



M.S.I. NEWS

The official Newsletter of
MASTERS SWIMMING - INTERNATIONAL

Number 14

(Very late) APRIL/MAY 1993

Editor's Note

Firstly my sincere apologies for being so late with this issue. We had a minor problem with international funds exchange, and unfortunately, a research project had to take priority for a while. Nevertheless, here we are, and with lots of MSI information for Masters Swimmers.

For this issue, Ian Butterworth of New Zealand has written a very informative report on the conduct of the Vth MSI Pan Pacific Masters Championships, and from Gary Stutsel, President of MSI there is a report on the MSI meeting held in Hamilton, in conjunction with this meet. I am sure you will find them most interesting. I think you will also see that MSI has never set out to be in conflict with FINA, does not wish to duplicate effort, and has always had, as it's sole purpose, the well-being of the Master swimmer.

In the way of information update, you will find sections on "Age Determination"; "Drug Testing"; "World Records" and "What motivates Masters Swimmers". Also, in this issue we return to the "Country Wide" section with a history of Masters Swimming in Canada.

MSI intends to hold a MSI Congress in Montreal in association with the World Masters Championships. At the meeting, I will be presenting a review of this newsletter. I would be pleased to receive your suggestions for a future format, or a system were we can share on an international level, for the betterment of masters swimming worldwide.

Recently I took over as National President of AUSSI Masters Swimming in Australia. I am looking forward to the challenge and my continued involvement in Masters.

Finally, I hope you are all preparing for the 5th World Masters in Montreal. The July/August newsletter will be devoted to bringing you up to date with all the information. In the meantime, keep smiling.

GLENYS McDONALD

A Report by Ian Butterworth Masters Swimming International Vth Pan Pacific Masters Championships Hamilton, New Zealand

When the Waikato Masters group first agreed to organise the Pan Pacific Championships in association with New Zealand Masters and the NZ Swimming Federation, they were not at all sure what they were letting themselves in for. There was no way of knowing what would happen when the entries came in a few weeks before the event started. How many competitors would turn up? In recent years masters championships have attracted anything from 400 to 4000 swimmers. They were flying blind, hoping for approximately 1500 and worried that 3000 might turn up.

In actual fact close on 750 swimmers were in Hamilton for the meet which took place over Easter and the week following. The largest group of more than 300 came from Japan with other swimmers coming from North America, Europe, Hong Kong, Australia, South America and South Africa. In all there were 17 countries represented. A disappointing number of Kiwis (250) entered the event from a membership of 2000 in NZ Master Swimmers. In spite of the relatively low number of entrants (or perhaps because of it) the Vth Pan Pacific Champs will be remembered by most of us as an outstanding success from the Powhiri (welcome) on Good Friday through until the Dinner and final wind up event and its aftermath the following Thursday.



*Chairman Don Stanley congratulates World Record holder
Yoshiko Osaki from Japan.*

soothe swimmers eyes
PREFRIN DROPS

Continued from previous page

Vth Pan Pacific Masters

Swimmers and officials were not faced with the long pressure cooked days that have become the norm when the numbers are excessive. The whole thing took place in a relaxed manner, no midnight finishes (at the pool) and none of those early starts that don't even allow the blood to get circulating through those old bodies. In Hamilton we were treated gently, swimming started at 9.30am and usually finished by 4.00pm allowing plenty of time to meet with old friends and get to know some of those new faces from overseas. A couple of hours in the beer tent, home to dump off the swimbag and away out to whatever restaurants and bars that Hamilton had on offer.

There were a number of new World Masters records established at this meet.

Women 84-89	Japan	
Yoshi Kuchiba	50m Breaststroke	1:26.13
	100m Breaststroke	3:04.40
Women 55-59	Japan	
Yoshiko Osaki	100m Freestyle	1:02.37
	200m Freestyle	2:38.05
Mens 40-44	South Africa	
Terence Downs	100m Freestyle	56.00
Mens 50-54	Australia	
Peter Gilmour	200m Butterfly	2:32.65
	100m Butterfly	1:06.99

As always the swimming abilities covered the whole spectrum, people who had just graduated from adult learn to swim through to ex olympians and masters world record holders. Apart from those never give in meanies who swam in the lanes next to mine and nearly killed me, I have some special memories of the swimmers at Hamilton.

Rebecca Perrott who gives the impression that she could still get some of those old records if she had the time or inclination to train for it.

