



AUSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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NATIONAL NEWSLETTER

Volume 6 No 3 July 1995

In this edition we have a letter reprinted with permission from Marje Prior from AUSI Masters Canberra North titled "Diving in the Deep End"- The Perth Nationals. An interesting article on Herbal Products and Health Food supplements, comments taken from the Medals Questionnaire, and many more interesting items

If you have something that you want included in the newsletter, send it to

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NATIONAL SWIM MEDALS REFERENDUM

Data from all 1534 questionnaires returned have been collated. It had been hoped that the outcome would be clear and conclusive, but it is not.

There is a small majority support for 1st, 2nd and 3rd individual event medals of the same quality as at present, for both National and Branch Championship Swims. There was only 47% support for the aggregate medals. Many of the comments were against continuing with aggregate medals.

It was favoured that any additional costs should be met by an increase in entry fees. (As to be expected - many voted for more medals but no increase in entry fees???)

There was strong support in the voting for quality certificates in lieu of medals and many of the comments favoured a quality certificate with all the results as being the most treasured memento of a National Swim. (The "comments" section is the more meaningful response to the subject under question).

A full report will be presented for the Board Meeting in Melbourne on 1/2 October 1995, so that the branches can decide on our future direction.

Editors comment:

To the people who were most critical by saying this was a "waste of money", or a "cop out", you need to be reminded that it was a Members Forum that determined that this should be done.

Members Forums are your chance to put forward any ideas and/or complaints, so these can be taken back to the National Board for consideration. These meetings are held during every National Swim and everybody is invited to attend for their input.

In the other comments section of the survey forms, there was a great deal of writing and remarks. A photocopy of some of these is included later in the newsletter for you to read.

The **AUSI** Purpose is: "To encourage adults, regardless of age or ability, to swim regularly in order to promote fitness and improve general health."

Let Somebody Else Do It?

The moments set aside to say "thank-you" are an investment!
by David Tree

We are all guilty. Each day we see evidence of the little things that people do to make our lives a little more pleasant. That moment when we smile to ourselves is soon forgotten as our hectic life dictates our schedule. Preoccupied with our work, or our sport, we often don't pause to show a bit of appreciation.

Masters swimming is a volunteer-driven organisation. Virtually all the activities that are planned locally, regionally, nationally, or internationally are organised by volunteers. Ever stop to think how much effort goes into organising a meet or arranging your club's summer barbecue? Who looks after day-to-day club functions like finances, registration, newsletters, and facility relations? Who serves on the committees? Who wrote the rules for the swim meets we attend?

Volunteers are generous people. They value their free time as much as you do, yet so often, the busy ones are first to volunteer for yet another project. Let them know how much you appreciate their dedication. (A "thank-you" note can be sent to a group of volunteers that you don't even know by name or to those working behind-the-scenes.)

A volunteer may express surprise at receiving a "thank-you". It may be a unique experience for them. The "thank-you" is the reward that volunteers thrive on. No "thank-you", and sooner or later no volunteer. Successful clubs and regions have even been known to organise attribute to recognise outstanding volunteer contributions.

Few people living in seclusion consider themselves truly happy. It is through interaction and participation that we really find what fun and friendship are all about.

Take a chance it's never too late to say "thank-you" (or to volunteer yourself). People who feel appreciated will be an asset to our sport for years to come.

Invest in the future of our sport!
From Masters Swimming in Canada

SSF World Sports Photo Contest News

We would like to inform you that "The 2nd SSF World Sports Photo Contest" will be held in July 1995.

For further information and details contact Ivan or Sue at the National Office

NEWSLETTER ERRATUM.

In the last Newsletter, when publishing the results of the BE ACTIVE 20th AUSSI MASTERS NATIONAL SWIM, Male Swimmer of the Meet, I accidentally placed a few ditto's extra under Victor Paul's achievements, giving the wrong information to our readers.

Victor in fact only broke 1 National Record and 5 State Records, not all National and State records as published. The National and State record was broken only in the 400m Freestyle. Please accept my apologies for the error, and thanks to Peter Emery from Queensland for pointing this out.

Peter also mentioned in his letter that he does not read articles to find errors, it is just that Vic's swimming prowess is very substantial, as his times show. Peter sometimes uses them as guidelines to his own fitness and ability to swim certain times for his age (46)

Thank you Peter.

