



M.S.I. NEWS

The official Newsletter of
MASTERS SWIMMING - INTERNATIONAL

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Editor's Note

Firstly my apologies for the lateness of this issue. I have been incredibly busy since the dawn of the New Year and I was assisted in getting this edition out.

I have a family business, a caravan park and general store, and we had an extremely busy December and January holiday period. Then I went through the interesting experience of being a candidate in our State election on February 6th. I didn't win, but I did very well and the experience was quite unique. I am sure you all know that Australia is a big country - well, my electorate was 49,000 square kilometres with a total of 12,900 voters. It was also 40C-45C for much of the final weeks of the campaign.

Then, when I was all set to tackle this newsletter my father passed away.

So, now down to business. I hope you like the new focus of MSI. There is a place for MSI in the world of masters swimming, MSI brought us to where we are today and still has much to offer. As the incoming National President of Masters Swimming in Australia and as the Publicity/Promotions Officer for MSI, I look forward to being part of that future.

GLENYS McDONALD

Focus 1993

In this issue we have deliberately avoided highlighting any differences between MSI and FINA. Instead we have focussed on issues which we trust will have a much broader appeal.

We welcome Joe Kurtzmann our new Vice-President Programs with an article from Dorothy Donnelly the USMS Executive Secretary and bid a sad farewell to Vivienne and Leonard Cherriman with the help of Geoff Stokes editor of the Masters Swimmer UK Newsletter.

Looking to 1994 we seek to whet your appetite for travel with a quick look at Montreal, venue for the World masters Swimming Championships July 4-10 and Brisbane host of the World Masters Games end September to early October.

You will read the latest on Dope Testing for Masters swimmers and look at what one organisation is doing to provide medical protection for its swimmers during competition.

The first of a new series of articles which looks at programs that you may be able to introduce to your own Masters group is titled Pelican Pointscore Competition. In this series we will look at lake swimming in Canada, ocean swimming in New Zealand, the natural beauties of Barbados and its biennial swim. If you have a program with a different approach to the usual please send us a one page typed article so that we can share it with our readers around the world.

The Pasadena Agreement has been officially buried (see dissolution document), but we have not ended our efforts to make Masters Swimming more enjoyable and rewarding for all. You are the key to success in this venture. Your ideas and comments are essential so please get typing now!

soothe swimmers eyes
PREFRIN DROPS

Meet Joe Kurtzman

by Dorothy Donnelly

Let me introduce to you the new MSI Vice President Programs, Joseph Kurtzman from South Carolina, USA.

Joe is a familiar figure in international competition – who can miss a tiger striped suit and jacket on this Princeton University grad, with his engaging wit and "You can't teach an old frog new kicks" buttons. As a competitor, his credentials are impeccable – four world records at Pan Pacifics in Japan in 1989, for instance. As a Masters Swimmer, Joe gained his first world record for 50m breaststroke in 1986. He now holds seven world records, as well as US National records in four events, both long and short course.

On the administrative level Joe serves on the USMS International Committee. He will be the designated USMS observer at the Maccabiah Games in Israel this coming July.

In addition to his swimming and administrative ability, Joe brings another dimension to the Masters international brotherhood. As a medical man, specialising in ophthalmology, Joe has contributed a thoughtful and telling opinion on the dangers of the proposed drug testing for Masters, given the legitimately prescribed, sight- and possibly life-preserving medications that are one of the facts of life for older adults.

Here's a man who has repeatedly started at the bottom of the ladder and earned his way to the top. In 1943 Joe enlisted for World War II as an Apprentice Seaman in the US Navy, remained in the Service, continuing his studies and retiring in 1961 with the rank of Commander. Joe was in the Medical Corps, where he became a Naval Flight Surgeon. This is when he learned to fly in the air. He already know how to fly in the water!

Born in Plainfield, New Jersey (the Queen City of the Garden State) in 1926, his memory book displays his first award – at age 10, he placed third in the 20 yard dogpaddle. It was uphill from there, as Joe captained his High School and University Swim Team. As a member of the Navy Olympic squad, he participated in the 1952 Olympic trials at Yale. he had his Medical Degree, a wife, a growing family (two sons are now Physicians, the third a Hospital Administrator).

From 1952 to 1985 Joe went through a "dry stage" before discovering Masters Swimming. Limited to swimming at lunch hour or at 6.00am, he turned to quality rather than quantity workouts. Joe learned to "fly" in 1941, when it was a variation of legal breaststroke, and breathing to the side (like Melvin Stewart). Joe rose to the pinnacle of his age group both in breaststroke and the awesome 200 fly.

