years	12-13 Years	11 Years & Under
FREESTYLE						
50m		31.31				36.55
100m		1:07.39	1:07.85	1:08.58	1:15.46	1:24.47
200m		2:25.70	2:26.43	2:28.30	2:39.06	
400m	5:11.09					
BACKSTROKE						
50m		40.50				43.60
100m			1:21.20	1:22.76	1:21.90	
200m	2:42.42					
BREASTSTROKE						
50m		45.06				50.65
100m			1:29.51	1:30.91	1:34.97	
200m	3:06.73					
BUTTERFLY						
50m		37.66				43.89
100m			1:21.56	1:22.95	1:25.68	
200m	2:47.64					
INDIVIDUAL MEDLEY						
100m		1:20.17	1:19.87	1:20.62	1:21.83	1:31.81
200m	2:44.89					
400m	5:52.03					

RELAY				
MIXED		13 & Under	14 & Over	Open Para & Able Bodied
4x50m	Freestyle Relay	2:15.00	2:05.00	No qualifying time
4x50m	Medley Relay	2:40.00	2:20.00	No qualifying time

Swimming Victoria - Short Course State Championship Qualifying Times 2025-26

Girls 12-14 Years

	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50m Free	52.71	54.18	1.03.36	52.53	48.58	51.85	50.95	49.95	56.73	51.23	53.07	57.23	1.00.55	1.13.72	1.20.55	1.27.77	1.41.86	2.12.84	2.08.40
100m Free	1.55.52	2.04.33	2.18.84	1.58.66	1.45.58	1.48.90	1.48.86	1.50.29	2.05.59	1.54.59	1.59.31	2.03.46	2.09.03	2.45.29	2.55.82	3.11.21	3.36.07	5.34.54	4.41.78
200m Free	4.13.87	4.30.02	5.05.12	5.20.89	4.00.10	3.52.83	4.01.90	4.04.99	4.32.26	3.55.41	4.17.98	4.23.81	4.41.20	5.44.62	6.01.32	6.53.67	7.26.03	11.46.19	11.57.00
50m Back	58.85	1.08.89	1.10.73	1.03.93	55.28	59.04	57.08	1.01.36	1.08.56	57.38	1.00.87	1.07.55	1.07.83	1.25.25	1.31.87	1.53.97	1.48.99	2.38.57	2.40.25
100m Back	2.06.19	2.25.10	2.31.66	2.19.63	1.57.74	2.03.61	1.59.68	2.03.80	2.25.33	2.07.12	2.06.8	2.24.17	2.21.10	2.59.94	3.17.71	3.52.61	3.49.02	5.33.33	5.32.88
50m Breast	1.05.66	1.12.82	1.18.91	1.06.67	1.01.43	1.08.19	1.06.32	1.03.24	1.12.50		1.02.64	1.07.85	1.17.82	1.34.55	1.33.47	1.43.61	2.05.98	2.52.53	3.17.17
100m Breast	2.23.36	2.54.23	2.52.30	2.29.74	2.14.68	2.20.57	2.21.95	2.16.64	2.40.03		2.13.10	2.22.17	2.43.46	3.24.46	2.25.32	3.44.69	4.43.35	6.41.48	7.29.52
50m Fly	56.05	1.02.31	1.07.36	57.83	54.37	59.08	55.39	55.6	1.01.94	53.49	54.02	1.03.22	1.05.19	1.18.49	1.50.09	1.51.60	2.20.68	2.19.12	2.00.41
100m Fly	2.05.54	2.23.51	2.30.89	2.09.26	2.00.92	2.03.80	2.00.30	2.02.52	2.24.49	1.58.82	2.06.49	2.15.96	2.32.30	3.06.01	3.55.52				
100m IM	2.09.91	2.31.29	2.36.14	2.19.03	2.03.31	2.14.4	2.07.76	2.09.54	2.28.16	2.02.35	2.15.19	2.16.02	2.36.34	3.07.46	3.23.31	4.10.91	4.53.09	7.20.26	4.53.09
150m IM																5.57.05	8.02.27	13.35.09	19.49.78
200m IM	4.40.15	5.20.56	5.36.70	5.15.04	4.33.03	4.29.31	4.35.84	4.41.58	5.03.09	4.26.22	4.39.54	4.53.28	5.25.73	6.34.09	7.15.93	10.37.04	10.31.72		