Some of the other ex national reps who still have the style and look the part even if they are going that little bit slower as the years roll around. Swimmers seem to be like singers they never lose that special ability, our own Dave Gerrard being a classic case. The hair may have been a different colour but the old magic was still there in the 100m Fly.

The competition between Steve Prescott and the Australian Andrew Hunter and the post mortems and baloney that followed.

Once again local swimming officials turned out for a masters event and kept the show on an even keel. This time they were assisted by people from other centres and from overseas.

On a number of occasions before the event actually started the organisers had plenty of opportunity to question why they had ever got themselves involved in such a project. Now that it is all over they should sit back, put their heels up and feel a bit smug, it was an outstanding success.

MSI Meeting Hamilton, New Zealand 9 to 13 April 1993

Representatives of Japan, Germany, South Africa, New Zealand, USA and Australia met together with Vice-President Joe Kurtzman and President Gary Stutsel. Formal meetings were held on both the 9th and the 13th with many informal discussions between these dates.

The decision to take a direction which did not conflict with the areas now being managed by FINA was confirmed. Issues for discussion by the FINA Masters Committee were covered and our suggestions were passed on for discussion at that committee's

April 1993 meeting.

Suggestions for changes to the charter of MSI to include all aquatic sports and to the names of MSI were raised by Frank Tillotson on behalf of Frank and the mother of MSI, Margaret Samson. They also proposed other changes but as these had not been properly circulated to the member associations it was pointed out that no action could be taken until our 1994 Congress in Montreal (3 July).

The Meeting determined that a development plan was needed to help member countries expand their activities. MSI will assist by acting as a Clearing House for the exchange of ideas and programs which should in the first instance be posted to this newsletter.

It was resolved that a Safety Policy should be developed to help clubs and associations improve the level of safety at both training and competition venues.

The Rules of MSI are to be rewritten so as to remove any areas of conflict with the FINA Masters Rules. The Construction and By-Laws are to be rewritten to provide a structure which is better suited to MSI's changed role.

Gary Stutsel is to edit a History of MSI from 1983 to 1993 and anyone who feels they have something to attribute to this is asked to write direct to Gary.

Graeme McDougall, Joe Kurtzman and Gary Stutsel have been briefed to explore and determine those fields which are of most interest to all members of our associations. This is a path which leads in a different direction to that of FINA, namely their servicing of our elite swimmer needs.

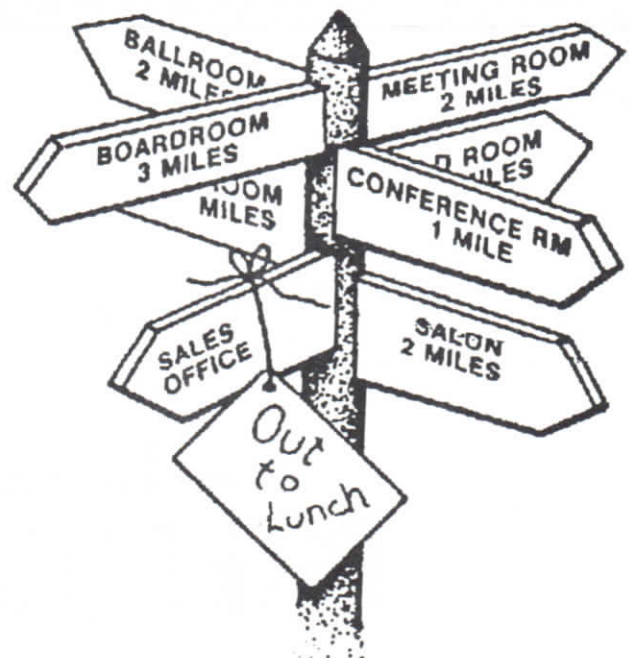
We look forward to an intensive and exciting year leading up to Montreal.

NEWS BITS

Age Determination

You will remember that in a previous edition of MSI NEWS I mentioned the difference, mainly in Europe to the FINA Masters age rule.

There is a correction to the age determination of the German Swimming Federation for Masters. In Germany the age determination was, until the late sixties, the date of birth, which



involved a lot of checking. Then at a Federation's general congress, it was changed to the year of birth. The wording literally translated was: key date (age determination date) is the first of January. Meaning that from the first of January already the swimmer can take part in competitions, even when the birthday is later. (For me, with a birthday of December 22, I could compete all year in a younger age group?) It is possible that errors of interpretation could occur, the more complicated the ruling. There can be no misunderstanding, or lack of fairness attributed to the current FINA Masters Rule of age determination. Or can there?

