

## 2009 NSW Sports Federation Annual Sports Awards

Two NSW Masters swimmers received awards at the 2009 NSW Annual Sports Awards announced in February this year.

**Clary Munns** (Blacktown City Masters) was named NSW Masters Athlete of the Year for 2009. This was in recognition of Clary's magnificent year in the pool where she set 8 individual world records, 34 national records and 36 branch records. She swam four additional swims in world record time and was also a member of 12 relay teams that set 11 national and 12 branch records. Clary made her mark in both short-course and long-course events and in all distances from 25 to 400 metres. She set world records in backstroke and individual medley, national records in backstroke, freestyle, butterfly and individual medley, and branch records in backstroke, freestyle, butterfly, breaststroke and individual medley.

She took a resounding 15+ seconds off the national 100 butterfly record in March but as she worked her way steadily through the records in her new age group she also chipped away at her own personal best times. For example, she shaved nigh on 2 seconds off her 50 freestyle time and almost 14 seconds off her 200 individual medley time.

Perhaps even more impressive is that Clary has matched or improved on times she swam when she was active in masters swimming twenty years ago, i.e. when she was four age groups below her present age group. In 1989 Clary set a long-course 100 backstroke record of 1:24.24; in 2009 she set another record, of 1:23.61, in the same event, different age group.

Apart from her wondrous achievements in the pool, including gold, gold, gold at the WMG last October, Clary is active in her club, always willing to help her fellow members with one-on-one stroke corrections and

training suggestions. Congratulations, Clary, from everyone in Masters Swimming NSW.

**Carol Dawson** (Cronulla Sutherland) was recognised by the NSW Sports Federation with a Distinguished Long Service Award acknowledging the valuable work she has done over many years.

Carol has been a member of AUSSI Masters Swimming from its inception in 1975. In the 34 years since then she has been very active in both her club and the association at branch and national level. She was on the national executive in the early days and helped with organising carnivals; she also worked with Gary Stutsel to organise the first international competitions, the Pan Pacific championships. Besides representing her club regularly in carnivals, she has been its president, captain and race secretary. She is an accredited referee and volunteers her time as an official at meets throughout NSW and the ACT. Among the many other positions she has filled are member of the branch events committee, national publicity officer, national newsletter editor, secretary of Masters Swimming International and public relations officer for the 1988 FINA World Masters Championships.

Well done on your award, Carol, and thank you for your generous contributions in so many areas from the very start.



*Carol Dawson (left) and Clary Munns with triathlete Craig Alexander at the 2009 NSW Annual Sports Awards.*

## Meet Reports

### North Sydney: 14 November 2009

North Sydney Masters held their annual sprint carnival at *the best address on earth* in November last year, instead of their usual February time slot. One world record was set at the carnival, by Jenny Whiteley (Ryde Masters) in the 50 breast. She and Clary Munns (Blacktown City Masters) each set a national record in the 50 free, while North Sydney set two national records in the men's 400 free relay (120+ and 200+ age groups) and Blacktown City backed up for a national record in the mixed 400 free 240+ relay.

### Raymond Terrace: 14 December 2009

This year's carnival saw 147 swimmers registered to compete in 11 events. The weather was great and a good time was had by all. With a small club membership and especially the loss and unavailability of some more experienced members, it was all remaining hands on deck to make the meet a success.

Thanks to our sponsors and everybody that contributed. A special thank you to Darcy Johnston for stepping in to the breach with runner duties when the planned runners were a no show.

Last but not least, thank you to all those swimmers from the 27 clubs that participated to make for a great day.

Bob Burggraaff, Meet Director

### West's Auburn Long Distance: 12 December 2009

The weather was hot and sunny. We had 103 swimmers from 23 clubs entered to swim. We swam most events with staggered starts; otherwise we were programmed to finish the carnival at 9:30 pm.

During the day 16 national records and 9 state records were broken. Congratulations to Jenny Whiteley (3), Clary Munns (3), Val Lincoln (2), Bill Walker (2), Jon Hawton (2), Ann Campbell, David Lawler, Mark McDonald and Stephen Lamy on breaking national marks. Congratulations to Frank Funibaldi (2), Pamela Nix (2), Michael Gordon, Mark Patterson, Noemi Domonkos, Hilda Lindfield and Ros Arnold for eclipsing the state times.

A reminder for swimmers who may wish to make an attempt at breaking a record that they need to let the chief timekeeper know well in advance. Two

timekeepers are sufficient for a state or national record, but THREE are needed to have a world record recognised.

Well done to all our swimmers—to the winners and to everyone who entered and swam their events. The top-scoring clubs on the day were Wett Ones (191 points), then Blacktown (145) and Wests (124).

An unfortunate incident spoiled the day a little, with one swimmer having a cardiac arrest after swimming. Thanks to the swift intervention of club members with first-aid qualifications, St John Ambulance officers, Jodie Burke (MSNSW safety coordinator) and pool attendants, first aid and CPR were applied and an emergency response ambulance was called. The outcome of the incident was positive, with the patient surviving to swim another day. It is most reassuring to know that our readiness and training for such an incident paid off.

Thank you immensely to our visiting officials on the day: Jane Noake, Sue Johnstone, Col Casey, John Kulhan, Jodie Burke, Marilyn Earp, Peter Hurdis, Carol Dawson, Jamie Turner and Regina Haertsch. Also, thanks to all the timekeepers and helpers behind the scenes. Thanks to all the Wests members who put in a really big effort all day. We made a few stuff-ups during the day, and we apologise to anyone affected. Our club numbers have been falling over the years, so we were a little overwhelmed at times.

A point that needs to be made was that a disappointing number of swimmers turned up just in time to swim THEIR event, then left straight afterwards, without offering to help with timekeeping. This really put a strain on those who juggled their swims with timekeeping and other duties. It was also disappointing that a number of swimmers arrived late for their event, after assuming the published times would be precise. These times cannot always be exact, due to absentees on the day, deck seeding and staggered starts to save time. It is highly advisable to turn up AT LEAST an hour before your swim time!

Our raffle was very well supported: thanks to our sponsors, Dooleys Lidcombe Catholic Club, as well as to everyone who bought a ticket!

Next year we will hold a BPS carnival, whilst the Hills club runs a short-course, long-distance carnival

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(State runs a long-course carnival in 2010), then it will alternate every year after that.

Terry Gainey, Carnival Coordinator

### **Central Coast, Gosford: 16 January 2010**

Fortunately, we had a great day weatherwise and that meant everyone enjoyed their swims without it being too hot or wet. The program flowed very well and thanks to our wonderful marshals, officials and, particularly, our runners—Jemma Brash and Nick Patch. Once again Jemma was our runner and, as she has done in past years, she is a bright smiling face collecting the cards from timekeepers as well as doing other tasks on the day, with the very able assistance of Nick. Thanks to them and Rob for organising their assistance.

