



...S.I.N.E...S

The official Newsletter of
MASTERS SWIMMING - INTERNATIONAL

NUMBER 8

OCTOBER 1991

Editor's Note

In MSI News No.7 in July, I told you about the wonderful competition we all experienced at the Pan Pacific Masters in both Tokyo and Guam. Whilst all this swimming and diving was going on, in the back room at the complex sat a small band of dedicated Masters Swimmers. These people work very hard, often at the expense of their own swim performance, so that they can contribute to the healthy continuation of Masters Swimming. After all most of us just want good competition, fitness incentives, and lots of fun and friendship don't we? Well these people try to ensure our needs are met, so read on and see what they were up to.

I have had trouble keeping to my October deadline this issue because of my own business and swim commitments. I have just run a very successful 1.6km ocean swim, the first of our "season" in Western Australia. Our little village is 550km from Perth our major city, but we still managed to get some 70 swimmers, ranging in age from 25 years to 82 years to make the journey. They come because the swim is well run, but more importantly, because it is a fun weekend. The water temperature was a cool 19° and we had one case of hypothermia, the first first aid case we have had in three years of the event. I was very grateful the medical team were on hand and prepared, and the problem was quickly rectified.

Previous issues of MSI News have highlighted the importance of medical coverage at all Masters Meets, and in this issue I include for you the full medical report from Tokyo.

Our readers will remember that MSI News No.7 devoted some space to the brilliant World Record in Tokyo of Rowdy Gaines in the 100m Freestyle. Personally, I found Rowdy so generous with his time, and he seemed happy to have his photograph taken with an assortment of fans, me included, wherever he went. I was also interested to hear his first comments to a fellow club member when he was congratulated on his 100m F/S World Record. "I wouldn't have done it if I hadn't watched you swim your event, you helped me break the record." On returning home from Tokyo, Rowdy became ill. I am sure I speak on behalf of Masters Swimmers everywhere, in wishing him a speedy recovery.

And finally, before you read on, don't forget that the information booklets for the World Masters Championships in Indianapolis are currently being circulated. Don't miss out, and start training for this great event now.

Glenys McDonald
Editor

MSI Congress

The MSI Congress usually meets every two years in association with the World Masters Championships, but on two occasions now the Congress has met at the Pan Pacific as well.

The Congress is made up of the Council of MSI and two delegates from each member country. Countries present at this Special Congress were Australia; Brazil; Chinese Taipei; Japan; New Zealand; Netherlands; Vietnam; and the United States. These countries represent more than 50,000 registered masters swimmers, so there was a lot of sharing of concerns and ideas both within and outside the meetings. It was pleasing to see that the FINA Vice-President, Mr Artie Shaw also attended the meetings.

In brief, the business of this Congress was as follows:

1. Regional Swim Meets

At the present time, the Pan Pacific Masters is an open event, and has been both a long course and short course event. Discussion followed on whether the event should be closed to persons of that region only, with the hope that other regions will conduct similar events. The meeting also looked at the concept of Postal Meets, but this was not highly favoured as a global event, but it was felt it could be a successful concept in Europe. More thought was needed and this item was deferred to the Indianapolis Congress 1992.

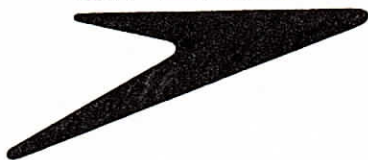
2. MSI Publicity/Promotions Report

I presented my Report and Development Plan for 1991/92.

3. Indianapolis 1992

The meeting expressed disappointment that there was no formal report on progress for this event and Japan raised

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THE CHOICE OF CHAMPIONS

concerns at the oversight of MSI's logo and being left off the promotional material.

It was Moved Japan, Seconded Australia

"That in accordance with the Pasadena Agreement any Championship or Meet sanctioned by FINA/MSI should show equal representation to both organisations during the planning, promoting and conduct of the Championships. Where any amendments or changes to rules and conditions of conduct are proposed, approval of both sanctioning bodies must be received by the host country and its organising committee." Carried

4. 1993 Pan Pacifics

New Zealand gave a comprehensive planning report on the 1993 Pan Pacific Masters Championships to be held in Hamilton, New Zealand in April, 1993.

5. Technical Rules

A problem regarding a No False Start ruling detailed in the programme for the Tokyo Meet was discussed, as it contravened the new FINA ruling for Masters which allowed one false start.

As the competitors had been aware of advertising of a No False Start rule when they entered the meet, permission was given to allow this ruling to proceed for this particular event, with several announcements to be made throughout the swim.

Please refer to MSI News No.7 to see how this No False Start Rule worked at the Meet.

