GJ LALOR EMERALD SEALS CHALLENGE

Saturday 21st November 2026

Gates open 6.30am – Racing starts 8.00am

Pool Entry: $5 per Adult. Swimmers free

Nominations: $6.00 per event or $4.50 for 7yrs and under & 8yrs 25m events only

Nominations Close Midnight Sunday 15th November - NO LATE OR POOL DECK ENTRIES ACCEPTED

Nominations are On Line through Swim Central only

Other enquiries to Amy Skinner – 0418 419 291

MARCH PAST 7.45 AM on SATURDAY

SATURDAY – SESSION 1:
Gates Open 6.30am - Start 8.00am

F	M	AGE	DISTANCE	STROKE
1	2	10 & over	400m	Freestyle
3	4	7 & Under	50m	Freestyle
5	6	8 Years	50m	Freestyle
7	8	9 Years	50m	Freestyle
9	10	10 Years	50m	Freestyle
11	12	11 & Over	50m	Freestyle
13	14	Multi-Class	50m	Freestyle
15	16	8 & Under	25m	Freestyle
17	18	10 & Over	200m	Butterfly
19	20	10 & Under	100m	Freestyle
21	22	11 & 12 Years	100m	Freestyle
23	24	13 & Over	100m	Freestyle
25	26	7 & Under	50m	Butterfly
27	28	8 Years	50m	Butterfly
29	30	9 Years	50m	Butterfly
31	32	10 Years	50m	Butterfly
33	34	11 & Over	50m	Butterfly
35	36	Multi-Class	50m	Butterfly
37	38	8 & Under	25m	Butterfly
39	40	10 & Over	200m	Breaststroke
41	42	10 & Under	100m	Butterfly
43	44	11 & 12 Years	100m	Butterfly
45	46	13 & Over	100m	Butterfly

SATURDAY – SESSION 2:

F	M	AGE	DISTANCE	STROKE
47	48	7 & Under	50m	Backstroke
49	50	8 Years	50m	Backstroke
51	52	9 Years	50m	Backstroke
53	54	10 Years	50m	Backstroke
55	68	11 & Over	50m	Backstroke
57	70	Multi-Class	50m	Backstroke
59	72	8 & Under	25m	Backstroke
61	74	10 & Over	200m	Freestyle
63	76	10 & Under	100m	Backstroke
65	78	11 & 12 Years	100m	Backstroke
67	80	13 & Over	100m	Backstroke
69	82	7 & Under	50m	Breaststroke
71	84	8 Years	50m	Breaststroke
73	86	9 Years	50m	Breaststroke
75	88	10 Years	50m	Breaststroke
77	90	11 & Over	50m	Breaststroke
79	92	Multi-Class	50m	Breaststroke
81	94	8 & Under	25m	Breaststroke
83	96	10 & Over	200m	Backstroke
85	98	10 & Under	100m	Breaststroke
87	100	11 & 12 Years	100m	Breaststroke
89	102	13 & Over	100m	Breaststroke
91	92	Open	200m	IM

SATURDAY SESSION 3: SEAL SPRINTS

QUALIFYING TIMES
Qualifying times apply for the following event:
Open 200m IM – 3.45 mins

SEAL SPRINTS
1st Place $50, 2nd Place $35, 3rd Place $25, 4th Place $15, 5th Place $10

TROPHIES

Izaac Slatyer Memorial Shield – Club with highest aggregate points
Emerald Seals Average Shield – Club with highest average points (Minimum 5 swimmers)
GJ Lalor – Emerald Seals Challenge – Swimmer of the Meet & Runner-Up

Please ensure you read the following page for information on AGE CHAMPION events and SEAL SPRINTS Information