ANOTHER AUSSI WINNER.

Darryl Hawkes, our National Recorder has done it again. A reprint of the FINA letter to him is included.

Dear Darryl,

Here is a disk of the FINA World Records as of May 1, 1995. These become the standard for "breaking" for all meets run after May 1, 1995. Any meets run prior to May 1 should be measured against the Nov 1, 1994 records. Of course the 60 day limit is in effect.

I want to thank you for sending me the Australian Top 10 on a disk. The format was correct and it saved me many hours. I will be making a report to the FINA Masters Committee on our progress. Australia is the first to transfer Top 10 via disk. I hope to get more countries to do this next year.

Best regards,
Walt Reid
FINA Masters Recorder.

It is pleasing to see Darryl receiving thanks from FINA for his effort in the recording arena, and I am sure that the past National Recorder Peter Gillet would be equally as proud to see that Darryl is continuing the commitment and high standard we have come to expect

LETTERS TO THE EDITOR

Like Don Bloomfield (May) I strongly disagree with the proposition that we should drop the points scores from the Aerobic Program. What's wrong with points? Has the proposer forgotten that we still have the National Awards? If an AUSSI swimmer is put off by the point scores, he/she can concentrate only on winning the awards and getting the badges, times don't matter for these.

I once knew a lady who was a poor swimmer but a regular one. Summer or Winter she maintained 2K a day and her only interest was to do all the National Award swims each year. The points didn't matter to her.

The points have two functions. The main one is for the club to amass a good score in the National Aerobic Trophy. That aspect should not bother the individual swimmer as any points earned are a help. The other is to help each swimmer gauge his/her progress.

The only swimmers who can't improve their point score are those who are so good that they get top points for every event. Everyone else can improve, but to do so requires regular sustained effort, and that is what the program is for. Excluding illness or injury, every swimmer can improve either their fitness or their technique. For most AUSSI's the most improvement can be gained from stroke correction.

I suggest that a club that has swimmers not improving is not providing good enough coaching. It is not good enough just to write a program on a board and leave the swimmers to do it unaided. For most AUSSI's what is most needed is stroke correction sessions. A 10% improvement in technique will yield (almost) a 10% reduction in times, but a 10% gain in fitness will only yield about 1% (or less) reduction in times.

The worst the swimmer is, the more this is true.

One further thought. For some people just maintaining the same Aerobic Points Score as they age is an improvement.

A system without a graded score for performance will provide no incentive to improve at all. Our present system offers several ways to gain more points each year, swim any one event a little faster, move into a higher age group or tackle a stroke or distance you haven't tried before.

If you want more participation the National Committee has to find a way through the State Branches to enthuse the clubs and particularly the coaches. Don't forget that the elite swimmers find top points so easy to get that it is no challenge for them. They tend to get their fun from competing in races. The Aerobic Program is of most benefit to the not so fast swimmer, providing a

structured system of incentives to keep swimming and trying to improve.

One thing the club can do easily is to publish at regular intervals through the year the points score progress of each swimmer. It can go on the notice board or in the club newsletter.

I speak as a practising AUSSI Masters Coach who NEVER swims while the squad is training. I train at some other time. I am also a past club Aerobic officer and State Aerobics Director.

Leave the point scores in the system.

I would advocate deleting the half hour and three quarter hour swims, and replace them with a 1 1/2 hour and 2 hour swims. The shorter swims are too close to the 1500m and the 1 hour is not much of a test really. Many swimmers need the challenge.

I would also delete the requirement for the swims to be done only as a club organised event. We should allow swimmers to do the swims at any convenient time by arrangement with the club Aerobic Officer and supervised by a timekeeper. This will overcome the problem of lane availability as the swims can be done outside of the times the club hires lanes in the pool or at another pool.

Brian Palmer
Club Coach
Townsville Masters

DRUGS POLICY FOR THE FIFTH AUSTRALIAN MASTERS GAMES

The 1995 Fifth Australian Masters Games Limited does not support the use of performance enhancing substances and views any such use as detrimental to sport and the spirit of the Australian Masters Games.

The 1995 Fifth Australian Masters Games Limited recognises the right of the Australian Sports Drug Agency (ASDA) or an accredited drug testing agency and the sports involved in the Fifth Australian Masters Games to conduct their own drug tests during the Games at their own expense.

