



# M.S.I. NEWS

The official Newsletter of  
**MASTERS SWIMMING - INTERNATIONAL**

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**December 1994/January 1995**

The views expressed in this newsletter are those of the writers and not necessarily those of the members of Masters Swimming International Inc.

The 3 digit number on your address label indicates the last issue you will receive in your current subscription

## Kobe

Our thoughts are with the people of Kobe and especially with members of Japan Masters Swimming who have suffered loss as a result of the disastrous earthquake.

## Happy Birthday

Happy Birthday all (registered) swimmers, especially those lucky 39 year olds who have turned 40 sooner than they wanted to.

I refer of course to the widest reaching decision of 1994, the adoption by the FINA Masters Congress in Montreal of rule MSW2 Age Determining Date.

For all purposes pertaining to Masters World Records and Masters World Championships meet competition the actual attained age of the competitor shall be determined as of December 31 of the year of competition. **This means all registered Masters swimmers who were 39 on the 31 December 1994 turned 40 on 1 January 1995.**

Read in the item on Rules why I believe that this Rule applies to all international competitions with only domestic competitions being exempt.

## G's Gazings

In this issue we look past the rumours to question the demise of the 1995 Hawaii Festival and the part played in that demise by Rules. We then move to highlight the FINA Rules which we can now expect to be progressively enforced as FINA consolidates its control of Masters Swimming. What next? Open Water Swimming?

We then turn to international Relay competitions and question whether all relays should be deleted from the World Swim program instead of the very popular 400m freestyle. On the fitness front we glance at the German Trim Campaign. You can then read the comments of fellow subscribers Louise Pallett, Lyall Mortimer, Keith Wake, and Betty Stern. The Postal Events have been updated with three extra events.

Finally I apologise for delaying our look at the impact of Masters Games and the future of Open Water Swimming. I have received lots of input on the World Masters Games to the point where there just isn't enough space in this issue to do it justice without increasing the cost of postage. On the other hand I have not received one single comment about Open Water Swimming. The FINA Rule Book is much more vague on this topic than it is on pool swimming. Is this because they see it is going to be harder to dislodge the many local entrepreneurs who have been running open water events for years? If you have any ideas for publication please write now!

**Gary Stutzel**  
Editor

## Hawaii-What went wrong?

By now most of you are aware that the Hawaii Masters Festival 1995 has been cancelled, but do you know why?

There are many rumours circulating blaming this body or that body, or this person and that person but it is my belief that there were two underlying factors both of which were aggravated by the fact that this was a

new venture being promoted by MSI which although international is seen by some as being Australian.

I believe the reasons were:

1. It became obvious that Hawaii was going to be a success!
2. Rules- contradictory rules!

In 1981 USMS was asked to conduct the first Pan Pacific Masters meet in Hawaii. At that time it was obviously too hard and so Sydney ran the first meet.

Hawaii has long had a special appeal-*Waikiki, Maui, the Big Island, the Pipeline*- the list goes on, and the level of interest in the 1995 event was evidence that it would succeed. There were tremendous support and interest from the people of Hawaii and now of course this has been replaced by their anger and sadness. They need not be upset for too long, as it appears that a major meet will be held there in 1997 with a USMS sanction and the backing of several Masters Swimming Associations in the region. It seems full attendance at that meet will now be assured by the demise of the '95 Festival.

Rules! I have never seen so many rules ignored, bent, misinterpreted or what ever other negative word you can think of. It is mystifying that Medical Games, Police and Firemen's Games, Gay Games and even World Masters Games have been allowed to bend the rules much further than Hawaii '95 was going to and yet they have never received the same attention. Is it that this cash-strapped body, MSI, which gave us World Records, World Championships and World Top 10 was finally going to have some funding, albeit peanuts by most standards.

