

**MASTERS
SWIMMING**
Australia

NATIONAL

Volume 10. No 2. APRIL 1999

NEWSLETTER

Welcome one and all to another edition of the National Newsletter.

Many of us have our sights set on Darwin, venue for the forthcoming 1999 National Swim. Good luck to those of you lucky enough to be competing and best wishes to the myriad of organisers who are working with John Pollock (Meet Director) to bring us the best National Swim ever. There is some last-minute information regarding the swim on page 3.

While our focus is on the National Championships, I have been thinking long and hard about the World Masters Swimming Championships. As regular readers will know they are held every two years and are scheduled to be held in Munich, Germany from 27 July - 8 August 2000.

Rumour has it that there will be qualifying times for *all* events (not just those 200m and over as was the case in Casablanca) and that the times will be tougher than those of 1998. Whilst I recognise the necessity for qualifying times (there needs to be some limit as to the length of the meet), I am concerned that it will create an 'elite vs participation' mentality. To me the beauty of AUSSI is that the 'competitive' and 'non-competitive', for want of better terms, can rub shoulders at any given meet.

There has been some discussion about this issue at international level and even the suggestion that the World Masters Swimming Championships be augmented with a Masters World Cup in the years between. The World Cup meet would cater for those swimmers who would not qualify for World Championships (though how you would implement this remains to be seen).

My problem with this is that it effectively splits Masters into two groups which goes against AUSSI philosophy. Perhaps the feeling is not the same in other FINA Federations? It does however provide the opportunity for non-competitive Masters swimmers to compete at world level. It also gives twice as many cities the chance to host a FINA Masters meet and gains twice as much exposure for Masters swimming worldwide.

I do not profess to have the solution, I suspect opinion depends on which of the above two groups you feel you belong in, but it is an issue that I feel we should discuss and debate within AUSSI. I look forward to hearing *your* point-of-view.

Jodi-Ann Beard

LETTERS TO THE EDITOR

Dear Editor,

One of the best things about being a member of AUSSI is the opportunity to travel around the country to compete at the various swim meets. Unfortunately there is a lot of expense involved, especially for meets that are held interstate.

Our Club is always looking for ways to cut the cost down and we have decided to start a Billet Register. Club members who are willing to offer their spare room for a fellow AUSSI member to stay in during competition time can fill in a simple form and forward to the Club. Then when somebody asks if there are any beds available, the Club knows exactly what's on offer. Of course the form specifies age, sex, location, fee, etc. so that everybody feels comfortable to use the billet system.

I am wondering if other Clubs around Australia, particularly the large metropolitan ones, would be interested in starting their own Billet Register. With big meets coming up in both Adelaide and Perth it would be a wonderful way to make new friends and keep the price down for interstate visitors.

Alison Stevens
North Lodge Neptunes -- Victoria

Dear Alison,

I think this is a great idea. Hopefully it means that many more AUSSI's can enjoy the 'friendship' part of our organisation. A sample of the Billet Registration Form can be obtained from the National Office. -- Ed.

and from the internet :-

Hi guys,

Ciao from Rome,

Having a great time, no time for swimming. (cant find any pools open), but not looking too hard either. Doing a lot of walking tho' and their medieval cities are generally hilly, so getting plenty of exercise.

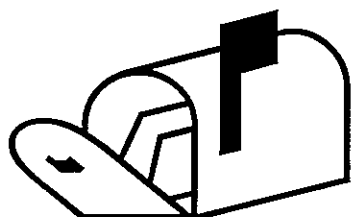
Loving Italy, gelati, pastries and cappuccinos, not to mention the pizzas. We now drink coffee like the locals, standing up at the bar. \$1.50 compared to \$4-5 Aust for the luxury of sitting down. Took us about a week to realise this.

Keep pumping away at those laps. Say hi to everyone. What's news?

Arrivederci
Gail and Bruce

Dear Gail,

It's great to hear you're having such a wonderful time in Italy. I only hope the walking is enough to burn off all those pastries and pizzas. And \$5 for a cappuccino sounds outrageous. Don't take it sitting down! - Ed.-



POSTAL CENTRE

for all the latest details on postal swims...

