



**MASTERS
SWIMMING**
Australia

NATIONAL

Volume 10. No 1. FEBRUARY 1999

Welcome to another year full of fitness, friendship and fun.

The first thing you will have noticed is our new logo. After much debate and review, the finalist (Ian McCallum) has been notified and we can go 'full steam ahead' on all those little projects we've been putting off "until we get the logo". It looks very professional with the pictorial representation of a swimmer's arm and the 'A' standing for both AUSSI and Australia. The National logo will be printed in green & gold and each Branch has nominated their preferred colours for the Branch-specific version. Watch out for your Branch logo, appearing soon on a letterhead near you!

Over the Christmas/New Year period I had the opportunity to travel to the US and Canada and was lucky enough to meet up with some Masters swimmers on my trip. I am pleased to say that my philosophy about Masters swimmers being the nicest people was well and truly supported. I only hope that we can all have the opportunity to show the same friendly spirit towards our international guests who will be joining us in Perth for the 7th Pan Pacific Masters Swimming Championships in October. There are more details about the meet inside.

But before we get that far, there's the National Swim to think about. Many of the AUSSIs I have spoken to have told me what a wonderfully laid-back atmosphere Darwin has. This should make for a excellent National Swim (who needs any extra stress at a time like that?!) and will be the perfect place to get away for a few days either side of the meet for those lucky enough to be able. Ansett Australia has put together some excellent offers on airfares so check them out before you make your booking. Again, there are more details about this meet inside this newsletter.

The National Top Ten booklets will be out soon and the results of the National Aerobic Trophy competition will be announced at the National Swim dinner. I am reliably informed that there was a great deal of swims recorded for both and I'm sure the final results will be a credit to Darryl Hawkes (National Recorder) and David Cummins (Director of Programmes) respectively. Anyone who is unsure about how to enter times for these should contact their Branch Recorder or the National Office immediately as we are already a couple of months into a new year. So get to it!

Happy swimming to everyone,

Jodi-Ann Beard

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LETTERS TO THE EDITOR

Dear Editor,

I noticed in the December issue of the Nat. Newsletter in the Membership Development a comment re tardy registrations.

As Registrar from my Club, I find the system (not the people doing it) very frustrating. eg. we have just sent off a dozen registrations and the next day there's another in the letterbox..! It can take weeks for me to get a cheque from our Treasurer and so it goes on.

My idea is to change the system and devolve most of the

work down to the Clubs, a system similar to 'Swimming Victoria'.

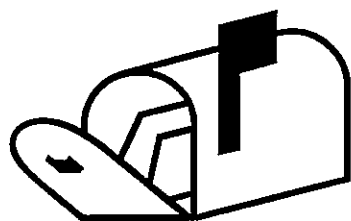
Allocate numbers to Clubs - pay your money, sign your Membership Form - and you're in! The Club Registrar then sends fortnightly returns to the Branch Registrar on the 1st and 16th of the month.

All I want to do is start a talking point.

Don Coupe
Gippsland Flippers, Victoria

Thanks for an innovative suggestion, Don. Perhaps other Club Registrars and Branch Registrars would like to offer their comments for the April edition of National News?
- Ed

It sounds very much like the original concept of NACS, introduced in May 1992
- NED



POSTAL CENTRE

for all the latest details on postal swims...

THE BEAST - AUSTRALIA 1999

Brisbane Southside Masters dares to present THE BEAST. Open to all Masters swimmers 20+ years. Here's all you have to do:

Complete, at your own pace, the following swims within a 12 hour period. The total distance is 2400m. You may swim the four components in any order...

- 800m Freestyle
- 800m Medley
- 400m Formstroke (i.e. not Freestyle)
- 400m Medley

THE BEAST entry, including t-shirt & certificate, is \$30 and must be completed before 30 April 1999. Further details/entry forms are available from your Club Secretary.

