



DISTRICT 16
Midlands District Amateur
Swimming Association

Takes pleasure in presenting the

2025 Midlands District
1500m Distance Meet

This is a 'Proposed Qualifying Meet'

Held at Ballarat Aquatic & Lifestyle Centre - 50m Pool
Friday 31st October 2025
Doors open 5:15pm, Warm-up 5:30pm, Racing Starts 6pm.

2025 MDASA 1500m 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 1500m 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 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
Bayside Swimming Club
Geelong Swimming Club
Laverton Wyndham Aquatics
Melbourne Swimming Club
Monbulk Aquatic Club**

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.

MDASA Distance Program

Conducted under SV and SAL Rules

Proposed Qualifying Meet



800m Freestyle

FRIDAY 5th September 2025

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

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

Entries close **Monday 1st September**

1500m Freestyle

FRIDAY 31st October 2025

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

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

Entries close Monday 27th October

Entry fee - \$15.00 per event

Enter Online via [Swim Central](#). 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.

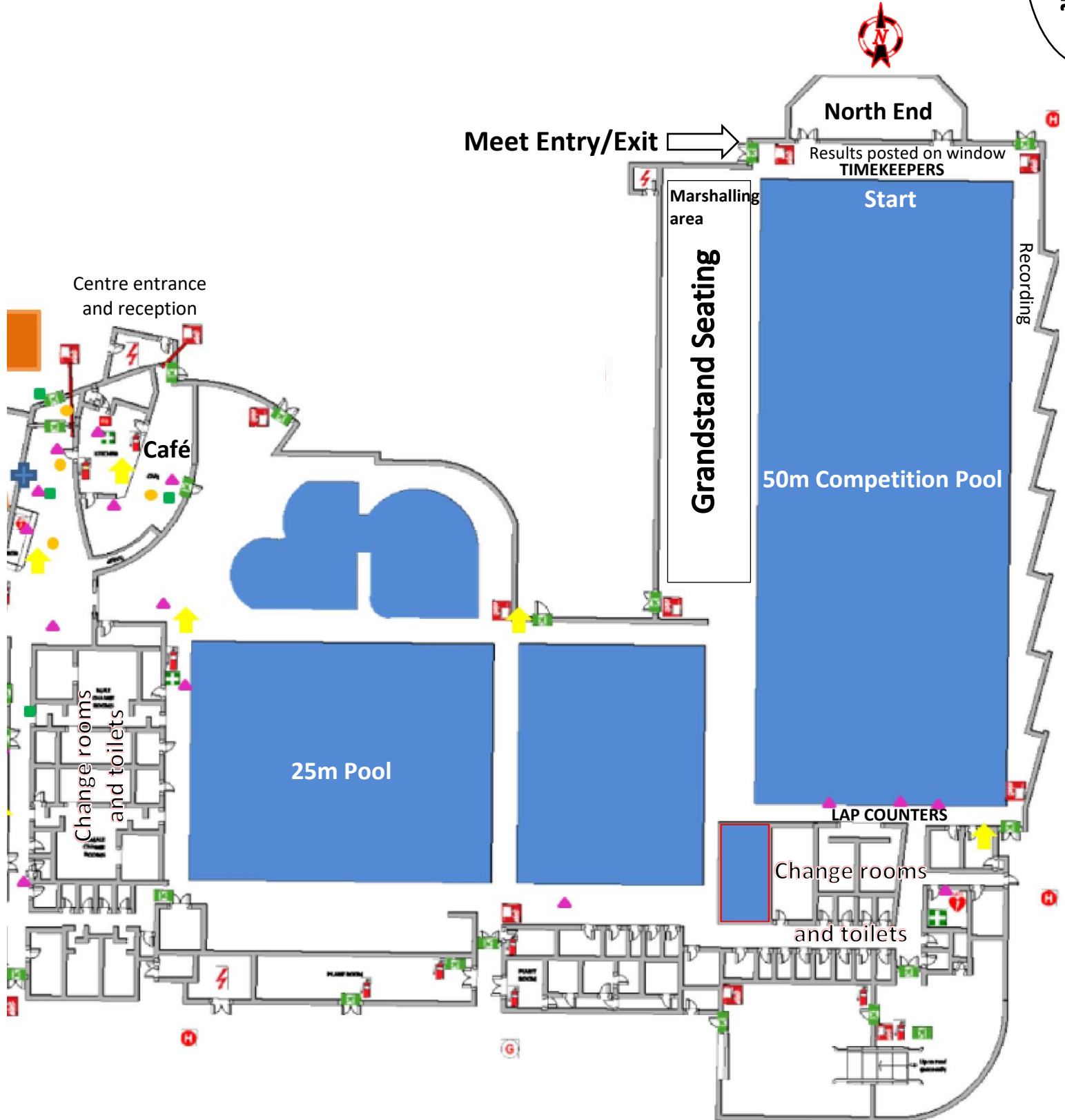
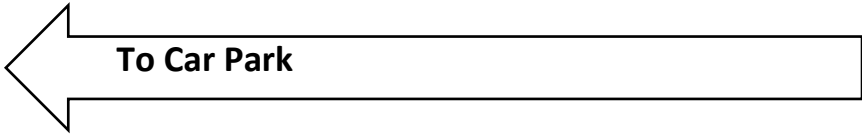
For further information contact -