Girls 15-18 Years

	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50m Free	46.05	49.23	58.81	47.72	44.13	47.11	46.29	45.38	51.54	46.55	48.22	52.00	55.01	1.04.4	1.10.37	1.16.68	1.28.98	2.00.69	1.56.66
100m Free	1.40.92	1.52.96	2.08.89	1.47.81	1.35.93	1.38.94	1.38.91	1.40.20	1.11.51	1.41.74	1.45.93	1.52.17	1.57.24	2.24.39	2.33.6	2.47.03	3.08.75	5.03.95	4.56.01
200m Free	3.41.78	4.05.33	4.43.25	4.51.54	3.38.14	3.31.54	3.39.78	3.42.59	4.07.37	3.33.88	3.54.39	3.59.69	4.15.49	5.01.06	5.15.64	6.01.38	6.29.65	10.41.61	10.51.44
50m Back	51.41	1.02.59	1.05.66	58.08	50.22	53.64	51.86	55.75	1.02.29	52.14	55.3	1.01.37	1.01.63	1.14.47	1.20.25	1.39.56	1.35.21	2.24.07	2.25.60
100m Back	1.50.24	2.11.83	2.20.79	2.06.86	1.46.98	1.52.31	1.48.74	1.52.48	2.12.04	1.55.49	1.55.2	2.10.98	2.08.2	2.37.19	2.52.72	3.23.21	3.20.06	5.02.85	5.02.44
50m Breast	57.36	1.06.16	1.13.26	1.00.57	55.81	1.01.95	1.00.26	57.46	1.05.87		56.91	1.01.64	1.10.71	1.22.87	1.21.93	1.30.81	1.50.42	2.36.76	2.59.14
100m Breast	2.05.24	2.29.21	2.39.95	2.16.05	2.02.37	2.07.72	2.08.97	2.04.14	2.25.4		2.00.93	2.09.17	2.28.51	2.58.61	2.59.36	3.16.28	4.07.53	6.04.77	6.48.42
50m Fly	48.96	56.61	1.02.53	52.54	49.4	53.68	50.32	50.51	56.28	48.60	49.08	57.44	59.23	1.08.56	1.06.17	1.37.49	2.20.36	2.06.40	109.4
100m Fly	1.49.67	2.10.39	2.20.07	1.57.44	1.49.87	1.52.48	1.49.3	1.51.32	2.11.27	1.47.95	1.54.93	2.03.53	2.18.37	2.42.5	3.25.75				
100m IM	1.53.49	2.17.46	2.24.95	2.06.32	1.52.04	2.02.11	1.56.07	1.57.70	2.14.61	1.51.17	2.02.83	2.03.58	2.22.05	2.43.76	2.57.61	3.39.19	4.16.04	6.24.6	4.16.04
150m IM																5.11.92	7.01.3	10.46.93	15.44.33
200m IM	4.04.73	4.51.25	5.12.57	4.46.23	4.28.07	4.04.68	4.10.61	4.55.83	4.35.37	4.01.88	4.13.98	4.26.47	4.55.95	5.44.27	6.20.82	9.16.51	9.11.86		

