



MASTERS SWIMMING NSW NEWSLETTER



2026 STATE LC CHAMPIONSHIPS



What an incredible weekend at our NSW State LC Championships on April 11/12. A record breaking 388 swimmers entered, from a total of 43 clubs across NSW, QLD, WA and Italy!

Thank you to Manly & Penrith who were our dedicated Warm Up Supervisors on each day, who manned the pools from Warm Up until the end of the day.

We had an increased number of Technical Officials on rotation, which allowed all our officials more time to focus on their races and giving them plenty of time to warm up & cool down between races and officiating.

All our volunteer timekeepers - thank you so much! Our meet ran to time because we very rarely had to wait for timekeepers to come down.

Congratulations to those who won our lucky door prizes in each session.

Lastly, to all our swimmers - thank you for coming along and enjoying yourselves. We saw plenty of smiling faces, people doing PB's, making new friends & just having a good time!

This is what it's all about - Fitness, Friendship & Fun!



STATE LC CHAMPIONSHIPS - RECORDS

WORLD RECORD

Congratulations to Jeanette Brits of Manly who has provisionally broken a World Record at the MSNSW State LC Championships.

**Women's 65-69 years
200m Freestyle 2:24.07**

Photo Credit: Mark Taylor

NATIONAL RECORDS

- Jim Groom (75-79) 100m Backstroke 1:24.69
- Jim Groom (75-79) 50m Backstroke 38.30
- James Hickman (50-54) 200m IM 2:21.87
- James Hickman (50-54) 50m Backstroke 30.75

RECORD REGISTRATIONS

388

STATE RECORDS

- Alfred Moufarrige (85-89) 200m Freestyle 3:37.36
- Alfred Moufarrige (85-89) 100m Freestyle 1:34.36
- Paris Zhang (25-29) 50m Butterfly 30.11
- Paris Zhang (25-29) 50m Freestyle 27.93
- Guy Farrow (60-64) 50m Butterfly 28.51
- Daniel Phillpot (35-39) 200m Breaststroke 2:39.17
- Lauren Dahl (25-29) 50m Backstroke 31.67
- Campbelltown (100-119) W 4x50 Medley 2:20.96
- Tattersalls (100-119) Mixed 4x50 Freestyle 1:51.70

2026 STATE LC AWARDS

Swimmer of the meet Female
Lauren Dahl
Seaside Pirates

Swimmer of the meet Male
Aaron Cleland and Bradley Halicek
Blacktown

Championship Trophies

Top pointsoring club at the State Championships

- Division 1** Warringah
- Division 2** Tuggeranong
- Division 3** Wests Auburn
- Division 4** COSAC

Biddy Hall trophy

The club achieving the highest average points per swimmer

North Shore

Peter Gilmour trophy

Best butterfly swim relative to the current records

Guy Farrow – Tattersalls

Executive Trophy

Highest percentage club participation in the State Championships

Castle Hill RSL



PRESENTATION EVENING



2025 PRESENTATION AWARDS

2025 was an incredible year of achievements, dedication and community spirit across Masters Swimming NSW. Congratulations to all our award winners

Swimmer of the Year 2025

Male: Robert Butcher - Manly
Female: Kelly Bowden - Campbelltown

Coaches of the Year

Sue Keey – Sapphire Coast
Greg Moeller – Gosford

Officials of the Year

Helen Campbell – Warringah
Mark McDonald – Blacktown

Administration Award

For outstanding contribution to club administration
Tony Gallagher – Warringah

Betty Grant Award

Encouragement award to a swimmer aged 60 years or more.
Heather Rouen – Campbelltown

Gary Stutsel Award

For contributing the most to the advancement of Masters Swimming NSW
Belinda Meek – Campbelltown

NSW Branch Pointscore (Total Points)

Division 1: Warringah
Division 2: Maitland
Division 3: Castle Hill
Division 4: Gosford

NSW Branch Pointscore (Average Points)

Overall Winner: Castle Hill
Division 1: Lane Cove
Division 2: Maitland
Division 3: Castle Hill
Division 4: Gloucester

Highest % Increase in BPS & Championship Points

Division 1: Wett Ones
Division 2: Penrith
Division 3: Tattersalls
Division 4: Hornsby

