



**DISTRICT 16**  
**Midlands District Amateur**  
**Swimming Association**

*Takes pleasure in presenting the*

**2023 MDASA**  
**800m Distance Meet**

**This is a 'Proposed Qualifying Meet'**

**Held at Ballarat Aquatic & Lifestyle Centre - 50m Pool**  
**Friday 6<sup>th</sup> October 2023**  
**Doors open 5:15pm, Warm-up 5:30pm, Racing Starts 6pm.**



# MDASA Distance Program

Conducted under S.V. and SAL Rules  
Proposed Qualifying Meet



## 800m Freestyle

### FRIDAY 6<sup>th</sup> October 2023

Ballarat Aquatic & Lifestyle Centre, Gillies St North, Lake Gardens VIC 3355

Warm up – 5.30pm **racing to start – 6pm**

Entries close **Monday 2<sup>nd</sup> October**

## 1500m Freestyle

### FRIDAY 10<sup>th</sup> November 2023

Ballarat Aquatic & Lifestyle Centre, Gillies St North, Lake Gardens VIC 3355

Warm up – 5.30pm, **racing to start – 6pm**

Entries close Monday 6<sup>th</sup> November

Entry fee - \$12.50 per event

Enter Online via [Swim Central](https://swimcentral.com.au). See details on Midlands District Website

<https://midlands-swimming.org.au/>

Open to all SAL registered swimmers. MDASA reserve the right to close entries early to accommodate time constraints. In the event of the Meet being oversubscribed, Midlands District swimmers will be given priority.

To ensure that these meets are recognised as a Qualifying Meet **a minimum of two timekeepers** will be required for each lane, **it would be appreciated if each swimmer could provide at least one timekeeper.**

Lap counters will also be required.

### Conditions of Distance Meet Entry

- ONE START RULE will apply
- [SV 11/Under Swim Suit Rule](#) Applies.
- Medals will be presented to the first three swimmers in the following age groups for male and female. 11/u and 12/13yr.
- Age as at day of the meet.
- 800m & 1500m Events will be swum on a mixed time trial basis, seeded by entry time.
- **LATE ENTRIES will not be accepted and NO REFUNDS\***.
- Nominees agree to adhere to current Victorian Covid Rules and Restrictions, in addition to the Covid-19 terms and conditions listed in the Meet documentation on Swim Central. Swimmers, spectators and officials must read this prior to entering the Meet.
- DO NOT attend if you are unwell.
- All Meet details subject to change based on Victorian Covid Rules and Restrictions at time of Meet

For further information contact - [entries@midlands-swimming.org.au](mailto:entries@midlands-swimming.org.au)

**Jo Peters 0438 823965**

# 2023 MDASA 800m Program

*Conducted under SV and SAL Rules  
Proposed Qualifying Meet  
Open to any SV registered swimmer*



**The Members and Committee of Midlands District Amateur Swimming Association welcome all competitors to Ballarat for our 2023 800m Distance Meet. We wish everyone an enjoyable evening at the Ballarat Aquatic & Lifestyle Centre and hope that you all achieve the goals that you have set for today.**

**MDASA would like to thank the Technical Officials, who have kindly volunteered their time to enable us to conduct a qualifying Meet. MDASA would also like to thank all of the other volunteers, lap counters and timekeepers who are involved with ensuring that this Meet runs smoothly.**

**MDASA appreciates the support that the following clubs and their members have shown for this meet.**

**Ballarat GCO Swimming Club Inc  
Ballarat Gold Swimming Club Inc  
Ballarat Swimming Club Inc  
Camberwell Grammar Aquatic  
Geelong Sharks Swimming Club  
Laverton Wyndham Aquatics Inc  
Yarra Plenty Waves**

**Good Luck to the Swimmers.**

**MDASA would like to Acknowledge the Traditional Custodians of the land, the Wadawurrung People and pay our respects to their Elders past, present and emerging and extend that respect to all Aboriginal and Torres Strait Islander People.**

**TIMEKEEPERS – The smooth running of this Meet is reliant on Volunteer Timekeepers. Your assistance in this matter is greatly appreciated. TWO timekeepers are required per Lane. Please can each swimmer bring someone who is able to timekeep. Swimmers aged 13 or over may be required to timekeep when they are not swimming.**

