



A GUIDE TO SWIMMING IN WA

2026/27 SEASON

If club swimming is new to you, you are not expected to know how everything works straight away. This guide explains the people, websites, routines and swimming terms you are most likely to come across once your child starts training. You do not need to read it all at once - come back to it when a question comes up.

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ACKNOWLEDGEMENT OF COUNTRY

Swimming WA acknowledges the Traditional Custodians throughout Western Australia and their continuing connection to the land, waters and communities. Swimming WA recognises and values the achievements and contributions Aboriginal and Torres Strait Islander peoples have made and continue to make within our community. Swimming WA also acknowledges the Whadjuk Noongar people, the Traditional Custodians of the boodja where we are based, connect and work.

WELCOME TO SWIMMING WA

However you become involved, there is a place for you in WA's swimming community. You might be joining a club, beginning squad training, preparing for a first competition or supporting the sport as a parent, coach, official or volunteer.

Swimming Western Australia is the peak body for swimming in the state. It works with affiliated clubs across metropolitan and regional WA to support safe participation, competitions, programs, people and pathways.

This guide will help you understand where to begin, who to ask and what comes next. You do not need to learn everything at once - start with the information that is useful now and return as your swimming journey develops.

1.1 ABOUT SWIMMING WA

AT A GLANCE

Established
in **1902**

81
affiliated
clubs

Over
14,000
members

1.2 STRATEGY, VISION & PURPOSE

OUR VISION



'To ensure swimming is an essential part of Western Australian life.'

SWIMMING WA SPIRIT VALUES

Swimming WA's SPIRIT values guide how our whole swimming community works together. They shape the way we support one another, make decisions and help swimming thrive across Western Australia.

Safety	To practice and promote the safety and well-being of all people in the swimming community.
Passion	To have fun whilst encouraging everyone to be the best they can be.
Integrity	To act ethically, honestly and with transparency.
Respect	To demonstrate a sense of fair play and value the contribution of everyone in the swimming community.
Inclusion	We are proud and inclusive to all those who are interested and involved in the sport.
Teamwork	To collaborate with purpose, and to keep each other accountable.

STRATEGIC PLAN

Swimming WA's Strategic Plan 2024–2028 provides a clear direction for the future of swimming in Western Australia. It guides how Swimming WA works with clubs, members and communities to grow participation, strengthen the sport and create lasting opportunities across the state.

PILLAR 1

PARTICIPATION

Create more opportunities for people to take part in swimming.

PILLAR 2

ENGAGEMENT

Stronger connections across the WA swimming community.

PILLAR 3

PERFORMANCE

Help swimmers, coaches and officials reach their potential.

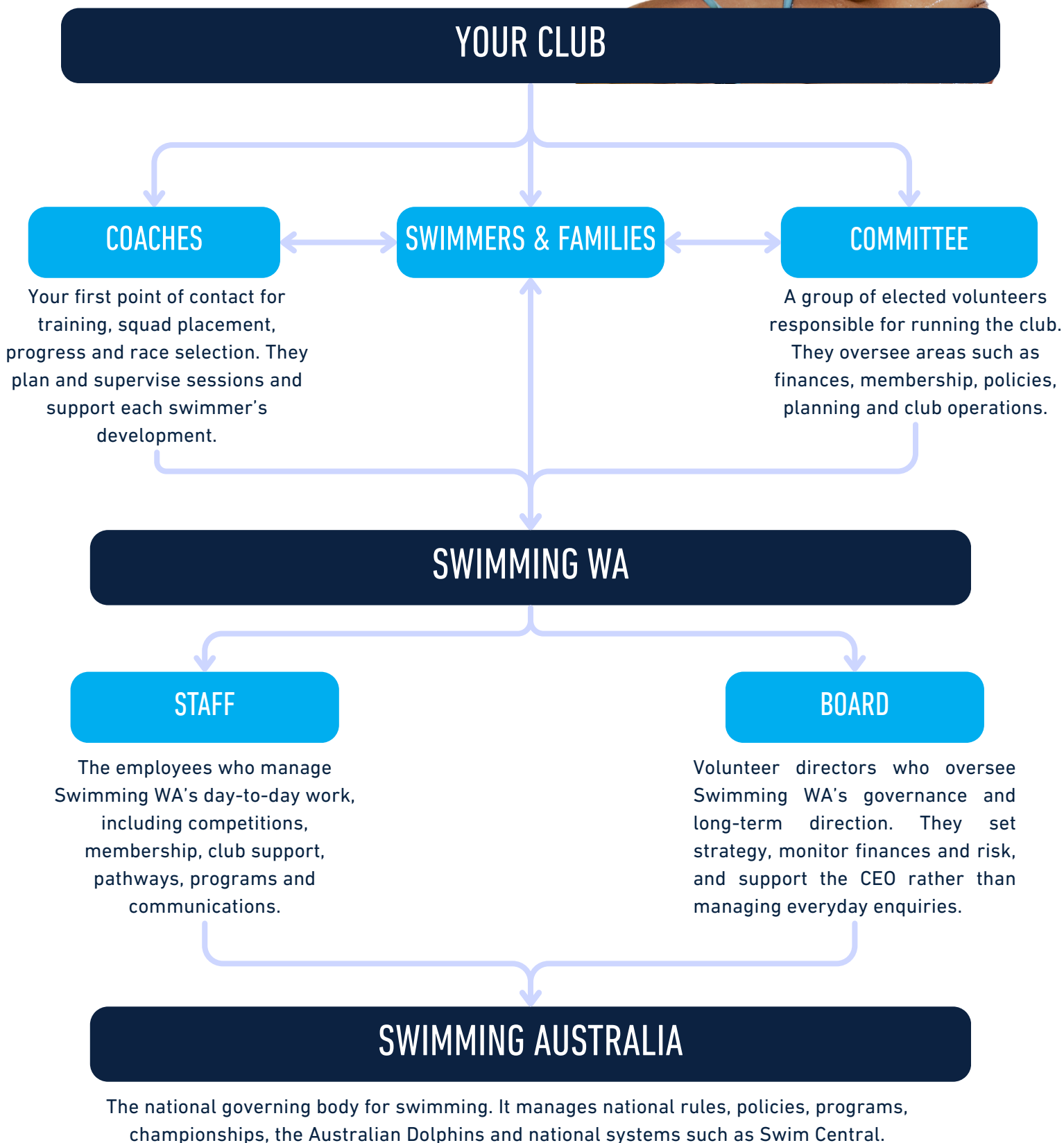
PILLAR 4

SUSTAINABILITY

Support strong clubs and the long-term future of swimming in WA.

