



KANGAROO FLAT SWIMMING CLUB INFORMATION BOOK

2024

Kangaroo Flat Swimming Club Committee
BROWNING ST. KANGAROO FLAT



Kangaroo Flat Swimming Club

2024-2025 Registration and Terms and Conditions

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Welcome to the Kangaroo Flat Swimming Club

Welcome to the Kangaroo Flat Swimming Club team, we are excited to have you join our squad. Our dedicated committee members are often on pool deck if you have any questions. Kangaroo Flat Swimming Club is a year-round swimming club located in Kangaroo Flat, Bendigo. The Gurri Wanyarra Wellbeing Centre serves as the home for the Kangaroo Flat Swimming Club, featuring state-of-the-art facilities –the only one of its kind in the Bendigo area.

KFSC Structure

Kangaroo Flat Swimming Club (KFSC) is overseen by a dedicated volunteer committee. The executive committee includes Hugh Richard as President, Michelle Hayward as Vice President, and Naomi Roberts as Secretary. Our general committee members are Nat Yukawa-Lee, Stephen Hundt, and Teala Masiero. If you are interested in joining our team, please reach out to the executive committee for more information.

Mission statement

The mission of Kangaroo Flat Swimming Club is to foster swimming within our community by promoting both the physical and social benefits of the sport. We are committed to creating an environment where every member can reach their potential through active participation and achievement. Our club values teamwork, camaraderie, and well-being, encouraging a positive mindset, resilience, and good sportsmanship. Whether for fitness, socialization, or high-level competition, our inclusive approach supports diverse goals and embodies the spirit of excellence.

Club Expectations

Squad members are expected to embody to values of strong work ethic, teamwork, respect and humility. There is an expectation that squad members as well as dry land members behave in a manner that sets a positive example within the club and in line with the KFSC code of conduct.

Fair Play and Code of Conduct

Every member of the Kangaroo Flat Swimming Club community is expected to abide by the fair play and code of conduct policy. This policy outlines crucial information which includes being respectful to all KFSC members including coaching staff. Any issues or grievances must be put in writing to the KFSC President. The issue will be reviewed and investigated. KFSC as a zero tolerance for abusive and disrespectful behaviour. This type of behaviour may result in expulsion. [Sport Victoria Fair Play Code of Conduct](#)



Expectations for swimmers:

- Adhere to the rules with integrity and sportsmanship.
- Avoid disputes with officials and seek resolution through established guidelines.
- Demonstrate emotional control; refrain from verbal abuse, sledging, or intentional distraction.
- Dedicate effort equally to team and individual performance.
- Embrace good sportsmanship by applauding outstanding performances from all teams.
- Treat fellow participants with fairness and respect; reject bullying or unfair advantage.
- Collaborate with coaches, teammates, and opponents to foster a positive environment.
- Engage in swimming for personal enjoyment and growth, not solely to meet external expectations.
- Respect the inherent worth of all participants, irrespective of gender, ability, cultural background, or religion.

Expectations for Parent/Guardian:

- Acknowledge that children participate in sports for enjoyment, emphasising their fulfilment over personal satisfaction.
- Encourage voluntary participation without imposing undue pressure.
- Direct attention toward the child's efforts and progress rather than focusing solely on winning/losing or times.
- Promote adherence to rules and encourage conflict resolution without resorting to hostility.
- Avoid criticism or yelling in response to mistakes or losses.
- Acknowledge and appreciate commendable performances by all participants, setting a positive example.
- Advocate for a sports environment free of verbal and physical abuse.
- Respect the decisions of coaches and officials, instilling the same respect in children.
- Express gratitude towards coaches, officials, and administrators for their crucial role in facilitating the sport.
- Uphold the rights and dignity of every participant, irrespective of gender, ability, cultural background, or religion.
- Demonstrate respect towards coaches, understanding their actions are driven by the best interests of the swimmers.



Our Coaching Team

Naomi Roberts - Coach

Naomi is a dedicated swimming coach with a rich background in competitive swimming. Serving as our club secretary & coach, Naomi brings her passion for the sport and deep understanding of the demands of squad training to the team. Having grown up in Sydney, where swimming played a significant role in her life, she has firsthand experience of the commitment required at a competitive level.