After his Naval Service, he established himself in private practice, still serving as a Consultant in Naval Hospitals. Joe blames the infamous Hurricane Hugo for his retirement. "I asked God for my own lap pool, and He gave me four feet of water in my medical offices, where all the equipment was on 3.1/2 feet high tables. I locked the door."

What is most important in Masters Swimming? "The friendships: my correspondence comes from Japan, Finland, Denmark, Germany, Italy, Canada, and Australia/New Zealand."

Joe will devote his best efforts to assisting with the programs and promotion of Masters Swimming on the international level. With a broad knowledge of all facets of the sport, and having no "personal agenda" Joe will be a welcome contributing member as MSI plays its role of looking out for and improving Masters Swimming around the world.

Vale the Cherrimans

We regret to advise you that Leonard (aged 86) and Vivienne (85) Cherriman both died in England in January this year.

Both of the Cherrimans were well known to swimmers around the globe with Vivienne having been named female Swimmer of the Meet at the 1981 Pan Pacific and having appeared on the cover of the 1983 program receiving her award from Gary Stutsel.

Geoff Stokes, editor of Master Swimmer UK Newsletter reports that at the time of her death (17th January 1993) Vivienne held 15 World records covering all strokes and all distances. Leonard (died 9th January 1993) held several European records. They had recently been awarded a Certificate of Thanks by the ASA for their contribution to the Advancement of Masters Swimming in England.

Vivienne produced the UK Masters Swimming news-sheet from February 1985 until november 1988 when failing eyesight forced her to give it up. Geoff Stokes was then asked to continue the newsletter which he has done to this day.

The bane of Vivienne's life was being considered too old to compete by the organisers of many European competitions which at first had a top age of 70+. She was more at home on the World stage where the age groups went to 90+.

Our world has been made a better place thanks to the contribution that these two lovely people made to enriching our lives.

Montreal 1994

As you know Montreal is host to the 1994 World Masters Swimming Championships July 4-10 1994.

Montreal with over three million inhabitants is, after Paris, the second largest French speaking city in the world. Situated at the junction of the Saint Lawrence and Ottawa Rivers, Montreal enjoys a continental climate with an average July daytime high of 20C (70F). It is renowned as the gastronomical headquarters of North America and has nightlife without equal. As an added attraction during the week of the Championships the city will also host an International Jazz Festival.

First founded as a trading post in 1642, Montreal has grown into a dynamic twin city. Above ground it is a forest of skyscrapers dotted with parks, waterways, and the magnificent facilities which housed the 1976 Olympic Games. Below ground there is an all weather labyrinth more than 11km long containing over 100 restaurants, 1000 stores and boutiques. There are cinemas, theatres, banks, a convention centre and access to the metro underground railway.

The Metro links the many sections and neighbourhoods of Montreal with over 50 stations and 47km of track. Each station is decorated with murals, sculptures and arrangements embodying a different architectural theme and leading to the statement that the Montreal Metro is the world's largest art gallery. All hotels, student type lodgings, and competition and training pools are located along the Metro, making for easy travel around the city. Trains are scheduled every three minutes during rush hours and every seven minutes for the rest of the day. A weekly access ticket will be available to all competitors.

Looking forward to seeing you there,
GARY STUTSEL

3rd World Masters Games

The Third World Masters Games are to be held in Brisbane, Australia from 26 September to 8 October 1994. During this time the Australian Sports Medicine Federation will be conducting a major conference in conjunction with the Games.

An estimated 15,000 people are expected to compete in 30 sports including archery, athletics, badminton, baseball, basketball, canoeing, cycling, diving, field hockey, football, golf, indoor cricket, judo, lawn bowls, netball, orienteering, rowing, shooting, softball, surf lifesaving, squash, swimming, tennis, touch rugby, triathlon, volleyball, water polo, water skiing.

A one stop flight from Europe and non-stop from the USA, Brisbane, capital of Australia's sunshine state,

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AUSTRALIA

Queensland is situated 27 degrees south of the Equator. Temperatures in October should be in the low 20's Celsius (70F) with little likelihood of rain. Those who attended the 1988 FINA/MSI World Masters Swimming Championships will remember the wonderful facilities, the efficiency of the pool officials and most of all that only one hour's drive away is the Gold Coast, Australia's most popular tourist resort with its sandy beaches and towering apartments and non stop night life including Jupiter's Casino. It is here that the surf lifesaving events will be held.

