

AUSSI

masters news

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MASTERS SWIMMING
Australia

From the National President

Christmas is fast approaching. It is the time of the year when life as we know it for the rest of the year suddenly seems to come to a halt and we are drawn into an unreal world of rich food and drink, presents and parties.

It is also the time for thinking of, or being with, family who we may not see for most of the year.

It is also the time to contact old friends and let them know we care.

It is also the time when most AUSSI clubs close down for a few weeks and we struggle to motivate ourselves to go swimming.

It is also a time for making those New Year resolutions that we so seldom keep but unless we make them we don't have goals to work towards.

It is also the time to consider our blessings, especially how very lucky we are to live in Australia.

Whatever you do at Christmas time, I trust each AUSSI member fulfils his or her hopes for a happy Christmas period and I wish you all a successful New Year with plenty of personal best times in the pool.

Happy Christmas

Mary Sweeney, President
on behalf of the AUSSI Board



ZOGGS Good Idea

Tuggeranong AUSSI Club won the inaugural ZOGGS Good Idea prize, but unfortunately the photo showing Diane Gregory and Greg Gourley with the prize did not arrive in time for our last issue.

It is with great pleasure that we publish the photo in this issue, with thanks to ZOGGS for making it possible. Some more wonderful Good Ideas can be found in this issue of the newsletter.

Healthpact 9th Australian Masters Games



Congratulations to the organisers and competitors at the recent Healthpact 9th Australian Masters Games. It seems to have been a wonderful event, not surprising considering the amount of hard work that the organising committee put in over a very long period of time. The happy faces of the volunteers in the photo above says it all!

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Editor: Julia Phillips (ned@aussimasters.com.au)

Opinions expressed in this newsletter do not necessarily represent the opinions of AUSSI.

Board Meeting October 2003

The National Board had a meeting in Melbourne on 11th and 12th October, 2003. There were a few changes made to the AUSSI Constitution, By-Laws, and Rules; changes are shown by strike through text (deletions), and underlined text (additions). Could you please amend your copy of the Handbook, as there will not be a re-print until next year.

Change to Constitution

(effective 6th November 2003)

C3.6 "Club Members" shall mean those adults who are registered members of affiliated clubs, and are registered with AUSSI through the relevant branch.

Changes to By-Laws

(effective 12th October 2003)

BL 15.3 Meritorious Service Award: A Club Member may be nominated by his branch or the National Management Committee to receive a Meritorious Service Award after completion of five years continuous voluntary service to AUSSI at National level. The Board will approve such Award

BL15.4 Conspicuous Service Award: A Club Member may be nominated by his branch or the National Management Committee to receive a Conspicuous Service Award after completion of ten years continuous voluntary service to AUSSI at National level. The Board will approve such Award.

BL 15.5 Awards under By-Laws 15.3 and 15.4 may only be made to a person who has been a Club Member for the entire period of service. National Life Members are not eligible for this Award. The Award shall be a plaque and a certificate, and the plaque is to be identical for both awards.

BL16.4 Results for each club must be submitted to Branch Recorders by 14th January annually. The Branch Recorder, after processing relevant details, will forward results for his branch by 14th February to the ~~National Aerobic Recorder~~ Chairman of the Mem-

bership and Participation Committee using the approved National Aerobic Program Software.

BL17.6 Branch Recorders must forward times and distances for National Top Ten to the ~~National Recorder~~ Chairman of the Records Committee by 31st January annually.

BL12.1.7 Maintain a separate bank account and financial records for the Meet, which shall be audited by a suitably qualified person when the branch finances are audited, within one hundred and twenty (120) days of the conclusion of the Meet.

BL12.1.8 Furnish the Board with a draft report and ~~unaudited~~ financial statement within sixty (60) days of the conclusion of the meet. ~~and with a Final Report and Audited Financial Statement within one hundred and twenty-five (125) days of the conclusion of the meet.~~

BL15.1 Awards for the following distances and times have been adopted as stimuli to strive for greater fitness: 1 million metres, 3 million metres, 5 million metres, 7 million metres, 10 million metres. These awards are open to all AUSSI members.

BL15.2 Any member of AUSSI on presentation of his completed and authorised record card showing distances completed to one million metres, three million metres, five million metres, seven million metres, or ten million metres, shall be entitled to the one million metre, three million metres, five million metres, seven million metres, or ten million metre award respectively. Each award may be obtained once only.

Appendices B,C,D, & F of the By-Laws was changed by replacing the word "Useful" with "Desirable".

Changes to Swim Rules

(effective 10th December 2003)

SW18.3 Application for records on the appropriate form shall be forwarded to the ~~National Re-~~

~~order~~ Chairman of the Records Committee within 30 days of the end of the meet.

SW19.6 The National ~~Recorder~~ Office will issue Certificates for all new records established.

SW19.11 The Branch Recorder will complete the Record Application Form and send it to the ~~National Recorder~~ Chairman of the Records Committee within 30 days from the end of the meet.

SW19.4

Freestyle 4 X 25m; 4X50m & 4 X 100m Women, Men & Mixed

Medley 4 X 25m; 4X50m & 4 X 100m Women, Men & Mixed

Open Water Swim Rules

(effective 12th October 2003)

OWS4.10 For National Swims, the finish shall be clearly defined in the water at a swimming depth where practicable to enable the swimmers shall to touch a vertical surface or swim/walk across a defined finish line. For all other Open Water Swims the finish shall be clearly defined in the water at swimming depth where practicable. Swimmers shall touch a vertical surface or swim/walk across a defined finish line.