THE CRONULLA K.5 CHALLENGE

WHEN: Between January 1 and April 30 1999

WHERE: Any 25m or 50m pool

CLOSING DATE: 21 May 1999

COST: \$8 (or \$4 without cap)

AWARDS: Commemorative cap & certificate

Blue cap-K.5 ratio less than 0.8/Gold cap-K.5 ratio 0.8+

THE K.5 RATIO: Calculated by dividing the 1500m time by 50 times your best 50m for that stroke in that year

PLACINGS: These will be from the lowest K.5 ratio each age group and stroke.

Summary Sheets are available from your Club Secretary. (And remember the 1500m swim will earn you National Aerobic Trophy points for your Club too! - Ed.)

THE WALL

Northland Masters Swimmers (NZ) challenge you to face 'The Wall'. You can try either:

- 800m (400m Free, 50m Fly, 100m Back, 100m Breast, 150m Free) or
- 1500m (800m Free, 100m Fly, 200m Back, 200m Breast, 200m Free)

You can swim in either a 25m or 50m pool any time from 1 February to 31 March 1999. Each distance must be swum in sequence. You are able to stop, but the clock keeps going! Age will be as at 31 December 1999. The cost is \$8 including a certificate. T-shirts awarded to age group winners. Further details/Entry Forms are available from the National Office on 08 8344-1217.

WATERWAYS OF THE WORLD

Congratulations to Campbelltown AUSSI who donated \$500 to the Paralympic Assoc. on behalf of the 1998

'Waterways of the World' Postal Swim participants. So naturally the event is on again this year. All you have to do is note down the distance that you swim each time you get in the pool in the official logbook. At the end of the year, you send your logbook back and then you will receive a beautiful artwork certificate with the total distance swum and details of the nearest waterway in the world of equivalent distance. Logbooks cost \$15 (which includes a donation to Paralympics) and are available from Campbelltown AUSSI Masters Swimming Club, c/o P O Box 835, CAMPBELLTOWN NSW 2560.

CALENDAR OF NATIONAL/INTERNATIONAL EVENTS

	AUSSI/FINA Sanctioned meets.	OTHER (May be sanctioned by AUSSI.)
1999	11 - 15 May: AUSSI National Swim DARWIN, NORTHERN TERRITORY * 16 - 23 Oct: Pan Pac. Masters Swim. Championships PERTH, WESTERN AUSTRALIA *	30 Sept - 3 Oct: Aust. Masters Games (Swimming) ADELAIDE, SOUTH AUSTRALIA
2000	21 - 23 April (Easter): AUSSI National Swim GLADSTONE, QUEENSLAND 27 Jul - 8 Aug: FINA World Masters Swim Champ's MUNICH, GERMANY	29 Jan - 5 Feb: South Pacific Masters Games WELLINGTON, NEW ZEALAND 5 - 13 February: New Zealand Masters Games DUNEDIN, NEW ZEALAND 21 - 28 October: Honda Masters Games ALICE SPRINGS, NORTHERN TERRITORY November: Asia Pacific Masters Games GOLD COAST, QUEENSLAND
2001	March/April: AUSSI National Swim MELBOURNE, VICTORIA	October: 8th Australian Masters Games NEWCASTLE & HUNTER, NSW
2002		6 - 19 October: World Masters Games MELBOURNE, VICTORIA

* see this newsletter for further details

1999 NATIONAL SWIM

The 24th National Swim will be held in Darwin, 11-15 May 1999. Pool events will be held from Tuesday 11 to Friday 14 May; the Open Water Swim will be on Saturday 15 May.

The program and entry forms, together with merchandise order forms, technical official nomination forms, information about accommodation, etc., was sent to all Club Secretaries on 29 December last.

ENTRIES

The closing date for entries will be 12 March 1999. Entries can be made only through Club Secretaries, ie. individual entries will not be accepted.

ENTRY FEES

Pool events - \$45 per swimmer, Open Water Swim - \$5 per swimmer, Relays - \$10 per relay team.
No late entries will be accepted.