Graeme McDougall and I followed the USMS Rules strictly as they are written but unknown to us and to USMS those rules are outdated, disjointed and in conflict with the FINA Rules, which now take precedence, as was made clear to every member of FINA. In fact if the USMS Rules are not amended registered swimmers will not be allowed to compete in the Swimming events at the 1998 World Masters Games which are to be held in Portland, Oregon.

**The threat to ban any competitor from all Masters events for two years was the only reason Hawaii was cancelled.** I do not blame FINA for pointing this out to you all because it is a part of their rules, Rules which we are now all governed by (see following article). The point which concerns me though is that

these rules have been both unknowingly and deliberately ignored in the past. 40% of the swimmers in the World Masters Games in Brisbane were not registered members of federations. Relays were made up of people who were not all from the same club and yet they were not only allowed to swim but even awarded medals. A very prominent member of Swimming's hierarchy was not disqualified in Montreal inspite of swimming what was not breaststroke in a breaststroke event. One has to ask "Why are **some** of these Rules suddenly to be enforced?"

Knowing I will not get an answer to this question I have collected a list of those FINA Rules which I believe will now be enforced on all of us. I urge that all Masters Associations review this list and add to it any I have missed and that they then write to the Secretary of the FINA Masters Committee asking that that body review their list and urge the FINA Bureau to print a complete guidebook for registered Masters Swimmers. The only alternative to having rules, knowing and understanding them and following them is anarchy.

## FINA Rules

*"no one ever knows what a bureaucracy requires because it is justifying its own existence and would become redundant if this information was known"*

*Michael Smith, Pharmacy Trade, Dec. 1994*

Correspondence received concerning the 1995 Hawaii Masters Festival brought this point home dramatically.

In the interests of better understanding I have collected the following list of FINA Rules which effect all Masters swimmers. I now urge FINA to collate them in a Masters Handbook. Pages refer to FINA Handbook 1994-96

C3. Objectives (p66) ; C3.1; C3.2; C3.3; C5.3; C10

General Rules (p82 introduction)

GR1.2; GR2; GR3 (p83); GR3.1; GR3.2; GR3.3; GR4.5; GR4.6; GR5 (p85); GR7; GR8.3; GR10; BL6.3; SW2; SW5; SW6; SW7; SW8; SW9; SW10; SW11; SW13; SWAG.1

Open Water Swimming pp144-154

Masters Rules p343 to 349

Bitter experience has shown that even though some of these rules are currently ignored you could easily be

the first person to be effected by them. The problem of course is that these rules were designed for elite swimmers usually representing their country and not for us lowly Masters. In its rush to embrace us FINA has apparently not fully considered the possible consequences of some of these rules. In particular I draw your attention to GR1.2; GR3.2; GR4.6; GR7.2; GR8.3; GR10.2.1; BL6.3.3; MGR4. Once more I warn you- **don't think that because they haven't been enforced yet that they won't be.**

If there are rules which are not suitable for Masters then you should seek to change them. Information on how to do this is available from your federation or the FINA Office.

**There are a few changes or clarifications which I believe need to be made.**

MGR 4 may be in conflict with the Masters introduction which states "a minimum age limit of 25 years". Perhaps MGR 4 needs to have added to it "provided that the competitor has already attained the true age of 25 years"

MSW 2 is not needed. It is covered by MGR 4 and SWAG1 (p141). MGR4 implies that this age determination applies to all international competitions including World Top 10 which is not included in MSW 2. SWAG1 exempts domestic competitions from this age determination date.

MSW5 contradicts GR5.1 and therefore needs to have added to it words like "at the one competition".

BL6.3.3 Entries (p102) is one rule which has been ignored which I would like to see enforced. It requires entries for World Championships to be signed by the federation Secretary. Perhaps this would be a check on the entry of unregistered swimmers and phony relay teams.