[View the full Strategic Plan here](#)

1.3 THE SWIMMING ECOSYSTEM



GETTING STARTED

2.1 YOUR FIRST STEPS

Starting club swimming is easier when you take it one step at a time. Clubs operate differently, so contact the club before purchasing a membership or equipment.

- ☐ Find an affiliated club and ask about its squads, training locations and fees.
- ☐ Arrange an assessment or trial if the club offers one.
- ☐ Ask the coach which squad and membership are suitable for you or your swimmer.
- ☐ Confirm the full cost, including club membership, coaching or squad fees, pool entry and any uniform requirements.
- ☐ Set up your family in Swim Central and purchase the memberships confirmed by the club.
- ☐ Begin training and keep the coach and club contact details somewhere easy to find.
- ☐ When the swimmer is ready to race, speak with the coach before entering a meet.

WHAT YOU NEED NOW

Useful immediately	Useful before a first meet	Can be learned later
Club contact and trial process	Choosing a suitable meet	JX and National Ready
Squad and full fee information	MSR entry process	Performance pathways
Correct membership and Swim Central setup	Program, timeline, heat and lane	Officiating accreditation
Coach and club contacts	What to bring and volunteer duties	Specialist glossary terms

2.2 PLATFORM OVERVIEWS

As a swimmer or parent, you'll use two main online systems. Swim Central is where you manage memberships and personal details, while My Swim Results is where you find competitions, enter meets and follow results. They each have a different purpose, but share some information to keep your swimmer's details connected.

Swim Central

Buy & renew memberships

Manage family & swimmer profiles

Update personal details

My Swim Results

Find & Enter Competitions

View meet details & competition calendar

Follow results & personal bests

Check rankings & records

2.3 GETTING STARTED ON SWIM CENTRAL

Steps to get started:

1. Create your account - make sure all details are correct!
2. Create a family group
3. Add dependants (family members under 18)
4. Purchase respective memberships with appropriate club (as well as parent memberships)

[Click here for full guides!](#)

Contact support@swimming.org.au if you get stuck.



2.4 GETTING STARTED ON MY SWIM RESULTS (MSR)

You will generally only need My Swim Results once your swimmer begins preparing for competitions. It allows you to view their race results, track personal bests and follow their progress over time. Until then, most of the information you need will be available through your club and Swim Central.

Steps to get started:

1. Visit My Swim Results: select Australia and then Western Australia.
2. Find your swimmer: Search using your swimmer's given name and surname. Their profile may already exist within the system, even if you have not used My Swim Results before.
3. Claim the correct profile: Open your swimmer's profile and select Claim Profile.
4. Create the login: Enter the swimmer's name, date of birth, an email address and mobile number. You will then be asked to create a My Swim Results username and password. The website will offer a one-month trial when the profile is first claimed.
5. Check the information: Once logged in, make sure you have claimed the correct swimmer and that their club, results and personal details appear correctly.

If you cannot find the swimmer, or the details do not match when you try to claim the profile, check that the date of birth is correct. If the problem continues, contact My Swim Results support rather than creating a second profile.



ENTERING A COMPETITION

Once your swimmer is ready to compete:

1. Open Calendar in My Swim Results.
2. Find and select the relevant competition.
3. Select Entries Wizard.
4. Choose the swimmer and the races discussed with their coach.
5. Add the entries to the cart.
6. Review the races, complete payment and check that the entry has been confirmed.

[Click here for full entry guide!](#)

MEMBERSHIP

3.1 ABOUT MEMBERSHIPS

A Swimming WA membership connects you to your local swimming club and the wider swimming community across Western Australia and Australia. The membership you choose is based on your age and how you plan to participate, whether that is fitness, club activities, introductory competitions or higher-level meets.

MEMBERSHIP PERIOD

The 2026/27 membership season will be a nine-month transition period, running from 1 October 2026 to 30 June 2027. From the 2027/28 season onwards, Swimming WA memberships will follow a 1 July to 30 June annual cycle.

WHERE DOES THE MEMBERSHIP FEE GO?

The total amount shown at checkout in Swim Central may include several separate components:

- **Club fee:** Set by your club and used to support its operations. Depending on the club, training, coaching, pool hire and other costs may be included or charged separately.
- **Swimming WA fee:** Supports competitions, clinics, pathways, insurance, club development, member services, governance and Safe Sport support across WA.
- **Swimming Australia fee:** A national membership component included in selected swimmer memberships, including Annual, Seasonal and Participation memberships.
- **Swim Central processing fee:** A transaction fee applied when the membership is purchased online.



