



MASTERS SWIMMING NSW NEWSLETTER

Congratulations

A huge congratulations to our NSW swimmers who travelled to Abu Dhabi to compete at the Open Masters Games - Annie Cooke, Kimberlee Currell and Socrates Sanchez Hurtado.

All three will be returning with some extra (shiny!) luggage, making the podium in their age groups and also achieving some great PBs!



Annie Cooke
Campbelltown Masters

W80-84 50m Butterfly
W80-84 50m Backstroke
W80-84 200m Backstroke



Kimberlee Currell
Wett Ones

W30-34 50m Breaststroke
W30-34 50m Freestyle
W30-34 200m Breaststroke
W30-34 100m Butterfly



Socrates Sanchez
COSAC Masters

M45-49 50m Breaststroke

Well done team, we are so proud of you!

2026 NATIONAL CHAMPIONSHIPS



For all information relating to the MSA National Championships

[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



We've seen the discussion around the decision to run separate men's and women's heats for the 50m events at the 2026 LC Championships, and wanted to provide some additional context.

This change has been introduced in response to long-standing feedback from a number of our women swimmers. In mixed sprint heats, women racing alongside men can experience significant wash and turbulence, which materially impacts racing conditions — particularly in 50m events where margins are extremely fine.

The intention is to create optimal and fair racing conditions at our championship meet where the stakes are highest, allowing swimmers the opportunity to perform at their best and, where possible, achieve personal bests or records.

Importantly, this change for 2026 applies only to the 50m events. All other events at the meet will continue to be swum in mixed heats, as they always have been. Similarly, our Interclub meets throughout the year will remain mixed.

Masters Swimming NSW remains committed to inclusion, community, and participation across all abilities and age groups. This small, targeted change is about equity in racing conditions — not favouring one group over another — and also helps align our championship format with what many new and younger swimmers are accustomed to as they transition into Masters, supporting the future growth of the sport.

We appreciate everyone's feedback and look forward to a fantastic State Championships in April.

MERRYLANDS DUAL SANCTIONED MEET

9 MSNSW swimmers proudly attended the Merrylands Dual Sanctioned Meet on February 21.

It was a fantastic opportunity for our athletes to compete, challenge themselves, and represent MSNSW in a supportive and exciting environment.

A huge thank you to Merrylands Amateur Swimming Club for generously opening your pool to us and for hosting such a well-run and welcoming event.



TAMWORTH MASTERS AT MYALL



It was exciting to welcome Tamworth Masters to their very first meet as a new club. There's nothing better than seeing our Masters family grow and it was wonderful to have Tamworth jump in and be part of the action. We look forward to seeing them around at more carnivals in the near future!

SAPPHIRE COAST NEWS

CREDIT: JIMMY PARKER, BEGA NEWS



SWIMMING HAS KEPT ME ALIVE: MEET BEGA VALLEY'S 88 YEAR OLD GOLD MEDALLIST

From an 88-year-old with a pacemaker to a 25-year-old champion defying cerebral palsy, this Far South Coast swimming club's medal haul is a testament to the power of water.

Seventeen stellar swimmers from the Sapphire Coast Adult Swimming Club (Stingrays) made a colossal splash at the Australian Masters Games in mid-October, returning with an incredible 78 medals.

At 88, Alan Cameron was not just winning gold; he was swimming for his life, attributing decades in the pool to keeping his pacemaker-aided heart ticking and his health in check.

"I've slowed down since I had a quadruple bypass of the heart and I now have a pacemaker and my heart doesn't work that well, so I struggle, but I think swimming has kept me alive," Alan told Bega District News.

The Tura Beach resident began swimming competitively almost half a century ago after he had a desire to swim down at a pool in Manly, where he lived at the time. But nowadays, he can be seen doing laps at Merimbula's Bar Beach, or the pools at Candelo and Pambula, or taking on other swimmers at state and national levels. "I'm now 88-years-old and I have been swimming on average three to four days every week," he said.

As the oldest competitor of the Australian Masters Games, Alan said he not only participated in nine events, but won five gold and four silver medals. "You only need to swim against people in a five year range. So most of my opposition are dead, therefore it's easy for me to win gold medals because all I have to do is swim the distance," he said.

"It was easy because my five gold was against very limited opposition with three men between 85 and 90." Winning titles wasn't new for the swimming veteran, as Alan had won state and Australian butterfly titles for his age at 55, and was a three time winner of the Broulee Ocean Swim, which he competed in more than a decade ago.

Alan said the buoyancy of water made swimming a joint-friendly activity by supporting the body and relieving pressure on areas prone to wear from high-impact sports like running.

"I think people should try swimming. It's very good exercise because you're not damaging your joints," he said.

"You start jogging and you wreck your ankles or knees, but swimming is just so gentle on your body and it's hard work."

SAPPHIRE COAST NEWS

CREDIT: JIMMY PARKER, BEGA NEWS

Swimming was also inclusive due to its ability to accommodate athletes with physical, vision, or intellectual impairments, by reducing the barriers that usually existed in land-based sports.

For Taylor Cameron, the youngest competitor at 25, joining the Stingrays was an easy decision.

It was only a handful of days after relocating to the Far South Coast last year that she decided to join the swimming club. Upon signing up, she discovered it catered to her "non-kicking ability".