The current FINA Rule for age determination in Masters and promoted and supported by MSI was for the age of the competitor as of the last day of the meet. This means that the swimmer always competes in the age group he has attained, and records are also credited in the age group already attained.

I was interested to see the answer Arthur Knudsen gave for the apparent difference between the LEN Masters age requirement and the FINA ruling. But first let us clarify the FINA ruling.

Under the heading MASTERS in the FINA Handbook 1991-92

MGR 3 Age shall be as of December 31 of the year of competition, except for **Masters Swimming and Long Distance Swimming** which shall be controlled by MSW 2.

MSW 2 Age Determination Date
For all purposes pertaining to Masters world records and Masters world championships meet competition, the actual attained age of the competitor as of the last day of the meet shall determine the age group for that competition and any record set during that competition.

Whilst this rule is taken by most countries for all masters swimming activities in that country, it is obvious that there are at least two sets of age determination dates operational in Europe. Surely this is not for the well being and convenience of the swimmer, and it surely cannot be for the convenience of the administrator. Can it simply be put down to an inability to change or power politics at work?

A. Knudsen - Norway. Chairman of L.E.N. and member of the FINA Masters Committee:

"The basic FINA rule for age groups, whether it is Masters or any other activity, is that the age be determined as of December 31st. However, there is one exception to this rule, and that is for Masters Swimming as stated in Rule MSW 2 Age Determination Date. This exception states that "For all purposes pertaining to Masters world records and Masters world championships meet competition the actual attained age of the competitor on the last day of the meet shall determine the age group". In other words, within the FINA family it is only the Masters swimmers, and not the Masters divers, Masters Water polo players, Masters synchronised swimmers or any other group of competitors that are excepted from the general FINA rule. As stated the exception is valid only for world records and world championships. Consequently the LEN rules are not against the FINA rules."

Drug Testing

This has maintained as a very emotional issue. As mentioned last MSI NEWS, the medical subcommittee of the FINA Masters Committee recommended that there be no doping test in Masters competitions at this time. However, apparently some countries are continuing in this practise.

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I feel it is abhorrent for any swimming administrator to implement a doping rule intended for young and fit athletes, across the board to Masters. Many more studies on the health needs of the mature swimmer must be done before this is even considered.

I pass on, for your information, a couple of Australian comments:

Dr Russell Spinks, M.B., B.S., D.Obs., R.C.O.G., D.A.C.O.G., F.R.A.C.G.P.

"My personal feeling is that swimming should have a drug policy but very little should be done in enforcing the drug policy nor researching potential problem areas within Masters swimming.

It is my feeling that there is a minimal number of swimmers who may be experimenting with drugs at the present. I feel this minimal number should be accepted. Education in a broad sense may help these people to realise that experimentation is of little benefit. Of relevance also is that too much information or publicity about banned drugs often leads to an increase in experimentation by those people who have the information available to them.

The other problem is that many of our Masters Swimmers are already on prescribed medication, particularly cardiac drugs (betablockers) and these make up a section of the banned list. The banned listing is provided in an effort to avoid usage to provide unfair advantage however the use of these cardiac drugs in swimming will not provide an unfair advantage (in fact may slow swimmers down). The worry here is that conscientious swimmers may go off their cardiac drugs in order to obey the edicts on substance abuse and this could be seriously deleterious to their health."

Wendy Ey, Womens Advisor, Adelaide Department of Recreation and Sport.

"The issue of developing a drugs in sport policy appropriate to the needs of female veteran sports participants should be considered very carefully and in conjunction with medical specialists working in the field of gynaecology and

endocrinology with menopausal women. The field of Hormone replacement Therapy for these women is changing almost daily and legitimate hormone replacement for menopausal symptoms may include Testosterone which is not permitted under the present IOC rules."

Amateur Status

It was interesting to note the slight change between the 1988-1992 pink FINA Handbook, the green 1991-92 book and the current book.

The pink book stated on Page 248

"The Masters Swimming program shall promote fitness, friendship and understanding through swimming among swimmers with a minimum age limit of 25 years both amateur and professionals."

In the newer books the sentence ends after "...25 years." The rules could now be interpreted as precluding professionals, although this was not the intention.

Although the FINA Rules no longer specifically mention it, the Masters category was introduced to allow all swimmers to compete, even those "who have competitive swimming as their sole occupation or business etc".

Masters Swimming has many professional coaches and such like in our organisation, and therefore the intent of this rule should be clarified.

