



THE AUSSI

# *National Newsletter*

"ALL THE NEWS THAT'S FIT TO PRINT!"

ISSUE NO. 3

Editor - Glenys McDonald  
P.O. Box 59  
NORTH BEACH W.A. 6020

FOR **ADULTS** ONLY  
(SWIMMERS)



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Some AUSSI Marshall's at a Triathlon Long Swim  
(See story page 28.)

(alias Gumf from Glen).

With most State Swims, the Nationals and Japan looming on the horizon, this 3rd edition of the "National News" gives you every possible opportunity to whittle down those extra 100ths of a second. Articles include "Eating for Swim Meets" by Kay Cox so that you will know just what to eat for the big weeks ahead. Also, in the "Coaching Clinic" there are pointers on the "Taper" and how to front up to the blocks totally prepared.

For those of us not quite fast enough or efficient enough to be medal winner contenders or record breakers there is an article on "Stretching for Swimming". The 'grape-vine' has indicated an increased awareness of the need for stretching exercises, so I hope you will include it in your programmes.

A short roundup of National and International news appear and some comments on those increasingly popular "Longer Distance Swims". It seems many of our AUSSI's are training for these and including them in their swimming goals. On goal setting, just pause, especially you newer swimmers, and look back at what you have achieved since joining AUSSI. It can be quite revealing. Many good swimmers who were unfit on joining, are now winning medals and breaking records; the achievements of the newer swimmers are no less remarkable. I know that my goals have been stepping stones that have taken me a long way. I'll never be a fast swimmer,

but looking back I have learnt all the strokes; improved my technique; attacked the Aerobic Awards; swam in the open water distance events; completed the Level 1 Coaching Accreditation Course, and now (heaven forbid) I am tackling my Surf Lifesaving Bronze. So anything is possible in AUSSI and as a friend once said, "AUSSI is the best thing since sliced bread."

Not wanting to be the only one to reveal my secrets, there are Profiles to spill the beans on some unsuspecting swimmers, and a few little jokes to tickle your fancy.

Read on and enjoy, and if you happen to be on a Perth beach in the next two weeks and see and 'old boiler' squad of 40 year olds doing belt swims and rescues, please be polite and walk discretely away.

#### COVER

I hope you like Carine AUSSI's 'Percy' complete with boxing gloves, he has come out fighting in his preparation for the Nationals and Japan, and to herald in the 1988 World Swim in Brisbane.

#### RESULTS

The SPEEDO GRAND AUSSI POSTAL RELAY COMPETITION results appear in this issue, so turn to the end to see if your clubs makes a mention.

#### THOUGHT FOR THE MONTH

Tom Hopkins recipe for a successful life is simple.

'The continuous journey towards the achievement of pre-determined, worthwhile goals.'

As Tom is a happy millionaire, perhaps we should try it!!

International

Those swimmers heading for Japan in July will note that they are required to present a 'travel permit' at the registration desk in Japan. These permits are currently being printed and will be available from your Branch Secretary prior to your departure. It is your responsibility to collect these and record your name on the list of swimmers. Remember, we do not know you are going unless you tell us.

In case of problems with missing 'luggage, which can happen - ask Barbara Wilson, a change of clothing and a swim suit in your carry-on bag is a good idea.

Masters swimmers who may be sponsored should be aware of the fact that FINA Rule GR8.1 and GR8.2 in regard to advertising does apply. Those obtaining sponsorship should check this rule.

A letter was received this week from Prudy Hall (well known to AUSSI A.C.T and N.S.W swimmers ) of the Lansing Masters SWIM Club, U.S.A. to say that they are using our National Aerobic Trophy and incorporating it in a slightly modified form into their club programme. The Directors of the club are enthusiastic and co-operative, so I feel this is a feather in Judy's cap and AUSSI's.

National

Queensland AUSSI's are hard at work planning the 1988 2nd FINA/MSI World Masters Swimming Championships and we wish them good luck and every assistance.

Most AUSSI's who enjoy competition are well into training for the 12th National Swim and Club Championships in Adelaide on April 16th -19th. There is no let up then for those going onto Japan in July. At present it appears that some 220 people have booked on the two tours for Japan available from N.S.W so Australia's contingent looks like being the biggest yet. 'Percy' in his boxing gloves represents the true AUSSI fighting spirit. I'm sure all of us staying at home wish all swimmers every success in both the Nationals and Japan. (A little bird told me that we might see Dawn Fraser at Adelaide.)

Into the Masters arena is creeping the Multi sport masters games. First Toronto, and now within Australia. The National Executive whilst happy for any opportunity for our swimmers to compete, do have a very real concern that promotion of these events might affect our own National Swim and the World Swims of FINA/MSI, in particular the 1988 one.

For example, in 1987 the AUSSI Nationals will be in Perth in April, and in November in Tasmania is a scheduled Australian Masters Games. Then in 1988 when the World Swim is in Brisbane, there is envisaged an International Masters Games for Australia.

Whilst happy to support and promote these events and the World Masters Games, our priority must remain with our own events. Make your views known to your club or Branch.

Now is the 'silly season' on the National scene (oops I meant to say 'busy') when an incredible amount of work is done by the National Executive and Branches

in preparation for the Annual Council. A lot of work goes into the two Council meetings each year. The Annual Report will be available in limited copies through your club and I suggest you all take the opportunity of reading what has been happening in your organisation - this past twelve months. If you are informed you are then in a position to offer comment or criticism.

Last newsletter mentioned our wonderful sponsors CITY MUTUAL, SPEEDO and T.A.A. All three are busily assisting in the running of our 1986 National Swim. The culmination of their help and the hard working South Australian committee is just around the corner. I would like to take this opportunity to wish all those workers involved, the best of luck for a successful Meet.

CITY MUTUAL has recently printed a new batch of swim meet cards and brochures for us, so you will find your Branch office well stocked.

SPEEDO is busy supplying us with 136 winners swim bags and 272 winners swim caps for those who won or were runners up in the recent SPEEDO GRAND AUSSI POSTAL RELAY COMPETITION. The Perpetual Trophy will be presented to NORTH LODGE at the "Welcome Function" of the 1986 National Swim.

T.A.A. - As most AUSSI's do their 'own thing' when it comes to travel to the Nationals, could I ask you to do us one small favour? All spent T.A.A. tickets used by AUSSI members for travel to the Nationals or elsewhere - instead of throwing them in the bin - could you please pop them in the post to the National office - P.O. Box 59, North Beach W.A. 6020. Don't forget - our sponsorship depends on you.

Another sponsor has joined us recently BURROUGHS LTD. the computer people. They have offered to provide the computer program, hardware and software for the 1987 National Swim, and we thank them sincerely for their interest and support.

#### THE AUSSI HANDBOOK

These are now available to all clubs. If your club has not received one, please notify the National office. This Handbook contains the National AUSSI Constitution, By-Laws and the Rules. It is an important document and should be kept safely by a responsible member of your club's committee. Replacement copies will cost so be careful. Club coaches particularly, should study the Rules of Swimming and ensure their swimmers are informed.

Thanks to all the clubs who sent in their LOGOS The response was excellent and we should be able to maintain this register.

#### SWIMMING IN AUSTRALIA

It is with concern that we note that those of you who subscribed to this magazine have not had your refunded subscriptions yet. Carol Davis, who no longer works for Colourscene is particularly distressed about this. The National Secretary has written to the Publisher of "Swimming in Australia" and to the Dept. of Consumer Affairs, in the hope that this matter can be rectified quickly.

WHAT TO EAT

5.

Eating bacon isn't wise,  
Salt will make your pressure rise,  
Eggs will clog your arteries,  
Sugar causes cavities,  
Stay away from those preserves,  
Coffee jangles up your nerves,  
Mercury has spoiled fish,  
Cereals - a hopeless dish,  
Ice cream only slows you down,  
White bread's been replaced by brown,  
Junk food leaves you feeling weak,  
Tuna's future's looking bleak,  
Hot dogs stuffed with bits of dirt,  
Cyclamates can spoil dessert,  
Chemicals have ruined meat,  
Now there's nothing left to eat.  
Forget nutrition you've been taught,  
Try to live on "Food for Thought."

- Sharon Ferris  
in New England American Agriculturist.



