



Traralgon Doc Shop Cup 2025

Short Course Meet
Sunday, July 20, 2025
9:30am Start



Hot Heats!

Gippsland Regional Aquatic Centre
Breed Street Traralgon

Cash Dash!

Girl's Events	Age	Distance	Stroke	Boy's Events
1	Open	100m	Freestyle	2
3	11/U	50m	Backstroke	4
5	12/O	50m	Backstroke	6
7	Mixed Masters	50m	Backstroke	
8	Mixed 8/Under	25m	Backstroke	
9	Open	100m	Butterfly	10
11	11/U	50m	Breaststroke	12
13	12/O	50m	Breaststroke	14
15	Mixed Masters	50m	Breaststroke	
16	Mixed 8/Under	25m	Breaststroke	
17	Mixed Open	200m	Individual Medley	
18	Mixed Open	200m	Breaststroke	
19	Mixed Open	200m	Butterfly	
20	Mixed Open	400m	Freestyle	
21	Mixed Open	400m	Individual Medley	

BREAK

22	Mixed NTN	50m Cash Dash	Freestyle	
23	Open	100m	Backstroke	24
25	11/U	50m	Freestyle	26
27	Mixed Masters	50m	Freestyle	
28	Mixed 8/Under	25m	Freestyle	
29	12/O	50m	Freestyle	30
31	Open	100m	Breaststroke	32
33	Mixed Open	200m	Backstroke	
34	Mixed Open	200m	Freestyle	
35	11/U	50m	Butterfly	36
37	12/O	50m	Butterfly	38
39	Mixed Masters	50m	Butterfly	
40	Mixed 8/Under	25m	Butterfly	
41	Open	100m	IM	42

1. Age as of 20th July 2025
2. Masters events 18/O [Master swimmer entry form](#) (if registered with MSV only)
3. On Line Entries through Swim Central Only
4. Entries \$12 per event
5. Spectators free
6. Entries Close July 16 at 9pm
7. Ribbons to 3rd place for 7/U, 8/9, 10/11, 12/13, 14/15, 16/O, Masters
8. "Hot Heats" with cash prizes

9. Event 22 Mixed 50m Freestyle Nearest to Nominated Time Doc Shop Dash for Cash [click here](#) to change entry time

1st Prize - \$150

2nd Prize - \$100

3rd Prize - \$50

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

1st Prize awarded to the swimmer who swims their exact time or closest to nominated time

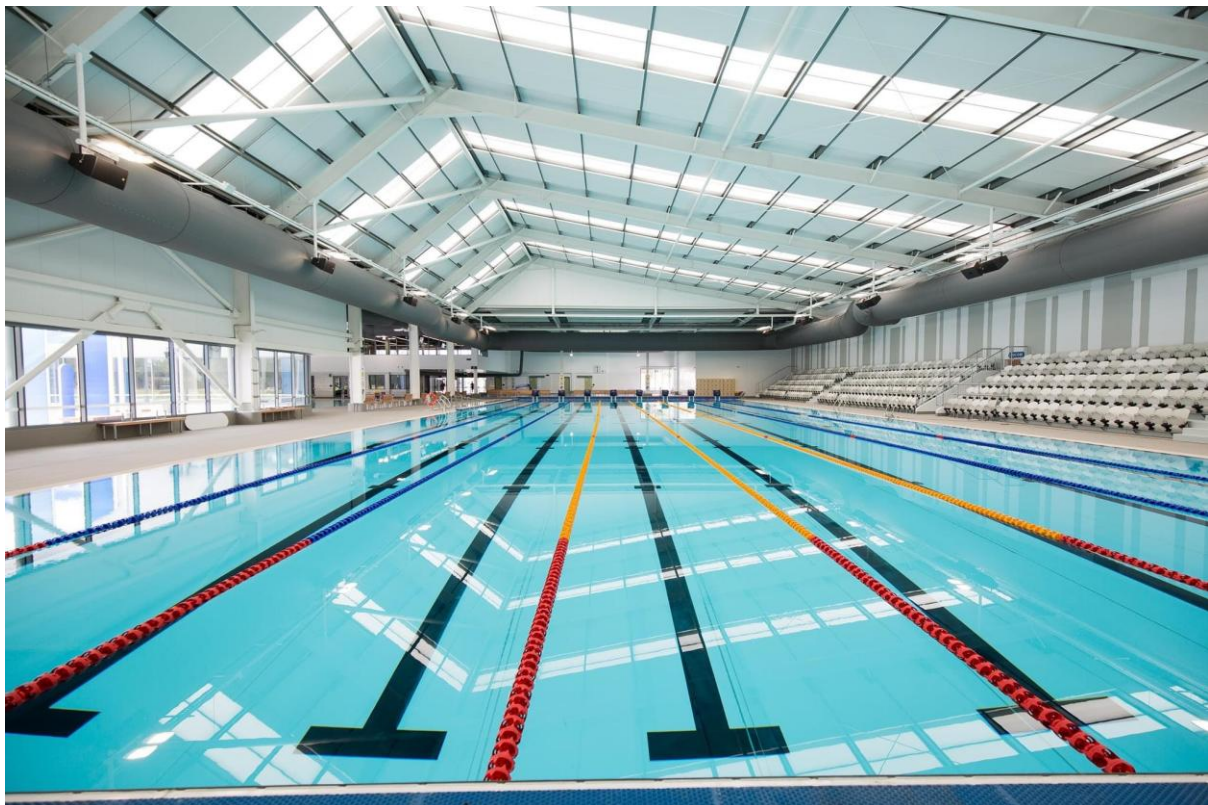
If 2 or more swimmers are equal closest to their nominated time, they will share the 1st, 2nd and 3rd prizes as required.

10. All enquiries to Meet Director at entries@traralgonswimming.org.au

11. Fully stocked canteen and club BBQ available

12. No chairs allowed on pool deck. Seating for 650 provided

13. Programs can be downloaded at www.traralgonswimming.org.au by Friday 18th July 2025



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