

# MDASA Distance Program

Conducted under SV and SAL Rules  
Proposed Qualifying Meet



## 800m Freestyle

**FRIDAY 5<sup>th</sup> September 2025**

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

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

Entries close **Monday 1<sup>st</sup> September**

## 1500m Freestyle

**FRIDAY 31<sup>st</sup> October 2025**

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

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

Entries close **Monday 27<sup>th</sup> October**

**Entry fee - \$15.00 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.**

Volunteers to operate 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 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**

# MDASA Distance Program

Conducted under SV and SAL Rules

Proposed Qualifying Meet



## 200/400m Events

### February 2026 – date TBC

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 TBC

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 - \$15 per event**

Enter Online via [Swim Central](http://swimcentral.com.au). 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.
- NO medals or ribbons for 200/400m Events
- 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**