If requested the Games Organisers will provide an area suitable for drug testing, however all procedural matters are the responsibility of the drug testing agency and the sports involved.

Such sanctions may be applied as follows:

- Performances not recognised and any awards or medals presented will be retrieved.

- Individual banned from taking part in further competition or official functions of the 1995 Australian Masters Games.

Notice of the possibility of drug testing will be advised on the Official Entry Forms and Games organisers will, if requested assist ASDA to distribute educational information to participants.

HERBAL PRODUCTS AND HEALTH FOOD SUPPLEMENTS.

DO YOU GET MORE THAN YOU BARGAINED FOR?

Jim-Dan Corbett may not be the most famous athlete in the world weightlifting, but one "highlight" of his career has definite implications and potential impact on all Australian athletes. A Canadian Commonwealth Games representative, Corbett tested positive to banned stimulants at last years Games in Victoria, Canada. He was totally shocked by the result of his drug test and, while virtually all athletes who test positive claim to be similarly shocked, Corbett's surprise was genuine.

After being stripped of his three bronze medals won at the Games, he faced a possible four year ban from his sport. Corbett's surprise came from the fact that he thought he had followed the correct procedure to ensure that nothing he was taking contained banned substances. He asked the team's medical staff to check the ingredients of his herbal medication with the Canadian Centre for Drug-Free Sport (CCDS). The CCDS stated that none of the ingredients listed were banned.

Eventually the laboratory analysis of the product manufactured in the USA, revealed that it contained at least three ingredients that were not listed on the label. These were the three stimulants *ephedrine*, *pseudoephedrine*, and *N-methylephedrine*, that were in Corbett's positive test.

A similar situation has been identified with Ginseng products. After analysis, at least one ginseng product was found to contain a stimulant which was not declared on the label.

What does this mean for Australian Athletes?

The list of ingredients on the label of health food and herbal products may not be fully accurate or all-inclusive.

This is due to the fact that the production of health food and herbal products are not as strictly controlled as are prescription and over-the-counter drugs.

This means that the following points should be noted by athletes.

- *ASDA can provide information about the status of the listed ingredients of health food and herbal products, but cannot guarantee that the product does not contain other ingredients. As such, ASDA cannot give an "all clear" to health food and herbal products*
- *All the Agency can do is to state whether or not a particular ingredient is on the banned list. In some cases these products contain ingredients that ASDA has little or no information on and therefore cannot provide information on it's status.*

While it is probable that most health food and herbal products contain nothing more than the listed ingredients, there is no way of checking apart from an expensive laboratory analysis. The Agency therefore must provide athletes with the information that there is some risk even if it is slight.

PLEASE NOTE

Because of the regulations controlling the production of prescriptions and over-the-counter drugs, the Agency is able to be definite with such drugs and medications. Therefore these can be checked accurately and a decisive answer given for use by an athlete. This can be done by calling the Hotline on 1800-02-05-06.

PS. Jim-Dan Corbett has recently had his four year ban lifted and his government scholarship reinstated after being cleared of intentionally doping by the CCDS. As he had a banned drug in his system at the time, his disqualification from the Commonwealth Games event remains and he now has one doping offence to his name. More importantly, however, he has now regained both his right to compete and his honour.

Printed from the Competitive Swimmer, February 1995

Diving in at the Deep End The Perth Nationals by Marje Prior

Peter and I had no idea about what a National Swim competition would be like when we registered for our races last December, just days after joining AUSSI Masters Canberra North.

We decided to take up swimming to get fit and to knock our bodies back into shape after years of neglect from running our own business.

The reason why we entered the Nationals was because we had decided to have a long overdue holiday in WA that just happened to coincide with the event.

We were not prepared for the crowd of swimmers and spectators when we arrived at Perth's Superdrome. The stadium was filled with thousands of people of all ages and from all walks of life who, while serious about their sport, were having a great time.

Our first thoughts were to turn and run, pretending that we hadn't really registered for the events. My legs went to jelly when I looked down into the pool area and realised that the officials were actually calling my first race.

Our times were guessed because we were new club members. We had no idea how we would rate against these veteran performers.

Peter entered his first event finishing half a pool in front of the other competitors. He continued to do this for all his breaststroke events. In fact, he came third in his age category for one race, unknowingly winning a green ribbon until someone told him to go and collect it!

