



Traralgon Doc Shop Cup 2026

Short Course Meet

Sunday, July 26, 2026

10:00am 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 Open	200m	Individual Medley	
8	Mixed 8/Under	25m	Backstroke	
9	Open	100m	Butterfly	10
11	11/U	50m	Freestyle	12
13	12/O	50m	Freestyle	14
15	Mixed 8/Under	25m	Freestyle	
16	Mixed Open	400m	Freestyle	
17	Mixed Open	400m	Individual Medley	
18	Mixed Open	200m	Breaststroke	
19	Mixed Open	200m	Butterfly	

BREAK – Determined by Entry Numbers

20	Mixed NTN	50m Cash Dash	Freestyle	
21	Open	100m	Breaststroke	22
23	11/U	50m	Butterfly	24
25	Mixed Open	200m	Freestyle	
26	Mixed Open	200m	Backstroke	
27	Mixed 8/Under	25m	Butterfly	
28	12/O	50m	Butterfly	29
30	Open	100m	Individual Medley	31
32	11/U	50m	Breaststroke	33
34	Mixed 8/Under	25m	Breaststroke	
35	12/O	50m	Breaststroke	36
37	Open	100m	Backstroke	38

1. Age as of 26th July 2026
 2. On Line Entries through Swim Central Only
 3. Entries \$12 per event
 4. Spectators free
 5. Entries Close July 20 at 9pm
 6. Ribbons to 3rd place for 7/U, 8/9, 10/11, 12/13, 14/15, 16/O
 7. "Hot Heats" with cash prizes
 8. Event 20 Mixed 50m Freestyle Nearest to Nominated Time The 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 Monday 20 June, 2026



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

