



# M.S.I. NEWS

The official Newsletter of  
**MASTERS SWIMMING - INTERNATIONAL**

Number 6

APRIL 1991

## Editor's Note

My problem each issue is trying to squash about twelve pages of "NEWS" into my allotted space. I apologise to anyone who has sent me information on seminars etc, because space considerations usually mean I cannot oblige, unless you pay for the additional space required.

This issue proved no different, and it was quite a juggle to balance a topical subject like Medical Cover for Swim Meets, the return of the Countrywide segment, information on the IV World Masters Swimming Championships, and that Calendar of Events that you all seem so interested in. But it is all here so I hope you enjoy it.

Remember the closing dates for the IV Pan Pacific Championships. **APRIL 19th for Water Polo**, and **APRIL 30th for Swimming and Diving**. I look forward to the opportunity of meeting as many of you as possible in Tokyo, and I know that Mr Kitamura and his team will host a Swim Meet which will be every bit as successful at the first World Championships in 1986.

There will be a Special MSI Congress in Tokyo on July 10th, and FINA has been invited to attend. In Perth in January this year FINA adopted rules for Masters which have the full support of MSI and most of the countries with active Masters programmes. However, there are still some key areas not covered by the FINA Rules which need to be addressed for the conduct of successful Masters Championships, like Medical Cover for example.

The MSI Congress will address these concerns by:-

- (a) Reviewing our current MSI Rules to compliment the FINA Rules
- (b) Conducting special workshops throughout the Meet to study all aspects of running a major Masters meet, and sharing expertise, to enable a comprehensive "Guidelines" booklet to be prepared to assist all future hosts of major Masters Championships.

I would like to put in another plea for subscriptions to MSI News. To ensure we continue, please promote the newsletter to your friends, and if you have been receiving a complimentary copy, please feel free to become a subscriber!!! US swimmers who

have been having difficulty in converting your subscription to Australian dollars, may send me US dollars.

I also appreciate hearing from you all and sharing newsletters. This way we can identify our concerns worldwide, and have a chance to do something about them.

And remember, if you're looking for a great way to get fit while you're lying down - try swimming. See you in Tokyo. Regards, Glenys.

## Medical Cover for Swim Meets by Glenys McDonald

In the last MSI NEWS, Sylvio Kelly dos Santos, organiser of the III FINA/MSI World Masters Swimming Championships, defended his medical cover for the event. As a registered nursing sister with some 28 years experience, and a Meet Director for many Masters Championships, this area has been of particular concern to me over the years. In all fairness to Sylvio, before any criticism is levelled, MSI must provide guidelines for minimum medical cover for any event where a MSI sanction is given.

From my experience in Australia, I have been pleased by the increase in the depth of medical cover offered to both our swimmers and spectators over the years. For example:-

**In the 1970's** - No Special Cover - Reliance on pool staff or qualified personnel amongst swimmers.

**Early 1980's** - St. John Ambulance - First Aid Cover.

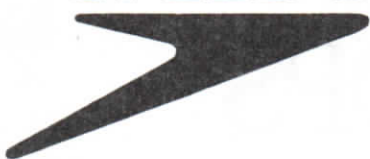
**Mid 1980's** - Volunteers from Australian Sports Medicine Federation: Doctor, nurse or physio, some equipment.

**World Swim '88** - Full medical team; medical consultants throughout the Meet; State of the Art medical and resuscitation equipment, including defibrillators; Physiotherapy; Ambulance and hospital link.

How serious do we need to get? What are our obligations to our swimmers, officials and spectators? Where will the money come from? All these questions need to be addressed by MSI when setting policy guidelines. It is true that the majority of our Meets are incident free, however when we consider the wide

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**THE CHOICE OF CHAMPIONS**

(Continued from previous page)

## Medical Cover for Swim Meets

variance of our ages, and perhaps the differing levels of members health and fitness, then we need to be adequately prepared.

The range of problems which could arise may range from simple slips on wet pool surrounds to cardiac arrest or drowning. We also need to address the other related "service" facilities like physio and medical consultations during a Meet, massage and pharmacy services. Soon we will probably need to look at the very vexing question for Masters of drug testing. My pet concern during major Swim Meets is the need to pay more attention to the well being of officials. During the II FINA/MSI World Masters, and recently at the 6th FINA World Swimming Championships, I observed some officials who were completely stressed from long hours, snatched meals, problem solving, and dealing with difficult people. This is exacerbated if the Meet goes on for six days or so.