"I've been swimming since I was three, but I have done competitive swimming since 18 with some other Paralympic swimmers in Springwood where I used to live," Taylor said. "I have cerebral palsy affecting my legs, so my kicking skills aren't the best, but our head coach Sue Keey is amazing. I can't do breaststroke. But, butterfly, freestyle and backstroke, I can do them most of the time without any issues."

During the Australian Masters Games, Taylor won silver in the 400 metre, 100-metre and 50-metre freestyle, gold in the 50-metre and 100-metre backstroke, gold in the 50-metre butterfly, and silver in the team relay.

Taylor said her advice to those considering joining a swimming club was to give it a go.

"The worst thing that can happen is you don't like it," she said. "

But if you can swim, it's so much fun and you get to meet new people and have fun while you go up and down the laps."

TIMEKEEPING AT MEETS

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.

MSNSW 2026 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 two carnival date changes:

Hunter Valley Meet - 21st March

Warringah Meet - 28th June

[VIEW CALENDAR](#)

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.

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

Club Presidents: Please submit your President's reports

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



Lane Cove with their 50x50x50 awards!

Phillipa Sawyer: Platinum - Umbrella

Steve Clancy: Gold - Cooler

David Tarran: Silver - Water Bottle

Elizabeth Harvey: Gold - Cooler

INVICTUS GAMES

BE A PART OF TEAM AUSTRALIA AT THE INVICTUS GAMES BIRMINGHAM 2027.

Masters Swimming NSW is proud to be a Community Partner of Invictus Australia, who work to strengthen the health and wellbeing of veterans and their families through sport. @invictusaustralia is currently inviting former serving Australian Defence Force veterans who have become wounded injured or ill during, or as a result of service to submit Expressions of Interest for the Adaptive Sports Program.

This program is delivered in partnership with the Australian Defence Force and funded by the Department of Veterans' Affairs, and will help prepare Team Australia for the Invictus Games Birmingham 2027. It will be great to see swimming continue to feature on the Games sport schedule.

Applications close 5:00pm AEDT, 31 March 2026

Learn more and apply: <https://invictusaustralia.org/expressions-of-interest.../>

Current serving and reservist ADF members will receive application information through internal ADF channels.



FORMER SERVING VETERANS

APPLY FOR THE INVICTUS GAMES BIRMINGHAM 2027

Applications close 31st March 2026.



UPCOMING NSW EVENTS

2026 UPCOMING EVENTS

21 MARCH

Hunter Valley

11+12 APRIL

State LC Championships

23 MAY

Mingara

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

TIPS AND LANE ETIQUETTE FOR MASTERS SWIMMING

Work Together!

Make sure you are swimming in the correct lane according to your ability. Work together so everyone has a good swim.

Keep space!

Work out your order in your lane for each set. Set off at least 5 secs apart – if possible 10. DO NOT swim on someone's feet – it is drafting and is of no benefit. The person in front is doing all the work. If you stop during a set, be aware of others when you take off again - do not take off just before /straight after – leave space.

Turns

Turn in centre or on RIGHT side of lane. When you have stopped or need a rest, keep on the LEFT (when facing wall) to keep out of the way of other swimmers! At the end of a set, make sure the people behind you can finish – move to the side.

If you any problems/questions – just ask your coach.

COACH AND SWIMMER WORKSHOPS

July 4 - Denistone East

Overcoming Anxiety Workshop

COMING SOON

July 18 - Woy Woy

Stroke Workshop

COMING SOON

REACCREDITATION

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

BOWRAL COACHING WORKSHOP

A very successful workshop was held recently in Bowral. Under the guidance of Greg Gourley and Anne Smyth, with assistance from Tuggeranong coaches Jeanette Droop, Leisa Cass and Kristi Russ, over the 30 swimmers enjoyed working on Freestyle. The session covered the fundamentals of core and body position through to high level concepts such as Early Vertical Forearm, Front Quadrant stroking, finishing with a set using tempo trainers to increase stroke rate. It was wonderful to meet members from our new club, Mittagong Masters who are very keen to expand. We also had swimmers from Wollongong, Gosford, Tuggeranong and Sydney clubs in attendance.



2026 TO TRAINING CALENDAR

**Masters Swimming NSW
Officials Training 2026 Calendar**
Zoom courses take approximately 1 hour
Courses can be conducted Face-to Face (F2F) on request

Timekeeping	Are conducted within your clubs by an experienced Chief Timekeeper. Email DiP for course number and current course notes.
-------------	---

Compulsory to be a qualified Timekeeper before attend any further Technical Official courses listed below

Course	Date		Time	Venue
CS/CoC	March	12 Thursday	7:30pm	Zoom
CTK	March	14 Saturday	9am	Zoom
Starter	May	13 Wednesday	7:30pm	Zoom
IoT	June	18 Thursday	7:30pm	Zoom
JoS for those who are qualified as IoT	July	04 Saturday	9am	Zoom
CS/CoC	September	09 Wednesday	7:30pm	Zoom
CTK	October	22 Thursday	7:30pm	Zoom
IoT	October	31 Saturday	9am	Zoom
Starter	November	21 Saturday	9am	Zoom
Referee	On request	Must be qualified and experienced in all the above official positions		

Subject to Change

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

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

BOOK NOW



MSNSW MERCHANDISE



ORDER NOW 

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

MILLION METRES APP



SHARE WITH US!



We'd love to share more stories and celebrate your clubs and the wonderful people within them.

If you have something to share with us please email:
admin@mastersswimmingnsw.org.au