SOCIAL

There will be two major social events:

- the Welcome Function (which will be free) on Monday 10 May at Parliament House; and
- the Presentation Dinner on Saturday 15 May at the Darwin Trailer Boat Club, cost \$30 per head, drinks at bar prices.

You must indicate on your entry form if you wish to attend these functions.

Any queries should be directed to the Meet Director, John Pollock, on:

Tel: (08) 8981 5919

Fax: (08) 8941 4919

E-mail: johnpollock@octa4.net.au

AROUND THE BRANCHES...

AUSTRALIAN CAPITAL TERRITORY

1999 looks like being a good year for ACT AUSSI Masters, as all three Clubs have got away to a good start. Monthly aerobic swims will be a regular feature of the Canberra North swimming program in 1999. Tuggeranong will be holding a swim clinic on the weekend of 27/28 March. To be run by Judy & John Bonning, it will be the first of its kind in Canberra for Masters swimmers. As well as pool sessions including videotaping and critiquing, the clinic will include classroom sessions on a range of topics including weight training and planning and goal setting.

QUEENSLAND

We are gearing up in a big way for the 2000 National Swim in Gladstone. We expect to announce some major sponsors soon and will be in force in Darwin letting everyone know all about the 2000 National Swim.

The Branch has also received a Konica copying print shop machine under a sponsorship arrangement and are upgrading all our computers at the moment.

David Speechley - Branch Administrator

TASMANIA

The 15th State Summer Long Course Championships were held on the weekend of 13/14 February at Devonport Pool. The host Clubs were Devonport and Burnie. The Branch Annual General Meeting was held on Saturday 13 February at the Formby Hotel in Devonport and the Annual Report has been distributed to all Branches. The Branch Web Site is ready to go.

Katherine Daft - Branch Secretary

VICTORIA

Our Annual General Meeting is going to be held on Tuesday 16 March and will be combined with a Presentation Night for 1998 awards. The Long Course Championships are scheduled for Sunday 18 April at the Melbourne Sports & Aquatic Centre and we are hoping for a strong turnout, especially from our country members. We are hoping to run the newly accredited Level 2M Coaching Course later in the year depending on the interest shown within the Branch.

Summer S N I P P E T S

- b AUSSI's website is up and running at aussi.trump.net.au. It has a hefty 134 pages but is very well organised and easy to move through. Do yourself a favour and 'surf' your way there next time you're on-line. Any feedback about the site would be very welcome., the address of the Webmaster (or is it Webmistress?) is on the website. Congratulations to Pauline Samson on a stirring effort!
- b A small publication entitled 'Rules for Swimming Competitions' has just been realised and is a 'must read' for all those intending to compete in AUSSI meets throughout 1999. You can get a copy from the AUSSI Web Site or from your Club Secretary.
- b COMMITTEE: A body that keeps minutes and wastes hours.
- b Newcastle & Hunter have just been announced as the successful bidder for the 2001 Australian Masters Games. It will be the first time the Games have not been held in a capital city. The other bidders for the event were Canberra and Darwin.
- b 1999 is the International Year of the Older Person. Senior Citizen Celebrations will take place in each State/Territory throughout the year. (VIC 14-21 March, NSW 21-28 March, NT 23-29 Aug, TAS 18-26 Sept, QLD 26 Sept-3 Oct, ACT 27 Sept-1 Oct, SA 1 - 31 Oct, & WA 31 Oct-7 Nov) To find out more, contact your State/Territory Government.
- b The Australian Sports Commission recently announced that the launch of SportNet will take place in April 1999. SportNet is a national state-of-the-art online network for Australian sport being developed by Telstra in partnership with Australian sport. This network, based on Internet technology, is designed to assist sport to capitalise on the opportunities of the 'online' world.

AROUND THE BOARD...