## Relays

After the Toronto World Masters Games in 1985 the Swimming Chairman Kay Easun said that "*relays as we know them should not be a part of international events*". There is a lot to be said in support of this view as whilst it is often impossible for the leading individual to attend the World Championships how much harder is it for a club to get its four best swimmers there? Then we have situations like the Brisbane 88 World Swim where Holmes Lumberjacks fielded the best teams that money could sponsor. The

Organising Committee of the Montreal 94 World Swim has been advised of at least 8 teams which contained swimmers who at that time were not all members of the same club. These teams won, **no, were awarded,** 3 gold medals, one silver, 2 thirds and 2 fifths.

Perhaps this could have been avoided by requiring federations to certify all entries, but this would be an enormous task for USMS(USA) and JMSA(Japan). We now read that the FINA Bureau has endorsed the elimination of the 200m mixed medley relay from the 96 World Swim in Sheffield. Many have asked why the mixed relay when it is far easier for a club to get 2 men and 2 women to travel the world than it is to get 4 swimmers of the same sex?

**Maybe we should ask "why have any relays?"**

World Relay records can be broken in domestic meets and as I said above, many teams which win medals at World Swims have been formed just for that purpose. Once the medals have been won the swimmers go back to their individual clubs or worse still drop out of the Masters program.

## Sheffield Changes.

It has been reported that the FINA Bureau gave approval for the following changes to the World Swim to be held in Sheffield, UK, on 22 June to 2 July 1996:

1. extend the swimming event program from 6 days to 7 days.
2. allow swimmers only one individual event per day with a maximum of 5 individual pool events each.
3. eliminate the 400m freestyle and mixed 200m medley relay (see article above).
4. introduce qualifying standards for 400m individual medley and 800m freestyle. The standard will be the established world record plus 40%. No medals will be awarded to those who do not meet their qualifying times.

No doubt point 2 will have the desired effect of eliminating entries from a lot of our social swimmers as there is no way they would want to sacrifice 5 days of their annual leave sitting around a hot pool. With an extra day for swimming why eliminate the 400m freestyle? With our emphasis on fitness and health surely the 400m is a better distance than the 200m or even the 50m and 100m? If the action I suggested in

my article on Relays was taken there would be extra free time.

For another opinion read the letter from Lyall Mortimer President of New Zealand Masters to Sheffield.

## FINA Masters Officials

The FINA Bureau has decided to establish a list of FINA Masters Swimming Officials. Please note that this list will include only Swimming Officials for the Masters competitions. Applications must be returned to the FINA Permanent Office no later than the 31st March 1995. For further information contact your Masters Committee or your federation.

## German Trim Campaign

by Dr Jurgen Palm abridged from TAFISA Newsletter 7/94

Several hundred German newspapers and magazines have agreed to place ads for the German Sports for All Campaign free of charge.

The Campaign has increased sport participation in Germany in the last 20 years from 25% of the population to close to 80% of the population.

In order to change the traditional world of elite sport into a more open participation system it was decided that a verbal and visual change of understanding of sport was necessary. The picture that broad segments of the (German) population had of sport in the Sixties and Seventies - and some still have today - was dominated by the media presentation of elite performance sport. It was decided the imposing image of top sport must be replaced by a new visual and verbal approach. Joy should be more dominant than excellence, recreation more than work, play more than competitive striving.

The advertisements present enjoyment, relaxation, self experience and social contact as the main visual and verbal messages.

Editor's notes: one wonders how effective newspaper advertisements would be in those countries where TV and the Internet seem to have taken over as the mediums of communication?

Was it just a coincidence that the principal sponsor for the 1994 World Masters Games was Pauls Trim?

## Masters Coaching Course

Any Masters Association interested in learning more about AUSSI Masters Swimming in Australia (Inc) National Coaching Accreditation Course should write direct to the AUSSI Executive Director, Ivan Wingate, P.O. Box 207, Cowandilla, SA, Australia 5033.