WATERWAYS OF THE WORLD

Sponsor a Paralympian!

As the 2000 Sydney Olympics & Paralympics draw closer, here is your opportunity to support some the athletes who will be doing us proud. Campbelltown AUSSI will donate a proportion of the entry fee for their 'Waterways of the World' Postal Swim to the Paralympians.

All you have to do is keep track of your laps by recording your distance swum in the official logbook. At the end of the year, you send your logbook in and you will receive a glorious artwork certificate with the total distance swum and details of the nearest waterway in the world of equivalent distance.

Logbooks cost \$15 and are available from
Campbelltown AUSSI Masters Swimming Club,
c/o P O Box 835, CAMPBELLTOWN NSW 2560.

BUNBURY AUSSI STINGERS

1200m Postal Swim - Winter 3 x 400m

The swims can be completed in either a 25m or 50m pool, and must take place between the 1st of May and the 30th of June 1999. Swimmers need to complete 3 x 400m's - 1 Freestyle, 1 Breaststroke and 1 Backstroke.

Swimmers need not complete all swims on the same day or in the same month. e.g. swim Freestyle in May, Breaststroke and Backstroke in June, or swim all on the same day or in the same month.

This is an easy postal swim to complete if you are a regular Aerobics swimmer, if not, it might help to complete those extra few swims more Aerobic points for your club. The cost is still a low \$6 per swimmer, so get those club entries in. Entry forms should already be with Club Secretaries.

CALENDAR OF NATIONAL/INTERNATIONAL EVENTS

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

* see this newsletter for further details

STOP PRESS!

1999 NATIONAL SWIM UPDATE

ENTRIES: Entries aren't as high as we'd hoped, but there will be 400 swimmers from 63 clubs in Darwin (vs 435 from 70 in Hobart), almost exactly the same as in 1993. There was a disappointing lack of entries from some big clubs in NSW and Victoria, though a good level of participation from SA and WA.

SLIP! SLOP! SLAP!: Sun protection is an absolute must! SPF 40+ sunscreen, zinc, wide-brimmed hats, long protective shirts/pant, etc. There will be shade cloth at the pool and some tents for various purposes but people will still need to look after themselves outside of these.

REGISTRATION: Registration will be at the Casuarina Pool on Monday 10th from 10.00am - 5.00pm and Tuesday 11th from 8.00am - 12.00noon. Weekly bus passes will be available for purchase at Registration.

WELCOME FUNCTION: The Welcome Function will be held at Parliament House on Monday 10th May from 5.30 - 7.00pm.

OPEN WATER SWIM: Wet suits are definitely not necessary, Lake Alexander is shallow (less than 2m) and if the water temperature is down to 26°C we'll be lucky!

PRESENTATION DINNER: Very few tickets will be available so you will have to get in early as we are already over the number we are supposed to have. It's an open-air dinner by the sea so dress will be smart casual. ie. no ties for men and day dress for women.

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



JENNY WHITELEY —

Jenny Whiteley (Ryde AUSSI, NSW) has had some outstanding successes in the last year or so, enough to make most of us green with envy. Here is a shining example of how someone dedicated to 'Fitness, friendship and fun' can take it all the way to the top.

Achievements to Date

Since joining AUSSI Masters swimming, Jenny has set 5 World, 108 National and 60 State Records. She still holds 4 World, 37 National and 64 State Records. These figures indicate the highest level of Record set. In some instances, the National Record may have been broken, but Jenny still holds the State Record.

- The total number of swimming Records that Jenny has set in her Masters career now totals over 173. The number is growing after each swim meet that Jenny attends.
- Only ten of Jenny's State Records have been broken by other swimmers in NSW.
- In most instances, Jenny has broken National Records she had previously set. Only a small percentage of her National Records have been broken by other swimmers.
- Jenny still holds a total of 105 Records.
- Jenny has set Records in all strokes and all distances possible in both long course and short course.
- It should also be noted that Jenny obtained many Records in 1997 whilst swimming in the final year of the 35-39 year age group. This is in itself a feat, as the majority of people tend to set Records just after entering a new age group. In fact, Jenny's times have improved during this period.

