



COMPETITIONS:

Mildura Swimming Club's squad program is a competitive swimming program whose goal is to develop their athletes to achieve peak performance.

This document helps new Mildura swimmers, and their families navigate the world of competitive swimming, and existing members understand their requirements.

There are four levels of competition available to athletes, and to be eligible to compete, athletes first need to become a registered member with Mildura Swimming Club. Registration is required annually and allows athletes to compete and train in each financial year (July to June).

The FOUR levels of competition are as follows

<i>Club & District Events</i>	<i>Victorian Events</i>	<i>Victorian & South Australian Championship Events</i>	<i>Australian Championship Events</i>
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As a club, we compete at all the club & district events. If swimmers achieve Country, State or National qualifying times we expect swimmers to compete at those events.

COMPETITION EXPECTATIONS:

- Athletes must speak to the coach before entering their swimmer in any events to go over what events to enter. Please remember that the coach has final say for entries.
- Three days before competing, obtain a copy of the competition timeline and program (if available).
- All swimmers are expected to wear full Mildura Swimming Club uniform to all competitions.
- Athletes must arrive early enough to complete the team dry-land and warm-up.
- Athletes must speak to the attending coach before they marshal for their race, and once they complete their race.
- Athletes must complete a recovery swim or dry-land recovery program after their race, as laid out by the attending coach.
- Athletes must compete in all events they have been entered in, the only exception to this rule is if the attending coach decides it is in the athletes' best interest to scratch from a race.
- Athletes must remain at the competition and support each Mildura team member during the session until the last Mildura swimmer has swum.

- Athletes must compete in every event for their age group on the Victorian Country Qualifying Times document at least once per season. Athletes can use MSC Time Trial Nights to satisfy this requirement.
 - o [2021 Victorian Country LC Qualifying Times](#)
- The coaching panel will select athletes for relay teams at all events based upon each swimmer's performance through swim-meets and training.

TARGETED SWIM MEETS – *based on your squad*

JUNIOR TRANSITION SQUAD		JUNIOR SQUAD	
CLUB & DISTRICT EVENTS	<ul style="list-style-type: none"> - Mildura Open - Sunraysia Pennant's - MSC Time Trials - All Junior Trials - District Championships 	CLUB & DISTRICT EVENTS	<ul style="list-style-type: none"> - Mildura Open - Sunraysia Pennant's - MSC Time Trials - All Junior Trials - District Championships
VICTORIAN EVENTS	<ul style="list-style-type: none"> - All Junior Prelims - Country Inter-districts 	VICTORIAN EVENTS	<ul style="list-style-type: none"> - All Junior Prelims - Country Inter-districts
COUNTRY TARGET SQUAD		COUNTRY, STATE & NATIONAL SQUAD	
CLUB & DISTRICT EVENTS	<ul style="list-style-type: none"> - Mildura Open - Sunraysia Pennant's - MSC Time Trials - All Junior Trials - District Championships 	CLUB & DISTRICT EVENTS	<ul style="list-style-type: none"> - Mildura Open - Sunraysia Pennant's - MSC Time Trials - All Junior Trials - District Championships
VICTORIAN EVENTS	<ul style="list-style-type: none"> - All Junior Prelims - Country Inter-districts 	VICTORIAN EVENTS	<ul style="list-style-type: none"> - All Junior Prelims - Country Inter-districts - Victorian Qualifying Meet
VICTORIAN & SOUTH AUSTRALIAN CHAMPIONSHIP EVENTS	<ul style="list-style-type: none"> - Victorian Country SC Championships - Victorian Country LC Championships - South Australian Country Championships 	VICTORIAN & SOUTH AUSTRALIAN CHAMPIONSHIP EVENTS	<ul style="list-style-type: none"> - Victorian Country SC Championships - Victorian Country LC Championships - South Australian Country Championships - South Australian State LC Championships - South Australian State SC Championships - Victorian Sprint Championships - Victorian Age LC Championships - Victorian Age SC Championships - Victorian Open Championships
		AUSTRALIAN CHAMPIONSHIP EVENTS	<ul style="list-style-type: none"> - Australian National Age Championships - Australian National Open Championships - Australian Trials

There will be other carnivals swimmers can participate in, which are available on our website.