



# AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE  
P.O.Box 207  
MARLESTON S.A. 5033  
Telephone (08) 344 1217  
Facsimile (08) 344 1217

## NATIONAL NEWSLETTER

Volume 7 No 1 February 1996

Hi and welcome back to another year of swimming. I hope that all the festive partakings are over and everybody is getting back into the swing of things and training hard for the National Swim in Canberra at Easter this year.

I hear that the ACT Branch has put a lot of effort into their Meet and looking forward to your company and after all it is a chance to renew old acquaintances, and try to improve your times from last year.

### VALE

#### MARY MAINA

It is with sadness that we have to print that Mary Maina passed away peacefully at the age of 102.

Who can forget that wonderful swim at the World Masters Games in Brisbane, when she won the 50m Freestyle and created a State, National and World Record for the 100 - 104 year age group.

Our condolences to Mary's Family, and thank-you Mary for such wonderful memories at the WMG in Brisbane 1994

### NATIONAL SWIM CANBERRA

A condition of hiring the AIS pool in Canberra is that the times booked, may be changed to accommodate any extraordinary needs of the Institute's Swim Squad. 1996 being an Olympic Year, places even greater emphasis on the needs of the squad and the date we have chosen for our National Swim, happens to be just two week's before the Olympic trials to be held in Homebush, Sydney. Accordingly, the AIS has claimed back some of the times we had scheduled for our National Swim

The National Swim Committee has now reviewed the options and mailed to all Clubs that have swimmers entered, a revised timetable. Each day, there will be some events scheduled for the morning and the remainder commencing late afternoon/early evening.

The positive outcome is that the new arrangement will allow for sightseeing each afternoon.

### LETTERS TO THE EDITOR

We have two letters this issue, one from Qld, and one from NSW. The NSW letter has a reply from the Director of Finance.

### MASTERS RECOGNITION

Masters Sport, in particularly swimming, gained valuable recognition at the Inaugural Queensland Sports Federation Awards held at the Brisbane Convention Centre in late November.

Two nominations put forward by Queensland Masters Swimming were named as finalists. The World Masters Games held in Brisbane in 1994 won the category for the best Sporting Event: and Mary Sweeney (past President of QMS) was selected as a finalist in the Service of Sport category. On behalf of all members of AUSSI in Queensland, I extend my congratulations to Mary and all those who contributed to the successful Masters Games.

We were very proud to see Masters sport feature so well on a night where Sheffield Shield cricket and Olympic athletes were honoured. Not only did it honour the nominees, but helped to develop the awareness of our sport in the wider area.

Jackie Walkington  
President  
Queensland Masters Swimming.

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

**From Ettalong Pelicans**  
The Editor

All members are aware of the change to our calendar year from 1<sup>st</sup> January to 31<sup>st</sup> December. As a result the AUSSI National Membership fee for 1996 became due on 31<sup>st</sup> October 1995 at \$20.00, and as this is for a period of 15 months it is effectively the same rate as for the past two years which is \$16.00 per year.

Therefore on the 1<sup>st</sup> January 1996 the fee should revert to \$16.00. However the National Board of Directors have decided that this is not to be, and the \$20.00 shall remain in place. Is this increase by stealth?

This decision certainly does nothing for our image and credibility with prospective new members when the fee structure is explained as \$16.00 per year, but this year it is \$20.00 because we started in October 1995.

I suggest the Board would be well advised to reconsider their decision.

Fred Elsom  
President.

**Reply from the  
Director of Finance.**

Dear Fred

#### **1995-96 Registration Fee**

Thankyou for your letter/faxes re the 1995-96 registration fee. During the telephone hook-up meeting on 19<sup>th</sup> December 1995, the National Management Committee considered your club's comments on the fee for the period 1<sup>st</sup> October 1995 to 31<sup>st</sup> December 1996 and the suggested reduction from 1<sup>st</sup> January 1996. Our decision was to uphold the Board's resolution on the fee of \$20.00.

We assure you that the Board's decision had input from NSW, as the proposal was presented by the NSW Delegate. It was somewhat of a surprise therefore that your Club was unaware of the decision and the thinking behind it. The following is offered as an explanation of our position of the matter.