The meeting saw five new faces around the table. New delegates Ian Davis (NSW), David Ryan (QLD), and Craig Smith (SA) attended their first meeting, with Diane Gregory and Paul Watmough representing the ACT and Victoria respectively on behalf of the regular members from those branches who were not able to attend.

An important item under Business Arising was the National Safety Policy, which had been reviewed earlier in the year. Several items in the policy are inconsistent with current risk management practice, and the National Safety Policy will be re-drafted and submitted to the Board at the next meeting.

The Board considered the nominations received for membership of National Committees, and confirmed the following appointments:

Coaching

Louise Stovin-Bradford
Peter Reaburn
Alina Graham
Jacinta Stirrat

IT

Helen Rubin*
Mark Hepple
David Ryan
Pauline Samson
Paul Watmough

Membership

Therese Crollick
Lynne Malone

Records

Darryl Hawkes
Pauline Samson
Paul Watmough*

Swim Meet

Therese Crollick
John Pollock*
Lynne Malone
Rob Lucas

Technical

Garry Hoff
Pauline Samson*

*Chairman

Kay Cox (Director of Coaching) is Chairman of the Coaching Committee

The Board was disappointed in the lack of interest shown in nominating for some committees, in particular Membership & Participation, Technical, and Records. Whilst appreciating that many members already commit a considerable amount of time and energy to branch activities, the Board would like to encourage any member who wishes to take a more active role in the management of AUSSI at national level to consider nominating now for one of these committees.

Details of duties and responsibilities are contained in the By-Laws, and the National Office will be happy to assist with enquiries.

It was agreed to change the title of the National Executive Director to Chief Executive Officer. The change is effective immediately, and the Constitution and By-Laws will be amended at the next meeting.



Board Members at the October 2003 Meeting

L-R: Paul Watmough (VIC), Lynne Malone (WA), Kay Cox, Ian Davis (NSW), Mary Sweeney, John Pugh, Diane Gregory (ACT), David Ryan (QLD), Pauline Samson (TAS), John Pollock (NT), Craig Smith (SA).

The Board confirmed that the AUSSI National logo is the only logo to be used on flyers, newsletters and other printed or electronic material regarding the National Swim. The host branch may continue to use an event logo on any merchandise, however.

One important decision was the adoption of a Risk Management Policy for AUSSI. A copy of this has been included with the newsletter, and can also be obtained from the AUSSI National Website (aussimasters.com.au).

There was also extensive discussion on the matter of AUSSI's software, both the national registration database, and the programs used during swim meets. The IT Committee has been asked to expedite the upgrade of the registration database, and also move as quickly as possible on the swim meet software.

Finally, there were two discussion papers on the agenda, and given the importance of the two subjects, considerable time was allowed for full discussion of all the issues. Both papers were approved in principle, and the Board will consider a detailed proposal at its next meeting.

Very briefly, the first paper proposed a management restructure; essentially, moving AUSSI from a representative model of management to one modelled on corporate governance principles.

The second paper looked at the management of the National Swim, and proposed that the National Swim Meet Committee be restructured to manage the event each year, with the host branch undertaking specific duties. The aim is to re-affirm the nature of the National Swim as a truly national event, and reduce the administrative workload that the host branch undertakes in organising the Swim.

I hope you have found this brief summary of the Board meeting to be of interest. One thing that the Board continually keeps to the forefront in any discussion is that AUSSI's purpose is to encourage adults, regardless of age or ability, to swim regularly in order to promote fitness and improve their general health. Any matter is always tested against the question, "how does this benefit our members?" and the answer must always demonstrate a benefit in some way.



ZOGGS Tips

Summer is just around the corner and we're all looking forward to days in the sun, pool and surf. Let's look at the correct way to care for your swimwear and most importantly your skin this summer.

To keep your swimwear in perfect condition follow these Zoggs tips.

- ✓ Avoid contact with rough surfaces which may damage fabric
- ✓ Rinse in fresh water after each use
- ✓ Hand wash in cold water and mild detergent
- ✓ Do not roll up or store wet
- ✓ Hang to dry
- ✓ Sunscreen or tanning lotion may stain your swimwear

The Zoggs 2003 swimwear collection sees the introduction of an 'Active Leisure' range, great in and out of the water, and a new 'Tots' selection for 1-4 years. Zoggs swimwear is rated UPF50+ ensuring the maximum amount of UV rays are blocked out protecting you while you swim. Whether you swim for fitness or fun Zoggs swimwear will suit all your needs. (Don't forget the Zoggs club program, your team will look their best in team swimwear and caps).

We all love the feeling of the sun on our skin in summer, to be outdoors in the fresh air enjoying swimming or other leisure activities is central to our Australian culture. Australia has the highest rate of skin cancer in the world.

Skin cancer is mostly caused by overexposure to ultraviolet radiation (UV) but the good news is that most cases of skin cancer can be prevented simply by adopting appropriate sun protection behavior. Sunscreen should never be the first line of defence against damaging UV radiation, follow these sun protection measures when enjoying the sun this summer.

- ✓ Take particular care when UV radiation levels are at their highest (between 10a.m. and 3p.m.)
- ✓ Make use of natural and built shade wherever possible
- ✓ Wear protective clothing
- ✓ Wear a broad rimmed hat
- ✓ Wear close-fitting sun glasses
- ✓ Wear Zoggs UV protected goggles when swimming
- ✓ Use a broad spectrum, water resistant SPF30+ sunscreen

Zoggs broad spectrum sunscreen has a SPF30+ rating providing protection against harmful UVA and UVB rays and as with all Zoggs swimming goggles is recommended by The Cancer Council Australia. Ideal for swimmers, surfers or lovers of the great outdoors Zoggs sunscreen offers up to 2 hours water resistance making it ideal for our hot Australian climate.