6. Rules of MSI

The pre-circulated draft of updated MSI Rules were discussed item by item and on the final day of the meeting was adopted as amended.

7. The Pasadena Agreement

Some newer members of MSI were not familiar with the "Pasadena Agreement", an Agreement signed by both FINA and MSI in 1985. This was copied for all members and discussed in full over the meeting days. Finally it was

Moved Japan, Seconded New Zealand and as amended by USA *"That*

(i) Council reviews the application of the Pasadena Agreement since the signing of the Agreement in 1985, and

(ii) Council would be receptive to discussions with FINA to develop further co-operation between FINA and MSI to promote Masters Swimming in the principle of the Pasadena Agreement. Such discussions could be held in Indianapolis during the 1992 FINA/MSI World Masters Swimming Championships." Carried

8. World Records

Two issues seem to be hindering the smooth progress

between MSI and FINA, and these are the joint sanctioning of the World Masters Championship, and the "ownership" of the Masers World Records.

World Masters Records were initiated by MSI and have always been kept by MSI. Discussions have been going on for some time now between both FINA and MSI regarding the issuing of a certificate for those swimmers who break a world record. Unfortunately discussion, at the time of our meeting was at a stalemate. FINA had agreed to MSI's request to provide a certificate for Long Course records, with MSI continuing to do the recording process work, and MSI issuing a certificate for Short Course. MSI wished for joint recognition on both certificates, but FINA were unable to approve this. A stalemate was apparent and this was unfortunate as FINA had already printed some certificates. After considerable discussion MSI decided to keep "control" over MSI Masters World Records, and so the swimmers will not be inconvenienced further the following motions were carried for MSI to produce a certificate.

Moved USA, Seconded Brazil

"That the certificate as tabled by adopted."

Moved Australia, Seconded Brazil

"That the certificates be produced and issued as soon as practicable".

Moved Australia, Seconded New Zealand

"That certificates be issued to existing and future World Record holders".

Moved Netherlands, Seconded Brazil

"That persons who have set World Records since the signing of the Pasadena Agreement on June 22, 1985, which have not been broken, may apply for a World Record Certificate by sending details of event, date, place and age group, together with a fee of US\$5 per certificate to the World Recorder. Relay Records certificate fee shall be US\$10 which includes five certificates. It is recommended that these requests be made through member associations."

I hope I have highlighted fairly the discussions of the MSI Congress, and I would be interested to hear the views of our readers on any issues raised.

MSI Council

The Council of MSI is made up of the President; Vice-President Finance; Vice-President Programmes and the Area Directors for Europe, Asia, North America, South America, and Oceania.

The Council also met during the Pan Pacific Championships and discussed the following issues:

soothe swimmers eyes
PREFRIN DROPS

1. Reimbursement of airfares for Council members.
2. General informal discussion on the Role of MSI; The Pasadena Agreement; World Certificates and Associate Membership.
3. Following on from these discussions a Steering Committee was appointed to look at the Structure, Finances and Role of MSI and to have their report to the President of MSI by February 28, 1992.

Please note, submissions are requested and I have already sent mine in as I have some very strong views on the structure of the MSI Council. You can forward your submissions to either my address or to the President of MSI, Mr Gary Stutsel, and we will pass these on to the Steering Committee.

4. Workshop Report.
The working party, who had spent most of the Meet finalising several tasks, reported via the Championship Chairman, Mr Graeme McDougall, to the Council.

The Championship Committee

Unfortunately many members of the actual Championship Committee were unable to attend the series of meetings in Tokyo, but a group, ably led by Graeme McDougall, the Championship Chairman were soon embroiled in the task. This group included myself, Rob Hanou from the Netherlands, and Lyall Mortimer and John West from New Zealand. In dealing with the task at hand all the previous World Swims and Pan Pacifics were reviewed in the light of what we learned from them. The Chairman also had written comments from the USA and Canada, on the information he had pre-circulated.

After much discussion three vital components for future Championship hosts were completed. We stopped short of calling the completed work a "Guide" to hosting major Masters events, but I think it could be used as such.

- Obligations of the Host Body and its Organising Committee.
- An Application Form for MSI Sanctioned Meets which includes a check list of swimmers and organisers needs.
- A Contract.

These documents together with the FINA Rules of Swimming; MSI Rules and the Pasadena Agreement, should enable a host country to ascertain if they have the structure and facilities to conduct a major Masters event.

s Up To You

So there you have it. The challenge is over to you. Have your say on what you see as the Role of MSI in co-operation with FINA. Then tell us how we are to achieve this role, both structurally and financially.