From 1996, the AUSSI registration year has been changed to 1<sup>st</sup> January to 31<sup>st</sup> December, making it coincide with the calendar year. As a result of this change, for the transition period to the new arrangements, ie. 1<sup>st</sup> October 1995 to 31<sup>st</sup> December 1996, the "year" has been deemed to be 15 months. This decision was taken to provide continuity of membership registration.

The registration fee has been determined by extrapolating the previous year's \$16.00 fee to \$20.00 to cover the fifteen month period. In effect, this means that the 1996 registration fee, in real terms, is about 5% less than it was for 1995. This is hardly an "increase by stealth" as alleged by the Pelicans.

In past years, the registration fee has remained at the same level, irrespective of when a person registered during the year, EXCEPT for registrations during the last 3 months of the year when the fee was reduced by 50%. This practise will continue.

The thinking behind the Pelicans suggestion that the fee be reduced according to when a person registers is hard to follow. For example, if a person registers on the 1<sup>st</sup> June 1996, do we charge them only \$8.00 because 60% of the year has passed?

This has never been AUSSI's practise, nor is it the usual standard amongst other sporting organisations. The National body is providing support for the full 15 months. Anyone joining this year will have membership through to the end of 1996. For example persons previously joining in January would normally have to re-register in October, whereas this year their re-registration will not be due until January 1997.

As to our "image and credibility" - the fact that we have kept the 1996 fee at the same level as last year has been overlooked by the Pelicans. Despite an inflation rate of 4.5-5%, we have delivered to members a zero fee increase. The fee structure should be explained to new members as I outlined above, with the key points being:

- 1995-96 is a transition period from an October - September year to a January - December year
- The first "year" is actually 15 months
- Fee has been held at last years level, meaning a drop of about 5% in real terms
- Last year it cost \$16.00 for 12 months; for this transition year ONLY, it is \$20.00 but it covers 15 months of operations.

Yours sincerely

Clyde McMillan  
Director of Finance.

If you have an item of interest, or would like to express your views, feel free to send them in to myself or the National Office.

The addresses are :-

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The addresses are :  
The Editor  
National Newsletter  
c/- AUSSI National Office  
P.O Box 207  
MARLESTON S.A 5033  
Telephone (08) 3441217  
Fax (08) 3441217

or to me :-  
The Editor  
National Newsletter  
Doug Tantau  
59 The Avenue  
Morwell Vic. 3840  
Phone/fax (051) 339424

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### FINA RULES OR AUSSI RULES?

Yes! There is a difference

And - there is a difference between FINA Rules and FINA Masters Rules.

Recently, an AUSSI Club had in its promotion of a Swim Meet: "The competition will be governed by FINA Rules". The document then went on to state the AUSSI age group for relays and made allowance for under 25 year old swimmers. FINA Masters Rules stipulate a minimum age of 25.

AUSSI, to honour the 25 year age minimum for external competition has maintained this for Australian Masters Games and most other Masters Games because of non-members and overseas visitors involved, (Games organisers would prefer us to have a 30 year minimum). Apart from some minor variations at the last AMG, all have been conducted to AUSSI Rules.

Only two Meets in Australia have been run to FINA Masters Rules: the 1988 World Masters Swim and the World Masters Games in 1994, both held in Brisbane. Only international FINA Meets conducted in Australia should be run under FINA Masters Rules. All others should be under "AUSSI Rules".

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### NATIONAL AEROBIC TROPHY TASSIE AWARD

The "TASSIE AWARD" for the 1995 National Aerobic Trophy year will not be presented.

With the "year" being extended to fifteen months to align it with the registration season, Top Ten etc, we had to consider when to determine the number of Members per Club to calculate points per Member.

should it be as at 30<sup>th</sup> September 1995 or 31<sup>st</sup> December 1995.

In comparing examples at both dates, it became evident that there were Clubs advantaged and Clubs disadvantaged either way. Eg. One Club with 237 Members at 30/09/95 had only 80 registered at 31/12/95. Then, there are a few new Clubs that had no Members at 30/09/95.

The decision not to award it for 1995 was with the concurrence of the Tasmanian Branch, Director of Programmes and the Management Committee.

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### COACHES INDEMNITY INSURANCE

Enclosed with this Newsletter is an application form to obtain Coaches Indemnity Insurance for your Club's Coach.

Nearly one hundred AUSSI Coaches have joined the scheme since this notice went out in December, but there must be another one hundred who have not. It is noted however, that many who are coaching AUSSI squads, are insured through other schemes.