## Letters to the Editor

from Louise Pallet, South Africa about Hawaii (abbreviated) 8 Jan 1995

How are you? Getting over the shock? We're all very upset, lots of people would have gone even if not sanctioned, but not the very competitive ones. Lots of people got the trip as a Xmas present and of course are upset. You know, we in South Africa only have big meet a year apart from our own nationals. This now means we have only one every other year. If we don't have anything this year is our next meeting at Sheffield?

from Lyall Mortimer, President New Zealand Masters to Andrew Matthews, Event Manager, Sheffield 1996 (abbreviated) 23 November 1994

I have just read the latest minutes of the FINA Masters Committee and the Bureau confirmation and we are a little disturbed at some of the recommendations. For our part we would like to submit that there are alternative points of view which

hope you can see your way clear to consider before making a final decision. (If it is not too late already).

### Qualifying times for 400IM and 800m

We are against qualifying times for any events because it is going to be impossible to enforce. The slow swimmers are unlikely to be medal winners so threatening to not give them a medal if they don't swim up to the qualifying time will not be effective. We can agree however to the suggestion of giving the referee the authority to withdraw a competitor who is delaying the meet excessively. We suggest that you include this condition prominently in the entry form and

swimmers who know they are slow and likely to offend will not enter to save themselves the embarrassment.

#### **Deletion of 400 free**

Many Masters will find this disappointing and if you look at past meets you will find that this is a very popular event. If it can be retained we would support this.

#### **Deletion of Mixed Relays**

This is one of the most disappointing recommendations. Many clubs only have a small group of swimmers attending the meet, particularly those that travel long distances. Many may be able to field a mixed relay whereas they will not have four males or four females for other relays. Once again the popularity of this event is highlighted-it is the most popular relay event at most meets.

#### **Restricting to one event a day plus a relay**

We consider this recommendation the most alarming and will have considerable effect on those competitors from afar. Many organise to swim their events over two to three days leaving the other days free for local sight-seeing. This rule would certainly cut down on events swum by individuals but will also discourage swimmers from attending.

#### **Extend the event by one day.**

The most positive recommendation. We also suggest that with very careful attention to cutting down on time between heats, considerable time can be

d. Losing even 20 seconds each heat will have a significant cumulative effect. Japan ran the 1991 Pan Pacific with an attendance of 3500 and an average of over 3 swims per entrant by starting at 8.30am and finishing by 6pm. We understand you are proposing to place a cap on entries at 4000. We do not have a problem with this providing it is on a first come first served basis.

In summary we feel that some of the recommendations are not realistic and go against the spirit of Masters swimming.

**It's easy to be free - just think for yourself!**

#### **to Glenys McDonald from Keith Wake Warringah Masters Australia - 9 July 1994**

Some points we should adopt at World Swims are:

1. Clubs should countersign individual entries to confirm that swimmers:

i) are regular and frequent competitors at club level (this would eliminate a large number of the "elite" swimmers.

ii) can swim technically correct strokes (clubs should be fined \$100 per swimmer/event if rules are infringed)

iii) are familiar with the FINA Masters swim and start procedures. (This would reduce false starts due to "elite" swimmers following "elite" rules due to their unfamiliarity with Masters procedures.)

#### **from Betty Stern, Cronulla Sutherland AUSSI (abbreviated) 20 January 1995**

As a club recorder of many years and also a competitive swimmer for 67 years I am unable to find a rational reason for the new rule on age. The previous rule of age at date of swim was the fairest method I have encountered and it did not pose any difficulties for recorders at any level even without the aid of computers. The arbitrary birthdate could give some relay teams especially from larger clubs 3 or 4 years advantage. My birthdate is 2nd January 1920 which naturally has made me more aware of the anomalies.

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## Overseas Events

If you are after details of overseas events fax your specific requirements to the following. They will need to know what dates, cities, and types of events or activities you are interested in.

