SWIMFEST 2026

Ballarat GCO Long Course Swim Meet

Hosted by Ballarat GCO Swimming Club Inc.
At the Ballarat Aquatic & Lifestyle Centre,
Prince of Wales Recreation Reserve, Gillies St N

Saturday 14th and Sunday 15th November 2026

If you only attend one meet in 2026, then SWIMFEST should the one!

What makes SWIMFEST different? Basically, there is something for everyone!

- **The Ballarat Aquatic & Lifestyle Centre (BALC) is a fast pool so if you are looking for qualifying times you can get them here.**
- **Backstroke ledges in use and touchpads at both ends to make life easier on coaches getting splits.**
- **A 2 day meet allows you to spread out your events, particularly distance ones.**
- **Plenty of 2nd chance opportunities across the two days to learn from any errors and nail those QT's.**
- **Cash prizes up for grabs for leading swimmers.**
- **Pick a Penguin prizes for heat winners in 50m and 100m events.**
- **SixSeven challenge for all events (prize for achieving a time ending in 0.67).**
- **Club trophy for club with most PB's from their nominated 10 swimmers.**
- **The perfect camp opportunity for clubs preparing for State championships.**

Program for Day 1, Saturday 14th November

9:15am warm up for a 10:00am start
https://ballaratgco.swimming.org.au/

	Mixed	Distance	Stroke
Session 1	1	400	Individual Medley (must swim 200 I.M. under 3:20)
	2	50	Freestyle
	3	200	Individual Medley
	4	200	Backstroke
	5	100	Butterfly
	6	50	Breaststroke
	7	200	Freestyle
	8	100	Backstroke
Session 2		50	2nd Chance 50m
		100	2nd Chance 100m
	9	50	Butterfly
	10	200	Breaststroke
	11	100	Freestyle
	12	50	Backstroke
	13	200	Butterfly
	14	100	Breaststroke
	15	800	Freestyle (must swim 200m Free under 3:00) Limited to 1 heat.
		50	3rd Chance 50m

Program for Day 2, Sunday 15th November

9:15am warm up for a 10:00am start

https://ballaratgco.swimming.org.au/

	Mixed	Distance	Stroke
Session 3	16	400	Freestyle (must swim 200m Free under 3:00)
	17	50	Butterfly
	18	200	Breaststroke
	19	100	Freestyle
	20	50	Backstroke
	21	200	Butterfly
	22	100	Breaststroke
Session 4		50	4th Chance 50m
		100	3rd Chance 100m
	23	50	Freestyle
	24	200	Individual Medley
	25	200	Backstroke
	26	100	Butterfly
	27	50	Breaststroke
	28	200	Freestyle
	29	100	Backstroke
		50	5th Chance 50m

This is a Proposed Qualifying Meet

- Individual entries must be made online (link in Swimming Victoria calendar).
- Entries **$15.00** per event.
- No late or phone entries will be accepted.
- **Entries close Monday 9th November 2026.**
- No refunds or credits for withdrawals.
- Free entry to the competition for spectators, coaches and athletes.
- Online programs will be available from website www.ballaratgco.swimming.org.au.
- Events will be run on a timed final basis under the rules of Swimming Victoria Inc. and SAL.
- The one start rule will apply, starting over the top when required.
- Full Electronic Timing system will be used with touchpads at both ends of the pool.
- Backstroke ledges will be used.
- All swimmers must be registered with Swimming Victoria.
- Age is as at the day of the meet. No swimmer will be permitted to swim outside of their age group.
- The Meet Director reserves the right to cancel or merge events or alter the program as required.
- For the purpose of ribbons, 50m Events will be placed as 9/U, 10/11, 12/13 and 14/O. 100m and 200m events will be placed as 11/u, 12/13, 14/15 and 16/O.
- No medals/ribbons will be awarded for events 1, 15, and 16 as these events are for qualifying times only.
- Entries for 2nd chance events at start of session 2 must be received within 5 minutes of the close of session 1. Entries for 2nd chance at end of session 2 must be received within 5 minutes of the finish of the last heat of event 14.
- Entries for 2nd chance events at start of session 4 must be received within 5 minutes of the close of session 3. Entries for 2nd chance at end of session 4 must be received within 5 minutes of the finish of the last heat of event 28.
- All 2nd chance entries are $15 per event and should be paid via cash/card when entry is lodged.
- See www.visitballarat.com.au for accommodation options in the Ballarat area.
- Egg and bacon rolls will be available at the start of each day and for lunch we will have sausages in bread with the usual “trimmings”.
- Soft drinks also available as well as two flavours of juice slushies.

