



# M.S.I. NEWS

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

Number 9

JANUARY 1992

## Editor's Note

I wish all of my readers every best wish for a happy, healthy and successful year in 1992. May Masters Swimming grow from strength to strength, and may we all continue in friendship and understanding, not to mention, fitness, until next year.

I hope we will all join up in Indianapolis in June/July, for this exciting World Championships. I was lucky enough to be in Indy in 1989 for the Pan Pacifics, and I had a wonderful holiday, as well as being witness to a great swim meet conducted in first class surroundings. So book your tickets, get your entries in, pack your bags, and, of course, start training.

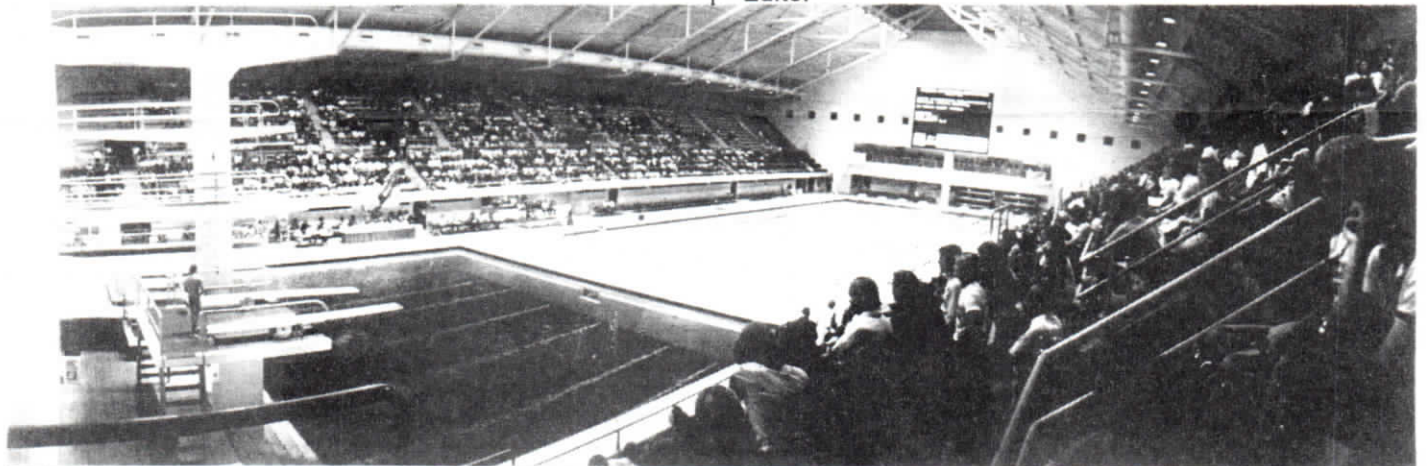
At the MSI Meeting in Tokyo there was some discussion on the venue for the 3rd European Championships in Coventry being conducted in a six lane pool. It was understood that the pool would be adapted to conduct eight lane heats to get through the programme. There was obvious concern expressed for the swimmers needs and I asked for an article on the event for the interest of our readers. Amanda Heath has provided a very comprehensive report, with some swimmers comments attached. In any large swim meet we will have organisational problems and these, hopefully, should not dim the success of a Championships. What is important, is that we learn from our problems and take measures to ensure they do not occur in the future. That was the reason for the formation of MSI back in 1984. FINA Rules at that time did not cover Masters and our special needs, and we were

learning a lot from conducting such large scale swim meets, where each and every participant wanted the chance of a "fast swim"; accurate timekeeping; preferably an electronic scoreboard; results posted early, and hopefully, a medal. MSI has definite facilities requirements for major Masters Meets, i.e. Pan Pacific, Worlds etc, but the venue selection for National and Regional Swim Meets is left to the host countries. FINA has excluded Masters World Championships from the stringent facilities requirements for other World Championships, but the spirit of the FINA facilities rule would be for facilities to be of a standard suitable to the needs of the competitors, and the size of the Meet.

Also in this edition is the new controversial subject of Drug Testing for Masters. I have put together a few thoughts, and would be interested in readers comments. This, I think, would be a great subject for the FINA Masters Technical Committee to tackle, and the FINA Medical Committee.