Sunscreen is not the only preventative method to protect your skin from the sun. For further information on skin cancer and protection please visit the Cancer Council Australia website www.cancer.org.au

Happy swimming,
Cass O'Neil – Zoggs Australia.

At Zoggs we have a passion for swimming, we want to share that passion with you: visit us at www.zoggs.com

Slim Swimmers Put Heat on Walkers

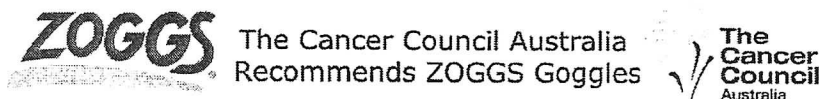
So said the headline of an article by Cathy O'Leary (Medical Editor) that appeared in the West Australian on 17th November.

Swimmers are slimmers, according to research undertaken by the University of WA, under the auspices of AUSSI's own Kay Cox (Director of Coaching). The study, known as *Sweat 2*, monitored 116 women aged 50-65 over a 12 month period, putting previously inactive women on either a swimming or walking program.

Kay said that the results showed that swimmers lost more weight, and developed better body fat distribution, than walkers. She was especially pleased that the research disproved the anecdotal idea that you can't lose weight by swimming.

The newspaper article was illustrated with a great photo of Stadium Snappers members Pat Sugars (71), Geraldine Krug (63), and Meryl Burbridge (61), which was organised by WA AUSSI Executive Officer Wendy Holtom.

Stadium Snappers and Wendy Holtom were also featured in The West Australian Liftout of 15th October, celebrating Bankwest Seniors Week. The article was fantastic publicity for AUSSI in WA, and just shows what can be done by taking advantage of community activities. Congratulations to Wendy, and to the Stadium Snappers.



ZOGGS Good Ideas Column

We have five more wonderful contenders for the ZOGGS Good Ideas Award in this issue. I'm sure you will agree that the judges have had to make a very difficult decision this time – see bottom of page 12 for the name of the winning club.

Thank you to the other clubs that submitted "Good Ideas". Unfortunately these were too late for inclusion in this issue, but have been held over and will be published in our next issue.

Perth City AUSSI (WA)

Our first Good Idea is similar to the one in your first edition about issuing business cards from club members to interested swimmers you chat to at the pool. We are just about to have printed the same idea on plastic so they are waterproof and you can give them to swimmers even when both of you are wet.

Second Good Idea: on our notice board we have a laminated sheet (wet fingers won't smudge the ink) of tear-off portions with a contact phone number and our web-site address (<http://members.optusnet.com.au/~steveraynes/Perthcity.html>). On the same sheet are current photos of members at swim meets or social functions to promote the club. Both of these avenues will provide members-to-be with information about the club.

Finally, with the silly season approaching we have a Christmas games night and bring along pool noodles and such (tennis balls, dive rings etc) and have a few different things in the coached session to break up the monotony. Relays are always fun as everyone cheats. Try and get swimmers to do pool buoy relays (swap pool buoys between swimmers), tennis ball relay where the swimmer does polo or dog paddle and has to keep the ball inside their arms then swap to the next swimmer.

Somerset AUSSI (WA)

Our club has decided on a couple of initiatives for 2004, which other clubs might like to think about.

Our first idea is that each new member will be appointed to a 'swimming mentor'. The mentor will be an experienced AUSSI member, who will be responsible for helping the new member feel comfortable in the club. They will introduce them to other members

of the club, invite them along to swimming events and social events – even pick them up and bring them for the first few times. Tell them about AUSSI procedures such as starting position on the blocks, how marshalling is carried out etc. Give their phone number to the new member and invite them to give them a call if they have any questions or worries.

Our second idea is that each member will be asked to nominate their swimming goal for 2004. The goal can be anything that will be a challenge to the individual member from being able to swim 50m Butterfly to doing the Rottneest Channel Swim solo (20km). These will be listed on the club notice board and celebrated as the members achieve their goals.

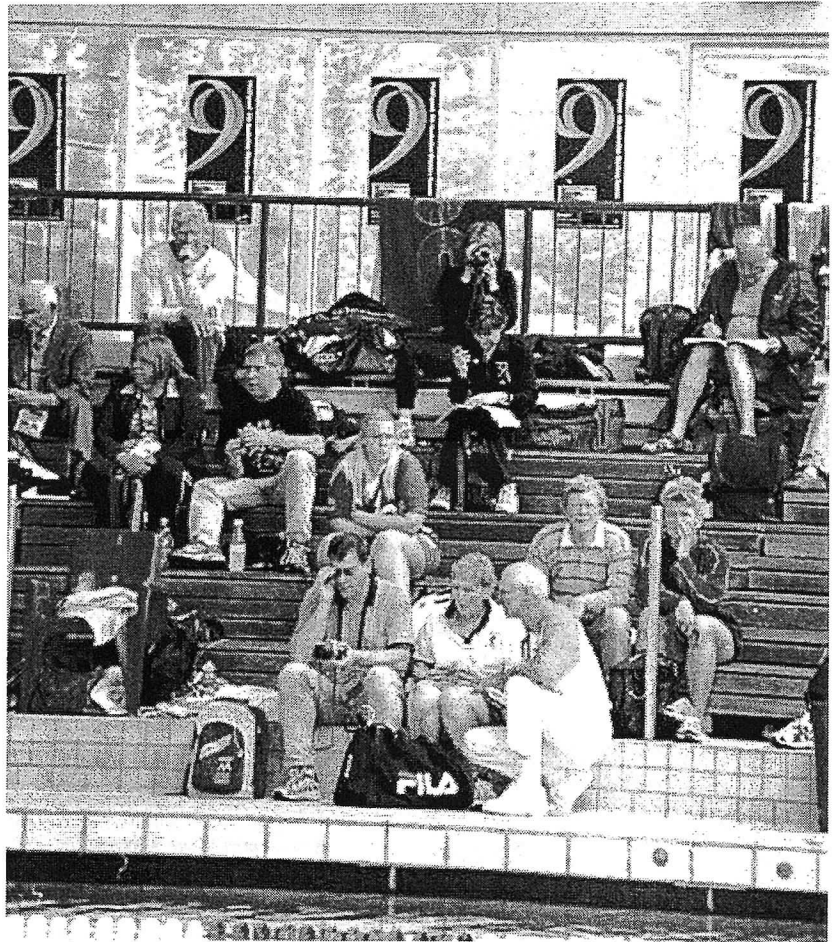
Last issue's ZOGGS Good Idea Award was won by Western Alligators (VIC). Seen here wearing and holding some of the ZOGGS gift pack is Club President Barbara Beaumont (left), and David Falzon. David is a club committee member, and it was his Good Idea that won the club its prize.