Currently MSI jointly sanctions a World Masters Championship every two years, and a Pan Pacific Championship every alternate year.

We keep World Masters Long Course and Short Course Records.

We produce a World Top Ten Times listing.

We produce MSI News.

We have a secretariat to deal with the day to day running of MSI.

We have a Championship Committee to review Swim Meets and the issues which arise from them.

We are the "voice" of upwards of 60,000 masters swimmers, who may or may not have a direct input into the FINA Masters Congress through their member association. We are the Trade Union of Masters, as one member country put it.

We have a Congress to reassess, review and react to the problems encountered by Masters.

We promote Masters swimming as a healthy, happy and enjoyable pastime.

We are all participating Masters swimmers, so we best know our own needs.

However, all these "activities" cost money. Our sources of funds are limited to membership fees, which are minimal, and sanction fees, which are under a cloud.

I personally do not think our funding of Area Directors to Council Meetings is the highest priority for our funds, particularly when these people are often not in a position to speak for their "area", and the countries of their areas are represented by two delegates at the Congress. However, we must maintain the ability to get our key executive people to meetings.

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Subscription fees \$10 AUST. per year.

Monies in Australian currency please
and payable to
MASTERS SWIMMING INTERNATIONAL
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NORTHAMPTON WA 6535
AUSTRALIA

Countrywide – Chinese Taipei

There are approximately 8,000 registered Masters Swimmers in Chinese Taipei. These swimmers are affiliated with one of the 88 clubs. Clubs range in size from 200 members to about 1,000 members.

Clubs pay their fees to a Masters Swim Committee which in turn is affiliated with Chinese Taipei Swimming Association. The Masters Swim Committee is run by volunteers and has a Chairman and General Secretary, members hold office for a period of two years.

The Masters Programme in Chinese Taipei is divided into four main activities:

- (i) National Championship L.C. Swim Meet – August. About 1,500 swimmers participate in this event. The Masters Swim Committee assist and a club sponsors the event.
- (ii) Winter L.C. National Championships – March/April. Again this event attracts some 1,500 Masters Swimmers.
- (iii) National Masters Lake Swim. This event is usually held in July with 1,500 swimmers tackling a 2,000m; 4,000m or 10,000m course. The start is staggered in age groups with hat identification and numbers.
- (iv) Non Competitive Lake Swim. This swim is to encourage all swimmers to try 4,000m. All participants receive a certificate and this event is growing annually in numbers.

Chinese Taipei also run coaching clinics etc, and numbers attending these run into the hundreds.

I am sure you will all agree, quite a satisfactory progress since their first National Championships about twelve years ago.

The Pasadena Agreement

The FINA Masters Commission, established in April of 1985 at Indianapolis by the FINA Bureau, met on June 21 and 22, 1985 at the California Institute of Technology in Pasadena, California, USA. Members present were: Gunnar Werner (Sweden), Chairman, Artie Shaw (New Zealand), Tina Martin (United States), Gary Stutsel (Australia), Brunello Graja (Italy), Kusuo Kitamura (Japan). The following items were agreed upon:

1. To recognise Masters Swimming International (MSI) as the only organisation outside FINA representing Masters Swimming.
2. To recommend that MSI be recognised by the Swimming Federations in each country.
3. To recommend to the FINA Bureau that Masters be regarded as the fifth discipline under the Constitution and Rules of the FINA.
4. To recommend to the FINA Bureau that a Masters Technical Committee be established forthwith.
5. To propose an additional to C 12.2 at the end of the first sentence which shall read: "except for the Technical Masters Committee". To propose an amendment to C 16.2 which shall read: "Members of the Technical Masters Committee must be or have been Masters swimmers".

6. To recommend to the FINA Bureau that a fifth Technical Congress be established for Masters.
7. To inform the FINA Bureau that the Masters Commission will work on mutual Masters Rules based on the existing MSI and FINA Rules; and to propose to the FINA Bureau to integrate these new Masters Rules in a separate section of the FINA Rule Book, subject to approval by the Congress.
8. To arrange a World Masters Swimming Championships under the name: "First FINA/MSI World Masters Swimming Championships" to be held in Tokyo, Japan on July 11-16, 1986.
9. To organise a World Masters Championships every second year thereafter; and to honour the award of the Second FINA/MSI World Masters Swimming Championships to Australia in 1988, subject to approval of the suggested venue.
10. That the first member of the Technical Masters Committee is Mrs Tina Martin (United States), who was appointed to the Masters Commission by the FINA Bureau.
11. To guarantee to MSI the right to appoint six (6) members of the new Technical Masters Committee. The names of the appointees are as follows: Mr Steve Gosse (Canada), Mr Kusuo Kitamura (Japan), Mr Morrie Chiang (Chinese Taipei), Mr Gary Stutsel (Australia), Mr Brunello Graja (Italy) and Mr Tom Logan (New Zealand). In addition, MSI may nominate candidates for the remaining five (5) chairs. Nominations must reach the FINA Secretariat no later than 30 September 1985.
12. To request that the FINA Secretariat call for nominations for the Technical Masters Committee to be considered at the FINA Bureau meeting in Madrid in November 1985. These applications of nominees must reach the FINA Secretariat no later than 30 September 1985.

