

Ovens & Murray District Proficiency Trials

Saturday 4 Feb 2023

WAVES – Wodonga

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 2022/23 season will be held at the **WAVES Pool - Wodonga** on Saturday 4 Feb 2023 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 below.

If you have any concerns or questions, please contact Don Alchin on 02 60245429.

Entries close on Sunday 22 January 2023 and may be emailed to donaldalchin@bigpond.com.

Clubs will be invoiced by the district for total entries.



HOW PROFICIENT A SWIMMER ARE YOU?

FREQUENTLY ASKED QUESTIONS

What is proficiencies?

"it is not a competition" Proficiencies are a Swimming Victoria award system that recognizes proficiency in each of the four strokes as well as the achievement of certain time standards across each of the four strokes. The testing is conducted each year through the districts.

Is there an expectation to participate?

No, there is no expectation to participate. It is an individual choice.

What are the awards?

Certificates are awarded for successfully passing proficiency certificate levels, and badges are awarded for each of the award levels.

Does a swimmer need to be registered with a Club to participate?

Yes, participants must be registered with a Club as a competitor. Non- competitor members are not eligible.

Do certificates need to be completed before applying for an award level?

No, it is not necessary to complete the certificates before applying for an award level.

Is it necessary to complete the Bronze award before moving on to the next award?

No. If a swimmer is likely to pass a higher award then they may apply for the higher award. The only exception is that a swimmer must have passed all other awards before applying for the gold bar. For instance a swimmer may not apply for gold and gold bar at the same time. They must pass gold and then apply for the gold bar the following year.

If a higher award is applied for will lower awards also be recognized?

Lower awards will only be awarded if these have been included on the entry form. This means that if a swimmer is applying for silver star for instance, but wishes to be recognized for bronze, bronze star and silver, then these levels should also be selected AND paid for.

What happens if the swimmer do not pass the award that has been applied for?

An award will not be passed if the swimmer has failed to achieve the minimum time standards in each of the four strokes set down for that particular award.

What happens if the swimmer has applied for lower awards but do not pass the highest award applied for?

Assuming the swimmer has achieved the minimum time standards in each of the four strokes for any given level that they have applied for then they will be recognized accordingly. Swimmers need to be aware however that a disqualification due to a technical stroke error will mean that all awards being applied for will not be passed.

I'm not sure what time standards my child could achieve. What should I do?

It is best to discuss this with your coach to best determine the most likely level of achievement.

What does it cost?

Each award is \$4.50. This includes the cloth badge if the swimmer passes the award.

Metal Badges can be purchased by your club once you have received the cloth Badge.



Your district will publicise when its Proficiency meet is to take place.
Entries should be made through your club competition coordinator.

FEMALE TIME STANDARDS

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



MALE TIME STANDARDS

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

Swimming Victoria Proficiency Entry Form

Male

Club			Total number of Entries				Total Amount @ \$4.50 per entry						
Club Contact			Contact Ph.										
Contact Mailing Address: 6 Balmoral Drive, Wodonga						State:		Postcode:					
Full Name	Bronze		Bronze Star		Silver		Silver Star		Gold		Bar to Gold		No. of Awards
Total													
OFFICE USE ONLY			Application Correct: _____				Referee: _____				<u>Total</u>		

Place an 'X' in the left column of the awards being applied for by each athlete.

NB - The Bar to Gold award can only be swum as a separate application and cannot be combined with other awards at the one meet

DO NOT Send payment. Clubs will receive an invoice from O&M for the amount of entries

Swimming Victoria Proficiency Entry Form

Female

Club		Total number of Entries				Total Amount @ \$4.50 per entry							
Club Contact		Contact Ph.											
Contact Mailing Address:						State:		Postcode:					
Full Name	Bronze		Bronze Star		Silver		Silver Star		Gold		Bar to Gold		No. of Awards
Total													
OFFICE USE ONLY		Application Correct: _____ Referee: _____						Total					

Place an 'X' in the left column of the awards being applied for by each athlete.

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