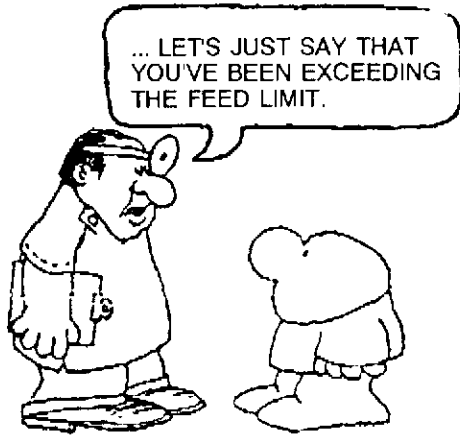
There is probably no easy answer, as we need our key people, but if they are adequately prepared, supported and cared for during the Meet, they will survive to volunteer another day. Because I feel the subject of medical cover is topical in Masters at the moment, I have re-printed portion of an article "Not Just a Bunch of Old Crocs" by Dr Margaret Smyth regarding her Brisbane World Swim medical experience.

### From "Not Just a Bunch of Old Crocs" by Dr M Smyth

"The objective of the medical team was to provide full emergency care including advanced life support to participants and spectators. The Sports Medicine team, which was located in two places and each venue, had one Sports Medicine Doctor, two physiotherapists and two lifeguards. An emergency physician was in charge of the team and was located at the Chandler Aquatic Centre.

In all, the team treated over 300 patients, many of these being seen more than once. Conditions treated ranged from blisters to myocardial infarction and seemingly everything else in between.

We had two patients who had a cardiac arrest, one following a myocardial infarction and one following a period of hypoxia which occurred when the swimmer's goggles slipped over his nose and mouth. Both of these were treated with full cardio-respiratory support. The first took place outside the complex and the second beside the pool. The third major incident involved a near drowning. The gentleman was rescued by a lifesaver and brought to the end of the pool where he was resuscitated and then paralysed and selectively intubated before being sent to the Q.E.II hospital intensive care unit. All three



... LET'S JUST SAY THAT YOU'VE BEEN EXCEEDING THE FEED LIMIT.

patients lived and left hospital without complications. As well as these, we admitted four patients to Brisbane hospitals and sent others to casualty for observation or investigation.

The team was equipped with a monitor defibrillator, portable battery operated suction, airviva and oxygen. We had an excellent life support pack which contained all the equipment necessary to intubate and drip the patient, as well as a complete range of emergency drugs. The procedures and equipment were similar to those used at Expo.

The medical room at Chandler was equipped with three beds plus all those facilities one would find at a Brisbane Hospital Casualty Department. All the medical problems were treated here, including angina, hypoxia, gastric ulceration, exhaustion and dehydration, to minor ailments such as otitis externa, upper respiratory tract infections and headaches.

The first aid room contained four beds and was set up with full physiotherapy equipment, such as a laser, inferential and ultrasound. Here the physiotherapists worked around the clock treating such conditions as swimmers shoulder, adductor longus strains, neck injuries (amongst the divers) as well as the more chronic problems such as back pain and osteoarthritis. The trainers were involved with massaging as well as acting as physiotherapy aides and supporting the doctors with resuscitation, observation and wound dressing.

One interesting observation we made was the number of organisers who succumbed to the extreme stress of long hours and involvement with medical emergencies. We counselled several of these people, both in the medical room and around the pool.

The Valley Pool (the venue for the Water Polo) had no medical room, so the ASMF caravan was placed on site. Only water polo was played here and the population was generally younger. This explained the small number of visits to the caravan.

I am sure I speak for the whole team when I say we had an exhausting but enjoyable time and that we learnt a lot from the experience. Treating the older athletes provided us with a different slant to our usual Sports Medicine involvement. Not only were the conditions we treated very different, but the participants attitudes were not quite what we expected. Perhaps this is best summed up by a conversation I had with two septuagenarians. They were asking me about the condition of the first patient who had arrested and also enquiring about her age. When I told them she was seventy-five, one turned to the other and said, "That's when it happens." The other nodded agreement and as she walked away, she added, "I hope I go in the pool." .....Dr Margaret Smyth"

soothe swimmers eyes  
**PREFRIN DROPS**

In keeping our considerations for medical cover in perspective it should be remembered that the II FINA/MSI World Masters Championships referred to above, had 3,800 swimmers, about 1,000 officials and many spectators.

