



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

*Takes pleasure in presenting the*

**2025 MDASA 200-400m**  
**Distance Meet**

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

**Held at Ballarat Aquatic & Lifestyle Centre - 50m Pool**  
**Sunday 2<sup>nd</sup> February 2025 - Racing starts around 12:15pm,**  
**(Approx. 30 minutes after the conclusion of the All Junior Program)**  
**Warm up in the 50m Competition Pool commences after the final event in the**  
**All Junior Selections Program (approx. 11:45am).**

**The Members and Committee of Midlands District Amateur Swimming Association welcome all competitors to Ballarat for our Midlands District 2025 200-400m Distance Meet. We wish everyone an enjoyable day 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 our Technical Officials and other Volunteers who have provided their time today to allow us to run a Qualifying Meet.**

**Special mention to Webster's Café, Sutherland Family, Ange Riddle, Nat Millar, Rebecca Mercer and the Cofield Family for catering for our Technical Officials and other volunteers.**

**Additionally, thanks to our timekeepers, without whom we would not be able to run the meet.**

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

**Ballarat GCO Swimming Club  
Ballarat Gold Swimming Club  
Ballarat Swimming Club**

**MDASA Acknowledges 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.**

**Good Luck to the Swimmers.**



# MDASA Distance Program

Conducted under SV and SAL Rules

Proposed Qualifying Meet



## 200/400m Events

**SUNDAY 2<sup>nd</sup> February 2025**

Ballarat Aquatic Lifestyle Centre, Gillies St N, Lake Gardens

**Warm up will commence after the final event in the All Junior program.**

**Racing will commence approx. 30 mins after the completion of the last All Junior event.**

Entries close Monday 27<sup>th</sup> January 2025

Event#		Event <sup>1</sup>
Male	Female	
1	2	400m Freestyle
3	4	400m IM
5	6	200m Freestyle
7	8	200m Butterfly
9	10	200m Backstroke
11	12	200m Breaststroke
13	14	200m IM

<sup>1</sup> Please choose only **ONE 400m event** and/or **ONE 200m event**. MDASA reserves the right to swim events of the same distance at the same time, depending on entries.

Entry fee per event - \$12 per event

Enter Online via [Swim Central](#). See details on Midlands District Website

<http://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.