*Fred Johnson - President W.A. & Barbara Wilson - Secretary Vic.  
Shown eating, but not the ideal pre-race meal*

EATING FOR SWIM MEETS - BY KAY COX

There is a lot of myth and superstition surrounding the question of what one should eat before a swim. The experienced swimmer who has attended many of these meets has probably worked out what suits them the best as far as a pre swim meal and meals or snacks at a swim meet. This is all too confusing to the newcomer as they see a vast array of different foods, liquid diets, either the commercial or the home made variety, the vegetarian snacks, high protein snacks, sugary snacks, high carbohydrate etc. Which should they select? Who should they follow? Should they munch their way through dry tasteless bran etc breakfast, should they enjoy a hearty plate of bacon and eggs, or the meat pie and coke at lunchtime or the cream bun and icecream and bag of barley sugar just to make sure? There are some sound nutritional facts on which to base your decision on what to eat.

However, firstly to dispel one myth - there is no one miracle food that is going to make you perform better on the day. Eating a 'miracle' food is not going to make up for poor eating habits during training or lack of training on an inappropriate training programme. In order to train well you need to eat a well balanced diet and this forms the background for your swim meet day.

Secondly, the food you eat prior to a swim is not the food that will supply you with the energy for that swim. Your energy supplies are built up 2-3 days prior to the swim.

Why eat before a swim?

1. To prevent hunger and nausea
2. To keep an even blood sugar
3. To provide fuel to replace energy stores after the event.

When to eat?

The pre swim meal should be eaten at least 3-4 hours prior to swimming however, in practice at State Swims and National Swims, this is not always possible. Hence at a minimum the last meal, whether breakfast, lunch or dinner, should be no earlier than one hour and preferably two hours before you swim. If there are no clear cut breaks for meals such as lunch at a swim, then it is best to pack a series of snacks that you can eat in the longer breaks before events. If the programme doesn't have estimated starting times for events, try to approximate these and work out where your biggest breaks are. It may mean you have to eat your 'lunch' at 10.30 a.m. or 2.00 p.m. so be flexible. For this reason it is always best to bring your own food from home and make sure you have a substantial breakfast. If you expect to be at the pool from 8 a.m. to 6 p.m. make sure you have sufficient food and drink to last.

When to eat?

What you eat is important as some types of foods can be detrimental to performance. For example, high protein foods such as steak and eggs will take too long (over 8 hours) to digest. This means the digestive system competes with the muscles for the blood supply, it will cause thirst and produces extra heat.



Simple sugar food such as sweets, cookies etc flood the blood with sugar which causes a flush of insulin and then low blood sugar when you swim which decreases performance. The simple sugars should not be eaten less than one hour prior to a swim.

Hence a knowledge of the contents of the food you eat is important and this is sometimes difficult with commercial food.

The Nutritional Principles for the Pre Swim Meal are:-

1. Eat a medium to light meal 3-4 hours (1-2 minimum) before the event.
2. The total calorie value should be about 400-700 calories (1674-2930 joules)
3. Eat low fat minimum protein and high carbohydrate meal. (at least over 70% of the meal carbohydrate)
4. Eat foods that are familiar. Always try foods well before any competitions. High carbohydrate usually means high fibre and this may cause diarrhoea in some people. Added to pre race 'nerves' this may cause great discomfort and detract from performance.
5. If a swimmer is convinced a particular food is going to help them perform well and provided it doesn't contradict these principles too greatly, then let them use them. Long term education may be necessary.
6. Avoid a large intake of gas producing and spicy foods.
7. Eat moderate amounts of lean protein foods mixed with vegetable, fruit, bread cereals and low fat dairy foods. Use skim milk instead of whole fat.
8. A liquid meal may be well tolerated but check beforehand that it is not too sweet. Make sure it is kept well, e.g. milk base should be cool.
9. Avoid large amounts of fatty foods, simple sugars and gassy drinks.
10. Day to day eating during training and in the days leading up to competition is more important than the last few hours..

Examples of Foods for meals

Swimmers should really be checking their own meals against the principle listed and making the necessary adjustments. Remember, you have to like the food as well.

Breakfast

- 1 Piece Fruit, raw or cooked (little or no sugar). Beware of the fruits that give you indigestion.
- 1 Cup Cereal - avoid the high sugar commercial varieties, check the packet. Suitable examples include muesli - home made, weetbix, oatmeal, allbran, puffed wheat, nutrigrain.



$\frac{1}{2}$  cup skim milk  
 1 tabs dried fruit to flavour cereal.  
 Pancakes - wholemeal, may be an alternative to cereal, toast or beans  
     1 - 2 (low sugar)  
 100gms baked beans, spaghetti or 1 boiled or poached egg.  
 1 slice wholemeal bread or toast (no butter) or a wholemeal cracker  
     biscuit  
 150 mls or small cup of unsweetened fruit juice. (May need to be  
     diluted with water.  
 Coffee and tea (skim milk and no sugar if possible.

#### Morning tea or snack (Choose one.)

Wholemeal cracker biscuits lightly buttered with a non sugar spread.  
 1 piece of fruit  
 Sandwich  $\frac{1}{4}$  -  $\frac{1}{2}$  round, salad or lean meat filling.  
 Drink - water, tea, coffee, unsweetened fruit juice or drink receipe.

#### Lunch

Sandwiches are the best stand by and are easily carried.  
 e.g. 1-2 rounds of wholemeal cottage cheese and salad (no butter)  
     Bread may be substituted by cracker biscuits (low salt)

or

#### Salads

A green salad and if needed one piece of lean meat e.g. chicken or  
     ham may be added.  
 1 - 2 slices of bread.

or

Mixed salad with a dressing.  
 e.g. potato salad with low fat dressing or been salad.  
 Fruit - one piece  
 Drinks - water, tea, coffee, unsweetened fruit juice or drink receipe  
 Cold weather - soup e.g. Vegetable & noodle soup.

#### Afternoon tea or snack

Fruit - one piece  
 Drink - water, fruit juice or special milk shake

or

$\frac{1}{2}$  - 1 round of wholemeal sandwich e.g. tomato

or

Wholemeal pikelets (no butter or honey!)

#### Dinner

Pasta and rice dishes are excellent foods, they can be with a meat  
 (low fat) or vegetable sauce.  
 e.g. Macroni cheese and vegetable sauce  
     Spagetti vegetable sauce  
     Vegetarian Lasagne

Rice with Vegetables, chicken and fish (avoid fried rice or noodles)  
 Noodles, chicken and brocolli etc.  
 Chicken salads - Cottage cheese salad etc.

In cold weather soups are a good choice as they can be light but nutritious. Preferably home made and avoid the packet variety (high salt) and high fat types.

### Dessert

Eating well doesn't mean you have to lead a spartan existence. Again desserts must fit into the guidelines, therefore heavy creams and ice-cream (high fat, high sugar) are out.

However, custards with skim milk and yoghurts (low fat, low sugar) are permissible. Pavlova with fruit is OK once in awhile or Meringue with fruit custard etc.

Stewed fruit e.g. Cinnamon plums etc

Drink tea, coffee, skim milk, fruit juice (unsweetened)

Once again, what you eat is up to the individuals taste, but this will hopefully give swimmers a guide. You really have to experiment and find meals you like, can easily prepare, and can be taken to the pool.

The above example of dinner assumes dinner is eaten at home. If it has to be at the pool, then a choice of lunch foods would be more appropriate.

### Country and Visiting Swimmers

Special attention needs to be given by country and visiting swimmers to their diet at a swim. They cannot easily obtain or prepare the foods they require. If travelling anywhere and you have favourite foods, take them with you e.g. cereal, dried fruit etc. It may pay to prepare your own wholemeal fruit cake (low sugar), wholemeal fruit bars etc. If eating out, select restaurants that have the foods you require. Most Italian Restaurants have a wide range of pastas etc. Chinese - the noodles, rice and vegetables, and are light on protein. Take away b-b-que chicken and roast chicken without the skin, jacket potatoes and salad are other examples.

Stay away from the greasy fried chicken and fried fish and chips also restaurants with heavy rich cream and egg yolk sauces. Don't underestimate the humble sandwich. It can be done up in many exciting ways to make a complete meal, for example: the open wholemeal or rye sandwich with salads a little lean protein, fish etc, but go easy on the mayonnaise. Experimentation with different grain breads can also dress up a sandwich.

### Drinks

Drinks are very important and under no circumstance should fluid intake be restricted. Take small amounts at frequent intervals. Water is the best drink, if you choose fruit juice watch the calorie intake and it should also be diluted.

Drinking coffee one hour before an endurance event has been shown to have some effect in extending the muscle energy stores. For the

average male - 70 kgms - 2 strong cups of percolated coffee will have this effect. However, some people have adverse reactions to caffeine and it is not generally recommended.