MEMBERSHIP DEVELOPMENT

CLUB DEVELOPMENT MANUAL

Have you read your copy? If not, why not? The Club Development Manual contains a wealth of information that Club Committee members should take advantage of. There are chapters on every topic imaginable and answers to many of your everyday questions about AUSSI.

An article about the Club Development Manual will be published in the April edition of the National Newsletter.

Gary Stutsel

PROGRAMMES

Club Aerobic Trophy submissions were due to Branch Recorders by 14 February. In turn, Branch submissions are due by 14 March.

As the time draws closer the National results get closer so stay tuned. My spies tell me that this year a 'smokey' is on the cards.

David Cummins

RECORDING

All members should spare a thought for their hard working Recorders during this period as they have been under considerable stress in producing their submissions for the FINA Top Ten and National Top Ten by the cutoff date of 31st January. The total submissions this year was 49,863. Many clubs could be more helpful by improving the quality of their submissions, especially relay times with details of team members. The National Top Ten is due to be released to the Printer on 26th February.

Darryl Hawkes

TECHNICAL DEVELOPMENT

We now have 33 fully qualified AUSSI Referees. They have all been sent up to date copies of the swim rules which should suffice until the updated rule book is available. These rules are also available on the website. An outline of the AUSSI technical courses available on website through the Technical page for anyone who is interested. An important request that swimmers be advised that only the latest version of the MD form is to be used and should be sent via the Branch. Contact your Branch Technical Officer if you are unsure of which version of the form is the latest.

Pauline Samson

AUSSI Website: <http://aussi.trump.net.au>

On January 25th on the eve of Australia Day, the AUSSI National Website was launched into cyberspace. Already a number of overseas agencies have accessed the site and there has been positive feedback. There aren't any graphics yet, the site being mainly information, however as the site evolves, the presentation will also change. The site was designed using the KISS principle (Keep It Simple, Simple) and it is easy to move around the site with pages being inter-linked.

There are now some 134 pages of information with the main pages being: 'Home', 'Organisation', 'Branches', 'Competition Results', 'Coaching Courses', 'Records', 'Calendar' (including Postal Swims), 'Merchandise' and 'Publications'. This National Newsletter is also there and can be accessed from Director of Communications, Publications and from 'Did You Know?' – so you will find it eventually. The National Records are also there on separate pages for Men, Women, Short Course, Long Course and age groups. And as soon as the 1998 National Top 10, Aerobic and National Swim results are available these will also be included. No more waiting your turn for the printed copy or results books being lost.

'What's New?' is there to promote new products e.g. the new logo or to introduce new members of the Board – there is an election soon for National President and Director of Finance, so two new faces. 'The Winners' is being used as an historical record of all winners including Coach of the Year, Official of the Year, National Swim Trophies etc. The Organisation page introduces the National Board and each Director has a page for their portfolio. Branches have their own page with many having email addresses as well as Club contacts.

And for you, the AUSSI member, a chance to have your say by using email. If you want to comment about AUSSI or ask a question – the Bulletin Board will be available to you.

So what are you waiting for? Check out the site – go on, give it a go!!!

Pauline Samson (AUSSI Webmaster)

The following AUSSI NATIONAL RECORDS have been approved since the last newsletter.

LONG COURSE WOMEN

Dee Sheffrin	VDC	40-44 yrs
800m Breaststroke	14m22.72	22 Nov 98

Jenny Whiteley	NRV	40-44 yrs
50m Breaststroke	00m36.55	05 Dec 98
400m Breaststroke	06m31.28	05 Dec 98

Jen Thomasson	QSM	55-59 yrs
50m Breaststroke	00m43.84	21 Nov 98
100m Breaststroke	01m33.14	01 Nov 98
100m Butterfly	01m32.83	21 Nov 98
200m Indv. Medley	03m00.80	31 Oct 98
400m Indv. Medley	06m25.02	21 Nov 98