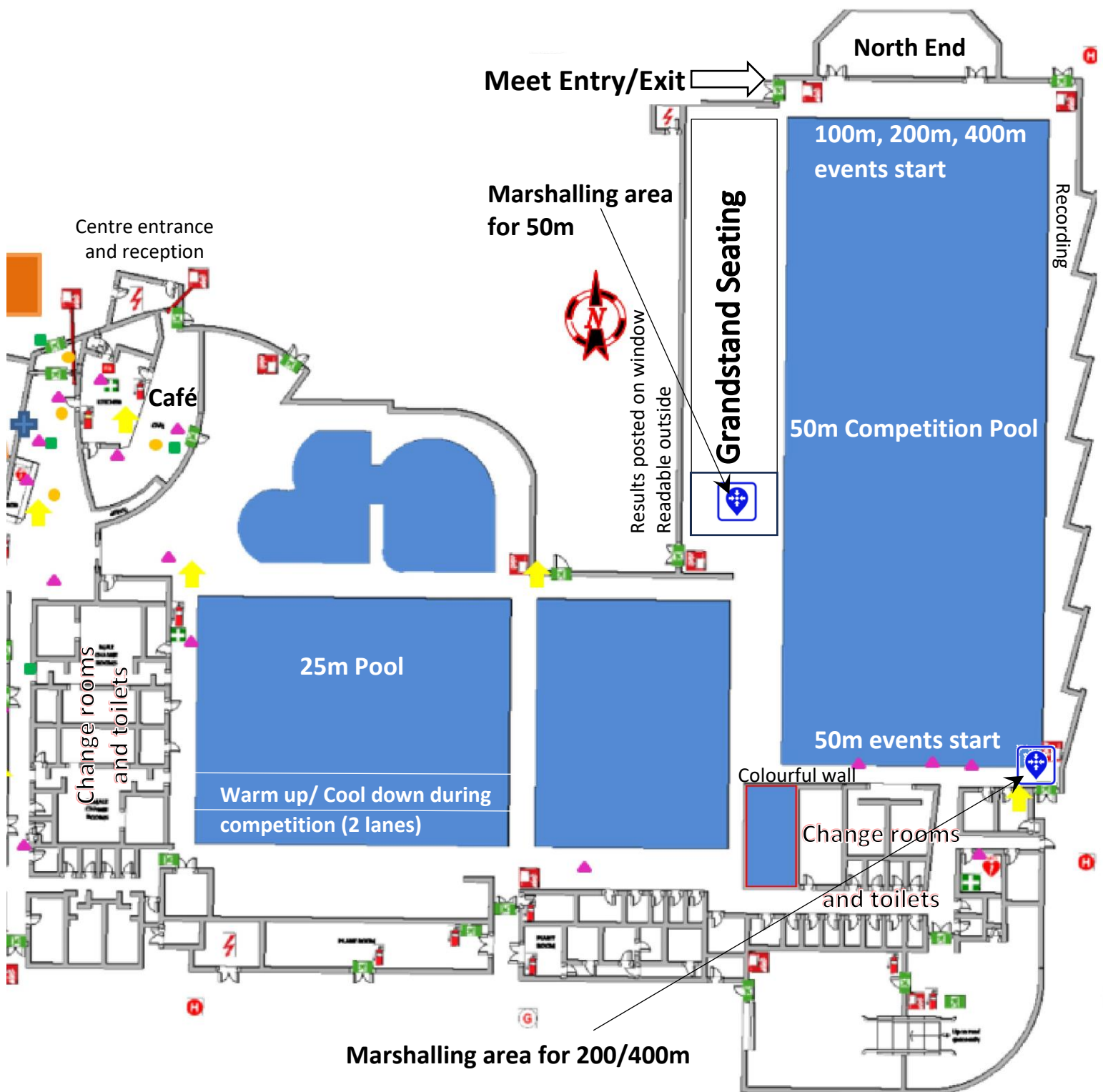
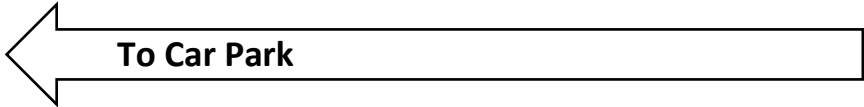
To ensure that this meet is recognised as a Qualifying Meet **a minimum of two timekeepers** will be required for each lane. **Your help ensuring that this occurs is greatly appreciated.**

### Conditions of MDASA Meet Entry

- ONE START RULE will apply
- [SV 11/Under Swim Suit Rule](#) Applies.
- Age as at day of the meet.
- **LATE ENTRIES will not be accepted and NO REFUNDS.**
- Nominees agree to adhere the terms and conditions listed in the Meet documentation. This must read prior to entering the Meet.

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

**Jo Peters 0438 823965**



## District 16 Midlands District

### Session 2

## 2025 Midlands District 200m-400m DISTANCE MEET (approx. 12:15 – 1:30pm)\*

### CLUB TIMEKEEPER ROSTER

The smooth running of this Meet is reliant on Volunteer Timekeepers. Your assistance in this matter is greatly appreciated. Please can all clubs listed below ensure that they have supplied TWO timekeepers to each of the specified lanes for the duration of the meet.

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).

Lane	Club
1	BLRT
2	BLRT
3	BLRT
4	BGCO
5	BGCO/BGOLD
6	BGOLD
7	BGOLD
8	BGOLD

\*Times are flexible and dependent on All Junior Selection Meet. Start time is approx. 30 minutes after conclusion of All Junior Selection Meet unless announced otherwise on the day.