During hot weather and in heated pools, special replacement drinks may be required such as staminade. These usually need to be diluted to at least  $\frac{1}{2}$  strength. Swimmers should carry a container of the following drink at all times:

#### Drink Recepte

1. Mix together  
200 mls water  
40 mls orange juice (fresh)  
pinch salt
2. Chill
3. Drink 100-200mls every 15-20 minutes during prolonged activity in hot weather or conditions.

#### After Swim Meal

Very little is said about meals after swimming and these are just as important as the Pre Swim Meal and more important for events the next day.

#### Guidelines:

1. Meals are high carbohydrate. If performance is over several days glycogen stores (muscle energy) need to be replaced daily. Diet should contain 70% - 80 % carbohydrate.
2. Drink at regular intervals. Alcohol should be avoided!!! Light beer is however, an acceptable substitute.
3. Foods rich in complex carbohydrate cereals, bread, fruit, starchy vegetables, pastas, rice, beans are the best types of food.

Some refined sugars may be included in limited amounts.

4. Meals should be eaten soon after competition as the greatest replacement occurs 10 hours after swimming.

#### Carbohydrate Loading

This is only of benefit to swimmers swimming continuously for over 1 - 2 hours and therefore is of no benefit for swim meets. However, in the week before competition swimmers should consume a higher carbohydrate diet than usual (70 - 75%)

Remember though not to overeat, also you are in taper so your expenditure is not as great and any excess calories will be converted to fat and extra weight will decrease your performance.

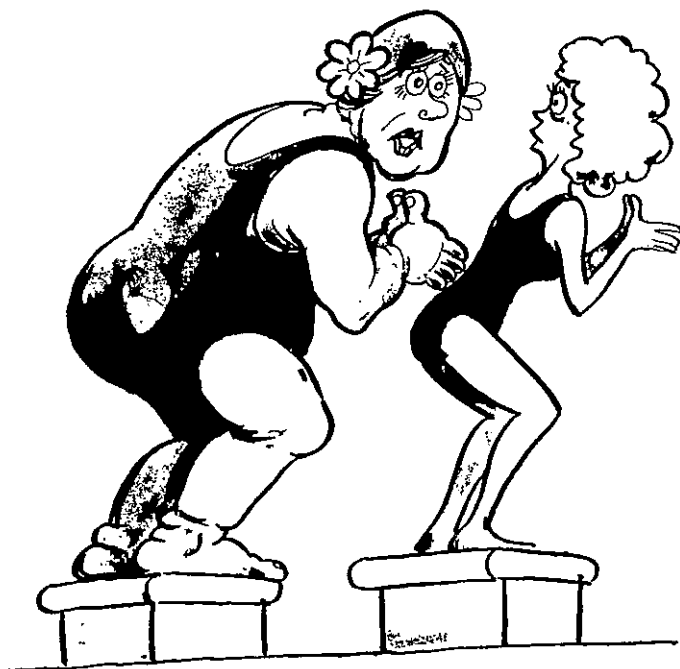
So now it is over to you. Seek out the right foods that suit you, your tastes and the needs of the situation. Experiment and be flexible and have substitutes at hand, especially when you are away at the Nationals or Japan.

References:

Burnett Ruth "Nutritional Strategies for Improved Performences"  
Dept. Sport & Recreation W.A. Sept. 1985.

Cox Kay "Fuel for Swimming" Swimming in Australia Vol 1, March 1985

Haas Robert "Eat to Win" Penguin NY 1985



**I THINK I OVERDID THE CARBOHYDRATE  
LOADING !**

## COACH'S CLINIC

Excerpts from W.A's Director of Fitness and Education's newsletter-K. Cox

### THE TAPER AND PEAK

#### YOUR TRAINING PROGRAMME GUIDE

Prior to the taper the swimmers should be into the Conditioning phase of their training, i.e. the heaviest and most demanding part of their programme. The coach in this period will be watching for signs of overtraining and remember the only cure for that is rest.

By now swimmers will have selected the strokes and distances for their State and National Swims and it is these strokes and distances which should be trained. If swimmers are still doing long distance Swim Thrus, they also need to keep doing distance workouts as well.

Once the hard work has been done the performance has to be retimed, sharpened up, the Taper is the finishing touch to get a swimmer to peak performance, its the icing on the cake. All too often a good preparation is ruined by a poor taper. Usually only one taper is done in a season but if more are required e.g. for an interclub, then State Swim, and/or National Swim then the swimmer and coach have to determine priorities. There should only be one main taper.

#### When to taper?

Ten days to a week before an event is adequate. If its a 'mini' taper then about 3 days before.

#### How to taper?

As the word indicates, the work load, amount, sum and intensity is reduced down to a fine point.



### Diagram of a Taper

13.

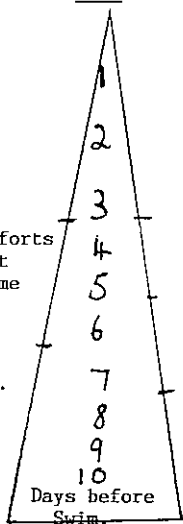
SWIM ~ Warm up, flexibility

## INTENSITY

\*No all out efforts

90%-100% efforts  
for at least  
25% programme

80% efforts.  
Some race  
pace.



## DISTANCE

No swimming, or only warm up swimming.

Starts, turns, relay changes etc.

No More than 1500m

Race pace. Distance of events  
Shorter than distance swims  
Longer rests - fewer repeats

No more than 1800m

90% Race pace. Swim race distance and less e.g. 50, 25. Longer rests.

No more than 2000m

Some over distance swims.  
High intensity sprints 50's 25's  
Longer rest periods.  
90%-100% pace. Many repeats.  
Finish pulling work.

Intense workout distance about 3/4 maximum.

## General Principles of the Taper

1. Individuals will still have individual needs.
2. At the beginning of the taper it may only be the distance that is reduced e.g. from 3,000m to 2,000m.
3. As each day passes there is a reduction in distance as well as intensity as the rest interval is increased. The effort may remain the same and actually increases, but better quality of swim is achieved by a longer rest.
4. All out efforts should not be done within 3 days of the swim as muscle glycogen stores will be depleted and not replaced in time.
5. Alternate days with medium and hard workouts.
6. If you are not sure whether to rest a swimmer or not, go for the rest.
7. Practise every aspect of the race, starts, finishes and turns. e.g. practise the last lap of the 200m event. Practise the whole race. Even practise all the events in one days swimming.
8. Practise at race pace and faster than race pace. (i.e. shorter distances).
9. Most of the distance covered should be in the warm up and cool down.  
e.g. 1,500m 400m Warm up

400m Warm up  
700m Sprints  
400m Cool down

10. If swimmers are not training every day, then this doesn't matter, providing the step down is along the same lines.
11. No all out efforts over 50m or 25m in the last week.

### Why taper?

A well tapered swimmer will show improvements in performance. The reason for their improvements are not really clear. Whether it is the improved muscle strength with reduced intensity or other complex physiological reasons, it does happen.

## RULE TIPS

### The Start

Except in backstroke events, swimmers may start from the starting blocks; the pool end or push off from the pool end whilst in the water, provided that one hand is on the pool end wall. Backstroke swimmers must start in the water and push off backwards from the pool end.

Coaches please make sure your swimmers are aware of these rules, especially the newer swimmers. New swimmers in State or National events can overcome disappointment by not being able to finish an event by being aware of these rules. It may also give them confidence to know if they have to stop they will not be disqualified.

### The Race

Standing on the bottom during a race shall not disqualify a competitor but he shall not walk or push off to resume the swim. i.e. float feet to the top and commence swimming.

Likewise, holding onto the lane ropes shall not disqualify a competitor, but he shall not propel himself forward by pulling on the lane ropes.

### Remember

Now you do not necessarily need to step onto the back of the blocks. You may, on the preparatory command, stand onto the surface and front of the blocks.

Coaches should now be making all swimmers aware of the Rules of their events. Please check all strokes and at least warn a swimmer that something may be wrong. It is heart-breaking to have to disqualify a swimmer, especially if it is their first State or National Swim, and hear them say "No one told me before". If there is definitely no way they are performing the stroke correctly, at least tell them and suggest a change of stroke or be prepared to be disqualified. However, please reassure the swimmers that the referees are not out to disqualify, they are trying to ensure the swimming is fair to all.



