

2025 Ballarat Gold Long Course Meet - 16/11/2025**Session Report**

Session: 1 Session 1

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 45 Seconds / Back +55 Seconds

Event	Starts at	
*2 Mixed Open 400 Freestyle & 400IM Event 1&2 combined	10:00 AM	_____
3 Girls Open 50 Breaststroke	10:20 AM	_____
4 Boys Open 50 Breaststroke	10:30 AM	_____
5 Girls Open 100 Backstroke	10:38 AM	_____
6 Boys Open 100 Backstroke	10:48 AM	_____
7 Mixed Open 200 Butterfly	11:01 AM	_____
8 Girls Open 50 Freestyle	11:04 AM	_____
9 Boys Open 50 Freestyle	11:16 AM	_____
10 Girls Open 100 Breaststroke	11:24 AM	_____
11 Boys Open 100 Breaststroke	11:34 AM	_____
12 Mixed Open 200 Backstroke	11:42 AM	_____
13 Mixed Open 200 Medley Relay	11:47 AM	_____
Swimmers Counts for Warm-ups: 161		
Finish Time	12:02 PM	_____

Session: 2 Session 2

Day of Meet: 1 Starts at 12:30 PM Heat Interval: 45 Seconds / Back +55 Seconds

Event	Starts at	
14 Girls Open 200 Freestyle	12:30 PM	_____
15 Boys Open 200 Freestyle	12:38 PM	_____
16 Girls Open 100 Butterfly	12:45 PM	_____
17 Boys Open 100 Butterfly	12:50 PM	_____
18 Girls Open 50 Backstroke	12:55 PM	_____
19 Boys Open 50 Backstroke	01:10 PM	_____
20 Mixed Open 200 Breaststroke	01:24 PM	_____
21 Girls Open 100 Freestyle	01:33 PM	_____
22 Boys Open 100 Freestyle	01:42 PM	_____
23 Girls Open 50 Butterfly	01:53 PM	_____
24 Boys Open 50 Butterfly	01:59 PM	_____
25 Girls Open 200 IM	02:05 PM	_____
26 Boys Open 200 IM	02:18 PM	_____
27 Mixed Open 200 Freestyle Relay	02:31 PM	_____
Swimmers Counts for Warm-ups: 158		
Finish Time	02:42 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.

We will be holding 'Last Chance' Events following the final Relay event of the day to allow Swimmers another chance to gain their State Sprint qualifying times.

Entries for the Last Chance events will be taken during the Meet and will cost \$20 per entry. Swimmers need to be within 1 second of the relevant qualifying time to enter.

A 'Last Chance' Entry form must be completed and submitted to the Recording Desk BEFORE the completion of Event 24 Boys Open 50 Fly. Entry forms can be found at the ribbons desk.