**Timekeepers should be ready to take their seats immediately prior to the conclusion of warm-up. Timekeepers should bring their own water bottle and snacks as required. All Timekeepers should record their name, Club and time period they were on duty in the Timekeeper log for their lane (in the clipboard).**

**We will be using the Dolphin Semi-Automatic Timing System and will be taking Splits with the Blue Dolphin handsets.**

**Additionally, one timekeeper in each lane will have a black Manual Stopwatch for backup times. NB This should be started on the Starters signal and stopped when the swimmer in your lane touches the wall at the end of the race (NO SPLITS with the black watch)**

**Please familiarise yourself with instructions for use. Please ask at the Meet if you are unsure.**

## **Synchronized Start (from Electronic Start System)**

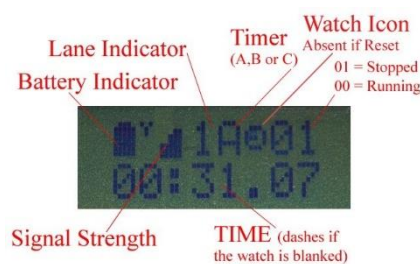
### ***Dolphin Lane Timer Instructions***

#### **Blue Watch Operation**

1. The Starter will start all watches automatically.
2. YOU HAVE BEEN ASKED TO TAKE SPLITS - press either of the side buttons one time for every 100m split. Your watch will display the split time for about 2 seconds, and then show the running time again. Please record this time on the Split sheet.
3. Press either of the side Stop buttons to stop your watch at the end of the race. Please record this time on the Split sheet in the 800m row.
4. You should not press any other buttons

*NB: If you take too many splits before the end of the race, your watch screen will display the split time and won't automatically display running time after 2 seconds. The watch is still recording running time, and will display it once you press one of the side buttons again, as long as the Starter has not yet pressed Reset. You can then stop the watch as normal at the end of the race.*

The watch icon on the top row indicates time is running on the watch; it disappears when the Starter has reset all the watches for the next race. Once the Starter presses Reset, the bottom line on your watch will show "RESET," alternating with the previous race time.

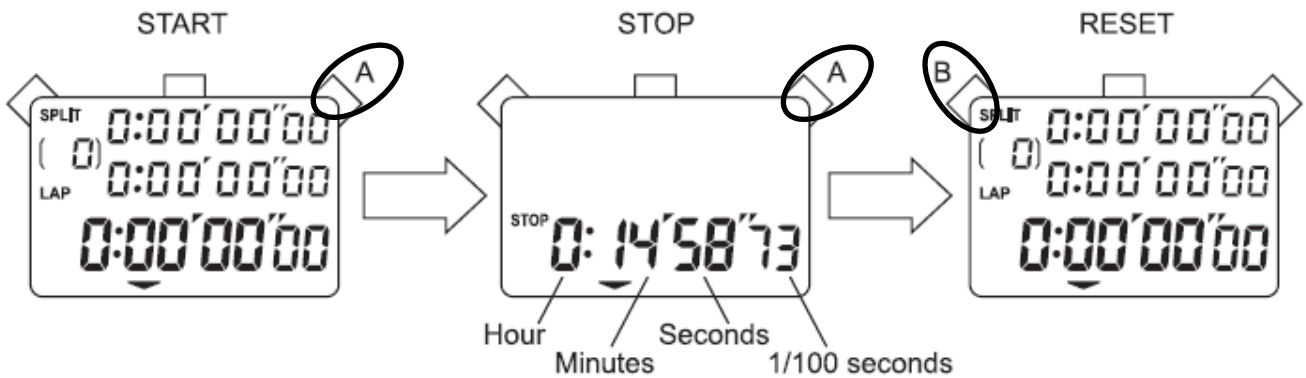
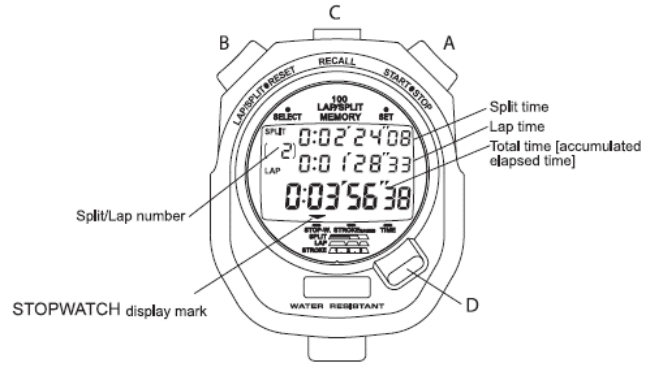


