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Proficiency Trials 2018/19 – Saturday 2 Feb 2019

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 2018/19 season is planned to be held at the **WAVES Pool - Wodonga** on Saturday 2 Feb 2019 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 Saturday 5 January 2019 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						Proficiency Time Standards BOYS					
Bronze						Bronze					
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		
Bronze Star						Bronze Star					
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		
Silver						Silver					
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		
Silver Star						Silver Star					
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		
Gold						Gold					
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	
Bar to Gold						Bar to Gold					
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