entries@midlands-swimming.org.au

Jo Peters 0438 823965



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



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.

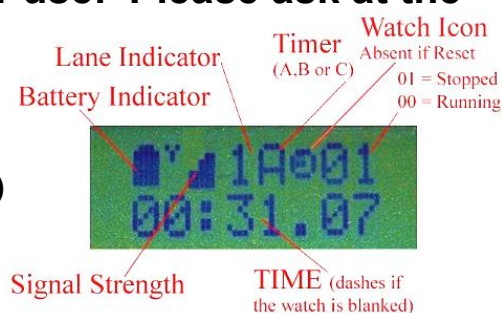
Additionally, each timekeeper will have a black Manual Stopwatch for taking Splits and as a backup for the final race time.

NB This should be started on the Starters signal, it is not automatically started.

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 Dolphin Watch Operation (Do not take splits – just press one of the side buttons at the final touch)



1. The Starter will start all watches automatically.
2. Please leave the blue dolphin watch on the middle chair until it is required to record the final touch.
3. At the final turn of the race, check that the watch is still displaying running time. If the time has stopped, press one of the side buttons to reactivate it. The screen should display running time again.
4. Press either of the side Stop buttons to stop your watch at the end of the race. Please immediately record this time on the Split sheet in the **Blue Dolphin** row. Put the handset back on the chair, being careful not to press the side buttons or timing will resume.
5. You should not press any other buttons.

NB: If you accidentally press one of the side buttons before the end of the race, the time on your watch screen will top incrementing. Press one of the side buttons again to reactivate the watch. (The watch is still recording running time, and will display it when reactivated, as long as the Starter has not yet pressed Reset). You can then stop the watch as normal at the end of the race.

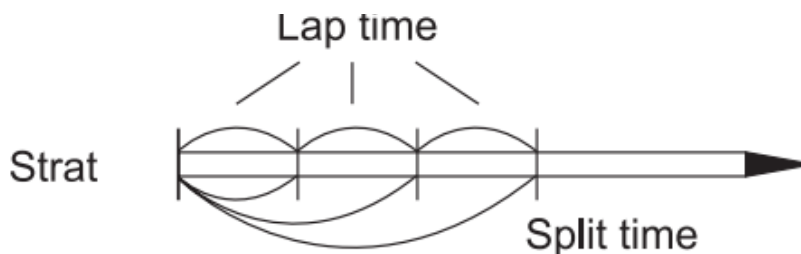
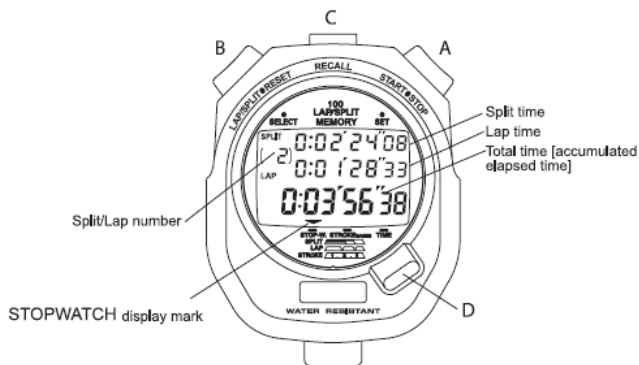
The watch icon on the top row indicates time is running on the watch; it disappears when the Starter has reset all the watches for the next race. Once the Starter presses Reset, the bottom line on your watch will show “RESET,” alternating with the previous race time.