Argentina	Nestor Estevez	54 342 2242
Australia	Ivan Wingate	61 8 344 1217
Brazil	Marlene Mendes	55 21 717 0415
Canada	Beth Whittall	1 519 538 5087
Germany	Angelika Schluch	49 261 64825
Japan	Japan Masters	81 33 811 5240
Netherlands	Rob Hanou	31 85 812 001
New Zealand	Jan Fulton	64 626 6396
South Africa	Louise Pallett	27 117 043 212
Ukraine	Sergey Fessenko	7 44 224 3385
United Kingdom	Geoff Stokes	
	c/- Andrew Bolton	44 563 72720
USA	Dorothy Donnelly	1 508 886 6265
Venezuela	David Morrill	58 62 2944

This issue we add new events and delete those which are over for 1995.

If your group has an event you would like added to the list then write to the Editor.

**Contact Ivan Wingate fax 61 8 344 1217 for details of the following;**

5000m	Western Suburbs	Oct thru Feb
K0.5	Cronulla Swim	Oct thru Apr
1/2 Hour	Coogee	Jan thru Feb
6x1km	Adelaide	February

**Scott Rabalais USA fax 1-504-926-5596 re:**

February Fitness Challenge	February
Fitness 500	year round
2000 Fitness Challenge	Apr thru May

**Dorothy Donnelly USA fax 1-508-886-6265 re:**

10km Postal	May thru Sept
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## Postal Events

If you can't or don't like to attend meets you might like to test yourself in your home pool. Postal events are a great way to do this as they can be used as goals to give yourself motivation to get and keep fit without the involvement of airfares, accommodation and time away from home.