And finally, we have a comprehensive report from Rob Hanou, on masters Swimming in the Netherlands, for our Countrywide segment. Two issues ago our Countrywide was on the USSR which no longer exists in that form, so we hope the Netherlands have better luck. I think this interchange of differences and similarities in Masters swimming in all our countries, is immensely important to assist with our understanding and friendship. We can all learn something new from each other, from Rob's article I learnt that I am a "swimjogger" or a "trimswimmer". I think I like the "trimswimmer" title best.

**Glenys McDonald**  
Editor



**SPEEDO®**



**THE CHOICE OF CHAMPIONS**

# Masters will share the magic in Indianapolis!

by Heidi Neuburger

June 25–July 5, 1992 will mark the climax of the training cycle for Masters swimmers around the world. This is when 3500 masters swimmers will converge on Indianapolis, Indiana, USA and make their own magic at the IV World Masters Swimming Championships!

All five aquatic sports will be contested at this prestigious event: swimming, diving, synchronised swimming, water polo, and long distance/open water swimming. Previously, the World Masters Swimming Championships have been held in Tokyo, Japan (1986); Brisbane, Australia (1988); and Rio de Janeiro, Brazil (1990). After this stop in Indianapolis, USA in 1992, the event will move on to Montreal, Canada in 1994.

Competition will range from casual to world class! With at least 100 new world records expected to be set, each Masters swimmer will be able to set and strive for his/her own personal goals. Any adult athlete, age 25 and over, is eligible to compete regardless of qualifying time (water polo players must be 30 and over).

The world class competition venue, the Indiana University Natatorium, is located in the heart of downtown Indianapolis on the IUPUI campus (Indiana University–Purdue University at Indianapolis). It boasts state of the art technology and amenities to make it one of the world's most desirable competition sites.

The competition schedule will include the magic of opening ceremonies, parties, tours, and a lecture series geared toward training for Masters athletes. Participants and their travelling companions are sure to find a festive, international atmosphere when they arrive in Indianapolis!

The growing Masters swimming movement is a wonderful thing! It continues to impact the quality of life for hundreds of thousands of adults throughout the world by facilitating a healthy and active lifestyle, as well as encouraging fellowship and cultural exchange.

Enrich your life and share in the magic of this global event with a trip to Indianapolis in 1992!

## World Championships

### Entry Procedure Checklist

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

1. The completed, signed entry form for each sport discipline in which you intend to compete. These are included in the entry book as perforated pages, for your convenience. They may be duplicated as needed.

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 \$25.00 athlete registration fee (regardless of the number of sport disciplines entered), as well as the entry fees for each event entered.

**THESE ITEMS MUST BE SUBMITTED TOGETHER AND POSTMARKED OR FAXED BY MIDNIGHT ON MAY 22, 1991. 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

#### OR FAX TO:

317-274-7769 (Faxed entries must pay fees by credit card)  
DO NOT send a duplicate entry by mail.

### Administrative Policies

All entries postmarked or faxed by March 22, 1992 will be guaranteed the full complement of events entered. The local organising committee reserves the right (in consultation with FINA) to limit entries received between March 23, 1992 and May 22, 1992 if this becomes necessary in order to maintain a 10 hour per day competition schedule. This may include dropping the 6th event for all US swimmers. **NO ENTRIES WILL BE ACCEPTED AFTER MAY 22, 1992.**

No entry will be put into the computer until all fees are paid in full. Upon receipt of an entry with a fee deficiency, the administrative office will notify the entrant of the deficiency and will allow a ten day grace period from that date for payment to be completed. Any entry that remains unpaid after the ten day grace period will be returned. **ALL FEE DEFICIENCIES MUST BE PAID IN FULL BY MAY 22, 1992.**

We regret that the administrative office is not equipped to handle telephone enquiries. Questions concerning meet procedures should be submitted in writing. Please include a return fax number (if available) for a reply.

## Third European Masters Championships

### Coventry 50m pool

5th, 6th, 7th and 8th September 1991

Report by Amanda Heath

The Third European Masters were probably the best and most competitive in terms of Europe-wide participation and sheer numbers of competitors. Everyone I spoke to enjoyed the event,

soothe swimmers eyes  
**PREFRIN DROPS**

although there were some disappointing times and not as many records as might have been hoped for. Coventry is not renowned as a fast pool, but otherwise the facilities (changing rooms, bars, spectator and poolside accommodation) were fairly good by UK standards (though far below the cleanliness of, for example, Finland).

