



# Masters Swimming NSW Long Course Championships

Sanction #2026LC

**Sydney Olympic Park Aquatic Centre**  
Olympic Boulevard, Sydney Olympic Park

**11th & 12th April 2026**

<b>Saturday 11th April</b>	<b>Sunday 12th April</b>
Warm-up: 9:00am Start: 10:00am	Warm-up: 8:00am Start: 9:00am
1. 200m Freestyle 2. 100m Backstroke 3. 50m Butterfly Order: Male, Female 4. 200m Individual Medley 5. 100m Breaststroke 6. 50m Freestyle Order: Male, Female 7. 200m Butterfly 8. 4x50m Women's Medley Relay 9. 4x50m Men's Medley Relay 10. 4x50m Mixed Freestyle Relay	11. 200m Breaststroke 12. 100m Butterfly 13. 50m Backstroke Order: Male, Female 14. 100m Freestyle 15. 50m Breaststroke Order: Male, Female 16. 200m Backstroke 17. 4x50m Women's Freestyle Relay 18. 4x50m Men's Freestyle Relay 19. 4x50m Mixed Medley Relay

*Warm up will be conducted in accordance with safety procedures, please observe all safety signs.*

**Maximum of 5 individual events per swimmer**

**Cost:** Registration fee: \$35 per swimmer, plus  
Swim fee: \$5 per individual event  
Relay team fee: \$12 per team  
(incl. pool entry & transaction fees)

**Closing date:** Individual entries: Midday Friday, April 3  
Relay payment: Midday Friday, April 10  
Relay team details: the day of the event

Supported by the



## Individual Entries

- SWIMMERS MUST LODGE THEIR ENTRIES ONLINE through [Swim Central](#).

## Relay Entries

1. Clubs nominate the total number of relay teams & pay through the [online form](#) on the website.
2. Nominated club officials subsequently submit full team details for each relay team through the [MSNSW Relay App](#):



Entry and editing of team details will be available for nominated Relay Captains up to 2hrs before the scheduled start time of the first relay event each day.

- To be eligible to swim in a relay, a swimmer must have entered at least one individual event.
- There is no limit on the number of teams that a club may enter in any age group. All teams may score points.

## Warm-up facilities

- Warm-up and swim-down facilities will be available in the diving pool during the meet.

## Timekeeping

- Clubs are expected to assist with timekeeping.

## Rules

- This competition will be governed by the rules of Masters Swimming Australia and Masters Swimming NSW in force at the closing date for entries.
- Pool is surveyed, and Automatic Officiating Equipment will be utilised to validate State, National and World records.
- No watches to be worn in warm up or competition.
- All 50m events will be seeded as separate male and female heats

## Awards

### CLUB

- **State Cup Championship Trophy** to the club with the highest point score in each division.
- **Executive Trophy** to the club with the highest percentage of members competing (minimum of 10 swimmers competing).
- **Biddy Hall Memorial Trophy** to the club with the highest average point score per swimmer (minimum of 10 swimmers competing).

### INDIVIDUAL

-  **Male & Female Swimmer of the Meet.**
- **Peter Gilmour Memorial Trophy** to the best butterfly swim relative to current records.
- **Medals** to 1st, 2nd and 3rd placegetters in each individual event in each age group for MSNSW members. Visitors are also eligible for medals.
- Medals to each member of the 1st, 2nd and 3rd relay team in each age group of each event.

### PRESENTATIONS

- The trophies for these Long Course Championships will be presented at the end of the meet.

Masters Swimming NSW thanks the volunteers from Volunteering NSW for their assistance.

To contact Masters Swimming NSW  
Phone: 02 8736 1232

Email: [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

Internet: [www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au)

Postal address: PO Box 6941 SILVERWATER NSW 2128  
Sports House: Level 2, 6B Figtree Drive, Sydney Olympic Park NSW 2127