

RSC

SHORT COURSE MEET

SUNDAY, 3RD AUGUST-9.00 AM

SESSION 1:

WARM-UP 8AM - START 9AM

Event	Age	Male Events	Female Events
100m Individual Medley	12/U	1	2
200m Freestyle	Open	3	4
100m Breaststroke	12/U	5	6
50m Backstroke	12/U	7	8
200m Butterfly	Open	9	10
100m Freestyle	12/U	11	12
50m Breaststroke	12/U	13	14
200m Backstroke	Open	15	16
100m Butterfly	12/U	17	18
50m Freestyle	12/U	19	20
200m Breaststroke	Open	21	22
100m Backstroke	12/U	23	24
50m Butterfly	12/U	25	26
200m Medley	12/U	27	28
400m Freestyle	Open	29	30

SESSION 2:

45 MINS AFTER COMPLETION OF SESSION 1

Event	Age	Male Events	Female Events
400m Individual Medley	Open	31	32
100m Individual Medley	13/O	33	34
200m Freestyle	Open	35	36
100m Backstroke	13/O	37	38
50m Butterfly	13/O	39	40
200m Breaststroke	Open	41	42
100m Freestyle	13/O	43	44
50m Backstroke	13/O	45	46
200m Butterfly	Open	47	48
100m Breaststroke	13/O	49	50
50m Freestyle	13/O	51	52
200m Backstroke	Open	53	54
100m Butterfly	13/O	55	56
50m Breaststroke	13/O	57	58
200m Individual Medley	13/O	59	60

ENTRIES CLOSE 10AM, TUESDAY 29TH JULY
(UNLESS EVENT REACHES CAPACITY EARLIER)

ENTER VIA SWIM CENTRAL

RAFFLE, LUCKY ENVELOPES AND
SAUSAGE SIZZLE ON THE DAY (EFTPOS AVAILABLE).

NEW LOOK MEDALS!

10 LANE, 25 METER, SHORT COURSE INDOOR POOL
AQUANATION, GREENWOOD AVE, RINGWOOD



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CONDITIONS OF ENTRY

2. Entry is restricted to registered swimmers, who must compete in their respective age group. Age is as of Sunday 3rd August 2025.
3. All events will be swum as timed Finals.
4. This meet is a proposed qualifying meet, subject to swimming Victoria Approval. Your assistance with timekeeping may be required to ensure this is achieved.
5. Warm-up/cool-down lanes available in the remaining space in shallow end of the pool.
6. Medals will be awarded to the first 3 place getters in age groups 8/under, 9/10, 11/12, 13/14 & 15/over in all age events.
7. Medals will be awarded to the first 3 place getters in all open events.
8. Multi Class athletes are encouraged to enter standard events.
9. Entry fee is \$14.50 per event (includes \$1 SV event levy).
10. **Entries close 10:00am, Tuesday 29th July 2025** or earlier if maximum limits are reached. No late entries will be accepted and no refunds will be provided.
11. All entries via Swim Central.
12. Start time for session 2 will be 45 minutes after the end of session 1 and will be confirmed on the club website prior to the meet. Confirmation of the athlete roster will also be available at this time.
13. Meet program will be available to download via the club website prior to the meet. Programs will not be available on the day.
14. Meet mobile will be live on the day.
15. Swimmers and spectators will have access to grandstand seating area.
16. Spectators are not allowed on pool deck, except when they are rostered for time keeping.
17. Ringwood Swimming Club reserves the right to cancel or alter events according to entries.
18. Enquiries to:

RSC Competitions Officer

comps@ringwoodswimmingclub.org.au



RINGWOOD SWIMMING CLUB

RSC MEET GROUP CHAT - WHATSAPP GROUP