The public address system was excellent, and the general running of events was to schedule. Competitor numbers were announced before each heat and the names during the race, with was especially useful because the heats were spearheaded and lanes were not allocated in programme order. The warm-ups could have been improved by supervised, alternate clockwise/anti-clockwise and sprint lanes. The "over the top" stars described in the programme were not enforced by the officials and tended to lead to confusion and delays, rather than time saving, and were finally abandoned.

With the exception of the 400m and 800m, which were time seeded irrespective of age, all events were swum in age group order, oldest first, time seedings within age groups, ie according to FINA rule MSW4.5. Apparently, LEN only confirmed this ruling a week before the start of the championships, so the computer programme running the events had to be changed and was largely untested. This was the reason that programme errors could not be corrected and presumably why, on the first two sessions, the card system was not used effectively, with empty lanes for no-shows. Gillian Cackett, the fastest "C" age group breaststroker had been seeded in the programme with the "F" age group, but was not able to swim in the correct lane/heat with the "C" age group.

Many were disappointed by the replacement of the promised commemorative medals by certificates. There was also a team of disappointed swimmers from Moscow who could not compete because they had not completed entry forms. In spite of a fax telling them not to, they turned up anyway, but had to make do by selling Russian souvenirs instead of swimming.

The masseurs offering poolside rubdowns were a popular innovation and the medal engravers and photographers a good idea. The social events were well supported, though I have to admit to being too hungry to wait for the food at the Pasta Party on Thursday.

The LEN Masters Committee held an Open Forum on Saturday afternoon, but unfortunately I was unable to attend, so cannot comment. I'm sure the 70+ controversy was raised and the rules of European records. The current European records were on display on one of the notice boards, but it would have been a good idea to have them in the programme (which would not be unreasonable when one had to pay four pounds for it).

For me, the event lacked the magic and excitement of a trip abroad, but was very enjoyable for its friendliness and cosmopolitan atmosphere.

Comments received from other contributors follow:

Mike Wake

Although reasonably efficiently run, and providing some fine competition, there was an unpleasant sense that the event was being run at minimum cost for the maximum profit. I do not think that this was lost on our guests from the rest of Europe. Examples were the cost of programmes (four pounds instead of the three pounds quoted in the advance publicity), issuing of certificates instead of the required commemorative medals, very cheap place medals, the price of postal results (ten pounds), and a reportedly minimal provision of low quality food at the advertised social event. The commemorative medal issue was the subject of a widely supported official protest by the Dutch.

Heats (except for the 800m and 400m) were spearheaded in age groups, and generally this worked well, although there were occasional glitches with the fastest entrant in a heat with no others from the age group. The make-up of all heats was posted around the pool before the event - within the confines of deck seeding this was a welcome innovation from the swimmers' point of view.

Susan Halter sent a copy of a letter she had written to the meet organisers complaining about the commemorative medal situation and pointing out that to include it in the publicity and not to provide it was like breaking a contract with the entrants.

Don Payne

Age group seeding rather than entry time order may deter the less able Masters from competing. The administration must be tightened up if this seeding is to continue. The entry cards I received had the wrong date of birth on and as a result I had been incorrectly seeded in the programme. Although this was pointed out on registration, sixteen hours before the first event, I was unable to be accommodated in my proper age group and swam in Heat 1 Lane 1 as a spare swimmer in my first two events. Had the events been time seeded then only my age group on the card need have been altered.

Why was the City Reception advertised as complimentary for ALL when only 400 of the 1100 competitors could be accommodated at the venue?

Brian Gibson of Sport Exchange

Only a chance meeting in Athens with a LEN official a week before the Championships identified problems with time seeding. The programme was ready to go to the printers when the order of all the competitors in it had to be changed. The computer software had to be amended to cope with the new order of swimmers in the heats. All this at a time when everyone was engaged in the final preparations for the meet.

The four day span of events was determined by LEN rules so all entries had to be accommodated in that period. This meant a start each day at 8.00am and very long sessions. Arranging for officials for these long periods caused a considerable problem.

There were 1162 entries giving 4500 swims (and dives). The spectator accommodation was three quarters full for most of the sessions which is a considerable achievement for so large a pool.

Although the Company did not incur a financial loss on the event, if any account was taken of the hours spent in organising it by the Sport Exchange team then it certainly would have done.

