



DISTRICT 16
Midlands District Amateur
Swimming Association

Takes pleasure in presenting the

2025 Midlands District
800m LC Distance Meet

This is a 'Proposed Qualifying Meet'

Held at Ballarat Aquatic & Lifestyle Centre - 50m Pool
Friday 5th September 2025
Doors open 5:15pm, Warm-up 5:30pm, Racing Starts 6pm.

2025 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 2025 800m LC 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
Ballarat Gold Swimming Club
Ballarat Swimming Club
Geelong Sharks Swimming Club
Gisborne Thunder Swimming Club**

Good Luck to the Swimmers.

The 2025 Midlands District 800m LC Distance Meet is being held on the lands of the Wadawurrung people and the Midlands District Amateur Swimming Association wishes to acknowledge them as Traditional Owners. We would also like to pay our respects to their Elders, past and present, and to Aboriginal Elders of other communities who may be here today.

CHECK-IN – On arrival at the venue, please mark yourself present on the “Sign in” Sheet. This should be on a clipboard on the table by the Meet Entry/Exit door.

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

- Prior to the meet, please email 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. 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.

NB The 25m pool is NOT available for warm up/cooldown.

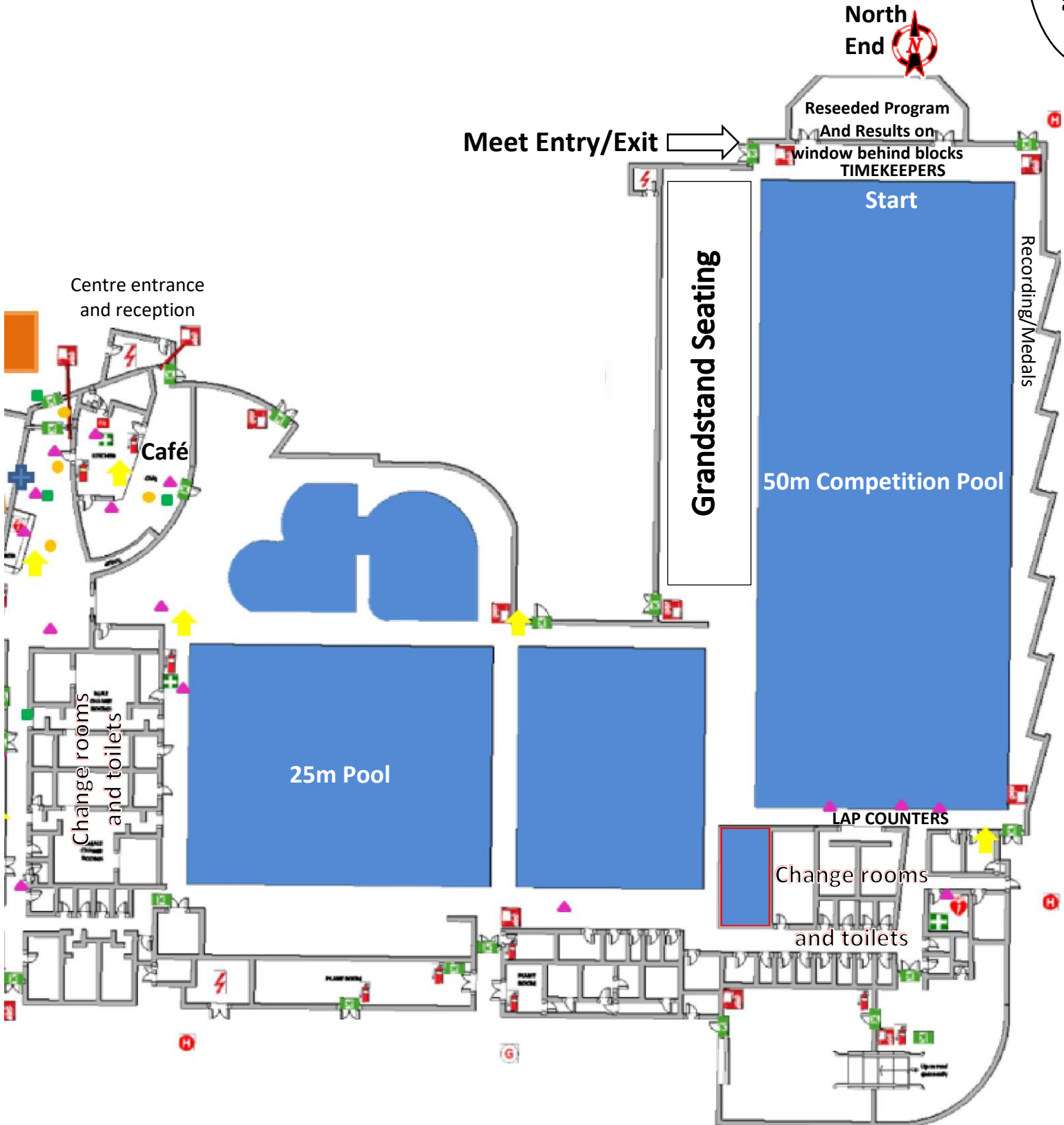
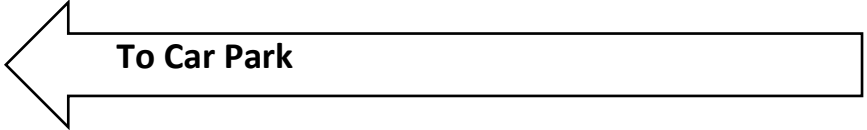
MARSHALLING - Self-Marshalling will be in operation. Please be aware of when the heat before yours is likely to finish (listen for the ‘final laps’ whistle) and ensure that you are ready to race. There are seats behind the timekeepers for the next heat of swimmers.