Has your Club considered the possible consequence if your uninsured Coach is sued for processional negligence? Would the plaintiff sue the Coach or your Club for all its assets? If your Club is not incorporated, the subpoenas might be served on each of your committee members. Admittedly, this event is highly unlikely, but a \$30.00 investment could comfort a lot of people.

AUSSI's unique arrangement with IEA is that your Coach need not hold a coaching credential (level 1, 1M, 2 or 2M etc.). If he or she is not accredited, the Club **MUST** sign the declaration that the person is active in coaching your Club. Too often, applications come in without such a statement, so it could be seen as invalid in the eyes of the law. Don't look upon it as an imposition to fill out the forms correctly, but as a responsible service to a person who dedicates a lot of time and care to your Club.

One of the reasons why the premium is so low (compared with other schemes) is because the AUSSI National Office does all the administration for the AUSSI/IEA scheme. The money is kept separate from other AUSSI finances so please do

not include premium/s in a single cheque for several items e.g. Coaches Newsletter and other publications. We then have to bank it and raise further cheques which all cost money. It is clear on the form that Coaches Newsletter money goes to Anita in Melbourne. Money for "Mastering Swimming", Club Guide etc goes into AUSSI's general revenue.

If your Coach is not insured **-DO IT NOW!**



## TRAINING WITH AUSSI

"AUSSI is a training Organisation" - but why limit it to swimming?

Regardless of age or ability, we swim regularly together in order to promote fitness and improve general health. Regardless of age or ability, many of us have also taken on tasks necessary for the operation of AUSSI and gained many benefits from that too.

Too often we look for a stenographer in our Club to be Secretary, an accountant to be treasurer and a manager to be president.

To an accountant, being treasurer is just another job and has little or no opportunity for learning. Whereas an accountant taking on the position as president or coach, could bring out those wonderful extroverted personality traits that have been suppressed all those years.

The beauty of extending yourself and taking character risks as a volunteer in a Club, is that you have your Club mates around you to help and to pick up the pieces if it doesn't work out. Even if you lose your job, you don't lose any money and you've learnt something.

Try it - look for people in your Club who are prepared to reach out and "give it a go". But please - help them and don't let them flounder and never be critical of their failings (unless it's constructive and put diplomatically) focus on the positive, their successes.

However - an accountant as a treasurer and a professional secretary as secretary in a Club is a good idea from time to time, to set things up and put good business practices into place - for the trainees to follow later. Good procedures should include a duty statement and "Duty No 1" should always be:- "Look for someone to train as your successor".

Happy training.

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## LIFE IN THE COUNTRY

Too often we city folk are asked: "But what are you doing for the Country Clubs?"

It's a good question - so what else should we be doing?

- Country Clubs have access to all the educational AUSSI publications.
- They can participate in all the Postal Swims (there are ten in Australia plus numerous overseas).

- They can do Award swims and participate in the Aerobic Trophy.
- There's the 1 million and 3 million metre badges and super sets.
- Training programmes appear in the Coaches Newsletter and all Clubs receive the National Newsletter.

Country people of course are always welcome at carnivals and many travel frequently for their "fix" of inspiration and camaraderie.

So - what do Country Clubs do to keep their Members swimming regularly? What other products can we develop? Let's share some ideas through this Newsletter.

How can we Make AUSSI Membership more attractive to Country Members?

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## 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. We could certainly do without this type of person, but how did they get through the system?

We understand that it is sometimes 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.**

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## CHANNEL NINE WIDE WORLD OF SPORTS

ATT:- AUSSI MASTERS SWIMMING IN AUSTRALIA.

FROM:- MARY GEARIN, NINE NETWORK, MELBOURNE

Hello - I'm a journalist with Sports Sunday, on Channel Nine, we do six to ten minute stories each week on sports personalities, issues and events around the country. However it's often disappointing when were not informed about great potential stories.

I'd like to keep in touch with your organisation, and receive whatever information - through newsletters, media releases, or phone calls - that you might consider a good basis for stories.

I can be contacted on:-  
Tel: 03 9420 3568  
Fax 03 9420 3370

or send material  
c/- Sports Sunday  
22 Bendigo St  
Richmond. Vic 3121.