Healthpact 9th Australian Masters Games

The Healthpact 9th Australian Masters Games finished up in Canberra on the 9th November. The swimming carnival, held at the Australian Institute of Sport from 1-3 November, was one of the largest and most successful events of the Games. Approximately 560 swimmers, comprising both able bodied and disabled swimmers, entered the carnival. There were a number of Games, State, and national records broken, and there was even a world record broken.

Over 150 volunteers helped run the carnival, working in shifts over the three days of swimming, in addition to the many hours put in by the committee and others in the lead up to the Games. It was extremely rewarding to see how well the volunteers worked, how appreciated they were by the swimmers, and the level of enjoyment and reward they derived from participating in the carnival. Many of the volunteers had not worked at a swimming event before and indicated they would love to come back and help out again.



There were many highlights, some of which were:

■ The Corporate Relay took place during the Opening Ceremony, with a surprise (to the swimmers) second heat that was handicapped according to first heat times. The HIC (Health Insurance Commission), won the Corporate Relay, whilst DOTARS (Department of Transport & Regional Services) won the handicapped event.

■ The Dubbo Redfins AUSSI Masters Swimming Club was a colourful addition to the first day of the swimming competition. The team consisted of 7 swimmers, 6 of whom were swimming for the first time in an Australian Masters Games event.





Million Metre Awards

You will have seen from the amendments to the By-Laws on page 2 that the ZOGGS Million Metre Awards have been expanded to include two new distances: five million metres and seven million metres.

Recipients of all awards will receive a garment (depending on the distance) embroidered with their name, the AUSSI National logo and the ZOGGS logo, and the words "Member of the <distance> Million Metre Club", plus a certificate. Three, five, seven, and ten million metre winners also receive an engraved plaque.

How do you apply? Simple! Provide your branch Secretary/Administrator with a written record of your swim distances. The branch has a supply of ZOGGS Record Cards that you can use to record your distances, but any written record is acceptable. The branch will complete an Award application, which is sent to the National Office, and then your garment, certificate, and plaque (if applicable) will be ordered.

You cannot apply more than once for the same Award, but you can purchase at cost price additional embroidered garments should you wish to do so.

There is no restriction on the starting date of your swim record, but once a particular distance has been passed and an Award made, applications may not be made for shorter distances. For example, if you already have a Three Million Metre Award, you cannot apply for a One Million Metre Award.

If you have any queries, please contact your branch Secretary/Administrator.

■ Graham Windeatt, holder of 4 world records, a Commonwealth gold and Munich Olympic 1500m silver medallist, and wife Nira, a swimmer at the Montreal Olympics, were enticed to compete at the Games by friend Jack van Dongen, Pool Manager at Jindabine. Along with Jane Needham, they formed a formidable Jindabine 50m relay team.

Those lucky enough to attend the presentation dinner at the Australian National University considered this to be a real highlight of the carnival. The guest speaker, Sarah Ryan from the Australian Swimming Team, entertained and inspired everyone with the highs and lows of elite sport, emphasising that goal setting, focus, perseverance, being part of a team and maintaining a balanced approach are the keys to her success. These are attributes everyone can develop to achieve what ever they want in life,

whether it be Olympic gold, competing in your first Masters Games, or running a successful carnival.

For those that came to Canberra for the Masters, the Swimming Organising Committee hopes you have fond memories of the carnival and will return some day to swim in the National Capital. For those that missed out, there is Adelaide in two years time.



The President and Board of AUSSI Masters Swimming in Australia Inc would like to congratulate the members of the team from the ACT Branch, who were responsible for the organisation and conduct of the Games.

The Committee came together in February 2002, and since then has worked tirelessly to organise the Games, obtain sponsorship, and do everything possible to make the Swim Meet an enjoyable experience for all the competitors. The Chairman, Craig Allatt, has worked particularly hard to keep everyone on track, and should be congratulated on the success of the Swim Meet.

Finally, thanks to the writers of this article, and to Craig Allatt for the photographs. The photo of the Dubbo Redfins (left) is courtesy of roving reporter Bob Stevens.