In addition to her coaching role, Naomi is a Paediatric Clinical Nurse Educator, supporting & educating nursing staff caring for children and young people. Naomi is committed to supporting the development and success of young swimmers. Naomi's two children are also proud members of the club, sharing her enthusiasm for the sport.

Georgia Proctor Parkin - Coach

Georgia Proctor Parkin is a competitive swimmer renowned for her expertise in sprint events, particularly the 50m and 100m backstroke, freestyle, and breaststroke. She has had the privilege of training under ex-Olympian Ash Delaney, which has greatly influenced her understanding of high-level performance and commitment.

Georgia brings four years of experience as a learn-to-swim instructor at entry level squad training. Her passion for swimming shines through in her dedication to teaching correct technique and fostering a love for the sport in young swimmers. In addition to her swimming pursuits, Georgia is currently pursuing a Bachelor of Outdoor Education, reflecting her enthusiasm for outdoor activities and education. As a role model within our squads, Georgia exemplifies the dedication and skill required to excel in competitive swimming.

Veda Haines

Local Bendigo Veda, has been a competitive squad swimmer for over 10 years, with the sport playing a significant role in her life and fueling her passion for swimming. She has firsthand experience balancing the demands of training, school, and social activities. Veda has contributed to the development of many swimmers through her roles as a learn-to-swim teacher and as a squad coach in Bendigo for a number of years. She finds great satisfaction in sharing her enthusiasm for swimming with emerging athletes and has a particular interest in the technical aspects of strokes.

In addition to her swimming pursuits, Veda is currently a first-year university student at Deakin University in Geelong, where she is studying law and criminology.

Alisha Rowden

Alisha is a squad coach from Bendigo with a deep-seated passion for swimming and water safety. Her background includes experience as a learn-to-swim teacher and a pool lifeguard. Alisha is an enthusiastic volunteer beach lifesaver and is set to compete at the national level in September 2024. Alongside her coaching role, she serves as a student support officer at a local secondary school, with a keen interest in neurodiversity and physical education. Alisha is also pursuing a Bachelor of Education, specializing in physical education, which underscores her commitment to both sport and education.

Mira Allen

Mira has been immersed in the world of swimming throughout her life, with her family deeply rooted in the sport. As well as coaching, Mira works as a learn-to-swim teacher, taking great satisfaction in observing the progress of her young students. Currently in her final year of school, Mira is excited about pursuing further studies at a university in Bendigo starting in 2025.



Squad Structures

Swimmers transferring from other Victorian swimming clubs need to be firstly approved by the current KFSC President and Vice President.

Invitation to competitive squads is at the coach's discretion and is based on several factors beyond performance times alone. The coach's decision regarding any squad moves is final and to be respected.

Squad	Max trainings per week	Minimum trainings per week	Competition Level	Squad Level Requirements
Bronze Squad	2	1	Entry Level Swimmers and low-level fitness only swimmers	Club entry level from learn to swim with enough skills to be able to swim 25-meter lengths for up to 1 hour. Group members will require stroke correction, timing and endurance training and deemed to be competent to move onto the next group
Sliver Squad	3	2	Introduction to competition	Swimmers with adequate stroke and fitness that require coaching in fitness and finer stroke correction to allow them to reach swim times that will allow them to be competitive at local competition
Gold Squad	5	3	Competition level with high level	Swimmers competent with stroke, turn and dive skills swimming at a time deemed to be competitive enough to attend local swimming meets
Performance Squad	8	4	High Level competitive swimmers	Competitive swimmer swimming at country state or national level times for at least 1 stroke.

Please Note:

Target squad swimmers can transition to higher groups based solely on being capable of getting a qualifying time based on the coach's discretion. Availability of attending a higher training squad depends on squad numbers at the time.

