



MASTERS SWIMMING NSW **NEWSLETTER**

GREAT BARRIER REEF GAMES



MSNSW was proudly represented by 30 swimmers from clubs including Tuggeranong, Penrith, Maitland, Warringah, Mingara, Campbelltown, Ryde, Sutherland, Lane Cove, Molonglo, and North Sydney at the Great Barrier Reef Masters Games held at Tobruk pool in Cairns, from May 29–31.

Our swimmers embraced the warm weather and vibrant atmosphere, returning with impressive times, personal achievements, and lasting memories.

2026 BPS DATES

2026 BPS MEETS



It's time for our 2026 date submissions!
Clubs - please register 2 alternate dates [here](#)



Touchpad Funding

To support our swimmers in breaking State, National, and World Records, Masters Swimming NSW is pleased to offer funding assistance to clubs that wish to have touchpads at their BPS meets in 2026.

Please email the office for queries:
admin@mastersswimmingnsw.org.au

SPORTS HOUSE MOVE



Our office has moved!

Sports House: Level 2, 6B Figtree Drive,
Sydney Olympic Park

Our postal address remains as: PO Box 6941, Silverwater NSW 2128

UNSUNG HEROS



As part of the MSA 50th Anniversary Celebrations we are excited to launch the 50 Unsung Heroes Awards. The MSA National Board has created an Award to recognise individuals who have made significant contributions to the sport of swimming and their Club/community. We invite our Clubs to nominate someone they believe is most meritorious, our Unsung Heroes! These individuals will then be recognised at a National Level.

[Read more here](#)

[Nominate here](#)

LIVE



2025 6 MONTH MEMBERSHIP

Our 6 month membership is available for any new or returning members to join for the second half of the year.

Clubs Secretaries - please make sure these are created for your club.
If you need assistance, please contact admin@mastersswimmingnsw.org.au

TECHNICAL TIPS

A note from our Technical committee:

At recent swim meets, there were a number of issues causing disqualifications. One of these was the rule requiring a swimmer to touch on turns and at the finish with two hands – simultaneously and separated. The two strokes are Breaststroke and Butterfly.

TECHNICAL TIPS

Know the rules

**BREASTSTROKE AND BUTTERFLY:
BOTH HANDS MUST TOUCH
SIMULTANEOUSLY AND WITHOUT
OVERLAPPING AT EACH WALL**



Breaststroke:

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.



Butterfly:

SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.



50TH MERCHANDISE



Merchandise is on sale !

[Click here to order](#)

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

POSTAL SWIM



TUGGERANONG TRIFECTA

Postal Swim

July-August 2025



Sanctioned by Masters Swimming Australia
Sanction No: PS 03/2025

Three swims, each in a different stroke: 400m, 800m, 1500m

Entry fee: \$20 per swimmer

[Postal Swim](#)
[Entry Form](#)

50TH ANNIVERSARY DINNER



50TH BIRTHDAY DINNER

SATURDAY 20TH SEPTEMBER 2025

6:00PM

(HELD AFTER OUR LEICHHARDT BPS MEET)

**BANKSTOWN SPORTS CLUB
8 GREENFIELD PDE, BANKSTOWN**

\$50PP (3 COURSE MEAL)

240 TICKETS AVAILABLE ONLY

RSVP: 5th SEPTEMBER

*You're
invited*

To book your ticket, head to
www.mastersswimmingnsw.org.au

If you have any dietary requirements
for us to be aware of, please email
them through to
admin@mastersswimmingnsw.org.au

UPCOMING NSW EVENTS

2025 UPCOMING EVENTS

13 JULY

State Relay Meet

26 JULY

Ryde

31 AUGUST

State Long Distance

14 SEPTEMBER

Warringah

11+12 OCTOBER

State SC Championships

ALL EVENTS OPEN TO ENTER IN SWIM CENTRAL***RELAY MEET DONE VIA WEBSITE & LIVE RESULTS APP**

[CLICK HERE TO ENTER](#)

Reminder to please check the flyer for the number of entries you can swim for each meet.

As a rule, for BPS meets - it is a maximum of 4 individual events
(some meets are a maximum of 3 individual - depending on the start time)

If you have entered too many, the system will automatically remove your last elected event from the program.

MSNSW Consolidated Rules of Competition

COACHING - ANNE SMYTH

NATIONAL COACHING CONFERENCE

Over 70 coaches and presenters from around Australia attended the National Coach Conference in Canberra on June 21/22.

The Conference was a jam-packed weekend of theoretical and practical pool sessions with dinner on Saturday night giving people a chance to meet, mingle and exchange ideas.

Participants were very appreciative of the high quality and informative presentations. Sessions covered were the Ageing Athlete, Coaching Masters swimmers, Training to sprint, Training for open water events, and pool sessions in all strokes, including starts and turns. It was evident the hard work and time that every presenter had put into their session. Thank you, Peter Reaburn, Yuriy Vdovychenko, Greg Gourley, Kim Tyler, Elena Nesci, Greg Lewin, Rob Wilson and Anne Smyth, for their presentations.

The dinner on the Saturday night was the perfect opportunity to recognise our two Coach Excellence Award winners, Cheryl Chambers and Gaby Donnelly, and Di Coxen- Ellis for her 10-year service award from MSA.

MSNSW COACH & SWIMMER WORKSHOPS

JULY 26

PAMBULA
ALL STROKE WORKSHOP

[Book Here](#)

TBC

SYDNEY
OVERCOMING ANXIETY + SWIMMING OVER 60

If you would like a clinic run in your area, please email Anne Smyth: anneswims2@gmail.com

NATIONAL COACHING CONFERENCE



ORANGE WORKSHOP

Two sold out Freestyle Workshops were recently held in Orange on the June long weekend. Around 40 swimmers focused on developing their freestyle efficiency through drill progression, filming and stroke analysis. The workshops were organised by Lawrence Powderly as part of a Country promotion, and the sessions were run by Anne Smyth, Greg Gourley and Jeanette Droop.



TECHNICAL OFFICIALS



ATTN: STARTERS

ALL STARTERS MUST REACCREDIT IN 2025. NEXT COURSE IN JULY:

Saturday 19th July 8:00am: Starter

**REGISTER
HERE**

ATTN: ALL CLUBS

Conducting a Branch Point Score (BPS) swim meets in 2025?

Make sure 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.

Courses

Saturday 19th July 8:00am: Starter

**REGISTER
HERE**

Tuesday 12th August 7:00pm: CS

Tuesday 9th September 7:00pm: IoT

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

MILLION METRES APP

Make sure you update to the new Million Metres App

This app also tracks your 50 x 50 x 50 swims!



2025 CALENDAR

2025 MSNSW
Calendar



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