World Records

As mentioned in this newsletter on a previous occasion, the Takeover by FINA of the MSI World Records kept meticulously by Peter Gillett for many years, left a lot to be desired in the world of communication.

It is therefore of most concern to find that the current FINA World Record Recorder has circulated worldwide a statement that "Record applications (from the past) were not saved and therefore do not exist for the current records as of May 1992". He went on to mention plans to ensure this record keeping took place in the future.

Peter Gillett has again every right to feel offended. Peter has stated that:

"This statement is completely incorrect in relation to the Long Course Records. I have all applications and a complete history of the MSI Records from 1983, when I set up the World Record lists, to 1992 when FINA took over responsibility. Neither FINA nor Walt Reid have requested that I supply these documents.

I find it rather upsetting that untrue statements such as this are circulating worldwide. I am proud of my contribution to the World Records and as you know was disappointed when the job was taken off me, statements such as this could easily lead people to the belief that FINA were correct in taking the records away from me."

What Motivates Masters Swimmers

Congratulations to New Zealand Masters, and Mel Tantrum and Ken Hodge for their work on Motives for Participating in Masters Swimming. The primary purpose of their study was to identify the participation motives of a group of 40 New Zealand Masters Swimmers. The study was also designed to determine whether these motives differed between individuals on a number of variables such as gender, age, Masters experience, marital status, competitive swimming background, perceived competence and perceived ability.

The full article is published in the New Zealand Journal of Health and Physical Education and Recreation.

Of the 40 swimmers, two were pre-masters, and they ranged in age from 22 to 70 years. There were 18 males and 22 females.

The full study and its results are important for coaches and administrators wishing to structure swimming programmes designed around their swimmers needs. We must always keep in mind what motivates our swimmers. The last few World Championships and Pan Pacifics have had lower than expected numbers. Since Indianapolis in 1989 we have blamed the World economy, or too many swims, the high cost of entries and travel, the emergence of multi masters sports events etc. It is studies such as this one which gives us guides to whether we are on the right track, or are diverting in the wrong direction in fulfilling Masters Swimmers needs.

This study showed that Masters swimmers have multiple motives for participating, with over half the motives receiving a mean rating of 3.0 or above (out of 5). It also showed that the swimmer rated staying in shape, having fun, being fit, improving skills, and being active as the most important reasons for participating. The highest being 4.40 for "I want to stay in shape" and 4.33 for "I like to have fun". Improving and learning new skills scored highly. "I like to compete" scored a 3.20 and "I like to win" scored a 2.63.

Anyone wishing a copy of the full article should write to Mel Tantrum, Assistant Lecturer in sport psychology at the School of Physical Education, University of Otago, New Zealand.

Instructions for Preparing a Top 10 Tabulation

1. Times for this tabulation must be made from events sanctioned by National Federation Members of FINA.
2. A separate tabulation is required for Short Course Meters (25m) and Long Course Meters (50m).
3. The deadline for submitting both tabulations is February 28 for all swims during the previous calendar year.
4. It is important to include all masters swimmers who compete in your meets. Do not just include your country's swimmers. Please identify the country for each swimmer.
5. INDIVIDUAL EVENTS:
 - The top 10 swimmers will be listed by gender, age group and event per FINA rule MSW 1.1 and MSW 5.1 for SCM and MSW 5.2 for LCM.
 - The individual tabulation will include the swimmer's name, country and time.
 - The format for reporting individual events:
 - ... list the women's results first and then the men's results;
 - ... within each gender, list results by age group from youngest to oldest;
 - ... within each age group, list results in the following stroke order: freestyle, backstroke, breaststroke, butterfly and individual medley;
 - ... within each stroke list events in order from shortest to longest distance (50, 100, 200 ...);
 - ... within each event list the results in order fastest time to slowest time.
6. RELAYS:
 - The top 10 teams will be listed by gender, event and age group per FINA rule MSW 1.2 and MSW 5.1 (SCM) and MSW 5.2 (LCM).
 - The relay tabulation will include the club name, all 4 swimmers' names, country and time.
 - The format for reporting Relay events:
 - ... list the Women's relay results first, then the Men's and then the Mixed;
 - ... within each gender, list results with the 200 freestyle first and then the 200 medley;
 - ... within each relay event, list results by age group from youngest to oldest;

... within each relay event, list results fastest time to slowest time.

Canadian Masters Swimming

Beth Witnell has served Canadian Masters well with her interesting and entertaining magazine "Wave Lengths". When this commenced in 1980 she asked Bernie McGrath to tell the readers about the beginnings of Masters Swimming in Canada. For your information I have used a combination of his article and later information, to give a complete picture to the present time.