My story was quite different. I was completely unprepared for what I was about to experience and the constant runs to the toilet because of a sudden weak bladder.

My first race was 50 metres butterfly. When I stood on the block for the first time my legs were shaking so much that I thought I'd hold up the start. I remember my dive, but the rest was just a blur, climbing out at the end with a friendly referee telling me that I was disqualified because of a flutter in my kick.

But it was the change room that really changed me. Suddenly I found myself surrounded by women who were the age, or older, than my 69 year old mother. They were full of life, energy and a competitive killer instinct that my mother sometimes showed on the bowling green.

It was a humbling experience to be in the presence of these grey power swimming goddesses. I realised that age was really a state of mind when I eavesdropped on their conversations and heard one reprimanding a younger swimmer for complaining about her poor times.

"What have you got to complain about?", she said. "I've just spent the last week visiting a friend in a nursing home. PB's (personal bests) mean nothing to me when I know I'm beating time at keeping me out of a place like that!"

From that moment on the AUSSI Nationals represented something entirely different to me. When I competed in my backstroke events I congratulated myself for finishing the races not too far behind the field.

I wrote along enthusiastic letter to my mother encouraging her to join the AUSSI Masters in

Caloundra, if they existed. (*They do. They're called Sunshine Coast AUSSI*)

I came back to Canberra filled with enthusiasm about a lifelong commitment to the pool plus some good tips from the goddesses. Who could argue with them? And what are their tips? You will just have to join AUSSI Masters to find out.

ICY PLUNGE INTO HISTORY BOOKS.

by Kate Griffith, from The Advertiser

An Adelaide barrister swam his way into the history books recently when he became the first person to swim to Kangaroo Island from the mainland.

The charity swim, to raise money for the Heart Foundation, was an amazing feat for a man who learnt to swim only five years ago.

Clad only in a pair of Speedos, goggles and a bathing cap - and with only his beard to keep him warm - Andrew Martin, 44, crossed the treacherous Backstairs Passage in 4 hours and 31 minutes.

Flanked by a flotilla of support boats, including two mates who rowed a dinghy across the 15km stretch of water, Andrew braved chilly conditions and choppy seas in the stretch of water which is notorious for its sharks.

Andrew, of Walkerville, took his first swimming lesson only five years ago after his wife urged him to get fit. He took to it like a duck to water and since then has taken part in a relay swim across the English Channel.

Halfway through the Kangaroo Island swim, Andrew was joined by Adelaide schoolgirl and English Channel swimmer, Kelly Dixon, who swam the 36km channel in 9 hours and 38 minutes.

Fifteen year old Kelly also took the plunge into the 15C water, keeping Andrew company for a 40 minute stint and again for the final kilometre. Shaking and exhausted, Andrew stumbled on to Kangaroo Island at a tiny rocky cove, 8km south-east of Penneshaw, just after 3pm.

"For a swimmer like me, it's a lifetime achievement - I'm rapt," Andrew said of his swim. Inspired to undertake the swim "because no one's done it before", Andrew said he never came close to giving up. "It's a mental thing, a state of mind, you have to be really determined."

Exhausted after his ordeal and rugged up like an Arctic explorer, gulping down hot tea, Andrew would not rule out a repeat performance. "If someone does break my record, under the same conditions, then I'll do it all again."

YOUR SAY ON THE MEDALS:

MASTERS COMPETITION

SHOULD HAVE THE SAME STANDINGS AS FINA COMPETITIONS THE NATIONALS SHOULD BE THE HIGHEST ACHIEVEMENT POSSIBLE BUT WHAT (GOOD) IS IT IF YOU ARE REWARDED WITH A LOWLY RIBBON. PLEASE GIVE THE NATIONALS A BIT OF CLASS.

Can anyone put a price on a medal or of the hours spent in training, to try to achieve one?

OTHER COMMENTS:

The best + most medals is desirable.

- ① I favour gold medals for national and state individual event winners.
- ② Thank you for the opportunity to contribute.
- ③ If medals are too expensive then high quality certificates are just as good.

I am sure all medal winners wouldn't mind paying a little bit more if they win a medal!

Keep it as it is. medals just sit in a cupboard & get forgotten or dusty - waste of money when we could use ↑ membership fees ↑ for coaching courses or other education days etc...

