



Championship Meet Day One – 10/2/2024 & Day Two – 11/2/2024
 Hosted by Wangaratta Amateur Swimming Club
 At Wangaratta Sports & Aquatic Centre

Trophies / Awards for Day One and Day Two of Champs

| Trophy Awarded | Event | Event No: | Age |
|-------------------------------|--------------------------------------|-------------------------------|-----------------|
| Frank Fenwick Medal | Butterfly – closest to national time | (presented at O&M relay meet) | |
| Benjamin Pascall Memorial | Boys 50m freestyle | 18 | 15 years |
| Barry Martens Memorial Trophy | Girls & Boys 100m Backstroke | 31 & 32 | 12 years |
| H. Jorgensen Trophy | Boys 100m butterfly | 48 | 12 years |
| H. Batey Trophy | Girls 100m butterfly | 49 | 12 years |
| Gwen Miller Trophy | Girls 100m Breaststroke | 119 | 14 years |
| Joes Service Station | Boys 200m Individual Medley | 133 | 15 years & Over |
| Terrill Award | Girls 200m Individual Medley | 134 | 15 years & Over |
| Dr Worch Trophy | Boys 100m freestyle | 135 | Open |
| G Dowling Trophy | Girls 100m freestyle | 136 | Open |
| Gwen Howard Trophy | Girls & Boys 100m Freestyle | 165 & 166 | 12 years |
| Benjamin W Pascall Memorial | Overall Champion | All Events | 10 years & Over |

To qualify for the Championship Meet Plus Relay Championship Meet:

- Two pennant rule applies to Day 1 & Day 2 of O&M Championships, one pennant rule for the Relay Championships.
- All three championship days must be swum for the same club.
- No transfer of clubs between individual championships and relay championships.
- Age is as at 10th February 2024 for all three championship days
- Cost is \$5.00 per event
- Entries to be submitted online via Swim Central
- **Entries close Wednesday 7th February at 8:00pm**
- **QUALIFYING TIMES SHOULD BE STRICTLY ADHERED TO. Failure to swim within qualifying time without proof will incur a \$10 fine. Refer to the attached Qualifying times.**
- Swimmers with disability may enter able bodied events if they meet the applicable QT for that event, refer attached schedule.
- Dress Code requirements for Medal Presentation for all three Championships Days – Club T shirt & shorts to be worn – Footwear optional – No Towels
- World Aquatics swimsuit policy applies – see SV competition by laws for further information.
- 11 years and under Bather Rule applies – see SV competition by laws for further information.
- Please check for Athlete Roster on the OMSA website and O&M facebook and notify of any errors by 5.00pm Thursday 8th February.
- Benjamin W Pascall Memorial trophy is awarded to the swimmer who successfully competes in the most events. If there is a tie, points are counted, if still a tie, number of placings will be used.