Geoff Stoke, Masters Swim

The pool was 50m long and is normally configured as six lanes for major meets but either LEN or the ASA wanted eight lanes in order to complete the programme within the allotted time and so this was done. This was not appreciated by some short sighted Masters who had to swim in the outside lanes without a lane marker down the centre of the lane.

The diving pit is halfway along one side of the pool, so that in plan view the pool is in the shape of a "T". The pit overlaps lane eight and swimmers in that lane see the depth change from about one and a half metres to some four metres at about one third of the way along. This can be very disconcerting.

The Omega electronic recording system was used with an electronic display showing all eight lanes.

Rob Hanou, Master Sprint

The Meet was highly successful. However it was held in a six lane

pool with eight lanes used. The pool was 15.1m wide. Lane markings were not in the centre of a lane, and Lane one and eight had no lane markings at all. The wall for turns had a gutter! It was not possible to protest. FINA rules for facilities are not for Masters Meets.

Original ideas included T-shirts for sale with names of all competitors printed on them.

## Drug Testing for Masters?

Drug testing in all elite sport has proved a necessity in recent years, but, do we need it in Masters? Masters events around the world comprise swimmers in an age range from 25 years to 90+ and within that age range we have a wide range of swimming ability. Some Masters Swimmers are undoubtedly classed as "elite" but others are more interested in the fun of participation and the friendships developed whilst participating.

How far do we go? Do we classify Masters Swimming like elite sports? Do we consider the topic and devise drug testing rules which are more applicable to Masters events? Do we bury our head in the sand and pretend no one cheats?

We know that some Masters do cheat. That is why proof of age became necessary, as some swimmers were lying about their age. Why I do not know, because these swimmers were only cheating themselves. In Masters we do not represent our Country, we represent ourselves, so anyone who cheats is only cheating himself.

Drug testing in Masters opens up a whole new field. Many Masters swimmers, particularly those in the older age groups are on some form of medication for health reasons. These medications, which are legitimate and necessary for the swimmers good health, might contain some banned substances. On the other hand, perhaps there are those swimmers out there who are abusing the system and misusing drugs to enhance their performance.

The other issue which separates drug testing in Masters as opposed to elite swimming is the cost of such a random selection process when dealing with Swim Meets of 1,000, 2,000 or 4,000 swimmers. Who has the organisational facilities for this type of check system? Who is going to bear the expense – the swimmers? Let us not forget that this is an expensive process, as well as a degrading process.

I think it appropriate to let our readers be aware that drug testing for Masters Swimmers has already begun in some countries. MSI has not yet developed a policy on drug testing to my knowledge, although I am sure the subject will be raised at the MSI Congress

in Indianapolis. But in the meantime, I leave you with a report from the 11th English Masters Championships held in Sheffield, England from October 18th–20th. The swimmer mentioned may have been a twenty-five year old, but being a Masters Swimmer, she could well have been a seventy year old.

### From the "Master Swimmer"

"As well as being the largest Masters meet held in Britain, these Championships also had the dubious distinction of being the first at which drug tests were carried out. The first Master swimmer to be drug tested in Britain was Diane Brades. Several others were also selected for this humiliating experience. Swimmers had to be observed whilst providing a urine sample, which was then retained by the officials for subsequent analysis. Swimmers should beware of this at future meets and be sure that they are aware of any "forbidden" substances taken as part of prescribed medication and be prepared to declare them to officials if so required."

I look forward to hearing from swimmers on their thoughts on this subject, and if there is any indication "out there" of any drug abuse in Masters.

## Countrywide

### Masters Swimming in the Netherlands

by Rob Hanou

In Amsterdam, September 1983, the first Masters Swim Meet was held as a reunion of aged lead swimmers. After this an unofficial Masters Committee was formed by the KNZB, the Royal Dutch Swimming Association. They worked out how to promote fitness, friendship and understanding through swimming. Progress was initially slow with swim meets in 1984 and 1985, but it all really began to happen in 1986.

In this year there were for the first time, Masters kilometre events in the traditional open water swimming meets. During the months June, July and August, (the Dutch Summer), there are meets every Saturday and Sunday in lakes and canals for age groups 400m–800m, and under 14 and Masters – 1km. The other senior age groups swam 2km or 3km.

There is a classification system for Masters: the four fastest times during the season are cast up and ascertain the rang order in four age groups: 25+, 30+, 40+ and 50+. The winners of the season are presented with a Speedo Cup. In 1991 there was not only a classification system for freestyle, but also for breaststroke.