3.2 MEMBERSHIP TYPES

SWIMMER MEMBERSHIPS

Membership Type	Description	2026/27 Swimming WA Fee
Annual Member	Full membership for swimmers (9+ years) who actively seek to swim year-round.	\$124.63
Seasonal Member	Full membership for swimmers (9+ years) from regional clubs where pools are only open during the Summer months, generally from October to April each season.	\$105.37
Participation	Suited for swimmers (9+ years) who swim for fitness and/or those who have just entered the competitive swimming scene.	\$77.04
Junior Dolphins	Swimmers aged between 5-8 years of age who are looking to become members of their local swimming club as they transition from learn-to-swim.	\$40.79
Fitness	Suited for swimmers (9+years) who swim within an Affiliated Swimming WA club and participate in the SWA Open Water Swim Series.	\$39.66

Please note these are exclusive of Swimming Australia & Swim Central fees

A QUICK GUIDE

If your swimmer wants to enter competitions, do not choose on price alone. Each category provides different access to competitions. Ask your club or coach which meets are realistic for the season and use the official competition matrix in the membership booklet below before purchasing.

[View the full Membership Booklet here](#)

NON-SWIMMER MEMBERSHIPS

Parents, coaches, officials and committee members also need a membership so their role is recorded and connected to the club.

Membership Type	Description	2026/27 Swimming WA Fee
Licenced/Community Coach	Licensed Coach - for Swimming Australia Licensed Coaches. Community Coach - for those who are working towards certified qualifications	\$8.50
Accredited Technical Official /Community Official	Accredited Technical Official - for Swimming WA Accredited Officials. Community Officials - for those who are working towards qualifications.	Free
Club Committee Member	Swimming WA acknowledges the volunteer parents who sit on their children's club committees. This provides an exemption from the need to obtain a mandatory parent membership whilst a member remains on the club committee.	Free
Parent/Guardian /Support	Mandatory membership for all swimmers under 18; a parent/guardian membership is attached.	\$5.10



TRAINING, SQUADS & EQUIPMENT

Squad swimming is about far more than laps and race times. It is where swimmers build confidence, learn to work towards their goals and feel part of a team. Along the way, they share challenges, celebrate progress and form friendships that can last well beyond their time in the pool.

4.1 SQUAD STRUCTURE

Every club structures and names its squads differently, but a typical pathway may look something like this:

FOUNDATION SQUAD

The first step from swimming lessons into squad training, with a focus on confidence, technique and learning how a squad session works.



DEVELOPMENT SQUAD

Swimmers continue developing all four strokes, starts and turns while building fitness, independence and positive training habits.



COMPETITIVE SQUAD

Training becomes more regular and includes greater preparation for club nights, meets and individual racing goals.



PERFORMANCE SQUAD

For swimmers ready to commit to a higher training load and work towards advanced levels of competition.

This is only an example - not every swimmer will follow the same pathway or want to reach the highest squad. Some clubs also offer fitness, recreational, multiclass, adult or Masters squads, allowing swimmers to participate in a way that suits their goals.

4.2 TRAINING EXPECTATIONS

Each squad will have different expectations around attendance, session length, equipment and competition. These should be explained by the club or coach when a swimmer joins or moves squads.

Swimmers will generally be expected to:

- Arrive on time and ready to enter the pool
- Bring the required equipment and a drink bottle
- Listen to their coach and give their best effort
- Treat coaches, teammates and facilities with respect
- Let the coach know about any injury, illness or difficulty

Families can help by supporting regular attendance, communicating absences and keeping training balanced with school, recovery and life outside the pool. Consistency is valuable, but the right training load will look different for every swimmer.

4.3 EQUIPMENT

The right equipment helps swimmers get more from each session, but there is no need to buy everything straight away. Your coach will explain what is required for each squad.

THE ESSENTIALS

Most swimmers will need:

- Comfortable training bathers
- Goggles and a swim cap
- A filled drink bottle
- A towel and warm clothes for after training

SQUAD EQUIPMENT

As swimmers progress, they may also use:

- **Fins** to develop kicking, speed and body position
- **Kickboard** to focus on leg strength and technique
- **Pull buoy** to support upper-body and stroke work
- **Snorkel** to practise technique without turning to breathe
- **Hand paddles** to develop stroke control and strength
- **Mesh bag** to store equipment and allow it to dry

Check with the coach before purchasing squad equipment, as clubs may require particular styles or sizes. Clearly label every item with the swimmer's name - pool gear has a habit of looking exactly the same!