It may seem we have an excess of officials but it does make it easier when officials are swimming to be able to cover them instead of having to rush to swim and / or be back on pool deck at the conclusion of a swim. For this we thank the many officials who readily agree to officiate at the Central Coast BPS Meet.

Deadlines to have things printed does cause issues when sponsors need master copies early in the week and then there are changes to the seedings due to circumstances beyond the host club's control. TM Lite files need to be accurate as well—ages, club codes, entries matching paper copies, because these can all cause re-seeding of events. We all like to have a copy of the program on the web the week before but sometimes it is not going to be possible and only a draft version can be included.

Back to the swimming, which was enjoyed by all swimmers. This year there were only 190 entrants, down from the usual over 230. On the day there was also a higher than usual attrition rate.

Surprisingly there could have been a number of world records on the day; the paperwork was done and the swimmers concerned have been asked to provide proof of age. We now have to wait and see if FINA approve them. More on that will be available on the web portal later in the year.

We also had one individual branch record: Scott Bidewell of Picton in the 50 breast 50–54 age group. There were also two branch 4 x 100 relay records: Ettalong (R Belmar, W Cook, A Copeman & T Curran, mixed 200+) and Warringah (M van Gelder,

M Hannon, R Giveen & B Harris, men's 280+).

Congratulations to these nine swimmers.

Congratulations to all the other swimmers with the pending world records.

The club which won the Point Score Trophy on the day was Wyong Wobbygongs. The club which won the trophy for the Average Point Score (six swimmers or more) was Warringah. Congratulations to both clubs.

After the swim there was a BBQ prepared by our catering committee very capably led by Colin Redman. What a presentation! The food was wonderful for the BBQ and also for the volunteers and officials, as well as the drinks—water, tea / coffee, biscuits during the day. A wonderful supporting committee. Thanks also to the committee that collected, set up and returned the shade, baskets, table and chairs for the day. Their support meant things went smoothly for the entire day.

Special thanks to Phil Murray, meet director on the day, and the recorders who kept the results coming and worked out the results so they could be announced before everyone left the pool.

Our thanks to our sponsors and supporters that continue to support us and also the new ones that have come on board this year. Without their support it would be very difficult to run a successful meet.

Novocastrian will have “the turkey” returned to them, by Warringah, following the meet.

Neil Keele, Gosford City Seagulls

### **Board Invitational Meet: 31 January 2010**

The Board saw the need for a short-course meet leading up to state and nationals as a way of giving our swimmers some race practice, and the last weekend in January was the ideal time to hold a meet, the SOPAC diving pool was available on the Sunday afternoon, so the event was organised.

Members of the Board sprang to: Tony was the meet director, Jane the chief referee, Stuart E the starter, Stuart M the chief timekeeper, Neil was a referee and Sue a trainee IOT. And we had a lot of help from our friends.

We only had 105 swimmers, but this was just enough for a great Sunday afternoon carnival, with some fierce racing, some great records and many swimmers seeing the need for some intense training before state and nationals. Seriously though, we had

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some invited swimmers who we hope will join Masters and we had a great representation from our new club, Castle Hill.

Thanks to everyone who officiated and swam. The afternoon proved it is possible to hold a masters carnival in a couple of hours with a minimum of effort and have maximum FUN.

Stay tuned, your Board may do it all again next year.

Jane Noake, Chief Referee

### **Manly Masters: 21 February 2010**

Preparation followed soon on the heels of our last meet, on 9 August 2009. Due to some of our members planning to compete at the FINA World Masters in August in Sweden, and presumably others clubs being likewise affected, other dates were explored. With the reversal of the usual order, i.e. long course followed by short course, the first half of the year suggested itself. Abbotsleigh, however, had to be persuaded to give us a term one date, their own activities and the use of the pool for diving championships having priority at this time of the year. Eventually they relented, and so 21 February became the date for everyone's calendar.

The officials' composition was almost the same as last August. It was good to have two very pleasant ladies from St John Ambulance on hand, Anna and Emily. Fortunately they enjoyed a quiet afternoon. Last August our clash with the City to Surf left us without black-and-white comfort.

The meet ran seamlessly and on time. A few matters, however, should be mentioned. There was for the most part no loudspeaker for the starters. The pool manager had left the pool by the start of racing and the attendant, new at the job, couldn't locate it. Jodie, Ruth and Kathy, with a collective shrug of the shoulders, offered to raise their voices accordingly, and they did so valiantly. Their 'gun' was also not satisfactory. Just

when you think you have it down pat on the ninth running of your event, an important piece in the meet's mosaic goes missing. Something to be specifically addressed for next time.

Swimmers would have noticed learn-to-swim activities in the warm-up / warm-down area from 3 pm. There was no prior information about this. I understand it is a fixed booking, meaning that next time we will probably have to start an hour earlier.

Latecomers who receive the benefit of a favourable exercise of the discretion to allow them to swim should be aware that the system has difficulty accommodating something less than punctuality. Other swimmers are inconvenienced as a result.

Our meet has generally produced numerous records. On this occasion only one swimmer stands tall. Congratulations to Colin Cliff for his record in the 200 breaststroke, thereby saving the day. The new age of less material, more flesh, might be the culprit.

Warringah at Wahroonga has consistently been a winning combination, even if a challenge for the announcer. They triumphed in the visitors' point score with 766 points, followed by Blacktown on 379 and Pirates on 378. Blacktown, with 12 swimmers, won the average with 31.6 points, with Novocastrian (7) and Pirates (13) tied on 29.1 points per swimmer. Congratulations to the winners.

Finally, thanks are in order. Our officials were splendid. Each one of you can consider yourself approached for next time! My club members prepared again superbly, bearing in mind we held meets only six months apart and, in management vernacular, delivered on the day! Thanks also to the competing clubs. We look forward to seeing you again under the tall Wahroonga gums in 2011.

Steve Lamy, Meet Director

## **MS Mega 24-Hour Swim**

Steve Lamy (Manly Masters) is looking for swimmers to be in a masters swimming group to take part in an MS Mega 24-Hour Swim at SOPAC, on 26–27 June. The idea is that funds for MS will be raised from sponsorship. A team of 15 would involve each swimming for 90 minutes or so, although this condition may not be set in concrete (oops!). The swim probably starts about noon on the Saturday and goes on through to the Sunday. You might even consider your leg a warm-up for the Hills long-distance carnival on the Sunday!

If you're interested, please email Steve for further information: [slamy@tpg.com.au](mailto:slamy@tpg.com.au)

# Club News

Ettalong Pelicans are delighted to announce that they have awarded life membership to two of their valued members.

