



Masters Swimming Victoria Short Course Relay Championships 2026

Melbourne Sports and Aquatics Centre (Indoor Pool)
30 Aughtie Drive, Albert Park, VIC, 3206

Sunday, 18 October 2026

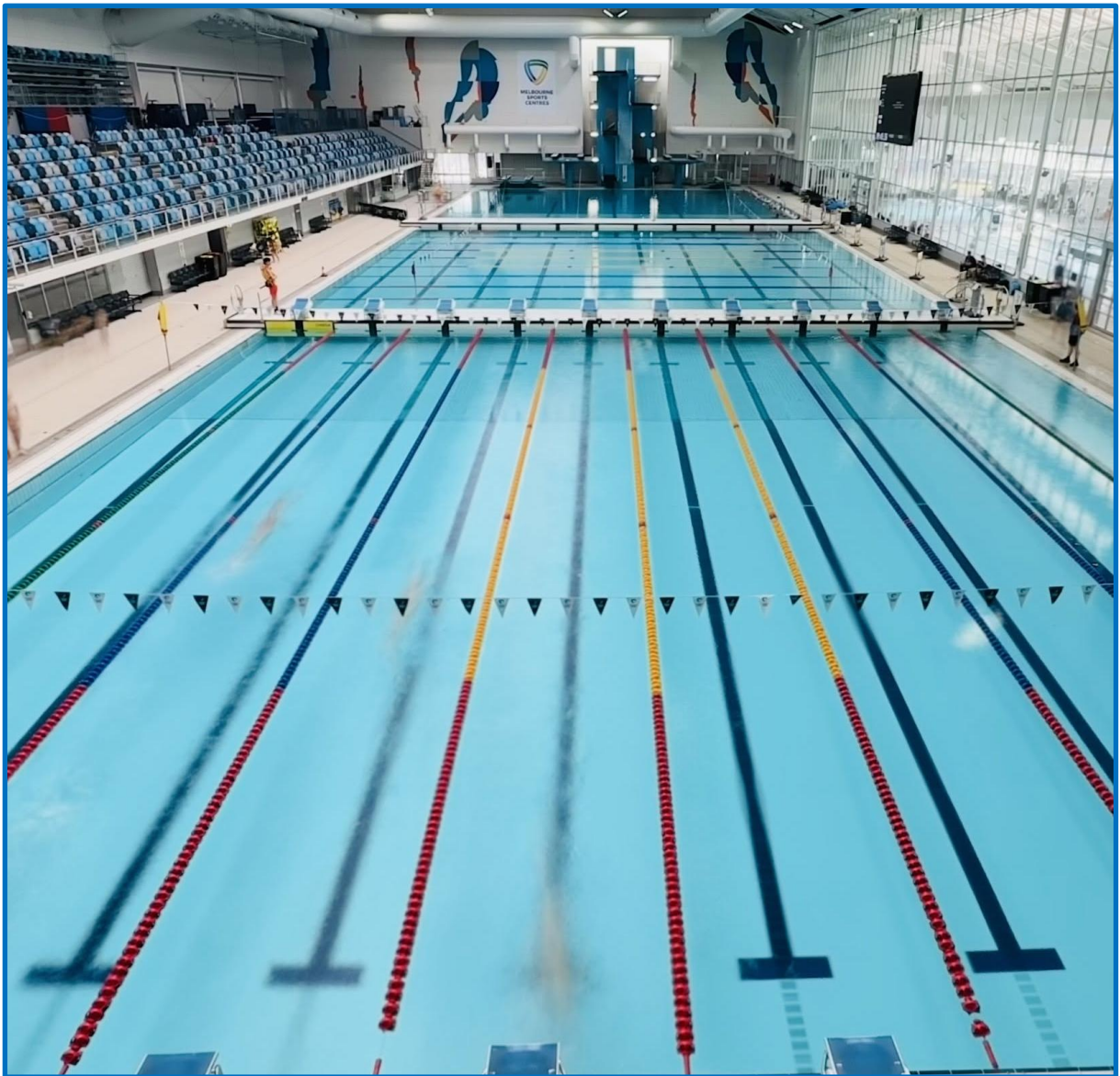


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Welcome

Welcome to the 2026 Masters Swimming Victoria Short Course Relay Championships.