# Timing Equipment Operation Instructions for Timekeepers

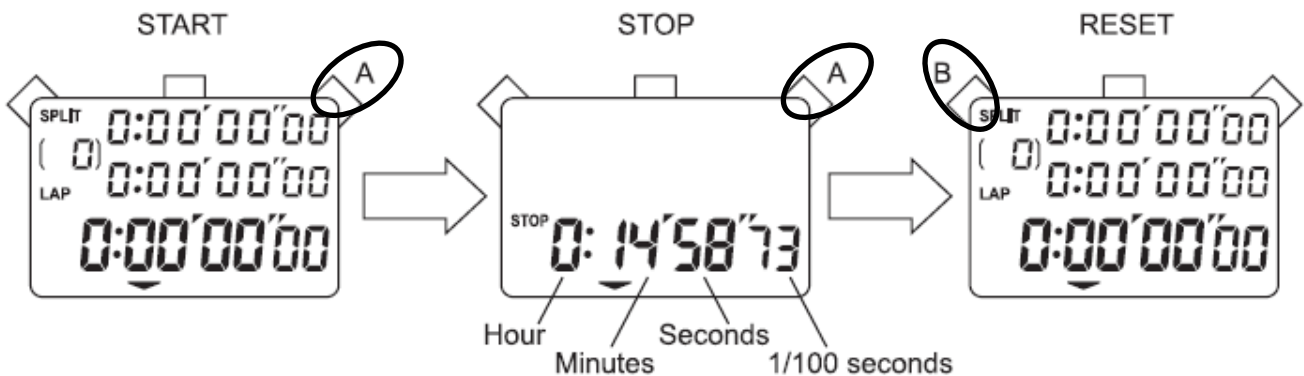
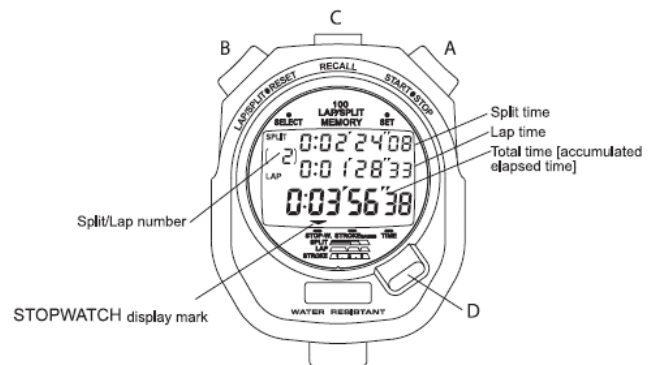
## Automatic Timing Equipment

The Start is automatic with the Starters signal. Timekeepers are required to press the black button on the red handpiece when any part of the swimmer in their lane touches the wall on the final lap.



## Manual Stopwatch

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 Meet Program in the black clipboard
4. Press the Reset button (B) in preparation for the next race.



## **WARM-UP PROCEDURE**

Warm up in the competition pool will commence immediately after the conclusion of the All Junior Selection Meet (approx. 11:45am)

The competition pool will be cleared 10 minutes before the scheduled start time (approx. 30 minutes after the end of the All Junior Selection Meet). Please listen for announcements. Swimmers are asked to please comply with any requests to clear the pool.

The 25m pool will have 2 lanes available for swimmers to warm up and cool down throughout the Meet.

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 10 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**

All Session 2, 200-400m event swimmers should Marshall in the south east corner of the 50m pool (50m start end). Session 1, 50m event swimmers should marshall in the south end of the 50m pool Grandstand. Please see venue map.

Please be aware that some events have been combined.

Please listen for announcements and keep an eye on the Marshalling board to know when to Marshall. The Meet program will be displayed on the 'colourful wall' at the South end of the pool (see venue map) or swimmers can ask the Marshalling assistants for help.

To assist with marshalling, we recommend swimmers arrive at the event prepared with the following information that they will need for marshalling:

- Event number/s
- Heat number/s
- Lane number/s

It is also a good idea for swimmers to write all event/heat/lane numbers on their arm, in that order.

## **BACKSTROKE START LEDGES**

Backstroke start ledges may be used for the 200m event. Please see instructions below for their use. Their use is optional.

## BACKSTROKE START LEDGES

Backstroke ledges will be installed and available to all swimmers.

Their use is optional at the discretion of each swimmer.

