



Traralgon Doc Shop Cup 2022

Short Course Meet
 Sunday, July 24, 2022
 9:30am Start



Gippsland Regional Aquatic Centre
 Breed Street Traralgon

Girl's Events	Age	Distance	Stroke	Boy's Events
1	Open	100m	Freestyle	2
3	11-12	50m	Backstroke	4
5	15-16	50m	Backstroke	6
7	17 & Over	50m	Backstroke	8
9	9-10	50m	Backstroke	10
11	8/Under	50m	Backstroke	12
13	13-14	50m	Backstroke	14
15	Open	100m	Butterfly	16
17	11-12	50m	Breaststroke	18
19	15-16	50m	Breaststroke	20
21	17&Over	50m	Breaststroke	22
23	13-14	50m	Breaststroke	24
25	9-10	50m	Breaststroke	26
27	8/Under	50m	Breaststroke	28
29	Open	200m	Individual Medley	30
31	Open	200m	Breaststroke	32
33	Open	200m	Butterfly	34
35	Open	400m	Freestyle	36
37	Open	400m	Individual Medley	38

BREAK

39	Mixed NTN	50m Cash Dash	Freestyle	
40	Open	100m	Backstroke	41
42	9-10	50m	Freestyle	43
44	8/Under	50m	Freestyle	45
46	11-12	50m	Freestyle	47
48	13-14	50m	Freestyle	49
50	15-16	50m	Freestyle	51
52	17&Over	50m	Freestyle	53
54	Open	100m	Breaststroke	55
56	Open	200m	Backstroke	57
58	Open	200m	Freestyle	59
60	11-12	50m	Butterfly	61
62	13-14	50m	Butterfly	63
64	15-16	50m	Butterfly	65
66	17&Over	50m	Butterfly	67
68	9-10	50m	Butterfly	69
70	8/Under	50m	Butterfly	71
72	Open	100m	IM	73

1. Age as of 24th July 2022

2. On Line Entries through Swim Central Only [enter here](#)
3. Entries \$8 per event
4. Spectator tickets available through Swim Central \$5
5. Entries Close July 20 at 9pm
6. Ribbons to 3rd place for all events
7. Age Group medals for 8 & Under, 9, 10, 11, 12, 13, 14, 15, 16, 17 & Over based on aggregate score in age events only
8. Event 39 Mixed 50m Freestyle Nearest to Nominated Time Doc Shop Dash for Cash [click here](#) for entry form
 - 1st Prize - \$150
 - 2nd Prize - \$100
 - 3rd Prize - \$50

Swimmers nominate the time they will swim for 50m Freestyle to the 1/100th

1st Prize awarded to the swimmer who swims their exact time or closest to nominated time

If 2 or more swimmers are equal closest to their nominated time, they will share the 1st, 2nd and 3rd prizes as required.
9. All enquiries to Meet Director at tscswim@traralgonswimming.org.au
10. Fully stocked canteen available
11. No chairs allowed on pool deck. Seating for 650 provided
12. Programs can be downloaded at www.traralgonswimming.org.au by Friday 22nd July 2022



GRAC – 50m pool with a boom. OMEGA touchpads.
Additional 25m pool available for warm up/cool down