LATE ENTRIES WILL NOT BE ACCEPTED

Day One – Events to be swum in this order – Warmup 12:30pm Start: 1:30pm

| Boys | Girls | Age | Stroke | Distance | Notes |
|------------|------------|------------------|------------------|-------------------|---|
| 1 | 2 | Open | Breaststroke | 200 metres | |
| 3 | | Multi Class | Freestyle | 50 metres | |
| 4 | 5 | 8 years & under | Freestyle | 50 metres | |
| 6 | 7 | 9 years | Freestyle | 50 metres | |
| 8 | 9 | 10 years | Freestyle | 50 metres | |
| 10 | 11 | 11 years | Freestyle | 50 metres | |
| 12 | 13 | 12 years | Freestyle | 50 metres | |
| 14 | 15 | 13 years | Freestyle | 50 metres | |
| 16 | 17 | 14 years | Freestyle | 50 metres | |
| 18 | 19 | 15 years | Freestyle | 50 metres | Trophy – Boys: Benjamin Pascall |
| 20 | 21 | 16 years | Freestyle | 50 metres | |
| 22 | 23 | 17-34 years | Freestyle | 50 metres | |
| 24 | 25 | 35 years/over | Freestyle | 50 metres | |
| 26 | | Multi Class | Backstroke | 50 metres | |
| 27 | 28 | 10 years/under | Backstroke | 100 metres | |
| 135 | 136 | Open | Freestyle | 100 metres | Heats (Finals to be swum Sunday) |
| 29 | 30 | 11 years | Backstroke | 100 metres | |
| 31 | 32 | 12 years | Backstroke | 100 metres | Trophy – Boys/Girls – Barry Martens |
| 33 | 34 | 13 years | Backstroke | 100 metres | |
| 35 | 36 | 14 years | Backstroke | 100 metres | |
| 37 | 38 | 15 years | Backstroke | 100 metres | |
| 39 | 40 | 16 years | Backstroke | 100 metres | |
| 41 | 42 | 17-34 & 35/Over | Backstroke | 100 metres | |
| 43 | | Multi Class | Butterfly | 50 metres | |
| 44 | 45 | 10 years & under | Butterfly | 100 metres | |
| 46 | 47 | 11 years | Butterfly | 100 metres | |
| 48 | 49 | 12 years | Butterfly | 100 metres | Trophy – Boys: H. Jorgensen Girls: H. Batey |
| 50 | 51 | 13 years | Butterfly | 100 metres | |
| 52 | 53 | 14 years | Butterfly | 100 metres | |
| 54 | 55 | 15 years | Butterfly | 100 metres | |
| 56 | 57 | 16 years | Butterfly | 100 metres | |
| 58 | 59 | 17-34 & 35/Over | Butterfly | 100 metres | |
| 60 | 61 | Open | Freestyle | 200 metres | |
| 62 | | Multi Class | Breaststroke | 50 metres | |
| 63 | 64 | 8 years & under | Breaststroke | 50 metres | |
| 65 | 66 | 9 years | Breaststroke | 50 metres | |
| 67 | 68 | 10 years | Breaststroke | 50 metres | |
| 69 | 70 | 11 years | Breaststroke | 50 metres | |
| 71 | 72 | 12 years | Breaststroke | 50 metres | |
| 73 | 74 | 13 years | Breaststroke | 50 metres | |
| 75 | 76 | 14 years | Breaststroke | 50 metres | |
| 77 | 78 | 15 years | Breaststroke | 50 metres | |
| 79 | 80 | 16 years | Breaststroke | 50 metres | |
| 81 | 82 | 17-34 years | Breaststroke | 50 metres | |
| 83 | 84 | 35 years/over | Breaststroke | 50 metres | |
| 85 | 86 | 14 years/under | Freestyle | 400 metres | |

Day Two – Events to be swum in this order – Warmup 9:30am Start 10:30am

| Boys | Girls | Age | Stroke | Distance | Notes |
|--------------------|-------|--------------------|--------------|------------|---|
| 87 | 88 | Open | Backstroke | 200 metres | |
| 89 | 90 | 8 years & under | Butterfly | 50 metres | |
| 91 | 92 | 9 years | Butterfly | 50 metres | |
| 93 | 94 | 10 years | Butterfly | 50 metres | |
| 95 | 96 | 11 years | Butterfly | 50 metres | |
| 97 | 98 | 12 years | Butterfly | 50 metres | |
| 99 | 100 | 13 years | Butterfly | 50 metres | |
| 101 | 102 | 14 years | Butterfly | 50 metres | |
| 103 | 104 | 15 years | Butterfly | 50 metres | |
| 105 | 106 | 16 years | Butterfly | 50 metres | |
| 107 | 108 | 17-34 years | Butterfly | 50 metres | |
| 109 | 110 | 35 years/over | Butterfly | 50 metres | |
| 111 | 112 | 10 years & under | Breaststroke | 100 metres | |
| 113 | 114 | 11 years | Breaststroke | 100 metres | |
| 115 | 116 | 12 years | Breaststroke | 100 metres | |
| 117 | 118 | 13 years | Breaststroke | 100 metres | |
| 119 | 120 | 14 years | Breaststroke | 100 metres | Trophy – Girls: Gwen Miller |
| 121 | 122 | 15 years | Breaststroke | 100 metres | |
| 123 | 124 | 16 years | Breaststroke | 100 metres | |
| 125 | 126 | 17-34 & 35/Over | Breaststroke | 100 metres | |
| 127 | 128 | 10 years & under | Ind. Medley | 200 metres | |
| 129 | 130 | 11/12 years | Ind. Medley | 200 metres | |
| 131 | 132 | 13/14 years | Ind. Medley | 200 metres | |
| 133 | 134 | 15 years/over | Ind. Medley | 200 metres | Trophy – Boys: Joe's Service Station Girls: Terrill award |
| Lunch Break | | | | | |
| 135 | 136 | Open – Final top 8 | Freestyle | 100 metres | Trophy: Boys – Dr. Worch Girls – G. Dowling |
| 137 | 138 | 8 years & under | Backstroke | 50 metres | |
| 139 | 140 | 17-34 years | Backstroke | 50 metres | |
| 141 | 142 | 16 years | Backstroke | 50 metres | |
| 143 | 144 | 15 years | Backstroke | 50 metres | |
| 145 | 146 | 14 years | Backstroke | 50 metres | |
| 147 | 148 | 13 years | Backstroke | 50 metres | |
| 149 | 150 | 9 years | Backstroke | 50 metres | |
| 151 | 152 | 10 years | Backstroke | 50 metres | |
| 153 | 154 | 11 years | Backstroke | 50 metres | |
| 155 | 156 | 12 years | Backstroke | 50 metres | |
| 157 | 158 | 35 years/over | Backstroke | 50 metres | |
| 159 | 160 | Open | Butterfly | 200 metres | |
| 161 | 162 | 10 years & under | Freestyle | 100 metres | |
| 163 | 164 | 11 years | Freestyle | 100 metres | |
| 165 | 166 | 12 years | Freestyle | 100 metres | Trophy – Boys & Girls: Gwen Howard |
| 167 | 168 | 17-34 & 35/Over | Freestyle | 100 metres | |
| 169 | 170 | 16 years | Freestyle | 100 metres | |
| 171 | 172 | 15 years | Freestyle | 100 metres | |
| 173 | 174 | 14 years | Freestyle | 100 metres | |
| 175 | 176 | 13 years | Freestyle | 100 metres | |
| 177 | 178 | 15 years/over | Freestyle | 400 metres | |