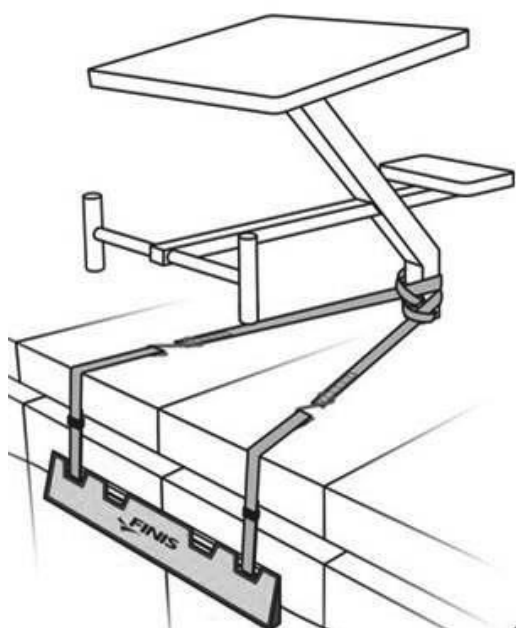
Technical officials (or timekeepers) will place the ledge in the water. This should not be undertaken by swimmers.

Swimmers may adjust the ledge once it is in the water using the hook on each strap.

When using a backstroke ledge at the start, the toes of both feet must be in contact with the face of the touchpad.

Once the race has started the ledge will be removed from the water and placed under the block.

If a swimmer does not wish to use the ledge, they should ask the official (or timekeeper) to remove the ledge from the water prior to the start of the race.





# 11 & UNDER TECHNICAL/PERFORMANCE SUIT POLICY



Swimming Victoria, alongside Swimming Australia, is committed to creating a welcoming and inclusive swimming environment for all competitive members. In 2021, Swimming Australia introduced an [Inclusive Swimming Policy](#) with the aim to ensure:

- All Australians feel welcome safe, valued, and celebrated in swimming.
- All Australians can participate in the role and at the level of their choice in swimming.
- Australia's diversity is reflected in swimming.

Swimming Victoria have adopted this framework for all competitions run under the Swimming Victoria rules.

In addition to this framework, the Swimming Victoria Competitions & Events By-Law states that:

***'Competitors 11 years and under are not permitted (or allowed) to wear a technical/performance suit in SV hosted competitions'.***

This also extends to all competitions run under the Swimming Victoria rules.

Swimming Victoria believe that in order to keep young swimmers in our sport, we need to be providing an environment that encourages them and keeps the level of competition and pressure appropriate for their age. Further rationale for this policy is outlined below.

## **What is a Technical/Performance Suit?**

Technical/Performance racing suits are typically manufactured using scientifically advanced materials. Materials of this type are normally comprised of spandex and nylon composite fabrics with features to reduce 'drag' against the water, reduce absorption of water and are highly compressive to increase the athlete's glide through the water.

The design of these suits also typically includes features like special seams and tape to optimise performance. Traditional one-piece race suits for girls as well as briefs and trunks for boys are not technical/performance suits and are permitted under this policy. Knee length suits and 'jammers' (suits that end closer to the knee than the hip) will be permitted provided they do not feature the key components of a technical/performance swimsuit.

The key, easily- identifiable component/s of a technical/performance suit that should be used when differentiating what is, and is not, permitted are the following:

- Bonded/Sealed seams
- Meshed seams
- Kinetic tape.

The below photographs are examples of swimsuit seaming which is **not permitted** for swimmers aged 11 and under.



The below images are examples of swimwear which **are permitted** for athletes aged 11 and under, noting the stitching is raised on the outside of the fabric.



It should be noted that some permitted swimwear is FINA approved and will have a FINA barcode attached to the back of the suit. FINA approved swimwear can be worn permitted it is not classed as a technical/performance suit. The differentiation between these suits is the fabric and stitching, as described above.

The rationale behind this decision by Swimming Victoria is outlined below.