Manual Start/Stop

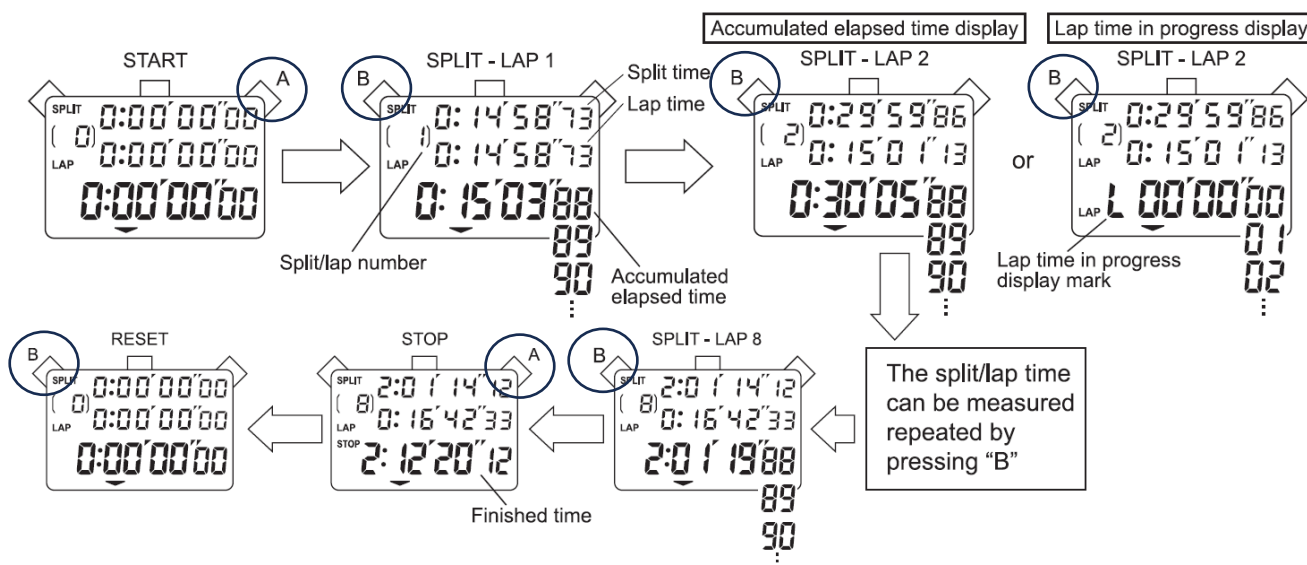
Manual Stopwatch Instructions

Black Stopwatch Operation (take and record splits)

1. Ensure the watch is showing the Stopwatch display (if not, press D until it is).
2. Ensure that the watch is reset and displaying zero prior to the start of each race (Press B to reset a stopped watch).
3. Press the Start/Stop button (A) on the Starters signal (watch for the light on top of the Starting unit). Check the watch is running.
4. **YOU HAVE BEEN ASKED TO TAKE SPLITS** - press B to record each 100m split. Please record the Split time - 1st line at top of watch display (not lap time) on the Split sheet.
5. Alert a Technical Official prior to your lane requiring final 100m whistle (see split sheet)
6. Press the Start/Stop button (A) at the End of the race. Please also record this time on the Split sheet.
7. Press the Reset button (B) in preparation for the next race.



3. SPLIT TIME/LAP TIME MEASUREMENT



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

Lap Counter Instructions

1. Prior to the start of each race, ensure that the Lap Counter is displaying “29” 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 29,27,25,23,21...,9,7,5,3,1).
4. Remember to move both sides of the Lap Counter when changing from 21 to 19 and from 10 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 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.

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.