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.



Prince of Wales Recreation Reserve
Gillies St N,
Lake Gardens
VIC 3350



2025 MDASA 800m Distance Meet



Volunteer roster

	Lane 1		Lane 2		Lane 3		Lane 4		Lane 5		Lane 6		Lane 7*		Lane 8*	
Timekeeper	Wakefield	Trezise	Cao	Myers	Hendley	Dell	Thomson	Rieniets	Scruby	Tran	Costello	Cookson	Lidgett-Egan*	Crilly*	Powell*	Russell*
Lap Counter	Harrison				Wilson				Anesi				Lim*			

* Lane 7 & 8 NOT required for Heat 1. Please make sure that you are in place ready for the start of Heat 2 if you are assigned to Lane 7 or 8.

If you are unable to fulfill your allocated position as listed on the Volunteer Roster, it would be appreciated if you are able to find a replacement.

This will ensure that we have sufficient resources to run the meet. If you are unable to find someone to take your spot, please email:

entries@midlands-swimming.org.au

or message 0438 823 965 ASAP.

TIMEKEEPERS – See Volunteer Roster

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 one of the clipboards for each lane).

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)

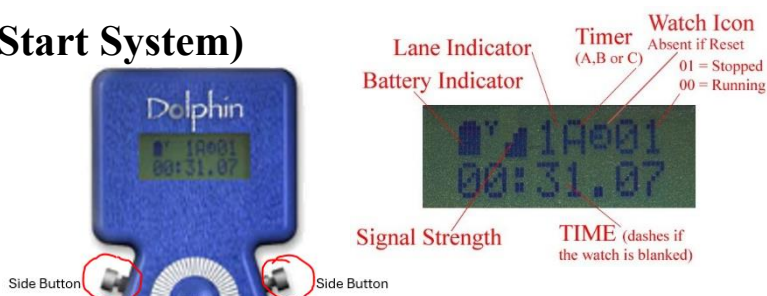
Dolphin Lane Timer Instructions

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 the split time on the Split sheet.
3. Alert a Technical Official prior to your lane requiring the final 100m whistle (see split sheet).
4. 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.
5. 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.

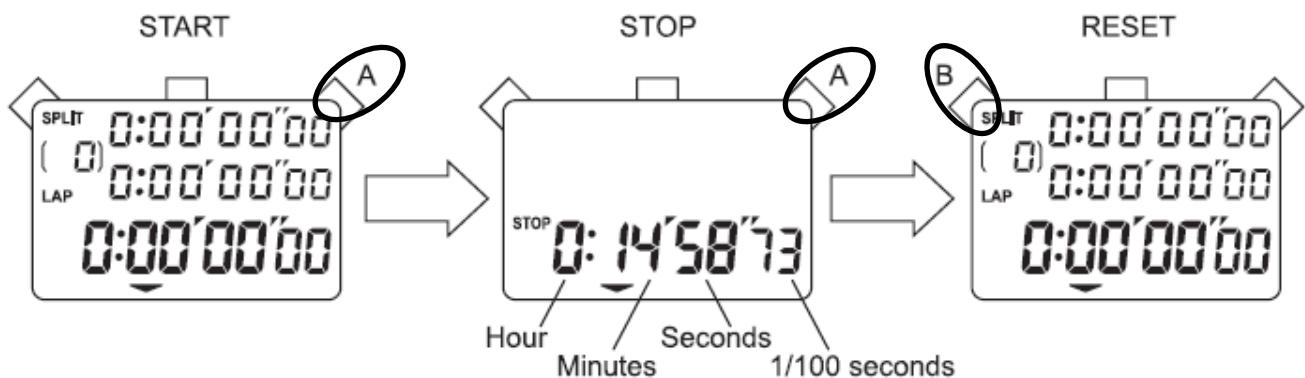
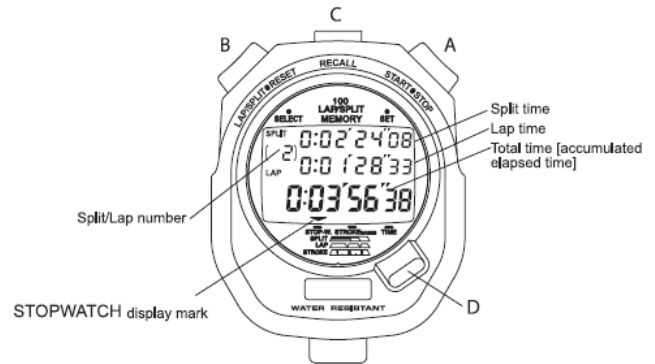


