



Masters Swimming NSW

Long Distance Short Course Championships 2026

Sanction # 2026LDSC

Peninsula Leisure Centre, Woy Woy
Blackwall Road, Woy Woy

Sunday 19th July 2026
Short Course - 25m

(this pool has a current survey - NSW and national records can be set)

Warm-up: 8am	
Start: 8:30am	
1	1500m Butterfly
2	1500m Backstroke
3	1500m Breaststroke
4	800m Freestyle
5	400m Butterfly
6	400m Backstroke
7	400m Breaststroke
8	400m Individual Medley
9	400m Freestyle

**Maximum of two events per swimmer,
with only one swim from events 1 to 4**

Cost: \$35 per swimmer - including pool entry

Closing date: Midday, Friday 10th July 2026 - No late entries

Please note that due to time constraints, special restrictions will apply:

- o Event 1 - 3 no 1500m Freestyle
- o We will endeavour to run events as races (i.e. not with staggered starts).

Masters Swimming NSW – Long Distance Short Course Championships 2026

Entries

Swimmers must individually lodge their entries online through Swim Central.

A link to the online entry system, and step-by-step instructions on the entry process, may be found on the “Events” page for this meet on the MSNSW website.

Swimmers’ ages will be calculated as at 31 December 2026. Swimmers must be registered with Masters Swimming Australia at the closing date for entries.

Following close of entries, entry times drawn from Swim Central can be edited via a link which will be emailed to all entrants.

Rules

These Championships will be governed by the rules of Masters Swimming Australia and Masters Swimming NSW in force at the closing date of entries.

Swimmers should arrive in plenty of time for their event. Swimmers will not be re-seeded if they arrive late.

MSNSW SunSmart Sport & No Smoking policies, and MSA Warm-Up Safety policy will apply at this meet. Please observe all safety signs.

Awards

CLUB

State Championship Trophy to the club with the highest point score in each IPS Division.

INDIVIDUAL

Medals to 1st, 2nd and 3rd placegetters in each individual event in each age group for MSNSW members.

Visitors are also eligible for medals.

Warm-up facilities

During competition warm-up and swim-down facilities will be available.

Timekeeping

All swimmers must support the meet by assisting with timekeeping. If you’re unable to timekeep, please arrange for a family member or club member to cover your shift.

Our meets rely on everyone contributing—timekeeping is essential to ensuring that all swimmers receive official times. If you’d like a time for your swim, please be prepared to help time for others as well.

Results

Available through a live results webpage (link below) and via Meet Mobile.

<http://liveresults.mastersswimmingnsw.org.au/>

To contact Masters Swimming NSW

Phone: 02 8736 1232

Email: admin@mastersswimmingnsw.org.au

Internet: www.mastersswimmingnsw.org.au

Postal address: PO Box 6941 SILVERWATER NSW 2128

Sports House: Level 2, 6B Figtree Drive, Sydney Olympic Park NSW 2127