



Happy Easter everyone.

Branch Long Course Championships 10-11 April

Entries close at noon on Friday for the first championship event we have been able to compete at since October 2019!! <https://mastersswimmingnsw.org.au/event/msnsw-long-course-championships/>

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

- ☞ **Vorgee** 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 winning relay team in each age group of each event.

Competition Results—we have a Live Results app

Did you know there's an app for that? Plenty of information in the animated introduction on the website at <https://mastersswimmingnsw.org.au/meet-results/live-results/>

Thank you Mark Hepple!



Team Captains will be amazed at a new feature for adding or editing relay teams through this app. There will soon be video instructions for Race Secretaries and Team Captains so watch this space.



2021 interclub swim events in May and June

The next Resurrection swim meet is at Ku-ring-gai pool on Sunday 2 May from 4pm then we go up the highway to Woy Woy on Saturday 22 May <https://mastersswimmingnsw.org.au/event/woy-woy-meet/> Seaside Pirates and Wett Ones will host events in June so watch this space.

Due to the need to possibly reorganize ourselves at a moment's notice, bookings for events will open three weeks prior to date.



Keep up to date with what's happening when by regularly checking here:

<https://mastersswimmingnsw.org.au/events/category/sanctioned-meets>

<https://mastersswimmingnsw.org.au/event/msnsw-relay-meet/>



National Championships Sydney 2022

We now look ahead to the **2022 Nationals at SOPAC in Sydney, 20-23 April**

There is an enormous amount of work involved by many people to get an event of this size up and running, years of meetings, ideas, brain storming, paperwork, documents, contracts, rosters, teams & committees, booking and ordering etc so we're NOW looking for volunteers to help in any of these areas.

On the sunny side in 2021 there is the Great Barrier Reef Games, Cairns 22-23 May, the Australian Masters Games, Perth in October and Pan Pacs 5-14 November.



Annual General Meeting

Save the date — Saturday 15 May at Sports House or via Zoom. All clubs are requested to have a representative attend. The Annual report is being compiled in preparation, nominations for a position on the Board or Expressions of Interest for appointed positions can be lodged now, forms can be found here: <https://mastersswimmingnsw.org.au/about/governance/annual-general-meeting/>

General Rules of Competition for 2021

1. All meets sanctioned by MSNSW will score points (clubs and individual swimmers) for the total point score for 2021. These will include club meets, MSNSW meets, mini meets (3 or more clubs), virtual meets, open water meets conducted by MSNSW, state championship meets
2. Non swimming Officials who work at meets will also be included in the pointscore as will trainee officials who work on pool deck at a meet (with supervision)
3. Times recorded at sanctioned meets will be eligible to be recorded as branch, national and world masters records (subject to pool surveys and AOE for world records)
4. Points will be awarded as per MSA rules ie 10 points for the fastest swimmer in the age group, 9 points for second, 8 for 3rd etc. Relays will be double points in each age group.
5. Only swimmers who are members of MSNSW will be eligible to score points
6. Average points will also be calculated for each meet- total points accumulated at the meet divided by the number of swimmers competing at the meet
7. The 4 Divisions will remain making it a fairer competition for smaller clubs
8. State championship events will remain the same with the same awards and rules but all points will be added to the 2021 total tally
9. The number of officials on deck at a meet will depend on the size of the meet. All meets must have a Meet Director and there MUST be 1 referee and 1 starter at a meet between 3 or more clubs (if records are to be recognised). There will be no marshalling, all meets will check start swimmers. If unsure of the number of officials contact Jillian in the office for advice.
10. All results of meets must be sent to the state recorder (if the recorder is not present at the meet) in a timely manner, times will be added to the portal and points tallied.
11. Warm up and cool down lanes as per MSA rules must be provided
12. Meet flyers must specify all information for swimmers (as in the past) and be sent to the office for sanctioning in a timely manner
13. Entries will be online (as before) and closing date will be advertised on the flyer. Full programme will be published after close of entries. Entries will open three weeks prior to race day.

A note: cancellation and/or postponement is something we have to expect “may” happen in the next few months due to changing outbreaks. While it is disappointing, we must keep our members safe. We will keep organising meets, events and activities and they will only go ahead if and when the time is right.

Division points

2021 Resurrection Series Pointscore results are displayed on page at:

<https://mastersswimmingnsw.org.au/meet-results/branch-pointscore/>

Find out where your club is sitting after the first quarter.

Top of Div 1 is **WARRINGAH**, Div 2 **MYALL**, Div 3 **CASTLE HILL RSL** and Div 4 **ST GEORGE**





Postal swims 2021



You can support clubs around the country by entering Postal swims:

<https://mastersswimming.org.au/events/category/sanctioned-meets/postal-swims/>

Our own Wests Auburn **5km Turtle Swim, swim it solo or relay** and the Hervey Bay Humpbacks close 31 March.

<https://mastersswimmingqld.org.au/event/humpbacks-swim-meet/>

Baddaginnie Animal opens on 1 April, do it for the sheer fun of it.