Boys 12-14 Years

	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50m Free	46.35	48.22	55.70	46.16	43.51	46.28	44.00	44.91	51.55	42.23	45.88	49.10	51.34	1.03.84	1.07.89	1.20.79	1.47.16	2.23.20	3.03.04
100m Free	1.43.08	1.47.62	2.03.89	1.41.01	1.35.38	1.36.51	1.38.04	1.37.85	1.54.15	1.31.66	1.39.32	1.47.67	1.53.19	2.17.73	2.25.51	2.58.77	3.41.54	5.27.59	9.25.14
200m Free	3.48.44	3.57.52	4.34.56	3.56.75	3.26.16	3.31.71	3.38.25	3.52.02	4.16.21	3.32.35	3.37.89	3.57.31	4.17.73	4.55.05	5.22.84	6.25.82	8.30.45	11.17.54	11.49.53
50m Back	51.08	57.53	1.01.39	52.9	47.71	54.03	49.86	49.95	1.03.46	50.76	52.02	57.72	1.03.48	1.17.09	1.15.53	1.33.46	1.44.47	2.36.79	2.57.35
100m Back	1.51.11	2.01.10	2.13.54	2.14.29	1.44.00	1.50.27	1.47.11	1.47.69	2.17.15	1.47.82	1.49.03	1.58.91	2.07.96	2.40.55	2.39.64	3.56.04	3.48.28	5.23.75	6.13.07
50m Breast	58.05	1.01.65	1.09.77	55.66	52.15	55.95	56.8	57.67	1.05.19		54.75	59.08	1.04.84	1.21.11	1.30.14	1.35.18	1.43.95	2.23.96	3.48.42
100m Breast	2.07.22	2.17.34	2.32.91	2.13.9	1.53.07	1.55.31	1.53.41	2.07.47	2.21.76		1.59.68	2.08.08	2.20.36	2.55.05	3.10.93	3.17.11	3.51.69	5.28.68	8.34.68
50m Fly	50.00	52.18	1.00.10	50.63	47.28	51.15	46.3	47.15	57.69	48.01	50.08	51.74	59.66	1.07.61	1.13.29	1.32.92	2.01.01	3.10.65	4.40.14
100m Fly	1.49.84	1.59.10	2.12.02	1.55.59	1.43.25	1.43.97	1.45.02	1.49.71	2.06.14	1.42.18	1.49.72	1.52.75	2.16.68	2.35.46	3.41.76				
100m IM	1.53.29	2.06.29	2.16.16	2.05.92	1.45.41	1.58.91	1.50.63	1.51.85	2.10.58	1.48.56	1.51.17	2.01.69	2.14.23	2.40.87	2.50.18	3.26.24	4.05.94	11.34.20	11.34.20
150m IM																5.33.08	6.17.26	12.15.44	15.56.72
200m IM	4.12.03	4.29.88	5.02.91	4.37.00	3.43.29	4.03.69	3.59.85	4.05.86	4.51.83	3.53.47	4.04.09	4.18.15	4.46.87	5.43.14	5.57.51	7.36.89	9.55.18		

Boys 15-18 Years

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

2025/26 VICTORIAN AGE SHORT COURSE CHAMPIONSHIPS

12 - 14 SEPTEMBER 2025

QUALIFYING TIMES



Qualifying Period: Times must have been achieved from 6th September 2024 until entry closing date.

Unconverted Long Course times accepted.

BOYS

Distance	17-18 Years	16 Years	15 Years	14 Years	13 Years	12 Years
FREESTYLE						
50m	25.96	26.24	26.83	28.14	30.14	31.42
100m	55.84	57.17	58.19	1:00.39	1:04.25	1:08.03
200m	2:04.62	2:06.66	2:07.90	2:12.80	2:18.52	2:28.64
400m	4:23.94	4:29.83	4:35.41	4:45.63	5:02.48	5:16.35
800m	9:09.70	9:07.63	9:22.23	9:36.78	10:23.38	11:09.06
1500m	17:24.68	17:39.68	18:32.27	18:56.18	19:12.39	20:58.18
BACKSTROKE						
50m						
100m	1:06.73	1:06.45	1:08.21	1:12.42	1:17.50	1:21.24
200m	2:24.04	2:28.31	2:27.75	2:36.91	2:42.75	2:52.26
BREASTSTROKE						
50m						
100m	1:12.66	1:15.12	1:16.12	1:19.85	1:23.12	1:35.77
200m	2:38.70	2:42.83	2:47.22	2:52.46	3:04.38	3:15.82
BUTTERFLY						
50m						
100m	1:01.32	1:05.90	1:06.13	1:11.32	1:12.53	1:18.02
200m	2:25.53	2:26.71	2:28.19	2:35.21	2:45.38	2:55.96
INDIVIDUAL MEDLEY						
100m	1:04.80	1:05.43	1:06.91	1:09.77	1:16.49	1:20.71
200m	2:24.81	2:27.09	2:26.02	2:32.01	2:38.08	2:51.95
400m	4:57.89	5:09.60	5:28.55	5:36.17	5:43.55	5:57.43