Squad Training Schedule

Squads	Monday	Tuesday	Wednesday	Thursday	Friday
Bronze Squad	4:30-5:30PM		4:30-5:30PM	4:30-5:30PM	4:30-5:30PM
Silver Squad	4:30-5:30PM		4:30-5:30PM	4:30-5:30PM	4:30-5:30PM
Gold Squad	4:30-6:00PM	4:30-6:00PM	4:30-6:00PM	4:30-6:00PM	4:30-6:00PM
Performance Squad	4:30-6:30PM	4:30-6:30PM	4:30-6:30PM	4:30-6:30PM	4:30-6:30PM

Bronze & Silver Squad

Training Days: Monday, Wednesday, Thursday, and Friday

Time: 4:30-5:30 pm

Recommended Frequency:

Yellow - twice per week

Orange – three per week

Gold Squad

Training Days: Monday to Friday

Time Options:

4:30-6:00 pm session

Recommended Training Duration: Between 4-8 hours per week, including a mix of pool and dry land training to enhance fitness and stamina levels.

Performance Squad

Training Days: Monday to Friday

Time Options:

4:30-5:30 pm

5:30-6:30pm

Double session from 4:30-6:30 pm

Recommended Training Duration: Between 4-10 hours per week, including a mix of pool and dry land training to enhance fitness and stamina levels.

Saturday Squad

Saturday squad is by invitation only

Please note that it is important to inform the coaching team in advance if there will be any changes in attendance or if a swimmer will be arriving late for a session. This helps us ensure smooth training sessions and provide appropriate support to all swimmers



Club Communications

Communication about all club events and news is via Kangaroo Flat SC Team App account. Our coaches and administrators use this to communicate news about training, meets, club information and other events regularly. We recommend at least one family member download this app.

Registering for Training

Swimmers are required to RVSP for each training session at least 24 hours prior to training sessions to ensure adequate coaching staff and set preparation can occur. Registering for training sessions ensure that the club operates within our strict ratio guidelines set by Swimming Victoria.



2024-2025 Times and Dates of Importance

All dates and timetables are subject to change; please understand that updates may occur and will be communicated via Kangaroo Flat SC Team App. Training will continue over school holidays, if any changes, these will be communicated via Stack Teams app.

Public Holiday

Public Holidays (no training)

- Christmas Day
- Good Friday

Training on all other public holidays is at the coach's discretion and will be communicated through the Team app.



Social Media

We believe that staying connected with us on social media is a fantastic way to enhance your club experience. Our social media platforms provide valuable information about events and showcasing our member's success and highlights. Discover the fun and social side of our club through photos, videos, and stories shared on social media. From team celebrations to memorable moments at training sessions, our posts capture the essence of the enjoyable experiences we offer. By following Kangaroo Flat Swimming Club on social media, you become part of a vibrant and supportive community dedicated to swimming excellence, friendship, and fun!



2024-2025 Fees and Other Charges

Invoice will be emailed to parents/guardians and coaching fees are payable by all swimmers, competitive and recreational. Fees are billed monthly at the beginning of each month in advance. Fees are due and payable within 14 days of the invoice date. Failure to keep up with fee payment will result in swimmers being unable to participate in the Club training or activities.

Squad Fees Per Month	
Performance	\$117
Gold Squad	\$110
Silver Squad	\$104
Bronze Squad	\$104

- Coaching fees and registration fees are non-refundable and are payable in advance.
- Full Payment must be received by the due date, stated on the invoice. If payment is not received by the due date swimmers will not be permitted to enter the water. The Club reserves the right to cancel a swimmer's spot if monies are outstanding.
- Swimmers who are unable to swim due to illness or injury for two weeks or more may apply for a suspension of fees; applications due to illness or injury must include a medical certificate and are to be made as soon as possible after the first missed session.
- Swimmers who are away for three weeks or more may apply for a suspension of fees; application due to non-illness must be advised at least one month in advance.
- Two weeks' written notice is required on termination of membership. Members will be liable for all fees until the club receives written notice of the termination of membership. Members will still be responsible for all outstanding fees at the time of termination of membership. All requested changes or membership cancellations must be made in writing to the KFSC Treasurer at kfsctreasurer@outlook.com
- Families having trouble with the payment of coaching fees should contact the KFSC Treasurer ASAP to make a suitable payment plan.