## Fred Elsom

Fred has been a member since 1990, after some time with North Sydney Masters. Fred has always made obvious his enthusiasm for the sport of swimming with his own performances and for the swims of other members. He always seems to have an eye out for potential members and has recruited a significant number over the years. Fred has had significant successes in several age groups at state and national level and has held state and national records mainly in breaststroke and medley events, and continues to keep a keen eye on the various swimmers in the older men's age groups.

Fred was the club president for six years during the time the club was going through a transition period and chaired some quite tense meetings but ensured that all members had a sense of involvement. He was instrumental in seeing that the club adopted a more relevant constitution while he was president.

Fred's affable manner and interest in others means he has many friends in other clubs as well as the members of Ettalong Pelicans.

## Wendy Cook

Wendy has been the club's coach for many years and has been an enthusiastic organiser and hostess for a large number of social functions for the club.

Wendy has been a member since early 1992, after significant involvement with Gosford Seagulls Masters. In the early years of her membership, where she quickly started coaching, she often did a great deal of travelling to be on deck coaching the club's training sessions. She has been happy to see others take the session but has always been prepared to take on the coaching role as required. Her thoughtful planning of programs is based on research and consideration for the different needs of the range of swimmers involved. Over many years Wendy has ensured that her qualifications for still-water and surf coaching have been always up to date.

When time allows Wendy to attend carnivals she communicates her enthusiasm for swimming with her own swims and the swims of other members.

Another feature of Wendy's service to the club has been the many social functions she has organised and the occasions she has been the hostess, with the Cook home the venue for very pleasant evenings. Wendy has always readily involved herself in all the activities necessary when the club holds its annual carnival, in her constantly enthusiastic and cheerful manner.

Gordon Ferguson, Secretary, Ettalong Pelicans

Masters Swimming in Australia  
 Policy Number: 2400000020101

Incident Report Form  
 Public and Products Liability and Professional Indemnity Policy

Incident Report Form  
**MARSH**

Please complete the details below in block letters and attach all relevant documentation

Name of Swimming Club: \_\_\_\_\_  
 Name: \_\_\_\_\_ Contact Name: \_\_\_\_\_  
 (PLEASE PRINT)  
 Postal Address: \_\_\_\_\_  
 Telephone Number: \_\_\_\_\_ Facsimile Number: \_\_\_\_\_  
 After Hours Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

DETAILS OF INCIDENT  
 WHEN DID THE INCIDENT OCCUR? Day: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ PM

WHERE DID IT OCCUR? \_\_\_\_\_

WHAT WERE THE CIRCUMSTANCES? \_\_\_\_\_

DETAILS OF THIRD PARTY/ INJURED PARTY  
 Name: \_\_\_\_\_ Contact Name: \_\_\_\_\_  
 (PLEASE PRINT)  
 Postal Address: \_\_\_\_\_  
 Telephone Number: \_\_\_\_\_ Facsimile Number: \_\_\_\_\_  
 After Hours Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

WHAT IS THE INJURY SUSTAINED? \_\_\_\_\_

WERE THERE ANY WITNESSES? Yes No  
 Name: \_\_\_\_\_ (PLEASE PRINT)  
 Postal Address: \_\_\_\_\_  
 Telephone Number: \_\_\_\_\_ Facsimile Number: \_\_\_\_\_  
 After Hours Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

HAS ANY RECIPIENT SIGNED A STATEMENT OF RECEIPT? Yes No  
 (PLEASE ATTACH TO DOCUMENT)

AUTHORIZED PERSON  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Name: \_\_\_\_\_ (PLEASE PRINT)  
 Position: \_\_\_\_\_  
 Telephone Number: \_\_\_\_\_

PLEASE PRINT OR TYPE: GENERAL MANAGER  
 MASTERS SWIMMING AUSTRALIA  
 100/110 KING ST, SYDNEY NSW 2000, AUSTRALIA  
 TELEPHONE: 02 9592 2000 FAX: 02 9592 2411  
 EMAIL: gm@mastersswimming.org.au

## Incident Report Form

A reminder to all members that you need to provide **up-to-date contact details** to your club, so that they are available at all carnivals, just in case. Also, all clubs who host a carnival must have on hand copies of this **MSA Incident Report Form**, as you will need to fill one in if someone slips or has a turn or hurts themselves in any way. You can get a copy from the branch office or from Jodie Burke, the Branch Safety Coordinator: [safetycoord@mastersswimmingnsw.org.au](mailto:safetycoord@mastersswimmingnsw.org.au)

Vorgee Million Metre swimmers from Trinity Masters: (l to r) Frank Funibaldi (one million) and Peter O'Sullivan (two million).



## Technical

### Rule Changes for 2010

A number of changes in the rules became effective on 1 January 2010. Most significant for regular competitors are the new swimwear rules. Many of my competitors might feel I had a role in instigating the FINA swimwear rules as my \$40 Speedo Endurance polyester swim trunks are exempt from testing and listing. There is currently a list of 60 approved swimsuits that are allowed. The complexities of the swimwear rules are explained further in my article

#### Swimwear Rules 2010.

Most of the other rule changes flow on from changes made at the 2009 FINA congresses. They are:

**Backstroke:** When turning, the touch on the wall must be “in the swimmer’s respective lane”.

**Breaststroke:** The single butterfly kick permitted underwater at the start and each turn must be performed **during** the underwater arm stroke. It is no longer allowed **after** completing that stroke.

**Butterfly:** If you use a breaststroke kick in butterfly events you are now restricted to one breaststroke kick per arm stroke in events up to and including 200 m of butterfly. This **includes** the 800 m individual medley. Two breaststroke kicks per stroke are still allowed for the longer events, e.g. 400 m and 800 m butterfly. Note also if you use a breaststroke kick:

- \* a single breaststroke kick is permitted prior to the turn and finish without an arm pull, and
- \* a single breaststroke kick is permitted prior to the first arm pull. This means you cannot do breaststroke kick for 15 m underwater and then surface.

The term dolphin kick has been replaced by **butterfly kick**.

**The Race:** You are now required to stay for the whole race in the same lane in which you started. This is particularly important when swimming two in the same lane (say in an 800 m freestyle). In other words, you will no longer be able to cross the black centre line in these events as this is considered the lane rope.

**Events:** World records will now be recognised for 4 x 200 m freestyle relays.

**Medical Disabilities:** If you have an MD you will no longer be able to use this for the national championships (e.g. Launceston 2010). This means if

you have an MD for breaststroke you will need to enter only the freestyle and backstroke and possibly butterfly events and not swim breaststroke in relays at the national championships. MDs will still be recognised for national Top 10 and in branch events, unless you are notified otherwise.