1. There is no documented evidence that supports any benefits of performance/technical suits for athletes 11 years and under.
2. Personal best times should not be the only evaluation or measure of success for younger swimmers. Technique and skill development is essential for long-term swimmer development. It is crucial that as swimmers progress through the sport, they have developed a strong foundation in technique and stroke development to enable them to achieve higher results in the latter years of their career.
3. The cost of technical suits makes them unattainable for many families. Swimming Victoria does not want to add any extra financial pressure on parents with unnecessary purchases. We understand that for various reasons, cost of suits may not be an issue for all swimmers however, in order to effectively police this change, we must restrict all suits of this style.
4. These suits aren't designed for young swimmers. The manufacturers design these suits for older athletes. One of the main benefits of wearing a technical suit is for muscle compression. Swimmers, who are not yet developed, are not impacted by this benefit. Swimmers cannot 'grow into' these suits.
5. A common misconception amongst younger swimmers is that without a technical suit, a swimmer cannot swim fast. An age group swimmer does not need a performance suit to swim fast. Swimmers will improve and attain personal bests regardless of the suit they are wearing due to gradual increases in training and skill development.
6. The aim should be to build mentally strong swimmers, confident in their own ability and training ethic rather than an athlete depending on a technical suit to get an improved result.

For more information on Swimming Australia's Inclusive Swimming Framework and the swimsuits permitted under the Inclusive Swimwear Policy, please [click here](#).





**2025 Midlands District 200-400m Distance Meet - 2/02/2025  
Session Report**

Session: 2     200-400m Distance Meet

\*Starts at 12:15 PM     Heat Interval: 35 Seconds / Back +55 Seconds

<b>Event</b>	<b>Starts at</b>	
1-2 combined Mixed 400 Free	*12:15 PM	_____
3-4 combined Mixed 400 IM	12:31 PM	_____
5-6 combined Mixed 200 Free	12:44 PM	_____
7-8 combined Mixed 200 Fly	12:55 PM	_____
9-10 combined Mixed 200 Back	12:59 PM	_____
11 Boys 200 Breast	01:03 PM	_____
12 Women 200 Breast	01:09 PM	_____
13 Boys 200 IM	01:14 PM	_____
14 Women 200 IM	01:17 PM	_____
Swimmers Counts for Warm-ups: 55		
Finish Time	01:21 PM	_____

\* Session 2: 200-400m Distance Meet starts approx. 30 minutes after the conclusion of Session 1: All Junior Selections. 12:15pm is an estimate and Session 2 may start prior to this time. Please ensure that you allow for this.

Session and break times are a guide and are subject to change. It is the responsibility of swimmers to ensure that they marshal at the appropriate time. Please keep an eye on the Event board and listen for announcements. Please also be aware that some events have been combined.