Coaching and Officiating

Fair Go For Officials

The Australian Sports Commission conducted a series of high profile national forums, titled 'Fair Go For Officials', to address the growing incidence of abuse against officials in Australian sport. These day-long forums were held in each state and territory between June and September 2002. The forums sought to develop fresh and effective strategies to deal with this growing problem. The forums called on the expertise of a wide body of officials, abuse experts, coaches, player associations and high profile sporting personalities in strategy building discussions and workshops.

Reports from each forum can be accessed at the website shown below:

New South Wales Fair Go For Officials Forum Report held in Sydney on Thursday 13 June 2002 (<http://www.officiatingaus.org/fgforumsnsw.htm>).

Victorian Fair Go For Officials Forum Report held in Tuesday 18 June 2002 (<http://www.officiatingaus.org/fgforumvic.htm>)

South Australian Fair Go For Officials Forum Report held in Adelaide on Monday 8 July 2002 (<http://www.officiatingaus.org/fgforumssa.htm>).

Western Australian Fair Go For Officials Forum Report held in Perth on Friday 12 July 2002 (<http://www.officiatingaus.org/fgforumswa.htm>).

Northern Territory Fair Go For Officials Forum Report held in Darwin on Monday 15 July 2002 (<http://www.officiatingaus.org/fgforumsnt.htm>).

Tasmanian Fair Go For Officials Forum Report held in Hobart on Friday 26 July 2002.

Australian Capital Territory Fair Go For Officials Forum Report held in Canberra on Wednesday 14 August 2002 (<http://www.officiatingaus.org/fgforumsact.htm>).

Queensland Fair Go For Officials Forum Report held in Brisbane on Tuesday 3 September 2002 (<http://www.officiatingaus.org/fgforumsqld.htm>).

Who Coaches At Your Club?

Thank you to those clubs that answered our request in the last issue. If you have not yet responded to the questions below, please do so.

A key objective for AUSSI Masters Swimming is to provide quality coaches and coaching services to its members. This ongoing commitment to quality coaching includes delivery of education and resources to those who coach at AUSSI clubs, but to do this effectively we need to know more about the people who coach at your club. We would therefore be grateful if you could respond to the following questions:

1) How many people coach regularly at your club?

Of those people:

2) How many have a current AUSSI coaching accreditation?

3) How many have a current ASI coaching accreditation? (include those people who also have an AUSSI accreditation).

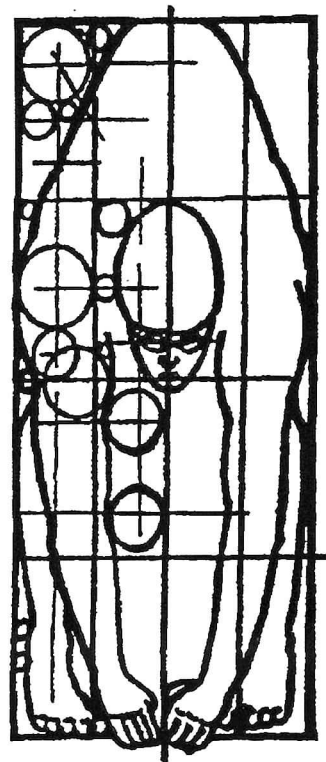
4) How many do not have any formal coaching accreditation?

Could each club please send its response to:

tdo@aussimasters.com.au

or by mail to the National Office, 148A Ferguson Street, Williamstown VIC 3016.

Your assistance in this project is much appreciated.



29th AUSSI Masters National Swim — 2004

Adelaide 31 March – 4 April

Officials and Volunteers

Have you thought about helping with the 29th AUSSI National Swim?

The SA Organising Committee is keen to hear from any members, family or friends who are interested in helping as an Official or Volunteer in Adelaide in 2004.

To register interest please contact Marg Doddridge

Ph 08 8295 8812 or email mdoddrid@drjones.com.au

You can also get a registration form from the AUSSI Masters National website (www.aussimasters.com.au), or complete the information on your entry form (also available on the National website).

All offers greatly appreciated.

2004 Pan Pacific Masters Games

The 2004 Pan Pacific Masters Games will be held on the Gold Coast from 6 - 14 November. Formerly known as the popular Asia Pacific Masters Games, the event promises to be the biggest and best Masters Games the Gold Coast has ever seen, with over 40 sports on offer.

Swimming will be conducted 11 to the 14th of November at Southport Olympic Pool. There will also be a 1.25, 2.5 and 5 km Open Water Swim on Thursday am 11/11/04 at Marine Stadium just north of Seaworld on The Spit at Main Beach.

The PanPac Masters Games is now staged every year alternating between the cities of the Gold Coast Queensland and Sacramento California.

For more information contact the AUSSI Masters Queensland Branch office (qms@thehub.com.au or 07 3876 2822), or the organisers:

email letitia@goldcoastevents.com.au
 website www.mastersgames.com.au
 phone 07 5564 8733

Bookings for travel and accommodation can be made with AUSSI's Official Travel Agent, **Sports Travel**. Freecall 1800 600 611 or email corinne@sports-travel.com.au

ZOGGS Million Metre Winners



Happy Queensland ZOGGS Million Metre winners being presented with their awards at the Brisbane Northside Masters Annual Swim Meet.

L-R: Helen Holmes (3 Million Metre, Brisbane Southside); Rob Lucas (QLD Branch Recorder); Mary Sweeney (National President); Jennifer Nock (3 Million Metre, Twin Towns); Tony Frost (1 Million Metre, Noosa); Olga and Bob McClausland (1 Million Metre, Noosa).