Highest % Membership Growth

Division 1: Lane Cove
Division 2: Maitland
Division 3: Leichhardt
Division 4: Hornsby

Brian Hird Trophy

(Total Pointscore across all weekend carnivals)
Warringah (3912 points)

Sue Johnstone Trophy

(Average Pointscore across two-day carnivals)
Campbelltown (103.73)

Aerobic Trophy

1st NSW 2025: Campbelltown

Aerobic Trophy – Average Club Points

1st NSW 2025: Castle Hill

Club of the Year

Warringah Masters

2026 STATE LC FEEDBACK

A survey was sent to the 388 swimmers who attend the State LC Championships.

We are sharing the results with all members.

Another survey will be sent after State SC in October

Splitting the 50s heat by Gender

Liked it - 69

Not Fazed - 55

Prefer Mixed Heats - 23

Medallions or Medals

Medals with Lanyards - 96

Medallions - 42

There was a free text field to allow for general feedback, of the common responses & MSNSW feedback below:

SOPAC temperature: There were a lot of comments that the air temperature of SOPAC was very cold. We have provided this feedback to SOPAC.

Event overlapping Easter Show: Unfortunately, this is out of our control. First preference for bookings at SOPAC are allocated to Swimming Australia & Swimming NSW, followed by the Amateur clubs and school events. We then are provided with the free weekends; this was the only free weekend that didn't clash with Nationals, so we had to take it.

Splitting Heats: There were lots of comments for both sides, and based on the poll – it was a successful test. However, we want to re-iterate, this is a trial year. In State SC at the AIS this year, it will be the women who go first. We will also make them separate event numbers, as people did mention having them in the same event number was confusing. Before any changes are permanent, we do want to make sure that we give everything a go more than once and continue to request feedback from all our swimmers.

Order of Events: Events are rotated every year on a 4-year cycle. Unfortunately, it's hard to please everyone with what is last on each day, but we feel that events are evenly distributed and fairly placed as best they can be.

Warm Up / Fins: This is under review by the board. Last year we did change our signage to allow for Fins lanes at our meets, and there were fins being used in the diving pool; however, no Fins can be worn with touchpads at SOPAC.

Backstroke Ledges: SOPAC does not allow MSNSW to use their backstroke ledges. At the upcoming Mingara IPS meet on May 23, Backstroke ledges will be trialled in the 50m & 100m Backstroke events.

MSNSW CALENDAR



Calendar Changes

Additional meet & clinic added:
Batemans Bay Clinic - 12th September
Batemans Bay IPS Meet - 13th September

Change in location to the Combined Hunter Meet:
Moved to Maitland Pool - 5th December

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.

[VIEW CALENDAR](#)

BACKSTROKE LEDGES

MSNSW will be trialling the use of Backstroke ledges at the Mingara IPS meet on May 23.

These will be made available with thanks to the Hornsby club, for use in the 50m & 100m Backstroke events.

Please note that it is not compulsory for swimmers to use them if they don't want to.



MSNSW ANNUAL GENERAL MEETING

SATURDAY 16TH MAY 2026
11AM
DOOLEYS, REGENTS PARK



Current Agenda

CLICK HERE

Previous AGM reports & meeting minutes

CLICK HERE

**This AGM will be available for our regional clubs to join via Zoom.
A link will be sent to all regional club Presidents & Secretaries for
club distribution.**

All members are welcome to attend!

RSVP:

admin@mastersswimmingnsw.org.au

EVENT RESULTS

The MSNSW Live Results App is no longer operational



Meet Mobile

This app is available for purchase via the app & google play store
Please note this app does require an annual subscription



Free Results Website

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



Relay App

For Club Captains

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

All MSNSW Results will be made available in the week following the event on the MSNSW website, MSA portal & Swim Central

UPCOMING NSW EVENTS

2026 UPCOMING EVENTS

23 MAY Mingara Pelicans

14 JUNE Seaside Pirates

28 JUNE Warringah

19 JULY State LD Championships

9 AUGUST Relay Meet*

**CLUB CAPTAINS TO ENTER TEAMS IN RELAY APP FROM AUGUST 3*

ALL EVENTS OPEN TO ENTER IN SWIM CENTRAL

[CLICK HERE TO ENTER](#)

Timekeeping

Thank you to everyone who has done timekeeping at our last few meets and congratulations to our winners at State who won the lucky door prizes during the 4 sessions. Please continue to timekeep at all our meets, it helps everyone get their times & makes the event run smoothly!



