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## Proficiency Trials 2017/18 – Saturday 3 Feb 2018

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 2017/18 season is planned to be held at the **WAVES Pool - Wodonga** on Saturday 3 Feb 2018 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: [www.vic.swimming.org.au](http://www.vic.swimming.org.au) Click on “Members then “Proficiency” then look for “Proficiency Entry Forms”. Any concerns please contact Don Alchin on 02 60245429.

Entries close on Sunday 20 January 2018 and may be posted to 2 Balmoral Drive Wodonga, Vic 3689 or emailed to [donaldalchin@bigpond.com](mailto:donaldalchin@bigpond.com). Do not send any money. All clubs will be billed by the district directly.

swimming victoria						swimming victoria						swimming victoria					
Proficiency Time Standards GIRLS						Proficiency Time Standards BOYS											
<b>Bronze</b>						<b>Bronze</b>											
50m Breast	50m Fly	50m Back	50m Free			50m Breast	50m Fly	50m Back	50m Free								
1:00.00	1:00.00	55.00	55.00			55.00	55.00	50.00	47.00								
<b>Bronze Star</b>						<b>Bronze Star</b>											
50m Breast	50m Fly	100m Back	100m Free			50m Breast	50m Fly	100m Back	100m Free								
55.00	55.00	1:50.00	1:37.00			50.00	50.00	1:45.00	1:32.00								
<b>Silver</b>						<b>Silver</b>											
100m Breast	100m Fly	100m Back	100m Free			100m Breast	100m Fly	100m Back	100m Free								
1:52.00	1:47.00	1:42.00	1:27.00			1:47.00	1:42.00	1:37.00	1:22.00								
<b>Silver Star</b>						<b>Silver Star</b>											
100m Breast	100m Fly	100m Back	100m Free			100m Breast	100m Fly	100m Back	100m Free								
1:47.00	1:41.00	1:38.00	1:23.00			1:42.00	1:36.00	1:33.00	1:18.00								
<b>Gold</b>						<b>Gold</b>											
100m Breast	100m Fly	200m Free	100m Back	100m Free		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		1:37.00	1:30.00	2:44.00	1:30.00	1:15.00							
<b>Bar to Gold</b>						<b>Bar to Gold</b>											
100m Breast	400m Free	100m Fly	200m Free	100m Back	100m Free	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	1:27.00	5:40.00	1:20.00	2:30.00	1:20.00	1:08.00						