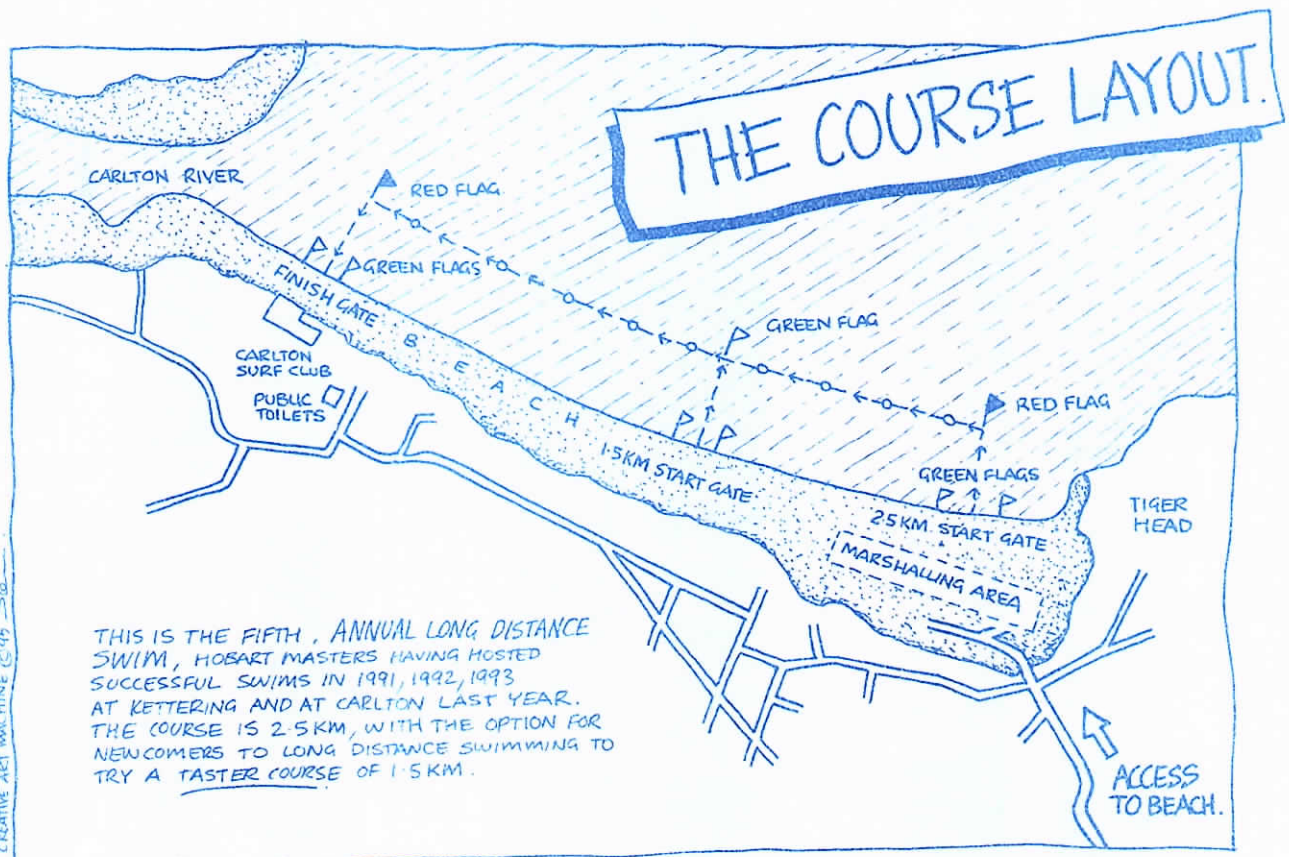
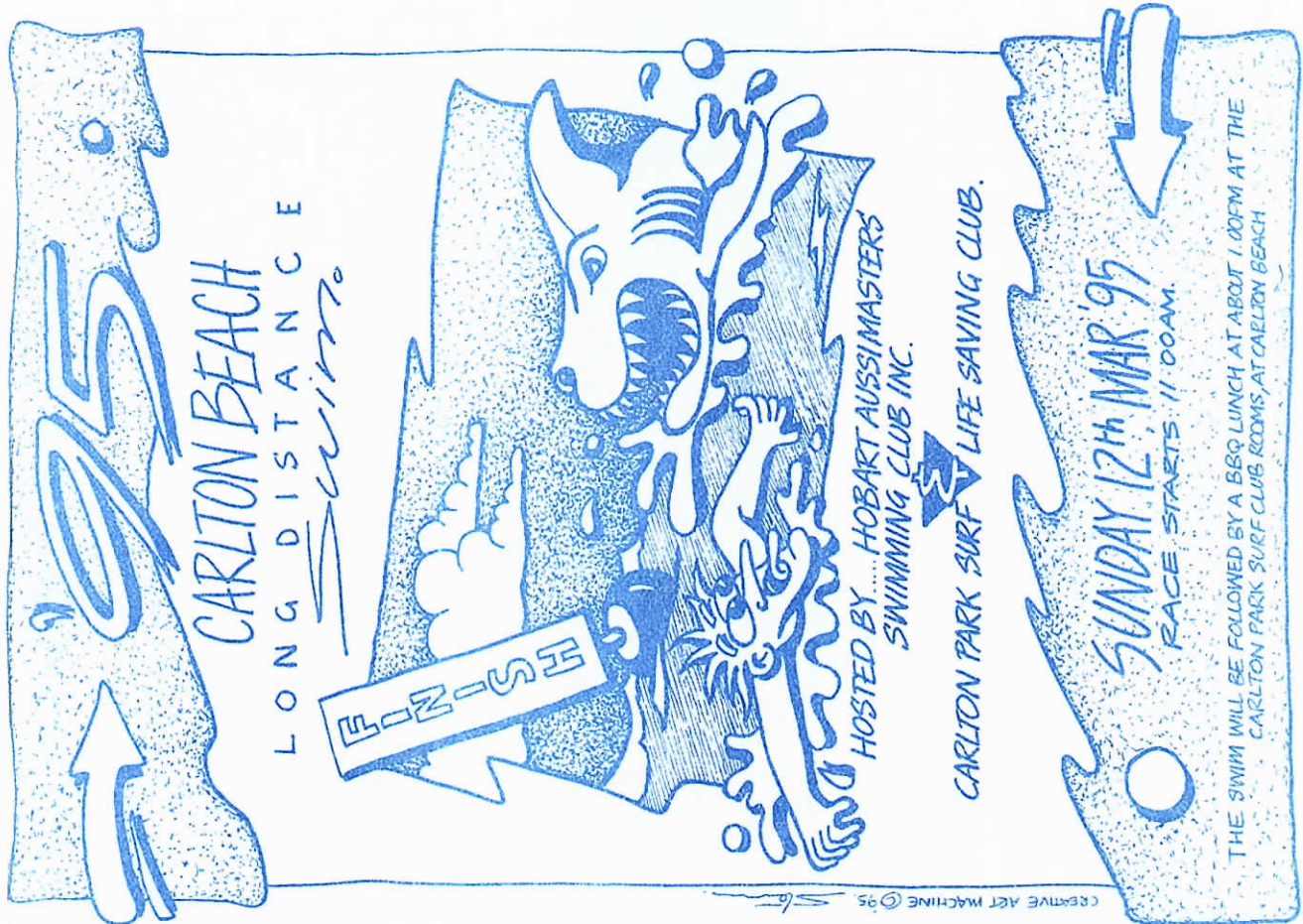
## Beer Festival

