



MASTERS SWIMMING NSW NEWSLETTER



- 16 National Records
- 29 State Records
- 55 PPMG Records



- 87 MSNSW Swimmers
- 27 MSNSW Clubs



PAN PACIFIC MASTERS GAMES



An incredible 4 days at the pool for our 87 MSNSW swimmers on the Gold Coast for the Pan Pacific Masters Games. This was the equal highest attendance ever at this event with 553 swimmers participating from 94 clubs (and countries).

All results are available on the MSQ website.

PPMG26 has been *tentatively* scheduled for November 11-14, 2026!



PORT MACQUARIE TRAINING SESSION



Thanks to Kerry, Kerryn & DiP for running the training session at Port Macquarie after the BPS meet



2025 CLUB AFFILIATION & 12 MONTH PRODUCT

SWIMMAUS
SWIM CENTRAL



Club Affiliation is due by Dec 1.

No 12 month membership products can be created for 2025 until your club has completed their affiliation.

2025

12 month 2025 memberships are now open from Dec 1 2024, valid until Dec 31 2025.

Any clubs needing assistance with their product please email

admin@mastersswimmingnsw.org.au



50th BIRTHDAY YEAR!

MSNSW 2025 50th Anniversary Merchandise

*ON SALE SOON



FREE CAP

For all swimmers who sign up as
MSNSW members by Jan 31, 2025



AWARDS - DATE CHANGE



To celebrate our 50th birthday, all awards will be presented at our State dinner on Saturday 29th March.

This means that there is a deadline change to the following awards:

**Coach of the Year
Official of the Year
Administrator of the Year
Gary Stutsel Award
Betty Grant Award**

New Deadline: January 14th 2025

[SUBMIT A NOMINATION FORM HERE](#)

CLARY MUNNS - NSW SPORTS AWARDS



Sport NSW
NSW Sports Awards

FINALIST

Masters Athlete
of the Year 2024

Clary Munns

A huge congratulations to Blacktown's Clary Munns on being named a finalist in the NSW Sports Awards - Masters Athlete of the Year. In 2024, Clary swam 24 individual swims and broke: 3 World Records, 21 National Records and 32 State Records.

Clary didn't go on to win, however we are incredibly proud of her achievements.

UPCOMING NSW EVENTS

CHALLENGE YOURSELF 100x100



The annual Seaside Pirates 100x100s is on again!
Enter and go in the draw to win a \$150 swim gift pack!

Date: Saturday 28th December

Time: 7:30am start

Venue: Warringah Aquatic Centre

Early Bird Discount \$25 + booking fee if booked by
December 25.

\$30 + booking fee from December 26 onwards.
Please note pool entry (\$9.80) to be paid at the pool.

Enter via <https://www.trybooking.com/CVUBO>

Campbelltown BPS Meet



Myall BPS Meet



ALL NSW EVENTS AVAILABLE HERE

SWIMMING NSW INVITATIONAL MEET SATURDAY 14TH DECEMBER



2.5km OWS
(QT required)

Apply through manual
entry form [here](#)

PITTWATER OCEAN SWIM SERIES

PITTWATER SURF LIFE SAVING CLUBS
OCEAN SWIMS SERIES
 400m · 800m · 1.5km · 2.5km · 3km events



Sun Jan 5 **NEWPORT**
 Sun Jan 12 **BILGOLA**
 Sun Jan 19 **MONA VALE**
 Sun Jan 26 **THE BIG SWIM**
 Sun Mar 23 **AVALON**

Enter online: www.oceanswims.com
 Follow us on Facebook: Pittwater Ocean Swim Series

SUPPORTED BY
 northern
 beaches
 council

Thousands of Swimmers Expected For Pittwater Ocean Swim Series

Thousands of swimmers are expected for the Annual Pittwater Ocean Swim Series in January. Swimmers will first take the plunge at Newport on Sunday 5 January, followed by Bilgola on the 12th, then Mona Vale 19th and the 51st The Big Swim on Sunday 26th (Palm Beach to Whale Beach of 2.8km). The final swims of the series will be at Avalon Beach on 23rd March. There are age categories for all events. The majority of entrants are the 40 years + age group with some in their eighties.

