The Sunshine Coast Masters Swimming Club 2026 Meet

Kawana Aquatic Centre
45 Sportsmans Parade, Bokarina

Saturday 5 December 2026

MEET GUIDE



Meet Date: Saturday 5 December 2026	**Meet Director:** Clare Somerville	**Note:** Meet cost $40
Entries Close: Tuesday 24 November 2026	claresomerville@bigpond.com	**Note:** Only one 200m event per competitor
Venue: Kawana Aquatic Centre	0435 186 563	
Warm up: 9:00AM **Start time:** 10:00AM		**MSQ Sanction Number:** Q15/26

Program of Events

Event	Distance	Stroke
1.	200m	Individual Medley
2.	200m	Backstroke
3.	200m	Breaststroke
4.	200m	Freestyle
5.	200m	Butterfly
6.	100m	Backstroke
7.	100m	Breaststroke
8.	50m	Freestyle
9.	50m	Butterfly
15 mins break		
10.	50m	Backstroke
11.	50m	Breaststroke
12.	100m	Freestyle
13.	100m	Butterfly
14.	4 x 50m	Women's Freestyle Relay
15.	4 x 50m	Men's Freestyle Relay
16.	4 x 50m	Mixed Medley Relay

Event limits: 1 x 200m event



Event Details

Welcome

Welcome to the Sunshine Coast Masters Meet, held at Kawana Aquatic Centre in the 50m pool. We have the club trophies, and food on offer, so please come and join us! QSC invites you to remain after the meet for some food, music and socialising.

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 in October 2026. The closing date for entries is Tuesday 24 November 2026.

International Masters members are invited to contact the MSQ Director of Recording who will provide specific entry instructions.

No late entries are permitted at this meet after the closing date.

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.

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 (or Club Meet Director) 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.

Entry fees

A swimmer may enter a maximum of five (5) competition events for **$40** (plus transaction fees). Relay entries are free.

A swimmer may enter 1 x 200m event.

Entry List and Program

The Entry List will be available on the MSQ meet event page on 26 November 2026. All competitors must check their entries thoroughly and submit discrepancies to the Club Meet Director by 6PM, Saturday 28 November 2026. The Program for this meet will be published on or before 1 December 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

Event Details

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 **each** event (including $0.00 events) and the Meet Entry Fee (if applicable).
- 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 rules apply. By nominating to participate in this swim meet, all swimmers thereby authorise the Meet Director/MSQ/Sunshine Coast Masters Swimming 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

Warm-up will commence at 9:00AM. The competition lanes (3-9) will close at 9:45AM, with lanes 0-1 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-marshal. 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:
  - 25m events – 4 heats following heat in water
  - 50m events - 4 heats following heat in water
  - 100m events - 4 heats following heat in water
  - 200m events - 3 heats following heat in water
- Swimmers in the 25m and 50m events need to be prepared to move quickly.
- 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.

Event Details

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

Records

Semi-Automatic Timing (SAT) will be in use. World records will not be recognised at this event. Any MSQ member may break Queensland records. Any MSA member may break their respective state and national records. World Aquatics Top Ten performances will be recognised.

Meet awards and presentation function

Awards will be presented at the conclusion of this meet:

• Club with the highest average points score - large clubs

• Club with the highest average points score - small clubs

• Individual points first, second and third per age group.

Please note that individual awards are calculated using the sum of the best 5 swims using meet points. Club and relay awards are calculated using standard event points scoring.

All swimmers are eligible to score points and win awards.

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

At the conclusion of this meet competitors and supporters are welcome to join us at the south end of the pool for complimentary food. At this time the medals and club trophies will be awarded.

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 maybe 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 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 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 3–5 will exit via the side at lane 1, and lanes 6–9 exiting via the side at lane 8.
- Lanes 0 and 1 are for warm up, with lane 2 being empty.
- 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 the Kawana Aquatic Centre

- From Nicklin Way heading North, turn left onto Meridian St and follow the road around past the school and the pool will be on your left.
- From Nicklin Way heading South, turn right onto Main Drive then left onto Sportsmans Pde and the pool will be on the left.
- From Kawana Way, turn onto Metier Linkway, then right onto Sportsmans Pde, and the pool will be on the right.
- Parking is available along Sportsmans Pde and in the nearby car park.

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.

Event Details

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 Kawana Aquatic Centre 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 Kawana Aquatic Centre pool staff. Any accident or injury should immediately be brought to their attention and to the attention of the Meet Director.

Venue

There is limited shade available at the venue. Limited shade tents will be provided by Sunshine Coast Masters Swim Club for timekeepers and officials. Clubs are welcome to bring their own shade. You will be directed on arrival where setup is appropriate.

You will need to BYO chairs.

No glass is to be brought on site.

The Aquatic Centre will remain open to the public during the swim meet. Please respect other patrons as they utilise the 25m pool and amenities.

Food such as tea, coffee, cold drinks, and snacks will be available for sale from the Aquatic Centre canteen throughout the event. In addition, QSC will have sandwiches, fruit, cake and drinks available to purchase.

Contacts

Meet Director ..... claresomerville@bigpond.com

MSQ Business Manager…admin@mastersswimmingqld.org.au

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

MSQ website ..... https://mastersswimmingqld.org.au

Meet Entry..... Swim Central

Important dates

Entries open..... 31 October 2026

Closing date .....24 November 2026

Entry list available .....26 November 2026

Entry list finalised .....28 November 2026

Program available.....1 December 2026