Thanks, hope to hear from you soon  
Mary Gearin

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### COMING EVENTS

At this stage I am formulating a new calender of events, but a few to mark down now are:-

Honda Masters Games     Alice Springs  
20<sup>th</sup> - 25<sup>th</sup> October 96

AUSSI National Swim  
Homebush     Sydney  
27<sup>th</sup> - 29<sup>th</sup> March 97

Australian Masters Games  
AIS     Canberra  
24<sup>th</sup> Oct - 1<sup>st</sup> Nov 97

1998 Nike World Masters Games  
Portland     Oregon, USA  
9<sup>th</sup> - 22<sup>nd</sup> August 98

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### THE TRUTH ABOUT LACTIC ACID

You know what it's like when you really put in at training - you ache all over and think in a few minutes you might be looking at last night's dinner again.

The reason you feel that way is because of a lactic acid build-up. We have heard about lactic acid, but is it as bad as we think? The answer is no.

For a start, lactic acid is always being produced in the body even at rest. We don't need to exercise to produce it. Dr George A Brooks, of the University of California, writes in Sports Science Report 1988:

"Lactic acid is responsible for disposing of dietary carbohydrate, being used as an energy source and as a building block for blood glucose and liver glycogen.

As we exercise, the body produces lactic acid, which forms when there is a lack of oxygen to our muscles. However, it is not an increase in the amount of lactic acid that causes fatigue, it is the muscles cannot remove it quickly enough.

It's like a freeway - the same amount of cars go through each day quite well, but if you block off a lane, the traffic slows and you get a traffic jam. Fortunately, studies by Dr Brooks indicate training programs that use high intensity and prolonged sub-maximal training can reduce the production of lactic acid, and enhance it's removal.

High intensity interval training improves the delivery of oxygen to the muscle. This, in turn, means the muscle does not have to rely on the breakdown of carbohydrate to lactic acid. The improved increase in the circulatory capacity will remove lactic acid to tissues which remove lactate from the blood.

As well as high-intensity training, the good news is that prolonged sub-maximal training such as swimming, generally increases the use of fatty acids as our energy source, thereby decreasing lactate formation.

Generally, if you feel lactate build-up a lot, you should look critically at your training program.

Also remember a post event sports massage helps remove lactic acid and prevent muscle spasms.

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The Swimmer. Article by Graeme De Goldi

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### TIME AND TIDE

If you had a bank that credited your account each morning with \$86,400, that carried over no balance from day to day, allowed you to keep no cash in your account, and every evening cancelled whatever part of that amount you failed to use during the day, what would you do?

Draw out every cent of course! Well, you do have such a bank and it's called "time". Every morning, it credits you with 86,400 seconds. Every night it rules as lost whatever of this you have failed to invest to good purpose! It carries over no balance and allows no overdrafts. If you fail to use the day's deposit, the loss is yours. There is no going back, no drawing against tomorrow. So invest your seconds so that they will give you the utmost health, happiness and success.