This month's edition of the UK Newsletter "Master Swimmer" also discussed the question of medical cover for Swim Meets, and I quote – "LEN have made recommendations about the minimum medical staffing that should be available at Masters competitions. This must be seen as a welcome move for the protection of all. They suggest that as a minimum there should be one doctor, two first aiders and two lifeguards at a Masters meet. This is in addition to any first aid facilities that may be present in some other part of a sports complex for example. Anyone who has witnessed the panic to find medical assistance at a meet when there has been an emergency with no specific cover provided, will appreciate this move." .... Geoff Stokes.

## Countrywide – U.S.S.R.

The Soviet Union is the largest country in the world. Its territory stretches from cold arctic seas to the warm Black Sea; and the plains of Mongolia, from the Cappathiou Mountains; and the Baltic Sea to the Pacific Ocean. The total area of the Soviet Union is 22,400,000sq.km (1/6th of the World's surface).

There are 15 equal in right's sovereign soviet socialist republics in the Soviet Union. The Soviet Union is a multi national socialist state. It has united in its vast territory more than 100 nations and nationalities who formally were at different levels of historic development. Into this vast nation recently came the phenomenon we call Masters Swimming.

Following is an article by Igor Zaseda, President of USSR Masters. Igor was born in 1932 and was a participant in the 200m breaststroke final at the 1956 Melbourne Olympics. Igor is a journalist, and was the first journalist into Chernobyl after the disaster.

There has already been some exchanges between swimmers from Great Britain and Europe and the USSR, and the visitors are enthusiastic about the wonderful people they have met. They have two words of advice for visitors to the USSR – be prepared for the toilet facilities, and be prepared to exchange your t-shirt, track suit, swimsuit etc.

## USSR Association of Sport Swimming Veterans

We were born by perestroika because even a few years ago the appearance of such independent social organisation would be simply impossible.

USSR MS was born on 29th July 1989, in Kiev during the 1st USSR Championship for Veterans (Masters). The Charter was approved and one of its main provisions was the requirement "continue active training and take part in the competitions". Dozens and even hundreds of former "stars" of Soviet swimming – champions and record holders of the country, of Europe, of the World and of the Olympic Games made up the "golden fund" of the Association. However, it was not a closed organisation of former professional swimmers, but the union of people who love swimming. We acknowledged the rules and regulations adopted by MSI and began to carry out competitions for the same age categories which is, as we believe, the right principle of selection. We also develop and recommend principles of sanitation swimming.

USSR MS is the first organisation who HQ is located not in the capital of the USSR, but in the capital of the Ukrainian SSR, Kiev, a city with the population of 3 million and a history of 1,500 years. This ancient city situated on the third in its value river, Dnieper, is famous for the hospitality of its people, for wonderful climate, close to that in mid-Europe, for abundance of historic masterpieces and sport bases. But it was not all this that made our decision. Here, in Kiev appeared the idea of creating USSR MS whose founders became Igor Zaseda and Sergei Fesenko, Olympic champion of 1980. Kiev saw the creation of the first Soviet Club of Swimming "Masters".

Today, in the USSR there are 10 clubs uniting more than 400 active members. The clubs hold their competitions in 50m and 25m swimming pools. Besides, in many cities of the USSR and in the Republics (we have 15 of them) the clubs are being organised; we have also individual swimmers participating in the competitions. We cannot boast so far of a large number of our members, but 600-700 are active members organising all amateurs of swimming. Annual membership fee is 10 roubles. However, the basis of our financial independence create sponsors, including the largest in the USSR scientific-production association "Elex", Moscow, dealing with computers and software, co-operative "Sport symbolics", Kiev, Kiev Peace Committee and others. The State doesn't render us any financial support. The Association has a Presidium consisting of 17 members, but only two persons, the Secretary in charge and the deputy president receive salaries.