## PROFILES

Marjorie McQuade was just 13 when she was chosen to swim in the 1948 London Olympics, prompting the Russian Newspaper "Pravda" to do an editorial on the exploitation of young athletes in Western Countries. Extraordinary isn't how things have changed? Marjorie is the new club captain of POWER POINTS AUSSL and this profile is a direct 'pinch' from their newsletter, I hope they will forgive me.



Swimming as Marjorie McQuade in the '48 Olympics she was the youngest ever Australian Olympian until 1960 when coxwain Ian Johnson went to Rome aged 13 years and 3 months.

She made the semi-finals in her first Olympics and also swam in the 1952 Games in Helsinki. She won three Gold Medals in the Empire Games in Auckland in 1950, and won the 100 and 200m sprint titles shortly after the London Olympics, and, as a junior, won the Australian Backstroke Championship. Incidentally, Marj held those National 100 and 200m sprint titles for 5 consecutive years, from 1949 to 1953.

She retired from competitive swimming in 1954. By 1984 she had decided "I wanted something more to life. I wanted a project again". So she decided to start swimming again and joined Powerpoints AUSSL. Recalling, Marj said, "after 4 days training, I did a time trial. After 50 metres I thought my chest was going to explode, the pain was intense. I couldn't breathe. Everything inside me was saying, 'stop you fool' but I just couldn't. I wasn't going to quit." Her 50m time was just 1.5 seconds outside the National record for her age, and that was only on four days of training!

Marj went on to swim brilliantly at the State and National Titles in 1985 where she took several National records. She has broken the National 50m Backstroke record 3 times and at present is only 1 second off the World record. She went to Toronto for the Inaugural World Masters Games in August last year where she came 2nd in the 100m freestyle; 3rd in the 50m freestyle with 6/100ths second between first and third; and 3rd in the 100m backstroke. Not a bad effort for someone who had been swimming again for such a short time, and had Christmas out with back trouble.

Marj has gone from strength to strength, consistently winning her age group at club meets, and her club has great hopes for her at the State and National Titles, and the World Swim in Tokyo in July.

Not only does she swim well, but she plays a mean game of golf too. Being 9 times associate club champion at Kingston Heath, and runner up a couple of years back in the State Title to former International Barbara Dillon is testament to that. She now plays off a handicap of eight after being at four.

Marj also enjoys hiking and snow skiing and used to water ski. We also hear she has quite a good seat on a horse!! Though we believe it was a little tender after the Powerpoints first horse riding weekend. (She couldn't sit for a week.)

THE JEFFREY BOY'S FROM THE 'WEST'.

During the early 1930's three brothers were outstanding swimmers in Western Australia. They were Dick, Alan, and Doug Jeffrey, and they were prominent in the North Cottesloe Surf Lifesaving Club in surf swims; and the Claremont Amateur Swimming Club at the old baths on the Swan River.

During the war Alan Jeffrey was killed, but Dick and Doug are again big names in State and National swimming record books. The recently published 1985 National Top Ten lists the amazing performances of the brothers, fifty years after their 1930 success.

Dick Jeffrey at 74 is credited with 3 first placings and numerous other listings. Doug, the nipper of the two at 67 years holds no less than 17 first placings as well as 6 other listings.

Both Doug and Dick can be seen swimming regularly with the Claremont AUSSI club. They certainly are a great advertisement for the AUSSI motto of "Fitness and Fun".



Doug ↑      Dick ↑  
Nth Cottesloe Surf Team  
3rd from left is another  
brother Alan (Killed in war)

## STRETCHING FOR SWIMMING - BY GLENYS McDONALD

### Introduction

Should stretching be included in a training programme? The unequivocal answer to that question is yes. There are many reasons why we should stretch, but I feel it is best summed up by Urray D, "Australian Swimming Coaching Manual" Level 2 Course textbook, where it is stated - Flexibility exercises have become increasingly important, both to assist stroke mechanics and to lessen risks of injury.

Stretching exercises are seen by some swimmers, particularly AUSSI swimmers, as a fad. They come to the pool to swim and they feel strange if their coach suddenly introduces a set of 'physical jerks'. The fact that this important element of a swimming training programme has been left out for so long does not make its reintroduction and the education of swimmers to the benefits, any easier.

I hope to show the importance of introducing stretching into our training programmes. The benefits of flexibility, and ways of educating AUSSI swimmers to make daily stretching and warm up stretching, part of their routine.

### Flexibility and the Adult.

Flexibility or suppleness is the term used when discussing the range of motions possible in various joints of the body. Surprisingly it has been found that even children lack flexibility in many ranges of movements. With adults, the problem is exacerbated as flexibility is reduced as we get older. The sedentary nature of our lifestyle in Australia, and perhaps the fact that for many of us there has been a long gap in our participation in exercises of any kind, means that we may find that we lack flexibility in many ranges of movements that are necessary in the performance of our swimming strokes. It is also possible that swimming may actually reduce flexibility in some areas.

### Flexibility to assist Stroke Mechanics

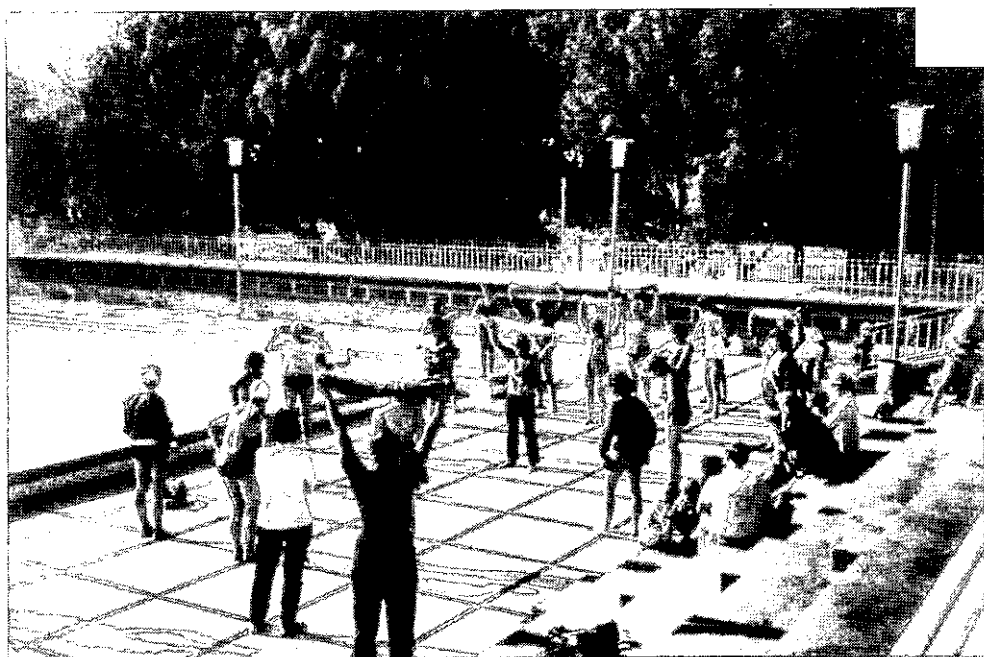
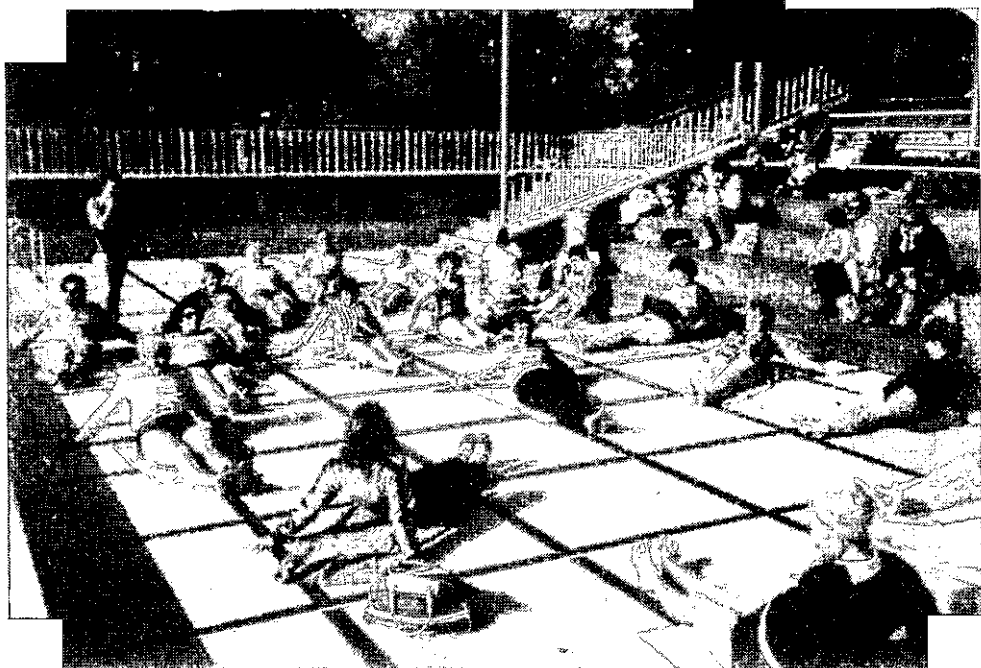
It has become apparent over the last two decades that the science of swimming and the biomechanics of the strokes, needs to be understood by the coach if he is to assist his swimmers to swim faster, become fitter and prevent injury.