Tricia Legge	QTT	60-64 yrs
400m Breaststroke	08m27.41	21 Nov 98

LONG COURSE MEN

Matthew Wright	QPN	25-29 yrs
200m Breaststroke	02m29.45	31 Oct 98

Russell Fletcher	VPP	35-39 yrs
400m Backstroke	05m22.02	22 Nov 98
800m Backstroke	11m09.51	22 Nov 98
1500m Backstroke	21m13.59	22 Nov 98
800m Indv. Medley	11m23.06	22 Nov 98

Russell Fletcher	VPP	40-44 yrs
1500m Freestyle	18m03.38	05 Jan 99
400m Indv. Medley	05m11.52	02 Jan 99

Francis Christian	VDC	40-44 yrs
800m Butterfly	11m10.18	22 Nov 98
800m Backstroke	11m35.74	22 Nov 98
1500m Backstroke	21m50.30	22 Nov 98

Patrick Galvin	QWS	65-69 yrs
50m Breaststroke	00m40.76	31 Oct 98

Kevin Vickery	NET	75-79 yrs
400m Indv. Medley	08m31.10	01 Nov 98

Jim Walker	QSM	90-94 yrs
50m Breaststroke	01m58.53	21 Nov 98

SHORT COURSE WOMEN

Sandra Pugh	QGS	40-44 yrs
1500m Breaststroke	28m21.28	07 Nov 98

Liz Wallis	NML	70-74 yrs
400m Indv. Medley	08m35.55	07 Nov 98

SHORT COURSE MEN

Bernard Taurany	NRV	20-24 yrs
50m Breaststroke	00m32.69	21 Nov 98

cont.

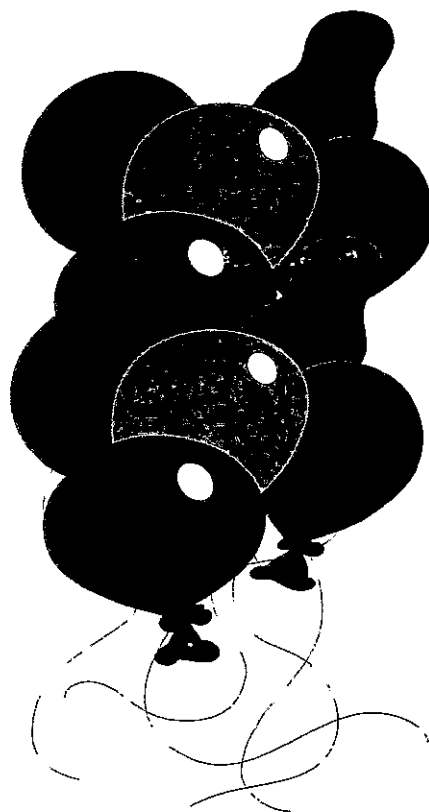
Russell Fletcher	VPP	35-39 yrs
800m Backstroke	11m08.39	05 Dec 98
1500m Backstroke	21m08.16	05 Dec 98
800m Indv. Medley	10m57.00	05 Dec 98

Gary Winduss	VSP	50-54 yrs
400m Freestyle	05m06.25	05 Dec 98

Arthur Thomas	QTT	80-84 yrs
50m Freestyle	00m39.57	07 Nov 98
50m Backstroke	00m49.12	07 Nov 98

Congratulations to all these record breakers!

The feature article about Jenny Whiteley, the outstanding swimmer from New South Wales, was not ready at the time of publication of this edition. It will appear in the April edition of the National Newsletter. News just to hand is that Jenny has been selected as the winner in the NSW Masters Athlete of the Year category for an Outstanding Effort in NSW Sport in 1998. Congratulations Jenny!



Opinions expressed in this Newsletter, whether editorially or by contributions, do not necessarily represent the views of AUSSI. Items on matters affecting AUSSI are welcome but all contributions are subject to the discretion of the Editor. Please forward your contribution to National Newsletter Editor by either

- e-mail: mastswim@jeack.com.au
- fax: (03) 9809-2588
- mail: P O Box 1104, HARTWELL VIC 3125

Contributions are requested by the end of the month prior to the issue date. Articles for the April Edition are due by 31 March 1999.