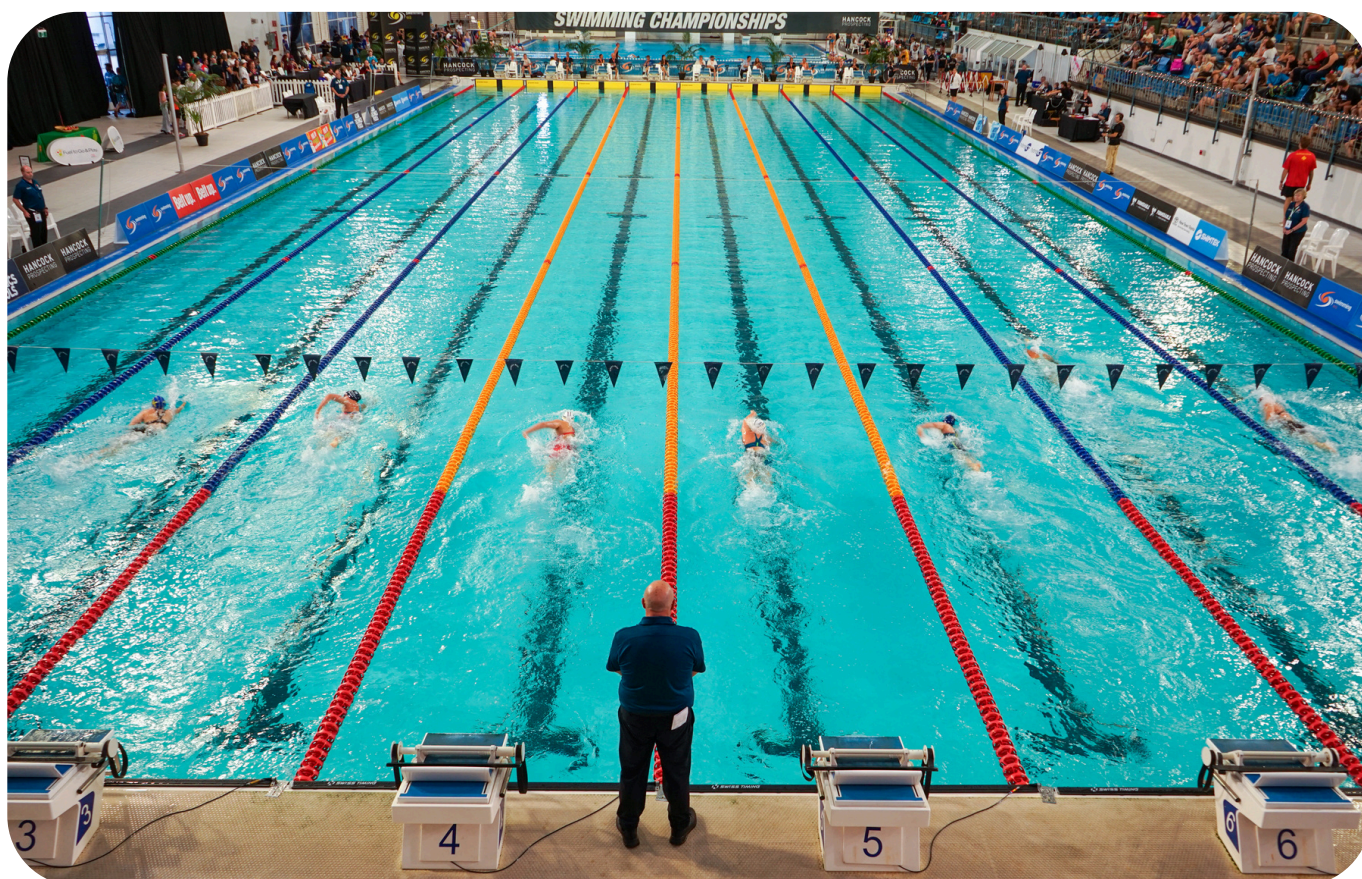
4.4 COACH COMMUNICATION

Good communication between swimmers, parents and coaches helps create a positive environment where every swimmer feels understood and supported.

Where appropriate, swimmers should be encouraged to speak directly with their coach about their training, goals, competitions or any concerns they may have. This helps them build confidence, take ownership of their swimming and develop a strong relationship with their coach. Child safeguarding includes ensuring swimmers know they can speak to any trusted adult, including their coach, if they have a concern or need support.

Parents and carers also play an important role. Keep the coach informed of any injuries, illness, absences or changes that may affect your swimmer. If you would like to discuss their progress or raise a concern, arrange a suitable time outside of training when the coach can give the conversation their full attention.

For questions about memberships, fees, uniforms or other club matters, contact your club's committee or administrator.



CHILD SAFETY, INTEGRITY & REPORTING

The safety and wellbeing of every child and young person is of the utmost importance to Swimming WA. Everyone involved in swimming shares a responsibility to create an environment where young swimmers feel safe, respected, supported and confident to speak up.

Swimming WA and its affiliated clubs operate under Swimming Australia's **National Integrity Framework**, which establishes the standards of behaviour expected across the sport and the processes for raising concerns.

5.1 UNDERSTANDING CHILD SAFETY & INTEGRITY

Child safety means protecting children and young people from abuse, grooming, neglect and other harmful or inappropriate behaviour.

Integrity is broader. It helps ensure swimming remains safe, fair and inclusive by addressing:

- Child safeguarding
- Abuse, bullying and harassment
- Discrimination and vilification
- Sexual misconduct and victimisation
- Improper use of drugs and medicines
- Competition manipulation and sports betting
- Behaviour that breaches swimming's Code of Conduct

These expectations apply in and around swimming, including at training, competitions, club activities, trips and through online communication.



5.2 WHAT SHOULD A SAFE SWIMMING ENVIRONMENT LOOK LIKE?

Families should expect their club to:

- Treat every swimmer with dignity, fairness and respect
- Listen to children and take their concerns seriously
- Provide appropriate supervision during club activities
- Maintain clear professional boundaries between adults and swimmers
- Recruit and screen people in child-related roles appropriately
- Meet its Working with Children Check obligations
- Communicate openly with swimmers and their families
- Make its child safety, integrity and reporting information accessible
- Respond appropriately when a concern is raised

Swimmers should never be made to feel that poor treatment is simply part of becoming a better athlete. Coaching can be challenging and constructive without being humiliating, threatening, discriminatory or harmful.

SAFE PRACTICES AROUND THE POOL

Swimming Australia's **Safeguarding Children and Young People Policy** sets clear expectations for keeping young swimmers safe across training, competitions, travel and online communication.

This includes maintaining appropriate boundaries, respecting swimmers' privacy, gaining consent for photography and physical contact, providing suitable supervision and including parents or carers in communication with children.

Every swimmer has the right to feel safe, respected and comfortable speaking up. If something does not feel right, raise it with your club's Child Safe Officer, Swimming WA or the appropriate reporting body.



5.3 WHAT TO DO & WHO TO CONTACT?

If your swimmer shares a safety concern or discloses possible abuse:

1. Stay calm and listen. Allow them to explain what happened in their own words.
2. Believe and reassure them. Let them know they did the right thing by telling you.
3. Do not ask leading questions. Listen without trying to investigate or obtain every detail.
4. Explain what will happen next. Be honest that you may need to tell someone who can help keep them safe.
5. Do not confront the person involved. This may increase risk or interfere with a formal investigation.
6. Write down what was said. Record the child's words and any relevant dates, locations or people involved.
7. Report the concern promptly. Use the pathway that matches the situation below.

The **WA Department of Communities** provides further guidance on responding when a child discloses abuse.