Family Discount

Family discounts apply as follows for families with two or more swimmers:

- Child in the highest squad full training fee
- Second child 5% discount
- Third child 10% discount
- Fourth and additional children 15% discount

Payment Methods

Club payments are carried out online, payments are accepted via credit card or EFT.



Swim Central Annual Membership Fees

All swimmers and at least one dryland member per family is required to be members of the Kangaroo Flat Swimming Club on Swim Central. This is **separate** from your monthly coaching fees and is available through Swim Central - <https://swimcentral.swimming.org.au>

Category	Total
Swimmer (8 and under) Eligible to participate in squad and club training and activities as well as experience all levels of competition.	\$ 125.00
Swimmer (9 and over) Eligible to participate in squad and club training and activities as well as experience all levels of competition.	\$ 165.00
Dry Member Membership applies to parents & guardians of swimmers under 18 years, Technical Officials, Club & District committee members and Life Members.	\$ 15.00

A family discount only applies when all family members purchase a membership in one transaction on Swim Central. Family discounts are

- 5% discount when 3 family members sign up to any Victorian membership at the same time.
- 8% discount when 4 family members sign up to any Victorian membership at the same time.
- 10% discount when 5 or more family members sign up to any Victorian membership at the same time.

For further information, or if you have any questions, please contact your club representative or Swimming Victoria at sv.admin@vic.swimming.org.au Swim Central fee is a requirement of Swimming Victoria for all swimmers and guardians to be registered. This fee is set by Swimming Victoria and is not a pro-rata fee and is for the financial year. New swimmers to the club from March each year will be manually processed.



Pool Entry Fees

Gurri Wanyarra is Kangaroo Flat's training pool. Memberships are available at the centre with concession memberships starting from \$8.40 per week. Please discuss options with staff at the front desk.

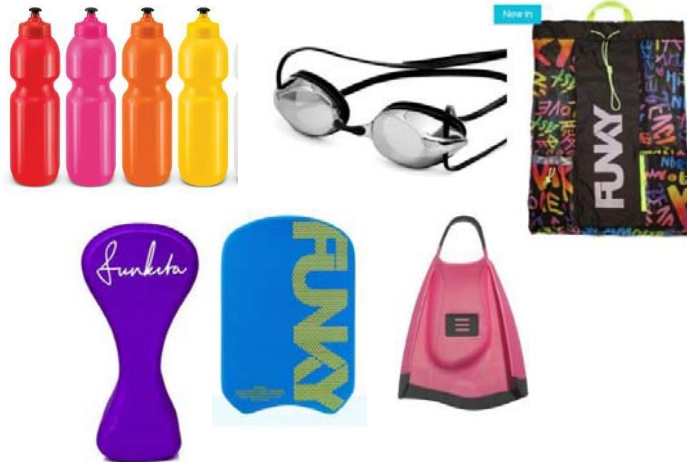


Training Gear

When starting out, please bring goggles, KFSC cap, towel, a drink bottle and flippers if you have them. Please label all items.

Swimmers as they progress will be adding items to their gear bag such as a pull buoy, kickboard and may choose to get a deck coat etc. These can be borrowed to start.

- Goggles
- Swimming cap
- Flippers (preferably short fins)
- Kickboard
- Pull-buoy
- A mesh gear bag



Ashlee Grace Activewear & Swimwear

We're delighted to share that our local retail distributor offers Kangaroo Flat Swimming Club a generous **20% discount**. Simply use the code **Kangaroo-Flat** to avail of this special offer.

Ashlee Grace provide starter Swim Kit Bundle for \$80. This includes 1kickboard, 1 mesh gear bag, 1 pull buoy & 1 swim cap. <https://ashleegrace.com.au/>



Volunteering

Our club relies on volunteers, and parents/carers are expected to attend AGM meetings, assist the club during swim meets and when we conduct social events.

If you are interested in joining the committee or assisting the club in a more significant role, please let us know. Parents/carers must have a current working with children's certificate to be able to volunteer.