Bernie was approached by Larry Tapp, in 1975 to become Ontario's Masters Swimming Chairman. Some months later he became National Chairman, so he is a good source for Canada's early Masters history.

Canadian Masters actually began in Amarillo, Texas in 1971 when Hud Stewart and Al Waltes from Ontario entered the second annual US Short Course Championships along with 135 American swimmers. Hud then returned and formed the first official Canadian Masters swim club.

In January 1973 the Etobicoke Aquatic Club staged Canada's first Masters swim meet at the Albion Recreation Centre. In the spring of that year, a group of past competitors organised Canada's second meet at Pointe Claire, Quebec. The next recorded meets in Ontario were held in 1975 in April at the Memorial Pool, and in September in Clarkeson.

Bernie says that it was through these early people, and the lobbying they did to get CASA to start a Masters programme in Canada, that gradually bore fruit. In 1973 Marg Savage was appointed the first National Chairman and on 20 July 1973 she chaired the first meeting of the Masters Swimming Committee. The first resolution passed at the meeting was that CASA ratify in principle the adoption of a Masters Swimming programme in Canada. The CASA accepted this recommendation on 22 July 1973 and thus Masters Swimming was officially launched in Canada.

After serving one year Marg was replaced as National Chairman by Cameron Grout a former competitive swimmer. Both Marg and Cameron struggled hard to get the new programme moving, but the time was not right. Swim clubs were directing their efforts toward the preparation for the 1976 Montreal Olympics. Not surprisingly, Marg and Cameron's efforts to interest club coaches to work with adult swimmers bore little fruit. Coaches were busy fighting for more pool time to prepare their swimmers for the Olympics and the development of a Masters programme at that time simply represented a potential threat to the limited facilities.

Despite these initial problems, Masters Swimming did continue to develop, albeit slowly. On April 4, 1975 the Ontario Steering Committee met for the first time in Toronto. This committee worked hard, meeting almost monthly for the next year, and the provincial programme began to take shape. On 30 January 1976 the committee decided to adopt "formal procedures" by choosing to elect an executive and directors. Thus, the informal group of interested Masters swimmers yielded to a formal committee as the sport came of age.

Some of those early swimmers were Tony and Eleanor Jarvis, Bernie McGrath, Ted Roach, Mike Chapelle, Hud Stewart, Ian Holt, Ken Allen and Beth Whittall.

During the 70's this organisation had problems with FINA's attitude to amateur swimmers swimming with professionals, and its legislation which precluded Masters from swimming in World competition. A number of groups set about to break the new association.

For many years the USA has been trying to organise a World Masters Competition but they were frustrated at every turn. So, when Canadian Masters announced they would hold a World Masters Championship in 1978, in their innocence they did not realise that they would be taking on the almighty FINA.

This was a very sensitive issue. If CASA approved something

that was later condemned by FINA, it could have repercussions for all of Canadian swimming. FINA finally approved the event but stipulated that ● it could not be a Masters meet; ● it could not be a World meet; ● it could not be an International meet. It was to be the First Senior Age Invitational and they were allowed to invite senior swimmers from other countries, divers, water polo players and synchronised swimmers. Coming under the FINA "umbrella" everyone had to meet their definition of "amateur" and so there were a few disappointed coaches who would have liked to have swum themselves.

Despite these problems, in August of 1978 the meet took place in Etobico, Ontario with constant reminders blaring over the PA System that it was NOT a Masters meet.

While Canadian Masters planned for this meet, they also pushed forward with other projects. On 26 February 1977 the first major Masters Swim Clinic was held. This clinic provided a major stimulus for the development of a more formal National Masters programme. This programme was given a boost by a meeting at Winnipeg in April 1978, attended by most of the provinces. The meeting voted approval of an organised structure with annual elections, instead of the "grace and favour" appointments made annually by the CASA board of directors. The proposed structure was only a recommendation until such time as it was approved by CASA. Unfortunately the recommendation somehow got lost by CASA.

Once again the Canadian Masters were disappointed that no authority or funds to run their own programmes was forthcoming. Not a lot has changed since.

The MSC is still under the complete control of SNC but by the end of 1993 should be self administrative. They have by-laws (to be revised) to become a constitution. They have a Chairman - Alex Harman of Nova Scotia; a Vice Chairman, a Treasurer, Secretary, Rules Officials. Recently the MSC and MSI recommendation of a nominee for the FINA Masters Committee was overruled by the Aquatics Federation Canada, and a non Master from Canada was appointed to the FINA Masters Committee in the high office of Secretary.

