



MASTERS SWIMMING NSW **NEWSLETTER**

NSNSW RELAY MEET

Record Attendance

439 swimmers

508 relay teams

Sunday 13th July, saw a record breaking 439 swimmers from 23 clubs, head to SOPAC at our annual relay meet.

Always a favourite amongst our swimmers, we saw an incredible 508 relay teams swim throughout the day. The records are still being worked on, but we believe there was 26 National & 44 State Records broken!

Congratulations to Blacktown who took out the overall Pointscore for the 4th consecutive year and to Coogee-Randwick who took home the Average points trophy.



RELAY MEET



MILLION METRES

Congratulations to our MSNSW swimmers who in 2024 reached some significant milestones!

★1 Million Metres★

Belinda Meek – Campbelltown
Brad Halicek – Blacktown
Jacqui Russell – Seaside Pirates
Louise Dam – Coffs Harbour
Megan Blamires – Blacktown

★2 Million Metres★

Darren Svensson – Port Macquarie
Lauren Bradley – Ettalong Pelicans
Mark McDonald – Blacktown

★3 Million Metres★

Jane Waddleton – Tuggeranong

★4 Million Metres★

Ann Reid – Tuggeranong
John Collis – Molonglo Water Dragons

★5 Million Metres★

Imogen O'Neill – Castle Hill RSL

★7 Million Metres★

Sandi Rigby – Seaside Pirates

★20 Million Metres★

David King – Ryde



LUNG CANCER AWARENESS SWIM

On Sunday 20th July at the Maitland Aquatic Centre, the pool was filled with fun, fitness and friendship as we came together for a great cause - raising awareness for lung cancer.

Hosted by the Maitland Merlot, we were thrilled to welcome swimmers from Lake Macquarie Crocs, Myall Masters, and Cessnock Masters for a morning of friendly 25m and 75m individual events, plus exciting 75m relays - all on a handicap basis which provided some very exciting finishes.

This event was organised following a successful lung cancer battle by one of our members. He had made a commitment to himself to raise awareness and to counter some common misunderstanding of lung cancer causes, particularly it's prevalence amongst non-smokers.

Connecting this awareness to a swimming carnival also emphasised how lung removal surgery doesn't mean competitive swimming needs to cease.

Big thanks to:

Our incredible officials and timekeepers

The supportive family member and friends behind the scenes

The fantastic Maitland Aquatic Centre team

And of course, every club and swimmer who joined in!

Masters Swimming is all about promoting a fit and healthy lifestyle in a fun and supportive environment - and this carnival couldn't have showcased that more perfectly.

Today's message: Lung cancer is our biggest cancer killer, taking more lives than breast, brain and prostate cancers combined. Awareness saves lives.



WORLD AQUATICS MASTERS CHAMPIONSHIPS

CLUB REPRESENTATION			
WARRINGAH	21	WETT ONES	14
NORTH SHORE	12	TATTERSALLS CLUB	9
BLACKTOWN	8	MANLY	8
SEASIDE PIRATES	8	MAITLAND	6
RYDE	6	CAMPBELLTOWN	5
COOGEE-RANDWICK	5	LANE COVE	5
MINGARA PELICANS	5	TUGGERANONG	4
HORNSBY	3	LAKE MACQUARIE CROCS	3
PENRITH	3	SAPPHIRE COAST	3
SUTHERLAND SANDBERN	3	LEICHHARDT	2
MERRYLANDS	2	PORT MACQUARIE	2
BLUE MOUNTAINS	1	COFFS HARBOUR	1
NORTH SYDNEY	1	OAK FLATS	1
WODEN VALLEY		1	


SINGAPORE 2025

Good luck to the 408 Masters Swimming Australia members heading to the World Aquatics Masters Championships in Singapore! 🌐

MSNSW are incredibly proud to be sending 142 swimmers from 27 clubs - the largest state team from Australia. Among them:

- 💙 77 Men and 65 Women
- 💛 119 doing Pool events
- 💙 19 competing in Open Water
- 💛 4 doing BOTH Pool and Open Water 💪

We'll be cheering on the entire Aussie team, but especially our NSW crew as they hit the world stage!

 Open Water kicks off on 26th July, with pool events diving in from 7th August. We'll be sharing updates from the action throughout the meet - stay tuned!

50TH MERCHANDISE



Merchandise is on sale !

[Click here to order](#)

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

HUNTER VALLEY SWIMMING

**CESSNOCK HAS
REBRANDED TO HUNTER
VALLEY SWIMMING**



50TH ANNIVERSARY DINNER

This year, we're not just celebrating a birthday—we're honouring 50 years of passion, perseverance, and poolside friendships.

Whether it began with early morning practices, weekend meets, or laps shared in quiet determination, this 50-year journey through swimming is about more than strokes and splits. It's about the community built along the way. From chlorine-scented camaraderie to life-long bonds forged in the water, this milestone belongs to all of us who have shared the lane.

Let's gather to celebrate not only a 50th birthday, but also the decades of dedication to Masters Swimming—a sport that keeps us young, strong, and connected.

Come for the stories, stay for the laughter, and celebrate the swimmer, the sport, and the spirit that unites us all.

Here's to 50 years of swimming—and a lifetime more to come!



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

BUY YOUR TICKET HERE

UPCOMING NSW EVENTS

2025 UPCOMING EVENTS

31 AUGUST State Long Distance

14 SEPTEMBER Warringah

20 SEPTEMBER Leichhardt

11+12 OCTOBER State SC Championships

15 NOVEMBER Port Macquarie

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.

COACHING - ANNE SMYTH



SWIMMER TIPS

It is time to refocus and set new goals for the last part of the year. Keep your swimming momentum going by setting new goals to aim for – this may be a targeted swim meet, open water event or a new time you are aiming achieve.

REACCREDITATION



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

PAMBULA WORKSHOP

An All strokes and filming workshop was held at Pambula on the far south coast at the end of July. The workshop was run by Anne Smyth, assisted by Tuggeranong Coaches Greg Gourley, Leisa Cass, Jeanette Droop, Kylie Lane and Kristi Ruus, and Sapphire Coach Sue Keey. Swimmers rotated between filming, stroke analysis and session in all strokes.



PAMBULA WORKSHOP

Thank you to everyone who joined us for the swimming clinic! We appreciate your enthusiasm, hard work, and commitment to improving your skills



TECHNICAL OFFICIALS



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

Tuesday 19th August 7:30pm: CS

Tuesday 9th September 7:00pm: IoT

Saturday 22nd November 8:00am: CTK

**REGISTER
HERE**

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