The number of competitors for the open water swims is growing every year. In 1986 there were 25 and now the figure for 1991 was 127 competitors. In 1986 the Annual Masters Meet received official status of "Open Dutch Masters Swimming Championships". These are always SC and held in September in different towns. In 1991 the first LC Open Dutch Masters Swimming Championships were held in Apeldoorn, in a beautiful outdoor pool. It is planned to make this an annual event in the same pool.

In 1986 a small group of six Masters swimmers went to the World Masters Championships in Tokyo. Their stories promoted international Masters Swimming. In 1987, twenty five Dutch Masters Swimmers competed successfully in the first LEN European Masters Swimming Championships in Blackpool GBR.

Herman Rademaker, a member of the Dutch Masters Committee, and a member of the LEN Masters Committee, succeeded in offering very affordable travel arrangements to the important Meets in Brisbane, Turkey (FIN), Rio de Janeiro and Coventry (GBR). This has generated interest all over Europe, with some forty Dutch Masters Swimmers and thirty other European swimmers



travelling in a group. Europe has its problems with USSR and Yugoslavia, but the Masters swimmers are united.

In 1989 there was another breakthrough for Masters Swimming promotion. The commencement of the Dutch Masters newsletter, "MasterSprint". Although it is written in Dutch, it has subscribers from eleven countries. The total paid subscriptions is 165.

In the same year, the Dutch Masters Committee became an official part of the KNZB, but it is a part of the swimming section, and is responsible for all disciplines. For this reason, the Masters Committee keeps trying to become a separate section as the fifth discipline.

Today, Dutch Masters can compete almost every weekend in a Meet somewhere in Europe. Most Meets are in 25m indoor pools. This is the reason there are more Europeans in the SC World Top Ten than in the LC.

In the Netherlands in 1991 we had, for the first time, during Winter, a Meet every month for Masters, integrated with the junior swimmers. So every month you can swim three events for a freestyle classification (the total of your best times for 50m, 100m, 200m and 400m freestyle) or for an all stroke classification (100m breast, 100m fly, 100m back, 100m free and 100m and 200m IM).

Masters events integrated in a Meet for junior swimmers promotes competitive swimming if you are getting older, their parents, as spectators, see what they miss!

The integration is possible because Dutch Masters swimmers are members of swimming clubs and have been for a long time. There is only one Masters Swimming Club - "Old Dutch". Masters also have cadre tasks in their clubs as coaches, referees, council members, etc. All clubs are members of the KNZB. The KNZB has 170,000 members (the Netherlands has 15,000,000 inhabitants), only 200 of them are regular competitive Masters swimmers, but there are lots of swimmers in the Masters age group who swim for fitness and they are called "swimjoggers" or "trim-swimmers".

Every third Saturday of the month there is a central training for Dutch Masters in Amsterdam. Masters of all parts of the Netherlands are coming. (The Netherlands is a small country: North to South: 300km and West to East: 180km). After one hour of swimming, at which videos are taken, the swimmers come together to watch the videos and hear the commentary whilst sharing a drink and for the exchange of all the Masters news and information. These Happy Hours cost US\$3 each time, including one drink.

The Dutch Masters Committee asked the Council of the KNZB to join MSI by affiliation. They refused. The reason given: We are already affiliated to LEN and FINA. In Brisbane in 1988, the Dutch Masters affiliated to MSI as a private group, just as the Germans are by the affiliation of the DFSS (German Masters Group).

As most Masters in Europe, we will keep fighting on for full recognition of our Association. The slogan of the nineties of the KNZB is: SWIMMING: YOUR WHOLE LIFE only make sense if we have a large number of Masters swimmers and lots of activities for them.

## Masters Games Cancelled

Dorothy Donnelly, Executive Secretary of United States Masters Swimming has written to tell us that the World Masters Games, originally scheduled for Minneapolis, Minnesota has been cancelled. Monetary considerations apparently resulted in loss of a sponsor.

## Stop Press

Last issue I made a mistake with one letter in a word which changed the meaning of the item. It was a motion from the minutes of the MSI Congress which referred to past World Record breakers. The item should have read:

"That persons who have set World Records since the signing of the Pasadena Agreement on June 22, 1985, which have NOW been broken, may apply for a World Record Certificate by sending details of event, date, place and age group, together with a fee of US\$5 per certificate to the World Recorder. Relay Records certificate fee shall be US\$10 which includes five certificates. It is recommended that these requests be made through member associations."

