



BALLARAT GOLD SWIMMING CLUB

Presents

2025 Ballarat Gold All Abilities LC Meet

A proposed long course qualifying meet.

Sunday 19th October 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	17	18	Open 200m Freestyle
2		Mixed Open 400m Freestyle	19	20	Open 100m Butterfly
^3		Mixed MC 50m Breaststroke^	^21		Mixed MC 50m Backstroke^
4	5	Open 50m Breaststroke	22	23	Open 50m Backstroke
6	7	Open 100m Backstroke	24		Mixed Open 200m Breaststroke
8		Mixed Open 200m Butterfly	25	26	Open 100m Freestyle
^9		Mixed MC 50m Freestyle^	^27		Mixed MC 50m Butterfly^
10	11	Open 50m Freestyle	28	29	Open 50m Butterfly
12	13	Open 100m Breaststroke	30	31	Open 200m IM
14		Mixed Open 200m Backstroke	^32		Mixed Para/Able-bodied 4x50m Freestyle Relay
^15		Mixed Para/Able-bodied 4x50m Medley Relay	33		Mixed Open 4x50m Freestyle Relay
16		Mixed Open 4x50m Medley Relay	AGE GROUP MEDAL PRESENTATION		
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, with the exception of Multiclass events 3, 9, 21, 27, 15 & 32 which are also open to Special Olympics swimmers not registered with SAL.

Age of competitors is as at date of meet.

ONLINE entries via Swim Central (unregistered Special Olympics swimmers should email their entries to: entries@ballaratgold.org.au)

\$15 ex GST per event

Closing date Sunday 12th October 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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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 and for Mixed Open Para-swimmers. Medals for 1st, 2nd & 3rd aggregate in each category will be presented at the conclusion of the meet.

Ribbons for Individual Events.

Relays:

Mixed relay – minimum 1 girl/team.

Email relay entry details to entries@ballaratgold.org.au by Tuesday 14th October.

Relay entries are \$20 ex 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.

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



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