**Age Groups:** Masters Swimming Australia now allows swimmers **who have attained** the age of 18 to become members and compete in MSA competitions. Remember, you cannot join Masters Swimming Australia until you have had your 18th birthday. The 20–24 age group has been changed to 18–24 and the 80–119 relay age group is now 72–119. Clubs are cautioned that they cannot break world records if a team includes a swimmer who is not 25 at 31 December that year.

Gary Stutsel, for National Technical Committee

### Swimwear Rules 2010

Most swimmers have adjusted to the changes in the swimwear rules that came into effect on 1 January 2010. However, there have been a few instances where swimmers were not aware of the changes that were printed in the December edition of *SPLASH* (page 8). In that article it stated that Masters Swimming Australia (MSA) has adopted the FINA Rules for swimwear with one exception: instead of being limited to strictly one garment, MSA swimmers will be allowed to wear modesty garments under their competition swim wear.

#### Swimwear

Swimwear includes swimsuit, caps and goggles, by the way. FINA has also published a list of approved swimsuits and the following points have been extracted from their website:

- \* **Men’s swimsuits** shall not extend above the navel or below the knee and are to be in one piece.
- \* **Women’s swimsuits** shall not cover the neck or extend past the shoulders. Nor shall they extend below the knee. They may be in two pieces.
- \* Other items covering the body and not part of the swimsuit are prohibited (note that the referee has discretion when it comes to taping of the body for

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- medical reasons).
- \* The material used for swimsuits can only be “textile fabric(s)”.
  - \* No outside application can be added on the material.
  - \* No zippers or fastening systems are allowed.
  - \* Swimwear which is obviously compliant (e.g. briefs or traditional-shape women’s swimsuits in full textile and full permeable material such as polyester suits, are not subject to any review or challenge and do not need formal approval).
  - \* Approved swimsuits must carry either on the product or on a non-removable label the words “FINA approved” together with the approval time, e.g. 11/09.
  - \* Caps and goggles cannot be attached to one another nor to the swimsuit (no “hood” or “mask” effect; this means the old goggle cap can no longer be worn in competition).
  - \* Cap shape must follow the natural shape of the head and not include any artificial shaping.
  - \* Hard helmets are not allowed.

## Lighthouse Community Pool

Dubbo Redfin Masters were made aware of the need for swimming caps for a new community pool in Galle, Sri Lanka. Originally the Redfins were planning to have a cap collection at some swimming meets to make use of the many un-needed swimming caps we tend to collect over the years. Fortunately, as a result of the cancellation of the World Masters Games open-water swim last year, the Redfins were able to secure hundreds of unused swimming caps. These were taken to Galle recently and presented to Lighthouse Community Pool ([lhcp.galle@gmail.com](mailto:lhcp.galle@gmail.com)).

The letter and photos below [*unfortunately, we don't have room for all the photos; contact Warren if you'd like to see them. Ed.*] show how excited the community is to have plenty of caps for all of those who use the pool for learn-to-swim and other activities.

Masters Swimming NSW was contacted at the conclusion of the Cole Classic ocean swim at Manly with a query as to any need for surplus caps. Di Coxon-Ellis immediately contacted the Redfins who were still keen to send more caps to Sri Lanka. As a result, hundreds of caps of various colours were collected and

### Modesty Garments

There has been considerable discussion regarding modesty garments and it is almost certain that General Rule GR 16 will need to be further modified.

### World Records

Remember that if you are attempting a world record as an individual or a member of a team, the swimsuit worn by each swimmer must be nominated on the World Record Form and that the one-swimsuit rule applies.

### Open Water Swimming

From 1 June 2010, open water swimwear for both men and women shall not cover the neck, extend past the shoulder, nor shall extend below the ankle. All open water swimsuits shall comply with the FINA criteria for materials and approval procedures. Until June 2010, the 2009 models can be used.

The FINA Rules are on their website: [www.fina.org](http://www.fina.org), go to **Directory**, then **Rules & Regulations**. General Rule GR 5 and By Law BL 8 have a link to **FINA requirements for swimwear approval**.

Gary Stutsel, Branch Technical Director

will be sent to Galle shortly.

Visitors to Sri Lanka should note that although nearly everyone is wearing a World Masters Games or Cole Classic cap, most did not fly to Australia for either event!

Warren Smith, Dubbo Redfin Masters  
*Lighthouse Community Pool, Galle, Sri Lanka,  
thanks the Masters NSW for the generous donation  
of swimming caps to the children of Galle for the  
learn to swim program.*

*We very much appreciate all the items we have  
been given over the past 6 months. The children's  
faces light up knowing they can all have caps of  
their own now!*



## Progressive Club Points for 2010 (including the Manly Masters meet)

The progressive tally of club points is updated regularly on the Masters NSW web site

Place	Club	Points	Place	Club	Points		
<b>Division 1</b>			<b>Division 3</b>				
1	NML	Manly Masters	1,157	1	NCS	Cronulla Sutherland AUSSI	129
2	NWG	Warringah Masters	1,113	2	NRT	Raymond Terrace AUSSI	104
3	NBT	Blacktown City	809	3	NPT	Picton Masters	29
4	NWY	Wyong Wobbygongs	729	3	NTR	Trinity AUSSI	29
5	NRV	Ryde AUSSI	548	4	NSG	St George Masters	26
6	NNC	Novocastrian Masters	511	5	NWL	Wollongong Masters	25
7	NSP	Seaside Pirates	479	6	NCN	Molonglo Water Dragons	0
8	NCK	Cessnock Masters	318	6	NDB	Dubbo Redfin AUSSI	0
9	NNS	North Sydney AUSSI	234	6	NMM	Myall Masters	0
10	NPN	Penrith AUSSI	158	6	NOF	Oak Flats AUSSI	0
11	NCT	Campbelltown Collegians	81	6	NOP	SOPAC Masters	0
12	NPM	Port Macquarie Masters	74	<b>Division 4</b>			
<b>Division 2</b>			1	NCL	Castle Hill RSL Masters	184	
1	NWO	Wett Ones	459	2	NMR	Merrylands	157
2	NET	Ettalong Pelicans	345	3	NCB	Caringbah AUSSI	52
3	NGS	Gosford City Seagulls	336	4	NBR	Bushrangers	26
4	NHS	Hornsby Masters	290	5	NSH	Shoalhaven Seahawks AUSSI	19
5	NWS	Wests Auburn Masters	202	6	NAM	Armidale AUSSI	0
6	NMT	Maitland AUSSI	187	6	NCH	Coffs Harbour Masters	0
7	NBM	Blue Mountains Phoenix	183	6	NCP	Cook & Phillip Masters	0
8	NHL	Hills Masters	127	6	NHN	Hunter Masters	0
9	NMS	Lake Macquarie Crocs	108	6	NLC	Lane Cove Masters	0
10	NCR	Coogee Randwick Masters	87	6	NLP	Liverpool Leatherjackets Masters	0
11	NTN	Tuggeranong Vikings AUSSI	54	6	NMB	Murrumbidgee	0
12	NNB	Nelson Bay Dolphins	39	6	NPW	Prairiewood AUSSI	0
				6	NSA	Sandbern	0
				6	NTM	Tamworth AUSSI	0
				6	NTS	Tattersalls Club	0

## Aerobic Swims (along the Murrumbidgee) at Tuggeranong

We started running aerobic swim sessions at Tuggeranong in 2005. Before that we just earned a few points from members swimming 1500s at long-distance meets. It was a bit of a bumpy start, and we didn't really get going until the middle of the year. Even then there was not a lot of interest, but we had a little band of dedicated aerobic swimmers—two of them completing all swims—and we finished the year in 27th place with 1928 points. Since then interest has gradually increased, and we have moved a little further up the ladder.