WHO TO CONTACT

- Immediate danger or urgent assistance: Call 000.
- A child may have been harmed or be at risk: Contact the **WA Department of Communities** on 1800 273 889 or WA Police on 131 444. For after-hours support, call **Crisis Care** on 1800 199 008.
- A concern about behaviour or child-safe practices at your club: Contact your club's Child Safe Officer, committee or administrator, or Swimming WA at **safesport@wa.swimming.org.au**.
- A safeguarding or integrity concern within swimming: Contact Swimming Australia at **integrity@swimming.org.au** or use its **online reporting form**.
- A sport-integrity or doping matter, or if you are unsure where to begin: Visit **Sport Integrity Australia** or call the Safe Sport Hotline on 1800 161 361.
- Cyberbullying, image-based abuse or harmful online content: Report it through the **eSafety Commissioner**.

KEY POLICIES AND INFORMATION

- **Swimming National Integrity Framework and Safeguarding Policy**
- **Swimming WA integrity information**
- **Responding when a child discloses abuse**
- **Mandatory reporting in Western Australia**
- **Working with Children Checks**

INCLUSION & MULTICLASS SWIMMING

Swimming is for everyone. Every person should have the opportunity to feel welcomed, valued and supported, regardless of their ability, disability, background, culture, religion, gender, age or experience.

While inclusion and Multi-Class swimming are connected, they are not the same. Inclusion applies across the entire swimming community, while Multi-Class swimming is a competition pathway for swimmers with eligible disabilities.

6.1 INCLUSION

Inclusion means creating an environment where every swimmer feels they belong and can participate in a way that works for them. It is not about treating everyone exactly the same - it is about understanding individual needs and providing the right support.

Some swimmers may benefit from adjustments such as:

- Clearer or differently presented instructions
- Additional time or assistance
- Modified equipment, distances or activities
- Support with accessibility, communication or sensory needs
- Flexibility around swimwear for disability, cultural, religious or personal reasons

Families are encouraged to speak openly with their club about anything that may help their swimmer feel comfortable, safe and confident. This could include medical information, accessibility requirements, preferred communication methods or other individual needs. Every club has different facilities, programs and levels of support. Swimming WA can help families find a suitable starting point. Visit [Getting Started with Swimming WA](#) or contact inclusion@wa.swimming.org.au for guidance.



6.2 SWIMMING WITH A DISABILITY

Swimming offers opportunities for people with disability to build confidence, improve their skills, make friends and enjoy being part of a club. Whether someone wants to train for fitness, compete or work towards higher-level pathways, Swimming WA can help them find the right place to begin.

WHAT IS MULTI-CLASS SWIMMING?

Multi-Class swimming is the competition format for swimmers with eligible disabilities. Swimmers are allocated a classification based on how their impairment affects the swimming activities required in competition.

Performances are compared using the Multi-Class Point Score system, which allows swimmers from different classifications to compete fairly in the same event. This means results are based on points rather than finishing times alone.

Multi-Class competition is available from club and regional meets through to state, national and international pathways.

UNDERSTANDING CLASSIFICATION

Classification is only required when a swimmer wants to enter Multi-Class events. It is not a measure of talent or potential, and having a disability or diagnosis does not automatically mean a swimmer will be eligible.

Swimming classifications include pathways for eligible swimmers with:

- Physical impairment
- Vision impairment
- Intellectual impairment
- Hearing impairment
- Transplant-related impairment
- Eligible forms of Down syndrome or other significant impairments
- Autism

The application and assessment process differs between classification groups. Some swimmers may also receive approved adjustments or exceptions to particular competition rules.

Before beginning an application, contact Swimming WA at inclusion@wa.swimming.org.au. The team can explain the relevant classification pathway, documentation and next steps.

FURTHER INFORMATION

Visit the [Swimming WA Website](#) for more information about classification, eligibility, Multi-Class competition and development pathways.

The [Swimming with Disability Handbook](#) also provides a more detailed guide for swimmers and families.

COMPETITIONS

Competitions are a chance for swimmers to represent their club, practise their racing skills and see their improvement. Competing is optional, and swimmers can participate at the level that suits their experience and goals.

7.1 GETTING STARTED

Club nights, time trials and local meets are often the best place to begin. These smaller events give swimmers a relaxed and supportive introduction to racing, helping them become familiar with warm-ups, marshalling, starts and the general flow of a competition. They are also a great opportunity to represent their club, support their teammates and build confidence in a competition environment.

There is no need to rush into competing. Your swimmer's coach can let you know when they are ready, recommend a suitable meet and help choose events that match their age, experience and current skills.

TYPES OF COMPETITIONS

Swimming WA competitions cater for swimmers at different stages:

- **Community and Race Ready Meets** are designed for new and developing competitors. Qualifying times are not required.
- **State Pathway and State Championship Meets** are for swimmers progressing towards state-level competition. Qualifying times may apply.
- **National Preparation and National Meets** are for swimmers working towards national competition.

Swimmers do not need to progress through every level. Learn more through Swimming WA's [2026/27 Competition Framework](#).

Competitions may be held in a:

- **Short Course pool:** 25 metres
- **Long Course pool:** 50 metres

Times are recorded separately because racing conditions are different in each pool length.

CHOOSING AND ENTERING A MEET

Before entering, speak with your swimmer's coach about the most suitable competition and races. Check the meet information for:

- Dates, times and venue
- Available races
- Entry fees and closing dates
- Age or qualifying-time requirements
- Warm-up and racing information

Upcoming competitions can be found on the [Swimming WA Events Calendar](#)

Competition entries are completed through My Swim Results with Relay entries usually organised by the club.



7.2 ON COMPETITION DAY

The time has come - it's race day! Competition days are an exciting opportunity for swimmers to put their training into action, represent their club and cheer on their teammates. Feeling a little nervous is completely normal, especially at a first meet.

Meet information and estimated race times are usually published before the event. Your club will let you know when to arrive, where the team will be sitting and when warm-up begins.

