

Ovens & Murray District Proficiency Trials 2021/22 – Saturday 5 Feb 2022



Swimming Victoria coordinate Proficiency Meets via the districts throughout the year. At Proficiency Meets, swimmers can gain a range of awards by reaching the relevant time standards in the four swimming strokes. These meets are technique focused, non-competitive and allow swimmers to track their progress by applying for and achieving higher awards each year.



The Ovens and Murray Proficiency Meet for the 2021/22 season is planned to be held at the **WAVES Pool - Wodonga** on Saturday 5 Feb 2022 with warm up from 9am and the time trials starting at 10:00am.

Swimmers can apply for as many awards as they wish at a cost of \$4.50 each.
Bar to Gold applicants must have achieved Gold standard before applying for Bar to Gold.

Club entries forms can be found on the SV website at <https://vic.swimming.org.au/competitions/resources-and-support> Click on “Proficiency” then look for “Proficiency Entry Forms”. Any concerns please contact Don Alchin on 02 60245429.

Entries close on Sunday 9 January 2022 and may be posted to 2 Balmoral Drive Wodonga, Vic 3689 or emailed to donaldalchin@bigpond.com. Do not send any money. All clubs will be billed by the district directly.

		Proficiency Time Standards					
GIRLS							
Bronze							
50m Breast	50m Fly	50m Back	50m Free				
1:00.00	1:00.00	55.00	55.00				
Bronze Star							
50m Breast	50m Fly	100m Back	100m Free				
55.00	55.00	1:50.00	1:37.00				
Silver							
100m Breast	100m Fly	100m Back	100m Free				
1:52.00	1:47.00	1:42.00	1:27.00				
Silver Star							
100m Breast	100m Fly	100m Back	100m Free				
1:47.00	1:41.00	1:38.00	1:23.00				
Gold							
100m Breast	100m Fly	200m Free	100m Back	100m Free			
1:42.00	1:35.00	2:55.00	1:35.00	1:20.00			
Bar to Gold							
100m Breast	400m Free	100m Fly	200m Free	100m Back	100m Free		
1:33.00	6:00.00	1:28.00	2:45.00	1:25.00	1:15.00		

		Proficiency Time Standards					
BOYS							
Bronze							
50m Breast	50m Fly	50m Back	50m Free				
55.00	55.00	50.00	47.00				
Bronze Star							
50m Breast	50m Fly	100m Back	100m Free				
50.00	50.00	1:45.00	1:32.00				
Silver							
100m Breast	100m Fly	100m Back	100m Free				
1:47.00	1:42.00	1:37.00	1:22.00				
Silver Star							
100m Breast	100m Fly	100m Back	100m Free				
1:42.00	1:36.00	1:33.00	1:18.00				
Gold							
100m Breast	100m Fly	200m Free	100m Back	100m Free			
1:37.00	1:30.00	2:44.00	1:30.00	1:15.00			
Bar to Gold							
100m Breast	400m Free	100m Fly	200m Free	100m Back	100m Free		
1:27.00	5:40.00	1:20.00	2:30.00	1:20.00	1:08.00		