# CALENDAR OF MASTERS OPEN EVENTS

## NATIONAL & INTERNATIONAL

1996

		Pool Details						Disciplines				
		S	L	M	Y	E	H	S	O	D	W	Y
JAN.	9-10	Open Masters Long Course Meet Otto Gora, Salvador-Allende-Strasse 21, D12559 Berlin, GERMANY	Phone: 49-30-654-5861	✓	✓	✓	✓	Berlin	GER	✓		
	20-21	7th Ingelheim International Masters Meet Wolfgang Kwidzinski, Gutenbergstr. 8 D-55294 Bodenheim, GERMANY	Phone: 49-6135-2094	✓	✓	✓	✓	Ingelheim	GER	✓		
	26-28	Welsh Open Masters Long Course Championships Welsh A.S.A., Wales Empire Pool, Wood St., Cardiff CF1 1PP WALES	Fax: 44-1222-342-201	✓	✓	✓	✓	Cardiff	GBR	✓		
FEB.	3	Vaesteras Open Short Course Masters Meet Lars Ekdahl, Vaesteras SS, Logaringsbadet, S-72132, Vaesteras, SWEDEN	Fax: 46-21-183-645	✓	✓	✓	✓	Vaesteras	SWE	✓		
	3-4	Mallorca Open Masters Short Course Meet Enrique Granados, Carretera la Vileta, Palma de Mallorca, SPAIN	Fax: 34-71-284-773	✓	✓	✓	✓	Palma de Mallorca	ESP	✓		
	4	Open Masters Short Course Meet Lars Edstedt, Loevistigen 21, S-90343 Umea, SWEDEN	Fax: 46-90-779-485	✓	✓	✓	✓	Umea	SWE	✓		
	11	New Zealand Masters Open Water Championships 2.5km David Harper, 30 Charles Dickens Place, Howick, Auckland, NEW ZEALAND	Fax: 64-9-486-5455	✓	✓	✓	✓	Auckland	NZL	✓		
MAR.	9-10	International "Citta di Firenze" Masters Short Course Meet Fiorentina Nuoto, Andrea Prayer, Via Brunetio, Labini 47, I-50123 Firenze, ITALY	Phone: 39-55-571-161	✓	✓	✓	✓	Firenze	ITA	✓		
	22-24	New Zealand Masters National Long Course Championships Mark Berge, PO Box 24034 Manners St., Wellington NEW ZEALAND	Fax: 64-6-494-4028	✓	✓	✓	✓	Wellington	NZL	✓		
	22-24	Swedish Masters Open Short Course Championships Svenska Simloerbundet, Idrottens Hus, S 12387 Farsta, SWEDEN	Fax: 46-8-724-6861	✓	✓	✓	✓	Uddevalla	SWE	✓		
	23-24	International Masters Long Course Meet Jarmila Rebrkova, Zizkova, CZE-60200 Brno, CZECH REPUBLIC	Fax: 42-5-4121-1333	✓	✓	✓	✓	Brno	CZE	✓		
	23-24	5th Deauville International Masters Long Course Meet Cocktail 14, Piscine Olympique, 14800 Deauville, Normandy, FRANCE	Fax: 33-3198-0277	✓	✓	✓	✓	Deauville	FRA	✓		
	29-31	French Masters Open Short Course Championships Federation Francaise de Natation, 148 Avenue Gambetta, F-75020 Paris, FRANCE	Fax: 33-1-4031-1990	✓	✓	✓	✓	Paris	FRA	✓		
	29-31	5th Guernsey International Masters Short Course Meet John Eyre, Behval, Behval Rd., Vale, Guernsey GY3 5LW UNITED KINGDOM	Phone: 44-1481-46030	✓	✓	✓	✓	Guernsey	GBR	✓		
	30-31	Finnish Masters Short Course Open Championships Matti Mehtinen, Kumpulatu 6, C13, FIN-11710, Riihimaki, FINLAND	Phone: 358-14-723-131	✓	✓	✓	✓	Haemeenlinna	FIN	✓		
	30-31	Trentino Masters International Short Course Meet S.S. Trentino Masters Nuoto, c/o Giorgio Pisetta, Vicolo Al Nuoto 20, I-38100 Trento, ITALY	Fax: 39-461-236-097	✓	✓	✓	✓	Trento	ITA	✓		
APR.	05-06	Tallinn Open Masters Short Course Championships Toivo Viilep, Maleksa St.8, App. 14, EE-0006, Tallinn, ESTONIA	Fax: 372-631-3148	✓	✓	✓	✓	Tallinn	EST	✓		
	05-08	AUSSI Masters National Swim Tanya Coyer, PO Box 335, Jamison Centre, ACT 2614 AUSTRALIA	Fax: 61-6-203-7362	✓	✓	✓	✓	Canberra ACT	AUS	✓		
	19-21	7th International Grand Prix Masters Long Course Meet Jacques Lederer, Rue Leon, Roubaix 28-B, 6300 Marchienne-au Pont, BELGIUM	Fax: 32-7159-1834	✓	✓	✓	✓	Chateaufort	BEL	✓		
