



MASTERS SWIMMING NSW NEWSLETTER

Grant Da Costa Memorial Trophy



Masters Swimming NSW is proud to announce the establishment of the Grant Da Costa Memorial Trophy, a new annual award created to honour the memory of Grant Da Costa within our Masters swimming community. Grant was a dedicated Masters swimmer who proudly represented Coffs Harbour for nine years. He sadly passed away in May 2024 after a seven year battle with melanoma. Throughout that time, Masters swimming remained a source of focus, friendship and joy for both Grant and his wife Leanne.

In Grant's memory, Leanne has generously funded this award to recognise excellence in Grant's favourite events, and to thank the Masters community for the support and positivity it provided during Grant's journey.

The Grant Da Costa Memorial Trophy will be presented annually from 2026 to 2035 to the NSW swimmer in the M65-69 age group who achieves the highest combined World Aquatics (FINA) points score across the following events in the same calendar year:

- 50m and 100m Freestyle at MSNSW LC State Championships in April
- 50m and 100m Freestyle at MSNSW SC State Championships in October

These events hold special significance, as Grant himself achieved this combined points result in 2022 where he became the National Champion in the 50m and 100m Freestyle – a result he proudly joked was his “Kyle Chalmers moment”

The award will be included at the annual State presentation dinner in April, with the first award for the 2026 season presented at the 2027 dinner.

We thank Leanne for her generosity and for allowing us to honour Grant's memory in a way that reflects his passion for swimming and the friendships that make our Masters community so special.

2026 NATIONAL CHAMPIONSHIPS



If you can no longer attend, please request a refund in Swim Central so that those who missed out can get a spot from the waitlist

Information about Nationals

[CLICK HERE](#)

STATE PRESENTATION DINNER



Celebrate our 2025 Individual & Club award winners at our State Presentation Dinner

SATURDAY 11TH APRIL 2026

6:00PM - 8:30PM

REGENT STREET PAVILION, REGENTS PARK

\$40pp

All members & family welcome!

[REGISTER HERE](#)



STATE LC CHAMPIONSHIP



Due to the Royal Easter Show & National Athletics taking place, parking in & around Olympic Park will be extremely limited.



We recommend Carpooling and arriving early.

We will not hold events or delay the start if people are running late.

Timekeeping & Official Prize

To thank those who volunteer their time between events to timekeep or officiate, we will be handing out 2 prizes per session at random, over 4 sessions during the LC Championships.



BLACKTOWN IPS PIGS



NSW CONSOLIDATED RULES OF COMPETITION

The NSW Consolidated Rules of Competition have recently undergone a comprehensive review and have been amended to ensure alignment with the current MSA Rules. These updates are intended to provide greater consistency, clarity, and alignment. They can be read below:

National Rules

NSW Rules

Members are encouraged to familiarise themselves with the updated rules once released, as they will apply to all relevant competitions moving forward.



Rule Change

We've introduced an important rule change to better recognise athlete commitment. Previously, when a meet was cancelled, no points were awarded — even to those who showed up ready to compete. We understand this wasn't fair to swimmers who made the effort to attend.

Moving forward, any athlete who attends a meet that is ultimately cancelled will still receive 5 points per event entered, regardless of whether they were able to swim. This change ensures that effort, preparation, and commitment are acknowledged, even when circumstances are out of everyone's control.

This change has been applied to General Rules of Competition, section A7

Thank you to the Members Voice Committee who raised this concern, which had now resulted in a positive change to MSNSW.

SNSW SHOP - OLYMPIC PARK

Thank you to Swimming NSW who have provided MSNSW a special discount code for any purchase made at their online store.

Check out the store below - orders can be collected at State!



10% OFF MASTERS NSW MEMBER DISCOUNT
ALL YEAR ROUND!



ONLINE ONLY! [SHOP HERE](#)

USE CODE 10%OFFVOUCHER AT CHECKOUT

MSNSW ANNUAL GENERAL MEETING

SATURDAY 16TH MAY 2026
11AM
DOOLEYS, REGENTS PARK



Current Agenda

CLICK HERE

Previous AGM reports & meeting minutes

CLICK HERE

Nominate for a board position

CLICK HERE

EOI for an appointed position

CLICK HERE

This AGM will be available for our regional clubs to join via Zoom

All members are welcome to attend!

RSVP to admin@mastersswimmingnsw.org.au
by Friday 1st May.

MSNSW RESULTS APP

The MSNSW Live Results App is no longer operational

MSNSW Meets will now be on Meet Mobile

This app is available for purchase via the app & google play store



Please note that Meet Mobile costs money to access the results, so for anyone who doesn't want to pay for Meet Mobile, we will continue to use the live results website

Craig has made - which is accessible via this link:

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

This can be saved to your phone's home screen, in the same way our previous app was used.

Attn: Club Captains

There is a new app to enter relays at our IPS, State & Relay Meets

[Click Here](#)

50X50X50 AWARDS



Congratulations to Philip from Lake Macquarie Crocs on your achievement in the 50x50x50 challenge

UPCOMING NSW EVENTS

2026 UPCOMING EVENTS

11+12 APRIL State LC Championships

23 MAY Mingara Pelicans

14 JUNE Seaside Pirates

28 JUNE Warringah

19 JULY State LD Championships

ALL EVENTS OPEN TO ENTER IN SWIM CENTRAL

[CLICK HERE TO ENTER](#)



Buy a ticket now!

Reminder: State Presentation Dinner is being held in between Day 1 & 2 of our LC State Championships. We'd love to see you there

COACHING - ANNE SMYTH

COACHING TIPS

With State and Nationals looming, it is Taper time!

Click here for some Taper ideas including how to incorporate tapering into squad sessions when only a few are targeting a competition.

[Taper Tips](#)

[Taper and the Masters Swimmer](#)

COACH AND SWIMMER WORKSHOPS

July 4 - Denistone East

Overcoming Anxiety Workshop

COMING SOON

July 18 - Woy Woy

Stroke Workshop

COMING SOON

Registration details will be available on the website closer to the date.

REACCREDITATION

Don't let your coach qualification lapse. Go online to <https://msa.ditaplayer.com.au/catalog/club-coach-re-accrreditation>

2026 TO TRAINING CALENDAR

Upcoming Courses

CTK - Thursday 16th April 7:30pm

IoT - Thursday 18th June 7:30pm

JoS - Saturday 4th July 9:00am (Must be an IoT)

CS/CoC - Wednesday 9th September 7:30pm

BOOK NOW



Please book into courses at least 2 days ahead

One course a year only, please select your course wisely.

A full years list of courses is available when you hit the Book Now button above.

It is highly recommended that all newly accredited Technical Officials work in their new position at a minimum of six swim meets immediately following qualification before moving on to other Technical Official training.

Please contact DiP diane.partridge@bigpond.com for further details

MSNSW MERCHANDISE



ORDER NOW 

Postage options available, or click & collect at the next carnival.

MILLION METRES APP



MSNSW CALENDAR



MSNSW Carnival dates can occasionally change for a range of reasons (venue availability, clashes, logistics etc). The MSNSW Calendar is always kept up to date, so please be sure to check it regularly to avoid any surprises.

Please note that we have had a carnival date change:
Warringah Meet - 28th June

VIEW CALENDAR