

# MAGS / United Swimming – NSW Open Championships 2026

---

## **Sydney Olympic Park Aquatic Centre | March 2026**

Several of New Zealand's top swimmers delivered impressive performances at the 2026 NSW Open Swimming Championships in Sydney. Racing against strong Australian competition provided a great opportunity to test speed, race execution, and early-season form ahead of upcoming international competitions. Lewis Clareburt, Jack Hendy, and Carter Swift all produced strong results across the weekend.

### **Lewis Clareburt**

World Champion Lewis Clareburt produced the standout performance of the meet for the Kiwi contingent, claiming victory in the 400m Individual Medley with a time of 4:12.36. The swim showed excellent control and balance across all four strokes, highlighting Lewis' ability to deliver strong performances even without a full taper.

Lewis also recorded a strong second-place finish in the 200m Individual Medley, touching in 1:59.15 to dip under the two-minute barrier. In addition, he showed excellent speed with a 49.62 performance in the 100m freestyle, demonstrating the sprint capability that helps drive his IM success.

Overall, the meet was a very positive step forward as Lewis builds towards the major international meets later in the season.

### **Jack Hendy**

Sprint specialist Jack Hendy produced a strong performance in the 50m Butterfly, claiming the silver medal in a time of 24.21. The race was incredibly tight, with only fractions of a second separating the top swimmers in the final.

Hendy also showed his versatility with a solid 23.05 in the 50m Freestyle, reinforcing his reputation as one of the fastest sprinters in the field. His performances highlighted strong start speed, underwater work, and finishing ability.

The result confirms Hendy's continued development in the sprint events and sets up an exciting lead-in to upcoming competitions.

## **Carter Swift**

Carter Swift also featured strongly in the sprint events, securing the bronze medal in the 50m Butterfly with a time of 24.29. In a highly competitive final, Swift demonstrated great race execution and speed to finish on the podium.

Swift followed this up with a strong swim in the 100m Freestyle, clocking 49.88 to finish among the finalists. Breaking the 50-second barrier again confirms his excellent speed and competitive form.

Swift's performances showed strong early-season speed and underline his potential heading into the next phase of racing.

## **Meet Highlights**

- Lewis Clareburt – Gold medal in the 400m IM and silver in the 200m IM.
- Jack Hendy – Silver medal in the 50m Butterfly.
- Carter Swift – Bronze medal in the 50m Butterfly.
- The 50m Butterfly final was extremely close, with just 0.20 seconds separating the top three swimmers.
- Strong early-season racing across both sprint and IM events.

Competing at the NSW Open Championships provided valuable race experience against some of Australia's best swimmers and was an excellent step in preparation for upcoming major meets later in the season.