We run two regular aerobic swim sessions a week, with two lanes booked for each session. The sessions are two hours on a Saturday afternoon, and 90 minutes on a Tuesday morning. We also occasionally run sessions at other times, or on other days, to try to accommodate as many members as possible. Sessions are mostly quite informal, with people swimming what event(s) they like, when they like, and taking their turn

at timekeeping. Things become more formal towards the end of the year, when people are trying to finish off their long swims. At these times marshalling skills are called into play in order to make best use of the available lane space, and people are organised into lanes and time slots.

To keep members informed, and also in the hope of generating more interest, all aerobic swims are recorded in a spreadsheet, one page per swimmer, which is displayed on the club website and regularly updated. Members are encouraged to check the spreadsheet for recording errors. The pages are in a similar format to the personal recording form, but also include points and calculate average times for 400s and 800s. At the end of the year, everyone who has earned aerobic points is presented with a laminated copy of their own page.

In 2009 we implemented a new idea. As well as

*(Continued on page 9)*

(Continued from page 8)

recording times and points for each swimmer, we also calculated and recorded the total distance they had all swum. Distances were plotted on a sketch map of the Murrumbidgee River, starting at Tuggeranong, with the aim of swimming to the Murray by Christmas. There were three pre-determined celebration points along the river, and as we reached each of these points we celebrated with a social event to which all club members, not just the aerobic swimmers, were invited. A copy of the sketch map was included in the spreadsheet.

We made good progress, but we didn't look like

reaching the Murray by Christmas. In October one of our coaches sent round an email asking members would they like to help their club achieve 3000 aerobic points; he also emphasised the benefits of aerobic swims as part of their regular swimming training. The response was overwhelming, particularly from some of our newer members. Some of them did not only a 1500m, but longer swims too. We went well past 3000 points, and we also swam 14 km beyond the end of the Murrumbidgee!

Jane Lindsay,  
Aerobic Swims Coordinator, Tuggeranong

## Branch, Australian and World Records

### WESTS AUBURN LONG DISTANCE: 12 DECEMBER 2009

#### Women

1500 Free			
Ann Campbell (NNC) 60-64	22:02.26	N	
Val Lincoln (NGS) 85-89	40:33.26	N	
400 Back			
Noemi Domonkos (NSP) 35-39	5:50.16	B	
Jenny Whiteley (NRY) 50-54	6:08.03	N	
Clary Munns (NBT) 65-69	6:44.08	N	
Hilda Lindfield (NHL) 90-94	19:33.56	B	
800 Back			
Pamela Nix (NNB) 40-44	12:02.29	B	
Clary Munns (NBT) 65-69	13:41.20	N	
Val Lincoln (NGS) 85-89	26:33.81	N	
1500 Back			
Pamela Nix (NNB) 40-44	22:50.58	B	
Clary Munns (NBT) 65-69	26:02.97	N	
400 Breast			
Rosalind Arnold (NBM) 30-34	6:55.13	B	
800 Breast			
Jenny Whiteley (NRY) 50-54	13:28.83	N	
1500 Breast			
Jenny Whiteley (NRY) 50-54	25:44.58	N	
Men			
400 Free			
Mark Patterson (NSP) 50-54	4:48.57	B	
1500 Free			
David Lawler (NML) 80-84	27:00.00	N	
400 Back			
Jon Hawton (NBT) 45-49	5:13.88	N	
Stephen Lamy (NML) 60-64	6:06.03	N	
800 Back			
Jon Hawton (NBT) 45-49	10:57.87	N	
800 Breast			
Frank Funibaldi (NTR) 55-59	15:28.39	B	
Bill Walker (NNC) 80-84	22:04.03	N	
1500 Breast			
Mark McDonald (NBT) 20-24	27:01.07	N	
Bill Walker (NNC) 80-84	41:51.05	N	
1500 Fly			
Frank Funibaldi (NTR) 55-59	30:45.41	B	
Michael Gordon (NML) 70-74	50:21.46	B	

### CENTRAL COAST: 16 JANUARY 2010

#### Men

50 Breast			
Scott Bidewell (NPT) 50-54	34.43	B	
Relays			
Mixed 400 Free			
100-119 Blacktown City	5:58.07	B	
G Johnson, R Pearsall, J Valentine, M McDonald			
Mixed 400 Free			
200-239 Ettalong Pelicans	5:07.84	B	
R Belmar, W Cook, A Copeman, T Curran			
Men's 400 Free			
280-319 Warringah	7:08.62	B	
M Van Gelder, G Hannon, R Giveen, B Harris			

### BOARD MEET: 31 JANUARY 2010

#### Women

200 Free			
Val Lincoln (NGS) 85-89	4:49.80	N	
50 Back			
Christina Echols (NNS) 40-44	33.50	B	
100 Back			
Christina Echols (NNS) 40-44	1:12.41	B	
Val Lincoln (NGS) 85-89	2:48.28	B	
100 Breast			
Lynette Stevenson (NBT) 60-64	1:42.05	B	
Val Lincoln (NGS) 85-89	3:15.50	B	
100 Fly			
Dawn Gledhill (NML) 60-64	1:38.95	B	

#### Men

25 Free			
Gary Stutsel (NML) 70-74	14.07	N	
50 Breast			
Scott Bidewell (NPT) 50-54	33.78	N	
200 IM			
Colin Cliff (NWS) 75-79	3:56.03	B	