A NOTE FROM OUR TECHNICAL COMMITTEE

With lots of new swimmers joining us, it's a good idea to make sure you understand the rules at the start and finish of an event.

STARTING A SWIMMING EVENT & AT THE FINISH

When swimmers are checked started they must prepare themselves for the event. You are in your swimming costume and have your goggles on. You remain behind the starting blocks. You do NOT move onto starting blocks or the edge of the pool until the first long whistle. **SW2.4.3M**

On the Referee's long whistle swimmers step forward and onto the starting blocks, or on the pool edge or enter the water for an in water start. **SW4.1M**
Taking up the starting position means you have your toes to the front of the starting block or pool edge (in water start – feet are on the wall and one hand is holding onto the starting block or pool wall).

For backstroke / medley relay swimmer the first long whistle is for swimmers to enter the water and a second long whistle to take up the starting position – feet on the wall and holding onto the starting block handles (or pool edge).

SW2.1.5 SW6.1 SW4.2

Once all swimmers are ready for the start the Referee hands over to the Starter. The Starter decides, with the Referee, if a swimmer is delaying the start, wilfully disobeying an order or any other misconduct taking place at the start. **SW2.3.2**

The Starter decides if the start is fair, in conjunction with the Referee. **SW2.3.3**
The Starter gives the command "take your marks" **SW4.1M** Swimmers immediately take up the starting position (see above).

When swimmers are stationary the start signal is given. Any swimmer initiating a start before the starting signal may be disqualified. **SW4.4**

At the end of the race swimmers are requested to move down the lane ropes about a metre for "over the top" starts, which is how Masters Swimming NSW usually conducts swim meets. Swimmers then exit via the sides of the pool.

It is a safety issue that swimmers must exit via the side of the pool.

COACHING - ANNE SMYTH

COACHING TIPS - DEVELOPING CORE STRENGTH

A strong Core is central in all swimming strokes. The Core is central to maintaining a good body position in the water. The Core connects your upper and lower body allowing the transfer of energy from your arms to your feet. Read more here on developing your core:

[Hard Core | Masters Swimming New South Wales](#)

COACH AND SWIMMER WORKSHOPS

July 4 - Denistone East

Overcoming Anxiety Workshop

COMING SOON

July 18 - Woy Woy

Stroke Workshop

COMING SOON

September 12 - Batemans Bay

All strokes 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

[BOOK NOW](#)

Starter - Wednesday 13th May 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

Please book into courses at least 2 days ahead

To ensure everything runs smoothly this year, all technical officials are reminded to keep their personal information accurate and up to date across all platforms. At present, Swim Central does not link directly with the MSNSW and MSA Technical Officials databases. This means that any changes you make in one system will not automatically update in the others. To avoid missed communications or delays in accreditation, it is essential that you take a few extra steps when your details change. If you update your email address or mobile number, please make sure you notify DiP as soon as possible. This helps ensure you continue to receive important updates, and accreditation information without interruption.

Additionally, please be aware that e-certificates are not issued instantly. After completing requirements, allow up to eight weeks for your e-certificate to be processed and delivered.

By keeping your details current and allowing sufficient processing time, you help support a more efficient system for everyone involved.

DiP/Technical Training Co-ordinator
diane.partridge@bigpond.com

SWIMMING NSW SHOP

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



swimming new south wales


10% OFF MASTERS NSW MEMBER DISCOUNT
ALL YEAR ROUND!

ONLINE ONLY! SHOP HERE

USE CODE 10%OFFVOUCHER AT CHECKOUT

MSNSW MERCHANDISE



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

MILLION METRES APP



Log your laps straight out of the pool

Scan the QR code and join MSA Million Metres to log your kms

<https://mastersswimming.org.au/programs/million-metres-program>