# Manual Start/Stop

## Manual Stopwatch Instructions

### Black Stopwatch Operation

1. Ensure that the watch is reset and displaying zero prior to the start of the race.
2. Press the Start/Stop button (A) on the Starters signal (watch for the light on top of the Starting unit).
3. Press the Start/Stop button (A) at the End of the race. Please record this time on the Split sheet in the “Black Stopwatch” row.
4. Press the Reset button (B) in preparation for the next race.



## LAP Counter Operators – volunteers are also required to operate the Lap Counters.

### Lap Counter Instructions

1. Prior to the start of the race, ensure that the Lap Counter is displaying “15” and is easily visible to the swimmer in that lane.
2. Change the lap counter when the swimmer has passed 5m after the turn.
3. Check that the new number displayed is 2 less than the previous number displayed (the numbers should countdown from 15,13,11,9,7,5,3,1).
4. Remember to move both sides of the Lap Counter when changing from 11 to 9).



**CHECK-IN – On arrival at the venue, please mark yourself present on the “Sign in” Sheet. This should be on a clipboard by the Meet Entry/Exit door (see venue map). Please ask an Official if you can’t find it.**

**WITHDRAWALS – if you do not intend to swim, let us know ASAP**

- Prior to the meet, please email [entries@midlands-swimming.org.au](mailto:entries@midlands-swimming.org.au) or message 0438 823 965
- At the meet, please advise the Recording desk (see venue map)

**WARM-UP - Warm up from 5:30 – 5:50pm in the competition pool. The competition pool will be cleared at 5:50pm, ready for racing to start at 6pm. A lane will be available in the 25m pool (see venue map) throughout the meet for swimmers to warm up and cool down. Swimmers are asked to please comply with any requests to clear the pool. All coaches and swimmers should be aware of the general warm up procedures for meets: Initial warm up with no dive entries, feet first entry into water. Swimmers must swim in a clockwise direction. Starts are to be conducted in lanes 1 and 8 (under coaches' supervision) for the last 5 minutes of warmup in the competition pool. These are to be treated as walk back lanes. The request to clear the pool must be obeyed immediately.**

**MARSHALLING - Self-Marshalling will be in operation. Please be aware of when the heat before yours is likely to finish (listen for the ‘final laps’ whistle) and ensure that you are ready to race.**

**Please let someone know where you will be if you leave the 50m pool area. We may need to find you. Please ensure that you know which Heat and Lane that you are swimming in. NB this may be different from the originally published program due to withdrawals on the day. If the Seeding is changed a new program will be posted on the Window behind the Starting blocks.**

**POOL DECK SAFETY - MDASA requests that pool deck remains clear at all times, for the safety of Technical Officials and to allow them to operate effectively. Attendees should not be standing on pool deck, with the exception of swimmers receiving feedback from their coach. Please remain seated as much as possible and be aware that those around you also wish to have a good view of the pool. Thank you for being courteous and considerate.**





**2023 Midlands District 800m Distance Meet - 6/10/2023**  
**Session Report**

Session: 1    2023 MDASA 800m Freestyle  
 Day of Meet: 1    Starts at 06:00 PM    Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 800 Free	36	5	06:00 PM	_____
	Swimmers Counts for Warm-ups: 36	=====	=====		
	Entry / Heat Totals:	36	5		
	Finish Time			07:15 PM	_____