Manual Start/Stop

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 – See Volunteer Roster.

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).



2025 Midlands District 800m Distance Meet - 5/09/2025
Meet Program - 2025 MDASA 800m Freestyle Distance Meet

Event	1	Mixed 800 LC Meter Free							
Lane	Name	Age	Team	Seed Time		Finals	Place		
Heat	1 of 4	Timed Finals	Starts at 06:00 PM						
1	Dell, Allera	W11	Ballarat Swimming Club Inc	NT					
2	Hendley, Addison	W12	Ballarat Swimming Club Inc	NT					
3	Myers, Annabel	W14	Ballarat Gold Swimming Club In	NT					
4	Trezise, Tripp	M12	Ballarat Swimming Club Inc	NT					
5	Cao, Hannah	W12	Ballarat Gold Swimming Club In	NT					
6	Wakefield, Ruby	W10	Ballarat Swimming Club Inc	NT					
7									
8									
Heat	2 of 4	Timed Finals	Starts at 06:15 PM						
1	Thomson, Joel	M12	Ballarat Swimming Club Inc	14:10.62					
2	Harrison, Jude	M11	Ballarat Swimming Club Inc	14:04.65					
3	Rieniets, Charlotte	W11	Ballarat Swimming Club Inc	13:41.19					
4	Scrubby, Lois	W12	Ballarat Swimming Club Inc	13:18.03					
5	Anesi, Jayda	W11	Ballarat Gco Swimming Club Inc	13:36.34					
6	Rieniets, Matt	M11	Ballarat Swimming Club Inc	13:56.54					
7	Tran, Kha	M11	Ballarat Swimming Club Inc	14:04.85					
8	Thomson, Amelia	W10	Ballarat Swimming Club Inc	14:30.86					
Heat	3 of 4	Timed Finals	Starts at 06:30 PM						
1	Powell, Clara	W14	Ballarat Gold Swimming Club In	12:54.93					
2	Wilson, Amelia	W13	Ballarat Gco Swimming Club Inc	12:15.37					
3	Costello, Taylah	W13	Ballarat Swimming Club Inc	12:08.55					
4	Crilly, Miles	M14	Ballarat Swimming Club Inc	10:49.41					
5	Harrison, Neve	W13	Ballarat Swimming Club Inc	11:52.60					
6	Collard, Sarah	W20	Geelong Sharks Swimming Club	12:11.21					
7	Karslake, Estelle	W13	Ballarat Gco Swimming Club Inc	12:16.31					
8	Cookson, Ruby	W14	Ballarat Swimming Club Inc	13:08.16					
Heat	4 of 4	Timed Finals	Starts at 06:44 PM						
1	Dole, Cam	M57	Ballarat Gco Swimming Club Inc	11:39.22					
2	Lim, Jayden	M13	Ballarat Gold Swimming Club In	11:20.04					
3	Russell, Samuel	M11	Gisborne Thunder Swimming Club	11:15.77					
4	Scott, Bryce	M13	Ballarat Swimming Club Inc	10:23.30					
5	Wilson, Hayden	M15	Ballarat Gco Swimming Club Inc	10:54.94					
6	Lidgett-Egan, Imogen	W15	Ballarat Swimming Club Inc	11:18.12					
7	Greeff, Jone	W14	Ballarat Swimming Club Inc	11:34.05					
8	Kennett, Georgie	W10	Ballarat Gold Swimming Club In	11:41.48					

Heat times are a guide and are subject to change. Please listen for announcements.

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 Event**