**2025 Midlands District 200-400m Distance Meet - 2/02/2025**

**Meet Program - 1**

Event Lane	1-2 combined Name	Mixed 400 LC Meter Free Age Team	Seed Time	Finals	Place
<b>Heat 1 of 2</b>	<b>Timed Finals</b>				
2	Greeff, Reuben	M11 Ballarat Swimming Club Inc	7:33.77	_____	_____
3	Anesi, Jayda	W11 Ballarat Gco Swimming Club Inc	6:41.53	_____	_____
4	Cao, Hannah	W12 Ballarat Gold Swimming Club In	6:28.29	_____	_____
5	Scruby, Lois	W12 Ballarat Swimming Club Inc	6:38.95	_____	_____
6	Weerakkody, Ani	M10 Ballarat Swimming Club Inc	6:51.61	_____	_____
7	Martin, Amelia	W15 Ballarat Gold Swimming Club In	NT	_____	_____
<b>Heat 2 of 2</b>	<b>Timed Finals</b>				
1	Harrison, Neve	W13 Ballarat Swimming Club Inc	5:49.29	_____	_____
2	Preston, Holly	W14 Ballarat Gco Swimming Club Inc	5:48.17	_____	_____
3	Till, Bella	W17 Ballarat Gco Swimming Club Inc	5:31.39	_____	_____
4	Baker, Claire	W12 Ballarat Gco Swimming Club Inc	5:16.54	_____	_____
5	Cofield, Elle	W16 Ballarat Gold Swimming Club In	5:22.20	_____	_____
6	Greeff, Jone	W13 Ballarat Swimming Club Inc	5:46.60	_____	_____
7	Kennett, Georgie	W10 Ballarat Gold Swimming Club In	5:49.05	_____	_____
8	Cookson, Ruby	W13 Ballarat Swimming Club Inc	6:24.88	_____	_____
<b>Event Lane</b>	<b>3-4 combined Name</b>	<b>Mixed 400 LC Meter IM Age Team</b>	<b>Seed Time</b>	<b>Finals</b>	<b>Place</b>
<b>Heat 1 of 2</b>	<b>Timed Finals</b>				
2	Brundell, Logan	M12 Ballarat Gco Swimming Club Inc	NT	_____	_____
3	Chen, Xiaohan	W12 Ballarat Swimming Club Inc	NT	_____	_____
4	Karslake, Estelle	W13 Ballarat Gco Swimming Club Inc	NT	_____	_____
5	Wilson, Amelia	W13 Ballarat Gco Swimming Club Inc	NT	_____	_____
6	Cofield, Grace	W12 Ballarat Gold Swimming Club In	NT	_____	_____
<b>Heat 2 of 2</b>	<b>Timed Finals</b>				
1	Kilborn, Isabelle	W15 Ballarat Swimming Club Inc	NT	_____	_____
2	Costello, Thomas	M16 Ballarat Gold Swimming Club In	NT	_____	_____
3	Buchanan, Hannah	W14 Ballarat Swimming Club Inc	6:01.48	_____	_____
4	Briggs, Chase	M17 Ballarat Gold Swimming Club In	5:32.51	_____	_____
5	Ho, Isla	W17 Ballarat Gold Swimming Club In	5:44.16	_____	_____
6	Smith, Sebastian	M18 Ballarat Gold Swimming Club In	NT	_____	_____
7	Candy, Ava	W16 Ballarat Swimming Club Inc	NT	_____	_____
8	Wilson, Hayden	M14 Ballarat Gco Swimming Club Inc	NT	_____	_____
<b>Event Lane</b>	<b>5-6 combined Name</b>	<b>Mixed 200 LC Meter Free Age Team</b>	<b>Seed Time</b>	<b>Finals</b>	<b>Place</b>
<b>Heat 1 of 3</b>	<b>Timed Finals</b>				
2	Edgar, Morgan	M10 Ballarat Swimming Club Inc	NT	_____	_____
3	Orton, Patrick	M10 Ballarat Gco Swimming Club Inc	3:28.56	_____	_____
4	Harrison, Jude	M11 Ballarat Swimming Club Inc	3:15.28	_____	_____
5	Gonzalez, Sebastian	M13 Ballarat Gold Swimming Club In	3:25.55	_____	_____
6	Gonzalez-Zhu, Camila	W10 Ballarat Gold Swimming Club In	NT	_____	_____
7	Smith, Maddie	W14 Ballarat Gco Swimming Club Inc	3:31.40	_____	_____
<b>Heat 2 of 3</b>	<b>Timed Finals</b>				
1	Seater, Sienna	W12 Ballarat Gold Swimming Club In	2:55.58	_____	_____
2	Cookson, Ruby	W13 Ballarat Swimming Club Inc	2:54.07	_____	_____
3	Huang, Jason	M11 Ballarat Gold Swimming Club In	2:49.87	_____	_____
4	McOrmack, Lily	W12 Ballarat Gold Swimming Club In	2:47.96	_____	_____
5	Meneses Lopez, Camila	W12 Ballarat Gold Swimming Club In	2:49.54	_____	_____
6	Costello, Taylah	W12 Ballarat Gold Swimming Club In	2:51.25	_____	_____
7	Wang, Raymond	M12 Ballarat Gold Swimming Club In	2:54.84	_____	_____
8	Featherston, Ella	W12 Ballarat Gold Swimming Club In	2:57.35	_____	_____

**2025 Midlands District 200-400m Distance Meet - 2/02/2025**  
**Meet Program – Session 2: 200-400m Distance Meet**

Heat	3	Timed Finals...	(Event	5-6 combined	Mixed 200 LC Meter Free)		
1	Huang, Dichen		M14	Ballarat Gold Swimming Club In	2:42.40	_____	_____
2	Parlange, Ines		W16	Ballarat Swimming Club Inc	2:34.18	_____	_____
3	Lanyon, Jack		M17	Ballarat Gold Swimming Club In	2:18.22	_____	_____
4	McCormack, Oli		M16	Ballarat Gold Swimming Club In	1:57.19	_____	_____
5	Huang, Kevin		M16	Ballarat Gold Swimming Club In	2:04.28	_____	_____
6	Baker, Claire		W12	Ballarat Gco Swimming Club Inc	2:26.41	_____	_____
7	Crilly, Miles		M13	Ballarat Swimming Club Inc	2:39.96	_____	_____
8	Preston, Holly		W14	Ballarat Gco Swimming Club Inc	2:43.39	_____	_____