**Meet Program - 2023 MDASA 800m Freestyle**

Event	1 Mixed 800 LC Meter Free									
Lane	Name	Age	Team	Seed Time		Finals	Place			
<b>Heat 1 of 5 Timed Finals</b>										
3	Greeff, Reuben	M9	Ballarat Swimming Club Inc	NT		_____	_____			
4	Ma, Martin	M9	Ballarat Gold Swimming Club In	NT		_____	_____			
5	Harrison, Jude	M9	Ballarat Gold Swimming Club In	NT		_____	_____			
6	Kennett, Georgie	W8	Ballarat Gold Swimming Club In	NT		_____	_____			
<b>Heat 2 of 5 Timed Finals</b>										
1	Harrison, Neve	W11	Ballarat Gold Swimming Club In	NT		_____	_____			
2	Meneses Lopez, Camila	W11	Ballarat Gold Swimming Club In	NT		_____	_____			
3	Silak, Ashton	M11	Ballarat Swimming Club Inc	NT		_____	_____			
4	Finnigan, Beau	M12	Ballarat Swimming Club Inc	NT		_____	_____			
5	Crilly, Miles	M12	Ballarat Swimming Club Inc	NT		_____	_____			
6	Zheng, Chenxi	W11	Ballarat Swimming Club Inc	NT		_____	_____			
7	Thomson, Joel	M11	Ballarat Swimming Club Inc	NT		_____	_____			
8	Buchanan, Astrid	W11	Ballarat Swimming Club Inc	NT		_____	_____			
<b>Heat 3 of 5 Timed Finals</b>										
1	Kilborn, Winston	M12	Ballarat Swimming Club Inc	NT		_____	_____			
2	Finnigan, Seth	M13	Ballarat Swimming Club Inc	NT		_____	_____			
3	Parker, Charlie	M13	Geelong Sharks Swimming Club	NT		_____	_____			
4	Greeff, Jone	W12	Ballarat Swimming Club Inc	15:17.86		_____	_____			
5	Acharekar, Aarna	W14	Laverton Wyndham Aquatics Inc.	NT		_____	_____			
6	Buchanan, Hannah	W13	Ballarat Swimming Club Inc	NT		_____	_____			
7	Hynam, Ben	M13	Geelong Sharks Swimming Club	NT		_____	_____			
8	Acharekar, Aariv	M12	Laverton Wyndham Aquatics Inc.	NT		_____	_____			
<b>Heat 4 of 5 Timed Finals</b>										
1	Sutherland, Nina	W13	Ballarat Gold Swimming Club In	13:10.73		_____	_____			
2	Crilly, Kate	W14	Ballarat Swimming Club Inc	11:54.31		_____	_____			
3	Kilborn, Isabelle	W14	Ballarat Swimming Club Inc	11:41.62		_____	_____			
4	James, Riley	M15	Ballarat Swimming Club Inc	10:21.73		_____	_____			
5	Meakin, Harriet	W15	Ballarat Swimming Club Inc	10:49.72		_____	_____			
6	Dole, Cameron	M55	Ballarat Geo Swimming Club Inc	11:50.32		_____	_____			
7	Scott, Bryce	M11	Ballarat Gold Swimming Club In	12:45.24		_____	_____			
8	Riddle, Lara	W15	Ballarat Swimming Club Inc	14:03.26		_____	_____			
<b>Heat 5 of 5 Timed Finals</b>										
1	Paulsen, Liam	M13	Camberwell Grammar Aquatic	10:15.68		_____	_____			
2	Colman, Jeremy	M14	Yarra Plenty Waves	9:55.66		_____	_____			
3	James, Mikaela	W17	Ballarat Swimming Club Inc	9:48.19		_____	_____			
4	Urquhart, Tom	M15	Ballarat Gold Swimming Club In	9:19.63		_____	_____			
5	Mccormack, Oliver	M15	Ballarat Gold Swimming Club In	9:36.63		_____	_____			
6	Ambrose, Bettina	W14	Ballarat Swimming Club Inc	9:52.92		_____	_____			
7	Candy, Ava	W14	Ballarat Swimming Club Inc	10:03.30		_____	_____			
8	Lim, Jayden	M11	Ballarat Gold Swimming Club In	14:20.79		_____	_____			

NB Meet program is provisional. Reseeding may occur based on number of competitors present at the Meet.

**Thank you for Swimming**



**See you all at the  
Midlands District 1500m Freestyle on  
Friday 10<sup>th</sup> November 2023**