See Separate Flyer for Championship Relay Meet

2024 OVENS & MURRAY LONG COURSE CHAMPIONSHIPS



QUALIFYING TIMES

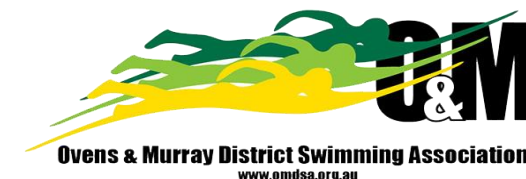
Qualifying Period: Times must have been achieved since 1/02/2022

MEN

| Distance | Open | 35 & Over | 17 - 34 Years | 16 Years | 15 Years | 14 Years | 13 Years | 12 Years | 11 Years | 10 Years | 9 Years | 8 & Under |
|--------------------------|---------|-----------|---------------|----------|----------|----------|----------|----------|----------|----------|---------|-----------|
| FREESTYLE | | | | | | | | | | | | |
| 50m | | 50.00 | 45.00 | 45.00 | 48.00 | 50.00 | 52.00 | 55.00 | 58.00 | 1:00.00 | 1:05.00 | 1:10.00 |
| 100m | 1:12.00 | 1:30.00 | 1:30.00 | 1:35.00 | 1:40.00 | 1:45.00 | 1:50.00 | 1:55.00 | 2:00.00 | 2:10.00 | 2:10.00 | 2:10.00 |
| 200m | 3:15.00 | | | | | | | | | | | |
| 400m | | 5:45.00 | 5:45.00 | 5:45.00 | 5:45.00 | 6:00.00 | 6:00.00 | 6:00.00 | 6:00.00 | 6:00.00 | 6:00.00 | 6:00.00 |
| BACKSTROKE | | | | | | | | | | | | |
| 50m | | 55.00 | 50.00 | 50.00 | 55.00 | 58.00 | 1:00.00 | 1:02.00 | 1:05.00 | 1:10.00 | 1:12.00 | 1:15.00 |
| 100m | | 2:00.00 | 1:50.00 | 1:50.00 | 1:55.00 | 2:00.00 | 2:05.00 | 2:08.00 | 2:10.00 | 2:15.00 | 2:15.00 | 2:15.00 |
| 200m | 3:20.00 | | | | | | | | | | | |
| BREASTSTROKE | | | | | | | | | | | | |
| 50m | | 1:05.00 | 50:00 | 50:00 | 55:00 | 1:00.00 | 1:05.00 | 1:10.00 | 1:15.00 | 1:18.00 | 1:20.00 | 1:22.00 |
| 100m | | 2:10.00 | 1:55.00 | 1:55.00 | 2:00.00 | 2:05.00 | 2:10.00 | 2:15.00 | 2:20.00 | 2:25.00 | 2:25.00 | 2:25.00 |
| 200m | 3:50.00 | | | | | | | | | | | |
| BUTTERFLY | | | | | | | | | | | | |
| 50m | | 50.00 | 45.00 | 45.00 | 50.00 | 55.00 | 1:00.00 | 1:05.00 | 1:10.00 | 1:15.00 | 1:20.00 | 1:20.00 |
| 100m | | 2:00.00 | 1:50.00 | 1:50.00 | 1:55.00 | 2:00.00 | 2:05.00 | 2:10.00 | 2:15.00 | 2:20.00 | 2:20.00 | 2:20.00 |
| 200m | 3:00.00 | | | | | | | | | | | |
| INDIVIDUAL MEDLEY | | | | | | | | | | | | |
| 200M | | 3:00.00 | 3:00.00 | 3:00.00 | 3:00.00 | 3:15.00 | 3:15.00 | 3:45.00 | 3:45.00 | 4:00.00 | 4:00.00 | 4:00.00 |
| | | | | | | | | | | | | |