Queensland is also home of the spectacular Great Barrier Reef with its many island resorts; of the tropical rainforests; of the Outback with its vast empty spaces; and of Fraser Island the world's largest sand island.

Brisbane is a fitting choice to host the Masters Games having proved itself capable of staging international events such as the 1988 World Swim, World Expo '88 and the 1982 Commonwealth Games.

Brisbane is a one hour flight from Sydney the cosmopolitan capital of the South Pacific with its four million people from so many different backgrounds.

Information about the Masters Games can be obtained by writing to Locked Bag 1994, GPO, Brisbane, Queensland, Australia 4001. Facsimile 51 7 831 1928.

Pelican Pointscore Competition

Throughout the world Masters conduct many different types of competitions. One of the more unusual ones is the Pelican Pointscore Trophy conducted by the New South Wales branch of AUSSI Masters Swimming in Australia.

The trophy is named after the Ettalong Pelicans club, the donors of the trophy. Ettalong is 70km north of Sydney and has a high proportion of retirees in a mixed residential and resort area. Its mascot the pelican is a large water bird with a three metre wingspread which lives in colonies in the waters around Ettalong. It is well known for the quantity of fish it can hold in its expanding beak.

Originally the trophy was awarded to the NSW branch club which had the best performance in the up to 20 half day competitions held in the state each year. This resulted in many swimmers feeling that the pressure to compete twice a month was too disruptive to their family life. As a result the trophy was almost abandoned. However, instead it was revamped at the suggestion of the then Branch secretary, Ken Ford, and the format was changed to the one which still exists today.

Today up to 20 clubs apply to conduct a meet, which to be part of the trophy competition must contain at least one event in each stroke and one relay. The relay(s) have to be swum in male, female and mixed classifications. A swimmer may compete in only one of the three classifications, however, clubs may enter a team in each age group and in each classification in each relay event.

The Trophy is designed to be won by the top club so clubs may enter in any or all of the 20 meets, but only their best five results are considered for the Pelican Pointscore Trophy. Thus the trophy can be won by an outstanding club which has contested only five of the 20 meets. Points are scored as follows.

Individual points are awarded in each age group in each event: 10 to fastest time, nine to second, eight to third, down to one for 10th and all other competitors. Relay teams score double the points allocated to individuals.

Clubs are awarded the points scored by all their individuals plus their relays.

The top scoring club at a meet received one Pelican Point, the second receives two, the third three and so on down to the last club. Any club not represented at that meet received one more point than the last club.

The winner of the Pelican Pointscore Trophy for the year is the club which scores closest to five points, that

is, has the lowest number of Pelican points.

For medical reasons individuals are restricted to four individual events if there is one relay and three if there are two.

On several occasions more than one club has finished with equal low Pelican points. The winner is then determined by totalling the meet percentages scored by the tied clubs in their best five meets. The meet percentage is calculated by dividing the club's points scored at a meet by the total points awarded to all clubs at that meet and then expressing the result as a percentage (eg 200 points of a total of 1000 points would 20%).

These meets are so competitive that many Branch, National and even the occasional World record have been broken at them. Today they are always supervised by a member of the medical panel (see following article).

Medical Cover of Swim Meets

The New South Wales (NSW) Branch of AUSSI Masters Swimming in Australia has around 1000 members. Throughout the year the Branch conducts 20 half-day meets and two two-day meets which each attract up to 300 competitors.

Since the branch was formed in 1975 there has been a small number of deaths and several accidents which drew attention to the need for organised medical cover at the competitions.

Today the branch has a panel of four fully trained resuscitators which covers all the competitions on a rostered basis. The facilities they use at the poolside are intended to cover problems from minor cuts and bruises to full blown cardio-respiratory arrest.

The facilities needed are:

1. A separate room with an examination couch dedicated for First Aid use.
2. A selection of bandages, dressings etc.
3. A source of administering oxygen under pressure such as an Ambu bag.

Equipment to be provided by the attending doctor should be relevant to the doctor's skill and training. In NSW the fully trained panel provide:

1. Full intubation setup such as laryngoscope, range of endotracheal tubes etc.

2. Intravenous fluids with cannulae.
3. Selection of cardio-respiratory drugs such as adrenalin (epinephrine), salbutamol etc.
4. A cardiac monitor with screen, defibrillator and recording facilities.