Signed: Gunnar Werner (Chairman), Tina Martin (Secretary), Artie Shaw, Gary Stutsel, Kusuo Kitamura, Brunello Graja, Members.

Medical Report – Tokyo Pan Pacifics

Injuries incurred during the Pan Pacific Championships of Masters Swimming in Tokyo by Y. Mutoh MD, Japan Amateur Swimming Federation

During the Pan Pacific Championships of Masters Swimming, physicians of Japan Amateur Swimming Federation provided medical assistance. 63 cases (34 males, 29 females) and 65 injuries were treated. The injuries of those in their 60's were the most (28.6%), followed by injuries of those in their 50's (21.2%).

63.1% of these injuries were traumatic, including abrasions, contusions, muscle cramp and fractures. 30.8% were medical problems such as headache and common colds. The remaining (6.1%) were ophtalmic disorders, otorhinolaryngological disorders and dermal disorders.

Finger injuries due to inaccurate touch on the goal board, muscle cramps due to lack of stretching and warming-up, and headaches due to excessive tension immediately before the competitions were prominent.

A 45-year old female swimmer could not breathe just before the 50 metres turn and was almost drowned in the event of 100m butterfly. The life-guards took her from the pool and transported her to the first aid room. Oxygen therapy was performed for about 10 minutes and was successful.

The diving events (one metre platform and three metre platform) were carried out during this championship. Cases of muscle pain, muscle cramps and eardrum injuries were observed.

Some of the divers did not seem to possess enough technique and physical strength.

We had two special clinics for the safe masters swimming, namely "The prevention of injuries due to masters swimming". and "Emergency care of a newly devised lifesaving stretcher for use in swimming pools".

It is hoped that "Masters swimming – Swimming for the adults" should be safe and enjoyable.

"You are not as young today as you were yesterday." (Dr Taffy Cameron, UK: FINA Medical Committee).



For complete information and entry forms:

IV WORLD MASTERS SWIMMING CHAMPIONSHIPS

901 West New York Street, Room 204

Indianapolis, Indiana 46202 USA



IV WORLD MASTERS SWIMMING CHAMPIONSHIPS

June 25 – July 5, 1992

Indianapolis, Indiana USA

Official Schedule of Events

Thurs., June 25	Water Polo	Mon., June 29	Synchronized Swimming
Fri., June 26	Water Polo		Long Distance Swimming
	Diving		Bounce Back Pasta Party
	All American Welcome Picnic	Tue., June 30	Swimming Events
Sat., June 27	Water Polo	Wed., July 1	Swimming Events
	Diving	Thurs., July 2	Swimming Events
	Synchronized Swimming		Speedo's All American Summer Party
	Beat the Heat Skating Party	Fri., July 3	Swimming Events
Sun., June 28	Diving	Sat., July 4	Swimming Events
	Synchronized Swimming	Sun., July 5	Swimming Events

Calendar of International Events

OCTOBER 1991

11th-13th

3rd Australian Masters Games

Swimming Co-ordinator
PO Box 389, Kenmore, Qld. Australia
Sheffield England
Tel: 0509 230431
"Novotekhnika" Desjatinnaya 7
Kiev 252025 Ukraine USSR

18th-20th

ASA National Masters

26th-8th Nov

Dnieper Cup

DECEMBER 1991

7th-8th

3rd Open Masters

14 rue de l'ingenieur R. Keller
75015, Paris France

1992

27-29 March

Svenska Oppra Masters

Gaule SS

30-31 May

6th International Masters

Baja, Hungary
Varkalmi Mikl6o H-6500 BAJA
Szarusas Gabor U3 Hungary

FINA/MSI WORLD MASTERS SWIMMING CHAMPTIONSHIPS

1992

Indianapolis - June 25th-July 5th
Entries close - May 22nd 1992 to

Heidi Neuburger
901 West New York Street
Room 204, Indianapolis
IN 46202 USA

1994

Montreal, Canada

MSI PAN PACIFIC MASTERS SWIMMING CHAMPIONSHIPS

1993

Hamilton, New Zealand - April

1995

Perth, Western Australia

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