A few comments that make Jenny's performances so outstanding.

- Jenny's all-round swimming ability must be recognised. She has obtained Records in all strokes (Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley) in this period. These Records have been obtained over all distances, i.e. 50m, 100m, 200m, 400m, 800m, and 1500m.
- The number of Records that Jenny has set in the period 1 January to 31 December 1998 is 51. The levels of these Records are World (5), National (36) and State (10). We believe this is the highest number of Records ever achieved by a swimmer.
- Jenny's Records show that she has maintained her swimming times over a ten-year period. Many of the times she has swum this year are equal to or faster than times swam in 1988.
- This year, 1998, Jenny was faced with her first opportunities to attempt World Records. She has done this successfully on five occasions, in five different events – 200M Freestyle, 400M Freestyle, 100M Individual Medley, 200M Breaststroke and 50M Breaststroke.

- Only one of the National Records that Jenny has set this year have been broken by other swimmers. Jenny still holds the State Record for these events. Jenny has broken her own National Records on 13 occasions.

Some comments about each of Jenny's World Records.

200m Freestyle – 24 January 1998

This will always be remembered by Jenny as the first World Record she achieved. Jenny had been training intensively for over six months for this swim. Her time of 2.13.85 seconds is within 0.08 seconds of a similar swim done in 1988 when she was competing in the 25-29 year age group.

800m Freestyle – 26 April 1998

This is the second successful World Record swim for Jenny. Her time for this swim was 10.03.79, eclipsing the previous Record by just 0.03 seconds. In fact, after she completed the swim, a pool survey found that the length of the pool was 25.193m. This meant that Jenny swam an extra 6.176m and still attained the Record. She had expected to be able to break the 10-minute mark, which may have been possible in a pool that was exactly 25m long. Also, her time of 10.03.79 was nearly nine seconds faster than the time she recorded over this distance in 1988 when she set a State Record of 10.12.99 in the 25-29 year age group.

100m Individual Medley - 27 June 1998

This was the third World Record that Jenny set this year. It was swum at the Trinity carnival. Jenny has dominated this event since the first Record she set on 19 September 1987 in the 25-29 year age group in a time of 1.12.73 seconds. Her World Record time of 1.11.13 is faster than this first Record. Noone has ever broken the National records Jenny has set in this event in all age groups. She has set this Record nine times – three times in the 25-29 year age group, twice in the 30-34 year age group, three times in the 35-39 year age group, and now for the first time in the 40-44 year age group. As a consequence of this, Jenny currently holds the national 100M Individual Medley Short Course Record over four age groups.

200m Breaststroke - 18 October 1998

This Record was set at the NSW Short Course Championships. Jenny surprised herself in setting this Record, as she improved her previous best time by more than 7 seconds.

50m Breaststroke - 7 November 1998

After her successfully swim in setting a new World Record in the 200m Breaststroke, Jenny set a new World Record in the 50m Breaststroke at the Hills AUSSI Carnival. Her Record breaking time of 36.13 seconds demonstrates Jenny's constant improvement in the times in which she has swum this event. On two other occasions this year, Jenny had set National records in this event in times of 37.37 seconds in June and 36.88 seconds in September.

JUST ADD WATER!



The first time that Jenny ever set a Record in this event was in 1988 in a time of 37.70 seconds. This time still stands ten years later as a state Record.

Aerobic Swims

Jenny has completed all swims in the aerobic program each year for a number of years, including 1998. She has always obtained maximum points. A result sheet of her times for 1998 is attached as Table 3.

Relay Swims

Jenny has been a member of many winning relay teams for her club. *23rd AUSSI Masters National Swim Meet, Hobart 1998* Jenny was a member of the club's winning 160+ Relay teams that won the trophy for the best relay performances in that age group. She competed in the maximum four relay events, 4 x 50m Freestyle (Mixed and Women) and 4 x 50m Medley (Mixed and Women). All four teams that she swam in won their event. *Ryde AUSSI Masters Swimming Carnival on 19 September 1998*. On this occasion, Jenny teamed with club members Belinda Hall, Darren Gum and David King to set a new National Record in the 4 x 50m Freestyle Relay in a time of 1 min 48.71 seconds in the 120+ age group. Jenny played a key part in the team setting this Record. Jenny swam the first leg of the relay in a Record breaking time of 27.84 seconds.