The extent and seriousness of problems at Branch meets remains undocumented, however, impressions are that two to four serious accidents can be expected to happen each year. This may not seem many when there are over 16,000 individual swims each year but even one can be too many especially when it is you who is involved.

What is done poolside is only First Aid. For serious events ambulance intensive care and hospital services will be required.

DR DAVID PULLEN
Panellist

Doping Up-date

The Medical Subcommittee of the Masters Committee has said that it is its recommendation that there be no doping test in Masters competitions at this time.

The Subcommittee suggested that the Masters Committee consider at its next meeting, for submission to the 1994 Technical Congress, a proposal for inclusion in the Masters rules for all disciplines, Rule MLD 5, in which long distance swimmers are responsible for their own medical checks, and must sign a certificate releasing the organising body from any responsibility.

It was also suggested that it be discussed at the next Masters Committee meeting that the Medical Subcommittee prepare a questionnaire to be completed by each competitor on a voluntary basis only which asks them the drugs that they take and when they take them. Identification of the competitor's name would be optional. The Medical Subcommittee has been asked to prepare a draft of the questionnaire for review.

The Honorary Secretary was directed to communicate with the Chairman of the FINA Medical Committee with respect to availability to the Masters Committee and the Medical Subcommittee of material on Sport Medical Research as it pertains to Masters.

Note: Items from the Masters Committee are recommendations for action only. As we well know they are not binding on either the FINA Bureau or the FINA Masters Technical Congress.

Dissolution of Pasadena Agreement

Whereas the FINA has communicated its position to Masters Swimming International that the Bureau ceases to view the Pasadena Agreement as a viable document to govern and influence the relationship between the two organisations; and

Whereas Masters Swimming International views the Pasadena Agreement as an historic document that contributed greatly to the advancement of Masters aquatic sports in the world, but is obsolete in the conditions and circumstances relating to water sports today, and believes a change should occur; and

Whereas both organisations agree to terminate the Pasadena Agreement:

BE IT RESOLVED

The dissolution of the Pasadena Agreement take place pursuant to the following terms and conditions;

1. FINA shall have sole control of the awarding and the conduct of the World Masters Swimming Championships.
2. FINA shall compile, keep and issue certificates in recognition of World Masters Records.
3. FINA shall adopt and publish the technical rules of swimming competition for Masters.
4. FINA shall compile and issue an annual list of the Top 10 swimmers in each age group and event as listed in FINA Rules MSW1 and MSW5.
5. FINA acknowledges the role played by Masters Swimming International in the establishment of World Masters Championships, World Masters Records, World Masters Top 10 and the technical rules for Masters Swimming competition and confirms that FINA will continue to develop Masters swimming and to ensure that the needs of Masters swimmers are satisfied without compromising their health, safety and enjoyment.

GUNNAR WERNER, FINA Hon. Sec.
GARY STUTSEL, MSI President
both signatories to the Pasadena Agreement.

Calendar of Events

MARCH

- 20-21 Danske Masters International
 Danish Swimming Federation, PO Box 119, DK-6000 Kolding
- 26-28 Swedish Open Masters Championships
 Marianne Skold, Idrottens Hus, S-12387 Farsta
- 27 4 Meet City of Brno TCH International Meet
 Contact Czechoslovakian Swimming Federation,
 Na Porici 12, 11530 Praha 1
- 27-28 International Meet Trentino ITA
 Federazione Italiana Nuoto

APRIL 1993

- 10-17 5th PAN PACIFIC MASTERS CHAMPIONSHIPS
 Hamilton, New Zealand.
 Entries close 15 February. Late entries 15 March
 Contact: Pan Pac Maswim 93, PO Box 86, Matamata 2271 New Zealand
- 24-2 May 4th Australian Masters Games, Perth, Western Australia
 Contact: Secretariat, PO Box 1993, Wembley WA 6014 Australia

MAY

- 4-8 18th AUSSI Masters Championships, Darwin, Australia
 Contact: Exec Director, PO Box 207, Cowandilla SA 5033

JULY 1994

- 2-10 July V WORLD MASTERS CHAMPIONSHIPS, Montreal, Canada

SEPTEMBER 1994

- 26 September-8 October 3rd WORLD MASTERS GAMES Brisbane, Australia
 Locked Bag 1994, GPO, Brisbane, Queensland,
 Australia 4001
 Facsimile 61 7 831 1928

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