The first World Masters Games were held in Canada in 1985. Masters Swimming MSO was responsible for the swimming competition which attracted some 1,600 entrants under the direction of Kay Easun. It was the only sport "not in the red".

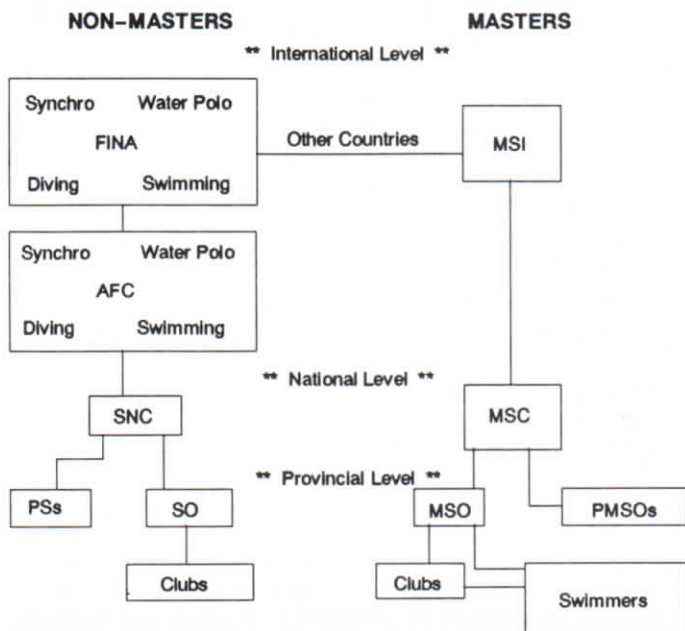
Currently (31.8.92) there are 6044 registered Masters swimming in 221 clubs. About 1/3 Ontario; 1/3 Quebec and 1/3 other provinces. The fees to the MSC were \$5 in 1992. Presently \$2 of this goes to the SNC for ??????. There is a rise to \$10 in 1993.

All 10 provinces of Canada finally have a Masters Swimming organisation. Some are part of the provincial section of SNC and some are self administered and only "affiliated" with their provincial SNC. Fees vary per province from \$10-\$28 per individual and \$0-\$250 per club.

Because of their problems, and the problems of a similar nature experienced by other countries, the MSC have always been supportive of MSI. Most provinces still are.

Aquatic Sports Organisations

Masters Swimming in Ontario, as well as in the rest of Canada, is related directly and indirectly to other Masters and non Masters aquatic sport organisations, as shown in the following diagram.



Abbreviations:

- FINA Federation Internationale de Natation Amateur
- MSI Masters Swimming International
- AFC Aquatics Federation Canada
- SNC Swimming Natation Canada
- MSC Masters Swimming Canada
- PS Provincial Sections
- SO Swim Ontario
- MSO Masters Swimming Ontario
- PMSO Provincial Masters Swimming Organisations

Calendar of Events

1993

AUGUST

19-22

US LC Championships Minnesota
 Paul Windrath, 2612 Eunice Ave
 Red Wing MN 55066

28

West Auckland Annual LC Meet Auckland NZ

SEPTEMBER

2, 3, 4 and 5

Masters de Vichy Stade Nautique de Vichy
 6th Championships of France
 Jean Gourlier, St. Cloud
 2,03700 Bellerive sur Allier, France

9-12

European Championships Sindelfingen, Germany
 VfI Sindelfingen,
 Schwimmabteilung, Hallenbad
 Klostersgaten, Klosterstrasse 12
 D-7032 Sindelfingen, Germany

24-25

South Island LC Championships Dunedin NZ

24-25

The IASA Centenary Cork, Ireland
 2nd Irish Open Masters Swimming Championships
 Oswald Schmidt
 82 Earlwood Estate, The Lough,
 Cork, Ireland.

25

11th Dutch Open SC Masters Breda
 Championships
 (to be confirmed)

25

Durham Light Masters 800/1500m Meet Tauranga NZ

OCTOBER

15, 16, 17

ASA National Masters Championships Sheffield UK
 Peter Hassel, Harold Fern House
 Derby Square, Loughborough
 Leics LE11 OAL

23-24

North island SC Championships Whangarie NZ

1994

22-26 March

AUSSI Masters 19th National Swim Adelaide

2-10 July

Fifth World Masters Swimming Champs Montreal

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