Flexibility is important in all four strokes and some examples are outlined:

#### Shoulders:

Backstrokes need shoulder flexibility in order to downstroke effectively at the beginning of their underwater stroke.

Butterflyers and Freestylers need shoulder flexibility in order



to recover their arms without 'dragging' them through the water or, in the case of freestylers, moving them laterally. Have a look at older AUSSI swimmers doing butterfly and freestyle next swim meet, and decide what improvements might be made by improved flexibility and strength.

#### Ankle:

Swimmers of all strokes need ankle flexibility for their kick. However, this is especially important for the breaststroke kick. According to David Urray - "in breaststroke, the ability to turn the ankles out (dorsiflex and evert) is of primary importance."

#### Stretching to lessen the risks of injury.

If a club coach introduces stretching exercises into his club's warm up programme, it will have the following benefits:

1. Stretching increases the range of movements of the joints
2. Stretching promotes relaxation
3. Stretching improves the working of the muscles and joints
4. Stretching prevents and decreases injuries to the joints that are stressed when swimming. (As one gets older this becomes more important.)
5. Stretching will help overcome joint and muscle soreness in areas that have not been used for some time.
6. Stretching can also be used in the overcoming of swimming injuries, especially the 'overuse' and 'unaccustomed' injuries.

(K. Cox "Learn to Swim for Over 55's Lesson Handbook." )

Flexibility or stretching exercises should be done a little and often. The most effective and safest way is slow, gradual and gentle. If this is followed, then injury by misuse or overuse in swimming is lessened.

If a swimmer is tackling a new stroke, e.g. Butterfly or Breaststroke, it would be wise to practise the range of stretching exercises beneficial to the performance of that stroke, well before embarking on the first lesson. Similarly, if a swimmer is returning to a swimming training programme after some time lapse, flexibility exercises should form an important part of the pre-conditioning phase of his training programme. A swimmer who commences any heavy programme of work for a State or National Swim without thought to stretching or pre-conditioning is heading for injury or illness.

Those swimmers who already suffer from swimmer's shoulder should exercise within the limits of their condition. Stretching should be an integral part of their warm up, workout, and post workout, with ice applied to the shoulder after training. The warm up should be done first, followed by the stretch.

As flexibility, like fitness, is lost easily, stretching should not only be part of the swimmer's warm up, but should be part of their daily routine. 10 minutes spent daily can easily be incorporated into a lifetime programme.

As one of the ideas of stretching is to prevent injury, any person with joint or back conditions should check with their doctor first, and avoid those exercises which might affect their condition. It is important that any competitive element is removed from an organised stretching session - stretching is completely individual.

### TYPES OF STRETCH

There are 3 methods in common use:- ballistic stretching; static stretching; and proprioceptive neuromuscular facilitation (PNF).

In the past many flexibility programmes emphasised much flinging of the limbs and trunk to 'bounce' beyond the maximum range of motion. There is some evidence to show that these movements can cause joint damage. They are extremely hazardous and should be avoided at all costs. It is hoped that clubs do not see stretching exercises in the vision of an aerobic exercise session. The two are completely different.

The PNF method is a combination of static stretching and isometric contraction. Thus, according to Maglischo, PNF stretching permits even greater ranges of motion than static stretching alone. This can be attempted with a partner but care should be taken to choose a partner of similar height and build, and to ensure that no undue force is exercised. One takes the limb to the comfortable end of movement range and, using partner resistance, performs 4-6 second isometric contractions of the muscles being stretched. As the contraction ceases, the partner eases the limb further back and another contraction is repeated in the new position. Usually 3 or 4 new positions are sought.

This type of stretching is suitable for adults. However although it has a place, it needs careful planning and selection of swimmers.

### THE STRETCHING PROGRAMME RECOMMENDED FOR OLDER ADULTS

It is recommended that stretching exercises be divided into 4 groups:

- Group 1      Those for the arms and shoulders
- Group 2      Hips and Buttocks
- Group 3      Legs
- Group 4      Back

At least one exercise from each group should be incorporated into each stretching session. The order is not important, however swimmers must be instructed to stretch not strain and to breathe during the exercises

### Conclusion

Although we all know that in swimming the body is supported by the water, and we do exercise every muscle in the body, this does not necessarily improve our flexibility and in cases it is the reverse. Without flexibility we are more prone to injury and less able to perform the strokes efficiently. As we are we become even less flexible and it becomes even more difficult.

The simple solution to improve both the efficiency of our stroke and lessen our chances of getting swimmer's shoulder or cramps etc, is to stretch daily. It is thoroughly recommended that AUSSI coaches educate their swimmers on the facts of stretching and make it an integral part of their routine. Whether it is more convenient to swim warm up first then stretch or vice versa can be left to the individual coach, however current thinking is that you should swim warm up first, then stretch.

If a coach is unavailable to take such warm up stretching session each workout, then after educating the group, exercise cards could be placed on the walls to remind swimmers which exercises they should run through before commencing their workout. Perhaps personal cards could be another consideration.

Another application for stretching within AUSSI is that those clubs who suffer pool closures in winter, do not need to loose either their fitness or flexibility. Clubs could continue to meet and enjoy their camaraderie in the off season with stretching exercises; perhaps weight training specific to their swimming strokes and perhaps participate in other aerobic sports to maintain their flexibility, strength and fitness until pool time becomes available to them again. On that point also, remember adults are a very powerful voting lobby group, when it comes to pressure for heated pools and year round availability of pool facilities - make your needs known.

Back to stretching. Aside from the injury prevention aspects of flexibility, AUSSI clubs and coaches should initiate a stretching programme because of the positive relationship between flexibility and performance.

### Bibliography

Cox, Kay, "Learn to Swim for the Over 55's Lesson Handbook"  
Department for Sport and Recreation W.A.

Maglischo, E, "Swimming Faster", California State University,  
Chico, 1982.

Urray, D, "Australian Swimming Coaching Manual"

Chapters:

Blanksby, B, "Land Conditioning for Swimmers".

Bloomfield, J, "Principles of Coaching".

Fitch, K, "Medical Aspects of Swimming"

Attached are some examples from the 4 groups mentioned. It is important that stretches be held for only 5 seconds, gradually building up to the maximum times shown.

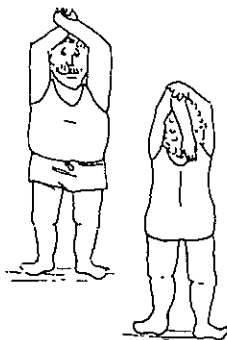


## GROUP 1 (Arms Shoulders)

22.

### a) Twisting arm reach

Intertwine your arms and join hands together.  
Stretch as high as possible.  
Hold 20 seconds.  
Relax.

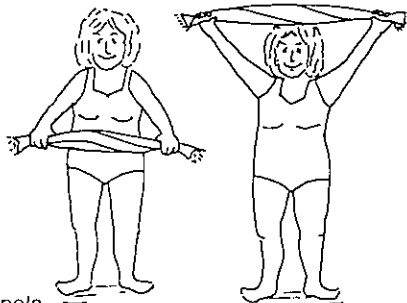
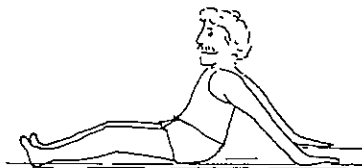


### b) Back Scratch

Reach back to scratch your right shoulder with your left arm.  
Cup the palm of your right hand and push gently down on the left elbow.

