



MSV Long Course Relay Championships 2025

Come join in the fun at MSAC with your teammates! With freestyle and medley relays covering distances from 4 x 50m to 4 x 200m, there's something for everyone.

- Date:** Sunday 12th October 2025
- When:** 9:00am - 9:45am Warm-up, 10am Start, 4:30pm Estimated finish
- Where:** MSAC INDOOR pool. 30 Aughtie Drive, Albert Park, VIC 3052
- Cost:** Individual entry - \$30 (allows up to 6 swims)
Relay team (club) entry - \$5 per team

Individual entries close 10pm Thursday 2nd October

Club entries close 11pm Monday 6th October

Program of Events

- | | | | | | |
|----|-------|--------------------|-----|-------|--------------------|
| 1. | Men | 4 x 200m Freestyle | 9. | Mixed | 4 x 200m Freestyle |
| 2. | Women | 4 x 200m Freestyle | 10. | Mixed | 4 x 50m Medley |
| 3. | Mixed | 4 x 50m Freestyle | 11. | Men | 4 x 100m Freestyle |
| 4. | Men | 4 x 100m Medley | 12. | Women | 4 x 100m Freestyle |
| 5. | Women | 4 x 100m Medley | 13. | Men | 4 x 50m Medley |
| 6. | Men | 4 x 50m Freestyle | 14. | Women | 4 x 50m Freestyle |
| 7. | Women | 4 x 50m Medley | 15. | Mixed | 4 x 100m Medley |
| 8. | Mixed | 4 x 100m Freestyle | | | |

Break

Individual entries close 10pm Thursday 2nd October

Club entries close 11pm Monday 6th October

Notes and FAQs

Meet entries

- Everyone wishing to swim **must** register via Club Assist on the web site (\$30 – Individual Entry), which allows your club to enter you in up to 6 swims.
- **Individual Entries** will now close **10pm Thursday 2nd October** to allow clubs more time to work on their team entries.
- **Club / Relay Team Entries** will open at **8am Friday 3rd October** once the Individual registrations close. Team Entries will close at **11pm Monday 6th October**.
 - Once the Individual Entries (registrations) close, the Team Captains can enter the relay teams via the link on the website.
 - Any designated person [member of the club and MSA], can enter the relays for their club. It is recommended to use one designated person to enter the entries.

- **Note:** Cards will be charged AFTER the event based on relays actually swum. Please make sure that you have sufficient funds to process the charge, thanks.
- All teams are made up of 4 people from the same club: 4 female; 4 male; or 2 female and 2 male swimmers according to the event.
- A swimmer can only swim once in each event (i.e. not in different age groups of the same event). Note that 4x100 M/F is a different event to 4x100 Mixed.
- There will be some leeway for changes (due to illness etc.) on the morning of the meet.

New members

- New Swimmers who are joining MSA/MSV for the first time must join by 1 October as the membership portal needs time to update memberships.
- The **same** applies to anyone changing clubs or adding a second claim club.
- If you are a new member, or renewing or changing clubs, please wait 2 days before trying to register for the relays (you cannot join MSA and register on the same day!). So please make changes, sign up by 1 October.

Rules

- The meet will be run according to the standard MSA rules applying to competition: <https://mastersswimming.org.au/rules-and-policies/>
- Swimwear rules apply (e.g. no general jewelry, bracelets, smart watches, or analogue watches, a common cause for disqualification).
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MSAC entry

- Entry will be through the Aquatic Entry (Near the Multi-Deck Car Park).
- From 8:30am to 9:00am, you will be able to walk along the lower level entry.
- From 8:30am, the upper level walkway to the Grandstand will be open.
- From 9am onwards, entry to the Grandstands will only be through the upper level of the Aquatics entry. There is an elevator for use if needed.

Problems completing Individual Registration:

- Have you just joined MSA/V? Wait 2 days and try again.
- Your birthdate should be in the format: DD/MM/YYYY

- Please do NOT use autofill when doing your entry.
- Please use a laptop or tablet device, not a phone to register.

Small clubs

- If your club has fewer than 4 swimmers attending and you want to swim in the spirit of fun and friendship, you can try to join another Masters team. Any second claim changes will still need to be made by 1 October.

Relay order, starts, and changeovers

- You may start in the water for both starts and changeovers. Please be very careful to not bump the touch pads and disturb the timing system.
- For medley relays, the order is: Backstroke, Breaststroke, Butterfly, Freestyle.

Relay entries and scoring

- A club can enter as many teams as they like in an event (keeping to the overall limit of 6 swims per swimmer). Only 1 team per age group can score points.
- E.g. in a 4 x 50m event, a club could enter teams in the 120+, 160, 200+, 240+ age groups. But if they entered 2 teams in the 240+ age group, only one team in that age group would score points.
- To work out age group, add the ages of the 4 swimmers in the relay. 72-99, 100-119, 120-159, 160-199, 200-239, and so on in 40-year increments. A team of swimmers of ages 20, 30, 45, and 70 would be aged 165 and compete in the 160-199 age group.

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