Swimmers should bring:

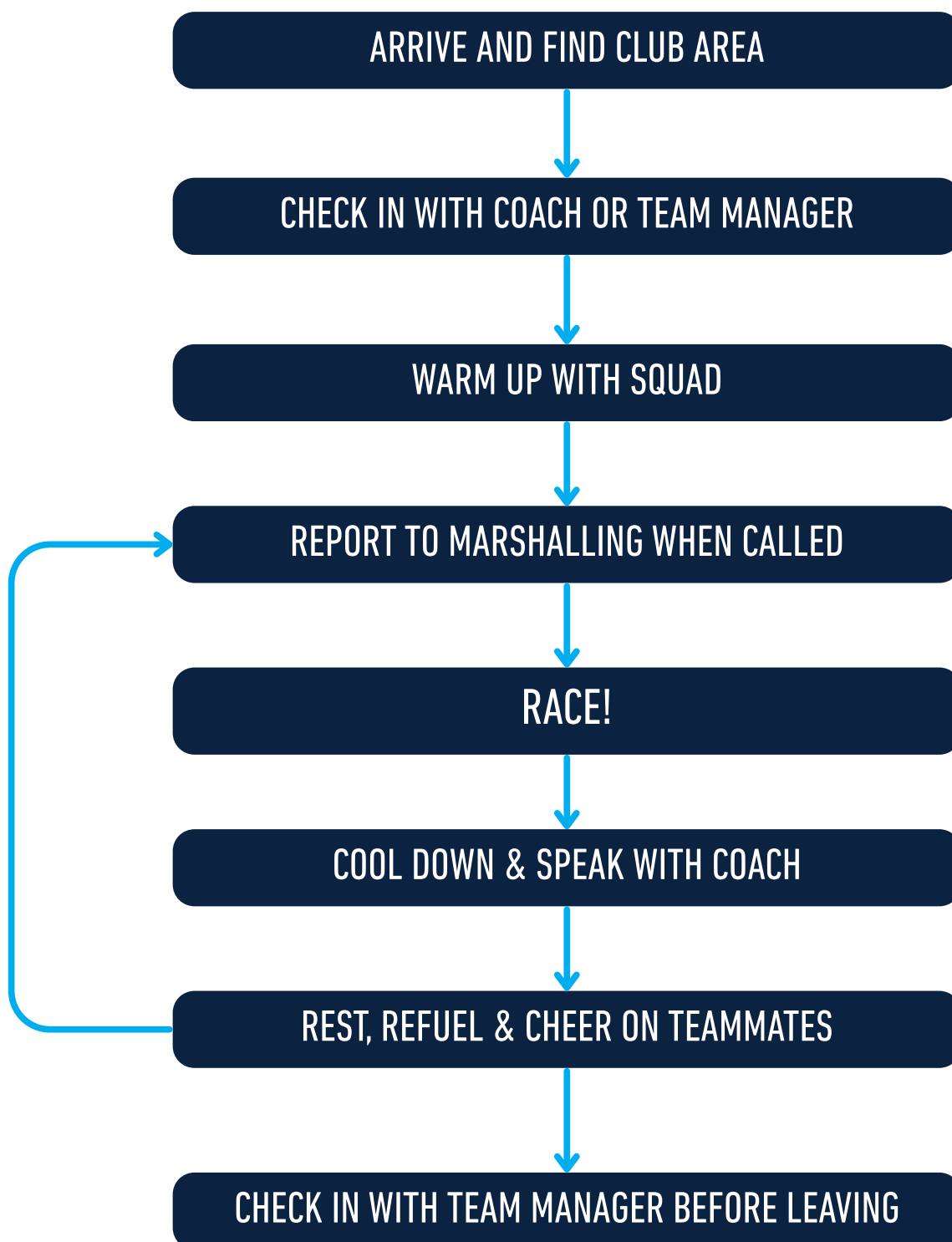
- Bathers, a club cap and goggles
- Towels and warm clothing
- Water and suitable snacks
- Any club uniform or equipment requested

RACE DAY SCHEDULE

Race day has arrived! A swimming meet can feel busy at first, with warm-ups, race calls and plenty happening around the pool, but swimmers and families will quickly settle into the rhythm of the day.

Each competition runs a little differently depending on the venue and number of events. However, swimmers will generally follow the same steps before and after each race. Coaches, team managers and club families will be nearby to help, so new swimmers are never expected to work everything out on their own.

Here is what a typical competition day might look like:



OPEN WATER SWIMMING

Swimming does not have to stop at the edge of the pool. The Swimming WA Open Water Swimming Series gives swimmers another way to participate, challenge themselves and enjoy the sport at open-water locations across metropolitan and regional WA.

Open to swimmers aged nine and above of all abilities, the series offers a welcoming way to experience swimming outside the pool - whether you are trying open water for the first time, taking on a personal challenge or racing competitively.

SOMETHING FOR EVERY SWIMMER

Events may include:

- 500m Come & Try
- 1.25km
- 2.5km
- 5km
- 7.5km
- 10km
- Team relays

Not every distance is available at every event. Swimmers should check the event information and speak with their coach before entering to choose a distance suited to their age, experience and confidence.

[Explore the Swimming WA Open Water Swimming Series](#)



VOLUNTEERING & OFFICIATING

Behind every swimmer who steps onto the blocks is a community of volunteers helping make that moment possible.

Swimming clubs simply could not operate without the parents, family members, officials, committee members and community volunteers who generously give their time. They organise club activities, welcome new families, run competitions and create the supportive environment that allows swimmers to participate, improve and belong. Whether someone helps for one race, one evening or an entire season, every contribution matters.

9.1 VOLUNTEERING

Volunteering is one of the best ways to become part of your club community. It provides an opportunity to meet other families, learn more about swimming and contribute directly to the experiences available for swimmers.