Contact: Entries Officer – Cameron Dole 0434 784 504 or camdole@outlook.com

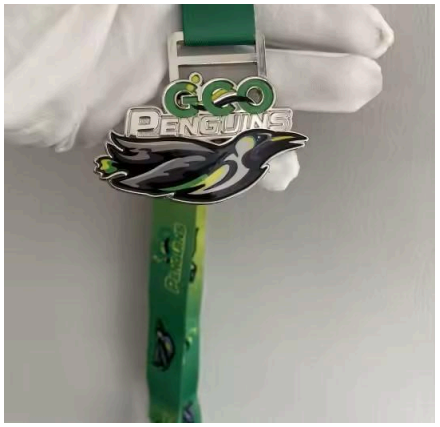
Cash Prizes

All swimmers will compete for a cash prize pool. The size of the prize pool will depend on entry numbers, but we are aiming for a prize pool of $5000 if we hit our entry target of 2400 “splashes”.
Swimmers will earn points from the 8 best swims in their own age (9/U, 10, 11, 12, 13, 14, 15, 16, 17, 18/O) but compete for the cash in the two genders across 4 age groups, 11/U, 12-14, 15-17 and 18/O as well as Multiclass.
Only 50m, 100m and 200m events are eligible to score points in but swimmers may “double up” and receive points for the 50m Freestyle on both days for example.
Points awarded in those eligible events as 9, 7, 6, 5, 4, 3, 2, 1 for top 8 finishers in each event
The total prize pool will be equally divided amongst the 10 groups.
1st place in each group will receive 50% of the pool for that group, 2nd will receive 30% and 3rd will receive 20%.
Keep an eye on our website at www.ballaratgco.swimming.org.au as we will regularly update the size of the prize pool as entries come in.

Custom Medals

Custom medals will be awarded to each gender for the highest individual aggregate score in the following ages/classes: 9/U, 10, 11, 12, 13, 14, 15, 16, 17, 18/O and multiclass.







Royal Penguin

A team trophy will also be up for grabs. There will be a perpetual shield as well as a yearly trophy.
The point score will be one with a difference though! Rather than the usual point score at championships where the biggest club with best swimmers scoops the prize, this one levels the playing field a bit as it is based on PB’s not outright placings.
Before the meet each club will nominate up to 10 swimmers that will earn points for their club.
Then those 10 swimmers will score a point for each PB they achieve across the two days.
If a swimmer does “double up” on an event and achieves a PB on Saturday, then they must better that time on Sunday and not their entry time.
This should ensure some interesting selection strategies for clubs!

Pick-A-Penguin

All heat winners in 50m and 100m events (not including 2nd chance) will “pick a penguin” to see what prize they have won (and keep the penguin!) Penguins on next page.
The final list of prizes will be made available on the day.

Six-Seven Challenge

Any swimmer who posts a time with 0.67 as their hundredths times will “pick a penguin” to see what prize they have won (and keep the penguin!) Does not include 2nd chance events.



Tucked underneath the brim of the penguin you will find a little slip of paper that reveals what prize you have won!

Who will you pick?

Peter (Blue)

Paul (Green)

Penny (Pink)

Pippa (Purple)