AUSSI RESOURCE CENTRE

A great way to get your club together for a social night/fundraiser is to have a video night. Clubs who may not be able to swim all year round could use this to keep some continuity in their lay off period.

Items are available for the following hiring charges:

1 Video	1 Week \$ 5.00	2 Weeks \$8.00
2 Videos	1 Week \$ 8.00	2 Weeks \$12.00
3 Videos	1 Week \$10.00	2 Weeks \$15.00

A bill will be forwarded to you with the goods (plus postage) and payment must be sent with the items, on their return.

Videos

- **Mark Tonelli Gold Medal Series** - Best for novices in that it is simplistic, non-the-less it is very well put together with good camera work and footage.
- **AUSSI Coaching Seminar - with Kirk Marks** - 40 minutes of theory and practical showing real AUSSI swimmers of all shapes and abilities.
- **Swim Easy with John Konrads**. 45 minutes. An in-depth analysis of freestyle the John Konrads way. Excellent visual images.
- **Swimming Breaststroke**. 19 minutes. Superb analysis of the strokes of Adrian Morehouse and Nick Gillingham, plus 5 minutes of Sam Riley.
- **The Athletic Institute Swimming Series** - Covers all strokes, starts and turns with progressive skills. A bit dated but excellent under water shots of good basic techniques. Well worth a look.
- **AUSSI Workshop - Tailoring a programme** - plus booklet. This workshop held in Tasmania features Anita Killmier.
- **Swimming Fastest III - John Trembley**. A video and book combination. 2 hours 20 mins - covering all strokes with lots of drills. A *must* for all coaches, teachers and swimmers.
- **"Swim Smarter, Swim Faster." I & II**. Richard Quick and Skip Kenny of the Stanford University take you through nearly two hours of stroke drills, techniques plus Starts, Turns and Finishes.
- **ASCA Conference - Masters Stream** - Adelaide 1992.
- **Masters Stroke Techniques**. A biomechanical analysis of the four strokes by John Leonard of ASCA, with demonstrations of drills by US Masters swimmers. 50 minutes.
- **Your backyard swimming pool is your home fitness centre** - as the name suggests, gives ideas to utilise your pool to full advantage.
- **Strength Training** - This 30 minutes video provides a comprehensive update on the methods and principles of strength training, i.e. Body Building, Isometrics, Maximal Weights, Eccentric exercises. Excellent for swimmers and coaches about to embark on a strength programme.
- **Stretching - Bob Anderson**. A really great selection of exercises demonstrating correct technique.
- **Food for Sport** - featuring Karen Inge. Very good!
- **Sunrice High Performance Eating Strategies**, - plus booklet. A good video made better by the booklet.
- **Every Second Counts** - Effective Time Management in Sports Training. Whilst this video is not specific to swimming it gives many good examples of how time is wasted in coaching. A good tool for staff workshops or self evaluation.

- **Visualisation** - Focusing Techniques and mental rehearsals are used extensively by all top athletes to enhance performance. This video gives a comprehensive look at the use of visualisation in sport through various case studies.
- **Media Matters** plus booklet - this is hired to you as a kit and is designed for individuals and voluntary groups involved in promoting fitness and healthy lifestyles in the community. It can be used to publicise and attract members, hence is ideal for AUSSI Clubs.
- **Exercise beats Arthritis** - A unique series of exercises set to music, designed to keep joints mobile.
- **Give it a Go!** - Coaching Athletes with disabilities

AUSSI RESOURCE CENTRE - ORDER FORM

NAME.....

ADDRESS.....

.....

.....

Phone No.....

AUSSI CLUB.. ..

I REQUEST THE FOLLOWING ITEMS

1.....

2.....

3.....

I would like to hire them for a total of.....wks
commencing.....(date)

1 agree to return them in good order complete with
my cheque for hire and postage.