I swim for health & when I swim well & enjoy it, that is reward enough for me.

I do not see why people need an external motivator or reward such as a medal. The motivation and reward should be within the self.

GIVE MEDALS IT GIVES ENCOURAGEMENT TO CONTINUE. Please keep up the good work

TO RECEIVE A MEDAL IS MUCH MORE SATISFYING THAN ANY CERTIFICATE OR RIBBON

After winning a National individual event in 1989, I was disappointed at no recognition for my swim. Some people specialise in only 1 stroke + all efforts need recognition.

You're kidding with this Argument Everyone wants Gold, Silver and Bronze. This is State and National Championships, The most events on the calendar. We pay \$30 per person, membership annually. With over 8000 members surely Aussis has a bit of money in the bank. If you can afford about \$8000 to send out this survey you should have spent that on medals + stopped this futile argument.

Could you please explain to Rob why "MASTERS" get funding + concessions whilst AUSSI does not.

HAVE YOUR SAY

The following article appeared in the latest issue of "SWIM" United States Masters Swimmers Official Magazine. The two sides of the perennial argument is alive and well in AUSSI at present. How about putting pen to paper so you can have your say on the issue.

POINT / COUNTERPOINT MASTERS SWIMMING COMPETITIVE or FITNESS by Dr Keith Bell and Todd Samland

Masters swimming is age-group competitive swimming for adults. -Dr Keith Bell.

To view Masters swimming as anything other than competitive swimming is to deny the reality. Masters swimming is all about competition.

If Masters swimming is fitness swimming, then why do we have meets, All-Americans, records, Top Tens, and National Champions? Why do we need age groups, coordinated starts, designated strokes and set distances? Why do stroke drills? Efficiency doesn't necessarily promote fitness, only speed.

It is the competitive nature of Masters swimming that increases the fitness benefits to be derived from swimming. Competition spurs intense training and thereby greater fitness. With the struggle to win the race comes greater effort. With prolonged exertion comes adaption. With adaption comes fitness. The greater the competition, the more formidable the challenge. The more formidable the challenge, the greater the impetus to prepare to compete. Bottom line: The more intensely you train, the more fit you become.

Competitive swimming provides a game, the excuse to swim and to swim with greater effort. Our sport, (yes it is a sport, not an exercise activity) is the game for which we set our goals and sub-goals. Masters swimming is games within the game, more games to keep us interested, absorbed, and alive-literally as well as figuratively.

Most of us who participate in Masters swimming do so mainly for the health, fitness, and cosmetic benefits and because it is fun. Although there is much to be gained by non-directed or fitness-directed water exercise, the benefits don't approach those of competitive Masters swimming. The attraction of competition is its directness and inherent goals: to outperform our fellow swimmers. Think about it. In the mean time, I'll race you to the ladder.

Racing against others is not the only way to enjoy and improve one's swimming. -Todd Samland

Presenting Masters swimming as a fitness sport is necessary for USMS. First, for Masters programs to flourish, there must be two components, the first of which is swimmers. We need the numbers to survive. If we limit our organisation to competitors only, we run the possibility of decreasing the size of the organisation by over 50 percent. With every new member, fitness or competitive, triathlete or beginner, we become a larger, stronger force in our swimming communities.

Second, it takes money for Masters programs to function. Without the infusion of money from our "fitness swimmers", many programs would fold due to the inability to pay pool rent, coaching salaries, and a myriad of other local and national program expenses. Many "competition advocates" may not be aware that some swimmers find competing impractical and undesirable. Competing properly means creating and following a seasonal plan and training consistently, often over a period of years. With family and employment concerns, not to mention other hobbies and demands, only a small percentage of adults are able to meet the energy and time demands that are required of the competitor.

Those in favour of limiting Masters swimming to competitors may wish to keep in mind that many swimmers participate for other reasons than winning awards or improving times. Many swimmers enjoy the social aspects-meeting people and cultivating lifelong friendships. Some swimmers thrive on attaining honors of All-American or Top Ten; for others the greatest rewards are intrinsic. Believe it or not, many swimmers experience a great thrill by taking the plunge and completing a challenge set at practice.

Without a doubt, USMS serves its competitors well. National Championships and a detailed Rule Book are testaments that many swimmers in our organisation are devoted to competition. But let's not exclude those who do not attend meets by developing elitist attitudes that 'real' swimming is only that which judges us in comparison with others or on the scoreboard. Some people swim simply because they enjoy swimming.

