

MSX



MASTERS SWIMMING QUEENSLAND EXCELLENCE PROGRAM

Every time you compete in a Queensland sanctioned swim meet, you are part of the MSX Program.

What does that mean?

It means that your times are recorded on the Results Portal as per all your swim meet results. At the end of the year, the MSQ Recorder checks to see whether you've swum better times than the qualifying times in your events and distances.



Qualifying Times

We have 4 Qualifying Time standards:

Platinum, Gold, Silver & Bronze Times are based on the Fina distance and stroke events—long and short courses.

The following events and distances qualify for MSX.

Freestyle: 50, 100, 200, 400, 800 & 1500

Backstroke: 50, 100, 200

Breaststroke: 50, 100, 200

Butterfly: 50, 100, 200

Individual Medley: 200 & 400

To qualify for a level, you have to beat a qualifying time 3 times.

Swimmers are awarded a cap if they qualify in a level. The cap has the MSX logo and level achieved printed on the cap.



The names of all the qualifiers as at 31 December, will be published on the MSQ web site.

All MSX qualifiers receive a certificate.

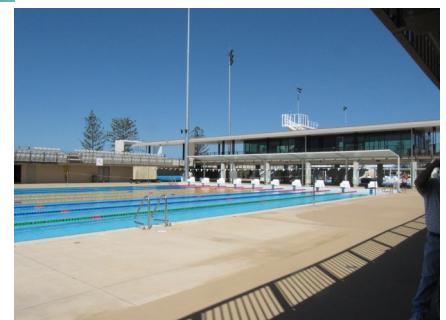


**Accept the challenge
to improve your
times!**

**Enter a swim meet
and you are
automatically part of
the MSX Program.**



**MSX
FOR ALL
ADULT SWIMMERS,
NOT JUST
CHAMPIONS**



Postal and Endurance 1000 events which qualify in the Fina listed events, are included in the program.

These Fina events will be considered if they comply with the Swim Meet Rules.



The Fina Endurance 1000 and Postal swims would need to be signed off by a technical official and witnessed by 3 timekeepers.