RELAYS	12-14 Years	12-16 Years	12-18 Years	12-18 Years Para & Able Bodied
4 x 50m Freestyle	2:12.00	2:03.00	1:53.00	No qualifying time
4 x 50m Medley	2:37.00	2:27.00	2:20.00	No qualifying time
4 x 50m Freestyle MIXED	2:15.00	2:10.00	2:05.00	

2025/26 VICTORIAN AGE SHORT COURSE CHAMPIONSHIPS

12 - 14 SEPTEMBER 2025

QUALIFYING TIMES



Qualifying Period: Times must have been achieved from 6th September 2024 until entry closing date.

Unconverted Long Course times accepted.

GIRLS

Distance	17-18 Years	16 Years	15 Years	14 Years	13 Years	12 Years
FREESTYLE						
50m	28.72	29.10	29.45	29.81	30.13	31.48
100m	1:02.58	1:03.18	1:03.88	1:04.69	1:05.45	1:08.97
200m	2:14.14	2:16.51	2:18.46	2:20.17	2:22.57	2:30.47
400m	4:45.95	4:49.23	4:54.78	5:00.74	5:06.41	5:21.40
800m	9:55.75	10:01.00	10:07.22	10:30.59	10:53.45	11:12.44
1500m	18:58.54	19:00.54	19:10.54	20:20.57	20:59.62	22:36.22
BACKSTROKE						
50m						
100m	1:11.77	1:12.53	1:13.17	1:14.36	1:16.08	1:20.49
200m	2:36.15	2:37.95	2:40.70	2:43.60	2:46.57	2:51.69
BREASTSTROKE						
50m						
100m	1:22.20	1:23.91	1:25.31	1:26.33	1:27.90	1:33.13
200m	2:56.95	2:59.20	3:01.43	3:05.58	3:07.86	3:13.62
BUTTERFLY						
50m						
100m	1:10.25	1:12.91	1:13.94	1:14.47	1:16.59	1:17.63
200m	2:33.97	2:36.07	2:39.29	2:44.56	2:48.10	2:55.90
INDIVIDUAL MEDLEY						
100m	1:14.76	1:15.70	1:14.62	1:15.21	1:16.05	1:19.27
200m	2:36.35	2:38.85	2:41.94	2:42.23	2:42.56	2:51.21
400m	5:34.25	5:39.12	5:41.86	5:48.55	5:57.77	6:09.90

RELAYS	12-14 Years	12-16 Years	12-18 Years	12-18 Years Para & Able Bodied
4 x 50m Freestyle	2:10.00	2:06.00	2:03.00	No qualifying time
4 x 50m Medley	2:37.00	2:27.00	2:20.00	No qualifying time
4 x 50m Freestyle MIXED	2:15.00	2:10.00	2:05.00	

2025-26 VICTORIAN OPEN SHORT COURSE CHAMPIONSHIPS

23 – 24 AUGUST 2025

QUALIFYING TIMES



Qualifying Period: Times must have been achieved from 17th August 2024 until entry closing date.

Unconverted Long Course times accepted.

