

The Return of the Rats Masters Swim Club 2026 Long Course Meet

Tobruk Memorial Baths
32 The Strand, Townsville City, Qld 4810

Saturday/Sunday 16/17 May 2026

MEET GUIDE



**RETURN OF
THE RATS**

16th-17th May 2026
Tobruk Memorial Baths,
The Strand, Townsville City
Entries close: Tuesday 5th May 2026

Meet Date: Saturday/Sunday 16/17 May 2026	Meet Director: Stephen O'Brien	Meet Secretary: Liz Denyer
Entries Close: 5th May 2026	President@gmrt.com.au	Secretary@gmrt.com.au
Venue: Tobruk Pool, The Strand, Townsville	0473 521 232	
Saturday Warmup: Midday Start time: 1:00 PM Sunday Warmup: 8:00 AM Start Time: 9:00 AM	MSQ Sanction Number: Q16/26	Meet cost: \$80 per MSQ member - limitless events (plus transaction fees)

Program of Events

Event	Distance	Stroke
Saturday:		
1.	800m	Freestyle
2.	200m	Individual Medley
3.	50m	Breaststroke
4.	100m	Backstroke
5.	50m	Butterfly
6.	200m	Breaststroke
7.	100m	Freestyle
8.	200m	Butterfly
9.	4 x 50m Mixed Relay	Freestyle
Sunday:		
10.	400m	Freestyle
11.	50m	Freestyle
12.	100m	Butterfly
13.	50m	Backstroke
14.	200m	Freestyle
15.	100m	Breaststroke
16.	200m	Backstroke
17.	4 x 50m Mixed Relay	Medley

Event limits: none

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Event Details

Welcome

The Rats are back and ready to race at the iconic Tobruk Pool in tropical Townsville. Rally your mates and jump in for some perfect state-titles practice. With great value for money and unlimited events included in your entry fee, it's the ideal chance to chase PBs while building fitness, fun, and friendship. We welcome swimmers of all abilities—come and be part of it!

Function

After the meet on Saturday evening, competitors are invited to dinner at a local pub on the Strand.

On Sunday, competitors and supporters are welcome to join us at the pool for a complementary barbeque once the swimming is completed.

Please indicate your intention to attend the dinner on Saturday night and the BBQ, at meet entry by emailing the club secretary: Secretary@qmrt.com.au

Eligibility

This meet is open to Masters Swimming Queensland (MSQ) registered swimmers, and swimmers registered with other Masters Swimming Australia (MSA) affiliated clubs. Swimmers must compete for their primary MSA club. Second claim membership will not be accepted.

International swimmers who are current members of their national Masters Swimming Federation may also compete (proof of membership must be provided).

Non-Member swimmers are not permitted to enter this meet. MSA/MSQ membership is available via the [MSA website](#).

Age

Age as at the 31 December 2026. Minimum age is 18 years at day 1 of competition.

Entries

Entries are to be submitted online via [Swim Central](#). Entries will open 25 April 2026. The closing date for entries is 5th May 2026.

International Masters members are invited to contact the [MSQ Director of Recording](#) who will provide specific entry instructions.

Late entries may be considered but will incur an additional fee of \$30. Late entries are subject to lane availability in the event and may result in swimmers being entered in the slowest heat.

Conduct of events

Heats will be swum from fastest to slowest. The fastest seeded heat will be heat 1 of each event. All events will be conducted as timed finals. Starts will be 'over the top' where possible.

Please note based on numbers and combinations of entries received, the meet organisers reserve the right to make changes and combine heats and events where necessary.

Form strokes will not be recognised if swum in the 400m freestyle.

Qualifying times

There are no qualifying times required for this meet. On selecting an event in Swim Central, if you have matching results from the previous two (2) years, the fastest time will be displayed. If you have no previous results, "NT" will be displayed, and you may be seeded in the slower heats. You cannot edit your entry times. It is advised that you email the [MSQ Director of Recording](#) to provide a recent or training time. If you have a valid reason that may vary your performance greatly, you may also request a seed time change.

Relays

Race Secretaries must complete relay nominations in Swim Central by the closing date. Clubs may enter multiple teams per age group for all relays. Any changes to relay composition shall only be accepted if due to illness or nonattendance and advised to the Meet Recorder before the commencement of competition.

Swimmers must enter at least one individual event to be eligible to swim in a relay team. All relays must consist of primary members of the same club. All teams not disqualified will score points.

Relays are to be swum in the order swimmers are nominated in their entry. Mixed relays must consist of two (2) males and two (2) females. The order of swimmers by gender is optional in mixed relays. A swimmer may only swim a particular relay event once.

Multi Class events

Multi Class swimmer are always welcome, however there will be no separate Multi Class events conducted at this meet.

Event Details

Entry fees

A swimmer may enter an unlimited number of competition events for \$80 (plus transaction fees). Relays are free and included in the individual cost for the meet.

