



2025 Ballarat Gold All Abilities LC Meet - 19/10/2025

Session Report

Session 1

Starts at 10:00 AM Heat Interval: 35 Seconds / Back +55 Seconds

Event	Starts at
1 Mixed Open 400 IM	10:00 AM
2 Mixed Open 400 Freestyle	10:06 AM
3 Mixed Open 50 Breaststroke Multi-Class	10:12 AM
4 Girls Open 50 Breaststroke	10:19 AM
5 Boys Open 50 Breaststroke	10:26 AM
6 Girls Open 100 Backstroke	10:32 AM
7 Boys Open 100 Backstroke	10:42 AM
9 Mixed Open 50 Freestyle Multi-Class	10:54 AM
10 Girls Open 50 Freestyle	10:59 AM
11 Boys Open 50 Freestyle	11:07 AM
12 Girls Open 100 Breaststroke	11:15 AM
13 Boys Open 100 Breaststroke	11:22 AM
14 Mixed Open 200 Backstroke	11:27 AM
15 Mixed Open 200 Freestyle Relay Multi-Class	11:36 AM
16 Mixed Open 200 Freestyle Relay	11:40 AM
Swimmers Counts for Warm-ups: 111	
Finish Time	11:48 AM

Session 2

Starts at 12:20 PM Heat Interval: 35 Seconds / Back +55 Seconds

Event	Starts at
17 Girls Open 200 Freestyle	12:20 PM
18 Boys Open 200 Freestyle	12:28 PM
19 Girls Open 100 Butterfly	12:35 PM
20 Boys Open 100 Butterfly	12:39 PM
21 Mixed Open 50 Backstroke Multi-Class	12:41 PM
22 Girls Open 50 Backstroke	12:50 PM
23 Boys Open 50 Backstroke	01:01 PM
24 Mixed Open 200 Breaststroke	01:11 PM
25 Girls Open 100 Freestyle	01:15 PM
26 Boys Open 100 Freestyle	01:21 PM
28 Girls Open 50 Butterfly	01:29 PM
29 Boys Open 50 Butterfly	01:34 PM
30 Girls Open 200 IM	01:37 PM
31 Boys Open 200 IM	01:50 PM
33 Mixed Open 200 Medley Relay	01:58 PM
Swimmers Counts for Warm-ups: 105	
Finish Time	02:08 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.