



**Masters Swimming WA presents the:
2026 Act Belong Commit Country Carnival by Correspondence**

The Act Belong Commit Country Correspondence Carnival (CCC) meet is open to all affiliated country Masters Clubs and their members and will be conducted between 11 April to 01 November (MSWA State Meet to Mandurah Act Belong Commit Carnival) by Masters Swimming WA under MSA rules. This is a great meet for country members.

Event Program

Event 1: 25m Free	Event 2: 25m Back	Event 3: 25m Breast	Event 4: 25m Fly
Event 5: 50m Free	Event 6: 50m Back	Event 7: 50m Breast	Event 8: 50m Fly
Event 9: 100m Free	Event 10: 100m Back	Event 11: 100m Breast	Event 12: 100m Fly
Event 13: 200m Free	Event 14: 200m Back	Event 15: 200m Breast	Event 16: 200m Fly
Event 17: 400m Free	Event 18: 400m Back	Event 19: 400m Breast	Event 20: 400m Fly
Event 21: 800m Free	Event 22: 800m Back	Event 23: 800m Breast	Event 24: 800m Fly
Event 25: 1500m Free	Event 26: 1500m Back	Event 27: 1500m Breast	
Event 28: 100m IM	Event 29: 200m IM	Event 30: 400m IM	Event 31: 800m IM
Event 32: 4 x 50m Relay	Mixed Freestyle	Event 33: 4 x 50m Relay	Mixed Medley
Event 34: 4 x 50m Relay	Men's Freestyle	Event 35: 4 x 50m Relay	Men's Medley
Event 36: 4 x 50m Relay	Women's Freestyle	Event 37: 4 x 50m Relay	Women's Medley

Points are allocated to swimmers and Clubs for each event in 5-year age groups; 10 Pts for first place, 9 pts for second etc. to 1 Pt for 10th and all other participating swimmers. Each swimmer may compete in a maximum of 8 individual events and 4 relays but only once in each relay event.

Entry is FREE. Clubs submit entries via Team Manager file to Richard Johnson (State Recorder) at recorder@mswa.asn.au. Results file to be emailed to Richard Johnson by Friday 14th November 2026.

The Team Manager file is available for download from the Dropbox shared folder (Masters Sharing).

Suggestions on how to hold events:

- Results achieved at any MSWA sanctioned carnival during the period are now also eligible for inclusion. These results will be extracted by the State Recorder for potential inclusion.
- For those clubs that do not manage to regularly attend other carnivals, hold a Sprint (25/50/100/200m) and Relay carnival (may be run as 1 or 2 carnivals, depending on swimmer numbers). MSWA may be able to assist with the organization and running of these.
- Hold three or four sprints once a week during a Club session followed by a relay.
- Hold dedicated timed Endurance sessions at least once per month - these swims will qualify for both the Vorgee Endurance 1000 (e1000) program and the CCC.