😊 <https://mastersswimming.org.au/event/baddaginnie-animal-postal-swim/>



Coaching Corner —qualify as a Masters Coach

A new online training module has been designed and currently being tested to enable more members get qualified as a Masters Coach. The Coach Team has planned a Form stroke workshop on the South Coast in April/May then there is the Annual Swim Camp at Thredbo over the October Long weekend.

National Swim Series



The **MASTERS SWIMMING AUSTRALIA NATIONAL SWIM SERIES** boasts a mix of Long and Short course meets across Australia. It rewards members' participation and performance in any of the Meets, with members only needing to swim two meets to be eligible for prizes.



The series comprises of nine events annually, with one nominated meet from each of the Masters Swimming Branches and two from Queensland and WA starting with:

MSQ	April 9-11	Branch Championships	Sunshine Coast
MSNT	April 17-18	Branch LC Championships	Darwin
MSQ	May 20-23	Great Barrier Reef Masters Games	Cairns
MSV	June 20	Branch SC Championships	Melbourne



<https://mastersswimming.org.au/programs/national-swim-series/>

Covid19 protocols

- Members are encouraged to download and activate the COVIDSafe app.
- As a condition of entry, all participants may be required to sign-in
- Any officials, volunteers or competitors that feel unwell to any degree, or display flu-like symptoms, are advised to stand down from this event and isolate themselves from the venue.
- COVID-19 Infection Control certificated volunteers will be rostered to supervise members.
- All venue conditions/instructions, whether displayed or conveyed by staff, must be followed strictly by members.
- All participants must comply with any restrictions in regard to communal facilities such as showers and change rooms. Where possible, members are encouraged to consider not using these facilities.
- The number of swimmers in warm-up lanes may be limited.
- All events will be heat seeded. There will be **no marshalling**, all competitors will be required to self-seed behind the blocks and adhere to any venue marked spacings.
- There will be only one timekeeper per lane. Any competitor that wishes a second time for record purposes, will need to make arrangements with the Chief Timekeeper prior to the event.
- If any equipment is to be shared by officials or volunteers, including timing devices, it shall be wiped down before passing on.
- MSNSW will provide hand sanitizer and masks where required/requested.
- Optimal hand hygiene will be expected of all members
- Each venue we hire may have different requirements, it is up to each of us to follow as best we can.

Office of Sport Update

28 March 2021

From 12:01am Monday 29 March 2021, a number of COVID-19 restrictions across NSW will be eased as the state continues to move forward in a COVID-Safe way.

Following this announcement, the [Public Health \(COVID-19 Gathering Restrictions\) Order 2021](#) was gazetted overnight, including several changes which will see restrictions ease in the sport and active recreation sector and a change to some COVID Safety Plan requirements.

The Office of Sport has summarised the changes below and would encourage all organisations to review the new Public Health Order (PHO) and COVID Safety Plan requirements. Please note that at this point in time, the updated COVID-19 Safety Plans referenced in this email have not yet been updated. These plans will be updated on the [NSW Government COVID Safe webpage](#).

The most significant change is the removal of the reference to 'community sporting activities' within the PHO. Community sport and recreation activities will now fall under one of the below categories

Indoor Sport and Recreation Activities

All community sport and recreation activities that take place indoors now fall under the category of 'recreation facility (indoor)'. This includes but is not limited to all community sport and recreation activities taking place indoors (e.g. basketball, netball, ice hockey, ten pin bowling etc); gyms; **indoor pools**, spas and saunas; dance; and health and wellness studios (e.g. yoga, pilates, boxing etc).

Under Clause 11 in the PHO, these facilities will be permitted a maximum of 1 person per 2 square metres, or a maximum of 25 persons if the space is less than 50 square metres. Gyms no longer require a COVID Safe Marshal.

Under the PHO, as occupiers of an indoor recreation facility, your organisation will be required to have a 'Gyms and indoor recreation facility' COVID-19 Safety Plan. If you are hiring a facility, we encourage you to liaise with the venue owner/operator with regards to the development of the COVID-19 Safety Plan.

Outdoor Sport and Recreation Activities

All sport and recreation activities that take place outdoors now fall under one of the four categories below.

For all community sporting activities registered as COVID safe outdoor events (see detail below), there is a new requirement for all record keeping to be managed electronically. Community sport organisations can support this by registering as a COVID Safe business or organisation.

Get the app —let's be safe by choice, not by chance!



\$100 for each of you to spend and support your local businesses

DINE & DISCOVER NSW

[Dine & Discover NSW Application for Vouchers | NSW Government](#)

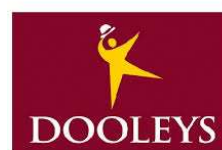
Every NSW resident aged 18 years and over is eligible for \$100 in Dine & Discover NSW Vouchers. Dine & Discover NSW Vouchers are **valid until 30 June 2021**.

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<https://www.dooleys.com/lidcombe>



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