700th anniversary of Pilsen, the birthplace of pilsener  
October 14-15

contact MUDr Jaroslav Novak, kardinala Berana 19,344  
25 Pizen, Czech Republic.



**Mr Ron Bloomfield  
P O Box 395  
ROSNY PARK TAS 7018**





# THE FOLLOWING ARE DETAILS OF THE CARLTON BEACH LONG-DISTANCE SWIM

Date: Sunday 12th March

Time: Post Entries - up to 10:30 am

Marshalling - 10:30 am

Race begins - 11:00 am

Lunch - 1:00 pm

Place: Carlton Beach

Swimmers should assemble near the flags at the Tiger Head Bluff end of the beach.

Entry Fees: \$15 per entrant, payable at the swim, with the attached form.

Further Details:

The Secretary  
Hobart AUSSI Masters Swimming Club  
PO Box 395 ROSNY PARK Tas 7018

Phone (002) 43 6746

Club Membership: This event is open to all swimmers aged 16 years and upwards.

Membership of an AUSSI club is not essential. Swimmers under 25 years may participate, but they must be aware that they endanger their amateur status. (Check with your club secretary.)

Wet Suits: MAY BE WORN IN THIS EVENT WITHOUT PENALTY.

Age Groups: 16 - 19 20 - 24 25 - 29 30 - 34 35 - 39 40 - 44  
45 - 49 50 - 54 55 - 59 60 +

Lunch: A Barbecue Lunch will be available after the swim. Allow about \$6 per person to cover the cost of this.

Awards: For the 2.5 km course, a trophy will be presented to the first male and the first female across the finishing line, and a medallion will be presented to the first male and female in each age group.

For the 1.5 km course, a medallion will be presented to the first male and female swimmer across the finishing line. All swimmers will receive a certificate of participation showing placing and time taken.

## ENTRY FORM

### CARLTON BEACH LONG DISTANCE SWIM

#### DETAILS OF ENTRANT

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (Home) \_\_\_\_\_

(Work) \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Age (on 31-Dec-95) \_\_\_\_\_

#### ENTRY FEE

I enclose \$15 entry fee for the event.

#### DECLARATION

TICK THE  
APPROPRIATE  
BOX

☒ ☐

I will be entering the 1.5 km swim.  
I will be entering the 2.5 km swim.

I have read the information supplied about hypothermia. I declare that I am fit, and that I have trained adequately, and that I am capable of completing the above swim. I acknowledge that any decisions made by the marshalls or other race officials about my fitness to compete, or finish the race, will be final. I agree that the race officials may collapse some groups so that all age groups will have at least three competitors.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_