Any questions about volunteering should be directed to the club secretary:

kfscsecretary@outlook.com.au

Agreement

By registering with the Kangaroo Flat Swimming Club, you agree to have read, understood, and abide by all items contained in these Terms and Conditions and by the Club Handbook.



Competitive Swimming Information

Squad swimmers at KFSC have the option to participate in competitive swimming. We encourage swimmers to choose their level of participation based on comfort and set realistic goals aligned with the KFSC philosophy. The swimming calendar is divided into Short Course and Long Course seasons. Short Course occurs over the winter months with race meets competed in 25m pools. Long Course occurs over the warmer months in 50m pools. There are also different events on offer during long and short course. Please chat to either committee members or coaching staff to discuss options.

Swim Central

Swim Central serves as the registration hub for all swimming competitions and events sanctioned by Swimming Victoria. After registration, swimmers can sign up for specific events, typically costing between \$8 to \$15 per entry per race. Our committee members are available to assist and navigate Swim Central to facilitate your registration process.



Meet Mobile

Meet Mobile is a mobile app available for download with a nominal annual subscription fee. This app provides real-time access to event results, allowing swimmers and spectators to stay updated during competitions.



Central Victorian Swimming Inc. District 15 & Swimming Victoria

Kangaroo Flat Swimming Club is proud to be a registered member of Swimming Victoria and operates within the Central Victorian Swimming Incorporated District 15. For comprehensive information on events within our district, we encourage you to visit the Central Victoria Swimming Inc. District 15 website, where you'll find a wealth of relevant details.

Swimming Victoria serves as the governing body for swimming in Victoria, offering a plethora of resources and information. From the competitions calendar to details on technical officials and the Touchpad Newsletter, Swimming Victoria provides valuable insights into the world of competitive swimming.





2025 Swimming Bendigo Super Series

A series of proposed Short Course Qualifying Meets
Conducted under the Rules of Swimming Australia
Gurri Wanyarra Wellbeing Centre, Browning St, Kangaroo Flat



SWIMMING BENDIGO

Activating the City of Greater Bendigo as the epicentre of short course competition in Australia.

SUPER SERIES 2025

Round 1 - May 25th
Round 2 - June 22nd
Round 3 - July 20th

ENTRIES OPEN IN 2025

VICTORIAN COUNTRY SHORT COURSE CHAMPIONSHIPS

9th & 10th August 2025

2025 & 2027 Host for Victorian Short Course Championships



DATE	COMPETITION	LOCATION	ENTRY CLOSING DATE – 11:59pm (AEST)
July 2024			
26	Short Course Distance Time Trial	MSAC, Indoor Pool	15 th July 2024,
27 - 28	2024 UNCLOUD Victorian Metropolitan Short Course Championships	MSAC, Indoor Pool	15 th July 2024
August 2024			
10 - 11	2024 UNCLOUD Victorian Country Short Course Championships	Traralgon	29 th July 2024
17 - 18	2024 UNCLOUD Victorian Open Short Course Championships	MSAC, Indoor Pool	5 th August 2024
21 - 24	2024 Junior Pan Pacific Championships	Canberra	
September 2024			
6 - 8	2024 UNCLOUD Victorian Age Short Course Championships	MSAC, Indoor Pool	26 th August 2024
26 – 29	2024 Australian Short Course Championships	Adelaide	
October 2024			
12	JX Competition	MSAC, Indoor Pool	30 th September 2024
26	Metro Junior District Competition – <i>AM Session</i>	MSAC, Indoor Pool	14 th October 2024
26	Country Junior District Competition – <i>PM Session</i>	MSAC, Indoor Pool	14 th October 2024
November 2024			
22	Long Course Distance Time Trial	MSAC, Outdoor Pool	4 th November 2024
23 - 24	Victorian Qualifying Competition	MSAC, Outdoor Pool	11 th November 2024
December 2024			
14 - 18	2025 Victorian Age Long Course Championships	MSAC, Outdoor Pool	2 nd December 2024
21 (<i>22nd Backup</i>)	2024 Victorian Open Water Championships	Eastern Beach Geelong	TBC
January 2025			
11 - 12	2025 Victorian Sprint Championships	MSAC, Outdoor Pool	2 nd January 2025
18 - 20	2025 Victorian Country Long Course Championships	Mildura	6 th January 2025
23 - 26	2025 Australian Open Water Championships	Busselton	
February 2025			
14 - 16	2025 Victorian Open Long Course Championships	MSAC, Outdoor Pool	3 rd February 2025
March 2025			
8 - 10	2025 Victorian Metropolitan Long Course Championships	MSAC, Outdoor Pool	24 th February 2025
17 (<i>PM Session</i>)	Victorian Last Chance National Qualifying Competition	MSAC, Outdoor Pool	TBC
22 - 23	Country All Junior Competition - plus JX clinic TBC	MSAC, Outdoor Pool	10 th March 2025
April 2025			
5 - 6	Metro All Junior Competition - plus JX clinic TBC	MSAC, Outdoor Pool	24 th March 2025
10 – 18	2025 Australian Age and MC Age Championships	Brisbane	
21 - 24	2025 Australian Open Championships	Brisbane	
May 2025			
5	Victorian School Associations Competition	MSAC, Outdoor Pool	22 nd April 2025
June 2025			
TBC	Victorian Relay Competition	TBC	

