



RINGWOOD SWIMMING CLUB

RSC SHORT COURSE MEET

SUNDAY, 19TH JULY 2026



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

SESSION 1: WARM-UP 7.30AM - START 8.30AM

SESSION 2:
START TIME WILL BE 45MIN AFTER THE COMPLETION
OF SESSION 1

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
800m Freestyle 12min QT	Open 2 heats only	17	18
100m Butterfly	12/U	19	20
50m Freestyle	12/U	21	22
200m Breaststroke	Open	23	24
100m Backstroke	12/U	25	26
50m Butterfly	12/U	27	28
200m Medley	12/U	29	30
400m Individual Medley	Open 7min QT	31	32

Event	Age	Male Events	Female Events
400m Freestyle 5.30min QT	Open	33	34
100m Individual Medley	13/O	35	36
200m Freestyle	Open	37	38
100m Backstroke	13/O	39	40
50m Butterfly	13/O	41	42
200m Breaststroke	Open	43	44
100m Freestyle	13/O	45	46
50m Backstroke	13/O	47	48
200m Butterfly	Open	49	50
100m Breaststroke	13/O	51	52
50m Freestyle	13/O	53	54
200m Backstroke	Open	55	56
100m Butterfly	13/O	57	58
50m Breaststroke	13/O	59	60
200m Individual Medley	13/O	61	62

ENTRIES CLOSE 10AM, TUESDAY 16TH JULY 2026
UNLESS EVENT REACHES CAPACITY EARLIER





RINGWOOD SWIMMING CLUB

RSC SHORT COURSE MEET SUNDAY, 19TH JULY 2026

aquanation

Conditions of Entry

1. This meet will be conducted under the rules of SAL and SV.
2. Entry is restricted to registered swimmers. Age is as of Sunday 19th July 2026.
3. All events will be swum as timed Finals. 400m Freestyle QT is 5:30. 400IM QT is 7:00. 800m Freestyle QT is 12:00. 800m Freestyle will be restricted to 2 heats only.
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. Swimming Victoria's 11/under swimsuit rule will NOT be enforced at this meet.
7. Medals will be awarded to the first 3 place getters in age groups 8&U, 9/10, 11/12, 13/14 & 15&O in all age events. Medals will be awarded to the first 3 place getter in all open events.
8. Multi Class athletes are encouraged to enter standard events
9. Entry fee is \$14.50 per event (includes \$1.25 SV event levy).
10. Entries close 10:00AM, Tuesday 16th July 2026 or earlier if maximum limits are reached. No late entries will be accepted and no refunds will be provided when meet registration is closed.
11. Individual entries via Swim Central.
12. Meet Program will be available to download via the club website prior to the meet. Programs will not be available on the day. Meet Mobile will be live on the day.
13. Swimmers and spectators will have access to the grandstand seating area.
14. Spectators are not allowed on pool deck, except when they are rostered for time keeping.
15. Ringwood Swimming Club reserves the right to cancel or alter events according to entries.
16. 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.
17. Enquiries to: RSC Competitions Officer
comps@ringwoodswimmingclub.org.au

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

**RSC MEET GROUP CHAT
- WHATSAPP GROUP-**