ZOGGS 1 Million Metre Winners

Congratulations to the following AUSSI members have achieved their ZOGGS 1 Million Metre Awards since our last issue:

Don Martin	Rocky Crocs	QLD	Laurel O'Halloran	Rum City	QLD
Jenny Spragg	Twin Town Services	QLD	Norma Daniels	Brisbane Northside	QLD
Tony Garsden	Toowoomba Masters	QLD	Debbie Klease	Toowoomba Masters	QLD

Technical Development Officer

Loren Bartley has recently joined AUSSI as our Technical Development Officer. Loren was a competitive swimmer 1982-1996, and her background includes the following:

Qualifications:

Grad Dip of Business - Sport Management
 Certificate IV Workplace Training
 Bachelor of Applied Science - Human Movement

Certificate of Aquatic Leadership, Education, and Practice
 NCAS Swimming Coach
 AUSTSWIM Swimming Instructor
 Royal Life Saving Society of Australia Senior Trainer
 American Red Cross Instructor

Employment (1997 - 2003):

Performance Manager - British Judo Association
 UK Sports Institute - World Class Coaching Conference Event Coordinator

The American Club (Singapore) - Aquatics Manager
 Victorian Institute of Sport - Olympic Athlete Program High Performance Manager

Loren has returned to Australia recently to settle here before the birth of her baby, due early next year.

I am sure you will all join me in welcoming Loren to AUSSI. She will be working from the National Office, and her email address is tdo@aussimasters.com.au.

2004 Swim Meet Calendar

National/International

Mar-31 AUSSI National Swim
to Apr-4 Adelaide, SA
Jun 3-13 FINA World Masters
Riccione, Italy
Oct 16-23 Alice Springs Masters Games
Nov 11-14 Pan Pacific Masters Games
Gold Coast, QLD

ACT/NSW

Jan-17 Gosford Seagulls IPS
Feb-07 North Sydney Sprint
Twilight IPS
Feb-15 NSW Open Water Swim
Manly Dam
Feb-21 Hunter Combined IPS
Feb-28 Cronulla Sutherland IPS
March 13 & 14 McGuigan Wines NSW State
Championships
Apr-17 Dubbo Redfin IPS Carnival
May-01 Ettalong IPS
May-15 Manly Masters IPS
May 23 (Sun) Blacktown IPS Carnival
May 29 & 30 ACT Long Distance
Tuggeranong
Jun-05 Wett Ones IPS
Jun-12 Grafton AUSSI Masters
IPS Carnival
Jun-19 ConnectED Charity
Swimathon SAC
Jun-26 Trinity AUSSI IPS Carnival
Jul-05 Hunter Festival of Sport
July 11 (Sun) NSW Relay Meet
Sydney Aquatic Centre
Jul-24 Campbelltown IPS Carnival
July 30 - Aug 1 NSW Masters Games
Sydney Aquatic Centre
Aug-07 Ryde AUSSI Masters IPS
Carnival
Aug-14 Warringah IPS Carnival
Aug-21 Macquarie Shores IPS
Carnival
Sept 5 (Sun) NSW Long Distance
Championships Blacktown
Sept 11 & 12 ACT Championships
Belconnen
Sep-18 Seaside Pirates IPS Carnival
Oct 9&10 McGuigan Wines NSW
Short Course Champs
Oct-23 Novocastrian IPS Carnival
Nov-06 Hills IPS Carnival
Nov-20 Vikings Challenge ACT
Nov-27 Port Macquarie IPS Carnival
Dec-11 Raymond Terrace IPS
Carnival

NT

1-2 May Branch SC Champs Darwin
17-22 October Branch LC Champs Alice
Springs

QLD

17/01/2004 Mareeba AUSSI Masters LC
7/02/2004 Sunshine Coast Masters LC
14/02/2004 Cairns Mudcrabs AUSSI LC
14/02/2004 Rocky Crocs LC
21/02/2004 Miami Masters LC
28/02/2004 Townsville Masters LC
13/03/2004 Innisfail Stingers SC
13/03/2004 Hervey Bay AUSSI LC

27/03/2004
3/04/2004
3/04/2004
1 - 3/05/04
15/05/2004
29/05/2004
26/06/2004
31/07/2004
28/08/2004
11/09/2004
2/10/2004
16/10/2004
10/2004
30/10/2004
13/11/2004
20/11/2004
27/11/2004
4/12/2004
11/12/2004

VIC

1/02/2004

7/02/2004
14/02/2004

28/02/2004
13/03/2004
17/04/2004
5/06/2004
10/07/2004
24/07/2004
28/08/2004
12/09/2004

26/09/2004

WA

Sat 3 Jan
Sat 3 Jan
Sat 10 Jan
Sat 17 Jan
Sat 24 Jan
Mon 26 Jan
Sun 1 Feb
Sat 7 Feb

Sun 8 Feb
Sat 14 Feb
Sun 15 Feb
Sat 21 Feb
Mon 1 Mar
Sat 6 Mar
Sun 7 Mar
Sat 20 Mar
Sun 28 Mar
Sat 10 April

Sun 11 April
Sun 3 Oct

Noosa AUSSI Challengers LC
Mackay Mantas Long + OWS
Tully AUSSI Masters LC
State Swim LC
Albany Creek Masters SC
Samford SC
Caboolture and District SC
Twin Towns Masters LC
Brisbane Northside SC
Toowoomba Tadpoles SC
Maryborough SC
Atherton Mountaineers LC 30/
Gladstone Gropers SC
Whitsunday AUSSI SC
Townsville Masters SC
Rum City AUSSI SC
Brisbane Southside LC
Cairns Clams LC
Uni Wahoos LC