### MANLY MASTERS: 21 FEBRUARY 2010

#### Men

200 Breast			
Colin Cliff (NWS) 75-79	4:15.50	B	

B = Branch record; N = National record; W = World record

## Clubs' Average Points, 2009

<i>Place</i>	<i>Club (2009 division)</i>	<i>Total Points</i>	<i>No. of Members</i>	<i>Average Points Per Swimmer</i>
1	NWY Wyong Wobbygongs (1)	4332	26	166.62
2	NNC Novocastrian Masters (1)	8223	64	128.48
3	NBT Blacktown City Masters (1)	7098	61	116.36
4	NNB Nelson Bay Dolphins (3)	1117	10	111.70
5	NCK Cessnock Masters (1)	4006	40	100.15
6	NPN Penrith AUSSI Masters (3)	2212	23	96.17
7	NMT Maitland AUSSI Masters (3)	1178	13	90.62
8	NSW Swansea Masters (3)	511	6	85.17
9	NWG Warringah Masters (1)	9654	116	83.22
10	NHS Hornsby Masters (2)	2049	25	81.96
11	NML Manly Masters (1)	5673	72	78.79
12	NPM Port Macquarie Masters (1)	3836	51	75.22
13	NMR Merrylands (4)	290	4	72.50
14	NBM Blue Mountains Phoenix (1)	1371	19	72.16
15	NSP Seaside Pirates (1)	5273	74	71.26
16	NCT Campbelltown Collegians (2)	2341	33	70.94
17	NGS Gosford City Seagulls (2)	1416	23	61.57
18	NRV Ryde AUSSI Masters (1)	4240	69	61.45
19	NET Ettalong Pelicans (2)	2021	35	57.74
20	NCS Cronulla Sutherland AUSSI (3)	733	13	56.38
21	NCB Caringbah AUSSI (4)	388	7	55.43
22	NOF Oak Flats AUSSI Masters (2)	608	11	55.27
23	NWL Wollongong Masters (3)	602	14	43.00
24	NWS Wests Auburn Masters (2)	985	23	42.83
25	NHL Hills Masters (2)	1153	29	39.76
26	NCH Coffs Harbour Masters (4)	79	2	39.50
27	NPT Picton Masters (4)	405	11	36.82
28	NWO Wett Ones (1)	2917	81	36.01
29	NMS Lake Macquarie Crocs (2)	1511	42	35.98
30	NCM Clarence River Masters (2)	1986	63	31.52
31	NRT Raymond Terrace AUSSI Masters (3)	578	20	28.90
32	NNS North Sydney AUSSI (1)	3420	123	27.80
33	NCR Coogee Randwick Masters (2)	1265	48	26.35
34	NLC Lane Cove Masters (4)	308	14	22.00
35	NSG St George Masters (4)	636	30	21.20
36	NSH Shoalhaven Seahawks AUSSI (3)	189	9	21.00
37	NLP Liverpool Leatherjackets Masters (3)	299	17	17.59
38	NMM Myall Masters (3)	549	42	13.07
39	NOP SOPAC Masters (4)	147	12	12.25
40	NTR Trinity AUSSI Masters (3)	505	43	11.74
41	NDB Dubbo Redfin AUSSI Masters (3)	192	18	10.67
42	NBR Bush Rangers (4)	201	23	8.74
43	NCP Cook & Phillip Masters (4)	247	30	8.23
44	NTN Tuggeranong Vikings AUSSI (3)	515	64	8.05
45	NAM Armidale AUSSI Masters (4)	93	14	6.64
46	NHN Hunter Masters (4)	73	12	6.08
47	NSA Sandbern Aquadot (4)	158	38	4.16
48	NTS Tattersalls Club (4)	10	18	0.56
49	NCN Molonglo Water Dragons (4)	27	67	0.40
50	NPW Prairiewood AUSSI (4)	0	5	0.00
50	NTM Tamworth (4)	0	9	0.00

## Letters to the Editor

Greetings Sue,

And compliments for 2010.

As a former member joining Hunter AUSSI 1978—101307—when the motto was “Fitness with Fun & Friendship” and no matter what your ability, so long as you could swim, slower swimmers like me seldom won a placing, but you were still one of an enthusiastic team.

Being with a club outside Sydney travel was a major activity, both to city meets and country clubs.

Over the years AUSSI has changed quite a bit, fitness being paramount and in a few clubs winning is more important.

Novocastrian AUSSI Masters since its inception in 1995—started by myself and Norm Fox at request of the late Les Lazarus at his Coughlan’s Swim Centre, Warners Bay—has set the ideal example for any club by attending meets at both country and city clubs; this also helps to engender the original motto of AUSSI: Fitness with Fun & Friendship. Apart from attendance at many city clubs, swim meets have included Grafton, Yamba, Coffs Harbour, Port Macquarie, Forster, Gosford, Woy Woy and Dubbo.

Travel costs have increased and fewer city clubs seem to venture outside their comfort zone, yet expect country clubs to attend their swim meets. Also when awarding points for various actions by clubs, have the executive taken into account the distance and costs for clubs outside the Sydney area. So far I think not, but they need to consider steps to bring ALL clubs on to a fair and more even evaluation level.

Regards, Bruce Donaldson [ex 409164]  
[brudaph@pacific.net.au](mailto:brudaph@pacific.net.au). 22 January 2010

*Thanks for your letter, Bruce, and the point you raise about expenses for country club members is timely. The Board has just this year set aside funding to help members of remote clubs attend the state championships, in March. We are also encouraging members from remote clubs who don't usually attend carnivals in Sydney to use some of this funding and come to the relay meet. This will be held at Homebush Olympic Park in July. Di Coxon-Ellis in the branch office will be happy to give anyone interested all the information they need to apply. Your point about awarding points to clubs will also be brought to the Board's attention to see*

*what can be done. As far as members of city clubs going to country carnivals, we can only encourage more swimmers to take advantage of those weekends away and enjoy the hospitality country clubs offer. Thanks again for writing. Ed.*

Dennis Moore (Cessnock Masters) has asked that the following letter be printed in *SPLASH*. The Letters page seems the most appropriate spot for his letter, and the Board’s response to Dennis’s concerns is printed below.

To all members of all masters swimming clubs. I would like this read at your next club meeting and any feedback of what I or we can do to change this decision would be very much appreciated.

My name is Dennis Moore I have been a member of Masters Swimming since 1998 when I joined the Cessnock Masters club (was known as Coalfield Masters). In that time I have swam at over 200 carnivals. Since joining the Masters swimming I have tried to follow the NSW State Masters Swimming motto of Fitness, Fun and Friendship. Over the years I have suggested a few things that our club, other clubs and the State body has adopted, like the 100 carnival club (fitness), 25m swims (fun) and an article I put in *Splash* after my cancer in the year 2000 to tell people about early detection (friendship). I heard the call for officials, so over the years I became a referee and have helped at many club carnivals and some State carnivals.

All this time having a disability and at no time was I discriminated against. All this time the State motto of Fitness, Fun and Friendship being in my mind. When I would talk to people about Masters swimming I would emphasize the fact that every thing about Masters Swimming was to encourage all people to have a choice in what they could do.