Open Water Swims

During the year Jenny also competed in the Nepean Bridge to Bridge open water swim. This is a 3km swim that attracts over 300 entrants each year. Jenny has competed in this swim now for ten consecutive years, in which she has won her age group each year. One year, she was the first women across the line.

NSW AUSSI Masters Swimmer of the Year Award

Jenny was presented with this award at the 1998 State Championships in April 1998, as a result of her outstanding efforts in 1997. This award is given each year by the NSW Branch of AUSSI Masters Swimming for the most outstanding swimmer in the previous year. It is expected that Jenny will win this award again at the end of 1998. Jenny will become the first swimmer to win this award in two consecutive years.

National Age Championships

At the 23rd AUSSI Masters National Championships in Hobart in March 1998, Jenny was placed first in her age group, achieving a maximum 50 points. Consequently, she is the National Age Champion for 1998. At this swim meet, Jenny set three new National Records. The other two events that Jenny entered, she had already set the National Record earlier that year.

NSW Masters Athlete of the Year Award

In January 1999 it was announced that Jenny had been chosen as the Masters Athlete of the Year by the NSW Sports Federation. Jenny was invited to the 1998 NSW Annual Sports Awards to collect her award.

With outstanding results like these, I felt I should ask Jenny how she felt about her success. Maybe there would be some words of wisdom for the rest of us...

What's been the best thing about your success? The surprise of it. Each little achievement gave me something to focus on - it helped me get through the 'mid life crisis'!

If you could name one thing that helped you get to where you are, what would it be? My swimming friends, in particular, my swimming partner from Ryde AUSSI, David King. Also, a few changes to my stroke technique and the odd gym workout.

Does every Record bring the same thrill or do some mean more than others? Some records are harder to break than others, so these give me more of a thrill and sense of achievement if I am able to break these ones. However, breaking records isn't everything. I set my own personal goals and times I'd like to swim and try to reach these.

Are you still getting 'Fitness, friendship and fun' from AUSSI? Yes, swimming is a great sport - the level of fitness, friendship and fun that I have gained with being a member of AUSSI is wonderful. AUSSI has been part of my life for a long time now. Swimming has certainly helped me to maintain fitness and I've met a lot of great people.

Do you think fitness or stroke technique is more important? If a person wants to improve their swimming times, then probably gaining strength and fitness is the first step, then honing in on the finer points of stroke technique.

If you could give one piece of advice to other AUSSI's, what would it be? AUSSI is a great organisation - it expands one's experiences in many areas just as the motto says - AUSSI for fun, fitness and health. Individuals can set their own goals - whether they be purely social or highly competitive. Just go for it!

Many thanks to Helen Rubin, Di Coxon-Ellis and Jenny herself for their help in compiling this article. - Ed.

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

LONG COURSE WOMEN

Kristina Sherman	VKC	20-24 yrs
50m Backstroke	00m33.36	27 Feb 99
50m Butterfly	00m31.04	27 Feb 99
200m Ind. Medley	02m34.80	27 Feb 99

Jen Thomasson	QSM	55-59 yrs
50m Freestyle	00m32.72	27 Feb 99

Glenise Gale	TSB	40-44 yrs
100m Backstroke	01m17.77	31 Jan 99

Barbara Feniman	WSU	65-69 yrs
800m Freestyle	13m31.55	30 Jan 99

Dulcie Nicol	QMM	85-89 yrs
50m Freestyle	01m09.74	27 Feb 99
50m Backstroke	01m32.84	27 Feb 99
100m Breaststroke	04m15.00	27 Feb 99

Betty Jones	WIW	90-94 yrs
50m Freestyle	01m25.19	28 Feb 99

LONG COURSE MEN

Matthew Wright	QPN	30-34 yrs
50m Breaststroke	00m31.91	06 Feb 99
100m Breaststroke	01m10.38	06 Feb 99