The 2nd USSR Open Championship for Veterans took place on 23rd-24th June, 1990, in Kiev. Among the participants there were 430 sportsmen including those from England, Austria, Sweden, Czechoslovakia, Israel, Norway. 97 national records, 5 records of Europe and one record of the world were set. The representative of MSI in Europe, Mr Viteslav Svozil from Czecho

*(Continued on page 4)*

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## USSR

slovakia highly appraised the organisation of the Championship. All the sportsmen lived in a nice hotel, had three meals per day, were provided with transport and cultural program. The Association paid all the expenses.

Besides, the Second traditional Peace Swim Dnieper-90 (1 mile), dedicated to the 45th anniversary of termination of World War II was held. War veterans took part in it.

The Association expands its international contacts, but so far on a current-free basis, by way of equivalent exchange of delegations. Soviet swimmers from various clubs of Kiev, Moscow, Lipetsk, Kharkov, etc, took part in the Europe Championship of 1989 and in open championships of Sweden, Finland, Hungary, Czechoslovakia, Poland, Norway. We hope that publication of this article will help us to expand the circle of our acquaintances and our sport contacts. Using this occasion I'd like to inform you that next year we'll have the Third Open Championship of the USSR in Moscow (end of May-beginning of June) and also the Cup of Dnieper in Kiev at the end of June. We are ready to discuss the problem of receiving foreign participants.

We are also engaged in studying the problem of organising in Kiev the Europe-93 Open Championship.

## 1992 – What's in Store

Welcome to Indianapolis! Bienvenue 'a Indianapolis! Willkommen nach Indianapolis! Benvenuto a Indianapolis! Bienvenido a Indianapolis!

What ever your language, where ever your home – Indianapolis can't wait to role out the red carpet for Masters athletes coming to the IV WORLD MASTERS SWIMMING CHAMPIONSHIPS on June 25-July 5, 1992!

Listen to what sports writers from around the globe have written about this extraordinary city in America's heartland:

*"Your downtown may be one of the two or three most revitalised in the country ... this is the best!"* – Tom Weir, USA TODAY.

*"There's not another complex in the country that can match the convenience of Indianapolis with its hotels ... Indianapolis is in a league of its own."* – Mike Lopresti, GANNETT NEW SERVICE

*"I'm a neat freak, and this city is immaculate. The downtown area is spotless. The area around the Hoosier Dome is so conducive to a festive atmosphere ... I can't wait to come back!"*  
– Jim Nantz, CBS SPORTS

All five aquatic sports will be contested at the IV WORLD MASTERS SWIMMING CHAMPIONSHIPS in Indianapolis: swimming, diving, synchronized swimming, water polo, and long distance/open water swimming. This will be the highlight of the 1992 training cycle for Masters athletes from all corners of the world. Casual competitors and world class athletes alike are marking their calendars now to be in Indianapolis in 1992.

Never before have the Masters World Championships enjoyed such overwhelming support from its sanctioning bodies (FINA and MSI) as well as from Masters swimmers representing all five aquatic sport disciplines. Indianapolis has a proven track record for hosting similar major events with an unparalleled

excellence in technical conduct as well as friendly hospitality, both of which have set the standard for world class competition.

All this, and facilities which boast state-of-the-art technology and amenities to make it one of the world's most desirable competition sites!

### THE 1989/3rd PAN PACIFIC MASTERS AQUATIC GAMES SAW 216 NEW WORLD RECORDS SET FOR MASTERS SWIMMING IN THIS OUTSTANDING FACILITY!

And to enrich your visit to our city, a full complement of social activities and day tours will be offered to round out the schedule for this exciting event. The festival atmosphere will be high and the ticket prices will be low! All related social events will be conveniently located near the competition venue and the downtown area. Come celebrate with us!

For complete information on this exciting event, write to:

IV World Masters Swimming Championships  
Attention: Heidi Neuburger, Administrator  
901 West New York Street, Room 204  
Indianapolis, Indiana 46202  
USA

### Competition Format and Schedule

FINA rules, as modified for Masters swimming, and as printed in the FINA handbook published in February 1991, will govern all five sport disciplines (swimming, long distance swimming, diving, synchronized swimming and water polo). The FINA handbook is available for the price of US\$10 (which includes shipping anywhere in the world) from the following address: FINA Office, Attention: Sandra Hickey, 425 Walnut, Suite 1610, Cincinnati, Ohio 45202, USA. Handbooks will be sent after receipt of payment (check or draft, drawn on a US bank). The handbooks are available in English and French.

Please refer to this edition of the FINA handbook for all information the technical conduct of each sport discipline.