There will be no multi-class qualifying times for the Ovens & Murray Championships, we hope that this will engage participation across all members and promote inclusion in competitive swimming.

2024 OVENS & MURRAY LONG COURSE CHAMPIONSHIPS



QUALIFYING TIMES

Qualifying Period: Times must have been achieved since 1/02/2022

WOMEN

| Distance | Open | 35 & Over | 17 - 34 Years | 16 Years | 15 Years | 14 Years | 13 Years | 12 Years | 11 Years | 10 Years | 9 Years | 8 & Under |
|--------------------------|---------|-----------|---------------|----------|----------|----------|----------|----------|----------|----------|---------|-----------|
| FREESTYLE | | | | | | | | | | | | |
| 50m | | 50.00 | 45.00 | 45.00 | 48.00 | 50.00 | 52.00 | 55.00 | 58.00 | 1:00.00 | 1:05.00 | 1:10.00 |
| 100m | 1:15.00 | 1:30.00 | 1:30.00 | 1:35.00 | 1:40.00 | 1:45.00 | 1:50.00 | 1:55.00 | 2:00.00 | 2:10.00 | 2:10.00 | 2:10.00 |
| 200m | 3:20.00 | | | | | | | | | | | |
| 400m | | 6:15.00 | 6:15.00 | 6:15.00 | 6:15.00 | 6:30.00 | 6:30.00 | 6:30.00 | 6:30.00 | 6:30.00 | 6:30.00 | 6:30.00 |
| BACKSTROKE | | | | | | | | | | | | |
| 50m | | 55.00 | 50.00 | 50.00 | 55.00 | 58.00 | 1:00.00 | 1:02.00 | 1:05.00 | 1:10.00 | 1:12.00 | 1:15.00 |
| 100m | | 2:00.00 | 1:50.00 | 1:50.00 | 1:55.00 | 2:00.00 | 2:05.00 | 2:08.00 | 2:10.00 | 2:15.00 | 2:15.00 | 2:15.00 |
| 200m | 3:35.00 | | | | | | | | | | | |
| BREASTSTROKE | | | | | | | | | | | | |
| 50m | | 1:05.00 | 50:00 | 50:00 | 55:00 | 1:00.00 | 1:05.00 | 1:10.00 | 1:15.00 | 1:18.00 | 1:20.00 | 1:22.00 |
| 100m | | 2:10.00 | 1:55.00 | 1:55.00 | 2:00.00 | 2:05.00 | 2:10.00 | 2:15.00 | 2:20.00 | 2:25.00 | 2:25.00 | 2:25.00 |
| 200m | 4:05.00 | | | | | | | | | | | |
| BUTTERFLY | | | | | | | | | | | | |
| 50m | | 50.00 | 45.00 | 45.00 | 50.00 | 55.00 | 1:00.00 | 1:05.00 | 1:10.00 | 1:15.00 | 1:20.00 | 1:20.00 |
| 100m | | 2:00.00 | 1:50.00 | 1:50.00 | 1:55.00 | 2:00.00 | 2:05.00 | 2:10.00 | 2:15.00 | 2:20.00 | 2:20.00 | 2:20.00 |
| 200m | 3:15.00 | | | | | | | | | | | |
| INDIVIDUAL MEDLEY | | | | | | | | | | | | |
| 200M | | 3:10.00 | 3:10.00 | 3:10.00 | 3:10.00 | 3:25.00 | 3:25.00 | 3:45.00 | 3:45.00 | 4:00.00 | 4:00.00 | 4:00.00 |
| | | | | | | | | | | | | |

There will be no multi-class qualifying times for the Ovens & Murray Championships, we hope that this will engage participation across all members and promote inclusion in competitive swimming.