Garry Stutsel	NTR	60-64 yrs
50m Breaststroke	00m39.23	13 Feb 99

Tony Goodwin	NML	60-64 yrs
50m Breaststroke	00m38.98	06 Mar 99

Bob Barry	NWL	65-69 yrs
400m Backstroke	06m19.43	06 Mar 99

Allan Dufty	NET	70-74 yrs
50m Breaststroke	00m45.42	16 Jan 99
50m Breaststroke	00m44.56	13 Feb 99
400m Breaststroke	08m13.65	20 Feb 99
50m Butterfly	00m39.73	16 Jan 99

Jack Mathieson	NSH	80-84 yrs
800m Backstroke	28m27.90	13 Feb 99

Clary Munns	NHL	55-59 yrs
1500m Backstroke	26m28.00	23 Jan 99

Liz Wallis	NML	70-74 yrs
1500m Freestyle	27m48.10	23 Jan 99
400m Backstroke	08m48.58	23 Jan 99

Barbara Vickers	NML	70-74 yrs
1500m Breaststroke	36m21.99	23 Jan 99

SHORT COURSE MEN

David King	NRV	45-49 yrs
400m Freestyle	04m44.95	23 Jan 99
800m Breaststroke	13m17.07	23 Jan 99
1500m Breaststroke	24m56.23	23 Jan 99

Garry Stutsel	NTR	60-64 yrs
400m Butterfly	07m43.13	23 Jan 99

Tony Goodwin	NML	60-64 yrs
800m Breaststroke	13m45.77	23 Jan 99

Donald Tierney	NCB	70-74 yrs
800m Freestyle	13m02.32	23 Jan 99
1500m Freestyle	25m03.07	23 Jan 99

Congratulations to you all!

As you can see Jenny Whiteley continues her winning streak, breaking another three National Records in the last two months. A feature article about Jenny appears on pages 4 and 5 of this edition of the National Newsletter.

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.

cont.

AROUND THE BRANCHES...

AUSTRALIAN CAPITAL TERRITORY

All 3 clubs are operating well with good attendances. Tuggeranong hosted an excellent swim clinic run by Judy & John Bonning from Killarney Pool in Sydney. Everyone thought it was great! They have great ideas about making training fun & challenging, thoroughly recommended for swimmers at all levels & coaches too. Canberra Nth is running an 8-week course for athletes in other disciplines, primarily runners, who want to improve their swimming skills. This has proved a rewarding experience as the group is enthusiastic & motivated. Hopefully there will be some converts at the end of the course.

QUEENSLAND

The Branch and the Gladstone-based sub-committee are pushing forward with the planning for the 2000 National Swim in Gladstone. Already major sponsors have come on board and are assisting with the promotion of the event. Look out for the TV advertisements appearing around Australia next year! We have had a plethora of new clubs affiliating, 64 at the time of writing. Our State Titles are being conducted the first weekend in May, with a number of swimmers then proceeding to Darwin for the National Titles.

TASMANIA

State Summer Long Course Championships were held in Devonport on the 13-14 Feb. Hosted by Devonport & Burnie, members enjoyed a weekend of competition, fun & friendship. There were 24 State Individual Records broken & Launceston won with 1453 points followed by Hobart with 1380. A few changes to the Branch Committee with Peter Neilson as President, John Pugh as Treasurer and Lyn Jetson as Publicity Officer. A small contingent of swimmers are travelling to Darwin for the National Swim in May.

NEW SOUTH WALES

Two State Championships were held in this quarter. NSW OWS at Calalla Beach at Jervis Bay where 80 competitors swam with the dolphins then our Long Course Champ's on March 19-21 at Blacktown attracted 375. Manly won the meet, followed by Warringah & Seaside Pirates. Wollongong won the Av. Pointscore and Port Aquatic the Participation Trophy. Margaret Wilby (Coogee) was the NSW Coach of the Year. New Coaching director Terry Diomis is piloting the Level O Course & running a Level 1M & 2M this year to add to & upgrade our 61 coaches.