All swimmers, who enter and compete in a minimum of three swims at different beaches, will have one chance in the draw for a total prize of two, \$250 vouchers valid for the Lovat restaurants at Newport & Avalon

The 2024 series had nearly 200 swimmers who swam at least three swims and there were swimmers who swam all five. Each of the swims is well organised with individual clubs offering a range of prizes related to their swims. To cater for all swimmers' capabilities, the Pittwater Lifesaving Clubs have short course events. Along with the shorter swims, Avalon Beach has an Ocean Swim Challenge, a 2.5km swim from Newport to Avalon.

Go to www.oceanswims.com for details on these events and online entry

Ocean Swimming has become a huge, participative activity and the Pittwater Ocean Swim Series is seen as a leader in the sport. All swimmers are fitted with electronic timing devices for safety and accurate, timing of each participant and there are safety teams ready to assist any swimmers needing help.

Funds raised by the ocean swims go towards essential life saving equipment.

Enquiries | John Guthrie Newport Surf Club | Phone 0408 247 986 | Email: sashapr@sashapr.com.au

Final Month

**Time to complete your
e1000 swims for 2024!**

Closing date is 14 January for the previous year's e1000 swims.

Ensure all swims are entered and checked by this date.



**ENDURANCE
1000**

MASTERS SWIMMING AUSTRALIA

TECHNICAL OFFICIALS



ATTN: STARTERS

2025 is the year for all starters in NSW to reaccredit. Please keep an eye on the Official's Training Course Calendar.

You will find Official Training Courses are advertised in this monthly Newsletter.

ATTN: ALL CLUBS

Planning to conduct Branch Point Score (BPS) swim meets in 2025?

Now is the time to check your club officials are current for your swim meet date.

How can you do this: first ask the official to check expiry date on their E-certificate. Second if they cannot find this, please email DiP: diane.partridge@bigpond.com with the proposed date of your swim meet and I will check their currency on the official's database.

Course Info

Tuesday 10th Dec 7:30pm: CTK

**REGISTER
HERE**

Saturday 8th Feb 8:00am: IoT

**REGISTER
HERE**

Tuesday 18th March 7:00pm: Starter

You must first be a qualified Timekeeper to complete these courses. Please only do one course at a time

Terminology

CTK: Chief Timekeeper, IOT: Inspector of Turns, CS: Check Starter, CoC: Clerks of Course, JOS: Judge of Stroke

CHRISTMAS SETS- ANNE SMYTH



On the first day of Christmas my true love gave to me:

- 12 x 25 Warm up (300m continuous CH)
- 11 x 50 Freestyle Drills (550m continuous, changing drills every 50m)
- 10 x 25 Freestyle Paddles (250m continuous)
- 9 x 50 Freestyle (450m as 9 x 50 m -10 sec R)
- 8 x 25 Freestyle Kick (200m continuous as 25 easy 25 hard kick)
- 7 x 50 Form Drills (350m continuous, changing stroke drills)
- 6 x 25 Form (150m as 6 x 25m Form CH -10 sec R)
- 5 x 50 Freestyle Pull (250m continuous)
- 4 x 25 Form Kick (100m as 4 x 25m Kick CH mod- 10 sec R)
- 3 x 25 Underwater (as far as possible) (75m as 3 x 25m 20 sec R)
- 2 x 25 Cool down CH (50m as 2 x 25 CH easy)
- 1 x 25 Cool Down (walk/swim/chat)

Set can be swum with fins for some, all or none! 2750m

Santa's Sack

Equipment- decorated Xmas bucket filled with @ 50 swim activity cards

Each lane draws a random card from bucket and swims whatever is written on the card. Lanes work separately. Each swimmer in the lane takes turns at drawing a card from bucket for the next set to swim e.g. 100 freestyle, 2 x 25 Fly, 100 pull choice. Include cards such as repeat last swim, float for 60 seconds, 50 doggy paddle.

Let your imagination fly! Pass the bucket between lanes and continue until bucket is empty.



Pace your way through a Christmas Feast!

- Bubbles 3 x 100 FR
- Entrée Prawns 200 Freestyle
- Bubbles 3 x 100 FR
- Main Turkey 300 Freestyle
- Bubbles 3 x 100 FR
- Dessert Plum Pudding 400 Freestyle
- 1800m

MILLION METRES APP - UPDATE

Make sure you update to the new Million Metres App

Finished a million metre milestone, submit the award application form here.



2025 CALENDAR

Get Planning for next year!
2025 MSNSW Calendar is here



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