



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	10:08 AM
3 Girls 50 Back	10:24 AM
4 Boys 50 Back	10:35 AM
5 Girls 100 Free	10:43 AM
6 Boys 100 Free	10:57 AM
7 Mixed 200 Back	11:09 AM
8 Girls 50 Fly	11:18 AM
9 Boys 50 Fly	11:25 AM
10 Girls 100 Breast	11:31 AM
11 Boys 100 Breast	11:45 AM
12 Girls 200 IM	11:54 AM
13 Boys 200 IM	12:01 PM
Swimmers Counts for Warm-ups: 185	
Entry / Heat Totals:	
Finish Time	12:13 PM

Afternoon Session

Starts at 12:45 PM

Heat Interval: 35 Seconds / Back +40 Seconds

Event	
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	
Entry / Heat Totals:	
Finish Time	02:49 PM

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	03:13 PM
Swimmers Counts for Warm-ups: 13	
Entry / Heat Totals:	
Finish Time	03:39 PM