AROUND THE BOARD...

AUSSI WEBSITE

Of the 35,469 hits (visits) since Jan., most of these are from overseas (USA, NZ, Poland & Norway). Most popular pages are Top 10 results & Records. There has been very positive feedback from members & e-mail from overseas. The website is featured at the top of several search engines so as more people are 'surfing' our visits will increase, we would like more AUSSI people to be visiting too. Maybe there needs to some sort of competition - to find the hidden swimmer as in Where's Wally? For enthusiastic readers, we've added a copy of the Constitution (something that all true AUSSI swimmers should keep on the bedside table).

PROGRAMMES

The 1998 National Aerobic Trophy Results booklet has been distributed to all Clubs. Once again there were some very impressive results from participants in all eight Branches. The Pointscore was won by Somerset (WA) 9305, with Sunshine Coast (QLD) 6768 second and Doncaster (VIC) third. The Tassie Award (Av. Pts/Reg Member) was won by Campbelltown (NSW) 187.24, with Mackay (QLD) 129.97 second and Surrey Park (VIC) 112.57 third. Congratulations to all participants including the many swimmers who completed all swims or scored maximum points. Keep up the good work!

RECORDING

With the advent of the new logo national record certificates are to be changed. Now is the opportunity to make any other changes if desired. Please forward any suggestions or comments to me.

Darryl Hawkes
National AUSSI Recorder
54 Eyre Street
SEAVIEW DOWNS SA 5049
Ph. (08) 82968905

TECHNICAL DEVELOPMENT

There is still a steady stream of officials accreditations coming through and Queensland is winning the race with the most accredited Referees with 13, followed closely by Victoria with 7.

The majority of Referees in AUSSI are men - where are all the good women?

CHOCOLATE IS GOOD FOR YOU

WASHINGTON: The chocolate industry is hailing new research showing chocolate is packed with the same healthy compounds found in fruits, vegetables and red wine.

"Chocolate lovers can take heart," the Chocolate Manufacturers' Association says in a statement.

The new industry-sponsored research found chocolate contains polyphenol antioxidants, compounds similar to those found in fruits, vegetables and red wine that scientists say may reduce the risk of developing cancer and heart disease.

The Virginia-based association said more research must be done to find out how these substances are absorbed by the body.

"These studies have focused on determining the level of antioxidants in cocoa powder, dark and milk chocolate," said Carol Knight, vice president of scientific affairs for the CMA.

Reproduced from the Adelaide Advertiser

HOW TO GET DISQUALIFIED WITHOUT REALLY TRYING!

- Don't be at the marshalling area when your name is called.
- Swim in the wrong lane.
- When on the starting blocks, keep moving when the Starter calls "Take your marks".
- Do a deliberate false start.
- Dive in before the gun sounds at the second start, after there has already been a false start.
- Dive in before the start of a backstroke race and do a leisurely swim halfway down the pool and back before taking your starting position.
- Roll onto your front well out from the wall when doing backstroke turn and kick into the wall before turning.
- If doing a 'grab turn' in backstroke, pause so it is not a continuous turning motion.
- Finish a backstroke race on your front.
- Do a forward tumble turn at the end of the backstroke leg in an individual medley.
- Swim more than one stroke underwater after the start or turn in a breaststroke race.
- Do some dolphin kicks underwater after the start or turn in a breaststroke race.
- When turning or finishing in a breaststroke or butterfly race, touch with one hand only.
- Use a flutter (alternating) kick in butterfly or breaststroke.
- Break the water with one foot only in breaststroke.
- Finish the race in a different lane to the one in which you started (I'd be in danger of that if I attempted a tumble turn in a race).
- Pull yourself along by grabbing the lane rope.
- Start a lap using the wrong stroke in an individual medley – the order should be fly, back, breast, free. However in a medley relay, the order is back, breast, fly, free.
- In a relay, start before the swimmer before you has touched the wall.

There are undoubtedly other ways to get disqualified, but please don't try them...at National Championships there are no warnings.

Beryl Stenhouse - Cronulla (NSW)