

This month we have swimmers attending Country SC Championships, State Age SC Championships, Eaglehawk Winter Series Round 2 and the Kyneton meet. At the end of July we had swimmers compete in the Essendon/Maribyrnong meet at MSAC and Ballarat Meet 3. September will see the start to the Long Course season with swimmers working towards LC times. All swimmers have been competing really well achieving great results; club records have been broken and we have had some exciting races. We will be emailing out swim meet flyers for the LC season in September. Swim meet outline:

Essendon/Maribyrnong

We had Mitchell S, Alex B, Rochelle V and Lachy T attend. The day started very early and was cold and miserable with constant rain. We headed off to MSAC for a 7.30 start. First up was Lachy and Mitchell in the 100 m IM with Lachy achieving a state time and Mitch swimming a fantastic swim to get the country time. This was going to be a great day, next up was Rochelle in the 50 Fly swimming brilliantly achieving a country time and as the day went on PBs very being broken in every event. Backstroke was the event to be watched with Alex swimming a great 50 Back to take out overall 2nd place, Mitchell and Rochelle swam PBs to achieve country times and Lachy took a massive 4 seconds off his PB. Alex was out to impress and wasn't going to go home without his own state time so he came out and achieved the qualifying time with an impressive swim and time of 1.08.21. The PBs continued to fall throughout the day with every swimmer getting a PB in every event. Club records were set and broken with Mitchell setting the 400 m Free and Lachy breaking his own 100 m IM. Rochelle was not going to let the boys have all the fun breaking the 100 Breast and her own 50 Back records.

Ballarat Top 5 Meet 3

This meet was attended by 20 swimmers it saw the return of Matt S and Darian G to the competition pool. Once again we caught the bus across to Ballarat which many swimmers took advantage of. Emma was on pool deck to assist the swimmers and did a fantastic job with the assistance of coach Ryan. A highlight of the day was going to be Matt and Ryan up against each other in the 100 m IM and 50 m Breast we were not let down with Matt winning by a rather small margin. The cheer squad did not under perform with all members cheering for their fellow team members. The hawks were once again the loudest team. All swimmers performed exceptionally well with many receiving PBs and finishing in the top places. There were club records broken by Matt S, Lachy T, Rochelle V and Nikaylah S and many PB times swam with an average of about 3 or more seconds. Summah-Rose took a massive 15 seconds off her 50 Breast and Lachy got an 11 second PB in the 200 Free. The outstanding swim of the day was Nikaylah swimming the 100 Free; entering the race with a NT she swam an amazing race to finish well within the country qualifying time. It saw the team cheering loud and Emma and I watching the clock tick away and jumping with excitement at the end of the race. A great day was had by all that attended.

Upcoming meets

7th Eaglehawk Round 2 – 21 attending ([entries closed](#))

13-14th Country Short Course – 5 attending, accommodation is booked and paid for. Entries have been sent off ([entries closed](#)).

21st Kyneton meet – SMS sent out to all competitors encouraging attendance. EAH committee on hand to assist with the meet ([entries closed](#)).

26-28th State Age Short Course – Alex and Lachy have qualifying times. Alex to compete on Friday & Sunday, Lachy has races on Friday, Saturday and Sunday. Preferred method of entry is online ([entries close 15th August](#)). Swimmers will do their own entries online.

3rd Ballarat Meet 4 – ([entries close on 8th August](#)).

Michelle Tyson

Team Manager