

## 2022 Vic Country Short Course Championships

Despite the cold weekend typical of a Ballarat winter, it was an exciting weekend to be in Ballarat.

Vic Country Short Course Champs were back for the first time since 2019 and we had our biggest team ever attend the meet.

42 SGB swimmers competed across 2 days of racing in 189 individual races and 8 relays.

Our 42 swimmers included 11 swimmers attending their first Vic Country Champs.

We also welcomed Coach Caiden for his first Country Champs with SGB.

We were lucky enough to be placed at the finish end of the pool, creating a loud, vibrant atmosphere to help spur our swimmers on.

Mixed relays were introduced at Vic Country Short Course Champs in 2018, consisting of a 13&under and 14&over mixed 4x50m Medley and 4x50m Freestyle.

This year was the first time we have been on the podium, winning the Silver in both the 13 & under 4x50m Freestyle & 4x50 Medley Relay. Members of the team were Josh Hunt, Miah Roberts, Olivia Holmes and Zac Sherar.

Well done to every swimmer that participated at Country Short Course and well done to every swimmer that has competed across the Short Course season.

Even if you were aiming for a time and didn't quite get there, you are an integral part of the result. It is all of us striving to reach our goals together that drives us forward as a group and with continued hard work we hope to see a bigger team make it to Long Course Vic Country Champs in January at Wangaratta.

### The Stats

- 4<sup>th</sup> Overall Team. Equal best overall finish in Club history at Vic Country Champs.
- First time in the top 4 at Short Course. (Previous top 4 was 2018 Long Course).
- Largest Vic Country SC team in Club history. 44 entered. 42 swam. 2 missed due to illness.
- First relay medals at Vic Country SC Champs. 2 x Silver. (Mixed Relays were added in 2018).
- 7 Gold Medals. 7 Individual.
- 10 Silver Medals. 8 Individual & 2 Relay.
- 7 Bronze Medals. 7 Individual.
- 67 Finals. 64 Individual & 3 Relay.
- 70 percent PB Rate.

### Vic Country SC Championship Team Scores (Top 10)

1. Geelong	2301
2. Traralgon	1758
3. Ballarat Gold	1165
<b>4. South Gippsland Bass</b>	<b>839</b>
5. Albury North Lavington	624
6. Bendigo East	414
7. Ballarat	362
8. Warrnambool	272
9. Shepparton	203
10. Kangaroo Flat	194

### Vic Country SC Championship Medallists

Zac Sherar	3 x Gold, 2 x Silver
Olivia Holmes	1 x Gold, 2 x Silver, 1 x Bronze
Lily Robinson	1 x Gold, 1 x Silver, 2 x Bronze
Caiden Gill	1 x Gold, 1 x Silver, 1 x Bronze
Rahni Matheson	1 x Gold
Sophie McKenzie	1 x Silver, 1 x Bronze
Sienna Matheson	1 x Silver
Tomei Dal Pozzo	1 x Bronze
Dylan Muir	1 x Bronze