

# MDASA Distance Program

Conducted under SV and SAL Rules

Proposed Qualifying Meet



## 200/400m Events

### Sunday 8<sup>th</sup> February 2026

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 2nd February 2026 at 6.00pm

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](#). 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)