



BALLARAT GOLD SWIMMING CLUB

Presents

2025 Ballarat Gold Long Course Meet

A proposed long course qualifying meet.

Offering a 'Last Chance' to Qualify for the Victorian Sprint Championships

Sunday 16th November 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 50m competition pool

Program of events

Event #		SESSION 1	Event #		SESSION 2
Female	Male	Event	Female	Male	Event
1		Mixed Open 400m IM*	14	15	Open 200m Freestyle
2		Mixed Open 400m Freestyle*	16	17	Open 100m Butterfly
3	4	Open 50m Breaststroke	18	19	Open 50m Backstroke
5	6	Open 100m Backstroke	20		Mixed Open 200m Breaststroke
7		Mixed Open 200m Butterfly	21	22	Open 100m Freestyle
8	9	Open 50m Freestyle	23	24	Open 50m Butterfly
10	11	Open 100m Breaststroke	25	26	Open 200m IM
12		Mixed Open 200m Backstroke	27		Mixed Open 4x50m Freestyle Relay
13		Mixed Open 4x50m Medley Relay	'Last Chance' Sprint Events^		
BREAK					

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

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



Conditions of Entry

Entries:

Meet open to SAL registered swimmers only.

Age of competitors is as at date of meet.

ONLINE entries via Swim Central.

\$15 inc GST per event

Closing date Sunday 9th November 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.

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

Meet:

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

One start rule applies.

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

The Referees decisions will be final.

Backstroke ledges will be available for use at this Meet.

All events are timed finals with points awarded to the top 8 swimmers in the following categories:

9&U, 10/11, 12/13, 14/15, 16/17, 18&O for both male and female swimmers. Medals for 1st, 2nd & 3rd aggregate in each category will be presented at the conclusion of the meet.

Ribbons for Individual Events.

^"Last Chance" events may be offered at the end of the Meet for Swimmers who have just missed a State Sprint Qualifying time if there is sufficient interest. Entries for these events will be taken at the Meet. "Last Chance" events do not score points or have ribbons.

Relays:

Mixed relay – minimum 1 girl/team.

Email relay entry details to entries@ballaratgold.org.au by Tuesday 11th November.

Relay entries are \$20 inc GST per team. No restrictions on the number of teams entered

Relay payments -Direct deposit to Ballarat Gold SC Inc. BSB 633-000, Account No.1083-32453 using "LCRelay club name" as a reference. Please forward remittance advice to

entries@ballaratgold.org.au

General:

Program, timeline and athlete roster available no later than two days prior to competition from

[Swim Central](#) and [Ballarat Gold Website](#)

Free spectator entry. Grandstand seating available.

By entering this Meet, competitors agree to adhere to the Terms & Conditions listed in this Flyer.

Pop-up shops in Courtyard: Ballarat Gold BBQ & 2nd Hand shop



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