Signed.....

Date.....

ORDER FORM AND CHEQUES PAYABLE TO:

AUSSI Masters Swimming
P.O. Box 207
MARLESTON SA 5033
Phone/Fax 08 8344 1217

7TH PAN PACIFIC MASTERS SWIMMING CHAMPIONSHIPS

INTERNATIONAL COMPETITION IN A WORLD CLASS COMPLEX

Challenge Stadium, Perth from October 15-23, 1999

The 7th Pan Pacific Masters Swimming Championships is shaping up to be a top class international event, with expressions of interest received from around the globe. The biggest response has been from Japan, followed by New Zealand.

We have Alaskan swimmers hankering after open water swimming in a warm ocean. We have also had interest from across North and South America, Central America, throughout Europe and the United Kingdom and from South Africa. So if it's international competition you are after be at Challenge Stadium, Perth, from October 15-23, 1999. Challenge Stadium is a world class venue, having played host to two Fina World Swimming Championships in the 1990s. Something no other city or venue can boast. "Our international Masters family has never had the opportunity to enter a swim meet at a facility that boasts three heated 50m pools, plus a water polo pool and diving pool," said Glenys McDonald, President of AUSSI Masters Swimming in Australia.

For members of AUSSI it is not only an opportunity to participate in a world class event right on our doorstep, but to play an integral part in making the event a success. While the event is being hosted by AUSSI Masters WA, all AUSSI members stand to benefit when the event is a success, with a percentage of proceeds being returned to AUSSI National. We are urging all AUSSI members and officials to become involved - the success of the event hinges on your participation. This is also a wonderful opportunity to grow our membership, because in order to participate in this event, you have to be a member of AUSSI, or an equivalent Masters Association in other countries and other disciplines, like water polo and diving.

Registration forms are being produced at present and will be distributed as soon as they come off the production line. Accompanying the registration form is a glossy brochure highlighting the attractions of Challenge Stadium, Perth and surrounds, including Rottnest Island, the venue for the open water swim.

Rottnest will be known to many Australian swimmers as the venue for the Swim Thru Rottnest, an event in early December which attracted close to 1300 swimmers in 1998. It is also the finish for the 20km race from Cottesloe to Rottnest, which, this year, attracted close to 1500 swimmers, in solos, duos and teams of four.

Each AUSSI Club throughout Australia would have received a letter, including the programme of events and calling for expressions of interest. We have already had an excellent response to this letter.

The Pan Pacs look

Already the Pan Pacs has its own identity. Osborne Park AUSSI member and graphic designer Lisa Duperouzel has developed the logo. Lisa was also responsible for creating "Rocky" - the red rock lobster which was the symbol of the World Swimming Championships held in Perth in January 1998. In colour, the Pan Pacs logo is yellow, red and blue reflecting the vibrancy that is Western Australia. The lines depict the grace and fluidity associated with swimming and with the other aquatic disciplines that will be included in the programme - water polo and diving. We are thrilled to be able to tap into Lisa's talent. As the creator of the identity for the Pan Pacs, Lisa has won free entry into the event.

Our very own website

Organising Committee member Lynne Malone teaches at St Mary's Anglican Girls School. A group of Lynne's Year 11 students last year took on the development of the Pan Pacs website as a project, and will continue to act as webmaster into Year 12. Visit the Pan Pacs website at: www.stmarys.wa.edu.au/panpacs/index.html

The website will be updated on a regular basis and once the registration form for the event is completed, it will be available to download from the website.

Sign up

If you would like to be placed on the 7th Pan Pacific Masters Swimming Championships mailing list, to ensure that you receive a registration package, send your details, including your name, your age, your address and telephone, fax and email details together with an indication of the events in which you would like to participate, to:

7th Pan Pacific Masters Swimming Championships Organising Committee, P O Box 564, CLAREMONT WA 6910
or fax them to 08 9387 8814 or email them to janets@gateway.net.au