All entrants must pay the nomination fee online as directed by [Swim Central](#). Please enter and swim within your physical limits.

Entry List and Program

The Entry List will be available on the MSQ meet event page on 6 May 2026. All competitors must check their entries thoroughly and submit discrepancies to the [MSQ Director of Recording](#) by 5PM, Friday 8 May 2026. The Program for this meet will be published Tuesday 12 May 2026.

Event Changes, Withdrawals & Refund Policy

Swimmers may change entries or withdraw from the meet in Swim Central until the closing date. Refunds are only considered before this deadline.

To Modify Events:

- If within the event limit, add a new event.
- To withdraw from an event, follow these steps in Swim Central:
 - Go to your profile, then navigate to the meet and event.
 - Click the green 'Entered' button for the event you wish to withdraw from.
 - On the Order History page, click the 'Request Refund' link and provide a reason.
 - Once approved by the meet organiser, you may enter a new event.

To Withdraw from the Meet Entirely:

- Request a refund for the full meet.
- Follow the same steps above for each event and fee.
- Provide a reason and await approval.
- If approved, a refund will be issued minus administration fees.

Rules

All MSQ/MSA meet guidelines, by-laws and rules, and World Aquatics swim meet, all swimmers thereby authorise the Meet Director/MSQ/Rats of Tobruk Masters Swim Club/ Pool staff to take whatever action is deemed necessary in the event of an emergency, and persons involved accept responsibility for

all costs arising from such action.

Tickets and programs

Entry to this meet is free for spectators – no tickets are required.

No printed programs will be available at the meet. Programs will be available on the MSQ event page for online download prior to and during the meet. Programs made available before the day of the competition will be draft and are subject to change without notice. All changes will be reflected immediately in the Meet Mobile application and swimmers in attendance will be notified by announcement prior to the start of the affected event(s).

Participant Safety

For the safety of all participants, please do not attend this Meet if you have Covid or are displaying flu-like symptoms.

Warm-up start time

On Saturday, Warm-up will commence at midday. The competition lanes (1-7) will close at 1 PM, with lane 8 remaining open throughout the duration of the day's session for warm-up and swim down

On Sunday, Warm-up will commence at 8:00AM. The competition lanes (1-7) will close at 9:00AM, with lane 8 remaining open throughout the duration of the day's session for warm-up and swim down.

Follow the directions of pool staff and Technical Officials for lane use.

Self-Marshalling

All swimmers will be required to self-marshall. People who are not swimming or officiating should not be near the starting end of the pool during the meet.

- Swimmers are responsible for knowing the event, heat, and lane they are competing in, and for being aware of what event/heat is currently in the water. The Meet Announcer will be calling the heat number in the water after the start of every heat, and regularly reminding how many heats there are in total for the current event.
- An entrant who fails to report to the Marshalling area prior to their heat being called to the blocks may be deemed withdrawn.
- No more than four (4) heats of swimmers are permitted in the marshalling area including behind the blocks:

Event Details

- 50m events - 4 heats following heat in water
- 100m events - 4 heats following heat in water
- 200m events - 3 heats following heat in water
- 400m+ events - 2 heats following heat in water
- Swimmers in the 50m events need to be prepared to move quickly.
- Swimmers in the 400m events should be prepared to report early to the marshalling area as heats may be combined to save time.
- The Marshal will be a helper who can verify a swimmers' position, answer questions, and direct heats to the blocks.
- The Check-Starter(s) will do a name and lane check behind the blocks prior to the heat.

Results

Live results will be made available for this meet. The Meet Mobile application will be operating and can be downloaded to your chosen device(s). Results will be posted to the MSA Portal, with results and statistics posted on the MSQ website meet event page in the days following the meet.

Competition results for men and women will be separated and Individual events: 18-24 and then in 5-year groups, i.e. 25-29, 30-34, 35-39, etc.

Relays: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359 and 360-399.

Records

Automatic Officiating Equipment (AOE) timing will be used at this meet allowing World Records to be recognized at this event.

Meet awards and presentation function

Awards will be presented at the conclusion of this meet:

- Individual points per age group and gender for 6 events
- Highest Average Points - Club Award
- Highest Average Club Points - Club Relay Award in relay events

All swimmers, Queensland and visitors are eligible to score points and win awards.

The *club team member* count for average awards will be the count on the morning of the meet at the start of Event 1. Clubs/individuals are to notify the meet director via email of swimmer withdrawals as early as possible prior to Event 1.

At this time the club with the highest aggregate points total

will be awarded with the "The Rats are Back Masters Meet" award. Other noteworthy performances and rankings will be announced, with a range of random draw prizes and recognitions awarded.

Full meet results, statistics and rankings will be made available in the days following the meet.

Photo/video release

All attendees agree that they may be photographed or videoed, and that the material may be used by MSQ at their discretion, or by others to promote activities of a club or branch, or for personal use including social media.