You do not need to be a swimming expert or take on a major commitment. Many roles are simple, flexible and can be learned with support from other club members.

HOW CAN I HELP?

Every club has different needs, but volunteering may include:

- Timekeeping at club nights and competitions
- Setting up or packing away equipment
- Coaching support
- Helping with marshalling, medals or refreshments
- Supporting fundraising and social activities
- Assisting with uniforms, communications or administration
- Becoming a team manager
- Joining the club committee

Some roles may take only an hour, while others involve helping regularly throughout the season. Even a small contribution can reduce the workload for others and help the club provide more opportunities for its members.

If you are unsure where to begin, simply ask your club, “What would be most helpful?” Clubs will appreciate the offer and can find a role that suits your interests, experience and availability.

HELPING AT COMPETITIONS

Competitions require many people working together behind the scenes. Clubs are often allocated volunteer duties, with families asked to assist with roles such as timekeeping.

Timekeeping is one of the easiest ways to begin. You may be asked to use a stopwatch, press an electronic timing button or record a finishing time. Instructions are provided, and experienced volunteers will be nearby if you need help.

Volunteering on race day also gives you a great view of the action and helps the competition run smoothly for every swimmer – not only those from your own club.

9.2 OFFICIATING

Technical Officials are trained volunteers who help competitions run safely, fairly and according to the rules. They organise swimmers, oversee races and help ensure every performance is judged consistently.

Officiating is a rewarding way to support swimmers while becoming more involved in the sport. You do not need a competitive swimming background to begin, and new officials are supported as they learn.

COMMUNITY & ACCREDITED OFFICIALS

Community Technical official

An introductory option for people beginning their officiating journey

Supports club nights and interclub meets.

Can attend larger meets as a trainee with guidance from experienced officials.

Can remain at community level for as long as they choose.

Accredited Technical official

An official who has completed practical assessments in one or more specific roles.

Can officiate more independently at sanctioned and Swimming WA competitions.

Can continue progressing towards state, national or international competitions.

Receives separate accreditation for each officiating role completed.

OFFICIATING ROLES

Officials can learn roles such as:

- **Marshal or Clerk of Course:** Organises swimmers into the correct heats and lanes
- **Inspector of Turns:** Observes starts, turns and finishes
- **Judge of Stroke:** Checks that each stroke is completed correctly
- **Starter:** Starts each race
- **Recorder:** Supports the recording and publishing of results
- **Referee:** Oversees the competition and applies the racing rules

You are not expected to learn everything at once. Most people begin with one role, receive support from experienced officials and build their confidence over time.

GETTING STARTED

Becoming an official begins with introductory training, followed by supported experience at club nights and competitions. Those who wish to become accredited can later complete practical assessments in individual roles.

Speak with your club or visit Swimming WA's [Get Involved as an Official](#) page to learn more about training, membership and upcoming opportunities.



DEVELOPMENT & PATHWAYS

Every swimmer's journey is different. Development may mean moving into a new squad, mastering a turn, completing a first competition, achieving a personal best or working towards state and national racing.

There is no single pathway every swimmer must follow. The most important pathway is one that keeps the swimmer learning, enjoying the sport and progressing at a pace that is right for them.

10.1 DEVELOPMENT THROUGH YOUR CLUB

A swimmer's development begins with their club and coach. Through regular training, swimmers gradually improve their technique, fitness, race skills, confidence and independence.

Progress is not measured by race times alone. Coaches may also consider a swimmer's attendance, training habits, skill development, maturity, enjoyment and readiness for a greater commitment.

Every swimmer develops at a different pace. Regular conversations with the coach can help families understand how their swimmer is progressing and what their next suitable step might be.

10.2 ADDITIONAL OPPORTUNITIES

CLINICS, CAMPS & WORKSHOPS

Swimming WA provides development opportunities that complement regular club training. Depending on the season and location, these may include:

- Stroke and race-skills clinics
- Junior Excellence clinics
- Regional Development Weekends
- Open-water and Multi-Class activities
- Athlete, parent and wellbeing workshops
- Training camps and representative opportunities

These programs allow swimmers to learn from different coaches, practise new skills and connect with swimmers from across Western Australia.

Ages, costs and eligibility vary. Upcoming opportunities are shared through the [Swimming WA Events Calendar](#), Swimming WA communications and affiliated clubs.

PHO3NIX JUNIOR EXCELLENCE

The Pho3nix Junior Excellence Program, known as JX, recognises the achievements of swimmers aged 9–13.

Swimmers can achieve Blue, Bronze, Silver or Gold standards by recording the required times at approved competitions. JX is not a representative team or compulsory step - it is a way to recognise progress and give junior swimmers positive goals to work towards.

NATIONAL READY

The National Ready Program supports selected swimmers aged 13–15 who are beginning their national competition journey.

Through clinics and education sessions, swimmers learn about the preparation, habits and skills required at national level. Current eligibility and selection requirements apply.



10.3 PERFORMANCE & LIFELONG PATHWAYS

PERFORMANCE PATHWAY

The Swimming WA Performance Pathway Program supports selected athletes progressing towards senior national and international swimming.

The program works alongside club training and may include camps, testing, performance education, athlete support and competition opportunities. Pathways are available across Olympic, Paralympic and open-water swimming.

Selection is based on current performance standards and published criteria, available through the Swimming WA Selection Criteria page.

MORE THAN ONE PATHWAY

Development does not always mean pursuing elite competition. Swimming can also lead to:

- Open-water, Multi-Class or Masters swimming
- Fitness and recreational swimming
- Coaching or teaching
- Officiating and volunteering
- Leadership and club roles

A swimmer's interests and goals may change over time. Whether they compete at a high level, swim for fitness and friendships or contribute in another role, every pathway offers a valuable way to remain connected to the sport.