Water Polo – June 25, 26, 27  
Diving – June 26, 27, 28  
Synchronized Swimming – June 27, 28, 29  
Long Distance Swim – June 29  
Swimming – June 20, July 1, 2, 3, 4, 5

### Entry Procedure Checklist

(Comprehensive meet entry information and official entry forms will be available in July 1991.)

To submit a complete entry for any of the sport disciplines being contested (swimming, long distance swimming, diving, synchronized swimming, water polo), send the following:

1. The completed, signed entry form for each sport discipline in which you intend to compete.
2. A photocopy of your proof of age (either a birth certificate, passport or drivers license), and, a photocopy of your Masters registration card issued by your national Masters swimming organisation for each sport discipline in which you are entering.
3. Payment of fees in full, in US dollars. Include the one time \$25 athlete registration fee (regardless of the number of sport disciplines entered), as well as the entry fees for each event entered.

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## Indianapolis

4. A self addressed, stamped envelope (business size) for confirmation of receipt.

THESE ITEMS MUST BE SENT TOGETHER AND POSTMARKED OR FAXED BY **MIDNIGHT ON MAY 22, 1992**. NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE.

Mail to: The IV World Masters Swimming Championships.  
Attention: Heidi Neuburger  
901 West New York Street, Room 204  
Indianapolis, IN 46202  
USA

Fax: 317 274 7769

### Fees

All participants in the 1992 IV WORLD MASTERS SWIMMING CHAMPIONSHIPS must pay the one time US\$25 registration fee regardless of the number of sport disciplines (swimming, long distance swimming, diving, synchronized swimming, and/or water polo) entered. Additional event fees will be as follows:

#### INDIVIDUAL SWIMMING EVENTS

Swimmers may enter up to four events at US\$5 each. Swimmers may enter their fifth and sixth events at US\$10 each. (The local organising committee reserves the right to drop the sixth event of all US participants if it is determined that this is necessary to limit the size of the meet. There will be no refunds if your sixth event is dropped.)

#### RELAY TEAM EVENTS

US\$20 per relay team. (Swimmers only swimming relays must pre-register by mail, using the same meet entry procedures required of all athlete participants. This includes payment of the US\$25 registration fee.)

#### LONG DISTANCE EVENT

US\$20 Includes post race hospitality and round trip transportation to the competition site.

#### DIVING EVENTS – US\$5 per event.

#### SYNCHRONIZED SWIMMING EVENTS – US\$5 per event.

#### WATER POLO TEAM

US\$250 per team. Includes bus transportation to the competition site.

US SWIMMERS: Entry fees may be paid either by personal check or by MasterCard, Visa, or Discover Card. No entry will be considered complete until the cheque clears the bank.

FOREIGN SWIMMERS: Entry fees may be paid either by US dollar bank draft drawn on any US bank or my MasterCard, Visa, or Discover Card.

There will be no refunds of entry fees for events not swum. There will be no refunds of entry fees if it becomes necessary to drop the sixth event for United States swimmers.

Make cheques or bank drafts payable to the IV WORLD MASTERS SWIMMING CHAMPIONSHIPS.

### Gold Medal Supporters

This optional program offers all competitors and other friends of Masters swimming an opportunity to support this World Championship event. Your \$25 contribution will be earmarked specifically for use in the purchase of gifts for meet officials, who very generously donate their time and skills in order to make this event possible. All Gold Medal Sponsors will be acknowledged in the official meet program. If you choose to

participate in this program please indicate so on your official meet entry form and include your \$25 payment with your entry fee.

### Age Eligibility

Sport Discipline	Minimum Age of Competitor	As of this Date
Swimming	25 years	July 5, 1992
Long Distance Swimming	25 years	June 29, 1992
Diving	25 years	December 31, 1992
Synchronized Swimming	25 years	December 31, 1992
Water Polo	30 years	December 31, 1992

### Travelling to Indianapolis

**BY PRIVATE VEHICLE:** Indianapolis is the "Crossroads to America", due to its unique position at the hub of four major interstate highways. I-74, I-70, I-69 and I-65 put the city within one day's drive or more than half the nation's population. Encircling the city is I-465, which allows easy access to surrounding counties and outlying residential areas.