Ballarat Beavers Lake
Wendouree 2000m Swim
Long Distance LC State Day 1
Surrey Park Seahorses All
Relay Short Course Meet
Malvern Marlins Swim Meet
Long Distance LC State Day 2
Long Course State Meet
Frankston AUSSI Swim Meet
Casey Seals Swim Meet
Short Course State Meet
North Lodge Pentathlon
Long Distance SC State
Meet - Day 1
Long Distance SC State
Meet - Day 2

Sunset Coast 5 km Swim
Gnarabup Bay Swim
Cottesloe Classic Mile
Jantzen Sorrento Supa Swim
Swim Thru Perth
Australia Day Swim
Rottneest Rehearsal
19th Annual Cottesloe to
Swanbourne Ocean Classic
Busselton Jetty Swim
Swim Thru Leighton
North Cottesloe Ocean Swim
Rottneest Channel Swim
Dale Alcock AUSSI State OWS
22nd Barrett Bunbury Swim
Coogee Jetty to Jetty
Pulu Kokos Lagoon Swim
Mandurah Canal Swim
2004 City of Albany
Harbour Swim
Greens Pool Mile
Geraldton Midwest Toyota
Ocean Mile

For more details on any Meet listed here, go to www.aussimasters.com.au and click on the appropriate branch calendar, or contact the branch by phone. National/international meets can be found under "calendar" from the home page.

AUSSI National Records

Short Course Women

Jacqui Robinson 1500m Freestyle	NCR 18m36.32	30-34 yrs 31 Aug 03
Cassie Lindsay 1500m Backstroke	WMH 22m54.25	30-34 yrs 06 Sep 03
Pamela Smart 800m Backstroke 1500m Backstroke	NBT 11m51.50 22m25.97	35-39 yrs 30 Aug 03 31 Aug 03
Aida Tuciute 50m Butterfly	VSP 00m30.76	35-39 yrs 23 Aug 03
Jenny Whiteley 50m Freestyle 400m Freestyle 50m Backstroke 100m Backstroke 100m Breaststroke 400m Breaststroke 800m Breaststroke 1500m Breaststroke 200m Butterfly 100m IM 200m IM 200m IM 800m IM	NRY 00m27.77 04m43.49 00m34.35 01m15.48 01m18.77 06m24.64 12m56.36 24m29.21 02m43.96 01m09.68 02m36.44 02m34.02 11m41.75	45-49 yrs 06 Sep 03 ** 30 Aug 03 ** 26 Jul 03 26 Jul 03 26 Jul 03 31 Aug 03 31 Aug 03 31 Aug 03 31 Aug 03 09 Aug 03 26 Jul 03 ** 06 Sep 03 ** 30 Aug 03
Janette Jeffrey 100m Backstroke 200m Backstroke	VMV 01m19.36 02m55.48	50-54 yrs 23 Aug 03 09 Aug 03
Jackie Walkington 800m IM	ACN 14m12.37	50-54 yrs 30 Aug 03
Tracy Clarkson 800m IM	QBN 14m07.10	50-54 yrs 30 Aug 03
Jen Thomasson 50m Freestyle 400m Breaststroke 800m Breaststroke 50m Butterfly 100m IM 200m IM	QSM 00m33.21 06m50.50 13m47.69 00m42.11 01m26.58 03m04.93	60-64 yrs 13 Sep 03 30 Aug 03 30 Aug 03 13 Sep 03 13 Sep 03 30 Aug 03
Tricia Liddy 800m Backstroke	QTT 15m31.95	65-69 yrs 30 Aug 03
Marie Harris 400m Backstroke 800m Backstroke 1500m Backstroke	WBB 12m10.24 24m25.70 46m29.20	80-84 yrs 06 Sep 03 06 Sep 03 06 Sep 03
Alma Brecknock 50m Backstroke 100m Backstroke 50m Breaststroke 100m Breaststroke 200m Breaststroke	SAM 01m18.62 02m40.54 01m17.29 02m44.97 05m48.50	85-89 yrs 02 Aug 03 31 Aug 03 31 Aug 03 02 Aug 03 31 Aug 03
Joan Godsall 400m Freestyle 50m Backstroke	QWS 12m09.89 01m15.51	85-89 yrs 30 Aug 03 30 Aug 03

