



## Traralgon Doc Shop Cup 2024

Short Course Meet  
 Sunday, July 21, 2024  
 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 21<sup>st</sup> July 2024

2. On Line Entries through Swim Central Only
3. Entries \$10 per event
4. Spectator tickets available through Swim Central \$5
5. Entries Close July 17 at 9pm
6. Ribbons to 3<sup>rd</sup> 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](#) to change entry time
  - 1<sup>st</sup> Prize - \$150
  - 2<sup>nd</sup> Prize - \$100
  - 3<sup>rd</sup> Prize - \$50

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

1<sup>st</sup> 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prizes as required.
9. All enquiries to Meet Director at [tscswim@traralgonswimming.org.au](mailto:tscswim@traralgonswimming.org.au)
10. Fully stocked canteen and club BBQ available
11. No chairs allowed on pool deck. Seating for 650 provided
12. Programs can be downloaded at [www.traralgonswimming.org.au](http://www.traralgonswimming.org.au) by Friday 19<sup>th</sup> July 2024



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