	26-28	International British Masters Long Course Championships Judy Mott, A.S.A. Harold Fern House, Derby Square, Loughborough LE11 0AL ENGLAND	Fax: 44-1509-610-720	✓	✓	✓	✓	Sheffield	GBR	✓		
MAY	3-5	Scottish Open Masters Short Course Championships Ken McKay, Holmhill Farm, Greenless Rd., Cambuslang, Glasgow G72 8DT, SCOTLAND	Fax: 44-641-4443	✓	✓	✓	✓	Greenock	GBR	✓		
	9-12	USMS Short Course National Championships De Anza Cupertino Aquatics and DAC Masters, PO Box 436, Cupertino, CA 95015-0436 USA	Fax: 1-415-253-6443	✓	✓	✓	✓	Cupertino CA	USA	✓		
	11-12	12th Open Catalunya Masters Long Course Championships Catalunya Swimming Federation, Ruben Sanz, Disputacion 237, E-8007 Barcelona, SPAIN	Fax: 34-3-487-8874	✓	✓	✓	✓	Barcelona	ESP	✓		
	17-19	3rd Santa Clara Masters International Meet Dick Jochums / John Bitter, PO Box 2672 - Mission Station, Santa Clara, CA 95055, USA	Fax: 1-408-246-5055	✓	✓	✓	✓	Santa Clara CA	USA	✓		
	17-20	Canadian Masters Long Course Swimming Championships Swim Manitoba, 224-200 Main St., Winnipeg, Manitoba R3C 4W2 CANADA	Fax: 1-204-985-4132	✓	✓	✓	✓	Winnipeg	CAN	✓		
	25-26	Czech Open Master Long Course Championships Josef Konecny, Sramkova 481, CZE-76302 Zlin, Czech Republic	Fax: 42-67-61578	✓	✓	✓	✓	Zlin	CZE	✓		
	26-27	2nd Malta Open Masters Long Course Championships Dr. Michael Gialanze, Thistledown, 525/526 Santa Maria Estate, Mellieha SPB 12, MALTA	Fax: 356-520-396	✓	✓	✓	✓	Malta	MLT	✓		
JUN.	14-16	6th Casperle Dutch Open Masters Long Course Meet Henk Wisseko, Wijenburg 21, 7339 DH Apeldoorn, NETHERLANDS	Fax: 31-55-417-943	✓	✓	✓	✓	Apeldoorn	NED	✓		
	22-23 July	Vith World Masters Swimming Championships Leader House, Surrey St., Sheffield, S1 2LH ENGLAND	Fax: 44-114-273-6731	✓	✓	✓	✓	Sheffield	GBR	✓	✓	✓
JUL.	09-10	Nordic Masters Open Diving Championships Rolf Mikola, Finnish Swimming Federation, Radiokatu 20, FIN-00240, Helsinki, FINLAND	Fax: 358-0-147-767	✓	✓	✓	✓	Helsinki	FIN	✓		
AUG.	22-25	USMS Long Course National Championships Mark Lambert, 1000 South State St., Ann Arbor, Michigan 48109 U.S.A.	Phone: 1-313-747-0162	✓	✓	✓	✓	Ann Arbor Mich.	USA	✓		
	29-31	French Open Masters Long Course Championships French Swimming Federation, 148 Av. Gambetta, F-75020 Paris FRANCE	Fax: 33-1-4031-1990	✓	✓	✓	✓	Millau	FRA	✓		
SEP.	28-29	Swiss Open Masters Long Course Championships Sportweg 10, CH-3097 Liebefeld, SWITZERLAND	Fax: 41-31-971-6019	✓	✓	✓	✓	Geneve	SUI	✓		
OCT.	29-30	A.S.A. Masters Long Course Championships Judy Mott, A.S.A. Harold Fern House, Derby Square, Loughborough LE11 0AL ENGLAND	Fax: 44-1509-610-720	✓	✓	✓	✓	Sheffield	GBR	✓		
NOV.	1-6	Inaugural Malaysian Masters Swimming Festival Allan Ho, Malaysian Amateur Swimming Union, Kuala Lumpur Swimming Complex, Bandar Tun Razak, Jalan Tenlaran, Cheras 56-000 Kuala Lumpur, MALAYSIA	Fax: 60-3-201-8586	✓	✓	✓	✓	Kuala Lumpur Langkawi Island	MAS	✓	✓	
	16-17	Finnish Masters Open Long Course Championships Matti Mehtinen, Kumpulatu 6, C13, FIN-11710 Riihimaki, FINLAND	Phone: 358-14-723-131	✓	✓	✓	✓	Espoo	FIN	✓		
	16-17	Czech International Masters Long Course Meet Milan Hlava, U. Koupeliste 575, CZE 40011 Usti nad Labem, CZECH REPUBLIC	Fax: 42-47-63287	✓	✓	✓	✓	Usti nad Labem	CZE	✓		
	30-01 Dec	Ukraine Open Winter Masters Short Course Championships Sergey Fessenko, St. Burmistenko 9/10, app. 27, 252040 Kiev, UKRAINE	Fax: 7-044-2633-5404	✓	✓	✓	✓	Kiev	UKR	✓		

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