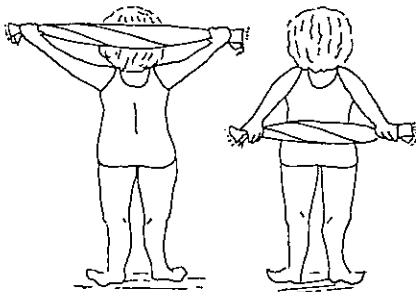
### c) Back Slider

Sit on the floor with legs out in front.  
Put hands face down and fingers pointing away on the ground behind you.  
Slide your hands back as comfortably as possible.  
Hold 5-15 seconds.



### d) Rotating Towel

Use a rolled towel or pole.  
Grab one end in your left hand and the other in the right.  
Pull the towel tight.  
Raise arms above the head.  
Rotate arms behind your back and bring the towel to waist level.  
Reverse the action and bring the towel back to starting position.  
12-15 in one minute.

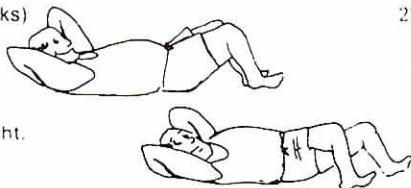


## GROUP 2 (Hips and Buttocks)

23.

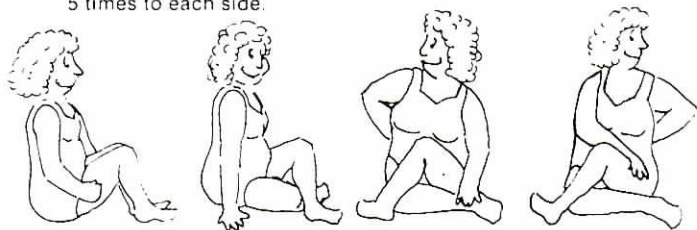
### a) Lazy Twist

Sit on floor.  
Hands behind head  
Left leg crosses right.  
Twist lower body to right.



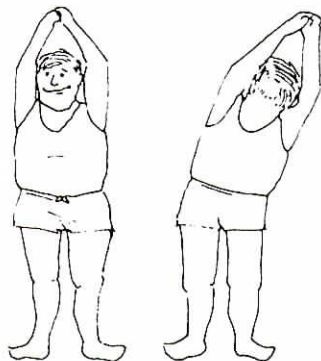
### b) Two Way Twist

Sit with knees bent arms cross to side.  
Drop right leg to floor and cross under left leg. Also shift your left foot as far to the right as possible.  
Grab your ankle with left hand.  
Next put your right hand in the small of your back and twist your body and head as far as you can go so you look over your back. Now twist to your left draping your right hand over the outside of your left thigh steadying yourself with the left hand placed behind your back  
5 times to each side.



### c) Side Stretch

Put your hands straight up over your head and clasp them together. Feet about shoulder width apart.  
Bend to the right as far as you can.  
Hold 15 seconds.  
Bend to the left etc.



d) **Leg Twist**

Lie on back feet stretched out.  
 Flip right leg over left leg as far as it will go.  
 Press right leg down towards floor.  
 Keep back as flat on floor as possible.  
 Hold 20 seconds.  
 Repeat with left leg and right arm.

e) **Total Stretch** (Good relaxation activity)

Lie on back, arms loosely stretched above head. Legs straight.  
 Stretch as far as possible in 5 seconds.  
 Relax.  
 Repeat.

**GROUP 3 (Legs)**

## a)

**Bend and Crouch**

Standing feet comfortably apart.  
 Place hands on hips.  
 Dip body in slight crouch with knees bent a little.  
 Hold 30 seconds.

b) **Angle Stretch**

Stand feet shoulder width apart.  
 Left leg in front.  
 Point left foot and press into ground.  
 Hold 5 seconds.  
 Repeat for right leg.

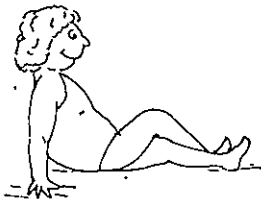
- c) **Split and Reach**  
 This is for people who are already quite supple.  
 Progress slowly if you are not and start with legs closer together.  
 Sit with legs apart. Lean forward as far as possible and hold for as long as possible. Make your target 1 minute.



- d) **Yoga Stretch**  
 Sit with soles of feet touching and hold together with hands. Grasp feet and bend forwards as far as possible. Hold ten seconds. Return to sitting. Repeat.



- e) **Torso Twist (bent leg)**  
 Sit on floor. Lean on right hand. Cross right leg over left leg which is outstretched. Look and turn to the right. At same time lean on your cocked left knee with your left elbow which is draped over the bent right leg.



a) **Back Roller (Don't do if you suffer from back pain)**

Do on soft surface.

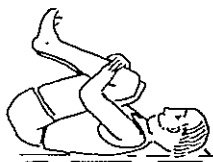
Sit on floor hug knees tightly close to chest.

Head between bent knees.

Slowly roll until you have rocked back to your shoulders and feet are in the air.

Roll back to start position.

Do 4-6 times.

b) **Back Kicks**

Lie on back with legs outstretched.

Bend your right knee up to your chest, clasp in your hands and hold there for 10 seconds.

Lower the leg to the floor

Repeat with the left leg.

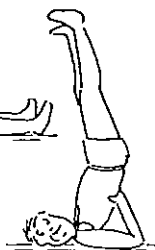
c) **The Plow (Do not do if you have back pain)**

Use a soft surface

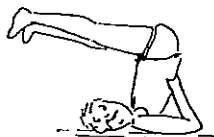
Lie on your back.

Prop yourself up with feet in the air like you are going to do bicycle exercises

Lift your legs held straight



Continue to fall overhead (gently) and try to touch the ground behind with toes. Hold for 30 seconds

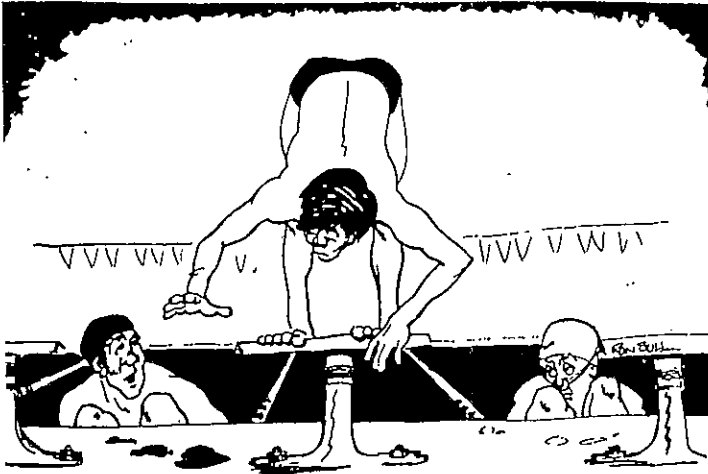


Remember stretch not strain. Discontinue any that cause you pain.

TIT BITS

When driving home from those AUSSI 'Stubby Stakes' or the Social events of the National Swim, remember that drinking and driving don't mix. We don't want to have to print your comments to your insurance company like those listed below.

1. "I collided with a stationary truck coming the other way".
2. "The guy was all over the road, I had to swerve a number of times before I hit him".
3. "I told the police that I was not injured, but on removing my hat I found that I had a fractured skull".
4. "I knocked over a man. He admitted that it was his fault as he had been run over before".



IS THIS YOUR FIRST BACKSTROKE START?



### LONG DISTANCE SWIMS

Dick Campion, the National Director of Fitness and Coaching commented recently that he would like to see AUSSI encompass more distance and endurance swimming.

Well, we have the Aerobic Trophy for those 400m - 5,000m swims, but they're in a pool!!! More and more now, our members are heading for the rivers and oceans to join the ranks of keen participators of Long Distance Swims.

Dick states that throughout the world there has been a great upsurge in ~~personal~~ fitness and well being. Jogging came into vogue and led the field for a number of years, then triathlons and aquathons and other Iron Man events began to appear. More and more of these type of athletes are turning to our AUSSI clubs to improve the swimming legs of their events or to swim through their other sporting injuries.

Long Swims are organised in many States. Some by amateur swimming, winter swimming associations, surf lifesaving and water polo clubs, some are run by AUSSI and some by promoters. They range in distance from 800m - 5,800m. Some are well organised and have adequate rescue personnel and sensible rules. Others are not.

Some are handicapped starts and others are mass starts. Some conducted in very cold water or over the much longer distances allow wet suits etc, but one 20K swim in Victoria will not even allow goggles and the organisers were confident that the sharks had conveniently taken a holiday elsewhere on that day.