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 MDASA 1500m Freestyle Distance Meet - 31/10/2025
PROVISIONAL Meet Program - 2025 MDASA 1500m Freestyle Distance Meet

Event	1	Mixed 1500 LC Meter Freestyle						
Lane	Name	Age	Team	Seed Time		Finals	Place	
Heat	1 of 4	Timed Finals	Starts at 06:00 PM					
1	Tran, Kha	M11	Ballarat Swimming Club Inc	NT		_____	_____	
2	Harrison, Jude	M11	Ballarat Swimming Club Inc	NT		_____	_____	
3	Tabb, Eli	M12	Ballarat Gco Swimming Club Inc	NT		_____	_____	
4	Valentan, Edward	M12	Ballarat Swimming Club Inc	NT		_____	_____	
5	Rieniets, Matthew	M12	Ballarat Swimming Club Inc	NT		_____	_____	
6	Dupanloup, Maia	W12	Monbulk Aquatic Club	NT		_____	_____	
7	Greeff, Reuben	M11	Ballarat Swimming Club Inc	NT		_____	_____	
Heat	2 of 4	Timed Finals	Starts at 06:28 PM					
1	Ramakrishnan, Veera	M13	Laverton Wyndham Aquatics Inc.	NT		_____	_____	
2	Sodal, Milan	M13	Laverton Wyndham Aquatics Inc.	NT		_____	_____	
3	Buchanan, Astrid	W13	Ballarat Swimming Club Inc	NT		_____	_____	
4	Cree, Alex	M15	Monbulk Aquatic Club	NT		_____	_____	
5	Trigg, Isabella	W14	Ballarat Gco Swimming Club Inc	NT		_____	_____	
6	Costello, Taylah	W13	Ballarat Swimming Club Inc	NT		_____	_____	
7	Hendley, Addison	W13	Ballarat Swimming Club Inc	NT		_____	_____	
8	Wang, Nicholas	M12	Melbourne Swimming Club	NT		_____	_____	
Heat	3 of 4	Timed Finals	Starts at 06:55 PM					
1	Aldersley, Aurora	W16	Geelong Swimming Club Incorpor	NT		_____	_____	
2	Costello, Thomas	M17	Ballarat Swimming Club Inc	NT		_____	_____	
3	Anesi, Jayda	W12	Ballarat Gco Swimming Club Inc	25:18.36		_____	_____	
4	Harrison, Neve	W14	Ballarat Swimming Club Inc	24:04.11		_____	_____	
5	Cookson, Ruby	W14	Ballarat Swimming Club Inc	24:50.55		_____	_____	
6	Van Der Linde, Abigail	W17	Monbulk Aquatic Club	NT		_____	_____	
7	Condon, Bondi	W16	Geelong Swimming Club Incorpor	NT		_____	_____	
8	Crapp, Willow	W15	Geelong Swimming Club Incorpor	NT		_____	_____	
Heat	4 of 4	Timed Finals	Starts at 07:21 PM					
1	Smith, Maddie	W14	Ballarat Gco Swimming Club Inc	23:30.00		_____	_____	
2	Lyons, George	M12	Bayside Swimming Club Inc	22:46.56		_____	_____	
3	Lim, Jayden	M13	Ballarat Gold Swimming Club In	22:02.60		_____	_____	
4	Scott, Bryce	M13	Ballarat Swimming Club Inc	19:16.85		_____	_____	
5	Baker, Claire	W13	Ballarat Gco Swimming Club Inc	21:38.30		_____	_____	
6	Greeff, Jone	W14	Ballarat Swimming Club Inc	22:16.41		_____	_____	
7	Kennett, Georgie	W10	Ballarat Gold Swimming Club In	22:54.33		_____	_____	
8	Preston, Holly	W15	Ballarat Gco Swimming Club Inc	23:36.74		_____	_____	

Approx. finish time - 7:50PM

NB Provisional Program only. Meet could be reseeded based on numbers in attendance on Friday.

If reseeded, the program will be posted on the window behind the starting blocks.

All swimmers are requested to provide at least 1 volunteer to help with the Meet.

Ballarat based clubs have been asked to provide an additional 4 volunteers per club (aged 13 or over).

Two timekeepers are required to ensure this is a qualifying Meet. In the event of insufficient timekeepers, swimmers may be asked to timekeep when not swimming.

Thank you for Swimming



**See you all at the
Midlands District 200/400m Meet
&
All Junior Selection Meet
Sunday 8th February 2026**