A highlight of the Victorian Masters swimming calendar, the Relay Championships are all about teamwork, club spirit, and friendly competition. Come join in the fun with your teammates!

With freestyle and medley relays covering distances from 4 x 25m to 4 x 200m, there's something for everyone. Whatever your goals are, from breaking relay records to team bonding, we hope you have a fantastic experience.

Thank you to our volunteers, officials and clubs whose support makes this event possible.

Good luck and swim fast!

Meet Snapshot

Item	Details
Venue	Melbourne Sports & Aquatic Centre
Date	Sunday 18 October 2026
Warm Up	9:00 – 9:45 am
Competition Starts	10:00 am
Estimated Finish	4:30 pm
Individual Entries Close	11:59pm Monday 5 October
Relay Team Entries Close	11:59pm Thursday 8 October
Entry Fee	\$35 (for up to 6 swims)
Relay Fee	\$5 per team
Pool	Indoor 25m
Results	Meet Mobile & Swim Central

Event List

Event	Type	Stroke	Distance
1	Mixed	Free	4 x 200
2	Mixed	Medley	4 x 25
3	Men	Free	4 x 100
4	Women	Free	4 x 100
5	Men	Medley	4 x 50
6	Women	Free	4 x 50
7	Mixed	Medley	4 x 100
8	Men	Free	4 x 25
9	Women	Medley	4 x 25
10	Mixed	Free	4 x 50
	BREAK		
11	Men	Free	4 x 200
12	Women	Free	4 x 200
13	Mixed	Free	4 x 25
14	Men	Medley	4 x 100
15	Women	Medley	4 x 100
16	Men	Free	4 x 50
17	Women	Medley	4 x 50
18	Mixed	Free	4 x 100
19	Men	Medley	4 x 25
20	Women	Free	4 x 25
21	Mixed	Medley	4 x 50

Relay Competition

Rules

- The meet will be run according to the standard MSA rules applying to competition:
[MSA Swimming Rules | Masters Swimming](#)
- Swimwear rules apply:
[MSA-Swimwear-General-Rules-GR16-2024.pdf](#)

Team Composition

- Each relay team consists of **four swimmers** from the **same Masters Swimming club**.
- Teams may be entered as:
 - **Women's** (4 female swimmers)
 - **Men's** (4 male swimmers)
 - **Mixed** (2 female and 2 male swimmers)

- A swimmer may compete **once per relay event**. For example, a swimmer may compete in both a Men's and a Mixed relay over the same distance, but not twice in the same relay event.

Relay Age Groups

A relay team's age group is determined by adding the ages of all four swimmers at 31 December of the competition year.

Combined Age (total combined ages of swimmers)	Relay Age Group
72-99	72+
100-119	100+
120-159	120+
160-199	160+
200-239	200+
240-279	240+
280-319	280+
320-359	320+
360-399	360+

Relay Nominations

- Relay teams must be entered through Swim Central by 12pm Thursday 8th October.
- Clubs may enter multiple teams in an event.
- Relay team changes must be submitted using the official Relay Change Sheet, available from the Information Desk.

Relay Changes

Relay team changes will be accepted until:

Session	Deadline
Morning Session	9:30am
Afternoon Session	Before the Lunch Break

Where possible, changes should keep the relay in the same age group.

Small Clubs

- If your club has fewer than 4 swimmers attending and you would like to swim in the spirit of fun and friendship, you can try to join another Masters team. See [MSA Memberships | Masters Swimming](#) for information on how to second claim with a different club.

Scoring

- Clubs may enter multiple teams in each relay event.
- Only one team per club per event per age group is eligible to score championship points.
- Championship points are awarded to the top ten placed teams:

Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Points	20	18	16	14	12	10	8	6	4	2

Competition Procedures

The following procedures are designed to ensure the smooth, safe and efficient conduct of the Championships. All swimmers are encouraged to familiarise themselves with these procedures before the start of competition.