The demand is definitely evident for Long Swims (perhaps not the 20K variety) and AUSSI swimmers are swelling the ranks and are every organisers dream. Where possible then, AUSSI swimmers should become involved in any panel to run such events so that common sense and all aspects of swimming safety are considered.

Victorian AUSSI's join in all available Longer Distance events, as do A.C.T. South Australia probably have the most with twelve Long Swim events on the annual calendar ranging in distance from 1000 - 5,800m and they have their AUSSI entry system down to a fine art. Western Australia also has about eight Long Swim Thrus conducted both in rivers and the ocean. Only two of these are run by AUSSI clubs at this stage, but it is AUSSI Swimmers who make up the numbers of them all. Most of these swims are 1,600m one is about 2,000m and the Perth Swim is 4,500m. The most popular one with the W.A. AUSSI's is the 'Rottnest Swim Thru' of 1,600m. It is held annually on the first Saturday in December off the beach at Rottnest Island, which is situated some 16 kms from the mainland. AUSSI's invade the island for the weekend and there is a lot of our motto "Fitness and Fun" in evidence. The photos are of last December's event which was mass started in two groups with approximately 260 swimmers.

So, Long Swims appear here to stay. Let's ensure that common sense is evident in their conduct. Let's hope to, that AUSSI swimmers who include these events in their swimming goals, train for them, or as Dick Campion said in the last issue of this Newsletter "don't be afraid to throw in the towel".







"Percy" on loan from AUSSI Carine.

#### SPEEDO GRAND AUSSI POSTAL RELAY RESULTS

##### FIRST: - NORTH LODGE, VICTORIA

North Lodge 'lodged' up an incredible 16 first places and 6 seconds.

All winning team members will receive a Swim bag from Speedo and the prestigious 'Speedo Postal Relay Swim Cap'.

All members of the second fastest teams will also get the 'Speedo Postal Relay Cap'. The rest of you will have to strive a bit harder next year to add these collectors items to your wardrobe.

##### SECOND: POWER POINTS, VICTORIA

The 'Pointers' scored 5 first places and one second.

##### THIRD BRISBANE SOUTHSIDE, QUEENSLAND

John Townend's team helped take his club to a credible 4 firsts and 4 seconds.

Congratulations to all winners and to each and every club who had a go, particularly the isolated country clubs.

##### FASTEST TEAM - CRONULLA SUTHERLAND, N.S.W.

Their mens Freestyle Relay completed the event in the zippy time of  
1.43.18

A Speedo Postal Relay Trophy will be presented to North Lodge at the "Welcome Function" at the National Swim in Adelaide in April. Other prizes will be mailed.

SPEEDO GRAND AUSSI POSTAL RELAY COMPETITION

31.

RESULTSEVENT 1 - 4 x 50m MIXED FREESTYLE RELAY80 YEARS +

1st	NORTH SYDNEY	N.S.W	1.56.21	K. Turner; M. Gibson J. Neale; P. Martin
2nd	TOWNSVILLE MASTERS	QLD	1.58.57	
3rd	NORTH LODGE	VIC	2.02.71	
4th	BRISBANE SOUTHSIDE	QLD	2.03.02	
5th	GIPPSLAND FLIPPERS	VIC	2.03.29	
6th	WARRINGAH	N.S.W	2.11.67	
7th	BLUE LAKE	S.A	2.12.52	
8th	TAMWORTH	N.S.W	2.18.04	
9th	GUILDFORD	N.S.W	2.25.22	
10th	ESPERANCE	W.A.	2.26.79	
11th	LAUNCESTON	TAS	2.28.69	
12th	OAK FLATS	N.S.W	2.36.60	

120 YEARS +

1st	POWER POINTS	VIC	1.58.31	B. Eastoe; J. Clifton
2nd	LEISURE COAST	N.S.W	2.03.56	A. Kilmier; M. McConnell
3rd.	KIAMA	N.S.W	2.03.85	
4th	CARINE	W.A.	2.06.94	
5th	TOWNSVILLE MASTERS	QLD	2.07.69	
6th	WARRINGAH	N.S.W	2.08.79	
7th	NORTH SYDNEY	N.S.W	2.10.67	
8th	POWERPOINTS	VIC	2.10.91	
9th	GUILDFORD	N.S.W	2.11.95	
*	GIPPSLAND FLIPPERS	VIC	2.15.71	
10th	OAK FLATS	N.S.W	2.15.94	
11th	POWERPOINTS	VIC	2.16.95	
12th	INGLEWOOD	W.A.	2.19.62	
13th	ESPERANCE	W.A.	2.22.24	
14th	LAUNCESTON	TAS	2.25.19	

160 YEARS +

1st	NORTH LODGE	VIC	2.04.70	J. Becker; D. Smith J. Patterson; R. patterson
2nd	WARRINGAH	N.S.W	2.08.35	
3rd	WEST COAST MASTERS	W.A.	2.09.31	
4th	TOWNSVILLE MASTERS	QLD	2.14.96	
5th	LEISURE COAST	N.S.W	2.21.20	
6th	POWER POINTS	VIC	2.21.97	
7th	NORTH SYDNEY	N.S.W	2.29.89	
8th	GUILDFORD	N.S.W	2.37.31	
9th	ESPERANCE	W.A.	2.38.13	
10th	OAK FLATS	N.S.W	3.36.45	

200 YEARS +

32.

1st	POWER POINTS	VIC	2.25.37	M. Bennett;	J. Marriott
				I. Sheddon;	M. Dutton
2nd	CARINE	W.A.	2.27.53		
3rd	NORTH SYDNEY	N.S.W	2.29.85		
4th	NORTH LODGE	VIC	2.29.94		
5th	WARRINGAH	N.S.W	2.32.85		
6th	BRISBANE SOUTHSIDE	QLD	2.50.41		
7th	TAMWORTH	N.S.W	2.53.86		
8th	ESPERANCE	W.A.	2.54.23		
9th	TAMWORTH	N.S.W	2.55.12		

240 YEARS +

1st	NORTH LODGE	VIC	2.28.29	R. McCabe;	E. Donovan
				B. Wilson;	E. Anderson
2nd	WARRINGAH	N.S.W	3.06.20		

280 YEARS +

1st	NORTH LODGE	VIC	3.11.16	F. Vorrath;	N. Ayers
				J. Rogers;	M. Parker

EVENT 2 - WOMEN'S FREESTYLE RELAY80 YEARS +

1st	TOWNSVILLE MASTERS	QLD	2.03.55	M. Hirst;	S. Jewell
				C. Ferguson;	S. Ryan
2nd	NORTH LODGE	VIC	2.09.73		
3rd	NORTH SYDNEY	N.S.W	2.11.95		
4th	BRISBANE SOUTHSIDE	QLD	2.13.22		
5th	WHITFORDS	W.A.	2.24.00		
6th	POWER POINTS	VIC	2.25.40		
7th	GUILDFORD	N.S.W	2.30.78		
8th	ESPERANCE	W.A.	2.43.90		

120 YEARS +

1st	CARINE	W.A.	2.19.21	J. McGuire;	B. Byers
				V. Holman;	L. Pethick
*	GIPPSLAND FLIPPERS	VIC	2.19.23		
2nd	POWER POINTS	VIC	2.19.70		
3rd	NORTH SYDNEY	N.S.W	2.19.88		
4th	TOWNSVILLE MASTERS	QLD	2.19.95		
5th	KIAMA	N.S.W	2.20.32		
6th	WARRINGAH	N.S.W	2.21.64		
7th	BRISBANE SOUTHSIDE	QLD	2.24.92		
8th	CROWULLA/SUTHERLAND	N.S.W	2.29.65		
9th	INGLEWOOD	W.A.	2.36.64		
10th	OAK FLATS	N.S.W	2.39.76		
11th	LAUNCESTON	TAS	2.41.20		
12th	BLUE LAKES	S.A.	2.46.35		
13th	ESPERANCE	W.A.	2.46.44		
14th	GUILDFORD	N.S.W	3.09.11		

160 YEARS +

33.