Other important information

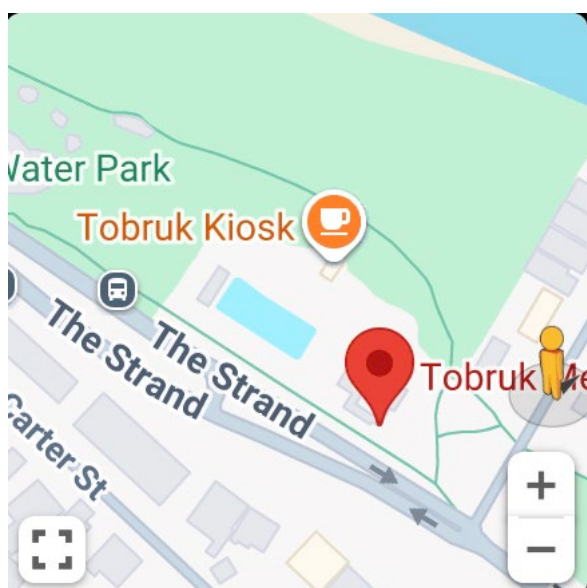
- Members from all clubs may be called on to assist with timekeeping throughout the meet.
- 400m swimmers are to provide their own lap counter assistant should they require one.
- Paddles are not permitted to be worn during the meet, including warm-up and swim-down.
- Watches are not to be worn during warm-up or swim-down.
- Swimmers must comply with signage and pool staff on pool deck regarding the use of the warm-up and swim-down lanes. Diving will not be permitted unless the signage indicates otherwise.
- Pool deck access is limited to marshalling for events, the officials and technical staff. Please do not stand in front of the recording area.
- Swimmers must wear only one pair of World Aquatics approved swimwear. In accordance with MSA Inclusive Swimwear Policy swimsuits may be modified or alternative swimsuits may be worn to accommodate a swimmer's individual needs, provided any modification or proposed alternative swimsuit is approved by the Referee prior to the swimmer's first event at the competition. See [MSA Swimwear Rules](#) for more information.
- At the conclusion of warm-up periods, swimmers must leave the competition pool promptly when requested.
- Swimmers should keep clear of timekeepers moving to the blocks to collect times. Use care and discretion when preparing for your start prior to the previous heat completion, i.e. adjusting your block's kick position.
- Starts will be 'over the top'. Move quickly to the lane rope away from the wall once you have completed your

Event Details

heat. Competitors will remain in their respective lanes until the next heat is started, then move quickly to the nearest side to exit.

- When asked to clear the pool lanes 1–4 will exit via the side at lane 1, and lanes 5–8 exiting via the side at lane 8.
- MSQ notes that the information provided is correct at the time of publishing. However, some aspects are subject to change, including changes required in the event of too many entries being received for the allowed duration of the meet.

How to get to Tobruk Memorial Baths, Townsville:



Severe Weather Policy

MSQ recognises the dangers of extreme weather in Queensland and the need to ensure that all staff and users of facilities take the correct precautions in the event of extreme weather.

Extreme weather includes unexpected, unusual, severe, or unseasonal weather that may pose a safety risk to users including rain, drought, wind, flood, storms, dust, hail, and extreme temperature.

If the meet is affected by extreme weather, a mandatory safety suspension of events will be imposed. This may require a shortened event format which will be determined by the Meet Director and Tobruk Memorial Baths/Rackley staff. No refund of entry fees will occur under such circumstances.

First aid

Pool lifeguarding and patrols will be carried out during the meet by Tobruk Memorial Baths pool staff. Any accident or injury should immediately be brought to their attention and to the attention of the Meet Director.

Venue

Tobruk Memorial Baths-The Strand, Townsville City

There is limited shade available at the venue. Limited shade tents will be provided by Rats of Tobruk Swim Club for timekeepers and officials. Clubs are welcome to bring their own shade. You will be directed on arrival where setup is appropriate, and you must adhere to the weighting requirements set by the venue, i.e. 3m x 3m marquee = 90kg and 6m x 3m marquee = 120kg. Please provide your own weights as pegging tents is NOT permitted. [Please BYO chairs.](#)

No glass is to be brought on site.

Tobruk pool will not remain open to the public during the swim meet.

Food such as tea, coffee, cold drinks, and snacks will be available for sale from the canteen throughout the event.

Contacts

Meet Director President@qmrt.com.au

Rats of Tobruk Secretary..... Secretary@qmrt.com.au

MSQ Business Manager. admin@mastersswimmingqld.org.au

Director of Recording...recorder@mastersswimmingqld.org.au

MSQ web site <https://mastersswimmingqld.org.au>

Meet Entry..... [Swim Central](#)

Important dates

Entries open April 2026

Closing date 5 May 2026

Entry list available 6 May 2026

Entry list finalised 8 May 2026

Program available..... 12 May 2026

Saturday dinner RSVP Date..... 8 May 2026

BBQ RSVP Date..... 8 May 2026