National Events [INSPIRING VICTORIA TO SWIM](#)



2024 VICTORIAN JX COMPETITION



12 OCTOBER 2024

EVENT LISTING & QUALIFYING TIMES

Session 1			Qualifying Times		
Saturday 12 October 2024 Timed Finals Warm Up from: 7:45am Start time: 8:30am (TBC)					
Event no.	Event	Age	9 Year	10 Year	11 Year
1	Mixed 200M Medley	9 - 11 Years	4:20.00	4:20.00	3:40.00
2	Mixed 50M Butterfly	9 - 11 Years	1:05.00	59.00	56.00
3	Mixed 100M Butterfly	11 Years			1:50.00
4	Mixed 50M Backstroke	9 - 11 Years	1:05.00	59.00	58.00
5	Mixed 100M Breaststroke	11 Years			2:02.00
6	Mixed 50M Breaststroke	9 - 11 Years	1:10.00	1:05.00	1:03.00
7	Mixed 100M Backstroke	11 Years			1:47.00
8	Mixed 50M Freestyle	9 - 11 Years	56.00	50.00	49.00
9	Mixed 100M Freestyle	11 Years			1:35.00

Session 2			Qualifying Times
Saturday 12 October 2024 Timed Finals Warm up: conclusion of session 1 Start time: 1:30pm (approx.)			
Event no.	Event	Age	12 - 13 Years
10	Mixed 200M Medley	12 - 13 Years	3:17.00
11	Multi Class Mixed 50M Butterfly	9 - 13 Years	No Qualifying Time
12	Mixed 50M Butterfly	12 - 13 Years	51.00
13	Mixed 100M Backstroke	12 - 13 Years	1:42.00
14	Mixed 200M Breaststroke	12 - 13 Years	3:46.00
15	Multi Class Mixed 50M Freestyle	9 - 13 Years	No Qualifying Time
16	Mixed 50M Freestyle	12 - 13 Years	46.00
17	Mixed 100M Butterfly	12 - 13 Years	1:45.00
18	Mixed 200M Backstroke	12 - 13 Years	3:19.00
19	Multi Class Mixed 50M Breaststroke	9 - 13 Years	No Qualifying Time
20	Mixed 50M Breaststroke	12 - 13 Years	1:00.00
21	Mixed 100M Freestyle	12 - 13 Years	1:29.00
22	Mixed 200M Butterfly	12 - 13 Years	3:25.00
23	Multi Class Mixed 50M Backstroke	9 - 13 Years	No Qualifying Time
24	Mixed 50M Backstroke	12 - 13 Years	55.00
25	Mixed 100M Breaststroke	12 - 13 Years	1:56.00
26	Mixed 200M Freestyle	12 - 13 Years	2:55.00



2024 VICTORIAN SPRINT CHAMPIONSHIPS

13 - 14 JANUARY 2024



QUALIFYING TIMES

Qualifying Requirements

Qualifying times must have been achieved between 14 January 2023 and 2nd January 2024

Converted short course qualifying times will **not** be used.