Unfortunately it looks like the National Body and now the State body has or is going to take the choice away. I believe it is discrimination that a person with a disability will get disqualified because the medical certificate will not be accepted. I was under the belief that masters swimming was for all people over the age of 20 (now 18) and it did not matter how fit you were, it was a way of people maintaining what fitness they

*(Continued on page 12)*

*(Continued from page 11)*

have or improving their fitness by going to carnivals and having a choice of events to swim, but no more.

I have been told over the last couple of years that the membership is dropping, I feel that this decision is going in the wrong way to encourage new members. As we all hope to get older, parts of our body will start breaking down and we will not be able to do all things by the book. There are a lot of people with medical certificates in our lucky country, they get help with mechanical aids, electronic aids or some other form of help, why is it that our National and State Masters Swimming cannot do the same. I am concerned what will be next, maybe if we swim too slow we will have to go, if we can not get in or out of the pool without help we will have to go, people may say this will not happen but who would have believed that people with disability would be discriminated against.

The big question is WHY are people with a disability going to be treated like this. Please contact me if you feel the same way about this as I do, also contact the State and National bodies, together we may be able to change this rule because it could be YOU that needs a temporary or permanent medical certificate next.

Dennis Moore, [buckmoore1@gmail.com](mailto:buckmoore1@gmail.com)

30.01.2010

*To all Masters Swimming NSW clubs and registered persons:*

*Sometime over the past couple of weeks you may have received a letter from one of our registered persons regarding medical disabilities. As there were some inaccurate statements in this letter, on behalf of the NSW Board I would like to set the record straight.*

*First of all, I would stress that Masters Swimming NSW is NOT considering changing, nor is it able to change, the rules regarding medical disabilities (MDs).*

*\* The rules regarding medical disabilities are governed by the national body, Masters Swimming Australia. It is correct that the rule has changed for the national championship in that MDs are not accepted for national*

*championships. However, as MDs are only accepted for breaststroke and butterfly this does not preclude anyone competing at the national swim in freestyle and backstroke events. The rationale for making this decision was that FINA does not accept MDs and thus it was inappropriate that they be recognized at an event with the status of the national championships.*

*The letter also says "the National Body and now the State body has or is going to take the choice away".*

*\* This is not accurate. As I pointed out above, the branch, Masters Swimming NSW, is unable to change this rule, nor does it wish to change this rule, so please disregard any suggestion to that effect.*

*There was a motion at the October national Board meeting to change the rule regarding MDs at branch and club level. This motion was put by the National Board of Management and was defeated, thus there is no change at branch level or club level in any state.*

*I would also like to point out that membership in NSW has not been dropping over the last couple of years, as was suggested in the letter. Membership last year was the second highest in NSW ever, and we are one of the few branches with a growing membership.*

*The Board appreciates member feedback at all times, but it is important that information that goes out to members is correct. The Board never received a copy of this letter, which was instead sent to various clubs, to individuals and to the editor of SPLASH magazine. It therefore reached the Board in a roundabout way and we were unable to correct the inaccuracies in it before part of our membership was put under unnecessary stress when they received it. It would be more helpful all round if issues such as this were addressed to the Board or the branch office first, so that all involved can have their proper say.*

*Yours in swimming, Jane Noake for the Board*

*23 February 2010*



## Branch Banter

Just a few stats, FYI: At the end of 2009 MSNSW had 1,729 members, 2.3% up on the previous year and the second highest registration figure ever; as at the end of February 2010 there were roughly 1,300 active and financial members, again up on the 1,250 figure at the same time last year. We say farewell to Swansea Masters as a club but two of their members have joined another club. We welcome Castle Hill RSL to the branch so MSNSW club numbers remain 52.

Online registration on the Clubs Online database is beginning to be embraced by some clubs in NSW/ACT. Sarah in the national office and I are still available to assist if anyone needs to find out how to join online or if club registrars need help setting up the database. The database is designed to be used as an online system so we want all members to be able to use it to its fullest potential. While on this subject, now that we accept 18-year-old members we need to remind them that they cannot join until they have had their 18th birthday. Clubs must check proof of age for all new members and 18 year-olds are no exception.

Our national sponsors, Vorgee, again provided the 2010 calendar for each member so if you haven't received yours, please ask your club.

Since the December *SPLASH*, five Branch Point Score (BPS) meets have been held, two in metropolitan Sydney and three country meets. Also the Board conducted an invitational meet in January at SOPAC and gained a couple of new members. If anyone is wondering why we have swapped long-course and short-course meets at each end of the year, it is so that the short-course championships at Woy Woy in March can be used as a lead up to the short-course nationals in the new 25 m aquatic centre in Launceston in April.

NSW Dept of Sport & Recreation funding has been granted to encourage participation of country members at state championships and in the aerobics award. This **Go Country project** will commence at the short-course championships in March and approximately 18 members who live a large distance from Woy Woy will have their accommodation/travel

expenses subsidised.

At the end of 2009 the NSW Board again revised the system by which clubs are assigned to one of four BPS divisions each year, abandoning the previous method of promotion and relegation and instead separating clubs into broadly equal divisions based on points won the previous year. You can find the progressive point scores in the new divisions elsewhere in this issue.

Even after providing 95% of officials for the 2009 World Masters Games, we would still encourage all members to commence and/or complete accreditation as officials. Our Technical Director, Gary Stutsel, and Training Coordinator, Di Partridge, have embarked on the reaccreditation of officials and have conducted a series of rules workshops for referees and inspectors of turns as well as organising a program of marshal / check starter update courses for 2010. Keep your eye out for courses or contact either Di (DiCE or DiP) to indicate your wish to attend a course.

Our branch Coaching Director, John Wynberg, is investigating whether to conduct a level 1M coaching course in Sydney in mid 2010 so please send your expression of interest to the branch office if you do wish to attend a course.

A word on awards: For the Official & Coach of the Year and Gary Stutsel awards, clubs are only asked to nominate the person they think most deserves the award rather than fill out lengthy nominations (only the club whose nominee wins will have to do the work). This has led to a pleasing increase in nominations for the first two awards for 2009 but we welcome even more nominations for all awards. The Gary Stutsel and Club Administration 2009 awards are due soon so consider nominating one of your deserving club officers.

Thanks to the volunteers who have put up their hands to assist the busy webmasters keep our website up to date and informative. You'll see their names go up on the website.