Warm Up & Warm Down

- The competition pool will be available for warm-up from 9:00 am to 9:45 am.
- Please leave the competition pool promptly when requested by Technical Officials.
- A designated warm-up/warm-down pool will remain available throughout the competition.
- Diving is only permitted in lanes clearly marked for dive starts during the official warm-up period.
- Diving is not permitted in the warm-up/ warm-down pool at any time.

Marshalling

More information about marshalling will be provided prior to the meet.

Swimmers are responsible for:

- Checking the published program and listening for announcements.
- Arriving in plenty of time for their race.
- Ensuring they know their event, heat and lane.
- Being ready to move behind the starting block when directed by the timekeepers or officials. Cap on, goggles on, back plate adjusted.
- Checking their relay team and swimmer order with the lane timekeeper before the race.

The competition will not be delayed for late swimmers or relay teams.

The Start

When the Referee's whistle sounds:

- Move promptly to your starting position.
- Have your cap and goggles in place and be ready to start.
- Follow the Starter's command of "Take your marks."
- Remain completely still until the starting signal.

A one-start rule applies. Any swimmer who starts before the signal will be disqualified, and the race will continue without recall.

Backstroke Starts

For Medley Relay events with backstroke starts:

- Enter the water feet first immediately following the Referee's whistle.
- On the 2nd whistle take up your starting position without delay.
- Hold both hands on the starting grips and wait for the Starter's command.
- Backstroke ledges will not be used.

Relay Starts & Changeovers

- Apart from Medley Relays, Swimmers may start from the starting block, pool deck, or in the water.
- Relay swimmers 2, 3 and 4 may be in motion, however some part of the body must remain in contact with the block or wall until the incoming swimmer touches the wall.
- Please take care not to touch the electronic timing pads before your incoming swimmer finishes.
- Medley relay order is:
 1. Backstroke
 2. Breaststroke
 3. Butterfly
 4. Freestyle

Finishing Your Race

- Each Leg of the relay must be finished as if it was an individual race.
- Finish each race with a firm touch on the timing pad.
- After finishing, swimmers 1, 2, and 3 clear the pool as soon as possible making sure you do not obstruct any incoming swimmers. If it is unsafe to do so, remain in your lane until it is safe to clear the pool.
- Last (4th) Swimmer moves approximately one metre away from the wall and hangs on to the lane rope. Remain in your lane until instructed to leave the pool. Be careful not to encroach into the adjoining lane.
- Exit the pool from the nearest side. Please do not climb over the electronic timing pads.

Results & Protests

- Provisional results will be displayed as soon as practicable during the meet.
- Swimmers have 30 minutes from the posting of provisional results to lodge a protest or notify the Chief Recorder of any recording errors.
- Protests must be submitted in writing using the official form available from the Information Desk.
- Once the protest period has concluded, results will be published as Final Results.

Awards

- Ribbons will be awarded to the first, second and third placed teams.
- Awards may be collected from the Awards Desk once results have been declared final.

- One club representative should collect ribbons on behalf of the relay team.
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Venue - Melbourne Sports Centre (MSAC):

Travel & Parking

MSAC Venue Information

Entry

Entry will be via the Aquatics Reception, opposite the multi-deck car park near the outdoor pool.

Spectators

Public restrooms are located at the back of the grandstand.

Athletes

Restrooms & change rooms are located on pool deck adjacent to the pool concourse area.

Lost Property

Masters Swimming Victoria does not collect lost property. Please check with MSAC reception.

Food & Drink

Food & Drink catering outlets will be open during this competition, including coffee and lunch options.

Accessibility

MSAC Accessibility

Please visit the [MSAC website](#) for further information on the venue.

Medical:

Venue First Aid will be on-site located opposite the indoor Officials Room

Contacts

General enquiries: admin@mastersswimmingvic.org.au

Program enquiries: msvevents@vic.swimming.org.au