Mixed relays must be made up of 2 Women and 2 Men (swum in any order)

MEN									
Distance	Course	19 & Over	17-18 Years	16 Years	15 Years	14 Years	13 Years	12 Years	11 Years & Under
FREESTYLE									
50m	LC	28.88	29.10	29.52	29.96	30.60	31.46	33.62	35.78
BACKSTROKE									
50m	LC	34.18	34.67	35.16	35.66	36.39	37.38	39.84	42.29
BREASTSTROKE									
50m	LC	37.63	38.16	38.70	39.23	40.04	41.10	43.77	46.44
BUTTERFLY									
50m	LC	32.08	32.54	33.00	33.46	34.16	35.08	37.38	39.69

WOMEN									
Distance	Course	19 & Over	17-18 Years	16 Years	15 Years	14 Years	13 Years	12 Years	11 Years & Under
FREESTYLE									
50m	LC	31.89	32.14	32.62	33.11	33.59	34.09	35.30	36.14
BACKSTROKE									
50m	LC	36.89	37.43	37.71	37.98	38.25	38.53	39.90	42.63
BREASTSTROKE									
50m	LC	41.06	41.66	41.90	42.26	42.56	42.87	44.37	47.39
BUTTERFLY									
50m	LC	34.39	34.90	35.15	35.40	35.66	35.92	37.19	39.74

RELAY			
Event	15 & Over	13 – 14 Years	12 & Under
Mixed 4 x 50m Freestyle	2:05.08	2:11.05	2:23.87



2024 VICTORIAN COUNTRY LONG COURSE CHAMPIONSHIPS

20 - 22 JANUARY 2024

QUALIFYING TIMES



MEN								
Distance	Course	Open	18 & Over	16-17 Years	14-15 Years	13 Years	12 Years	11 Years & Under
FREESTYLE								
50m	LC		29.50					38.40
100m	LC	59.50		1:03.40	1:05.20	1:10.90	1:16.70	
200m	LC	2:11.90						
400m	LC	4:40.10						
BACKSTROKE								
50m	LC		37.60					45.30
100m	LC	1:09.20		1:15.10	1:18.30	1:27.20	1:31.20	
200m	LC	2:30.30						
BREASTSTROKE								
50m	LC		41.60					51.90
100m	LC	1:18.00		1:24.40	1:28.80	1:36.90	1:43.70	
200m	LC	2:49.70						
BUTTERFLY								
50m	LC		34.60					45.90
100m	LC	1:07.00		1:13.00	1:17.00	1:28.10	1:36.40	
200m	LC	2:28.70						
INDIVIDUAL MEDLEY								
200m	LC		2:36.90	2:38.60	2:46.20	2:59.10	2:59.10	3:13.10
400m	LC	5:19.80						



2024 VICTORIAN COUNTRY LONG COURSE CHAMPIONSHIPS

20 - 22 JANUARY 2024

QUALIFYING TIMES



WOMEN								
Distance	Course	Open	18 & Over	16-17 Years	14-15 Years	13 Years	12 Years	11 Years & Under
FREESTYLE								
50m	LC		33.00					38.11
100m	LC	1:05.30		1:09.50	1:10.50	1:13.00	1:16.10	
200m	LC	2:22.90						
400m	LC	5:00.00						
BACKSTROKE								
50m	LC		39.90					45.10
100m	LC	1:15.50		1:21.80	1:22.60	1:25.20	1:29.10	
200m	LC	2:41.20						
BREASTSTROKE								
50m	LC		45.50					51.10
100m	LC	1:26.50		1:33.60	1:34.70	1:37.10	1:42.30	
200m	LC	3:05.10						
BUTTERFLY								
50m	LC		36.30					45.00
100m	LC	1:15.20		1:21.30	1:22.80	1:31.70	1:38.80	
200m	LC	2:45.30						
INDIVIDUAL MEDLEY								
200m	LC		2:50.80	2:51.50	2:52.40	2:57.00	2:57.00	3:14.10
400m	LC	5:42.60						