Di Coxon-Ellis, Branch Administrator



## Accreditation

Welcome to another year of Fitness, Friendship and Fun. I would like to thank all those Check Starters / Clerks of Course / Marshals (CS/CoC/M) who have already attended the re-accreditation workshops. Other workshops will be conducted by Noel Partridge before the following swim meets:

Blacktown	2 May 2010
Clarence River	13 June 2010
Campbelltown	22 August 2010
Lake Macquarie	18 September 2010
Warringah	9 October 2010
Port Macquarie	6 November 2010

Usually 45 mins before warm-up starts. Don't forget to read through your notes and complete your activity sheet. If you are a CS/CoC/M and haven't received an email from me concerning this re-accreditation or have any questions, please email me:

[diane.partridge@bigpond.com](mailto:diane.partridge@bigpond.com)

Many officials are asking why do we need to re-accredit? Most officials, once qualified, never check the latest rules and may officiate only once a year or once every two years. We can all become complacent and forget the finer details of what we are doing, so 30 or 45 minutes of revision helps to jolt us back to correct

procedure. Also, CS/CoC/M and swimmers are always making suggestions about better ways of doing things so we are constantly streamlining the process of CS/CoC/M to make an easy, uniform system that is less stressful on the swimmers so it is consistent at every swim meet.

If you no longer wish to officiate in any position at swim meets, could you please email me so I can remove your name from the Masters Swimming NSW officials list for swim meets? This is the list of available officials that is sent to clubs when they are holding a swim meet. I will remove your name from that list but your name will remain on the database of officials in case you decide to return to officiating later on.

Over the next two years Gary Stutsel and I will be conducting re-accreditations of Judges of Strokes and Referees, and in 2011 Chief Timekeepers will need to be re-accredited. At this stage all Inspectors of Turns should have completed their re-accreditation by attending workshops on rule changes that Gary Stutsel has conducted. If you haven't, or you're unsure if you have, please email me.

Diane Partridge, Branch Training Coordinator

## Accreditation Update

Congratulations to the following new officials, who gained accreditation between December 2009 and January 2010:

Kerryn Blanch	Wests Auburn	Marshal
Leisa Cass	Tuggeranong	Timekeeper
Patricia Copping	St George	Timekeeper
Kay Donnan	Novocastrian	Timekeeper
Cheryl Moore	Cessnock	Timekeeper
Jeanne Raper	Novocastrian	Timekeeper
John Smith	Cessnock	Judge of Strokes
Theresa Warren	Novocastrian	Timekeeper
Maureen Woodcock	Novocastrian	Timekeeper
Nick Woodcock	Novocastrian	Timekeeper

## The NSW Association of AUSSI Masters Swimming Clubs Inc

### NSW Board 2009/10

President	Jane Noake
Vice President	Remy Reinker
Vice President Country	Neil Keele
Treasurer	Stuart Meares
Ordinary Members	Stuart Ellicott, Tony Tooher, Sue Wiles



# Masters Swimming NSW Calendar 2010

BPS - Branch Point Score Meets

SC - Short Course

LC - Long Course

		Closing date at host club
<b>March 20-21</b>	<b>NSW SC Championships, Woy Woy</b>	<b>Wed 03/03/10</b>
<b>April 7-10</b>	<b>2010 National Masters Swimming Championships, Launceston Tas SC</b>	<b>Mon 22/02/10</b>
May 02 (Sun)	Blacktown City BPS LC	16/04/10
May 15	Ettalong BPS SC	30/04/10
May 22	MSNSW AGM & Presentation Lunch	
May 29	Wett Ones BPS LC	14/05/10
June 12 & 13	Clarence River Masters BPS SC	28/05/10
June 27 (Sun)	Hills Long Distance SC	11/06/10
July 03	Hunter Festival of Sport SC	18/06/10
<b>July 18</b>	<b>NSW Relay Meet SOPAC LC</b>	<b>30/06/10</b> Swimmers names only
<b>July 27—Aug 7</b>	<b>XIII FINA World Masters Swimming Championships, Goteburg Sweden LC</b>	<b>TBA</b>
August 08 (Sun)	<b>NSW Long Distance LC Championships, Blacktown</b>	<b>23/07/10</b>
August 22 (Sun)	Campbelltown BPS SC	06/08/10
September 04	Ryde BPS LC	20/08/10
September 12 (Sun)	Seaside Pirates BPS LC	27/08/10
September 18	Lake Macquarie BPS SC	03/09/10
September 25	Trinity BPS SC	10/09/10
October 09	Warringah BPS SC	24/09/10
<b>October 23—24</b>	<b>NSW LC Championships, SOPAC</b>	<b>Wed 06/10/10</b>
November 06	Port Macquarie BPS LC	22/10/10
November 13	Novocastrian BPS LC	29/10/10
November 20	North Sydney BPS LC	05/11/10
December 04	Wests Auburn BPS LC	19/11/10
December 11	Raymond Terrace BPS LC	26/11/10

## Go Country Project

Masters Swimming NSW is keen to encourage members of remote country clubs to participate at branch championships and special meets, and we have earmarked funds to subsidise travel / accommodation costs for such members to the relay meet to be held at SOPAC (Sydney) on 11 July 2010. You will need to organise your own travel and accommodation and forward receipts to the branch office. The subsidy would then be paid to you after the carnival; you would have to compete at the relay meet. If you're interested, please contact Di Coxon-Ellis in the branch office very soon and get more information: [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au). Go, Country!

## Next SPLASH Deadline

The deadline for copy for the June 2010 issue of *SPLASH* is **Friday 4 June 2010**.

Please email your interesting articles, reports and photos to the editor

[splasheditor@mastersswimmingnsw.org.au](mailto:splasheditor@mastersswimmingnsw.org.au), or post, fax or email them to the branch office by this date.

## Your Race Times

Next time you ask the timekeepers your time, remember that times are not official until they show up on the results sheets.

**Don't celebrate it  
until they calibrate it.**

## Snapshots

*SPLASH* would like more photos of our members. We'd like to see more of our swimmers so if you've got group shots or smiling snaps send them to *SPLASH* and we can match up the faces with those names we see on those programs. Scan at 300 resolution, size about 10 cm if you can.



## SPLASH

**Newsletter of the NSW Branch  
AUSSI Masters Swimming in Australia Inc.**

The views expressed in *SPLASH* are not necessarily those of the editor or the Board of Masters Swimming NSW. We try to give all members a fair say in their own magazine, and welcome the views and correspondence of ALL members.

## Advertising Rates

Full page	\$180
Half page	\$100
Quarter page	\$80

The rate for club meet ads is \$45 (one-sixth of a page)

Clubs wishing to advertise their meets must have them sanctioned by the newsletter deadlines.



## Websites

AUSSI Masters Swimming Australia  
NSW/ACT Branch  
XIII FINA World Masters, Sweden  
Alice Springs Masters Games  
Ocean swims

[www.mastersswimming.com.au](http://www.mastersswimming.com.au)  
[www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au)  
[www.2010finamasters.org](http://www.2010finamasters.org)  
[www.alicespringmasters.com.au](http://www.alicespringmasters.com.au)  
[www.oceanswims.com](http://www.oceanswims.com)



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