Dr Keith Bell is the author of several books on sports psychology and hold several USMS long distance records.

Todd Samland is coach of Omaha Masters and was named 1994 USMS Coach of the Year.

What is your opinion on the two sides of the argument. If you have a comment, or would like to have your say, drop a line and it will be printed.

SPONSORSHIP

The "comments" section of the medals questionnaire offered many constructive ideas to follow up. One surprise however, one we would not like our sponsors to hear about, were the numerous recommendations to seek sponsorship for our National Swim.

Of the last three Nationals, Perth and Darwin had the principle sponsor named in the title of the Championships and Adelaide featured the sponsors logo with the title.

Perth and Adelaide received around \$14,000.00 each in cash sponsorship and Darwin about \$7,500.00. In addition however, all swims were supported with an unquantified amount of 'in kind' assistance of considerable value. Perth's National Swim programme acknowledged the support of 24 sponsors and Adelaide had 13, Darwin had over 30.

Clearly, sponsorship already covers the cost of medals and pool hire now. Without them, entry fees would need to be doubled.

SUBJECT

INTEGRITY

AUSSI is seen as a reputable organisation, but a couple of bad apples in the barrel, could soon tarnish the image of the whole crop.

We have had a few problems with substitutions in relays, so we are having to introduce police-like steps to try and prevent it from happening again. It could be seen as innocent mischief, but in some instances it has been outright cheating.

Years ago, we used to accept everybody's word for how old they are. On finding a couple of cheats, we had to introduce a system of sighting proof of age for all Members on joining.

Sadly, we have recently discovered a couple who have lied about their age. We could certainly do without this kind of person, but how do they get through the system? We understand that it is always annoying and sometimes embarrassing to have to ask - it's as if you are saying that you don't trust the person you are trying to welcome into the club. Unfortunately it has to be done

**CLUB SECRETARIES/MEMBERSHIP
OFFICERS MUST SIGHT PROOF OF AGE FOR
ALL NEW MEMBERS AND THEY MUST SIGN
THE AUSSI MEMBERSHIP APPLICATION
FORM BEFORE THEY ARE REGISTERED.**

HUMU INTERNATIONAL MASTERS SWIMMING CHAMPIONSHIPS. HAWAII

The inaugural Humu International Masters Swimming Championships started with an ocean swim at the Kailua Beach Park. The pool swimming was conducted at the Kailua Recreation Center Pool, and the University of Hawaii's Duke Kahanamoku Aquatic Complex.

The Championship Meet had swimmers from more than 15 countries in attendance, including Ireland, Scotland, England Germany, Switzerland, Mexico, Argentina, Venezuela, Brazil, New Zealand, Australia, Canada, Japan, and the United States.

The field of approximately 500 competitors featured US Olympic gold medallist Rowdy Gaines, Masters World record holder and former UH all American June Ford, Japan Olympic gold medallist Michiko Kiharo, and European Masters record holder Esther Isepa of Switzerland.

The Australians who competed were:

Brian Dean	
Toni Cameron	Miami Masters.
John Garde	
Nancy Richards	Brisbane Southside.
Kristina Price	Brisbane Westside.
Debbie Nosworthy	Beenliegh Barnacles
Amanda Bilbrough-Tokai	Frankston/ Peninsula

Thankyou Amanda for the information on this event.

There still seems to be some confusion on the finishing date for the Aerobic Trophy.

The 1995 Aerobic Trophy and the Top Ten Seasons go from the 1st October 1994 through to 31st December 1995



CALENDAR OF MASTERS OPEN EVENTS

NATIONAL & INTERNATIONAL

1995		Pool Details						Disciplines																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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Listings in the Calendar are restricted to National or International events which are open to all Masters. Information about listings should include details as above and should be addressed to:

Tom Logan, FINA Masters Newsletter
PO Box 5092, Mount Maunganui, New Zealand
Fax: (64-7) 575-3625
Internet address: 100354.162@compuserve.com

Pool Details:

S Short Course
L Long Course
M Metres
Y Yards
E Electronic Timing
H Manual Timing

Disciplines:

S Pool Swimming
O Open Water Swimming
D Diving
W Water Polo
Y Synchronised Swimming