## Masters Swimmer gains No.1 Elite Ranking

Australian Masters Swimmer, Shelley Taylor-Smith is the World's No.1 Marathon Swimmer, and she has proved time and time again that she is faster than the men too. Shelley has been a Masters Swimmer for years now, but her first love has always been the Marathon distances which would daunt most of us. In the recent Sydney Harbour International Marathon, a gruelling 30km event, Shelley picked off all swimmers, male and female, to complete the distance in 6hr59min. Second was David O'Brien, Australia; 3rd James Kegley, US; and 4th Diego Degano from Argentina.

Shelley is a young 30 year old, and proof that age and even sex is no barrier. Well done Shelley.

## New Address and Board of Directors for Brazilian Masters

Mr Amaldo Fernandes, President; Mr Ivar Oleris, Vice President; Mr Leonardo Nogueira, Director Finance; Mr Cristiano Tavares, Public Relations; Mrs Maria Lenk, International Relations; Mrs Marlene Mendes, Secretary.

Their new address is:

ABMN  
Av. Rio Branco 185/1402  
20.040 Rio de Janeiro RJ Brasil

## The Master Athlete: Performance and Health

Professor Maria Lenk presented a paper of this title to the IXth FINA International Aquatic Sports Medicine Congress in May 1991. Maria used some information supplied by swimmers in a Questionnaire distributed at the Brisbane World Championships. Maria's document makes interesting reading, and she makes a number of suggestions for safe swimming, particularly for the over 50 age group. A suggestion which Maria realises is controversial is to divide participants in Masters into two main categories; the 25 to 49 age group and those 50 years and older. "With the implementation of two distinct age categories, special programs could be worked out for each of them, even reflecting on the overall schedule of races. The eventual limitations imposed on the 50+ category, such as fewer events, would help the organisers, giving them more time and the possibility of establishing an exact starting time for each of the two categories. Treating the two different age categories differently according to their physical ability, is one possibility which would benefit the participants, by excluding events unsuitable for the older athletes."

# Calendar of Events

## **FEBRUARY 1992**

3-9 3rd New Zealand Masters Games SC Moana Pool, Dunedin.  
P.O. Box 58-485, Dunedin, New Zealand.

## **MARCH, 1992**

11-14 AUSSI National LC Championships, Melbourne, Australia.  
568 St. Kilda Road, Melbourne 3004. Closing date 31.1.92.

27-29 Swedish Open Masters, Gavle, Sweden.

Gavle SS, Fjarran Hojderbadet, 802  
64 Gavle, Sweden. Closing date: 20th February.

28-29 Deauville International Masters Meet. Deauville, France.  
Cercle des Nageurs de Deauville, Piscine Olympique,  
14 800 Deauville, France. Closing date March 1st, 1992.

## **APRIL**

3-5 New Zealand Masters LC Championships, Auckland.  
Contact P.O. Box 5092, Mt. Maunganui, New Zealand.

25-26 3rd Masters International Grand Prix  
Piscine du Centre Helios LC, rue de Montignies, B 6000 Charleroi Belgium.

## **MAY**

21-24 US Masters SC Championships, Chapel Hill, North Carolina, USA.  
Hill Carrow, P.O. Box 19324, Raleigh NC 27619 USA.

## **JUNE**

12-14 Casparie Dutch Open Masters, Apeldoorn, Holland.  
Casparie Dutch Open Masters Swimming 7339 DH Apeldoorn, Holland.

27-July 5 4th FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS  
Indiana University Natatorium. Contact Heidi Neuburger.  
901 W. New York Street, Room 204, Indianapolis, Indiana 46202, USA.

## **AUGUST**

20-23 US LC Masters Championships, The Goodwill Games Pool, Seattle  
Contact Hugh Moore, 29920, 2nd Place SW, Federal Way W.A. 98023 USA

## **OCTOBER**

17-25 Honda Central Australian Masters Games  
P.O. Box 1095, Alice Springs, Australia.

24-25 North Island Masters Championships SC, Tauranga, New Zealand.

## **APRIL 1993**

10-17 5th PAN PACIFIC MASTERS CHAMPIONSHIPS  
Hamilton, New Zealand.

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