[Qualifying Times Policy & Procedures](#)

MEN	
Distance	OPEN
FREESTYLE	
50m	25.23
100m	55.06
200m	2:00.13
400m	4:20.98
800m	8:57.17
1500m	17:12.37
BACKSTROKE	
50m	31.37
100m	1:02.25
200m	2:18.08
BREASTSTROKE	
50m	33.20
100m	1:11.26
200m	2:31.34
BUTTERFLY	
50m	29.04
100m	1:02.26
200m	2:23.71
INDIVIDUAL MEDLEY	
100m	1:04.24
200m	2:20.42
400m	4:51.06

WOMEN	
Distance	OPEN
FREESTYLE	
50m	28.44
100m	1:01.31
200m	2:12.91
400m	4:45.09
800m	9:49.27
1500m	18:50.67
BACKSTROKE	
50m	34.13
100m	1:11.13
200m	2:29.17
BREASTSTROKE	
50m	37.68
100m	1:18.48
200m	2:52.95
BUTTERFLY	
50m	31.65
100m	1:08.85
200m	2:29.18
INDIVIDUAL MEDLEY	
100m	1:11.10
200m	2:34.29
400m	5:30.22

RELAYS	Men	Women	Mixed	Para & Able Bodied
4 x 50m Freestyle			2:02.50	No qualifying time
4 x 100m Freestyle	4:01.50	4:26.80		
4 x 50m Medley			2:13.00	No qualifying time
4 x 100m Medley	4:26.80	5:04.80		

Swimming Victoria - Short Course State Championship Qualifying Times 2025-26

	Women Open																		
	S19	S18	S17	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50m Free	40.74	45.7	55.35	44.3	40.97	43.73	42.97	42.13	47.84	43.21	44.76	48.27	51.07	58.52	1.03.94	1.09.66	1.20.85	1.45.43	1.41.91
100m Free	1.29.28	1.44.87	2.01.29	1.40.08	1.29.05	1.31.85	1.31.82	1.33.02	1.43.51	1.34.45	1.38.34	1.44.13	1.48.83	2.11.19	2.19.55	2.31.76	2.51.49	4.25.52	3.43.65
200m Free	3.16.19	3.47.75	4.26.55	4.30.65	3.22.50	3.16.38	3.24.03	3.26.63	3.49.63	3.18.55	3.37.59	3.42.51	3.57.17	4.33.53	4.46.78	5.28.33	5.54.02	9.20.5	9.29.08
50m Back	45.48	58.1	1.01.79	53.92	46.62	49.80	48.15	51.75	57.83	48.4	51.34	56.97	57.21	1.07.66	1.12.91	1.30.46	1.26.51	125.85	127.19
100m Back	1.37.52	2.02.38	2.12.49	1.57.76	1.39.31	1.44.26	1.40.94	1.44.42	2.02.58	1.47.21	1.46.94	2.01.59	1.59.01	2.22.82	2.36.92	3.04.63	3.01.77	4.24.56	4.24.21
50m Breast	50.74	1.01.42	1.08.94	56.23	51.81	57.51	55.94	53.34	1.01.15		52.83	57.23	1.05.64	1.15.29	1.14.44	1.22.51	1.40.32	2.16.94	2.36.49
100m Breast	1.50.79	2.18.52	2.30.52	2.06.29	1.53.59	1.58.56	1.59.72	1.55.25	2.14.98		1.52.26	1.59.91	2.17.87	2.42.28	2.42.96	2.58.33	3.44.9	5.18.65	5.56.78
50m Fly	47.27	52.55	58.85	48.77	45.86	49.83	46.72	46.89	52.24	45.11	45.56	53.32	54.99	1.02.29	1.27.38	1.28.58	2.07.53	1.50.42	95.57
100m Fly	1.37.02	2.01.04	2.11.81	1.49.02	1.41.99	1.44.42	1.41.47	1.43.34	2.01.86	1.40.21	1.46.69	1.54.67	2.08.45	2.27.64	3.06.93				
100m IM	1.40.40	2.07.60	2.16.40	1.57.26	1.44.01	1.53.36	1.47.75	1.49.26	2.04.96	1.43.20	1.54.02	1.54.72	2.11.87	2.28.79	2.41.37	3.19.14	3.52.63	5.49.43	3.52.63
150m IM																4.43.39	6.22.78	9.25.15	13.44.95
200m IM	3.36.5	4.30.37	4.54.14	4.25.72	3.50.28	3.47.14	3.52.65	3.57.49	4.15.64	3.44.54	3.55.78	4.07.36	4.34.73	5.12.79	5.46.00	8.25.62	8.21.4		