PATHWAY SUPPORT

Families can support positive development by celebrating effort, encouraging balance and allowing swimmers to progress at their own pace. Open communication between the swimmer, family and coach helps ensure each opportunity remains suitable, enjoyable and connected to the swimmer's goals.

For development and pathway questions, speak with your swimmer's coach or contact Swimming WA at pathways@wa.swimming.org.au.

ESSENTIAL GLOSSARY

Swimming has its own language, and some terms may be unfamiliar when you first join a club or attend a competition. This glossary explains the essential words and abbreviations you are most likely to hear. You do not need to learn them all at once—simply return to this section whenever something new comes up.

11.1 COMPETITION ENTRIES AND RESULTS

Term	What it means
AGE AS AT	The date used to determine a swimmer's age for a competition.
APPROVED OR SANCTIONED MEET	A meet where eligible results can be recognised as official times.
CONVERTED TIME	A time adjusted between a 25-metre and 50-metre pool. Not every meet accepts converted times.
DNF / DNS / DQ	Did Not Finish, Did Not Start or Disqualified.
ENTRY OR SEED TIME	The time used to place a swimmer into the appropriate heat and lane.
FLYOVER START	When the next race begins while swimmers from the previous race remain in the water.
IM	Individual Medley - butterfly, backstroke, breaststroke and freestyle, in that order.
LC / SC	Long Course is a 50-metre pool; Short Course is a 25-metre pool.

MARSHALLING	The process of organising swimmers into their correct heats and lanes before racing.
NT	No Time - the swimmer does not have an eligible entry time for that event.
OFFICIAL TIME	A result recorded under approved competition conditions.
PB	Personal Best - a swimmer's fastest official time for an event and pool length.
POSITIVE CHECK-IN	A requirement to confirm that a swimmer intends to race. Missing the deadline may result in withdrawal.
PSYCH SHEET	A provisional list ranking swimmers by their entry times before heats and lanes are finalised.
QUALIFYING PERIOD	The date range in which a qualifying time must have been achieved.
QUALIFYING TIME	The time a swimmer must achieve before entering a particular event.
SCRATCH OR WITHDRAWAL	Removing a swimmer from an event before they race.
SPLIT	The time recorded for one section of a race.
TIMED FINAL	Placings are decided from all heats, with no separate final.

11.2 MEMBERSHIPS, SYSTEMS & PATHWAYS

Term	What it means
AFFILIATED CLUB	A club formally registered with Swimming WA and Swimming Australia.
FAMILY GROUP / FAMILY PIN	Swim Central tools allowing a parent or guardian to securely manage connected family profiles.
FIRST CLAIM CLUB	A swimmer's primary club and usually the club they represent in competition.
SECOND CLAIM CLUB	An approved additional club membership used in specific circumstances.
JX	Junior Excellence - a recognition program for swimmers aged 9–13.
MSR	My Swim Results - the platform used to find meets, enter events and view results.
SA / SWA	Swimming Australia and Swimming Western Australia.



11.3 MULTI-CLASS SWIMMING AND OFFICIATING

Term	What it means
CLASSIFICATION	The process used to determine eligibility and sport class for Multi-Class competition.
MC / MULTI-CLASS	Competition for eligible swimmers with disability, using classification to support fair racing.
MULTI-CLASS POINTS	A points score used to compare performances across different sport classes.
S / SB / SM	Sport-class codes for freestyle, backstroke and butterfly (S), breaststroke (SB) and individual medley (SM).
TO	Technical Official - a trained volunteer who helps ensure racing follows the rules.
CTO	Community Technical Official - an introductory officiating level for club and local meets.
IOT / JOS	Inspector of Turns and Judge of Stroke - officials who observe turns, finishes and stroke rules.

USEFUL CONTACTS & LINKS

Always start with your club. Your coach, registrar, committee or team manager will usually be best placed to answer questions about training, memberships, club activities and competitions.

12.1 USEFUL LINKS

GETTING STARTED & MEMBERSHIPS

Resource	What you will find
Find a Club	Affiliated swimming clubs near you.
2026/27 Membership Information	Membership types, fees and inclusions.
Swim Central	Memberships, family profiles and personal details.
Swim Central Help	Guidance for accounts, family groups and memberships.

COMPETITIONS & SUPPORT

Resource	What you will find
My Swim Results	Competition entries, results and swimmer times.
Swimming WA Events	Upcoming competitions, clinics and events.
Competition Framework	An explanation of Swimming WA's different competition levels.
Swimming with Disability	Inclusive swimming, Multi-Class competition and classification.
Swimming WA Integrity Hub	Safe Sport, child safeguarding and member protection information.

12.2 CONTACTS

SWIMMING WA CONTACTS

Area	Contact
General enquiries	(08) 9328 4599 or waswim@wa.swimming.org.au
Memberships and Swim Central	membership@wa.swimming.org.au
Club and regional support	clubs@wa.swimming.org.au
Competitions and entries	competitions@wa.swimming.org.au
Athlete pathways	pathways@wa.swimming.org.au
Coaching, officiating and classification	capability@wa.swimming.org.au
Inclusion and swimming with disability	inclusion@wa.swimming.org.au
Safe Sport and member protection	safesport@wa.swimming.org.au

OTHER CONTACTS

Organisation	When to contact them	Contact
Swimming Australia Support	Technical help with Swim Central accounts, logins or profiles.	support@swimming.org.au or Support Centre
My Swim Results Support	Technical problems with meet entries, results or the MSR platform.	(08) 9226 4990 or MSR Help
Swimming Australia Integrity	National integrity, safeguarding or member-protection concerns.	integrity@swimming.org.au
Sport Integrity Australia	Independent advice or reporting for safeguarding, discrimination, doping or integrity concerns.	1800 161 361 or Make a report
Kids Helpline	Free, confidential support for young people aged 5–25.	1800 55 1800 or Kids Helpline
Emergency services	When someone is in immediate danger or requires urgent assistance.	000