Event	7-8 combined	Mixed 200 LC Meter Fly					
Lane	Name	Age	Team	Seed Time		Finals	Place
Heat	1 of 1	Timed Finals					
3	Ma, Martin		M11 Ballarat Gold Swimming Club In	NT		_____	_____
4	Anesi, Jayda		W11 Ballarat Gco Swimming Club Inc	NT		_____	_____
5	Rieniets, Charlotte		W11 Ballarat Swimming Club Inc	NT		_____	_____

Event	9-10 combined	Mixed 200 LC Meter Back					
Lane	Name	Age	Team	Seed Time		Finals	Place
Heat	1 of 1	Timed Finals					
3	Rieniets, Matt		M11 Ballarat Swimming Club Inc	NT		_____	_____
4	Buchanan, Astrid		W13 Ballarat Swimming Club Inc	2:42.46		_____	_____
5	Wilson, Hayden		M14 Ballarat Gco Swimming Club Inc	NT		_____	_____
6	Weerakkody, Ani		M10 Ballarat Swimming Club Inc	NT		_____	_____

Event	11	Boys 200 LC Meter Breast					
Lane	Name	Age	Team	Seed Time		Finals	Place
Heat	1 of 1	Timed Finals					
2	Gladman, Ted	10	Ballarat Gold Swimming Club In	4:31.04		_____	_____
3	Smith, Sebastian	18	Ballarat Gold Swimming Club In	3:00.90		_____	_____
4	James, Riley	16	Ballarat Swimming Club Inc	2:41.43		_____	_____
5	Briggs, Chase	17	Ballarat Gold Swimming Club In	2:45.58		_____	_____
6	Ma, Martin	11	Ballarat Gold Swimming Club In	3:51.77		_____	_____
7	Harrison, Jude	11	Ballarat Swimming Club Inc	NT		_____	_____

Event	12	Women 200 LC Meter Breast					
Lane	Name	Age	Team	Seed Time		Finals	Place
Heat	1 of 1	Timed Finals					
3	Cofield, Elle	16	Ballarat Gold Swimming Club In	NT		_____	_____
4	Karslake, Estelle	13	Ballarat Gco Swimming Club Inc	3:10.46		_____	_____
5	Hills, Lily	11	Ballarat Swimming Club Inc	4:22.12		_____	_____
6	Harrison, Neve	13	Ballarat Swimming Club Inc	NT		_____	_____

Event	13	Boys 200 LC Meter IM					
Lane	Name	Age	Team	Seed Time		Finals	Place
Heat	1 of 1	Timed Finals					
3	Lanyon, Jack	17	Ballarat Gold Swimming Club In	2:33.87		_____	_____
4	Costello, Thomas	16	Ballarat Gold Swimming Club In	2:21.87		_____	_____
5	Kallio, Olle	15	Ballarat Gold Swimming Club In	2:26.07		_____	_____

Event	14	Women 200 LC Meter IM					
Lane	Name	Age	Team	Seed Time		Finals	Place
Heat	1 of 1	Timed Finals					
1	Brundell, Trin	11	Ballarat Gco Swimming Club Inc	NT		_____	_____
2	Martin, Amelia	15	Ballarat Gold Swimming Club In	3:08.07		_____	_____
3	Kennett, Georgie	10	Ballarat Gold Swimming Club In	2:55.43		_____	_____
4	Buchanan, Astrid	13	Ballarat Swimming Club Inc	2:38.15		_____	_____
5	Parlange, Ines	16	Ballarat Swimming Club Inc	2:43.07		_____	_____
6	Costello, Taylah	12	Ballarat Gold Swimming Club In	2:58.25		_____	_____
7	Justin, Julia	13	Ballarat Swimming Club Inc	3:12.54		_____	_____





**Thank You for Swimming**



**See you all at the  
2025 Midlands District Championships  
Saturday 1<sup>st</sup> March 2025**