



**Dandenong Ranges & District Swimming
Association Inc. (Est. 1958)**

**METRO EAST
ANNUAL DISTRICT CHAMPIONSHIPS
SUNDAY 23rd March 2025**

**MONASH AQUATIC AND RECREATION CENTRE (Outdoor Pool)
626 Waverley Rd, Glen Waverley**

Warm up 8.00am. Event start time TBC after entries close.

F	M	AGE	EVENT	F	M	AGE	EVENT
1	2	OPEN	50M FREESTYLE	32	33	12/U	4X50M FREESTYLE RELAY
3	4	13/O*	100M BUTTERFLY	34	35	12/U	4X50M MEDLEY RELAY
5	6	OPEN	50M BREASTSTROKE	36	37	8/U	50M BACKSTROKE
7	8	13/O*	100M BACKSTROKE	38	39	9/10	50M BACKSTROKE
9	10	OPEN	200M FREESTYLE	40	41	11/12	100M BACKSTROKE
11	12	OPEN	50M BUTTERFLY	42	43	OPEN	200M BUTTERFLY
13	14	13/O*	100M FREESTYLE	44	45	8/U	50M BREASTSTROKE
15	16	OPEN	50M BACKSTROKE	46	47	9/10	50M BREASTSTROKE
17	18	13/O*	100M BREASTSTROKE	48	49	11/12	100M BREASTSTROKE
19	20	14/U	4 X 50M MEDLEY RELAY	50	51	8/U	50M FREESTYLE
21	22	15/O	4 X 50M MEDLEY RELAY	52	53	9/10	50M FREESTYLE
23	24	14/U	4X50M FREESTYLE RELAY	54	55	11/12	100M FREESTYLE
25	26	15/O	4X50M FREESTYLE RELAY	56	57	OPEN	200M BREASTSTROKE
27	28	OPEN	## 200M INDIVIDUAL MEDLEY DAVID COOK TROPHY##	58	59	8/U	50M BUTTERFLY
29	30	OPEN	4 X 100M FREESTYLE RELAY FRIENDSHIP TROPHIES	60	61	9/10	50M BUTTERFLY
31	10/U	4 X 50M FREESTYLE RELAY MARGARET BAULCH TROPHY	62	63	11/12	100M BUTTERFLY	
Lunch Break: Pool will be open for warm-up/ cool down during lunch break.				64	65	OPEN	200M BACKSTROKE

* For the 13/0 individual events, medals will be awarded in the 13/14, 15/16 yrs and 17/over age groups

Note there are qualifying times for the 200 IM events. Female, 3:40.00; Male, 3:20.00.

Please direct any queries to east.meets@hotmail.com

Entries close Sunday 16th March 2025 (or earlier if capacity reached)

ENTRY FEE: \$12.00 PER EVENT

LATE ENTRIES WILL NOT BE ACCEPTED.

TROPHY EVENTS

- ∞ **Margaret Baulch Trophy (Ev 31)** awarded to the winning team of the 10 & under Mixed 4x50m relay.
- ∞ **Friendship Relays (Ev 29, Ev 30)** are of historical significance to DRDSA – first commencing in 1960.
- ∞ **The David Cook Memorial Trophy (Ev 27, Ev 28)** awarded to the champion Male and Female 200IM swimmer in memory of David Cook, a respected member of the swimming community and Life Member of both Metro East and Swimming Victoria.

All clubs compete for the honour of winning the McArthur Trophy to become the District Champion Club. This trophy is named after Mr & Mrs McArthur for their 16 years of untiring effort as President and Secretary of DRDSA from 1960.

*TERMS AND CONDITIONS OF ENTRY FOR DISTRICT CHAMPIONSHIPS
AND THE QUALIFICATION CRITERIA FOR DISTRICT TEAM SELECTION
DETAILS ARE ON THE FOLLOWING PAGE.*



Dandenong Ranges & District Swimming Association Inc. (Est. 1958)

TERMS AND CONDITIONS OF ENTRY

- To be conducted under the rules of Swimming Australia Ltd and Swimming Victoria Inc.
- This meet is open only to registered competitive swimmer members of a Metro East affiliated Club.
- A proposed qualifying meet.
- All events will be swum as timed finals. Semi-Automatic Timing will be used
- Pool depths: shallow end: 1.0 meters; deep end: 1.9 meters. Pool length is 50 meters
- Metro East will not be enforcing the 11 & under SV swim suit policy for this meet
- Age as at 23rd March 2025.

ENTRY METHODS

- Swim Central entries only will be accepted.
- **EVENT ENTRY FEE: \$12.00 per individual event** (including \$1.25 SV Approved Meet Levy).
- **Entries close Sunday 16th March 2025** or earlier if capacity reached.
- Refund of entry fees will only be provided if the entry is rejected.
- **RELAY ENTRIES - \$20 per relay**

ELIGIBILITY TO ENTER

- **To be eligible for medals a swimmer must have competed in at least two district events in the 2024-25 season. This can be any two of Junior District Trials, Distance Competition, Long Course Preparation Meet, All Junior Trials. Or, any one of the above plus one meet run as an open qualifying meet (short or long course) by a district club (eg. Nunawading, MLC, Ringwood, Surrey Park).** Swimmers who have not met the above criteria are welcome to enter and swim but will be deemed an exhibition swimmer. They will not be eligible to receive individual medals but they can compete in relays.
- Swimmers, including MC, who have a current National Qualifying Time for their age group as of 23rd March 2025 are not eligible to enter individual events in the stroke (irrespective of distance) they have the National Qualifying Time for without the express permission of the Metro East Competitions Team. Nationally qualified swimmers wishing to enter please contact east.meets@hotmail.com prior to entering. Entries will only be granted if space permits and at the discretion of the Competitions Team and such entries will be marked as 'exhibition' and therefore ineligible for medals or placings.
- The Open 200m Individual Medley events (David Cook Trophy) are open to all swimmers including those who have National Qualifying Times.

AWARDING OF MEDALS

- Medals will be awarded for 1st 2nd & 3rd places in both 'A' & 'B' grades in individual events, as the Competitions Committee deems appropriate.
- Swimmers entered with "NO TIME" are not eligible for either 'A' OR 'B' Grade medals.
- **NOTE:** Swimmers who do not have an entry time in the Swim Central database, rather than ending up being entered as NT, should email a coaches verified entry time to east.meets@hotmail.com before 16th March 2025. Times received after this date will not be accepted.

EXTRACT "GUIDELINES FOR SELECTION OF DISTRICT TEAM"

- Swimmers must have turned 12 years old and be less than 18 years old by June 2025 to be considered for selection.
- **Age Group "A" grade medalists will be considered.** Accordingly, Swimmers who want to be considered for the District Trip should ensure they enter the 100m events in their age group.
- Should the number of eligible and selected swimmers be inadequate for a successful trip, the selection panel may consider additional athletes entered in 100m events.
- **NOTE:** Nationally qualified swimmers will not be considered.

OTHER INFORMATION

- Pool entry is free for all spectators and swimmers
- Programs will be available for download from the Metro East website by Thursday prior to the meet metroeast.swimmingclub.org.au
- Please direct any enquiries to east.meets@hotmail.com

Outdoor Pool heated to approx 27 degrees; please BYO seating, plus shelter/shade.