Short Course Men

Daniel Lockwood 50m Breaststroke	NET 00m32.56	20-24 yrs 06 Sep 03
Matthew McQuade 100m Backstroke	NWG 01m01.85	30-34 yrs 13 Sep 03
Frank Braun 800m Backstroke 1500m Backstroke	VMV 10m35.27 20m05.03	30-34 yrs 06 Jul 03 06 Jul 03
Michael Petersen 800m Backstroke 1500m Backstroke	NBT 10m50.27 20m44.57	35-39 yrs 30 Aug 03 31 Aug 03
Paul Lemmon 200m IM	NET 02m17.69	35-39 yrs 06 Sep 03
Cameron Horn 100m Backstroke	NET 01m07.75	40-44 yrs 23 Aug 03
John Stacpoole 50m Breaststroke	NSA 00m34.05	45-49 yrs 24 Aug 03
Mark Taylor 400m Breaststroke	VSP 05m51.59	45-49 yrs 06 Jul 03
David King 100m Breaststroke 100m IM 200m IM 800m IM	NRY 01m17.54 01m09.52 02m33.81 12m33.74	50-54 yrs 26 Jul 03 16 Aug 03 06 Sep 03 30 Aug 03
Patrick Devine 100m Backstroke 800m Backstroke 1500m Backstroke	VMV 01m14.57 12m24.74 23m26.63	55-59 yrs 23 Aug 03 06 Jul 03 06 Jul 03
Tony Strahan 100m Freestyle 200m Freestyle	VDC 01m01.50 02m20.16	60-64 yrs 23 Aug 03 23 Aug 03
Ian Ingram 1500m Breaststroke	ACN 26m52.60	60-64 yrs 31 Aug 03
Colin Mayrhofer 200m Butterfly 400m Butterfly 800m IM	ACN 03m11.08 06m52.83 13m48.50	60-64 yrs 20 Sep 03 30 Aug 03 30 Aug 03
Patrick Galvin 200m Breaststroke	VMV 03m41.22	70-74 yrs 23 Aug 03
Kevin Vickery 50m Freestyle	NSP 00m38.77	80-84 yrs 30 Aug 03
Arthur Thomas 800m Backstroke	QTT 20m40.75	85-89 yrs 30 Aug 03
Jack Mathieson 1500m Backstroke 400m Breaststroke 800m Breaststroke	NSH 59m46.92 12m54.11 26m27.26	85-89 yrs 31 Aug 03 30 Aug 03 30 Aug 03
Short Course Relays		
Doncaster Dolphins Male Free 4x50m Lachlan McKinnon Francis Godden	VDC 02m00.75 Derek Mandy Tony Strahan	240-279 yrs 23 Aug 03
Warringah Male Free 4x50m Ian Wheat Arthur Lith	NWG 02m19.29 Noel Peters Max Van Gelder	280-319 yrs 06 Sep 03

Adelaide Masters **SAM** **320-359 yrs**
 Fem Medley 4x50m 05m24.25 31 Aug 03
 Diana Simons Mary Kemp
 Carrie Hatswell Alma Brecknock

Long Course Women

Kasey Shepherd	NBT	20-24 yrs
1500m Freestyle	20m13.17	09 Aug 03
Jacqui Robinson	NCR	30-34 yrs
400m Butterfly	5m35.19	09 Aug 03
Jenny Whiteley	NRV	45-49 yrs
1500m Breaststroke	25m36.09	09 Aug 03
Wendy Gordon	NNC	50-54 yrs
800m Breaststroke	15m04.01	09 Aug 03
Julie Gunthorpe	QMM	55-59 yrs
1500m Backstroke	25m58.36	02 Aug 03
Jen Thomasson	QSM	60-64 yrs
400m Freestyle	5m45.68	02 Aug 03 **
1500m Freestyle	22m32.06	02 Aug 03 **
400m IM	06m44.28	02 Aug 03
Jenny Spragg	QTT	60-64 yrs
1500m Breaststroke	31m34.66	02 Aug 03
Narelle Balnave	QSM	60-64 yrs
400m Butterfly	8m49.39	02 Aug 03
Tricia Liddy	QTT	65-69 yrs
1500m Backstroke	30m33.74	02 Aug 03
Josephine Heath	QTT	75-79 yrs
800m IM	30m59.89	02 Aug 03
Norma Rudolph	QSC	80-84 yrs
800m Backstroke	25m18.38	02 Aug 03
1500m Backstroke	49m22.38	02 Aug 03
800m Butterfly	27m44.98	02 Aug 03
Joyce O'Farrell	WSM	80-84 yrs
1500m Breaststroke	61m32.57	13 Jul 03
Pauline Benjamin	QMM	80-84 yrs
1500m Breaststroke	53m51.55	02 Aug 03
Mary Garton	NBT	85-89 yrs
800m Backstroke	29m03.37	09 Aug 03

Long Course Men

Paul Lemmon	NET	35-39 yrs
400m Breaststroke	05m50.83	09 Aug 03
800m IM	10m52.02	09 Aug 03
Mike Kevi	QTT	80-84 yrs
800m Breaststroke	23m29.40	02 Aug 03
Arthur Thomas	QTT	85-89 yrs
800m Freestyle	17m48.28	02 Aug 03
800m Backstroke	22m43.65	02 Aug 03
1500m Backstroke	42m27.97	02 Aug 03

** provisional FINA Masters record

The Winner of the November ZOGGS
 Good Idea is Perth City AUSSI (WA), for its
 laminated sheet idea.



FINA World Top Ten

Swimmers who have achieved a World Top Ten ranking can, if they wish, purchase a Top

Ten fabric patch (see illustration). AUSSI Masters Swimming National Office has to submit an order to FINA, and each patch costs US\$5. We have only ordered one in the last few years, but if members are interested, please let me know, and I will be happy to obtain one on your behalf.

Postal Swims 2004

The following Postal Swims have been granted National Sanction.

PS04/04 Swim Like a Legend

1 September to 30 November
 Tamworth AUSSI (Donna Anderson)
 02 6766 3419 or 02 6761 9509
 dmanderson@doh.haeth.nsw.gov.au

PS04/03 Wests 5000 Turtle Swim

1 January to 30 April
 Wests Auburn Masters (Jane Noake)
 02 9424 8337
 jnoake@ozemail.com.au

PS04/02 Bunbury Winter Postal Swim

1 May to 30 June
 Bunbury AUSSI (Gita Neumann)
 08 9791 5613
 neumann@iinet.net.au

PS04/01 Badaginnie AUSSI Animal Event

1 January to 30 September
 Badaginnie AUSSI (Shirley McFarland)
 03 9897 4621

For more information about any of these Postal Swims, please contact the organiser on the phone number or email address given.



10th World Masters Swimming Championships

Riccione, Italy from 3rd-13th June 2004

Bookings are now being taken by
 AUSSI's Official Travel Agent

Sports Travel

Freecall 1800 600 611
 email corinne@sports-travel.com.au