**BY RAILROAD:** Two Amtrak passenger trains serve Indianapolis. The *Hoosier State* makes a daily round trip to Chicago. A cafe car offers hot sandwiches and cold drinks. The *Cardinal* arcs through Indianapolis from New York City via Washington, DC and Cincinnati en route to Chicago three times a week and makes three weekly return trips to points east via our city. The *Cardinal* features both cafe and full dining car service. For reservations call 317 263 0550 or visit the Amtrak ticket office in Union Station.

**BY INTERCITY BUS:** Greyhound/Trailways bus lines provide bus service throughout the United States. More than 50 regularly scheduled buses arrive daily at the Greyhound terminal, 127 N. Capital Avenue. Persons over 65 receive a 10 percent senior citizen discount on regular trips. For information about schedules and fares, call 317 635 4501.

**BY AIR:** USAir agrees to offer an exclusive low fare for the participants of the IV WORLD MASTERS SWIMMING CHAMPIONSHIPS. This special fare will offer a 5% discount off any published USAir promotional round trip fare, excluding First Class and Government Contract Fares. This discount is valid providing all fare rules and restrictions are met and is applicable for travel within the continental United States.

For attendees unable to meet the restrictions for promotional fares, USAir will offer a 40% discount off the standard round trip day coach fare for travel within the Continental United States. For attendees travelling from Canada USAir will offer a 30% discount with no minimum stay requirement or a 35% discount with a two night minimum stay requirement.

Additional restrictions apply for discounts on international travel. These discounts are valid between June 23 and July 8, 1992.

For Reservations call: USAir's Meeting and Convention Reservation Office, Refer to Gold File No. 669756. Toll Free, United States, Bahamas, Bermuda, San Juan 1-800-334-8644. Canada 1-800-428-4322, ext. 772. (8.00am-9.00pm Monday through Friday, Eastern Time).

Once your reservations are confirmed, USAir will mail the tickets to you or suggest several other convenient methods of purchase.

If you normally use the services of a travel agent or corporate travel department, please have them place the call so that they may obtain the same advantages for you.

# Calendar of Events

<b>MAY</b> 11th and 12th 16th to 19th 17th to 19th 17th to 20th 25th and 26th 31st	8th Int. Alfredo Pagani Masters USMS Short Course Nationals Scottish Short Course Canadian Masters 5th International Masters USSR National Championships	Lungotevere Acqua Acetosa 115 00197 Roma, Italy 6613 Rolling Fork Drive, Nashville TN 37205 USA Aithrey Castle, University of Stirling, Scotland FK94LA Calgary, Alberta Canada H06500, Baja, Szarvas Gabor u 3, Hungary Kiev, USSR
<b>JUNE</b> 14th and 15th	1st Open Dutch Masters	AZC Apeldoorn, Wijen 21, NL7339-DH Apeldoorn, Holland
<b>JULY</b> 12th to 17th 18th to 22nd	Fourth Pan Pacific Masters Water Polo and Long Distance	Showra Bld. 3F 2-7-12 Kanda Jimbocho Chiyoda-ku Tokyo 101 Japan PO Box 7233 Tamuning Guam 96931 USA
<b>AUGUST</b> 15th to 18th 29th	USMS Long Course Nationals 4th Championships of France	206 S Miles Elizabethtown Ky 42702 USA St. Cloud 2, 03700 Bellerive sur Allier, France
<b>SEPTEMBER</b> 5th to 8th 22nd 27th and 28th	European Masters Championships Dutch Open SC Masters Irish Open Masters	116 Earlsdon Ave, Coventry CV5 6DN England Proosdijkstraat 20, 1433 JH Kudelstaart, Holland 138 Sunday's Well Rd, Cork Ireland
<b>OCTOBER</b> 5th to 9th	1st APOSA Festival of Sport and 3rd Australian Masters Games	GPO Box 555, Brisbane Australia
<b>NOVEMBER</b> 30th	3rd Open Masters Paris	14 Rue du l'ingenieur R Keller 75015, Paris France
<b>1992</b> <b>MARCH</b> 11th to 14th	AUSSI National Championships	Victoria, Australia
<b>APRIL</b> 3rd to 5th	New Zealand Masters LC	Auckland, New Zealand
<b>MAY</b> 22nd to 25th	Canadian National Masters	St John, New Brunswick
<b>JUNE-JULY</b> 26th to 5th	IV World Masters	Indianapolis, USA

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