1st	NORTH LODGE	VIC	2.21.40
2nd	WARRINGAH	N.S.W	2.24.72
3rd	TOWNSVILLE MASTERS	QLD	2.25.91
4th	LEISURE COAST	N.S.W	2.26.24
5th	TAMWORTH	N.S.W	2.27.80
6th	BRISBANE SOUTHSIDE	QLD	2.35.99
7th	CRONULLA/SUTHERLAND	N.S.W	3.04.96

V. Boyd; J. Barker  
G. Robinson; A. Teyssie

200 YEARS +

1st	POWER POINTS	VIC	2.31.65
2nd	WARRINGAH	N.S.W	2.58.65
3rd	BRISBANE SOUTHSIDE	QLD	3.08.44
4th	NORTH LODGE	VIC	3.17.19
5th	NORTH SYDNEY	N.S.W	3.18.00

P. Kempson; H. Jones  
M. Bennett; M. Dutton

240 YEARS +

1st	NORTH LODGE	VIC	2.40.84
2nd	NORTH LODGE	VIC	2.48.73
3rd	CRONULLA/SUTHERLAND	N.S.W	3.22.60
4th	BRISBANE SOUTHSIDE	QLD	3.45.34

B. Anderson; F. Vorrath  
S. Malcolm; B. Wilson

EVENT 3 - MEN'S FREESTYLE RELAY80 YEARS +

1st	CRONULLA/SUTHERLAND	N.S.W	1.43.18
2nd	BRISBANE SOUTHSIDE	QLD	1.47.72
3rd	GIPPLSAND FLIPPERS	VIC	1.49.19
4th	NORTH SYDNEY	N.S.W	1.56.21
5th	LEISURE COAST	QLD	1.57.53
6th	POWER POINTS	VIC	1.58.21
7th	BRISBANE SOUTHSIDE	QLD	1.59.74
8th	TOWNSVILLE MASTERS	QLD	1.59.75
9th	BLUE LAKE	S.A.	2.02.97
10th	WARRINGAH	N.S.W	2.06.94

R. Rowland; D. Turner  
D. McCabe; B. Horan

120 YEARS +

1st	BRISBANE SOUTHSIDE	QLD	1.50.73
2nd	NORTH LODGE	VIC	1.54.94
3rd	CARINE	W.A.	1.56.17
4th	CAMPBELLTOWN	N.S.W	1.57.34
5th	NORTH SYDNEY	N.S.W	1.58.00
6th	GUILDFORD	N.S.W	1.59.48
7th	POWER POINTS	VIC	2.03.02
8th	WHITFORDS	W.A.	2.03.39
9th	WARRINGAH	N.S.W	2.06.71
10th	OAK FLATS	N.S.W	2.07.08
11th	BRISBANE SOUTHSIDE	QLD	2.08.46
12th	ESPERANCE	W.A.	2.16.70
13th	LAUNCESTON	TAS	2.21.92

J. Townend; S. Fry  
C. Vanderstam; M. Rollason

120 YEARS +

1st	BRISBANE SOUTHSIDE	QLD	2.11.78	D. Salisbury; R. Tilley C. Vanderstam; G. Henry
2nd	NORTH LODGE	VIC	2.13.49	
3rd	CARINE	W.A.	2.16.22	
4th	POWER POINTS	VIC	2.18.34	
5th	GUIDLFORD	N.S.W	2.23.71	
6th	NORTH LODGE	VIC	2.24.65	
7th	BRISBANE SOUTHSIDE	QLD	2.26.53	
8th	NORTH SYDNEY	N.S.W	2.26.96	
9th	OAK FLATS	N.S.W	2.29.91	
10th	LEISURE COAST	N.S.W	2.38.55	
11th	WARRINGAH	N.S.W	2.42.58	
12th	LAUNCESTON	TAS	2.42.98	
13th	ESPERANCE	W.A.	2.49.00	

160 YEARS +

1st	WEST COAST MASTERS	W.A.	2.25.72	A. Shepherd; A. Manners C. Bridle; B. Green
2nd	WARRINGAH	N.S.W	2.35.34	
3rd	POWER POINTS	VIC	2.41.16	
4th	NORTH SYDNEY	N.S.W	2.59.21	

200 YEARS +

1st	WARRINGAH	N.S.W	2.38.36	P. Jackson; T. Kelly P. Derwent; J. Mutton
2nd	GIPPSLAND FLIPPERS	VIC	2.40.23	
3rd	NORTH LODGE	VIC	2.43.54	
4th	POWER POINTS	VIC	2.53.45	
5th	BRISBANE SOUTHSIDE	QLD	2.54.73	
6th	GUILDFORD	N.S.W	3.08.88	

240 YEARS +

1st	NORTH LODGE	VIC	2.44.73	J. O'Doherty; S. Krasey E. Donovan; L. Foote
2nd	WARRINGAH	N.S.W	3.19.86	

280 YEARS +

1st	NORTH LODGE	VIC	3.19.45	J. Rogers; B. McCabe T. Neville; B. Charles
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EVENT 6 - MIXED MEDLEY RELAY80 YEARS +

1st	GIPPSLAND FLIPPERS	VIC	2.12.41	J. Ramsay; B. Ford D. Tantau; J. Simpson
2nd	BRISBANE SOUTHSIDE	QLD	2.13.68	
3rd	NORTH LODGE	VIC	2.18.04	
4th	POWER POINTS	VIC	2.23.35	
5th	NORTH SYDNEY	N.S.W	2.24.29	
6th	WARRINGAH	N.S.W	2.31.41	
7th	BLUE LAKE MASTERS	S.A.	2.43.27	
8th	BRISBANE SOUTHSIDE	QLD	2.45.38	
9th	LAUNCESTON	TAS	2.59.75	
10th	OAK FLATS	N.S.W	3.01.79	
11th	ESPERANCE	W.A.	3.08.94	

120 YEARS +

37.

1st	POWER POINTS	VIC	2.18.96	B. Eastoe; T. Lewis
2nd	KIAMA	N.S.W	2.21.67	G. Pye; G. Pember
3rd	LEISURE COAST	N.S.W	2.24.69	
4th	NORTH LODGE	VIC	2.24.83	
5th	WARRINGAH	N.S.W	2.26.11	
*	GIPPSLAND FLIPPERS	VIC	2.28.17	
6th	BRISBANE SOUTHSIDE	QLD	2.29.98	
7th	WEST COAST MASTERS	W.A.	2.31.10	
8th	NORTH SYDNEY	N.S.W	2.33.15	
9th	TAMWORTH	N.S.W	2.34.07	
10th	OAK FLATS	N.S.W	2.42.12	
11th	ESPERANCE	W.A.	2.45.61	
12th	BRISBANE SOUTHSIDE	QLD	2.46.33	
13th	POWER POINTS	VIC	2.49.31	
14th	INGLEWOOD	W.A.	2.50.74	
15th	LAUNCESTON	TAS	2.58.50	
16th	ESPERANCE	W.A.	3.30.12	

160 YEARS +

1st	NORTH LODGE	VIC	2.26.59	R. Patterson; J. Becker
				G. Robinson; K. Wallis
2nd	WARRINGAH	N.S.W	2.28.32	
3rd	WEST COAST MASTERS	W.A.	2.31.03	
4th	BRISBANE SOUTHSIDE	QLD	2.38.26	
5th	POWER POINTS	VIC	2.39.00	
6th	BRISBANE SOUTHSIDE	QLD	2.43.21	
7th	NORTH SYDNEY	N.S.W	3.01.00	
8th	LEISURE COAST	N.S.W	3.15.31	
9th	ESPERANCE	W.A.	3.24.52	
10th	OAK FLATS	N.S.W	4.12.64	

200 YEARS +

1st	NORTH LODGE	VIC	2.49.83	M. Malcolm; D. Smith
				C. DeGroot; M. Smith
2nd	BRISBANE SOUTHSIDE	QLD	2.51.95	
3rd	POWER POINTS	VIC	2.52.16	
4th	NORTH LODGE	VIC	2.57.93	
5th	WARRINGAH	N.S.W	2.59.45	
6th	POWER POINTS	VIC	3.18.26	
7th	TAMWORTH	N.S.W	3.20.10	
8th	BRISBANE SOUTHSIDE	QLD	3.29.60	
9th	ESPERANCE	W.A.	3.32.00	
10th	NORTH SYDNEY	N.S.W	3.39.65	

240 YEARS +

1st	NORTH LODGE	VIC	2.47.83	B. Anderson; S. Krasey
				T. Donovan; B. Wilson
2nd	WARRINGAH	N.S.W	3.53.72	

280 YEARS +

1st	NORTH LODGE	VIC	3.21.63	L. McLandish; J. Rogers
				B. McCabe; F. Vorrath

\* (Unregistered swimmer.)