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



2025 AUSTRALIAN SHORT COURSE CHAMPIONSHIPS

MELBOURNE SPORTS & AQUATIC CENTRE, VIC

01-03 OCTOBER, 2025

QUALIFYING TIMES

MEN	FREESTYLE	WOMEN
23.78	50m Freestyle	26.85
51.71	100m Freestyle	57.80
1:53.26	200m Freestyle	2:04.96
4:02.91	400m Freestyle	4:25.26
8:28.21	800m Freestyle	9:06.26
16:15.33	1500m Freestyle	17:31.33
BACKSTROKE		
27.57	50m Backstroke	30.68
58.97	100m Backstroke	1:05.46
2:08.85	200m Backstroke	2:21.89
BREASTSTROKE		
30.20	50m Breaststroke	34.14
1:06.05	100m Breaststroke	1:14.07
2:25.81	200m Breaststroke	2:40.25
BUTTERFLY		
25.51	50m Butterfly	28.53
56.12	100m Butterfly	1:03.22
2:08.32	200m Butterfly	2:22.81
INDIVIDUAL MEDLEY		
1:00.01	100m Individual Medley	1:07.56
2:10.38	200m Individual Medley	2:23.11
4:40.63	400m Individual Medley	5:03.53
RELAYS		
3:42.00	4 x 100m Freestyle	4:00.00
8:00.00	4 x 200m Freestyle	8:40.00
4:04.00	4 x 100m Medley	4:28.00
MIXED RELAYS		
Mixed 4 x 50m Freestyle Relay		1:42.00
Mixed 4x50m Medley Relay		2:00.00

Qualifying time must be achieved since 1st January 2024.

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

Minimum age for swimmers is 13 years for girls and 14 years for boys, as at 1st October 2025.

Entries close 09:00am AEST Monday 15th September 2025 - times achieved after the closing date will not be accepted under any circumstances.



RADCENTRE is a performance facility that brings everything an athlete needs together.

WANT TO PERFORM BETTER?

Work with our strength and conditioning coaches to allow you to push off the wall faster, pull harder with each stroke, and have the efficiency and tank to swim out a race - all this while becoming more resilient to those niggling injuries. We're not just guessing either, we'll use data to show you that you're getting better.

ARE YOU INJURED?

Our Physios are different. We won't just tell you to rest and check in every couple of weeks for a massage, we'll get you on the gym floor strengthening your injuries and bridging the gap to what you need to do in the pool.

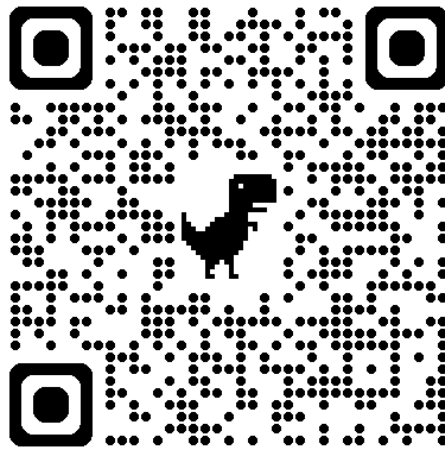
NEED FUELLING ADVICE?

Michelle, our sports dietitian can help you map out a plan for before, during, and after race days and training to help you recover properly.

AFTER A LITTLE TUNE UP?

Jane, our Myotherapist can help with cupping, dry needling and hands on therapy.

Results on Meet Mobile
[Or view pdf Results here:](#)



Thank You.

We hope that you enjoyed
swimming with us.

Looking forward to seeing you
again at our
2025 Ballarat Gold
All Abilities LC Meet on
Sunday 19th October 2025